

INGREDIENTS LIST BY ITEM – THE OLD SCHOOL TEA ROOM **IN-HOUSE GUIDE**

Please be aware that allergens are used in our small kitchen and most products we use also come with warnings that they may contain allergens, therefore we can not guarantee any dish is completely free from traces of allergens. ALL OF OUR PRODUCTS ARE MADE IN A KITCHEN WHERE NUTS, DAIRY, GLUTEN, FISH, EGGS, SOYA, SESAME, CELERY, MILK, MUSTARD, SOYA & SULPHITES ARE HANDLED.

All ingredients listed for every dish, with any of the 14 main allergens highlighted in red. Ingredients are not necessarily listed in order of how much the dish contains.

BIG BREAKFAST - Listed allergens in standard dish **SULPHITES, GLUTEN, EGG, WHEAT, RYE GLUTEN, DAIRY** May contain traces of soya (PLUS OATMEAL, BARLEY, WHEAT IN BLACK PUDDING)

NOTES - Big Breakfast is Dairy free with dairy free spread. - Big Breakfast is Gluten free with gluten free bread and NO black pudding.

LIST OF ALL BIG BREAKFAST INGREDIENTS

Eggs, rapeseed oil, vinegar (**sulphites**) Tomatoes, salt, pepper, mushrooms. Butter (**dairy**) with toast only.

BACON - Pork, Water, Salt, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrite), rapeseed oil

MEAT SAUSAGES - Pork, Water, Rice Flour, Chickpea Flour, Salt, Parsley, Spices, Stabilisers (Disodium Diphosphate, Tetrasodium Diphosphate), Cornflour, Flavouring, Preservative (Sodium **Metabisulphite**), Antioxidant (Ascorbic Acid), Dextrose, Sausage Casing (Calcium Alginate), Sage, Onion Powder, Dried Sage, Spices (White Pepper, Coriander, Nutmeg, Mace, Cayenne Pepper), Flavouring, Cornflour, Emulsifier (Diphosphates), Preservative (Sodium **Sulphite**), Antioxidant (Sodium Ascorbate), Parsley, Black Pepper, White Pepper, Flavouring, Stabilisers (Disodium Diphosphate, Tetrasodium Diphosphate), Antioxidant (Sodium Ascorbate), Pea Flour, filled in a Natural Pork Casing or beef collagen casing, Sodium Citrates.

HASH BROWNS - Potato, Sunflower Oil (8%), Onion, Potato Flake, Salt, White Pepper, Dextrose, vegetable oils (rapeseed, sunflower), pea starch, glucose syrup, onion oil, dehydrated potato, spices, yeast extract, potato starch, potato flake. **MAY CONTAIN TRACES OF DAIRY, GLUTEN.**

BAKED BEANS - Beans, Haricot beans, Tomatoes (38%), Water, Sugar, Modified Maize Starch, Reduced Sodium Sea Salt, Spirit Vinegar, Salt, Paprika, White Pepper, Spices, Flavourings, Cornflour, Spice Extracts, Herb Extract.

TOAST WITH BREAKFAST

White bloomer - Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Fermented **Wheat** Flour, **Wheat** Semolina, Salt, **Wheat** Flour, Dextrose, Acidity Regulators (Calcium Sulphate, Citric Acid), Sourdough Culture, Preservative

(Calcium Propionate), Flour Treatment Agent (Ascorbic Acid) Fermented Sour (Water, **Rye** Flour), May contain Palm Oil, Mono- And Diglycerides Of Fatty Acids; Palm Fat, Flour Treatment Agent: Ascorbic Acid. Spirit Vinegar, Sugar, Emulsifiers [E471, E472(e)], **MAY CONTAIN TRACES OF EGG, MILK, SOYA**

Malted bloomer - Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Wheat** Flakes, Rapeseed Oil, Yeast, Malted **Barley** Flour, **Wheat** Gluten, Malted **Wheat** Flour, **Rye** Flour, **Wheat** Semolina, Salt, **Wheat** Flour, Fermented **Wheat** Flour, Dextrose, Acidity Regulators (Calcium Sulphate, Citric Acid), Sourdough Culture, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid, Fermented Sourdough (Water, **Rye** Flour), Yeast, Fermented **Wheat Flour**, May contain Palm Oil and Palm Fat, Emulsifier: Mono- And Diglycerides Of Fatty Acids; Flour Treatment Agent: Ascorbic Acid. Mixed Grains [Malted **Wheat** Flakes, **Barley** Flakes, Jumbo **Oats**, Malted Kibbled **Wheat**] Brown Sugar, Spirit Vinegar, Fermented **Wheat** Flour, Emulsifiers [E472(e), E471] **MAY CONTAIN TRACES OF EGG, MILK, SOYA**

Gluten Free Toast - Water, gram flour, white and brown rice flour, potato starch, tapioca starch, golden linseed, cold pressed rapeseed oil, gluten free oats (3%), stabiliser: xanthan gum, raising agent: yeast, psyllium husk, unrefined sugar and sea salt.

BLACK PUDDING - Water, **Wheat** Flour (with added Calcium, Iron, Niacin & Thiamin), **Oatmeal**, Pearl **Barley**, Dried Pork Blood, Pork Fat, Onion, Pork Rind, Salt, Mixed Herbs, **Wheat** Starch, White Pepper, Yeast Extract, Raising Agent: Ammonium Hydrogen Carbonate.

VEGGIE BREAKFAST – Listed allergens in standard dish **EGGS, SULPHITES, DAIRY, GLUTEN – RYE, WHEAT, BARLEY**. May contain traces of soya.

NOTES - Veggie Breakfast is Dairy free with dairy free spread. (no Halloumi)

- Veggie Breakfast is vegan with dairy free spread, with smashed avocados instead of eggs. (no Halloumi)

- Veggie Breakfast is Gluten free with gluten free bread.

- Veggie Breakfast is vegan and gluten free with dairy free spread, avocados instead of eggs and gluten free bread for toast. (no Halloumi)

LIST OF ALL VEGGIE BREAKFAST INGREDIENTS

Eggs, rapeseed oil, vinegar (**sulphites**) Tomatoes, salt, pepper, mushrooms. Butter (**dairy**), salt - with toast.

SMASHED AVOCADOS – (Not on standard veggie breakfast, but can be in place of eggs on vegan versions) Avocado, Lime juice, salt, black pepper.

VEGAN SAUSAGES - Water, Rapeseed Oil, Pea Protein (17%), Thickener (E461, E415), Spices, Cornflour, Yeast Extract, Preservative (E326), Salt, Dietary Fibre, Dried Onion, Stabiliser (E425), Natural Flavouring, Herbs, Dextrose, Acidity Regulator (E300), Pea Fibre, Vegetable Concentrates (Beetroot, Caramelised Carrot, Carrot), Sausages filled into plant-based casings

HASH BROWNS - Potato, Sunflower Oil (8%), Onion, Potato Flake, Salt, White Pepper, Dextrose, vegetable oils (rapeseed, sunflower), pea starch, glucose syrup, onion oil, dehydrated potato, spices, yeast extract, potato starch, potato flake. **MAY CONTAIN TRACES OF DAIRY, GLUTEN.**

BAKED BEANS - Beans, Haricot beans, Tomatoes (38%), Water, Sugar, Modified Maize Starch, Reduced Sodium Sea Salt, Spirit Vinegar, Salt, Paprika, White Pepper, Spices, Flavourings, Cornflour, Spice Extracts, Herb Extract.

TOAST WITH BREAKFAST

White bloomer - Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Fermented **Wheat** Flour, **Wheat** Semolina, Salt, **Wheat** Flour, Dextrose, Acidity Regulators (Calcium Sulphate, Citric Acid), Sourdough Culture, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid) Fermented Sour (Water, **Rye** Flour), May contain Palm Oil, Mono- And Diglycerides Of Fatty Acids; Palm Fat, Flour Treatment Agent: Ascorbic Acid. Spirit Vinegar, Sugar, Emulsifiers [E471, E472(e)], **MAY CONTAIN TRACES OF EGG, MILK, SOYA**

Malted bloomer - Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Wheat** Flakes, Rapeseed Oil, Yeast, Malted **Barley** Flour, **Wheat** Gluten, Malted **Wheat** Flour, **Rye** Flour, **Wheat** Semolina, Salt, **Wheat** Flour, Fermented **Wheat** Flour, Dextrose, Acidity Regulators (Calcium Sulphate, Citric Acid), Sourdough Culture, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid, Fermented Sourdough (Water, **Rye** Flour), Yeast, Fermented **Wheat** Flour, May contain Palm Oil and Palm Fat, Emulsifier: Mono- And Diglycerides Of Fatty Acids; Flour Treatment Agent: Ascorbic Acid. Mixed Grains [Malted **Wheat** Flakes, **Barley** Flakes, Jumbo **Oats**, Malted Kibbled **Wheat**] Brown Sugar, Spirit Vinegar, Fermented **Wheat** Flour, Emulsifiers [E472(e), E471] **MAY CONTAIN TRACES OF EGG, MILK, SOYA**

Gluten Free Toast - Water, gram flour, white and brown rice flour, potato starch, tapioca starch, golden linseed, cold pressed rapeseed oil, gluten free oats (3%), stabiliser: xanthan gum, raising agent: yeast, psyllium husk, unrefined sugar and sea salt.

HALLOUMI (OPTIONAL EXTRA) - **Milk** (Cow, Sheep & Goat's), Salt, Non-Animal Rennet, Mint

AVOCADO BRUNCH - Listed allergens in standard dish (with no add-ons) **EGGS, SULPHITES, GLUTEN - RYE, WHEAT, BARLEY, SOYA** **May contain Traces of Peanuts, Tree Nuts, Gluten, Milk, eggs and products thereof, Soya, Sesame Seeds and Sulphites**

NOTES - **Avocado Brunch** is Dairy free as standard. (no Halloumi, but eggs, bacon & sundried tomatoes ok to add)

- **Avocado Brunch** is vegan as standard. (no Halloumi or eggs added, sun dried tomatoes ok)

- **Avocado Brunch** is Gluten free with gluten free bread. (Eggs, halloumi, bacon & sun dried tomatoes are ok to add)

- **Avocado Brunch** is vegan and gluten free with gluten free bread. (no Halloumi or eggs, sun dried tomatoes ok to add)

LIST OF ALL AVOCADO BRUNCH INGREDIENTS

Olive oil, rapeseed oil, vinegar (**sulphites**) salt, pepper, mushrooms, coriander.

SMASHED AVOCADOS - Avocado, Lime juice, salt, black pepper.

CARAMELISED ONION CHUTNEY - Re-Hydrated Red Onions (68%), Sugar, Re-Hydrated Onions, Red Wine Vinegar (15%), Colour (Plain Caramel) (2%), Modified Maize Starch, Sea Salt, Ground Ginger, Cinnamon Powder, Ground Nutmeg

MAPLE ROAST SEEDS - Sunflower seeds, pumpkin seeds, rapeseed oil, maple syrup, gluten free soya sauce - Water, **Soybeans**, Salt, Spirit Vinegar. **May contain Traces of Peanuts, Tree Nuts, Gluten, Milk and products thereof, Soya, Sesame Seeds and Sulphites**

BAKED BEANS - Beans, Haricot beans, Tomatoes (38%), Water, Sugar, Modified Maize Starch, Reduced Sodium Sea Salt, Spirit Vinegar, Salt, Paprika, White Pepper, Spices, Flavourings, Cornflour, Spice Extracts, Herb Extract.

TOAST WITH AVOCADO BRUNCH

White bloomer - Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Fermented **Wheat** Flour, **Wheat** Semolina, Salt, **Wheat** Flour, Dextrose, Acidity Regulators (Calcium Sulphate, Citric Acid), Sourdough Culture, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid) Fermented Sour (Water, **Rye** Flour), May contain Palm Oil, Mono- And Diglycerides Of Fatty Acids; Palm Fat, Flour Treatment Agent: Ascorbic Acid. Spirit Vinegar, Sugar, Emulsifiers [E471, E472(e)], **MAY CONTAIN TRACES OF EGG, MILK, SOYA**

Malted bloomer - Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Wheat** Flakes, Rapeseed Oil, Yeast, Malted **Barley** Flour, **Wheat** Gluten, Malted **Wheat** Flour, **Rye** Flour, **Wheat** Semolina, Salt, **Wheat** Flour, Fermented **Wheat** Flour, Dextrose, Acidity Regulators (Calcium Sulphate, Citric Acid), Sourdough Culture, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid, Fermented Sourdough (Water, **Rye** Flour), Yeast, Fermented **Wheat Flour**, May contain Palm Oil and Palm Fat, Emulsifier: Mono- And Diglycerides Of Fatty Acids; Flour Treatment Agent: Ascorbic Acid. Mixed Grains [Malted **Wheat** Flakes, **Barley** Flakes, Jumbo **Oats**, Malted Kibbled **Wheat**] Brown Sugar, Spirit Vinegar, Fermented **Wheat** Flour, Emulsifiers [E472(e), E471] **MAY CONTAIN TRACES OF EGG, MILK, SOYA**

Gluten Free Toast - Water, gram flour, white and brown rice flour, potato starch, tapioca starch, golden linseed, cold pressed rapeseed oil, gluten free oats (3%), stabiliser: xanthan gum, raising agent: yeast, psyllium husk, unrefined sugar and sea salt.

HALLOUMI (OPTIONAL EXTRA) - **Milk** (Cow, Sheep & Goat's), Salt, Non-Animal Rennet, Mint

EGGS (OPTIONAL EXTRA) - **Egg**

BACON (OPTIONAL EXTRA) - Pork, Water, Salt, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrite), rapeseed oil

SUNDRIED TOMATOES (OPTIONAL EXTRA) - Sun-Dried Tomatoes (58%), Extra Virgin Olive Oil (40%), Salt, Capers, Oregano, White Wine Vinegar Sundried Tomato (59%), Sunflower Oil (27%), Salt, Garlic, Extra Virgin Olive Oil (2%), White Wine Vinegar (contains **Sulphites**), Sea Salt, Acidity Regulators (Citric Acid, Lactic Acid), Black Pepper, Oregano, Antioxidant (Ascorbic Acid), Preservative (Sodium **Metabisulphite**)

AMERICAN PANCAKE STACK –

NOTES – American pancake stack is Dairy free with with dairy free toppings such as bacon, maple sauce, maple syrup, strawberries & dairy free ice cream, chocolate sauce.

- American pancake stack is vegan with vegan toppings – i.e. maple sauce and syrup, strawberries and vegan ice cream.

- American pancakes are NOT gluten free.

LIST OF ALL AMERICAN PANCAKE STACK INGREDIENTS

PANCAKES – Fortified **wheat gluten** flour (with calcium carbonate, iron, niacin, thiamine), sugar, rapeseed oil, cornflour, raising agents E450i, E500, **wheat** starch, sea salt, flavouring. **May contain dairy, eggs as produced in an area where these products are handled.**

TOPPINGS - Pancakes may also be topped with mint and icing sugar as well as the listed toppings

CHOCOLATE SAUCE – Sugar, glucose syrup, humectant (glycerol), fat reduced cocoa powder, chocolate (sugar, cocoa mass, cocoa butter, emulsifier (**soya** lecitin), natural vanilla flavouring, stabilisers (guar gum, xanthan gum), acidity regulator (citric acid), preservative (sorbic acid). Sugar, Glucose Syrup, Water, Fat Reduced Cocoa Powder (10%)¹, Flavouring, Vanilla Extract, ¹Rainforest Alliance Certified

NUTELLA – Sugar, Palm oil, **Hazelnuts**, **Milk** powder, fat reduced cocoa, emulsifier (**soya**), vanillin.

WHIPPED CREAM – Double **cream**, Propellant Gas (Nitrous Oxide)

BACON (OPTIONAL EXTRA) - Pork, Water, Salt, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrite), rapeseed oil

MAPLE SYRUP – PURE MAPLE SYRUP MAPLE SAUCE – Glucose syrup, sugar, water, flavouring, colour (caramel), preservative (potassium sorbate), acidity regulator (citric acid).

STRAWBERRIES – Strawberries

VANILLA ICE CREAM – Water, Sugar, Palm Oil, Buttermilk Powder (**Milk**), Whey Powder (**Milk**), Dextrose, Dried Skimmed **Milk**, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Guar Gum, Carboxymethylcellulose, Carob Gum, Locust bean gum), Flavouring, colours annato norbixin) **MAY CONTAIN SOYA**

VEGAN VANILLA ICE CREAM – Water, Sugar, Polydextrose, Coconut Oil, Dextrose, Gram Flour, Emulsifiers (Mono & Di-Glycerides of Fatty Acids), Stabilisers (Locust Bean Gum, Guar Gum), Natural Vanilla Flavouring, Natural Flavouring, Exhausted Vanilla Seeds, Colours: Annatto, Curcumin MAY CONTAIN **DAIRY & SOYA** as made in a factory where these are handled.

CHUNKY TOAST

NOTES – Toast is dairy free with with dairy free spread - Toast is vegan with dairy free spread – **GLUTEN FREE & VEGAN TOAST IS AVAILABLE**

White bloomer - Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Fermented **Wheat** Flour, **Wheat** Semolina, Salt, **Wheat** Flour, Dextrose, Acidity Regulators (Calcium Sulphate, Citric Acid), Sourdough Culture, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid) Fermented Sour (Water, **Rye** Flour), May contain Palm Oil, Mono- And Diglycerides Of Fatty Acids; Palm Fat, Flour Treatment Agent: Ascorbic Acid. Spirit Vinegar, Sugar, Emulsifiers [E471, E472(e)], **MAY CONTAIN TRACES OF EGG, MILK, SOYA**

Malted bloomer - Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Wheat** Flakes, Rapeseed Oil, Yeast, Malted **Barley** Flour, **Wheat** Gluten, Malted **Wheat** Flour, **Rye** Flour, **Wheat** Semolina, Salt, **Wheat** Flour, Fermented **Wheat** Flour, Dextrose, Acidity Regulators (Calcium Sulphate, Citric Acid), Sourdough Culture, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid, Fermented Sourdough (Water, **Rye** Flour), Yeast, Fermented **Wheat Flour**, May contain Palm Oil and Palm Fat, Emulsifier: Mono- And Diglycerides Of Fatty Acids; Flour Treatment Agent: Ascorbic Acid. Mixed Grains [Malted **Wheat** Flakes, **Barley** Flakes, Jumbo **Oats**, Malted Kibbled **Wheat**] Brown Sugar, Spirit Vinegar, Fermented **Wheat** Flour, Emulsifiers [E472(e), E471] **MAY CONTAIN TRACES OF EGG, MILK, SOYA**

Gluten Free Toast - Water, gram flour, white and brown rice flour, potato starch, tapioca starch, golden linseed, cold pressed rapeseed oil, gluten free oats (3%), stabiliser: xanthan gum, raising agent: yeast, psyllium husk, unrefined sugar and sea salt.

BUTTER – **milk**, salt

DAIRY FREE SPREAD - Plant Oils (Sunflower, Rapeseed, Palm¹, Linseed), Water, salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, 1¹Flora supports sustainable Palm Oil **MAY CONTAIN TRACES OF MILK**

HONEY – honey

BLACKCURRANT JAM – sugar, blackcurrants, gelling agent, citrus pectin, acidity regulator, sodium citrate

ORANGE MARMALADE – sugar, Seville oranges, gelling agent – citrus pectin

STRAWBERRY JAM – sugar, strawberries, gelling agent, citrus pectin, acidity regulator, citric acid

BAPS NOTES – Baps can be dairy free with dairy free spread – Baps can be vegan with dairy free spread & vegan sausages - Sausages, bacon and eggs are gluten free and can be served as a gluten free dish on **GLUTEN FREE SLICED BREAD**

White BAPS - Contains Soya, Contains Wheat Fortified **Wheat** Flour (**Wheat** Flour, Iron, Thiamin, Nicotinic Acid, Calcium Carbonate), Water, Sugar, Salt, Spirit Vinegar, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyltartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2 Lactylate), **Soya** Flour, Yeast, Flour Treatment Agent (Ascorbic Acid), Folic Acid. May contain traces of **milk**

Granary BAPS – Granary Flour (Fortified **Wheat** Flour (**Wheat** Flour, Iron, Thiamin, Nicotinic Acid, Calcium Carbonate), Malted **Wheat**, Wheat Bran, **Wheat Gluten**), Water, Malted **Barley** Flour, Fermented Wheat Flour, Rapeseed Oil, Dextrose Monohydrate, Yeast, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyltartaric Acid Esters of Mono and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate), Salt, Fortified Wheat Flour (Wheat Flour, Iron, Thiamin, Nicotinic Acid, Calcium Carbonate), **Soya** Flour, Palm Oil, **Wheat** Flour, Palm Fat, Flour Treatment Agent (Ascorbic Acid), **Wheat** Starch. May contain traces of **milk**.

Gluten Free Bread - Water, gram flour, white and brown rice flour, potato starch, tapioca starch, golden linseed, cold pressed rapeseed oil, gluten free oats (3%), stabiliser: xanthan gum, raising agent: yeast, psyllium husk, unrefined sugar and sea salt.

Butter - **Butter** (50%), Rapeseed Oil (25%), Water, Salt

DAIRY FREE SPREAD - Plant Oils (Sunflower, Rapeseed, Palm¹, Linseed), Water, salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, ¹Flora supports sustainable Palm Oil **MAY CONTAIN TRACES OF MILK**

BACON (OPTIONAL EXTRA) - Pork, Water, Salt, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrite), rapeseed oil

EGG – **Egg**, rapeseed oil or vegetable oil

MEAT SAUSAGES - Pork, Water, Rice Flour, Chickpea Flour, Salt, Parsley, Spices, Stabilisers (Disodium Diphosphate, Tetrasodium Diphosphate), Cornflour, Flavouring, Preservative (Sodium **Metabisulphite**), Antioxidant (Ascorbic Acid), Dextrose, Sausage Casing (Calcium Alginate), Sage, Onion Powder, Dried Sage, Spices (White Pepper, Coriander, Nutmeg, Mace, Cayenne Pepper), Flavouring, Cornflour, Emulsifier (Diphosphates), Preservative (Sodium **Sulphite**), Antioxidant (Sodium Ascorbate), Parsley, Black Pepper, White Pepper, Flavouring, Stabilisers (Disodium Diphosphate, Tetrasodium Diphosphate), Antioxidant (Sodium Ascorbate), Pea Flour, filled in a Natural Pork Casing or beef collagen casing, Sodium Citrates, rapeseed or vegetable oil

VEGETARIAN & VEGAN SAUSAGES - Water, Rapeseed Oil, Pea Protein (17%), Thickener (E461, E415), Spices, Cornflour, Yeast Extract, Preservative (E326), Salt, Dietary Fibre, Dried Onion, Stabiliser (E425), Natural Flavouring, Herbs, Dextrose, Acidity Regulator (E300), Pea Fibre, Vegetable Concentrates (Beetroot, Caramelised Carrot, Carrot), Sausages filled into plant-based casings

PEPPERED STEAK & ALE PIE contains **WHEAT, GLUTEN, EGG, MILK, DAIRY, SOYA, BARLEY, RYE, CELERY**. Made in a place where **NUTS** are handled.

PIE - British Beef, contains **WHEAT, GLUTEN, EGG, MILK, DAIRY, SOYA, BARLEY, RYE, CELERY**. Made in a place where **NUTS** are handled (full ingredients list may be available on request).

GRAVY - Beef, onions, **celery**, carrots, garlic, Bisto (Potato Starch, Maltodextrin, Palm Fat, Salt, **Wheat** Flour (with added Calcium, Iron, Niacin, Thiamin), Colour (Ammonia Caramel), Sugar, Flavourings, Flavour Enhancers (Monosodium Glutamate, Disodium 5'- ribonucleotides), Emulsifier (**Soya** Lecithin), Black Pepper Extract, Rosemary Extract, Onion Oil, **ale** (Contains **Barley**, Contains Cereals Containing **Gluten**, Contains Oats, Contains **Rye**, Contains Wheat, Water, Malted **Barley** (Gluten), **Wheat** (Gluten), Hops) Oxo (**Wheat** Flour (with added Calcium, Iron, Niacin, Thiamin), Salt, Maize Starch, Yeast Extract, Flavour Enhancers (Monosodium Glutamate, Disodium Guanylate), Colour (Ammonia Caramel), Beef Fat (4.5%), Autolysed Yeast Extract, Dried Beef Bonestock, Flavourings, Sugar, Acidity Regulator (Lactic Acid), Onion Powder

Chips - Potato, rapeseed or vegetable oil, salt

Peas - Peas, salt, sugar

CHICKEN & LEEK PIE contains **WHEAT, MILK, DAIRY, MUSTARD, BARLEY, SULPHITES, SOYA, BARLEY, GLUTEN, RYE**. Made in a place where **nuts** are handled.

PIE - British Beef, contains **WHEAT, GLUTEN, EGG, MILK, MUSTARD, DAIRY, SOYA, BARLEY, RYE, CELERY**. Made in a place where **NUTS** are handled (full ingredients list may be available on request).

GRAVY - Potato Starch, Palm Oil, Salt, Dextrose, Flavourings (contains **Soya, Wheat**), Colours (Ammonia Caramel, Paprika Extract), Chicken (1%), Hydrolysed Vegetable Protein, Sage, Emulsifier (**Soya** Lecithins), Onion Powder. Maltodextrin, Potato Starch, Salt, Vegetable Oils (Palm, Rapeseed), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotides), Colour (Ammonia Caramel), Chicken Powder (2%), Flavourings, Autolysed Yeast, Spice, Black Pepper Extract, Sage Extract, Onion Oil, Rosemary Extract, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Sage Extract.

Chips – Potato, rapeseed or vegetable oil, salt

Peas – Peas, salt, sugar

HAM, DOUBLE EGG & CHIPS contains **EGG**

HAM – Pork, Salt, Sugar, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrate), may contain acidity regulator. May contain YEAST

Chips – Potato, rapeseed or vegetable oil, salt

EGG – **Egg**, rapeseed oil or vegetable oil

TART, SALAD & CHIPS contains **Wheat, milk, dairy, egg, cream, celery, cheese, sulphites, mustard (plus varying ingredients depending on tart of the day flavour) May contain Traces of Peanuts, Tree Nuts, Gluten, Milk and products thereof, Soya, Sesame Seeds and Sulphites**

TARTS - **(flavours vary so tarts ingredients vary, please speak to a manager for more info as the tarts will contain more ingredients than included on this list)**

ALL QUICHES/TARTS WILL CONTAIN THE FOLLOWING REGARDLESS OF THE FLAVOUR - **Wheat Flour** (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Raising Agents (Monocalcium Phosphate, Sodium Bicarbonate) Rapeseed Oil, Palm Oil, Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Natural Butter Flavouring (**Milk**), Colours (Annatto, Bixin, Curcumin), Vitamin A, Vitamin D, Plant Oils (Sunflower, Rapeseed, Palm¹, Linseed), Water, salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, 1[^]Flora supports sustainable Palm Oil, **Egg, Cream, Milk**, pepper, garlic, **cheese**, mixed herbs, Water, Rapeseed Oil (27%), Dried Garlic (25%), Salt, Acidity Regulator: Citric Acid, Preservative: Sodium **Metabisulphite**

Chips – Potato, rapeseed or vegetable oil, salt

GREEN SALAD – Mixed salad leaves including rocket, beetroot and other types of lettuce/leaves, onion, Olives, Water, Salt, Acidity Regulator (Lactic Acid, cucumber. **SLAW SALAD** – Red cabbage, carrot, parsley, Cooked Green Lentils (65%) (Water, Green Lentils), Cooked Puy Lentils (32%) (Water, Puy Lentils), Onion, Olive Oil, Natural Flavouring, Bay Leaf, pumpkin seeds, sunflower seeds, **soya** (on seeds), maple syrup, salt, black pepper. **SEEDS** – Sunflower seeds, pumpkin seeds, rapeseed oil, maple syrup, gluten free soya sauce - Water, **Soybeans**, Salt, Spirit Vinegar. **May contain Traces of Peanuts, Tree Nuts, Gluten, Milk and products thereof, Soya, Sesame Seeds and Sulphites**

BALSAMIC GLAZE - Cooked Grape Must (55%), Balsamic Vinegar of Modena ("Aceto Balsamico di Modena IGP")(39%) (White Wine Vinegar (Sulphites), Cooked Grape Must, Concentrated Grape Must, Colour: **Sulphite** Ammonia Caramel), White Wine Vinegar (**Sulphites**), Stabiliser (Modified Potato Starch)

FRENCH DRESSING - Water, rapeseed oil, white wine vinegar, sugar, French **mustard**, spirit vinegar, sugar, salt, sugar syrup, dried marjoram, turmeric, xanthan gum, pimento extra virgin olive oil, Dijon **mustard**, sat, mustard bran, black pepper, white pepper, cinnamon, cloves, salt, lemon juice concentrate, parsley, potassium sorbate, chive, basil, mustard seed.

SUPER SALAD contains **soya, mustard, sulphites (in all salads, see each topping option for details in each topping)**

GREEN SALAD - Mixed salad leaves including rocket, beetroot and other types of lettuce/leaves, onion, Olives, Water, Salt, Acidity Regulator (Lactic Acid, cucumber. **SLAW SALAD** - Red cabbage, carrot, parsley, Cooked Green Lentils (65%) (Water, Green Lentils), Cooked Puy Lentils (32%) (Water, Puy Lentils), Onion, Olive Oil, Natural Flavouring, Bay Leaf, pumpkin seeds, sunflower seeds, **soya** (on seeds), maple syrup, salt, black pepper. **May contain sweetcorn, vinegar, yeast, metabisulphite, Traces of Peanuts, Tree Nuts, Gluten, Milk and products thereof, Soya, Sesame Seeds and Sulphites** **MAPLE ROAST SEEDS** - Sunflower seeds, pumpkin seeds, rapeseed oil, maple syrup, gluten free soya sauce - Water, **Soybeans**, Salt, Spirit Vinegar. **May contain Traces of Peanuts, Tree Nuts, Gluten, Milk and products thereof, Soya, Sesame Seeds and Sulphites**

FRENCH DRESSING - Water, rapeseed oil, white wine vinegar, sugar, French **mustard**, spirit vinegar, sugar, salt, sugar syrup, dried marjoram, turmeric, xanthan gum, pimento extra virgin olive oil, Dijon **mustard**, sat, mustard bran, black pepper, white pepper, cinnamon, cloves, salt, lemon juice concentrate, parsley, potassium sorbate, chive, basil, mustard seed.

BALSAMIC GLAZE - Cooked Grape Must (55%), Balsamic Vinegar of Modena ("Aceto Balsamico di Modena IGP")(39%) (White Wine Vinegar (Sulphites), Cooked Grape Must, Concentrated Grape Must, Colour: **Sulphite** Ammonia Caramel), White Wine Vinegar (**Sulphites**), Stabiliser (Modified Potato Starch)

SUPER SALAD TOPPING OPTIONS

HALLOUMI - **Milk** (Cow, Sheep & Goat's), Salt, Non-Animal Rennet, Mint

ROAST SALMON - Salmon (**Fish**) (91%), Sweet Chilli Topping (5%) (Demerara Sugar, Chilli Flakes, Red Pepper, Garlic Powder), Salt, Demerara Sugar, Honey, lemon

BRIE - Pasteurised **Milk**, Salt, **Starters**

BACON - Pork, Water, Salt, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrite), rapeseed oil

SMASHED AVOCADOS - Avocado, Lime juice, salt, black pepper

FALAFEL - Chickpeas, red peppers, rapeseed oil, onion, potato flakes, apricots, rice flour, dates, water, garlic, garlic powder, salt, bicarbonate of soda, ground coriander, cumin, parsley, cinnamon, white pepper, chilli flakes.

SUNDRIED TOMATOES (OPTIONAL EXTRA) - Sun-Dried Tomatoes (58%), Extra Virgin Olive Oil (40%), Salt, Capers, Oregano, White Wine Vinegar Sundried Tomato (59%), Sunflower Oil (27%), Salt, Garlic, Extra Virgin Olive Oil (2%), White Wine Vinegar (contains **Sulphites**), Sea Salt, Acidity Regulators (Citric Acid, Lactic Acid), Black Pepper, Oregano, Antioxidant (Ascorbic Acid), Preservative (Sodium **Metabisulphite**)

SPICED SWEETCORN FRITTERS dish contains **Egg**, in poached egg only (egg can be swapped for houmous, which contains **sesame**, for a vegan dish) **SOYA** (IN SEEDS, CAN BE REMOVED FROM DISH), **SULPHITES** (in sweet chilli sauce)

NOTES - Fritter dish is dairy free (unless halloumi is added on)

- Fritters dish is Gluten free.

- Fritters dish is DAIRY FREE (unless halloumi is added) and GLUTEN FREE IT CAN ALSO BE VEGAN IF EGG IS SWAPPED FOR HOUMMOUS.

SWEETCORN FRITTERS -

Sweetcorn (48%), gluten free plain flour [rice flour, potato starch, tapioca starch, maize flour, buckwheat], chia seeds, spring onions, red chilli, water, ginger puree, rapeseed oil, granulated sugar, garlic, salt, coriander, turmeric, lime juice, black pepper, cayenne Pepper, coriander.

SMASHED AVOCADOS - Avocado, Lime juice, salt, black pepper.

POACHED EGG - Egg

SLAW SALAD - Red cabbage, carrot, parsley, Cooked Green Lentils (65%) (Water, Green Lentils), Cooked Puy Lentils (32%) (Water, Puy Lentils), Onion, Olive Oil, Natural Flavouring, Bay Leaf, salt, black pepper. **May contain sweetcorn, vinegar, yeast, metabisulphite.**

MAPLE ROAST SEEDS - Sunflower seeds, pumpkin seeds, rapeseed oil, maple syrup, gluten free soya sauce - Water, **Soybeans**, Salt, Spirit Vinegar. **May contain Traces of Peanuts, Tree Nuts, Gluten, Milk and products thereof, Soya, Sesame Seeds and Sulphites**

SWEET CHILLI SAUCE - SWEET CHILLI SAUCE OR CHILLI JAM - Water, Glucose-Fructose Syrup, Sugar, Modified Maize Starch, Spirit Vinegar, Acidity Regulator (Acetic Acid), Dried Red Bell Peppers, Dried Garlic, Tomato Paste, Dried Crushed Chillies (1%), Salt, Preservative (Potassium Sorbate), Colour (Paprika Extract) Tomatoes (30%), Sugar, Water, Apple Vinegar (**Sulphite**), Tomato Paste, Red Onion (4.7%), Red Chilli (4.5%), Corn Starch, Spirit Vinegar, Spices (Red Chilli Pepper, African Bird's Eye Chilli), Garlic Puree, Citrus Fibre, Colour (Caramel), Salt

SANDWICHES - NOT ALL INGREDIENTS ARE LISTED, ONLY THE NAMED ALLERGENS.

HAM SANDWICH (this is not all the ingredients, just the 14 listed allergens)- - bread contains **wheat, rye, barley, oats**, May contain traces of egg, milk, soya in bread. **Butter/DAIRY** (can be swapped for dairy free spread) May contain yeast in ham. Salad contains **soya**. May contain Traces of Peanuts, Tree Nuts, Gluten, Milk, Sesame Seeds and Sulphites, celery. Can be made gluten free on gluten free bread, which contains none of the 14 listed allergen. **BALSAMIC GLAZE** - Cooked Grape Must (55%), Balsamic Vinegar of Modena ("Aceto Balsamico di Modena IGP")(39%) (White Wine Vinegar (**Sulphites**), Cooked Grape Must, Concentrated Grape Must, Colour: **Sulphite** Ammonia Caramel), White Wine Vinegar (**Sulphites**), Stabiliser (Modified Potato Starch

CHEDDAR & PICKLE SANDWICH (this is not all the ingredients, just the 14 listed allergens)- - bread contains **wheat, rye, barley, oats**, May contain traces of egg, milk, soya in bread. **Butter/DAIRY** Pickle contains **barley, sulphite** Salad contains **soya**. May contain Traces of Peanuts, Tree Nuts, Gluten, Milk, Sesame Seeds and Sulphites, celery. Can be made gluten free on gluten free bread, which contains none of the 14 listed allergens. **BALSAMIC GLAZE** - Cooked Grape Must (55%), Balsamic Vinegar of Modena ("Aceto Balsamico di Modena IGP")(39%) (White Wine Vinegar (**Sulphites**), Cooked Grape Must, Concentrated Grape Must, Colour: **Sulphite** Ammonia Caramel), White Wine Vinegar (**Sulphites**), Stabiliser (Modified Potato Starch

TUNA MAYO & CUCUMBER (this is not all the ingredients, just the 14 listed allergens)- bread contains **wheat, rye, barley, oats**, May contain traces of egg, milk, soya in bread. **Butter/DAIRY** Tuna mayo contains **fish, egg, mustard** Salad contains **soya**. May contain Traces of Peanuts, Tree Nuts, Gluten, Milk, Sesame Seeds and Sulphites, celery. Can be made gluten free on gluten free bread, which contains none of the 14 listed allergens. **BALSAMIC GLAZE** - Cooked Grape Must (55%), Balsamic Vinegar of Modena ("Aceto Balsamico di Modena IGP")(39%) (White Wine Vinegar (**Sulphites**), Cooked Grape Must, Concentrated Grape Must, Colour: **Sulphite** Ammonia Caramel), White Wine Vinegar (**Sulphites**), Stabiliser (Modified Potato Starch

MOROCCAN FALAFEL, HOUMMOUS ETC (this is not all the ingredients, just the 14 listed allergens)- bread contains **wheat, rye, barley, oats**, May contain traces of egg, milk, soya in bread. **Butter/DAIRY** Hoummous contains **sesame, metabisulphite** Salad contains **soya**. May contain Traces of Peanuts, Tree Nuts, Gluten, Milk, Sesame Seeds and Sulphites, celery. Can be made gluten free on gluten free bread, which contains none of the 14 listed allergens, and vegan with dairy free spread. **BALSAMIC GLAZE & sweet chilli sulphites**

SALMON, MAYO ETC (this is not all the ingredients, just the 14 listed allergens)- bread contains **wheat, rye, barley, oats**, May contain traces of egg, milk, soya in bread. **Butter/DAIRY** Salmon contains **fish** Salad contains **soya**. Mayo contains **egg, mustard**. May contain Traces of Peanuts, Tree Nuts, Gluten, Milk, Sesame Seeds and Sulphites, celery. Can be made gluten free on gluten free bread, which contains none of the 14 listed allergens. **BALSAMIC GLAZE & sweet chilli sulphites.**

FRENCH DRESSING - Water, rapeseed oil, white wine vinegar, sugar, French **mustard**, spirit vinegar, sugar, salt, sugar syrup, dried marjoram, turmeric, xanthan gum, pimento extra virgin olive oil, Dijon **mustard**, sat, mustard bran, black pepper, white pepper, cinnamon, cloves, salt, lemon juice concentrate, parsley, potassium sorbate, chive, basil, mustard seed

TOASTIES - All toasties are prepared in an area where allergens including nuts are present

White bloomer - Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Fermented **Wheat** Flour, **Wheat** Semolina, Salt, **Wheat** Flour, Dextrose, Acidity Regulators (Calcium Sulphate, Citric Acid), Sourdough Culture, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid) Fermented Sour (Water, **Rye** Flour), May contain Palm Oil, Mono- And Diglycerides Of Fatty Acids; Palm Fat, Flour Treatment Agent: Ascorbic Acid. Spirit Vinegar, Sugar, Emulsifiers [E471, E472(e)], **MAY CONTAIN TRACES OF EGG, MILK, SOYA**. **Toasties can be made with gluten free bread which contains none of the 14 listed allergens. Please note we do not have a separate toastie machine but do have clean single-use greaseproof sheets for cooking gluten free toasties.**

FILLINGS

BRIE - Pasteurised **Milk**, Salt, **Starters** **BACON** - Pork, Water, Salt, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrite), rapeseed oil **CRANBERRY SAUCE** - Cranberries, Glucose-Fructose Syrup, Water, Sugar, Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator (Trisodium Citrate), Preservative (Potassium Sorbate), cornflour

TUNA MELT FILLING - Skipjack Tuna (**Fish**), Water, Salt, vegetable oil, **Mayonnaise** - Rapeseed Oil (69%), Water, Pasteurised **Egg** Yolk (6%), Spirit Vinegar, Sugar, Salt, Modified Maize Starch, Preservative (Potassium Sorbate), **Mustard** Flour, Stabiliser (Xanthan Gum), Garlic Powder, lemon juice, calcium disodium EDTA, flavouring, paprika, red onion, tomato, black pepper, **MOZZARELLA & CHEDDAR** - **milk**, cellulose

HALLOUMI (OPTIONAL EXTRA) - **Milk** (Cow, Sheep & Goat's), Salt, Non-Animal Rennet, Mint **VEGETARIAN BASIL PESTO** Basil (46%), Olive Oil (23%), Sunflower Oil, **Cashew Nuts** (2.5%), Salt, Pine Nuts, Whey Protein (**Milk**), Full Fat Hard Cheese (**Milk**, Salt), Garlic, Maize Starch, White Wine Vinegar, Fructose, Acidity Regulators (Lactic Acid, Citric Acid), Olives, Water, Salt, Acidity Regulator (Lactic Acid, **MOZZARELLA & CHEDDAR** - **milk**, cellulose

FALAFEL - Chickpeas, red peppers, rapeseed oil, onion, potato flakes, apricots, rice flour, dates, water, garlic, garlic powder, salt, bicarbonate of soda, ground coriander, cumin, parsley, cinnamon, white pepper, chilli flakes. **CARAMELISED ONION CHUTNEY** - Re-Hydrated Red Onions (68%), Sugar, Re-Hydrated Onions, Red Wine Vinegar (15%), Colour (Plain Caramel) (2%), Modified Maize Starch, Sea Salt, Ground Ginger, Cinnamon Powder, Ground Nutmeg

MOZZARELLA & CHEDDAR - **milk**, cellulose **VEGAN CHEESE ALTERNATIVE** - Water, Coconut Oil (23%), Modified Starch (Potato & Corn), Potato Starch, Sea Salt, Mature Cheddar Flavour, Olive Extract, Colour: B-Carotene, Vitamin B12

SALAD - OPTIONAL EXTRA. GREEN SALAD - Salad contains **soya**. May contain Traces of Peanuts, Tree Nuts, Gluten, Milk, Sesame Seeds and Sulphites, celery. **BALSAMIC GLAZE** - Cooked Grape Must (55%), Balsamic Vinegar of Modena ("Aceto Balsamico di Modena IGP")(39%) (White Wine Vinegar (**Sulphites**), Cooked Grape Must, Concentrated Grape Must, Colour: **Sulphite** Ammonia Caramel), White Wine Vinegar (**Sulphites**), Stabiliser (Modified Potato Starch **FRENCH DRESSING** - Water, rapeseed oil, white wine vinegar, sugar, French **mustard**, spirit vinegar, sugar, salt, sugar syrup, dried marjoram, turmeric, xanthan gum, pimento extra virgin olive oil, Dijon **mustard**, sat, mustard bran, black pepper, white pepper, cinnamon, cloves, salt, lemon juice concentrate, parsley, potassium sorbate, chive, basil, mustard seed

BEANS OR SCRAMBLED EGG ON TOAST -

BAKED BEANS - Beans, Haricot beans, Tomatoes (38%), Water, Sugar, Modified Maize Starch, Reduced Sodium Sea Salt, Spirit Vinegar, Salt, Paprika, White Pepper, Spices, Flavourings, Cornflour, Spice Extracts, Herb Extract.

Scrambled Egg - **Egg**, **Milk** Salt

CHEESE (OPTIONAL EXTRA) - Milk Salt

POACHED EGG (OPTIONAL EXTRA) - Egg, Sulphites, vinegar, salt

Butter - Butter, Rapeseed Oil (25%), Water, Salt

DAIRY FREE SPREAD - Plant Oils (Sunflower, Rapeseed, Palm¹, Linseed), Water, salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, 1¹Flora supports sustainable Palm Oil **MAY CONTAIN TRACES OF MILK**

TOAST

White bloomer - Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Fermented **Wheat** Flour, **Wheat** Semolina, Salt, **Wheat** Flour, Dextrose, Acidity Regulators (Calcium Sulphate, Citric Acid), Sourdough Culture, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid) Fermented Sour (Water, **Rye** Flour), May contain Palm Oil, Mono- And Diglycerides Of Fatty Acids; Palm Fat, Flour Treatment Agent: Ascorbic Acid. Spirit Vinegar, Sugar, Emulsifiers [E471, E472(e)], **MAY CONTAIN TRACES OF EGG, MILK, SOYA**

Malted bloomer - Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Wheat** Flakes, Rapeseed Oil, Yeast, Malted **Barley** Flour, **Wheat** Gluten, Malted **Wheat** Flour, **Rye** Flour, **Wheat** Semolina, Salt, **Wheat** Flour, Fermented **Wheat** Flour, Dextrose, Acidity Regulators (Calcium Sulphate, Citric Acid), Sourdough Culture, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid, Fermented Sourdough (Water, **Rye** Flour), Yeast, Fermented **Wheat** Flour, May contain Palm Oil and Palm Fat, Emulsifier: Mono- And Diglycerides Of Fatty Acids; Flour Treatment Agent: Ascorbic Acid. Mixed Grains [Malted **Wheat** Flakes, **Barley** Flakes, Jumbo **Oats**, Malted Kibbled **Wheat**] Brown Sugar, Spirit Vinegar, Fermented **Wheat** Flour, Emulsifiers [E472(e), E471] **MAY CONTAIN TRACES OF EGG, MILK, SOYA**

Gluten Free Toast - Water, gram flour, white and brown rice flour, potato starch, tapioca starch, golden linseed, cold pressed rapeseed oil, gluten free oats (3%), stabiliser: xanthan gum, raising agent: yeast, psyllium husk, unrefined sugar and sea salt.

SOUP OF THE DAY contains **CELERY, SOYA, sulphites (all flavours contain these allergens). FLAVOURS AND INGREDIENTS VARY depending on the flavour of soup. PLEASE SPEAK TO A MANAGER REGARDING ALLERGENS. ALL SOUPS ARE GENERALLY MADE TO A GLUTEN FREE AND VEGAN RECIPE.**

SOUP NOTES

- **SOUP** is Dairy free with dairy free spread and bread although bread states may contain dairy due to being made in a factory handling dairy.

- **SOUP** is Gluten free with gluten free bread.

- **SOUP** is DAIRY FREE and GLUTEN FREE when served with dairy free spread and gluten free bread.

SOUP STOCK - Salt, Maize starch, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (Celery, Turmeric, Black Pepper), Sunflower Oil, Hydrolysed **Soya** Protein Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract) Dried Vegetables (3%) (Tomatoes, Leek, Onion, Carrots, Cabbage), Flavouring (**Celery**), Parsley, Rosemary, **Garlic Water**, Rapeseed Oil (27%), Dried Garlic (25%), Salt, Acidity Regulator: Citric Acid, Preservative: Sodium **Metabisulphite**

White bloomer - Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Fermented **Wheat** Flour, **Wheat** Semolina, Salt, **Wheat** Flour, Dextrose, Acidity Regulators (Calcium Sulphate, Citric Acid), Sourdough Culture, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid) Fermented Sour (Water, **Rye** Flour), May contain Palm Oil, Mono- And Diglycerides Of Fatty Acids; Palm Fat, Flour Treatment Agent: Ascorbic Acid. Spirit Vinegar, Sugar, Emulsifiers [E471, E472(e)], **MAY CONTAIN TRACES OF EGG, MILK, SOYA**

Malted bloomer - Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Wheat** Flakes, Rapeseed Oil, Yeast, Malted **Barley** Flour, **Wheat** Gluten, Malted **Wheat** Flour, **Rye** Flour, **Wheat** Semolina, Salt, **Wheat** Flour, Fermented **Wheat** Flour, Dextrose, Acidity Regulators (Calcium Sulphate, Citric Acid), Sourdough Culture, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid, Fermented Sourdough (Water, **Rye** Flour), Yeast, Fermented **Wheat Flour**, May contain Palm Oil and Palm Fat, Emulsifier: Mono- And Diglycerides Of Fatty Acids; Flour Treatment Agent: Ascorbic Acid. Mixed Grains [Malted **Wheat** Flakes, **Barley** Flakes, Jumbo **Oats**, Malted Kibbled **Wheat**] Brown Sugar, Spirit Vinegar, Fermented **Wheat** Flour, Emulsifiers [E472(e), E471] **MAY CONTAIN TRACES OF EGG, MILK, SOYA**

Gluten Free bread - Water, gram flour, white and brown rice flour, potato starch, tapioca starch, golden linseed, cold pressed rapeseed oil, gluten free oats (3%), stabiliser: xanthan gum, raising agent: yeast, psyllium husk, unrefined sugar and sea salt.

Butter - **Butter** (50%), Rapeseed Oil (25%), Water, Salt

DAIRY FREE SPREAD - Plant Oils (Sunflower, Rapeseed, Palm¹, Linseed), Water, salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, 1[^]Flora supports sustainable Palm Oil **MAY CONTAIN TRACES OF MILK**

CHEDDAR & MUSTARD SCONE - **Wheat** flour, salt, **milk, cream**, wholegrain **mustard, egg** - Water, Vinegar, **Mustard** Seed (28%), Honey, Salt, Natural Flavouring, Tarragon **Wheat Flour** (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Raising Agents (Monocalcium Phosphate, Sodium Bicarbonate) Rapeseed Oil, Palm Oil, Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Natural Butter Flavouring (**Milk**), Colours (Annatto, Bixin, Curcumin), Vitamin A, Vitamin D, Plant Oils (Sunflower, Rapeseed, Palm¹, Linseed), Water, salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, 1[^]Flora supports sustainable Palm Oil, **Egg, Cream, Milk**, pepper, garlic, sunflower seeds, pumpkin seeds, poppy seeds **May contain Traces of Peanuts, Tree Nuts and products thereof, Soya, Sesame Seeds and Sulphites**

Chips – Potato, rapeseed or vegetable oil, salt

SWEET POTATO FRIES – Sweet Potato, Sunflower Oil, Batter (Maize Flour, Rice Flour, Modified Maize Starch, Tapioca Starch, Salt, Maize Starch, Tapioca Dextrin, Raising Agent (E450), Turmeric Extract, Colour E160(c), rapeseed or vegetable oil, Modified Potato Starch, Potato Starch, Xanthan Gum, Paprika Extract, Raising Agents (Diphosphates, Sodium Bicarbonate)

FRUIT TOAST contains **WHEAT, SOYA, GLUTEN (DAIRY IF SERVED WITH BUTTER)**. Made in a place where nuts are handled.

FRUIT TOAST is **DAIRY FREE** if served with dairy free spread

Wheat Flour*, Water, Raisins, sultanas, Cinnamon Pieces, mixed peel, glucose-fructose syrup, lemon peel, citric acid (Sugar, Cinnamon, **Wheat** Flour*, Sunflower Oil, Dextrose), Vegetable Oils (Sunflower, Rapeseed and Sustainable Palm in varying proportions), Yeast, Sugar, Salt, Emulsifiers: E471, E481, **Wheat** Gluten, Gelling Agent: E466, **Soya** Flour, Glazing Agent (Water, Potato Dextrin, Preservative: E202; Stabiliser: Guar Gum), Preservative: potassium sorbate, Calcium Propionate, Flour Treatment Agent: Ascorbic Acid (Vitamin C), ***Wheat** Flour [with Calcium, Iron, Niacin (B3) and Thiamin (B1)] colour erythrosine, invert sugar syrup, glace cherries, citric acid Emulsifiers (Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate), **Wheat** Gluten, **Soya** Flour, Thickeners (Sodium Carboxy Methyl Cellulose, Xanthan Gum), Flour Treatment Agent (Ascorbic Acid)

Butter - **Butter** (50%), Rapeseed Oil (25%), Water, Salt

DAIRY FREE SPREAD - Plant Oils (Sunflower, Rapeseed, Palm¹, Linseed), Water, salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, 1[^]Flora supports sustainable Palm Oil **MAY CONTAIN TRACES OF MILK**

CHEDDAR & MUSTARD SCONE – **Wheat** flour, salt, **milk, cream**, wholegrain **mustard, egg** - Water, Vinegar, **Mustard** Seed (28%), Honey, Salt, Natural Flavouring, Tarragon **Wheat Flour** (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Raising Agents (Monocalcium Phosphate, Sodium Bicarbonate) Rapeseed Oil, Palm Oil, Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Natural Butter Flavouring (**Milk**), Colours (Annatto, Bixin, Curcumin), Vitamin A, Vitamin D, Plant Oils (Sunflower, Rapeseed, Palm¹, Linseed), Water, salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, 1[^]Flora supports sustainable Palm Oil, **Egg, Cream, Milk**, pepper, garlic, sunflower seeds, pumpkin seeds, poppy seeds **May contain Traces of Peanuts, Tree Nuts and products thereof, Soya, Sesame Seeds and Sulphites**

Butter - **Butter** (50%), Rapeseed Oil (25%), Water, Salt

DAIRY FREE SPREAD - Plant Oils (Sunflower, Rapeseed, Palm¹, Linseed), Water, salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, 1¹Flora supports sustainable Palm Oil **MAY CONTAIN TRACES OF MILK**

CARAMELISED ONION CHUTNEY - Re-Hydrated Red Onions (68%), Sugar, Re-Hydrated Onions, Red Wine Vinegar (15%), Colour (Plain Caramel) (2%), Modified Maize Starch, Sea Salt, Ground Ginger, Cinnamon Powder, Ground Nutmeg

KIDS PICNIC TRAY

Bap sandwiches – Baps contain **barley, soya, wheat, gluten**. May contain traces of milk. Butter contains **dairy**. (Gluten free bread & dairy free spread available)

Fillings – Cheddar contains **dairy**, cream cheese contains **dairy**, Tuna mayo contains **fish, egg, mustard**, houmous contains **sesame**

DAIRY FREE SPREAD - Plant Oils (Sunflower, Rapeseed, Palm¹, Linseed), Water, salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, 1¹Flora supports sustainable Palm Oil **MAY CONTAIN TRACES OF MILK**

Cucumber, fruit & chips contain none of the 14 listed allergens

Mini biscuits contain **gluten, wheat, soya, metabisulphite** (gluten free alternatives may be available, please ask for allergens)

Squash contains none of the 14 listed allergens. Milk contains **milk**

SAUSAGE, CHIPS & BEANS

NOTES

- Sausage, Chips & Beans is Dairy free with meat or vegetarian/vegan sausages
- Sausage, chips and beans are Gluten free with either meat or vegetarian standard sausages (always double check product).
- Sausage, Chips & Beans are DAIRY FREE, VEGAN and GLUTEN FREE with vegan sausages, chips (or sweet potato fries) and beans..

MEAT SAUSAGES - Pork, Water, Rice Flour, Chickpea Flour, Salt, Parsley, Spices, Stabilisers (Disodium Diphosphate, Tetrasodium Diphosphate), Cornflour, Flavouring, Preservative (Sodium **Metabisulphite**), Antioxidant (Ascorbic Acid), Dextrose, Sausage Casing (Calcium Alginate), Sage, Onion Powder, Dried Sage, Spices (White Pepper, Coriander, Nutmeg, Mace, Cayenne Pepper), Flavouring, Cornflour, Emulsifier (Diphosphates), Preservative (Sodium **Sulphite**), Antioxidant (Sodium Ascorbate), Parsley, Black Pepper, White Pepper, Flavouring, Stabilisers (Disodium Diphosphate, Tetrasodium Diphosphate), Antioxidant (Sodium Ascorbate), Pea Flour, filled in a Natural Pork Casing or beef collagen casing, Sodium Citrates.

VEGAN SAUSAGES - Water, Rapeseed Oil, Pea Protein (17%), Thickener (E461, E415), Spices, Cornflour, Yeast Extract, Preservative (E326), Salt, Dietary Fibre, Dried Onion, Stabiliser (E425), Natural Flavouring, Herbs, Dextrose, Acidity Regulator (E300), Pea Fibre, Vegetable Concentrates (Beetroot, Caramelised Carrot, Carrot), Sausages filled into plant-based casings

BAKED BEANS - Beans, Haricot beans, Tomatoes (38%), Water, Sugar, Modified Maize Starch, Reduced Sodium Sea Salt, Spirit Vinegar, Salt, Paprika, White Pepper, Spices, Flavourings, Cornflour, Spice Extracts, Herb Extract.

Chips - Potato, rapeseed or vegetable oil, salt

FOR ALLEGENS INFORMATION REGARDING ADDITIONAL SAUCES, CAKES AND AFTERNOON TEAS PLEASE SPEAK TO A MANAGER.

DRINKS

HOT DRINKS – TRACES OF DAIRY, GLUTEN SOYA AND NUTS (ALMONDS) COULD BE PRESENT IN ANY HOT DRINK THAT CONTAINS STEAMED MILK – I.E. ANY MILK CONTAINING COFFEE, ANY HOT CHOCOLATE OR MOCHA, AND IN ANY HOT MILK REQUESTED ON THE SIDE.

OAT, ALMOND AND SOYA MILK are available for coffees and teas but please be aware that as we only have one coffee machine **dairy, gluten, soya and nuts** could be present in any milk containing coffee, and also in hot milk on the side and in any hot chocolate/speciality coffee.

VEGAN DARK HOT CHOCOLATE - PLEASE SPECIFY DARK CHOCOLATE AND YOUR PREFERRED NON DAIRY MILK. Ingredients will vary depending on chosen milk, but all dark hot chocolates will contain Cocoa mass, sugar, cocoa butter, natural vanilla flavouring and **may contain traces of milk**. Chocolate sauced used around the glass contains – sugar, water, glucose syrup, humectant (glycerol), fat reduced cocoa powder, chocolate (sugar, cocoa mass, cocoa butter, emulsifier (**soya** lecithin), natural vanilla flavouring, stabilisers (guar gum, xanthan gum), acidity regulator (citric acid), preservative (sorbic acid).

HOT CHOCOLATE THE WORKS—Ingredients will vary depending on chosen milk, but all hot chocolates will contain Cocoa mass, sugar, cocoa butter, natural vanilla flavouring, **milk, cream**. Chocolate sauced used around the glass contains – sugar, water, glucose syrup, humectant (glycerol), fat reduced cocoa powder, chocolate (sugar, cocoa mass, cocoa butter, emulsifier (**soya** lecithin), natural vanilla flavouring, stabilisers (guar gum, xanthan gum), acidity regulator (citric acid), preservative (sorbic acid). Marshmallows - Glucose Syrup, Sugar, Dextrose, Water, Humectant: Sorbitol Syrup, Gelatine, Fruit and Plant Concentrate: Beetroot, Safflower, Flavouring. Wafers - Sugar, **WHEAT** Flour, Palm Kernel Oil, Fat Reduced Cocoa Powder, Emulsifier (**SOYA** Lecithins), WHEAT Starch, Maltodextrin, **EGG** Albumen, Skimmed MILK Powder, Colourings (Plain Caramel, Annatto), Coconut Oil, Whey Powder (from **MILK**), Flavouring, Salt.

COLD DRINKS & ALCOHOLIC DRINKS

Please see cans/bottles for list of ingredients.

ICE CREAM MILKSHAKES

VANILLA – **Milk**, vanilla, **VANILLA ICE CREAM** – Water, Sugar, Palm Oil, Buttermilk Powder (**Milk**), Whey Powder (**Milk**), Dextrose, Dried Skimmed **Milk**, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Guar Gum, Carboxymethylcellulose, Carob Gum, Locust bean gum), Flavouring, colours annato norbixin) MAY CONTAIN **SOYA** Toffee Sauce – glucose syrup, reconstituted skimmed **milk**, dextrose, water, glycerol, sugar, rapeseed oil, modified starch, **butter**, plain caramel colour, salt, stabilisers (guar gum, xanthan gum, flavouring, preservative (potassium sorbate).

BANANA – **Milk**, **VANILLA ICE CREAM** – Water, Sugar, Palm Oil, Buttermilk Powder (**Milk**), Whey Powder (**Milk**), Dextrose, Dried Skimmed **Milk**, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Guar Gum, Carboxymethylcellulose, Carob Gum, Locust bean gum), Flavouring, colours annato norbixin) MAY CONTAIN **SOYA** Banana juice from concentrate, acid, citric acid, fruit and vegetable concentrates (afflower, lemon, apple) preservative (potassium sorbate), flavouring, acidity regulator (tri sodium citrate), sweetener (sodium saccharin) Toffee Sauce – glucose syrup, reconstituted skimmed **milk**, dextrose, water, glycerol, sugar, rapeseed oil, modified starch, **butter**, plain caramel colour, salt, stabilisers (guar gum, xanthan gum, flavouring, preservative (potassium sorbate).

STRAWBERRY – **Milk**, vanilla, sugar, fruit and vegetable concentrates (beetroot and carrot) citric acid, preservative (potassium sorbate), flavouring, acidity regulator (tri sodium citrate), antioxidant (ascorbic acid) **VANILLA ICE CREAM** – Water, Sugar, Palm Oil, Buttermilk Powder (**Milk**), Whey Powder (**Milk**), Dextrose, Dried Skimmed **Milk**, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Guar Gum, Carboxymethylcellulose, Carob Gum, Locust bean gum), Flavouring, colours annato norbixin) MAY CONTAIN **SOYA** Strawberry sauce – sugar, water, modified starch, Strawberry Puree (3.5%), AcidityRegulator (Citric Acid), Colour (Anthocyanin), Flavouring,Preservative (Sorbic Acid), Stabilisers (Guar Gu m, Xanthan Gum).

CHOCOLATE – Milk, vanilla, sugar, fat reduced cocoa powder, lactic acid, acidity regulator (trisodium citrate), preservative (potassium sorbate), stabiliser (xanthan gum) **VANILLA ICE CREAM** – Water, Sugar, Palm Oil, Buttermilk Powder (Milk), Whey Powder (Milk), Dextrose, Dried Skimmed Milk, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Guar Gum, Carboxymethylcellulose, Carob Gum, Locust bean gum), Flavouring, colours annato norbixin) **MAY CONTAIN SOYA** Chocolate Sauce – sugar, water, glucose syrup, humectant (glycerol), fat reduced cocoa powder, chocolate (sugar, cocoa mass, cocoa butter, emulsifier (soya lecithin), natural vanilla flavouring, stabilisers (guar gum, xanthan gum), acidity regulator (citric acid), preservative (sorbic acid).

FRUIT SMOOTHIES

PINEAPPLE, MANGO & PASSIONFRUIT – Apple & orange juice from concentrate, passion fruit, pineapple, mango. **Please note smoothies are made using equipment that is used for dairy and soya containing products.**

BERRY BOMB – Apple & orange juice from concentrate, strawberry, raspberry, blackberry. **Please note smoothies are made using equipment that is used for dairy and soya containing products.**