

## 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%)<sup>1</sup>, Flavouring, Vanilla Extract, <sup>1</sup>Rainforest 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 annatto 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**

**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, Palm<sup>1</sup>, Linseed), Water, salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, 1<sup>1</sup>Flora 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**

**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, Palm<sup>1</sup>, Linseed), Water, salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, 1<sup>^</sup>Flora 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

**HAM** - Pork, Salt, Sugar, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrate), may contain acidity regulator

**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, Diced Onion, **Wheat** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Unsalted Butter (**Milk**), Stout (9%) (Yeast, Water) (**Gluten**), Flour (Calcium Carbonate, Iron, Niacin, Thiamin) (**Gluten**), Free Range **Egg**, Ground Black Pepper, White Wine Vinegar, Unsalted Butter (Whey Butter, Salt) (**Milk**), Salt, Rapeseed Oil (Anti-foaming Agent (Polydimethylsiloxane)), Beef Stock (Water, Roast Beef Bone, Roast 70v1 Beef Flank, Yeast Extract, Salt), Garlic, Yeast Extract, IQF Thyme, Cracked Black Pepper, Molasses Sugar.

**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** - **Wheat** Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Chicken Breast, Sliced Leeks, Unsalted Butter (**Milk**), Double Cream (**Milk**), Water, Diced Onion, Water, Creme Fraiche (**Milk**, Cream, **Milk** Solids, Modified Corn Starch, Lactic Culture, Potassium Sorbate), Wholegrain **Mustard** (2%) (Water, Malt Vinegar (from **Barley**), **Mustard** Seed, Sugar, Salt, Stabiliser (Xanthan Gum), Ground Pimento, Black Pepper, Ground Cloves), Unsalted Butter (**Milk**), **Wheat** Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil (Anti-foaming Agent (Polydimethylsiloxane)), Free Range **Egg**, White



Wine Vinegar, Garlic, Parsley, Chicken Stock (Water, Chicken Carcass, Yeast Extract, Salt), Salt, Breadcrumb (**Wheat** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Lemon Juice (**Sulphites**), Salt, Cracked Black Pepper, IQF Thyme

**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

**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, Palm<sup>1</sup>, Linseed), Water, salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, 1<sup>^</sup>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. Tomatoes, onion, Olives, Water, Salt, Acidity Regulator (Lactic Acid, cucumber. **SLAW SALAD** – Red cabbage, **celery**, pickled cabbage Red Cabbage, Water, Spirit Vinegar, Sugar, Salt, Firming Agent (Calcium Acetate), Yeast Extract, Preservative (Sodium **Metabisulphite**), Sweetener (Sodium Saccharin), Acidity Regulators (Acetic Acid, Lactic Acid), Salt, Spirit Vinegar, parsley, pumpkin seeds, sunflower seeds, radish, lentils, Water, Firming Agent (Calcium Chloride), Antioxidant (Calcium Disodium EDTA), celery, olive oil, apple cider vinegar, sulphites, lemon juice, salt, black pepper, maple syrup. **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 DRESSING** Water, Balsamic Vinegar (25%) (White Wine Vinegar, Concentrated Grape Must), Sugar, Spirit Vinegar, Extra Virgin Olive Oil (3%), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Salt

**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)

**HALLOUMI SUPER SALAD** contains **SULPHITES, DAIRY, CELERY, MUSTARD** . **May contain Traces of Peanuts, Tree Nuts, Gluten, Milk and products thereof, Soya, Sesame Seeds and Sulphites**

**GREEN SALAD** – Mixed salad leaves including rocket, beetroot and other types of lettuce/leaves. Tomatoes, onion, olives Olives, Water, Salt, Acidity Regulator (Lactic Acid, cucumber. **SLAW SALAD** – Red cabbage, **celery**, pickled cabbage Red Cabbage, Water, Spirit Vinegar, Sugar, Salt, Firming Agent (Calcium Acetate), Yeast Extract, Preservative (Sodium **Metabisulphite**), Sweetener (Sodium Saccharin), Acidity Regulators (Acetic Acid, Lactic Acid), Salt, Spirit Vinegar, parsley, pumpkin seeds, sunflower seeds, radish, lentils, Water, Firming Agent (Calcium Chloride), Antioxidant (Calcium Disodium EDTA), celery, olive oil, apple cider vinegar, sulphites, lemon juice, salt, black pepper, maple syrup. **May contain Traces of Peanuts, Tree Nuts, Gluten, Milk and products thereof, Soya, Sesame Seeds and Sulphites**

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

**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**

**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

**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**, salt, mustard bran, black pepper, white pepper, cinnamon, cloves, salt, lemon juice concentrate, parsley, potassium sorbate, chive, basil, mustard seed.

**BALSAMIC DRESSING** Water, Balsamic Vinegar (25%) (White Wine Vinegar, Concentrated Grape Must), Sugar, Spirit Vinegar, Extra Virgin Olive Oil (3%), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Salt

**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)

**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

**HONEY ROAST SALMON & AVOCADO OPEN SANDWICH** contains **Fish, celery, sulphites, wheat, rye, barley, oats, gluten, butter. May contain Traces of Peanuts, Tree Nuts, Gluten, Milk, Egg and products thereof, Soya, Sesame Seeds**

**NOTES** – **Salmon & Avocado open sandwich** is Dairy free with dairy free spread.

– **Salmon & Avocado open sandwich** is Gluten free with gluten free bread.

- **Salmon & Avocado open sandwich** is **DAIRY FREE** and **GLUTEN FREE** with dairy free spread and gluten free bread for toast.

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

**SMASHED AVOCADOS** – Avocado, Lime juice, salt, black pepper.

**GREEN SALAD** – Mixed salad leaves including rocket, beetroot and other types of lettuce/leaves. Tomatoes, onion, olives Olives, Water, Salt, Acidity Regulator (Lactic Acid, cucumber. **SLAW SALAD** – Red cabbage, **celery**, pickled cabbage Red Cabbage, Water, Spirit Vinegar, Sugar, Salt, Firming Agent (Calcium Acetate), Yeast Extract, Preservative (Sodium **Metabisulphite**), Sweetener (Sodium Saccharin), Acidity Regulators (Acetic Acid, Lactic Acid), Salt,

Spirit Vinegar, parsley, pumpkin seeds, sunflower seeds, radish, lentils, Water, Firming Agent (Calcium Chloride), Antioxidant (Calcium Disodium EDTA), celery, olive oil, apple cider vinegar, sulphites, lemon juice, salt, black pepper, maple syrup. **May contain Traces of Peanuts, Tree Nuts, Gluten, Milk and products thereof, Soya, Sesame Seeds and Sulphites**

**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, Palm<sup>1</sup>, Linseed), Water, salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, <sup>1</sup>Flora supports sustainable Palm Oil **MAY CONTAIN TRACES OF MILK**

**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 DRESSING** Water, Balsamic Vinegar (25%) (White Wine Vinegar, Concentrated Grape Must), Sugar, Spirit Vinegar, Extra Virgin Olive Oil (3%), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Salt

**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 & HOUMOUS OPEN SANDWICH** contains Sesame, dairy, celery, sulphites, wheat, barley, oats, gluten May contain Traces of Peanuts, Tree Nuts, Gluten, Milk, egg and products thereof, Soya, Sesame Seeds and Sulphites.

**NOTES** – Moroccan falafel & houmous open sandwich is Dairy free and Vegan with dairy free spread.

– Moroccan Falafel & houmous open sandwich is Gluten free with gluten free bread.

- Moroccan falafel & houmous open sandwich is DAIRY FREE, VEGAN and GLUTEN FREE with dairy free spread and gluten free bread for toast.

**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.

**HOUMOUS** – Chickpeas, water, rapeseed oil, tahini – sesame, lemon juice, citric acid, sodium metabisulphite, salt, anti-cake agent, sodium ferrocyanide, garlic puree, garlic, citric acid, cumin, potassium sorbate.

**GREEN SALAD** – Mixed salad leaves including rocket, beetroot and other types of lettuce/leaves. Tomatoes, onion, olives Olives, Water, Salt, Acidity Regulator (Lactic Acid, cucumber. **SLAW SALAD** – Red cabbage, celery, pickled cabbage Red Cabbage, Water, Spirit Vinegar, Sugar, Salt, Firming Agent (Calcium Acetate), Yeast Extract, Preservative (Sodium Metabisulphite), Sweetener (Sodium Saccharin), Acidity Regulators (Acetic Acid, Lactic Acid), Salt, Spirit Vinegar, parsley, pumpkin seeds, sunflower seeds, radish, lentils, Water, Firming Agent (Calcium Chloride), Antioxidant (Calcium Disodium EDTA), celery, olive oil, apple cider vinegar, sulphites, lemon juice, salt, black pepper, maple syrup. May contain Traces of Peanuts, Tree Nuts, Gluten, Milk and products thereof, Soya, Sesame Seeds and Sulphites

**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, Palm<sup>1</sup>, Linseed), Water, salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, 1<sup>1</sup>Flora 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

**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 DRESSING** Water, Balsamic Vinegar (25%) (White Wine Vinegar, Concentrated Grape Must), Sugar, Spirit Vinegar, Extra Virgin Olive Oil (3%), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Salt

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**CIABATTAS** - All ciabattas are prepared in an area where allergens including nuts are present

**CIABATTA BREADS** - Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil (2%), Salt, Yeast, **Wheat** Semolina, **Rye, Barley, Wheat** Flour, Malted **Wheat** Flour, Flour treatment agent (Ascorbic Acid) Ethyl alcohol, **rye** sourdough **May contain sesame**

#### 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. **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 **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** - Mixed salad leaves including rocket, beetroot and other types of lettuce/leaves. Tomatoes, onion, olives Olives, Water, Salt, Acidity Regulator (Lactic Acid, cucumber. **SLAW SALAD** - Red cabbage, **celery**, pickled cabbage Red Cabbage, Water, Spirit Vinegar, Sugar, Salt, Firming Agent (Calcium Acetate), Yeast Extract, Preservative (Sodium **Metabisulphite**), Sweetener (Sodium Saccharin), Acidity Regulators (Acetic Acid, Lactic Acid), Salt, Spirit Vinegar, parsley, pumpkin seeds, sunflower seeds, radish, lentils, Water, Firming Agent (Calcium Chloride), Antioxidant (Calcium Disodium EDTA), celery, olive oil, apple cider vinegar, sulphites, lemon juice, salt, black pepper, maple syrup. **May contain Traces of Peanuts, Tree Nuts, Gluten, Milk and products thereof, Soya, Sesame Seeds and Sulphites**

#### **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, Palm<sup>1</sup>, Linseed), Water, salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, 1<sup>^</sup>Flora 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, Palm<sup>1</sup>, Linseed), Water, salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, 1<sup>1</sup>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, Palm<sup>1</sup>, Linseed), Water, salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, 1<sup>1</sup>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)

**HOG ROAST SAUSAGE ROLL** contains **WHEAT, MILK, DAIRY, EGG, SULPHITES**. Made in a place where nuts are handled.

85v1 Pork Shoulder, **Wheat** Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Unsalted Butter (**Milk**), Diced Onion 10mm, Bramley Apple (8%), Water, Whole Peeled Potato (**Sulphites**), Breadcrumb (**Wheat** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Honey (2%), White Wine Vinegar, Free Range Liquid **Egg**, Water (1%), Rubbed Sage, Rapeseed Oil (Anti-foaming Agent (Polydimethylsiloxane)), Garlic (0%), Salt (0%), Salt, Black Onion Seeds, Parsley, Cracked Black Pepper, Garlic, Caster Sugar

**MAPLE ROOT VEG PUFF PASTRY ROLL** contains **WHEAT, SOYA, GLUTEN**. Made in a place where nuts and milk are handled.

Flour (Calcium Carbonate, Iron, Niacin, Thiamin) (**Gluten**), Margarine (Vegetable Oils and Fat (Palm, Rapeseed), Water, Salt, Emulsifier (E471), Acid (Citric Acid)), Diced Onion 10mm(11.7%), Diced Red Onion 10mm(7.8%), Diced Butternut Squash 10mm(7.8%), Diced Sweet Potato 10mm(7.8), Diced Carrot 10mm(7.8%), Water, Breadcrumb (**Wheat** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Butternut Squash Seeds, Rapeseed Oil (Anti-foaming Agent (E900)), Edible Fat (Vegetable Oil & Fat (Palm, Rapeseed)), **Soya** Milk (Water, **Soya** Bean (6%), Concentrated Apple Extract (3%), Tricalcium Phosphate, Sea Salt, Stabiliser (Gellan Gum), Vitamin B12, Riboflavin, Vitamin D), White Wine Vinegar, IQF Coriander, Salt, Maple Syrup (Invert Sugar Syrup, Colour: Plain Caramel, Natural Flavouring), Garlic, Ground Cumin, Cracked Black Pepper, Ground Nutmeg, IQF Thyme, Cinnamon

**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, Palm<sup>1</sup>, Linseed), Water, salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, 1<sup>^</sup>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, Palm<sup>1</sup>, Linseed), Water, salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, 1<sup>^</sup>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, Palm<sup>1</sup>, Linseed), Water, salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, 1<sup>^</sup>Flora 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

## HALF SANDWICHES

### NOTES

- **SANDWICHES** are Dairy free with dairy free spread and ham or houmous. although normal bread states may contain dairy due to being made in a factory handling dairy.
- **SANDWICHES** are Gluten free with gluten free bread and any of the fillings.
- **SANDWICHES** are **VEGAN** and **GLUTEN FREE** when served with dairy free spread, houmous filling and gluten free bread.

### BREAD

**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, Palm<sup>1</sup>, Linseed), Water, salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, 1<sup>^</sup>Flora supports sustainable Palm Oil **MAY CONTAIN TRACES OF MILK**

#### **FILLINGS**

**HAM** - Pork, Salt, Sugar, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrate), may contain acidity regulator

**CHEDDAR CHEESE** - **milk**, salt, cellulose

**HOUMOUS** - Chickpeas, water, rapeseed oil, tahini - **sesame**, lemon juice, citric acid, sodium metabisulphite, salt, anti-cake agent, sodium ferrocyanide, garlic puree, garlic, citric acid, cumin, potassium sorbate.

#### **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 (cirtic 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 (cirtic acid), preservative (sorbic acid). Marshmallows - Glucose Syrup, Sugar, Dextrose, Water, Humectant: Sorbitol Syrup, Gelatine, Fruit and Plante 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 fron 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 (cirtic 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.**