

## **BISCUITS & CAKES:**

### **BANANA LOAF**

Bananas, Margarine: Vegetable Oils in varying proportions (75%) (rapeseed, palm, sunflower), water, salt (1.38%), emulsifier (mono and diglycerides of fatty acids), acid (citric acid), vitamin A & D, colour (carotenes), flavourings. Caster Sugar, **EGGS**, Self Raising Flour: Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, and Thiamin), Raising Agents, (Calcium Phosphates, Sodium Bicarbonates). Baking Powder (Raising Agents (E450 (diphosphates), E500 (sodium carbonates), maize starch. Vanilla Essence: Water, Propylene Glycol, Colour, Plain Caramel; Flavourings. Ground Cinnamon

### **FLAPJACK**

Wholemeal flour, **WHEAT**, Water, **WHEAT PROTEIN**. Plain Flour **WHEAT GLUTEN**, Margarine, Vegetable Oils (rapeseed, palm, sunflower) Baking Powder Raising Agents (E450 diphosphates) E500 (sodium carbonates) Maize Starch. Soft Brown Sugar. Golden Syrup. Porridge **OATS**, **OAT** Flakes

### **ICED SPONGE**

Margarine, Vegetable Oils (rapeseed, palm, sunflower). Granulated Sugar. **EGGS**. Self Raising Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron Niacin (B3), Thiamin (B1)). Raising Agents Bicarbonate of Soda, Monocalcium Phosphate E341. Icing Sugar. Water

### **SHORTBREAD BISCUIT:**

**WHEAT** flour, Calcium, Iron, Niacin, Thiamin, Sugar, Margarine, Vegetable Oils, (rapeseed, palm, sunflower) Water, Salt Emulsifier, Citric Acid, Vitamin A & D colour (carotenes) flavourings. Dried Fruit **SULPHITES**

### **VANILLA COOKIE**

Plain Flour **WHEAT GLUTEN**, Margarine, Vegetable Oils (rapeseed, palm, sunflower) Water, Salt, Emulsifier (mono and diglycerides of fatty acids), Acid (citric acid), Vitamin A and D, Colour (carotenes), Flavourings. Caster Sugar, Baking Powder Raising Agents (E450 diphosphates) E500 (sodium carbonates) Maize Starch. **MAY CONTAIN MILK, EGGS**, Vanilla Essence, Water, Propylene Glycol, Colour: Plain Caramel; flavourings.

## **PANINIS:**

### **MEATBALLS IN A TANGY TOMATO SAUCE & MOZZARELLA PANINI**

**WHEAT** flour (with Calcium Iron Niacin Thiamin) Water Yeast Extra Virgin Oil Salt Flour Treatment Agent (E300). Pork **GLUTEN, SULPHITES**. Tangy Tomato Sauce: Tomato Coulis: Crushed Tomatoes, Tomato Concentrate, Onion, Sugar, Sunflower Oil, Salt, Garlic, Herbs, Spices (citric acid, potassium, sorbate) Mozzarella: **MILK**

### **BACON & BEAN PANINI**

**WHEAT** flour (with Calcium Iron Niacin Thiamin) Water Yeast Extra Virgin Oil Salt Flour Treatment Agent (E300) Bacon (added water) Baked Beans: Beans, Tomatoes, Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings

### **ROASTED VEG & MOZZARELLA PANINI**

**WHEAT** Flour (with Calcium Iron Niacin Thiamin) Water Yeast Extra Virgin Olive Oil Salt Flour Treatment Agent (E300) Mozzarella **MILK**. Roasted Vegetables: Tomato, Courgette, Aubergine, Onions, Red & Green Peppers

### **CHEESE & HAM PANINI**

**WHEAT** flour (with Calcium Iron Niacin Thiamin) Water Yeast Extra Virgin Oil Salt Flour Treatment Agent (E300). Cheese **MILK**. Ham: Pork Leg, Salt, Demerara Sugar, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrate, Potassium Nitrate)

### **TUNA MELT PANINI**

**WHEAT** flour (with Calcium Iron Niacin Thiamin) Water Yeast Extra Virgin Oil Salt Flour Treatment Agent (E300) Mozzarella: **MILK**. Tuna **FISH**, Water, Salt. Mayonnaise Water, Rapeseed Oil, Modified Maize, Spirit Vinegar, Free Range Pasteurised **EGG YOLK**, 2.3% Sugar, Salt, Lemon Juice from Concentrate, Stabilisers (Guar Gum) Xanthan Gum, Pectin.

### **CAPRESE PANINI**

Wheat Flour (with Calcium Iron Niacin Thiamin) Water Yeast Extra Virgin Olive Oil Salt Flour Treatment Agent (E300) Mozzarella: **MILK**. Tomatoes. Balsamic Vinegar: Wine Vinegar **SULPHITES**, Colour: **SULPHITE** Ammonia Caramel **SULPHITES**

### **LOADED TURKEY PANINI**

**WHEAT** Flour (with Calcium Iron Niacin Thiamin) Water Yeast Extra Virgin Olive Oil Salt Flour Treatment Agent (E300) Ingredients: Turkey: water, paprika, salt. Bacon: Pork (86%), water, salt, preservatives (Potassium Nitrate, Sodium Nitrate), Antioxidant (Sodium Ascorbate) Mozzarella **MILK** Cheddar **MILK** Cranberry Sauce: Cranberries (40%), Glucose Syrup, Sugar Syrup, Water, Gelling Agent (Pectin), Acidity Regulator (Citric Acid, Trisodium Citrate, Tricalcium Citrate, Preservative (Potassium Sorbate)

### **ITALIAN CHICKEN PANINI**

**WHEAT** Flour (with Calcium Iron Niacin Thiamin) Water Yeast Extra Virgin Olive Oil Salt Flour Treatment Agent (E300) Pesto: Basil (50%), Sunflower Oil (39%), Vegetarian Cheese (**MILK**), Sugar, Salt, Acidity Regulator (Lactic Acid), Garlic. Shredded Mozzarella. Chicken, Modified Tapioca Starch, Salt, Emulsifier (Sodium Triphosphate). Tomato Sauce: Sun-Ripened Chopped Tomato, Tomato Puree, Onion, Sunflower Oil, Sugar, Salt, Herbs & Spices ( Garlic, Basil, Oregano, Black Pepper)

### **CHICKEN TIKKA & MOZZARELLA PANINI**

**WHEAT** Flour (with Calcium Iron Niacin Thiamin) Water Yeast Extra Virgin Olive Oil Salt Flour Treatment Agent (E300) Chicken Breast (86%), Water, Modified Tapioca Starch, Dextrose, Salt, Potato Starch, Sugar, Yeast Extract, Raising Agent (Sodium Carbonate), Acidity Regulators (Sodium Citrate, Sodium Acetate), Spices (Chilli, Cumin, Onion, Garlic, Fennel, Pepper, Coriander), Tomato Powder, Lime Juice Powder, Paprika Extract, Herb(Parsley), Anticaking Agent (Silicon Dioxide)  
Shredded Mozzarella: **MILK**

### **CHEESE & TOMATO PANINI**

**WHEAT** Flour (with Calcium Iron Niacin Thiamin) Water Yeast Extra Virgin Olive Oil, Salt, Flour Treatment Agent (E300) **CHEESE (MILK)** Chopped Tomato, Tomato Puree, Onion, Sunflower Oil, Sugar, Salt, Herbs & Spices (Garlic Basil Oregano Black Pepper) **May also contain traces of sesame seeds**

### **SALADS:**

#### **HOISIN VEGETABLE & BEAN RICE SALAD**

Rice. Hoisin Sauce: Water 28%, Miso, **SOYA** Bean, Rice, Salt, Sugar, Yumai Rice Vinegar, Garlic Puree, Garlic Powder, Fennel, Star Anise, Cinnamon, Szechuan Pepper, Chipotle, Chilli Cloves, Carrot Juice, Plain Caramel, **SESAME OIL**, Sugar **SOYA SAUCE**, Rice Vinegar, **WHEAT**, Maize Starch, Acidity Regulator, Lactic Acid. Roasted Vegetables: Courgettes, Onions, Peppers, Aubergine

#### **SWEET CHILLI NOODLE SALAD**

Medium **EGG** Noodles: **WHEAT** Flour, (**WHEAT** flour with Calcium Carbonate, Iron, Niacin, Thiamin), Pasteurised Free Range **EGG**, Salt, Colour: Carotenes; Firming Agents: Potassium Carbonate, Sodium Carbonate, Acidity Regulator: Citric Acid. Sweet Chilli Sauce: Water, Glucose-Fructose Syrup, Sugar, Spirit Vinegar, Modified Maize Starch, Salt, Garlic Puree (1.2%) (Water, Dried Garlic, Acidity Regulator(Citric Acid)), Onion, Red Chilli (0.5%), Dried Red Pepper, Crushed Chilli, Preservative (Potassium Sorbate) Stabiliser (Xanthan Gum), Ground Chilli, Colour (Paprika Extract) Sweetener (Sodium Saccharin) Colour (Plain Caramel), Salad: Tomatoes, Peppers, Red Onion, Basil

## **ROLLS:**

### **BACON EGG & SALAD PRETZEL ROLL**

**WHEAT** flour, water, rapeseed oil, yeast, fermented **WHEAT** flour, salt, malt flour (**WHEAT**), gluten (**WHEAT**), acidity regulator (sodium hydroxide), flour treatment agent (ascorbic acid). Bacon (added water) **EGG**, Mayonnaise Water, Rapeseed Oil, Modified Maize, Spirit Vinegar, Free Range Pasteurised **EGG YOLK**, 2.3% Sugar, Salt, Lemon Juice from Concentrate, Stabilisers (Guar Gum) Xanthan Gum, Pectin Lettuce

### **BREAD ROLL & BUTTER**

Bread Flour **WHEAT GLUTEN** Wholemeal Flour **WHEAT GLUTEN** Bread Improver **GLUTEN WHEAT MAY CONTAIN EGG MILK SOYA SO2** Yeast Water Buttery Spread: Rapeseed Oil, Palm Oil, Reconstituted **BUTTER MILK** %.3, Salt 1.5%, Emulsifiers/mono and diglycerides of fatty acids, Preserve, Potassium Sorbate, Acidity Regulator, Lactic Acid, Vitamins A & D, Colour, Beta Carotene, Flavouring

### **CHICKEN & PESTO PRETZEL ROLL**

**WHEAT** flour, water, rapeseed oil, yeast, fermented **WHEAT** flour, salt, malt flour (**WHEAT**), gluten (**WHEAT**), acidity regulator (sodium hydroxide), flour treatment agent (ascorbic acid). Chicken: Chicken Breast, Modified Tapioca Starch, Salt, Emulsifier (Sodium Triphosphate). Green Pesto: Basil, Sunflower Oil, Vegetarian Cheese (**MILK**), Sugar, Salt, Acidity Regulator (Lactic Acid), Garlic. Lettuce, Cucumber Tomato

### **PLOUGHMANS PRETZEL ROLL**

**WHEAT** flour, water, rapeseed oil, yeast, fermented **WHEAT** flour, salt, malt flour (**WHEAT**), gluten (**WHEAT**), acidity regulator (sodium hydroxide), flour treatment agent (ascorbic acid) Cheese **MILK**. Sweet Pickle: Water, Sugar, Cauliflower, Rehydrated Onion, Rehydrated Carrot, Swede, Modified Maize Starch, Acidity Regulator; Acetic Acid, Apple Pulp, Date Paste, Brown Sugar, Tomato Paste, Flavouring, Colour: Ammonia Caramel, Salt. Lettuce, Tomato

### **ROASTED VEG & FETA PRETZEL ROLL**

**WHEAT** flour, water, rapeseed oil, yeast, fermented, salt, gluten (**WHEAT**), acidity regulator (sodium hydroxide), flour treatment agent (ascorbic acid) **Feta MILK**. Roasted Vegetables: Tomato, Courgette, Aubergine, Onions, Red & Green Peppers

### **SWEET CHILLI MEAT FREE CHICKEN STYLE PRETZEL ROLL (VGN)**

**WHEAT** flour, water, rapeseed oil, yeast, fermented **WHEAT** flour, salt, malt flour (**WHEAT**), gluten (**WHEAT**), acidity regulator (sodium hydroxide), flour treatment agent (ascorbic acid). Chicken Style Strips (**WHEAT, SOYA**), Modified Tapioca Starch, Salt, Emulsifier (Sodium Triphosphate). Sweet Chilli Sauce : Water, Glucose-Fructose Syrup, Sugar, Spirit Vinegar, Modified Maize Starch, Salt, Garlic Puree (1.2%) (Water, Dried Garlic, Acidity Regulator (Citric Acid)), Onion, Red Chilli (0.5%), Dried Red Pepper, Crushed Chilli, Preservative (Potassium Sorbate) Stabiliser (Xanthan Gum), Ground Chilli, Colour (Paprika Extract) Sweetener (Sodium Saccharin) Colour (Plain Caramel), Lettuce

### **SWEET CHILLI CHICKEN PRETZEL ROLL**

**WHEAT** flour, water, rapeseed oil, yeast, fermented **WHEAT** flour, salt, malt flour (**WHEAT**), gluten (**WHEAT**), acidity regulator (sodium hydroxide), flour treatment agent (ascorbic acid). Chicken Breast (prepared from 102g of chicken per 100g of cooked chicken), Modified Tapioca Starch, Salt, Emulsifier (Sodium Triphosphate). Sweet Chilli Sauce : Water, Glucose-Fructose Syrup, Sugar, Spirit Vinegar, Modified Maize Starch, Salt, Garlic Puree (1.2%) (Water, Dried Garlic, Acidity Regulator (Citric Acid)), Onion, Red Chilli (0.5%), Dried Red Pepper, Crushed Chilli, Preservative (Potassium Sorbate) Stabiliser (Xanthan Gum), Ground Chilli, Colour (Paprika Extract) Sweetener (Sodium Saccharin) Colour (Plain Caramel), Lettuce

## **SANDWICHES:**

### **BLT**

Wholemeal flour, **WHEAT**, Water, **WHEAT PROTEIN**, Yeast, Granulated Sugar, Salt, **SOYA FLOUR**, **WHEAT FLOUR**, added Calcium, Iron, Niacin, Thiamin, Vegetable Oil (Palm, Rapeseed) Emulsifiers. E471, E472e, Preservative E282, Caramelised Sugar, **FLOUR**, Treatment Agent, Ascorbic Acid. Butter **MILK**, Bacon (added water) Lettuce, Tomato, Mayonnaise: Water, Rapeseed Oil, Modified Maize, Spirit Vinegar, Free Range Pasteurised **EGG YOLK**, 2.3% Sugar, Salt, Lemon Juice from Concentrate, Stabilisers (Guar Gum) Xanthan Gum, Pectin. Cress **MUSTARD**

### **CHEESE & CUCUMBER SANDWICH**

Wholemeal **WHEAT** Flour Water Salt Emulsifiers E471 E472e Palm Oil Yeast Spirit Vinegar **SOYA** Flour, Preservative E282 **WHEAT** Flour (Calcium Carbonate Iron Niacin Thiamin) Flour Treatment Agent E300 **CHEESE (MILK)** Cucumber, Butter: **MILK**

### **CHEESE & RED ONION SANDWICH**

Wholemeal **WHEAT** Flour Water Salt Emulsifiers E471 E472e Palm Oil Yeast Spirit Vinegar **SOYA** Flour, Preservative E282 **WHEAT** Flour (Calcium Carbonate Iron Niacin Thiamin) Flour Treatment Agent E300 **CHEESE (MILK)** Butter: **MILK** , Red Onion

### **CHEESE CHIVE & MAYO SANDWICH**

Cheese **MILK**, Mayonnaise: Water, Rapeseed Oil, Modified Maize, Spirit Vinegar, Free Range Pasteurised **EGG YOLK**, 2.3% Sugar, Salt, Lemon Juice from Concentrate, Stabilisers (Guar Gum) Xanthan Gum, Pectin, **EGG WHITE POWDER**, Citrus Fibre Preserve, Potassium Sorbate. Chives **ONION** Butter: **MILK**

### **CHEESE SANDWICH**

Wholemeal **WHEAT** Flour Water Salt Emulsifiers E471 E472e Palm Oil Yeast Spirit Vinegar **SOYA** Flour, Preservative E282 **WHEAT** Flour (Calcium Carbonate Iron Niacin Thiamin) Flour Treatment Agent E300 **CHEESE (MILK)** Butter: **MILK**

### **CHICKEN & STUFFING SANDWICH**

Wholemeal flour, **WHEAT**, Water, **WHEAT PROTEIN**, Yeast, Granulated Sugar, Salt, **SOYA FLOUR**, **WHEAT FLOUR**, added Calcium, Iron, Niacin, Thiamin, Vegetable Oil (Palm, Rapeseed) Emulsifiers. **E471**, **E472e**, Preservative **E282**, Caramelised Sugar, **FLOUR**, Treatment Agent, Ascorbic Acid. Butter **MILK**, Chicken, Water, Stuffing: Rusk (Fortified **WHEAT** Flour), Calcium Carbonate, Iron, Niacin and Thiamin, Salt, Mayonnaise: Water, Rapeseed Oil, Modified Maize, Spirit Vinegar, Free Range Pasteurised **EGG YOLK**, 2.3% Vegetable Suet, Vegetable Oils (Palm and Sunflower), Fortified **WHEAT** Flour, Dried Onion, Parsley, Salt Flavouring

### **CHICKEN SALAD SANDWICH**

Wholemeal flour, **WHEAT**, Water, **WHEAT PROTEIN**, Yeast, Granulated Sugar, Salt, **SOYA FLOUR**, **WHEAT FLOUR**, added Calcium, Iron, Niacin, Thiamin, Vegetable Oil (Palm, Rapeseed) Emulsifiers. E471, E472e, Preservative E282, Caramelised Sugar, **FLOUR**, Treatment Agent, Ascorbic Acid. Buttery Spread: Rapeseed Oil, Palm Oil, Reconstituted **BUTTER MILK** %3, Salt 1.5%, Emulsifiers/mono and diglycerides of fatty acids, Preserve, Potassium Sorbate, Acidity Regulator, Lactic Acid, Vitamins A & D, Colour, Beta Carotene, Flavouring. Chicken, Mayonnaise: Water, Rapeseed Oil, Modified Maize, Spirit Vinegar, Free Range Pasteurised **EGG YOLK**, 2.3% Sugar, Salt, Lemon Juice from concentrate, Stabilisers (Guar Gum) Xanthan Gum, Pectin. Lettuce, Tomato, Cucumber

### **EGG & CRESS SANDWICH**

Wholemeal flour, **WHEAT**, Water, **WHEAT PROTEIN**, Yeast, Granulated Sugar, Salt, **SOYA FLOUR, WHEAT FLOUR**, added Calcium, Iron, Niacin, Thiamin, Vegetable Oil (Palm, Rapeseed) Emulsifiers. E471, E472e, Preservative E282, Caramelised Sugar, **FLOUR**, Treatment Agent, Ascorbic Acid. Butter **MILK, EGG**, Mayonnaise: Water, Rapeseed Oil, Modified Maize, Spirit Vinegar, Free Range Pasteurised **EGG YOLK**, 2.3% Sugar, Salt, Lemon Juice from Concentrate, Stabilisers (Guar Gum) Xanthan Gum, Pectin. Cress **MUSTARD**

### **HAM SALAD SANDWICH**

Wholemeal flour, **WHEAT**, Water, **WHEAT PROTEIN**, Yeast, Granulated Sugar, Salt, **SOYA FLOUR, WHEAT FLOUR**, added Calcium, Iron, Niacin, Thiamin, Vegetable Oil (Palm, Rapeseed) Emulsifiers. E471, E472e, Preservative E282, Caramelised Sugar, **FLOUR**, Treatment Agent, Ascorbic Acid. Butter **MILK**, Gammon Ham Pork Cure (salt, stabilizer (Triphosphate), Demerara Sugar, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrate), Salt. Lettuce, Tomato, Cucumber

### **HAM SANDWICH**

Wholemeal flour, **WHEAT**, Water, **WHEAT PROTEIN**, Yeast, Granulated Sugar, Salt, **SOYA FLOUR, WHEAT FLOUR**, added Calcium, Iron, Niacin, Thiamin, Vegetable Oil (Palm, Rapeseed) Emulsifiers. E471, E472e, Preservative E282, Caramelised Sugar, **FLOUR**, Treatment Agent, Ascorbic Acid. Butter **MILK**, Gammon Ham Pork Cure (salt, stabilizer (Triphosphate), Demerara Sugar, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrate), Salt

### **TUNA & MAYO SANDWICH**

Wholemeal flour, **WHEAT**, Water, **WHEAT PROTEIN**, Yeast, Granulated Sugar, Salt, **SOYA FLOUR, WHEAT FLOUR**, added Calcium, Iron, Niacin, Thiamin, Vegetable Oil (Palm, Rapeseed) Emulsifiers. E471, E472e, Preservative E282, Caramelised Sugar, **FLOUR**, Treatment Agent, Ascorbic Acid. Butter **MILK**, Tuna **FISH**, Water, Salt, Mayonnaise: Water, Rapeseed Oil, Modified Maize, Spirit Vinegar, Free Range Pasteurised **EGG YOLK**, 2.3% Sugar, Salt, Lemon Juice from Concentrate, Stabilisers (Guar Gum) Xanthan Gum, Pectin.

### **TUNA CUCUMBER & MAYO SANDWICH**

Wholemeal flour, **WHEAT**, Water, **WHEAT PROTEIN**, Yeast, Granulated Sugar, Salt, **SOYA FLOUR, WHEAT FLOUR**, added Calcium, Iron, Niacin, Thiamin, Vegetable Oil (Palm, Rapeseed) Emulsifiers. E471, E472e, Preservative E282, Caramelised Sugar, **FLOUR**, Treatment Agent, Ascorbic Acid. Butter **MILK**, Tuna **FISH**, Water, Salt, Mayonnaise: Water, Rapeseed Oil, Modified Maize, Spirit Vinegar, Free Range Pasteurised **EGG YOLK**, 2.3% Sugar, Salt, Lemon Juice from Concentrate, Stabilisers (Guar Gum) Xanthan Gum, Pectin. Cucumber

### **TUNA SWEETCORN & MAYO SANDWICH**

Wholemeal flour, **WHEAT**, Water, **WHEAT PROTEIN**, Yeast, Granulated Sugar, Salt, **SOYA FLOUR, WHEAT FLOUR**, added Calcium, Iron, Niacin, Thiamin, Vegetable Oil (Palm, Rapeseed) Emulsifiers. E471, E472e, Preservative E282, Caramelised Sugar, **FLOUR**, Treatment Agent, Ascorbic Acid. Butter **MILK**, Tuna **FISH**, Water, Salt, Mayonnaise: Water, Rapeseed Oil, Modified Maize, Spirit Vinegar, Free Range Pasteurised **EGG YOLK**, 2.3% Sugar, Salt, Lemon Juice from Concentrate, Stabilisers (Guar Gum) Xanthan Gum, Pectin. Sweetcorn

## **POTS & BOXES:**

### **PASTA, PESTO & FETA SALAD POT**

Pasta: Durum, **WHEAT**, Semolina. Feta Cheese: Pasturised Sheep (70% min) & Goat (30% Max) **MILK**, salt, culture, rennet. Moisture; 56% max, Fat in dry matter; 43% min. Pesto: Basil (50%), Sunflower Oil (39%), Vegetarian Cheese **MILK**, (8%) Sugar, Salt, Acidity Regulator: Lactic Acid, Garlic. Cucumber, Tomato & Red Pepper

### **SNACK BOX**

Cream Crackers : (**WHEAT** flour Calcium Iron Niacin Thiamin) Vegetable Oil (Palm) Salt Raising Agent (sodium bicarbonate) Yeast. **MAY ALSO CONTAIN SESAME SEEDS MILK EGG**. Raisins: Raisins Sunflower Oil Preservative **SULPHUR DIOXIDE**. Crisps: Dried Potatoes Sunflower Oil Rice Flour Potato Starch Seasalt. Butter Portion: **MILK** Babybel Cheese: **MILK LACTIC FERMENTS** Vegetarian Rennet Salt. Shortbread Biscuit: (**WHEAT** flour Calcium Iron Niacin Thiamin) Sugar Margarine Vegetable Oils (rapeseed palm sunflower) Water Salt Emulsifier Citric Acid Vitamin A & D colour (carotenes) flavourings Dried Fruit **SULPHITES**

### **SPICY CHICKEN COUS COUS POT**

Cous Cous, Chicken (added water), Vegetable Bouillon Mix Salt, Cornflour, Potato Starch, Flavourings, Onion Powder (6.5%), Sunflower Oil, Carrot Powder (3.5%), Sugar, Garlic Powder, Parsley, Turmeric, Antioxidant (E392), Pesto: Basil (50%), Sunflower Oil (39%), Vegetarian Cheese **MILK**, (8%) Sugar, Salt, Acidity Regulator: Lactic Acid, Garlic. Natural Yoghurt: **MILK**, Cucumber, Red Pepper, Spring Onions, Garlic, Mint

### **SPICY MEAT FREE CHICKEN STYLE COUS COUS POT (V)**

Cous Cous, Chicken Style Strips (**WHEAT**, **SOYA**) Modified Tapioca Starch, Emulsifier (Sodium Triphosphate), Vegetable Bouillon Mix (Salt, Cornflour, Potato Starch, Flavourings, Onion Powder (6.5%), Sunflower Oil, Carrot Powder (3.5%), Sugar, Garlic Powder, Parsley, Turmeric, Antioxidant (E392), Pesto: Basil (50%), Sunflower Oil (39%), Vegetarian Cheese **MILK**, (8%) Sugar, Salt, Acidity Regulator: Lactic Acid, Garlic. Natural Yoghurt: **MILK**, Cucumber, Red Pepper, Spring Onions, Garlic, Mint

### **TUNA & SWEETCORN PASTA POT**

Tuna (**FISH**), Mayonnaise: Water, Rapeseed Oil, Modified Maize Starch, Spirit Vinegar, Free Range Pasteurised **EGG** Yolk, Sugar, Salt, Lemon Juice from Concentrate, Stabilisers (Guar Gum, Xanthan Gum, Pectin). **EGG** White Powder, Citrus Fibre, Preservative (Potassium Sorbate). Sweetcorn. Pasta: Durum **WHEAT**, Semolina (**MAY CONTAIN TRACES OF SOYBEANS**)

## **WRAPS:**

### **CHICKEN HOISIN WRAP**

**WHEAT** flour, Calcium, Iron, Thiamin, Water, Rapeseed Oil, Raising Agents, E450,E500,E341, Salt,Sugar, Acidity Regulators, E296,E330, Yeast, Preservatives E282. Chicken. Hoisin Sauce: Water 28%, Miso, **SOYA** Bean, Rice, Salt, Sugar, Yumai Rice Vinegar, Garlic Puree, Garlic Powder, Fennel, Star Anise, Cinnamon, Szechuan Pepper, Chipotle, Chilli Cloves, Carrot Juice, Plain Caramel, **SESAME OIL**, Sugar **SOYA SAUCE**, Rice Vinegar, **WHEAT**, Maize Starch, Acidity Regulator, Lactic Acid

### **CHICKEN TIKKA & MINT DRESSING WRAP**

**WHEAT** flour, Calcium, Iron, Thiamin, Water, Rapeseed Oil, Raising Agents, E450,E500,E341, Salt,Sugar, Acidity Regulators, E296,E330, Yeast, Preservatives E282 Chicken Breast (86%), Water, Modified Tapioca Starch, Dextrose, Salt, Potato Starch, Sugar, Yeast Extract, Raising Agent (Sodium Carbonate), Acidity Regulators (Sodium Citrate, Sodium Acetate), Spices (Chilli, Cumin, Onion, Garlic, Fennel, Pepper, Coriander), Tomato Powder, Lime Juice Powder, Paprika Extract, Herb(Parsley), Anticaking Agent (Silicon Dioxide). Natural Yoghurt **MILK**, Herb (Mint), Cucumber

### **GREEK SALAD WRAP**

**WHEAT** flour, Calcium, Iron, Thiamin, Water, Rapeseed Oil, Raising Agents, E450,E500,E341, Salt,Sugar, Acidity Regulators, E296,E330, Yeast, Preservatives E282. Feta Cheese **SHEEP AND GOAT MILK**, Salt, Culture Rennet. Olives: Water, Salt, Citric Acid. Lettuce, Tomatoes, Tomato Salsa (Onion, Oregano, Tomatoes, Chopped Peppers)

### **PRAWN & AVOCADO WRAP**

**WHEAT** flour, Calcium, Iron, Thiamin, Water, Rapeseed Oil, Raising Agents, E450,E500,E341, Salt,Sugar, Acidity Regulators, E296,E330, Yeast, Preservatives E282. Prawns **CRUSTATIONS**, salt. Avocado Mayonnaise: Water, Rapeseed Oil, Modified Maize, Spirit Vinegar, Free Range Pasteurised **EGG YOLK**, 2.3% Sugar, Salt, Lemon Juice from Concentrate, Stabilisers (Guar Gum) Xanthan Gum, Pectin

### **PRAWN & MARIE ROSE SAUCE WRAP**

**WHEAT** flour, Calcium, Iron, Thiamin, Water, Rapeseed Oil, Raising Agents, E450,E500,E341, Salt,Sugar, Acidity Regulators, E296,E330, Yeast, Preservatives E282. Prawns **CRUSTATIONS**, salt. Mayonnaise: Water, Rapeseed Oil, Modified Maize, Spirit Vinegar, Free Range Pasteurised **EGG YOLK**, 2.3% Sugar, Salt, Lemon Juice from Concentrate, Stabilisers (Guar Gum) Xanthan Gum, Pectin. Tomato Ketchup: Glucose-Fructose Syrup, Tomato Paste, Modified Maize Starch, Salt, Acidity Regulators (E260, E330) Preservative(E202) Spice Extracts. Paprika