

CARROT CAKE - Cream Cheese Buttercream (27%) (Sugar, Butter (Cows' Milk), Cream Cheese (Cows' Milk), Dried Glucose Syrup, Pasteurised Lemon Juice, Cornflour), Fortified **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Carrot (12%), Dark Brown Sugar, Pasteurised Free Range **Egg**, Rapeseed Oil, Sugar, Sultanas, Walnuts (4.0%), Humectant: Vegetable Glycerine, Dried Glucose Syrup, Invert Sugar Syrup, Pineapple, Cornflour, Raising Agents: Sodium Hydrogen Carbonate, Disodium Diphosphate; Nutmeg, Cinnamon, Palm Oil. (V)

VICTORIA SPONGE - Fortified **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pasteurised **Egg**, Sugar, Buttercream (12%) (Sugar, Butter (Cows' Milk), Dried Glucose Syrup, Cornflour, Preservative: Potassium Sorbate), Raspberry Jam (12%) (Raspberries, Glucose-Fructose Syrup, Sugar, Gelling Agent: Pectin; Acidity Regulators: Citric Acid, Sodium Citrate; Colour: Anthocyanins; Preservative: Potassium Sorbate; Flavouring), Rapeseed Oil, Cows' **Milk**, Humectant: Vegetable Glycerine; Dried Glucose Syrup, Salted Butter (Butter (Cows' **Milk**), Salt), Cornflour, Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; Emulsifier: Mono- and Diglycerides of Fatty Acids; Palm Oil, Dextrose, Preservative: Potassium Sorbate.

CHOCOLATE CHIP COOKIES - Fortified British **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, **Milk** Chocolate Chips (18%) (Sugar, Whole Cows' **Milk** Powder, Cocoa Butter, Cocoa Mass, Emulsifier: **Soya** Lecithin; Flavouring), Rapeseed Oil, Fructose, Butter (Cows' **Milk**), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Flavouring), Partially Inverted Refiners Syrup, Palm Oil, Skimmed Cows' **Milk** Powder, Dried Free Range **Egg**, Maltodextrin, Salt, Raising Agents: Diphosphates, Sodium Hydrogen Carbonate; Water, Stabiliser: Guar Gum; Flavouring.(V)

ROCKY ROAD - Belgian Dark Chocolate (22%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (Soya Lecithin), Flavouring), Pink Mallows (14%) [Glucose-Fructose Syrup, Sugar, Water, Dextrose, Gelling Agent (Carrageenan), Maize Starch, Hydrolyzed Rice Protein, Flavouring, Colour (Beetroot Red), Stabiliser (Polyphosphate)], Rice Flour, Palm Oil, Rapeseed Oil, Sugar, Invert Sugar Syrup, Maize Starch, Water, Tapioca Starch, Crisped Rice (3%) (Rice Flour, Rice Bran, Sugar, Rice Extract), Salt, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Soya Lecithin), Flavouring, Colour (Carotenes) (DF)(GF)(Vegan)

VEGAN CARAMEL SHORTCAKE Sugar, Vegetable Oil (Rapeseed, Sustainable Palm, Palm Kernel), **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Nicotin, Thiamin), Glucose Syrup, Water, Wholemeal Flour, Cocoa Powder, Partially Invert Sugar Syrup, Salt, Caramelised Sugar Syrup, Emulsifiers (Soya Lecithin, E471, E322, E492, E332, E476, E475), Natural Flavourings, Stabiliser (Agar), Preservative (Potassium Sorbate), Raising Agent (E500, E503), Colour (E160b, E100)(Vegan)

MACAROONS - Coconut (25%), Sugar, Glucose Syrup, Rice Flour, Humectants: sorbitol, vegetable glycerol; potato starch, water, vegetable fat (Palm Kernel, Palm) dextrose, Fat Reduced Cocoa Powder (1%), Modified Starch, Stabiliser: Sorbitan Tristearate, Emulsifier: Soya Lecithin (Vegan)(GF)

CARAMEL SHORTCAKE - Biscuit Base (34%): Fortified **Wheat Flour** (Wheat Flour with Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)), Vegetable Oil (Palm Oil, Palm Fractions, Rapeseed Oil), Wholemeal **Wheat Flour**, Sugar, Oatmeal, Dried Whey (from **Milk**), Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Salt, Emulsifier (E471), Caramel Filling (45%): Sweetened Condensed **Milk** (Milk, Sugar), Invert Sugar Syrup, Vegetable Oil (Palm Oil, Rapeseed Oil), Salt, Emulsifier (E471), Natural Flavouring, Chocolate Flavoured Topping (21%): Sugar, Vegetable Oil (Palm Oil), Whey Powder (from **Milk**), Fortified **Wheat Flour** (Wheat Flour, with Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)), Fat Reduced Cocoa Powder, Emulsifier (E322 **Soya** Lecithin), Natural Flavouring (V)

CHOCOLATE CAKE - Belgian Chocolate Buttercream (33%) (Sugar, Butter (Cows' **Milk**), Salted Butter (Butter (Cows' **Milk**), Salt), Belgian Dark Chocolate (7%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Flavouring), Fat Reduced Cocoa Powder, Dried Glucose Syrup), Sugar, Fortified **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pasteurised **Egg**, Rapeseed Oil, Partially Inverted Sugar Syrup, Cows' **Milk**, Humectant: Vegetable Glycerine; Fat Reduced Cocoa Powder, Palm Oil, Raising Agents: Sodium Bicarbonate, Disodium Diphosphate; Palm Stearin, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt.

CRISPY CAKE - Puffed Rice (30%) (Rice, Sugar, Salt, **Barley** Malt Flavouring, Niacin, Iron, Vitamin B6, Vitamin B2, Vitamin B1, Folic Acid, Vitamin D, Vitamin B12) Chocolate Flavour coating (Sugar, Vegetable Oil (Palm Oil, Hydrogenated Palm Oil, Hydrogenated Coconut Oil) Whey Powder (from **Milk**) Fat reduced Cocoa Powder, **Wheat Flour** (with added Calcium Carbonate, Iron, Niacin, Thiamin) Skimmed **Milk** Powder, Emulsifier (**Soya** Lecithin) Flavouring) Invert Sugar Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Salt, Emulsifier (E471), Flavouring)

FLAP JACKS - Oats (40%), Sweetened Condensed **Milk** (from Cows' **Milk**) (Cows' **Milk**, Sugar), Sugar, Butter (Cows' **Milk**) (12%), Partially Inverted Refiners Syrup, Glucose Syrup, Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Flavouring).(V)(GF)

TABLET - Sugar, Sweetened Condensed **Milk** (Whole **Milk**, Skimmed **Milk** Powder, Sugar), Water, Butter (**Milk**), Skimmed **Milk** Powder.(V)(GF)

GLUTEN FREE MUFFINS Sugar, Pasteurised **Egg**, Tapioca Starch, Chocolate Chips (13%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Soya Lecithin; Flavouring), Rapeseed Oil, Rice Flour, Humectant: Glycerine; Palm Oil, Raising Agents: Potassium Carbonate, Diphosphates, Calcium Phosphate, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids; Maltodextrin, Whey Powder (Cows' **Milk**), Modified Tapioca Starch, Modified Maize Starch, **Milk** Protein (Cows' **Milk**), Preservative: Potassium Sorbate; Salt, Stabiliser: Xanthan Gum;

Flavouring, Rice Starch, **Soya** Flour, Acidity Regulator: Citric Acid; Palm Stearin. (GF)

VEGAN CUPCAKE Sugar, **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Water, Palm Oil, Chickpea Water, Humectant (Glycerol), Invert Sugar Syrup, Maize Starch, Gluten Free **Oats**, Fava Bean Protein, Modified Potato Starch, Modified Maize Starch, Raising Agents (E450(i), E500, E501(iii)), **Wheat** Starch, Emulsifiers (E471, E477, E481), Sunflower Oil, Dextrose, Cocoa Butter, Preservative (Potassium Sorbate), Rice Flour, **Wheat Gluten**, Flavouring, Acidity Regulator (Citric Acid), Thickener (Tragacanth), Plant Concentrates (Beetroot, Safflower, Spirulina), Colour (Curcumin), Salt, Stabiliser (Xanthan Gum) (Vegan)

COCONUT, CHOCOLATE, FRUIT & NUT BAR Dark Chocolate 20% (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Soya Lecithin), **Peanuts** 18%, Shredded Coconut 14%, Dried Apricots 12%, Glucose Syrup, Coconut Blossom Nectar 6%, Pumpkin Seeds, Crisped Rice (Rice, Sugar), Sunflower Seeds, Roasted Chickpeas (Vegan/GF)

PAIN AU CHOCOLATE *NO KNOWN NUTS* Fortified **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Plain Chocolate (18%) (Sugar, Cocoa Mass, Cocoa Butter, Cows' **Milk** Fat, Emulsifier: Soya Lecithin), Butter (Cows' **Milk**) (18%), Water, Sugar, Yeast, Salt, Whole **Egg**, Flour Treatment Agent: Ascorbic Acid.

VEGAN VICTORIA SPONGE - Sugar, Vegetable Oil (Rapeseed, Sunflower, Sustainable Palm), **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Raspberry Jam [Raspberries (3.7%), Sugar, Apple Purée, Thickener: Pectin], Aquafaba (Whey, Chickpea Extract, Antioxidant: Ascorbic Acid), Humectant: Glycerine, **Wheat** Gluten, **Oats**, Fava Bean Protein, Raising Agents: Disodium Diphosphate, Potassium Bicarbonate, Sodium Bicarbonate, Modified Potato Starch, **Wheat** Starch, Dextrose, Acidity Regulators: Citric Acid, E339, E341, Emulsifiers: E471, E475, E477, E481, Salt, Stabilisers: Xanthan Gum, E516, Maize Starch, Preservative: Potassium Sorbate, Cornflour, Vanilla Flavouring, Flavourings, Colours: Annatto Bixin, Curcumin (Vegan)

APRICOT & ALMOND PASTRY - Fortified British **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Sugar, Apricot (13%), Apricot Kernel Paste (5%), Rapeseed Oil, Glucose Syrup, Water, Yeast, Whole **Egg**, Maize Starch, Glazing Agent: Isomalt; **Wheat** Flour, Salt, Tapioca Starch, Emulsifier: Mono- and Diglycerides of Fatty Acids; Lemon Juice from Concentrate, Flavouring, Stabiliser: Tara Gum; Lactose (Cows' **Milk**), Pasteurised Free Range **Egg** White, Acidity Regulator: Citric Acid; Emulsifiers: Citric Acid Esters of Mono- and Diglycerides of Fatty Acids, Polysorbate 60; Preservative: Potassium Sorbate; Processing Aids: Enzymes, Ascorbic Acid, Vitamin A; Colour: Carotenes; Gelling Agent: Agar; Acid: Citric Acid.

ASSORTED DANISH PASTRIES - Danish pastry selection including maple pecan plait, cinnamon whirl, berry crown, apple lattice, vanilla flavoured crown, topped with glaze **INGREDIENTS:** Fortified British **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Water, Sugar, Rapeseed Oil, Apples, Yeast, Whole **Egg**, Raspberries, Strawberry Puree, Coconut Oil, **Pecan Nuts**, Modified Potato Starch, Fortified **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Maize

Starch, Glazing Agent: E953; Salt, Whey Powder (Cows' **Milk**), Invert Sugar Syrup, Cornflour, Maple Extract, Emulsifier: E471; Sugar Cane Syrup, Cinnamon, Glucose Syrup, Tapioca Starch, Flavouring, Stabilisers: E417, E404, E401, E339, E450(ii), E450(i), E451, E339(iii); Skimmed Cows' **Milk**, Dried Skimmed Cows' **Milk** Powder, Gelling Agents: E406, E401, E440; Preservative: E202; Whole Cows' **Milk** Powder, Elderberry Juice from Concentrate, Maple Syrup, Acidity Regulators: E331, E330; Lemon Juice from Concentrate, **Almond**, Sucrose, Flour Treatment Agent: E300, Colour: E160a; **Milk** Protein Concentrate (Cows' **Milk**).

RED VELVET CAKE Vanilla Flavour Cream Cheese Buttercream (29%) (Sugar, Butter (Cows' **Milk**), Cream Cheese (Cows' **Milk**), Dried Glucose Syrup, Cornflour, Humectant: Vegetable Glycerine; Pasteurised Lemon Juice, Flavouring, Colour: Plain Caramel), Fortified **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Rapeseed Oil, Pasteurised **Egg**, Buttermilk (Cows' **Milk**), Inverted Sugar Syrup, Humectant: Vegetable Glycerine; Fat Reduced Cocoa Powder, Malt Vinegar (from **Barley**), Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; Emulsifier: Mono- and Diglycerides of Fatty Acids; Palm Oil, Colours: Carmine, Plain Caramel; Flavouring.

KEY - V/Veg - Vegetarian | Vegan - Vegan | B - Butter
NB - No Butter | GF - Gluten Free | DF - Dairy Free

SCAN HERE FOR
OUR ONLINE
INGREDIENTS LIST



- Egg Mayonnaise NB/Veg
- Cheese & Pickle/Tomato B/Veg
- Brie & Grape NB/Veg
- Houmous Salad NB/Vegan
- Avocado & Tomato B/Vegan
- Cous Cous Salad NB
- Wensleydale & Rocket NB/Veg
- Cheese Savoury & Rocket NB/Veg
- Smoked Salmon, Cream Cheese & Cucumber NB
- Vegan Cheese B/Vegan

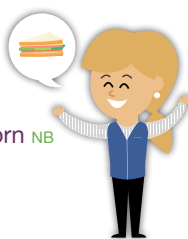
- Oatcakes & Brie / Cheddar GF/Veg
- Vegetable Baja Vegan
- Cheese & Onion Rolls Veg
- Mediterranean Vegetable Quiche Veg
- Quiche Lorraine

- Coconut Slice / Macaroons GF/Vegan
- Caramel Shortcake
- Mini Blueberry/Choc Muffins
- Scottish Tablet
- Chocolate Cake / Brownies
- Carrot Cake
- Pain au Choc
- Apricot and Almond Pastry
- Gluten Free Muffin GF

ALLERGENS: Please always notify us of any specific dietary requirements. Every care will be taken to identify and prepare a suitable menu for you. A full list of our current menu items and known allergens can be provided on request. Subject to availability.



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- Tuna Mayo & Sweetcorn NB
- Honey Roast Ham B
- Ham & Cheese B
- BBQ Pork / Chicken & Salad NB
- Chicken Mayo Salad NB
- Roast Beef, Tomato, Mustard & Rocket NB
- Coronation Chicken Salad NB
- Chicken Mayo Bacon/Chorizo & Tomato NB
- Vegan Quorn Ham B/Vegan

Savoury Selection

- Pork Pie
- Sausage Rolls
- Chicken Satay
- Gluten Free Sausage Roll GF
- Vegan Sausage Roll Vegan

Sweet Selection

- Vegan Victoria Sponge/Cupcake Vegan
- Lemon Cake / Victoria Sponge
- Rocky Road Vegan/GF/DF
- Chocolate Chip Cookies
- Coconut, Chocolate, Fruit & Nut Bar GF/Vegan
- Crispy Cake
- Jam Tart GF/Vegan
- Red Velvet Cake
- Assorted Danish Pastries



