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.

VICTORIA SPONGE - Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pasteurised Eqq, 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, Hydrolized 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,

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 Eqq, 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(ii)), 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 (Water, Chickpea Extract, Antioxidant: Ascorbic Acid), Humectant: Glycerine, Wheat Gluten, Oats, Faba 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

APRICOT & ALMOND PASTRY - Fortified British Wheat Flour (Wheat Flour, Calcium Carbonate. Iron, Niacin, Thiamin), Palm Oil, Sugar, Apricot (13%), Apricot Kernal Paste (5%), Rapeseed Oil, Glucose Syrup, Water, Yeast, Whole Barn Equ., 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, E450ii, E450i, E451, E339iii; 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** 



Our Delicious Menu Options			
	Egg Mayonnaise NB/Veg		Tuna Mayo & Sweetcorn NB
	Cheese & Pickle/Tomato B/Veg		Honey Roast Ham B
	Brie & Grape NB/Veg		Ham & Cheese B
	Houmous Salad NB/Vegan		BBQ Pork / Chicken & Salad NB
	Avocado & Tomato B/Vegan		Chicken Mayo Salad NB
	Cous Cous Salad NB		Roast Beef, Tomato,
	Wensleydale & Rocket NB/Veg	_	Mustard & Rocket NB
	Cheese Savoury & Rocket NB/Veg	Ш	Coronation Chicken Salad NB
	Smoked Salmon, Cream Cheese & Cucumber NB	Ш	Chicken Mayo Bacon/ Chorizo & Tomato NB
	Vegan Cheese B/Vegan		Vegan Quorn Ham B/Vegan
Savoury Selection			
	Oatcakes & Brie / Cheddar GF/Veg		Pork Pie
	Vegetable Bajia Vegan		Sausage Rolls
	Cheese & Onion Rolls veg		Chicken Satay
	Mediterranean Vegetable Quiche Veg		Gluten Free Sausage Roll GF
	Quiche Lorraine		Vegan Sausage Roll <sub>Vegan</sub>
Sweet Selection			
	Coconut Slice / Macaroons GF/Vegan		Vegan Victoria Sponge/Cupcake Vegan
	Caramel Shortcake		Lemon Cake / Victoria Sponge
	Mini Blueberry/Choc Muffins		Rocky Road Vegan/GF/DF
	Scottish Tablet		Chocolate Chip Cookies
	Chocolate Cake / Brownies		Coconut, Chocolate, Fruit & Nut Bar GF/Vegan
	Carrot Cake		Crispy Cake
	Pain au Choc		Jam Tart GF/Vegan
	Apricot and Almond Pastry		Red Velvet Cake
	Gluten Free Muffin GF		Assorted Danish Pastries

\*\*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.





E: enquiries@thelunchboard.com



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# **BREADS**

WHITE BREAD - Wheat Flour (with added calcium, iron, niacin and thiamine), Water, Yeast, Salt, Emulsifier: E472e, Preservative: E282, Rapeseed Oil, Flour Treatment Agent: E300.(V)(Vegan)

BROWN BREAD - Wheat Flour (with added calcium, iron, niacin and thiamine), Water, Malted Wheat Grains (6.5%), Yeast, Barley Malt Flour (1.0%), Salt, Toasted Wheat (0.7%), Wheat Gluten, Emulsifiers: E472e, E471 (from sunflower and palm), Sugar, Preservative: Calcium Propionate (to inhibit mould growth), Buckwheat Flour (0.1%), Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid (Vitamin C), (V)(Vegan)

PLAIN WRAPS - INGREDIENTS: Fortified British Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Humectant: Glycerol; Raising Agents: Disodium Diphosphate, Sodium Hydrogen Carbonate; Sugar, Acidity Regulator: Citric Acid; Emulsifier: Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Salt, Wheat Starch, Flour Treatment Agent: L-Cysteine,(V)(Vegan)

CROISSANTS - INGREDIENTS:Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (Cows' Milk) (20%), Water, Sugar, Yeast, Salt, Whole Egg, Flour Treatment Agent: Ascorbic Acid. Wheat Flour [with Calcium, Iron, Niacin (83) and Thiamin (81)], Water, Malted Wheat Flour, Wheat Gluten, Sugar, Dextrose, Maize, Yeast, Salt, Rice Flour, Soya Flour, Preservative: Calcium Propionate, Gelling Agent: E466, Acidity Regulator: Citric Acid, Emulsifiers: E472e, E481, Flour Treatment Agents: Ascorbic Acid (Vitamin C), E920 (Vegetarian)

BAGELS (PLAIN) - Wheat Flour [with Calcium, Iron, Niacin (B3) and Thiamin (B1)], Water, Malted Wheat Flour, Wheat Gluten, Sugar, Dextrose, Maize, Yeast, Salt, Rice Flour, Soya Flour, Preservative: Calcium Propionate, Gelling Agent: E466, Acidity Regulator: Citric Acid, Emulsifiers: E472e, E481, Flour Treatment Agents: Ascorbic Acid (Vitamin C). E920 (VIV(vean)

BAGELS (PROTEIN)- Wheat Flour [with Calcium, Iron, Niacin (B3)] and Thiamin (B1)], Water, Pulse Blend (11%) (Navy Bean Flour, Chickpea Flour, Pea Protein, Pea Fibre), Seed Mix (4.5%) (Sesame Seed, Sunflower Seed, Brown Linseed, Millet Seed, Poppy Seed), Wheat Gluten, Yeast, Malted Wheat Flour, Soya Flour, Malted Barley Flour, Salt, Maize, Emulsifiers: E472e, E481, Rice Flour, Preservative: Calcium Propionate, Gelling Agent: E466, Acidity Regulator: Citric Acid, Flour Treatment Agents: Ascorbic Acid (Vitamin C), E920 (V)(Veqan)

ROLLS (WHITE): Fortified British Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Dextrose, Palm Oil, Palm Stearin, Salt, Soya Flour, Rapessed Oil, Flour Treatment Agent: Ascorbic Acid; Emulsifier: Sunflower Lecithin.(V(Vegan)

ROLLS (WHOLEMEAL). Wholemeal British Wheat Flour, Water, Yeast, Dextrose, Palm Oil, Palm Stearin, Salt, Soya Flour, Rapeseed Oil, Emulsifier: Sunflower Lecithin; Flour Treatment Agent: Ascorbic Acid.(V)(Vegan)

BREAD (GLUTENFREE) - Starches (Maize, Potato, Tapioca), Water, Mixed Seeds (11%) (Sunflower, Brown Linseeds, Millet, Poppy), Rapeseed Oil, Humectant (Vegetable Glycerol), Psyllium Husk, Yeast, Stabilisers (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Golden Flaxseed, Free Range Dried Egg White, Rice Flour, Dextrose, Iodised Salt (Salt, Potassium Iodate), Fermented Maize Starch, Partially Inverted Sugar Syrup, Vitamins & Minerals: Calcium Carbonate, Niacin, Inon, Riboflavin, Thiamine, Folic Acid

ROLLS (GLUTEN FREE WHITE)- Water, Rice Flour, Tapioca Starch, Maize Starch, Rapeseed Oil, Thickeners: Cellulose, Hydroxypropyl Methyl Cellulose, Sodium Carboxymethylcellulose, Methyl Cellulose, Xanthan Gum; Yeast, Psyllium Husk Powder, Potato Starch, Egg White Powder, Sugar, Humectant:Glycerine; lodised Salt (Salt, Potassium Iodate), Maize Flour, Spirit Vinegar, Preservatives:Calcium

Propionate, Sorbic Acid; Flavouring, Concentrated Grape Juice, Rice Starch, Rice Bran, Acidity Regulators: Acetic Acid; Sodium carbonate

ROLLS (GLUTEN FREE MULTISEED) - Water, Mixed Seeds (14.9%) (Millet Seed, Sunflower Seed, Brown Linseed, Quinoa, Poppy Seed), Rice Flour, Tapioca Starch, Maize Starch, Yeast, Sugar Cane Fibre, Potato Starch, Rapeseed Oil, Psyllium Husk Powder, Egg White Powder, Spirit Vinegar, Thickeners: Hydroxypropyl Methyl Cellulose, Sodium Carboxymethylcellulose, Xanthan Gum, Methyl Cellulose, Humectant: Glycerine; Plum Purée (Plum Concentrate, Plums), Black Treacle (Sulphites), Sugar Beet Fibre, Pea Protein, Iodised Salt (Salt, Potassium Iodate), Preservatives: Calcium Propionate, Sorbic Acid; Sugar, Concentrated Grape Juice, Rice Starch, Wholegrain Maize Flour, Rice Bran, Acidity Regulators: Sodium Carbonate, Aectic Acid

#### SALADS & ACCOMPLIMENTS

Lettuce - N/A, Tomato - N/A , Peppers -N/A, Cucumber - N/A, Red Onion - N/A Rocket - N/A, Avocado -N/A Sweetcorn - N/A

BUTTER (DAIRY FREE) - Vegetable Oils (Sunflower 21%, Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers-E471, Sunflower Lecithin, Preservative- Potassium Sorbate, Acid - Lactic Acid, B Vitamins (Niacin, B6, B2, Folic Acid & B12), Flavourings, Colours- Annatto Bixin, Curcumin (V) (Vegan) (GF)

MAYONNAISE - Rapeseed oil (78%), water, pasteurised free range EGG & EGG Yolk (7.9%), spirit vinegar, salt, sugar, lemon juice concentrate, antioxidant (calcium disodium EDTA), flavourings, paprika extract (V) (GF)

MUSTARD - Water, MUSTARD flour (21%), sugar, salt, WHEAT flour, turmeric, citric acid, stabiliser (xanthan gum) (V) (Vegan)

PICKLE - Vegetables in variable proportions (51%) (Carrot, Rutabaga, Onion, Cauliflower), Sugar, **Barley** Malt Vinegar, Spirit Vinegar, Water, Tomato Purée, Date Paste (Dates, Rice Flour), Apple Pulp, Salt, Modified Maize Starch, Colour (Sulphite Ammonia Caramel), Onion Powder, Concentrated Lemon Juice, Spices, Colouring Food (Roasted **Barley** Malt Extract), Herb and Spice Extract.(V) (Vegan) (GF)

BBQ SAUCE - Tomato Puree, Spirit Vinegar, Sugar, Molasses, Water, Salt, Spices, Thickener (Xanthan Gum), Garlic, Smoked Flavouring, Natural Flavouring (V) (Vegan)

CREAM CHEESE - Full Fat Soft Cheese (Milk), Salt, Stabiliser (Locust Bean Gum), Acid (Citric Acid) (V)

CRANBERRY SAUCE - Cranberry (45%), Sugar, Water.(V)(Vegan)

SWEET CHILLI SAUCE Water, Red Chilli (20%), Sugar, Glucose - Fructose Syrup, Fresh Garlic (6%), Pickled Garlic (Fresh Garlic, Water, Salt, Acetic Acid) (5%), Thickener: Modified Tapioca Starch, Acetic Acid, Salt (V) (Vegan)

# **FILLINGS**

EGG MAYONNAISE - Chopped boiled eggs (74%) (Barn Egg, Water, Acidity Regulator:Citric Acid;, Preservative:Tirsodium Citrate;), Mayonnaise (21%) (Water, Rapessed Oil, Thickener:Corn flour;, Granulated Sugar, Egg Yolk, White Wine Vinegar, Salt, Mustard Seed, Spirit Vinegar), Rapessed Oil, Salt, White Pepper. (V)

CHEESE - Cheddar, Brie, Swiss (Cows Milk).(V)

BRIE: Full fat soft cheese made from pasteurised cow's milk.

HOUMOUS - Cooked Chickpeas (50%) (Water, Chickpeas), Roasted Red Pepper (20%) (Red Pepper, Rapeseed Oil), Rapeseed Oil, Tahini Sesame Seed Paste (7%), Water. Concentrated Lemon Juice, Red Chilli Purée, Salt. Garlic (V) (Vegan)



COUS COUS - Rehydrated Couscous (31%) (Durum Wheat Semolina), Water, Chickpeas (Sulphites) (14%), Granulated Sugar, Raisins (5%), Rapeseed Oil, Apricots (Sulphites) (3%), Cranberries (2.5%), Red Wine Vinegar, Parsley, Spices, Salt, Lemon Juice, Honey, Coriander, Tomato Puree, Rice Flour, Garlic Puree, Ginger Puree, Red Chilli, Cornflour, Sunflower Oil, Mustard Seeds, Stabiliser: Pectin (VI) (Veoan)

WENSLEYDALE - Wensleydale Cheese (Cows' Milk), Sweetened Dried Cranberries (13%) (Sugar, Cranberry, Sunflower Oil) (V)

CHEESE SAVOURY - Mayonnaise (47%) (Water, Rapeseed Oil, Thickener: Cornflour; Sugar, Pasteurised Egg Yolk, White Wine Vinegar, Spirit Vinegar, Salt, Mustard Flour, Mustard Seed), Cheddar Cheese (24%) (Cows' Milk), Red Leicester Cheese (16%) (Cows' Milk) (Contains Colour: Annatto Norbixin), Onion (10%), Water Chives Rapeseed Oil Thickener: Cornflour (V)

**HAM** - Pork (96%), Honey (4.0%), Salt, Sugar, Stabilisers:Triphosphates; Antioxidant:Sodium Ascorbate; Preservative:Sodium Nitrite.(GF)

**CHICKEN** - British Chicken Breast Fillet (98%), Potato Starch, Natural Mineral Salt, Stabiliser: Sodium Triphosphate, Potassium Triphosphate.(GF)

CHORIZO - Pork, Salt, Lactose (Cows' Milk), Paprika (1.5%), Dextrose, Sugar, Caseinates (Cows' Milk), Garlic, Paprika Extract, Acidity Regulator: Sodium Citrate;, Antioxidant: Sodium Erythorbate;, Preservatives: Sodium Nitrite, Potassium Nitrate;, Extracts of Rosemary, Black Pepper, Oregano.(GF)

**BACON** - British Pork, Salt, Antioxidant:Sodium Ascorbate; Preservative:Sodium Nitrite (GE)

SMOKED SALMON - Salmon (Salmo salar) (Fish) (97%), Sea Salt.(GF)

TUNA - Skipjack Tuna (Katsuwonus pelamis) (Fish), Spring Water.(GF)

ROAST BEEF - Beef, Salt, Pepper.(GF)

SHREDDED PORK - Boneless Pork Shoulder (76%), Sweet Barbecue Honey Sauce (19%) [Sugar, Water, Spirit Vinegar, Tomato Paste, Molasses, Honey, Corn Starch, Smoked Maltodextrin, Caramelised Sugar Syrup, Salt, Colour (Paprika Extractl), Sugar, Spices, Dried Vegetables [Red Pepper Flakes, Tomato Flake, Onion, Green Pepper], Onion Powder, Garlic Powder, Salt, Dextrose, Corn Starch, Rice Flour, Oregano, Colour (Paprika Extractl).(GF)

CORONATION CHICKEN - Mayonnaise (41%) (Water, Rapeseed Oil, Thickener:Corn flour; White Wine Vinegar, Granulated Sugar, Egg Yolk, Spirit Vinegar, Salt, Mustard Seed, Mustard Flour), Chicken (38%) (Chicken Breast 637%), Water, Chicken Carcass, Corn flour, Salt), Water, Oried Apricot (5%) (Apricot (Sulphites), Rice Flour), Sultanas (5%) (Sultanas, Sunflower Oil), Mango Chutney (Mango, Sugar, Spirit Vinegar, Glucose Syrup, Salt, Paprika, Cardamom, Cumin, Coriander), Curry Paste (Rapeseed Oil, Water, Malt Vinegar, Tomato Paste, Coriander, Turmeric, Fenugreek, Cumin, Paprika, Salt, Ginger, Cardamom), Salt, White Pepper.(GF)

VEGAN CHEESE - Water, Coconut Oil (23%), Modified Starch\*, Starch, Sea Salt, Flavourings, Olive Extract, Colour: B-Carotene, Vitamin B12, \*Not to be confused with GMO (Genetically Modified) Ingredients (Vegan)(GF)

VEGAN QUORN HAM - Mycoprotein (78%), Water, Natural Flavourings (contain Smoked Flavourings, Colour: Iron Oxide), Gelling Agents: Agar, Locust Bean Gum, Potato Protein, Salt, Pea Fibre, Preservative: Potassium Sorbate (Vegan)(GF)

# **SAVOURIES SELECTION**

SAUSAGE ROLLS: Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), British Pork (27%), Water, Palm Oil, Potato Starch, Onion, Wheat Flour, Salt, Rapeseed Oil, Skimmed Cows' Milk Powder, Black Pepper, Sugar, Nutmeq, Yeast Extract, Parsley, Mace, Onion Powder, White Pepper, Garlic Powder.

VEGAN SAUSAGE ROLLS: Water, Wheat Flour (contains: Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Palm Oil, Pea Protein (6%), Rapeseed Oil, Couscous (Wheat) (3%), Potato Starch, Seasoning, Onion (1.5%), Salt (0.4%), Methylcellulose, Cornflour, Yeast Extract, Sage (0.4%), Onion Powder, Wheat Protein, Herb & Spice Extract (0.1%) (contains: Black Pepper, Mace, Nutmeg, Ginger, Cayenne, Sage, Marjoram), Flavour Enhancer: Monosoduim Glutamate (V) (Vegan)

GLUTEN FREE SAUSAGE ROLLS Pork (34%), Rice Flour, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: E471, Acid: Citric Acid), Butter (Milk), Water, Breadcrumbs (Rice Flour, Maize Flour, Water, Maize Starch, Salt, Dextrose), Pasteuteurised Free Range Egg, Tapioca Starch, Dextrose, Linseed Flour, Salt, Stabiliser: Xanthan Gum, Potato Starch, Gound White Pepper, Lemon Juice, Ground Coriander, Mushroom Extract, Nutmeg, Ground Clove (V) (GF)

CHICKEN SATAY CHICKEN (87%), Vegetable Oil (Rapeseed Oil, Sunflower Oil), Mustard Flour, Sugar, Dextrose, Salt, Veast Extract, Stabilisers (Diphosphates, Polyphosphates), Soya Sauce (Water, Soybeans, Salt, Spirit Vinegar), Garlic Powder, Cayenne Pepper, Ginger Powder, Ginger Extract (GF)

CHEESE & ONION SAVOURY ROLLS (V) Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Onion (13%), Full Fat Soft Cheese (Cows' Milk), (10%) (Cheese (Cows' Milk), Water, Cheese Powder (Cows' Milk), Stabiliser:Methyl Cellulose), Potato, Palm Oil, Red Cheddar Cheese (Cows' Milk) (with Colour: Annatto Norbixin) (6%), Mature Cheddar Cheese (Cows' Milk) (5.0%), Cornflour, Water, Wheat Flour, Dried Potato, Rapesseed Oil, Salt, Stabiliser:Methyl Cellulose: Skimmed Cows' Milk Powder, Garlic Purée, White Wine Vinegar, White Pepper.(V)

VEGETABLE BAJIAS ONION (86%), Rapeseed Oil, Rice Flour, Cornflour, Potato Starch, Maize Flour, Yellow Split Peas, Chickpeas, Fresh Coriander, Lemon Juice from Concentrate, Turmeric, Salt, Green Chillies, Fresh Mint, Cumin Seeds, Black Onion Seeds, Fennel, Chilli Powder, Mango Powder, Fenugreek, Black Salt, Granulated Sugar, Cumin Powder, White Pepper, Coriander Powder, Ginger Powder, Citric Acid, Turmeric, Mint, Asafoetida. (V) (Vegan) (GF)

VEGETABLE QUICHE (V) Cows' Milk, Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Tomato, Vegetable Shortening (Palm Oil, Rapeseed Oil), Red Pepper (6%), Yellow Pepper (6%), Courgette (5%), Pasteurised British Free Range Egg (5%), Cornflour, Mozzarella Cheese (4%) (Cows' Milk), Spinach (4.0%), Cherry Tomato (2.5%), Single Cream (Cows' Milk), Onion, Dextrose, Basil, Dijon Mustard (Water, Brown Mustard Seeds, Spirit Vinegar, Salt), Garlic Purée, Demerara Sugar, Oregano, Black Pepper, White Pepper. (V)

QUICHE LORRAINE Cows' Milk, Smoked Reformed British Bacon with Added Water (19%) (Pork (80%), Water, Tapioca Starch, Salt, Dextrose, Antioxidant:Sodium Ascorbate, Preservative:Sodium Nitrite), Fortiffied Wheat Flour, Caldium Carbonate, Iron, Niacin, Thiamin), Cheese Blend (15%) (Medium Fat Hard Cheese (Cows' Milk), Mature Cheddar Cheese (Cows' Milk), Pasteurised British Free Range Egg (9%), Vegetable Shortening (Palm Oil, Rapeseed Oil), Cornflour, Single Cream (Cows' Milk), Dextrose, Dijon Mustard (Water, Brown Mustard Seeds, Spirit Vinegar, Salt), White Pepper.

OATCAKES WHOLEGRAIN OATS (90%), Sunflower Oil, Sustainable Palm Fruit Oil, Sea Salt, Raising Agent: Sodium Bicarbonate (V) (Vegan) (GF)

PORK PIE - Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), British Pork (26%), Pork Lard, Water, Potato Starch, Salt, Pasteurised Free Range Egg, Pork Gelatine, Pork Stock (Water, Pork Juices, Salt, Brown Sugar, Cornflour, Onion Concentrate, Tomato Paste, Garlic Concentrate), White Pepper, Nutmeg, Sage, Preservative: Sodium Nitrite.

# **CAKE SELECTION**

MINI BLUEBERRY MUFFIN Fortified British Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Rapeseed Oil, Egg, Blueberries (6%), Water, Whey Powder (Cows' Milk), Comflour, Wheat Starch, Raising Agents: Diphosphates, Potassium Hydrogen Carbonater, Humectant: Vegetable Glycerine; Flavouring, Cows' Milk Proteins, Preservative: Potassium Sorbate (V)

MINI CHOCOLATE CHIP MUFFINS - Sugar, Fortified British Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Ihiamini), Rapeseed Oil, Milk Chocolate Chips (14%) (Sugar, Whole Cows' Milk Powder, Coosa Butte, Croan Auss, Emulsifier Soya Lecthin; Flavouring), Egg. Whey Powder (Cows' Milk), Comflour, Wheat Starch, Raising Agents: Diphosphates, Potassium Hydrogen Carbonate; Water, Cows' Milk Proteins, Humectant: Vegetable Glycerine; Flavouring (1).

LEMON CAKE - Sugar, Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Lemon Idio (12%) (Sugar, Lemon Juice, Humectant: Wegetable Glycerine; Acidity Regulator: Citric Acid), Pasteurised Egg, Lemon Butterream (9%) (Butter (Cows' Milk), Sugar, Lemon Curd (10%) (Sugar, Glucose Syrup, Butter (Cows' Milk), Wheat Starch, Maize Starch, Dried Egg, Concentrated Lemon Juice, Gelling Agent: Pectin; Acidity Regulators: Citric Acid, Sodium Citrate; Flavouring, Salt), Glucose Syrup, Modified Maize Starch, Humectant: Vegetable Glycerine; Preservative: Citric Acid, Lemon Curd (9%) (Sugar, Glucose Syrup, Butter (Cows' Milk), Wheat Starch, Maize Starch, Dried Egg, Concentrated Lemon Juice, Gelling Agent: Pectin; Acidity Regulators: Citric Acid, Sodium Citrate; Flavouring, Salt), Rapesed Oil, Pasteurised Egg White, Pasteurised Lemon Juice, Palm Oil, Humectant: Vegetable Glycerine; Palm Stearin, Palm Kernel Oil, Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; Lemon Zest, Emulsfiler: Mono- and Diglycerides of Fatty Acids; Acidity Regulator: Citric Acid; Colour Carneres