

ALLERGENS MENU

- MEAT
- FISH
- VEGETARIAN / SOYA
- GLUTEN FREE

IN THE BEAR KIOSK WE HAVE A VEGETARIAN FRYER THAT IS GLUTEN FREE. THE SAUSAGES ARE COOKED USING A FRYING PAN. ALL EGGS ARE COOKED IN A SEPARATE FRYING PAN.

DATE UPDATED	AMENDMENT	SIGN

PLEASE BE AWARE THAT THERE ARE TWO COPIES OF THIS ALLGEREN FOLDER. **ANY** CHANGES MADE NEED TO BE UPDATED IN **BOTH** FOLDERS.

BREAKFAST MENU

BACON BAP:

BACON: (Pork (88%), Water, Salt, Preservative: Sodium Nitrite).

Breakfast Roll: WHEAT flour (Calcium Carbonate, Iron, Thiamin, Niacin), Yeast, Sugar, Salt, Emulsifiers: (E47, E481), SOYA Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.

FARMSHOP USES BUTTER, SO CHECK WITH YOUR SERVER.

Margarine: Plant Oils (Rapeseed, Sunflower, Palm¹), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, ¹Flora is committed to sustainable palm oil.

WHEAT, GLUTEN, RYE.

MAY CONTAIN SESAME AND EGGS.

GLUTEN FREE ROLL AVAILABLE: Water, Tapioca Starch, Rice Flour, Mixed Seed (12%) (Sunflower, Linseed, Millet, Poppy), Potato Starch, Rapeseed Oil, Humectant (Vegetable Glycerol), Yeast, Treacle, Psyllium Husk, Stabiliser (Hydroxypropyl Methyl Cellulose), Free Range Dried EGG White, Maize Flour, Salt, Maize Starch, Rice Starch, Colour (Plain Caramel), Preservative (Calcium Propionate)

EGG.

MAY CONTAIN SULPHITES AND CEREAL.

OPTIONAL BROWN SAUCE: Malt Vinegar (from BARLEY), Unrefined Raw Cane Sugar, Tomato Puree, Date Puree (9%) (Dates, Water), Black Treacle (8%), Cornflour, Seasoning (Coriander, Ginger, Clove, Cinnamon, Pepper, Cayenne Pepper), Sea Salt, Preservative: Sorbic Acid.

BARLEY, WHEAT.

SAUSAGE BAP:

SAUSAGE IS GF

BROAD OAK SAUSAGE FROM CREED, GLUTEN FREE.

RED TRACTOR GLUTEN FREE SAUSAGE (From Creed): Pork (84%), Water, Gluten Free Crumb (rice flour, gram flour, maize starch, salt, dextrose), Sea Salt, Spices, Dextrose, Rice Flour, Stabiliser (Pentasodium triphosphate), Preservative (sodium **METABISULPHITE**). Filled into Natural Pork Sausage Casings.

SULPHITE

BLACKGATE SIGNATURE PREMIUM PORK SAUSAGE, GLUTEN FREE (From Bookers): Pork (80%), Water, Rice Flour, Chickpea Flour, Salt, Spices, Parsley, Dextrose, Herbs (Parsley, Sage), Sage, Black Pepper, White Pepper, Flavouring, Preservative (Sodium **METABISULPHITE**), Cornflour, Onion Powder, Stabilisers (Disodium Diphosphate, Tetrasodium Diphosphate), Antioxidant (Sodium Ascorbate), Sausage Casing (Calcium Alginate)

SULPHITE

ALTERNATIVE SAUSAGE: PLEASE ASK WHICH ONE FOR ALLERGEN QUESTIONS.

MOAT HOUSE FARM STILL GLUTEN FREE

MOATWELL FARM SAUSAGE: Pork, Rice Flour, Salt, Hydroxypropyl Methyl Cellulose E464, Spice Extracts (Pepper, Nutmeg, Coriander, Cayenne, Paprika), Dextrose, Stabilisers: Sodium Tripolyphosphate E451, Sodium Diphosphate EA50; Preservative Sodium **SULPHITE** E221; Flavour Enhancer: Monosodium Glutamate E621; Ground Spices (White Pepper, Ginger), Sage Extract, Colour: E120; Propylene Glycol.

SULPHITE

MOAT HOUSE FARM STILL GLUTEN FREE

MOATWELL FARM SAUSAGE CARAMELISED ONION: Sugar, Fried Onion, Gluten Free Rusk: (Pea Flake), Potato Starch, Salt, Onion, Onion Powder, Spices: (Nutmeg, Clove, White Pepper, Cinnamon), Herbs, Onion Extract, Stabiliser E451, Preservative E223 (**SULPHITE**).

SULPHITE

SAUSAGE BAP CONTINUED:

SAUSAGE IS GF

Breakfast Roll: WHEAT flour (Calcium Carbonate, Iron, Thiamin, Niacin), Yeast, Sugar, Salt, Emulsifiers: (E47, E481), SOYA Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.

Margarine: Plant Oils (Rapeseed, Sunflower, Palm¹), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, ¹Flora is committed to sustainable palm oil.

WHEAT, GLUTEN, SULPHITES.

MAY CONTAIN SESAME AND EGGS.

GLUTEN FREE ROLL AVAILABLE: Water, Tapioca Starch, Rice Flour, Mixed Seed (12%) (Sunflower, Linseed, Millet, Poppy), Potato Starch, Rapeseed Oil, Humectant (Vegetable Glycerol), Yeast, Treacle, Psyllium Husk, Stabiliser (Hydroxypropyl Methyl Cellulose), Free Range Dried **EGG** White, Maize Flour, Salt, Maize Starch, Rice Starch, Colour (Plain Caramel), Preservative (Calcium Propionate)

EGG.

MAY CONTAIN SULPHUR AND CEREAL.

VEGAN SAUSAGE BAP: Rehydrated **SOYA** Protein (71%), Water, Seasoning (Yeast Extract, Onion Powder, Natural flavouring, Dextrose, Herb, Smoke Flavouring, Red Beetroot Powder), Onion (4%), Rapeseed Oil, Stabiliser (Methyl Cellulose), Tomato Puree, Stabiliser (Bamboo Fibre).

ALTERNATIVE VEGAN SAUSAGE DUE TOO SUPPLY ISSUE (Castel Howell)

Devils Kitchen Plant: Rehydrated Pea Protein, Rapeseed Oil, Coconut Oil, Shea Oil, Diced Onions, Potato Starch, Oyster Mushrooms, Seasoning: (Onion Powder, Ground White Pepper, Rubbed Sage, Yeast Extract, Tomato Powder, Ground Rosemary, Ground Fennel, Ground Black Pepper, Ground Bay, Smoked Paprika, Ground Nutmeg, Ground Sage, Ground Mace, Ground Marjoram). Methylcellulose, Broad Bean Powder, Apple Juice Concentrate, Citrus Fibre, Carrot Powder, Pumpkin Powder, Fine Sea Salt, Ground Ginger, Pimento, Natural Flavouring, Calcium Alginate Casing.

Breakfast Roll: **WHEAT** flour (Calcium Carbonate, Iron, Thiamin, Niacin), Yeast, Sugar, Salt, Emulsifiers: (E47, E481), **SOYA** Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.

Margarine: Margarine: Plant Oils (Rapeseed, Sunflower, Palm¹), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, ¹Flora is committed to sustainable palm oil.

WHEAT, GLUTEN, SOYA.

MAY CONTAIN: EGGS, MILK, SOYA, SESAME.

Veggie Sausage cooked in Rapeseed Oil.

HASH BROWN BAP: Potato (83%), Sunflower Oil, Potato Flake, Onion, Flavouring, Salt, Stabiliser (Hydroxypropyl Methyl Cellulose), Dextrose, White Pepper.

Breakfast Roll: **WHEAT** flour (Calcium Carbonate, Iron, Thiamin, Niacin), Yeast, Sugar, Salt, Emulsifiers: (E47, E481), **SOYA** Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.

Margarine: Margarine: Plant Oils (Rapeseed, Sunflower, Palm¹), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, ¹Flora is committed to sustainable palm oil.

WHEAT, GLUTEN.

PASTIES, PIES & SAUSAGE ROLLS:

SAUSAGE ROLL Red Tractor Assured Country Range:

WHEAT Flour: (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Pork: (23%), Vegetable Margarine: (Palm Oil, Rapeseed Oil, Water, Salt, Concentrated Lemon Juice), Seasoning Mix (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Ammonium Carbonate, Dried Onion, Spices <2%, Sunflower Oil, **WHEAT** Starch, Herbs <2%, Dextrose, Sugar, Yeast Extract, Ascorbic Acid), Pork Fat, Vegetable Shortening (Palm Oil, Rapeseed Oil, Water, Salt, Concentrated Lemon Juice), Glaze (Water, **MILK** Proteins, Dextrose, Rapeseed Oil), Salt, Yeast Extract, Sage.

WHEAT, MILK.

STANDARD STEAK PASTY Lavenders: Pastry: (**WHEAT** Flour, Veg

Pastry Marg: (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: (Mono- and Diglycerides of Fatty Acids; Colours: Annatto, Curcumin), Veg Cake Marg: (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Polyglycerol Esters of Fatty Acids; Colours: (Curcumin, Annatto; Flavouring), Salt, Water. Filling: (Potato, Onion, Swede, Seasoning: (Salt, Pepper), Beef. Glaze: (Whole **EGG**, **MILK**).

WHEAT, EGG, MILK.

CHEESE PASTY Lavenders: Pastry: (**WHEAT** Flour, Veg Pastry Marg: (Palm Oil,

Rapeseed Oil, Water, Salt, Emulsifier: (Mono-and Diglycerides of Fatty Acids, Colours: Annatto, Curcumin), Veg Cake Marg: (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Polyglycerol Esters of Fatty Acids, Colours: (Curcumin, Annatto, Flavouring), Salt, Water. Filling: (Potato, Onion, Swede, Seasoning (Salt, Pepper), Cheese: (**MILK**). Glaze: (Whole **EGG**, **MILK**).

WHEAT, EGG, MILK.

CHICKEN, BACON & CHEESE PASTY Lavenders: Pastry **WHEAT**

flour, Veg Pastry Marg: (Palm Oil, Rapeseed Oil Water, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids Colours Amatto Curcumin), Veg Cake Marg: (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier Polyglycerol Esters of fatty Acids Colours Curcumin, Annatto, Flavouring) Salt, Water Filing Potato, Onion Swede Seasoning (Salt, Pepper), Chicken. Bacon, Cheddar Cheese: (**MILK**), Glaze Whole: (**EGG**, **MILK**).

WHEAT, EGG, MILK.

LAMB & MINT PASTY Lavenders: Pastry: (**WHEAT** Flour, Veg Pastry Marg: (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: (Mono- and Diglycerides of Fatty Acids; Colours: Annatto, Curcumin), Veg Cake Marg: (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Polyglycerol Esters of Fatty Acids; Colours: (Curcumin, Annatto; Flavouring), Salt, Water. Filling: (Potato, Onion, Swede, Seasoning (Salt, Pepper), Lamb, Mint Sauce (Mint (20%), Spint Vinegar, Sugar, Glucose Fructose Syrup, Water, Salt, Acid (Acetic Acid)), Stabiliser (Xanthan Gum), Colour (Copper Chlorophyllin). Glaze: (Whole **EGG, MILK**).

WHEAT, EGG, MILK.

STEAK & STILTON PASTY Lavenders: Pastry: (**WHEAT** Flour, Veg Pastry Marg: (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: (Mono- and Diglycerides of Fatty Acids; Colours: Annatto, Curcumin), Veg Cake Marg: (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Polyglycerol Esters of Fatty Acids; Colours: (Curcumin, Annatto; Flavouring), Salt, Water. Filling: (Potato, Onion, Swede, Seasoning (Salt, Pepper), Beef, Stilton Cheese: (**MILK**). Glaze: (Whole **EGG, MILK**).

WHEAT, EGG, MILK.

CHICKEN PASTY Lavenders: Pastry: (**WHEAT** flour), Veg Pastry Marg: (Palm Oil, Rapeseed Oil Water, Salt, Emulsifier: (Mono and Diglycerides of Fatty Acids Colours Amatto Curcumin), Veg Cake Marg: (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier Polyglycerol Esters of fatty Acids Colours Curcumin, Annatto, Flavouring) Salt, Water Filing Potato, Onion Swede Seasoning: (Salt, Pepper), Chicken. Glaze Whole: (**EGG, MILK**).

WHEAT, EGG, MILK.

CHEESE & MUSHROOM PASTY Lavenders: Pastry: (**WHEAT** Flour, Veg Pastry Marg: (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: (Mono-and Diglycerides of Fatty Acids, Colours: Annatto, Curcumin), Veg Cake Marg: (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Polyglycerol Esters of Fatty Acids, Colours: (Curcumin, Annatto, Flavouring), Salt, Water. Filling: (Potato, Onion, Swede, Seasoning (Salt, Pepper), Mushroom, Cheese: (**MILK**). Glaze: (Whole **EGG, MILK**).

WHEAT, EGG, MILK.

CURRIED CAULIFLOWER PASTY Lavenders: Pastry: (**WHEAT** flour), Veg Pastry Marg: (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: (Mono and Diglycerides of Fatty Acids Colours Amatto Curcumin), Veg Cake Marg: (Palm Oil, Rapeseed Oil, Water, Salt. Salt, Water. Filing: (Cauliflower, Potato, Onion, Swede, Carrot, Peas, Seasoning: (Salt, Pepper). Sauce: (**WHEAT** Flour, Vegetable Oils, Curry Powder: (Coriander, Tumeric, **MUSTARD**, Bengal Cram Farina, Cumin, Chillies, Fenugreek, Black Pepper, Garlic, Fennel, Poppy Seeds). Sugar, Salt, Tomato Puree. Glaze: (Coconut Milk).

WHEAT, MUSTARD.

PORK, APPLE & SAGE SAUSAGE ROLL Lavenders:

Pastry: (WHEAT Flour), Veg Pastry Marg: (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: (Mono- and Diglycerides of Fatty Acids; Colours: Annatto, Curcumin), Veg Cake Marg: (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Polyglycerol Esters of Fatty Acids; Colours: (Curcumin, Annatto; Flavouring), Salt, Water. Filling: (Pork Mince, Sausage Meat, Sage Stuffing Mix, Apple. Glaze: (Whole EGG, MILK).

WHEAT, EGG, MILK.

PORK & CARAMLISED RED ONION SAUSAGE ROLL

Lavenders: Pastry: (WHEAT Flour), Veg Pastry Marg: (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: (Mono- and Diglycerides of Fatty Acids; Colours: Annatto, Curcumin), Veg Cake Marg: (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Polyglycerol Esters of Fatty Acids; Colours: (Curcumin, Annatto; Flavouring). Filling: (Pork Mince, Sausage Meat, Sage Stuffing Mix, Red Onion). Glaze: Whole EGG, MILK.

WHEAT, EGG, MILK.

PORK, CHORIZO & PAPRIKA SAUSAGE ROLL

Lavenders: Pastry: (WHEAT Flour), Veg Pastry Marg: (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: (Mono- and Diglycerides of Fatty Acids; Colours: Annatto, Curcumin), Veg Cake Marg: (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Polyglycerol Esters of Fatty Acids; Colours: (Curcumin, Annatto; Flavouring). Filling: (Pork Mince, Sausage Meat, Sage Stuffing Mix, Chorizo, Paprika). Glaze: Whole EGG, MILK.

WHEAT, EGG, MILK.

PORK, CHEDDAR & PICKLE SAUSAGE ROLL Lavenders:

Pastry: (WHEAT Flour), Veg Pastry Marg: (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: (Mono- and Diglycerides of Fatty Acids; Colours: Annatto, Curcumin), Veg Cake Marg: (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Polyglycerol Esters of Fatty Acids; Colours: (Curcumin, Annatto; Flavouring). Filling: (Pork Mince, Sausage Meat, Mature Cheddar Cheese: (MILK), Pickle: (Carrot, Rutabaga, Onion, Cauliflower, Sugar, BARLEY Malt Vinegar, Spirit Vinegar, Water, Tomato Purée, Date Paste, Apple Pulp, Salt, Maize Starch, Onion Powder, Lemon Juice, Spices, Roasted BARLEY Malt Extract, Herb and Spice Extracts). Glaze: Whole EGG, MILK.

WHEAT, BARLEY, MILK, EGG.

VEGAN CURRY SAUSAGE ROLL Lavenders: Water, Emulsifier.

Filling. Rusk: (**WHEAT**), Flour: (**WHEAT**), Salt, Raising Agent 503, Textured **SOYA**, Protein veg fat, Modified Maize Starch, Salt, **SOYA** & Maize Protein, Dextrose, Ground Spices (White Pepper, Mace, Corriander, Pimento, Ginger) Onion, Beetroot Powder, Pepper Extract. Curry Powder (Garlic, Tumeric, Bay Leaf, Cardamon, Coriander, **MUSTARD**, Cayenne, Cumin, **CELERY**, Paprika, Pepper, Fenugreek, Ginger, Onion, Salt).

WHEAT, SOYA, CELERY.

QUICHES / BASKETS:

VERY FULL & MATURE CHEDDAR TART: Pastry: (**WHEAT** Flour, Vegetable Oils: (palm oil, rapeseed oil), Water, **WHEAT** Starch, Concentrated Lemon Juice, Salt, Alcohol: (evaporates during baking), Inactivated Yeast Extract), **EGG**. Double Cream: (**MILK**), Natural Flavourings, Salt, Colour (Beta-Carotene)). Roasted Vegetables: (Peppers 33.3% Courgettes 33.3% Aubergines 33.3%, Garlic, Dried Oregano), WYKE Farm Mature Cheddar: (Cheddar Cheese (**MILK**), Potato Starch). Salt, Pepper.

WHEAT, EGG, MILK.

CARAMLISED RED ONION & TUXFORD TEBUTT

STILTON TART: Ingredients: Pastry: (**WHEAT** Flour, Vegetable Oils: (palm oil, rapeseed oil), Water, **WHEAT** Starch, Concentrated Lemon Juice, Salt, Alcohol: (evaporates during baking), Inactivated Yeast Extract), **EGG**. Double Cream: (**MILK**). Caramlised Red Onion: (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), Tuxford & Tebbutt Blue Stilton: (Cheese (**MILK**). Pumpkin, Salt, Pepper.

WHEAT, EGG, MILK.

HAM & CHEESE BASKET: Water, **WHEAT** Flour, Diced Cooked Ham 15.5% (pork ham origin EU, water, salt, glucose syrup, emulsifier (E450), natural flavouring, antioxidant (E316), preservative (E250)), Margarine (non-hydrogenated palm and sunflower vegetable fats and oils, water, salt, concentrated lemon juice, natural flavourings), Emmental Cheese (**MILK**) 8.9%, **EGGS**, Modified Starch, Whey (**MILK**), Skimmed **MILK** Powder, Lactose and **MILK** Proteins, Salt, Pregelatinized **WHEAT** Flour, Maltodextrin, **WHEAT** Starch, Nutmeg, White Pepper.

WHEAT, MILK, EGG.

MAY CONTAIN: FISH, MOLLUSCS, SOYA, NUTS.

CHICKEN & LEEK BASKET: **WHEAT** Flour, Water, Margarine (non-hydrogenated palm and sunflower vegetable oils, water, salt, concentrated lemon juice, natural flavouring), Cured Cooked Chicken Cubes 13.5% (chicken fillet origin France, starch, dextrose, salt), Leeks 8.5%, Emmental cheese (**MILK**), **EGGS**, Chopped Spinach, Modified Starch, Whey (**MILK**), Grape Seed Oil, Skimmed **MILK** Powder, Salt, Maltodextrin, **WHEAT** Starch, White Pepper, Nutmeg.

WHEAT, MILK, EGG.

MAY CONTAIN: FISH, MOLLUSCS, SOYA, NUTS.

LUNCH MENU

NACHOS:

TORTILLA CHIPS: Maize Flour (69%), Sunflower Oil, Salt.

Country Range Salted Tortilla Chips: Our Supplier States, on its website that they are Suitable for CEOLIACS.

SALSA: Chopped Tomato (53%), Water, Spirit Vinegar, Onion (7%), Green Peppers (7%), Sugar, Tomato Paste (4%), Thickener (Modified Maize Starch), Salt, Garlic Powder, Jalapeno, Oregano, Cumin Powder, Black Pepper, Chilli Powder.

SOUR CREAM: Skimmed MILK. Cream (MILK), MILK Solids, Modified Starch E1442, Culture.

SOUR CREAM NOT CONFIRMED IF IT'S CEOLIAC CERTIFIED.

GUACAMOLE: Avocado (82%), Water, Red Bell Pepper, Jalapeno Puree, Salt, Sugar, Antioxidant (Ascorbic Acid), Onion Powder, Stabiliser (Xanthan Gum), Garlic Powder, Acidity Regulator (Citric Acid), Dehydrated Coriander.

GUACAMOLE IS NOT CEOLIAC CERTIFIED

CHEDDAR CHEESE: Cheese (MILK), (Potato Starch).

JALAPENOS: Sliced Green Jalapeno pepper, Water, Salt, Vinegar, Acetic Acid, Potassium Sorbate, Calcium Chloride.

SIDES:

CHIPS: Potatoes, Sunflower Oil, Coating (Distarch Phosphate (Potato), Rice Flour, Salt, Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate), Dextrose, Maltodextrin, Thickener (Xanthan Gum), Spice Extracts (Curcumin, Paprika)).

Chips cooked in rapeseed oil.

CHEESEY CHIPS: Potatoes, Sunflower Oil, Coating (Distarch Phosphate (Potato), Rice Flour, Salt, Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate), Dextrose, Maltodextrin, Thickener (Xanthan Gum), Spice Extracts (Curcumin, Paprika)).

Chips cooked in rapeseed oil.

CHEDDAR CHEESE: Cheese (**MILK**), (Potato Starch).

MILK.

SIDE SALAD & COLESLAW: Lettuce, Tomato, Cucumber, Beetroot.

DRESSING: Water, Rapeseed Oil, Acidity Regulator (Acetic Acid), Sugar, White Wine Vinegar (7%), Salt, Dijon **MUSTARD** (Water, **MUSTARD** Seeds, Spirit Vinegar, Salt), **MUSTARD** Seeds, Lemon Concentrate, Stabiliser (Xanthan Gum), Chives, Preservative (Potassium Sorbate), Black Pepper

MUSTARD.

COLESLAW: Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: (Rapeseed Oil (60%), Water, Spirit Vinegar, Modified Potato Starch, Sugar, Salt, Acidity Regulator (Lactic Acid), Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Colours (Paprika Extract, Beta-Carotene). Water, Garlic, Mixed Herbs: (Marjoram, Thyme, Parsley, Basil).

MAY CONTAIN SULPHITES.

BURGERS:

OUMI BURGER: SUITABLE FOR VEGETARIANS.

OUMI: Pasteurized Cow's **Milk**, Salt, Calcium-Chloride, Microbial Rennet.

SOYA MUSHROOM: Large Field Mushroom, Kikkoman Tamari Soy Sauce (Gluten Free): Water, **SOY** beans, Salt, Spirit vinegar. Salt.

SOYA.

TOMATO CHUTNEY: Tomatoes (28%) (Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid.), Onion, Apple (14%), Unrefined Raw Cane Sugar, Red Wine Vinegar, Raisins (7%), Tomato Puree (5%), Yellow **MUSTARD** Seeds, Sea Salt, Preservative: Sorbic Acid, Spice.

MUSTARD.

BURGER ROLL: **WHEAT** flour (Calcium Carbonate, Iron, Thiamin, Niacin), Yeast, Sugar, Salt, Emulsifiers: (E47, E481), **SOYA** Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

WHEAT, SOYA.

MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.

WHEAT, GLUTEN, MILK, MUSTARD, SOYA.

CHIPS: Potatoes, Sunflower Oil, Coating (Distarch Phosphate (Potato), Rice Flour, Salt, Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate), Dextrose, Maltodextrin, Thickener (Xanthan Gum), Spice Extracts (Curcumin, Paprika)).

Chips cooked in rapeseed oil.

SALAD: Lettuce, Tomato.

COLESLAW: Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: Rapeseed Oil (65%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract).

ADD CHEESE: Cheese (Medium Cheddar Cheese (**MILK**)).

ADD BACON: Pork (88%), water, salt, preservative: sodium nitrite. (NOT VEGETARIAN).

JALAPENO BURGER:

Due to supplier issues, our beef burger has changed. It is no longer made with steak mince, sourced from the Southwest, or certified gluten-free.

However, it remains 100% beef mince, ensuring the same great taste.

The Naked Chuck Burgers: Beef (100%).

SOUR CREAM: Skimmed MILK. Cream (MILK), MILK Solids, Modified Starch E1442,

Culture.

SOUR CREAM NOT CONFIRMED IF IT'S CEOLIAK CERTIFIED.

GUACAMOLE: Avocado (82%), Water, Red Bell Pepper, Jalapeno Puree, Salt, Sugar, Antioxidant (Ascorbic Acid), Onion Powder, Stabiliser (Xanthan Gum), Garlic Powder, Acidity Regulator (Citric Acid), Dehydrated Coriander.

GUACAMOLE IS NOT CEOLIAK CERTIFIED

BURGER ROLL: WHEAT flour (Calcium Carbonate, Iron, Thiamin, Niacin), Yeast, Sugar, Salt, Emulsifiers: (E47, E481), SOYA Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

WHEAT, SOYA.

MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.

JALAPENOS: Sliced Green Jalapeno pepper, Water, Salt, Vinegar, Acetic Acid, Potassium Sorbate, Calcium Chloride.

CHIPS: Potatoes, Sunflower Oil, Coating (Distarch Phosphate (Potato), Rice Flour, Salt, Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate), Dextrose, Maltodextrin, Thickener (Xanthan Gum), Spice Extracts (Curcumin, Paprika)).

Chips cooked in rapeseed oil.

SALAD: Lettuce, Tomato.

COLESLAW: Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: Rapeseed Oil (65%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract).

CHERISH BURGER:

Due to supplier issues, our beef burger has changed. It is no longer made with steak mince, sourced from the Southwest, or certified gluten-free.

However, it remains 100% beef mince, ensuring the same great taste.

The Naked Chuck Burgers: Beef (100%).

CHEESE: Medium Cheddar Cheese (**MILK**).

PICKLED SALAD GARNISH: Cucumber, Red Onion, Sea salt, Cider Vinegar: (100% Apple Cider Vinegar (**SULPHITES**)). Sugar, **MUSTARD** seeds, Gr. Tumeric, Gr. Cinnamon, Gr. Paprika.

SULPHITES, MUSTARD.

BURGER ROLL: **WHEAT** flour (Calcium Carbonate, Iron, Thiamin, Niacin), Yeast, Sugar, Salt, Emulsifiers: (E47, E481), **SOYA** Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

WHEAT, SOYA.

MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.

CHIPS: Potatoes, Sunflower Oil, Coating (Distarch Phosphate (Potato), Rice Flour, Salt, Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate), Dextrose, Maltodextrin, Thickener (Xanthan Gum), Spice Extracts (Curcumin, Paprika)).

Chips cooked in rapeseed oil.

SALAD: Lettuce, Tomato.

COLESLAW: Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: Rapeseed Oil (65%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract).

SMOKE PATROL BURGER:

Due to supplier issues, our beef burger has changed. It is no longer made with steak mince, sourced from the Southwest, or certified gluten-free.

However, it remains 100% beef mince, ensuring the same great taste.

The Naked Chuck Burgers: Beef (100%).

ADD BACON: Pork (88%), water, salt, preservative: sodium nitrite.

CHEESE: Medium Cheddar Cheese (**MILK**).

MILK.

COUNTRY RANGE BBQ SAUCE (From Creed): Water, Sugar, Tomatoes, Acetic Acid, Modified Starch, Salt, Colour (Caramel), Spice(s), Liquid Smoke, Preservative (Potassium Sorbate), Tamarind Paste, Molasses, Stabiliser (Xanthan Gum), Stabiliser (Guar Gum), Smoke Flavouring, Onion Powder, Garlic Powder, White Pepper, Cloves, Paprika.

PICKLED SALAD GARNISH: Cucumber, Red Onion, Sea salt, Cider Vinegar: (100% Apple Cider Vinegar (**SULPHITES**)). Sugar, **MUSTARD** seeds, Gr. Turmeric, Gr. Cinnamon, Gr. Paprika.

SULPHITES, MUSTARD.

BURGER ROLL: **WHEAT** flour (Calcium Carbonate, Iron, Thiamin, Niacin), Yeast, Sugar, Salt, Emulsifiers: (E47, E481), **SOYA** Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

WHEAT, SOYA.

MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.

CHIPS: Potatoes, Sunflower Oil, Coating (Distarch Phosphate (Potato), Rice Flour, Salt, Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate), Dextrose, Maltodextrin, Thickener (Xanthan Gum), Spice Extracts (Curcumin, Paprika)).

Chips cooked in rapeseed oil.

SALAD: Lettuce, Tomato.

COLESLAW: Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: Rapeseed Oil (65%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract).

BLUES BURGER:

Due to supplier issues, our beef burger has changed. It is no longer made with steak mince, sourced from the Southwest, or certified gluten-free.

However, it remains 100% beef mince, ensuring the same great taste.

The Naked Chuck Burgers: Beef (100%).

STILTON & GARLIC MAYO: Stilton: (MILK), Mayonnaise: (Rapeseed Oil (60%), Water, Spirit Vinegar, Modified Potato Starch, Sugar, Salt, Acidity Regulator (Lactic Acid), Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Colours (Paprika Extract, Beta-Carotene). Garlic, Dried Parsley.

MILK.

PICKLED SALAD GARNISH: Cucumber, Red Onion, Sea salt, Cider Vinegar: (100% Apple Cider Vinegar (SULPHITES). Sugar, **MUSTARD** seeds, Gr. Turmeric, Gr. Cinnamon, Gr. Paprika.

SULPHITES, MUSTARD.

BURGER ROLL: **WHEAT** flour (Calcium Carbonate, Iron, Thiamin, Niacin), Yeast, Sugar, Salt, Emulsifiers: (E47, E481), **SOYA** Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

WHEAT, SOYA.

MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.

CHIPS: Potatoes, Sunflower Oil, Coating (Distarch Phosphate (Potato), Rice Flour, Salt, Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate), Dextrose, Maltodextrin, Thickener (Xanthan Gum), Spice Extracts (Curcumin, Paprika)).

Chips cooked in rapeseed oil.

SALAD: Lettuce, Tomato.

COLESLAW: Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: Rapeseed Oil (65%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract).

OPEN BURRITOS:

TORTILLA WRAP:

TORTILLA WRAP: WHEAT Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Water, Palm Oil, Humectant (Glycerine), Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Rapeseed Oil, Acidity Regulators (Citric Acid, Malic Acid), Sugar, Preservatives (Potassium Sorbate, Calcium Propionate), Stabiliser (Sodium Carboxymethylcellulose), Emulsifier (Mono- and Di-Glycerides of Fatty Acids).

WHEAT.

KATERBAKE GLUTEN FREE WRAP 10.5in: Water, Wholegrain Flours (Sorghum Flour, Cornflour, Buckwheat Flour, Millet Flour, Teff Flour, Rice Flour), Chickpea Flour, Rice Flour, Psyllium Husk Powder, Cellulose Fibre, Tapioca Starch, Rapeseed Oil, Potato Starch, Maize Starch, Sugar, Pea Protein, Potato Fibre, Yeast, Raising Agents (Sodium Carbonate, Calcium Phosphate), Acidity Regulators (Malic Acid, Citric Acid, Tartaric Acid), Salt, Thickeners (Xanthan Gum, Guar Gum), Preservatives (Potassium Sorbate, Sorbic Acid), Fermented Maize Starch, Flavouring.

PORK & GARLIC MAYONNAISE BURRITO:

TORTILLA WRAP: WHEAT Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Water, Palm Oil, Humectant (Glycerine), Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Rapeseed Oil, Acidity Regulators (Citric Acid, Malic Acid), Sugar, Preservatives (Potassium Sorbate, Calcium Propionate), Stabiliser (Sodium Carboxymethylcellulose), Emulsifier (Mono- and Di-Glycerides of Fatty Acids).

WHEAT.

SALAD: Lettuce, Tomato, Cucumber.

CHOPPED SALAD: Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip).

RICE: Long Grain Rice.

SMASHED AVOCADO: Avocado (82%), Water, Red Bell Pepper, Jalapeno Puree, Salt, Sugar, Antioxidant (Ascorbic Acid), Onion Powder, Stabiliser (Xanthan Gum), Garlic Powder, Acidity Regulator (Citric Acid), Dehydrated Coriander.

SMASHED AVOCADO IS NOT CEOLIA CERTIFIED

RED TRACTOR ASSURED PORK: English. RTA Boneless Rindless Pork Shoulder Joint, Salt & Pepper.

GARLIC MAYONNAISE: Mayonnaise: Rapeseed Oil (65%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract), Fresh Garlic. Sea Salt. Water

CHICKEN & CHIPOTLE BURRITO:

TORTILLA WRAP: WHEAT Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Water, Palm Oil, Humectant (Glycerine), Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Rapeseed Oil, Acidity Regulators (Citric Acid, Malic Acid), Sugar, Preservatives (Potassium Sorbate, Calcium Propionate), Stabiliser (Sodium Carboxymethylcellulose), Emulsifier (Mono- and Di-Glycerides of Fatty Acids).

WHEAT.

SALAD: Lettuce, Tomato, Cucumber.

CHOPPED SALAD: Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip).

RICE: Long Grain Rice.

SMASHED AVOCADO: Avocado (82%), Water, Red Bell Pepper, Jalapeno Puree, Salt, Sugar, Antioxidant (Ascorbic Acid), Onion Powder, Stabiliser (Xanthan Gum), Garlic Powder, Acidity Regulator (Citric Acid), Dehydrated Coriander.

SMASHED AVOCADO IS NOT CEOLIA CERTIFIED

RED TRACTOR ASSURED CHICKEN BREAST: Diced English Chicken Breast.

CHIPOTLE SAUCE: Firecracker Sauce: (Spirit Vinegar, Water, Concentrated Tomato Puree (17%), Sugar, Date Puree, Chipotle Paste (5% Tomato Puree, Smoked Jalapeno Peppers, Water, Onion, Spirit Vinegar, Sugar, Peppers, Salt, Garlic, Spices, Parsley, Spice Extract), Modified Starch, Salt, Concentrated Apple Juice, Chilli Powder, Smoke Flavouring, Spice, Garlic Powder, Onion Powder, Preservative (Potassium Sorbate), Spice Extract).

LENTIL & BEAN BURRITO:

TORTILLA WRAP: WHEAT Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Water, Palm Oil, Humectant (Glycerine), Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Rapeseed Oil, Acidity Regulators (Citric Acid, Malic Acid), Sugar, Preservatives (Potassium Sorbate, Calcium Propionate), Stabiliser (Sodium Carboxymethylcellulose), Emulsifier (Mono- and Di-Glycerides of Fatty Acids).

WHEAT.

SALAD: Lettuce, Tomato, Cucumber.

CHOPPED SALAD: Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip).

RICE: Long Grain Rice.

SMASHED AVOCADO: Avocado (82%), Water, Red Bell Pepper, Jalapeno Puree, Salt, Sugar, Antioxidant (Ascorbic Acid), Onion Powder, Stabiliser (Xanthan Gum), Garlic Powder, Acidity Regulator (Citric Acid), Dehydrated Coriander.

SMASHED AVOCADO IS NOT CEOLIA CERTIFIED

2 BEAN CHILLI: Brown skin Onions, Fresh Garlic, Mixed Chillies, Mixed Bell Peppers, Butter beans: (Butter Beans, Water, Ascorbic Acid), Butter Beans: (Butter Beans, Water, Firming Agent (Calcium Chloride), Antioxidant (Sodium **METABISULPHITE**)). Kidney Beans (Red Kidney Beans, Water, Calcium Chloride), Dried Red Lentils, Tinned Chopped Tomatoes (Tomatoes, tomato Juice, Acidity regulator (Citric Acid), Pizza Sauce (Tomatoes, Salt (0.5%), Acidity Regulator: Citric Acid), Tomato paste: (Tomato), Vegetable Stock: (Dextrose, Salt, Potato Starch, Dried Vegetables (11%) (Onion, Carrot, Leek, Lovage), Yeast Extract, Sunflower Oil, Parsley, Turmeric, Natural Flavouring, White Pepper. Gr. Cumin, Gr. Coriander, Smoked Paprika, Chilli Powder, Dried Oregano, Onion Powder, Garlic Powder, Salt, Pepper Gravy Browning (Colour Ammonia Caramel).

SULPHITE.

TOASTIE

PLEASE ASK WHICH BREAD WE HAVE IN STOCK:

WHITE BREAD: WHEAT FLOUR: (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, **WHEAT** Sourdough Sea Salt **RYE** Flour, Vitamin C. **MARAGRINE:** (Water, Rapeseed Oil, Palm Oil, Salt (1.38%), Stabiliser (Sodium Alginate), Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Acidity Regulator (Citric Acid), Flavouring, Colour (Annatto Bixin, Curcumin), Vitamin A, Vitamin D). Vegetable oils (rape), Thickener (Carnauba wax), Emulsifier (Lecithin (sunflower)), Propellant (Propane, butane, isobutane).

WHEAT, RYE.

MAY CONTAIN: NUTS, EGGS, MILK, SESAME, SOYA.

ALTERNATIVE BREAD:

BROWN MALTED SLICED BREAD: WHEAT Flour: (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Malted **BARLEY**, Yeast, Sea Salt, **RYE**, Vitamin C)

WHEAT, RYE, BARLEY.

MAY CONTAIN: NUTS, EGGS, MILK, SOYA, SESAME.

GLUTEN FREE ROLL AVAILABLE: Water, Tapioca Starch, Rice Flour, Mixed Seed (12%) (Sunflower, Linseed, Millet, Poppy), Potato Starch, Rapeseed Oil, Humectant (Vegetable Glycerol), Yeast, Treacle, Psyllium Husk, Stabiliser (Hydroxypropyl Methyl Cellulose), Free Range Dried **EGG** White, Maize Flour, Salt, Maize Starch, Rice Starch, Colour (Plain Caramel), Preservative (Calcium Propionate)

EGG.

MAY CONTAIN SULPHITES AND CEREAL.

CHEESE:

PLEASE ASK WHICH BREAD WE ARE USING:

WHITE BREAD OR BROWN MALTED SLICED BREAD

Margarine: Plant Oils (Rapeseed, Sunflower, Palm¹), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, ¹Flora is committed to sustainable palm oil.

RELEASE SPRAY: Vegetable oils (rape), Thickener (Carnauba wax), Emulsifier (Lecithin (sunflower)), Propellant (Propane, butane, isobutane).

CHEESE: Medium Cheddar Cheese (**MILK**).

SALAD: Lettuce, Tomato, Cucumber, Beetroot.

DRESSING: Water, Rapeseed Oil, Acidity Regulator (Acetic Acid), Sugar, White Wine Vinegar (7%), Salt, Dijon **MUSTARD** (Water, **MUSTARD** Seeds, Spirit Vinegar, Salt), **MUSTARD** Seeds, Lemon Concentrate, Stabiliser (Xanthan Gum), Chives, Preservative (Potassium Sorbate), Black Pepper

MUSTARD.

COLESLAW: Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: (Rapeseed Oil (60%), Water, Spirit Vinegar, Modified Potato Starch, Sugar, Salt, Acidity Regulator (Lactic Acid), Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Colours (Paprika Extract, Beta-Carotene). Water, Garlic, Mixed Herbs: (Marjoram, Thyme, Parsley, Basil).

MAY CONTAIN SULPHITES.

**VEGAN CHEESE TOASTIE:
OUR GLUTEN FREE ROLL CONTAINS EGG, WHICH IS NOT
VEGAN:**

BAKED EARTH LARGE FOLDED NAAN: WHEAT Flour (Fortified with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Raising Agents (Monocalcium Phosphates, Sodium Bicarbonate), Yeast, Salt, Kalonji Seeds (0.5%), Dextrose.

WHEAT.

RELEASE SPRAY: Vegetable oils (rape), Thickener (Carnauba wax), Emulsifier (Lecithin (sunflower)), Propellant (Propane, butane, isobutane).

Margarine: Plant Oils (Rapeseed, Sunflower, Palm¹), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, ¹Flora is committed to sustainable palm oil.

VIOLIFE MATURE CHEDDAR CHEESE FLAVOUR SLICES: Water, Coconut Oil (23%), Modified Starch (Potato & Corn), Potato Starch, Sea Salt, Mature Cheddar Flavour, Olive Extract, Colour: B-Carotene, Vitamin B12.

SALAD: Lettuce, Tomato, Cucumber, Beetroot.

DRESSING: Water, Rapeseed Oil, Acidity Regulator (Acetic Acid), Sugar, White Wine Vinegar (7%), Salt, Dijon **MUSTARD** (Water, **MUSTARD** Seeds, Spirit Vinegar, Salt), **MUSTARD** Seeds, Lemon Concentrate, Stabiliser (Xanthan Gum), Chives, Preservative (Potassium Sorbate), Black Pepper

MUSTARD.

COLESLAW: Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: (Rapeseed Oil (60%), Water, Spirit Vinegar, Modified Potato Starch, Sugar, Salt, Acidity Regulator (Lactic Acid), Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Colours (Paprika Extract, Beta-Carotene). Water, Garlic, Mixed Herbs: (Marjoram, Thyme, Parsley, Basil).

MAY CONTAIN SULPHITES.

HAM AND CHEESE:

PLEASE ASK WHICH BREAD WE ARE USING:

WHITE BREAD OR BROWN MALTED SLICED BREAD

Margarine: Plant Oils (Rapeseed, Sunflower, Palm¹), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, ¹Flora is committed to sustainable palm oil.

RELEASE SPRAY: Vegetable oils (rape), Thickener (Carnauba wax), Emulsifier (Lecithin (sunflower)), Propellant (Propane, butane, isobutane).

Ham: Wessex Traditional Ham: Pork Leg, Water, Salt, Pork Bouillion, Preservatives E250 &E251, Antioxidant E301.

DUE TO SUPPLY ISSUES ALTERNATIVE HAM:

HAM: Houghton Traditional Ham: (Pork Leg, Salt, Water, Stabilisers: (Triphos[hate, Diphosphates), Sugar, Yeast Extract, Dextrose, Antioxiadants: (Sodium Nitrate), Natural Flavourings, Pork Bouillion, Preservatives E250 &E251, Antioxidant E301).

Moat Well Farm Ham (Only available limited times of the year): (Pork, Salt, Preservative mix (E251, E250), Propylene Glycol).

Cheddar Cheese: Medium Cheddar Cheese (**MILK**).

SALAD: Lettuce, Tomato, Cucumber, Beetroot.

DRESSING: Water, Rapeseed Oil, Acidity Regulator (Acetic Acid), Sugar, White Wine Vinegar (7%), Salt, Dijon **MUSTARD** (Water, **MUSTARD** Seeds, Spirit Vinegar, Salt), **MUSTARD** Seeds, Lemon Concentrate, Stabiliser (Xanthan Gum), Chives, Preservative (Potassium Sorbate), Black Pepper

MUSTARD.

COLESLAW: Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: (Rapeseed Oil (60%), Water, Spirit Vinegar, Modified Potato Starch, Sugar, Salt, Acidity Regulator (Lactic Acid), Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Colours (Paprika Extract, Beta-Carotene). Water, Garlic, Mixed Herbs: (Marjoram, Thyme, Parsley, Basil).

MAY CONTAIN SULPHITES.

JALAPENO & RED ONION:

PLEASE ASK WHICH BREAD WE ARE USING:

WHITE BREAD OR BROWN MALTED SLICED BREAD

Margarine: Plant Oils (Rapeseed, Sunflower, Palm¹), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, ¹Flora is committed to sustainable palm oil.

RELEASE SPRAY: Vegetable oils (rape), Thickener (Carnauba wax), Emulsifier (Lecithin (sunflower)), Propellant (Propane, butane, isobutane).

JALAPENOS: Sliced Green Jalapeno pepper, Water, Salt, Vinegar, Acetic Acid, Potassium Sorbate, Calcium Chloride.

RED ONION RELISH: 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.

CHEESE: Medium Cheddar Cheese (**MILK**).

SALAD: Lettuce, Tomato, Cucumber, Beetroot.

DRESSING: Water, Rapeseed Oil, Acidity Regulator (Acetic Acid), Sugar, White Wine Vinegar (7%), Salt, Dijon **MUSTARD** (Water, **MUSTARD** Seeds, Spirit Vinegar, Salt), **MUSTARD** Seeds, Lemon Concentrate, Stabiliser (Xanthan Gum), Chives, Preservative (Potassium Sorbate), Black Pepper

MUSTARD.

COLESLAW: Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: Rapeseed Oil (65%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract).

MAY CONTAIN SULPHITES.

CHILDRENS MENU

SAUSAGE AND CHIPS: Sausages are Gluten_free.

Chips and Sausages Cooked in Rapeseed Oil, (Separate Oil).

SAUSAGE: Pork, Rice Flour, Salt, Hydroxypropyl Methyl Cellulose E464, Spice Extracts (Pepper, Nutmeg, Coriander, Cayenne, Paprika), Dextrose, Stabilisers: Sodium Tripolyphosphate E451, Sodium Diphosphate EA50; Preservative Sodium **SULPHITE** E221; Flavour Enhancer: Monosodium Glutamate E621; Ground Spices (White Pepper, Ginger), Sage Extract, Colour: E120; Propylene Glycol.

SULPHITES

DUE TO SUPPLY ISSUES SOMETIMES IT'S AN ALTERNATE SAUSAGE. PLEASE ASK OUR STAFF, IF SO GO TO BREAKFAST SAUSAGE BAP FOR ALTERNATE SAUSAGE INGREDIENTS.

BLACKGATE SIGNATURE PREMIUM PORK SAUSAGE, GLUTEN FREE.

Pork (80%), Water, Rice Flour, Chickpea Flour, Salt, Spices, Parsley, Dextrose, Herbs (Parsley, Sage), Sage, Black Pepper, White Pepper, Flavouring, Preservative (Sodium **METABISULPHITE**), Cornflour, Onion Powder, Stabilisers (Disodium Diphosphate, Tetrasodium Diphosphate), Antioxidant (Sodium Ascorbate), Sausage Casing (Calcium Alginate)

SULPHITE

ALTERNATIVE VEGAN SAUSAGE (Castel Howell)

Devils Kitchen Plant: Rehydrated Pea Protein, Rapeseed Oil, Coconut Oil, Shea Oil, Diced Onions, Potato Starch, Oyster Mushrooms, Seasoning: (Onion Powder, Ground White Pepper, Rubbed Sage, Yeast Extract, Tomato Powder, Ground Rosemary, Ground Fennel, Ground Black Pepper, Ground Bay, Smoked Paprika, Ground Nutmeg, Ground Sage, Ground Mace, Ground Marjoram). Methylcellulose, Broad Bean Powder, Apple Juice Concentrate, Citrus Fibre, Carrot Powder, Pumpkin Powder, Fine Sea Salt, Ground Ginger, Pimento, Natural Flavouring, Calcium Alginate Casing.

CHIPS: Potatoes, Sunflower Oil, Coating (Distarch Phosphate (Potato), Rice Flour, Salt, Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate), Dextrose, Maltodextrin, Thickener (Xanthan Gum), Spice Extracts (Curcumin, Paprika)).

Chips cooked in rapeseed oil.

GARDEN PEAS: Peas.

BAKED BEANS: H Haricot Beans (50%), Tomatoes (27%), Water, Sugar, Modified Maize Starch, Salt, Glucose-Fructose Syrup, Onion Powder, Ground Paprika, Natural Flavourings.

CUCUMBER: Cucumber.

CHICKEN GOUJONS AND CHIPS:

Chips and Goujons cooked in rapeseed oil, (Separate Oil).

CHICKEN STRIPS: Chicken Breast Fillet (62%), Water, **WHEAT** Flour, Thickeners (Modified Tapioca Starch, Xanthan Gum, Guar Gum), Salt, Corn Starch, Sugar, Yeast, Fully Refined **SOYA** Oil.

WHEAT, GLUTEN, SOYA.

CHIPS: Potatoes, Sunflower Oil, Coating (Distarch Phosphate (Potato), Rice Flour, Salt, Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate), Dextrose, Maltodextrin, Thickener (Xanthan Gum), Spice Extracts (Curcumin, Paprika)).

Chips cooked in rapeseed oil.

GARDEN PEAS: Peas.

BAKED BEANS: Haricot Beans (50%), Tomatoes (27%), Water, Sugar, Modified Maize Starch, Salt, Glucose-Fructose Syrup, Onion Powder, Ground Paprika, Natural Flavourings.

CUCUMBER: Cucumber.

FISH FINGER AND CHIPS:

Chips and Fish Fingers cooked in Rapeseed Oil, (Separate Oil).

FISH GOUJONS (Creed): Cod (**FISH**), Coating (Breadcrumbs (Salt, Yeast, Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Thiamin, Iron)), Batter (Water, Garlic Powder, Onion Powder, Salt, **WHEAT** Flour (**WHEAT** Flour, Iron, Calcium Carbonate, Niacin, Thiamin), Yeast Extract)).

FISH, WHEAT.

DUE TO SUPPLY ISSUES SOMETIMES IT'S AN ALTERNATE FISH GOUJON. PLEASE ASK OUR STAFF, IF SO GO TO BREAKFAST SAUSAGE BAP FOR ALTERNATE SAUSAGE INGREDIENTS.

FISH GOUJON (Bookers): Cod (**FISH**) (50%), **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, **WHEAT** Starch, Salt, Yeast Extract, Maize Starch, Yeast, Stabiliser (Xanthan Gum), Dextrose, Sunflower Oil, Emulsifier (Sunflower Lecithin), Raising Agent (Ammonium Carbonate).

FISH, WHEAT.

CHIPS: Potatoes, Sunflower Oil, Coating (Distarch Phosphate (Potato), Rice Flour, Salt, Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate), Dextrose, Maltodextrin, Thickener (Xanthan Gum), Spice Extracts (Curcumin, Paprika)).

Chips cooked in rapeseed oil.

GARDEN PEAS: Peas.

BAKED BEANS: Haricot Beans (50%), Tomatoes (27%), Water, Sugar, Modified Maize Starch, Salt, Glucose-Fructose Syrup, Onion Powder, Ground Paprika, Natural Flavourings.

CUCUMBER: Cucumber.

PENNE PASTA, WITH CHEESE AND GARLIC BREAD:

5 A DAY PASTA SAUCE: Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane), Fresh Tomatoes, Carrots, Potato, Red Onions, Pizza Sauce: (Tomatoes (99.5%), Salt, Acidity Regulator: Citric Acid). Fire Roasted Red Peppers: (Red Peppers (60%), Water, Salt, Acidity Regulator: Citric Acid).

GRATED CHEDDAR CHEESE: Mature grated cheese: (**MILK**), Anti- Caking agent (Potato Starch).

PASTA: 100% Durum **WHEAT** Semolina.

GARLIC BREAD: WHEAT Flour, Water, Palm Fat, Rapeseed Oil, Garlic (4%), Yeast, Salt, Parsley, **WHEAT** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Flour Treatment Agent (Ascorbic Acid), Dextrose, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Natural Flavouring, Colour (Beta-Carotene)

WHEAT.

May contain traces of SESAME & MILK.

SOUP

SUPER THAI GREEN & COCONUT SOUP: Sliced onions, Garlic, Fresh Ginger, Tinned Coconut Milk: (Coconut Extract 81.82%, Water, Stabilizers: Guar Gum (E412), Carboxy Methyl Cellulose (E466), Emulsifier: Polysorbate 60 (E435), Antioxidant: Citric Acid (E330)). Pea, Basil, Coriander, Spinach. Butter Beans: (Butter Beans, Water, Antioxidant (Ascorbic Acid). **SESAME** Oil, Kikkoman Tamari Soy Sauce (Gluten Free): Water, **SOY** beans, Salt, Spirit vinegar. Salt. Water, Vegetable Stock: (Salt, Vegetable Oil (Palm, Sunflower), Starch, Sugar, Maltodextrin, Yeast Extract, Vegetable Powders (4%) (Carrot, Onion), Flavourings, Spices (Lovage Root, Parsley Root Powder†, Turmeric), Tomato Puree Powder†, Parsley, †Made from sustainably grown ingredients), Salt. Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane). Country Range Curry Powder: (Coriander, Turmeric (23.5%), **MUSTARD**, Cumin, Chickpea, Chilli, (5%), Salt, Fennel, Fenugreek, Green Cardamom, Garlic (2.1%), Black pepper (2.1%), Cloves). Country Range Chilli Powder, Roasted Vegetables; (Aubergine, Courgette, Red Pepper, Green Pepper). Chefs Larder Cider Vinegar: (100% Apple Cider Vinegar (SULPHITES)).

SOYA, SESAME, MUSTARD, SULPHITES.

HARISSA SPICED PUMKIN & BUTTERBEAN SOUP: Pumpkin, sliced onion, garlic, demerara sugar, salt, pepper, lemons. Harissa Paste: (Red Chili Pepper (86%), Garlic, Coriander, Caraway, Salt, Acidity Regulator (Citric Acid). Butter Beans: (Butter Beans, Water, Antioxidant (Ascorbic Acid). Vegetable Stock: (Salt, Vegetable Oil (Palm, Sunflower), Starch, Sugar, Maltodextrin, Yeast Extract, Vegetable Powders (4%) (Carrot, Onion), Flavourings, Spices (Lovage Root, Parsley Root Powder†, Turmeric), Tomato Puree Powder†, Parsley, †Made from sustainably grown ingredients). Rapeseed Oil: (Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane). Vegan Flora Cream: (Lentil protein preparation (water, 1.1% lentil flour), coconut fat, rapeseed oil, sugar, modified corn starch, emulsifiers (sunflower lecithin, sugar esters of fatty acids, mono-and diglycerides of fatty acids), stabilisers (guar gum, locust bean gum), natural flavouring, salt, colour (beta-carotene).

GOLDEN VEGETABLE: Swede, Carrot, Onions, Garlic, Parsnip, Potato (Sweet Potato if available), Water, Vegetable Stock: (Salt, Vegetable Oil (Palm, Sunflower), Starch, Sugar, Maltodextrin, Yeast Extract, Vegetable Powders (4%) (Carrot, Onion), Flavourings, Spices (Lovage Root, Parsley Root Powder†, Turmeric), Tomato Puree Powder†, Parsley, †Made from sustainably grown ingredients), Salt. Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane).

CELRIAC & APPLE: Sliced onions, Garlic, Parsnip, Celeriac (RELATED TO **CELERY**), Potato, Apple, Water, Vegetable Stock: (Salt, Vegetable Oil (Palm, Sunflower), Starch, Sugar, Maltodextrin, Yeast Extract, Vegetable Powders (4%) (Carrot, Onion), Flavourings, Spices (Lovage Root, Parsley Root Powder†, Turmeric), Tomato Puree Powder†, Parsley, †Made from sustainably grown ingredients), Salt. Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane).

CELERY.

ROAST TOMATO & RED ONION: Fresh Tomato, Garlic, Aubergine, Red Peppers, Pizza Sauce: (Tomatoes (99%), Salt, Acidity regulator (Citric acid). Caramelized Red Onion: (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). Red Kidney Beans: (Red Kidney Beans, Water, Calcium chloride). Dried Oregano, Water, Vegetable Stock: (Salt, Vegetable Oil (Palm, Sunflower), Starch, Sugar, Maltodextrin, Yeast Extract, Vegetable Powders (4%) (Carrot, Onion), Flavourings, Spices (Lovage Root, Parsley Root Powder†, Turmeric), Tomato Puree Powder†, Parsley, †Made from sustainably grown ingredients), Salt. Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane). Salt.

BREAD ROLL FOR SOUP

Breakfast Roll: WHEAT flour (Calcium Carbonate, Iron, Thiamin, Niacin), Yeast, Sugar, Salt, Emulsifiers: (E47, E481), SOYA Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.

Margarine: Plant Oils (Rapeseed, Sunflower, Palm¹), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, ¹Flora is committed to sustainable palm oil.

GLUTEN FREE BREAD OPTION AVAILABLE Water, Tapioca Starch, Rice Flour, Mixed Seed (12%) (Sunflower, Linseed, Millet, Poppy), Potato Starch, Rapeseed Oil, Humectant (Vegetable Glycerol), Yeast, Treacle, Psyllium Husk, Stabiliser (Hydroxypropyl Methyl Cellulose), Free Range Dried **EGG** White, Maize Flour, Salt, Maize Starch, Rice Starch, Colour (Plain Caramel), Preservative (Calcium Propionate).

EGG.

MAY CONTAIN SULPHUR AND CEREAL.

BEARS:

Chips cooked in Rapeseed Oil.

CHIPS: Potatoes, Sunflower Oil, Coating (Distarch Phosphate (Potato), Rice Flour, Salt, Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate), Dextrose, Maltodextrin, Thickener (Xanthan Gum), Spice Extracts (Curcumin, Paprika)).

Chips cooked in rapeseed oil.

CHEESEY CHIPS: Potatoes, Sunflower Oil, Coating (Distarch Phosphate (Potato), Rice Flour, Salt, Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate), Dextrose, Maltodextrin, Thickener (Xanthan Gum), Spice Extracts (Curcumin, Paprika)).

Chips cooked in rapeseed oil.

CHEDDAR CHEESE: Cheese (**MILK**), (Potato Starch).

MILK.

HOT DOG & BURGERS:

THE ORIGINAL HOTDOG:

CHEF'S LARDER JUMBO FRANKFURTERS FROM BOOKERS: (Pork (70%), Water, Seasoning (Potato Starch, Sugar, Black Pepper, Onion, Paprika, Antioxidant (Ascorbic Acid)), Antioxidant (Potassium Lactate), Pork Fat, Salt, Stabiliser (Diphosphates), Preservative (Sodium Nitrite), Beechwood Smoke Aroma (Smoke Flavouring), Filled into natural pork casings).

ALTERNATIVE DUE TO SUPPLY ISSUE:

CHEF'S LARDER JUMBO BRATWURST FROM BOOKERS: Pork (70%), Water, Seasoning (Potato Starch, Sugar, Garlic Powder, Onion, Marjoram, Cumin, Black Pepper, Antioxidant (Ascorbic Acid), Paprika), Antioxidant (Potassium Lactate), Salt, Stabiliser (Diphosphates), Preservative (Sodium Nitrite), Beechwood Smoke Aroma (Smoke Flavouring), Filled into natural pork casings.

ALTERNATIVE DUE TO SUPPLY ISSUE:

Gourmet Hot Dog Sausage Pork From CREED: (87%), Water, Salt, Dextrose, Spices, Stabilisers, Di and Tri-Sodium Phosphate, Spice Extract, Antioxidants, L-Ascorbic Acid, Sodium L-Ascorbate, Preservative, Sodium Nitrite. Filled in a natural sheep casing. Although great care has been taken to remove all bone, some may remain.

BREAD: WHEAT Flour: (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Salt, Emulsifiers: (E47, E481) **SOYA** Flour.

WHEAT, SOYA.

MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.

CHEF'S LARDER TOMATO KETCHUP 1 LITRE: (Water, Tomato Paste (13%), Sugar, Spirit Vinegar, Modified Maize Starch, Salt, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate), Sweetener (Sodium Saccharin), Garlic Powder, Spice Extract (Mace, Allspice, Nutmeg, Cinnamon), Flavouring, Clove Oil).

CHEF'S LARDER MILD MUSTARD 1 LITRE: (Water, Spirit Vinegar, **MUSTARD** Powder (6%), Modified Potato Starch, Salt, Turmeric, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Paprika, Colour (Lutein), Sweetener (Sucralose).

MUSTARD.

KTC CRISPY FRIED ONIONS: (Onions 76%, Palm Oil, **WHEAT** Flour, Salt).

WHEAT, SOYA, MUSTARD.

“HOT DOG” FIRECRACKER, GARLIC MAYO.

CHEF’S LARDER JUMBO FRANKFURTERS FROM BOOKERS: (Pork (70%), Water, Seasoning (Potato Starch, Sugar, Black Pepper, Onion, Paprika, Antioxidant (Ascorbic Acid)), Antioxidant (Potassium Lactate), Pork Fat, Salt, Stabiliser (Diphosphates), Preservative (Sodium Nitrite), Beechwood Smoke Aroma (Smoke Flavouring), Filled into natural pork casings).

ALTERNATIVE DUE TO SUPPLY ISSUE:

CHEF’S LARDER JUMBO BRATWURST FROM BOOKERS: Pork (70%), Water, Seasoning (Potato Starch, Sugar, Garlic Powder, Onion, Marjoram, Cumin, Black Pepper, Antioxidant (Ascorbic Acid), Paprika), Antioxidant (Potassium Lactate), Salt, Stabiliser (Diphosphates), Preservative (Sodium Nitrite), Beechwood Smoke Aroma (Smoke Flavouring), Filled into natural pork casings.

ALTERNATIVE DUE TO SUPPLY ISSUE:

Gourmet Hot Dog Sausage Pork From CREED: (87%), Water, Salt, Dextrose, Spices, Stabilisers, Di and Tri-Sodium Phosphate, Spice Extract, Antioxidants, L-Ascorbic Acid, Sodium L-Ascorbate, Preservative, Sodium Nitrite. Filled in a natural sheep casing. Although great care has been taken to remove all bone, some may remain.

BREAD: WHEAT Flour: (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Salt, Emulsifiers: (E47, E481) **SOYA** Flour.

HEINZ FIRECRACKER SAUCE: (Spirit Vinegar, Water, Concentrated Tomato Puree (17%), Sugar, Date Puree, Chipotle Paste (5% Tomato Puree, Smoked Jalapeno Peppers, Water, Onion, Spirit Vinegar, Sugar, Peppers, Salt, Garlic, Spices, Parsley, Spice Extract), Modified Starch, Salt, Concentrated Apple Juice, Chilli Powder, Smoke Flavouring, Spice, Garlic Powder, Onion Powder, Preservative (Potassium Sorbate), Spice Extract). Chef's Larder

GARLIC MAYONNAISE 1 LITRE: (Water, Rapeseed Oil, Modified Potato Starch, Garlic Powder (3%), Sugar, Spirit Vinegar, Pasteurised **EGG** Yolk Powder, Salt, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate), Onion Powder, Stabiliser (Xanthan Gum), **MUSTARD** Flour).

KTC CRISPY FRIED ONIONS: (Onions 76%, Palm Oil, **WHEAT** Flour, Salt).

WHEAT, SOYA, EGG, MUSTARD.

DOUBLE CHEESEBURGER:

Noah's 4 oz Burger:

Beef, Potato Starch, Rice Flour, Salt, Onion Powder, Stabiliser E451, Dextrose, Savoury Flavour Powder: (**MILK**) Natural Onion Flavouring, Preservative E223(**SODIUM METABISULPHITE**) Flavouring, Antioxidant E301 E331, Spice Extract, Spice, Colour E120, **MUSTARD**.

MUSTARD, SULPHITE, MILK.

Red Tractor Assured Steak Burger - 113g/4oz FROM CREED:

Beef (92.5%), Seasoning (7.5%) (Gluten free rusk, (Dehydrated Potato Granules, Rice Flour, Salt, Dextrose), Potato Starch, Salt, Rice Flour, Hydrolysed Vegetable Protein, Dried Onion, Spices, Emulsifier, (E 450 (i)), Preservative Sodium **SULPHITE** (E 221), Antioxidants (E 300, E 330), Spice Extracts, Herb Extracts.

SULPHITE.

PICKLED CUCUMBER: Cucumber, Red Onion, Sea salt, Cider Vinegar: (100% Apple Cider Vinegar (**SULPHITES**)). Sugar, **MUSTARD** seeds, Gr. Turmeric, Gr. Cinnamon, Gr. Paprika.

SULPHITE, MUSTARD.

CHEESE: Medium Cheddar Cheese (**MILK**).

MILK.

BURGER ROLL: **WHEAT** flour (Calcium Carbonate, Iron, Thiamin, Niacin), Yeast, Sugar, Salt, Emulsifiers: (E47, E481), **SOYA** Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

WHEAT, SOYA.

MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.

SALAD: Lettuce, Sliced Red Onion.

CHEESE & BACON BURGER:

Noah's 4 oz Burger:

Beef, Potato Starch, Rice Flour, Salt, Onion Powder, Stabiliser E451, Dextrose, Savoury Flavour Powder: (**MILK**) Natural Onion Flavouring, Preservative E223(**SODIUM METABISULPHITE**) Flavouring, Antioxidant E301 E331, Spice Extract, Spice, Colour E120, **MUSTARD**.

MUSTARD, SULPHITE, MILK.

Red Tractor Assured Steak Burger - 113g/4oz FROM CREED:

Beef (92.5%), Seasoning (7.5%) (Gluten free rusk, (Dehydrated Potato Granules, Rice Flour, Salt, Dextrose), Potato Starch, Salt, Rice Flour, Hydrolysed Vegetable Protein, Dried Onion, Spices, Emulsifier, (E 450 (i)), Preservative Sodium **SULPHITE** (E 221), Antioxidants (E 300, E 330), Spice Extracts, Herb Extracts.

SULPHITE.

BACON: (Pork (88%), Water, Salt, Preservative: Sodium Nitrite).

CHEESE: Medium Cheddar Cheese (**MILK**).

MILK.

BURGER ROLL: WHEAT flour (Calcium Carbonate, Iron, Thiamin, Niacin), Yeast, Sugar, Salt, Emulsifiers: (E47, E481), **SOYA** Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

WHEAT, SOYA.

MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.

SALAD: Lettuce, Sliced Red Onion.

SALSA: Chopped Tomato (53%), Water, Spirit Vinegar, Onion (7%), Green Peppers (7%), Sugar, Tomato Paste (4%), Thickener (Modified Maize Starch), Salt, Garlic Powder, Jalapeno, Oregano, Cumin Powder, Black Pepper, Chilli Powder.

MUSTARD: CHEF'S LARDER MILD MUSTARD 1 LITRE: (Water, Spirit Vinegar, **MUSTARD** Powder (6%), Modified Potato Starch, Salt, Turmeric, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Paprika, Colour (Lutein), Sweetener (Sucralose).

MUSTARD.

FARM SHOP BREAD:

GRAIN TWIST: WHEAT Flour, Water, Sunflower Grains, RYE Flour, OAT Grits, Linseed, Yeast, Iodized Salt, WHEAT Flakes, Coarse RYE Grains, WHEAT Bran, SESAME, WHEAT Malt Flour, WHEAT GLUTEN, Dextrose, BARLEY Malt Extract.

WHEAT, GLUTEN, RYE, OAT, SESAME.

MAY CONTAIN: EGG, MILK, NUTS, SOYA.

BALTIC LOAF: WHEAT Flour, Water, WHEAT Sourdough (16,7%) (WHEAT Flour, Water, iodized salt), Yeast, RYE Flour, Iodized Salt.

WHEAT, GLUTEN, RYE.

MAY CONTAIN: EGG, MILK, NUTS, SESAME, SOYA.

COUNTRY LOAF: WHEAT Flour, Water, RYE Flour, Iodized Salt (salt, potassium iodate), Yeast, WHEAT Malt Flour, Flour Treatment Agent (E 300, E 920).

WHEAT, GLUTEN, RYE.

MAY CONTAIN: EGG, MILK, NUTS, SESAME, SOYA, OATS.

POWER GRAIN LOAF: WHEAT Flour, Water, WHEAT Malt Flour, Linseed (3%), Sunflower Grains (2%), OAT Grits, Yeast, SOY Groats(2%), WHEAT GLUTEN, Iodized Salt (salt, potassium iodate), RYE Flour, RYE Flakes, SESAME (1%), Coarse RYE Grains, WHEAT Flakes, Roasted WHEAT Malt Flour.

WHEAT, GLUTEN, RYE, OATS, SOYA.

MAY CONTAIN: EGG, MILK, NUTS, SESAME.

OLIVE BLOOMER: WHEAT Flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), Water, Stoned Black Olives 5.4% (black olives, salt, stabiliser (E579)), Stoned Green Olives 5.4% (green olives, salt, acidity regulator (E330)), Yeast, WHEAT GLUTEN, Salt, Flour Treatment Agent (E300).

WHEAT, GLUTEN.

MAY CONTAIN: MILK, NUTS, SESAME.

DIP SAUCES:

ALL OUR DIPS SAUCES ARE PACKAGED BY ONE COMPANY:

MAYCONTAIN DUE TO SITE HANDLES THESE PRODUCTS: CEREALS CONTAINING GLUTEN, EGGS, SOYBEANS, MILK, PEANUTS, ALMONDS, SESAMESEEDS, CELERY, SULPHUR DIOXIDE, LUPIN.

TANGY TOMATO: Water, Tomatoes (23%), Sugar, Spirit Vinegar, Acidity Regulator: Acetic Acid, Modified Starch, Salt, Spices (**MUSTARD**), Preservative: Potassium Sorbate, Stabiliser: Xanthan Gum.

MUSTARD.

MARVELOUS MAYO: Rapeseed Oil (70%), Water, Spirit Vinegar, Sugar, Salt, Modified Waxy Maize Starch, Stabiliser: Xanthan Gum, Flavouring, Colour: Carotene, Antioxidant: Calcium Disodium (EDTA).

GARLIC MAYO: Rapeseed Oil, Water, Spirit Vinegar, Sugar, Salt, Modified Maize Starch, Garlic, Stabiliser: Xanthan Gum, Parsley, Flavouring, Colour: Carotene, Antioxidant: Calcium Disodium (EDTA).

BBQ SAUCE: Water, Sugar, Tomatoes (15%), Acidity Regulator: Acetic Acid, Modified Starch, Salt, Colour: Caramel, Spices, Smoke Flavouring, Preservative: Potassium Sorbate, Tamarind Extract, Molasses, Stabilisers: Xanthan Gum & Guar Gum.

SRIRACHA MAYO: Rapeseed Oil (50%), Water, Cayenne Peppers (15%) (Seedless Cayenne Peppers, Salt, Preservative: Acetic Acid); Sugar, Garlic Purée (Garlic Purée, Acidity Regulator: Citric Acid); Modified Starch, Acidity Regulator: Acetic Acid, Lime Concentrate, Salt, Dehydrated Red Bell Pepper, Yeast Extract, Stabiliser: Xanthan Gum, Preservative: Potassium Sorbate, Antioxidant: Calcium Disodium EDTA).

CHIPOTLE BBQ: Water, Sugar, Acidity Regulator: Acetic Acid, Tomatoes (11%), Modified Starch, Salt, Malt Vinegar (**BARLEY**), Worcester Sauce (Malt Vinegar (**BARLEY**), Water, Spirit Vinegar, Tamarind Extract, Sugar, Molasses, Colour: Caramel, Onion Powder, Garlic Powder, White Pepper, Cloves, Paprika); Onion, Chipotle Chillies (1%), Lime Concentrate, Colour: Caramel, Spices, Smoke Flavouring, Stabilisers: Xanthan Gum & Guar Gum, Preservative: Potassium Sorbate.

BARLEY.

BBQ MUSTARD: **MUSTARD** (25%) (Water, Spirit Vinegar, **MUSTARD** Seeds, Salt, Spice, Caramel Sugar, Natural Flavouring), Vinegars (Cider, Spirit), Sugar, Water, Rapeseed Oil, Dark Brown Sugar, Modified Starch, Apple Concentrate, Salt, Fibre (Citrus, Psyllium, Acacia), Spices, Preservative: Potassium Sorbate, Stabiliser: Xanthan Gum, Colour: Paprika.

MUSTARD.

SWEET CHILLI: Water, Sugar, Acidity Regulator: Acetic Acid, Tomatoes, Modified Starch, Garlic Puree (Garlic Puree, Acidity Regulator: Citric Acid), Onion, Salt, Chillies (>2%), Stabiliser: Xanthan Gum, Antioxidant: Ascorbic Acid, Preservative: Potassium Sorbate, Ginger Puree (2.5%) (Ginger, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate), Colour: Paprika, Spices.

POSSIBLE PEANUT CONTAMINATION:

The FSA have released guidance that anyone with a peanut allergy should avoid consuming products containing mustard. This is due to mustard ingredients potentially containing peanuts. The contaminated mustard ingredients have been traced back to a producer in India and the FSA are carrying out traceability checks to ensure all affected products are identified and withdrawn from sale.

We are Currently doing everything we can. We advise that if you have a NUT allergy to avoid All products containing MUSTARD.

Below are the Sauces that Contain MUSTARD. We Have removed any products that have been re called. Now we are waiting from our suppliers about other Mustard products.

Country Range French Dressing.

Stokes Tomato Chutney

Chef's Larder Garlic Mayonnaise

Country Range Curry Powder: (in our Homemade style katsu Sauce)

Chef's Larder Mild Mustard: (served with our Hotdogs from The Bear Kitchen)

Dip Sauces:

Tangy Tomato

Sweet BBQ Mustard (Currently on our Chicken Burger, Chicken Wraps, or Chicken Torpedo Rolls)

Alternative that are Mustard Free:

1. Chef's Larder Tomato Ketchup.
2. Stilton Garlic Mayo
3. Sweet Chilli Mayo
4. Plain Mayo
5. Firecracker Sauce

Dips Sauces Alternatives:

1. BBQ Chipotle
2. Sriracha Mayo
3. Sweet Chilli Sauce
4. Garlic Mayo

HOMEMADE SLICED CAKE ALLERGENS:

NOAHS' ZEBRA CAKE:

Self-Rising Flour: (**WHEAT** flour, calcium carbonate, iron, niacin, thiamine, raising agents, sodium bicarbonate, monocalcium phosphate monohydrate, sodium acid pyrophosphate, E450 disulphates). Margarine: (Plant Oils (Rapeseed, Sunflower, Palm¹), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, ¹Flora is committed to sustainable palm oil). Cocoa Powder: (Cocoa Powder, Acidity Regulator E501). Decorating: (Water. Icing Sugar: (Icing Sugar, Anti-Caking Agent: Tricalcium Phosphate). Dark Chocolate: (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **SOYA** Lecithin, Natural Vanilla Flavouring. Vegetable Oil: (Rapeseed oil, anti-foaming agent (dimethylpolysiloxane).

WHEAT, EGGS, OATS, SOYA.

NOAH'S CARROT CAKE/PUMPKIN CAKE: Vegetable Oil: (Rapeseed oil, anti-foaming agent (dimethylpolysiloxane). Light Brown Sugar, Caster Sugar, Sour Cream: (Skimmed **MILK**. Cream (**MILK**), **MILK** Solids, Modified Starch E1442, Culture). Raisins: (Raisins (99%), Sunflower Oil). Self-Rising Flour: (**WHEAT** flour, calcium carbonate, iron, niacin, thiamine, raising agents, sodium bicarbonate, monocalcium phosphate monohydrate, sodium acid pyrophosphate, E450 disulphates). Carrot. **EGGS**. Bi-Carb: (Raising Agent (Sodium Bicarbonate). Gr. Ginger, Gr. Cinnamon, Salt. Decorating: (Butter: (**MILK**), Salt (1.7%), Icing Sugar: (Icing Sugar, Anti-Caking Agent: Tricalcium Phosphate). Pumpkin Seed Brittle: (Pumpkin Seeds, Caster Sugar).

WHEAT, EGGS, MILK.

NOAH'S ORCHARD APPLE CAKE: Vegetable Oil: (Rapeseed oil, anti-foaming agent (dimethylpolysiloxane). Dark Brown Soft Sugar. Dove's Gluten Free Self-Rising Flour: (Flour blend (rice, potato, tapioca, maize, buckwheat), Raising Agents (mono-calcium phosphate, sodium bicarbonate), thickener (xanthan gum). **EGGS**. Apples, Sultanas: Sultanas (99%), Sunflower Oil). Gr. Ginger. Gr. Cinnamon. Demerara Sugar.

EGGS. (GLUTEN FREE)

NOAH'S VICTORIA SPONGE: Self-Rising Flour: (**WHEAT** flour, calcium carbonate, iron, niacin, thiamine, raising agents, sodium bicarbonate, monocalcium phosphate monohydrate, sodium acid pyrophosphate, E450 disulphates). Margarine: (Plant Oils (Rapeseed, Sunflower, Palm¹), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, ¹Flora is committed to sustainable palm oil). Caster Sugar. **EGGS**. Vanilla Essence: (Water, Propylene Glycol, Colour: Plain Caramel; Flavourings). Butter Cream: (Butter: (**MILK**), Freeze Dried Raspberries: (Raspberry, Freeze Dried (100%), Icing Sugar, Anti-Caking Agent: Tricalcium Phosphate). Jam: (Strawberries, Sugar, Gelling Agent (Pectin), Lemon Juice. Prepared with 57g fruit per 100g finished product. Total sugar content 65g per 100g). This product may contain fruit stones.

WHEAT, MILK, EGGS.

NOAH'S BANANA LOAF: Self-Rising Flour: (**WHEAT** flour, calcium carbonate, iron, niacin, thiamine, raising agents, sodium bicarbonate, monocalcium phosphate monohydrate, sodium acid pyrophosphate, E450 disulphates. Margarine: (Plant Oils (Rapeseed, Sunflower, Palm¹), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, ¹Flora is committed to sustainable palm oil). Bananas, Caster Sugar, Light Soft Brown Sugar. **EGGS**.

WHEAT, EGGS.

NOAH'S ARK MINCE PIE: Pastry: (**WHEAT** Flour, Vegetable Oils (palm oil, rapeseed oil), Water, **WHEAT** Starch, Concentrated Lemon Juice, Salt, Alcohol (evaporates during baking), Inactivated Yeast Extract). Filling: (Mincemeat: (Sugar, Apple Purée (26%), Sultanas (15%), Raisins (10%), Candied Mixed Citrus Peel (4%) (Glucose-Fructose Syrup, Orange Peel, Sugar, Lemon Peel), Vegetable Suet (Palm Oil, Rice Flour, Sunflower Oil), Water, Treacle, Currants (1%), Mixed Spice, Preservative (Acetic Acid), Acidity Regulator (Citric Acid), Apple). Crumble Topping: (Self Raising Flour: (**WHEAT** flour, calcium carbonate, iron, niacin, thiamine, raising agents, sodium bicarbonate, monocalcium phosphate monohydrate, sodium acid pyrophosphate, E450 disulphates), Demerara Sugar, Butter: (**MILK**), Salt (1.7%), Rolled **OATS**, Salt.

WHEAT, MILK, OATS, SULPHITES.

HOMEMADE MUFFINS ALLERGENS:

NOAH'S LEMON & BLUEBERRY POLENTA MUFFIN: Self-Rising Flour: (**WHEAT** flour, calcium carbonate, iron, niacin, thiamine, raising agents, sodium bicarbonate, monocalcium phosphate monohydrate, sodium acid pyrophosphate, E450 disulphates. Margarine: (Plant Oils (Rapeseed, Sunflower, Palm¹), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, ¹Flora is committed to sustainable palm oil). Caster Sugar. Polenta: Maize (100%). **EGGS**. Blueberry, Lemon, **OAT** Milk: (Water, **OAT**: (10%)), Rapeseed oil, Acidity Regulator: (dipotassium Phosphate), Calcium Carbonate, Tricalcium Phosphate, Sea salt.

EGGS, WHEAT, OAT.

NOAH'S MOCHA MUFFINS: Self-Rising Flour: (**WHEAT** flour, calcium carbonate, iron, niacin, thiamine, raising agents, sodium bicarbonate, monocalcium phosphate monohydrate, sodium acid pyrophosphate, E450 disulphates. Margarine: (Plant Oils (Rapeseed, Sunflower, Palm¹), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, ¹Flora is committed to sustainable palm oil). Caster Sugar. **EGGS**. Vanilla Essence: (Water, Propylene Glycol, Colour: Plain Caramel; Flavourings). Cocoa Powder: (Cocoa Powder, Acidity Regulator E501). Fresh Coffee, Gravy Browning: (Colour (Ammonia Caramel), Salt). Decorating: (Butter: (**MILK**), Salt (1.7%), Icing Sugar: (Icing Sugar, Anti-Caking Agent: Tricalcium Phosphate). Cocoa Powder: (Cocoa Powder, Acidity Regulator E501). Fresh Coffee, Gravy Browning: (Colour (Ammonia Caramel), Salt). Flake: (**Milk**, Sugar, Cocoa Mass, Cocoa Butter, Whey Permeate Powder (from **Milk**), Vegetable Fats (Palm, Shea), Whole **Milk** Powder, Emulsifiers (E442, E476), Flavourings, Milk Solids 14% minimum, Cocoa Solids 25% minimum, Contains Vegetable Fats in addition to Cocoa Butter).

WHEAT, MILK, EGGS.

NOAH'S COOKIE'S & CREAM MUFFIN: Self-Rising Flour: (**WHEAT** flour, calcium carbonate, iron, niacin, thiamine, raising agents, sodium bicarbonate, monocalcium phosphate monohydrate, sodium acid pyrophosphate, E450 disulphates. Vegetable Oil: (Rapeseed oil, anti-foaming agent (dimethylpolysiloxane). Semi Skimmed Cow's **MILK**. Caster Sugar. Dark Soft Brown Sugar. **EGGS**. Sea Salt. Baking Powder: (Raising Agents (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Maize Starch). Oreo Crumb: (**WHEAT** flour, sugar, palm oil, rapeseed oil, **WHEAT** starch, fat reduced cocoa powder 4,7 %, glucose-fructose syrup, raising agents (ammonium carbonates, potassium carbonates, sodium carbonates), salt, emulsifier (**SOYA** lecithins), acidity regulator (sodium hydroxide), flavourings). White Chocolate: (Sugar, Whole **MILK** Powder, Cocoa Butter, Emulsifier: **SOYA** Lecithin, Natural Vanilla Flavouring, Growing Great Chocolate ingredients: Cocoa, White Chocolate (Min. Cocoa: 22.5%). Simply Luxury White Chocolate Flavour Topping Sauce: (Vegetable Oil (Sunflower, Palm), Sugar, White Chocolate 10% (Whole **MILK** Powder, Sugar, Cocoa Butter), Whole **MILK** Powder, Whey Powder (**MILK**), Emulsifier: **SOYA** Lecithin, Flavours, Antioxidant: Rosemary Extract).

WHEAT, MILK, EGG, SOYA.

MAY CONTAIN: NUTS (White chocolate Sauce).

NOAH'S JAM DONUT MUFFIN: Self-Rising Flour: (**WHEAT** flour, calcium carbonate, iron, niacin, thiamine, raising agents, sodium bicarbonate, monocalcium phosphate monohydrate, sodium acid pyrophosphate, E450 disulphates. Vegetable Oil: (Rapeseed oil, anti-foaming agent (dimethylpolysiloxane). Semi Skimmed Cow's **MILK**. Caster Sugar. Dark Soft Brown Sugar. **EGGS**. Sea Salt. Baking Powder: (Raising Agents (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Maize Starch). Chef's Larder Raspberry Jam: (Sugar, Raspberry Purée, Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator (Trisodium Citrate), Prepared with 35g of fruit per 100g). Butter: (**MILK**, Salt).

WHEAT, MILK, EGGS, SOYA.

NOAH'S DOUBLE CHOCOLATE CHIP MUFFIN: Self-Rising Flour: (**WHEAT** flour, calcium carbonate, iron, niacin, thiamine, raising agents, sodium bicarbonate, monocalcium phosphate monohydrate, sodium acid pyrophosphate, E450 disulphates. Vegetable Oil: (Rapeseed oil, anti-foaming agent (dimethylpolysiloxane). Semi Skimmed Cow's **MILK**. Caster Sugar. Dark Soft Brown Sugar. **EGGS**. Sea Salt. Baking Powder: (Raising Agents (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Maize Starch). Cocoa Powder: (Cocoa Powder, Acidity Regulator E501). **MILK** Chocolate: (Sugar, Cocoa Butter, Whole **MILK** Powder, Cocoa Mass, Emulsifier: **SOYA** Lecithin, Natural Vanilla Flavouring, Growing Great Chocolate: Cacao, Couverture **MILK** Chocolate: (min. Cocoa: 33.6% - min. **MILK** Solid: 20.8%)). Simply Dark Chocolate Flavour Topping Sauce: (Glucose-Fructose Syrup, Sugar, Fat-Reduced Cocoa Powder (12%), Water, Colour: E150d, Modified Starch (E1422), Flavourings, Preservative: E202).

WHEAT, MILK, EGGS, SOYA.

NOAH'S APPLE & CINNAMON MUFFIN: Self-Rising Flour: (**WHEAT** flour, calcium carbonate, iron, niacin, thiamine, raising agents, sodium bicarbonate, monocalcium phosphate monohydrate, sodium acid pyrophosphate, E450 disulphates. Vegetable Oil: (Rapeseed oil, anti-foaming agent (dimethylpolysiloxane). Semi Skimmed Cow's **MILK**. Caster Sugar. Dark Soft Brown Sugar. **EGGS**. Sea Salt. Baking Powder: (Raising Agents (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Maize Starch). Apples: (apples 99%, salt, acidity regulator: citric acid, antioxidant: ascorbic acid). Gr. Cinnamon.

WHEAT, MILK, EGGS.

NOAH'S RASPBERRY & WHITE CHOCOLATE MUFFIN: Self-Rising Flour: (**WHEAT** flour, calcium carbonate, iron, niacin, thiamine, raising agents, sodium bicarbonate, monocalcium phosphate monohydrate, sodium acid pyrophosphate, E450 disulphates. Vegetable Oil: (Rapeseed oil, anti-foaming agent (dimethylpolysiloxane). Semi Skimmed Cow's **MILK**. Caster Sugar. Dark Soft Brown Sugar. **EGGS**. Sea Salt. Baking Powder: (Raising Agents (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Maize Starch). Raspberries. White Chocolate: (Sugar, Whole **MILK** Powder, Cocoa Butter, Emulsifier: **SOYA** Lecithin, Natural Vanilla Flavouring, Growing Great Chocolate ingredients: Cocoa, White Chocolate (Min. Cocoa: 22.5%). Simply Luxury White Chocolate Flavour Topping Sauce: (Vegetable Oil (Sunflower, Palm), Sugar, White Chocolate 10% (Whole **MILK** Powder, Sugar, Cocoa Butter), Whole **MILK** Powder, Whey Powder (**MILK**), Emulsifier: **SOYA** Lecithin, Flavours, Antioxidant: Rosemary Extract).

WHEAT, MILK, EGGS.

NOAH'S MANGO & COCONUT MUFFIN: Self-Rising Flour: (**WHEAT** flour, calcium carbonate, iron, niacin, thiamine, raising agents, sodium bicarbonate, monocalcium phosphate monohydrate, sodium acid pyrophosphate, E450 disulphates. Vegetable Oil: (Rapeseed oil, anti-foaming agent (dimethylpolysiloxane). Semi Skimmed Cow's **MILK**. Caster Sugar. Dark Soft Brown Sugar. **EGGS**. Sea Salt. Baking Powder: (Raising Agents (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Maize Starch). Mango, Desiccated Coconut: (100% De-Husk Desiccated coconut (Cocos nucifera). Coconut Milk: (Coconut Extract 81.82%, Water, Stabilizers: Guar Gum (E412), Carboxy Methyl Cellulose (E466), Emulsifier: Polysorbate 60 (E435), Antioxidant: Citric Acid (E330).

BOUGHT IN COOKIES & CAKE ALLERGENS:

LOTUS BISCOFF MUFFIN: Sugar, **WHEAT** Flour, Non-Hydrogenated Rapeseed Oil, Caramelised Biscuits Filling 15.2% (caramelised biscuits 58% (**WHEAT** Flour, Sugar, Non-Hydrogenated Palm and Rapeseed Vegetable Oils, Candy Sugar Syrup, Raising Agent (E500), **SOYA** Flour, Salt, Cinnamon), Non-Hydrogenated Rapeseed Oil, Sugar, Emulsifier (E322 (**SOYA**)), Acid (E330)), **EGG** Whites, **EGGS**, Starch, Raising Agent (E450, E500), **WHEY** Powder (**MILK**), Pea Protein Hydrolyzate, Salt, Natural Flavouring (**MILK**).

WHEAT, MILK, EGG, SOYA.

May Contain: NUTS.

COUNTRY RANGE DOUBLE CHOCOLATE CHIP COOKIE PUCKS 50g: **WHEAT** Flour (**WHEAT** Flour Calcium Carbonate, Iron, Niacin, Thiamin), Milk Chocolate 18% (Sugar, Whole **MILK** Powder, Cocoa Butter, Cocoa Mass, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavouring), Vegetable Oils (Palm, Rapeseed), Soft Light Brown Sugar (Sugar, Cane Molasses), Sugar, Water, Fat Reduced Cocoa Powder 3%, Invert Sugar Syrup, Whole **EGG** Powder, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Skimmed **MILK** Powder, Salt, Natural Flavouring, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabiliser (Xanthan Gum).

WHEAT, MILK, EGG, SOYA.

COUNTRY RANGE MILK CHOCOLATE CHIP COOKIE PUCKS 50g: **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Oils (Palm, Rapeseed), Milk Chocolate 18% (Sugar, Whole **MILK** Powder, Cocoa Butter, Cocoa Mass, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavouring), Soft Light Brown Sugar (Sugar, Cane Molasses), Sugar, Water, Invert Sugar Syrup, Whole **EGG** Powder, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Skimmed **MILK** Powder, Salt, Natural Flavouring, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabiliser (Xanthan Gum).

WHEAT, MILK, EGG, SOYA.

WINNIE'S BAKERY VICTORIA SPONGE: **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Oils (Palm, Rapeseed), Milk Chocolate 18% (Sugar, Whole **MILK** Powder, Cocoa Butter, Cocoa Mass, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavouring), Soft Light Brown Sugar (Sugar, Cane Molasses), Sugar, Water, Invert Sugar Syrup, Whole **EGG** Powder, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Skimmed **MILK** Powder, Salt, Natural Flavouring, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabiliser (Xanthan Gum).

WHEAT, MILK, EGG, SOYA.

WINNIE'S BAKERY VICTORIA SPONGE: Cake (Sugar, **WHEAT** flour, rapeseed oil, free range **EGG**, **WHEAT** starch, raising agents (E450, E500), **WHEY** powder (from **MILK**), emulsifiers (E471, E481), modified potato starch, **WHEAT GLUTEN**, salt, stabilisers (E466, E412), natural flavouring), **BUTTER CREAM:** (**BUTTER**, icing sugar), jam: (glucose syrup, apple, acidity regulators (citric acid, sodium citrate) red plum puree concentrate, gelling agent (pectin) apricot puree concentrate, colour (ponceau 4r) flavouring, preservative (potassium sorbate).

WHEAT, MILK, EGG.

May Contain: NUTS, SESAME, SOYA.

WINNIE'S BAKERY CHOCOLATE CAKE: Cake (Sugar, **WHEAT** flour, rapeseed oil, free range **EGG**, fat reduced cocoa powder, **WHEAT** starch, raising agents (E450, E500), **WHEY** powder (from **MILK**), emulsifiers (E471, E481), modified potato starch, **WHEAT GLUTEN**, salt, stabilisers (E466, E412), natural colouring) fudge: (Sugar, palm & rapeseed oil, glucose syrup, fat reduced cocoa powder, **WHEY** powder, E471, E270, E220), **BUTTER CREAM:** (**BUTTER**, icing sugar), chocolate: (cocoa mass, cocoa butter, **SOYA** lecithin, natural vanilla flavour).

WHEAT, EGG, SOYA, MILK.

May Contain: NUTS, SESAME.

WINNIE'S BAKERY LEMON DRIZZLE SPONGE: Cake (Sugar, **WHEAT** flour, rapeseed oil, free range **EGG**, lemon oil, **WHEAT** starch, raising agents (E450, E500), **WHEY** powder (from **MILK**), emulsifiers (E471, E481), modified potato starch, **WHEAT GLUTEN**, salt, stabilisers (E466, E412), natural flavouring. Lemon curd: (sugar syrup, glucose syrup, palm oil, modified waxy maize starch, concentrated sicilian lemon juice, acidity regulators (citric acid, sodium citrate). **BUTTER CREAM:** (**BUTTER**, icing sugar), lemon juice: (lemon concentrate, E224, potassium **METABISULPHITE**).

WHEAT, MILK, EGG, SULPHITES.

May Contain: NUTS, SESAME, SOYA.

CHRISTMAS SPECIAL MENU ALLERGENS:

CHEESE BOARD NACHOS:

TORTILLA CHIPS: Maize Flour (69%), Sunflower Oil, Salt.

Country Range Salted Tortilla Chips: Our Supplier States, on its website that they are Suitable for CEOLIACS.

FLOW NACHO CHEESE SAUCE: Water, Thickener (E1442), Sunflower Oil, Cheddar Cheese (Pasteurised **MILK**, Cheese Culture, Salt, Enzymes) (3.6%), Non-Fat Dry **MILK**, Whey (**MILK**), Salt, Emulsifying Salt (E452), Tomato Powder, Dried Yeast, Emulsifying Salt (E339), Yeast Extract, Emulsifier (E471), Anhydrous **MILK** Fat, Jalapeno Peppers, Colour (E100, E160c), Blue Cheese (**MILK**, Culture, Enzymes, Blue Mould Spores), Natural Flavourings, Acidity Regulator (E524), Thickener (E414, E415), Artificial Flavouring, Acidity Regulator (E260).

CHEESE SAUCE IS NOT CEOLIAC CERTIFIED

MILK.

GUACAMOLE: Avocado (82%), Water, Red Bell Pepper, Jalapeno Puree, Salt, Sugar, Antioxidant (Ascorbic Acid), Onion Powder, Stabiliser (Xanthan Gum), Garlic Powder, Acidity Regulator (Citric Acid), Dehydrated Coriander.

GUACAMOLE IS NOT CEOLIAC CERTIFIED

CHEDDAR CHEESE: Cheese (**MILK**), (Potato Starch).

STILTON CHEESE: Cheese (**MILK**), Suitable for Vegetarians.

BRIE CHEESE: Pasteurised Cow's **MILK**, Salt, Vegetarian Rennet, Penicillium Mould, Calcium Chloride.

MILK

JALAPENOS: Jalapeno Peppers, Water, Salt, Spirit Vinegar, Firming Agent (Calcium Chloride).

RED ONION RELISH: 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.

TOMATO CHUTNEY: Tomatoes (28%) (Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid.), Onion, Apple (14%), Unrefined Raw Cane Sugar, Red Wine Vinegar, Raisins (7%), Tomato Puree (5%), Yellow **MUSTARD** Seeds, Sea Salt, Preservative: Sorbic Acid, Spice.

MUSTARD.

CHICKEN SCHNITZEL STYLE & BACON FRIES W/ CURRY KETCHUP & PICKLED Q'S:

Chef's Larder 24 American Style Chicken Fillets 2.16kg: (Chicken Breast Fillet (65%), Water, **WHEAT** Flour, Thickeners (Modified Tapioca Starch, Tapioca Starch), Rice Flour, Salt, Spices (1.0%) (Coriander, Chilli, Black Pepper), Garlic Powder, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Onion Powder, Whey Powder (from **MILK**), Thickener (Guar Gum), Fully Refined **SOYA** Oil).

WHEAT, MILK, SOYA.

CHIPS: Potato (90%), Sunflower Oil, Batter (5%) (Potato Starch, Rice Flour, Modified Potato Starch, Salt, Dextrin, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Thickener (Xanthan Gum), Paprika Extract, Turmeric Extract).

Chips cooked in rapeseed oil.

BACON: (Pork (88%), Water, Salt, Preservative: Sodium Nitrite).

CURRY KETCHUP: Sliced Onions, Fresh Garlic, Chef's Larder Tomato Ketchup: (Water, Tomato Paste (13%), Sugar, Spirit Vinegar, Modified Maize Starch, Salt, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate), Sweetener (Sodium Saccharin), Garlic Powder, Spice Extract (Mace, Allspice, Nutmeg, Cinnamon), Flavouring, Clove Oil). Tomato Puree: (Tomato, salt). Lea & Perrins: (Malt Vinegar (from **BARLEY**), Spirit Vinegar, Molasses, Sugar, Salt, Anchovies, (**FISH**) Tamarind Extract, Onions, Garlic, Spices, Flavourings). Country Range Curry Powder: (Coriander, Turmeric (23.5%), **MUSTARD**, Cumin, Chickpea, Chilli, (5%), Salt, Fennel, Fenugreek, Green Cardamom, Garlic (2.1%), Black pepper (2.1%), Cloves). Country Range Vegetable Bouillon Powder Mix: (Dextrose Powder, Salt, Maltodextrin Maize, Potato Flake, Onion Powder, Yeast Extract, Rapeseed Oil, Leek Powder, Carrot Powder, Turmeric Powder, Lovage, Flavouring, Parsley, White Pepper). Sea Salt, Garlic Powder, Onion Powder: (Onion (98%), Anti-Caking Agent: (Magnesium Carbonate)). Gr. Paprika, Gr. Black Pepper, Gr. Cinnamon.

BARLEY, WHEAT, FISH, MUSTARD.

PICKLED SALAD GARNISH: Cucumber, Red Onion, Sea salt, Cider Vinegar: (100% Apple Cider Vinegar (**SULPHITES**)). Sugar, **MUSTARD** seeds, Gr. Turmeric, Gr. Cinnamon, Gr. Paprika.

SULPHITES, MUSTARD.

CHRISTMAS MENU ALLERGENS:

WHITE ONIONS & BUTTER BEAN SOUP W/ PARSLEY & CAPER CROUTONS:

Onions, Garlic, Butter Beans: (Butter Beans, Water, Antioxidant (Ascorbic Acid). Water, Salt Gr. Black Pepper, Vegetable Bouillion Powder: (Dextrose Powder, Salt, Maltodextrin Maize, Potato Flake, Onion Powder, Yeast Extract, Rapeseed Oil, Leek Powder, Carrot Powder, Turmeric Powder, Lovage, Flavouring, Parsley, White Pepper). Rapeseed Oil: (Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane).

CROUTONS: (BREAD: (**WHEAT** Flour: (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Malted **BARLEY**, Yeast, Sea Salt, **RYE**, Vitamin C)., Parsley, Capers: (Capers 59%, Water, Salt, Acetic Acid (E260 Acidity Regulator).

WHEAT, RYE, BARLEY.

MAY CONTAIN: NUTS, SOYA, EGGS, SESAME.

TURKEY ROAST & TRIMMINGS:

ROAST TURKEY BREAST: English Turkey Breast, Rapeseed Oil: (Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane), Salt, Pepper.

STUFFING: (Rusk, Dried Onion (15%), Sage (3.5%), Vegetable Suet, Salt, Raising Agent (Sodium Bicarbonate), Parsley, Colour (Malt Extract (**BARLEY**)), Rusk contains: **WHEAT** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Salt, Raising Agent (Ammonium Bicarbonate), Vegetable Suet contains: Palm Oil, **WHEAT** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Sunflower Oil).

WHEAT, BARLEY.

ROAST POTATOES: (Potato (95%), Palm Fat, Sunflower Oil, Coating (1%) (Rice Flour, Potato Starch, Dextrin, Salt, Turmeric), Caramel).

YORKSHIRE PUDDING: **WHEAT** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Pasteurised Whole **EGG**, Pasteurised **EGG** White, Rapeseed Oil, Water, Dried Skimmed **MILK**, Salt.

WHEAT, EGG, MILK.

PARSNIPS: Rapeseed Oil: (Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane), Salt, Pepper.

BASHED CARROTS & SWEDE: Carrots, Swede, Summer County: (Vegetable Oils in varying proportions (55%) (Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono and Diglycerides of Fatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A and D), Colours (Carotenes). Salt, Pepper.

BRUSSELS: Brussel Sprouts, Rapeseed Oil: (Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane), Salt, Pepper.

GRAVY: Maltodextrin, Starch, Flavourings, Rice Flour, Salt, Yeast Extract, Sunflower Oil, Tomato Puree Powder¹, Caramel Syrup, Onion Juice Concentrate¹, Herbs (Rosemary, Sage), Pepper, ¹Made from sustainably grown ingredients.

PUDDING:

NOAH'S FESTIVE SLICE/ FRUIT CRUMBLE SLICE: Pastry: (**WHEAT** Flour, Vegetable Oils (palm oil, rapeseed oil), Water, **WHEAT** Starch, Concentrated Lemon Juice, Salt, Alcohol (evaporates during baking), Inactivated Yeast Extract). Filling: (Mincemeat: (Sugar, Apple Purée (26%), Sultanas (15%), Raisins (10%), Candied Mixed Citrus Peel (4%) (Glucose-Fructose Syrup, Orange Peel, Sugar, Lemon Peel), Vegetable Suet (Palm Oil, Rice Flour, Sunflower Oil), Water, Treacle, Currants (1%), Mixed Spice, Preservative (Acetic Acid), Acidity Regulator (Citric Acid), Apple). Crumble Topping: (Self Raising Flour: (**WHEAT** flour, calcium carbonate, iron, niacin, thiamine, raising agents, sodium bicarbonate, monocalcium phosphate monohydrate, sodium acid pyrophosphate, E450 disulphates), Demerara Sugar, Butter: (**MILK**), Salt (1.7%), Rolled **OATS**, Salt.

WHEAT, MILK, OATS, SULPHITES.

SOUR CREAM: Skimmed MILK, Cream (**MILK**), Bacterial Starter Culture.

MILK.

CHRISTMAS MENU ALLERGENS VEGGIE & LACTO:

WHITE ONIONS & BUTTER BEAN SOUP W/ PARSLEY & CAPER CROUTONS:

Onions, Garlic, Butter Beans: (Butter Beans, Water, Antioxidant (Ascorbic Acid). Water, Salt Gr. Black Pepper, Vegetable Bouillion Powder: (Dextrose Powder, Salt, Maltodextrin Maize, Potato Flake, Onion Powder, Yeast Extract, Rapeseed Oil, Leek Powder, Carrot Powder, Turmeric Powder, Lovage, Flavouring, Parsley, White Pepper). Rapeseed Oil: (Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane).

CROUTONS: (BREAD: (**WHEAT** Flour: (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Malted **BARLEY**, Yeast, Sea Salt, **RYE**, Vitamin C)., Parsley, Capers: (Capers 59%, Water, Salt, Acetic Acid (E260 Acidity Regulator).

WHEAT, RYE, BARLEY.

MAY CONTAIN: NUTS, SOYA, EGGS, SESAME.

MUSHROOM PITHIVIER & TRIMMINGS:

MUSHROOM PITHIVIER: Pastry: (**WHEAT** Flour, Vegetable Oils (palm oil, rapeseed oil), Water, **WHEAT** Starch, Concentrated Lemon Juice, Salt, Alcohol (evaporates during baking), Inactivated Yeast Extract). Field Mushroom: (Large Field Mushroom, Kikkoman Tamari Soy Sauce (Gluten Free): Water, **SOY** beans, Salt, Spirit vinegar. Salt). Spinach, Violife Original Flavour Grated: (Water, Coconut Oil (24%), Modified Starch (Potato & Corn), Starch (Corn), Sea Salt, Flavouring, Preservative: Sorbic Acid, Colour: B-Carotene, Vitamin B12). Glaze: (**OAT** Drink: (Water, **OATS** (10%), Rapeseed oil, Acidity Regulator (Dipotassium Phosphate), Calcuim Carbonate, Tricalcuim Phosphate, Sea Salt).

WHEAT, SOYA, OATS.

STUFFING: (Rusk, Dried Onion (15%), Sage (3.5%), Vegetable Suet, Salt, Raising Agent (Sodium Bicarbonate), Parsley, Colour (Malt Extract (**BARLEY**)), Rusk contains: **WHEAT** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Salt, Raising Agent (Ammonium Bicarbonate), Vegetable Suet contains: Palm Oil, **WHEAT** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Sunflower Oil).

WHEAT, BARLEY.

ROAST POTATOES: (Potato (95%), Palm Fat, Sunflower Oil, Coating (1%) (Rice Flour, Potato Starch, Dextrin, Salt, Turmeric), Caramel).

YORKSHIRE PUDDING: **WHEAT** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Whole **EGG**, **OAT** Drink: (Water, **OATS** (10%), Rapeseed oil, Acidity Regulator (Dipotassium Phosphate), Calcuim Carbonate, Tricalcuim Phosphate, Sea Salt). Salt.

WHEAT, EGG, OAT.

PARSNIPS: Rapeseed Oil: (Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane), Salt, Pepper.

BASHED CARROTS & SWEDE: Carrots, Swede, Summer County: (Vegetable Oils in varying proportions (55%) (Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono and Diglycerides of Fatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A and D), Colours (Carotenes). Salt, Pepper.

BRUSSELS: Brussel Sprouts, Rapeseed Oil: (Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane), Salt, Pepper.

GRAVY: Maltodextrin, Starch, Flavourings, Rice Flour, Salt, Yeast Extract, Sunflower Oil, Tomato Puree Powder¹, Caramel Syrup, Onion Juice Concentrate¹, Herbs (Rosemary, Sage), Pepper, ¹Made from sustainably grown ingredients.

PUDDING:

NOAH'S FESTIVE SLICE/ FRUIT CRUMBLE SLICE: Pastry: (**WHEAT** Flour, Vegetable Oils (palm oil, rapeseed oil), Water, **WHEAT** Starch, Concentrated Lemon Juice, Salt, Alcohol (evaporates during baking), Inactivated Yeast Extract). Filling: (Mincemeat: (Sugar, Apple Purée (26%), Sultanas (15%), Raisins (10%), Candied Mixed Citrus Peel (4%) (Glucose-Fructose Syrup, Orange Peel, Sugar, Lemon Peel), Vegetable Suet (Palm Oil, Rice Flour, Sunflower Oil), Water, Treacle, Currants (1%), Mixed Spice, Preservative (Acetic Acid), Acidity Regulator (Citric Acid), Apple). Crumble Topping: (Self Raising Flour: (**WHEAT** flour, calcium carbonate, iron, niacin, thiamine, raising agents, sodium bicarbonate, monocalcium phosphate monohydrate, sodium acid pyrophosphate, E450 disulphates), Demerara Sugar. Summer County: (Vegetable Oils in varying proportions (55%) (Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono and Diglycerides of Fatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A and D), Colours (Carotenes). Rolled **OATS**, Salt.

WHEAT, MILK, OATS, SULPHITES.

VEGAN SOUR CREAM: Lentil Protein Preparation (Water, 1.1% Lentil Protein), Palm Fat, Rapeseed Oil, Sugar, Modified Corn Starch, Emulsifiers (Sunflower Lecithin, Sugar Esters of Fatty Acids, Mono- and Diglycerides of Fatty Acids), Stabilizers (Guar Gum, Locust Bean Gum), Natural Flavourings, Salt, Colour (Beta-Carotene), Lemon Juice.