

Allergens and ingredients information

Classic Sandwich Platter

BLT

Tomato, smoked streaky bacon, mayonnaise and mixed leaves in sliced malted bread.

INGREDIENTS: Wheat flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), tomato (19%), water, smoked streaky bacon (15%) (pork belly, salt, preservative (sodium nitrite), antioxidant (sodium ascorbate)), mixed leaves, malted **wheat** flakes, rapeseed oil, **wheat** bran, spirit vinegar, cornflour, salt, yeast, malted **barley** flour, **wheat** protein, pasteurised free range **egg** yolk, emulsifiers (mono- and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids), sugar, malted **wheat** flour, citrus fibre, stabiliser (pectins), flour treatment agent (ascorbic acid), concentrated lemon juice, palm fat (certified sustainable), palm oil (certified sustainable), **wheat** flour

Allergy Advice

For allergens, including cereals containing gluten, see ingredients in bold.

Cheese & Onion

Mayonnaise, mature Cheddar cheese, Red Leicester cheese and red onion in sliced oatmeal bread.

INGREDIENTS: Wheat flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), water, mature Cheddar cheese (**milk**) (15%), Red Leicester cheese (**milk**) (8%) (with colour annatto norbixin), rapeseed oil, **oatmeal**, red onion (3%), pasteurised free range **egg**, cornflour, **wheat** bran, spirit vinegar, salt, yeast, **wheat** protein, emulsifiers (mono- and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids), malted **barley** flour, **mustard** flour, palm oil (certified sustainable), flour treatment agent (ascorbic acid), palm fat (certified sustainable), **wheat** flour

Allergy Advice

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Egg Mayo & Cress

Free range boiled egg, mayonnaise and cress in sliced malted bread.

INGREDIENTS: Pasteurised free range boiled **egg** (37%), wheat flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), water, rapeseed oil, malted **wheat** flakes, cress (4%), **wheat** bran, spirit vinegar, salt, yeast, malted **barley** flour, pasteurised free range **egg** yolk, **wheat** protein, emulsifiers (mono- and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids), sugar, cornflour, malted **wheat** flour, concentrated lemon juice, flour treatment agent (ascorbic acid), palm fat (certified sustainable), palm oil (certified sustainable), **wheat** flour

Allergy Advice

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Prawn Mayo

Prawns, mayonnaise and black pepper in sliced malted bread.

INGREDIENTS: Prawns (*Pandalus borealis*)(**crustaceans**) (36%), wheat flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), water, rapeseed oil, malted **wheat** flakes, **wheat** bran, salt, cornflour, spirit vinegar, pasteurised free range **egg** yolk, yeast, malted **barley** flour, sugar, **wheat** protein, emulsifiers (mono- and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids), malted **wheat** flour, black pepper, concentrated lemon juice, flour treatment agent (ascorbic acid), palm fat (certified sustainable), palm oil (certified sustainable), **wheat** flour

Allergy Advice

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Roast Chicken Salad

Roast chicken breast, mayonnaise, tomato, mixed leaves, cucumber and black pepper in sliced malted bread.

INGREDIENTS: Roast chicken breast (28%) (chicken breast, cornflour, salt), wheat flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), water, tomato (9%), mixed leaves, cucumber (5%), malted **wheat** flakes, rapeseed oil, **wheat** bran, spirit vinegar, cornflour, salt, yeast, malted **barley** flour, **wheat** protein, pasteurised free range **egg** yolk, emulsifiers (mono- and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids), sugar, malted **wheat** flour, black pepper, citrus fibre, stabiliser (pectins), flour treatment agent (ascorbic acid), concentrated lemon juice, palm fat (certified sustainable), palm oil (certified sustainable), **wheat** flour

Allergy Advice

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Vegetarian Sandwich Platter

Cheddar & Celery

Celery, mature Cheddar cheese, reduced fat soft cheese, mayonnaise and chives in sliced malted bread.

INGREDIENTS: Wheat flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), **celery** (21%), mature Cheddar cheese (**milk**) (18%), water, reduced fat soft cheese (**milk**), malted **wheat** flakes, **wheat** bran, rapeseed oil, spirit vinegar, chives, salt, yeast, malted **barley** flour, cornflour, **wheat** protein, emulsifiers (mono- and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids), malted **wheat** flour, pasteurised free range **egg** yolk, sugar, citrus fibre, stabiliser (pectins), flour

treatment agent (ascorbic acid), concentrated lemon juice, palm fat (certified sustainable), palm oil (certified sustainable), **wheat** flour

Allergy Advice

For allergens, including cereals containing gluten, see ingredients in bold.

Egg Mayo & Cress

Free range boiled egg, mayonnaise and cress in sliced malted bread.

INGREDIENTS: Pasteurised free range boiled **egg** (37%), wheat flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), water, rapeseed oil, malted **wheat** flakes, cress (4%), **wheat** bran, spirit vinegar, salt, yeast, malted **barley** flour, pasteurised free range **egg** yolk, **wheat** protein, emulsifiers (mono- and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids), sugar, cornflour, malted **wheat** flour, concentrated lemon juice, flour treatment agent (ascorbic acid), palm fat (certified sustainable), palm oil (certified sustainable), **wheat** flour

Allergy Advice

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Egg & Slow Roasted Tomato

Free range boiled egg, mayonnaise, mixed leaves, slow roasted tomatoes and black pepper in sliced malted bread.

INGREDIENTS: Pasteurised free range boiled **egg** (34%), wheat flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), water, mixed leaves, rapeseed oil, malted **wheat** flakes, slow roasted tomatoes (4%), **wheat** bran, salt, spirit vinegar, yeast, malted **barley** flour, pasteurised free range **egg** yolk, **wheat** protein, emulsifiers (mono- and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids), sugar, cornflour, black pepper, malted **wheat** flour, garlic powder, oregano, concentrated lemon juice, flour treatment agent (ascorbic acid), palm fat (certified sustainable), palm oil (certified sustainable), **wheat** flour

Allergy Advice

For allergens, including cereals containing gluten, see ingredients in bold.

Cheese & Onion

Mayonnaise, mature Cheddar cheese, Red Leicester cheese and red onion in sliced oatmeal bread.

INGREDIENTS: Wheat flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), water, mature Cheddar cheese (**milk**) (15%), Red Leicester cheese (**milk**) (8%) (with colour annatto norbixin), rapeseed oil, **oatmeal**, red onion (3%), pasteurised free range **egg**, cornflour, **wheat** bran, spirit vinegar, salt, yeast, **wheat** protein, emulsifiers (mono- and

diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids), malted **barley** flour, **mustard** flour, palm oil (certified sustainable), flour treatment agent (ascorbic acid), palm fat (certified sustainable), **wheat** flour

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Onion Bhaji & Mango Chutney

Onion bhaji, mango chutney, yogurt and mint dressing and spinach in sliced malted bread.

INGREDIENTS: Wheat flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), onion bhaji (21%) (onion, gram flour, ginger, rapeseed oil, chilli, salt, fennel seeds, nigella seeds, turmeric, black pepper, cayenne pepper, cumin, coriander seeds, cassia, star anise, clove, mace, nutmeg, cardamom, dried rose petals), water, mango chutney (13%) (mango, sugar, water, apples, spirit vinegar, cornflour, concentrated lemon juice, red chilli purée, chilli flakes, salt), spinach, malted **wheat** flakes, low fat yogurt (**milk**), **wheat** bran, rapeseed oil, spirit vinegar, salt, yeast, malted **barley** flour, cornflour, mint, **wheat** protein, emulsifiers (mono- and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids), sugar, malted **wheat** flour, pasteurised free range **egg** yolk, concentrated lemon juice, thickener (pectins), flour treatment agent (ascorbic acid), palm fat (certified sustainable), palm oil (certified sustainable), **wheat** flour

Allergy Advice

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Meat Roulade Wrap Selection

No Mayo Hoisin Duck & Cucumber

A wheat tortilla wrap filled with shredded duck, hoisin sauce, Chinese leaf, cucumber, spinach and spring onion.

INGREDIENTS: Wheat flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), water, shredded duck (22%) (duck, white wine vinegar, water, salt, **soya** bean, **wheat**, star anise, sugar, cinnamon, fennel, black peppercorns, clove), Chinese leaf, cucumber (4%), spinach, muscovado sugar, palm oil (certified sustainable), spring onion, sugar, cornflour, tomato paste, **soya** bean, rapeseed oil, raising agents (sodium bicarbonate, malic acid, diphosphates), molasses, **barley** malt vinegar, salt, concentrated lemon juice, cassia, black pepper, paprika, **wheat** starch, fennel seed, star anise, ginger, acidity regulator (acetic acid), clove

Allergy Advice

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Chicken & Bacon Caesar

A wheat tortilla wrap filled with roast chicken breast, Caesar mayonnaise, tomatoes, Parmigiano Reggiano cheese, smoked bacon and lettuce.

INGREDIENTS: Wheat flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), roast chicken breast (18%) (chicken, salt, cornflour), water, tomatoes, rapeseed oil, Parmigiano Reggiano cheese PDO (**milk**) (5%), smoked bacon (5%) (pork belly, salt, preservative (sodium nitrite), antioxidant (sodium ascorbate)), cos lettuce, iceberg lettuce, palm oil (certified sustainable), pasteurised free range **egg**, raising agents (sodium bicarbonate, malic acid, diphosphates), sugar, garlic purée, red wine vinegar, spirit vinegar, cornflour, concentrated lemon juice, salt, chives, parsley, black pepper, yellow **mustard** flour, anchovy (**fish**), **mustard** seeds, **wheat** starch, sunflower oil

Allergy Advice

For allergens, including cereals containing gluten, see ingredients in bold.

Sweet Chilli Chicken

A wheat tortilla wrap filled with roast chicken breast, sweet chilli sauce, coconut and coriander pickle, spinach, mayonnaise and coriander.

INGREDIENTS: Wheat flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), roast chicken breast (23%) (chicken, salt, cornflour), water, spinach, sugar, coconut milk, onion, palm oil (certified sustainable), coriander leaf, rapeseed oil, spirit vinegar, cornflour, raising agents (sodium bicarbonate, malic acid, diphosphates), desiccated coconut, garlic purée, salt, ginger purée, pasteurised free range **egg** yolk, dried red bell peppers, green chilli, coriander, red chilli purée, green pepper, tomato paste, garlic powder, chilli flakes, concentrated lemon juice, white wine vinegar, poppy seeds, basil, extra virgin olive oil, galangal, lime leaf, **wheat** starch, **mustard** seeds, concentrated lime juice, molasses, Thai basil, colour (plain caramel), dried chilli, red chillies, **soya** bean, distilled **barley** malt vinegar, anchovy (**fish**), **barley** malt extract, sunflower oil

Allergy Advice

For allergens, including cereals containing gluten, see ingredients in bold.

Piri Piri Chicken

A tomato tortilla wrap filled with piri piri chicken, lettuce, chilli relish and mayonnaise.

INGREDIENTS: Wheat flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), piri piri chicken (26%) (chicken breast, rapeseed oil, garlic purée, salt, ground coriander, onion purée, cider vinegar, chilli powder, tomato purée, coriander, ground cumin, red chilli purée, green chilli, colour (paprika extract), demerara sugar, black pepper), water, lettuce, sugar, palm oil (certified sustainable), red pepper, rapeseed oil, red onion, tomato powder, cornflour, red chilli purée, raising agents (diphosphates, malic acid, sodium bicarbonate), spirit vinegar, red bell peppers, pasteurised free range **egg** yolk, concentrated lemon juice, paprika, basil, salt, fire roasted chilli, thickener (pectin), white wine vinegar, **wheat** starch, **mustard** seeds

Allergy Advice

For allergens, including cereals containing gluten, see ingredients in bold.

Vegetarian Roulade Wrap Selection

Egg, Tomato & Rocket

A spinach tortilla wrap filled with free range whole egg, roasted tomato, mayonnaise and rocket.

INGREDIENTS: Pasteurised free range **egg** (29%), wheat flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), water, roasted tomato (12%) (semi dried tomatoes, rapeseed oil, salt, garlic, oregano), rocket, rapeseed oil, palm oil (certified sustainable), raising agents (sodium carbonates, diphosphates, malic acid), cornflour, spinach, sugar, spirit vinegar, parsley, pasteurised free range **egg** yolk, black pepper, salt, **wheat** starch, white wine vinegar, concentrated lemon juice, **mustard** seeds

Mozzarella & Roasted Tomato

A tomato tortilla wrap filled with mozzarella cheese, roasted tomato, rocket and basil leaves with basil pesto and mayonnaise.

INGREDIENTS: Wheat flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), mozzarella cheese (**milk**) (23%), water, roasted tomatoes (8%) (semi dried tomatoes, rapeseed oil, salt, garlic, oregano), rocket, sunflower oil, basil, palm oil (certified sustainable), rapeseed oil, medium fat hard cheese (**milk**), cornflour, sugar, pasteurised free range **egg**, tomato powder, spirit vinegar, raising agents (diphosphates, malic acid, sodium bicarbonate), salt, red bell peppers, black pepper, extra virgin olive oil, paprika, thickener (pectin), concentrated lemon juice, garlic purée, **wheat** starch, antioxidant (ascorbic acid), acidity regulator (citric acid)

Spicy Bean & Sweet Potato

A tomato tortilla wrap filled with spiced tomato and pepper sauce, soured cream, spinach, roasted sweet potato, mature Cheddar cheese, kidney beans, pinto beans, black eyed beans and sweetcorn.

INGREDIENTS: Wheat flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), water, soured cream (**milk**), spinach, roasted sweet potato (5%) (sweet potato, rapeseed oil), mature Cheddar cheese (**milk**), diced red peppers, kidney beans (3%), black eyed beans (3%), pinto beans (3%), sweetcorn, red onions, reduced fat soft cheese (**milk**), palm oil (certified sustainable), coriander, tomatoes, rapeseed oil, tomato juice, red wine vinegar, sugar, cornflour, tomato powder, tomato paste, raising agents (diphosphates, malic acid, sodium bicarbonate), red bell peppers, salt, paprika, roasted garlic purée, basil, black pepper, smoked paprika, oregano, red chilli purée, cayenne pepper, cumin, sea salt, **wheat** starch

Spiced Falafel & Feta

INGREDIENTS: Wheat flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), spiced falafel (16%) (water, chickpeas, red pepper, dried apricot, rapeseed oil, onion, potato flakes, salt, raising agent (sodium bicarbonate), ground coriander, ground cumin, dried parsley, rice flour, ground cinnamon, garlic granules, white pepper, chilli flakes), water, red cabbage, feta cheese (sheep's **milk**, goat's **milk**) (7%), spinach, rapeseed oil, carrot, cucumber, coriander, white wine vinegar, low fat yogurt (**milk**), palm oil (certified sustainable), pasteurised free range **egg**, sugar, raising agents (sodium bicarbonates, malic acid, diphosphates), mint, cornflour, spirit vinegar, salt, pasteurised free range **egg** yolk, concentrated lemon juice, **wheat** starch

Taiko Sushi Vegan Platter

INGREDIENTS: Cooked rice (water, rice, sugar, spirit vinegar, rice vinegar, salt, rapeseed oil, fructose-glucose syrup, cane molasses), seasoned fried bean curd (7%) (**soya** beans, water, sugar, rice bran oil, sweetener (maltitol), **wheat**, salt, acidity regulators (sodium acetate, acetic acid, malic acid), corn starch, colour (plain caramel)), grilled red peppers (5%), cucumber (3%), yellow pepper (2%), soy sauce sachet (water, **soya** beans, **wheat**, salt, alcohol), pickled carrot (carrot, rice vinegar, sugar, salt), red pepper, seasoned cooked shiitake mushrooms (shiitake mushrooms, sugar, soy sauce (water, **soya** beans, salt, **wheat**), water, colour (plain caramel)), kabayaki sauce (water, glucose syrup, sugar, mirin, cornflour, salt, **soya** beans, **wheat**, alcohol), pickled red cabbage (red cabbage, rice vinegar, sugar, salt), crispy onion pot (onion, palm oil (certified sustainable), **wheat** flour, salt), wasabi sachet (horseradish, wasabi, tapioca starch, salt, **mustard** oil, acidity regulator (citric acid), antioxidant (ascorbic acid)), pickled ginger sachet (ginger, tapioca starch, water, sugar cane vinegar, salt, alcohol), seaweed, chives, lettuce, rocket, pickled ginger (ginger, tapioca starch, water, sugar cane vinegar, salt, alcohol), white **sesame seeds**, black **sesame seeds**

Includes soy sauce, kabayaki sauce, crispy onions, wasabi and pickled ginger to serve on the side.

Allergy Advice

For allergens, including cereals containing gluten, see ingredients in bold.

Butter Croissant

INGREDIENTS: WHEAT flour, butter (MILK) 20%, water, yeast, sugar, skimmed MILK powder, iodized salt (salt, potassium iodate), WHEAT GLUTEN, malted WHEAT flour, lactose (MILK), flour treatment agent (E300)

Allergy Advice

Contains Soybean and Soybean Products, May, Milk and Milk Products

May Contain Tree Nuts (and products thereof), Almonds, Hazelnuts, Pistachio nuts, Sesame Seeds and Sesame Seed Products

Pain au Chocolat

INGREDIENTS: WHEAT flour, butter (MILK)23%, chocolate 11, 6% (sugar, cocoa mass, cocoa butter, emulsifier (E322 (SOYA))), water, sugar, yeast, WHEAT GLUTEN, EGGS, salt, flour treatment agent (E300)

Allergy Advice

Contains Cereals containing Gluten (and products thereof) Wheat, Egg and Egg, Soybean and Soybean, Milk and Milk Products

May contain Tree Nuts (and products thereof), Almonds, Hazelnuts, Cashews, Pecan

Blueberry Muffin

INGREDIENTS: WHEAT Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Sugar, Pasteurised Whole EGG, Rapeseed Oil, Blueberries (10%), Raising Agents (Diphosphates, Potassium Bicarbonate, Sodium Bicarbonate), Maize Starch, Flavouring

Allergy Advice

Contains Cereals containing Gluten (and products thereof), Wheat, Egg and Egg Products,

May Contain Oats, Milk and Milk Products

Raspberry and White Chocolate Muffin

INGREDIENTS: WHEAT Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Sugar, Pasteurised Whole EGG, Rapeseed Oil, Raspberries (6%), White Chocolate Chunks (3.0%) [Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier (SOYA Lecithins), Flavouring], Raising Agents (Diphosphates, Potassium Bicarbonate, Sodium Bicarbonate), White Chocolate Powder (1.5%) [Sugar, Cocoa Butter, Whole MILK Powder, Skimmed MILK Powder], Maize Starch, Flavouring

Allergy Advice

Contains Cereals containing Gluten (and products thereof, Wheat, Egg and Egg Products, Soybean and Soybean Products, Milk and Milk Products

May Contain Oats

Triple Chocolate Muffin

INGREDIENTS: WHEAT Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Rapeseed Oil, Pasteurised Whole EGG, Sugar, Chocolate Sauce (7%) [Sugar, Water, Belgian Dark Chocolate [Cocoa Mass, Sugar, Fat-Reduced Cocoa Powder, Emulsifier (SOYA Lecithins)], Humectant (Vegetable Glycerol), Sweetened Condensed Milk [MILK, Sugar, Lactose (MILK)], Cream (MILK), Unsalted Butter (MILK), Cocoa Mass, Cornflour, Salt], Fat-Reduced Cocoa Powder, Dark Chocolate Chunks (4.5%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithins), Flavouring], Milk Chocolate Chunks (4.0%) [Sugar, Cocoa Butter, Cocoa Mass,

Whole MILK Powder, Whey Powder (MILK), Emulsifier (SOYA Lecithins)], White Chocolate Chunks (4.0%) [Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier (SOYA Lecithins), Flavouring], Maize Starch, Whey Powder (MILK), Raising Agents (Diphosphates, Potassium Bicarbonate), Emulsifier (Polyglycerol Esters of Fatty Acids)

Allergy Advice

Cereals containing Gluten (and products thereof), Wheat, Egg and Egg Products, Soybean and Soybean Products, Milk and Milk Products

May contain Oats