

FULL INGREDIENT LIST

CAFE/TAKEAWAY MENU

PRODUCT	INGREDIENTS LIST
Avocado Sliced	Avocado
Avocado Smashed	Avocado, Chilli Flakes, Lime, Red Onion
Bacon	Bacon (pork: sodium ascorbate, sodium nitrite, potassium nitrate)
BBQ Sauce (Sauce Shop)	Tomato Puree (50%), Sugar, Onion, White Grape Vinegar, Black Strap Molasses (2%), MUSTARD (2%), Garlic, Salt, Spices, Hickory Smoked Water
Beans	Maricot Beans (45%), Tomatoes (32%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Onion Powder, Paprika Extract, Paprika Powder, Flavououring, Onion Oil, Garlic Extract
Blackcurrant curd	Sugar, Pasteurised Whole EGG. Margarine (Vegetable Oils, (Not Hydrogenated), Palm Oil, Palm Kemet Oil, Rapeseed Oil, Water, Salt, Natural Flavououring), Blackcurrant Juice (From Concentrate) 45%, Lemon Juice (From Concentrate) Colour: Black Carrot Extract
Blackcurrant Jam	Sugar, Blackcurrants, Gelling Agent: Pectin, Acidity Regulator: Trisodium Citrate.
Bread: Baguette	WHEAT Flour (calcium, niacin (B3), iron, thiamin(B1)), Water, Yeast, Salt, Bread Fat (rapeseed oil, palm oil, water, salt, emulsifier: distilled monoglyceride), SOYA flour, flour treatment agent: E300 ascorbic acid)
Bread: Crusty Roll	WHEAT Flour (calcium, niacin (B3), iron, thiamin(B1)), Water, Yeast, Salt, Bread Fat (rapeseed oil, palm oil, water, salt, emulsifier: distilled monoglyceride), SOYA flour, flour treatment agent: E300 ascorbic acid)
Bread: Malt & Bran Bread	Malted WHEAT Flour (calcium carbonate, iron, niacin (B3), thiamin (B1)), Malted WHEAT Flakes, Malted BARLEY, Water, Yeast, Salt, Bread Fat (rapeseed oil, palm oil, water, salt, emulsifier: distilled monoglyceride), SOYA flour, flour treatment agent: E300 ascorbic acid)
Bread: Malt & Bran Rolls	Water, Malted WHEAT Flour (calcium carbonate, iron, niacin (B3), thiamin (B1)), Malted WHEAT Flakes, Malted BARLEY, Bread Fat (rapeseed oil, palm oil, water, salt, emulsifier: distilled monoglyceride), Oil (water, emulsifiers (E471, E472e), palm oil, E260 acetic acid), Yeast, Salt, SOYA flour, flour treatment agent: E300 ascorbic acid)
Bread: Multiseed Bread	WHEAT Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Sunflower Seeds, Brown Linseed, WHEAT GLUTEN, Pumpkin Seeds, Wholemeal RYE Flour, OATS, WHEAT Bran, Dried WHEAT Sourdough, Sugar, Salt, Caramelised Sugar, Emulsifier (E472e Mono- and diacetyltartaric acid esters of mono- and diglycerides of fatty acids), Flour Treatment Agent (E300 Ascorbic Acid), Water, Yeast
Bread: Multiseed Rolls	WHEAT Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Sunflower Seeds, Brown Linseed, WHEAT GLUTEN, Pumpkin Seeds, Wholemeal RYE Flour, OATS, WHEAT Bran, Dried WHEAT Sourdough, Sugar, Salt, Caramelised Sugar, Emulsifier (E472e Mono- and diacetyltartaric acid esters of mono- and diglycerides of fatty acids), Flour Treatment Agent (E300 Ascorbic Acid), Water, Yeast
Bread: Sourdough	Water, WHEAT Flour (calcium, iron, niacin (B3), thiamin (B1)), Salt
Bread: Sourdough Panini	Water, WHEAT Flour (calcium, iron, niacin (B3), thiamin (B1)), Salt
Bread: White Bread	WHEAT Flour (calcium, niacin (B3), iron, thiamin(B1)), Water, Yeast, Bread Fat (rapeseed oil, palm oil, water, salt, emulsifier: distilled monoglyceride), Salt, SOYA flour, flour treatment agent: E300 ascorbic acid
Bread: White Rolls	Water, WHEAT Flour (calcium, niacin (B3), iron, thiamin(B1)), Bread Fat (rapeseed oil, palm oil, water, salt, emulsifier: distilled monoglyceride), Oil (water, emulsifiers (E471, E472e), palm oil, E260 acetic acid), Yeast, Salt, WHEAT Flour (calcium carbonate, niacin, iron, thiamine), SOYA flour, flour treatment agent: E300 ascorbic acid)
Bread: Wholemeal Bread	WHEAT Flour (calcium, niacin (B3), iron, thiamin(B1)), Water, Yeast, Bread Fat (rapeseed oil, palm oil, water, salt, emulsifier: distilled monoglyceride), Salt, SOYA flour, flour treatment agent: E300 ascorbic acid
Brown Sauce (Crucials)	Water, Tomato Concentrate, Sugar, Dark SOYA Sauce (Contains WHEAT), Modified Starch, Acid Acetic Acid, Spices, Salt, Barley Malt Flour (Contains WHEAT), Preservative: Potassium Sorbate), Colour (E150d), Sweetener (Sucralose)
Butter	Butter (MILK), Salt 1.5%
Caramelised Onion Chutney	Caramelised Onion Chutney (Re-hydrated Onions, Sugar, Red Wine Vinegar, Colour (Plain Caramel), Modified Maize Starch, Sea Salt, Ground Ginger, Cinnamon Powder, Ground Nutmeg)
Cheese & Bacon Puff	Cheddar Cheese (MILK), WHEAT Flour (calcium, niacin (B3), iron, thiamin(B1)), Margarine vegetable oil (palm, rapeseed), water, salt (1.5%), emulsifier (lecithins; E471), acid (citric acid), flavouring; colour (carotenes)., Water, Smoked Bacon, Salt

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Cheese & Onion Slice	WHEAT Flour (Contains Calcium carbonate, Iron, Niacin, Thiamin), Water, Margarine [Palm Oil, Palm Stearin, Water, Salt, Rapeseed Oil, Emulsifier (E471), Acidity Regulator (Citric Acid), Lemon Juice concentrate], Cheddar Cheese (MILK) (13%), Potatoes, Onions (3%), Glaze [Water, Modified Starch (Potato, Tapioca), Rapeseed Oil, MILK Protein, Emulsifiers (SOYA Lecithin, E471), Acidity Regulator (E339(ii)), Colour (E160a)], Modified Maize Starch, Cheese Powder (MILK), Rehydrated Potato Flake, Salt, Dijon MUSTARD [Water, MUSTARD Seeds, Spirit Vinegar, Salt], Yeast Extract, Stabiliser (E464), Onion Powder, White Pepper.
Cheese: Brie	Brie (made with Pasturised MILK (60%))
Cheese: Cheddar	Cheese (MILK, Salt, Vegetarian Rennet, Starter Culture)
Cheese: Feta	Feta (Pasturised Sheep (70%) & Goat (30%) MILK, Salt, Microbial, Rennet, Starter Culture)
Cheese: Halloumi	Halloumi (Goats, Sheep & Cows MILK), Salt, Microbial Rennet, Mint)
Cheese: Mozzarella	Mozzarella (MILK, Salt, Microbial Rennet, Acidity Regulator: E330)
Chicken & Mushroom Pie	Water, WHEAT Flour, Cooked Chicken (13%) (Chicken, Salt), Margarine [Palm Oil, Palm Stearin, Water, Salt, Rapeseed Oil, Emulsifier (E471), Acidity Regulator (E330), Lemon Juice concentrate], Vegetable Shortening (Palm Oil, Rapeseed Oil, Palm Stearin), Mushrooms (3%), Fat Powder [Palm Fat, Lactose (MILK), MILK Solids], Chicken & Mushroom Sauce Powder [Modified Waxy Maize Starch, Fat Powder (Palm Oil, Lactose (MILK), MILK Protein), Salt, WHEAT Flour, Whole MILK Powder, Flavour Enhancer (E621), Hydrolysed Vegetable Protein, Yeast Extract, Flavourings (contains CELERY)], Modified Maize Starch, Glaze [Water, Modified Starch (Potato, Tapioca), Rapeseed Oil, MILK Proteins, Emulsifiers (Soya Lecithin, E471), Acidity Regulator (E339(iii)), Colour (E160a)], Roast Chicken Stock [Roast Chicken, Chicken Fat, Yeast Extract, Glucose Syrup, Maltodextrin, Natural Flavouring, Salt, Sugar, Concentrated Chicken Extract, Lemon Juice Concentrate, Dried Onion], Salt, Raising Agents (E450, E500), Black Pepper.
Chicken Grilled	Chicken Breast, Vegetable Oil (Olive or Sunflower)
Chicken Jerk	Chicken Breast, Sugar, Starch, Spiced (Allspice, Cayenne, Coriander, Black Pepper, Cracked Red Chilli, Cinnamon, Nutmeg), Maltodextrin, Salt, Dried Onion, Dried Garlic, Colours (Caramel, Paprika Extract, Curcumin), Dried Herbs (Thyme, Parsley), Natural Capsicum Flavouring
Chicken Mayo	Chicken Breast, Mayonnaise (Rapeseed Oil (71%), Water, Pasturised EGG, Yolk, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabilisers: Xanthan Gum & Guar Gum, MUSTARD Flour)
Chicken Mayo & Bacon	Chicken Breast, Bacon (pork: sodium ascorbate, sodium nitrite, potassium nitrate), Mayonnaise (Rapeseed Oil (71%), Water, Pasturised EGG, Yolk, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabilisers: Xanthan Gum & Guar Gum, MUSTARD Flour)
Chicken Sweet Chilli	Chicken Bread, Sugar, Starch, Salt, Spices (Paprika, Cracked Red Chilli, Ginger), Dried Garlic, Dried Red Bell Pepper, Dried Onion, Dried Tomato, Dried Glucose Syrup, Colour (Paprika Extract), Natural Flavourings
ITEM	Ingredients
Chicken Tikka	Chicken Breast, Sugar, Modified Starch, Salt, Starch, Spices (Cumin, Cayenne, Coriander, Ginger, Cardamom, Black Pepper Turmeric) Dried Tomato, Dried Onion, Yeast Extract (Yeast Extract, Salt), Natural Flavourings, Dried Coriander Leaf, Colour (Paprika Extract & Natural Rosemary Flavouring) Acid (Citric Acid)
Chilli Con Carne (THAME)	Margarine (Vegetable Oils (Rapeseed, Palm), Water, Salt, Emulsifier: Mono-Diglycerides of Fatty Acids, Preservatives: Potassium Sorbate, Colour: Annatto Bixin, Curcumin, Acidity Regulator: Citric Acid, Flavouring), Onion, Garlic, Minced Beef, Tinned Tomatoes, Kidney Beans, Peppers, Spices (Chilli Pepper (10%), Onion Powder, Cumin (5%), Paprika, Dried Garlic, Cayenne Pepper, White Pepper), WHEAT Flour (with Calcium, Iron, Niacin (Vitamin B3), Thiamin (Vitamin B1)), Starch, Salt, Maltodextrin, Cocoa Powder (2.5%), Oregano
Chilli Con Carne (WHEATLEY)	Mince Beef, Margarine (Vegetable Oils (Rapeseed, Palm), Water, Salt, Emulsifier: Mono-Diglycerides of Fatty Acids, Preservatives: Potassium Sorbate, Colour: Annatto Bixin, Curcumin, Acidity Regulator: Citric Acid, Flavouring, Onions, Garlic, Tinned Tomatoes, Paprika, Cumin, Peppers, Kidney Beans, Salt, Pepper, Chilli Flakes, Dark Chocolate (Cocoa Mass, Sugar, Lactose (MILK), Emulsifier (SOYA LECITHIN), Vanilla Extract), Tomato Puree
Chilli NON Carne (THAME)	Water, Kidney Beans, Pink Beans, Tomatoes, Potatoes, Onion, Tomato Puree, Modified Starch, Chickpeas, Mixed Peppers, Rapeseed Oil, Spices, Salt, Sugar, Jalapenos, Garlic, Oregano
Chilli NON Carne (WHEATLEY)	Onion, Peppers, Garlic, Tinned Tomatoes, Kidney Beans, Aubergine, Sweet Potato, Chilli Flakes, Cumin, Marmite, Paprika, Dark Chocolate (Cocoa Mass, Sugar, Lactose (MILK), Emulsifier (SOYA LECITHIN), Vanilla Extract)

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Coleslaw	Red Cabbage, White Cabbage, Red Onion, Carrots, Mayonnaise (Rapeseed Oil (71%), Water, Pasturised EGG, Yolk, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabilisers: Xanthan Gum & Guar Gum, MUSTARD Flour), Dijon MUSTARD (MUSTARD seeds, Spirit Vinegar, Salt, Acidity Regulator (Citric Acid), Preservative (Potassium METABISULPHITE)), Wholegrain MUSTARD (MUSTARD seeds, Water, Spirit Vinegar, Salt, White Wine Vinegar, Sugar, Acidity Regulator (Citric Acid), Spices), White Wine Vinegar, Salt, Pepper
Coronation Chicken	Chicken Breast, Mayonnaise (Rapeseed Oil (71%), Water, Pasturised EGG, Yolk, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabilisers: Xanthan Gum & Guar Gum, MUSTARD Flour), Mango Chutney (Sugar, Mango, Salt, Acetic Acid, Paprika, Cayenne Pepper), Curry Powder (Coriander, Turmeric, Ginger, Cumin, Salt, Cayenne Pepper, Garlic, Pimento, Black Pepper, Fenugreek), Sultanas, Apricots
Cranberry Sauce	Cranberry 45%, Sugar, Water
Egg Fried	EGG, Vegetable Oil (Olive or Sunflower)
Egg Mayo	EGG, Mayonnaise (Rapeseed Oil (71%), Water, Pasturised EGG, Yolk, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabilisers: Xanthan Gum & Guar Gum, MUSTARD Flour)
Egg Poached	EGG, White Wine Vinegar
Egg Scrambled	EGG, MILK
Fries	Potatoes (91%), Sunflower Oil, Modified Starches, Maltodextrin, Starches, Rice Flour, Salt, Raising Agents (E450i, E500ii), Stabiliser (E415)
Garlic Mayo (Sauce Shop)	Rapeseed Oil, White Grape Vinegar, Pasturised Free Range EGG yolk, Water, Garlic (2%), Salt, MUSTARD, Antioxidant: Rosemary Extract
Ham	Roast Ham (pork leg (E252 &E250))
Hashbrown	Potatoes (90%), Sunflower Oil, Dehydrated Potatoes, Spices, Onion Powder
Jacket Potato (No filling)	Baking Potato, Olive Oil, Salt, Pepper
Jalapenos	Green Jalapeno Peppers, Water, Vinegar, Salt, Preservative: Potassium Sorbate, Firming Agent: Calcium Chloride
Jerk Chickpeas	Chickpeas, Olive Oil, Jerk Seasoning (Sugar, Starch, Spiced (Allspice, Cayenne, Coriander, Black Pepper, Cracked Red Chilli, Cinnamon, Nutmeg), Maltodextrin, Salt, Dried Onion, Dried Garlic, Colours (Caramel, Paprika Extract, Curcumin), Dried Herbs (Thyme, Parsley), Natural Capsicum Flavouring), Salt, Pepper
Ketchup (Crucials)	Water, Tomato Concentrate, Sugar, Modified Starch, Acid Acetic Acid/Citric Acid, Salt, Preservative: Potassium Sorbate), Rapeseed Oil, Colour (E150d), Sweetener (Sucralose), Natural Flavourings
Ketchup (Sauce Shop)	Tomato Puree (64%), Sugar, White Grape Vinegar, Onion, Salt, Garlic, Spices
Lemon Curd	Sugar, Pasteurised Whole EGG, Margarine (Vegetable Oils, (Not Hydrogenated), Palm Oil, Palm Kernel Oil, Rapeseed Oil, Water, Salt, Natural Flavouring), Lemon Juice (15%), Lemon Oil
Margarine	Margarine (Vegetable Oils (Rapeseed, Palm), Water, Salt, Emulsifier: Mono-Diglycerides of Fatty Acids, Preservatives: Potassium Sorbate, Colour: Annatto Bixin, Curcumin, Acidity Regulator: Citric Acid, Flavouring.
Mayo	Mayonnaise (Rapeseed Oil (71%), Water, Pasturised EGG, Yolk, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabilisers: Xanthan Gum & Guar Gum, MUSTARD Flour)
Mixed Cheese & Spring Onion	Cheddar (from MILK), Red Leicester (from MILK), Mayonnaise (Rapeseed Oil (71%), Water, Pasturised EGG, Yolk, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabilisers: Xanthan Gum & Guar Gum, MUSTARD Flour)
Mushrooms	Mushrooms, Butter
Mustard (Dijon)	Dijon MUSTARD (MUSTARD seeds, Spirit Vinegar, Salt, Acidity Regulator (Citric Acid), Preservative (Potassium METABISULPHITE))
Mustard (Wholegrain)	Wholegrain MUSTARD (MUSTARD seeds, Water, Spirit Vinegar, Salt, White Wine Vinegar, Sugar, Acidity Regulator (Citric Acid), Spices)
Orange Marmalade	Sugar, Seville Oranges, Orange Juice, Lemon Juice, Gelling Agent: Pectin, Orange Oil.
Pasta Salad	Pasta (Durum WHEAT Semolina, Water), Pesto (Basil, Olive Oil, Pinenuts, Lemon, Garlic, Salt, Pepper, Pesto Jar (Basil (38%) Sunflower Oil, Potatoes, Pine Nuts (6%), Water, Salt, Acidity Regulator (Lactic Acid)), Tomatoes, Olive Oil, Oregano, Basil, Garlic, Salt, Pepper, Spinach, Pine Nuts, Sundried Tomatoes
Pasty Beef & Stilton	Potato, WHEAT Flour (GLUTEN), Beef (15%), Margarine (Vegetable Oil, Water, Salt, Emulsifier: Mono-And Diglycerides of Fatty Acids, Colours: Annatto, Curcumin), Water, Swede, Blue Stilton (4%) (MILK), Onions, Lard (Pork Fat), Seasoning (Salt, Dextrose, Spices, Onion, Hydrolysed Vegetable Protein) (GLUTEN, SOYA), Beef Fat, Salt, Modified Maize Starch, Sugar.

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Pasty Cheese & Onion	Potato, WHEAT Flour (GLUTEN), Margarine (Vegetable Fats (Palm), Vegetable Oils (Rapeseed), Water, Salt, Emulsifier: Mono-And Diglycerides of Fatty Acids, Colours: Annatto, Curcumin), Onions (13%), Mature Cheese (12%) (MILK Products, Sodium Chloride, Vegetarian Rennet, Anti Caking Agent: Potato Starch), Water, Seasoning (Salt, Dextrose, Spices, Onion, Hydrolysed Vegetable Protein) (GLUTEN, SOYA), Salt, Modified Maize Starch, Sugar.
Pasty Chicken & Leek	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiarnin), Chicken (17%) (Chicken Breast (98%), Salt), Margarine (Vegetable Oils and Fats (Palm, Rapeseed), Water, Salt, Emulsifier: E471, Acid: Citric Acid), Potato, White Sauce (Skimmed MILK, Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Vegetable Oil (Palm), Modified Maize Starch, Salt, Emulsifier: SOYA Lecithin, Water, Swede, Onion, Leeks (1.4%), Chicken Stock (Chicken, Rehydrated Potato, Yeast Extract, Salt), Potato Flakes (Potato), Seasoning (Salt, Dextrose, Dried Onion, Hydrolysed Vegetable Protein (SOYA), Black Pepper, Rusk (WHEAT Four (Calcium Carbonate, Iron, Niacin, Thiamin), Salt), White Pepper, Capsicum Extract), Salt, Sugar, Black Pepper. Glaze: Water, Vegetable Oil (Rapeseed), Modified Starch, Semi-Skimmed MILK, Dextrose, Emulsifiers: (E471, E322), Dextrose, Vegetable Protein, MILK Proteins, Acidity Regulator: E339 (iii), Colour: E160a (ii). Toppings: Breadcrumbs (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiarnin), Water, Salt, Yeast, Spice Extract, Turmeric, Paprika), Parsley, Thyme.
Pasty Chicken, Bacon & Chorizo	Water, WHEAT Flour, Margarine (Vegetable Oil, Water, Salt, Emulsifier: Mono-And Diglycerides Of Fatty Acids, Colours: Annatto, Curcumin), Diced Chicken (8%) (Chicken Breast (99%), Water, Salt), Potato, Diced Chorizo (4%)(Pork (59%), Pork Fat (35%), Salt, Dextrose, Spices, Maltodextrin, Spice Extract, Antioxidant: Sodium L-Ascorbate, Extracts Of Rosemary, Preservative: Sodium Nitrite, Starter Culture, Beachwood Smoke), Onions, Smoked Bacon (2%), Chicken & Chorizo Seasoning (Sugar, Corn Flour, Spices (Smoked Paprika, Chilli, Ginger, Pepper), Tomato Powder, Garlic Powder, Modified Maize Starch, Salt, Acid: Citric Acid, Colours: Paprika Extract, Curcumin, Herb (Oregano), Lard (Pork Fat), Red Peppers, Tomatoes (Tomatoes, Tomato Juice, Citric Acid), Modified Maize Starch, Salt, Sugar
Pasty Chilli Beef & Cheese	WHEAT Flour (contains: Calcium, Iron, Niacin, Thiamin), Margarine (Vegetable Oil [Palm Oil, Rapeseed Oil], Salt, Emulsifiers: E471, Colours: E 160b, E100), Potato, Beef (10%), Water, Tomatoes (Tomatoes, Tomato Juice, Citric Acid), Red Kidney Beans, Mature Cheese (5%) (MILK Products, Vegetarian Rennet, Anti-Caking Agent: Potato Starch), Lard (Pork Fat), Onions, Mixed Green and Red Peppers, Tomato Paste (Tomatoes), Beef Fat, Worcestershire Sauce (Malt Vinegar [from BARLEY], Spirit Vinegar, Molasses, Sugar, Anchovies [FISH], Tamarind Extract, Onions, Garlic, Spice, Flavouring), Olive Oil, Vegetable Stock (Maize Starch, Yeast Extract, Hydrolysed Soya Protein, Maltodextrin, Dried Vegetables [Tomatoes, Leek, Onion, Carrot, Cabbage], Flavourings [containing CELERY], Parsley, Rosemary, Thyme, Antioxidant: Rosemary Extracts), Cornflour, Paprika (Chillies, Spices), Garlic Puree (Acidity Regulator: E330), Chilli Powder (196) (Dried Red Chillies, Paprika, Cumin, Oregano, Garlic Powder), Mixed Herbs (Basil, Oregano, Marjoram, Sage). Toppings: Mild Chilli Powder, Glaze: Water, Vegetable Oil, Dextrose, Emulsifiers: (E471, E322), Vegetable Protein, MILK Proteins, Acidity Regulator: (E339 (ii), Colour: (E160a (iii), Semi-Skimmed MILK.
Pasty Cornish (Small)	WHEAT Flour (Contains Calcium carbonate, Iron, Niacin, Thiamin), Margarine [Palm Oil, Palm Stearin, Water, Salt, Rapeseed Oil, Emulsifier (E471), Acidity Regulator (Citric Acid), Lemon Juice concentrate], Water, Minced Beef (11%), Potatoes (10%), Onions (4%), Carrots (4%), Swede (4%), Glaze [Water, Modified Starch (Potato, Tapioca), Rapeseed Oil, MILK Proteins, Emulsifiers (SOYA Lecithin, E471), Acidity Regulator (E339iii), Colour (E160a)], Salt, Roast Beef Stock [Rehydrated Beef, Natural Flavouring, Water, Beef Stock (Beef Protein, Water), Salt, Potato Flakes, Sugar, Beef Fat, Lemon Juice Concentrate, Malt Extract (Barley), Yeast Extract, Dried Onion, Black Pepper], Modified Maize Starch, Dried Potato, Stabiliser (E460), Yeast Extract, Black Pepper, Onion Powder, White Pepper, Caramelised Sugar.
Pasty Lamb & Mint	WHEAT Flour, Lamb (14%), Potato, Margarine (Vegetable Oil, Water, Salt, Emulsifier: Mono-And Diglycerides of Fatty Acids, Colours: Annatto, Curcumin), Swede, Water, Onions, Lard (Pork Fat), Potato Flakes (Potatoes), Seasoning (Salt, Dextrose, Spices, Onion, Hydrolysed Vegetable Protein) (GLUTEN, WHEAT, SOYA), Lamb Fat, Salt, Sugar, Mint (1%).

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Pasty Thai Red Chicken	WHEAT Flour, Potato, Diced Chicken (13%) (Chicken Breast (99%), Water, Salt), Margarine (Vegetable Oil, Water, Salt, Emulsifier: Mono-And Diglycerides Of Fatty Acids, Colours: Annatto, Curcumin), Coconut Milk (Coconut, Water), Water, Red Peppers, Green Beans, Lard (Pork Fat), Red Thai Paste (Red Curry Paste (Dried Red Chilli, Garlic, Lemon Grass, Salt, Shallot, Galangal, SHRIMP Paste (SHRIMP, Salt), Kaffir Lime Peel, Pepper),(Crustaceans), Palm Sugar (Coconut Palm Sugar, Water, Preservative: Potassium Sorbate, Colour: Tartrazine), Modified Maize Starch, Salt, Sugar, SOY Sauce With Mushroom (Water, Defatted SOY Bean, Wheat, Salt, Sugar, Flavour Enhancer: Monosodium Glutamate, Mushroom, Preservative: Sodium Benzoate), (SOYA, GLUTEN). Topping: Ground Coriander. Glaze: Water, Vegetable Oil (Rapeseed), Modified Starch, Dextrose (Maize), Emulsifiers: (Sunflower Lecithin, Mono-And Diglycerides of Fatty Acid (Palm)), Vegetable Protein, MILK Proteins, Acidity Regulator (Trisodium Phosphates), Colour (Beta-Carotene). Semi-Skimmed MILK.
Pasty Traditional Steak	WHEAT Flour (GLUTEN), Potato, Beef (14%), Margarine (Vegetable Oil, Water, Salt, Emulsifier: Mono-And Diglycerides of Fatty Acids, Colours: Annatto, Curcumin), Swede, Water, Onions, Beef Fat, Lard (Pork Fat), Seasoning (Salt, Dextrose, Spices, Onion, Hydrolysed Vegetable Protein) (GLUTEN, SOYA), Butter (MILK, Salt), Salt, Modified Maize Starch, Sugar, Black Pepper
Pasty Vegan	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Potato, Vegetable Margarine (Vegetable Oils And Fats [Pam), Water, Salt, Lemon Juice), Water, Vegan Mince (9%) (Water, SOYA Protein Concentrate, SOYA Protein Isolate, Rapeseed Oil, Pea Protein, Shea Oil, Coconut Oil, Chicory Root Fibre, Thickener (Methyl Cellulose), Caramelised Carrot Concentrate, Carrot Fibre, Rice Protein, Vegetable And Fruit Extracts (Beetroot, Radish, Tomato), Yeast Extracts, Flavouring, Carrot Concentrate, Emulsifier (SOYA Lecithin), Antioxidant (Ascorbic Acid), Salt, Vitamins And Minerals (Niacin, Zinc, Iron, Vitamin B6, Vitamin B2, Vitamin B1, Vitamin B12)), Swede, Onion, White Shortening (Vegetable Oils And Fats (Palm, Rapeseed), Water, Salt, Lemon Juice), Salt, Gravy Powder (Corn Flour, Demerara Sugar, Yeast Extracts (Contains Salt, Glucose), Salt, BARLEY Malt Extract, Onion Powder, Carrot Powder, Spice (White Pepper), Acidifier (Sodium Acetate), Spice Extract (Pepper), Onion Extract), Cornflour, Yeast Extract (Yeast Extract, Salt), Vegan Glaze (Tapioca Dextrin, Dextrose), Black Pepper, White Pepper
Peppers (Raw)	Mixed Bell Peppers
Peppers Grilled	Mixed Bell Peppers, Olive Oil
Pesto (Free From)	Pesto (Basil (38%) Sunflower Oil, Potatoes, Pine Nuts (6%), Water, Salt, Acidity Regulator (Lactic Acid)
Potato Salad	New Potatoes, Red Onion, Spring Onion, Vegan Mayo (Rapeseed Oil, Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract), Dijon MUSTARD (MUSTARD seeds, Spirit Vinegar, Salt, Acidity Regulator (Citric Acid), Preservative (Potassium METABISULPHITE)), Wholegrain MUSTARD (MUSTARD seeds, Water, Spirit Vinegar, Salt, White Wine Vinegar, Sugar, Acidity Regulator (Citric Acid), Spices), White Wine Vinegar, Parsley, Dill, Chives, Salt, Pepper
Prawns	Prawns (CRUSTACEANS), Water, Salt
Quiche Bacon, Mushroom & Spinach	WHEAT Flour (calcium, niacin (B3), iron, thiamin(B1)), MILK, EGG, Cheese (from MILK), Bacon (pork: sodium ascorbate, sodium nitrite, potassium nitrate), Mushroom, Onions, Spinach, Margarine (rapeseed oil, palm oil, water, salt, emulsifier: E471 distilled monoglyceride, flavouring, colouring: E100 curcumin, annatto bixin), Water, Mixed Herbs, Salt, Black Pepper
Quiche Caramelised Onion	WHEAT Flour (calcium, niacin (B3), iron, thiamin(B1)), MILK, EGG, Cheese (from MILK), Onions, Caramelised Onion Chutney (Re-hydrated Onions, Sugar, Red Wine Vinegar, Colour (Plain Caramel), Modified Maize Starch, Sea Salt, Ground Ginger, Cinnamon Powder, Ground Nutmeg), Margarine (rapeseed oil, palm oil, water, salt, emulsifier: E471 distilled monoglyceride, flavouring, colouring: E100 curcumin, annatto bixin), Water, Mixed Herbs, Salt, Black Pepper
Quiche Tomato & Basil	WHEAT Flour (calcium, niacin (B3), iron, thiamin(B1)), MILK, EGG, Cheese (from MILK), Tomatoes, Margarine (rapeseed oil, palm oil, water, salt, emulsifier: E471 distilled monoglyceride, flavouring, colouring: E100 curcumin, annatto bixin), Water, Fresh Basil, Mixed Herbs, Salt, Black Pepper
Red Onion	Red Onion
Rocket	Rocket
Salad	Side Salad (Lettuce, Cucumber, Tomato, Coleslaw: Carrots, Cabbage, Onions, Mayonnaise (rapeseed oil, water, EGG, vinegar, sugar, salt, modified maize starch, xanthan gum, guar gum, MUSTARD flour) - Items may vary

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CAFE/TAKEAWAY MENU

Sausage	Pork (50%), Water, Rusk (WHEAT flour), Pork Rind, Salt, Spices & Spice Extracts, Stabilizer E451, E450, Preservatives E221, Dextrose, Herb Extracts, Permitted Colour, E120, SULPHITES
Sausage Roll	Water, WHEAT Flour, Pork (20%), Margarine [Palm Oil, Rapeseed Oil, Water, Salt, Lemon Juice, Emulsifier (E471), Acidity Regulator (E330)], Rusk [WHEAT Flour, Water, Salt, Raising Agent (E503ii)], Pork Fat, Glaze [Modified Starch, Rapeseed Oil, MILK Proteins, Emulsifiers (SOYA Lecithin E322, E471), Acidity Regulators (E339iii), Colour (E160a)], WHEAT Starch, Seasoning [Salt, Spices (White Pepper, Nutmeg, Ginger, Mace, Black Pepper, Coriander), Sugar, Emulsifier (E450i,iii), Flavour Enhancer (E621), WHEAT Flour, Preservative (Sodium METABISULPHITE), Onion Powder, Rusk (WHEAT Flour, Salt, Raising Agent (E503ii)), Dextrose, Antioxidants (E301, E304, E307), Rapeseed Oil, Spice Extracts, Colour (E120), Herb Extracts], Pea Starch, Salt.
Sausage Roll VEGAN	Water, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegan Seasoning (15%) (textured WHEAT Protein [sulphite], Palm Fat, WHEAT Gluten, Rusk [WHEAT Flour Calcium Carbonate, Iron, Niacin, Thiamin, Salt], Flavouring [salt, Maltodextrin, Yeast Extract], Stabiliser [methylcellulose], Salt, Dextrose, Herb [sage], Spices [white Pepper, Coriander, Chilli], Yeast Extract, Onion Powder, Colour [caramel]), Vegetable Margarine (vegetable Oils And Fats [palm], Water, Salt, Lemon Juice), Onion, White Shortening (vegetable Oils And Fats [palm, Rapeseed], Water, Salt, Lemon Juice), Vegan Glaze (2%) (tapioca Dextrin, Dextrose), Yeast Extract, Salt.
Spinach	Baby Spinach
Steak & Kidney Pie	Water, WHEAT Flour (contains Calcium carbonate, Iron, Niacin, Thiamin), Beef (17%), Margarine [Palm Oil, Palm Stearin, Water, Salt, Rapeseed Oil, Emulsifier (E471), Acidity Regulator (E330), Lemon Juice Concentrate], Kidney (7%), Vegetable Shortening [Palm Oil, Rapeseed Oil, Palm Stearin], Modified Maize Starch, Glaze [Water, Modified Maize Starch, Rapeseed Oil, MILK Proteins, Emulsifiers (SOYA Lecithin, E471), Acidity Regulator (E339iii), Colour (E160a)], Salt, Malt Extract (Barley), Raising Agents (E450i, E500ii), Caramelised Sugar, White Pepper.
Steak Slice	Water, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Beef (17%), Margarine (Palm Oil, Water, Salt, Rapeseed Oil, Emulsifier (E471), Acidity Regulator (E330) Lemon Juice concentrate), Thickener (E1422), Glaze [Water, Modified Starch (Tapioca, Potato), Rapeseed Oil, MILK Proteins, Emulsifiers (SOYA Lecithin, E471), Acidity Regulator (E339. Colour (E160a)), Salt, Emulsifier (E464), Malt Extract (Barley), Caramelised Sugar, White Pepper
Strawberry Jam	Sugar, Strawberries, Gelling Agent: Pectin, Lemon Juice
Sweet Chilli Relish	Sugar, Red Peppers, Tomatoes, Red Chillies (4%), Red Wine Vinegar, Ginger, Gelling Agent: Pectin, Garlic, Colour: Black Carrot Extract
Sweetcorn	Sweetcorn, Water
Syrup Caramel	Sugar, Water, Flavourings, Colour: plain caramel, acidity regulator: citric acid
Syrup Gingerbread	Sugar, Water, Flavourings, Colour: plain caramel, acidity regulator: citric acid
Syrup Hazelnut	Sugar, Water, Flavourings, Colour: plain caramel, acidity regulator: citric acid
Syrup Vanilla	Sugar, Water, Flavourings, Colour: plain caramel, acidity regulator: citric acid
Tomato Chutney	Tomatoes (39%), Sugar, Bramley Apples, Malt Vinegar (from Barley (WHEAT), Saltanas, Onions, Salt, Spices, MUSTARD
Tomatoes	Tomatoes
Tuna Mayo	Tuna (FISH), Water, Salt