

Breakfast

The Great British Breakfast

Mini Rosti Potato (29%) (Potato (>91%) *, Vegetable Oil (Palm), Salt, Dextrose, Onion Powder, Emulsifier: Hydroxypropyl methylcellulose (E464), Spice (Pepper). *Mainly fresh potatoes, however dehydrated potatoes containing the following ingredients & technical auxiliaries may be added: E471, E330, E450, E223.) **Tomato** (26%).

Pork and Parsley Sausage (24%) (Pork (61%), Water, Rusk **(WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Pork Fat, Seasoning (Salt, Dextrose, **WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Stabiliser: Sodium Triphosphate, Preservative: Sodium **SULPHITE**, Flavour Enhancer: Monosodium Glutamate, Spices (White Pepper, Black Pepper, Cayenne Chili), Flavourings (**SULPHITE**), Yeast Extract, Spice Extracts (Black Pepper, Nutmeg, Capsicum, Ginger), Sunflower Oil, Maltodextrin, Antioxidants: AlphaTocopherol; Ascorbyl Palmitate, Acid: Citric Acid, Colour: Carmine), Dried Parsley, Natural Hog Casing).

Cooked Back Bacon (21%) (Pork, Water, Salt, Preservative (Sodium Nitrite), Antioxidant (Sodium Ascorbate)).

Cooked Scrambled EGG (80%) (Intensive Pasteurized Whole **EGG**, Water, Rapeseed Oil, Cornflour, Butter **MILK** Powder, Lemon Juice Concentrate, Salt, White Pepper), Bechamel Sauce (20%) (Skimmed **MILK**, Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Vegetable Extract, Tomato Powder, Louage), Palm Oil, Modified Maize Starch, Salt, Emulsifier (**SOYA** Lecithin)). Swiss Chard. Per serving 416 kcal.

Swiss Chard may contain mustard and celery.

Optional

Heinz Tomato ketchup: Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Extract (contain **CELERY**), spice.

HP Brown sauce: Tomatoes, Malt Vinegar (from **BARLEY**), Molasses, Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Dates, Modified Cornflour, **RYE** Flour, Salt, Spices, Flavourings, Tamarind.

Bacon Sandwich

Malted Bread (53.3%) [**WHEAT** Flour (with Added Calcium, Iron, Niacin and Thiamine), Water, Malted **WHEAT** Flakes (9.5%), **WHEAT** Bran (2.8%), Yeast, **WHEAT** GLUTEN, **BARLEY** Malt Flour (0.9%), Salt, Emulsifiers: E472e, Rapeseed Oil, Flour (**WHEAT**) Treatment Agent: E300], Pre Cooked Bacon (37.3%) (Pork, Salt, Sugar, Preservatives: Sodium Nitrite; Sodium Nitrate, Antioxidant: Sodium Ascorbate) Unsalted Butter (5.9%) **MILK** Swiss Chard (2.4%), Vegetable Oil (Blended, Average) (1.2%). Per serving 441 kcal.

Swiss Chard may contain mustard and celery.

Optional:

Heinz Tomato ketchup: Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Extract (contain **CELERY**), spice.

HP Brown Sauce: Tomatoes, Malt Vinegar (from **BARLEY**), Molasses, Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Dates, Modified Cornflour, rye Flour, Salt, Spices, Flavourings, Tamarind.

Breakfast Hash

Hash: Potatoes (55%) (**SULPHITES**), Diced Sweet Potatoes (15%), Sundried Tomatoes (12%) (Sun-Dried Tomatoes, Rapeseed Oil, Salt, Oregano, Garlic, Glucose, Syrup, Citric Acid, Preservative (Potassium Sorbate), Antioxidant (Ascorbic Acid), Rapeseed Oil, Salt, Oregano, Garlic, Glucose Syrup, Citric Acid, Preservative (Potassium Sorbate), Antioxidant (Ascorbic Acid), Mushroom (9%), Chopped Kale (6%), Rapeseed Oil, Ground Roast Cumin, Sea Salt. Swiss Chard. Per serving 242 kcal.

Swiss Chard may contain mustard and celery.

Smoked Salmon and Scrambled Eggs

Scrambled **EGGS** (61.7%) [Cooked Scrambled **EGG** (80%) (Intensive Pasteurized Whole **EGG**, Water, Rapeseed Oil, Cornflour, Butter **MILK** Powder, Lemon Juice Concentrate, Salt, White Pepper), Bechamel Sauce (20%) (Skimmed **MILK**, Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Vegetable Extract, Tomato Powder, Louage), Palm Oil, Modified Maize Starch, Salt, Emulsifier (**SOYA** Lecithin)), Smoked Salmon (24.7%) (Salmon (**FISH**) (96%) (Salmo Salar), Salt, Sugar, Oak Smoke), Lemon (11.1%). Swiss Chard (2.5%). Per serving 228 kcal.

Although every care has been taken to remove bones, some may remain. Swiss Chard may contain mustard and celery.

Porridge

MOMA plain No Added Sugar Porridge: [Wholegrain **OAT** flakes (73%), Skimmed **MILK** Powder. Per serving 252 kcal.

MOMA with banana and honey: Water, MOMA Plain No Added Sugar Porridge [Wholegrain **OAT** flakes (73%), Skimmed **MILK** Powder], Banana, Honey. Per serving 392 kcal.

Bircher Bowl

Low Fat Natural Yoghurt (61%) (**MILK**), Apricot Compote (22%) (Apricots 80%, Sugar, Water, Gelling Agent: Fruit Pectins, Thickeners: Locust Bean Gum, Concentrated Acerola Cherry Juice), Granola (17%) GF **OATS**, Granulated Sugar, Rapeseed Oil, Glucose Syrup, Honey. Per serving 243 kcal.

Croissant

Croissant (served with butter) **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (**MILK**) (18%), Water, Sugar, Yeast, Salt, Pasteurized **EGG**, Flour Treatment Agent (Ascorbic Acid), Butter (**MILK**). Per serving 238 kcal. **May contain nuts**

Tiptree Marmalade: Sugar, Seville Oranges, Gelling Agent: Citrus Pectin

Tiptree Strawberry jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulatory: Citric Acid.

Honey: Pure Honey

Rest of the day

Cheese & Mushroom Croque

White bread (**WHEAT** Flour (with Added Calcium, Iron, Niacin And Thiamine), Water, Yeast, Salt, Emulsifier: E472e, Preservative: E282, Rapeseed Oil, Flour Treatment Agent: E300), Mushroom (16%) (Mushrooms, Water, Acidity Regulator (Citric Acid), Antioxidant (ascorbic Acid)), Emmental (12%) (Pasteurised Cow's **MILK**, Starter Culture, Salt, Rennet), Bechamel (9%) (Skimmed **MILK**, Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Vegetable Extract, Tomato Powder, Louage), Palm Oil, Modified Maize Starch, Salt, Emulsifier (**SOYA**: Lecithin)), Cheddar Cheese (**MILK**) & Mozzarella Blend (8%) (Pasteurised Cow's **MILK**, Salt, Starter Culture, Non Animal Rennet, Microbial Rennet, Potato Starch (Anti Caking Agent), Mayonnaise (7.4%) (Rapeseed Oil, Water, Free Range Salted **EGG** Yolk (**EGG** Yolk, Salt), Liquid Sugar (Sugar, Water), Spirit Vinegar, Salt, Stabilisers: Guar Gum, Xanthan Gum, Preservative: Potassium Sorbate, Lemon Juice), Marmite (Yeast Extract Contains **BARLEY**, **WHEAT**, **OATS**, **RYE**), Salt, Vegetable Juice Concentrate, Vitamins (Thiamine, Riboflavin, Niacin, Vitamin B12 And Folic Acid) Natural Flavouring (Contains **CELERY**), Black Pepper), Swiss Chard (1.9%), Per serving 507 kcal.

Swiss Chard may contain mustard and celery.

Chicken and Pearl Barley

Chicken And Pearl **BARLEY** (98.7%) [Water, Chicken (17%), Pearl **BARLEY** (10%), Baby Pickling Onions (10%), Chopped Kale (7%), Double Cream (**MILK**), Carrot, Onion, Chicken Stock (Chicken Meat, Maltodextrin, Chicken Soup Stock, Salt, Yeast Extract, Chicken Fat, Sugar, Lemon Juice Concentrate, Onion Powder, Concentrated Chicken Extract), Modified Maize Starch, Butter (**MILK**), Salt, Olive Oil, Garlic, Sea Salt, Parsley, Thyme, Black Pepper], Swiss Chard (1.3%). Per serving 368 kcal.

Although every care has been taken to remove bones, some may remain. Swiss Chard may contain mustard and celery.

Grazing Plate

Fox Cheese (pasteurised Cow's **MILK**, pdu Salt, starter Culture, colour: Annatto Norbixin (e160b(iii)), microbial Rennet).

Coastal Cheddar Cheese (pasteurised Cow's **MILK**, pdu Salt, starter Culture, colour: Annatto Norbixin (e160b(iii)), microbial Rennet) (pasteurised Cow's **MILK**, pdu Salt, starter Culture, colour: Annatto Norbixin (e160b(iii)), Microbial Rennet) (Pasteurised Cow's **MILK**, Salt, Starter Culture, Vegetable Rennet).

Crispbread (**MILK**, **RYE** Flour, **WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Thiamin, Niacin), Sourdough 12% **RYE** Flour, Water), Wholemeal (**WHEAT**) **WHEAT** Flour, Honey, Salt).

Semi Dried Tomatoes (Semi Dried Tomatoes: 51.2%, Sunflower Oil, Salt, Garlic Flakes, Oregano, Preservative: Potassium Sorbate).

Plum & Ginger Chutney (Diced Plums 37.61%, Granulated Sugar, Granny Smith Apples, Diced Onion, Ginger Puree 9.4% (Ginger, Salt, Acidity Regulator: Citric Acid), White Grape Vinegar, Whole Prunes (Prunes, Sunflower Oil, Preservative (Potassium Sorbate), Pectin (Pectin, Sucrose).

Halkidiki Olives 82.91% (Pitted Olives, Water, Salt, Acidity Regulator: Lactic Acid), Basil Puree 15.3% (Basil Leaves, Sunflower Oil, Salt, Antioxidant: Ascorbic Acid), Garlic Puree 1.79% Brine Contains (Water, Rapeseed Oil) Brine Contains (Water, Rapeseed Oil).

Salami Milano (Pork Meat, Salt, Dextrose, Sucrose, Spices, Natural Flavouring, Anti Oxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite).

Iberico Chorizo (Pork Meat 93.92%, Sea Salt, Paprika, Dextrin, Pork Protein 0.69%, Dextrose, Garlic Powder, Anti Oxidant: Sodium Ascorbate, Preservatives: Sodium Nitrite, Potassium Nitrate). Estate

Butter Portion (7.8%) [Pasteurised Cows Cream (**MILK**), Salt, Lactic Culture]. Swiss Chard (3.1%). Per serving 401 kcal.

Gluten Free crackers (optional) Gluten free **OAT** Crackers in portion packs - 2 crackers per pack. Wholegrain **OATS** (89%), Sustainable Palm Fruit Oil (6%), Maize Starch (2.5%), Ammonium Bicarbonate (1%), Sea Salt (1%).

Swiss Chard may contain mustard and celery. May contain traces of nuts. Although extra care has been taken to remove all stones, some may remain.

Falafel and Orange Salad

Fried Sweet Potato Falafel (32%) (Chickpeas (55%), Sweet Potato (27%), Onion, Garlic, Salt, Citrus Fibre, Spices, Raising Agent (Sodium Bicarbonate), Rapeseed Oil), Cooked Rice (16%), Apollo Leaf (10%), Carrot (10%), Orange (10%), Vegetable Oil (**SOYABEAN** Oil (produced from genetically modified **SOYA**)), Lime Juice (**SULPHUR DIOXIDE**) (Water, Concentrated Lime Juice, Preservative (Potassium **METABISULPHITE**)), Sultanas (3%) (Sultanas, Sunflower Oil), **CELERY** (3%), Tomato Puree (Tomatoes), Caster Sugar (White Sugar, Sugar), Smoked Paprika. Per serving 288 kcal.

Produced on a site which handles gluten.

Tiramisu

Tiramisu Cream (62%) (Cheese Mascarpone (**MILK**), UHT Whipping Cream (**MILK**), Caster Sugar, **EGG** Yolk Pasteurized (**EGGS**), Mousse Stabilizer (**MILK**) (Dextrose, Sugar, Thickener modified starch, Skimmed **MILK** Powder, **MILK** Protein), Tiramisu Flavour (flavouring preparations, flavouring substances, natural flavouring substances, smoke Flavourings. Coffee Syrup (Water, Caster Sugar, Ground Coffee, Nescafe Coffee Granules, Whisky Flavour (flavouring substances, flavouring preparations, natural flavouring substances, propylene glycol (74%), water, glycerol), Thickening Starch (100% modified maize starch E1442)), Sponge Fingers (**EGG**, **GLUTEN**) (**WHEAT** flour, sugar, **EGG** 26%, raising agents (ammonium hydrogen carbonate, sodium hydrogen carbonate, disodium diphosphate), glucose syrup, flavouring, salt), Cocoa Powder 10 - 12% (Fat Reduced Cocoa Powder, Potassium Carbonate (E501)), Fresh Mint. Per serving 231 kcal.

Chocolate Chunk Shortbread Biscuit

WHEAT Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Butter (**MILK**, Salt), Sugar (or Sucrose), Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt (2.0%), Emulsifier (E475), Colour (E100, E160b(i)), Flavourings), Dark Chocolate Chips 5% (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: **SOYA** Lecithin; Natural Vanilla Flavouring), **MILK** Chocolate Chunks 5% (Sugar, Whole **MILK** Powder, Cocoa Butter, Cocoa Mass, Whey Powder (**MILK**), Skimmed **MILK** Powder, Emulsifier: **SOYA** Lecithin, Natural Vanilla Flavouring). Per serving 218 kcal.

Made in a factory which processes nuts, peanuts, soya, and sulphur dioxide.

Marbled Bar

Marbled bar: White Chocolate 65% [Sugar, Whole **MILK** Powder, Cocoa Butter, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavour], Dark Chocolate 35% [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavour]. Per serving 76 kcal.

May contain Nuts and Cereals containing Gluten.

Sour Cream and Onion Popchips

Dried Potato, Rice Flour, Sunflower Oil, Potato Starch, Sour Cream & Onion Flavour [Dried Sour Cream (**MILK**), Dried Onion, Sugar, Yeast Extract, Potassium Chloride, Dried Whey (**MILK**), Dried Garlic, Maltodextrin, Salt, Natural Flavourings (contain **MILK**), Acid: Citric Acid, Dried Parsley], Salt. Per serving 99 kcal.

Allergy Advice: For allergens, see ingredients in **BOLD**.

Adults need around 2000 kcal a day. Kcal information provided is per serving/portion.

Due to the way our food is produced, prepared, and handled it is not possible to guarantee the absence of allergens in our products. Please make sure that you check allergens information and that you inform us if you have a food allergy or special dietary requirements.

