

Breakfast

The Great British Breakfast

Bacon (21.1%) [Pork (87%); Water, Salt; Antioxidant: E301; Preservatives: E250 (Sodium Nitrite), E252 (Potassium Nitrate)], Tomatoes (19.6%) [Tomatoes], Paris Brown Mushrooms (17.2%) [Chestnut Mushrooms], Bird Bros Medium **EGGS** (14%) [**EGG**, Pork & Parsley Sausage (13.7%) [Pork(61%), Water, Rusk **WHEAT** Flour (calcium Carbonate, Iron, Niacin, Thiamin), Salt), Seasoning (salt, Dextrose, **WHEAT** Flour (calcium Carbonate, Iron, Niacin, Thiamin), Stabiliser: E451, Preservative: E221 (**SULPHITES**), Flavour Enhancer: E621, Spices (white Pepper, Black Pepper, Cayenne Chili), Flavourings: (**SULPHITES**), Yeast Extract, Spice Extracts (black Pepper, Nutmeg, Capsicum, Ginger), Sunflower Oil, Maltodextrin, Antioxidants: [E307;E304, acid:E330, colour:E120], Dried Parsley Filled Into A Natural Hog Casing], Mini Hash Brown Puffs (12.3%) [Potatoes (82%), Vegetable Oils (rapeseed, Sunflower, In Varying Proportions), Potato Starch, Onion, Potato Flakes, Salt, Pea Fibre, Dextrose, Flavouring (Onion Extract), Spice], KTC Veg Oil (1.2%) [**SOYA**bean Oil (produced From Genetically Modified **SOYA**-fully refined), Anti Foaming Agent: Dimethyl Polysiloxane (E900)]. Butter (**MILK**), Swiss Chard (0.98%). Per serving 544 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.

Classic Bacon Sandwich

Bacon (48.5%) [Pork (87%); Water, Salt; Antioxidant: E301; Preservatives: E250, E252], Malted Bread (43.7%) [**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], Salted Butter E12718 (4.9%) [Butter (**MILK**) (Minimum Fat Content: 80%), Salt (1.9% Maximum)], Swiss Chard (1.9%), Vegetable Oil (0.97%) [**SOYA**bean Oil (produced From Genetically Modified **SOYA**), Anti Foaming Agent: Dimethyl Polysiloxane (E900)]. Per serving 526 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.

Porridge

Plain porridge: Semi Skimmer **MILK**, Mornflake **OATS** (**OAT**flakes). Per serving 271 kcal.

Porridge with banana and honey: Semi Skimmer **MILK**, Bananas, Mornflake **OATS** (**OAT**flakes), Honey. Per serving 420 kcal.

May contain wheat, barley.

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. Per serving 242 kcal.

Hash with fried egg: (79.2%) (New Potato Hash With Sundried Tomato & Cumin (98.2%) [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 (1.8%)], Medium **EGG** (20.1%) [**EGG**], KTC Veg Oil (0.71%) [**SOYA**bean Oil (produced From Genetically Modified, fully refined **SOYA**), Anti Foaming Agent: Dimethyl Polysiloxane (E900)]. Per serving 335 kcal.

Swiss Chard may contain mustard and celery.

Smoked Salmon and Scrambled Eggs

Freshly prepared scrambled eggs: **EGGS**, Semi Skimmed **MILK** (16.8%), Butter (4.7%) (**MILK**), Lemons (4.7%). **Salmon** (**FISH**) (96%) (*Salmo salar*), Salt, Sugar, Oak Smoke), Swiss Chard. (1.9%). Per serving 323 kcal.

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

Toast

White Bloomer: [**WHEAT** Flour (with Added Calcium Carbonate, Niacin, Iron, Thiamine), Water, Vegetable Oils (Rapeseed, Palm), Yeast, Salt, Dextrose, **WHEAT** Protein, Spirit Vinegar, Emulsifiers [E471, E472(e)], Palm Fat, Flour (**WHEAT**) Treatment Agent [E300], **WHEAT** Flour].

Malted Bread: **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].

Tipstree Marmalade: Sugar, Seville Oranges, Gelling Agent: Citrus Pectin.

Tipstree Strawberry jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin; Acidity Regulator: Citric Acid.

Honey: Pure Honey.

Butter: (**MILK**), Salt.

Per serving (181-279 kcal)

Mango & Coconut Overnight Oats

Coconut Yoghurt (61%) (Coconut milk (71%) Coconut Water (24%), Cornflour, Potato Starch, Stabiliser (Fruit Pectin), Corn Fibre, Cultures (S. thermophilus, L. bulgaricus, Lactobacillus acidophilus, Bifidobacterium lactis)), Mango Pulp (25%) (Kesar Mangoes (95%), Sugar Syrup, Citric Acid), **OATS** (11%) (**OATS**), Desiccated Coconut (3%) (Coconut, Preservative (Sodium Metabi**SULPHITE**)). Per serving 291 kcal.

Rest of the day

Chicken Pesto Tiger Roll

Chicken Pesto Tiger Roll (97.6%) [Tiger Roll (**WHEAT GLUTEN** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Palm & Rapeseed Oil, Salt, Wheat Gluten, Fermented **WHEAT** Flour, **SOYA** Flour, Dextrose, **BARLEY** Extract, Stabiliser: Diphosphates (E 450), **BARLEY** Malt Extract, Emulsifier (E471, E472e), Flour Treatment Agent (E300, E920), Enzymes, Potato Starch, Sunflower Oil Topping Tiger Paste 4%), Chicken Pesto Mix (44%) (Shredded Chicken (69%) (Chicken, Salt), Full Fat Mayonnaise (17%) (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), Nut Free Pesto (7%)(Basil (50%), Sunflower Oil (39%), Vegetarian Cheese (**MILK**) (8%), Sugar, Salt, Acidity Regulator (Lactic Acid), Garlic), **CELERY** (7%), Cracked Black Pepper, Apollo Leaf (6%)], Chard, Swiss (2.4%). Per serving 397 kcal.

May contain chicken bones.

May contain sulphites.

Swiss Chard may contain mustard and celery.

Orzo Pasta Salad

Cooked Orzo Pasta (65%) (Water, Durum **WHEAT** Semolina), Water, Semi Dried Tomatoes (8%) ((Tomatoes, Sunflower Oil, Salt, Garlic, Oregano), Rapeseed Oil, Red Pepper, Red Wine Vinegar, Sugar, Garlic Puree, Salt, Black Pepper, Turmeric Powder), Olive Oil and Vinegar Dressing (10%) (Olive Oil (67%) (Refined Olive Oil, Virgin Olive Oil), White Wine Vinegar (33%)), Cucumber (10%), Lettuce (3%), Red Cabbage (6%), Carrot (6%). Per serving 275 kcal.

Olly's Pretzel Thins

WHEAT Flour, Sunflower Oil, Sugar, **BARLEY** Malt Extract, Salt, Emulsifier, **SOYA**, Lecithin, Water, Raising Agent Sodium Bicarbonate. Per serving 59 kcal.

Made in a factory that handles sesame and milk.

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.

Raspberry & White Chocolate Shortbread biscuit

WHEAT Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Butter (**MILK**, Salt), Sugar, White Chocolate Chip 9% (Sugar, Cocoa Butter, Whole **MILK** Powder, Lactose (**MILK**), Whey Powder (**MILK**), Emulsifier (E322 (**SOYA**)), Natural Vanilla Flavouring), Freeze Dried Raspberries 0.4%, Natural Raspberry Flavouring 0.3%. Per serving 217 kcal.

Made in bakery that processes eggs, nuts, peanuts and sulphur dioxide

Vietnamese Vegetable Curry

Water, Cauliflower Florets, Jasmine Rice, Carrot, Edamame Bean (**SOYBEANS**), Onion, 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), Stabilizers (Guar Gum, Locust Bean Gum), Natural Flavors, Salt, Colorant (Beta-Carotene), Creamed Coconut (Desiccated Coconut: Sulphur Dioxide 50Ppm Max) [**SULPHITES**], Sugar, Vegetable Oil, Modified Maize Starch, Water, **SOY** Bean 18%, Salt, **WHEAT** Flour, Sugar, Preservative: Potassium Sorbate (E202). [**SOYBEANS**], Mild Madras Curry Powder (**WHEAT, MUSTARD**), Red Chilli, Lime Juice (From Concentrate, Potassium Metabi**SULPHITE**), Ginger, Garlic, Thai Basil, Sea Salt Crystals, Lime Zest. Per serving 366 kcal.

May contain nuts. Swiss Chard may contain mustard and celery.

Ploughman's Grazing Plate

Ploughman's Pork Pie [**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamine), 85ul Pork Shoulder (19%), Water, Cooking Pulled Pork (9%), Diced Onion 10mm, Apple, Lard, Unsalted Butter (**MILK**), Liquid **EGG**, Breadcrumb (**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Honey, Salt, Rubbed Sage, Salt, Parsley, Ground Black Pepper, Cracked Black Pepper, Cooking Pulled Pork Contains: 85ul Pork Shoulder, Water, Garlic, Caster Sugar, Salt, Rapeseed Oil (Anti Foaming Agent (Polymethylsiloxane)), Cracked Black Pepper].

Ploughman's Cheese tray

Red Fox cheese (Pasteurised Cow's **MILK**, PDV Salt, Starter Culture, Colour: Annatto Norbixin E160b (ii), Microbial Rennet). **Blackstone Vintage Cheddar Cheese** (Pasteurised Cow's **MILK**, Salt contains Anti -caking Agent Sodium Ferrocyanide , Vegetarian Rennet, Starter Culture). **Crispbread** (**MILK**, **RYE** Flour, **WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Thiamine, Niacin), Sourdough (**RYE** Flour, Water), Wholemeal **WHEAT** Flour, Honey, Salt), **Semi-dried tomatoes** (Semi-dried Tomatoes, Sunflower Oil, Salt, Garlic Flakes, Oregano, Preservative: Potassium Sorbate). **Country Garden Chutney** (Vegetables (Onion, Carrot, Sueded, Turnip, Parsnip), Raw Cane Sugar, Cider Vinegar, Apricots, Bramley Apples, Tomato Puree, Sultanas, Garlic Pure, Sea Salt, Tamarind Paste, **MUSTARD** Flour, Red Chillies, Ground Ginger, Ground Cinnamon, Ground Allspice, Ground Black Pepper). **Onion in Balsamic** (Onions, Balsamic Dressing (Grape Must, Preservative: Potassium metabi**SULPHITE**, Red Wine Vinegar), Water, Wine Vinegar, Sea Salt, Sugar, Acidity Regulators: Citric Acid, Glucono - Delta Lactone, Lactic Acid, Laurel, Firming Agent+: Calcium Chloride, Anti-Oxidant: Ascorbic Acid, Preservative: Sodium metabi**SULPHITE**). Per serving 673 kcal.

Optinal: Gluten Free crackers; 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%).

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

Biscoff Cheesecake Dessert pot

Lotus Cheesecake Mix (UHT Whipping Cream (**MILK**), Full Fat Soft Cheese (**MILK**), Biscoff Spread (Caramelized Biscuits (**WHEAT** flour, sugar, Vegetable oil (palm oil, rapeseed oil), candy sugar syrup, raising agent (sodium hydrogen carbonate), **SOYBEANS** flour, salt, cinnamon), rapeseed oil, sugar, emulsifier: **SOYBEANS** lecithin, acid (citric acid)), Ultra Mousse Stabilizer (**MILK**) (Dextrose, Sugar, Thickenner modified starch, Skimmed **MILK** Powder, **MILK** Protein)), Biscoff Crumble (**WHEAT** flour, sugar, vegetable oils (palm, rapeseed), candy sugar syrup, raising agent (sodium hydrogen carbonate), **SOYBEANS** flour, salt, cinnamon), Lotus Topping Sauce (Caramelized biscuits 52% (**WHEAT** flour, sugar, vegetable oils (palm, rapeseed), candy sugar syrup, raising agent (sodium hydrogen carbonate), **SOYA** flour, salt, cinnamon), rapeseed oil, sugar, emulsifier (lecithin (**SOYA**), acid (citric acid))). Per serving 316 kcal.

Nuts are handled on production site.

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

Adults need around 2000 kcal a day.

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.

