

Ingredients & Allergens Menu

Evero Weekday First Class Ingredients & Allergens Menu from 3rd December 2025

Breakfast

The Breakfast Grill

Breakfast Grill (65.1%) [PORK AND PARSLEY SAUSAGE (29%) [Pork, Water, Rusk (**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin)), Salt, Raising Agent (Ammonium Carbonate), Pork Fat, Salt, Dextrose, **WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Stabiliser (Sodium Tripolyphosphate), Preservative (Sodium **SULPHITE**), Flavour Enhancer (Monosodium Glutamate), Spices (White Pepper, Black Pepper, Cayenne Chili), Yeast Extract, Antioxidant (Ascorbic Acid), Spice Extracts (Black Pepper Extract, Nutmeg Extract, Capsicum Extract, Ginger Extract), Citric Acid, Colour (Carmine), (**SULPHITES**)], Dried Parsley, Natural Hog Casing], ROSTI BITES (27%) [potato, Vegetable Oil (Palm), Salt, Dextrose (Maize), Onion Powder, Emulsifier (Hydroxypropyl Methyl Cellulose), Spice], TOMATO (26%), SMOKED BACK BACON (19%) [Pork, Water, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], Scrambled **EGG** (33.6%) [SCRAMBLED **EGG** (80%) [Pasteurised Free Range **EGG**, Water, Rapeseed Oil, Tapioca Starch, Skimmed **MILK** Powder, Lemon Juice, Salt, Ground White Pepper], WHITE SAUCE (20%) [Water, Rapeseed Oil, Modified Starch, Salt, Whey (**MILK**) Protein Concentrate (**MILK**), Sugar, Vegetable Stock (Salt, Maltodextrin, Yeast Extract, Sugar, Vegetables (Onion, Parsnip), Carrot Extract, Rapeseed Oil, Tomato, Louage), Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Stabiliser (Guar Gum), Spices]], Swiss Chard (1.3%). Per serving 509 kcal.

Swiss Chard is produced on a site which handles Gluten, Celery and Mustard.

Factories handles all other allergens.

Optional:

Tiptree Tomato ketchup: Tomatoes (180g per 100g of Ketchup), Sugar, Wine Vinegar, Lemon Juice, Salt, Spices (Onion Powder, Chili Powder, Ground Cinnamon, Ground Cloves). Per serving 15 kcal.

Tiptree Brown sauce: Tomatoes, Sugar, Treacle, **BARLEY** Malt Vinegar, Wine Vinegar, Apples, Sultanas, Oranges, Citrus Fibre, Salt, Tamarind, Lemon Juice, Spices (Onion Powder, Chili Powder, Ground Cinnamon, Ground Ginger, Ground Cloves). Per serving 15 kcal.

Classic Bacon Roll

Bacon Roll (92.5%) [White Roll (**WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Niacin, Thiamin), Water, **RYE** Flour, Potato Starch, Potato, Yeast, Sugar, Rapeseed Oil, Salt, **WHEAT** Flour, Emulsifier (Sodium Stearoyl 2 Lactylate), Fermented **WHEAT** Flour, Flour Treatment Agent (Ascorbic Acid)], BEECHWOOD SMOKED BACK BACON (29%) [Pork, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], BEECHWOOD SMOKED STREAKY BACON (6%) [Pork, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Natural Flavourings, Natural Beechwood Smoke]],

BUTTER (7.5%) [Pasteurised Cow's Cream (**MILK**) 98.49%, Salt 1.5%, Lactic Culture 0.01%].

Per serving 431 kcal.

May contain egg and mustard. Swiss Chard is produced on a site which handles Gluten, Celery and Mustard.

Classic Bacon Roll (GF)

Bacon Roll (91.6%) [Gluten Free Brown Seeded Roll (Water, Tapioca Starch, Rice Flour, Seeds (Sunflower, Linseed, Millet, Poppy), Rapeseed Oil, Psyllium Fibre, Potato Flakes, Treacle, Humectant (Glycerine), Stabiliser (Hydroxypropyl Methyl Cellulose), Yeast, Maize Flour, Millet Flakes, Sugar, Salt, Sugar Beet Fibre, Fermented Rice Flour, Reduced Fat Cocoa Powder), BEECHWOOD SMOKED BACK BACON (33%) [Pork, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], BEECHWOOD SMOKED STREAKY BACON (7%) [Pork, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Natural Flavourings, Natural Beechwood Smoke]],

BUTTER (8.4%) [Pasteurised Cow's Cream (**MILK**) 98.49%, Salt 1.5%, Lactic Culture 0.01%]. Per serving 396 kcal.

May contain egg and mustard. Swiss Chard is produced on a site which handles Gluten, Celery and Mustard.

Optional:

Tiptree Tomato ketchup: Tomatoes (180g per 100g of Ketchup), Sugar, Wine Vinegar, Lemon Juice, Salt, Spices (Onion Powder, Chili Powder, Ground Cinnamon, Ground Cloves). Per serving 15 kcal.

Tiptree Brown sauce: Tomatoes, Sugar, Treacle, **BARLEY** Malt Vinegar, Wine Vinegar, Apples, Sultanas, Oranges, Citrus Fibre, Salt, Tamarind, Lemon Juice, Spices (Onion Powder, Chili Powder, Ground Cinnamon, Ground Ginger, Ground Cloves). Per serving 15 kcal.

Winter Berry Waffles with Greek Style Yogurt

Mixed Berry Waffle (51.6%) [Dough [flour (**WHEAT**, Malted **WHEAT**), Vegetable Oil (Palm, Rapeseed), Water, BUTTER (**MILK**), Sugar, Yeast, Whole **MILK** Powder, Salt, **EGG** Powder, Emulsifier (E471), antioxidant (E300), Acid (E330), Colour (E160a[iii])], Filling (49.5%) [Mixed Berries (69%) (Raspberries, Redcurrants, Strawberries, Blackcurrants, Raspberries, Blueberries), Sugar, Modified Starch]], **Greek Style Yoghurt** (48.4%) [Pasteurised Cow's **MILK**, Cream (**MILK**), Skimmed **MILK** Powder, Cultures]. Per serving 282 kcal.

Rest of the day

Bangers & Mash

Mashed Potatoes (36%), Onion Gravy (32%), Pork and Leek Sauce (27%), Savoy Cabbage (5%), Mashed Potatoes contains (Potatoes (Preservative: **SULPHITES**), Butter (**MILK**, Salt), **MILK** Double Cream (**MILK**, Sea Salt), Onion Gravy contains (Water, Sliced Red Onion, Beef Stock (Water, Beef Stock (Beef Bone, Water), Yeast Extract, Salt, Lemon Juice Concentrate, Beef Fat), Modified Waxy Maize Starch, Rapeseed Oil, Worcester Sauce (Malt Vinegar (**BARLEY**), Spirit Vinegar, Molasses, Sugar, Salt, Anchovies (**FISH**), Tamarind Extract, Onions, Garlic, Spice, Flavourings), Fortified **WHEAT** Flour*, Salt, Tomato Paste, Demerara Sugar, Ground White Pepper), Pork and Leek Sausage contains (Pork, Water, Rusk (Fortified **WHEAT** Flour*, Salt, Raising Agent: Ammonium Bicarbonate), Seasoning (Salt, Dextrose, Fortified **WHEAT** Flour*, Stabiliser: Sodium Triphosphate, Preservative: Sodium **SULPHITE**, Flavour Enhancer: Monosodium Glutamate, Spices (White Pepper, Black Pepper, Cayenne Chili), Yeast Extract, Antioxidant: Vitamin C, Spice Extracts (Black Pepper Extract, Nutmeg Extract, Capsicum Extract, Ginger Extract), Citric Acid, Colour: Carmine), Green & White Leeks), Fortified **WHEAT** Flour* contains: (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Folic acid). Per serving 503 kcal.

Swiss Chard is produced on a site which handles Gluten, Celery and Mustard. Made in factory that handles nuts.

New York Deli Pretzel Roll

New York Deli Pretzel Roll (97.3%) [Pretzel Roll (**WHEAT** Flour, Water, Rapeseed Oil, Salt, Yeast, **WHEAT GLUTEN** Flour Treatment Agent (Ascorbic Acid), Acidity Regulator (Sodium Hydroxide)], PASTRAMI (18%) [Beef, Salt, Cracked Black Pepper, Stabilisers (Diphosphates, Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], EMMENTAL CHEESE (14%), **MILK** (**MILK**, Salt), GHERKIN (Water, Mustard MAYONNAISE MIX (11%) [Mayonnaise (Rapeseed Oil, Water, Pasteurised Liquid **EGG**, Acidity Regulator (Acetic Acid), Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate)], Gherkins (Gherkins, Water, Sugar, Spirit Vinegar, Salt, Firming Agent (Calcium Chloride), Natural Flavouring, Colour (Riboflavin), Iron, **MUSTARD** (Water, **MUSTARD** Seed, Spirit Vinegar, Salt, Preservative (Sodium Hydrogen **SULPHITE**), Yellow **MUSTARD** (Water, Spirit Vinegar, **MUSTARD** Seed, Salt, Spices, Flavourings)], Micro Leaf Ruby/Red Chard 2.7%). Per serving 377 kcal.

May contain traces of Celery. Although every care has been taken to remove all bones, some may remain.

All The Trimmings Curry & Rice

Curry Sauce (38%) (Water, Onion, Lentil Protein Cream, Carrot, Coconut Cream, Sugar, Rapeseed Oil, Gluten Free **SOY** Sauce (Water, **SOY** Beans, Salt, Spirit Vinegar), Curry Powder (Coriander, Cumin, Turmeric, Fenugreek, Cassia, White Pepper, Ginger, Nutmeg, Cloves, Salt), Modified Maize Starch, Red Chili Puree, Lime Juice (**SULPHITES**), Ginger, Garlic Puree, Basil, Salt, Lime Zest), Steamed Basmati Rice (36%), Cauliflower Florets (11%), Parsnips (8%), Sprouts (7%)], Micro Leaf Ruby/Red Chard (1.2%). Per serving 357 kcal.

This product is produced in a facility which handles Nuts, Gluten, Celery, Hazelnuts therefore may contain traces of Gluten, Celery, Mustard, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias.

Festive Afternoon Tea

FESTIVE AFTERNOON TEA FINGER SANDWICHES (52.8%): CURRIED **EGG** ON MALTED BREAD: Malted Bread (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **WHEAT** Flakes, Yeast, **BARLEY** Malt Flour, Salt, Emulsifier (Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Preservative (Calcium Propionate), Buck **WHEAT** Flour, Rapeseed Oil, Flour Treatment Agent (Ascorbic Acid)], free range hard boiled **EGG** (9%) [**EGG**, Preservative (Water, Citric Acid, Trisodium Citrate)], coronation mayonnaise (5%) [Rapeseed Oil, Pasteurised Liquid **EGG**, Water, Acidity Regulator (Acetic Acid), Sugar, Karma Spices (Turmeric Powder, Ground Cumin Seeds, Cayenne Chili Powder, Coriander Powder, Ground Pimento, Chili Powder, Ground Cinnamon, Black Pepper, Salt, Cornflour, Garlic Powder, Herbs (Oregano, Marjoram, Ground Bay Leaves), Colours (Paprika Extract, Turmeric Extract), Tomato, Salt, Worcester Sauce (Malt (**BARLEY**) Vinegar (**BARLEY**), Water, Spirit Vinegar, Tamarind Paste, Sugar, Colour (Caramel), Onion Powder, Garlic Powder, White Pepper, Cloves, Paprika), Stabiliser (Xanthan Gum), Curry Flavouring, Preservative (Potassium Sorbate), Stabiliser (Guar Gum), Spice Extract], Red Onion, Mango Chutney (Sugar, Mango Salt, Acidity Regulator (Acetic Acid), Garlic, Ginger, Chili), SULTANAS (1%) (Sultanas, Sunflower Oil), CRANBERRY SAUCE AND BRIE CHEESE ON WHITE BREAD: White Bread (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers (Mono And Diglycerides Of Fatty Acids, Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Preservative (Calcium Propionate), Rapeseed Oil, Flour Treatment Agent (Ascorbic Acid)], Brie Cheese (11%), **MILK** [Pasteurised Cow's **MILK**, Salt, Lactic Cultures, Microbial Rennet], Cranberry Sauce (4%) [Cranberries, Sugar, White Wine Vinegar, Sweet Orange Pulp, Orange Zest], Rocket (3%) TURKEY AND STUFFING MAYONNAISE ON MALTED BREAD: Malted Bread (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **WHEAT** Flakes, Yeast, **BARLEY** Malt Flour, Salt, Emulsifier (Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Preservative (Calcium Propionate), Buckwheat Flour, Rapeseed Oil, Flour Treatment Agent (Ascorbic Acid)], Cooked Pulled Turkey (11%) [Turkey, Water, Salt, Pea Starch, Stabilisers (Triphosphates, Diphosphates), Gelling Agent (Carrageenan)], Sage And Onion Stuffings (8%) [Water, Breadcrumb (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast), Rusk (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt), Onion, **OATS**, Salt, Sage, Parsley], MAYONNAISE (4%) (Rapeseed Oil, Water, Pasteurised Liquid **EGG**, Acidity Regulator (Acetic Acid), Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate)],

CRUMBLE TOPPED MINCE PIE (2.6%) [Mincemeat 44% (Vine Fruits (28%) (Sultanas, Raisins, Sunflower Oil), Apple (24%) (Apples), Preservative: Acetic Acid), Sugar, Glucose Fructose Syrup, Candied Mixed Peel (3.4%) (Orange Peel, Glucose Fructose Syrup, Sugar, Lemon Peel), Rice Flour, Sunflower Oil], Modified Maize Starch, Mixed Spices, Acidity Regulator: Citric Acid, Colour: Plain Caramel, Orange Oil), Sweet Pastry Case 38% (**WHEAT** Flour (**WHEAT** Flour, Calcium, Niacin, Iron, Thiamin), Water, Rapeseed Oil, Palm Oil, Palm Stearin, Sugar, Skimmed **MILK** Powder, Salt, Raising Agents (Disodium Diphosphate, Calcium Carbonate)), Crumble Topping 17% (Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Margarine (Vegetable Oils (Palm, Rapeseed), Water, Salt (2%), Emulsifier: Polyglycerol Esters Of Fatty Acids, Colours: Curcumin, Annatto Bixin, Flavouring), Sugar, Sugar (Sugar And Cane Molasses)), Dextrose (**WHEAT**), Cornflour, Vegetable Oil]],

ORANGE & CRANBERRY SHORTBREAD (19.5%) (**WHEAT** Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Butter (**MILK** Salt), Cranberries 13% (Sugar, Sunflower Oil), Sugar (Or Sucrose), Natural Orange Flavouring 0.4%). **MICRO LEAF RUBY/RED CHARD** (1.7%). Per serving 766 kcal.

May contain traces of Peanuts, Celery, Mustard, Soya, Sulphites, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias.

Apple & Blueberry Crumble

APPLE & BLUEBERRY CRUMBLE (75.8%) [Apples, Blueberries, Gluten Free Plain White Flour Blend (Brown Rice Flour, White Rice Flour, Malt Flour, Tapioca Starch, Maize Flour, Buckwheat Flour), Butter (**MILK**) Unsalted (**MILK**), Soft Light Brown Sugar, Caster Sugar, . Gluten Free Rolled Jumbo **OATS** Sugar Demerara, Lemon Juice, Corn Flour, Cinnamon Ground, Nutmeg Ground], **CORNISH CLOTTED CREAM** (24.2%) [Cornish Cows **MILK**]. Per serving 481 kcal.

May contain traces of Eggs, Fish, Soya, Sulphites, Wheat. Every care has been taken to remove fruit pits, however, small fragments may remain.

Orange & Cranberry Shortbread

Orange Cranberry Shortbread (**WHEAT** Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Butter (**MILK** Salt), Cranberries 13% (Sugar, Sunflower Oil), Sugar (Or Sucrose), Natural Orange Flavouring 0.4%). Per serving 208 kcal.

May contain traces of Peanuts, Eggs, Soya, Sulphites, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias.

Cox & Go Miso & Caramel

Chocolate Bar

Miso Caramel Oat Milk Chocolate (100%) [Colombian Couverture Dark Chocolate (99%) (Cocoa Mass, Sugar, Dried Gluten Free **OAT** Powder, Cocoa Butter, Dried Rice Powder, Emulsifier: Sunflower Lecithin, Vanilla Extract), Miso (**SOYA**) Powder (<1%), (**SOY**bean, Rice, Salt, Vitamin B2), Natural Caramel Flavour (<1%)]. Per serving 85 kcal.

May contain traces of Peanuts, Eggs, Milk, Wheat, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias.

Shakshuka with Moroccan Bites

Shakshuka With Moroccan Spiced Bites (98%) [SHAKSHUKA MUSHROOM MIX (75%) [Shakshuka (Tomato, Red Peppers, Peeled Plum Tomatoes In Tomato Juice (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)], Onions, Tomato Purée, Olive Pomace Oil, Garlic, Red Chili, Smoked Paprika, Sea Salt, Coriander, Cumin, Black Pepper), Mushroom (Mushrooms, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Smoked Paprika], MOROCCAN STYLE SPICED FALAFEL (25%) [Chickpeas (Water, Chickpeas), Cauliflower, Onion, Dates, Rapeseed Oil, Potato Flake, Sweet Potato, Dried Red Pepper, Garlic Purée (Water, Garlic Granules), Coriander, Lemon Juice Concentrate, Salt, Parsley, Raising Agent (Sodium Bicarbonate), Ground Coriander, Ground Paprika, Ground Cumin, Ground Cinnamon, Mint, Ground Black Pepper, Chili Flakes]], Micro Leaf Ruby/Red Chard (2%). Per serving total 254 kcal.

Made to a vegan recipe in a factory that handles Milk and Egg so may not be suitable for allergy sufferers.

Add poached egg: **EGG** (24.6%) [Graded Class A Medium Free-Range **EGG** (100%), Sunflower Oil]. Per serving 320 kcal.

May contain traces of Gluten, Eggs, Milk, Celery, Mustard.

Smoked Salmon and Scrambled Eggs

Pre-cooked egg Scrambled **EGG** (6.94%) [SCRAMBLED **EGG** (80%) [Pasteurised Free Range **EGG**, Water, Rapeseed Oil, Tapioca Starch, Skimmed **MILK** Powder, Lemon Juice, Salt, Ground White Pepper], WHITE SAUCE (20%) [Water, Rapeseed Oil, Modified Starch, Salt, Whey (**MILK**) Protein Concentrate (**MILK**), Sugar, Vegetable Stock (Salt, Maltodextrin, Yeast Extract, Sugar, Vegetables (Onion, Parsnip), Carrot Extract, Rapeseed Oil, Tomato, Louage), Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Stabiliser (Guar Gum), Spices]], SMOKED SALMON (27.8%) [Salmon (**FISH**) (96%) (Salmo Salar), Salt, Sugar, Oak Smoke], Swiss Chard (2.8%). Per serving 226 kcal.

Although every care has been taken to remove bones, some may remain. May contain gluten Swiss Chard is produced on a site which handles Gluten, Celery and Mustard.

Toast with butter

White Bloomer: (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, **SOYA** Flour, Preservative (E282 Calcium Propionate), Emulsifiers (E472e Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Rapeseed Oil, Flour Treatment Agent (E300 Ascorbic Acid)],

Butter (14%) [Pasteurised Cows Cream (**MILK**), Salt, Lactic Culture]. Per serving 254 kcal.

Malted Bread: (**WHEAT** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **WHEAT** Flakes (9.0%), **WHEAT** Bran (2.3%), Yeast, Malted **BARLEY** Flour (1.0%), Salt, Vegetable Oils [Rapeseed, Palm], **WHEAT** Protein, Spirit Vinegar, Emulsifiers (E471, E472[E]), Malted **WHEAT** Flour, Flour Treatment Agent (E300), Palm Fat, **WHEAT** Flour],

Butter (11.6%) [Pasteurised Cows Cream (**MILK**), Salt, Lactic Culture]. Per serving 315 kcal.

Tiptree Marmalade: Sugar, Seville Oranges, Gelling Agent: Citrus Pectin. Per serving 71 kcal.

Tiptree Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulatory: Citric Acid. Per serving 76 kcal.

Honey: Pure Honey. Per serving 81 kcal.

Toasted Teacake

TEACAKE (63.1%) [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sultanas (14%), Currants (10%), Sugar, Yeast, Mixed Peel (3.8%) (Contains: Orange Peel, Glucose Fructose Syrup, Lemon Peel, Sucrose, Preservative (E202), Acidity Regulator (E330)), Vegetable Oil (Palm, Rapeseed), Salt, Emulsifier (E472e), Nutmeg, Flavouring, Flour Treatment Agent (E300), Colour (E160a)].

Tiptree Strawberry Jam (27.2%) [Sugar, Strawberries, Gelling Agent: Citrus Pectin; Acidity Regulatory: Citric Acid]

Butter (9.7%) [Pasteurised Cows Cream (**MILK**), Salt, Lactic Culture]. Per serving 347 kcal.

May contain traces of Tree nuts, Eggs, Sesame, Soya, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias. Sulphites <10ppm.

Cinnamon Cruffin

Cinnamon Cruffin (100%) [White Strong Bread Flour (White **WHEAT** Flour With Added Calcium Carbonate, Nicotinamide, Iron And Thiamine, **WHEAT**), Water, Butter Laminating (**MILK**, **MILK** Whole, Caster Sugar, Soft Light Brown Sugar, Butter (**MILK**) Unsalted (**MILK**), Yeast Bakers Compressed, Cinnamon Ground 0.92%, Salt, Talc, **BARLEY** Malt Flour (**WHEAT**)]. Per serving 224 kcal.

May contain traces of Eggs, Fish, Soya, Sulphites.

Porridge

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

Add Banana and Honey. Per serving 392 kcal.

Indian Salad

Indian Salad (100%) [CHICKPEA SALAD (29%) [Cooked Chickpeas (Chickpeas, Water), Tomato, Slow Roasted Tomato (Tomatoes, Sunflower Oil, Salt, Garlic, Oregano), Salsa (Tomatoes, Water, Spirit Vinegar, Tomato Purée, Jalapeño Peppers (Jalapeño Peppers, Water, Spirit Vinegar, Salt), Dried Onion, Modified Maize Starch, Sugar, Salt, Dried Red Pepper, Garlic Powder, Cumin, Preservative (Potassium Sorbate), Chili Powder, Oregano, Black Pepper), Red Onion, Lemon Juice (Lemon Juice In Concentrate, Preservative (Potassium **METABISULPHITE**), Coriander, Madras Curry Powder (Coriander, Turmeric, Rice Flour, Fenugreek, Ginger, Salt, Cumin, Black Pepper, Paprika, Colour (Paprika Extract, Curry Yellow), Salt, Cracked Black Pepper), MASHED VEGETABLE FENNEL (19%) [Cauliflower, Aubergine, Onion, Tomato Paste, Coconut Milk, Water, Garlic Purée, Ginger Purée, Light Brown Sugar, Vegetable Stock (Salt, Maltodextrin, Rice Flour, Vegetables (Onion, Carrot, Parsnip), Yeast Extract, Sunflower Oil, Parsley, Turmeric), Garam Masala Powder, Rapeseed Oil, Red Chili, Coriander, Salt, Turmeric, Black Pepper], ONION BHAJI (19%) [Onion, Gram Flour (Yellow Split Pea, Channa Dal)], Rapeseed Oil, Lemon Juice, Salt, Cumin Powder, Coriander Powder, Cumin Seed, Ajwain Seed, Garam Masala (Coriander, Cumin, Cinnamon, Ginger, Black Pepper, Clove, Nutmeg, Cardamom, Bay Leaf, Chili Powder), Chili Powder, Turmeric, Black Pepper, Baking Powder (Mono Calcium Phosphate, Cornstarch, Sodium Bicarbonate)], SPINACH (12%), CARROT AND CABBAGE PICKLE (12%) [Carrot, Red Cabbage, Sugar, White Wine Vinegar (White Wine Vinegar, Antioxidant (Sodium **METABISULPHITE**)), CORIANDER VEGAN MAYONNAISE (10%) [Vegan Mayonnaise (Rapeseed Oil, Water, Sugar, Spirit Vinegar, Salt, Modified Waxy Maize Starch, Stabiliser (Xanthan Gum), Flavouring, Colour (Carotene), Antioxidant (Calcium Disodium EDTA)], Red Onion, Coriander]]. Per serving 316 kcal.

May contain traces of Gluten, Eggs, Milk, Celery, Mustard, Sesame, Soya, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias. Made to a vegan recipe in a factory that handles Milk and Egg so may not be suitable for allergy sufferers.

West Coast Cheeseboard

West Coast Cheese Plate (61.6%) [RED FOX CHEESE (Pasteurised Cow's **MILK**, PDV Salt, Starter Culture, Colour: Annatto Norbixin E160b (i), Microbial Rennet) BLACKSTONE VINTAGE CHEDDAR CHEESE (Pasteurised Cow's **MILK**, Salt Contains Anti Caking Agent Sodium Ferricyanide, **Vegetarian** Rennet, Starter Culture) CROXTON MANOR LANCASHIRE CHEESE (Pasteurised Cow's **MILK**, Starter Culture, PDV Salt, Microbial Rennet).

Crispbread (**MILK**, **RYE** Flour, **WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Thiamine, Niacin), Sourdough (**RYE** Flour (**WHEAT**), 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, Swede, 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) **Dried Apricots** (Apricots , Preservative: **SULPHUR DIOXIDE (SULPHITES)**], Green Grapes (32.4%) [Fresh Whole Grapes White Seedless], **Estate Dairy Butter** (5.4%) [Pasteurised Cow's Cream (**MILK**), Salt, Lactic Culture].

Micro Leaf Ruby/Red Chard (0.54%). Per serving 650 kcal.

May contain traces of Celery, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias.

Although every care has been taken, some fruit stones may remain.

Optional:

Nalms GF Crackers Gluten Free Wholegrain **OATS** (51%), Maize Flour, Rice Flour, Sustainable Palm Fruit Oil, Tapioca Starch, Maize Starch, Raising Agent: Ammonium Carbonates, Brown Rice Syrup, Sea Salt. Per serving 31 kcal.

Haggis, Neeps & Tatties

Haggis, Neeps & Tatties (84.7%) [Haggis (33%) (Lamb Offal, **OATMEAL**, Onion, Beef Suet, Heart Seasoning (Wheat), **SOYA**, Dextrose, Groats, Nutmeg, Colour (E150) Salt, Rusk (**WHEAT** Flour, Salt, Raising Agent E503), Emulsifier E451(i), Preservative E221 (**SULPHITES**), Sugar, Flavour Enhancer E621, Flavourings, Antioxidant E301, Colour: Annhonia Caramel), Swede, Potatoes, Salted Butter (**MILK**) (**MILK**), Semi Skimmed **MILK**, Sea Salt, White Pepper], Haggis Sauce (14.1%) [Water, Double Cream (**MILK**) (**MILK**), Onion, Beef Stock (Water, Beef Stock (Beef Bone, Water), Yeast Extract, Salt, Lemon Juice Concentrate, Beef Fat), Modified Waxy Maize Starch, Plain Flour (**WHEAT** Flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), **Thiamine** Hydrochloride (Vit B1)), Rapeseed Oil, Garlic Puree, Sugar, Sea Salt, Malt (**BARLEY**) Extract (Malted **BARLEY**, Water), Thyme, Black Pepper], Micro Leaf Ruby/Red Chard (1.1%). Per serving 409 kcal. **May contain traces of Celery, Mustard.**

Fish, Chip & Pea Pie

FISH, Chip & Pea Pea (92.9%) [Processed Peas (28%) (Water, Sugar, Salt, Colours (Copper Complexes Of Chlorophylls, Mixed Carotenes)], Pre Cooked Potato Wedges In Oil (27%) (Potatoes, Rapeseed Oil, Salt, Onion, Stabiliser (Diphosphates), Flavourings, Smoke Flavouring, Spices)], Haddock (**FISH**) (23%), Pastry Puff (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Margarine (Palm And Rapeseed Oil, Water, Salt), Water, Preservative (Potassium Sorbate)), White Mild Cheddar (Cheddar Cheese (**MILK**, Salt, Starter, Rennet), Potato Starch), Distilled Malt (**BARLEY**) Vinegar (Water, Malted **BARLEY**/Torrefied **BARLEY**), Salt, Ground Paprika, Ground White Pepper], Lemon Wedge (5.8%) [Fresh Whole Lemons], Micro Leaf Ruby/Red Chard (1.3%). Per serving 418 kcal.

Add:

Tartare Sauce (31 kcal): Rapeseed Oil, Water, Spirit Vinegar, Gherkins 8% (may contain Filling Agent (Calcium Chloride), Capers 6%, Modified Starch, Salt, **EGG** Yolk Powder, Concentrated Lemon Juice, Preservative Potassium Sorbate, Thickeners Xanthan Gum, Guar Gum.

May contain traces of Celery, Mustard, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias. Every care has been taken to remove fish bones, however, small fragments may remain.

Sea Salted Crisps

Potatoes, Cold Pressed Rapeseed Oil, Sea Salt. Per serving 217 kcal.

Gluten Free. Produced in a nut-free facility. Suitable for Vegetarians and Vegans.

Sea Salt Vegetable Crisps

Mixed Root Vegetables In varying proportions (Parsnips, Carrots, Beetroot) 61%, Cold Pressed Rapeseed Oil, Sea Salt. Per serving 105 kcal.

Chips and Dips

Chips (100%) [SALTED TORTILLA CHIPS (Corn Flour (79%), Sunflower Oil, Salt) TOMATO SALSA MEXICANA (Tomatoes (50%), Water, Tomato Puree (7%), Spirit Vinegar, Modified Maize Starch, Jalapeno Peppers (Jalapeno Peppers, Water, Distilled Vinegar, Salt) (2%), Dried Onion, Sugar, Salt, Dried Red Pepper, Garlic Powder, Cumin Powder, Preservative: Potassium Sorbate, Chilli Powder, Oregano, Black Pepper) Gherkin Relish (Gherkin (40%), Sugar, Water, Onions, Modified Maize Starch, Salt, **MUSTARD** Seeds, Ground Ginger, Turmeric) SWEETCORN RELISH (Water, Sweetcorn (25%), Sugar, Spirit Vinegar, Modified Maize Starch, Dried Onion, Red Peppers, Salt, Lemon Juice Concentrate, Thyme, Cumin, Preservative: Potassium Sorbate, Dill Powder, Chili Powder, Garlic Powder)]. Per serving 204 kcal.

Produced on a site which handles Nuts and Gluten.

Crumb Topped Mince Pie

Crumble Topped Mince Pie (60%) [Mincemeat 44% (Vine Fruits (28%) (Sultanas, Raisins, Sunflower Oil), Apple (24%) (Apples), Preservative: Acetic Acid), Sugar, Glucose Fructose Syrup, Candied Mixed Peel (3.4%) (Orange Peel, Glucose Fructose Syrup, Sugar, Lemon Peel, Acidity Regulator: Citric Acid), Vegetable Suet (2.5%) (Palm Oil, Rice Flour, Sunflower Oil), Modified Maize Starch, Mixed Spices, Acidity Regulator: Citric Acid, Colour