## Breakfast

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), Antiovidant (Ascorbic Acid), Rapeseed Oil, Salt, Oregano, Garlic, Glucose Syrup, Citric Acid, Preservative (Potassium Sorbate), Antiovidant (Ascorbic Acid), Mushroom (9%), Chopped Kale (6%), Rapeseed Oil, Ground Roast Cumin, Sea Salt. Per serving 242 kcal.

Smoked Salmon and Scrambled Eggs

Crambled EGGS (61.7%) [Cooked Scrambled EGG (80%) [Intensive Pasteurized Whole EGG, Water, Rapessed Oil, Corriflour, Butter MILK Pauder, Lemon Juice Concentrate Sailt, White Pepper), Bechamel Sauce (20%) [Skimmed MILK, Vegetable Stock (Water, Soilt, Yeast Extract, Maltodextrin, Sugar, Vegetable Extract, Tomato Pawder, Louage), Palm Oil, Modified Maize Starch, Salt, Emulsifier (SOYA Lecithini)]. Smoked Salmon (24.7%) [Salmon (FSH) (96%) (Salmon Salt) Sugar, Oct. Smoke I. Jernov (11.1%).

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

Swiss Chard may contain mustard and celery.

(Salmo Salar), Salt, Sugar, Oak Smoke ]. Ler Chard (2.5%). Per serving 228 kcal

### Bacon Sandwich

Malted Bread (S334) [WHEAT Flour (with Added Calcium, Iron, Niacin and Thiamme), Water, Malted WHEAT Flour (1995), WHEAT Bran (29%), WHEAT Bran (29%), Yeast, WHEAT GLUTEN BARLEY Malt Flour (1994), Salt, Ernubslikers Ed/Ze, Rapessed Ol, Flour (WHEAT) Treatment Agent E300 ]. Proc Cooled Boom (375%) [Polk, Salt, Sugar, Presentatives Sodium Nitrito Sodium Nitrate, Antioxidant: Sodium Accorbate ] Unsalted Butter (59%), MILM, Suiss Chard (24%), Vegetable Ol, Blanded, Auerage (12%). Per senting Add Heat serving 441 kcal

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#### Porridge

MOMA plain No Added Sugar Portidge: [Wholegrain OATflakes (73%), Skimmed MILK Pouder. Per serving 252 kcal. MOMA with banana and honey. Water, MOMA Plain No Added Sugar Portidge; [Wholegrain OATflakes (73%), Skimmed MILK Powder], Bananas, Honey. Per serving 392 kcal.

### Bircher Bowl

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

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 [E47], E472[e]], Palm Fat, Flour (WHEAT) Treatment Agent [E300] WHEAT Flour].

WHEAT Flour].

Malked Bread WHEAT Flour (with Added Calcium, Iron, Niacin And Thiamine), Water, Malked WHEAT Flokes (9.5%), WHEAT Bran (2.8%), Yeast, WHEAT Gluten, BARLEY Malt Flour (0.9%), Salt, Emulsifiers: E472e, Rapeseed Oil, Flour (WHEAT) Treatment Agent: E300]. **Tiptree Marmalade:** Sugar, Seville Oranges, Gelling Agent: Citrus

Pectin.
Tiptree Strawberry jam: Sugar, Strawb
Pectin; Acidity Regulatory: Citric Acid.
Honey: Pure Honey.
Butter: (MILK), Salt.
Per serving (181-279 kcal)

## Rest of the day -

## Cheese & Mushroom Croque

Cheese & Mushroom Croque

White bread (WHEAT Flour (with Added Calcium, Iron, Niacin And Thiomina), Water, Yeast, Soit, Emulier E472e, Preservative E282, Repsesed Oil, Flour Treatment Ageine E472e, Preservative E282, Repsesed Oil, Flour Treatment Ageine E302h, Wushroom (16%) (Mushrooms, Water, Acidity, Regulator, Clitric Acid), Anticoidant (ascorbic Acid)), Emmental (12%) (Pasteurised Cow's MILK, Starter Culture, Salt, Rennet), Bechamel (19%) (Skimmed MILK, Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Vegetable Stract, Tomato Pauder, Lovege), Palm Oil, Modified Maize Starch, Salt, Emulsifier (SOYA: Lecithin)), Cheddar Cheese (MILK) 6
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 E6G Yolk, IEGG Yolk, Salt), Liquid Sugar, Sugar, Water), Spirit Winegar, Salt, Stabilisers: Guar Gum, Xanthan Gum, Preservativa 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 Flauouring (Contains CELERY), Black Pepper), Swiss Chard (1.9%), Perserving 507 kcal.

Swiss Chard may contain mustard and celery.

# Grazing Plate

Grazing Flades

Fox Cheese (pasteurised Cow's MILK, pdu Salt, starter Culture, colour. Annatto Norbixin (e160b(ii)), 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, 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).

Sone, Johns Frankes, Origianto, Preservadiure Protassium 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), Decisio (Potris, Sungare) Halkidiki Oliues 82 91% (Pitted Oliues, Water, Salt, Acidity Regulator Lactic Acid), Basil Puree 15 3% (Basil Leaues, Sunflower Oll, Salt, Antioxidant Ascorbic Acid), Garlic Puree 179% Brine Contains (Water, Rapesseed Oll) Brine Contains (Water, Rapesseed

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

lberico Chorizo (Park Meat 93.92%, Sea Salt, Paprika, Dextrin, Park 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 (1881, San Scale).

Swiss Chard may contain mustard and celery. May contain traces of nuts. Although extra care h 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 ransUEPHITE)), Sultana rananas, Sunflower Oil), CELERY (3%), Tomato Puree natoes), Caster Sugar (White Sugar, Sugar), Smoked rika. Per serving 288 kcal

Produced on a site which handles gluten.

## Chocolate Chunk Shortbread **Biscuit**

WHEAT Flour (WHEAT, Calcium, Iron, Niacin, Thiamin), Butter (MILK, Salt), Sugar (or Sucrose), Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt IZ, 0%), Emulsifier (E475), Colour (E100, E166b))), Flouourings), Dark Chocolate Cribus 5% (Sugar, Cocca Mass, Cocca Butter, Emulsifier, SOYAL ecithin, Natural Vanilla Flauourings), MILK, Chocolate Chrunks 5% (Sugar, Whole MILK Powder, Cocca Butter, Cocca Mass, Whey Powder (MILK), Skimmed MILK Powder, Emulsifier SOYAL ecithin, Natural Vanilla Eliza with Davage and State of Flave Whole <mark>MILK Powce,</mark> (<mark>MILK), Skimmed MIL</mark> wing). P

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

# Marbled Bar

Marbled bar: White Chocolate 65% [Sugar, Whole MILK Pouder, Cocoa Butter, Emulsifier (SOYALecithin), Natural Vanilla Flavour), Dark Chocolate 35% [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYALecithin), Natural Vanilla Flavour). May also contain Nuts & Cereals containing Gluten.

# Sour Cream and Onion Popchips

Dried Potato, Rice Flour, Sunflower Oil, Potato Starch, Sour Cream & Onion Flavour [Dried Sour Cream [M]LK], Dried Onion, Sugar, Yeast Extract, Potassium Chloride, Dried Whey [M]LK], Dried Garlic, Maltodextrin, Salt, Natural Flavourings (contain M]LK), Acid: Citric

