

## 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 (12%).

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.

**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, Skimmed **MILK** Powder, Lemon Juice Concentrate, Salt, White Pepper), Bechamel Sauce (20.2%) (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%)

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## Granola Bowl

Yoghurt & Blueberry Pot (78.5%) [Greek Yoghurt (**MILK**) (73%) (Skimmed **MILK** Concentrate, Skimmed **MILK**, Cream (**MILK**) Blueberry Compote (27%) (Blueberries 80%, Sugar, Water, Gelling Agent: Fruit Pectin, Thickener: Locust Bean Gum)].

Granola (20.9%) [GF **OATS** (30.9%), Sunflower Seeds (17.6%), Raisins (**SULPHITES**) (10.2%), Coconut Flakes (9.7%), Sultanas (**SULPHITES**) (9.7%), Pumpkin Seeds (8.8%), Demerara Sugar (8.8%), Rapeseed Oil (3.2%), Maple Syrup (0.5%), Vanilla Extract (0.3%), Cinnamon (0.2%), Salt (0.2%)], Mint (0.52%).

# Rest of the day

## Cheese & Red Onion 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.), Bechamel and Diced Onion Mix (17%) (Red Onion, Bechamel [**SOYA**, **MILK**]), West Country 25g Cheese (**MILK**) (12%) (Cow's **MILK**, Vegetarian Rennet, Salt, Starter Culture), Mozzarella and Cheddar Cheese Blend (**MILK**) (8%), Red Onion Chutney (2%) (Rehydrated Red Onions (49%) (Water, Red Wine Vinegar [Red Wine Vinegar, Preservative (**SULPHUR DIOXIDE**)], Kibbled Onion), Red Onion (20%), Demerara Sugar, Muscovado Sugar, Red Wine Vinegar [Red Wine Vinegar, Preservative (**SULPHUR DIOXIDE**)], Modified Tapioca Starch, Salt, Black Pepper), Swiss Chard.

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## Grazing plate

Cornish Nettle Yarg Cheese (Pasteurised cow's **MILK**, Salt, Nettle Leaves (1%), Starter Culture, Vegetarian Rennet, Calcium Chloride, Penicillium Candidum).

Red Fox Cheese (Pasteurised Cow's **MILK** PDV Salt, Starter Culture, Colour: Annatto Norbixin E160b (ii), Microbial Rennet).

Coastal Cheddar Cheese (Pasteurised Cow's **MILK**, Pure Dried Vacuum Salt, DVI Starter Culture, Vegetable Rennet).

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

Apple & Cider Chutney (Bramley Apples (38.9%), Raw Cane Sugar, Onions, Cider Vinegar, Muscovado Sugar, Sultanas, Sea Salt, Cider Brandy (0.92), Garlic Puree, Chillies, Ground Ginger, Ground Cinnamon, Ground Allspice).

Cherry tomatoes.

Salted Butter E12718 (4.9%) [Butter (**MILK**) (Minimum Fat Content 80%), Salt (1.9% Maximum) ]. Swiss Chard.

Optional: **Gluten Free crackers**: **Gluten free OAT** Crackers. 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.**

## Cranberry Shortbread Biscuit

**WHEAT** Flour (Calcium, Iron, Niacin, Thiamin), Maize Starch, Butter (**MILK**, Salt), Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono and Diglycerides of Fatty Acids; Flavouring, Colours: Annatto Bixin, Curcumin), Sugar, Mixed Peel 8% (Orange Peel 40%, Lemon Peel 10%, Glucose-fructose, Sucrose, E330, E220), Ground Cardamon 0.3%, Ground Cassia Cinnamon 0.2%, Orange Oil 0.2%, Ground Nutmeg 0.1%.

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

## Breakfast Hash

**Hash**: Roast Potato (38.2%) (Potato (Preservative: Sodium Metabi(**SULPHITE**), Rapeseed Oil, Roast Cumin, Sea Salt), Vegan Black Pudding (31.1%) (Cooked Pear **BARLEY**, Water, Rusk (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Rolled **OAT**, Protein (Starch, Flour, Protein), **OAT** meal, Rehydrated Onion, Salt, Non-hydrogenated Vegetable Suet (Palm Oil & Sunflower Oil)) with **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Beetroot Powder, **WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Herbs (including **CELERY**), Spices, Roast **BARLEY** Malt Extract, Natural Flavouring), Cherry Tomato (8.9%), Sliced Mushroom (8%), Roast Sweet Potato (7.1%), Diced Onion (6.7%).

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## Porridge

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

MOMA with compote: Semi Skimmer **MILK**, **OAT** flakes],

Strawberry Compote [Strawberries 80%, Sugar, Water, Gelling Agent Fruit Pectin's, Concentrated Lemon Juice, Thickener

Locust Bean Gum, Concentrated Acerola Cherry Juice, Acidify

Regulator Calcium Citrates].

MOMA with banana and honey: Water, MOMA Plain No Added

Sugar Porridge [Wholegrain **OAT** flakes (73%), Skimmed **MILK**

Powder], Bananas, Honey.

## Coronation Chickpea Salad

Chickpeas (29%) (Chickpeas, Water, Antioxidant(Ascorbic Acid).), Lettuce (12%), Cherry Tomatoes (12%), Red Pepper (12%), GL Mango Chutney (7%) (Sugar, Mangoes (41%), Salt, Acetic Acid, Spices), Carrot (6%), Red Onion (6%), Vegan Mayonnaise (**MUSTARD**) (4%) (Rapeseed Oil, Water, Spirit Vinegar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract)), Madras Paste (4%) (Water, Rapeseed Oil, Coriander Powder, Paprika Powder, Salt, Turmeric Powder, Cumin Powder, Acetic Acid, Citric Acid, Tamarind, Maizeflour, Fenugreek Powder, **MUSTARD** Powder, Black pepper Powder, Ginger Powder, Chilli Powder, Spices, Garlic Powder), Lemon Juice (2%) (**SULPHUR DIOXIDE**) Lemon Juice (Water, Concentrated Lemon Juice), Preservative (**METABISULPHITE**)), Buffalo

Red Hot Sauce (Distilled Vinegar, Aged Cayenne Red

Peppers (27%), Salt, Water, Canola Oil, Paprika, Stabiliser:

Xanthan Gum., Natural Flavouring, Garlic Powder),

Coriander (2%)

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## 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.

## 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].

**May also contain Nuts & Cereals containing Gluten.**

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 food allergy or special dietary requirements.