

# Ingredients & Allergens Menu

Evero Weekday First Class Ingredients & Allergens Menu from 14<sup>th</sup> October 2026

## Breakfast

**\* Ask which option is available on your journey**

### The Breakfast Grill\*

BREAKFAST GRILL WITH SCRAMBLED EGG (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), **BOSTI 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]], Micro Mizuna Leaf (1.3%) [Micro Leaf Mizuna] Per serving 309 kcal.

Or

### The Great West Coast Breakfast\*

THE GREAT BRITISH BREAKFAST WITH FRIED EGG. **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], Medium **EGGS** (14%) [**EGG**] **Pork**, **and 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 Chilli), Flavouings (**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 Patties** (12.3%) [Potatoes (82%), Vegetable Oils (rapeseed, Sunflower, Potato Starch, Onion, Potato Flakes, Salt, Paba 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**), Micro Mizuna Leaf (1.3%) [Micro Leaf Mizuna]. Per serving 544 kcal.

**Mizuna 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, Chilli 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, Chilli Powder, Ground Cinnamon, Ground Ginger, Ground Cloves). Per serving 15 kcal.

### Classic Bacon Roll\*

CLASSIC BACON ROLL (FRESHLY COOKED), Linseed Sub Roll (52.9%) [**WHEAT** Flour (**WHEAT** Flour, Calcium, Niacin, Iron, Folic Acid, Thiamin), Water, Durum **WHEAT** Semolina, Rapeseed Oil, Sugar, Golden Linseeds, Potato, Yeast, Salt, **WHEAT** Flour, Broad Bean Flour (**WHEAT**), **WHEAT** Gluten, Preservative (Calcium Propionate), Inactive Dry Yeast, Emulsifier (Mono And Diglycerides Of Fatty Acids)]]], **Becketts Smoked Rindless Back Bacon** (39.4%) [Bacon Rashers (100%) [Pork (87%); Water, Salt; Antioxidant: E301; Preservatives: E250, E252.]].

Add: **Salted Butter** (5.9%) [Pasteurised Cow's Cream (**MILK**) 98.49%, Salt 1.5%, Lactic Culture 0.01%].

**Micro Mizuna Leaf** (1.8%) [Micro Leaf Mizuna]. Per serving 553 kcal.

**Mizuna is produced on a site which handles Gluten, Celery and Mustard.**

Or

### Classic Bacon Roll\*

BACON ROLL (PRE-MADE) (90.9%) [LINSEED TOP SUB ROLL (**WHEAT** Flour (**WHEAT** Flour, Calcium, Niacin, Iron, Folic Acid, Thiamin), Water, Durum **WHEAT** Semolina, Rapeseed Oil, Sugar, Golden Linseeds, Potato, Yeast, Salt, **WHEAT** Flour, Broad Bean Flour (**WHEAT**), **WHEAT** GLUTEN, Preservative (Calcium Propionate), Inactive Dry Yeast, Emulsifier (Mono And Diglycerides Of Fatty Acids)]]], **Beechwood Smoked Back Bacon** (23%) [Pork, Water, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], **Streaky Bacon** (8%) [Pork, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Natural Flavouings, Natural Smoke]]], Add: **Salted Butter** (7%) [Pasteurised Cow's Cream (**MILK**) 98.49%, Salt 1.5%, Lactic Culture 0.01%].

**Micro Mizuna Leaf** (2.1%) [Micro Leaf Mizuna]. Per serving 459 kcal.

**Mizuna 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 Flavouings, Natural Smoke]]], Add: **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.**

**Optional:**

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

## Rest of the day

### Mini Brioche Sliders

Beetroot Falafel And Rocket On Glazed White Bread Roll: **Glazed White Bread Roll** [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Glaze (Water, Vegetable Proteins (Pea, Potato, Faba Bean), Vegetable Oils (Rapeseed Oil, Sunflower Oil), Dextrose, Maltodextrin, Starch), Sugar, Palm Oil, Yeast, Rapeseed Oil, Salt, Palm Kernel Oil, Emulsifier (Mono And Diglycerides Of Fatty Acids), Natural Flavouring, Colour (Beta Carotene), Flour Treatment Agent (Ascorbic Acid)], **BETROOT FALAFEL** (14%) [Beetroot, Chickpeas, Red Pepper, Potato Granules], Ground Coriander, Garlic Purée (Water, Garlic Granules), Ground Coriander, Ground Cumin, Lemon Juice From Concentrate (Concentrated Lemon Juice, Water), Paprika, Salt, Chilli Flakes], **ROAST TOMATO CHUTNEY** (7%) [Tomato (Diced Tomato, Tomato Juice, Acidity Regulator (Citric Acid)), Onion, Sundried Tomato Paste (Sundried Tomato, Tomato Paste, Sunflower Oil, Sugar, Salt, Basil, Oregona, Garlic), Tomato Paste, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must, Colour (**SULPHITE** Ammonia Carmell), Antioxidant (**SULPHUR Dioxide** (Sulfur Dioxide)))], Dark Brown Sugar, Garlic, Salt, Rapeseed Oil, Ground Paprika, Modified Cornstarch, Thyme, Ground Black Pepper], **VEGAN MAYONNAISE** (Rapeseed Oil, Water, Sugar, Spirit Vinegar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Flavouring, Colour (Carotene), Antioxidant (Calcium Disodium EDTA)], **ROCKET** (2%) Salt, Cracked Black Pepper, Gherkin.

**Vegan Cheese Alternative:** And Dijon **MUSTARD** On Glazed **White Bread Roll:** Glazed White Bread Roll [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Glaze (Water, Vegetable Proteins (Pea, Potato, Faba Bean), Vegetable Oils (Rapeseed Oil, Sunflower Oil), Dextrose, Maltodextrin, Starch), Sugar, Palm Oil, Yeast, Rapeseed Oil, Salt, Palm Kernel Oil, Emulsifier (Mono And Diglycerides Of Fatty Acids), Natural Flavouring, Colour (Beta Carotene), Flour Treatment Agent (Ascorbic Acid)], **GHERKIN** (5%) [Gherkins, Water, Sugar, Spirit Vinegar, Salt, Firming Agent (Calcium Chloride), Natural Flavouring, Colour (Riboflavin)], **VEGAN CHEESE ALTERNATIVE** (5%) (Water, Modified Starch, Coconut Oil, Sea Salt, Vegan Flavours, Colour (Natural Beta Carotene), Calcium Lactate, Smoke Flavouring, Olive Extract, Acidity Regulator (Lactic Acid), Vitamin B12], Red Cabbage, Vegan Mayonnaise (Rapeseed Oil, Water, Sugar, Spirit Vinegar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Flavouring, Colour (Carotene), Antioxidant (Calcium Disodium EDTA)], Carrot, **DIJON MUSTARD** (1%) [Water, **MUSTARD** Seed, Spirit Vinegar, Salt, Preservative (Sodium Hydrogen **SULPHITE**)], Red Onion], Micro Mizuna Leaf (2.6%) [Micro Leaf Mizuna]. Per serving 305 kcal.

**May contain traces of Celery, Sesame, Soya.**

### Beef Stew

Parisienness (35%) [Potatoes, Water, Salt, Firming Agent (Calcium Chloride)], Water, Diced Beef (12%) [Beef, Maize Starch, Salt], Sliced Mushrooms, Diced Carrots (9%), White Onions (6%), Brunoise Mix (Diced **CELERIAC**), Diced Carrots, Fine Cut Leeks, Cut **CELERY**, **CELERIAC**, Olive Pomace Oil Blend (Pomace Olive Oil, Rapeseed Oil), Red Wine Glaze (Beef Stock (Water, Beef Stock), Veal Stock (Water, Veal Juice, Veal Fat, Concentrated Vegetable Juices (Carrot, Tomato, Onion, Mushroom, Garlic), Modified Tapioca Starch, Red Wine Concentrate (Contains **SULPHITES**), Salt, Sugar, Flavours, Yeast Extracts, Glucose, Maltodextrin, Acidity Regulators (Malic Acid, Tartaric Acid), Ground Thyme), Modified Maize Starch, Beef Flavoured Vegan Stock Mix (Vegetable Stock (Water, Onion, Tomato), Glucose, Salt, Yeast Extracts, Flavours, Sugar, Colour (Caramel), Rapeseed Oil, Maltodextrin), Garlic, Garlic Powder, Gravy Browning (Water, Colour (Ammonia Carmell), Salt, Acidity Regulator (Citric Acid), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate)), Black Pepper, Thyme, Mixed Herbs, Micro Mizuna Leaf (1.2%) [Micro Leaf Mizuna]. Per serving 240 kcal.

NOTE: \*alcohol removed.

**May contain traces of Gluten, Mustard, Milk and Nuts.**

### Marmalade Bread & Butter Pudding

**CUSTARD** (45.93%) [Reconstituted Skimmed **MILK**, Reconstituted Buttermilk (**MILK**), Water, Sugar, Modified Maize Starch, Palm Oil (**MILK**) Proteins, Natural Flavouring, Colours: Beta Carotene, Paprika Extract], Gluten Free FARMHOUSE BREAD (Water, Tapioca Starch, Potato Starch, Maize Starch, Rapeseed Oil, **EGG** White Powder, Stabiliser: E464; Yeast, Vegetable Fibre (Psyllium), Sugar, Rice Flour, Fruit Extract (Carob And Apple), Salt, Humectant: Vegetable Glycerine, Preservatives: Calcium Propionate, Potassium Sorbate; Calcium Carbonate, Cornflour, Natural Flavouring), **MILK**, Cream (**MILK**), Pasteurised **EGGS**, Caster Sugar, Orange Marmalade (2.75%) (Glucose Fructose Syrup, Oranges (27%), Sugar, Gelling Agent: Pectin, Acidity Regulators: Sodium Citrates, Citric Acid, Bitter Orange Oil), Condensed **MILK**, Golden Syrup, Orange Zest, Salt]. Per serving 279 kcal.

**May contain traces of Soya, Sulphites, Oats, Wheat, Barley, Rye.**

### Cox & Co Miso & Caramel

#### Chocolate Bar

Miso Chocolate **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.**

### Stem Ginger & Dark Chocolate Chip Shortbread

Ginger Shortbread (100%) [Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Butter (**MILK**, Salt), Sugar, Emulsifier: **SOYA** Lecithin; Natural Vanilla Flavouring], Crystallised Ginger 5% (Ginger, Sugar) [**SULPHITES**], Ginger 0.9% (Naturally Occurring **SULPHITES**)] Per serving 221 kcal.

### SPECIALS – Jerk Chicken with Rice & Peas

Jerk Chicken With Rice, Peas (99%) [Chicken Rice Kidney Beans (101g of Chicken Rice Kidney Beans per 100g) (RICE & RED KIDNEY BEANS (66%) (Water, Basmati Rice, Kidney Beans, Coconut Milk, Onion, Spring Onion, Vegetable Bouillon (Salt, Potato Starch, Maltodextrin, Sucrose, Yeast Extract, Onion Powder, Herbs, Carrot Powder, Dried Garlic, Sunflower Oil, Spices, Colour (Caramel Powder), Antioxidant: Rosemary Extract), Chilli Seed Oil, Garlic Puree, Tomato Paste, Thyme, Scotch Chipi Bonnet, Salt, Ground White Pepper); **JERK CHICKEN** (34%) Chicken, Jerk Seasoning Paste (Pepper Mash (West Indian Pepper, Scotch Bonnet Pepper, Salt), Escallion Mash (Escallion, Salt), Cane Vinegar, Salt, Pimento, Onion, Garlic, Brown Sugar, Water, Paprika, Nutmeg, Thyme, Ginger, Black Pepper), Rapeseed Oil, Garlic Puree, Ginger Puree, Arroy **SOY** Sauce (Water, Colour E150a, Salt, **SOY** Bean, **WHEAT** Flour, Sugar, Acidity Regulator E270, Preservative E202)].

**MICRO MIZUNA LEAF** (1%) [Micro Leaf Mizuna]. Per serving 622 kcal.

**My contain traces of Celery, Mustard.**

### Breakfast Hash

Vegan Breakfast Hash (87.8%) [Potatoes Fried (Potato, Rapeseed Oil), Sweet Potato (Sweet Potato, Rapeseed Oil, Salt), Tomatoes (Tomato, Tomato Juice Concentrate, Citric Acid), Red Pepper (Pepper Red, Rapeseed Oil), Green Pesto (Rapeseed Oil, Basil, Sunflower Seeds, Sugar, Potato Flakes, Garlic, Sea Salt, Acidity Regulators: Acetic Acid, Citric Acid), Onion, Sun Dried Tomato (Sundried Tomatoes, Sunflower Oil, Salt, Vinegar, Garlic, Spices, Preservative: Potassium Sorbate, Citric Acid, Antioxidant: Ascorbic Acid), Garlic Puree, Rapeseed Oil, Sugar, Salt, Paprika, Ground Cumin, Black Pepper, Oregano, Red Chilli Flakes]; Steamed Spinach (12.2%)]], Micro Mizuna Leaf (1.6%) [Micro Leaf Mizuna].

Per serving 293 kcal.

Add poached egg: Poached **EGG** (23.4%) (Graded Class A Medium Free Range **EGG** (100%), Sunflower Oil)] Per serving 362 kcal.

**May contain traces of Gluten, Celery, Mustard.**

### Smoked Salmon and Scrambled Eggs\*

**Pre-cooked egg:** Scrambled **EGG** (69.4%) [**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/Micro Mizuna Leaf (1.9%) [Micro Leaf Mizuna]. Per serving 226 kcal.

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

Or

### 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/Micro Mizuna Leaf (1.9%) [Micro Leaf Mizuna]. Per serving 323 kcal.

**Although every care has been taken to remove bones, some may remain. Mizuna 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 (E472 Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Rapeseed Oil, Flour Treatment Agent (E300 Ascorbic Acid)].

Add **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, Yeast, Salt, **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]].

Add **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 (E472), Nutmeg, Flavouring, Flour Treatment Agent (E300), Colour (E160a)].

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

Add **Salted 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.**

### Spiced Pumpkin Granola

Coconut Yoghurt alternative (67.3%) [Coconut Milk (67%), Coconut Water (28%), Corn Flour, Corn Fibre, Potato Flour, Fruit Pectin, Cultures (S Thermophilus + L Bulgaricus, Lactobacillus Acidophilus, Bifidobacterium Lactis)], Banana (23.1%) [Banana], Pumpkin (9.6%) [Gluten Free **OATS** (36.4%), Pumpkin Seeds (14.5%), Sunflower Seeds (14.5%), Dried Cranberries (Cranberries (60%), Sugar, Sunflower Oil), Maple Syrup, Coconut Oil, Coconut Palm Sugar, Pumpkin Powder (2.1%), Ground Ginger, Ground Cinnamon, Ground Turmeric, Clove Powder, Ground Nutmeg, Sea Salt]. Per serving 387 kcal.

**May contain traces of Almonds.**

### Chocolate Babka Knot

**MILK** Chocolate (100%) [White Strong Bread Flour (White **WHEAT** Flour With Added Calcium Carbonate, Nicotinamide, Iron And Thiamine, **WHEAT**), Water, Butter Sheets (**MILK**), Caster Sugar, Dark Chocolate 60.1% 7.67% (Cocoa Mass 52.0%; Sugar 37.0%; Cocoa Butter 10.5%; Emulsifier: **SOYA** Lecithin <1%; Natural Vanilla Flavouring <1%), **MILK**, Butter Unsalted (**MILK**), Sugar, Icing, Cocoa Powder 10.12% (Fat Reduced Cocoa Powder, Potassium Carbonate (E501)), Yeast, Salt, **BARLEY** Malt Flour]. Per serving 291 kcal.

**May contain traces of Eggs, 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.

Or

### Porridge\*

**Plain porridge:** Semi Skimmer **MILK**, Mornflake **OATS** [**OAT** Flakes]. Per serving 271 kcal.

Add **Banana** and **Honey**. Per serving 420 kcal.

**May contain Wheat, Barley**

### Grilled Vegetable & Grain Salad

Grain Salad (98.4%) [GRILLED VEGETABLES (27%) [Courgette, Red Pepper, Aubergine, Yellow Peppers], COOKED GREEN LENTILS (21%) [Lentils, Water], COOKED CHICKPEAS (15%) [Water, Chickpeas], POMEGRANATE AND BEETROOT DRESSING (13%) [Rapeseed Oil, Pomegranate Molasses (Concentrated Pomegranate Juice), Red Wine **MUSTARD** (Salt, Water, Vinegar, **MUSTARD** Seed), Red Wine Vinegar, Water, Sugar, Beetroot Juice (Beetroot, Acidity Regulator (Citric Acid)), Sea Salt, Cracked Black Pepper], RED QUINOA (7%) [Water, Red Quinoa], SPINACH (6%), Water, Pumpkin Seeds, Extra Virgin Olive Oil, Parsley], Micro Mizuna Leaf (1.6%) [Micro Leaf Mizuna]. Per serving 322 kcal.

**May contain traces of Gluten, Celery.**

### Grazing Plate

Cheese Plate (47.3%) [CHERRY TOMATO (24%), MIXED SEEDLESS GRAPES (24%), ROAST TOMATO CHUTNEY (20%) (Tomato, Tomato Juice, Acidity Regulator (Citric Acid), Onion, Sundried Tomato Paste (Sundried Tomato, Tomato Paste, Sunflower Oil, Sugar, Salt, Basil, Oregona, Garlic), Tomato Paste, Balsamic Vinegar Wine Vinegar, Concentrated Grape Must, Caramel (**SULPHITE** Ammonia Carmell), Antioxidant (**SULPHUR DIOXIDE** (**SULPHITES**)), Dark Brown Sugar, Garlic, Salt, Rapeseed Oil, Ground Paprika, Modified Cornstarch, Thyme, Ground Black Pepper], BLACKSTONE CHEDDAR CHEESE (16%) (**MILK**), RED FOX CHEESE (16%) (**MILK**, Colour (E150a), Sugar, **SOY** Beans, **WHEAT**), SAUSAGE ROLL (34.1%) (85ul Pork Shoulder (20%), Fortified **WHEAT** Flour (19%) (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamine), Pork Shoulder Meat Muscle (18%), Unsalted Butter (12%) (**MILK**), Water (8%), Smoked Bacon (7%) (Pork, Salt, Sugar, Preservatives (Sodium Nitrite, Sodium Nitrate), Antioxidant (Sodium Ascorbate)), Onion (7%), Potato, Tomato Ketchup (Water, Tomato Puree (18%), Sugar, Spirit Vinegar, Modified Maize Starch, Salt, Preservative: Potassium Sorbate), Onion Powder, Garlic Powder, Red Cooking Wine (**SULPHITES**), Breadcrumb (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamine), Water, Salt, Yeast), Pineapple Juice, Demerara Sugar, Mature Cheddar Cheese (**MILK**), Salt, Starter, Rennet, Potato Starch), Malt Vinegar (**BARLEY**), Dark **SOY** Sauce (Water, Beef Stock, Colour (E150a), Sugar, **SOY** Beans, **WHEAT**), Worcester Sauce (Malt Vinegar (**BARLEY**), Spirit Vinegar, Molasses, Sugar, Salt, Anchovies (**FISH**), Tamarind Extract, Onions, Garlic, Spice, Flavoursing), White Wine Vinegar 6% Acidity (1%), Liquid **EGG**, Water, Garlic, Paprika Flakes, Salt, Cracked Black Pepper, Caster Sugar, Rapeseed Oil, Ground White Pepper].

**OATCAKES** (13.6%) [Gluten Free Wholegrain **OATS** (90%), Sustainable Palm Fruit Oil, Sea Salt, Raising Agents (Sodium Carbonates, Ammonium Carbonates)].

**BUTTER** (3.8%) [Pasteurised Cow's Cream (**MILK**) 98.49%, Salt 1.5%, Lactic Culture 0.01%].

**MICRO MIZUNA LEAF** (1.1%) [Micro Leaf Mizuna]. Per serving 279 kcal.

**May contain traces of Peanuts, Celery, Mustard, Sesame, Rye, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias.**

### Cheese & Biscuits

Cheese Platter (73.1%) [CHERRY TOMATO (24%), MIXED SEEDLESS GRAPES (24%), ROAST TOMATO CHUTNEY (20%) (Tomato, Tomato Juice, Acidity Regulator (Citric Acid), Onion, Sundried Tomato Paste (Sundried Tomato, Tomato Paste, Sunflower Oil, Sugar, Salt, Basil, Oregona, Garlic), Tomato Paste, Balsamic Vinegar Wine Vinegar, Concentrated Grape Must, Caramel (**SULPHITE** Ammonia Carmell), Antioxidant (**SULPHUR DIOXIDE** (**SULPHITES**)), Dark Brown Sugar, Garlic, Salt, Rapeseed Oil, Ground Paprika, Modified Cornstarch, Thyme, Ground Black Pepper], BLACKSTONE CHEDDAR CHEESE (16%) (**MILK**), RED FOX CHEESE (16%) (**MILK**, Colour (Annatto Norbixin)]].

**OATCAKES** (21.1%) [Gluten Free Wholegrain **OATS** (90%), Sustainable Palm Fruit Oil, Sea Salt, Raising Agents (Sodium Carbonates, Ammonium Carbonates)].

**BUTTER** (5.8%) [Pasteurised Cow's Cream (**MILK**) 98.49%, Salt 1.5%, Lactic Culture 0.01%].

**MICRO MIZUNA LEAF** (1.1%) [Micro Leaf Mizuna]. Per serving 470 kcal.

**May contain traces of Peanuts, Eggs, Celery, Mustard, Sesame, Soya, Wheat, Barley, Rye, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias.**

### 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.**

### Cheesy Corn Snacks

Corn, Sunflower Oil, Whey Powder (**MILK**), Salt, Cheese Powder, **MILK** Powder, Buttermilk Powder (**MILK**), Natural Flavouring.

Per serving 71 kcal.

### Chips and Dips

Chips (100%) [SALTED TORTILLA CHIPS (Corn Flour (99%), Sunflower Oil, Salt)] TOMATO SALSA MEXICANA (Tomatoes (50%), Water, Tomato Puree (7%), Spirit Vinegar, Modified Maize Starch, Jalapeno Peppers (Jalapeno Peppers, Water,