

Ingredients & Allergens Menu

Penoldino Weekday First Class Ingredients & Allergens Menu from **3rd December 2025**
(updated 6th January)

Breakfast

The Great British Breakfast

Bacon (21.1%) [Pork (8.7%); 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 and Parsley Sausage (13.7%) [Pork(6.1%), 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 (6.2%), 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 is produced on a site which handles Gluten, Celery and Mustard.

Optional:

Tipstree 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.

Tipstree 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 Sandwich

Malted Brown BLOOMER BREAD (65.5%) [**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], BACON (24.4%) [Pork (8.7%); Water, Salt; Antioxidant: E301; Preservatives: E250, E252], **BUTTER** (7.3%) [Pasteurised Cow Cream (**MILK**), Salt, Lactic Culture], **SWISS CHARD** (2.9%). Per serving 404 kcal.

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

Optional:

Tipstree 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.

Tipstree 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.

Bacon Roll (GF Ciabatta Roll)

Bacon ((Pork (8.7%); Water, Salt; Antioxidant: E301; Preservatives: E250, E252)); GF Ciabatta (38.2%) [Maize Starch, Water, Sour Dough 12% (Rice Flour, Water), Maize Flour, Rice Flour, Vegetable Fibre (Psyllium), Thickeners: Hydroxypropyl Methyl Cellulose; **SOYA** Protein, Sunflower Oil, Yeast, Extra Virgin Olive Oil 0.9%, Salt, Acids: Citric Acid, Tartaric Acid], **BUTTER** (7.6%) [Pasteurised Cow Cream (**MILK**)98.49%, Salt 1.5%, Lactic Culture 0.01%], Swiss Chard (3.1%). Per serving 367 kcal.

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

Optional:

Tipstree 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.

Tipstree 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.

Porridge

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

Porridge with bananas and honey: Semi Skimmer **MILK**, Bananas, Mornflake **OATS** [**OAT**Flakes], Honey. Per serving 420 kcal.

May contain wheat, barley

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, Table, **BARLEY** Malt Flour (**WHEAT**)]. Per serving 224 kcal.

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

Rest of the day

Bangers & Mash

Mashed Potatoes (36%), Onion Gravy (32%), Pork and Leek Sausage (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 Chilli), 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 AND 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), Dijon **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.

Apple & Blueberry Crumble

APPLE & BLUEBERRY CRUMBLE (75.8%) [Apples, Blueberries, Gluten Free Plain White Flour Blend (Brown Rice Flour, White Rice Flour, Maize Starch, 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.

Steak & Tilting Ale Pie

Steak & Ale Pie: (Potato (25%), Water, Plain Flour (**WHEAT**) [**WHEAT** Flour (**GLUTEN**), Calcium Carbonate (E170), Iron, Niacin, Thiamine, **WHEAT**], Pulled Beef (9%), Unsalted Butter (**WHEAT**), **Tilting Ale** (4.34%)] (Water, **BARLEY** Malt [**GLUTEN**], **WHEAT** Malt (**BARLEY**), Hops, Yeast), Modified Maize Starch, Garlic, Red Onion, Green Beans, Carrot, Swede, Leeks, Mushroom, Blended Pomace Oil (Pomace Olive Oil, Rapeseed Oil), Beef Flavouring Vegan Stock Mix (Vegetable Stock (Water, Onion, Tomato), Glucose, Salt, Yeast Extracts, Flavourings, Sugar, Colour (Caramel), Rapeseed Oil, Maltodextrin), Xanthan Gum, Tomato Paste, Rosemary, Salt, Premier Red Wine (**SULPHITES**) Glaze (Beef Stock (Water, Beef Stock), Veal Stock (Water, Veal Juice, Veal Fat, Mushroom, Vegetable Juices (Carrot, Tomato, Onion, Mushroom, Garlic), Modified Tapioca Starch, Red Wine Concentrate (**SULPHITES**), Salt, Sugar, Flavourings, Yeast Extracts, Glucose, Maltodextrin, Acidity Regulators (Malic Acid, Tartaric Acid), Ground Thyme), Caster Sugar, Ground Paprika, Thyme, Black Pepper), Pickled Onions (18.7%) [RED ONION (98%), Water, White Wine Vinegar (white Wine Vinegar, Antioxidant (Sodium **METABISULPHITE**)), Sugar, Salt], **SWISS CHARD** (11%). Per serving 512 kcal.

NOTE: Although Ale is used as an ingredient is showing negligible alcohol after cooking.

May contain traces of Mustard, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias and Mustard. Whilst all care has been taken, some small pieces of bone may still remain.

Sticky Toffee Pudding

Caramel (25%) (Sugar, Glucose Syrup, Sweetened Condensed Milk (**MILK**), Sugar), Water, Unsalted Butter (**MILK**), Inert Sugar Syrup, Palm Oil, Salt, Emulsifiers (Rapeseed and Sunflower Lecithin, Sorbitan Monostearate), Natural Flavouring], Date Puree (13%) (Dates, Water), Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Free Range Pasteurised Whole **EGG**, Dark Brown Sugar, Caster Sugar, Salted Butter (Butter (**MILK**), Salt), Sodium Bicarbonate (E500ii), Baking Powder (Gluten Free Raising Agent (E450i, E500ii), Rice Flour), Ground Ginger, Ground Nutmeg. Per serving 253 kcal.

Clotted cream: Cornish cows **MILK**. Per serving 235 kcal.

May also contain Soya and Nuts.

Luxury Chocolate Bar

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

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

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.

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 Chilli, 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, Chilli 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

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 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 Cow 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 Cow Cream (**MILK**), Salt, Lactic Culture]. Per serving 315 kcal.

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

Tipstree 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)].

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

Butter (9.7%): [Pasteurised Cow 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.

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, Blackberries, Blueberries), Sugar, Modified Starch]]. Greek Style Yoghurt (48.4%) [Pasteurised Cow's **MILK** Cream (**MILK**), Skimmed **MILK** Powder, Cultures]. Per serving 282 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 Cheese Plate (61.6%) [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) CROXTON MANOR LANCASHIRE CHEESE (Pasteurised Cow's **MILK**, Starter Culture, PDV Salt, Microbial Rennet), **Calispbread** (**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), 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 (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:

Naims 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: Ammonia 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] **Micro Leaf Ruby/Red Chard** (1.1%). Per serving 409 kcal.

May contain traces of Celery, Mustard.

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, Chili Powder, Oregano, Black Pepper) Gherkin Relish (Gherkin (40%), Sugar, Water, Onions, Modified Maize Starch, Salt, **MUSTARD** Seeds, Ground Ginger, Turmeric) SWEET CORN RELISH (Water, Sweetcorn (25%), Sugar, Spirit Vinegar, Modified Maize Starch, Dried Onion, Red Peppers, Salt, Lemon Juice Concentrate, Turmeric, Preservative: Potassium Sorbate, Dill Powder, Chilli Powder, Garlic Powder)]. Per serving 204 kcal.

Produced on a site which handles Nuts and Gluten.

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

Adults under 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.

