

Ingredients & Allergens Menu

Evero Weekday First Class Ingredients & Allergens Menu from 1st July 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 Triphosphosphate), 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 Casings), 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 509 kcal.

Or

The Great British 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 Mushroom), 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 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 Fuffs (12.3%) (Potatoes (82%), Vegetable Oils (rapeseed, Sunflower, Potato Starch, Onion, Potato Flakes, Salt, Pea Fibre, Dextrose, Flavouring (Onion Extract), Spice), KT C Veg Oil (1.2%) [SOY]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:

Tipree 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.

Tipree 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*

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))), Beeketts 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 Nitrite), Natural F flavourings), Preservative (Sodium Nitrite), Stabiliser (Sodium Nitrite), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Natural F flavourings, Natural Beechwood 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), Natural F flavourings, Natural Beechwood Smoke)], Add Salted 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:

Tipree 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.

Tipree 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.

Mixed Berry Granola Tart

Granola Tart (100%) [Water, Coconut Drink (17%) (Fresh Coconut Extract, Water), Gluten Free OATS (14%), Mixed Fruits (Redcurrant, Blackcurrant, Blueberry Wild, Raspberry Crumb, Blackberry), Caster Sugar, Maple Flavour Syrup (Partially Inactivated Sugar Syrup, Maple Flavouring (SULPHITE Ammonia Caramel), Colour (Caramel)), Flaked ALMONDS (Nuts), Margarine (Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Emulsifier (Mono And Diglycerides Of Fatty Acids)), Modified Maize Starch, Ground ALMONDS (Nuts), Icing Sugar, Pumpkin Seeds, Sunflower Seeds, Cornflour, Acidity Regulator (Citric Acid), Freeze Dried Crumbled Raspberry, Vanilla Flavouring (Flavouring, Colour (SULPHITE Ammonia Caramel))]. Per serving 441 kcal.

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

Rest of the day

Salmon En Croute

Salmon En Croute (81.3%) [Salmon Spinach En Croute (118g of Salmon Spinach En Croute per 100g) (Pastry Rolls (36%) (Fortified WHEAT Flour (WHEAT Flour, Calcium, Niacin, Iron, Folic Acid, Thiamine), Margarine (Palm & Rapeseed Oils, Water, Salt, Water, Salt), Skinned Salmon (FISH) Julienne (13%), Cream (MILK) Cheese (MILK), Creme Fraiche (Cream (MILK), Skimmed MILK, Slow Roast Chopped Tomatoes (Slow Roasted Tomatoes, Rapeseed Oil, Salt, Garlic, Oregano), Cornflour, Modified Maize Starch, EGG Yolk, Dill, Chives, Lemon Zest, Garlic, Salt, Cracked Black Pepper, Vegetable Powdered Stock (Vegetable Stock (Water, Onion, Carrot Extract, Tomato, CELERIAC (CELERY), Herbs, Garlic, Spice, Salt, Glucose Syrup, Maltodextrin, Yeast Extracts, Sugar, Flavourings, Rapeseed Oil)], Dill CELERIAC MAYONNAISE (5%) (CELERIAC (5%, CELERY (5%), COYONNAISE (26%)) (Rapeseed Oil, Water, Pasteurised Free Range EGG And EGG Yolk, Sugar, Spirit Vinegar, Salt, Lemon Juice From Concentrate, Flavouring, Antioxidant (Calcium Disodium EDTA), Colour (Paprika Extract)], DIJON MUSTARD (5%) (Water, MUSTARD Seed, Spirit Vinegar, Salt, Preservative (Sodium Hydrogen SULPHITE)), Lemon Juice (Lemon Juice From Concentrate, Preservative (Potassium METABISULPHITE), DILL (2%), Cornflour, Salt, Cracked Black Pepper), Mizuna Leaf (1.1%) (Micro Leaf Mizuna).

Mizuna is produced on a site which handles Gluten, Celery and Mustard. May contain traces of Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias.

Chicken Shawarma Wrap

Chicken Wrap (98.6%) [Barmacked Tortilla (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Sugar, Acidity Regulator (Malic Acid), Raising Agent (Sodium Carbonates), Salt), PULLED CHICKEN (31%) (Chicken, Water, Tomato Purée, Onion Purée, Lemon Juice, Rapeseed Oil, Garlic Purée, Coriander Leaves, Salt, Cumin, Smoked Paprika, Sugar, Ground Coriander, Yeast Extract, Turmeric, Cassia Cinnamon, Ground Ginger, Chili Powder, Thickener (Xanthan Gum), Paprika Extract, Cardamom), PICKLED RED ONION (10%) (Red Onion, Sugar, Water, White Vinegar (White Vinegar, Antioxidant (Sodium METABISULPHITE)), Salt), MINT AND GARLIC Yoghurt (MILK) SAUCE (10%) (Greek Yoghurt (Cow's MILK MILK Cream (MILK), Yoghurt Culture), Mint Sauce (Water, Reconstituted Dried Mint, Sugar, Acetic Acid (Acetic Acid), Salt, Modified Maize Starch, Stabilisers (Guar Gum, Xanthan Gum), Colour (Copper Chlorophyllin), Flavouring), Garlic Purée (Garlic, Olive Oil)], SPINACH (5%), Cornflour, Micro Mizuna Leaf (1.4%) (Micro Leaf Mizuna). Per serving 416 kcal.

Mizuna is produced on a site which handles Gluten, Celery and Mustard. May contain traces of Eggs, Celery, Mustard

Eton Mess Desert Pot

Eton Mess Desert Pot (100%) [Strawberries 28.62%, Meringue Granules (Sugar, Fat Coating Fractionated And Refined (Palm), WHEAT Starch, EGG Albumen (EGGS) Powder-Free Range (EGG)), UHT Whipping Cream (MILK), White Chocolate 28% Cocoa Solids (Sugar 46.5%, Cocoa Butter 29.5%, Whole MILK Powder 23.5%, Emulsifier: SOYA Lecithin 1%, Natural Vanilla Flavouring 1%), Strawberry Purée 5.73%, Glucose Syrup, Caster Sugar, Lemon Juice, Pectin, Mousse Stabiliser (Dextrose, Sugar, Thickener Modified Starch, Skimmed MILK Powder, MILK Protein), Freeze Dry Strawberry]. Per serving 171 kcal.

May contain traces of Sulphites.

Cox & Co Miso & Caramel

Chocolate Bar

Miso Caramel Oat Milk Chocolate (100%) [Columbia Sugar Couverture Dark Chocolate (99%) (Cocoa Mass, Sugar, Dried Gluten Free OAT Powder, Cocoa Butter, Dried Rice Powder, Emulsifier (Sunflower Lecithin, Vanilla Extract), B2), SOYA Powder (<1%), SOYbean, 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.

Lemon & Orange Sprinkle

Shortbread

Lemon And Orange Shortbread (100%) [Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Butter (MILK Salt), Sugar, Sugar Strands 6% (Sugar, Glucose Syrup, Vegetable Oil (Coconut, Rapeseed), Starch (Maize), Red Beet Juice Concentrate, Colouring Food (Spinach Powder), Emulsifier (Lecithin, Colour E100, Cocoa Powder, Starch (Potato), Anti Caking Agent Tacl), Natural Orange Flavouring 0.09%, Lemon Oil 0.09%]. Per serving 221 kcal.

May contain traces of Eggs, Soya, Sulphites

SPECIALS –Afternoon Tea

Chicken Cheese Pickle Sandwich (59.4%) [Ranch Chicken On Malted Bread RANCH CHICKEN MIX (41%) (Cooked Chicken (Chicken Breast, Salt), BUTTERMILK (MILK) Ranch Dressing (Rapeseed Oil, Pasteurised Buttermilk (MILK), Spirit Vinegar, Sugar, Water, Skimmed MILK Powder, Salt, Free Range Dried EGG Yolk, Acidity Regulator (Acetic Acid), Salt, Onion, Modified Maize Starch, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Dried Garlic, Dried Parsley), Malted Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, 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/Torried BARLEY), Salt, Ground Paprika, Ground White Pepper), Lemon Wedge (5.8%) (Lemon), Micro Mizuna Leaf (1.5%) (Micro Leaf Mizuna). Per serving 340 kcal.

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

Mizuna is produced on a site which handles Gluten, Celery and Mustard. May contain gluten.

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

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

Mushroom Bruschetta

Sauteed Mushrooms (50.7%) [Mushrooms (100%) (Mushrooms (92.6%), Rapeseed Oil, Garlic, Parsley, Salt, Black Pepper)], Malted Bloomer Toasted (27.3%) [Bread (100%) (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], Tarragon Mayonnaise (20%) (VEGAN MAYONNAISE (92%) (Rapeseed Oil, Water, Sugar, Spirit Vinegar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Flavouring, Colour (Carotene), Antioxidant (Calcium Disodium EDTA)], CHIVES (2%), Lemon Juice (Lemon Juice From Concentrate, Preservative (Potassium METABISULPHITE)), TARRAGON (2%), PARSLEY (2%), Micro Mizuna Leaf (2%) (Micro Leaf Mizuna). Per serving 351 kcal.

Add egg:

Poached EGG - Graded Class A Medium Free Range EGG (100%, Sunflower Oil)]. Per serving 417 kcal.

Mizuna is produced on a site which handles Gluten, Celery and Mustard. May contain traces of Eggs, Fish, Celery, Mustard, Soya, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias, Oats, Rye.

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, Diacetyl (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)], 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, 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].

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

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

Tipree Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin; Acidity Regulator: 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)).

Add Tipree 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.

Blueberry Brioche Rosette Bun

Blueberry Brioche Rosette (100%) [White Strong Bread Flour (White WHEAT Flour With Added Calcium Carbonate, Nicotinamide, Iron And Thiamine, WHEAT), Brioche Mix (WHEAT Flour (1.0%), Salt, Vegetable Fat (Palm), Sweet Whey (MILK) Powder (MILK), Salt, Emulsifiers (E471, E481, E472e), Dried Glucose Syrup, Anticaking Agent (Calcium Carbonate, Silicon Dioxide), SOYA Flour, MILK Protein, Colour (Beta Carotene), Flavouring, Enzyme, Thickener (Guar Gum), Flour Treatment Agent (Ascorbic Acid), Natural Lemon Flavouring), Water, Blueberries, 12.70%, Caster Sugar, Pasteurised EGGS, Pectin, Glucose Syrup, EGGS, Fresh Yeast, Flour (WHEAT) Corn, Sweet Snow Dust (Dextrose, Sugar, Corn Flour, Vegetable Oil), Lemon Juice]. Per serving 165 kcal.

May contain traces of Fish, Sulphur Dioxide.

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

Ham & Cheese Ploughman's

Ham & Cheese (71%) [COOKED GAMMON HAM (23%) (Pork, Salt, Stabiliser (Triphosphate), Demerara Sugar, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], CHEDDAR CHEESE (15%), MILK (Pasteurised Cow's MILK Salt, Vegetarian Rennet, Starter Cultures), RED LEICESTER CHEESE (15%), MILK (Pasteurised Cow's MILK Salt, Starter Culture, Colour (Annatto Norbixin), Vegetarian Rennet), MIXED LEAF (12%), GRAPES (12%), CHERRY TOMATO (12%), TOMATO CHILLI CHUTNEY (12%) (Tomato, Onion, Cider Vinegar, Raw Cane Sugar, Bramley Apple, Dates, Tomato Purée, Red Chilli, Salt, Garlic, Black Pepper, All Spice, Ginger)], Cheese And Pickle PINWHEEL (21.9%) (Cheese Pickle (White Strong Bread Flour (White WHEAT Flour With Added Calcium Carbonate, Nicotinamide, Iron And Thiamine, WHEAT), Grated White Mature Cheddar 25.0% (MILK) (Anti Caking Agent, Potato Starch), Small Chunk Pickle 15.9% (Vegetables In Variable Proportions (51%) (Carrot, Rutabaga, Onion, Cauliflower), Sugar, BARLEY Malt Vinegar, Spirit Vinegar, Water, Tomato Puree, Date Paste (Dates, Rice Flour), Apple Pulp, Salt, Modified Maize Starch, Colour (SULPHITE Ammonia Caramel), Onion Powder, Concentrated Lemon Juice, Spices, Colouring Food (Roasted BARLEY Malt Extract), Herb And Spice Extracts, Butter (MILK) Sheets (MILK), Water, MILK Caster Sugar, Butter (MILK) Unsalted (MILK) Yeast, Salt, BARLEY Malt Flour). (6.5%) (MILK), Micro Mizuna Leaf (1.6%) (Micro Leaf Mizuna). Per serving 523 kcal.

Mizuna is produced on a site which handles Gluten, Celery and Mustard. May contain traces of Eggs, Soya, Celery, Mustard

Ham & Cheese Ploughman's V

Cheese & Salad (65.4%) [CHEDDAR WEDGES (20%) (Pasteurised Cow's MILK Salt, Vegetarian Rennet, Starter Cultures), RED CHEESE (MILK) (20%) (Pasteurised Cow's MILK Pure Dried Vacuum Salt, Starter Culture, Colour (Annatto Norbixin, Microbial Rennet), CHERRY TOMATO (15%), GRAPES, (15%), TOMATO AND CHILLI CHUTNEY (15%) (Tomato, Onion, Cider Vinegar, Raw Cane Sugar, Bramley Apple, Dates, Tomato Purée, Red Chilli, Salt, Garlic, Black Pepper, All Spice, Ginger), CHERRY TOMATO (15%), CHEESE AND PICKLE PINWHEEL (26.1%) (Cheese Pickle (125g of Cheese Pickle per 100g) [White Strong Bread Flour (White WHEAT Flour With Added Calcium Carbonate, Nicotinamide, Iron And Thiamine, WHEAT), Grated White Mature Cheddar 25.0% (MILK) (Anti Caking Agent, Potato Starch), Small Chunk Pickle 15.9% (Vegetables In Variable Proportions (51%) (Carrot, Rutabaga, Onion, Cauliflower), Sugar, BARLEY Malt Vinegar, Spirit Vinegar, Water, Tomato Puree, Date Paste (Dates, Rice Flour), Apple Pulp, Salt, Modified Maize Starch, Colour (SULPHITE Ammonia Caramel), Onion Powder, Concentrated Lemon Juice, Spices, Colouring Food (Roasted BARLEY Malt Extract), Herb And Spice Extracts), Butter (MILK) Sheets (MILK), Water, MILK Caster Sugar, Butter (MILK) Unsalted (MILK) Yeast, Salt, BARLEY Malt Flour (6.5%) (MILK), Micro Mizuna Leaf (1.9%) (Micro Leaf Mizuna). Per serving 481 kcal.

Mizuna is produced on a site which handles Gluten, Celery and Mustard. May contain traces of Eggs, Soya, Celery, Mustard

Ham & Cheese Ploughman's NGCI

(served with GF biscuits instead of Pinwheel on request)

Ham & Cheese (77.8%) [COOKED GAMMON HAM (23%) (Pork, Salt, Stabiliser (Triphosphate), Demerara Sugar, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], CHEDDAR CHEESE (15%), MILK (Pasteurised Cow's MILK Salt, Vegetarian Rennet, Starter Cultures), RED LEICESTER CHEESE (15%), MILK (Pasteurised Cow's MILK Salt, Starter Culture, Colour (Annatto Norbixin), Vegetarian Rennet), MIXED LEAF (12%), GRAPES (12%), CHERRY TOMATO (12%), TOMATO CHILLI CHUTNEY (12%) (Tomato, Onion, Cider Vinegar, Raw Cane Sugar, Bramley Apple, Dates, Tomato Purée, Red Chilli, Salt, Garlic, Black Pepper, All Spice, Ginger)], GF Nairns Crackers (14.4%) (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).

Add Salted Butter (7.3%) (MILK). Per serving 423 kcal.

Mizuna is produced on a site which handles Gluten, Celery and Mustard. May contain traces of Gluten, Peanuts, Eggs, Celery, Mustard, Hazelnuts

Cheese Ploughman's V, NGCI

Cheese Ploughman's Salad (73%) [CHEDDAR WEDGES (20%) (Pasteurised Cow's MILK Salt, Vegetarian Rennet, Starter Cultures), RED CHEESE (MILK) Wedges (20%) (Pasteurised Cow's MILK Pure Dried Vacuum Salt, Starter Culture, Colour (Annatto Norbixin, Microbial Rennet), CHERRY TOMATO (15%), RED GRAPES (15%), TOMATO AND CHILLI CHUTNEY (15%) (Tomato, Onion, Cider Vinegar, Raw Cane Sugar, Bramley Apple, Dates, Tomato Purée, Red Chilli, Salt, Garlic, Black Pepper, All Spice, Ginger), CHERRY TOMATO (15%), GF NAIIRNS CRACKERS (22.4%) (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).

Add Salted Butter (1.3%) (MILK). Per serving 372 kcal.

Mizuna is produced on a site which handles Gluten, Celery and Mustard. May contain traces of Gluten, Peanuts, Eggs, Celery, Mustard, Hazelnuts.

Cheese & Crackers V, NGCI

Cheese, Cherry Tomato & Tomato Chilli Chutney (65.4%) [CHEDDAR CHEESE (29%), MILK (Pasteurised Cow's MILK Salt, Vegetarian Rennet, Starter Cultures), RED CHEESE (29%), MILK (Pasteurised Cow's MILK Pure Dried Vacuum Salt, Starter Culture, Colour (Annatto Norbixin, Microbial Rennet), TOMATO CHILLI CHUTNEY (21%) (Tomato, Onion, Cider Vinegar, Raw Cane Sugar, Bramley Apple, Dates, Tomato Purée, Red Chilli, Salt, Garlic, Black Pepper, All Spice, Ginger), CHERRY TOMATO (15%), GF NAIIRNS CRACKERS (22.4%) (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).

Add Salted Butter (9.3%) (MILK). Per serving 382 kcal.

Mizuna is produced on a site which handles Gluten, Celery and Mustard. May contain traces of Gluten, Peanuts, Eggs, Celery, Mustard, Hazelnuts.

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 Snack

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 (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, Oregon, 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, Turmeric, Preservative: Potassium Sorbate, Dill Powder, Chili Powder, Garlic Powder)]. Per serving 204 kcal.

Produced on a site which handles Nuts and Gluten.

Specials: Jollof Rice

Jollof Rice (98.7%) [Jollof Rice (101g of Jollof Rice per 100g) (Cooked Jollof Rice (56.91%) (Water, Basmati Rice), Tomatoes (11.38%) (Tomatoes, Tomato Juice, Citric Acid), Onion (4.38%), Carrot, Sweetcorn, Green Pepper, Garden Peas, Tomato Paste, Vegetable Bouillon (Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Onion Powder, Herbs, Carrot Powder, Dried Garlic, Sunflower Oil, Spices, Colour (Caramel Powder), Antioxidant: Rosemary Extract), Rapeseed Oil, Cayenne Pepper, Chili Scotch Bonnet, Curry Powder (Ground Coriander, Ground Turmeric, MUSTARD Powder, Bengal Gram (Black Chickpea), Ground Cumin, Ground Chilli,