

Ingredients & Allergens Menu

Pendolino Weekday First Class Ingredients & Allergens Menu from **1st July 2026**

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], 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 Chilli), 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 (82%), 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%) (**SOY**Abean 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.

Optional:

Tipfree 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.

Tipfree 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

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 (Mono And Diglycerides Of Fatty Acids), Inactive Dry Yeast, Emulsifier (Mono And Diglycerides Of Fatty Acids)), Becketts Smoked **Rindless Baked Bacon** (39.4%) [Bacon Rashers (100%) Pork (8.7%); Water, Salt; Antioxidant: E301, Preservatives: E250, E252]], 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.

Optional:

Tipfree 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.

Tipfree 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 (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, Milled 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 Flavourings, Natural Beechwood Smoke]]. **May contain traces of Eggs, Mustard.**

Add **Butter** (8.4%) [Pasteurised Cow's Cream (**MILK**) 98.49%, Salt 1.5%, Lactic Culture 0.01%]. Per serving 396 kcal.

Optional:

Tipfree 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.

Tipfree 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.

Add Banana and Honey. Per serving 420 kcal.

May contain Wheat, Barley

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.

Optional:

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

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 Smoked 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 Diacyetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Rapeseed Oil, Flour Treatment Agent (E300 Ascorbic Acid)].

Add **Butter** (14%) [Pasteurised Cow's Cream (**MILK**), Salt, Lactic Culture]. Per serving 254 kcal.

Optional:

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

Optional:

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

Tipfree 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)].

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

Add **Butter** (9.7%) [Pasteurised Cow's 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.

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 Inverted 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.

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, Sugar, 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 Snou Dust (Dextrose, Sugar, Corn Flour, Vegetable Oil), Lemon Juice].

May Contain traces of Fish, Sulphur Dioxide

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 Fats & Oils, Water, Salt), Water, Salt), Smoked Salmon (**FISH**) Julienne Trimmings (25%) (**FISH**) [Salmon (**FISH**), Salt, Sugar], Spinach (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 Celanix, Celostlaw (15%) [CELERIAC (5.7%), **CELERY** (**CELERY**), MAYONNAISE (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** (6%) [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], Lemon (2.6%).

Micro 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.

Per serving 753 kcal.

Chicken Shawarma Wrap

Chicken Wrap (98.6%) [Barmarked 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, Puree, Coriander Leaves, Salt, Cumin, Smoked Paprika, Sugar, Ground Coriander, Yeast Extract, Turmeric, Cassia Cinnamon, Ground Ginger, Chilli Powder, Thickener (Xanthan Gum), Paprika Extract, Cardamom], PICKLED RED ONION (10%) [Red Onion, Sugar, Water, White Wine Vinegar (White Wine Vinegar, Antioxidant (Sodium **METABISULPHITE**)), Salt], MIOT AND GARLIC Yoghurt (**MILK**) **SAUCE** (10%) [Greek Yoghurt (Cow's **MILK** Cream (**MILK**), Yoghurt Culture), Mint Sauce (Water, Reconstituted Dried Mint, Sugar, Acidity Regulator (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 Dessert Pot (100%) [Strawberries 28.62%, Meringue Granules (Sugar, Fat (Cooking 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 Puree 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%) [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.

Lemon & Orange Sprinkle

Shortbread

Lemon And Orange Shortbread (100%) [Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Butter (**MILK**), 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 (Talc), Natural Orange Flavouring 0.09%, Lemon Oil 0.09%]. Per serving 221 kcal.

May contain traces of Eggs, Soya, Sulphites

Specials:

SPECIALS –Afternoon Tea

Chicken Cheese Pickle Sandwich (59.4%) [Ranch Chicken On Malted Bread RANCH CHICKEN MIX (4)] [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), Dried 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, Thiamin), Water, Malted **WHEAT** Flakes, Yeast, **BARLEY** Malt Flour, Salt, Emulsifier (Mono And Diacyetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acid), Preservative (Calcium Propionate), Sugar, Buckwheat Flour, Rapeseed Oil, Flour Treatment Agent (Ascorbic Acid)], Cheese With Pickle On White Bread, White Bread [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Salt, Emulsifiers (Mono And Diglycerides Of Fatty Acids, Mono and Diacyetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Preservative (Calcium Propionate), Rapeseed Oil, Flour Treatment Agent (Ascorbic Acid)], CHEDDAR CHEESE (7%), **MILK** [Pasteurised Cow's **MILK** Salt, Vegetarian Rennet, Starter Culture], SWEET PICKLE (4%) [Vegetables (Carrot, Rutabaga, Onion, Cauliflower), Sugar, **BARLEY** Malt Vinegar, Spirit Vinegar, Water, Tomato Purée, 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], Vegetable Fat Spread (Vegetable Oils [Rapeseed Oil, Palm Oil], Water, Salt, Emulsifier (Mono And Diglycerides Of Fatty Acids), Preservative (Potassium Sorbate), Colours (Annatto Bixin, Curcumin), Acidity Regulator (Citric Acid), Flavouring)], Lemon Sandwich Cake (39.1%) [Cake Mix (**WHEAT** Flour, Sugar, Raising Agents: E 450, E 500, Modified Starch, Whey (**MILK**) Permeate Powder (From **MILK**), Palm Oil, Emulsifiers: E 471, E 472b, E 475), Whey (E 415), Powder (From **MILK**), Glucose Syrup, Salt, Thickeners: **MILK** Flavouring, Skim **MILK** Powder), **EGGS** Butter (**MILK**) Unsalted (**MILK**), Rapeseed Oil (Rapeseed Oil, Anti Foaming Agent (Dimethyl polysiloxane)), Sugar Caster, Water, Lemon Juice 4.67%, Sugar Icing, Lemon Zest 0.98%, Corn Flour], Micro Mizuna Leaf (1.6%) [Micro Leaf Mizuna]. Per serving 555 kcal.

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

Fish, Chip & Pea Pie

FISH Chip & Pea Pie (92.7%) [Processed Peas (28%) [Processed Peas, Water, Sugar, Salt, Colours (Copper Complexes Of Chlorophylls, Mixed Carotenes)], Pre Cooked Potato Wedges In Oil (27%) (Potatoes, Rapeseed Oil, Salt, Onion, Stabiliser (Diphosphates), Flavourings, Smoke Flavouring, Spices)], Haddock (**FISH** **FISH** (23%)), Pastry Puff (**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**/Torrefied **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. Every care has been taken to remove fish bones; however, small fragments may remain.

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

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

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

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, Sucrose, Yeast Extract, Onion Powder, Herbs, Carrot Powder, Dried Garlic, Sunflower Oil, Spices, Colour (Caramel Powder), Antioxidant: Rosemary Extract), Rapeseed Oil, Cayenne Pepper, Chilli Scotch Bonnet, Curry Powder (Ground Coriander, Ground Turmeric), **MUSTARD** Powder, Bengal Gram (Black Chickpea), Ground Cumin, Ground Chilli, Ground Fenugreek, Ground Black Pepper, Garlic Powder, Iodised Salt, Ground Fennel, Salt)], Micro Mizuna Leaf (1.3%) [Micro Leaf Mizuna]. Per serving 414 kcal.

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

Allergy Advice: For allergens, see ingredients in BOLD.

Adults need 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.