

Ingredients & Allergens Menu

First Class Pendolino & Evero 807 Weekend Ingredients & Allergen Menu from 1st July 2026

Breakfast

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%) [Park, Water, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], Streaky Bacon (8%) [Park, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Natural 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%) [Park, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], BEECHWOOD SMOKED STREAKY BACON (7%) [Park, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Natural 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 & 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.

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.

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 Snow Dust (Dextrose, Sugar, Corn Flour, Vegetable Oil), Lemon Juice]. Per serving 165 kcal.

May Contain traces of Fish, Sulphur Dioxide.

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 Caramell), Colour (Caramell)), 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 Caramell)). Per serving 441 kcal.

May contain traces of Milk, Hazelnuts, Pecans, 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 - [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.

May contain Gluten. 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 (E472e Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids)], Rapeseed Oil, Flour Treatment Agent (E300 Ascorbic Acid)].

Add Salted 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 Salted 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), Nicotinamide, Iron And Thiamine, Flavouring, Flour Treatment Agent (E300), Colour (E160a)].

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.

Rest of the day

Chicken Shawarma Wrap

Chicken Wrap (98.6%) [Barnmarked 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, 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], MILK AND GARLIC Yoghurt (MILK) SAUCE (10%) [Greek Yoghurt (Cow's MILK 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.

Orzo Pasta Salad

Pasta (95.7%) [Cooked Pasta (Water, Durum WHEAT Semolina, Rapeseed Oil)], BASIL IN SUNFLOWER OIL (14%) [Basil, Sunflower Oil, Salt], SLOW ROASTED TOMATO (14%) [Tomato, Sunflower Oil, Salt, Garlic, Oregano], SPINACH (9%), Vegan Mozzarella Style Cheese (6%) [Water, Coconut Oil, Modified Potato Starch, Gluten Free **OAT** Fibre, Maize Starch, Salt, Modified Maize Starch, Preservative (Tricalcium Citrate) Thickeners (Carrageenan, Guar Gum), Natural Flavourings, Acidity Regulators (Lactic Acid, Sodium Lactate), Colour (Carotene)], Lemon (4.3%). Per serving 261 kcal.

May contain traces of Mustard, Soya.

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%), Milk, Sugar, Glucose Syrup, 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, Chilli Powder, Oregano, 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, Chilli Powder, Garlic Powder)]. Per serving 204 kcal.

Produced on a site which handles Nuts and Gluten.

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) Salt], Natural Orange Flavouring 0.09%, Lemon Oil 0.09%. Per serving 221 kcal.

May contain traces of Eggs, Soya, 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%)].

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

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% (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 Caramell), 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]].

Estate Dairy Butter (5.5%) (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

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), MIXED LEAF (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 25.00% (MILK) (Added Ingredients: Anti Caking Agent, Potato Starch), Small Chunk Pickle 15.91% (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 Caramell), 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]].

Add Salted Butter (6.5%) (MILK), Micro Mizuna Leaf (2%) [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 (6%) (MILK).

Micro Mizuna Leaf (1.8%) [Micro Leaf Mizuna]. 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

(served with GF biscuits instead of Pinwheel on request)

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), MIXED LEAF (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]], GF CRACKERS (17.5%) [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).

Micro Mizuna Leaf (2.2%) [Micro Leaf Mizuna]. 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 (21%)], RED GRAPES.

GF NAIRNS 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).

Micro Mizuna Leaf (2.8%) [Micro Leaf Mizuna]. 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.

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 allergen information and that you inform us if you have a food allergy or special dietary requirements.

