

# MEAL INGREDIENTS & NUTRITIONAL VALUES

## BREAKFAST MEALS

### Big breakfast

*3.3g carb / 602.8 cal / 47.8g fat / 39.3g protein / 2.2g fibre / 2.8g salt*

**Egg**, British Pork Sausages (90% Pork, Water, Rice Flour, Chickpea Flour, Salt, Dextrose, Spices (Ground Nutmeg, Ground White Pepper, Ground Coriander (**Sulphites**)), Onion Powder, Rubbed Sage, Stabiliser: Triphosphates; Cornflour, Preservative: Sodium Metabisulphite (Sulphites); Antioxidant: Ascorbic Acid. Filled into Calcium Alginate Casings) Mushrooms, Tomatoes, Bacon (Pork, Water, Salt, Dextrose, Antioxidant: Sodium Ascorbate; Preservatives: Sodium Nitrate, Potassium Nitrate (**Sulphites**)), Green Peppers, Olive Oil, Salt, Pepper. **ALLERGENS: EGG, SULPHITES**

### Big breakfast frittata

*2.3g carb / 634.9 cal / 55.2g fat / 32.4g protein / 1.1g fibre / 2.1g salt*

**Egg**, British Pork Sausages (90% Pork, Water, Rice Flour, Chickpea Flour, Salt, Dextrose, Spices (Nutmeg, White Pepper, Ground Coriander (**Sulphites**)), Onion Powder, Rubbed Sage, Stabiliser: Triphosphates; Cornflour, Preservative: Sodium Metabisulphite (Sulphites); Antioxidant: Ascorbic Acid. Filled into Calcium Alginate Casings), Mushrooms, Tomatoes, Bacon (Pork, Water, Salt, Dextrose, Antioxidant: Sodium Ascorbate; Preservatives: Sodium Nitrate, Potassium Nitrate (**Sulphites**)), Pasteurized Double Cream (**Milk**), Parmesan Cheese (**Milk**, Salt, Rennet), Cheddar Cheese (**Milk**), Olive Oil. **ALLERGENS: EGG, SULPHITES, MILK**

### Blueberry muffin

*3.3g carb / 193.4 cal / 17g fat / 6.5g protein / 1.9g fibre / 0.37g salt*

**Egg**, Ground Almonds (**Nuts**), Greek Yogurt (**Milk**), Blueberries, Erythritol, Olive Oil, Coconut, Vanilla Extract (Water, Natural Colour/Flavourings, E150A) Baking Powder Gluten Free, Salt. **ALLERGENS: EGG, NUTS, MILK**

### Breakfast pot blueberry

*4.5g carb / 342.2 cal / 35.7g fat / 5.8g protein / 1.9g fibre / 0.14g salt*

Pasteurized Double Cream (**Milk**), Greek Yogurt (**Milk**), Blueberries, Erythritol, Brazil **Nuts**, Walnuts, Mixed Seeds (Pumpkin Seeds, Sunflower Seeds, Golden Linseeds, Hemp Seeds), Golden Linseed, Coconut Oil, Dried Coconut, Freeze Dried Blueberries, Cinnamon, Salt. **ALLERGENS: MILK, NUTS**

### Breakfast pot lemon

*3.2g carb / 373.1 cal / 39.5g fat / 6.3g protein / 1.7g fibre / 0.23g salt*

Pasteurized Double Cream (**Milk**), Greek Yogurt (**Milk**), Erythritol, Brazil **Nuts**, Walnuts, Lemon Juice, Butter (Cream (**Milk**), Water, Salt), Mixed Seeds (Pumpkin Seeds, Sunflower Seeds, Golden Linseeds, Hemp Seeds), Eggs, Golden Linseed, Coconut Oil, Dried Coconut, Freeze Dried Raspberries, Cinnamon, Salt. **ALLERGENS: MILK, NUTS, EGG**

### Breakfast pot mixed berry

*4.2g carb / 341 cal / 35.7g fat / 5.8g protein / 2g fibre / 0.14g salt*

Pasteurized Double Cream (**Milk**), Greek Yogurt (**Milk**), Blueberries, Erythritol, Brazil **Nuts**, Walnuts, Mixed Seeds (Pumpkin Seeds, Sunflower Seeds, Golden Linseeds, Hemp Seeds), Golden Linseed, Coconut Oil, Dried Coconut, Freeze Dried Raspberries, Freeze dried Blueberries, Cinnamon, Salt. **ALLERGENS: MILK, NUTS**

### Breakfast pot raspberry

*3.8g carb / 339.8 cal / 35.8g fat / 5.9 protein / 2.1g fibre / 0.14g salt*

Pasteurized Double Cream (**Milk**), Greek Yogurt (**Milk**), Raspberries, Erythritol, Brazil **Nuts**, Walnuts, Mixed Seeds (Pumpkin Seeds, Sunflower Seeds, Golden Linseeds, Hemp Seeds), Golden Linseed, Coconut Oil, Dried Coconut, Freeze Dried Raspberries, Cinnamon, Salt. **ALLERGENS: MILK, NUTS**

### Breakfast pot strawberry

*4g carb / 340.6 cal / 35.8g fat / 5.8g protein / 2.3g fibre / 0.14g salt*

Pasteurized Double Cream (**Milk**), Greek Yogurt (**Milk**), Strawberries, Erythritol, Brazil **Nuts**, Walnuts, Mixed Seeds (Pumpkin Seeds, Sunflower Seeds, Golden Linseeds, Hemp Seeds), Golden Linseed, Coconut Oil, Dried Coconut, Freeze Dried Raspberries, Cinnamon, Salt. **ALLERGENS: MILK, NUTS**

### Lemon and raspberry muffin

*2.8g carbs / 161.5 cal / 14g fat / 4.9g protein / 3.5g fibre / 0.17g salt*

Ground Almonds (**Nuts**), Raspberries, Greek Yoghurt (**Milk**), Erythritol, Olive Oil, Coconut Flour, Bamboo Fibre, Baking Powder Gluten Free, Egg, Lemon Zest, Vanilla Extract (Water, Natural Colour/Flavourings, E150A). **ALLERGENS: NUTS, EGG, MILK**

### Pancakes

(Butterscotch, Chocolate Caramel, Golden, Honey, Maple, Salted Caramel, Cinnamon, Vanilla)

*1.6g carb / 226.5 cal / 21.3g fat / 5.3g protein / 3.2g fibre / 0.24g salt*

**Egg**, Olive Oil, Coconut Flour, Pasteurized Double Cream (**Milk**), Butter (Cream (**Milk**), Water, Salt), Flavouring (Water, Thickeners (Sodium Carboxy Methyl Cellulose, Xanthan Gum), Flavouring, Salt, Colour (Sulphite Ammonia Caramel), Acid (Lactic Acid), Sweetener (Sucralose), Preservatives (Potassium Sorbate, Sodium Benzoate)), Erythritol, Gluten Free Baking Powder (Sodium Dihydrogen Diphosphate, Sodium Bicarbonate). **ALLERGENS: EGG, MILK**

### Sausages, cherry tomatoes and mushrooms

*3.3g carb / 326 cal / 27.7g fat / 15.9g protein / 2.5g fibre / 0.80g salt*

Mushrooms, British Pork Sausages (90% Pork, Water, Rice Flour, Chickpea Flour, Salt, Dextrose, Spices (Ground Nutmeg, Ground White Pepper, Ground Coriander (**Sulphites**)), Onion Powder, Rubbed Sage, Stabiliser: Triphosphates; Cornflour, Preservative: Sodium Metabisulphite (Sulphites); Antioxidant: Ascorbic Acid. Filled into Calcium Alginate Casings) Tomatoes, Olive Oil.

**ALLERGENS: SULPHITES**

### Sausages and creamy mushrooms

*2.5g carb / 425.1 cal / 37.8g fat / 18.6g protein / 1.5g fibre / 1.2g salt*

British Pork Sausages (90% Pork, Water, Rice Flour, Chickpea Flour, Salt, Dextrose, Spices (Ground Nutmeg, Ground White Pepper, Ground Coriander (**Sulphites**)), Onion Powder, Rubbed Sage, Stabiliser: Triphosphates; Cornflour, Preservative: Sodium Metabisulphite (Sulphites); Antioxidant: Ascorbic Acid. Filled into Calcium Alginate Casings), Mushrooms, Cheese (**Milk**), Cheddar Cheese (**Milk**), Olive Oil. **ALLERGENS: SULPHITES, MILK**

## SOUPS

### Broccoli & Lancashire

*4.9g carb / 210.8 cal / 16.2g fat / 12.3g protein / 4g fibre / 0.49g salt*

Broccoli, Water, Lancashire Cheese (**Milk**, Salt, Cheese Cultures, Rennet), Pasteurized Double Cream (**Milk**), Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Tumeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Parmesan Cheese (**Milk**, Salt, Rennet) **ALLERGENS: MILK, CELERY**

### Cauliflower & parmesan

*4.8g carb / 169.4 cal / 15.1g fat / 3.9g protein / 1.7g fibre / 0.10g salt*

Water, Cauliflower, Pasteurized Double Cream (**Milk**), Parmesan Cheese (**Milk**, Salt, Rennet), Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Tumeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Ground Black Pepper. **ALLERGEN: MILK, CELERY**

### Celery & chorizo

*2.7g carb / 209.1 cal / 16.6g fat / 12.5g protein / 1.7g fibre / 1.9g salt*

Water, **Celery**, Chorizo (Pork, Pork Fat, Salt, Smoked Paprika Powder, Cayenne Pepper, Dextrose, Garlic Paste, Antioxidant (Sodium Ascorbate) Flavouring, Preservatives (Sodium Nitrate, Potassium Nitrate, Potassium Sorbate), Natamycin; Nutmeg, Oregano, Natural Sausage Casing (**Sulphites**)), Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Tumeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Rosemary, Garlic. **ALLERGENS: CELERY, SULPHITES**

### Cream of chicken

*5.4g carbs / 262.3 cal / 16.3g fat / 24.9g protein / 0.9g fibre / 0.23g salt*

Chicken, **Celery**, Pasteurized Double Cream (**Milk**), Shallots, Carrots, Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Tumeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)). **ALLERGENS: CELERY, MILK**

### Cream of mushroom

*3.1g carb / 146.4 cal / 14.5g fat / 1.7g protein / 1g fibre / 0.12g salt*

Mushrooms, Pasteurized Double Cream (**Milk**), Shallots, Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Tumeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Butter (Cream (**Milk**), Water, Salt), Olive Oil, Garlic Salt, Black Pepper **ALLERGENS: MILK, CELERY**

**Chicken & veg**

4.8g carb / 139.6 cals / 5.9g fat / 19.4g protein / 4g fibre / 2.3g salt

Chicken, Courgette, Celery, Broccoli, Water, Carrots, Shallots, Chicken Stock (Chicken, Water), Olive Oil. **ALLERGENS: CELERY**

**Minestrone**

6g carb / 126.1 cals / 11.2g fat / 1.3g protein / 1.3g fibre / 0.04 g salt

Water, Tomatoes, Olive Oil, Shallots, **Celery**, Cabbage, Courgette, Carrots, Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Tumeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Carrots, Tomato Purée (Tomatoes, Citric Acid). **ALLERGENS: CELERYS**

**Spiced courgette & chicken**

5.9g carb / 287.7 cals / 27.2g fat / 6.4g protein / 1.6g fibre / 0.12g salt

Courgette, Chicken, Shallots, Pasteurized Double Cream (**Milk**), Olive Oil, Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, **Celery**, Tumeric, Black Pepper, Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Garlic, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Paprika (Red Peppers), Chilli Powder, Cumin, Garlic, Oregano. **ALLERGENS: MILK, CELERY**

**QUICHES & FRITTATAS**

**3 cheese & shallot quiche**

2.3g carb / 358.3 cals / 31.9g fat / 12.8g protein / 3.4g fibre / 0.66g salt

**Eggs**, Pasteurized Double Cream (**Milk**), Cheddar Cheese (**Milk**), Ground Almonds (**Nuts**), Shallots, Coconut Flour, Water, **Eggs**, Lancashire Cheese (**Milk**, Salt, Cheese Cultures, Rennet), Butter (Cream (**Milk**), Water, Salt), Parmesan Cheese (**Milk**, Salt, Rennet), Salt. **ALLERGENS: EGG, MILK, NUTS**

**Bacon & egg quiche**

2g carb / 366.8 cals / 32.6g fat / 14.7g protein / 3.2g fibre / 1.1g salt

**Eggs**, Pasteurized Double Cream (**Milk**), Bacon (**Sulphites**), Cheddar Cheese (**Milk**), Ground Almonds (**Nuts**), Coconut Flour, Water, **Eggs**, Butter (Cream (**Milk**), Water, Salt), Parmesan Cheese (**Milk**, Salt, Rennet), Salt. **ALLERGENS: EGG, MILK, SULPHITES, NUTS**

**Broccoli & cheddar quiche**

2.9g carb / 352.5 cals / 31.2g fat / 13.4g protein / 4.2g fibre / 0.70g salt

**Eggs**, Broccoli, Cheddar Cheese (**Milk**), Pasteurized Double Cream (**Milk**), Ground Almonds (**Nuts**), Coconut Flour, Water, Parmesan Cheese (**Milk**, Salt, Rennet), Shallots, Olive Oil, Butter (Cream (**Milk**), Water, Salt), Salt. **ALLERGENS: EGG, MILK, NUTS**

**Chicken & broccoli quiche**

2.7g carb / 397 cals / 33.9g fat / 18.8g protein / 4.1g fibre / 0.84g salt

**Eggs**, Pasteurized Double Cream (**Milk**), Broccoli, Cheddar cheese (**Milk**), Chicken, Ground Almonds (**Nuts**), Coconut flour, Butter (Cream (**Milk**), Water, Salt), Parmesan Cheese (**Milk**, Salt, Rennet), Salt. **ALLERGENS: EGG, MILK, NUTS**

**Chicken and tomato frittata**

2.6g carb / 515.6 cals / 40.9g fat / 34.4g protein / 0.8g fibre / 0.97g salt

**Eggs**, Chicken, Tomatoes, Pasteurized Double Cream (**Milk**), Shallots, Parmesan Cheese (**Milk**, Salt, Rennet), Cheddar Cheese (Milk), Olive Oil. **ALLERGENS: EGG, MILK**

**Chorizo and pepper frittata**

2.4g carb / 535.9 cals / 45.2g fat / 30g protein / 1g fibre / 2.3g salt

**Eggs**, Chorizo (Pork, Pork Fat, Salt, Smoked Paprika Powder, Cayenne Pepper, Dextrose, Garlic Paste, Antioxidant (Sodium Ascorbate) Flavouring, Preservatives (Sodium Nitrate, Potassium Nitrate, Potassium Sorbate), Natamycin; Nutmeg, Oregano, Natural Sausage Casing (**Sulphites**)), Green Peppers, Pasteurized Double Cream (**Milk**), Parmesan Cheese (**Milk**, Salt, Rennet), Cheddar Cheese (**Milk**). **ALLERGENS: EGG, SULPHITES, MILK**

**Smoked salmon & cream cheese quiche**

2.2g carb / 352.2 cals / 30.5g fat / 16g protein / 2.6g fibre / 1.4g salt

**Eggs**, Smoked Salmon (**Fish**), Pasteurised Double Cream (**Milk**), Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt), Cheddar Cheese (**Milk**), Ground Almonds (**Nuts**), Coconut Flour, Water, Butter (Cream (**Milk**), Water, Salt), Parmesan Cheese (**Milk**, Salt, Rennet), Salt. **ALLERGENS: EGG, FISH, MILK, NUTS**

# CHICKEN DISHES

## Butter chicken with cauliflower rice

11g carb / 402.7 cals / 26.3g fat / 31.2g protein / 4.9g fibre / 0.74g salt

Cauliflower, Chicken, Augergine, Courgette, Tomatoes, Water, Pasteurized Double Cream (**Milk**), Butter Ghee (**Milk**), Shallots, Butter (**Milk**, Water, Salt), Ginger, Olive Oil, Curry Paste (**Mustard**), Garlic, Chicken Bouillon Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Turmeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Lemon Juice, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Paprika, Ground Cumin, Garam Masala. **ALLERGENS: MILK, MUSTARD, CELERY**

## Chicken and chorizo casserole with vegetables

9.7g carb / 386 cals / 13.7g fat / 56.7g protein / 3.9g fibre / 1.1g salt

Chicken, **Celery**, Tomatoes, Green beans, Broccoli, Chorizo (Pork, Pork Fat, Salt, Smoked Paprika Powder, Cayenne Pepper, Dextrose, Garlic Paste, Antioxidant (Sodium Ascorbate) Flavouring, Preservatives (Sodium Nitrate, Potassium Nitrate, Potassium Sorbate), Natamycin; Nutmeg, Oregano, Natural Sausage Casing (**Sulphites**)), Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Turmeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Tomato Purée (Tomatoes, Citric Acid), Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil) **ALLERGENS: CELERY, SULPHITES**

## Chicken, bacon and spinach black bean spaghetti

6.5g carb / 463.1 cals / 25.8g fat / 47g protein / 0.4g fibre / 1g salt

Chicken, Spinach, Bacon (Pork, Water, Salt, Dextrose, Antioxidant: Sodium Ascorbate; Preservatives: Sodium Nitrate, Potassium Nitrate (**Sulphites**)), Black Bean Spaghetti (Organic Black Bean Flour (Black **Soybeans**)), Pasteurized Double Cream (**Milk**), Shallots, Butter (**Milk**, Water, Salt), Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Olive oil.

**ALLERGENS: SULPHITES, SOYA, MILK**

## Chicken, bacon and spinach edamame & mung bean fettuccine

5.3g carb / 462.5 cals / 26.5g fat / 45.8g protein / 10.1g fibre / 1g salt

Chicken, Edamame & Mung Bean Fettuccine (Organic Edamame Bean Flour (Green **Soybeans**) Organic Mung Bean Flour (**Soya**)), Bacon (Pork, Water, Salt, Dextrose, Antioxidant: Sodium Ascorbate; Preservatives: Sodium Nitrate, Potassium Nitrate (**Sulphites**)), Pasteurized Double Cream (**Milk**), Spinach, Shallots, Olive Oil, **Butter** (Milk, Water, Salt), Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil). **ALLERGENS: SOYA, SULPHITES, MILK**

## Chicken and broccoli bake

5.2g carb / 414.7 cals / 25.1g fat / 42.2g protein / 4.2g fibre / 1.4g salt

Chicken, Broccoli, Cream Cheese (Skimmed **Milk**), Cream (**Milk**), **Milk** Proteins, Lactic Cultures, Salt, Preservative (Potassium Sorbate)), Cheddar Cheese (**Milk**), Shallots, Parmesan Cheese (**Milk**, Salt, Rennet), Olive Oil, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil) **ALLERGENS: MILK**

## Chicken Alfredo with cauliflower rice

6g carb / 635.7 cals / 44.2g fat / 53.5g protein / 2.3g fibre / 1.7g salt

Chicken, Cauliflower, Pasteurized Double Cream (**Milk**), Bacon (Pork, Water, Salt, Dextrose, Antioxidant: Sodium Ascorbate; Preservatives: Sodium Nitrate, Potassium Nitrate (**Sulphites**)), Mushrooms, Parmesan Cheese (**Milk**, Salt, Rennet), Cheddar Cheese (**Milk**), Red Peppers, Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt)), Olive Oil, Butter (**Milk**, Water, Salt), Garlic, Green Pesto (Basil, Sunflower Seed Oil, Grana Padano Cheese (**Milk**), Preservative: Lysozyme (**Egg**), Cashew **Nuts**, Glucose, Salt, Potato Flakes (Potato, Paprika, Tumeric), Acidity Regulator: Lactic Acid; Pine **Nuts**, Pecorino Romano PDO Cheese (**Milk**), Extra Virgin Olive Oil, Garlic) **ALLERGENS: MILK, SULPHITES, EGG, NUTS**

## Chicken curry with cauliflower rice

10.3g carb / 554.6 cals / 44g fat / 27.9g protein / 2.9g fibre / 0.28g salt

Chicken, Cauliflower, Tomatoes, Olive Oil, Aubergine, Madras Curry Paste (Rapeseed Oil, Ground Spices, Cumin, Coriander, Paprika, Tumeric, Fenugreek, Ginger, Chilli, Maize Flour, Tamarind, Acetic Acid, Citric Acid, Lactic Acid, **Mustard** Powder) Shallots, Coconut Milk (Coconut Extract, Water, Stabilizers: Guar Gum (E412), Carboxy Methyl Cellulose (E466), Emulsifier: Polysorbate 60 (E435), Antioxidant: Citric Acid (E330)), Red Pepper, Yellow Pepper, Arrowroot, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Garlic **ALLERGENS: MUSTARD**

**Chicken curry with cauliflower rice and mini naan**

7.4g carb / 408 cal / 27.1g fat / 30.2g protein / 6.9g fibre / 0.67g salt

Chicken, Cauliflower, Tomatoes, Olive Oil, Aubergine, Madras Curry Paste (Rapeseed Oil, Ground Spices, Cumin, Coriander, Paprika, Turmeric, Fenugreek, Ginger, Chilli, Maize Flour, Tamarind, Acetic Acid, Citric Acid, Lactic Acid, **Mustard** Powder) Shallots, Coconut Milk (Coconut Extract, Water, Stabilizers: Guar Gum (E412), Carboxy Methyl Cellulose (E466), Emulsifier: Polysorbate 60 (E435), Antioxidant: Citric Acid (E330)), Coconut Flour, Olive Oil, Butter (Cream, **Milk**), Water, Salt), Greek Yoghurt (**Milk**) Psyllium Husk, Red Pepper, Yellow Pepper, Arrowroot, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Garlic, Gluten Free Baking Powder (Sodium Dihydrogen, Diphosphate, Sodium Bicarbonate) **ALLERGENS: MUSTARD, MILK**

**Chicken in white wine with pesto courgetti**

11.2g carb / 532.2 cal / 27.5g fat / 55.6g protein / 4.9g fibre / 0.64g salt

Chicken, Courgette, **Celery**, Broccolini, Green Beans, Pasteurized Double Cream (**Milk**), White Wine, Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt), Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Turmeric), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Rosemary Extract), Parmesan (**Milk**, Salt, Rennet), Pesto (Basil, Sunflower Seed Oil, Grana Padano Cheese (**Milk**), Preservative: Lysozyme (**Egg**), Cashew **Nuts**, Glucose, Salt, Potato Flakes (Potato, Paprika, Turmeric), Acidity Regulator: Lactic Acid; Pine **Nuts**, Pecorino Romano PDO Cheese (**Milk**), Olive Oil, Garlic). **ALLERGENS: CELERY, MILK, EGG, NUTS**

**Chicken in white wine with pesto gnocchi**

9.1g carb / 474.6 cal / 23.4g fat / 55.2g protein / 5.6g fibre / 1.1g salt

Chicken, Courgette, **Celery**, Gnocchi (Water, Konjac Flour, Almond Flour (**Nuts**), Potato Flakes, Potato Starch, Bamboo Flour, Pumpkin, Salt, Extra Virgin Olive Oil, Natural Flavour, Citric Acid, Sorbic Acid), Broccolini, Green Beans, Pasteurized Double Cream (**Milk**), White Wine, Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt), Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Turmeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Parmesan Cheese (**Milk**, Salt, Rennet), Green Pesto (Basil, Sunflower Seed Oil, Grana Padano Cheese (**Milk**), Preservative: Lysozyme (**Egg**), Cashew **Nuts**, Glucose, Salt, Potato Flakes (Potato, Paprika, Turmeric), Acidity Regulator: Lactic Acid; Pine **Nuts**, Pecorino Romano PDO Cheese (**Milk**), Extra Virgin Olive Oil, Garlic). **ALLERGENS: CELERY, MILK, EGG, NUTS**

*\* Our Gnocchi is produced within a factory that handles or creates other items that may contain sulphites, lupin, mustard, celery, soya, nuts & gluten. Although this dish doesn't directly contain some of these allergens, we note this for transparency for our customers.*

**Chicken pizzaiola with parmesan broccoli**

7.3g carb / 496.1 cal / 23.2g fat / 64.9g protein / 4.7g fibre / 1.4g salt

Chicken, Green Beans, Broccoli, **Celery**, Tomatoes, Chorizo (Pork, Pork Fat, Salt, Smoked Paprika Powder, Cayenne Pepper, Dextrose, Garlic Paste, Antioxidant (Sodium Ascorbate) Flavouring, Preservatives (Sodium Nitrate, Potassium Nitrate, Potassium Sorbate), Natamycin; Nutmeg, Oregano, Natural Sausage Casing (**Sulphites**)), Olive Oil, Black Olives, Parmesan Cheese (**Milk**, Salt, Rennet), Tomato Purée (Tomatoes, Citric Acid), Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil).

**ALLERGENS: CELERY, SULPHITES, MILK**

**Chicken stir fry**

3.6g carb / 328.9 cal / 23.3g fat / 26.1g protein / 2.1g fibre / 0.80g salt

Chicken, Olive Oil, Shallots, Green Peppers, Broccoli, Pak Choi, Konjac Noodles (Water, Konjac Flour, Firming Agent (Calcium Hydroxide)), Courgette, Green Beans, Carrots, **Soy** Sauce (Water, **Soy**beans, Salt, Spirit Vinegar) Ginger, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil) **ALLERGENS: SOYA**

**Courgette and chicken gratin**

6.6g carb / 668 cal / 50.2 g fat / 47.6g protein / 1.1g fibre / 1.8g salt

Chicken, Courgette, Cheddar Cheese (**Milk**), Pasteurized Double Cream (**Milk**), Shallots, Butter (Cream, **Milk**), Arrowroot, Garlic. **ALLERGENS: MILK**

**Garlic chicken with cauliflower mash**

8.1g carb / 557.5 cal / 34g.1 fat / 54.9g protein / 3.5g fibre / 1.4g salt

Chicken, Cauliflower, Broccoli, Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt)), Parmesan Cheese (**Milk**, Salt, Rennet, Pasteurized Double Cream (Milk), Garlic, Olive Oil, Vinegar, Butter (**Milk**, Water, Salt), Mixed Herbs, Mustard, Black Pepper, Salt, Garlic Salt (Salt, Garlic, AntiCaking Agent (Silicon Dioxide), Vegetable Oil), **ALLERGENS: MILK**

**Hunters chicken**

5.5g carb / 472.7 cal / 21.4g fat / 65.4g protein / 4.4g fibre / 1.3g salt

Chicken, Cheddar Cheese (**Milk**), Green Beans, Broccoli, Shallots, Tomato Purée (Tomatoes, Citric Acid), Erythritol, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Red Wine Vinegar (Potassium Metabisulphite), Garlic, Dried Red Chillies. **ALLERGENS: MILK, SULPHITES**

**Paprika chicken with herb bread**

4.8g carb / 693.5 cal / 56.5g fat / 41.5g protein / 5.9g fibre / 0.41g salt

Chicken, Pasteurized Double Cream (**Milk**), Courgette, Almonds (**Nuts**), Cream Cheese Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt)), Red Peppers, **Egg**, Sour Cream (**Milk**), Olive Oil, Paprika, Bamboo Fibre, Tomato Purée (Tomatoes, Citric Acid), Mixed Herbs, Lemon Juice, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide)). **ALLERGENS: MILK, NUTS, EGG**

**Prosciutto chicken, pesto sauce and vegetables**

4.7g carb / 466.8 cal / 18.7g fat / 70.3g protein / 3.2g fibre / 1.4g salt

Chicken, Broccoli, Green Beans, Prosciutto (Pork, Salt (**Sulphites**)), Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt), Pasteurized Double Cream (**Milk**), Cheddar Cheese (Milk), Green Pesto (Basil, Sunflower Seed Oil, Grana Padano Cheese (Milk), Preservative: Lysozyme (**Egg**), Cashew **Nuts**, Glucose, Salt, Potato Flakes (Potato, Paprika, Tumeric), Acidity Regulator: Lactic Acid; Pine **Nuts**, Pecorino Romano PDO Cheese (**Milk**), Extra Virgin Olive Oil, Garlic). **ALLERGENS: SULPHITES, MILK, EGG, NUTS**

**Teriyaki chicken and pan-fried greens**

4.4g carb / 371.9 cal / 18.1g fat / 48g protein / 2.6g fibre / 2g salt

Chicken, Broccoli, **Soy** Sauce (Water, **Soy**beans, Salt, Spirit Vinegar) Spring Onion, Green Peppers, Curly Kale, Erythritol, Water, Olive Oil, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Ginger, Xylitol, Xanthan Gum (E415). **ALLERGENS: SOYA**

**Thai green chicken curry with cauliflower mash**

9.1g carb / 417.1 cal / 12.9g fat / 66.4g protein / 3.6g fibre / 0.53g salt

Chicken, Green Peppers, Aubergine, Coconut Milk (Coconut Extract, Water, Stabilizers: Guar Gum (E412), Carboxy Methyl Cellulose (E466), Emulsifier: Polysorbate 60 (E435), Antioxidant: Citric Acid (E330)), Thai Green Curry Paste (Water, Rapeseed Oil, Minced Lemongrass (7%), Chillies, Garlic Purée, Green Peppers, Thai Basil, Modified Starch, Minced Galangal, Lime Leaves, Sugar(<1%), Coriander, Acidity Regulator (Citric Acid), Ground Cumin, Ground Cardamom, Colour (Chlorophylls).), Cauliflower, Green Chilli, Dried Red Chillies, Garlic Salt (Salt, Garlic, AntiCaking Agent (Silicon Dioxide), Vegetable Oil), Garlic, Olive Oil, Salt. **ALLERGENS: N/A**

**Vietnamese Chicken with cauliflower rice**

5.2g carb / 278 cal / 13g fat / 36g protein / 2.3g fibre / 1.1g salt

Chicken, Cauliflower, Shallots, Mushrooms, Water, Soy Sauce (**Soya**), Fish Sauce (**Fish**, Krill, Sugar, Salt), Olive Oil, Coconut oil, Erythritol, Spring Onion, Garlic Salt. **ALLERGENS: SOYA, FISH**

**BEEF DISHES**

**Aubergine lasagna**

5.1g carb / 626.9 cal / 44g fat / 51.3g protein / 2.4g fibre / 1.8g salt

Aubergine, Tomatoes, Beef, Courgette, Cheddar Cheese (**Milk**), Shallots, Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt) Mozzarella Cheese (**Milk**), Olive Oil, Parmesan Cheese (**Milk**, Salt, Rennet), Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Mixed Herbs (Thyme, Oregano, Parsley, Sage, Basil), Garlic. **ALLERGENS: MILK, SULPHITES**

**Beef curry with cauliflower rice**

9.1g carb / 480.9 cal / 33.8g fat / 34.4g protein / 2.9g fibre / 0.37g salt

Cauliflower, Beef , Water, Tomatoes, Aubergine, Shallots, Coconut Milk (Coconut Extract, Water, Stabilizers: Guar Gum (E412), Carboxy Methyl Cellulose (E466), Emulsifier: Polysorbate 60 (E435), Antioxidant: Citric Acid (E330)), Madras Curry Paste (Rapeseed Oil, Ground Spices, Cumin, Coriander, Paprika, Tumeric, Fenugreek, Ginger, Chilli, Maize Flour, Tamarind, Acetic Acid, Citric Acid, Lactic Acid, Mustard Powder) Red Peppers, Butter (**Milk**, Water, Salt), Olive Oil, Yellow Peppers, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Garlic. **ALLERGENS: MILK**

**Beef in red wine with cauliflower mash**

9.2g carb / 471.8 cal / 22.4g fat / 55.9g protein / 5.4g fibre / 0.76g salt

Cauliflower, Beef, Red Wine (**Sulphites**), Shallots, Mushrooms, Green Beans, Pasteurized Double Cream (**Milk**), Carrots, **Celery**, Butter (**Milk**, Water, Salt), Olive Oil, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Turmeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Garlic, Mixed Herbs (Thyme, Oregano, Parsley, Sage, Basil). **ALLERGENS: SULPHITES, MILK, CELERY**

**Beef in red wine with vegetables**

4.7g carb / 345.2 cal / 13.6g fat / 48.5g protein / 3.6g fibre / 0.40g salt

Beef, Red Wine (**Sulphites**), Shallots, Mushrooms, Green Beans, Broccoli, Carrots, **Celery**, Olive Oil, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Turmeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Garlic, Mixed Herbs (Thyme, Oregano, Parsley, Sage, Basil).

**ALLERGENS: SULPHITES, CELERY**

**Beef stir fry**

3.6g carb / 382.9 cal / 30.8g fat / 22.8g protein / 2.1g fibre / 0.80g salt

Beef, Olive Oil, Shallots, Green Peppers, Broccoli, Pak Choi, Konjac Noodles (Water, Konjac Flour, Firming Agent (Calcium Hydroxide)), Courgette, Green Beans, Carrots, **Soy** Sauce (Water, **Soy**beans, Salt, Spirit Vinegar) Ginger, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil) **ALLERGENS: SOYA**

**Beef stroganoff with cauliflower rice**

7.5g carbs / 445.8 cal / 32.8g fat / 30g protein / 2.3g fibre / 0.33g salt

Beef, Cauliflower, Pasteurized Double Cream (**Milk**), Shallots, Mushrooms, Sour Cream (**Milk**), Beef Broth Keto (Beef, Water), Butter (Cream, (**Milk**), Water, Salt), Olive Oil, Arrowroot, Garlic, Worcestershire Sauce (Malt Vinegar (From **Barley\***), Spirit Vinegar, Molasses, Sugar, Salt, Anchovies (**Fish**), Tamarind Extract, Onions, Garlic, Spice, Flavours), Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Parsley. **ALLERGENS: MILK, BARLEY\*, FISH**

*\*There is a small amount of Barley within the vinegar of the Worcestershire sauce. The amount of Barley within the Beef Stroganoff is minute/trace, however this is included as an ingredient and allergen within the nutritional information for transparency. The Coeliac Society determines that malt vinegar is gluten free as it contains less than 20 parts of barley per million (ppm).*

**Cabbage fettuccine bolognese**

10.2g carb / 665.6 cal / 51.7g fat / 39.9g protein / 4.2g fibre / 1.7g salt

Cabbage, Beef, Tomatoes, Cheddar Cheese (**Milk**), Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt), Mushrooms, Shallots, Olive oil, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Garlic, Mixed Herbs (Thyme, Oregano, Parsley, Sage, Basil) **ALLERGENS: MILK**

**Cheesy lasagna**

4.9g carb / 699.9 cal / 48.1g fat / 60.5g protein / 1.6g fibre / 3.1g salt

Minced Beef, Gouda Cheese (**Milk**), Tomato Purée (Tomatoes, Citric Acid), Tomatoes, Shallots, Cheddar Cheese (**Milk**), Courgette, Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt), Parmesan Cheese (**Milk**, Salt, Rennet), Olive Oil, Garlic, Mixed Herbs (Thyme, Oregano, Parsley, Sage, Basil). **ALLERGENS: MILK**

**Chilli con carne with cauliflower rice**

8g carb / 602.4 cal / 46.3g fat / 39.4g protein / 3.1g fibre / 1.1g salt

Beef, Cauliflower, Cheddar Cheese (**Milk**), Tomatoes, Sour Cream (**Milk**), Red Peppers, Parmesan (**Milk**, Salt, Rennet), Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt), Olive Oil, Shallots, Tomato Purée (Tomatoes, Citric Acid), Garlic, Chilli, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Paprika, Black Pepper. **ALLERGENS: MILK**

**Cottage pie with vegetable medley**

7.7g carb / 369.1 cal / 20.8g fat / 36.5g protein / 5.2g fibre / 1.5g salt

Beef, Cauliflower, Broccoli, Green Beans, **Celery**, Cheddar Cheese (**Milk**), Carrots, Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt), Pasteurized Double Cream (**Milk**), Olive Oil, Turnip, Shallots, Parmesan Cheese (**Milk**, Salt, Rennet), Tomato Purée (Tomatoes, Citric Acid), Black Pepper, Thyme, Salt. **ALLERGENS: CELERY, MILK**

**Meatballs in tomato sauce with black bean spaghetti**

10g carb / 558.9 cal / 29.6g fat / 56.8g protein / 11.5g fibre / 0.64g salt

Minced Beef, **Celery**, Tomatoes, Edamame & Mung Bean Fettuccine (Organic Edamame Bean Flour (Green **Soy**beans) Organic Mung Bean Flour (**Soya**)), **Egg**, Olive Oil, Shallots, Parmesan Cheese (**Milk**, Salt, Rennet) Garlic, Red Chilli, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Thyme, Oregano, Parsley, Sage, Basil. **ALLERGENS: CELERY, SOYA, EGG, MILK**

**Stuffed courgettes**

*5.8g carb / 602.8 cal / 47.6g fat / 42.7g protein / 3g fibre / 4.9g salt*

Courgette, Beef, Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Turmeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Tomatoes, Cheddar Cheese (**Milk**), Mushrooms, Shallots, Olive Oil, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Chilli Powder (Chilli Powder, Cumin, Garlic, Oregano), Paprika, Garlic, Tomato Purée (Tomatoes, Citric Acid). **ALLERGENS: CELERY, MILK**

**Stuffed peppers**

*8.5g carb / 611.7 cal / 48.6g fat / 35.9g protein / 4.2g fibre / 0.99g salt*

Green Peppers, Beef, Tomato, Cheddar Cheese (**Milk**), Mushrooms, Shallots, Olive Oil, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Dried Red Chillies, Tomato Purée (Tomatoes, Citric Acid), Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Turmeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Paprika, Garlic **ALLERGENS: MILK, CELERY**

**PORK DISHES**

**BBQ pulled pork with pan-fried greens**

*4.3g carb / 646 cal / 44g fat / 59g protein / 3.1g fibre / salt 1.1g*

Pork Ribs, Broccoli, Spring Onion, Green Peppers, Curly Kale, Tomato Purée (Tomatoes, Citric Acid), Shallots, Olive Oil, Erythritol, **Soy** Sauce (Water, **Soybeans**, Salt, Spirit Vinegar) Red Wine Vinegar (Potassium Metabisulphite), Garlic, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Chilli Powder (Chilli Powder, Cumin, Garlic, Oregano). **ALLERGENS: SOYA, SULPHITES**

**Cauliflower, bacon and cheese bake**

*6.9g carb / 591.6 cal / 55.4g fat / 16.7g protein / 2.5g fibre 1.6g salt*

Cauliflower, Pasteurized Double Cream (**Milk**), Cheddar Cheese (**Milk**), Bacon (Pork, Water, Salt, Dextrose, Antioxidant: Sodium Ascorbate; Preservatives: Sodium Nitrate, Potassium Nitrate (**Sulphites**)), Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Nutmeg, Garlic, Salt, Ground Black Pepper. **ALLERGENS: MILK, SULPHITES**

**Edamame & mung bean chorizo arrabbiata**

*10.2g carb / 337.8 cal / 17.7g fat / 28.7g protein / 14g fibre / 0.99g salt*

Tomatoes, **Celery**, Edamame & Mung Bean Fettuccine (Organic Edamame Bean Flour (Green Soybeans) Organic Mung Bean Flour (**Soya**)), Chorizo (Pork, Pork Fat, Salt, Smoked Paprika Powder, Cayenne Pepper, Dextrose, Garlic Paste, Antioxidant (Sodium Ascorbate) Flavouring, Preservatives (Sodium Nitrate, Potassium Nitrate, Potassium Sorbate), Natamycin; Nutmeg, Oregano, Natural Sausage Casing (**Sulphites**)), Olive Oil, Shallots, Garlic, Garlic salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil) **ALLERGENS: CELERY, SOYA, SULPHITES**

**Ham and mushroom fettuccine**

*8.3g carb / 391.6 cal / 20.8g fat / 35.2g protein / 16.1g fibre / 0.97g salt*

Chicken, Edamame & Mung Bean Fettuccine (Organic Edamame Bean Flour (Green **Soybeans**) Organic Mung Bean Flour (**Soya**)), Ham, (Pork, Salt, Demerara Sugar, Stabilisers (Diphosphates, Triphosphates), Antioxidant (Sodium Ascorbate) Preservative (Sodium Nitrate)), Mushrooms, Shallots, Olive Oil, Butter (Cream (**Milk**), Water, Salt) Pasteurized Double Cream (**Milk**), Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Chives. **ALLERGENS: SOYA MILK**

**Loaded mushrooms with chorizo cabbage**

*7.3g carb / 416.9 cal / 33.4g fat / 22g protein / 4.9g fibre / 1.8g salt*

Mushrooms, Tomatoes, British Pork Sausages (90% Pork, Water, Rice Flour, Chickpea Flour, Salt, Dextrose, Spices (Ground Nutmeg, Ground White Pepper, Ground Coriander (**Sulphites**)), Mozzarella Cheese (**Milk**), Chorizo (Pork, Pork Fat, Salt, Smoked Paprika Powder, Cayenne Pepper, Dextrose, Garlic Paste, Antioxidant (Sodium Ascorbate) Flavouring, Preservatives (Sodium Nitrate, Potassium Nitrate, Potassium Sorbate), Natamycin; Nutmeg, Oregano, Natural Sausage Casing (**Sulphites**)), **Celery**, Cheddar Cheese (**Milk**), Parmesan Cheese (**Milk**), Olive Oil, Shallots, Garlic, Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Tumeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)). **ALLERGENS: SULPHITES, MILK, CELERY**



**Sausages in onion gravy with cauliflower mash**

*10g carb / 621.2 cals / 50g fat / 33.5g protein / 4.5g fibre / 2g salt*

British Pork Sausages (90% Pork, Water, Rice Flour, Chickpea Flour, Salt, Dextrose, Spices (Ground Nutmeg, Ground White Pepper, Ground Coriander(**Sulphites**)), Onion Powder, Rubbed Sage, Stabiliser: Triphosphates; Cornflour, Preservative: Sodium Metabisulphite (Sulphites); Antioxidant: Ascorbic Acid. Filled into Calcium Alginate Casings), Cauliflower, Shallots, Cheddar Cheese (**Milk**), Butter (**Milk**, Water, Salt), Parmesan Cheese (**Milk**, Salt, Rennet), Cream Cheese (Skimmed **Milk**), Cream (**Milk**), **Milk** Proteins, Lactic Cultures, Salt, Preservative (Potassium Sorbate)) Arrowroot, Olive Oil, Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Turmeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Tomato Purée (Tomatoes, Citric Acid), Garlic Salt (Salt, Garlic, Anti-crackling agent (silicon dioxide) Vegetable Oil), **Soy** Sauce (Water, **Soy**beans, Salt, Spirit Vinegar) Garlic. **ALLERGENS: SULPHITES, MILK, CELERY, SOY**

**Sausages in onion gravy with celeriac dauphinoise**

*10.1g carb / 789.7 cals / 68.9g fat / 32.7g protein / 8.4g fibre / 1.8g salt*

British Pork Sausages (90% Pork, Water, Rice Flour, Chickpea Flour, Salt, Dextrose, Spices (Ground Nutmeg, Ground White Pepper, Ground Coriander (**Sulphites**)), Onion Powder, Rubbed Sage, Stabiliser: Triphosphates; Cornflour, Preservative: Sodium Metabisulphite (Sulphites); Antioxidant: Ascorbic Acid. Filled into Calcium Alginate Casings), Celeriac (**Celery**), Pasteurized Double Cream (**Milk**), Shallots, Cheddar Cheese (**Milk**), Arrowroot, Olive Oil, Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (Celery, Turmeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Parmesan Cheese (Milk, Salt, Rennet), Tomato Purée (Tomatoes, Citric Acid), Garlic Salt (Salt, Garlic, Anti-crackling agent (silicon dioxide) Vegetable Oil), **Soy** Sauce (Water, **Soy**beans, Salt, Spirit Vinegar) Garlic. **ALLERGENS: SULPHITES, MILK, CELERY, SOY**

**FISH DISHES**

**Cod loin in cheese sauce with cauliflower rice and vegetables**

*7.8g carb / 428.6 cals / 22.6g fat / 48.8g protein / 5g fibre / 1.4g salt*

Cod (**Fish**), Cauliflower, Green Beans, Broccoli, Cheddar Cheese (**Milk**), Spinach, Cream Cheese (Cream (**Milk**), Skimmed Milk, Milk Solids, Modified Starch, Salt), Butter (**Milk**, Water, Salt), Parmesan Cheese (**Milk**, Salt, Rennet), Parsley. **ALLERGENS: FISH, MILK**

**Fish pie**

*8.3g carb / 636.6 cals / 43.7g fat / 52.8g protein / 5.5g fibre / 2.9g salt*

Cod (**Fish**), Cauliflower, Spinach, Pasteurized Double Cream (**Milk**), Cheddar Cheese (**Milk**), Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt), Butter (**Milk**, Water, Salt) **ALLERGENS: FISH, MILK**

**Mackerel and tuna fishcakes in pesto sauce with vegetables**

*7.6g carb / 609.5 cals / 46.3g fat / 41g protein / 5.2g fibre / 2.2g salt*

Cauliflower, Tuna (**Fish**), Broccoli, Asparagus, Spinach, **Egg**, Mackerel (**Fish**), Spring Onion, Cheese (**Milk**), Pasteurized Double Cream (**Milk**), Curly Kale, Parmesan Cheese (**Milk**, Salt, Rennet, Lemon, Peel, Green Pesto (Basil, Sunflower Seed Oil, Grana Padano Cheese (Milk), Preservative: Lysozyme (**Egg**), Cashew **Nuts**, Glucose, Salt, Potato Flakes (Potato, Paprika, Tumeric), Acidity Regulator: Lactic Acid; Pine **Nuts**, Pecorino Romano PDO Cheese (**Milk**), Extra Virgin Olive Oil, Garlic) Parsley **ALLERGENS: FISH, EGG, MILK, NUTS**

**Salmon with roast Mediterranean vegetables**

*6g carb / 706.9 cals / 57.9g fat / 40.2g protein / 4.5g fibre / 0.21g salt*

Salmon (**Fish**), Courgette, Onion, Tomatoes, Aubergine, Yellow Peppers, Olive Oil, Mixed Herbs (Thyme, Oregano, Parsley, Sage, Basil). **ALLERGENS: FISH**

**Salmon in lemon mustard sauce with vegetables**

*4.4g carb / 376.9 cals / 28.8g fat / 25g protein / 4.6g fibre / 0.58g salt*

Salmon (**Fish**), Green Beans, Broccoli, Spinach, Water, Pasteurized Double Cream (**Milk**), Butter (**Milk**, Water, Salt), **Mustard** (Water, Spirit Vinegar, Mustard Seeds, Mustard Seeds Husks, Salt, Acidity Regulator: Citric Acid; Flavourings, Antioxidant; Potassium), Olive Oil, Lemon Juice, Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Tumeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Garlic **ALLERGENS: FISH, MILK, MUSTARD, CELERY**

# BREAD & PIZZAS

## Bread rolls (values listed per roll)

1.5 carb / 124 cals / 9.2g fat / 7.9g protein / 4.5g fibre / salt 0.36g

Water, Ground Almonds (**Nuts**), Casein Protein (**Milk**), Psyllium Husk, Golden Linseed, (**Egg**) White, Baking Powder, Xanthan Gum (E415). **ALLERGENS: NUTS, MILK, EGG**

## Chicken Pizza

7g carb / 503 calories / 36g fat / 38g protein / 5g fibre / salt 0.81g

Courgette, Mozzarella (**Milk**), Tomatoes, Chicken, Green peppers, Parmesan Cheese (**Milk**, Salt, Rennet), **Celery**, **Egg**, Olive Oil, Golden linseed, Shallots, Garlic, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Almonds (**Nuts**)

**ALLERGENS: MILK, CELERY, EGG, NUTS**

## Chorizo Pizza

5.7g carb / 619 calories / 51g fat / 33g protein / 4.8g fibre / salt 3g

Courgette, Mozzarella (**Milk**), Chorizo (Pork, Pork Fat, Salt, Smoked Paprika Powder, Cayenne Pepper, Dextrose, Garlic Paste, Antioxidant (Sodium Ascorbate) Flavouring, Preservatives (Sodium Nitrate, Potassium Nitrate, Potassium Sorbate), Natamycin; Nutmeg, Oregano, Natural Sausage Casing (**Sulphites**)), Tomatoes, Olives, Garlic, Parmesan Cheese (**Milk**, Salt, Rennet), **Celery**, **Egg**, Olive Oil, Golden linseed, Shallots, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Almonds (**Nuts**)

**ALLERGENS: MILK, SULPHITES, CELERY, EGG, NUTS**

## Tuna Pizza

5.2g carb / 544 calories / 40g fat / 40g protein / 4.6g fibre / salt 1.9g

Courgette, Mozzarella (**Milk**), Tuna (**Fish**), Tomatoes, Olives, Garlic, Parmesan Cheese (**Milk**, Salt, Rennet), **Celery**, **Egg**, Olive Oil, Golden linseed, Shallots, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Almonds (**Nuts**) **ALLERGENS:**

**MILK, FISH, CELERY, EGG, NUTS**

# Cakes

Values listed per slice

## Carrot

1.6g carb / 197.5 calories / 18.8g fat / 4.8g protein / 2g fibre / salt 0.16g

**Egg**, Ground Almonds (**Nuts**), Olive Oil, Courgette, Erythritol, Carrots, Cream Cheese (Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt), Xylitol, Walnuts (**Nuts**), Coconut Flour, Coconut, Bamboo Fibre, Vanilla Extract (Water, Flavouring, Colour: Plain Caramel), Gluten Free Baking Powder (Sodium Dihydrogen Diphosphate, Sodium Bicarbonate), Butter (Cream, **Milk**, Water, Salt), Nutmeg, Cinnamon, Lemon Zest, Salt. **ALLERGENS: EGG, NUTS, MILK**

## Chocolate

1.5g carb / 133.3 calories / 12.5g fat / 3.5g protein / 2.7g fibre / salt 0.10g

**Egg**, Olive Oil, Ground Almonds (**Nuts**), Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt), Xylitol, Cocoa Powder (Acidity Regulator, Potassium Carbonates), Erythritol, Coconut Flour, Bamboo Fibre, Vanilla Extract (Water, Flavouring, Colour: Plain Caramel), Gluten Free Baking Powder (Sodium Dihydrogen Diphosphate, Sodium Bicarbonate), Butter (Cream, **Milk**, Water, Salt), Coffee Powder, Salt. **ALLERGENS: EGG, NUTS, MILK**

## Chocolate walnut brownies

0.8g carb / 120.1 calories / 11.6g fat / 2.8g protein / 0.9g fibre / salt 0.21g

**Egg**, Butter (Cream, **Milk**, Water, Salt), Xylitol, Erythritol, 95% Dark Chocolate (Cocoa Mass, Fat-Reduced Cocoa, Cocoa Butter, Demerara Sugar, Vanilla), Walnuts (**Nuts**), Cocoa Powder (Acidity Regulator, Potassium Carbonates), Vanilla Extract (Water, Flavouring, Colour: Plain Caramel), Coffee Powder, Salt. **ALLERGENS: EGG, MILK, NUTS**

**Coconut**

*0.9g carb / 163.7 calories / 16.1g fat / 3.4g protein / 1.5g fibre / salt 0.10g*

**Egg**, Olive Oil, Ground Almonds (**Nuts**), Erythritol, Cream Cheese (Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt), Xylitol, Coconut Flour, Coconut, Bamboo Fibre, Vanilla Extract (Water, Flavouring, Colour: Plain Caramel), Gluten Free Baking Powder (Sodium Dihydrogen Diphosphate, Sodium Bicarbonate), Butter (Cream, **Milk**, Water, Salt), Salt. **ALLERGENS: EGG, NUTS, MILK**

**Lemon drizzle**

*0.9g carb / 148.2 calories / 14.5g fat / 3.3g protein / 1.7g fibre / salt 0.07g*

**Egg**, Olive Oil, Ground Almonds (**Nuts**), Erythritol, Xylitol, Lemon Juice (**Sulphites**), Coconut Flour, Bamboo Fibre, Gluten Free Baking Powder (Sodium Dihydrogen Diphosphate, Sodium Bicarbonate), Lemon Zest, Salt. **ALLERGENS: EGG, SULPHITES, NUTS**

**Millionaire Shortbread**

*0.8g carb / 117.2 calories / 11.6g fat / 1.5g protein / 0.6g fibre / salt 0.06g*

Pasteurized Double Cream (**Milk**), Ground Almonds (**Nuts**), Erythritol, Sugar Free Wothter’s Original (Sweeteners: Isomalt, Acesulfame-K, Butter (**Milk**, Cream, Salt, Flavouring, Emulsifier, **Soya** Lecithin), 95% Dark Chocolate (Cocoa Mass, Fat-Reduced Cocoa, Cocoa Butter, Demerara Sugar, Vanilla), Butter (Cream, **Milk**, Water, Salt), Xylitol, Gluten Free Baking Powder (Sodium Dihydrogen Diphosphate, Sodium Bicarbonate), Vanilla Extract (Water, Flavouring, Colour: Plain Caramel), Salt. **ALLERGENS: MILK, NUTS, SOYA**

**Raspberry brownies**

*0.8g carb / 99.4 calories / 9.5g fat / 2.4g protein / 0.8g fibre / salt 0.21g*

**Egg**, Butter (Cream, **Milk**, Water, Salt), Xylitol, Erythritol, 95% Dark Chocolate (Cocoa Mass, Fat-Reduced Cocoa, Cocoa Butter, Demerara Sugar, Vanilla), Raspberries, Cocoa Powder (Acidity Regulator, Potassium Carbonates), Vanilla Extract (Water, Flavouring, Colour: Plain Caramel), Coffee Powder, Salt. **ALLERGENS: EGG, MILK**

**Blueberry cheesecake**

*4.5g carb / 303.5 calories / 28.2g fat / 6.8g protein / 1.2g fibre / salt 0.67g*

Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt), Pasteurized Double Cream (**Milk**), Blueberries, Ground Almonds (**Nuts**), Erythritol, Butter (Cream (**Milk**), Water, Salt), Vanilla Extract (Water, Natural Colour/Flavourings , Gluten Free Baking Powder (Sodium Dihydrogen Diphosphate, Sodium Bicarbonate), Salt. **ALLERGENS: MILK, NUTS**

**Chocolate cheesecake**

*3.8g carb / 343.2 calories / 33.9g fat / 6.3g protein / 3.8g fibre / 0.47g salt*

Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt), Pasteurized Double Cream (**Milk**), Almonds (**Nuts**), Flavouring (Water, Thickeners (Sodium Carboxy Methyl Cellulose, Xanthan Gum), Flavouring, Salt, Colour (**Sulphite** Ammonia Caramel), Acid (Lactic Acid), Sweetener (Sucralose), Preservatives (Potassium Sorbate, Sodium Benzoate)), Cocoa Powder, Butter (Cream (**Milk**), Water, Salt), Erythritol, Coconut Flour, Cocoa Nibs, Vanilla Extract (Water, Natural Colour/Flavourings), Gluten Free Baking Powder (Sodium Dihydrogen Diphosphate, Sodium Bicarbonate), Salt.

**ALLERGENS: MILK, NUTS, SULPHITES**

**Lemon cheesecake**

*3.4g carb / 336.8 calories / 32.3g fat / 7g protein / 1g fibre / 0.76g salt*

Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt), Pasteurized Double Cream (**Milk**), Almonds (**Nuts**), Lemon Juice (**Sulphites**), Butter (Cream (**Milk**), Water, Salt), Erythritol, **Egg**, Vanilla Extract (Water, Natural Colour/Flavourings), Xylitol, Gluten Free Baking Powder (Sodium Dihydrogen Diphosphate, Sodium Bicarbonate), Salt.

**ALLERGENS: MILK, NUTS, EGG, SULPHITES**

**Salted caramel cheesecake**

*3.3g carb / 297.9 calories / 28.2g fat / 6.7g protein / 0.9g fibre / salt 0.67g*

Cream Cheese (Cream (**Milk**), Skimmed Milk, Milk Solids, Modified Starch, Salt), Pasteurized Double Cream (**Milk**), Almonds (**Nuts**), Erythritol, Butter (Cream (**Milk**), Water, Salt), Vanilla Extract (Water, Natural Colour Flavourings), Flavouring (Water, Thickeners (Sodium Carboxy Methyl Cellulose, Xanthan Gum), Flavouring, Salt, Colour (**Sulphite** Ammonia Caramel), Acid (Lactic Acid), Sweetener (Sucralose), Preservatives (Potassium Sorbate, Sodium Benzoate)), Gluten Free Baking Powder (Sodium Dihydrogen Diphosphate, Sodium Bicarbonate), Salt. **ALLERGENS: MILK, NUTS, SULPHITES**

**Strawberry cheesecake**

*4.1g carb / 302.1 calories / 28.3g fat / 6.8g protein / 1.5g fibre / 0.67g salt*

Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt), Pasteurized Double Cream (**Milk**), Strawberries, Ground Almonds (**Nuts**), Erythritol, Butter (Cream (**Milk**), Water, Salt), Vanilla Extract (Water, Natural Colour/Flavourings), Gluten Free Baking Powder (Sodium Dihydrogen Diphosphate, Sodium Bicarbonate), Salt. **ALLERGENS: MILK, NUTS**

**Specials**

*Cakes that are introduced to the menu throughout the year*

Values listed per slice

**Raspberry bakewell slice**

*1.6g carb / 209.7 calories / 20.2g fat / 4.9g protein / 2.4g fibre / 0.16g salt*

Almonds (Nuts), Erythritol, Egg, Olive Oil, Raspberries, Coconut Flour, Butter (Cream, Milk, Water, Salt), Bamboo Fibre, Almond Extract (Nuts, Almonds), Salt, Xanthan Gum (E415).

ALLERGENS: **NUTS, EGG, MILK**

**Cinnamon and walnut cake**

*1g carb / 181.3 calories / 17.7g fat / 4g protein / 2g fibre / 0.07g salt*

**Egg**, Olive Oil, Almonds (**Nuts**), Erythritol, Xylitol, Walnuts (**Nuts**), Coconut Flour, Bamboo Fibre, Vanilla Extract (Water, Natural Colour/Flavourings), Gluten Free Baking Powder (Sodium Dihydrogen Diphosphate, Sodium Bicarbonate), Cinnamon, Salt.

**Chocolate orange fudge**

*0.7g carb / 121.6 calories / 12.7g fat / 0.9g protein / 0.4g fibre / 0.04g salt*

Pasteurized Double Cream (**Milk**), Erythritol, Cocoa Powder (Acidity Regulator, Potassium Carbonates), Butter (Cream (**Milk**), Water, Salt), Vanilla Extract (Water, Flavouring, Colour: Plain Caramel), Orange Zest.

ALLERGENS: **MILK**