

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 and 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 and 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 and 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 and 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 and 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 & 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 & 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

8.6g carb / 378.3 cal / 25.6g fat / 29.1g protein / 3.1g fibre / 0.72g salt

Cauliflower, Chicken, 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)), Parmesan Cheese (**Milk**, Salt, Rennet) (**Milk**, **Egg**), Lemon Juice, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Paprika, Ground Cumin, Garam Masala. **ALLERGENS: MILK, MUSTARD, CELERY, EGG**

Chicken & chorizo casserole with veg

9.7g carb / 386 cal / 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 & spinach black bean spaghetti

6.5g carb / 463.1 cal / 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 & spinach edamame fettuccine

5.3g carb / 462.5 cal / 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 cal / 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 cal / 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 & cauliflower rice

10.3g carb / 554.6 cal / 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, 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)), 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 & pesto courgetti

9.3g carb / 519.2 cal / 27.3g fat / 54.6g protein / 2.9g fibre / 0.64g salt

Chicken, Courgette, **Celery**, Broccolini, 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, Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Rosemary Extract), Parmesan Cheese (**Milk**, Salt, Rennet), 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**), Olive Oil, Garlic). **ALLERGENS: CELERY, MILK, EGG, NUTS**

Chicken in white wine & pesto gnocchi

7.2g carb / 461.6 cal / 23.3g fat / 54.1g protein / 3.5g 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, 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, Tumeric), 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 & 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 / 557.5cal / 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 & veg

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 & 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 & cauli mash

9.2g carb / 471.8 cals / 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 & vegetables

4.7g carb / 345.2 cals / 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 cals / 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 cals / 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, Flavoursings), 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 cals / 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 cals / 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 cals / 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 & vegetable medley

7.7g carb / 369.1 cals / 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, tomato sauce & spaghetti

10g carb / 558.9 cals / 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 & 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 & 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 arrabbiata with chorizo

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 & 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 & 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, cheese sauce & veg

5g carb / 388.4 cals / 21.3g fat / 44.1g protein / 5.2g fibre / 1.4g salt

Cod (Fish), Spinach, Cheddar Cheese (**Milk**), Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt), Butter (Cream (**Milk**), Water, Salt), Green Beans, Broccoli. **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 & tuna fishcakes, pesto sauce & veg

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 & roast Mediterranean veg

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, lemon mustard sauce & veg

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 cal / 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 Worthers 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**

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**