

## MEAL INGREDIENTS & NUTRITIONAL VALUES

### BREAKFAST MEALS

#### **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**

#### **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**

### **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**

### **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**

### **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 (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**)), Pasteurized Double Cream (**Milk**), Parmesan Cheese (**Milk**, Salt, Rennet), Cheddar Cheese (**Milk**), Olive Oil.

ALLERGENS: **EGG, SULPHITES, 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**

## **LUNCHES**

### **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**, Turmeric, 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**, Turmeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Ground Black Pepper

Allergens: **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**, Turmeric, 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**, Turmeric, 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**, Turmeric, 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**

## **Minestrone**

*6g carb / 126.1 cal / 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 cal / 27.2g fat / 6.4g protein / 1.6g fibre / 0.12g salt*

Courgette, Water, 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, Spice (**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 (Ground Red Peppers), Chilli Powder (Chilli Powder, Cumin, Garlic, Oregano).  
Allergens: **MILK, CELERY**

## **QUICHES & FRITTATAS**

### **Chicken & tomato frittata**

*2.6g carb / 515.6 cal / 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 cal / 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**

### **3 cheese & shallot quiche**

*2.3g carb / 358.3 cal / 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 cal / 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 cal / 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 cal / 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**

### **Smoked salmon & cream cheese quiche**

*2.2g carb / 352.2 cal / 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**

## **PASTAS AND BAKES ETC.**

### **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, **Soy**beans, 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**

### **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**

### **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**

### **Cabbage fettucine 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**

### **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**

### **Chicken & 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, 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 fettucine**

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

Chicken, Edamame & Mung Bean Fettucine (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**

### **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**

### **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 Fettucine (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**

### **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**

### **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**

## **EVENING MEALS**

### **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 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, Turmeric), 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, 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)), Red Pepper, Yellow Pepper, Arrowroot, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Garlic

ALLERGENS: **MUSTARD**

#### **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, 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**

#### **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, 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 & 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**



### **Garlic chicken with cauliflower mash**

*8.1g carb / 557.5cals / 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 cals / 21.4g fat / 65.4g protein / 4.4g fibre / 1.3g salt*

Chicken, Cheddar Cheese (**Milk**), Green Beans, 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**

### **Prosciutto chicken, pesto sauce & veg**

*4.7g carb / 466.8 cals / 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 cals / 18.1g fat / 48g protein / 2.6g fibre / 2g salt*

Chicken, Broccoli, **Soy** Sauce (Water, **Soybeans**, 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 rice**

*9.1g carb / 417.1cals / 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

## **BEEF DISHES**

### **Aubergine lasagna**

*5.1g carb / 626.9 cals / 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, Turmeric, 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 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 & 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 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, Flavourings), 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).*

### **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 Cheese (**Milk**, Salt, Rennet), Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt), Olive Oil, Shallots, Tomato Purée (Tomatoes, Citric Acid), Garlic, Chilli Powder, 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 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, tomato sauce & 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 Fettucine (Organic Edamame Bean Flour (Green **Soybeans**) 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), Mixed Herbs (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**

## **FISH DISHES**

### **Cod loin, cheese sauce & veg**

*5g carb / 388.4 cal / 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 (**Milk**, Water, Salt), Green Beans, Broccoli.

ALLERGENS: **FISH, MILK**

### **Fish pie**

*8.3g carb / 636.6 cal / 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 cal / 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, Turmeric), 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 cal / 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 cal / 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**, Turmeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Garlic

ALLERGENS: **FISH, MILK, MUSTARD, CELERY**

**Etc.**

### **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 Fettucine (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**

### **Sausages in onion gravy & cauliflower mash**

*10g carb / 621.2 cal / 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**

#### **Loaded mushrooms**

*7.3g carb / 416.9 cals / 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**, Turmeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)).

ALLERGENS: **SULPHITES, MILK, 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, Allulose, 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 Worthen'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), Allulose, 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), Allulose, 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**



