

Allergens & Ingredients Guide

SPRING 2026



The allergen and dietary requirements for your guests are sometimes a critically important part of placing an order with us. It is a matter of considerable responsibility given the significant health concerns linked to allergens and the principle or religious beliefs associated with many dietary requirements. We therefore require that the selection of all items for an order is made by, and the responsibility, of whoever is placing your orders; we will not make dietary, allergen or ingredient selections on your behalf.

Every food item listed on the website has complete dietary, ingredient and allergen info in its 'More Info' section. We are reporting the fourteen main allergens which all food manufacturers are required to report. We have kitchens which are making a broad range of food items. It is therefore impossible for us to guarantee that any item will not have trace elements of any of these fourteen allergens. When you order from us, the person ordering will receive an email the day before the delivery showing all the ingredient, dietary and allergen information for the specific food items we are delivering to you. If, for any reason, you cannot see the item you're looking for, please do get in touch and we can supply the allergen information.

Dietary Legend

g: no gluten-containing ingredients

d: no dairy-containing ingredients

n: contains nuts

v: vegetarian

vegan

BREAKFAST

WORKING LUNCH

FORKS & SALADS

BOXED MEALS

BOWL MEALS

CANAPÉS

AFTERNOON TEA

DRINKS

BREAKFAST		
Power Breakfast (v)	Breakfast - Set Menus	Please refer to individual items.
Continental Breakfast with Open Mini Bagels (n)	Breakfast - Set Menus	Please refer to individual items.
Continental Breakfast (v, n)	Breakfast - Set Menus	Please refer to individual items.
Mini Open Bagel Platter	Breakfast - Set Menus	Please refer to individual items.
Breakfast Bag - Vegan	Breakfast Bags - Individual	Please refer to individual items.
Breakfast Bag - Vegan & Free From	Breakfast Bags - Individual	Please refer to individual items.
All Butter Croissant - large (v)	Pastries	<p>All Butter Croissant - large (v)</p> <p>~~~~~</p> <p>All Butter Croissant - large (v) (Egg, Milk, Cereal (Wheat))</p> <p>Energy 253kcal, Fat 13.14g, Sat Fat 9.49g, Carbs 29.93g, Sugar 4.09g, Protein 5.04g, Salt 0.29g</p>
All Butter Croissant - mini (v)	Pastries	<p>All Butter Croissant - mini (v)</p> <p>~~~~~</p> <p>All Butter Croissant - mini (v) (Egg, Milk, Cereal (Wheat))</p> <p>Energy 118kcal, Fat 6.12g, Sat Fat 4.42g, Carbs 13.94g, Sugar 1.9g, Protein 2.35g, Salt 0.14g</p>

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Pain au Chocolat - large (v)	Pastries	Pain au Chocolat - large (v) ~~~~~ Pain au Chocolat - large (v) (Egg, Milk, Soya, Cereal (Wheat)) Energy 252kcal, Fat 15.3g, Sat Fat 10.2g, Carbs 22.1g, Sugar 8.16g, Protein 5.7g, Salt 0.26g
Pain au Chocolat - mini (v)	Pastries	Pain au Chocolat - mini (v) ~~~~~ Pain Au Chocolat - mini (v) (Egg, Milk, Soya, Cereal (Wheat)) Energy 104kcal, Fat 6.3g, Sat Fat 4.2g, Carbs 9.1g, Sugar 3.36g, Protein 2.35g, Salt 0.1g
Almond Butter Croissant - mini (v, n)	Pastries	Almond Butter Croissant - mini (v, n) ~~~~~ Almond Butter Croissant - mini (v, n) (Egg, Milk, Cereal (Wheat), Nuts (Almond)) Energy 237kcal, Fat 16.25g, Sat Fat 7.8g, Carbs 16.25g, Sugar 7.8g, Protein 5.46g, Salt 0.13g
Pain aux Raisins - large (v)	Pastries	Pain aux Raisins - large (v) ~~~~~ Pain aux Raisins - Large (v) (Egg, Milk, Cereal (Wheat)) Energy 228kcal, Fat 13.77g, Sat Fat 8.91g, Carbs 20.25g, Sugar 6.97g, Protein 5.18g, Salt 0.24g
Pain aux Raisins - mini (v)	Pastries	Pain aux Raisins - mini (v) ~~~~~ Pain aux Raisins - mini (v) (Egg, Milk, Cereal (Wheat)) Energy 127kcal, Fat 7.65g, Sat Fat 4.95g, Carbs 11.25g, Sugar 3.87g, Protein 2.88g, Salt 0.14g
Danish Pastry - Large (v, n)	Pastries	Apple and Custard Crumble Danish - large (v) ~~~~~

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		<p>Apple and Custard Crumble Danish - large (v) (Egg, Milk, Cereal (Wheat))</p> <p>Energy 242kcal, Fat 13.92g, Sat Fat 8.35g, Carbs 23.2g, Sugar 9.51g, Protein 6.26g, Salt 0.23g</p> <p>Cherry Danish - large (v)</p> <p>~~~~~</p> <p>Cherry Danish - large (v) (Egg, Milk, Cereal (Wheat))</p> <p>Energy 223kcal, Fat 12.1g, Sat Fat 7.37g, Carbs 22g, Sugar 10.34g, Protein 5.72g, Salt 0.22g</p> <p>Pain aux Raisins - large (v)</p> <p>~~~~~</p> <p>Pain aux Raisins - Large (v) (Egg, Milk, Cereal (Wheat))</p> <p>Energy 228kcal, Fat 13.77g, Sat Fat 8.91g, Carbs 20.25g, Sugar 6.97g, Protein 5.18g, Salt 0.24g</p> <p>Pear and Almond Danish - large (v, n)</p> <p>~~~~~</p> <p>Pear and Almond Danish - large (v, n) (Egg, Milk, Cereal (Wheat), Nuts (Almonds))</p> <p>Energy 318kcal, Fat 18.62g, Sat Fat 10.64g, Carbs 30.59g, Sugar 12.9g, Protein 7.05g, Salt 0.27g</p>
Danish Pastry - Mini (v, n)	Pastries	<p>Apple and Custard Crumble Danish - mini (v)</p> <p>~~~~~</p> <p>Apple and Custard Crumble Danish - mini (v) (Egg, Milk, Cereal (Wheat))</p> <p>Energy 92kcal, Fat 5.28g, Sat Fat 3.17g, Carbs 8.8g, Sugar 3.61g, Protein 2.38g,</p>

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		<p>Salt 0.09g</p> <p>Cherry Danish - mini (v) ~~~~~</p> <p>Cherry Danish - mini (v) (Egg, Milk, Cereal (Wheat))</p> <p>Energy 79kcal, Fat 4.29g, Sat Fat 2.61g, Carbs 7.8g, Sugar 3.67g, Protein 2.03g, Salt 0.08g</p> <p>Pain aux Raisins - mini (v) ~~~~~</p> <p>Pain aux Raisins - mini (v) (Egg, Milk, Cereal (Wheat))</p> <p>Energy 127kcal, Fat 7.65g, Sat Fat 4.95g, Carbs 11.25g, Sugar 3.87g, Protein 2.88g, Salt 0.14g</p> <p>Pear and Almond Danish - mini (v, n) ~~~~~</p> <p>Pear and Almond Danish - mini (v, n) (Egg, Milk, Cereal (Wheat), Nuts (Almonds))</p> <p>Energy 131kcal, Fat 6.36g, Sat Fat 3.39g, Carbs 16.43g, Sugar 6.89g, Protein 2.07g, Salt 0.32g</p>
Homemade American Cookies - 2 per portion (v)	Pastries	<p>Homemade American Cookies - Double Chocolate (v) ~~~~~</p> <p>Bebo - Palm Free,Cocoa (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Salt, Caster Sugar, Light Soft Brown Sugar, Vanilla Essence, White Chocolate (Milk, Soya)</p> <p>Energy 106kcal, Fat 4.7g, Sat Fat 2g, Carbs 14.86g, Sugar 9.65g, Protein 1.24g, Salt 0.15g</p>

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		<p>Homemade Oatmeal Raisin Cookie (v, d)</p> <p>~~~~~</p> <p>Bicarbonate of soda ,Cinnamon, Eggs (Egg), Flour (Cereal (Wheat)), Oats (Cereal (Oats, Wheat)), Rapeseed Oil, Raisins, Caster Sugar, Vanilla Essence</p> <p>Energy 209kcal, Fat 9.62g, Sat Fat 0.86g, Carbs 29.38g, Sugar 14.56g, Protein 3.08g, Salt 0.23g</p>
Biscuits - 2 per portion	Pastries	Please refer to packaging.
Granola with Plum Compote (v)	Breakfast Pots	<p>Granola with Plum Compote (v)</p> <p>~~~~~</p> <p>Apricot (Sulphur Dioxide), Cinnamon, Coconut (Sulphur Dioxide), Cranberry, Oats (Cereal (Oats, Wheat)), Plum, Pumpkin seeds, Rapeseed Oil, Raisins, Salt, Sesame seeds (Sesame Seeds), Star Anise, Caster Sugar, Sultanas, Sunflower Seeds, Water, Yoghurt (Milk)</p> <p>Energy 423kcal, Fat 28g, Sat Fat 10.18g, Carbs 32.18g, Sugar 17.38g, Protein 11.91g, Salt 0.25g</p>
Granola with Honey (v)	Breakfast Pots	<p>Granola with Honey (v)</p> <p>~~~~~</p> <p>Apricot (Sulphur Dioxide), Cinnamon, Coconut (Sulphur Dioxide), Cranberry, Honey, Oats (Cereal (Oats, Wheat)), Pumpkin seeds, Rapeseed Oil, Raisins, Salt, Sesame seeds (Sesame Seeds), Sultanas, Sunflower Seeds, Yoghurt (Milk)</p> <p>Energy 425kcal, Fat 27.94g, Sat Fat 10.18g, Carbs 32.51g, Sugar 17.73g, Protein 11.82g, Salt 0.25g</p>
Trail Mix with Soya Yoghurt & Mango Coulis (vegan, g, d, n)	Breakfast Pots	<p>Trail Mix with Soya Yoghurt & Mango Coulis (vegan, g, d, n)</p> <p>~~~~~</p> <p>Soya Yoghurt (Soya), Cranberry, Mango, Pistachio (Nuts (Pistachio)), Pumpkin seeds, Sesame seeds (Sesame Seeds), Sultanas, Sunflower Seeds</p>

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		Energy 286kcal, Fat 15.49g, Sat Fat 2.71g, Carbs 28.58g, Sugar 23.56g, Protein 9.25g, Salt 0.08g
Birchermuesli - free from (vegan, g, d)	Breakfast Pots	<p>Birchermuesli - free from (vegan, g, d)</p> <p>~~~~~</p> <p>Soya Yoghurt (Soya), Apple, Cinnamon, Gluten Free Oats, Soya (Soya), Sultanas</p> <p>Energy 124kcal, Fat 2.19g, Sat Fat 0.35g, Carbs 21.33g, Sugar 8.54g, Protein 4.17g, Salt 0.03g</p>
Yoghurt pot with Honey (v, g)	Breakfast Pots	<p>Yoghurt pot with Honey (v, g)</p> <p>~~~~~</p> <p>Honey,Yoghurt (Milk)</p> <p>Energy 292kcal, Fat 15.3g, Sat Fat 10.12g, Carbs 30g, Sugar 29.55g, Protein 8.67g, Salt 0.26g</p>
Yoghurt Pot with Mango Coulis (v, g)	Breakfast Pots	<p>Yoghurt Pot with Mango Coulis (v, g)</p> <p>~~~~~</p> <p>Mango,Yoghurt (Milk)</p> <p>Energy 224kcal, Fat 15.42g, Sat Fat 10.18g, Carbs 12.66g, Sugar 10.92g, Protein 8.79g, Salt 0.26g</p> <p>Energy 224kcal, Fat 15.42g, Sat Fat 10.18g, Carbs 12.66g, Sugar 10.92g, Protein 8.79g, Salt 0.26g</p>
Soya Yoghurt Pot with Honey (v, g, d)	Breakfast Pots	<p>Soya Yoghurt Pot with Honey (v, g, d)</p> <p>~~~~~</p> <p>Soya Yoghurt (Soya), Honey</p> <p>Energy 200kcal, Fat 3g, Sat Fat 0.48g, Carbs 39.3g, Sugar 38.85g, Protein 5.07g, Salt 0.1g</p>

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Soya Yoghurt Pot with Plum Compote (vegan, g, d)	Breakfast Pots	<p>Soya Yoghurt Pot with Plum Compote (vegan, g, d)</p> <p>~~~~~</p> <p>Soya Yoghurt (Soya), Cinnamon, Plum, Star Anise, Caster Sugar, Water</p> <p>Energy 165kcal, Fat 3.12g, Sat Fat 0.49g, Carbs 31.05g, Sugar 30.56g, Protein 5.2g, Salt 0.09g</p>
Soya Yoghurt Pot with Mango Coulis (vegan, g, d)	Breakfast Pots	<p>Soya Yoghurt Pot with Mango Coulis (vegan, g, d)</p> <p>~~~~~</p> <p>Soya Yoghurt (Soya), Mango</p> <p>Energy 133kcal, Fat 3.12g, Sat Fat 0.54g, Carbs 21.96g, Sugar 20.22g, Protein 5.19g, Salt 0.09g</p>
Brie & Cranberry Pugliese Roll (v)	Cold Savouries	<p>Brie & Cranberry Pugliese Roll (v)</p> <p>~~~~~</p> <p>Bebo - Palm Free, Brie (Milk), Cinnamon, Cranberry, Rocket, Daily Dose - Freshly Pressed British Orange Juice - 1ltr, Pepper - cracked black, Pugliese Roll - Mini 40g (Cereal (Rye, Wheat)), Granulated Sugar</p> <p>Energy 161kcal, Fat 7.72g, Sat Fat 4.83g, Carbs 17.38g, Sugar 2.3g, Protein 5.88g, Salt 0.69g</p>
Cheese & Tomato All Butter Croissant - mini (v)	Cold Savouries	<p>Cheese & Tomato All Butter Croissant - mini (v)</p> <p>~~~~~</p> <p>All Butter Croissant - mini (v) (Egg, Milk, Cereal (Wheat)), Bebo - Palm Free, Cheddar (Milk), Tomato</p> <p>Energy 290kcal, Fat 21.42g, Sat Fat 12.13g, Carbs 14.78g, Sugar 2.74g, Protein 10.1g, Salt 0.73g</p>
Ham & Emmenthal All Butter Croissant - mini	Cold Savouries	<p>Ham & Emmenthal All Butter Croissant - mini</p> <p>~~~~~</p> <p>All Butter Croissant - mini (v) (Egg, Milk, Cereal (Wheat)), Bebo - Palm Free, Emmenthal (Milk), Blythburgh Ham (Soya), Honey, Mustard (Mustard), Pepper - cracked black</p>

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		Energy 302kcal, Fat 20.73g, Sat Fat 10.94g, Carbs 14.49g, Sugar 2.07g, Protein 15g, Salt 1.27g
Salami & Emmenthal Cereale Roll	Cold Savouries	<p>Salami & Emmenthal Cereale Roll</p> <p>~~~~~</p> <p>Bebo - Palm Free,Cereale Roll - Mini 40g (Cereal (Barley, Oat, Wheat)), Emmenthal (Milk), Salami</p> <p>Energy 176kcal, Fat 7.9g, Sat Fat 3.29g, Carbs 17.7g, Sugar 0.21g, Protein 8.92g, Salt 1g</p>
Open Mini Bagel with Smoked Salmon & Cream Cheese - 2 per portion	Cold Savouries	<p>Open Mini Bagel with Smoked Salmon & Cream Cheese - 2 per portion</p> <p>~~~~~</p> <p>Cheese (Milk), Pepper - cracked black, Smoked Salmon (Fish), Bagel (Milk, Cereal (Wheat))</p> <p>Energy 178kcal, Fat 8.41g, Sat Fat 3.63g, Carbs 12.95g, Sugar 1.77g, Protein 10.29g, Salt 1.17g</p>
Open Mini Bagel with Egg Mayonnaise & Tomato Chutney - 2 per portion (v)	Cold Savouries	<p>Open Mini Bagel with Egg Mayonnaise & Tomato Chutney - 2 per portion (v)</p> <p>~~~~~</p> <p>Bebo - Palm Free,Chillies, Curry powder, Eggs (Egg), Mayonnaise (Egg), Mustard (Mustard), Onion, Pepper - cracked black, Salt, Salt & Black Pepper, Soft Brown Sugar, Sultanas, Tomato, Bagel (Milk, Cereal (Wheat)), Vinegar (Sulphur Dioxide)</p> <p>Energy 249kcal, Fat 16.22g, Sat Fat 2.9g, Carbs 16.7g, Sugar 4.91g, Protein 8.17g, Salt 0.62g</p>
Cheese & Tomato All Butter Croissant - large (v)	Cold Savouries	<p>Cheese & Tomato All Butter Croissant - large (v)</p> <p>~~~~~</p> <p>All Butter Croissant - large (v) (Egg, Milk, Cereal (Wheat)), Bebo - Palm Free, Cheddar (Milk), Tomato</p>

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		Energy 511kcal, Fat 35.44g, Sat Fat 21.54g, Carbs 31.33g, Sugar 5.49g, Protein 17.96g, Salt 1.25g
Ham & Cheese All Butter Croissant - large	Cold Savouries	<p>Ham & Cheese All Butter Croissant - large</p> <p>~~~~~</p> <p>All Butter Croissant - large (v) (Egg, Milk, Cereal (Wheat)), Bebo - Palm Free, Cheddar (Milk), Blythburgh Ham (Soya), Honey, Mustard (Mustard)</p> <p>Energy 623kcal, Fat 41.54g, Sat Fat 21.95g, Carbs 30.47g, Sugar 4.6g, Protein 33.08g, Salt 3.43g</p>
Open Mini Bagel with Sundried Tomato & Cream Cheese - 2 per portion (v)	Cold Savouries	<p>Open Mini Bagel with Sundried Tomato & Cream Cheese - 2 per portion (v)</p> <p>~~~~~</p> <p>Cheese (Milk), Garlic, Oregano, Pepper - cracked black, Rapeseed Oil, Salt, Thyme, Tomato, Bagel (Milk, Cereal (Wheat))</p> <p>Energy 141kcal, Fat 7.91g, Sat Fat 3.1g, Carbs 14.16g, Sugar 2.75g, Protein 3.57g, Salt 0.43g</p>
Breakfast Savoury Platter	Cold Savouries	<p>Brie & Cranberry Pugliese Roll (v)</p> <p>~~~~~</p> <p>Bebo - Palm Free, Brie (Milk), Cinnamon, Cranberry, Rocket, Daily Dose - Freshly Pressed British Orange Juice - 1ltr, Pepper - cracked black, Pugliese Roll - Mini 40g (Cereal (Rye, Wheat)), Granulated Sugar</p> <p>Energy 161kcal, Fat 7.72g, Sat Fat 4.83g, Carbs 17.38g, Sugar 2.3g, Protein 5.88g, Salt 0.69g</p> <p>Ham & Emmenthal All Butter Croissant - mini</p> <p>~~~~~</p> <p>All Butter Croissant - mini (v) (Egg, Milk, Cereal (Wheat)), Bebo - Palm Free, Emmenthal (Milk), Blythburgh Ham (Soya), Honey, Mustard (Mustard), Pepper - cracked black</p>

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		<p>Energy 302kcal, Fat 20.73g, Sat Fat 10.94g, Carbs 14.49g, Sugar 2.07g, Protein 15g, Salt 1.27g</p> <p>Salami & Emmenthal Cereale Roll ~~~~~</p> <p>Bebo - Palm Free,Cereale Roll - Mini 40g (Cereal (Barley, Oat, Wheat)), Emmenthal (Milk), Salami</p> <p>Energy 176kcal, Fat 7.9g, Sat Fat 3.29g, Carbs 17.7g, Sugar 0.21g, Protein 8.92g, Salt 1g</p> <p>Smoked Salmon & Cream Cheese Mini Bagel ~~~~~</p> <p>Cheese (Milk), Lemon, Pepper - cracked black, Smoked Salmon (Fish), Bagel (Milk, Cereal (Wheat))</p> <p>Energy 127kcal, Fat 5.2g, Sat Fat 2.49g, Carbs 12.71g, Sugar 1.53g, Protein 6g, Salt 0.64g</p>
Small Breakfast Savoury Platter	Cold Savouries	<p>Brie & Cranberry Pugliese Roll (v) ~~~~~</p> <p>Bebo - Palm Free,Brie (Milk), Cinnamon, Cranberry, Rocket, Daily Dose - Freshly Pressed British Orange Juice - 1ltr, Pepper - cracked black, Pugliese Roll - Mini 40g (Cereal (Rye, Wheat)), Granulated Sugar</p> <p>Energy 161kcal, Fat 7.72g, Sat Fat 4.83g, Carbs 17.38g, Sugar 2.3g, Protein 5.88g, Salt 0.69g</p> <p>Ham & Emmenthal All Butter Croissant - mini ~~~~~</p> <p>All Butter Croissant - mini (v) (Egg, Milk, Cereal (Wheat)), Bebo - Palm Free, Emmenthal (Milk), Blythburgh Ham (Soya), Honey, Mustard (Mustard), Pepper -</p>

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		<p>cracked black</p> <p>Energy 302kcal, Fat 20.73g, Sat Fat 10.94g, Carbs 14.49g, Sugar 2.07g, Protein 15g, Salt 1.27g</p> <p>Salami & Emmenthal Cereale Roll</p> <p>~~~~~</p> <p>Bebo - Palm Free,Cereale Roll - Mini 40g (Cereal (Barley, Oat, Wheat)), Emmenthal (Milk), Salami</p> <p>Energy 176kcal, Fat 7.9g, Sat Fat 3.29g, Carbs 17.7g, Sugar 0.21g, Protein 8.92g, Salt 1g</p> <p>Smoked Salmon & Cream Cheese Mini Bagel</p> <p>~~~~~</p> <p>Cheese (Milk), Lemon, Pepper - cracked black, Smoked Salmon (Fish), Bagel (Milk, Cereal (Wheat))</p> <p>Energy 127kcal, Fat 5.2g, Sat Fat 2.49g, Carbs 12.71g, Sugar 1.53g, Protein 6g, Salt 0.64g</p>
Mixed Mini Croissant Platter (v, n)	Breakfast – Set Menu	<p>All Butter Croissant - mini (v)</p> <p>~~~~~</p> <p>All Butter Croissant - mini (v) (Egg, Milk, Cereal (Wheat))</p> <p>Energy 118kcal, Fat 6.12g, Sat Fat 4.42g, Carbs 13.94g, Sugar 1.9g, Protein 2.35g, Salt 0.14g</p> <p>Almond Butter Croissant - mini (v, n)</p> <p>~~~~~</p> <p>Almond Butter Croissant - mini (v, n) (Egg, Milk, Cereal (Wheat), Nuts (Almond))</p>

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		<p>Energy 237kcal, Fat 16.25g, Sat Fat 7.8g, Carbs 16.25g, Sugar 7.8g, Protein 5.46g, Salt 0.13g</p> <p>Pain au Chocolat - mini (v) ~~~~~</p> <p>Pain Au Chocolat - mini (v) (Egg, Milk, Soya, Cereal (Wheat))</p> <p>Energy 104kcal, Fat 6.3g, Sat Fat 4.2g, Carbs 9.1g, Sugar 3.36g, Protein 2.35g, Salt 0.1g</p>
Small Mixed Mini Croissant Platter (v, n)	Breakfast – Set Menu	<p>All Butter Croissant - mini (v) ~~~~~</p> <p>All Butter Croissant - mini (v) (Egg, Milk, Cereal (Wheat))</p> <p>Energy 118kcal, Fat 6.12g, Sat Fat 4.42g, Carbs 13.94g, Sugar 1.9g, Protein 2.35g, Salt 0.14g</p> <p>Almond Butter Croissant - mini (v, n) ~~~~~</p> <p>Almond Butter Croissant - mini (v, n) (Egg, Milk, Cereal (Wheat), Nuts (Almond))</p> <p>Energy 237kcal, Fat 16.25g, Sat Fat 7.8g, Carbs 16.25g, Sugar 7.8g, Protein 5.46g, Salt 0.13g</p> <p>Pain au Chocolat - mini (v) ~~~~~</p> <p>Pain Au Chocolat - mini (v) (Egg, Milk, Soya, Cereal (Wheat))</p> <p>Energy 104kcal, Fat 6.3g, Sat Fat 4.2g, Carbs 9.1g, Sugar 3.36g, Protein 2.35g, Salt 0.1g</p>

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Mixed Mini Danish Pastry Platter (v, n)	<p>Breakfast – Set Menu</p> <p>Apple and Custard Crumble Danish - mini (v) ~~~~~ Apple and Custard Crumble Danish - mini (v) (Egg, Milk, Cereal (Wheat))</p> <p>Energy 92kcal, Fat 5.28g, Sat Fat 3.17g, Carbs 8.8g, Sugar 3.61g, Protein 2.38g, Salt 0.09g</p> <p>Cherry Danish - mini (v) ~~~~~ Cherry Danish - mini (v) (Egg, Milk, Cereal (Wheat))</p> <p>Energy 79kcal, Fat 4.29g, Sat Fat 2.61g, Carbs 7.8g, Sugar 3.67g, Protein 2.03g, Salt 0.08g</p> <p>Pain aux Raisins - mini (v) ~~~~~ Pain aux Raisins - mini (v) (Egg, Milk, Cereal (Wheat))</p> <p>Energy 127kcal, Fat 7.65g, Sat Fat 4.95g, Carbs 11.25g, Sugar 3.87g, Protein 2.88g, Salt 0.14g</p> <p>Pear and Almond Danish - mini (v, n) ~~~~~ Pear and Almond Danish - mini (v, n) (Egg, Milk, Cereal (Wheat), Nuts (Almonds))</p> <p>Energy 131kcal, Fat 6.36g, Sat Fat 3.39g, Carbs 16.43g, Sugar 6.89g, Protein 2.07g, Salt 0.32g</p>
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Small Mixed Mini Danish Pastry Platter (v, n)	Breakfast – Set Menu	<p>Apple and Custard Crumble Danish - mini (v) ~~~~~</p> <p>Apple and Custard Crumble Danish - mini (v) (Egg, Milk, Cereal (Wheat))</p> <p>Energy 92kcal, Fat 5.28g, Sat Fat 3.17g, Carbs 8.8g, Sugar 3.61g, Protein 2.38g, Salt 0.09g</p> <p>Cherry Danish - mini (v) ~~~~~</p> <p>Cherry Danish - mini (v) (Egg, Milk, Cereal (Wheat))</p> <p>Energy 79kcal, Fat 4.29g, Sat Fat 2.61g, Carbs 7.8g, Sugar 3.67g, Protein 2.03g, Salt 0.08g</p> <p>Pain aux Raisins - mini (v) ~~~~~</p> <p>Pain aux Raisins - mini (v) (Egg, Milk, Cereal (Wheat))</p> <p>Energy 127kcal, Fat 7.65g, Sat Fat 4.95g, Carbs 11.25g, Sugar 3.87g, Protein 2.88g, Salt 0.14g</p> <p>Pear and Almond Danish - mini (v, n) ~~~~~</p> <p>Pear and Almond Danish - mini (v, n) (Egg, Milk, Cereal (Wheat), Nuts (Almonds))</p> <p>Energy 131kcal, Fat 6.36g, Sat Fat 3.39g, Carbs 16.43g, Sugar 6.89g, Protein 2.07g, Salt 0.32g</p>
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6 Mini Croissants with Butter & Jam (v)	Breakfast – Set Menu	<p>All Butter Croissant - mini (v) ~~~~~ (Egg, Milk, Cereal (Wheat)), Butter pat - each (Milk), Strawberry Jam</p> <p>Energy 1091kcal, Fat 53.98g, Sat Fat 37.46g, Carbs 138.37g, Sugar 66.15g, Protein 14.2g, Salt 1.18g</p> <p>Jam Pot – Please check individual packaging.</p>
Mini Open Bagel Platter	Breakfast – Set Menu	<p>Open Mini Bagel with Egg Mayonnaise & Tomato Chutney - 2 per portion (v) ~~~~~ Bebo - Palm Free, Chillies, Curry powder, Eggs (Egg), Mayonnaise (Egg), Mustard (Mustard), Onion, Pepper - cracked black, Salt, Salt & Black Pepper, Soft Brown Sugar, Sultanas, Tomato, Bagel (Milk, Cereal (Wheat)), Vinegar (Sulphur Dioxide)</p> <p>Energy 249kcal, Fat 16.22g, Sat Fat 2.9g, Carbs 16.7g, Sugar 4.91g, Protein 8.17g, Salt 0.62g</p> <p>Open Mini Bagel with Smoked Salmon & Cream Cheese - 2 per portion ~~~~~ Cheese (Milk), Pepper - cracked black, Smoked Salmon (Fish), Bagel (Milk, Cereal (Wheat))</p> <p>Energy 178kcal, Fat 8.41g, Sat Fat 3.63g, Carbs 12.95g, Sugar 1.77g, Protein 10.29g, Salt 1.17g</p> <p>Open Mini Bagel with Sundried Tomato & Cream Cheese - 2 per portion (v) ~~~~~</p>

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		<p>Cheese (Milk), Garlic, Oregano, Pepper - cracked black, Rapeseed Oil, Salt, Thyme, Tomato, Bagel (Milk, Cereal (Wheat))</p> <p>Energy 141kcal, Fat 7.91g, Sat Fat 3.1g, Carbs 14.16g, Sugar 2.75g, Protein 3.57g, Salt 0.43g</p>
Small Mini Open Bagel Platter	Breakfast – Set Menu	<p>Open Mini Bagel with Egg Mayonnaise & Tomato Chutney - 2 per portion (v) ~~~~~</p> <p>Bebo - Palm Free, Chillies, Curry powder, Eggs (Egg), Mayonnaise (Egg), Mustard (Mustard), Onion, Pepper - cracked black, Salt, Salt & Black Pepper, Soft Brown Sugar, Sultanas, Tomato, Bagel (Milk, Cereal (Wheat)), Vinegar (Sulphur Dioxide)</p> <p>Energy 249kcal, Fat 16.22g, Sat Fat 2.9g, Carbs 16.7g, Sugar 4.91g, Protein 8.17g, Salt 0.62g</p> <p>Open Mini Bagel with Smoked Salmon & Cream Cheese - 2 per portion ~~~~~</p> <p>Cheese (Milk), Pepper - cracked black, Smoked Salmon (Fish), Bagel (Milk, Cereal (Wheat))</p> <p>Energy 178kcal, Fat 8.41g, Sat Fat 3.63g, Carbs 12.95g, Sugar 1.77g, Protein 10.29g, Salt 1.17g</p> <p>Open Mini Bagel with Sundried Tomato & Cream Cheese - 2 per portion (v) ~~~~~</p> <p>Cheese (Milk), Garlic, Oregano, Pepper - cracked black, Rapeseed Oil, Salt, Thyme, Tomato, Bagel (Milk, Cereal (Wheat))</p> <p>Energy 141kcal, Fat 7.91g, Sat Fat 3.1g, Carbs 14.16g, Sugar 2.75g, Protein 3.57g, Salt 0.43g</p>

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Savoury Mini Croissant Platter	Breakfast – Set Menu	<p>Cheese & Tomato All Butter Croissant - mini (v) ~~~~~</p> <p>All Butter Croissant - mini (v) (Egg, Milk, Cereal (Wheat)), Bebo - Palm Free, Cheddar (Milk), Tomato</p> <p>Energy 290kcal, Fat 21.42g, Sat Fat 12.13g, Carbs 14.78g, Sugar 2.74g, Protein 10.1g, Salt 0.73g</p> <p>Egg Mayonnaise & Crispy Bacon Croissant – mini ~~~~~</p> <p>All Butter Croissant - mini (v) (Egg, Milk, Cereal (Wheat)), Bacon, Bebo - Palm Free, Curry powder, Eggs (Egg), Mayonnaise (Egg), Pepper - cracked black, Salt & Black Pepper</p> <p>Energy 289kcal, Fat 21.66g, Sat Fat 8.21g, Carbs 14.77g, Sugar 2.04g, Protein 9.18g, Salt 0.75g</p> <p>Ham & Emmenthal All Butter Croissant – mini ~~~~~</p> <p>All Butter Croissant - mini (v) (Egg, Milk, Cereal (Wheat)), Bebo - Palm Free, Emmenthal (Milk), Blythburgh Ham (Soya), Honey, Mustard (Mustard), Pepper - cracked black</p> <p>Energy 302kcal, Fat 20.73g, Sat Fat 10.94g, Carbs 14.49g, Sugar 2.07g, Protein 15g, Salt 1.27g</p>
Roast Tomato & Mushroom in a Cereale Bap (vegan, d)	Hot Savouries	<p>Roast Tomato & Mushroom in a Cereale Bap (vegan, d) ~~~~~</p> <p>Cereale Bap (Cereal (Barley, Wheat)), Mushroom, Mozzarella, Rapeseed Oil, Salt & Black Pepper, Tomato</p>

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		Energy 312kcal, Fat 9.11g, Sat Fat 4.38g, Carbs 49.79g, Sugar 1.77g, Protein 8.75g, Salt 2.41g
Vegetarian Sausage in a Glazed Brioche Roll (v)	Hot Savouries	Vegetarian Sausage in a Glazed Brioche Roll (v) ~~~~~ Brioche Bun - 70g (Egg, Milk, Cereal (Wheat)), Vegetarian Sausage (Mustard, Soya, Sulphur Dioxide, Cereal (Barley, Wheat)) Energy 359kcal, Fat 9.86g, Sat Fat 4.07g, Carbs 53.98g, Sugar 5.88g, Protein 14.76g, Salt 2.9g
Mushroom & Tomato on Gluten Free Bread (v, g, d)	Hot Savouries	Mushroom & Tomato on Gluten Free Bread (v, g, d) ~~~~~ Mushroom, Bread - Gluten free (Egg), Mozzarella, Rapeseed Oil, Salt & Black Pepper, Tomato Energy 282kcal, Fat 13.7g, Sat Fat 6.57g, Carbs 32.82g, Sugar 2.49g, Protein 4.37g, Salt 4.34g
Bacon in a Glazed Brioche Roll	Hot Savouries	Bacon in a Glazed Brioche Roll ~~~~~ Bacon, Brioche Bun - 70g (Egg, Milk, Cereal (Wheat)) Energy 417kcal, Fat 17.54g, Sat Fat 6.28g, Carbs 36.72g, Sugar 4.3g, Protein 27.17g, Salt 4.73g
Sausage in a Glazed Brioche Roll	Hot Savouries	Sausage in a Glazed Brioche Roll ~~~~~ Brioche Bun - 70g (Egg, Milk, Cereal (Wheat)), Sausage (Sulphur Dioxide, Cereal (Wheat)) Energy 537kcal, Fat 27.63g, Sat Fat 8.75g, Carbs 49.77g, Sugar 7.63g, Protein 21.33g, Salt 2.93g
Bacon Sandwich on Gluten Free Bread (g, d)	Hot Savouries	Bacon Sandwich on Gluten Free Bread (g, d) ~~~~~ Bacon, Bebo - Palm Free, Soft white loaf

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		<p>Energy 467kcal, Fat 23.64g, Sat Fat 7.15g, Carbs 37.4g, Sugar 0.96g, Protein 24.04g, Salt 4.61g</p>
Mini Sausage Roll Breakfast Platter	Hot Savouries	<p>Sausage Roll - Mini</p> <p>~~~~~</p> <p>Brioche Buns (Egg, Milk, Cereal (Wheat)), Sausage (Sulphur Dioxide, Cereal (Wheat))</p> <p>Energy 155kcal, Fat 7.89g, Sat Fat 2.89g, Carbs 14.72g, Sugar 2.18g, Protein 5.06g, Salt 0.84g</p>
Mini Bacon Roll Breakfast Platter	Hot Savouries	<p>Bacon Roll - Mini</p> <p>~~~~~</p> <p>Bacon (Sulphur Dioxide), Brioche Buns (Egg, Milk, Cereal (Wheat))</p> <p>Energy 178kcal, Fat 10.71g, Sat Fat 3.59g, Carbs 12.5g, Sugar 1.9g, Protein 7.6g, Salt 1.54g</p>
Mini Mushroom Roll Breakfast Platter (v)	Hot Savouries	<p>Mushroom Roll - Mini (v)</p> <p>~~~~~</p> <p>Brioche Buns (Egg, Milk, Cereal (Wheat)), Cheddar (Milk), Mushroom, Garlic, Pepper - cracked black, Rapeseed Oil, Salt, Granulated Sugar, Tomato</p> <p>Energy 121kcal, Fat 5.38g, Sat Fat 2.38g, Carbs 13.43g, Sugar 2.8g, Protein 4.59g, Salt 0.54g</p>
WORKING LUNCH		
Sweet Potato & Grilled Courgette Thai Spiced Cereale Baguette (vegan, d)	Sandwiches	<p>Sweet Potato & Grilled Courgette Thai Spiced Cereale Baguette (vegan, d)</p> <p>~~~~~</p> <p>Bebo - Palm Free, Baguette (Cereal (Barley, Wheat)), Coconut Milk, Courgettes, Curry Paste, Garlic, Rocket, Lime, Mint, Onion, Pepper - cracked black, Sweet Potato, Rapeseed Oil, Salt</p>

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		Energy 466kcal, Fat 11.02g, Sat Fat 3.68g, Carbs 73.31g, Sugar 4.05g, Protein 15.64g, Salt 1.36g
Hoisin No Duck Wrap (vegan, d)	Sandwiches	<p>Hoisin No Duck Wrap (vegan, d)</p> <p>~~~~~</p> <p>Carrot, Coriander, Courgettes, Mushroom (Soya, Sulphur Dioxide), Hoisin (Sesame Seeds, Soya, Cereal (Wheat)), Rocket, Pepper - cracked black, Pepper - red, Sweet chilli sauce, Wrap (Cereal (Wheat))</p> <p>Energy 339kcal, Fat 11.07g, Sat Fat 4.21g, Carbs 48.22g, Sugar 9.03g, Protein 10.52g, Salt 2.9g</p>
Beetroot Houmous & Rocket in Ciabatta (vegan, d)	Sandwiches	<p>Beetroot Houmous & Rocket in Ciabatta (vegan, d)</p> <p>~~~~~</p> <p>Bayleaf, Beetroot, Chickpeas, Ciabatta (Cereal (Wheat)), Garlic, Lemon, Rocket, Onion, Pepper - cracked black, Pepper - red, Rapeseed Oil, Salt, Salt & Black Pepper, Granulated Sugar, Tahini (Sesame Seeds), Tomato</p> <p>Energy 432kcal, Fat 8.53g, Sat Fat 0.98g, Carbs 74.74g, Sugar 6.66g, Protein 14.72g, Salt 2.9g</p>
Beetroot Houmous & Rocket on Gluten Free Bread (vegan, g, d)	Sandwiches	<p>Beetroot Houmous & Rocket on Gluten Free Bread (vegan, g, d)</p> <p>~~~~~</p> <p>Bayleaf, Beetroot, Chickpeas, Garlic, Soft white loaf, Lemon, Rocket, Onion, Pepper - cracked black, Pepper - red, Rapeseed Oil, Salt, Salt & Black Pepper, Granulated Sugar, Tahini (Sesame Seeds), Tomato</p> <p>Energy 323kcal, Fat 11.36g, Sat Fat 0.93g, Carbs 48.24g, Sugar 4.74g, Protein 6.34g, Salt 1.77g</p>
Cheddar & Pickle in a Piedmont Baguette (v)	Sandwiches	<p>Cheddar & Pickle in a Piedmont Baguette (v)</p> <p>~~~~~</p> <p>All Spice, Apples, Apricot (Sulphur Dioxide), Bebo - Palm Free, Carrot, Cauliflower, Cheddar (Milk), Chillies, Courgettes, Garlic, Gherkins (Sulphur Dioxide), Lemon, Onion, Pepper - cracked black, Baguette (Cereal (Durum, Wheat)), Prunes, Rapeseed Oil, Raisins, Salt, Demerara Sugar, Turnip, Vinegar</p>

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		<p>(Sulphur Dioxide, Cereal (Barley)), Vinegar, Mustard Seeds (Mustard)</p> <p>Energy 610kcal, Fat 25.94g, Sat Fat 14.37g, Carbs 67g, Sugar 4.43g, Protein 26.27g, Salt 3.95g</p>
Cheddar, Tomato, Baby Leaf & Cucumber on Malted Grain (v)	Sandwiches	<p>Cheddar, Tomato, Baby Leaf & Cucumber on Malted Grain (v)</p> <p>~~~~~</p> <p>Bebo - Palm Free, Cheddar (Milk), Cucumber, Mixed Leaf, Malted Grain Bread (Soya, Cereal (Barley, Wheat)), Pepper - cracked black, Tomato</p> <p>Energy 465kcal, Fat 23.81g, Sat Fat 13.73g, Carbs 38.55g, Sugar 4.57g, Protein 22.86g, Salt 1.87g</p>
Egg & Tomato on Malted Grain (v, d)	Sandwiches	<p>Egg & Tomato on Malted Grain (v, d)</p> <p>~~~~~</p> <p>Bebo - Palm Free, Curry powder, Eggs (Egg), Malted Grain Bread (Soya, Cereal (Barley, Wheat)), Mayonnaise (Egg), Salt & Black Pepper, Tomato</p> <p>Energy 453kcal, Fat 26.18g, Sat Fat 4.95g, Carbs 38.21g, Sugar 4.57g, Protein 15.55g, Salt 2.87g</p>
Beetroot, Spinach & Goats Cheese on Multi Seed Bloomer (v)	Sandwiches	<p>Beetroot, Spinach & Goats Cheese on Multi Seed Bloomer (v)</p> <p>~~~~~</p> <p>Bebo - Palm Free, Beetroot, Goats Cheese (Milk), Milk (Milk), Multi Seed Bloomer (Cereal (Barley, Wheat)), Pepper - cracked black, Rapeseed Oil, Raisins, Spinach, Vinegar (Sulphur Dioxide)</p> <p>Energy 450kcal, Fat 19.98g, Sat Fat 8.13g, Carbs 53.18g, Sugar 10.31g, Protein 17.21g, Salt 1.9g</p>
Jerk Chicken & Red Cabbage Pickled Slaw in a Wrap (d)	Sandwiches	<p>Jerk Chicken & Red Cabbage Pickled Slaw in a Wrap (d)</p> <p>~~~~~</p> <p>All Spice, Bayleaf, Red Cabbage (Sulphur Dioxide), Chicken Thigh, Chillies, Ginger, Carrot, Rocket, Mayonnaise (Egg), Onion, Pepper - cracked black, Rapeseed Oil, Gluten Free Soy Sauce (Soya), Caster Sugar, Thyme, Vinegar (Sulphur Dioxide), Water, Tomato Wrap (Cereal (Wheat))</p>

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		<p>Energy 370kcal, Fat 15.39g, Sat Fat 1.78g, Carbs 34.84g, Sugar 5.61g, Protein 20.45g, Salt 2.56g</p>
Roast Rosemary Chicken on Malted Grain (d)	Sandwiches	<p>Roast Rosemary Chicken on Malted Grain (d)</p> <p>~~~~~</p> <p>Bebo - Palm Free,Chicken, Chicken Thigh, Garlic Puree (vegan, g, d), Mixed Leaf, Malted Grain Bread (Soya, Cereal (Barley, Wheat)), Mayonnaise (Egg), Pepper - cracked black, Rapeseed Oil, Rosemary, Salt & Black Pepper, Granulated Sugar</p> <p>Energy 435kcal, Fat 20.69g, Sat Fat 3.49g, Carbs 37.55g, Sugar 3.68g, Protein 24.14g, Salt 1.04g</p>
Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)	Sandwiches	<p>Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)</p> <p>~~~~~</p> <p>Bebo - Palm Free,Blythburgh Ham (Soya), Honey, Malted Grain Bread (Soya, Cereal (Barley, Wheat)), Mustard (Mustard), Mustard (Mustard, Cereal (Wheat)), Pepper - cracked black</p> <p>Energy 477kcal, Fat 22.7g, Sat Fat 6.59g, Carbs 37.42g, Sugar 3.99g, Protein 29.53g, Salt 3.97g</p>
Egg & Bacon in a Piedmont Baguette (d)	Sandwiches	<p>Egg & Bacon in a Piedmont Baguette (d)</p> <p>~~~~~</p> <p>Bacon,Bebo - Palm Free, Curry powder, Eggs (Egg), Mayonnaise (Egg), Pepper - cracked black, Baguette (Cereal (Durum, Wheat)), Salt & Black Pepper</p> <p>Energy 605kcal, Fat 27.97g, Sat Fat 6.95g, Carbs 63.37g, Sugar 0.85g, Protein 24.04g, Salt 3.14g</p>
Roast Rosemary Chicken on Gluten Free Bread (g, d)	Sandwiches	<p>Roast Rosemary Chicken on Gluten Free Bread (g, d)</p> <p>~~~~~</p> <p>Bebo - Palm Free,Chicken, Chicken Thigh, Bread - Gluten free (Egg), Mixed Leaf, Mayonnaise (Egg), Pepper - cracked black, Rosemary Marinade (vegan, g, d)</p>

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		Energy 354kcal, Fat 20.29g, Sat Fat 3.05g, Carbs 25.27g, Sugar 0.92g, Protein 14.33g, Salt 1.09g
Teriyaki Salmon with Miso & Ginger Carrot Slaw in a Wrap (d)	Sandwiches	<p>Teriyaki Salmon with Miso & Ginger Carrot Slaw in a Wrap (d)</p> <p>~~~~~</p> <p>Carrot, Coriander, Cornflour, Garlic Puree (vegan, g, d), Ginger, Honey, Hot Smoked Salmon Flakes (Fish), Rocket, Mayonnaise (Egg), Miso Paste (Soya), Sesame Oil (Sesame Seeds), Salt & Black Pepper, Gluten Free Soy Sauce (Soya), Soft Brown Sugar, Vinegar, Water, Wrap (Cereal (Wheat))</p> <p>Energy 369kcal, Fat 18.07g, Sat Fat 2.25g, Carbs 34.8g, Sugar 5.08g, Protein 16.71g, Salt 3.93g</p>
Smoked Mackerel & Ricotta in a Piedmont Baguette	Sandwiches	<p>Smoked Mackerel & Ricotta in a Piedmont Baguette</p> <p>~~~~~</p> <p>Bebo - Palm Free, Capers, Lemon, Mackerel (Fish), Nutmeg, Pepper - cracked black, Baguette (Cereal (Durum, Wheat)), Ricotta (Milk), Salt & Black Pepper</p> <p>Energy 509kcal, Fat 18.37g, Sat Fat 5.88g, Carbs 64.73g, Sugar 2.05g, Protein 20.49g, Salt 3.54g</p>
Prawn & Rocket on Malted Grain (d)	Sandwiches	<p>Prawn & Rocket on Malted Grain (d)</p> <p>~~~~~</p> <p>Bebo - Palm Free, Cucumber, Lemon, Rocket, Malted Grain Bread (Soya, Cereal (Barley, Wheat)), Mayonnaise (Egg), Mustard (Mustard, Cereal (Wheat)), Pepper - cracked black, Prawns (Crustacean (Prawn)), Salt & Black Pepper</p> <p>Energy 345kcal, Fat 14.26g, Sat Fat 1.82g, Carbs 38.02g, Sugar 3.65g, Protein 14.92g, Salt 1.87g</p>
Falafel with Beetroot Houmous (vegan, g, d)	Finger Buffet	<p>Falafel with Beetroot Houmous (vegan, g, d)</p> <p>~~~~~</p> <p>Beetroot, Chickpeas, Coriander, Cumin, Gluten Free Flour, Garlic, Coriander, Lemon, Pepper - cracked black, Sweet Potato, Rapeseed Oil, Salt, Tahini (Sesame Seeds), Turmeric</p>

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		Energy 58kcal, Fat 1.8g, Sat Fat 0.18g, Carbs 8.85g, Sugar 1.28g, Protein 2.09g, Salt 0.41g
Samosa (vegan, d)	Finger Buffet	<p>Samosa (vegan, d)</p> <p>~~~~~</p> <p>Asafoetida Hing Powder, Cardamom, Coriander, Cumin, Flour (Cereal (Wheat)), Garlic, Ginger, Coriander, Mango, Masala (Mustard), Mixed Veg, Potatoes, Rapeseed Oil, Salt, Granulated Sugar, Turmeric, Water</p> <p>Energy 132kcal, Fat 4.44g, Sat Fat 0.38g, Carbs 21.16g, Sugar 1.45g, Protein 2.49g, Salt 0.06g</p>
Squashage Roll (vegan, d)	Finger Buffet	<p>Squashage Roll (vegan, d)</p> <p>~~~~~</p> <p>Soya Milk (Soya), Butter beans, Garlic, Onion, Puff Pastry (Cereal (Wheat)), Puy lentils, Rapeseed Oil, Red Miso (Soya), Salt & Black Pepper, Sesame seeds (Sesame Seeds), Squash</p> <p>Energy 235kcal, Fat 9.6g, Sat Fat 4.16g, Carbs 26.07g, Sugar 1.64g, Protein 8.94g, Salt 1.65g</p>
Queen Olives - 4 per portion (vegan, g, d)	Finger Buffet	<p>Queen Olives - 4 per portion (vegan, g, d)</p> <p>~~~~~</p> <p>Capers, Chillies, Garlic, Paprika, Queen Olive, Rapeseed Oil, Thyme</p> <p>Energy 107kcal, Fat 12.08g, Sat Fat 1.23g, Carbs 0.46g, Sugar 0.06g, Protein 0.49g, Salt 1.31g</p>
Tomatade Bruschetta (vegan, d)	Finger Buffet	<p>Tomatade Bruschetta (vegan, d)</p> <p>~~~~~</p> <p>Ciabatta- Long 37.5cm (Cereal (Wheat)), Garlic, Rapeseed Oil, Salt & Black Pepper, Tarragon, Thyme, Tomato</p> <p>Energy 29kcal, Fat 2.45g, Sat Fat 0.19g, Carbs 2.1g, Sugar 2.01g, Protein 0.37g, Salt 0.16g</p>

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Spinach & Feta Pinwheels (v)	Finger Buffet	<p>Spinach & Feta Pinwheels (v)</p> <p>~~~~~</p> <p>Eggs (Egg), Cheese (Milk), Garlic, Onion, Oregano, Puff Pastry (Cereal (Wheat)), Rapeseed Oil, Salt & Black Pepper, Spinach</p> <p>Energy 115kcal, Fat 7.43g, Sat Fat 3.88g, Carbs 8.67g, Sugar 0.27g, Protein 5.19g, Salt 0.7g</p>
Leek & Emmental Tart (v)	Finger Buffet	<p>Leek & Emmental Tart (v)</p> <p>~~~~~</p> <p>Butter (Milk), Creme Fraiche (Milk), Eggs (Egg), Emmenthal (Milk), Leeks, Pastry Case - Tart Round Neutral (Egg, Milk, Cereal (Barley, Wheat)), Salt & Black Pepper</p> <p>Energy 205kcal, Fat 14.06g, Sat Fat 7.95g, Carbs 14.49g, Sugar 3.76g, Protein 5.33g, Salt 0.34g</p>
Chicken Brochette with Garlic, Coriander & Chilli (g, d)	Finger Buffet	<p>Chicken Brochette with Garlic, Coriander & Chilli (g, d)</p> <p>~~~~~</p> <p>Chicken, Chillies, Coriander, Garlic, Pepper - cracked black, Rapeseed Oil, Salt</p> <p>Energy 55kcal, Fat 3.14g, Sat Fat 0.29g, Carbs 0.17g, Sugar 0.02g, Protein 7.25g, Salt 0.14g</p>
Cocktail Sausages with Honey - 3 per portion (d)	Finger Buffet	<p>Cocktail Sausages with Honey - 3 per portion (d)</p> <p>~~~~~</p> <p>Honey, Mustard (Mustard), Mustard (Mustard), Sausage (Sulphur Dioxide, Cereal (Wheat)), Sesame seeds (Sesame Seeds)</p> <p>Energy 161kcal, Fat 10.75g, Sat Fat 3.39g, Carbs 8.78g, Sugar 4.64g, Protein 7.07g, Salt 1.14g</p>
Cheddar Scone with Chorizo	Finger Buffet	<p>Cheddar Scone with Chorizo</p> <p>~~~~~</p> <p>Gluten Free Baking powder, Bebo - Palm Free, Cheddar (Milk), Chillies, Chives, Chorizo (Milk), Coriander, Flour (Cereal (Wheat)), Lemon, Mascarpone (Milk),</p>

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		<p>Milk (Milk), Salt, Bella Lodi (Egg, Milk)</p> <p>Energy 197kcal, Fat 11.69g, Sat Fat 5.9g, Carbs 15.68g, Sugar 1.04g, Protein 7.01g, Salt 1g</p>
Salmon Brochette with Orange & Ginger (g, d)	Finger Buffet	<p>Salmon Brochette with Orange & Ginger (g, d)</p> <p>~~~~~</p> <p>Chillies, Coriander, Garlic, Ginger, Honey, Orange Juice, Orange, Rapeseed Oil, Salmon (Fish), Salt & Black Pepper, Gluten Free Soy Sauce (Soya)</p> <p>Energy 60kcal, Fat 3.48g, Sat Fat 0.59g, Carbs 1.16g, Sugar 0.94g, Protein 6.22g, Salt 0.43g</p>
Hot Smoked Salmon Crostini	Finger Buffet	<p>Hot Smoked Salmon Crostini</p> <p>~~~~~</p> <p>Ciabatta- Long 37.5cm (Cereal (Wheat)), Honey, Hot Smoked Salmon Flakes (Fish), Lime, Rapeseed Oil, Ricotta (Milk), Salt & Black Pepper</p> <p>Energy 31kcal, Fat 2.04g, Sat Fat 0.81g, Carbs 0.88g, Sugar 0.68g, Protein 2.23g, Salt 0.18g</p>
Kettle Crisps with Dip - Large Platter (vegan, g, d)	Finger Buffet	<p>Kettle Crisps with Dip - Large Platter (vegan, g, d)</p> <p>~~~~~</p> <p>Chillies, Coriander, Kettle Crisps with, Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato</p> <p>Energy 1244kcal, Fat 67.31g, Sat Fat 6.49g, Carbs 146.87g, Sugar 3.18g, Protein 15.94g, Salt 2.96g</p>
Tortilla Chips with Dip - Large Platter (vegan, g, d)	Finger Buffet	<p>Tortilla Chips with Dip - Large Platter (vegan, g, d)</p> <p>~~~~~</p> <p>Chillies, Coriander, Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato, Tortilla chips</p> <p>Energy 1169kcal, Fat 50.44g, Sat Fat 6.06g, Carbs 155.27g, Sugar 6.82g, Protein 16.18g, Salt 1.23g</p>

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Handcooked Crisps in the Bag (vegan, g, d)	Finger Buffet	Please refer to packaging.
A British Cheeseboard	Cakes & Pots	<p>a British Winter Cheeseboard - per person (v)</p> <p>~~~~~</p> <p>Cream Crackers (Cereal (Wheat)), Millers Wheat (Cereal (Wheat)), Celery (Celery), Fig & Spelt Sourdough (Milk, Cereal (Rye, Wheat)), Ford Farms Dorset Red (Milk), Grapes - red, Barber's 1833 Cheddar (Milk), Stilton (Milk)</p> <p>Energy 349kcal, Fat 23.46g, Sat Fat 14.08g, Carbs 17.72g, Sugar 5.06g, Protein 17.37g, Salt 1.57g</p>
Lemon & Chia Drizzle Cake (vegan, d)	Cakes & Pots	<p>Lemon & Chia Drizzle Cake (vegan, d)</p> <p>~~~~~</p> <p>Soya Milk (Soya), Gluten Free Baking powder, Chia Seeds, Flour (Cereal (Wheat)), Golden syrup, Lemon, Lemon, Lemon, Rapeseed Oil, Salt, Granulated Sugar, Vanilla Essence, Water</p> <p>Energy 284kcal, Fat 13.25g, Sat Fat 1.03g, Carbs 41.58g, Sugar 20.88g, Protein 2.83g, Salt 1.01g</p>
Healthy Seed Bar - Free From (vegan, g, d)	Cakes & Pots	<p>Healthy Seed Bar - Free From (vegan, g, d)</p> <p>~~~~~</p> <p>Bebo - Palm Free, Chia Seeds, Cranberry, Dates, Golden syrup, Maple Flavour Syrup, Gluten Free Oats, Pumpkin seeds, Salt, Sunflower Seeds</p> <p>Energy 293kcal, Fat 13.32g, Sat Fat 2.28g, Carbs 35.77g, Sugar 21.21g, Protein 7.09g, Salt 0.13g</p>
Blueberry Panna Cotta - Mini Pot (vegan, g, d)	Cakes & Pots	<p>Blueberry Panna Cotta - Mini Pot (vegan, g, d)</p> <p>~~~~~</p> <p>Blueberries - Frozen, Gelatine - Agar Agar, Caster Sugar, Vanilla Essence</p> <p>Energy 163kcal, Fat 15.08g, Sat Fat 10.66g, Carbs 5.72g, Sugar 5.01g, Protein 0.29g, Salt 0.05g</p>

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Apricot Flapjack (v)	Cakes & Pots	<p>Apricot Flapjack (v)</p> <p>~~~~~</p> <p>Apricot (Sulphur Dioxide), Bebo - Palm Free, Condensed milk (Milk), Golden syrup, Oats (Cereal (Oats, Wheat)), Granulated Sugar</p> <p>Energy 289kcal, Fat 11.37g, Sat Fat 2.89g, Carbs 42.51g, Sugar 26.56g, Protein 4.2g, Salt 0.12g</p>
Red Velvet Cake (v)	Cakes & Pots	<p>Red Velvet Cake (v)</p> <p>~~~~~</p> <p>Gluten Free Baking powder, Bebo - Palm Free, Beetroot, Buttermilk (Milk), Cocoa (Milk), Cheese (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Food Colouring, Caster Sugar, Icing Sugar, Vanilla pods</p> <p>Energy 284kcal, Fat 10.72g, Sat Fat 3.79g, Carbs 42.61g, Sugar 25.48g, Protein 5.04g, Salt 1.23g</p>
Banana & Sticky Toffee Cake (v, n)	Cakes & Pots	<p>Banana & Sticky Toffee Cake (v, n)</p> <p>~~~~~</p> <p>Almond (Nuts (Almond)), Gluten Free Baking powder, Bananas, Bebo - Palm Free, Butter (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Golden syrup, Lemon, Salt, Caster Sugar, Vanilla Essence, Water</p> <p>Energy 332kcal, Fat 16.66g, Sat Fat 5.91g, Carbs 42.4g, Sugar 31.39g, Protein 4.19g, Salt 0.7g</p>
Seville Orange Marmalade Polenta Cake (v, g, d, n)	Cakes & Pots	<p>Seville Orange Marmalade Polenta Cake (v, g, d, n)</p> <p>~~~~~</p> <p>Almond (Nuts (Almond)), Gluten Free Baking powder, Bebo - Palm Free, Eggs (Egg), Lemon, Polenta, Orange, Caster Sugar, Water</p> <p>Energy 326kcal, Fat 20.51g, Sat Fat 3.57g, Carbs 31.59g, Sugar 24.6g, Protein 5.69g, Salt 0.42g</p>
Chocolate Brownie (v)	Cakes & Pots	<p>Chocolate Brownie (v)</p> <p>~~~~~</p>

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		<p>Bebo - Palm Free,Dark Chocolate (Soya), Eggs (Egg), Flour (Cereal (Wheat)), Salt, Granulated Sugar</p> <p>Energy 356kcal, Fat 19.46g, Sat Fat 7.37g, Carbs 41.7g, Sugar 32.39g, Protein 3.94g, Salt 0.36g</p>
Apple & Cinnamon Mini Muffin - 2 Per Portion (v)	Cakes & Pots	<p>Apple & Cinnamon Mini Muffin - 2 Per Portion (v)</p> <p>~~~~~</p> <p>Apple,Bebo - Palm Free, Cinnamon, Eggs (Egg), Flour (Cereal (Wheat)), Milk (Milk), Caster Sugar, Vanilla Essence</p> <p>Energy 262kcal, Fat 11.37g, Sat Fat 2.87g, Carbs 37.35g, Sugar 20.94g, Protein 2.81g, Salt 0.31g</p>
Sour Cherry Cheesecake - Mini Pot (v)	Cakes & Pots	<p>Sour Cherry Cheesecake - Mini Pot (v)</p> <p>~~~~~</p> <p>Digestive (Milk, Cereal (Wheat)), Butter (Milk), Sour Cherries, Cream (Milk), Cheese (Milk), Caster Sugar</p> <p>Energy 218kcal, Fat 15.45g, Sat Fat 9.2g, Carbs 17.57g, Sugar 13.01g, Protein 2.29g, Salt 0.34g</p>
Tiramisu - Mini Pot (v)	Cakes & Pots	<p>Tiramisu - Mini Pot (v)</p> <p>~~~~~</p> <p>Cocoa (Milk), Cream (Milk), Coffee, Mascarpone (Milk), Sponge Fingers (Egg, Cereal (Wheat)), Caster Sugar, Vanilla Essence, Water</p> <p>Energy 163kcal, Fat 14.27g, Sat Fat 9.13g, Carbs 7.3g, Sugar 6.71g, Protein 1.31g, Salt 0.04g</p>
Sour Cherry Cheesecake - Pot (v)	Cakes & Pots	<p>Sour Cherry Cheesecake - Pot (v)</p> <p>~~~~~</p> <p>Bebo - Palm Free,Digestive (Milk, Cereal (Wheat)), Sour Cherries, Cheese (Milk), Lemon, Caster Sugar</p>

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		Energy 430kcal, Fat 26.62g, Sat Fat 15.07g, Carbs 43.3g, Sugar 32.67g, Protein 4.68g, Salt 0.77g
Tiramisu - Pot (v)	Cakes & Pots	<p>Tiramisu - Pot (v)</p> <p>~~~~~</p> <p>Cocoa (Milk), Cream (Milk), Coffee, Mascarpone (Milk), Sponge Fingers (Egg, Cereal (Wheat)), Caster Sugar, Vanilla Essence, Water</p> <p>Energy 322kcal, Fat 28.44g, Sat Fat 18.2g, Carbs 14.44g, Sugar 13.41g, Protein 2.4g, Salt 0.09g</p>
Lemon Cheesecake - Pot (v)	Cakes & Pots	<p>Lemon Cheesecake - Pot (v)</p> <p>~~~~~</p> <p>Bebo - Palm Free, Digestive (Milk, Cereal (Wheat)), Cheese (Milk), Lemon, Lemon, Caster Sugar</p> <p>Energy 371kcal, Fat 26.63g, Sat Fat 15.07g, Carbs 27.97g, Sugar 17.34g, Protein 4.71g, Salt 0.77g</p>
Sour Cherry Cheesecake - 6 Mini Pots (v)	Cakes & Pots	<p>Sour Cherry Cheesecake - 6 Mini Pots (v)</p> <p>~~~~~</p> <p>Digestive (Milk, Cereal (Wheat)), Butter (Milk), Sour Cherries, Cream (Milk), Cheese (Milk), Caster Sugar</p> <p>Energy 1308kcal, Fat 92.71g, Sat Fat 55.21g, Carbs 105.44g, Sugar 78.08g, Protein 13.74g, Salt 2.05g</p>
Tiramisu - 6 Mini Pots (v)	Cakes & Pots	<p>Tiramisu - 6 Mini Pots (v)</p> <p>~~~~~</p> <p>Cocoa (Milk), Cream (Milk), Coffee, Mascarpone (Milk), Sponge Fingers (Egg, Cereal (Wheat)), Caster Sugar, Vanilla Essence, Water</p> <p>Energy 975kcal, Fat 85.64g, Sat Fat 54.81g, Carbs 43.81g, Sugar 40.24g, Protein 7.88g, Salt 0.26g</p>

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Blueberry Panna Cotta - 6 Mini Pots (vegan, g, d)	Cakes & Pots	<p>Blueberry Panna Cotta - 6 Mini Pots (vegan, g, d)</p> <p>~~~~~</p> <p>Blueberries - Frozen, Gelatine - Agar Agar, Caster Sugar, Vanilla Essence</p> <p>Energy 975kcal, Fat 90.51g, Sat Fat 63.93g, Carbs 34.33g, Sugar 30.07g, Protein 1.75g, Salt 0.32g</p>
Cut Fruit - Mini Pot (vegan, g, d)	Cakes & Pots	<p>Cut Fruit - Mini Pot (vegan, g, d)</p> <p>~~~~~</p> <p>Fruit Salad Mix</p> <p>Energy 21kcal, Fat 0.12g, Sat Fat 0g, Carbs 4.86g, Sugar 4.86g, Protein 0.3g, Salt 0.01g</p>
Cut Fruit - Pot (vegan, g, d)	Cakes & Pots	<p>Cut Fruit - Pot (vegan, g, d)</p> <p>~~~~~</p> <p>Fruit Salad Mix</p> <p>Energy 35kcal, Fat 0.2g, Sat Fat 0g, Carbs 8.1g, Sugar 8.1g, Protein 0.5g, Salt 0.01g</p>
Whole Fruit Small Platter - for 5-10 people (vegan, g, d)	Cakes & Pots	<p>Whole Fruit Small Platter - for 5-10 people (vegan, g, d)</p> <p>~~~~~</p> <p>Apple, Bananas, Grapes - red, Grapes - white, Pears, Plums, Satsumas</p> <p>Energy 538kcal, Fat 2.41g, Sat Fat 0.82g, Carbs 130.19g, Sugar 124.77g, Protein 6.85g, Salt 0.04g</p>
Whole Fruit Large Platter - for 10-15 people (vegan, g, d)	Cakes & Pots	<p>Whole Fruit Large Platter - for 10-15 people (vegan, g, d)</p> <p>~~~~~</p> <p>Apple, Bananas, Grapes - red, Grapes - white, Pears, Plums, Satsumas</p> <p>Energy 946kcal, Fat 4.51g, Sat Fat 1.43g, Carbs 227.85g, Sugar 217.03g, Protein 12.38g, Salt 0.07g</p>
FORKS & SALADS		

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Wild Rice Salad with Roasted Roots (vegan, g, d, n)	Salad Boxes	<p>Wild Rice Salad with Roasted Roots (vegan, g, d, n)</p> <p>~~~~~</p> <p>Almonds (Nuts (Almond)), Apricot (Sulphur Dioxide), Beetroot, Carrot, Celeriac (Celery), Chickpeas, Garlic, Garlic Puree (vegan, g, d), Lemon, Lemon, Lemon, Rocket, Mint, Mustard (Mustard), Onion, Parsley, Pepper - cracked black, Rapeseed Oil, Rice, Salt, Salt & Black Pepper, Caster Sugar, Swede, Tahini (Sesame Seeds), Vinegar (Sulphur Dioxide)</p> <p>Energy 301kcal, Fat 9.62g, Sat Fat 0.94g, Carbs 45.65g, Sugar 18.29g, Protein 10.76g, Salt 3.35g</p>
Oriental Raw Vegetable Salad (vegan, g, d)	Salad Boxes	<p>Oriental Raw Vegetable Salad (vegan, g, d)</p> <p>~~~~~</p> <p>Babycorn, Chillies, Coriander, Ginger, Lime, Mangetout, Maple Flavour Syrup, Onion, Pepper - green, Pepper - yellow, Rapeseed Oil, Radish, Salt & Black Pepper, Sesame seeds (Sesame Seeds), Spinach, Tomato, Vinegar (Sulphur Dioxide)</p> <p>Energy 262kcal, Fat 24.65g, Sat Fat 1.94g, Carbs 11.85g, Sugar 10.74g, Protein 3.63g, Salt 0.52g</p>
Tuscan Tortellini Salad (v)	Salad Boxes	<p>Tuscan Tortellini Salad (v)</p> <p>~~~~~</p> <p>Garlic Puree (vegan, g, d), Maple Flavour Syrup, Oregano, Pepper - cracked black, Rapeseed Oil, Salt, Salt & Black Pepper, Spinach, Thyme, Tomato, Tortellini Formaggio (Egg, Milk, Mustard, Cereal (wheat)), Bella Lodi (Egg, Milk), Vinegar - Balsamic (Sulphur Dioxide)</p> <p>Energy 479kcal, Fat 30.18g, Sat Fat 5.79g, Carbs 41.82g, Sugar 7.8g, Protein 14.37g, Salt 2.86g</p>
Chargrilled Chicken with Beans & Broccoli Salad (g)	Salad Boxes	<p>Chargrilled Chicken with Beans & Broccoli Salad (g)</p> <p>~~~~~</p> <p>Borlotti beans, Broccoli, Butter beans, Chicken Thigh, Chillies, Cranberry, Kidney beans, Lemon & Thyme Marinade (vegan, g, d), Dressing - Lemon</p>

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		<p>Vinaigrette (vegan, g, d) (Mustard), Lemon, Mixed Leaf, Mint, Pepper - cracked black, Salt, Salt & Black Pepper, Yoghurt (Milk)</p> <p>Energy 418kcal, Fat 23.72g, Sat Fat 4.24g, Carbs 27.72g, Sugar 13.08g, Protein 24.84g, Salt 3.13g</p>
Salad Plate - Vegan & Free From	Salad Plate - Individual	<p>Mixed Leaf Salad with Pomegranate Dressing - 1 portion (vegan, g, d)</p> <p>~~~~~</p> <p>Mixed Leaf,Pomegranate Molasses (Sulphur Dioxide), Rapeseed Oil, Salt, Vinegar (Sulphur Dioxide)</p> <p>Energy 25kcal, Fat 2.45g, Sat Fat 0.18g, Carbs 1.07g, Sugar 0.8g, Protein 0.27g, Salt 0.07g</p> <p>Moroccan Roasted Butternut Squash & Potato Salad with Chilli Oil Dressing - 1 Portion (vegan, g, d)</p> <p>~~~~~</p> <p>Caraway seeds,Chillies, Fennel, Garlic, Rocket, Maple Flavour Syrup, Paprika , Pepper - cracked black, Potatoes, Rapeseed Oil, Salt, Salt & Black Pepper, Squash, Thyme, Vinegar (Sulphur Dioxide)</p> <p>Energy 228kcal, Fat 16.73g, Sat Fat 1.22g, Carbs 21.96g, Sugar 8.21g, Protein 2.44g, Salt 0.77g</p> <p>Slow Cooked Tomato & Basil (vegan, g, d)</p> <p>~~~~~</p> <p>Basil,Garlic, Rapeseed Oil, Salt & Black Pepper, Thyme, Tomato, Nutritional Yeast</p> <p>Energy 183kcal, Fat 21.2g, Sat Fat 1.51g, Carbs 2.52g, Sugar 1.56g, Protein 0.75g, Salt 0.5g</p>

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		<p>Winter Salad with Beetroot - 1 portion (vegan, g, d)</p> <p>~~~~~</p> <p>Beetroot, Red Cabbage, Carrot, Chillies, Maple Flavour Syrup, Onion, Pepper - green, Pumpkin seeds, Rapeseed Oil, Salt & Black Pepper, Spinach, Vinegar (Sulphur Dioxide)</p> <p>Energy 87kcal, Fat 5.2g, Sat Fat 0.59g, Carbs 8.74g, Sugar 7.23g, Protein 2.57g, Salt 0.61g</p>
Chargrilled Chicken with Beans & Broccoli Salad - 6-8 portions (g)	Sharing Salad Platters	<p>Chargrilled Chicken with Beans & Broccoli Salad - 6-8 portions (g)</p> <p>~~~~~</p> <p>Borlotti beans, Broccoli, Butter beans, Chicken Thigh, Chillies, Cranberry, Kidney beans, Lemon & Thyme Marinade (vegan, g, d), Dressing - Lemon Vinaigrette (vegan, g, d) (Mustard), Lemon, Mixed Leaf, Mint, Salt & Black Pepper, Yoghurt (Milk)</p> <p>Energy 1350kcal, Fat 76.9g, Sat Fat 13.88g, Carbs 89.31g, Sugar 42.35g, Protein 80.38g, Salt 10.39g</p>
Hot Smoked Salmon, Beetroot & Puy Lentil Salad - 6-8 portions (g, d)	Sharing Salad Platters	<p>Hot Smoked Salmon, Beetroot & Puy Lentil Salad - 6-8 portions (g, d)</p> <p>~~~~~</p> <p>Beetroot, Garlic Puree (vegan, g, d), Hot Smoked Salmon Flakes (Fish), Lemon, Mixed Leaf, Mint, Mustard (Mustard), Parsley, Pepper - cracked black, Puy lentils, Rapeseed Oil, Salt, Caster Sugar, Vinegar (Sulphur Dioxide)</p> <p>Energy 1991kcal, Fat 63.73g, Sat Fat 8.31g, Carbs 192.36g, Sugar 28.73g, Protein 139.59g, Salt 4.55g</p>
Oriental Raw Vegetable Salad 6-8 Portions (vegan, g, d)	Sharing Salad Platters	<p>Oriental Raw Vegetable Salad 6-8 Portions (vegan, g, d)</p> <p>~~~~~</p> <p>Babycorn, Chillies, Coriander, Ginger, Lime, Mangetout, Maple Flavour Syrup, Onion, Pepper - green, Pepper - yellow, Rapeseed Oil, Radish, Salt & Black Pepper, Sesame seeds (Sesame Seeds), Spinach, Tomato, Vinegar (Sulphur Dioxide)</p>

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		Energy 1199kcal, Fat 118.05g, Sat Fat 8.96g, Carbs 48.34g, Sugar 43.63g, Protein 12.16g, Salt 2.44g
Freekeh, Chickpea & Chargrilled Aubergine Salad - 6-8 portions (vegan, d)	Sharing Salad Platters	Freekeh, Chickpea & Chargrilled Aubergine Salad - 6-8 portions (vegan, d) ~~~~~ Aubergine, Chickpeas, Curry powder, Freekeh (Cereal (Wheat)), Maple Flavour Syrup, Rapeseed Oil, Red Quinoa, Salt & Black Pepper, Spinach, Tomato, Vinegar - Balsamic (Sulphur Dioxide) Energy 2535kcal, Fat 180.91g, Sat Fat 13.83g, Carbs 224.2g, Sugar 51.49g, Protein 48.17g, Salt 5.12g
Wild Rice Salad - 6-8 portions (vegan, g, d)	Sharing Salad Platters	Wild Rice Salad - 6-8 portions (vegan, g, d) ~~~~~ Apricot (Sulphur Dioxide), Garlic Puree (vegan, g, d), Lemon, Lemon, Rocket, Mint, Mustard (Mustard), Onion, Parsley, Pepper - cracked black, Rapeseed Oil, Rice, Salt, Salt & Black Pepper, Caster Sugar, Vinegar (Sulphur Dioxide) Energy 1170kcal, Fat 23.62g, Sat Fat 2.2g, Carbs 220.05g, Sugar 43.18g, Protein 25.75g, Salt 0.89g
New Potato Salad - 6-8 portions (vegan, g, d)	Sharing Salad Platters	New Potato Salad - 6-8 portions (vegan, g, d) ~~~~~ Garlic Puree (vegan, g, d), Lemon, Mint, Mustard (Mustard), Onion, Parsley, Pepper - cracked black, Potatoes, Rapeseed Oil, Salt, Salt & Black Pepper, Caster Sugar, Vinegar (Sulphur Dioxide) Energy 873kcal, Fat 37.51g, Sat Fat 2.98g, Carbs 134.93g, Sugar 13.23g, Protein 15.62g, Salt 4.83g
Mixed Leaf Salad with Lemon & Herb Dressing - 6-8 portions (vegan, g, d)	Sharing Salad Platters	Mixed Leaf Salad with Lemon & Herb Dressing - 6-8 portions (vegan, g, d) ~~~~~ Garlic Puree (vegan, g, d), Lemon, Mixed Leaf, Rocket, Mint, Mustard (Mustard), Parsley, Pepper - cracked black, Rapeseed Oil, Salt, Caster Sugar, Vinegar (Sulphur Dioxide)

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		Energy 303kcal, Fat 33.51g, Sat Fat 2.39g, Carbs 3.75g, Sugar 2.92g, Protein 3.4g, Salt 0.37g
Broccoli & Cauliflower Salad with Feta - 6-8 portions (v, g)	Sharing Salad Platters	Broccoli & Cauliflower Salad with Feta - 6-8 portions (v, g) ~~~~~ Olives, Broccoli, Cauliflower, Cheese (Milk), Maple Flavour Syrup, Rapeseed Oil, Salt & Black Pepper, Tomato, Vinegar - Balsamic (Sulphur Dioxide) Energy 1178kcal, Fat 99.9g, Sat Fat 24.11g, Carbs 44.89g, Sugar 36.59g, Protein 39.8g, Salt 8.26g
Tuscan Tortellini Salad - 6-8 portions (v)	Sharing Salad Platters	Tuscan Tortellini Salad - 6-8 portions (v) ~~~~~ Garlic Puree (vegan, g, d), Maple Flavour Syrup, Oregano, Pepper - cracked black, Rapeseed Oil, Salt, Salt & Black Pepper, Spinach, Thyme, Tomato, Tortellini Formaggio (Egg, Milk, Mustard, Cereal (wheat)), Bella Lodi (Egg, Milk), Vinegar - Balsamic (Sulphur Dioxide) Energy 1557kcal, Fat 98.09g, Sat Fat 18.8g, Carbs 135.92g, Sugar 25.34g, Protein 46.7g, Salt 9.29g
Hot Smoked Salmon, Beetroot & Puy Lentil Salad (g, d)	Sharing Salad Platters	Hot Smoked Salmon, Beetroot & Puy Lentil Salad (g, d) ~~~~~ Beetroot, Garlic Puree (vegan, g, d), Hot Smoked Salmon Flakes (Fish), Lemon, Mixed Leaf, Mint, Mustard (Mustard), Parsley, Pepper - cracked black, Puy lentils, Rapeseed Oil, Salt, Caster Sugar, Vinegar (Sulphur Dioxide) Energy 592kcal, Fat 18.97g, Sat Fat 2.47g, Carbs 57.25g, Sugar 8.55g, Protein 41.54g, Salt 1.35g
Roll & Butter - Cold Fork (v)	Sharing Salad Platters	Roll & Butter - Cold Fork (v) ~~~~~ Butter pat - each (Milk), Pagnotella Rustica (Cereal (Barley, Wheat)) Energy 143kcal, Fat 6.59g, Sat Fat 3.79g, Carbs 17.19g, Sugar 0.22g, Protein 3.05g, Salt 0.61g

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Roast Lemon & Thyme Chicken Breast (g, d)	Cold Fork Buffet Individual Items	<p>Roast Lemon & Thyme Chicken Breast (g, d)</p> <p>~~~~~</p> <p>Chicken,Garlic, Lemon, Rapeseed Oil, Salt & Black Pepper, Granulated Sugar, Thyme</p> <p>Energy 265kcal, Fat 20.34g, Sat Fat 2.42g, Carbs 1.71g, Sugar 1.29g, Protein 21.44g, Salt 0.37g</p>
Spiced Prawns & Smoked Salmon with Wasabi & Lime (d)	Cold Fork Buffet Individual Items	<p>Spiced Prawns & Smoked Salmon with Wasabi & Lime (d)</p> <p>~~~~~</p> <p>Lime,Mayonnaise (Egg), Prawns (Crustacean (Prawn)), Tabasco, Salt & Black Pepper, Smoked Salmon (Fish), Tomato Ketchup (Celery), Wasabi (Mustard, Soya), Worcester sauce (Fish, Cereal (Barley))</p> <p>Energy 180kcal, Fat 12.7g, Sat Fat 1.37g, Carbs 3.64g, Sugar 2.54g, Protein 12.36g, Salt 2.09g</p>
Root Vegetable Tarte Tatin (vegan, d)	Cold Fork Buffet Individual Items	<p>Root Vegetable Tarte Tatin (vegan, d)</p> <p>~~~~~</p> <p>Bebo - Palm Free,Carrot, Watercress, Parsnips, Sweet Potato, Puff Pastry (Cereal (Wheat)), Salt & Black Pepper, Caster Sugar, Thyme</p> <p>Energy 189kcal, Fat 9.64g, Sat Fat 4.05g, Carbs 22.96g, Sugar 8.02g, Protein 3.36g, Salt 2.17g</p>
Kale & Butternut Frittata (v, g)	Cold Fork Buffet Individual Items	<p>Kale & Butternut Frittata (v, g)</p> <p>~~~~~</p> <p>Chillies,Cream (Milk), Curly Kale, Eggs (Egg), Pepper - cracked black, Salt, Shallot, Squash, Bella Lodi (Egg, Milk)</p> <p>Energy 213kcal, Fat 17.71g, Sat Fat 9.94g, Carbs 5.49g, Sugar 3.33g, Protein 8.42g, Salt 0.52g</p>
Jacaranda	Cold Fork Buffet Set Menus	Please refer to individual items.

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Birch	Cold Fork Buffet Set Menus	Please refer to individual items.
Sycamore - Vegetarian	Cold Fork Buffet Set Menus	Please refer to individual items.
Meze Sharing Vegetarian - 5-7 people (v, n)	Cold Fork Buffet Set Menus	<p>Roll & Butter - Cold Fork (v) ~~~~~</p> <p>Butter pat - each (Milk), Pagnotella Rustica (Cereal (Barley, Wheat))</p> <p>Energy 143kcal, Fat 6.59g, Sat Fat 3.79g, Carbs 17.19g, Sugar 0.22g, Protein 3.05g, Salt 0.61g</p> <p>Vegetarian Sharing Meze - Winter - 5-7 people (v, g, n) ~~~~~</p> <p>Almonds (Nuts (Almond)), Beetroot, Butter pat - each (Milk), Primo Cabbage, Red Cabbage, Capers , Caraway seeds, Carrot, Celeriac (Celery), Chillies, Coriander, Cucumber, Curry powder, Eggs (Egg), Fennel, Cheese (Milk), Garlic, Grapes - red, Lemon, Mixed Leaf, Rocket, Maple Flavour Syrup, Mayonnaise (Egg), Pagnotella Rustica (Cereal (Barley, Wheat)), Mustard (Mustard), Onion, Orange, Paprika , Pepper - cracked black, Pepper - green, Pomegranate Molasses (Sulphur Dioxide), Potatoes, Pumpkin seeds, Rapeseed Oil, Radish , Salt, Salt & Black Pepper, Spinach, Squash, Stilton (Milk), Tarragon, Thyme, Tomato, Vinegar (Sulphur Dioxide), Walnut (Nuts (Walnuts)), Yoghurt (Milk)</p>
Meze Sharing Vegan - 5-7 people (vegan, d)	Cold Fork Buffet Set Menus	<p>Vegan Rolls & Butter - Cold Fork (vegan, d) ~~~~~</p> <p>Bebo - Palm Free, Pagnotella Rustica (Cereal (Barley, Wheat))</p> <p>Energy 129kcal, Fat 5.04g, Sat Fat 1.19g, Carbs 17.15g, Sugar 0.18g, Protein 3.01g, Salt 0.53g</p>

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		<p>Vegan Sharing Meze - Winter - 5-7 people (vegan, d)</p> <p>~~~~~</p> <p>Beetroot, Red Cabbage, Caraway seeds, Carrot, Chickpeas, Chillies, Cinnamon, Coriander, Couscous (Cereal (Wheat)), Cucumber, Cumin, Fennel, Garlic, Garlic Puree (vegan, g, d), Ginger, Coriander, Lemon, Mixed Leaf, Rocket, Maple Flavour Syrup, Nutmeg, Onion, Paprika, Pepper - cracked black, Pepper - green, Pepper - red, Pomegranate Molasses (Sulphur Dioxide), Potatoes, Pumpkin seeds, Rapeseed Oil, Salt, Salt & Black Pepper, Soy sauce (Soya, Cereal (Wheat)), Spinach, Squash, Light Soft Brown Sugar, Tahini (Sesame Seeds), Thyme, Vegetable stock (Celery), Vinegar (Sulphur Dioxide), Vinegar, Water</p> <p>Energy 1847kcal, Fat 109.36g, Sat Fat 9.89g, Carbs 200.48g, Sugar 74.35g, Protein 47.45g, Salt 6.09g</p>
Meze Sharing Traditional - 5-7 people (d)	Cold Fork Buffet Set Menus	<p>Roll & Butter - Cold Fork (v)</p> <p>~~~~~</p> <p>Butter pat - each (Milk), Pagnotella Rustica (Cereal (Barley, Wheat))</p> <p>Energy 143kcal, Fat 6.59g, Sat Fat 3.79g, Carbs 17.19g, Sugar 0.22g, Protein 3.05g, Salt 0.61g</p> <p>Traditional Sharing Meze - Winter - 5-7 people</p> <p>~~~~~</p> <p>Asian Soy and Ginger Dressing (vegan, d) (Soya, Cereal (Wheat)), Beetroot, Primo Cabbage, Red Cabbage, Capers, Caraway seeds, Carrot, Celeriac (Celery), Chicken, Chicken Thigh, Chillies, Coriander, Curry powder, Eggs (Egg), Fennel, Garlic, Garlic Puree (vegan, g, d), Blythburgh Ham (Soya), Honey, Hot Smoked Salmon Flakes (Fish), Lemon, Mixed Leaf, Rocket, Maple Flavour Syrup, Mayonnaise (Egg), Mustard (Mustard), Mustard (Mustard), Mustard (Mustard, Cereal (Wheat)), Onion, Paprika, Pepper - cracked black, Pepper -</p>

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		<p>green, Pepper - red, Pomegranate Molasses (Sulphur Dioxide), Potatoes, Pumpkin seeds, Rapeseed Oil, Rosemary, Salt, Salt & Black Pepper, Spinach, Squash, Granulated Sugar, Tarragon, Teriyaki Marinade (v, g, d) (Sesame Seeds, Soya), Thyme, Vinegar (Sulphur Dioxide), Yoghurt (Milk)</p> <p>Energy 3869kcal, Fat 281.57g, Sat Fat 45.66g, Carbs 132.31g, Sugar 75.62g, Protein 233.6g, Salt 24.34g</p>
BOXED MEALS		
Fragrant Squash & Chickpea Curry with Rice - Boxed Meal (vegan, g, d)	Boxed Meals	<p>Fragrant Squash & Chickpea Curry with Rice - Boxed Meal (vegan, g, d)</p> <p>~~~~~</p> <p>Squash, Chickpeas, Coconut Milk, Coriander, Coriander, Curry powder, Garlic, Ginger, Mustard (Mustard), Onion, Pineapple, Rapeseed Oil, Rice, Salt, Tomato, Water</p> <p>Energy 548kcal, Fat 10.56g, Sat Fat 5.49g, Carbs 107.44g, Sugar 10.2g, Protein 12.76g, Salt 2.71g</p>
Fusilli with Mushroom - Hot Boxed Meal (v)	Boxed Meals	<p>Fusilli with Mushroom - Hot Boxed Meal (v)</p> <p>~~~~~</p> <p>Fusilli pasta (Cereal (Wheat)), Garlic, Mushroom, Mushroom, Mushroom, Onion, Rapeseed Oil, Tarragon, Bella Lodi (Egg, Milk)</p> <p>Energy 535kcal, Fat 23.51g, Sat Fat 14.24g, Carbs 65.55g, Sugar 4.28g, Protein 14.52g, Salt 2.29g</p>
Macaroni Cauliflower Cheese Bake - Hot Boxed Meal (v)	Boxed Meals	<p>Macaroni Cauliflower Cheese Bake - Hot Boxed Meal (v)</p> <p>~~~~~</p> <p>Bebo - Palm Free, Cauliflower, Cayenne, Cheddar (Milk), Flour (Cereal (Wheat)), Macaroni (Cereal (Wheat)), Milk (Milk), Mustard (Mustard, Cereal (Wheat)), Parsley, Salt & Black Pepper</p> <p>Energy 631kcal, Fat 29.94g, Sat Fat 16.25g, Carbs 60.42g, Sugar 11.21g, Protein 30.16g, Salt 3.77g</p>

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Fragrant Squash & Chickpea Curry with Rice - Hot Boxed Meal (vegan, g, d)	Boxed Meals	<p>Fragrant Squash & Chickpea Curry with Rice - Hot Boxed Meal (vegan, g, d)</p> <p>~~~~~</p> <p>Squash,Chickpeas, Coconut Milk, Coriander, Coriander, Curry powder, Garlic, Ginger, Mustard (Mustard), Onion, Pineapple, Rapeseed Oil, Rice, Salt, Tomato, Water</p> <p>Energy 548kcal, Fat 10.56g, Sat Fat 5.49g, Carbs 107.44g, Sugar 10.2g, Protein 12.76g, Salt 2.71g</p>
Moroccan Vegetable Tagine & CousCous - Hot Boxed Meal (vegan, d)	Boxed Meals	<p>Moroccan Vegetable Tagine & CousCous - Hot Boxed Meal (vegan, d)</p> <p>~~~~~</p> <p>Carrot,Chickpeas, Chillies, Cinnamon, Coriander, Courgettes, Couscous (Cereal (Wheat)), Cumin, Garlic, Ginger, Mint, Onion, Pepper - red, Rapeseed Oil, Salt & Black Pepper, Squash, Sultanas, Tomato, Tumeric, Water, Water</p> <p>Energy 479kcal, Fat 5.75g, Sat Fat 0.71g, Carbs 95.47g, Sugar 28.62g, Protein 16.4g, Salt 2.88g</p>
Symplicity Nduja Risotto - Hot Boxed Meal (vegan, g, d)	Boxed Meals	<p>Symplicity Nduja Risotto - Hot Boxed Meal (vegan, g, d)</p> <p>~~~~~</p> <p>Lemon,Onion, Parsley, Peas, Rapeseed Oil, Rice, Salt & Black Pepper, Symplicity Vegan 'Nduja (Soya), Vegetable stock (Celery), Water</p> <p>Energy 397kcal, Fat 15.62g, Sat Fat 1.6g, Carbs 55g, Sugar 2.5g, Protein 7.91g, Salt 6.85g</p>
Dhal with Sweet Potato, Coconut Crust & Rice - Hot Boxed Meal (vegan, g, d)	Boxed Meals	<p>Dhal with Sweet Potato, Coconut Crust & Rice - Hot Boxed Meal (vegan, g, d)</p> <p>~~~~~</p> <p>Soya Milk (Soya), Chillies, Cinnamon, Coconut (Sulphur Dioxide), Coriander, Coriander, Cumin, Fennel, Garlic, Ginger, Lemon, Onion, Pepper - cracked black, Sweet Potato, Rapeseed Oil, Lentils, Rice, Salt, Spinach, Turmeric, Vegetable Bouillon (Celery), Water, Water, Mustard Seeds (Mustard)</p> <p>Energy 532kcal, Fat 20.04g, Sat Fat 9.55g, Carbs 79.99g, Sugar 8.92g, Protein 14.13g, Salt 1.02g</p>

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Aubergine, Tomato & Basil Penne - Hot Boxed Meal (vegan, d)	Boxed Meals	<p>Aubergine, Tomato & Basil Penne - Hot Boxed Meal (vegan, d)</p> <p>~~~~~</p> <p>Aubergine,Basil, Garlic Puree (vegan, g, d), Onion, Penne (Cereal (Wheat)), Rapeseed Oil, Salt & Black Pepper, Tomato</p> <p>Energy 470kcal, Fat 20.13g, Sat Fat 1.64g, Carbs 63.31g, Sugar 9.58g, Protein 12.01g, Salt 1.58g</p>
Penne Arrabiata with Chicken - Hot Boxed Meal	Boxed Meals	<p>Penne Arrabiata with Chicken - Hot Boxed Meal</p> <p>~~~~~</p> <p>Chicken Thigh,Chilli, Garlic, Onion, Penne (Cereal (Wheat)), Rapeseed Oil, Salt & Black Pepper, Granulated Sugar, Tomato, Bella Lodi (Egg, Milk)</p> <p>Energy 562kcal, Fat 19.28g, Sat Fat 5.01g, Carbs 61.52g, Sugar 7.53g, Protein 35.96g, Salt 3.52g</p>
Mediterranean Chicken with Fruity Cous Cous - Hot Boxed Meal (d, n)	Boxed Meals	<p>Mediterranean Chicken with Fruity Cous Cous - Hot Boxed Meal (d, n)</p> <p>~~~~~</p> <p>Almonds (Nuts (Almond)), Apricot (Sulphur Dioxide), Aubergine, Bayleaf, Olives, Capers , Chillies, Couscous (Cereal (Wheat)), Cranberry, Cumin, Chicken, Garlic, Olives, Laurent Miquel - Heritage Vineyards Rouge (750ml) (Sulphur Dioxide), Onion, Onion, Paprika , Pepper - green, Pepper - red, Pepper - yellow, Rapeseed Oil, Salt & Black Pepper, Sun Dried Tomato, Tomato, Tomato Puree, Vegetable Bouillon (Celery), Water</p> <p>Energy 665kcal, Fat 25.39g, Sat Fat 3.06g, Carbs 81.19g, Sugar 24.96g, Protein 34.17g, Salt 3.31g</p>
Hot & Sour Pork with Rice - Hot Boxed Meal (g, d)	Boxed Meals	<p>Hot & Sour Pork with Rice - Hot Boxed Meal (g, d)</p> <p>~~~~~</p> <p>Babycorn,Chillies, Five spice (Sulphur Dioxide), Garlic, Ginger, Onion, Pak Choi, Pork, Rapeseed Oil, Rice, Salt, Shallot, Soft Brown Sugar, Tomato Puree, Vinegar (Sulphur Dioxide), Water</p>

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		Energy 806kcal, Fat 30.55g, Sat Fat 9.93g, Carbs 103.1g, Sugar 17.13g, Protein 34.15g, Salt 0.81g
Tarragon Chicken & Rice - Hot Boxed Meal (g)	Boxed Meals	<p>Tarragon Chicken & Rice - Hot Boxed Meal (g)</p> <p>~~~~~</p> <p>Bebo - Palm Free,Chicken Thigh, Chilli, Creme Fraiche (Milk), Garlic, Lemon, Paprika , Rapeseed Oil, Rice, Salt, Sun Dried Tomato, Tarragon, Water</p> <p>Energy 876kcal, Fat 35.87g, Sat Fat 14.77g, Carbs 100.28g, Sugar 10.62g, Protein 41.07g, Salt 1.56g</p>
Vietnamese Chicken Curry - Hot Boxed Meal (g, d)	Boxed Meals	<p>Vietnamese Chicken Curry - Hot Boxed Meal (g, d)</p> <p>~~~~~</p> <p>Bayleaf,Carrot, Chicken Bouillon Paste, Chicken Thigh, Chillies, Coconut Milk, Coriander, Coriander, Curry powder, Fish sauce (Fish), Garlic, Ginger, Lemon grass, Onion, Onion, Potatoes, Rapeseed Oil, Rice, Salt, Caster Sugar, Water</p> <p>Energy 604kcal, Fat 13.11g, Sat Fat 5.48g, Carbs 99.41g, Sugar 8.33g, Protein 27.38g, Salt 2.98g</p>
Harissa Salmon with Mint Jewelled Couscous - Hot Boxed Meal	Boxed Meals	<p>Harissa Salmon with Mint Jewelled Couscous - Hot Boxed Meal</p> <p>~~~~~</p> <p>Chillies,Coriander, Couscous (Cereal (Wheat)), Cumin, Garlic Puree (vegan, g, d), Coriander, Lime, Mint, Paprika , Pepper - red, Rapeseed Oil, Salmon (Fish), Salt, Salt & Black Pepper, Sultanas, Tomato Puree, Water, Yoghurt (Milk)</p> <p>Energy 547kcal, Fat 20.19g, Sat Fat 3.98g, Carbs 70.19g, Sugar 17.32g, Protein 27.33g, Salt 1.48g</p>
Fresh Salmon Risotto - Hot Boxed Meal (g)	Boxed Meals	<p>Fresh Salmon Risotto - Hot Boxed Meal (g)</p> <p>~~~~~</p> <p>Broccoli,Butter (Milk), Chicken Stock, Garlic, Lemon, Onion, Peas, Rapeseed Oil, Rice, Salmon (Fish), Salt & Black Pepper, Bella Lodi (Egg, Milk)</p> <p>Energy 978kcal, Fat 31.88g, Sat Fat 14.67g, Carbs 106.69g, Sugar 53.33g, Protein 65.16g, Salt 69.04g</p>

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BOWL MEALS		
Symplicity Nduja Risotto - Bowl Meal (vegan, g, d)	Bowl Meals - Fish & Meat	<p>Symplicity Nduja Risotto - 400g Portion (vegan, g, d)</p> <p>~~~~~</p> <p>Lemon,Onion, Parsley, Peas, Rapeseed Oil, Rice, Salt & Black Pepper, Symplicity Vegan 'Nduja (Soya), Vegetable stock (Celery), Water</p> <p>Energy 397kcal, Fat 15.62g, Sat Fat 1.6g, Carbs 55g, Sugar 2.5g, Protein 7.91g, Salt 6.85g</p>
Penne Arrabiata with Chicken - Bowl Meal	Bowl Meals - Fish & Meat	<p>Penne Arrabiata with Chicken - 370g Portion</p> <p>~~~~~</p> <p>Chicken Thigh,Chilli, Garlic, Onion, Penne (Cereal (Wheat)), Rapeseed Oil, Salt & Black Pepper, Granulated Sugar, Tomato, Bella Lodi (Egg, Milk)</p> <p>Energy 539kcal, Fat 17.6g, Sat Fat 3.93g, Carbs 61.52g, Sugar 7.53g, Protein 33.98g, Salt 3.43g</p>
Hot & Sour Pork with Rice - Bowl Meal (g, d)	Bowl Meals - Fish & Meat	<p>Hot & Sour Pork - 200g Portion (g, d)</p> <p>~~~~~</p> <p>Babycorn,Chillies, Five spice (Sulphur Dioxide), Garlic, Ginger, Onion, Pak Choi, Pork, Rapeseed Oil, Shallot, Soft Brown Sugar, Tomato Puree, Vinegar (Sulphur Dioxide)</p> <p>Energy 451kcal, Fat 29.55g, Sat Fat 9.68g, Carbs 18g, Sugar 16.93g, Protein 27.45g, Salt 0.32g</p> <p>Rice - Long Grain - 200g portion (vegan, g, d)</p> <p>~~~~~</p> <p>Rice,Salt, Water</p> <p>Energy 355kcal, Fat 1g, Sat Fat 0.25g, Carbs 85.1g, Sugar 0.2g, Protein 6.7g, Salt 0.49g</p>

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Tarragon Chicken & Rice - Bowl Meal (g)	Bowl Meals - Fish & Meat	<p>Parsley Garnish - 2g portion (vegan, g, d) ~~~~~</p> <p>Parsley</p> <p>Energy 1kcal, Fat 0.04g, Sat Fat 0g, Carbs 0.08g, Sugar 0.07g, Protein 0.09g, Salt 0g</p> <p>Rice - Long Grain - 200g portion (vegan, g, d) ~~~~~</p> <p>Rice,Salt, Water</p> <p>Energy 355kcal, Fat 1g, Sat Fat 0.25g, Carbs 85.1g, Sugar 0.2g, Protein 6.7g, Salt 0.49g</p> <p>Tarragon Chicken - 200g Portion (g) ~~~~~</p> <p>Bebo - Palm Free,Chicken Thigh, Chilli, Creme Fraiche (Milk), Garlic, Lemon, Paprika , Rapeseed Oil, Sun Dried Tomato, Tarragon</p> <p>Energy 520kcal, Fat 34.86g, Sat Fat 14.52g, Carbs 15.09g, Sugar 10.42g, Protein 34.32g, Salt 1.07g</p>
Vietnamese Chicken Curry & Rice - Bowl Meal (g, d)	Bowl Meals - Fish & Meat	<p>Rice - Long Grain - 200g portion (vegan, g, d) ~~~~~</p> <p>Rice,Salt, Water</p> <p>Energy 355kcal, Fat 1g, Sat Fat 0.25g, Carbs 85.1g, Sugar 0.2g, Protein 6.7g, Salt 0.49g</p> <p>Vietnamese Chicken Curry - 200g Portion (g, d) ~~~~~</p>

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		<p>Bayleaf,Carrot, Chicken Bouillon Paste, Chicken Thigh, Chillies, Coconut Milk, Coriander, Coriander, Curry powder, Fish sauce (Fish), Garlic, Ginger, Lemon grass, Onion, Onion, Potatoes, Rapeseed Oil, Caster Sugar, Water</p> <p>Energy 249kcal, Fat 12.11g, Sat Fat 5.23g, Carbs 14.31g, Sugar 8.13g, Protein 20.68g, Salt 2.48g</p>
Harissa Salmon with Mint Jewelled Couscous - Bowl Meal	Bowl Meals - Fish & Meat	<p>Harissa Salmon with Mint Jewelled Couscous - 1 Portion (d)</p> <p>~~~~~</p> <p>Chillies,Coriander, Couscous (Cereal (Wheat)), Cumin, Garlic Puree (vegan, g, d), Coriander, Mint, Paprika , Pepper - red, Rapeseed Oil, Salmon (Fish), Salt, Salt & Black Pepper, Sultanas, Tomato Puree, Water</p> <p>Energy 507kcal, Fat 17g, Sat Fat 2.22g, Carbs 68.63g, Sugar 15.89g, Protein 25.73g, Salt 1.35g</p> <p>Harissa Yoghurt Dressing - 30g portion (v, g)</p> <p>~~~~~</p> <p>Chillies,Coriander, Cumin, Garlic, Coriander, Lime, Mint, Paprika , Rapeseed Oil, Salt, Tomato Puree, Yoghurt (Milk)</p> <p>Energy 42kcal, Fat 3.27g, Sat Fat 1.81g, Carbs 1.59g, Sugar 1.46g, Protein 1.64g, Salt 0.14g</p>
Fresh Salmon Risotto - Bowl Meal (g)	Bowl Meals - Fish & Meat	<p>Fresh Salmon Risotto - 400g Portion (g)</p> <p>~~~~~</p> <p>Broccoli,Butter (Milk), Chicken Stock, Garlic, Lemon, Onion, Peas, Rapeseed Oil, Rice, Salmon (Fish), Salt & Black Pepper, Bella Lodi (Egg, Milk)</p> <p>Energy 978kcal, Fat 31.88g, Sat Fat 14.67g, Carbs 106.69g, Sugar 53.33g, Protein 65.16g, Salt 69.04g</p>

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Fusilli with Mushroom - Bowl Meal (v)	Bowl Meals - Vegetarian & Vegan	<p>Bella Lodi - 10g Portion (v, g)</p> <p>~~~~~</p> <p>Bella Lodi (Egg, Milk)</p> <p>Energy 38kcal, Fat 2.8g, Sat Fat 1.8g, Carbs 0g, Sugar 0g, Protein 3.3g, Salt 0.15g</p> <p>Fusilli with Mushroom - 370g Portion (v)</p> <p>~~~~~</p> <p>Fusilli pasta (Cereal (Wheat)), Garlic, Mushroom, Mushroom, Mushroom, Onion, Rapeseed Oil, Tarragon, Bella Lodi (Egg, Milk)</p> <p>Energy 535kcal, Fat 23.51g, Sat Fat 14.24g, Carbs 65.55g, Sugar 4.28g, Protein 14.52g, Salt 2.29g</p>
Macaroni Cauliflower Cheese Bake - Bowl Meal (v)	Bowl Meals - Vegetarian & Vegan	<p>Macaroni Cauliflower Cheese Bake - 1 portion (v)</p> <p>~~~~~</p> <p>Bebo - Palm Free, Cauliflower, Cayenne, Cheddar (Milk), Flour (Cereal (Wheat)), Macaroni (Cereal (Wheat)), Milk (Milk), Mustard (Mustard, Cereal (Wheat)), Salt & Black Pepper</p> <p>Energy 630kcal, Fat 29.9g, Sat Fat 16.25g, Carbs 60.34g, Sugar 11.14g, Protein 30.07g, Salt 3.76g</p>
Fragrant Squash & Chickpea Curry with Rice - Bowl Meal (vegan, g, d)	Bowl Meals - Vegetarian & Vegan	<p>Fragrant Squash & Chickpea Casserole - 200g portion (vegan, g, d)</p> <p>~~~~~</p> <p>Squash, Chickpeas, Coconut Milk, Coriander, Coriander, Curry powder, Garlic, Ginger, Mustard (Mustard), Onion, Pineapple, Rapeseed Oil, Tomato</p> <p>Energy 193kcal, Fat 9.56g, Sat Fat 5.24g, Carbs 22.34g, Sugar 10g, Protein 6.06g, Salt 2.22g</p>

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		<p>Rice - Long Grain - 200g portion (vegan, g, d)</p> <p>~~~~~</p> <p>Rice,Salt, Water</p> <p>Energy 355kcal, Fat 1g, Sat Fat 0.25g, Carbs 85.1g, Sugar 0.2g, Protein 6.7g, Salt 0.49g</p>
Moroccan Vegetable Tagine & CousCous - Bowl Meal (vegan, d)	Bowl Meals - Vegetarian & Vegan	<p>Couscous - Minted & Jewelled - 200g portion (vegan, d)</p> <p>~~~~~</p> <p>Couscous (Cereal (Wheat)), Mint, Pepper - red, Salt & Black Pepper, Sultanas, Water</p> <p>Energy 306kcal, Fat 1.65g, Sat Fat 0.24g, Carbs 67.75g, Sugar 15.24g, Protein 9.27g, Salt 1.02g</p> <p>Moroccan Vegetable Tagine - 200g portion (vegan, g, d)</p> <p>~~~~~</p> <p>Carrot,Chickpeas, Chillies, Cinnamon, Courgettes, Cumin, Garlic, Ginger, Onion, Rapeseed Oil, Salt & Black Pepper, Squash, Sultanas, Tomato, Tumeric, Water</p> <p>Energy 173kcal, Fat 4.08g, Sat Fat 0.47g, Carbs 27.68g, Sugar 13.35g, Protein 7.06g, Salt 1.85g</p>
Dhal with Sweet Potato, Coconut Crust & Rice - Bowl Meal (vegan, g, d)	Bowl Meals - Vegetarian & Vegan	<p>Dhal with Sweet Potato & Coconut Crust - 1 Bowl Meal Portion (vegan, g, d)</p> <p>~~~~~</p> <p>Soya Milk (Soya), Chillies, Cinnamon, Coconut (Sulphur Dioxide), Coriander, Coriander, Cumin, Fennel, Garlic, Ginger, Lemon, Onion, Pepper - cracked black, Sweet Potato, Rapeseed Oil, Lentils, Salt, Spinach, Turmeric, Vegetable Bouillon (Celery), Water, Mustard Seeds (Mustard)</p> <p>Energy 354kcal, Fat 19.54g, Sat Fat 9.42g, Carbs 37.44g, Sugar 8.82g, Protein 10.78g, Salt 0.78g</p>

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		<p>Rice - Long Grain - 200g portion (vegan, g, d)</p> <p>~~~~~</p> <p>Rice,Salt, Water</p> <p>Energy 355kcal, Fat 1g, Sat Fat 0.25g, Carbs 85.1g, Sugar 0.2g, Protein 6.7g, Salt 0.49g</p>
Aubergine, Tomato & Basil Penne - Bowl Meal (vegan, d)	Bowl Meals - Vegetarian & Vegan	<p>Aubergine, Tomato & Basil Penne - 400g Portion (vegan, d)</p> <p>~~~~~</p> <p>Aubergine,Basil, Garlic, Onion, Penne (Cereal (Wheat)), Rapeseed Oil, Salt & Black Pepper, Tomato</p> <p>Energy 470kcal, Fat 20.13g, Sat Fat 1.64g, Carbs 63.31g, Sugar 9.58g, Protein 12.01g, Salt 1.58g</p>
CANAPÉS		
Stilton & Red Onion Marmalade Tartlet (v)	Canapés	<p>Stilton & Red Onion Marmalade Tartlet (v)</p> <p>~~~~~</p> <p>Eggs (Egg), Onion, Rapeseed Oil, Savoury Tarlet Round 3.8cm (Milk, Soya, Cereal (Barley, Rye, Spelt, Wheat)), Salt & Black Pepper, Stilton (Milk), Soft Brown Sugar</p> <p>Energy 66kcal, Fat 4.42g, Sat Fat 2.63g, Carbs 4.79g, Sugar 1.34g, Protein 1.81g, Salt 0.24g</p>
Pistachio Cake & Peppers (v, n)	Canapés	<p>Pistachio Cake & Peppers (v, n)</p> <p>~~~~~</p> <p>Gluten Free Baking powder,Black Olives, Cheddar (Milk), Cream (Milk), Cheese (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Laurent Miquel - Heritage Vineyards Blanc (750ml) (Sulphur Dioxide), Pepper - red, Pepper - yellow, Pistachio (Nuts (Pistachio)), Rapeseed Oil, Salt & Black Pepper</p>

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		Energy 115kcal, Fat 9.23g, Sat Fat 3.5g, Carbs 5.91g, Sugar 1.15g, Protein 2.94g, Salt 0.89g
Bella Lodi Shortbread with Basil Pesto (v)	Canapés	<p>Bella Lodi Shortbread with Basil Pesto (v)</p> <p>~~~~~</p> <p>Butter (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Pesto (Milk), Salt & Black Pepper, Tomato, Bella Lodi (Egg, Milk), Vinegar - Balsamic (Sulphur Dioxide)</p> <p>Energy 63kcal, Fat 4.33g, Sat Fat 2.35g, Carbs 4.35g, Sugar 0.31g, Protein 1.67g, Salt 0.16g</p>
Goats Cheese & Cashew (v, n)	Canapés	<p>Goats Cheese & Cashew (v, n)</p> <p>~~~~~</p> <p>Cashew Nut (Nuts (Cashew)), Cheese (Milk), Goats Cheese (Milk), Lemon, Parsley, Sourdough Bloomer (Cereal (Barley, Wheat)), Granulated Sugar, Water</p> <p>Energy 46kcal, Fat 2.3g, Sat Fat 1.29g, Carbs 4.24g, Sugar 0.5g, Protein 1.89g, Salt 0.13g</p>
Tomatade Sourdough Crostini (vegan, d)	Canapés	<p>Tomatade Sourdough Crostini (vegan, d)</p> <p>~~~~~</p> <p>Garlic, Oregano, Pepper - cracked black, Rapeseed Oil, Salt, Salt & Black Pepper, Sourdough Bloomer (Cereal (Barley, Wheat)), Tarragon, Thyme, Tomato</p> <p>Energy 50kcal, Fat 2.57g, Sat Fat 0.21g, Carbs 6.02g, Sugar 1.36g, Protein 1.17g, Salt 0.61g</p>
Sweet Potato Croquette (vegan, d)	Canapés	<p>Sweet Potato Croquette (vegan, d)</p> <p>~~~~~</p> <p>Breadcrumbs (Cereal (Barley, Wheat)), Chilli, Flour (Cereal (Wheat)), Onion, Sweet Potato, Rapeseed Oil, Salt & Black Pepper, Sparkling water from Water machine</p> <p>Energy 57kcal, Fat 0.89g, Sat Fat 0.12g, Carbs 11.61g, Sugar 2.12g, Protein 1.16g, Salt 0.53g</p>

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Fable Duckless Pancake & Hoisin (vegan, d)	Canapés	<p>Fable Duckless Pancake & Hoisin (vegan, d)</p> <p>~~~~~</p> <p>Carrot,Chives, Coriander, Courgettes, Mushroom (Soya, Sulphur Dioxide), Hoisin (Sesame Seeds, Soya, Cereal (Wheat)), Pancake (Cereal (Rye, Wheat)), Pepper - red, Salt & Black Pepper, Sweet chilli sauce</p> <p>Energy 60kcal, Fat 2.3g, Sat Fat 1.06g, Carbs 7.96g, Sugar 2.31g, Protein 2.08g, Salt 2.29g</p>
Broccoli Picante (vegan, g, d)	Canapés	<p>Broccoli Picante (vegan, g, d)</p> <p>~~~~~</p> <p>Broccoli,Chillies, Garlic, Rapeseed Oil, Salt & Black Pepper</p> <p>Energy 37kcal, Fat 3.97g, Sat Fat 0.3g, Carbs 0.71g, Sugar 0.32g, Protein 0.74g, Salt 0.99g</p>
Symplicity Nduja with Broad Bean & Mint Puree (vegan, d)	Canapés	<p>Symplicity Nduja with Broad Bean & Mint Puree (vegan, d)</p> <p>~~~~~</p> <p>Broad Beans,Garlic, Mint, Rapeseed Oil, Salt, Salt & Black Pepper, Sourdough Bloomer (Cereal (Barley, Wheat)), Symplicity Vegan 'Nduja (Soya)</p> <p>Energy 40kcal, Fat 1.41g, Sat Fat 0.12g, Carbs 5.48g, Sugar 0.16g, Protein 1.54g, Salt 0.6g</p>
Duck Confit Arancini	Canapés	<p>Duck Confit Arancini</p> <p>~~~~~</p> <p>Breadcrumbs (Cereal (Barley, Wheat)), Chicken Bouillon Paste, Duck, Eggs (Egg), Flour (Cereal (Wheat)), Onion, Rapeseed Oil, Rice, Sunblush Tomato, Bella Lodi (Egg, Milk), Water</p> <p>Energy 39kcal, Fat 0.72g, Sat Fat 0.21g, Carbs 6.25g, Sugar 0.44g, Protein 1.69g, Salt 0.16g</p>
Mini Chicken Skewer with Garlic, Coriander & Chilli (g, d)	Canapés	<p>Mini Chicken Skewer with Garlic, Coriander & Chilli (g, d)</p> <p>~~~~~</p> <p>Chicken,Chillies, Coriander, Garlic, Pepper - cracked black, Rapeseed Oil, Salt</p>

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		Energy 54kcal, Fat 4g, Sat Fat 0.51g, Carbs 0.14g, Sugar 0.02g, Protein 4.89g, Salt 0.15g
Prosciutto & Pear (g, d)	Canapés	Prosciutto & Pear (g, d) ~~~~~ Parma Ham, Lemon, Rocket, Pears Energy 6kcal, Fat 0.53g, Sat Fat 0.24g, Carbs 0.02g, Sugar 0.02g, Protein 1.17g, Salt 0.24g
Spiced Tandoori Chicken Naan	Canapés	Spiced Tandoori Chicken Naan ~~~~~ Chicken, Chutney - Mango, Coriander, Naan Bread (Milk, Cereal (Wheat)), Tikka Paste (Mustard) Energy 23kcal, Fat 0.9g, Sat Fat 0.18g, Carbs 1.15g, Sugar 0.97g, Protein 2.45g, Salt 0.08g
Smoked Mackerel Sourdough Crostini	Canapés	Smoked Mackerel Sourdough Crostini ~~~~~ Capers, Lemon, Lemon, Mackerel (Fish), Nutmeg, Rapeseed Oil, Ricotta (Milk), Salt & Black Pepper, Sourdough Bloomer (Cereal (Barley, Wheat)) Energy 53kcal, Fat 2.57g, Sat Fat 0.75g, Carbs 4.97g, Sugar 0.35g, Protein 2.58g, Salt 0.82g
Orange & Ginger Salmon (g, d)	Canapés	Orange & Ginger Salmon (g, d) ~~~~~ Chillies, Coriander, Garlic, Ginger, Honey, Orange Juice, Orange, Rapeseed Oil, Salmon (Fish), Salt & Black Pepper, Gluten Free Soy Sauce (Soya) Energy 41kcal, Fat 2.38g, Sat Fat 0.4g, Carbs 0.8g, Sugar 0.64g, Protein 4.26g, Salt 0.29g
Saffron - Vegetarian (8 canape per person)	Canapés	Stilton & Red Onion Marmalade Tartlet (v) ~~~~~

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Eggs (Egg), Onion, Rapeseed Oil, Savoury Tarlet Round 3.8cm (Milk, Soya, Cereal (Barley, Rye, Spelt, Wheat)), Salt & Black Pepper, Stilton (Milk), Soft Brown Sugar

Energy 66kcal, Fat 4.42g, Sat Fat 2.63g, Carbs 4.79g, Sugar 1.34g, Protein 1.81g, Salt 0.24g

Sweet Potato Croquette (vegan, d)

~~~~~

Breadcrumbs (Cereal (Barley, Wheat)), Chilli, Flour (Cereal (Wheat)), Onion, Sweet Potato, Rapeseed Oil, Salt & Black Pepper, Sparkling water from Water machine

Energy 57kcal, Fat 0.89g, Sat Fat 0.12g, Carbs 11.61g, Sugar 2.12g, Protein 1.16g, Salt 0.53g

Fable Duckless Pancake & Hoisin (vegan, d)

~~~~~

Carrot, Chives, Coriander, Courgettes, Mushroom (Soya, Sulphur Dioxide), Hoisin (Sesame Seeds, Soya, Cereal (Wheat)), Pancake (Cereal (Rye, Wheat)), Pepper - red, Salt & Black Pepper, Sweet chilli sauce

Energy 60kcal, Fat 2.3g, Sat Fat 1.06g, Carbs 7.96g, Sugar 2.31g, Protein 2.08g, Salt 2.29g

Symplicity Nduja with Broad Bean & Mint Puree (vegan, d)

~~~~~

Broad Beans, Garlic, Mint, Rapeseed Oil, Salt, Salt & Black Pepper, Sourdough Bloomer (Cereal (Barley, Wheat)), Symplicity Vegan 'Nduja (Soya)

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Energy 40kcal, Fat 1.41g, Sat Fat 0.12g, Carbs 5.48g, Sugar 0.16g, Protein 1.54g, Salt 0.6g

Pistachio Cake & Peppers (v, n)

~~~~~

Gluten Free Baking powder, Black Olives, Cheddar (Milk), Cream (Milk), Cheese (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Laurent Miquel - Heritage Vineyards Blanc (750ml) (Sulphur Dioxide), Pepper - red, Pepper - yellow, Pistachio (Nuts (Pistachio)), Rapeseed Oil, Salt & Black Pepper

Energy 115kcal, Fat 9.23g, Sat Fat 3.5g, Carbs 5.91g, Sugar 1.15g, Protein 2.94g, Salt 0.89g

Bella Lodi Shortbread with Basil Pesto (v)

~~~~~

Butter (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Pesto (Milk), Salt & Black Pepper, Tomato, Bella Lodi (Egg, Milk), Vinegar - Balsamic (Sulphur Dioxide)

Energy 63kcal, Fat 4.33g, Sat Fat 2.35g, Carbs 4.35g, Sugar 0.31g, Protein 1.67g, Salt 0.16g

Goats Cheese & Cashew (v, n)

~~~~~

Cashew Nut (Nuts (Cashew)), Cheese (Milk), Goats Cheese (Milk), Lemon, Parsley, Sourdough Bloomer (Cereal (Barley, Wheat)), Granulated Sugar, Water

Energy 46kcal, Fat 2.3g, Sat Fat 1.29g, Carbs 4.24g, Sugar 0.5g, Protein 1.89g, Salt 0.13g

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		<p>Tomatade Sourdough Crostini (vegan, d)</p> <p>~~~~~</p> <p>Garlic,Oregano, Pepper - cracked black, Rapeseed Oil, Salt, Salt & Black Pepper, Sourdough Bloomer (Cereal (Barley, Wheat)), Tarragon, Thyme, Tomato</p> <p>Energy 50kcal, Fat 2.57g, Sat Fat 0.21g, Carbs 6.02g, Sugar 1.36g, Protein 1.17g, Salt 0.61g</p>
Honeysuckle - (8 canape per person)	Canapés	<p>Stilton & Red Onion Marmalade Tartlet (v)</p> <p>~~~~~</p> <p>Eggs (Egg), Onion, Rapeseed Oil, Savoury Tarlet Round 3.8cm (Milk, Soya, Cereal (Barley, Rye, Spelt, Wheat)), Salt & Black Pepper, Stilton (Milk), Soft Brown Sugar</p> <p>Energy 66kcal, Fat 4.42g, Sat Fat 2.63g, Carbs 4.79g, Sugar 1.34g, Protein 1.81g, Salt 0.24g</p> <p>Bella Lodi Shortbread with Basil Pesto (v)</p> <p>~~~~~</p> <p>Butter (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Pesto (Milk), Salt & Black Pepper, Tomato, Bella Lodi (Egg, Milk), Vinegar - Balsamic (Sulphur Dioxide)</p> <p>Energy 63kcal, Fat 4.33g, Sat Fat 2.35g, Carbs 4.35g, Sugar 0.31g, Protein 1.67g, Salt 0.16g</p> <p>Sweet Potato Croquette (vegan, d)</p> <p>~~~~~</p> <p>Breadcrumbs (Cereal (Barley, Wheat)), Chilli, Flour (Cereal (Wheat)), Onion, Sweet Potato, Rapeseed Oil, Salt & Black Pepper, Sparkling water from Water</p>

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machine

Energy 57kcal, Fat 0.89g, Sat Fat 0.12g, Carbs 11.61g, Sugar 2.12g, Protein 1.16g, Salt 0.53g

Fable Duckless Pancake & Hoisin (vegan, d)

~~~~~

Carrot,Chives, Coriander, Courgettes, Mushroom (Soya, Sulphur Dioxide),  
Hoisin (Sesame Seeds, Soya, Cereal (Wheat)), Pancake (Cereal (Rye, Wheat)),  
Pepper - red, Salt & Black Pepper, Sweet chilli sauce

Energy 60kcal, Fat 2.3g, Sat Fat 1.06g, Carbs 7.96g, Sugar 2.31g, Protein 2.08g,  
Salt 2.29g

Symplicity Nduja with Broad Bean & Mint Puree (vegan, d)

~~~~~

Broad Beans,Garlic, Mint, Rapeseed Oil, Salt, Salt & Black Pepper, Sourdough
Bloomer (Cereal (Barley, Wheat)), Symplicity Vegan 'Nduja (Soya)

Energy 40kcal, Fat 1.41g, Sat Fat 0.12g, Carbs 5.48g, Sugar 0.16g, Protein
1.54g, Salt 0.6g

Prosciutto & Pear (g, d)

~~~~~

Parma Ham,Lemon, Rocket, Pears

Energy 6kcal, Fat 0.53g, Sat Fat 0.24g, Carbs 0.02g, Sugar 0.02g, Protein 1.17g,  
Salt 0.24g

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|                                  |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|----------------------------------|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                  |         | <p>Smoked Mackerel Sourdough Crostini</p> <p>~~~~~</p> <p>Capers ,Lemon, Lemon, Mackerel (Fish), Nutmeg, Rapeseed Oil, Ricotta (Milk), Salt &amp; Black Pepper, Sourdough Bloomer (Cereal (Barley, Wheat))</p> <p>Energy 53kcal, Fat 2.57g, Sat Fat 0.75g, Carbs 4.97g, Sugar 0.35g, Protein 2.58g, Salt 0.82g</p> <p>Orange &amp; Ginger Salmon (g, d)</p> <p>~~~~~</p> <p>Chillies,Coriander, Garlic, Ginger, Honey, Orange Juice, Orange, Rapeseed Oil, Salmon (Fish), Salt &amp; Black Pepper, Gluten Free Soy Sauce (Soya)</p> <p>Energy 41kcal, Fat 2.38g, Sat Fat 0.4g, Carbs 0.8g, Sugar 0.64g, Protein 4.26g, Salt 0.29g</p>                                               |
| Lavender - (8 canape per person) | Canapés | <p>Pistachio Cake &amp; Peppers (v, n)</p> <p>~~~~~</p> <p>Gluten Free Baking powder,Black Olives, Cheddar (Milk), Cream (Milk), Cheese (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Laurent Miquel - Heritage Vineyards Blanc (750ml) (Sulphur Dioxide), Pepper - red, Pepper - yellow, Pistachio (Nuts (Pistachio)), Rapeseed Oil, Salt &amp; Black Pepper</p> <p>Energy 115kcal, Fat 9.23g, Sat Fat 3.5g, Carbs 5.91g, Sugar 1.15g, Protein 2.94g, Salt 0.89g</p> <p>Goats Cheese &amp; Cashew (v, n)</p> <p>~~~~~</p> <p>Cashew Nut (Nuts (Cashew)), Cheese (Milk), Goats Cheese (Milk), Lemon, Parsley, Sourdough Bloomer (Cereal (Barley, Wheat)), Granulated Sugar, Water</p> |

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Energy 46kcal, Fat 2.3g, Sat Fat 1.29g, Carbs 4.24g, Sugar 0.5g, Protein 1.89g, Salt 0.13g

Tomatade Sourdough Crostini (vegan, d)

~~~~~

Garlic, Oregano, Pepper - cracked black, Rapeseed Oil, Salt, Salt & Black Pepper, Sourdough Bloomer (Cereal (Barley, Wheat)), Tarragon, Thyme, Tomato

Energy 50kcal, Fat 2.57g, Sat Fat 0.21g, Carbs 6.02g, Sugar 1.36g, Protein 1.17g, Salt 0.61g

Sweet Potato Croquette (vegan, d)

~~~~~

Breadcrumbs (Cereal (Barley, Wheat)), Chilli, Flour (Cereal (Wheat)), Onion, Sweet Potato, Rapeseed Oil, Salt & Black Pepper, Sparkling water from Water machine

Energy 57kcal, Fat 0.89g, Sat Fat 0.12g, Carbs 11.61g, Sugar 2.12g, Protein 1.16g, Salt 0.53g

Fable Duckless Pancake & Hoisin (vegan, d)

~~~~~

Carrot, Chives, Coriander, Courgettes, Mushroom (Soya, Sulphur Dioxide), Hoisin (Sesame Seeds, Soya, Cereal (Wheat)), Pancake (Cereal (Rye, Wheat)), Pepper - red, Salt & Black Pepper, Sweet chilli sauce

Energy 60kcal, Fat 2.3g, Sat Fat 1.06g, Carbs 7.96g, Sugar 2.31g, Protein 2.08g, Salt 2.29g

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		<p>Duck Confit Arancini</p> <p>~~~~~</p> <p>Breadcrumbs (Cereal (Barley, Wheat)), Chicken Bouillon Paste, Duck, Eggs (Egg), Flour (Cereal (Wheat)), Onion, Rapeseed Oil, Rice, Sunblush Tomato, Bella Lodi (Egg, Milk), Water</p> <p>Energy 39kcal, Fat 0.72g, Sat Fat 0.21g, Carbs 6.25g, Sugar 0.44g, Protein 1.69g, Salt 0.16g</p> <p>Spiced Tandoori Chicken Naan</p> <p>~~~~~</p> <p>Chicken,Chutney - Mango, Coriander, Naan Bread (Milk, Cereal (Wheat)), Tikka Paste (Mustard)</p> <p>Energy 23kcal, Fat 0.9g, Sat Fat 0.18g, Carbs 1.15g, Sugar 0.97g, Protein 2.45g, Salt 0.08g</p> <p>Spiced Tandoori Chicken Naan</p> <p>~~~~~</p> <p>Chicken,Chutney - Mango, Coriander, Naan Bread (Milk, Cereal (Wheat)), Tikka Paste (Mustard)</p> <p>Energy 23kcal, Fat 0.9g, Sat Fat 0.18g, Carbs 1.15g, Sugar 0.97g, Protein 2.45g, Salt 0.08g</p>
Tiramisu Chocolate Cup (v)	Canapés - Sweet	<p>Tiramisu Chocolate Cup (v)</p> <p>~~~~~</p> <p>Cocoa (Milk), Cream (Milk), Coffee, Mascarpone (Milk), Sponge Fingers (Egg, Cereal (Wheat)), Caster Sugar, Thimble Cup Dark (Milk, Soya), Vanilla Essence,</p>

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		<p>Water</p> <p>Energy 46kcal, Fat 3.34g, Sat Fat 2.1g, Carbs 3.32g, Sugar 3.1g, Protein 0.43g, Salt 0.01g</p>
Burnt Lemon Tartlet (v)	Canapés - Sweet	<p>Burnt Lemon Tartlet (v)</p> <p>~~~~~</p> <p>Cream (Milk), Eggs (Egg), Lemon, Caster Sugar, Tartlet (Milk, Soya, Cereal (Wheat))</p> <p>Energy 81kcal, Fat 4.11g, Sat Fat 2.38g, Carbs 10.17g, Sugar 7.23g, Protein 1.17g, Salt 0.03g</p>
Raspberry Tartlet (v)	Canapés - Sweet	<p>Raspberry Tartlet (v)</p> <p>~~~~~</p> <p>Cream (Milk), Eggs (Egg), Raspberry, Caster Sugar, Tartlet (Milk, Soya, Cereal (Wheat)), White Chocolate (Milk, Soya)</p> <p>Energy 78kcal, Fat 5.28g, Sat Fat 3.15g, Carbs 6.59g, Sugar 3.64g, Protein 1.07g, Salt 0.02g</p>
Sheba Chocolate Tartlet (v)	Canapés - Sweet	<p>Sheba Chocolate Tartlet (v)</p> <p>~~~~~</p> <p>Bebo - Palm Free, Dark Chocolate (Soya), Milk (Milk), Granulated Sugar, Tartlet (Milk, Soya, Cereal (Wheat))</p> <p>Energy 76kcal, Fat 4.58g, Sat Fat 2.23g, Carbs 7.76g, Sugar 4.75g, Protein 0.79g, Salt 0.03g</p>
Fruit Kebab (vegan, g, d)	Canapés - Sweet	<p>Fruit Kebab (vegan, g, d)</p> <p>~~~~~</p> <p>Kiwi, Melon, Pineapple</p> <p>Energy 9kcal, Fat 0.09g, Sat Fat 0.01g, Carbs 1.94g, Sugar 1.91g, Protein 0.15g, Salt 0g</p>

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Crudites Platter - for 4-7 people (vegan, g, d)	Canapés - Nibbles	<p>Crudites Platter - for 4-7 people (vegan, g, d)</p> <p>~~~~~</p> <p>Beetroot, Carrot, Celery (Celery), Chickpeas, Chillies, Coriander, Cucumber, Garlic, Lemon, Onion, Pepper - cracked black, Pepper - red, Pepper - yellow, Rapeseed Oil, Salt, Salt & Black Pepper, Sweet chilli sauce, Tahini (Sesame Seeds), Tomato, Tomato</p> <p>Energy 159kcal, Fat 4.29g, Sat Fat 0.49g, Carbs 24.22g, Sugar 16.79g, Protein 7.18g, Salt 1.02g</p>
Cheese Straws - 2 per portion (v)	Canapés - Nibbles	<p>Cheese Straws - 2 per portion (v)</p> <p>~~~~~</p> <p>Eggs (Egg), Mustard (Mustard, Cereal (Wheat)), Puff Pastry (Cereal (Wheat)), Bella Lodi (Egg, Milk)</p> <p>Energy 185kcal, Fat 11.78g, Sat Fat 6.2g, Carbs 12.15g, Sugar 0.81g, Protein 7g, Salt 0.78g</p>
Mini Bowl - Mixed Nuts 170g (vegan, g, d, n)	Canapés - Nibbles	<p>Mini Bowl - Mixed Nuts 170g (vegan, g, d, n)</p> <p>~~~~~</p> <p>Cashew Nut (Nuts (Cashew)), Hazelnut (Nuts (Hazelnuts)), Peanuts (Peanuts), Walnut (Nuts (Walnuts))</p> <p>Energy 1083kcal, Fat 98.37g, Sat Fat 13.33g, Carbs 14.29g, Sugar 6.47g, Protein 33.1g, Salt 0.74g</p>
Mini Bowl - Olive Mix 170g (vegan, g, d)	Canapés - Nibbles	<p>Mini Bowl - Olive Mix 170g (vegan, g, d)</p> <p>~~~~~</p> <p>Olives, Capers, Chillies, Garlic, Olives, Rapeseed Oil, Sun Dried Tomato</p> <p>Energy 924kcal, Fat 106.39g, Sat Fat 8.72g, Carbs 8.76g, Sugar 4.14g, Protein 3.37g, Salt 5.72g</p>
Mini Bowl - Tortilla Chips with Salsa Dip (vegan, g, d)	Canapés - Nibbles	<p>Mini Bowl - Tortilla Chips with Salsa Dip (vegan, g, d)</p> <p>~~~~~</p> <p>Chillies, Coriander, Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato,</p>

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		<p>Tortilla chips</p> <p>Energy 199kcal, Fat 8.43g, Sat Fat 1.01g, Carbs 26.65g, Sugar 1.7g, Protein 2.9g, Salt 0.31g</p>
Mini Bowl - Kettle Crisps with Salsa Dip (vegan, g, d)	Canapés - Nibbles	<p>Mini Bowl - Kettle Crisps with Salsa Dip (vegan, g, d)</p> <p>~~~~~</p> <p>Chillies, Coriander, Kettle Crisps with, Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato</p> <p>Energy 212kcal, Fat 11.24g, Sat Fat 1.08g, Carbs 25.25g, Sugar 1.09g, Protein 2.86g, Salt 0.6g</p>
AFTERNOON TEA		
Afternoon Tea	Afternoon Tea	<p>Carrot Cake (v, n)</p> <p>~~~~~</p> <p>Bicarbonate of soda, Carrot, Cinnamon, Cheese (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Nutmeg, Orange, Rapeseed Oil, Soft Brown Sugar, Icing Sugar, Vanilla pods, Walnut (Nuts (Walnuts))</p> <p>Energy 304kcal, Fat 19.71g, Sat Fat 1.97g, Carbs 31.95g, Sugar 18.21g, Protein 3.74g, Salt 0.54g</p> <p>Chocolate & Orange Brownie (v)</p> <p>~~~~~</p> <p>Bebo - Palm Free, Dark Chocolate (Soya), Eggs (Egg), Flour (Cereal (Wheat)), Orange Juice, Orange, Salt, Icing Sugar, Granulated Sugar</p> <p>Energy 368kcal, Fat 19.46g, Sat Fat 7.38g, Carbs 44.66g, Sugar 35.01g, Protein 3.98g, Salt 0.36g</p> <p>Cocktail Sandwich - Cucumber on Malted Grain (vegan, d)</p>

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Bebo - Palm Free,Cucumber, Malted Grain Bread (Soya, Cereal (Barley, Wheat)), Salt & Black Pepper

Energy 224kcal, Fat 4.77g, Sat Fat 1.14g, Carbs 36.85g, Sugar 3.65g, Protein 7.52g, Salt 1.78g

Cocktail Sandwich - Roast Chicken on Malted Grain

~~~~~  
Bebo - Palm Free,Chicken, Chicken Thigh, Garlic Puree (vegan, g, d), Malted Grain Bread (Soya, Cereal (Barley, Wheat)), Mint, Parsley, Rapeseed Oil, Rosemary, Salt & Black Pepper, Granulated Sugar, Yoghurt (Milk)

Energy 366kcal, Fat 14.36g, Sat Fat 2.81g, Carbs 37.05g, Sugar 3.67g, Protein 21.8g, Salt 1.03g

Cranberry Fruit Fool Tart - 2 per portion (v)

~~~~~  
Cranberry,Honey, Mixed spice , Orange, Caster Sugar, Tartlet (Milk, Soya, Cereal (Wheat)), Yoghurt (Milk)

Energy 108kcal, Fat 5.98g, Sat Fat 3.69g, Carbs 11.25g, Sugar 5.17g, Protein 2.1g, Salt 0.05g

Fruit Scone with Clotted Cream & Strawberry Jam (v)

~~~~~  
Butter (Milk), Cream (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Milk (Milk), Raisins, Salt, Strawberry Jam, Caster Sugar, Icing Sugar

Energy 316kcal, Fat 18.01g, Sat Fat 11.07g, Carbs 35.21g, Sugar 17.42g, Protein 3.19g, Salt 0.52g

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Healthy Seed Bar with Blueberries - Free From (vegan, g, d)

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Bebo - Palm Free, Blueberries - Frozen, Chia Seeds, Dates, Golden syrup, Maple Flavour Syrup, Gluten Free Oats, Pumpkin seeds, Salt, Sunflower Seeds

Energy 278kcal, Fat 13.34g, Sat Fat 2.28g, Carbs 31.76g, Sugar 17.83g, Protein 7.09g, Salt 0.12g

Lemon Polenta Cake (v, g, d, n)

~~~~~

Almond (Nuts (Almond)), Gluten Free Baking powder, Bebo - Palm Free, Eggs (Egg), Lemon, Polenta, Caster Sugar, Icing Sugar

Energy 352kcal, Fat 21.88g, Sat Fat 3.81g, Carbs 34.4g, Sugar 26.73g, Protein 6.06g, Salt 0.45g

Open Mini Bagel with Houmous & Pepperonata - 2 per portion (v)

~~~~~

Bayleaf, Chickpeas, Cumin, Garlic, Coriander, Lemon, Onion, Paprika, Pepper - cracked black, Pepper - red, Rapeseed Oil, Salt, Salt & Black Pepper, Granulated Sugar, Tahini (Sesame Seeds), Tomato, Bagel (Milk, Cereal (Wheat))

Energy 168kcal, Fat 8g, Sat Fat 0.74g, Carbs 20.18g, Sugar 3.7g, Protein 5.25g, Salt 0.8g

Open Mini Bagel with Smoked Salmon & Cream Cheese - 2 per portion

~~~~~

Cheese (Milk), Pepper - cracked black, Smoked Salmon (Fish), Bagel (Milk, Cereal (Wheat))

Energy 178kcal, Fat 8.41g, Sat Fat 3.63g, Carbs 12.95g, Sugar 1.77g, Protein 10.29g, Salt 1.17g

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		<p>Orange, Ginger & Miso Cake (v)</p> <p>~~~~~</p> <p>Cheese (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Ginger, Miso Paste (Soya), Orange, Rapeseed Oil, Caster Sugar, Icing Sugar, Vanilla Essence</p> <p>Energy 355kcal, Fat 19.42g, Sat Fat 3.31g, Carbs 43.62g, Sugar 22.95g, Protein 5.23g, Salt 0.5g</p>
DRINKS		
Flask of Organic Coffee (vegan, g, d)	Tea & Coffee	<p>Flask of Fresh Coffee (vegan, g, d)</p> <p>~~~~~</p> <p>Coffee - ground sachets - 70g,Water</p> <p>Energy 0kcal, Fat 0g, Sat Fat 0g, Carbs 0g, Sugar 0g, Protein 0g, Salt 0g</p>
Flask of Organic Decaffeinated Coffee (vegan, g, d)	Tea & Coffee	<p>Flask of Fresh Decaffeinated Coffee (vegan, g, d)</p> <p>~~~~~</p> <p>Coffee - Decaf ground sachet - 70g,Water</p> <p>Energy 0kcal, Fat 0g, Sat Fat 0g, Carbs 0g, Sugar 0g, Protein 0g, Salt 0g</p>
Flask of Organic Coffee (vegan, g, d) - OAT MILK	Tea & Coffee	<p>Flask of Fresh Coffee (vegan, g, d)</p> <p>~~~~~</p> <p>Coffee - ground sachets - 70g,Water</p> <p>Energy 0kcal, Fat 0g, Sat Fat 0g, Carbs 0g, Sugar 0g, Protein 0g, Salt 0g</p>
Flask of Hot Water and Selection of Teas (vegan, g, d)	Tea & Coffee	
Tango - 330ml can	Cans Soft	Please refer to packaging.

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Sprite - 330ml can	Cans Soft	Please refer to packaging.
Coke Diet - 330ml can	Cans Soft	Please refer to packaging.
Coke - 330ml can	Cans Soft	Please refer to packaging.
San Pellegrino - Blood Orange - 330ml can	Cans Soft	Please refer to packaging.
San Pellegrino - Lemon - 330ml can	Cans Soft	Please refer to packaging.
Belu - Sparkling Mineral Water - 750ml	Water, Juices & Smoothies	Please refer to packaging.
Belu - Still Mineral Water - 750ml	Water, Juices & Smoothies	Please refer to packaging.
Belu Sparkling - 330ml	Water, Juices & Smoothies	Please refer to packaging.
Belu Still - 330ml	Water, Juices & Smoothies	Please refer to packaging.
Daily Dose - Cold Pressed Rouge - 750ml	Water, Juices & Smoothies	Please refer to packaging.
Daily Dose - Freshly Pressed British Apple Juice - 1ltr	Water, Juices & Smoothies	Please refer to packaging.
Daily Dose - Freshly Pressed British Orange Juice - 1ltr	Water, Juices & Smoothies	Please refer to packaging.

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Daily Dose - Freshly Squeezed Orange Juice - 300ml	Water, Juices & Smoothies	Please refer to packaging.
Elderflower Presse - Sparkling - 1 litre (vegan, g, d)	Water, Juices & Smoothies	<p>Elderflower Presse - Sparkling - 1 litre (vegan, g, d)</p> <p>~~~~~</p> <p>1 ltr plastic bottle,Citric acid - Citrus Anhydrous, Lemon, Granulated Sugar, Water, Water</p> <p>Energy 441kcal, Fat 0g, Sat Fat 0g, Carbs 117.42g, Sugar 117.42g, Protein 0.02g, Salt 0.01g</p>
Elderflower Presse - Still - 1 litre (vegan, g, d)	Water, Juices & Smoothies	<p>Elderflower Presse - Still - 1 litre (vegan, g, d)</p> <p>~~~~~</p> <p>1 ltr plastic bottle,Citric acid - Citrus Anhydrous, Lemon, Granulated Sugar, Water, Water</p> <p>Energy 441kcal, Fat 0g, Sat Fat 0g, Carbs 117.42g, Sugar 117.42g, Protein 0.02g, Salt 0.01g</p>
Ginger & Lemongrass Presse - Sparkling - 1 litre (vegan, g, d)	Water, Juices & Smoothies	<p>Ginger & Lemongrass Presse - Sparkling - 1 litre (vegan, g, d)</p> <p>~~~~~</p> <p>1 ltr plastic bottle,Citric acid - Citrus Anhydrous, Ginger, Lemon, Lemon grass, Caster Sugar, Water, Water</p> <p>Energy 254kcal, Fat 0.3g, Sat Fat 0.08g, Carbs 66.32g, Sugar 63.77g, Protein 0.71g, Salt 0.02g</p>
Ginger & Lemongrass Presse - Still - 1 Litre (vegan, g, d)	Water, Juices & Smoothies	<p>Ginger & Lemongrass Presse - Still - 1 Litre (vegan, g, d)</p> <p>~~~~~</p> <p>1 ltr plastic bottle,Citric acid - Citrus Anhydrous, Ginger, Lemon, Lemon grass, Caster Sugar, Water, Water</p> <p>Energy 254kcal, Fat 0.3g, Sat Fat 0.08g, Carbs 66.32g, Sugar 63.77g, Protein 0.71g, Salt 0.02g</p>

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Orange, Carrot & Mango Smoothie - 1 litre (vegan, g, d)	Water, Juices & Smoothies	<p>Orange, Carrot & Mango Smoothie - 1 litre (vegan, g, d)</p> <p>~~~~~</p> <p>1 ltr plastic bottle, Carrot, Mango, Daily Dose - Freshly Pressed British Orange Juice - 1ltr, Soya (Soya)</p> <p>Energy 386kcal, Fat 1.6g, Sat Fat 0.6g, Carbs 85.4g, Sugar 75.8g, Protein 6.2g, Salt 0.14g</p>
Green Dream Smoothie - 1 litre (v, g, d, n)	Water, Juices & Smoothies	<p>Green Dream Smoothie - 1 litre (v, g, d, n)</p> <p>~~~~~</p> <p>1 ltr plastic bottle, Almond Milk (Nuts (Almond)), Chia Seeds, Curly Kale, Honey, Kiwi, Pineapple</p> <p>Energy 364kcal, Fat 13.61g, Sat Fat 1.44g, Carbs 48.08g, Sugar 46.55g, Protein 9.11g, Salt 0.8g</p>
Laurent Miquel - Heritage Vineyards Rouge (750ml)	House Wine	Please refer to packaging.
Laurent Miquel - Heritage Vineyards Blanc (750ml)	House Wine	Please refer to packaging.
Laurent Miquel - Heritage Vineyards Rose (750ml)	House Wine	Please refer to packaging.
Prosecco - Artigianale Eco (750ml)	Sparkling Wine	Please refer to packaging.
Langlois Cremant de Loire Brut Reserve NV (750ml)	Sparkling Wine	Please refer to packaging.
Langlois Cremant de Loire Rose Reserve NV (750ml)	Sparkling Wine	Please refer to packaging.
Ayala Brut Majeur (750ml)	Sparkling Wine	Please refer to packaging.

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Ayala Brut Majeur NV Magnum (1500ml)	Sparkling Wine	Ayala Brut Majeur NV Magnum (1500ml) ~~~~~ Ayala Brut Majeur NV Magnum (1500ml) Energy kcal, Fat g, Sat Fat g, Carbs g, Sugar g, Protein g, Salt g
Toast Grassroots Pale Ale (12 x 330ml Can)	Beers	Please refer to packaging.
Toast New Dawn IPA (12 x 330ml Can)	Beers	Please refer to packaging.
Toast Rise Up Lager (12 x 330ml Can)	Beers	Please refer to packaging.
Toast Changing Tides 0.5% Lager (12 x 330ml Can)	Beers	Please refer to packaging.
Moth Mojito Can 200ml	Cans Alcohol	Please refer to packaging.
Moth Aperitivo Spritz Can 200ml	Cans Alcohol	Please refer to packaging.
Moth Espresso Martini Can 125ml	Cans Alcohol	Please refer to packaging.
Moth Margarita Can 125ml	Cans Alcohol	Please refer to packaging.

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