

FULL INGREDIENT LIST

CAFE/TAKEAWAY MENU

PRODUCT	INGREDIENTS LIST
Avocado Sliced	Avocado
Avocado Smashed	Avocado, Chilli Flakes, Lime, Red Onion
Bacon	Bacon (pork: sodium ascorbate, sodium nitrite, potassium nitrate)
BBQ Sauce (Sauce Shop)	Tomato Puree (50%), Sugar, Onion, White Grape Vinegar, Black Strap Molasses (2%), MUSTARD (2%), Garlic, Salt, Spices, Hickory Smoked Water
Beans	Maricot Beans (45%), Tomatoes (32%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Onion Powder, Paprika Extract, Paprika Powder, Flavououring, Onion Oil, Garlic Extract
Bread: Baguette	WHEAT Flour (calcium, niacin (B3), iron, thiamin(B1)), Water, Yeast, Salt, Bread Fat (rapeseed oil, palm oil, water, salt, emulsifier: distilled monoglyceride), SOYA flour, flour treatment agent: E300 ascorbic acid)
Bread: Crusty Roll	WHEAT Flour (calcium, niacin (B3), iron, thiamin(B1)), Water, Yeast, Salt, Bread Fat (rapeseed oil, palm oil, water, salt, emulsifier: distilled monoglyceride), SOYA flour, flour treatment agent: E300 ascorbic acid)
Bread: Malt & Bran Bread	Malted WHEAT Flour (calcium carbonate, iron, niacin (B3), thiamin (B1)), Malted WHEAT Flakes, Malted BARLEY, Water, Yeast, Salt, Bread Fat (rapeseed oil, palm oil, water, salt, emulsifier: distilled monoglyceride), SOYA flour, flour treatment agent: E300 ascorbic acid)
Bread: Malt & Bran Rolls	Water, Malted WHEAT Flour (calcium carbonate, iron, niacin (B3), thiamin (B1)), Malted WHEAT Flakes, Malted BARLEY, Bread Fat (rapeseed oil, palm oil, water, salt, emulsifier: distilled monoglyceride), Oil (water, emulsifiers (E471, E472e), palm oil, E260 acetic acid), Yeast, Salt, SOYA flour, flour treatment agent: E300 ascorbic acid)
Bread: Multiseed Bread	WHEAT Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Sunflower Seeds, Brown Linseed, WHEAT GLUTEN, Pumpkin Seeds, Wholemeal RYE Flour, OATS, WHEAT Bran, Dried WHEAT Sourdough, Sugar, Salt, Caramelised Sugar, Emulsifier (E472e Mono- and diacetyltartaric acid esters of mono- and diglycerides of fatty acids), Flour Treatment Agent (E300 Ascorbic Acid), Water, Yeast
Bread: Multiseed Rolls	WHEAT Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Sunflower Seeds, Brown Linseed, WHEAT GLUTEN, Pumpkin Seeds, Wholemeal RYE Flour, OATS, WHEAT Bran, Dried WHEAT Sourdough, Sugar, Salt, Caramelised Sugar, Emulsifier (E472e Mono- and diacetyltartaric acid esters of mono- and diglycerides of fatty acids), Flour Treatment Agent (E300 Ascorbic Acid), Water, Yeast
Bread: Sourdough	Water, WHEAT Flour (calcium, iron, niacin (B3), thiamin (B1)), Salt
Bread: Sourdough Panini	Water, WHEAT Flour (calcium, iron, niacin (B3), thiamin (B1)), Salt
Bread: White Bread	WHEAT Flour (calcium, niacin (B3), iron, thiamin(B1)), Water, Yeast, Bread Fat (rapeseed oil, palm oil, water, salt, emulsifier: distilled monoglyceride), Salt, SOYA flour, flour treatment agent: E300 ascorbic acid
Bread: White Rolls	Water, WHEAT Flour (calcium, niacin (B3), iron, thiamin(B1)), Bread Fat (rapeseed oil, palm oil, water, salt, emulsifier: distilled monoglyceride), Oil (water, emulsifiers (E471, E472e), palm oil, E260 acetic acid), Yeast, Salt, WHEAT Flour (calcium carbonate, niacin, iron, thiamine), SOYA flour, flour treatment agent: E300 ascorbic acid)
Bread: Wholemeal Bread	WHEAT Flour (calcium, niacin (B3), iron, thiamin(B1)), Water, Yeast, Bread Fat (rapeseed oil, palm oil, water, salt, emulsifier: distilled monoglyceride), Salt, SOYA flour, flour treatment agent: E300 ascorbic acid
Brown Sauce (Crucials)	Water, Tomato Concentrate, Sugar, Dark SOYA Sauce (Contains WHEAT), Modified Starch, Acid Acetic Acid, Spices, Salt, Barley Malt Flour (Contains WHEAT), Preservative: Potassium Sorbate), Colour (E150d), Sweetener (Sucralose)
Butter	Butter (MILK), Salt 1.5%
Cheese: Brie	Brie (made with Pasturised MILK (60%))
Cheese: Cheddar	Cheese (MILK, Salt, Vegetarian Rennet, Starter Culture)
Cheese: Feta	Feta (Pasturised Sheep (70%) & Goat (30%) MILK, Salt, Microbial, Rennet, Starter Culture)
Cheese: Halloumi	Halloumi (Goats, Sheep & Cows MILK), Salt, Microbial Rennet, Mint)
Cheese: Mozzarella	Mozzarella (MILK, Salt, Microbial Rennet, Acidity Regulator: E330)
Chicken Grilled	Chicken Breast, Vegetable Oil (Olive or Sunflower)
Chicken Jerk	Chicken Breast, Sugar, Starch, Spiced (Allspice, Cayenne, Coriander, Black Pepper, Cracked Red Chilli, Cinnamon, Nutmeg), Maltodextrin, Salt, Dried Onion, Dried Garlic, Colours (Caramel, Paprika Extract, Curcumin), Dried Herbs (Thyme, Parsley), Natural Capsicum Flavououring

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Chicken Mayo	Chicken Breast, Mayonnaise (Rapeseed Oil (71%), Water, Pasturised EGG, Yolk, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabilisers: Xanthan Gum & Guar Gum, MUSTARD Flour)
Chicken Mayo & Bacon	Chicken Breast, Bacon (pork: sodium ascorbate, sodium nitrite, potassium nitrate), Mayonnaise (Rapeseed Oil (71%), Water, Pasturised EGG, Yolk, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabilisers: Xanthan Gum & Guar Gum, MUSTARD Flour)
Chicken Sweet Chilli	Chicken Bread, Sugar, Starch, Salt, Spices (Paprika, Cracked Red Chilli, Ginger), Dried Garlic, Dried Red Bell Pepper, Dried Onion, Dried Tomato, Dried Glucose Syrup, Colour (Paprika Extract), Natural Flavourings
Chicken Tikka	Chicken Breast, Sugar, Modified Starch, Salt, Starch, Spices (Cumin, Cayenne, Coriander, Ginger, Cardamom, Black Pepper Turmeric) Dried Tomato, Dried Onion, Yeast Extract (Yeast Extract, Salt), Natural Flavourings, Dried Coriander Leaf, Colour (Paprika Extract & Natural Rosemary Flavouring) Acid (Citric Acid)
Chilli Con Carne (THAME)	Margarine (Vegetable Oils (Rapeseed, Palm), Water, Salt, Emulsifier: Mono-Diglycerides of Fatty Acids, Preservatives: Potassium Sorbate, Colour: Annatto Bixin, Curcumin, Acidity Regulator: Citric Acid, Flavouring), Onion, Garlic, Minced Beef, Tinned Tomatoes, Kidney Beans, Peppers, Spices (Chilli Pepper (10%), Onion Powder, Cumin (5%), Paprika, Dried Garlic, Cayenne Pepper, White Pepper), WHEAT Flour (with Calcium, Iron, Niacin (Vitamin B3), Thiamin (Vitamin B1)), Starch, Salt, Maltodextrin, Cocoa Powder (2.5%), Oregano
Chilli Con Carne (WHEATLEY)	Mince Beef, Margarine (Vegetable Oils (Rapeseed, Palm), Water, Salt, Emulsifier: Mono-Diglycerides of Fatty Acids, Preservatives: Potassium Sorbate, Colour: Annatto Bixin, Curcumin, Acidity Regulator: Citric Acid, Flavouring, Onions, Garlic, Tinned Tomatoes, Paprika, Cumin, Peppers, Kidney Beans, Salt, Pepper, Chilli Flakes, Dark Chocolate (Cocoa Mass, Sugar, Lactose (MILK), Emulsifier (SOYA LECITHIN), Vanilla Extract), Tomato Puree
Chilli NON Carne (THAME)	Water, Kidney Beans, Pink Beans, Tomatoes, Potatoes, Onion, Tomato Puree, Modified Starch, Chickpeas, Mixed Peppers, Rapeseed Oil, Spices, Salt, Sugar, Jalapenos, Garlic, Oregano
Chilli NON Carne (WHEATLEY)	Onion, Peppers, Garlic, Tinned Tomatoes, Kidney Beans, Aubergine, Sweet Potato, Chilli Flakes, Cumin, Marmite, Paprika, Dark Chocolate (Cocoa Mass, Sugar, Lactose (MILK), Emulsifier (SOYA LECITHIN), Vanilla Extract)
Coleslaw	Red Cabbage, White Cabbage, Red Onion, Carrots, Mayonnaise (Rapeseed Oil (71%), Water, Pasturised EGG, Yolk, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabilisers: Xanthan Gum & Guar Gum, MUSTARD Flour), Dijon MUSTARD (MUSTARD seeds, Spirit Vinegar, Salt, Acidity Regulator (Citric Acid), Preservative (Potassium METABISULPHITE)), Wholegrain MUSTARD (MUSTARD seeds, Water, Spirit Vinegar, Salt, White Wine Vinegar, Sugar, Acidity Regulator (Citric Acid), Spices), White Wine Vinegar, Salt, Pepper
Coronation Chicken	Chicken Breast, Mayonnaise (Rapeseed Oil (71%), Water, Pasturised EGG, Yolk, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabilisers: Xanthan Gum & Guar Gum, MUSTARD Flour), Mango Chutney (Sugar, Mango, Salt, Acetic Acid, Paprika, Cayenne Pepper), Curry Powder (Coriander, Turmeric, Ginger, Cumin, Salt, Cayenne Pepper, Garlic, Pimento, Black Pepper, Fenugreek), Sultanas, Apricots
Cranberry Sauce	Cranberry 45%, Sugar, Water
Egg Fried	EGG, Vegetable Oil (Olive or Sunflower)
Egg Mayo	EGG, Mayonnaise (Rapeseed Oil (71%), Water, Pasturised EGG, Yolk, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabilisers: Xanthan Gum & Guar Gum, MUSTARD Flour)
Egg Poached	EGG, White Wine Vinegar
Egg Scrambled	EGG, MILK
Fries	Potatoes (91%), Sunflower Oil, Modified Starches, Maltodextrin, Starches, Rice Flour, Salt, Raising Agents (E450i, E500ii), Stabiliser (E415)
Garlic Mayo (Sauce Shop)	Rapeseed Oil, White Grape Vinegar, Pasturised Free Range EGG yolk, Water, Garlic (2%), Salt, MUSTARD, Antioxidant: Rosemary Extract
Ham	Roast Ham (pork leg (E252 & E250))
Hashbrown	Potatoes (90%), Sunflower Oil, Dehydrated Potatoes, Spices, Onion Powder
Jalapenos	Green Jalapeno Peppers, Water, Vinegar, Salt, Preservative: Potassium Sorbate, Firming Agent: Calcium Chloride
Jerk Chickpeas	Chickpeas, Olive Oil, Jerk Seasoning (Sugar, Starch, Spiced (Allspice, Cayenne, Coriander, Black Pepper, Cracked Red Chilli, Cinnamon, Nutmeg), Maltodextrin, Salt, Dried Onion, Dried Garlic, Colours (Caramel, Paprika Extract, Curcumin), Dried Herbs (Thyme, Parsley), Natural Capsicum Flavouring), Salt, Pepper

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Ketchup (Crucials)	Water, Tomato Concentrate, Sugar, Modified Starch, Acid Acetic Acid/Citric Acid, Salt, Preservative: Potassium Sorbate), Rapeseed Oil, Colour (E150d), Sweetener (Sucralose), Natural Flavourings
Ketchup (Sauce Shop)	Tomato Puree (64%), Sugar, White Grape Vinegar, Onion, Salt, Garlic, Spices
Margarine	Margarine (Vegetable Oils (Rapeseed, Palm), Water, Salt, Emulsifier: Mono-Diglycerides of Fatty Acids, Preservatives: Potassium Sorbate, Colour: Annatto Bixin, Curcumin, Acidity Regulator: Citric Acid, Flavouring.
Mayo	Mayonnaise (Rapeseed Oil (71%), Water, Pasturised EGG, Yolk, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabilisers: Xanthan Gum & Guar Gum, MUSTARD Flour)
Mixed Cheese & Spring Onion	Cheddar (from MILK), Red Leicester (from MILK), Mayonnaise (Rapeseed Oil (71%), Water, Pasturised EGG, Yolk, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabilisers: Xanthan Gum & Guar Gum, MUSTARD Flour)
Mushrooms	Mushrooms, Butter
Mustard (Dijon)	Dijon MUSTARD (MUSTARD seeds, Spirit Vinegar, Salt, Acidity Regulator (Citric Acid), Preservative (Potassium METABISULPHITE))
Mustard (Wholegrain)	Wholegrain MUSTARD (MUSTARD seeds, Water, Spirit Vinegar, Salt, White Wine Vinegar, Sugar, Acidity Regulator (Citric Acid), Spices)
Pasta Salad	Pasta (Durum WHEAT Semolina, Water), Pesto (Basil, Olive Oil, Pinenuts, Lemon, Garlic, Salt, Pepper, Pesto Jar (Basil (38%) Sunflower Oil, Potatoes, Pine Nuts (6%), Water, Salt, Acidity Regulator (Lactic Acid)), Tomatoes, Olive Oil, Oregano, Basil, Garlic, Salt, Pepper, Spinach, Pine Nuts, Sundried Tomatoes
Peppers (Raw)	Mixed Bell Peppers
Peppers Grilled	Mixed Bell Peppers, Olive Oil
Pesto	Pesto (Basil (38%) Sunflower Oil, Potatoes, Pine Nuts (6%), Water, Salt, Acidity Regulator (Lactic Acid)
Potato Salad	New Potatoes, Red Onion, Spring Onion, Vegan Mayo (Rapeseed Oil, Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract), Dijon MUSTARD (MUSTARD seeds, Spirit Vinegar, Salt, Acidity Regulator (Citric Acid), Preservative (Potassium METABISULPHITE)), Wholegrain MUSTARD (MUSTARD seeds, Water, Spirit Vinegar, Salt, White Wine Vinegar, Sugar, Acidity Regulator (Citric Acid), Spices), White Wine Vinegar, Parsley, Dill, Chives, Salt, Pepper
Prawns	Prawns (CRUSTACEANS), Water, Salt
Quiche Bacon, Mushroom & Spinach	WHEAT Flour (calcium, niacin (B3), iron, thiamin(B1)), MILK, EGG, Cheese (from MILK), Bacon (pork: sodium ascorbate, sodium nitrite, potassium nitrate), Mushroom, Onions, Spinach, Margarine (rapeseed oil, palm oil, water, salt, emulsifier: E471 distilled monoglyceride, flavouring, colouring: E100 curcumin, annatto bixin), Water, Mixed Herbs, Salt, Black Pepper
Quiche Caramelised Onion	WHEAT Flour (calcium, niacin (B3), iron, thiamin(B1)), MILK, EGG, Cheese (from MILK), Onions, Caramelised Onion Chutney (Re-hydrated Onions, Sugar, Red Wine Vinegar, Colour (Plain Caramel), Modified Maize Starch, Sea Salt, Ground Ginger, Cinnamon Powder, Ground Nutmeg), Margarine (rapeseed oil, palm oil, water, salt, emulsifier: E471 distilled monoglyceride, flavouring, colouring: E100 curcumin, annatto bixin), Water, Mixed Herbs, Salt, Black Pepper
Quiche Tomato & Basil	WHEAT Flour (calcium, niacin (B3), iron, thiamin(B1)), MILK, EGG, Cheese (from MILK), Tomatoes, Margarine (rapeseed oil, palm oil, water, salt, emulsifier: E471 distilled monoglyceride, flavouring, colouring: E100 curcumin, annatto bixin), Water, Fresh Basil, Mixed Herbs, Salt, Black Pepper
Red Onion	Red Onion
Rocket	Rocket
Salad	Side Salad (Lettuce, Cucumber, Tomato, Coleslaw: Carrots, Cabbage, Onions, Mayonnaise (rapeseed oil, water, EGG, vinegar, sugar, salt, modified maize starch, xanthan gum, guar gum, MUSTARD flour) - Items may vary
Sausage	Pork (50%), Water, Rusk (WHEAT flour), Pork Rind, Salt, Spices & Spice Extracts, Stabilizer E451, E450, Preservatives E221, Destrose, Herb Extracts, Permitted Colour, E120, SULPHITES
Spinach	Baby Spinach
Sweet Chilli Relish	Sugar, Red Peppers, Tomatoes, Red Chillies (4%), Red Wine Vinegar, Ginger, Gelling Agent: Pectin, Garlic, Colour: Black Carrot Extract