

Ingredients & Allergen Menu

Evero Weekday First Class Allergen & Ingredients Menu from 11th June 2025

(updated 240725)

Breakfast

The Breakfast Grill

Breakfast Grill (65.1%) [PORK AND PARSLEY SAUSAGE (29%)] [Pork, Water, Rusk (**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin)), Salt, Raising Agent (Ammonium Carbonate), Pork Fat, Salt, Dextrose, **WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Stabiliser (Sodium Tripolyphosphate), Preservative (Sodium **SULPHITE**), Flavour Enhancer (Monosodium Glutamate), Spices [White Pepper, Black Pepper, Cayenne Chili], Yeast Extract, Antioxidant (Ascorbic Acid), Spice Extracts (Black Pepper Extract, Nutmeg Extract, Capsicum Extract, Ginger Extract), Citric Acid, Colour (Carmine), (**SULPHITES**)], Dried Parsley, Natural Hog Casing),, ROSTI BITES (27%)] [potato, Vegetable Oil (Palm), Salt, Dextrose (Maize), Onion Powder, Emulsifier (Hydroxypropyl Methyl Cellulose), Spice], TOMATO (26%), SMOKED BACK BACON (19%)] [Pork, Water, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], Scrambled **EGG** (33.6%)] [SCRAMBLED **EGG** (80%)] [Pasteurised Free Range **EGG**, Water, Rapeseed Oil, Tapioca Starch, Skimmed **MILK** Powder, Lemon Juice, Salt, Ground White Pepper], WHITE SAUCE (20%)] [Water, Rapeseed Oil, Modified Starch, Salt, Whey (**MILK**) Protein Concentrate (**MILK**), Sugar, Vegetable Stock (Salt, Maltodextrin, Yeast Extract, Sugar, Vegetables (Onion, Parsnip), Carrot Extract, Rapeseed Oil, Tomato, Lovage), Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Stabiliser (Guar Gum), Spices]], Swiss Chard (1.3%). Per serving 509 kcal.

Swiss Chard may contain mustard and celery. Factories handles all other allergens.

Optional:

Heinz Tomato ketchup: Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Extract (contain **CELERY**), spice.

HP Brown sauce:

Tomatoes, Malt Vinegar (from **BARLEY**), Molasses, Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Dates, Modified Cornflour, **RYE** Flour, Salt, Spices, Flavourings, Tamarind.

Classic Bacon Roll

Bacon Roll (92.5%)] [White Roll (**WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Niacin, Thiamin), Water, **RYE** Flour, Potato Starch, Potato, Yeast, Sugar, Rapeseed Oil, Salt, **WHEAT** Flour, Emulsifier (Sodium Stearoyl 2 Lactylate), Fermented **WHEAT** Flour, Flour Treatment Agent (Ascorbic Acid)], BEECHWOOD SMOKED BACK BACON (29%)] [Pork, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], BEECHWOOD SMOKED STREAKY BACON (6%)] [Pork, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Natural Flavourings, Natural Beechwood Smoke]], Butter (7.5%)] [Pasteurised Cow's Cream (**MILK**) 98.49%, Salt 1.5%, Lactic Culture 0.01%].

Per serving 431 kcal.

May contain egg & mustard. Swiss Chard may contain mustard and celery.

Classic Bacon Roll (GF)

Bacon Roll (91.6%)] [Gluten Free Brown Seeded Roll (Water, Tapioca Starch, Rice Flour, Seeds (Sunflower, Linseed, Millet, Poppy), Rapeseed Oil, Psyllium Fibre, Potato Flakes, Treacle, Humectant (Glycerine), Stabiliser (Hydroxypropyl Methyl Cellulose), Yeast, Maize Flour, Millet Flakes, Sugar, Salt, Sugar Beet Fibre, Fermented Rice Flour, Reduced Fat Cocoa Powder), BEECHWOOD SMOKED BACK BACON (33%)] [Pork, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], BEECHWOOD SMOKED STREAKY BACON (7%)] [Pork, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Natural Flavourings, Natural Beechwood Smoke]], Butter (8.4%)] [Pasteurised Cow's Cream (**MILK**) 98.49%, Salt 1.5%, Lactic Culture 0.01%]

Per serving 396 kcal

May contain egg & mustard. Swiss Chard may contain mustard and celery.

Optional:

Heinz Tomato ketchup: Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Extract (contain **CELERY**), spice.

HP Brown sauce: Tomatoes, Malt Vinegar (from **BARLEY**), Molasses, Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Dates, Modified Cornflour, **RYE** Flour, Salt, Spices, Flavourings, Tamarind.

Porridge

MOMA plain No Added Sugar Porridge [Wholegrain **OATFLAKES** (73%), Skimmed **MILK** Powder, Water,, Per serving 252 kcal. Add Banana and Honey. Per serving 392 kcal.

Fruit Salad with Greek-style Yogurt

Fruit Salad (64.9%)] [HONEYDEW MELON (29%), PINEAPPLE (29%), CANTALOUPE MELON (25%), GRAPE (17%)]], Greek Style Natural Yoghurt (35.1%)] [Pasteurised Cow's **MILK** (99%), Cream (**MILK**), Skimmed **MILK** Powder (0.8%), Culture (0.2%)]].

Per serving 102 kcal.

Rest of the day

Conchiglie Pasta with White Wine & Garlic Sauce with Pea Puree

Conchiglie Pasta With Garlic Cream Sauce And Pea Puree (98.7%)] [Conchiglie Pasta (48.8%)] (Water, Pasta (Durum **WHEAT** Semolina), Rapeseed Oil, Salt), Garlic Cream (**MILK**) Sauce (39.1%)] (Béchamel Sauce (Reconstituted Skimmed **MILK**, Reconstituted Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Dried Onion, Dried Carrot, Sunflower Oil, Lovage), Vegetable Oil (Palm), Butter (**MILK**), Modified Starch, Salt, Emulsifier **SOYA** Lecithin), Water, Single Cream (**MILK**), Vegan Butter (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifiers E471, Flavouring, Vitamin A & D, Colour Carotenes, **MILK**), Garlic Puree, Leek, Cornflour, Rapeseed Oil, Vegetable Bouillon (Salt, Potato Starch, Maltodextrin, Sucrose, Yeast Extract, Onion Powder, Herbs, Carrot Powder, Dried Garlic, Sunflower Oil, Spices, Colour (Caramel Powder), Antioxidant: Rosemary Extract), Salt, Ground White Pepper), Buttered Pea Puree (9.8%)] (Garden Peas, Vegan Butter (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifiers E471, Flavouring, Vitamin A & D, Colour Carotenes, **MILK**, Salt, Ground Black Pepper); Mature Cheddar Cheese (2.3%, **MILK**) (Mature White Cheddar (**MILK**), Potato Starch);], SWISS CHARD (1.3%).

Per serving 359 kcal

Swiss Chard may contain mustard and celery.

NOTE: Although white wine is used as an ingredient it is showing negligible alcohol after cooking.

May contain Barley, Eggs, Fish, Nuts (Almonds, Hazelnuts, Walnuts, Cashews, Pecans, Brazil, Pistachio, Macadamia), Mustard, Sulphites, Sesame.

Smoked Ham & Egg Roll

Linseed Top Sub Roll [**WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Niacin, Thiamin), Water, Durum **WHEAT** Semolina, Rapeseed Oil, Sugar, Golden Linseeds, Potato, Yeast, Salt, **WHEAT** Flour, Broad Bean Flour, **WHEAT** Gluten, Preservative (Calcium Propionate), Inactive Dry **YEAST**, Emulsifier (Mono- and Diglycerides of fatty acids)], **EGG** MAYONNAISE MIX (20%)] [Free Range Hard Boiled **EGG**, Mayonnaise (Rapeseed Oil, Water, Pasteurised Liquid Whole **EGG**, Acidity Regulator (Acetic Acid), Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate)], TOMATO (12%), Free Range Hard Boiled **EGG** (10%), COOKED GAMMON HAM (10%)] [Pork, Water, Salt, Modified Maize Starch, Emulsifier (Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], ROCKET (2%), Vegetable Fat Spread (Vegetable Oils (Rapeseed Oil, Sustainable Palm Oil), Water, Salt, Emulsifier (Mono- And Diglycerides Of Fatty Acids), Preservative (Potassium Sorbate), Colour (Annatto, Bixin, Curcumin), Acidity Regulator (Citric Acid), Flavouring). Swiss Chard. Per serving 426 kcal.

May Contain: Milk and Mustard. Chard may contain mustard and celery. Although every care has been taken to remove all shell, some may remain.

Strawberry Cheesecake Dessert Pot

Strawberry Cheesecake (95.2%)] [Strawberries 21.49%, UHT Whipping Cream (**MILK**), Biscuit Crumb Caramelized (**WHEAT** Flour, Sugar, Vegetable Oil SG (Palm, Rapeseed), Candy Sugar Syrup, Raising Agent E500i, Salt, Cinnamon), Non Hydrogenated Vegetable Fat SG (Palm Oil, Emulsifier E322)], Full Fat Soft Cheese (**MILK**), Strawberry Puree 9.65%, Caster Sugar , Glucose Syrup, Lemon Juice Fresh, Freeze Dry Strawberry Pieces 8 12 Mm 1.22%, Mousse Stabiliser (**MILK**) (Dextrose, Sugar, Thickener Modified Starch, Skimmed **MILK** Powder, **MILK** Protein), Pectin], Mint (4.8%)] [Fresh, Whole Sprigs Of Mint (100%)]

Per serving 224 kcal.

May contain eggs, soya and sulphites.

Sea Salt Crisps

Crisps (100%) [Potatoes, Cold Pressed Rapeseed Oil, Sea Salt].

Per serving 82 kcal.

Gluten Free. Produced in a nut-free facility. Suitable for Vegetarians and Vegans.

Lemon Shortbread

Lemon Shortbread (100%)] [**WHEAT** Flour (Gluten), Butter (**MILK**), (**MILK**, Salt), Sugar, Lemon Zest 1.5%, Natural Lemon Flavouring 0.7%]

Per serving 217 kcal.

Factory handles other allergens.

Cox & Co Chocolate bar

Dark Chocolate [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier **SOYA** Lecithin), Natural Vanilla Flavouring], Himalayan Salt 0.2%, Butter Oil (**MILK**). Per serving 75 kcal.

Also Contain Traces of Nuts and Cereals containing Gluten.

BBQ Corn Nibbles

BBQ Corn Nibbles: [Corn, Sunflower Oil, Salt, Maltodextrin Of Maize, Smoke Flavour, Flavour Enhancer, Acidifier (Citric Acid). Per serving 100 kcal.

Chips and Dips

Chips (100%)] [SALTED TORTILLA CHIPS (Corn Flour (79%), Sunflower Oil, Salt) TOMATO SALSA MEXICANA (Tomatoes (50%), Water, Tomato Puree (7%), Yeast, Vinegar, Modified Maize Starch, Jalapeno Peppers [Jalapeno Peppers, Water, Distilled Vinegar, Salt] (2%), Dried Onion, Sugar, Salt, Dried Red Pepper, Garlic Powder, Cumin Powder, Preservative: Potassium Sorbate, Chili Powder, Oregano, Black Pepper) Gherkin Relish (Gherkin (40%), Sugar, Water, Onions, Modified Maize Starch, Salt, **MUSTARD** Seeds, Ground Ginger, Turmeric) SWEET CORN RELISH (Water, Sweetcorn (25%), Sugar, Spirit Vinegar, Modified Maize Starch, Dried Onion, Red Peppers, Salt, Lemon Juice Concentrate, Turmeric, Preservative: Potassium Sorbate, Dill Powder, Chili Powder, Garlic Powder)]. Per serving 204 kcal.

Produced on a site which handles Nuts and Gluten.

Fish and Chips

CHIPS (Potato, Palm Oil, Dextrose), Battered **FISH** (Pollock (**FISH**) (50%)), Fortified **WHEAT** flour (with Calcium Carbonate Iron, Niacin, Thiamine), Water, Rapeseed oil, Salt, **WHEAT** White, Disodium Diphosphate, Sodium Bicarbonate, Yeast, Xanthan Gum). Dextrose). Per serving 514 kcal.

Optional:

Tartare Sauce: Rapeseed Oil, Water, Spirit Vinegar, Sugar, Gherkins 8% (contain Fuming Agent Calcium Chloride). Capers 6%, Modified Starch, Salt, **EGG** Yolk Powder, Concentrated Lemon Juice, Preservative Potassium Sorbate, Thickeners Xanthan Gum, Guar Gum. Per serving 31 kcal

Malt Vinegar: **BARLEY** Malt Vinegar, Salt, **BARLEY** Malt Extract. Per serving 1.5 kcal.

Tomato ketchup: Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Extract (contain **CELERY**), spice.

Every effort has been taken to remove bones, but some can remain. All items are manufactured in the same area as other products that may contain other allergens.

Mushroom Bruschetta

Mushrooms (55.5%)] [Mushrooms (92.6%), Rapeseed Oil, Garlic, Parsley, Salt, Black Pepper], AWC June 25 Brown Bloomer Toasted (23.6%)] [AWC June 25 Brown Bloomer (118g of AWC June 25 Brown Bloomer per 100g)] [**WHEAT** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **WHEAT** Flakes (9.0%), **WHEAT** Bran (2.3%), Yeast, Malted **BARLEY** Flour (1.0%), Salt, Vegetable Oils (Rapeseed, Palm), **WHEAT** Protein, Spirit Vinegar, Emulsifiers [E471, E472(E)], Malted **WHEAT** Flour, Flour Treatment Agent (E300), Palm Fat, **WHEAT** Flour]], Tarragon Mayonnaise (18.5%)] [VEGAN MAYONNAISE (92%)] [Rapeseed Oil, Water, Sugar, Spirit Vinegar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Flavouring, Colour (Carotene), Antioxidant (Calcium Disodium EDTA)], CHIVES (2%), LEMON JUICE (2%)] [Lemon Juice From Concentrate, Preservative (Potassium Metabi **SULPHITE**), TARRAGON (2%), FLAT LEAF PARSLEY (2%)], Swiss Chard (2.5%). Per serving 349 kcal.

May contain Oats, Rye, Eggs, Milk, Fish, Mustard, Sesame, Soya, Nuts (Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias).

Made to a vegan recipe in a factory that handles Milk and Egg so may not be suitable for allergy sufferers.

Swiss Chard may contain mustard and celery.

Smoked Salmon and Scrambled Eggs

Pre-cooked egg Scrambled **EGG** (69.4%)] [SCRAMBLED **EGG** (80%)] [Pasteurised Free Range **EGG**, Water, Rapeseed Oil, Tapioca Starch, Skimmed **MILK** Powder, Lemon Juice, Salt, Ground White Pepper], WHITE SAUCE (20%)] [Water, Rapeseed Oil, Modified Starch, Salt, Whey (**MILK**) Protein Concentrate (**MILK**), Sugar, Vegetable Stock (Salt, Maltodextrin, Yeast Extract, Sugar, Vegetables (Onion, Parsnip), Carrot Extract, Rapeseed Oil, Tomato, Lovage), Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Stabiliser (Guar Gum), Spices)], SMOKED SALMON (27.8%)] [Salmon (**FISH**) (96%)] (Salmo Salar), Salt, Sugar, Oak Smoke), Swiss Chard (2.8%). Per serving 226 kcal.

Swiss Chard may contain mustard and celery. May contain gluten. Although every care has been taken to remove bones, some may remain. Swiss Chard may contain mustard and celery.

Toast with butter

White Bloomer: [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, **SOYA** Flour, Preservative (E282 Calcium Propionate), Emulsifiers (E472e Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids)], Rapeseed Oil, Flour Treatment Agent (E300 Ascorbic Acid)], Butter (14%)] [Pasteurised Cows Cream (**MILK**), Salt, Lactic Culture]. Per serving 254 kcal.

Malted Bread: [**WHEAT** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **WHEAT** Flakes (9.0%), **WHEAT** Bran (2.3%), Yeast, Malted **BARLEY** Flour (1.0%), Salt, Vegetable Oils (Rapeseed, Palm), **WHEAT** Protein, Spirit Vinegar, Emulsifiers [E471, E472(E)], Malted **WHEAT** Flour, Flour Treatment Agent (E300), Palm Fat, **WHEAT** Flour]], Butter (11.6%)] [Pasteurised Cows Cream (**MILK**), Salt, Lactic Culture]. Per serving 315 kcal.

Tipree Marmalade: Sugar, Seville Oranges, Gelling Agent: Citrus Pectin. Per serving 71 kcal.

Tipree Strawberry jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin; Acidity Regulatory: Citric Acid. Per serving 76 kcal.

Honey: Pure Honey. Per serving 81 kcal.

Toasted Teacake

TEACAKE (63.1%)] [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sultanas (14%), Currants (10%), Sugar, Yeast, Mixed Peel (3.8%)] (Contains: Orange Peel, Glucose Fructose Syrup, Lemon Peel, Sucrose, Preservative (E202), Acidity Regulator (E330)), Vegetable Oil (Palm, Rapeseed), Salt, Emulsifier (E472e), Nutmeg, Flavouring, Flour Treatment Agent (E300), Colour (E160a)].

STRAWBERRY JAM (27.2%)] [Sugar, Strawberries, Gelling Agent: Citrus Pectin; Acidity Regulatory: Citric Acid], BUTTER (9.7%)] [Pasteurised Cows Cream (**MILK**), Salt, Lactic Culture]. Per serving 347 kcal.

May contain traces of Tree nuts, Eggs, Sesame, Soya, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias. Sulphites <10ppm.

Pain Au Chocolate

WHEAT Flour, Fine Butter (**MILK**) 21%, Water, Chocolate 9% (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavouring), Yeast, Sugar, **EGGS**, Salt, **WHEAT GLUTEN**, Flour (**WHEAT**) Treatment Agents (Alpha Amylases, Hemicellulases, Ascorbic Acid)]. Per serving 284 kcal.

May contain traces of Sesame, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias.

Tabbouleh Salad

Tabbouleh Salad (89.3%)] [COOKED COUSCOUS (25%, **WHEAT**) [durum **WHEAT** Semolina], Coconut Yoghurt ALTERNATIVE (18%)] [coconut Milk (Coconut, Water), Thickener (Tapioca Starch), Live Vegan Cultures], CHICKPEAS (14%)] [Chickpeas, Water], Bulgur **WHEAT** (11%)] (Water, Bulgur **WHEAT**), TOMATO (9%), FLAT LEAF PARSLEY (8%), LEMON JUICE (6%)] [Lemon Juice From Concentrate, Preservative (Potassium Metabi **SULPHITE**)], Spring Onion, Red Onion, Sunflower Oil, Coriander, Mint Sauce (Water, Spirit Vinegar, Sugar, Dried Mint, Malt (**BARLEY**) Vinegar (**BARLEY**), Salt, Stabilisers (Xanthan Gum), Natural Flavouring, Colours (Copper Chlorophyll, Riboflavin)], Lemon Wedge (10.7%)

Per serving 297 kcal.

May contain traces of Mustard & Soya.

Ploughman's Grazing Plate

AWC June 25 Ploughman's Tray (48.8%)] [Red Fox Cheese (Pasteurised Cow's **MILK**, PDV Salt, Starter Culture, Colour: Annatto Norbixin E160b (ii), Microbial Rennet) Blackstone Vintage Cheddar Cheese (Pasteurised Cow's **MILK**, Salt Contains Anti Caking Agent Sodium Ferrocyanide, Vegetarian Rennet, Starter Culture) Crispbread (**MILK**, **RYE** Flour, **WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Thiamine, Niacin, **WHEAT**), Sourdough (**RYE** Flour (**WHEAT**), Water), Wholemeal **WHEAT** Flour, Honey, Salt) Semi Dried Tomatoes (Semi Dried Tomatoes, Sunflower Oil, Salt, Garlic Flakes, Oregano, Preservative: Potassium Sorbate) Country Garden Chutney (Vegetables (Onion, Carrot, Swede, Turnip, Parsnip), Raw Cane Sugar, Cider Vinegar, Apples, Cakes, Bramley Apples, Tomato Puree, Sultanas, Garlic Pure, Sea Salt, Tamarind Paste, **MUSTARD** Powder, Red Chillies, Ground Ginger, Ground Cinnamon, Ground Allspice, Ground Black Pepper) Onion In Balsamic (Onions, **SULPHITE** Dressing (Grape Must, Preservative: Potassium Metabi **SULPHITE**, Red Wine Vinegar), Water, Wine Vinegar, Sea Salt, Sugar, Acidity Regulators: Citric Acid, Glucono – Delta Lactone, Lactic Acid, Laurel, Firming Agent: Calcium Chloride, Anti Oxidant: Ascorbic Acid, Preservative: Sodium Metabi **SULPHITE**), Pork Sausage Roll (44.3%)] [85vl Pork Shoulder (21%), **WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Unsalted Butter (**MILK**, Pork Shoulder Heart Muscle (13%), Onion, Water, Bramley Apple (Ascorbic Acid, Citric Acid, Salt), Pork Rind, Potato, Breadcrumb (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Honey, Liquid **EGG**, White Wine Vinegar 6% Acidity, Salt, Garlic, Rubbed Sage, Parsley, Cracked Black Pepper, Caster Sugar, Rapeseed Oil (Anti Foaming Agent (Polydimethylsiloxane))], Butter (4.9%)] [Pasteurised Cow's Cream (**MILK**) 98.49%, Salt 1.5%, Lactic Culture 0.01%], Swiss Chard (2%).

Per serving 610 kcal.

Swiss Chard may contain Mustard and Celery. Fruit stones might remain.

Naim's Crackers (GF) Gluten Free Wholegrain **OATS** (51%), Maize Flour, Rice Flour, Sustainable Palm Fruit Oil, Tapioca Starch, Maize Starch, Raising Agent: Ammonium Carbonates, Brown Rice Syrup, Sea Salt. Per serving 31 kcal.

Cheese Plate with sourdough biscuits - 278 kcal

Cheese Plate with GF biscuits - 358 kcal

Afternoon Tea

Afternoon Tea v2: SANDWICH & CAKE SELECTION (70.8%)] [Cream (**MILK**) Cheese (**MILK**) AND ROAST TOMATO ON WHITE BREAD: Full Fat Soft Cheese (14%, **MILK**) (Cream (Cow's **MILK**), Pasteurised Cow's **MILK**, Salt, Lactic Acid Culture), White Bread (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers (Mono And Diglycerides Of Fatty Acids, Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Preservative (Calcium Propionate), Rapeseed Oil, Flour Treatment Agent (Ascorbic Acid)], Roasted Tomato (3%)] [Tomatoes, Sunflower Oil, Salt, Garlic, Oregano] **EGG** MAYO AND SPINACH ON Malted BREAD: Malted Bread [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **WHEAT** Flakes, Yeast, **BARLEY** Malt Flour, Salt, Emulsifiers (Mono And Diglycerides Of Fatty Acids, Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Preservative (Calcium Propionate), Rapeseed Oil, Flour Treatment Agent (Ascorbic Acid)], Mayonnaise [Rapeseed Oil, Water, Pasteurised Liquid **EGG**, Acidity Regulator (Acetic Acid), Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate)], Mozzarella Cheese (3%, **MILK**) [**MILK**, Anti Caking Agent (Potato Starch)], Coloured (Beta Carotene)], Spring Onion (1%) VICTORIA SPONGE CAKE (24%): Plain Vanilla Sponge (Cake Mix (**WHEAT** Flour, Sugar, Raising Agents (Diphosphates, Sodium Carbonates), Modified Starch, Whey (**MILK**) Permeate Powder (**MILK**, Palm Oil, Emulsifiers (Mono And Diglycerides Of Fatty Acids, Lactic Acid Esters Of Mono And Diglycerides Of Fatty Acids), Polyglycerol Esters Of Fatty Acids), Whey (**MILK**) Powder (**MILK**), Glucose Syrup, Salt, Thickener (Xanthan Gum), Flavouring, Skimmed **MILK** Powder), **EGGS**, Rapeseed Oil (Rapeseed Oil, Anti Foaming Agent (Dimethylpolysiloxane)), Water), Whipping Cream (**MILK**), Raspberry Jam (Glucose Syrup, Raspberry Purée Concentrate, Raspberries, Gelling Agent (Pectin), Acidity Regulator (Citric Acid)], Caster Sugar, Sweet Snow Dust (Dextrose, Sugar, Cornflour, Vegetable Oil), Vanilla Flavouring (Glucose Syrup, Water, Flavouring (Natural And Artificial Flavours)), Vanilla, Stabiliser (Agar), Colours (Riboflavin, B Carotene)], LEMON SHORTBREAD (19.1%)] [**WHEAT** Flour (**GLUTEN**), Butter (**MILK**, (**MILK**, Salt), Sugar, Lemon Zest 1.5%, Natural Lemon Flavouring 0.7%), CRISPS (8.5%)] [Potatoes, Cold Pressed Rapeseed Oil, Sea Salt], SWISS CHARD (1.7%). Per serving 807 kcal.

May Contain: Mustard, Soya and Sulphites. Made in a Bakery that processes eggs, peanuts, nuts, soya, and sulphur dioxide.

Although every care has been taken to remove all shell, some may remain. Micro Red Chard produced on a site that handles Celery, Mustard, Gluten.

Allergy Advice: For allergens, see ingredients in BOLD.

Adults need around 2000 kcal a day.

Due to the way our food is produced, prepared, and handled it is not possible to guarantee the absence of allergens in our products. Please make sure that you check allergens information and that you inform us if you have a food allergy or special dietary requirements.

