Ingredients & Allergen Menu

Evero Weekday First Class Allergen & Ingredients Menu from 11th June 2025 (updated 090625)

Breakfast

The Breakfast Grill kfast 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 (Mono Glutamate), Spices [White Pepper, Black Pepper, Cayenne Chilli]. Yeast Extract, Antioxidant (Ascorbic Acid), Spice Extracts (Black Pepper Extract, Nutmeg Extract, Capsicum Extract, Ginge Extract], Citric Acid, Colour (Carmine), (SULPHITES)), Dried Parsley, Natural Hog Casing], ROSTI BITES (27%) [potato, Vegetable Oil (Palm), Salt, Dextros Emulsifier (Hydroxypropyl Methyl Cellulose), Spice], TOMATO (26%), SMOKED BACK BACON (19%) [Pork, Water, Salt Antioxidant (Sodium Ascorbate), Pres ervative (Sodi 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. viss Chard may contain mustard and celery. Factories handle

all other allerge 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, Gluco

Fructose Syrup, Spirit Vinegar, Sugar, Dates, Modified Comflour,
RYE Flour, Salt, Spices, Flavourings, Tamarind.

Classic Bacon Roll Bacon Roll (92.5%) [White Roll (WHEAT Flour (WHEAT Flo

Calcium, Iron, Niacin, Thiamin), Water, RYE Flour, Potato Starch Potato, Yeast, Sugar, Rapeseed Oil, Salt, WHEAT Flour, Emulsifie (Sodium Stearoyl 2 Lactylate), Fermented WHEAT Flour, Flour

ent (Ascorbic Acid)), BEECHWOOD SMOKED BACK BACON (29%) [Pork, Salt, Antioxidant (Sodium Ascort 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 Crea (MILK) 98.49%, Salt 1.5%, Lactic Culture 0.01%]. May contain egg & mustard. Swiss Chard may contain mustard and celery. Classic Bacon Roll (GF)

on Roll (91.6%) [Gluten Free Brown Seed Tapioca Starch, Rice Flour, Seeds (Sunflower, Linseed, Millet y), Rapeseed Oil, Psyllium Fibre, Potato Flakes, Treacle actant (Glycerine), Stabiliser (Hydroxypropyl Methyl

Cellulose), Yeast, Maize Flour, Millet Flakes, Sugar, Salt, Sugar Beet Fibre, Fermented Rice Flour, Reduced Fat Cocoa Powc BEECHWOOD SMOKED BACK BACON (33%) [Pork, Salt, dium Ascorbate), Pre 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 & m mustard and celery. ustard. Swiss Chard may contain

Heinz Tomato ketchup: Tomatoes, Spirit Vinegar, Sugar, Salt, Spice

and Herb Extract (contain CELERY), spice HP Brown sauce: Tomatoes, Malt Vinegar (from BARLEY), Molass Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Dates, Mor Comflour, RYEFlour, Salt, Spices, Flavourings, Tamarind.

Porridge

MOMA plain No Added Sugar Porridge (Wholegrain OATF (73%), Skimmed MILK Powder, Water, Perserving 252 kcal. Add Banana and Honey, Perserving 392 kcal

Per serving 102 kcal.

(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%)].

Conchiglie Pasta with White Wine & Garlic Sauce with Pea Puree Pasta With Garlic Cream Sa (98.7%)[Conchiglie Pasta (48.8%)(Water, Pasta (Durum Semolina), Rapeseed Oil, Salt); Garlic Cream (MILK) Sauce (39.1%) (Béchamel Sauce (Reconstituted Skimmed MILK, Reconstitute Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sug

Mushroom Bruschetta Mushrooms (55.5%) [Mushrooms (92.6%), Rap

Parsley, Salt, Black Pepper], AWC June 25 Brown Bloomer To (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 Flat (9.0%), WHEAT Bran (2.3%), Yeast, Malted BARLEY Flour (1.0%), Salt, Vegetable Oils [Rapeseed, Palm], WHEAT Protein, Sp Vinegar, Emulsifiers [E471, E472(E)], Malted WHEAT Flour, Flour Treatment Agent (E300), Palm Fat, WHEAT Flour]], Tarragon Mayonnaise (18.5%)[VEGAN MAYONNAISE (92%)[Rapesee 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%) Perserving 349 kcal May contain Oats, Rye, Eggs, Milk, Fish, Mustard, Sesa

ts (Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazill nuts, tachos, Macadamias). Made to a vegan recipe in a factory that handl ay not be suitable for allergy sui

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 V Pepper], WHITE SAUCE (20%) [Water, Rapeseed Oil, Modifie

Starch, Salt, Whey (MILK) Protein Concentrate (MILK), Sugar, Vegetable Stock (Salt, Maltodextrin, Yeast Extract, Sugar, Vegetables (Onion, Parsnip), Carrot Extract, Rapeseed Oil, Tom Lovage), Acidity Regulator (Lactic Acid), Stabiliser (Xan rvative (Potassium Sorbate), Stabiliser (Guar Gum), Spices]] SMOKED SALMON (27.8%) [Salmon (FISA) (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 bor some may remain. Swiss Chard may contain mustard and d Toast with butter White Bloomer: [WHEAT Flour (WHEAT Flour, Calcium Carb Iron, Niacin, Thiamin), Water, Yeast, Salt, SOYA Flour, Preser

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. /HEAT Flour [with Adde 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 HEAT Flour]], Butter (11.6%) [Pasteurised Cows Crea

(E282 Calcium Propionate), Emulsifiers (E472e Mono And Diacetyl

Salt, Lactic Culture]. Perserving 315 kcal. Pectin. Per serving 71 kcal. ee Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin; Acidity Reg ulatory: Citric Acid. Perserving 76 kcal. Honey: Pure Honey. Perserving 81 kcal.

Toasted Teacake

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

ifier (E472e), Nutmeg, Flavouring, Flour Treatment Agent (E300), Colour (E160a)]. STRAWBERRY JAM (27.2%) [Sugar, Strawberri $\label{eq:citrus} Citrus \, Pectin; A cidity \, Regulatory: \, Citric \, A cid]. \, BUTTER \, (9.7\%) \\ [Pasteurised \, Cows \, Cream \, (\textbf{MILK}), \, Salt, \, Lactic \, Culture]. \, Per \, service \, (Pasteurised \, Cows \, Cream \, (\textbf{MILK}), \, Salt, \, Lactic \, Culture]. \, Per \, Service \, (Pasteurised \, Cows \, Cream \, (\textbf{MILK}), \, Salt, \, Lactic \, Culture].$

EAT Flour, Fine Butter (MILK) 21%, Water, Choco

Rest of the day

[coconut Milk (Coconut, Water), Thickener (Tapioca Starch), Liv Vegan Cultures], CHICKPEAS (14%) [Chickpeas, Water], Bulgur

WHEAT (11%) (Water, Bulgur WHEAT), TOMATO (9%), FLAT LEAF

nut Yoghurt ALTERNATIVE (18%)

Tabbouleh Salad

IEAT Semolina], Cocor

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, Vita & D, Colour Carotenes, MILK, Garlic Puree, Leek, Cornflour,

Rapeseed Oil, Vegetable Bouillon (Salt, Potato Starch, Maltodextrin, Sucrose, Yeast Extract, Onion Powder, He 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, Gro Black Pepper); Mature Cheddar Cheese (2.3%, MILK) (Mature eddar (MILK), Potato Starch);], SWISS CHARD (1.3%) Per serving 359 kcal rd may contain m NOTE: Although white wine is used as an ingra negligible alcohol after cooking. May contain Barley, Eggs, Fish, Nuts (Almonds, Hazelnuts, Walnuts, Cashews, Pecans, Brazil, Pistachio, Macadamia), Chicken Salad Roll Chicken Salad Roll (97.9%) [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), WHEAT Gluten, Preservative (Calcium Propionate), Inactive Dry Yeast,

Emulsifier (Mono And Diglycerides Of Fatty Acids)], SHREDDED CHICKEN (19%) [Chicken Breast, Water, Salt], LEMON PEPPER

CHICKEN (19%) [Chicken Breast, Water, Salt], LEMON PEPPER MAYONNAUSE (11%) [Mayonnatise (Rapessed Oil, Water, Pasteurised Free Range EGG And EGG Yolk, Sugar, Spirit Vinegar, Salt, Lemon Juice From Concentrate, Flavouring, Antioxidant (Calcium Disodium EDTA), Colour (Paprika Extracti), Lemon Juice (Lemon Juice From Concentrate, Preservative (Potassium Metabi SULPHITE)), Cracked Black Popper], CUCUMBER (9%) TOMATO (6%), APOLLO LETTUCE (4%), Vegetable Fat Spread (Vegetable Oils (Rapessed Oil, Palm Oil), Water, Salt, Emulsifier (Mono And Diglycendes Of Fatty Acids), Preservative (Potassium Sorbate), Colours (Annatto, Bixin, Curcumin), Acidity Regulator (Citric Acids), Flavouring)], Swiss Chard (2.7%). (Citric Acid), Flavouring)], Swiss Chard (2.1%) Per serving 412 kcal. Swiss Chard may contain Mustard and Celery. May contain Milk & Mustard. Although every care has been taken to remove Strawberry Cheesecake Dessert Pot Strawberry Cheesecake (95.2%) [Strawberries 21.49%, UH7 Whipping Cream (MILK), Biscuit Crumb Caramelized (WHEAT Flour, Sugar, Vegetable Oil SG (Palm, Rapeseed), Candy Sugar 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 Cher vegetable rat Sci (reamful, Emulsiner 22/g., ruin rat Sort Cheer (MILK), Strawberry Purce 9.69%, Caster Sugar, Glucose Syrup, Lemon Juice Fresh, Freeze Dry Strawberry Pieces 812 Mm 122%, 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.

Per serving 82 kcal. Gluten F e. Produ

Sea Salt Crisps

Lemon Shortbread

Crisps (100%) [Potato

0.7%] Factory handles other allerg Cox & Co Chocolate bar Dark Chocolate [Cocoa Mass, Sugar, Cocoa Butte

SOYA Lecithin), Natural Vanilla Flavouring], Himalayan Salt

n Shortbread (100%) [WHEAT Flour (Gluten), Butter (MILI (MILK, Salt), Sugar, Lemon Zest 1.5%, Natural Lemon Flavouring

BBQ Corn Nibbles

0.2%, ButterOil (MILK). Perserving 75 kcal.

Also Contain Traces of Nuts and Cereals of

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

Chips (100%) [SALTED TORTILLA CHIPS (Com Flour (79%),

Sunflower Oil, Salt) TOMATO SALSA MEXICANA (Tomatoes (50%), Water, Tomato Puree (7%), Spirit Vinegar, Modified Maiz Starch, Jalapeno Peppers (jalapeno Peppers, Water, Distilled

Chips and Dips

Vinegar, Salt (2%), Dried Onion, Sugar, Salt, Dried Red Pepper, Garlic Powder, Cumin Powder, Preservative: Potassium Sorbatt Chili Powder, Oregano, Black Pepper) Gherkin Relish (Gherkin Chill Prowder, Uregano, Biack Pepperi, Gherian Relian (Gherian (40%), Sugar, Water, Onions, Modified Maize Starch, Salt, MUSTAMD Seeds, Ground Ginger, Turmeric SWEETCORN RELISH (Water, Sweetcom (25%), Sugar, Spirit Vinegar, Modified Maize Starch, Dried Onion, Red Peppers, Salt, Lemon Juice Concentrate, Turmeric, Preservative: Potassium Sorbate, Dill wder, Chili Powder, Garlic Powder)]. Perserving 204 kcal. oduced on a site which handles Nuts and Gluten.

Fish and Chips with Pea Croquette CHIPS (Potato, Palm Oil, Dextrose), Battered FISH (Pollock (F (50%), Fortified WHEAT flour (with Calcium Carbonate Iron, Niacin, Thiamine), Water, Rapeseed oil, Salt, WHEAT Starch, Disodium Diphosphate, Sodium Bicarbonate, Yeast, Xanthar

Gum), Dextrose), PEA CROQUETTE: Mix Crumbed (90%) (Pea

te Mix (Green Peas, Potato, Breadcrumbs (WHEAT Flo (with Calcium, Iron, Niacin, Thiamine), Yeast, Salt)), EGG, Cornflour, Salt, Mint, Ground black Pepper), Water, Breadd Panko (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Yeast, Sunflower Oil, Sugar, Salt, Acid E270, Flour Niacin, Thiamin), Rapeseed Oil); Perserving 676 kcal.

Gherkins 8% (contain Firming Agent Calcium Chloride) ers 6%, Modified Starch, Salt, EGG Yolk Pov Concentrated Lemon Juice, Preservative Potassium Sort Thickeners Xanthan Gum, Guar Gum. Per serving 31 kcal ARLEY Malt Vinegar, Salt, BARLEY Malt Extract. Per serving 1.5 kcal stchup: Tomatoes, Spirit Vinegar, Sug

nd Herb Extract (contain CELERY), spice very effort has been taken to remove bor smain. All items are manufactured in the s roducts that may contain other allergens

WHEAT (11%) (Water, Bulgur WHEAT), TOMATO (9%), FLAT LEAF PARSLEY (8%), LEMON JUICE (6%) [Lemon Juice From Concentrate, Preservative (Potassium Metabis**ULPHTE)**, Spring Onion, Red Onion, Sunflower Oil, Coriander, Mint Sauce (Water, Spirit Vinegar, Sugar, Dried Mint, Malt (BARLEY) Vinegar (BARLEY), Salt, Stabilisen (Kanthan Gum), Natural Flavouring, Colours (Copper Chlorophyll, Riboflavin)]), Lemon Wedge (10.7%) Per serving 292 for al er serving 297 kcal.

[durum W

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 Vint Cheddar Cheese (Pasteurised Cow's MILK, Salt Contains Anti Checkar Cheesel/Pasteurised Cow's MILK, SIAT Contains Anti-Caking Agent Solum Ferrocyanide, Vegetarian Remet, Starter Culture) Crispbread (MILK RYEFlour, WHEAT) Four (WHEAT Flour Calcium; Iron, Thiamine, Niacin, WHEAT), Sourdough (RYEFlour, WHEAT), Wateri, 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, Apricots, 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, Balsamic Dressing (Grape Must, Preservativ Potassium Metabi SULPHITE, Red Wine Vinegar), Water, Wine Vinegar, Sea Salt, Sugar, Acidity Regulators: Citric Acid, Glu Delta Lactone, Lactic Acid, Laurel, Firming Agent: Calcium Chloride, Anti Oxidant: Ascorbic Acid, Preservative: Sodium etabi<mark>SULPHITE</mark>)], Pork Sausage Roll (44.3%) [85vl Pork Should (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 Foamin Agent (Polydimethylsiloxane))], Butter (4.9%) [Pasteurised Cows Cream (MILK) 98.49%, Salt 1.5%, Lactic Culture 0.01%), Swiss Per serving 610 kcal. Swiss Ch Mustard and Celery. Fruit stor

Naim's Crack

Sea Salt. Perserving 31 kcal.

Afternoon Tea

ers (GF) Gluten Fr our, Rice Flour, Sustainable Palm Fruit Oil, Tapioca Starch, Mai Starch, Raising Agent: Ammonium Carbonates, Bro

e Plate with GF biscults - 358 kcal

Thiamin), Water, Yeast, Salt, Emulsifiers (Mono And Diglyceride Of Fatty Acids, Mono And Diacetyl Tartaric Acid Esters Of Mo And Diglycerides Of Fatty Acids), Preservative (Calcium Propionate), Rapeseed Oil, Flour Treatment Agent (Ascorbic A Roasted Tomato (3%) [Tomatoes, Sunflower Oil, Salt, Garlic,

Oregano] EGG MAYO AND SPINACH ON MALTED BREAD:

Malted Bread (WHEAT Flour (WHEAT Flour, Calcium Carboi Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, Yeast,

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,

BARLEY Malt Flour, Salt, Emulsifiers (Mono And Diglycerides Of Fatty Acids, Mono And Diacetyl Tartaric Acid Esters Of Mono And Fatty Acids, Proservative Clackers of Hartine Acids Esters Of Monos A Diglycerides Of Fatty Acids), Preservative (Calcium Propionate), Buckwheat Flour, Rapesed Oil, Flour Treatment Agent (Ascorbi Acid)], Free Range Hard Boiled EGG (9%) [EGG, Preservative (Water, Citric Acid, Trisodium Citrate)], Mayonnaise (8%)

[Rapeseed Oil, Water, Pasteurised Liquid Whole EGG, Acidity Regulator (Acetic Acid), Sugar, Salt, Modified Starch, Stabilis (Xanthan Gum), Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate)), Spinach (2%) DOUBLE Cheese (MILIQ SPRINGONION ON WHITE BREAD: White Bread [WHEAT Flo (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 Pro 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) Preservative (Potassium Sorbate)), Mozzarella Cheese (3%, MILL [MILK Anti Caking Agent (Potato Starch)), Coloured CheMull (Cheese (3%, MILLX) (MILLX Anti Caking Agent (Potato Starch), Colour (Beta Carotene)), Spring Onion (1%) IVICTORIA 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 (MILLY) Powder (MILLY), Glucose Syrup,
Salt, Thickener (Xanthan Gum), Flavouring, Skimmed MILK Powder), EGGS, Rapeseed Oil (Rapeseed Oil, Anti Foal (Dimethylpolysiloxane)), Water), Whipping Cream (MILK), Raspberry Jam (Glucose Syrup, Raspberry Purée Concentrate, Raspberries, Gelling Agent (Pectin), Acidity Regulator (Citric Acid)), Caster Sugar, Sweet SnowDust (Dextrose, Sugar, Cornflour, Vegetable Oil), Vanilla Flavouring (Glucose Syrup, Water, Flavouring (Natural And Artificial Flavours), Vanilla, Stabilis (Agar), Colours (Riboflavin, B Carotene))], LEMON SHORTBREAD (19.1%) [WHEAT Flour (GLUTEN), Butter (MILK), (MILK, Salt), Suga

[Potatoes, Cold Pressed Rapeseed Oil, Sea Salt], SWISS CHARD (1.7%), Per serving 807 kcal. rd, Soya and Sulphit that processes eggs, peanuts, nuts, soya, and sulphur dioxide Although every care has been taken to remove all shell, some remain. Micro Red Chard produced on a site that handles Ce

AVANTI WEST COAS

Lemon Zest 1.5%, Natural Lemon Flavouring 0.7%], CRISPS (8.5%)

ontain traces of Tree nuts, Eggs, Sesame, Soya, Hazeir s, Almonds, Cashews, Wainuts, Brazil nuts, Pistachios, Macadamias. Sulphites <10ppm. Pain Au Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin) (Sugar, Cocan Mass, Cocan Butter, Emulsifier (SOYA Lectithin) Natural Vanilla Flavouring), Yeast, Sugar, EGGS, Salt, WHEAT GLUTEN, Floor (WHEAT) Treatment Agents (Alba Amylases, Hemicellulases, Ascorbic Acid]). Perserving 284 kcal. May contain traces of Sesame, Hazelnuts, Pecans, Almonds, Fruit Salad with Greek-style Yogurt Fruit Salad (64.9%) [HONEYDEW MELON (29%), PINEAPPLE Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias.

Adults need around 2000 kcal a day.

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