

Allergen Information Spring Summer- 2024 Globetrotter

Globetrotter Meal Deal 1

Traditional Menu Week 1

Monday

Daily Special 1- Chicken Fajita Wrap with Chips or Potatoes

Chicken (100% Diced Chicken), Onions, Red Peppers, Tomato Puree (Tomatoes), Sugar)), Garlic, Vegetable oil (Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane)), Chilli Powder, Wrap (**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, Thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282), Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures), Lettuce, Boiled Potatoes, Chips (Potato, Sunflower Oil).

Daily Special 2- Vegetable Fajita Wrap (Ve)

Wrap (**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, Thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282), Violife cheese (Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour (B-Carotene), Vitamin B12), Lettuce, Onions, Red Pepper, Mushrooms, Tomato Puree (Tomatoes), Sugar)), Garlic, Vegetable Oil (Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane)), Chilli Powder,

Tuesday

Daily Special 1- Chicken Fried Rice and Curry Sauce with Broccoli

Chicken (100% chicken), Water, Rice (Basmati Rice (100%)), Onions, Peas, Sweetcorn, Carrots, Peppers, Mushrooms, Vegetable oil (Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane)), Vegetable bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Rosemary Extract, Turmeric, Parsley, Flavouring, Pepper), Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory), Broccoli

Curry Sauce (Ve)

Cauliflower, Onions, Courgette, Water, Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), tin coconut milk Coconut Extract (65%), Water, Stabiliser: Guar Gum), Red pepper, Garlic, Ginger, Curry powder (Coriander, Turmeric (24%), Cumin Powder (7%), Salt, Rice Flour, Fenugreek (7%), **MUSTARD** Powder (7%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace), Garam masala (Coriander (38%), Cumin (34%), Dill (7%), Black Pepper, Cinnamon (Cassia), Ginger (6%), Clove), Cornflour (Maize Starch), Salt and pepper.

Daily Special 2- Vegetable Fried Rice and Curry Sauce with Broccoli (Ve)

Rice (Basmati Rice (100%)), Water, Onions, Sweetcorn, Carrots, Peppers, Mushrooms, Vegetable oil (Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane)), Vegetable bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Rosemary Extract, Turmeric, Parsley, Flavouring, Pepper), Water, Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savoury), Broccoli

Curry Sauce (Ve)

Cauliflower, Onions, Courgette, Water, Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), tin coconut milk Coconut Extract (65%), Water, Stabiliser: Guar Gum), Red pepper, Garlic, Ginger, Curry powder (Coriander, Turmeric (24%), Cumin Powder (7%), Salt, Rice Flour, Fenugreek (7%), **MUSTARD** Powder (7%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace), Garam masala (Coriander (38%), Cumin (34%), Dill (7%), Black Pepper, Cinnamon (Cassia), Ginger (6%), Clove), Cornflour (Maize Starch), Salt and pepper.

Wednesday

Daily Special 1- Roast Beef with Gravy, with Yorkshire Pudding, Boiled Potatoes, Carrots and Cabbage

Roast Beef (Beef (80%), Water, Pea Protein, Salt, Stabilisers (E451, E450), Gravy(Potato Starch, Maltodextrin, Palm Oil, Salt, WHEAT Flour (with added Calcium, Iron, Niacin, Thiamin), Colour(E150c), Sugar, Flavourings (contain BARLEY), Flavour Enhancers (E621, E635), Emulsifier(E322) (contains **SOYA**).Yorkshire Pudding (Plain Flour (**WHEAT** Flour ((**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), **MILK, EGG**, Water, Salt, Vegetable oil (Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane), Boiled potatoes, Carrots and Cabbage

Daily Special 2- Spinach, Sweet Potato and Lentil Dahl with Chapati (Ve)

Sweet Potatoes, Red Lentils, Spinach, Red Onion, Vegetable Bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Rosemary Extract, Turmeric, Parsley, Flavouring, Pepper) White Pepper, Water), Garlic, Chilli Powder (Paprika, Chilli Powder (20%)), Turmeric, Cumin, Ginger,

Chapati

Water, **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Wholemeal **Wheat** Flour (**Wheat** Flour, **Wheat** Gluten), Rapeseed Oil, Salt.

Thursday

Daily Special 1-Chicken Carbonara Pasta with Garlic Bread, Broccoli and Sweetcorn

Pasta (Durum **WHEAT** Semolina (100%)), Chicken (100% Diced Chicken), Onions , **MILK**, Plain Flour (**WHEAT** Flour ((**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin))), Flora (Plant oils (sunflower, rapeseed, palm1, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A) Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savoury), Garlic, Vegetable Bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Rosemary Extract, Turmeric, Parsley, Flavouring, Pepper) ,White Pepper, Water)), Broccoli, Sweetcorn (Sweetcorn, water).

Garlic Bread (Ve)

Panini (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid), Flora Margarine ((plant oils (rapeseed, palm1, sunflower 1%, linseed), water, salt 1.35%, plant-based emulsifier (lecithin), faba bean protein, natural flavourings, vitamin A)), Garlic powder, Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory).

Panini May Contain: **Traces of Sesame**

Daily Special 2- Vegetable Pasta Bake with Garlic Bread, Sweetcorn and Broccoli (Ve)

Pasta (Durum **WHEAT** Semolina (100%)), oil, red peppers, yellow peppers, green peppers, onions, garlic, tinned tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Puree (tomatoes), Sugar)), Mixed Herbs ((Marjoram, Thyme, Parsley, Basil, Savory), Violife Cheese (Water, Coconut Oil (23%), Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12), salt and pepper

Garlic Bread

Panini (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid), Flora Margarine ((plant oils (rapeseed, palm1, sunflower 1%, linseed), water, salt 1.35%, plant-based emulsifier (lecithin), faba bean protein, natural flavourings, vitamin A)), Garlic powder, Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory).

Panini May Contain: **Traces of Sesame**

Friday

Daily Special-1 Fish with Chips or Potatoes, Peas and Beans

Breaded **FISH** (Pollack (**FISH**) (50%), **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Maize Starch, Salt, Yeast, Raising Agent (Ammonium Carbonate)), Potatoes, Chips (Potato, Sunflower Oil), peas and beans (Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring), peas, beans (Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring).

Daily Special 2- Bean Chilli with Rice and Peas (Ve)

Canned Tomatoes (Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Water, Cornflour (Maize Starch)), Mixed Beans (Vegetables (51%) in variable proportions (Chick Peas, Baby Green Lima Beans, Borlotti Beans, Red Kidney Beans) Water, Sunflower Oil, Vinegar, Salt, Sugar, Olive Oil, **MUSTARD** Powder, Thyme, Garlic Powder, Ground White Pepper, Pepper Extract, Herb Extracts), Kidney Beans (Red kidney beans, Water), Onion, Peppers, Garlic, Garlic, Paprika, Ground Coriander, Cumin, Sugar, Rice (Basmati Rice (100%)), pea.

Traditional Menu Week 2

Monday

Daily Special 1- Chinese Style Chicken Curry with Chips or Potatoes or Rice and peas

Chicken(100% Diced Chicken), Katsu curry sauce (Water, Tomato Purée from concentrate, Rapeseed Oil, Sugar, Modified Maize Starch, Ginger Purée (3%), Soy sauce (2.5%) (Water, Sugar, Rice Vinegar, **SOYA** Bean, Wheat, Salt), Garlic Purée, Turmeric, Ground Coriander, Salt, Ground Cumin, Acidity Regulator (Citric Acid), Ground Fenugreek, Cardamom, Chilli Powder, Black Pepper, Garlic Powder, Stabiliser (Xanthan Gum), Ground Cassia, Cumin Seed, Ground Fennel, Ground Cloves), Onions, Rice(Basmati Rice (100%)), Chips, Potatoes, peas

Daily Special 2- Savoury Vegetable Rice, Sweetcorn with Sweet Chilli Sauce (Ve)

Water, Rice((Basmati Rice(100%), Onions, Mixed Peppers, Peas, Sweetcorn, Vegetable Oil (Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane)), Vegetable Bouillon((Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Rosemary Extract, Turmeric, Parsley, Flavouring, Pepper, White Pepper, Water)), Garlic Powder, Sweetcorn (sweetcorn, water).

Sweet Chilli Sauce

Sweet Chilli Sauce ((Water, sugar, glucose-fructose syrup, diced pickled red chilli (5%) [red chilli peppers, salt, vinegar], spirit vinegar, modified maize starch, minced garlic (3%), red chilli paste (1.7%) [red chilli peppers, salt, acidity regulator (acetic acid)], garlic puree (1.5%), salt, red pepper flakes, colour (paprika extract).

Tuesday

Daily Special 1- Beef Chilli with Rice and Peas

Beef (100% minced beef), Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Red Kidney Beans (Red Kidney Beans, Water, Firming Agent (Calcium Chloride), Rice (Basmati Rice (100%)), Vegetable Oil ((Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane))), Onion, Garlic, Ground Cumin, Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory), Sugar, Chilli Powder, peas

Daily Special 2- BBQ Vegetable Wrap (Ve)

Wrap (**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, Thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282), Green Pepper, Red Pepper, Onions, Mushrooms, BBQ sauce (Water, Sugar, Tomato Paste, Spirit Vinegar, Barley Malt Vinegar, **SOYA** Sauce [Water, **SOYA** Extract (Water, **SOYA** Bean, Salt, **WHEAT** Flour)], Salt, Glucose, Spirit Vinegar, **BARLEY** Malt Extract], Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavourings (contain **WHEAT**, **CELERY**), Smoke Flavouring, Preservative (Potassium Sorbate), Garlic Powder, Onion Powder), Garlic.

Wednesday

Daily Special 1- Steak Pie with Mashed Potatoes, Carrots and Cabbage

Steak ((100% Diced Steak), Water, Puff Pastry(**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Onions (Diced Onions), Gravy(Potato Starch, Maltodextrin, Palm Oil, Salt, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Colour(E150c), Sugar, Flavourings (contain **BARLEY**), Flavour Enhancers (E621, E635), Emulsifier(E322) (contains **SOYA**), Bouillon((Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Rosemary Extract, Turmeric, Parsley, Flavouring, Pepper, White Pepper, Water)), Garlic Powder), Boiled Potatoes, carrots, cabbage.

Daily Special 2- Roast Vegetable and Bean Parcel with Mashed Potatoes, Carrots and Cabbage (Ve)

Parsnips, Carrots, Puff Pastry (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Red Kidney Beans (Red Kidney Beans, Water, Firming Agent (Calcium Chloride)), Onions, Courgettes, Peppers, Potatoes. Carrots and cabbage

Thursday

Daily Special 1- Macaroni Cheese with Garlic Bread, Peas and Sliced Tomatoes

Macaroni (Durum **WHEAT** Semolina (100%)), **MILK**, Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures), Plain Flour (**WHEAT** Flour ((**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), Margarine (Vegetable oils in varying proportions (59%) (sunflower(36%), palm, linseed, rapeseed), water, salt (1.4%), Flora (Plant oils (sunflower, rapeseed, palm1, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A), peas and sliced tomatoes.

Garlic Bread (Ve)

Panini (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid), Flora Margarine ((plant oils (rapeseed, palm1, sunflower 1%, linseed), water, salt 1.35%, plant-based emulsifier (lecithin), faba bean protein, natural flavourings, vitamin A)), Garlic powder, Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory)

Panini May Contain: **Traces of Sesame**

Daily Special 2- Sweet Chilli Vegetables with Rice (Ve)

Sweet Chilli Sauce ((Water, sugar, glucose-fructose syrup, diced pickled red chilli (5%) [red chilli peppers, salt, vinegar], spirit vinegar, modified maize starch, minced garlic (3%), red chilli paste (1.7%) [red chilli peppers, salt, acidity regulator (acetic acid)], garlic puree (1.5%), salt, red pepper flakes, colour (paprika extract), Mushrooms, Onions, Red Peppers, Green Peppers, Vegetable Oil(Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane)), Rice(Basmati Rice(100%)).

Friday

Daily Special 1- Fish with Chips or Potatoes, Peas, or Beans

Breaded **FISH** (Pollack (**FISH**) (50%), **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Maize Starch, Salt, Yeast, Raising Agent (Ammonium Carbonate)), Potatoes, Chips (Potato, Sunflower Oil), peas and beans (*Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring.*

Daily Special 2- Roasted Vegetable Pizza and Peas (Ve)

Roasted Vegetable Pizza (Ve)

Pizza Slab (**WHEAT** Flour (**WHEAT** Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast (Yeast, Deactivated Yeast), Sugar, salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Tomato Passata). Violife Cheese (Water, Coconut Oil (23%), Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12), Sweetcorn (Sweetcorn, Water), Onions, Peppers. Sauce (Water, Tomatoes (36%) (tomatoes, Tomato Juice, Acidity Regulator: Citric Acid), Onion, Tomato Paste, Cornflour, Sugar, Garlic, Rapeseed Oil, Red Wine, Vinegar, sea Salt, Basil, Coriander, Red Chilli Flakes, Black Pepper, Oregano), peas.

Traditional Menu Week 3

Monday

Daily special 1- Macaroni Cheese with Garlic Bread, Peas, sliced tomatoes (V)

Macaroni (Durum **WHEAT** Semolina (100%)), **MILK**, Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures), Plain Flour (**WHEAT** Flour ((**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), Margarine (Vegetable oils in varying proportions (59%) (sunflower(36%), palm, linseed, rapeseed), water, salt (1.4%), Flora (Plant oils (sunflower, rapeseed, palm1, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A), peas, sliced tomatoes

Garlic Bread (Ve)

Panini (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid), Flora Margarine ((plant oils (rapeseed, palm1, sunflower 1%, linseed), water, salt 1.35%, plant-based emulsifier (lecithin), faba bean protein, natural flavourings, vitamin A)), Garlic powder, Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory).

Panini May Contain: **Traces of Sesame**

Daily Special 2- Mixed Bean Chilli with Rice and Peas (Ve)

Canned Tomatoes (Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Water, Cornflour (Maize Starch)), Mixed Beans (Vegetables (51%) in variable proportions (Chick Peas, Baby Green Lima Beans, Borlotti Beans, Red Kidney Beans) Water, Sunflower Oil, Vinegar, Salt, Sugar, Olive Oil, **MUSTARD** Powder, Thyme, Garlic Powder, Ground White Pepper, Pepper Extract, Herb Extracts), Kidney Beans (Red kidney beans, Water), Onion, Peppers, Garlic, Garlic, Paprika, Ground Coriander, Cumin, Sugar, Rice (Basmati Rice (100%)), peas.

Tuesday

Daily Special 1- Cheese Burger Roll with Chips or Potatoes, beans and Sweetcorn.

Beef Burger (Beef Meat 98.0%, Salt & Pepper Seasoning 2% Salt, Spices (Ground White Pepper, Black Pepper, Cayenne Pepper)), Burger Roll (**WHEAT** Flour, (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Sugar, Rapeseed Oil, Flour Treatment Agents (Ascorbic Acid, L Cysteine), Emulsifiers (Mono and Diglycerides of Fatty Acids, Mono and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids), sweetcorn (Sweetcorn, water), Beans (*Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring*).

Rolls May Contain: **SESAME**

Daily Special 2- Roast Vegetable Pizza with Salad and Sweetcorn (Ve)

Pizza Slab (**WHEAT** Flour (**WHEAT** Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast (Yeast, Deactivated Yeast), Sugar, salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Tomato Passata). Violife Cheese (Water, Coconut Oil (23%), Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12), Sweetcorn (Sweetcorn, Water), Onions, Peppers. Sauce (Water, Tomatoes (36%) (tomatoes, Tomato Juice, Acidity Regulator: Citric Acid), Onion, Tomato Paste, Cornflour, Sugar, Garlic, Rapeseed Oil, Red Wine, Vinegar, sea Salt, Basil, Coriander, Red Chilli Flakes, Black Pepper, Oregano), Sweetcorn (sweetcorn, water).

Wednesday

Daily Special 1- Roast Chicken with Gravy, Yorkshire Pudding and Boiled Potatoes, Carrots and Peas

Roast Chicken (Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates), Gravy (Potato Starch, Maltodextrin, Palm Oil, Salt, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Colour(E150c), Sugar, Flavourings (contain **BARLEY**), Flavour Enhancers (E621, E635), Emulsifier(E322) (contains **SOYA**), Yorkshire Puddings (Plain Flour (**WHEAT** Flour ((**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), **MILK**, **EGG**, Water, Salt, Vegetable Oil (Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane), Potatoes, Carrots, Peas

Daily Special 2- Vegetable Roast with Gravy and Boiled Potatoes, Carrots and Peas (Ve)

Pepper, leeks, carrots, mushrooms, onions, vegetable oil, Violife cheese (Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour (B-Carotene), Vitamin B12), breadcrumbs (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Yeast, Salt), Gravy (Potato Starch, Maltodextrin, Palm Oil, Salt, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Colour(E150c), Sugar, Flavourings (contain **BARLEY**), Flavour Enhancers (E621, E635), Emulsifier(E322) (contains **SOYA**), Carrots and peas.

Thursday

Daily Special 1- Lasagne, Broccoli with Garlic Bread, Sweetcorn and Broccoli

Beef (100% minced beef), Lasagne (Durum **WHEAT** Semolina (100%)), Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Cornflour (Maize Starch), Onions, Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures). **MILK**, tomato puree (tomatoes), water, Flora (Plant oils (sunflower, rapeseed, palm1, linseed), water, salt, plant-based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A), Plain Flour (**WHEAT** Flour ((**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Garlic, Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory), broccoli, sweetcorn (sweetcorn, water)

Garlic Bread (Ve)

Panini (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid), Flora Margarine ((plant oils (rapeseed, palm1, sunflower 1%, linseed), water, salt 1.35%, plant-based emulsifier (lecithin), faba bean protein, natural flavourings, vitamin A)), Garlic powder, Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory).

Panini May Contain: **Traces of Sesame**

Daily Special 2- Lentil Bolognese with Garlic Bread, Sweetcorn and Broccoli (Ve)

Spaghetti (Durum **WHEAT** Semolina (100%)), Lentils, Tinned Tomatoes, Onions, Mushrooms, Carrots, Tomato Puree((Tomatoes), Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory), Garlic, Sweetcorn (sweetcorn, water), Broccoli

Garlic Bread (Ve)

Panini (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid), Flora Margarine ((plant oils (rapeseed, palm1, sunflower 1%, linseed), water, salt 1.35%, plant-based emulsifier (lecithin), faba bean protein, natural flavourings, vitamin A)), Garlic powder, Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory).

Panini May Contain: **Traces of Sesame**

Friday

Daily Special 1- Fish with Chips or Potatoes, Peas, or Beans

Breaded **FISH** (Pollack (**FISH**) (50%), **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Maize Starch, Salt, Yeast, Raising Agent (Ammonium Carbonate)), Potatoes, Chips (Potato, Sunflower Oil), peas, beans (Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring)

Daily Special 2- Sweet Chilli Vegetables with Rice and Peas (Ve)

Sweet Chilli Sauce ((Water, sugar, glucose-fructose syrup, diced pickled red chilli (5%) [red chilli peppers, salt, vinegar], spirit vinegar, modified maize starch, minced garlic (3%), red chilli paste (1.7%) [red chilli peppers, salt, acidity regulator (acetic acid)], garlic puree (1.5%), salt, red pepper flakes, colour (paprika extract), Mushrooms, Onions, Red Peppers, Green Peppers, Vegetable Oil(Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane)), Rice(Basmati Rice(100%)), peas

Globetrotter Meal Deal 1- Pizza, Pasta, Panini

Pizza (V)

Pizza Slab (**WHEAT** Flour (**WHEAT** Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast (Yeast, Deactivated Yeast), Sugar, salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Cheese(Mozzarella (**MILK**), Water, Palm Oil, **MILK** proteins, Modified Starch, Potato Starch, Salt, Acidity Regulator, Lactic acid, Emulsifier: trisodium citrate, fibre, Stabilisers: Carrageenan & Potassium Chloride, Preservative: Potassium Sorbate, Colour: Beta Carotene, Anticaking Agent: Cellulose).

Pasta

Chicken Fajita

Pasta (Durum **WHEAT** Semolina (100%)), Chicken Fajita Sauce (Tomato, Chicken (23%) Red Peppers, Onions, Sugar, Tomato Puree, Cornflour, Lime Juice (Water, Concentrated Lime Juice (20%), Preservative), Vegetarian Chicken Stock (Natural Flavourings, Salt, Sugar, Yeast Extracts, Sunflower Oil) Water Ground Coriander, Sea Salt, Garlic, Rapeseed Oil, Cumin, Smoked Paprika, Lemon Zest, Red Chilli Peppers, Black Pepper).

Tomato and Basil (Ve)

Pasta (Durum **WHEAT** Semolina (100%)), Tomato & Basil Sauce (Tomato (60%) Water, Onions, Tomato Puree, Cornflour, Sugar, Rapeseed Oil, Garlic, Red Wine Vinegar, Basil (1%) Sea Salt, Black Pepper, Oregano).

Panini

Cheese Panini

Panini (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid), Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures).

Panini May Contain: **Traces of Sesame**

Cheese and Chicken Panini

Panini (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid), Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers (Diphosphates, Triphosphates), Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures).

Panini May Contain: **Traces of Sesame**

Cheese and Tuna Panini

Panini (**WHEAT Flour** (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid), **TUNA(FISH)**, Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures).

Globetrotter Menu - Chicken Bar

Chicken Breast

Chicken Breast (Chicken (96%), Water, Rice Starch, Salt, Maltodextrin, Dextrose).

Chicken Goujons

Chicken (56%), **WHEAT** Flour (with added Calcium Carbonate, Iron, Niacin, Thiamin), Water, **GLUTEN (WHEAT)**, Non Hydrogenated Vegetable Oil (Rapeseed & Sunflower), Emulsifier (Polyglycerol Polyricinoleate), Rice Flour, Potato Starch, **WHEAT** Starch, Salt, Burnt Sugar, Breadcrumb (**WHEAT** Flour (with added Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Brine (Water, Salt, Amino Acid (Glycine)), Food Fibre (Oligo-fructose), Maltodextrin, Maize Flour, Vegetable Protein (**WHEAT**), Yeast, Colour (Paprika Extract), Spice Extract (Turmeric), Raising Agent (Sodium Hydrogen Carbonate), Emulsifier (Disodium Diphosphate), Stabiliser (Hydroxypropyl Methylcellulose).

Southern Fried Chicken Goujons

Chicken Breast (57%), **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Breadcrumb (**WHEAT** Flour (with added Calcium Carbonate, Iron, Niacin, Thiamine), Water, Salt, Yeast), Water, **WHEAT (GLUTEN)**, Non Hydrogenated Vegetable Oil (Rapeseed & Sunflower), Emulsifier (Polyglycerol Polyricinoleate), Rice Flour, Spices (Pepper, Garlic, Paprika, Chilli Pepper, Cardamom, Turmeric, Nutmeg, Cayenne, Cumin, Oregano), Maize Starch, Dextrose Monohydrate, **WHEAT** Starch, Potato Starch, Caramel, Salt, Food Fibre (Chicory), Maltodextrin, Stabiliser (Triphosphate), Maize Flour, Vegetable Protein (**WHEAT** Protein Hydrolysate), Dehydrated Onion, Raising Agent (Sodium Hydrogen Carbonate), Emulsifier (Disodium Diphosphate), Stabiliser (Methylcellulose), Colour (Paprika Extract).

Rice

Rice (Basmati Rice (100%)).

Wrap

WHEAT flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, thiamine), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282).

Sub Roll

WHEAT flour (**WHEAT**, stabiliser: calcium carbonate (E170(i), iron, Thiamin (B1), nicotinic acid), Water, fibre supplement, yeast, salt, vegetable shortening (water, vegetable oils (rapeseed & palm), salt, emulsifier: E471, acidity regulator: citric acid (E330)), **SEMOLINA**, dough conditioner (**WHEAT** flour, emulsifier: E472e, **SOYA** flour, yeast nutrient E516, flour treatment agent: E300, rapeseed, enzymes).

Sauces

Sweet Chilli

Water, sugar, glucose-fructose syrup, diced pickled red chilli (5%) [red chilli peppers, salt, vinegar], spirit vinegar, pickled garlic pulp (3%) [garlic, water, salt, acidity regulators (acetic acid, citric acid)].

Curry Sauce

Cauliflower, Onions, Courgette, Water, Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), tin coconut milk Coconut Extract (65%), Water, Stabiliser: Guar Gum), Red pepper, Garlic, Ginger, Curry powder (Coriander, Turmeric (24%), Cumin Powder (7%), Salt, Rice Flour, Fenugreek (7%), **MUSTARD** Powder (7%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace), Garam masala (Coriander (38%), Cumin (34%), Dill (7%), Black Pepper, Cinnamon (Cassia), Ginger (6%), Clove), Cornflour (Maize Starch), Salt and pepper.

Mayo

Mayonnaise (Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range **EGG** yolk (1.5%), citrus fibre, skimmed **MILK** powder, natural flavourings (contains **MILK, MUSTARD**), thickeners (guar gum, xanthan gum), lemon juice concentrate, **MUSTARD** flour, antioxidant (calcium disodium EDTA), paprika extract).

Garlic Mayo

Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, **EGG** Yolk Powder (**EGG** Yolk Powder, Salt, Maltodextrin), Salt, Stabiliser (Xanthan Gum), Acidity Regulator (Acetic Acid), Lactic Acid, Garlic Extract, Preservative (Potassium Sorbate), Colour (Mixed Carotenoids).

BBQ

BBQ sauce (Water, Sugar, Tomato Paste, Spirit Vinegar, Barley Malt Vinegar, **SOYA** Sauce [Water, **SOYA** Extract (Water, **SOYA** Bean, Salt, **WHEAT** Flour)], Salt, Glucose, Spirit Vinegar, BARLEY Malt Extract], Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavourings (contain **WHEAT, CELERY**), Smoke Flavouring, Preservative (Potassium Sorbate), Garlic Powder, Onion Powder).

Tomato Sauce

Water, Glucose-Fructose Syrup, Tomato Paste (8%), Modified Maize Starch, Sugar, Acidity Regulators (Acetic Acid, Citric Acid), Salt, Colours (Beetroot Red, Curcumin), Tomato Spice Blend (Salt, Clove Extract, Flavouring, Cayenne Extract), Preservative (Potassium Sorbate), Seasoning Blend (Tomato Powder, Dextrose, Salt, Nutmeg Extract, Onion Extract), Sweetener (Sodium Saccharin), Caramelised Sugar Syrup.

Sweet Chilli Sauce

Sweet Chilli Sauce ((Water, sugar, glucose-fructose syrup, diced pickled red chilli (5%) [red chilli peppers, salt, vinegar], spirit vinegar, modified maize starch, minced garlic (3%), red chilli paste (1.7%) [red chilli peppers, salt, acidity regulator (acetic acid)], garlic puree (1.5%), salt, red pepper flakes, colour (paprika extract)).

Katsu Curry Sauce

Water, Tomato Purée from concentrate, Rapeseed Oil, Sugar, Modified Maize Starch, Ginger Purée (3%), **SOY** sauce (2.5%) (Water, Sugar, Rice Vinegar, **SOYA** Bean, Wheat, Salt), Garlic Purée, Turmeric, Ground Coriander, Salt, Ground Cumin, Acidity Regulator (Citric Acid), Ground Fenugreek, Cardamom, Chilli Powder, Black Pepper, Garlic Powder, Stabiliser (Xanthan Gum), Ground Cassia, Cumin Seed, Ground Fennel, Ground Cloves.

Salad

Coleslaw

Cabbage, carrot, onions, Mayonnaise (Water, Rapeseed Oil, Sugar, Spirit Vinegar, Stabilisers (Modified Maize Starch, Xanthan Gum), **EGG** Yolk Powder (1.5%), Salt, Acidity Regulators (Acetic Acid, Lactic Acid), Preservatives (Potassium Sorbate), Colour (Mixed Carotenoids)).

Beetroot

Beetroot, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid).

Lettuce

Lettuce (Ve)

Tomato

Tomatoes (Ve)

Cucumber

Cucumber (Ve)

Pepper

Pepper (Ve)

Red Onion

Red Onion (Ve)

Cheese

Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures.

Soup

Lentil Soup (Ve)

Water, Red Lentils, Carrots, Turnip, Onions, Leeks, Vegetable bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Rosemary Extract, Turmeric, Parsley, Flavouring, Pepper), White Pepper, Water).

Globetrotter Meal Deal-2

Deli/Express

Baked Potato

Baked Potato (Potato)

Bread Roll

Wholemeal **WHEAT** Flour (45%), **WHEAT** Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin) (45), Dried Yeast, **SOYA** Flour, Vegetable Oil Blend (Palm & Rapeseed Oil), Salt, Emulsifier (**WHEAT** Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), E472(e), E516, E300), Dextrose.

Allergens: SOYA, WHEAT

Baguette

WHEAT flour, water, yeast, salt, **WHEAT GLUTEN**, flour treatment agent: E300, enzymes, malted **WHEAT** flour.

May contain: **EGG, SESAME**

Wrap

WHEAT flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, Thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282).

Deli Roll

WHEAT flour [**WHEAT**, stabiliser: calcium carbonate (E170(i), iron, thiamine (B1), nicotinic acid], water, **WHEAT** flour, **WHEAT** fibre, yeast, salt, vegetable shortening [water, vegetable oils (rapeseed & palm), salt, emulsifier: E471, acidity regulator: citric acid (E330)], **SEMOLINA**, dough conditioner [WHEAT flour, emulsifier: E472e, **SOYA** flour, yeast nutrient E516, flour treatment agent: E300, rapeseed, enzymes].

Sandwich

Water, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin) (31%), Wholemeal Flour (**WHEAT**) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, **WHEAT** Protein, **SOYA** Flour, Emulsifiers: E472e, E471; Preservative: E282, Flour Treatment Agent: Ascorbic Acid

May Contain: **SESAME**

Cold Pasta

Durum **WHEAT** Semolina (100%).

Fillings

Tuna Mayo

Tuna ((**FISH**), Water, Salt), Mayonnaise (Water, Rapeseed Oil, Sugar, Spirit Vinegar, Stabilisers (Modified Maize Starch, Xanthan Gum), **EGG** Yolk Powder (1.5%), Salt, Acidity Regulators (Acetic Acid, Lactic Acid), Preservatives (Potassium Sorbate), Colour (Mixed Carotenoids)).

Cheese (V)

Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures.

Cheese Savoury(V)

Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures), Mayonnaise (Water, Rapeseed Oil, Sugar, Spirit Vinegar, Stabilisers (Modified Maize Starch, Xanthan Gum), **EGG** Yolk Powder (1.5%), Salt, Acidity Regulators (Acetic Acid, Lactic Acid), Preservatives (Potassium Sorbate), Colour (Mixed Carotenoids)), Peppers, Onions.

Sliced Chicken

Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers (Diphosphates, Triphosphates)

Cooked Chicken Breast

Chicken Breast (Chicken (96%), Water, Rice Starch, Salt, Maltodextrin, Dextrose).

Coronation Chicken

Chicken Breast (Chicken (96%), Water, Rice Starch, Salt, Maltodextrin, Dextrose), Mayonnaise (Water, Rapeseed Oil, Sugar, Spirit Vinegar, Stabilisers (Modified Maize Starch, Xanthan Gum), **EGG** Yolk Powder (1.5%), Salt, Acidity Regulators (Acetic Acid, Lactic Acid), Preservatives (Potassium Sorbate), Colour (Mixed Carotenoids)), curry powder (Coriander, Turmeric (24%), Cumin Powder (7%), Salt, Rice Flour, Fenugreek (7%), **MUSTARD** Powder (7%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace).

Egg Mayo (V)

EGG, Mayonnaise (Water, Rapeseed Oil, Sugar, Spirit Vinegar, Stabilisers (Modified Maize Starch, Xanthan Gum), **EGG** Yolk Powder (1.5%), Salt, Acidity Regulators (Acetic Acid, Lactic Acid), Preservatives (Potassium Sorbate), Colour (Mixed Carotenoids)).

Salmon Mayo

Salmon (Pink Salmon (FISH), Salt), Mayonnaise (Water, Rapeseed Oil, Sugar, Spirit Vinegar, Stabilisers (Modified Maize Starch, Xanthan Gum), **EGG** Yolk Powder (1.5%), Salt, Acidity Regulators (Acetic Acid, Lactic Acid), Preservatives (Potassium Sorbate), Colour (Mixed Carotenoids), **EGG** Yolk Powder (1.5%), Salt, Acidity Regulators (Acetic Acid, Lactic Acid), Preservatives (Potassium Sorbate), Colour (Mixed Carotenoids)).

Vegetable/Salad

Baked Beans (Ve)

Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring.

Coleslaw

Cabbage, carrot, onions, Mayonnaise (Water, Rapeseed Oil, Sugar, Spirit Vinegar, Stabilisers (Modified Maize Starch, Xanthan Gum), **EGG** Yolk Powder (1.5%), Salt, Acidity Regulators (Acetic Acid, Lactic Acid), Preservatives (Potassium Sorbate), Colour (Mixed Carotenoids)).

Beetroot (Ve)

Beetroot, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid).

Lettuce

Lettuce (Ve)

Tomato

Tomato (Ve)

Cucumber

Cucumber (Ve)

Pepper

Pepper (Ve)

Onion

Onion (Ve)

Cheese (V)

Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures.

Sauces

Mayo

Mayonnaise (Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range **EGG** yolk (1.5%), citrus fibre, skimmed **MILK** powder, natural flavourings (contains **MILK, MUSTARD**), thickeners (guar gum, xanthan gum), lemon juice concentrate, **MUSTARD** flour, antioxidant (calcium disodium EDTA), paprika extract).

Garlic Mayo

Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, **EGG** Yolk Powder (**EGG** Yolk Powder, Salt, Maltodextrin), Salt, Stabiliser (Xanthan Gum), Acidity Regulator (Acetic Acid), Lactic Acid, Garlic Extract, Preservative (Potassium Sorbate), Colour (Mixed Carotenoids).

BBQ

BBQ sauce (Water, Sugar, Tomato Paste, Spirit Vinegar, Barley Malt Vinegar, **SOYA** Sauce [Water, **SOYA** Extract (Water, **SOYA** Bean, Salt, **WHEAT** Flour)], Salt, Glucose, Spirit Vinegar, **BARLEY** Malt Extract], Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavourings (contain **WHEAT, CELERY**), Smoke Flavouring, Preservative (Potassium Sorbate), Garlic Powder, Onion Powder).

Sweet Chilli

Water, sugar, glucose-fructose syrup, diced pickled red chilli (5%) [red chilli peppers, salt, vinegar], spirit vinegar, pickled garlic pulp (3%) [garlic, water, salt, acidity regulators (acetic acid, citric acid)].

Tomato Sauce

Water, Glucose-Fructose Syrup, Tomato Paste (8%), Modified Maize Starch, Sugar, Acidity Regulators (Acetic Acid, Citric Acid), Salt, Colours (Beetroot Red, Curcumin), Tomato Spice Blend (Salt, Clove Extract, Flavouring, Cayenne Extract), Preservative (Potassium Sorbate), Seasoning Blend (Tomato Powder, Dextrose, Salt, Nutmeg Extract, Onion Extract), Sweetener (Sodium Saccharin), Caramelised Sugar Syrup.

Soup

Lentil Soup (Ve)

Water, Red Lentils, Carrots, Turnip, Onions, Leeks, Vegetable bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Rosemary Extract, Turmeric, Parsley, Flavouring, Pepper), White Pepper, Water).

Desserts

Fruit Pot (Ve)

Kiwi, Strawberries, Pineapples, Melon, Grapes

Yogurt

Strawberry Yogurt(V)

Yogurt (**MILK**) (89%), Sugar, Fruit (3.9%) (Strawberry, Strawberry Puree), Modified Maize Starch, Glucose Syrup, Stabilisers (Guar Gum, Pectin), Blackcurrant Juice from Concentrate, Acidity Regulators (Citric Acid, Sodium Citrate), Flavouring, Colour (Anthocyanin).

Toffee Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Water, Modified Maize Starch, Stabilisers (Guar Gum, Pectin), Caramelised Sugar Syrup, Flavourings, Coffee Extract, Acidity Regulator (Citric Acid).

Alpro Yogurt (Ve)

Water, Hulled **SOYA** beans (8.7%), Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2)

May contain: **ALMONDS, BRAZIL NUT, CASHEW NUT, HAZELNUT, MACADAMIA/QUEENSLAND NUT, NUTS, PECAN NUT, PISTACHIO AND WALNUT**

Desserts

Flapjack (Ve)

Wholegrain **OAT** Flakes (50%), Vegetable Oil Blend (Palm & Rapeseed Oil), Sugar, Dried Glucose, Dextrose, Flavouring, Salt, Flavouring

May Contain: **MILK, EGG, SOYA, WHEAT**

Homemade Tiffin (V)

Condensed milk (MILK, sugar), Digestives (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Palm Oil, Wholemeal **WHEAT** Flour, Sugar, Partially Inverted Refiners Syrup, Whey Powder (**MILK**), Raising Agent(Sodium Hydrogen Carbonate, Ammonium Hydrogen Carbonate), Rapeseed Oil, Salt, Flora (Plant oils (sunflower, rapeseed, palm1, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A), Cocoa Powder (100% Cocoa Powder).

Chocolate Brownie (V)

Chocolate Fudge Brownie (**WHEAT** Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Reduced Fat Cocoa Powder (5%), Dried Whole **EGG** Powder, Dried Glucose, Salt, Emulsifier (Rice Starch, E475, E471), Chocolate Flavouring (0.06%), Flavouring, Natural Flavouring).

May Contain: **MILK, SOYA**

Chocolate Muffin (V)

WHEAT Flour (Contains: Calcium, Iron, Niacin, Thiamin), Sugar, Reduced Fat Cocoa Powder (8.2%), Dried Whole **EGG** Powder, Palm Oil, Butter **MILK** Powder, Raising Agent (E450, E500), Flavouring (Contains MILK), Thickener (Xanthan Gum).

May Contain: **SOYA**.

Vanilla Muffin (Ve)

WHEAT Flour (Contains: Calcium, Iron, Niacin, Thiamin), Sugar, Dried Whole **EGG** Powder, Butter **MILK** Powder, Palm Oil, Raising Agents (E450, E500), Flavouring, Thickener (Xanthan Gum).