

Café San Remo



Menu Ingredients And Allergen Information

Issue 1 Apr-2015

The following pages list the ingredients used in our Café Menus, together with Allergens which are highlighted in BOLD CAPITALS.

All our food is prepared with love and care; we use good quality and fresh ingredients.

Although we pay particular attention when preparing food, small bones may be found in chicken or fish dishes, so it's always good to be careful.

The Frying oil we use is suitable for both vegetarians and vegans (Ingredients: SOYA bean oil (produced from genetically modified SOYA), Dimethylpolysiloxane (E900) – Antifoaming Agent.)

Please use these pages to check the ingredients we use to prepare our food. If you're allergic to something and are not completely satisfied with the information provided, please don't hesitate to double check with us when ordering!

Note: Not all items are available in all branches.

Breakfast Menu

Big Breakfast

Bacon: (Blue Label Unsmoked Bacon – Pork (85%), Water, Salt, Antioxidant (Sodium Ascorbate), Preservatives (Sodium Nitrite, Potassium Nitrate)

Cumberland Sausage: Pork (20%), Chicken msm (18%), Beef (12%), Water, Rusk (**WHEAT** Flour, Salt, e503-ii), Potato Starch, Salt, Herbs, Emulsifier Disodium Diphosphate (e450a), **WHEAT** Flour, Flavour Enhancer (e621), Spices, Flavouring Preparation (Spices & Herbs Extracts), Preservative (e223) (**SULPHUR DIOXIDE**), and Cereals containing **GLUTEN**).

Heinz Beans: Beans (51%), Tomatoes (34%), Water, Sugar, Spirit Vinegar, Modified Corn Flour, Salt, Spice Extract, Herb Extract.

EGG: Fresh farm **Egg**

Tomatoes: Grilled Tomato

Mushrooms: Mushrooms, Vegetable Oil and Salt

Toast: Served with Butter (Rapeseed Oil, Reconstituted **BUTTERMILK** (28%), Palm Oil, Water, Salt (1.6%), Emulsifier: Mono and Di-Glycerides Of Fatty Acids, Stabiliser: Sodium Alginate, Preservative: Potassium Sorbate, Vitamin A&D, Flavouring, Colour: Carotenes.

White Bread: **WHEAT** Flour (With Calcium, Iron, Niacin (B3) and Vitamin (B1)), Water, Yeast, Salt, Vinegar, Vegetable Oils (Rapeseed, Palm) **SOYA** Flour, Emulsifier: E472e; Preservative: Calcium Propionate (added to inhibit mould growth); Flour Treatment Agent: Ascorbic Acid (Vitamin C).

Brown Bread: Wholemeal **WHEAT** Flour, Water, Kibbled Malted **WHEAT**, **WHEAT** Protein. Yeast, Sugar, Salt, Vegetable Oils (Rapeseed, Palm), Malted **BARLEY** Flour, Vinegar, Emulsifiers: E472e; **SOYA** Flour, Preservative: Calcium Propionate (added to inhibit mould growth); Flour Treatment Agent: Ascorbic Acid (Vitamin C). With 61% Wholegrain (Wholemeal **WHEAT** Flour, Kibbled Malted **WHEAT**, Malted **BARLEY** Flour).

VEGGIE Breakfast

Veggie Sausage: Rehydrated Textured **WHEAT** Protein (84%), Palm Oil, Seasoning (**SULPHITES**) (Dextrose, Salt, Flavourings, Onion Powder, Yeast Extract, Colour: Red Iron Oxide), Rusk (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Salt, Raising Agent: Ammonium Hydrogen Carbonate), Pea Protein, Rapeseed Oil, Stabiliser: Methyl Cellulose; **WHEAT GLUTEN**, Sunflower Oil.

Heinz Beans: Beans (51%), Tomatoes (34%), Water, Sugar, Spirit Vinegar, Modified Corn flour, Salt, Spice Extract, Herb Extract.

EGG: Fresh farm **Egg**

Tomatoes: Grilled Tomato

Mushrooms: Mushrooms, Vegetable Oil and Salt.

Toast: Served with Butter (Rapeseed Oil, Reconstituted **BUTTERMILK** (28%), Palm Oil, Water, Salt (1.6%), Emulsifier: Mono and Di-Glycerides Of Fatty Acids, Stabiliser: Sodium Alginate, Preservative: Potassium Sorbate, Vitamin A&D, Flavouring, Colour: Carotenes.

White Bread: (**WHEAT** Flour (With Calcium, Iron, Niacin (B3) And Vitamin (B1)), Water, Yeast, Salt, Vinegar, Vegetable Oils (Rapeseed, Palm) **SOYA** Flour, Emulsifier: E472e; Preservative: Calcium Propionate (added to inhibit mould growth); Flour Treatment Agent: Ascorbic Acid (Vitamin C).

Brown Bread: (Wholemeal **WHEAT** flour, water, kibbled malted **WHEAT**, **WHEAT** protein. Yeast, Sugar, Salt, Vegetable Oils (Rapeseed, Palm), Malted **BARLEY** Flour, Vinegar, Emulsifiers: E472e; **SOYA** Flour, Preservative: Calcium Propionate (added to inhibit mould growth); Flour Treatment Agent: Ascorbic Acid (Vitamin C). With 61% Wholegrain (Wholemeal **WHEAT** Flour, Kibbled Malted **WHEAT**, Malted **BARLEY** Flour).

On Toast

Served with Butter (Rapeseed Oil, Reconstituted BUTTERMILK (28%), Palm Oil, Water, Salt (1.6%), Emulsifier: Mono and Di-glycerides of Fatty Acids, Stabiliser: Sodium Alginate, Preservative: Potassium Sorbate, Vitamin A&D, Flavouring, Colour: Carotenes.

White Bread (WHEAT Flour (With Calcium, Iron, Niacin (B3) And Vitamin (B1)), Water, Yeast, Salt, Vinegar, Vegetable Oils (Rapeseed, Palm) SOYA Flour, Emulsifier: E472e; Preservative: Calcium Propionate (Added To Inhibit Mould Growth); Flour Treatment Agent: Ascorbic Acid (Vitamin C).

Brown Bread (Wholemeal WHEAT Flour, Water, Kibbled Malted WHEAT, WHEAT Protein. Yeast, Sugar, Salt, Vegetable Oils (Rapeseed, Palm), Malted BARLEY Flour, Vinegar, Emulsifiers: E472e; SOYA Flour, Preservative: Calcium Propionate (Added To Inhibit Mould Growth); Flour Treatment Agent: Ascorbic Acid (Vitamin C). With 61% Wholegrain (Wholemeal WHEAT Flour, Kibbled Malted WHEAT, Malted BARLEY Flour).

EGG: Scrambled EGG Contains MILK And Butter (Rapeseed Oil, Reconstituted BUTTERMILK (28%), Palm Oil, Water, Salt (1.6%), Emulsifier: Mono And Di-Glycerides Of Fatty Acids, Stabiliser: Sodium Alginate, Preservative: Potassium Sorbate, Vitamin A&D, Flavouring, Colour: Carotenes.

Heinz Beans: Beans (51%), Tomatoes (34%), Water, Sugar, Spirit Vinegar, Modified Corn Flour, Salt, Spice Extract, Herb Extract.

Tomatoes: Grilled Tomato

Mushrooms: Mushrooms, Vegetable Oil and Salt

Breakfast Bap

Flour, Softi (Improver), Water, Sugar, 24hr old Dough Mix (Flour Softi, Sugar, Water,)) Served with Butter (Rapeseed Oil, Reconstituted BUTTERMILK (28%), Palm Oil, Water, Salt (1.6%), Emulsifier: Mono And Di-Glycerides Of Fatty Acids, stabiliser: Sodium Alginate, Preservative: Potassium Sorbate, Vitamin A&D, Flavouring, Colour: Carotenes.

Bacon: Blue Label Unsmoked Bacon – Pork (85%), Water, Salt, Antioxidant (Sodium Ascorbate), Preservatives (Sodium Nitrite, Potassium Nitrate).

Sausage: Water, Chicken (31%), Rusk (**WHEAT** Flour, Water, Salt, Anti-Cracking Agent (E503ii)), Chicken Fat, Chicken Skin, Seasoning: **WHEAT** Flour, Salt, **WHEAT GLUTEN**, Dextrose, Flavour, Enhancer (E621), Preservative (E223) (Contains **SULPHITES**), Emulsifiers (E450, E451), Flavouring, Spice And Herb Extracts, Antioxidant (E301, E331), Spice (White Pepper)).

EGG: Fresh Farm **EGG**.

Veggie Sausage: Rehydrated Textured **WHEAT** Protein (84%), Palm Oil, Seasoning (**SULPHITES**) (Dextrose, Salt, Flavourings, Onion Powder, Yeast Extract, Colour: Red Iron Oxide), Rusk (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Salt, Raising Agent: Ammonium Hydrogen Carbonate), Pea Protein, Rapeseed Oil, Stabiliser: Methyl Cellulose; **WHEAT GLUTEN**, Sunflower Oil).

Lunch Menu

Jacket Potato

Baked with Vegetable Oil and Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must, Colour (**SULPHITE** Ammonia Caramel, Antioxidant (Potassium **METABISULPHITE**), Served With Salad (Lettuce, Tomatoes And Cucumber), Butter (Rapeseed Oil, Reconstituted **BUTTERMILK** (28%), Palm Oil, Water, Salt (1.6%), Emulsifier: Mono And Di-Glycerides Of Fatty Acids, Stabiliser: Sodium Alginate, Preservative: Potassium Sorbate, Vitamin A&D, Flavouring, Colour: Carotenes.

Tuna: John West Tuna, Water, Salt) **MAYO** (Hellman's – Rapeseed Oil (78%), Free Range Pasteurised **EGG** And **EGG** Yolk (7.9%), Water, Spirit Vinegar, Sugar, Salt, Lemon Juice, Flavouring, Antioxidant (Calcium Disodium Edta), Paprika Extract) And **SWEET CORN**.

Cheddar Cheese: Cow's **MILK**.

Heinz Beans: Beans (51%), Tomatoes (34%), Water, Sugar, Spirit Vinegar, Modified Corn Flour, Salt, Spice Extract, Herb Extract.

Chilli con Carne: Beef Mince, Chopped Tomatoes (Tomatoes (60%), Tomato Juice, Acidity Regulator: Citric Acid), Passata (Tomatoes (99%), Salt, Citric Acid), Red Kidney Beans (Red Kidney Beans, Water, Firming Agent: Calcium Chloride), Peppers, Onion, Carrot, **CELERY**, Wine, Salt, Sugar, Basil And Beef Stock (Salt, Vegetable Fats, Potato Starch, Sugar, Beef Extract (4%), Yeast Extract, Flavourings, Onion Powder, Colour (Plain Caramel), Maltodextrin, Parsley Leaves, Carrot, Spices (Parsley Roots, **CELERY** Seeds), Dextrose), Chilli (Pepper Mash (Habanero Peppers, Scotch Bonnet Peppers, Salt, Acetic Acid) (64%), Water, Acetic Acid, Salt, Onion, Mustard, Modified Maize Starch, Stabiliser: Xanthan Gum (E415).

Prawns: Prawns (*Pandalus Borealis*) (*Crustaceans*), Salt) in **Marie Rose Sauce** (Mayo - Hellmans – Rapeseed Oil (78%), Free Range Pasteurised **EGG** and **EGG** Yolk (7.9%), Water, Spirit Vinegar, Sugar, Salt, Lemon Juice, Flavouring, Antioxidant (Calcium Disodium Edta), Paprika Extract) and Ketchup (Water, Tomato Paste (9%), Sugar, Modified Maize Starch, Salt, Acetic Acid, Colour: E163 Anthocyanin, Preservative: Potassium Sorbate, Onion Powder, Sweetener: Aspartame, Garlic Powder, Sweetener: Sodium Saccharin. Contains a source of Phenylalanine.), also made with Prawn Cocktail Sauce (Water, Rapeseed Oil, Spirit Vinegar, Sugar, Glucose Fructose Syrup, Tomato Paste, Modified Potato Starch, Salt, Pasteurised **EGG** Yolk Powder, Spices (Onion Powder, Garlic Powder, Black Pepper), **MUSTARD** Flour, Preservative (Potassium Sorbate), Thickener (Xanthan), Maltodextrin). Please double check with one of the Staff.

Omelette

Made from fresh farm **Eggs** served with Chips (Potatoes, Vegetable Oil and Stabilizer: E450i) or Salad (Lettuce, Tomato and Cucumber)

Ham: Pork Leg, Salt, Dextrose, Emulsifiers: E451, E450, Antioxidant: E301, Preservative: E250

Cheddar Cheese: Cow's **MILK**

Mushrooms: Mushrooms, Vegetable Oil and Salt

Halal Beef Burger

Beef (90%), Onion, Red Pepper, Seasoning (contains: Salt, Cracked Black Pepper, Flavour Enhancer (Monosodium Glutamate), Preservative (Sodium MetabisULPHITE), Antioxidants (Sodium Ascorbate, Trisodium Citrate)). Sauce (contains: water, Acidity Regulator (Acetic Acid), Spirit Vinegar, Salt, Sugar, Garlic Powder, Colour (Ammonia Caramel), Cayenne Powder, Thick Sauce Spice (Salt, Spice Extracts (Cayenne, Cinnamon, Clove, Coriander, Ginger, Pimento), Garlic Extract, Flavouring), Flavouring) Allergy advice: For Allergens, including Cereals containing **GLUTEN**-served with **Chips** (Potatoes, Vegetable Oil and Stabiliser: E450i) or **Salad** (Lettuce, Tomato and Cucumber). Can also be served with **Cheese** (Water, Cheese (**MILK**) (20%), Palm Oil, **MILK** Proteins, Emulsifying Salt (Trisodium Citrate) Natural Flavouring, Salt, Preservative (Sorbic Acid), Natural Colours (Beta-Carotene, Paprika Extract) And **Bacon** (Blue Label Unsmoked Bacon – Pork (85%), Water, Salt, Antioxidant (Sodium Ascorbate), Preservatives (Sodium Nitrite, Potassium Nitrate).

Southern Chicken Burger Halal

Chicken (68%), Flour (Rice, **WHEAT**), Water, Refined Palm Oil, Tapioca Starch, Salt, Spices (Chilli, Black Pepper, Coriander), Raising Agents (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate, Tricalcium Phosphate), Stabiliser (Sodium Tripolyphosphate), Whey Powder (from **MILK**), Sugar, Garlic Powder. **WHEAT GLUTEN**, Onion Powder, **EGG** Powder) Cereals containing **GLUTEN** and it may contain traces of Peanuts) **served with Chips** (Potatoes, Vegetable Oil and Stabilizer: E450i) **or Salad** (Lettuce, Tomato and Cucumber)

Classic Hot Dog

Sausage (Water, Chicken (31%), Rusk (**WHEAT** Flour, Water, Salt, Anti-Cracking Agent (E503ii)), Chicken Fat, Chicken Skin, Seasoning: **WHEAT** Flour, Salt, **WHEAT GLUTEN**, Dextrose, Flavour, Enhancer (E621), Preservative (E223) (contains **SULPHITES**), emulsifiers (E450, E451), Flavouring, Spice and Herb Extracts, Antioxidant (E301,

E331), Spice (White Pepper.) served in a **Crusty Baguette** with **Chips** (Potatoes, Vegetable Oil and Stabilizer: E450i) or **Salad** (Lettuce, Tomato and Cucumber)

Sandwiches and Panini

Served with Butter (Rapeseed Oil, Reconstituted BUTTERMILK (28%), Palm Oil, Water, Salt (1.6%), Emulsifier: Mono and Di-glycerides of Fatty Acids, Stabiliser: Sodium Alginate, Preservative: Potassium Sorbate, Vitamin A&D, Flavouring, Colour: Carotenes.

Fillings

Ham: (Pork Leg, Salt, Dextrose, Emulsifiers: E451, E450, Antioxidant: E301, Preservative: E250

Cheddar Cheese: (Cow's MILK)

Tuna: (John West - Tuna, Water, Salt) **Mayo** (Hellman's – Rapeseed Oil (78%), Free Range Pasteurised **EGG** and **EGG** Yolk (7.9%), Water, Spirit Vinegar, Sugar, Salt, Lemon Juice, Flavouring, Antioxidant (Calcium Disodium EDTA), Paprika Extract.) **and Sweet Corn.**

Brie and Cranberry: **Brie** (made from pasteurised MILK) **and Cranberry Sauce** (Sugar Syrup, Cranberries (40%), Water, Gelling Agent (Pectin), Acidity Regulators (Citric Acid, Sodium Citrate, Calcium Citrate), Preservatives (Potassium Sorbate)).

Prawns: (Prawns (*Pandalus Borealis*) (*Crustaceans*), Salt) **in Marie Rose Sauce** (**Mayo** (Hellman's – Rapeseed Oil (78%), Free Range Pasteurised **EGG** And **EGG** Yolk (7.9%), Water, Spirit Vinegar, Sugar, Salt, Lemon Juice, Flavouring, Antioxidant (Calcium Disodium Edta), Paprika Extract) and Ketchup (Water, Tomato Paste (9%), Sugar, Modified Maize Starch, Salt, Acetic Acid, Colour: E163 Anthocyanin, Preservative: Potassium Sorbate, Onion Powder, Sweetener: Aspartame, Garlic Powder, Sweetener: Sodium Saccharin. Contains a source of Phenylalanine.), also made with prawn cocktail sauce (Water, Rapeseed Oil, Spirit Vinegar, Sugar, Glucose Fructose Syrup, Tomato Paste, Modified Potato Starch, Salt, Pasteurised **EGG** Yolk Powder, Spices (Onion Powder, Garlic Powder, Black Pepper), **MUSTARD** Flour, Preservative (Potassium Sorbate), Thickener (Xanthan), Maltodextrin), please double check with one of the Staff.

Chicken Mayo: Breast Chicken with Mayonnaise (Hellman's – Rapeseed Oil (78%), Free Range Pasteurised **Egg** And **Egg** Yolk (7.9%), Water, Spirit Vinegar, Sugar, Salt, Lemon Juice, Flavouring, Antioxidant (Calcium Disodium EDTA), paprika extract.) **and Bacon** (Blue Label Unsmoked Bacon – Pork (85%), Water, Salt, Antioxidant (Sodium Ascorbate), Preservatives (Sodium Nitrite, Potassium Nitrate).

Breads

Ciabatta Panini: (Flour, Malt Flour, Yeast, Olive Oil, Salt and Water)

Crusty Baguette – White: (**WHEAT** Flour, Water, Yeast, Iodised Salt. Produced in a factory where **SOYABEANS, MILK, NUTS, SESAME SEEDS & LUPIN** are being used)

Crusty Baguette – Brown: (**WHEAT** Flour, Water, Whole **WHEAT** Flour, Yeast, Iodised Salt, **GLUTEN (WHEAT)**, Malt Flour (**WHEAT**), Roasted Malt Flour (**WHEAT**), Roasted Malt Flour (**WHEAT**). May contain traces of sesame seed and nuts. Produced in a factory where **SOYABEANS, MILK, NUTS, SESAME SEEDS & LUPIN** are being used).

White Roll: (Flour, Softi (Improver), Water, Sugar, 24hr old Dough (Flour, Softi, Water, Sugar)).

Toasties/Sandwiches – White Bread: (**WHEAT** Flour (With Calcium, Iron, Niacin (B3) And Vitamin (B1)), Water, Yeast, Salt, Vinegar, Vegetable Oils (Rapeseed, Palm) **SOYA** Flour, Emulsifier: E472e; Preservative: Calcium Propionate (Added To Inhibit Mould Growth); Flour Treatment Agent: Ascorbic Acid (Vitamin C).

Toasties/Sandwiches – Brown Bread: (Wholemeal **WHEAT** Flour, Water, Kibbled Malted **WHEAT, WHEAT** Protein. Yeast, Sugar, Salt, Vegetable Oils (Rapeseed, Palm), Malted **BARLEY** Flour, Vinegar, Emulsifiers: E472e; **SOYA** Flour, Preservative: Calcium Propionate (Added To Inhibit Mould Growth); Flour Treatment Agent: Ascorbic Acid (Vitamin C). With 61% Wholegrain (Wholemeal **WHEAT** Flour, Kibbled Malted **WHEAT, Malted BARLEY** Flour).

Salads

Greek Salad

Lettuce, tomato, cucumber, peppers, black olives (water, olives, salt stabiliser: ferrous gluconate) and Feta **CHEESE** (Sheep + Goat **MILK**) **Served With A Toasted Pitta Bread** (**WHEAT** Flour, Water, Salt, Yeast, Preservative (Potassium Sorbet), Contains no Animal Fat- SUITABLE FOR VEGETARIANS).

Chicken Caesar Salad

Grilled Chicken Breast, Lettuce, Croutons (White Bread (**WHEAT** Flour (With Calcium, Iron, Niacin (B3) And Vitamin (B1)), Water, Yeast, Salt, Vinegar, Vegetable Oils (Rapeseed, Palm) **SOYA** Flour, Emulsifier: E472e; preservative: Calcium Propionate (added to inhibit mould growth); Flour Treatment Agent: Ascorbic Acid (Vitamin C) **Or Brown Bread** (Wholemeal **WHEAT** Flour, Water, Kibbled Malted **WHEAT**, **WHEAT** Protein. Yeast, Sugar, Salt, Vegetable Oils (Rapeseed, Palm), Malted **BARLEY** Flour, Vinegar, Emulsifiers: E472e; **SOYA** Flour, Preservative: Calcium Propionate (Added To Inhibit Mould Growth); Flour Treatment Agent: Ascorbic Acid (Vitamin C). With 61% Wholegrain (Wholemeal **WHEAT** Flour, Kibbled Malted **WHEAT**, Malted **BARLEY** Flour)), **Parmesan Shavings** (**MILK**, Salt, Rennet, Preservative: Lysozyme Protein From **EGG**), **Caesar Dressing** (Rapeseed Oil, Water, Maltodextrin, Pasteurized **EGG** Yolk, Medium Fat Hard Cheese(from **MILK**), Sugar, Spirit Vinegar, White Wine Vinegar, Worcestershire Sauce, Garlic Puree (Contains Acidity Regulator: Citric Acid), Salt, Concentrated Lemon Juice, Acidity Regulator (Lactic Acid), Black Pepper, Stabiliser (Xanthan Gum), Dried Onion, Garlic Powder, Preservative (Potassium Sorbate). Worcestershire Sauce contains: Water, Malt Vinegar (From **BARLEY**), Cane Molasses, Acidity Regulator (Acetic Acid), Salt, Tamarind Concentrate, Spices, Colour (Ammonia Caramel), Garlic Powder, Rice Flour), **served with a Toasted Pitta Bread** (**WHEAT** Flour, Water, Salt, Yeast, Preservative (Potassium Sorbet), Contains no Animal Fat- SUITABLE FOR VEGETARIANS).

Tuna Salad

Tuna(John West - Tuna, Water, Salt) **Mayo** (Hellman's – Rapeseed Oil (78%), Free Range Pasteurised **EGG** And **EGG** Yolk (7.9%), Water, Spirit Vinegar, Sugar, Salt, Lemon Juice, Flavouring, Antioxidant (Calcium Disodium Edta), Paprika Extract.) **and**

Sweet Corn Pasta (Durum WHEAT) Salad (Lettuce, Tomato And Cucumber) served with a Toasted Pitta Bread (WHEAT Flour, Water, Salt, Yeast, Preservative(Potassium Sorbet), Contains no Animal Fat- SUITABLE FOR VEGETARIANS)

Kids Meals

Chicken Nuggets

Nuggets (50% Chicken, **WHEAT** Flour, Water, Vegetable Oil (Palm and Sunflower), Maize Flour, Starch, Salt, Raising Agents: Diphosphates, Sodium Carbonates, Glucose Syrup, Rice Flour, Natural Flavouring, Mixed Herbs And Apices, Dextrose, Colour: Curcumin. Contains: **GLUTEN/WHEAT** And **CELERY**. Produced in a factory where **PEANUTS** and **NUTS** elements, Mustard, **MILK**, **SOYA** and **EGGS** are being used.) **served with Chips** (Potatoes, Vegetable Oil and Stabilizer: E450i), **Heinz Beans** (Beans (51%), Tomatoes (34%), Water, Sugar, Spirit Vinegar, Modified Corn Flour, Salt, Spice Extract, Herb Extract) **or Peas**.

Fish Fingers

(Alaska Pollock Fillet (58%), coating (**WHEAT** Flour, Yeast, Water, Salt, Turmeric, Colours: Paprika Extract, Curcumin), Vegetable Oil.) **served with Chips** (Potatoes, Vegetable Oil and Stabilizer: E450i), **Heinz Beans** (Beans (51%), Tomatoes (34%), Water, Sugar, Spirit Vinegar, Modified Corn flour, Salt, Spice Extract, Herb Extract) **or Peas**.

Jacket Potato

For toppings/fillings see Lunch Menu.

Soup of the day

See Special's Menu.

Specials

All soups are served with half Ciabatta, sliced, toasted and buttered (Rapeseed Oil, Reconstituted BUTTERMILK (28%), Palm Oil, Water, Salt (1.6%), Emulsifier: Mono and Di-Glycerides of Fatty Acids, Stabiliser: Sodium Alginate, Preservative: Potassium Sorbate, Vitamin A&D, Flavouring, Colour: Carotenes.

Tomato and Basil Soup

Chopped Tomatoes, Onion, **CELERY**, Parsley, Basil, Salt, Pepper, Sugar Vegetable Stock (Salt, Vegetable Fats (Palm, Shea Butter, Sal Butter), Potato Starch, Yeast Extract, Sugar, Onion Powder (2.3%), Carrots (1.5%), Herbs (Parsley, Tarragon), Spices (**CELERY** Seeds, Garlic, Turmeric, Pepper, Parsley, Roots) Tomato Puree Powder, Red Bell Pepper (0.2%%, Caramel Syrup, Flavourings (contains **CELERY**), Leek, Maltodextrin), Semi Skimmed **MILK**).

Leek and Potato Soup

Leek, Potato, Carrot, Onion, Vegetable Stock (Salt, Vegetable Fats (Palm, Shea Butter, Sal Butter), Potato Starch, Yeast Extract, Sugar, Onion Powder (2.3%), Carrots (1.5%), Herbs (Parsley, Tarragon), Spices (**CELERY** Seeds, Garlic, Turmeric, Pepper, Parsley, Roots) Tomato Puree Powder, Red Bell Pepper (0.2%%, Caramel Syrup, Flavourings (Contain **CELERY**), Leek, Maltodextrin), Salt, Parsley).

Minestrone Soup

Chopped Tomatoes, Cannellini Beans, Carrot, Onion, **CELERY**, Peas, Green Beans, Potato, Vegetable Stock (Salt, Vegetable Fats (Palm, Shea Butter, Sal Butter), Potato Starch, Yeast Extract, Sugar, Onion Powder (2.3%), Carrots (1.5%), Herbs (Parsley, Tarragon), Spices (**CELERY** Seeds, Garlic, Turmeric, Pepper, Parsley, Roots) Tomato Puree Powder, Red Bell Pepper (0.2%%, Caramel Syrup, Flavourings (Contain **CELERY**), Leek, Maltodextrin), Parmesan)

Beef Lasagne

Bolognese Sauce (Beef Mince, Chopped Tomatoes (Tomatoes (60%), Tomato Juice, Acidity Regulator: Citric Acid) Passata (Tomatoes (99%), Salt, Citric Acid), Onion,

Carrot, **CELERY**, Wine, Salt, Sugar, Basil And Beef Stock (Salt, Vegetable Fats, Potato Starch, Sugar, Beef Extract (4%), Yeast Extract, Flavourings, Onion Powder, Colour (Plain Caramel), Maltodextrin, Parsley Leaves, Carrot, Spices (Parsley Roots, **CELERY** Seeds), Dextrose)), White Sauce (**MILK**, Butter (Rapeseed Oil, Reconstituted **BUTTERMILK** (28%), Palm Oil, Water, Salt (1.6%), Emulsifier: Mono and Di-Glycerides of Fatty Acids, Stabiliser: Sodium Alginate, Preservative: Potassium Sorbate, Vitamin A&D, Flavouring, Colour: Carotenes.), **WHEAT** Flour, Salt And Nutmeg) Lasagne Sheet (Durum **WHEAT**. May contain **EGG**), Mozzarella (**MILK**), Cheddar Cheese, Parmesan, Basil) **served with Chips** (Potatoes, Vegetable Oil and Stabilizer: E450i) **or Salad** (Lettuce, Tomato and Cucumber).

Vegetable Lasagne

Aubergine, Courgette, Onion, **CELERY**, Mushroom, Carrot, Tomato, Peppers, White Sauce (**MILK**, Butter (Rapeseed Oil, Reconstituted **BUTTERMILK** (28%), Palm Oil, Water, Salt (1.6%), Emulsifier: Mono and Di-Glycerides of Fatty Acids, Stabiliser: Sodium Alginate, Preservative: Potassium Sorbate, Vitamin A&D, Flavouring, Colour: Carotenes.) **WHEAT** Flour, Salt And Nutmeg) Lasagne Sheet (Durum **WHEAT**, Spinach), Mozzarella (**MILK**), Cheddar Cheese And Parmesan, Basil) **served with Chips** (Potatoes, Vegetable oil and Stabilizer: E450i) **or Salad** (Lettuce, Tomato and Cucumber)

Spaghetti/Fusilli/Penne Pasta

(**DURUM WHEAT/** may contain **EGG**)

Bolognese Sauce

Beef Mince, Chopped Tomatoes (Tomatoes (60%), Tomato Juice, Acidity Regulator: Citric Acid) Passata (Tomatoes (99%), Salt, Citric Acid), Onion, Carrot, **CELERY**, Wine, Salt, Sugar, Basil And Beef Stock (Salt, Vegetable Fats, Potato Starch, Sugar, Beef Extract (4%), Yeast Extract, Flavourings, Onion Powder, Colour (Plain Caramel), Maltodextrin, Parsley Leaves, Carrot, Spices (Parsley Roots, **CELERY** Seeds), Dextrose)).

Tomato Sauce

Chopped tomatoes (Tomatoes (60%), Tomato Juice, Acidity Regulator: Citric Acid) Passata (Tomatoes (99%), Salt, Citric Acid), **CELERY**, Onion, Garlic, Sugar, Salt, Parmesan And Vegetable Stock (Salt, Vegetable Fats (Palm, Shea Butter, Sal Butter), Potato Starch, Yeast Extract, Sugar, Onion Powder (2.3%), Carrots (1.5%), Herbs

(Parsley, Tarragon), Spices (**CELERY** Seeds, Garlic, Turmeric, Pepper, Parsley, Roots) Tomato Puree Powder, Red Bell Pepper (0.2%%, Caramel Syrup, Flavourings (Contain **CELERY**), Leek, Maltodextrin)).

Meat Balls

Beef Mince, Garlic, **EGG**, Parmesan, Bread, Salt, **WHEAT** Flour, **MILK**, Parsley, Mixed Herbs) **In Tomato Sauce** (Chopped Tomatoes (Chopped Tomatoes (Tomatoes (60%), Tomato Juice, Acidity Regulator: Citric Acid) Passata (Tomatoes (99%), salt, Citric Acid), **CELERY**, Onion, Garlic, Sugar, Salt, Parmesan And Vegetable Stock (Salt, Vegetable Fats (Palm, Shea Butter, Sal Butter), Potato Starch, Yeast Extract, Sugar, Onion Powder (2.3%), Carrots (1.5%), Herbs (Parsley, Tarragon), Spices (**CELERY** Seeds, Garlic, Turmeric, Pepper, Parsley, Roots) Tomato Puree Powder, Red Bell Pepper (0.2%, Caramel Syrup, Flavourings (Contain **CELERY**), Leek, Maltodextrin)).

Chicken Kebab

Chicken Breast marinated in Garlic, Mixed Herbs, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must, Colour (**SULPHITE** Ammonia Caramel, Antioxidant (Potassium **METABISULPHITE**), Vegetable Oil) **served in a toasted Pitta Bread with Chips** (Potatoes, Vegetable Oil and Stabilizer: E450i) **or Salad** (Lettuce, Tomato and Cucumber)

Pizza

Base (DURUM **WHEAT** Flour (Semolina), Water, Potato Starch, Salt, Extra Virgin Olive Oil, Natural Yeast, Soy Lecithin Contains **GLUTEN** And **SOYA**) Served With Tomato Sauce (Tomato, Salt, Sugar, Sunflower Oil, Herbs, Spices, Garlic, Citric Acid (E330)) And Mozzarella (**MILK**) Cheese (Cow's **MILK**).

Pepperoni Topping

Tomato Sauce, Mozzarella (**Milk**) Cheese (Cow **Milk**) And Pepperoni (Pork, Salt, Skimmed **Milk** Powder, Dextrose, Spices, Flavourings, Smoke Flavour, Antioxidant (E301), Preservatives (E251-E250).(Made with 118g of Pork per 100g of Salami.).

Margherita Topping

Tomato Sauce and Mozzarella (**MILK**) Cheese (cow's **MILK**)

Vegetarian Topping

Tomato Sauce, Mozzarella (**MILK**) Cheese (cow's **MILK**), Peppers, Onion, Sweet Corn.

Fish'n'Chips

Battered Cod (Cod (50%), **WHEAT FLOUR**, Water, Rapeseed Oil, Salt. **MAIZE STARCH**, **WHEAT STARCH**, raising agents (Diphosphates, Sodium Bicarbonate, Ammonium Carbonate), **MUSTARD Powder**, Yeast Extract, Stabiliser (Xanthan Gum), Yeast. ALLERGENS ADVICE- for allergens, including cereals containing **GLUTEN** and it may also contain **MILK**.) chips (Potatoes, Vegetable Oil and Stabilizer: E450i), **served with an edge of Lemon, Tartare Sauce** (Water, Rapeseed Oil, Glucose-Fructose Syrup, Gherkins(12%), Pasteurised **EGG** Yolk (4,5%), Spirit Vinegar, Modified Maize Starch, Sugar, Capers (1.5%), Acidity Regulator (Acetic Acid), Salt, **MUSTARD Flour**, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Natural Dill Flavouring, Parsley. Gherkins contain: Gherkin, Water, Acidity Regulator (Acetic Acid), Salt, Stabiliser (Xanthan Gum), Firming Agent (Calcium Chloride). Contains: **EGG** and **MUSTARD**) **and Peas**.

Parmigiana

Layers of Aubergine (fried in Vegetable Oil) and Mozzarella (**MILK**) (cow's **MILK**) baked in Tomato Sauce (Chopped Tomatoes (Tomatoes (60%), Tomato juice, Acidity Regulator: Citric Acid) Passata (Tomatoes (99%), Salt, Citric Acid), **CELERY**, Onion, Garlic, Sugar, Salt, Parmesan And Vegetable Stock (Salt, Vegetable Fats (Palm, Shea Butter, Sal Butter), Potato Starch, Yeast Extract, Sugar, Onion Powder (2.3%), Carrots (1.5%), Herbs (Parsley, Tarragon), Spices (**CELERY** Seeds, Garlic, Turmeric, Pepper, Parsley, Roots) Tomato Puree Powder, Red Bell Pepper (0.2%%, Caramel Syrup, Flavourings (Contain **CELERY**), Leek, Maltodextrin.)) **served with Chips** (Potatoes, Vegetable Oil and Stabilizer: E450i) **or Salad** (Lettuce, Tomato and Cucumber).

San Remo Snacks

Sausage Roll

Pastry (Flour, Soft Sugar, 24hr old Dough Mix (Flour, Soft Sugar); Minced Pork, **EGGS**, Bread Crumbs, Onions And Black Pepper).

Spinach Roll

Pastry (Flour, Soft Sugar, 24hr old Dough Mix (Flour, Soft Sugar); Chopped Spinach, Grated Cheese, Cottage Cheese, Onions And **EGGS**).

Vegetable Samosa

Potatoes, Mixed Vegetables (20%, Peas, Carrots), Pastry (**WHEAT** Flour, Water, Salt, Garam Masala And Chilli Powder. Contains: **WHEAT** and **GLUTEN**).

Lamb Samosa

Onions, Lamb (20%, Water, Pea, Starch, Tapioca Starch), Salt, Dextrose, Stabiliser E451, 450, Gelling Agent E407, Acidity Regulators E262, E331, Antioxidant E301, Peas. Pastry (**WHEAT** flour, water, salt, lemon juice, rapeseed oil, cumin powder, salt, garam masala, chilli powder, food colour e124 and e102. Contains **WHEAT** and **GLUTEN**).

Chicken Samosa

Onions, Chicken (20%, Water, **WHEAT** Starch, **SOYA** Protein, Salt, Rusk, Satabiliser E451, Yeast Extract. **CELERY** flavouring: **CELERY** Seed, Sunflower Oil, Spice, Gelling Agent E407), Peas. Pastry (**WHEAT** Flour, Water, Salt, Lemon Juice), Rapeseed Oil, Cumin Powder, Salt, Garam Masala, Chilli Powder, Food Colour E110 and E102. Contains: **WHEAT**, **GLUTEN**, **MILK**, **SOYA** and **CELERY**.

Cakes

Our cakes are handmade in a bakery that handles **NUTS** and **SESAME**.

Carrot Cake

WHEAT flour, fresh carrot (15.8%), brown sugar, icing sugar, rapeseed oil, pasteurised free range **EGG**, full fat soft cheese (**MILK**), unsalted butter (**MILK**), desiccated coconut, **WALNUTS**, raising agents (Disodium diphosphates, sodium bicarbonate), cinnamon, preservative (potassium sorbate), natural flavouring, lemon juice. Contains: **WHEAT**, **GLUTEN**, **EGG**, **MILK** and **SOYA**.

Cappuccino Cake

Sugar, **WHEAT** Flour, Pasteurised Free Range **EGG**, Rapeseed Oil, Icing Sugar, Water, Unsalted Butter (**MILK**), Caramel (Sugar, Glucose Syrup, Sweetened Condensed **MILK**, Water, Unsalted Butter (**MILK**), Golden Syrup, Palm Oil, Salt, Emulsifiers (**SOYA**, Lecithin, Sucrose Esters of Fatty Acids), Natural Flavouring), **WHEAT** Starch, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Potassium Hydrogen Carbonate), Molasses Powder, Emulsifiers (Mono-And Diglycerides of Fatty Acids, Sodium Stearoyl-2 Lactylate), Whey Powder (**MILK**), Modified Potato Starch, Humectants (Glycerol), Cappuccino Beans (Sugar, Cocoa Mass, Cocoa Butter, Coffee Powder, Emulsifier (**SOYA** Lecithin), Glazing Agents (Arabic Gum, Shellac), Natural Flavouring), Coffee Powder, **WHEAT GLUTEN**, Natural Flavouring, Salt, Stabilisers (Sodium Carboxymethylcellulose, Guar Gum), Fat Reduced Cocoa Powder. Contains: **WHEAT**, **GLUTEN**, **EGG**, **MILK** and **SOYA**.

Coffee and Walnut

Sponge (Sugar, **WHEAT** Flour, Pasteurised Free Range **EGG**, Rapeseed Oil, Preservative (Glycerol, Water, Sodium Acetate, Acetic Acids, Natural Lemon Flavouring), Humectants (E450, E500, E501), Molasses Powder, Whey Powder (**MILK**), Emulsifiers (E471, E481), Modified Potato Starch, **WHEAT GLUTEN**, Salt, Stabilisers (E466, E412), Natural Flavouring), Coffee Buttercream (20.8%) (Icing Sugar, Unsalted Butter (**MILK**), Water, Coffee Powder, Glucose Syrup, Sweetened Condensed **MILK**, Golden Syrup, Palm Oil, Salt, Emulsifiers (E322, E473), Natural Flavouring), **WALNUTS** (1%). Contains: **GLUTEN**, **EGG**, **MILK**, **SOYA** and **NUTS**.

Victoria Sponge

Sponge (Sugar, **WHEAT** Flour, Pasteurised Free Range **EGG**, Rapeseed Oil, Preservative (Glycerol, Water, Sodium Acetate, Acetic Acid, Natural Lemon Flavouring), **WHEAT** Starch, Raising Agents (E450, E500, E501), Humectants (E422), Whey Powder (**MILK**), Emulsifiers (E471, E481), Modified Potato Starch, **WHEAT GLUTEN**, Stabiliser (E466, E412), Salt), Buttercream (15.4%) (Icing Sugar, Unsalted Butter (**MILK**), Water), Raspberry Jam (6.4%) (Raspberries, Sugar), Dusting (Dextrose, **WHEAT** Starch, Palm Oil, Flavouring). Contains: **GLUTEN**, **EGG** and **MILK**.

Toffee, Pecan and Cranberries

Sugar, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Sugar, Pasteurised Free Range **EGG**, Rapeseed Oil, Sweetened Dried Cranberries (10%) (Cranberries, Sugar, Sunflower Oil), Water, Full Fat Soft Cheese (**MILK**), Butter (**MILK**), Toffee Pieces (2%) (Glucose Syrup, Sugar, Full Cream Condensed **MILK**, Coconut Oil, Butter (**MILK**), Natural Flavouring, Emulsifiers (**SOYA** Lecithin,)), Caramel (2%) (Sugar, Glucose Syrup, Sweetened Condensed **MILK**, Water, Butter (**MILK**), Golden Syrup, Palm Oil, Salt, Emulsifiers (**SOYA** Lecithin, Sugar, Esters of Fatty Acids), Natural Flavouring), Humectants (Glycerol), Pecans (1%), **WHEAT** Starch, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Potassium Hydrogen Carbonate), Whey Powder (**MILK**), Emulsifiers (Mono- And Diglycerides of Fatty Acids, Sodium Stearoyl-2 Lactylate), Modified Potato Starch, Natural Flavouring, **WHEAT GLUTEN**, Salt, Stabilisers (Sodium Carboxymethylcellulose, Guar Gum), Colour (Caramel)), Lemon Juice (Lemon Juice, Preservative (Potassium METABISULPHITE)). Contains: **GLUTEN**, **MILK**, **EGG** and **SOYA**.

Lemon and Blueberries

Sugar, **WHEAT** Flour, Pasteurised Free Range **EGG**, Rapeseed Oil, Icing Sugar, Water, Blueberry Pieces (6%) (Fruit – Concentrated Apple Puree, Blackberry Juice, Blueberry Puree), Fructose Glucose Syrup, Sugar, Humectants (Glycerol), **WHEAT** Fibre, Acidity Regulators (Citric Acid, Malic Acid), Vegetable Fat, Concentrates (Black Carrot, Blueberry), Gelling Agent (Pectin), Natural Flavouring), Full Fat Soft Cheese (**MILK**), Unsalted Butter (**MILK**), Lemon Juice (1,7%), Humectants (Glycerol), **WHEAT** Starch, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Potassium Hydrogen Carbonate), Whey Powder (**MILK**), **MILK**, Emulsifiers (Mono- And Diglycerides of Fatty Acids, Sodium Stearoyl-2 Lactylate), Modified Potato Starch, Natural Flavouring, **WHEAT GLUTEN**, Salt, Stabilisers (Sodium Carboxymethylcellulose, Guar Gum)). Colour (Cucumin). Contains: **WHEAT**, **GLUTEN**, **EGG** and **MILK**.

Apple & Sultana Crumble

Sponge (**WHEAT** Flour, Sugar, Bramley Apples (14%), **EGG**, Rapeseed Oil, Sultanas (9%), Preservative (Glycerol, Water, Sodium Acetate, Acetic Acid, Natural Lemon Flavouring), **WHEAT** Starch, Raising Agents (E450, E500, E501), Glycerine, Whey Powder (**MILK**) **MILK**., Emulsifiers (E481, E471), Modified Potato Starch, **WHEAT GLUTEN**, Stabilisers (E466, E412), Salt, Cinnamon), Crumble Topping (5%) (Sugar, **WHEAT** Flour, Butter (**MILK**)). Contains: **WHEAT GLUTEN**, **MILK**, and **EGG**.

Butterscotch Cake

Sugar, **WHEAT** Flour, Pasteurized Free Range **EGG**, Rapeseed Oil, Icing Sugar, Water, Unsalted Butter (**MILK**), **MILK**, Toffee Pieces (2.9%) (Glucose Syrup, Sugar, Full Cream Condensed **MILK**, **COCONUT** Oil, Salted Butter (**MILK**)). Flavouring, Emulsifier (**SOYA** Lecithin)), Humectants (Glycerol), Fudge Pieces (1.6%) (Sugar, Full Cream Condensed **MILK**, Fondant, Glucose, Palm Oil, Butter Oil, Flavouring), Caramel Drizzle (Sugar, Glucose Syrup, Sweetened Condensed **MILK**, Water, Unsalted Butter (**MILK**), Golden Syrup, Palm Oil, Salt, Emulsifiers (**SOYA** Lecithin, Sucrose Esters Of Fatty Acid), Flavouring), **WHEAT** Starch, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Potassium Hydrogen Carbonate), Emulsifiers (Mono- And Diglycerides Of Fatty Acids, Sodium Stearoyl-2 Lactylate), Whey Powder (**MILK**), Modified Potato Starch, **WHEAT GLUTEN**, Salt, Stabilisers (Sodium Carboxymethylcellulose, Guar Gum, Natural Flavouring, Colour (Caramel)). Contains **WHEAT**, **GLUTEN**, **EGG**, **MILK** and **SOYA**.

Orange and Cranberry

Sponge (Sugar, **WHEAT** Flour, Pasteurised Free Range **EGG**, Rapeseed Oil, Whey Powder (**MILK**), **MILK**, Modified Potato Starch, Emulsifiers (E471, E481), Raising Agents (E450, E500, E501), Salt, Stabilisers (E466, E412), Preservative (Glycerol, Water, Sodium Acetate, Acetic Acid, Natural Lemon Flavouring), Humectants (E422), Sweetened Dried Cranberries (5%) (Cranberries, Sugar, Sunflower Oil), Orange Zest, Orange Oil), Butter Cream (Icing Sugar, Unsalted Butter (**MILK**), Water), Orange Marmalade (5%) (Seville Oranges, Sugar, Lemon Juice). Contains: **WHEAT**, **GLUTEN**, **EGG** and **MILK**.

Slices

Our slices are handmade in a bakery that handles **NUTS** and **SESAME**

Belgian Chocolate Caramel Shortbread

Caramel (39.2%) (Sugar, Glucose Syrup, Sweetened Condensed **MILK**, Water, Unsalted Butter (**MILK**), Golden Syrup, Palm Oil, Salt, Emulsifiers (Rapeseed Lecithin, Sugar Esters Of Fatty Acids), Flavouring), Belgian **MILK** Chocolate (19.6%) (Sugar, Cocoa Butter, Whole **MILK** Powder, Cocoa Mass, Emulsifier (**SOYA** Lecithin), Flavouring), Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Butter (**MILK**), Sugar, Corn Flour, Salt. Contains: **WHEAT GLUTEN SOYA** and **MILK**.

White Chocolate and Cranberries

Caramel (32%) (Sugar, Glucose Syrup, Sweetened Condensed **MILK**, Water, Butter (**MILK**), Golden Syrup, Palm Oil, Salt, Emulsifiers (Rapeseed Lecithin, Sugar Esters Of Fatty Acids), Flavouring), White Chocolate Flavour Coating (24%) (Sugar, Palm Oil, Whey Powder (**MILK**), Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Emulsifier (**SOYA** Lecithin), Flavouring), Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Butter (**MILK**), Dried Sweetened Cranberries (8%) (Cranberries, Sugar, Sunflower Oil), Sugar, Corn Flour, Salt.

Belgian Chocolate Rocky Road

Belgian Dark Chocolate (25%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavouring), Digestive Biscuits (25%) (**WHEAT** Flour, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate, Tartaric Acid, Disodium Diphosphate, Malic Acid), Partially Inverted Sugar Syrup, Salt, Dried Whey (**MILK**), Dried Malt Extract (**BARLEY**), Inverted Sugar Syrup), Glace Cherries (14%) (Cherries, Glucose-Fructose Syrup, Sugar, Colour (Anthocyanin), Acidity Regulator (Citric Acid), Preservatives (Potassium Sorbate, **SULPHUR DIOXIDE**), Golden Syrup, Butter (**MILK**), Marshmallows (Sugar, Glucose Syrup, Water, Maize Starch, Beef Gelatine, Flavourings, Natural Colour (Beetroot Red)), **HAZELNUTS** (4%), Salt.

Rocky Road

Biscuits (**WHEAT** Flour, Wholemeal **WHEAT** Flour, Dried Whey (**MILK**), Salt, Raising Agents (E500ii, E503ii)), Margarine (Water, Emulsifier (E471), Colours (E100, E160b) Natural Flavouring, Golden Syrup (Inverted Sugar Syrup), Icing Sugar, Cocoa Powder, White Snow Dusting (Dextrose Monohydrate, **WHEAT** Starch Flavouring). Mini Marshmallows (Glucose-Fructose Syrup, Sugar, Gelatine, Anti Caking Agent: Maize Starch Flavouring Colours (E162). Contains: **GLUTEN** and **MILK**.

Tiffin

Rich Tea Biscuits (22%) (**WHEAT** Flour, Sugar, Vegetable Oil, Glucose-Fructose Syrup, Malt Extract, Cultured Skimmed **MILK**, Raising Agents (E500, E503), Salt, Emulsifiers (E322, E472e)), Golden Syrup, **MILK** Chocolate Flavour Coating (21%) (Sugar, Vegetable Oil, Whey Powder (**MILK**), **WHEAT** Flour, Cocoa Powder, Emulsifiers (E322, E476), Natural Flavouring), Sultanas (12%), Belgian **MILK** Chocolate (9%) (Sugar, Cocoa Butter, Whole **MILK** Powder, Cocoa Mass, Emulsifier (E322), Natural Vanilla Flavouring), Brazil Nuts (8%), Butter (**MILK**). Contains: **GLUTEN**, **MILK**, **SOYA** and **NUTS**.

Rice Krispie

Golden Syrup, Belgian **MILK** Chocolate (20.6%) (Sugar, Cocoa Butter, Whole **MILK** Powder, Cocoa Mass, Emulsifier (**SOYA** Lecithin), Natural Flavouring), Dark Chocolate Flavour Coating (24.4%) (Sugar, Palm Oil, Fat Reduced Cocoa Powder, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Whey Powder (**MILK**), Emulsifiers (**SOYA** Lecithin, Polyglycerol Polyricinoleate), Natural Flavouring), Rice Cereal (20%) (Rice Flour, **WHEAT** Flour, Sugar, Whey Powder (**MILK**), Malt Flour (**BARLEY**), Salt, Rapeseed Oil, Emulsifier (**SOYA** Lecithin)), Caramel (8.7%) (Sugar, Glucose Syrup, Sweetened Condensed **MILK**, Water, Unsalted Butter (**MILK**), Golden Syrup, Palm Oil, Salt, Emulsifiers (Rapeseed Lecithin, Sugar Esters Of Fatty Acids), Natural Flavouring), Salted Butter (**MILK**), **BARLEY** Malt Extract.

Butter Flap Jack

OATS (39%), Butter (**MILK**) (21%), Golden Syrup, Brown Sugar, Sweetened Condensed **MILK**. Contains: **GLUTEN**, **MILK**.

Cherry and Coconut Flap Jack

OATS (31%), Butter (**MILK**) (16%), Cherries (16%) (Cherries, Glucose-Fructose Syrup, Sugar, Colour (Anthocyanin), Acidity Regulator (Citric Acid), Preservatives (Potassium Sorbate, **SUPHUR DIOXIDE**)), Golden Syrup, Sweetened Condensed **MILK**, Soft Brown Sugar, Desiccated Coconut (5%), Salt.

Chocolate Brownie

Dark Chocolate (Sugar, Vegetable Oil, Fat Reduced Cocoa Powder, Whey Powder (**MILK**), Emulsifier (E322, E492), Flavouring). Brownie Mix (**WHEAT** Flour, Vegetable Fat, Dextrose, **EGG** White Powder, Roasted **WHEAT** Malt Flour, Raising Agents (E450, E500, E341), Emulsifier (E415), Water, Cookies Nibs. Contains: **MILK, SOYA, LACTOSE, GLUTEN, EGG AND RYE.**

Crunchy Fingers

Biscuits (**WHEAT** Flour, Wholemeal **WHEAT** Flour, Dried Whey (**MILK**), Salt, Raising Agents (E500ii, E503ii)), Margarine (Water, Emulsifier (E471), Colours (E100, E160b), Natural Flavouring, Golden Syrup (Inverted Sugar Syrup), Icing Sugar, Cocoa Powder, White Snow Dusting (Dextrose Monohydrate, **WHEAT** Starch Flavouring). Contains: **WHEAT, GLUTEN and MILK.**

Ice Cream

Strawberry 5.5ltr Carte D'Or Ice Cream

Reconstituted Skimmed **MILK**, Water, Glucose-Fructose Syrup, Sugar, Coconut Oil, Whey Solids (**MILK**), **WHEAT** Flour, Glucose Syrup, Strawberry Purée (2%), **BUTTEROIL**, Flavourings, Modified Starch, **CHEESE** (0.3%), Emulsifier(E471 Mono/Diglycerides Of Fatty Acids), Stabilisers (Locust Bean Gum, Guar Gum, Carrageenan, Xanthan Gum), **EGG** Yolk Powder, Elderberry Juice Concentrate, Acidity Regulator (Citric Acid), Salt, Lemon Juice Concentrate, Colour(Carotenes).

Gluten Free: **NO**

Triple Chocolate 5.5ltr Carte D'Or Ice Cream

Reconstituted Skimmed **MILK**, Sugar, Coconut Oil, Glucose-Fructose Syrup, Water, Fat Reduced Cocoa Powder (3%), Whey Solids (**MILK**), Whole **MILK** Powder, Cocoa Butter, Emulsifiers (Mono- and Di-Glycerides Of Fatty Acids, Ammonium Phosphatide), Cocoa Mass, Stabilisers (Carrageenan, Locust Bean Gum, Guar Gum, Sodium Alginate), Skimmed **MILK** Powder or Concentrate, Chocolate, **EGG** Yolk, **HAZELNUT** Paste, **WHEAT** Flour. May contain: other **NUTS** and Pea

Gluten Free: **NO**

Strawberry Cheese Cake 5.5ltr Carte D'Or Ice Cream

Reconstituted Skimmed **MILK**, Water, Glucose-Fructose /Syrup, Sugar, Coconut Oil, Whey Solids (**MILK**), **WHEAT** Flour, Glucose Syrup, Strawberry Purée (2%), **BUTTEROIL**, Flavourings, Modified Starch, **CHEESE** (0.3%), Emulsifier(E471 Mono/Diglycerides Of Fatty Acids), Stabilisers (Locust Bean Gum, Guar Gum, Carrageenan, Xanthan Gum), **EGG** Yolk Powder, Elderberry Juice Concentrate, Acidity Regulator (Citric Acid), Salt, Lemon Juice Concentrate, Colour(Carotenes).

Gluten Free: **NO**

Vanilla Cookies 5.5 Ltr Carte D'Or Ice Cream

Reconstituted Skimmed **MILK**, Sugar, Coconut Oil, Water, Glucose Syrup, Glucose-Fructose Syrup, Whey Solids (**MILK**), Fat Reduced Cocoa Powder, **WHEAT** Flour, Cocoa Powder, Stabilisers (Sodium Alginate, Locust Bean Gum, Carrageenan, Guar Gum), Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Ammonium Phosphatides, Polyglycerol Polyricinoleate), Skimmed **MILK** Powder Or Concentrate, Cocoa Mass, Salt, Carrot Concentrate, Flavourings (With **MILK**), Cocoa Butter, Raising Agents (Ammonium Carbonates, Potassium Carbonate, Sodium Bicarbonate), Safflower Concentrate, Lemon Juice Concentrate.

Gluten Free: **NO**

Mint Choc Chip 5.5 Ltr Carte D'Or Ice Cream

Reconstituted Skimmed **MILK**, Sugar, Water, Vegetable Oils (**COCONUT, PALM**), Glucose-Fructose Syrup, Whey Solids (**MILK**), Fat Reduced Cocoa Powder (1%) Glucose Syrup, Emulsifiers (Mono/Diglycerides of Fatty Acids, Ammonium Phosphatides), Stabilisers (Guar Gum, Locust Bean Gum, Carrageenan), Colour (Copper Complexes of Chlorophyllins), Flavourings.

Gluten Free: Yes

Caramel 5.5Ltr Carte D'Or Ice Cream

Reconstituted Skimmed **MILK**, Sugar, Glucose-Fructose Syrup, Glucose Syrup, Caramelised Sugar Syrup (6%), Coconut Oil, Whey Solids (**MILK**), Sweetened Condensed Skimmed **MILK**, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), **BUTTEROIL**, Stabilisers (Locust Bean Gum, Guar Gum, Carrageenan), Humectant (Sorbitol), Flavourings (with **BARLEY, MILK**).

Gluten Free: **NO**

Rum and Raisin 5.5Ltr Carte D'Or Ice Cream

Reconstituted Skimmed **MILK**, Sugar, Water, **COCONUT** Oil, Glucose-Fructose Syrup, Raisins (6%), Whey Solids (**MILK**), Rum (2%), Caramelised Sugar Syrup, Emulsifier (Mono- And Di-Glycerides Of Fatty Acids), Flavourings, Stabilisers (Guar Gum, Locust Bean Gum, Carrageenan, Xanthan Gum).

Gluten Free: Yes

Greek Yoghurt and Honey 5.5Ltr Carte D'Or Ice Cream

Reconstituted Skimmed **MILK**, Glucose-Fructose Syrup, Water, Greek Style **YOGHURT** (7.5%), Vegetable Oils (Coconut, Sunflower), Sugar, Glucose Syrup,

WALNUT Pieces (4.8%), Honey (3%), Whey Solids (**MILK**), Caramelised Sugar Syrup, Emulsifier (E471 Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Guar Gum, Locust Bean Gum, Sodium Alginate, Carrageenan), Acidity Regulator (Citric Acid), Flavourings, Carrot Concentrate, Lemon Juice Concentrate.

Gluten Free Yes

Haribo 2.4Ltr Carte D'Or Ice Cream

Reconstituted Skimmed **MILK**, Sugar, Water, Glucose Syrup, Glucose-Fructose Syrup, Coconut Oil, Whey Solids (**MILK**), Mini Dinos Fruit Gummy (Sugar, Glucose Syrup, Pork Gelatine, Acid (Citric Acid), Fruit And Plant Concentrates (Nettle, Apple, Spinach, Kiwi, Safflower, Sweet Potato, Carrot, Radish, Blackcurrant, Hibiscus, Elderberry, Aronia, Grape), Flavouring, Glazing Agent (Bees Wax, Canauba Wax), Elderberry Extract, Fruit Extract From Carob, Invert Sugar Syrup), Caramelised Sugar Syrup, Flavouring, Stabilisers (Locust Bean Gum, Guar Gum, Carrageenan), Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Colours (Annatto, Carotenes).

Gluten Free: **NO**

Vanilla Mediterranean Ices Napoli Tub

Water, Sugar, Skimmed **MILK** Powder, Vegetable Fat, Dextrose, Stabiliser E471, E401, E412, Vanilla Flavouring

Bubble Gum Mediterranean Ices Napoli Tub

Water, Sugar, Dextrose, Skimmed **MILK** powder, Citric Acid, Vegetable Fat, Bubble Gum Flavouring, Stabiliser E412, E415, E407, Colouring E412.

Lemon Sorbet Mediterranean Ices Napoli Tub

Water, Sugar, Dextrose, Skimmed **MILK** Powder, Citric Acid, Vegetable Fat, Lemon Natural Juice Stabiliser, E412, E415, E407, Colouring E102, E110.

Please Note: The ingredients information contained in this document is provided in good faith and has been obtained from the suppliers and/or manufacturers of the products listed.

If you are in any doubt about a particular item or ingredient, please ask a member of staff when ordering.