


'The GREEN Menu' Allergens!

THE GREEN MENU 2021 	None	Cereals Containing Gluten	Crustaceans	Egg	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
VEGAN PIES															
VEGAN PUKKA MINCE & ONION PIE	✓		•	•	•	•	✓	•	•	•	•	•	•		•
VEGAN PUKKA CHICKEN & MUSHROOM PIE	✓		•	•	•	•	✓	•	•	•	•	•	•		•
PLANT-BASED HEROES															
PLANT-BASED HEROES (GOUJONS)	✓		•	•	•	•	•	✓	•	•	•	✓	•		•
PLANT-BASED BURGERS															
NAKED GLORY BURGER (Served with Lettuce, Vegan Mayo & Vegan Cheese)	✓		•	•	•	•	✓	•	•	•	•	•	•		•
GREEN BURGER (Served with Lettuce, Vegan Mayo & Vegan Cheese)	✓		•	•	•	•	•	✓	•	•	•	✓	•		•
VEGAN BURGER SAUCE & TOPPINGS															
VEGAN MAYO		•	•	•	•	•	•	•	•	•	•	•	•		•
VEGAN APPLEWOOD VEGAN CHEESE SLICES		•	•	•	•	•	•	•	•	•	•	•	•		•
VIOLIFE VEGAN CHEESE		•	•	•	•	•	•	•	•	•	•	•	•		•
LETTUCE		•	•	•	•	•	•	•	•	•	•	•	•		•

VEGAN PUKKA MINCE & ONION PIE:

Water, **Wheat Flour** (contains: **Wheat Flour**, Calcium Carbonate, Iron, Niacin, Thiamine), Margarine (contains: Palm & Rapeseed Fats & Oils, Water, Salt), Minced **Soya** Protein (10%) (contains: Water, Textured **Soya** Protein, Sunflower Oil, Flavourings, Colour: Plain Caramel, Salt), Onion (10%), Modified Maize Starch, Yeast Extract, Rapeseed Oil, Kibbled Onion, Salt, **Barley** Malt Extract, Garlic Powder, Black Pepper, **Wheat Protein**

Contains: **Cereals containing Gluten** and **Soya**

VEGAN PUKKA CHICKEN & MUSHROOM PIE:

Water, **Wheat Flour** (contains: **Wheat Flour**, Calcium Carbonate, Iron, Niacin, Thiamine), Margarine (contains: Palm & Rapeseed Fats & Oils, Water, Salt), **Soy** Protein Chunks (8%) (contains: Rehydrated **Soya** Protein, Sunflower & Rapeseed Oil, **Wheat Gluten**, Spirit Vinegar, Yeast Extract, **Soya** Protein Isolate, Flavouring, Potato Protein, Salt, Emulsifier: **Soya** Lecithins), Sliced Mushrooms (8%) (contains: Mushrooms, **Barley** Malt Extract), Onion, Modified Maize Starch, Rapeseed Oil, Vegan Cream (1%) (contains: **Soya**), Salt, Garlic Powder, Black Pepper, White Pepper, **Wheat** Protein.

Contains: **Cereals containing Gluten** and **Soya**

GREEN HEROES: (Plant-Based Hero Goujons)

Ingredients: Water, Fortified **Wheat Flour** (**Wheat Flour**, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Pea Protein, Gelling Agents (Calcium Alginate, Methylcellulose), Flavourings, **Wheat Gluten**, Pea Starch, Citrus Fibre, **Wheat Starch**, Black Pepper, Potato Protein, Salt, Yeast, Sunflower Oil, Cumin Powder, Fennel Powder, Garlic Powder, Yeast Extract, White Pepper, Paprika, Oregano, Thyme, Black Pepper Extract, Raising Agent (Ammonium Carbonate).

Contains: **Wheat (Cereals containing Gluten)**

Not Suitable for customers with an allergy to **MILK** and **SESAME** due to manufacturing methods

GREEN BURGER: (Plant-Based Heroes & Kara Vegan style buns & Vegan Cheese/ Vegan Mayo options below)

Ingredients: Water, Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Pea Protein, Gelling Agents (Calcium Alginate, Methylcellulose), Flavourings, Wheat Gluten, Pea Starch, Citrus Fibre, Wheat Starch, Black Pepper, Potato Protein, Salt, Yeast, Sunflower Oil, Cumin Powder, Fennel Powder, Garlic Powder, Yeast Extract, White Pepper, Paprika, Oregano, Thyme, Black Pepper Extract, Raising Agent (Ammonium Carbonate).

Contains: **Cereals containing Gluten (and Wheat)**

Not Suitable for customers with an allergy to **MILK** and **SESAME** due to manufacturing methods

NAKED GLORY BURGER: (Naked Glory Burger with Kara Vegan style buns & Vegan Cheese/ Vegan Mayo options below)

Rehydrated Textured SOYA and WHEAT Protein (42%) (Water, SOYA Protein, WHEAT Protein, Salt, SOYA Bean Oil, Natural Flavouring), Water, Coconut Oil, SOYA Protein Concentrate (4.5%), WHEAT Starch, Rapeseed Oil, Natural Flavourings, Chicory Root Fibre, Rusk (WHEAT), Stabiliser: Methyl cellulose; Colouring Foods: Beetroot, Safflower, Yeast Extracts, Smoked Sugar, Cracked Black Pepper, BARLEY Malt Extract; Salt.

Contains: **Soya** and **Cereals containing Gluten**

KARA 4.5" SLICED VEGAN BRIOCHE STYLE BUN:

Ingredients: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Sourdough, Salt, Emulsifiers: E472e, E471. Rapeseed Oil, Yeast, Brandy Vinegar, Colour: E160a (iv). Vegetable Protein, Sunflower Oil, WHEAT Starch, Flavouring, Dextrose, Flour Treatment Agent: E300. Maltodextrine, Maize Starch

Contains: **Cereals containing Gluten** and **(Wheat)**

APPLEWOOD VEGAN CHEESE:

Ingredients: Water, Coconut Oil, Potato Starch, Modified Maize Starch, Yeast Extract, Reduced Sodium Sea Salt, Natural Flavouring, Thickener (Carrageenan), Calcium Phosphate, Smoke Flavouring, Calcium Chloride, Colour (Carotenes), Paprika, Vitamin B12.

Contains: **None** of the 14 Food Allergens

VEGAN MAYO:

Ingredients: Rapeseed Oil (65%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract)

Contains: **None** of the 14 Food Allergens