

Chop'd allergen matrix (v23)		12/12/19
SALADS	QUICK LOOK	Allergy advice: for allergens including cereals containing gluten please see ingredients in bold
Falafel & hummus	GLUTEN, SESAME	Mixed leaf (cos, iceburg, rocket, spinach), carrot, beetroot, baked falafel (chickpeas, red peppers, dried apricots, dried dates, onion, rapeseed oil, potato flakes, garlic, salt, raising agent, round coriander, ground cumin, dried parsley, ground cinnamon, white pepper, chilli flakes) Hummus (chickpeas 50%, Rapeseed Oil, Water, Tahini Paste 11% (Hulled Sesame Seeds), Salt, Garlic, Puree, Acidity Regulator: [E330], Preservative: [E202], Lemon Juice Concentrate), cous cous (gluten), dried mint, tomato, sesame seeds pomegranate & mint
Chicken & avocado	n/a	Mixed leaf (cos, iceburg, rocket, spinach), carrot, beetroot, roast chicken, avocado (salt, Ascorbic acid, citric acid), kidney beans, butter beans, borlotti beans sunflower seeds, parsley
Parma ham & mozzarella	GLUTEN, TREENUTS, MILK	Mixed leaf (cos, iceburg, rocket, spinach), carrot, beetroot, parma ham, mozzarella (milk), fusilli pasta (wheat flour), sunblushed tomato, Pesto (Basil Paste, Sunflower Oil, Salt, Antioxidant [Ascorbic Acid], Acidity Regulator [Lactic Acid], Sunflower Oil, Crumb Grated Vegetarian Hard Cheese (Milk), Salt, Microbial Rennet, Garlic Puree), pine nuts & basil
Jerk chicken	n/a	Mixed leaf (cos, iceburg, rocket, spinach), carrot, beetroot, roast chicken, jerk paste (rapeseed oil, ginger, garlic, lemon juice, dried red chilli, black pepper, salt, cinnamon, bay leaf), roast red peppers, baked sweet potato, coriander
Chop'd classic Cobb	EGG, MILK	Mixed leaf (cos, iceburg, rocket, spinach), carrot, beetroot, roast chicken, bacon, free range boiled egg (egg), blue cheese (milk), sweetcorn, chives
Feta, sweet potato & pomegranate	MILK	Mixed leaf (cos, iceburg, rocket, spinach), carrot, beetroot, feta cheese (milk), puy lentils, sweet potato, pomegranate, flatleaf parsley, mint
Onion bhaji	GLUTEN, SOY	Brown rice, mixed leaf (cos, iceburg, rocket, chard, spinach, carrot, beetroot) broccoli slaw (tenderstem broccoli, carrot, lemon juice, radish, red cabbage, red chilli, soy sauce (water, soybeans , wheat , salt)), onion bhaji (Onions (81%), Rapeseed Oil, Gram Flour Potato Starch, Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Thiamine, Nicotinamide), Sugar, Lemon Juice, Green Coriander, Salt, Cumin Powder, Coriander Powder, Cumin Seeds, Chilli Powder, Raising Agent (Soda Bicarbonate), Turmeric Powder, Black Pepper) tomato, pickled beets kraut (White Cabbage (64%), Whole Beets (32%), Sea salt, Ginger, Turmeric, coriander seed), mango chutney (Sugar, Mango 46%, Acidity Regulator: [E260], Spices (Chilli, Ginger, Garlic, Paprika), coriander, pomegranate.
Chop'd Classic Caesar	MILK, EGG, FISH, GLUTEN	Mixed leaf (cos, iceburg, rocket, spinach), carrot, beetroot, roast chicken, parmesan cheese (milk), bacon, hard boiled egg (egg), salted anchovy (fish), croutons (wheat flour), tarragon
Moroccan Sunset		Super grain (quinoa, red rice, lentils) Sweet potato, rape seed oil, mixed leaf (cos, iceburg, rocket, chard, spinach), carrot, beetroot, pomegranate, Sun-blushed tomatoes (80%), sunflower oil, salt, sugar, aromatic plants, acidity regulator: citric acid, antioxidant: ascorbic acid tomato olive oil lemon juice basil, vegan koftas (Chickpeas (49%), Red Pepper (15%), Rapeseed Oil, Onion, Potato Flake, Apricots (4%) (Dried Apricots, Rice Flour), Dates (3%) (Dried Dates, Rice Flour), Water, Garlic Puree (Water, Garlic Granules), Salt, Raising Agent (Bicarbonate of Soda), Ground Coriander, Ground Cumin, Parsley, Ground Cinnamon, White Pepper, Chilli Flakes, Mint, Red and Yellow Peppers (48%), Courgette (23%), Aubergine (23%), Spicy Charrill Sauce [Water, Sugar, Spirit Vinegar, Modified Maize Starch, Tomato Paste, Salt, Rapeseed Oil, Ground Black Pepper, Hickory Smoke Flavouring, Colour (Ammonia Caramel), Cracked Black Pepper, Paprika]), Parsley, Sun-blushed tomatoes (80%), sunflower oil, salt, sugar, aromatic plants, acidity regulator: citric acid, antioxidant: ascorbic acid
Vegan Super Healthy	TREENUTS, GLUTEN	Mixed leaf (cos, iceburg, rocket, spinach), carrot, beetroot, Freekah salad (cooked freekah (water, wheat), cauliflower, harra sauce (water, sugar, red pepper, rapeseed oil, acidity regulator (acetic acid), spices (all spice, cardamom, red chilli, turmeric, ginger, cumin), modified maize starch, salt, herbs (coriander, parsley), concentrated lemon juice, coriander extract, lemon oil), sultanas (sultanas, sunflower oil), water, spring onions, mint, parsley, concentrated lemon juice, salt, black pepper, preservative (sodium sorbate), sweet potato, avocado (salt, Ascorbic acid, citric acid), sun-blushed tomatoes (sun-blushed tomatoes (80%), sunflower oil, salt, sugar, herbs, acidity regulator, citric acid, antioxidant, ascorbic acid), pinenuts (treenuts), basil
SPECIAL SALADS	QUICK LOOK	Allergy advice: for allergens including cereals containing gluten please see ingredients in bold
Revitalize Salad		House mix (cos, iceburg lettuce), Supergrain, Peas, Raisins, Roast Chicken, Deli Mix, Beetroot, Flatleaf Parsley, Pink Grapefruit, Pomegranate, Broccoli
Power Foods Salad	SOY, SEEDS	Deli mix (rocket, spinach, red chard), broccoli, edamame beans (soy), Beetroot, Kale, Carrot, Flatleaf Parsley, Mint, Sunflower Seed, Pumpkin Seed
Apple & Bacon	MILK	Bacon , goats cheese (milk), apple, puy lentils, carrot, beetroot, deli leaf mix (rocket, spinach, red chard)
Chop'd Waldorf	SOY, WHEAT, TREENUTS	Roast chicken, parsley, apples, grapes, walnuts (treenuts), Mixed leaf (cos, iceburg, rocket, spinach), carrot, beetroot, broccoli slaw (tenderstem broccoli, carrot, lemon juice, radish, red cabbage, red chilli, soy sauce (water, soybeans , wheat , salt))
POKE	QUICK LOOK	Allergy advice: for allergens including cereals containing gluten please see ingredients in bold
Salmon poke	SESAME, SOYA, FISH	Supergrains (quinoa, red rice, lentils), edamame beans, deli leaf mix (rocket, spinach, red chard), pineapple salsa (Pineapple, red chilli, red onion, coriander), spring onion & sesame seeds , fresh sashimi salmon (fish), Kimchi (Chinese leaf, carrot, spring onion, salt, red pepper powder, ginger, garlic & Avocado (salt, Ascorbic acid, citric acid)
Tuna poke	SESAME, SOYA, FISH, GLUTEN	Supergrains, edamame beans, deli leaf mix (rocket, spinach, red chard), pineapple salsa (Pineapple, red chilli, red onion, coriander), spring onion & sesame seeds , sesame cured tuna (tuna (fish), sesame oil, soy sauce (soy beans , wheat , salt, water), Kimchi (Chinese leaf, carrot, spring onion, salt, red pepper powder, ginger, garlic & Avocado (salt, Ascorbic acid, citric acid)
HOT BOXES	QUICK LOOK	Allergy advice: for allergens including cereals containing gluten please see ingredients in bold
Apple & bacon	MILK, SULPHITES, MUSTARD	Bacon, goats cheese (milk), apple, puy lentils, sun-blushed tomatoes (sun-blushed tomatoes (80%), sunflower oil, salt, sugar, herbs, acidity regulator, citric acid, antioxidant, ascorbic acid), carrot, beetroot, deli leaf mix (rocket, spinach, red chard), French dressing (Rapeseed Oil 50%, White Wine Vinegar 24% (White wine vinegar, antioxidant: Sulphur Dioxide 6% (Sulphite)), Water, Dijon Mustard 5.7% (Water, mustard seed, vinegar, salt, acidity regulator: citric acid), Garlic Puree, Salt, Provencal Herbs, Black Pepper, Xanthan gum)
Falafel & hummus	SESAME	Baked falafel (Chickpeas, red peppers, dried apricots, dried dates, onion, rapeseed oil, potato flakes, garlic, salt, raising agent, round coriander, ground cumin, dried parsley, ground cinnamon, white pepper, chilli flakes) Hummus (chickpeas 50%, Rapeseed Oil, Water, Tahini Paste 11% (Hulled Sesame Seeds), Salt, Garlic Puree, Acidity Regulator: [E330], Preservative: [E202], Lemon Juice Concentrate), red cabbage, jalapeno peppers, carrot, beetroot, deli leaf mix (rocket, spinach, red chard), fresh mint
Chicken & chorizo	MILK, SULPHITES	Roast chicken, chorizo (91.2%), lactose , salt, dextrin, paprika, caseinate, dextrose, garlic, emulsifier (E-450), spices, antioxidant (E-301), preservatives (E-250, E-252)), borlotti beans, red onion confit (red onion, brown sugar), carrot, beetroot, deli leaf mix (rocket, spinach, red chard), balsamic dressing (balsamic vinegar, vegetable oil, sulphites), chives
Jerk chicken	SULPHITES	Supergrain (quinoa, puy lentils, red rice), carrot, beetroot, roast chicken, jerk paste (rapeseed oil, ginger, garlic, lemon juice, dried red chilli, black pepper, salt, cinnamon, bay leaf), roast red peppers, baked sweet potato, deli leaf mix (rocket, spinach, red chard), Mango dressing (mango puree, vegetable oil, white wine vinegar (sulphites), coriander
STEWES	QUICK LOOK	Allergy advice: for allergens including cereals containing gluten please see ingredients in bold
Chocolate Chilli Con Carne (Ready-to-go)	CELERY, SOYA, GLUTEN, MILK	Brown rice, chilli con carne (Tomato (26%), Beef Mince (24%), Water (14%), Red Kidney Beans (11%), Onion (7%), Carrot (5%), Red Pepper (4%), Tomato Puree (3%), Tomato Sauce (2%) (Tomatoes (148g per 100g Tomato Ketchup), Spirit Vinegar, Sugar, Salt, Spice and Herb Extracts (contain CELERY), Spice), Soy Sauce (2%) (Water, SOYBEANS , WHEAT Salt), Rapeseed Oil (1%), Chicken Bouillon (1%) Starch (Potato, Pea), Salt, Sugar, Flavourings, Maltodextrin, Chicken Fat (3%), Yeast Extract, Chicken (2%), Spices (Garlic Powder, Turmeric), Onion Juice Concentrate, Sunflower Oil, Antioxidant (Extracts of Rosemary), Garlic (1%), Cocoa, Rosemary, Coriander, Cumin, Paprika, Chipotle, Pepper, Salt), avocado, jalapeno peppers, cheddar cheese (milk), tortilla chips, sour cream (milk), coriander
Chop'd Ultimate Chilli (Made to Order)	CELERY, SOYA, GLUTEN, MILK	Brown rice, chilli con carne (Tomato (26%), Beef Mince (24%), Water (14%), Red Kidney Beans (11%), Onion (7%), Carrot (5%), Red Pepper (4%), Tomato Puree (3%), Tomato Sauce (2%) (Tomatoes (148g per 100g Tomato Ketchup), Spirit Vinegar, Sugar, Salt, Spice and Herb Extracts (contain CELERY), Spice), Soy Sauce (2%) (Water, SOYBEANS , WHEAT Salt), Rapeseed Oil (1%), Chicken Bouillon (1%) Starch (Potato, Pea), Salt, Sugar, Flavourings, Maltodextrin, Chicken Fat (3%), Yeast Extract, Chicken (2%), Spices (Garlic Powder, Turmeric), Onion Juice Concentrate, Sunflower Oil, Antioxidant (Extracts of Rosemary), Garlic (1%), Cocoa, Rosemary, Coriander, Cumin, Paprika, Chipotle, Pepper, Salt), avocado, jalapeno peppers, cheddar cheese (milk), tortilla chips, sour cream (milk), coriander
Chicken Katsu curry	EGG, MILK, GLUTEN, SOYA, CELERY	Breaded chicken breast (chicken breast, egg , milk , plain flour (wheat flour), panko breadcrumb (wheat flour), brown rice, carrot, curry sauce (water, Java curry block (vegetable oil (palm oil, rapeseed oil), wheat flour, sugar, salt, curry powder (turmeric, coriander, cumin, fenugreek, cinnamon, fennel, red pepper, dill, dried tangerine peel, spices) corn starch, onion powder (onion flakes), soybean powder, glucose, maltose, dextrin, garlic powder (dried garlic, defatted soybean , glucose, maltose), E621, E631, E627, E150a, yeast extract, E473, E471, soybean paste (soybean , salt, rice), soybean , E296, E330, red pepper, fermented wheat , seasoning (wheat yeast extract, dextrin, flavourings)), carrot, potato, onion, rapeseed oil, celery), pickled ginger (ginger, salt, acids, E330, E296, E260, colour E163, sweeteners E951, 954, E950, E955. Contains aspartame (a source of: phenylalanine) edamame beans (soya)
Vegan Chilli	SOYA, CELERY	Tomatoes (22%), Water (19%), Sweet Potato (8%), Borlotti Beans (8%), Kidney Beans (8%), Cannellini beans (8%), Onions (7%), Carrot (5%), Red Pepper (5%), Tomato Puree (3%), Tomato Sauce (CELERY) (3%), Rapeseed Oil (2%), Tamar (SOYA) (1%), Garlic (1%), Rosemary, Thyme, Cumin, Smoked Paprika, Ground Coriander, Vegetable Bouillon, Salt, Black Pepper, Parsley, super grain (quinoa, red rice, lentil), red chilli, jalapeno, coriander and Matured Grated Vegan Cheddar
Vegan Thai Curry	SOYBEANS, SULPHITES	Water (34%), Coconut Milk (24%), Spinach (7%), Onion (6%), Lemongrass (5%), Rapeseed Oil (5%), Brown Sugar (4%), Tamar (4%) (Water, SOYBEANS , Salt, Spirit Vinegar), Red Pepper, Curry Paste (2%) (Dried Chilli, Lemongrass, Garlic, Shallot, Salt, Kaffir Lime's Skin, Galangal, Coriander Seed, Cumin Powder), Garlic (2%), Galangal (2%), Lemon Juice (SULPHITES) (1%), Lime Kaffir (1%), Salt, Coriander (1%), Vegetable Bouillon (See Salt, Maltodextrin, Rice Flour, Vegetables, Yeast Extract, Sun over Oil, Parsley, Turmeric) (1%), Black Pepper, Corn oil, Tarragon, Coriander Seed, broccoli, sweetcorn, green beans, super grain (quinoa, red rice, lentil), Sweet potato, rapeseed oil mixed, red onion confit (red onion, brown sugar, basil, coriander
Beef Brisket & Chianti Fusilli Pasta	SULPHITES, CELERY, MILK, EGG, WHEAT	Beef brisket, tomatoes, red wine (sulphites), red onion, carrot, celery , chestnut mushroom, rapeseed oil, chicken bouillon (milk & egg), garlic, beef dripping, rosemary, dried mushrooms, black pepper, salt, thyme, smoked paprika, star anise, fusilli pasta (wheat), Grana Padano (milk), pesto (basil (sunflower oil, salt, antioxidant (ascorbic acid), acidity regulator (lactic acid), grated vegetarian hard cheese (pasteurised cows milk , salt, microbial rennet, culture), garlic puree)
Butternut Squash & Spinach Stew	n/a	Butternut squash & spinach stew (Water 35%, Coconut Milk 19%, Red Lentils 10%, Potato 5%, Butternut 5%, Onion 5%, Cauliflower 4%, Spinach 4%, Chickpea 3%, Garlic 2%, Ginger 2%, Lemongrass 2%, Cornflour 1%, Vegetable Oil 1%, Red Chilli 1%, Ground Coriander, Turmeric, Cardamom, Vegetable Bouillon (Sea salt, Maltodextrin, Rice Flour, Vegetables 7.2%, Yeast extract, Sunflower oil, Parsley, Turmeric), Salt), supergrain (red rice, puy lentils, quinoa), caramelised onion (red onion, brown sugar), flatleaf parsley
SOUPS	QUICK LOOK	Allergy advice: for allergens including cereals containing gluten please see ingredients in bold
Chicken, Chorizo & Prawn Gumbo Soup	CRUSTACEANS, MILK	Chicken, prawns (crustaceans), chorizo (pork (91.2%), lactose , salt, dextrin, paprika, caseinate, dextrose, garlic, emulsifier (E450), spices, antioxidant (E-301), preservatives (E-250, E-252)), brown rice, tomato, Siracha chilli sauce (chilli, sugar, water, garlic, flavour enhancer (E621), acetic acid, salt, stabiliser (E416), preservative (E202), colour (paprika), tarragon
Chicken Ramen Soup	EGG, GLUTEN	Udon noodles (wheat flour, water, modified tapioca starch, salt, acidity regulator, (Water, E270, E260, E325, E355)), chicken, egg , sweetcorn, spinach, spring onion
Prawn Ramen Soup	EGG, GLUTEN, CRUSTACEAN	Udon noodles (wheat flour, water, modified tapioca starch, salt, acidity regulator, (Water, E270, E260, E325, E355)), prawn (crustacean), egg , sweetcorn, spinach, spring onion
Korean Chicken Dumpling Soup	SOYA, GLUTEN, SESAME	Glass noodles, pak choi, broccoli, green beans, carrot, edamame beans (soya), Korean chicken dumplings (wheat flour (gluten), water, leek, konjac, soya protein (soya), cabbage, tofu (soya), vermicelli, shortening (palm oil), green onions, seasoned onion liquid, corn oil, refined salt, corn tapioca starch, soy bean sauce (soya), sugar, flavour enhancer (E621), emulsified oil, garlic, sesame oil, black pepper, flavour enhancer (E627, E631), caramelised onions (red onions, brown sugar), coriander, basil, red chilli

Vegan Laksa Soup	PEANUTS, SOYA, SULPHITES	Glass noodles, pak choi, broccoli, green beans, carrot, edamame beans (soya), Peanut Butter (35%) (Peanut , Brown Cane Sugar, Palm Oil, Sea Salt), Maple Syrup (21%), Lime Juice (14%) (Sulphites), Tamari (9%) (Water, Soybeans , Salt, Spirit Vinegar), Coconut Milk (8%) (Coconut Extract, Water, Antioxidant: Citric Acid), Sriracha (7%) (Chilli, Sugar, Garlic, Salt, Distilled Vinegar, Xanthan Gum, Potassium Sorbate, Sodium Bisulfite), Ginger (2%), Water (2%), Garlic (2%), Tofu (soya). Ingredients: Water (56%), Lemongrass (13%), Rapeseed Oil (11%), Red chilli (9%), Garlic (4%), Corn Flour (3%), Vegetable Bouillon (Water, Salt, Spirit Vinegar, Hydrolysed Vegetable Protein (Water, Hydrolysed Vegetable Protein, Salt) (3%), Dark Brown Sugar (2%), Salt, Browning (Ammonia Caramel, Glucose Syrup, Salt).
Korean Vegetable Dumpling Soup	SOYA, GLUTEN, SESAME	Glass noodles, pak choi, broccoli, green beans, carrot, edamame beans (soya), Korean vegetable dumplings (wheat flour (gluten), water, leek, konjac, soya protein (soya), cabbage, tofu (soya), vermicelli, shortening (palm oil), green onions, seasoned onion liquid, corn oil, refined salt, corn tapioca starch, soy bean sauce (soya), sugar, flavour enhancer (E621), emulsified oil, garlic, sesame oil , black pepper, flavour enhancer (E627, E631), caramelised onions (red onions, brown sugar), coriander, basil, red chilli
BROTHS	QUICK LOOK	Allergy advice: for allergens including cereals containing gluten please see ingredients in bold
Chicken Broth	SULPHITES, CELERY	Chicken stock (roasted chicken bones, onions, carrots, leeks, white wine (sulphites), parsley, thyme, garlic), Vegetable stock (water, onion, carrot extract, tomato, celeriac , herbs, spices), salt, glucose syrup, maltodextrin, yeast extracts, sugar, flavourings, rapeseed oil, water
Thai Broth	SOYA, CRUSTACEANS, FISH	Tom Yum paste (Lemongrass, soybean oil (soya), sugar, shallot, hydrolysed soy protein (soya), dried red chilli, water, garlic, galangal, salt, preservative (E330), tamarind, shrimp paste (shrimp (crustaceans), salt), fish sauce (anchovy (fish)), flavour enhancer (monosodium glutamate), dried shrimp (crustaceans), kaffir lime peel), coconut milk, water
Vegetable Broth	CELERY	Vegetable stock (water, onion, carrot extract, tomato, celeriac , herbs, spices), salt, glucose syrup, maltodextrin, yeast extracts, sugar, flavourings, rapeseed oil, water
Beef bone broth	SOYA, EGG	Beef bones, chicken bones, chicken fat, pork bones, Hoi Sin (sugar, red miso (soya), rice, salt, water, yeast), soy sauce (water, soya , salt, alcohol), tomato puree, water, rice vinegar, star anise, liquorice, garlic puree, chilli powder), salt, water, flavourings (containing egg), yeast extract, onion, modified tapioca starch, garlic
DRESSINGS & CONDIMENTS	QUICK LOOK	Allergy advice: for allergens including cereals containing gluten please see ingredients in bold
Blue cheese	MILK, EGG, MUSTARD, SULPHITES, SOYA	Mayonnaise Fat Reduced 30% (Water, Rapeseed Oil (45%), Pasteurised Egg Yolk Powder (2%) (Pasteurised Egg Yolk Powder, Salt Maltodextrin), Water, Buttermilk 15% (Skimmed Milk (cow's), Skimmed Milk powder (cow's), Cow's Milk Protein Blend (Dynamap) 99.985%, Starter culture (processing aid) 0.0015%), Sour Cream Fat Reduced 6.2% (Milk) (cream 99.98%), starter culture (0.015%), Dijon Mustard 3.8% [water, Mustard seed, vinegar, salt, acidity regulator citric acid (E330)], Red Wine vinegar [Wine vinegar, concentrated grape must (sulphites)], Olive Pomace Oil (Olive Pomace Oil (51%), Soya Bean Oil (49%) (Garlic, White pepper
Caesar	EGG, MILK, FISH, MUSTARD, SULPHITES	Rapeseed oil 58%, Whole Liquid Egg 12%, Water, Caesar base mix 7.6% (Red wine vinegar [Wine vinegar, concentrated grape must], Dijon mustard [water, mustard seed, vinegar, salt, acidity regulator: citric acid], Garlic puree , Capers , Lemons, Anchovies Paste (Fish) [salted anchovies, olive oil, wine vinegar], Honey, White pepper, Salt). Red wine vinegar [Wine vinegar, concentrated grape must (contains sulphites)], Italian grated hard cheese 4% [unpasteurised cow's milk , salt, starter culture, animal rennet, preservative: Lysozyme from Egg].
French	MUSTARD, SULPHITES	Rapeseed Oil 50%, White Wine Vinegar 24% (White wine vinegar, antioxidant: Sulphur Dioxide 6% (Sulphites)), Water, Dijon Mustard 5.7% (Water, mustard seed, vinegar, salt, acidity regulator: citric acid), Garlic Puree , Salt, Provencal Herbs , Black Pepper , Xanthan gum.
Sesame Soy	SESAME, SOYA, SULPHITES	Rapeseed Oil (40%), Ginger Puree (1%), Tamari (12%) (Water, Soybeans , Salt, Spirit Vinegar), Avage (9%), Rice Vinegar (9%), Balsamic Vinegar (Sulphites) (4%) (Wine Vinegar, Grape Must), Sesame Oil (4%), (Sesame Oil , Soy Bean Oil), Chilli (3%), Garlic Puree, Water, Coriander, Xanthan Gum.
Pesto	MILK, SULPHITES	Pesto (Basil Paste, Sunflower Oil, Salt, Antioxidant [Ascorbic Acid], Acidity Regulator [Lactic Acid], Sunflower Oil, Crumb Grated Vegetarian Hard Cheese (Milk), Salt, Microbial Rennet, Garlic Puree), vegetable oil, white wine vinegar, (sulphites)
Ranch	MILK, EGG, SOYA	Mayonnaise Fat Reduced (36%) (Water, Rapeseed oil 45%, Pasteurised Egg Yolks Powder (2%) (pasteurised egg yolk powder, salt, maltodextrin), Sugar, Stabilisers (modified maize starch, xanthan gum), Acidity Regulator (Acetic Acid, Lactic Acid), Salt, Preservative (Potassium Sorbate)], Water, Buttermilk (20%) [Skimmed Milk powder, Starter culture] Sour cream (10%), [Milk Cream, starter culture] Water, Spring onions (3%), Onions (2.5%), Garlic Puree, Pomace Olive Oil Blend (Olive Pomace Oil (51%), Soya Bean Oil (49%)), Salt, Pepper.
Honey & mustard	EGG, MUSTARD, SULPHITES	Rapeseed Oil 50%, Mayonnaise (rapeseed oil, water, pasteurised egg yolk powder (egg), spirit vinegar, sugar, salt, stabiliser (xanthan gum), sugar, salt, stabiliser (xanthan gum), acidity regulator (acetic acid), preservative (potassium sorbate), colour (lutein), White Wine Vinegar 24% (White wine vinegar, antioxidant: Sulphur Dioxide 6% (Sulphite)), Water, honey, tarragon, Dijon Mustard 5.7% (Water, mustard seed, vinegar, salt, acidity regulator: citric acid), Garlic Puree , Salt, Provencal Herbs , Black Pepper , Xanthan gum.
Creamy	EGG, MUSTARD, SULPHITES	Mayonnaise (rapeseed oil, water, pasteurised egg yolk powder (egg), spirit vinegar, sugar, salt, stabiliser (xanthan gum), acidity regulator (acetic acid), preservative (potassium sorbate), colour (lutein), wholegrain mustard (water, mustard seeds (mustard), spirit vinegar, salt, white wine vinegar (sulphites), sugar, spices, acidity regulator (citric acid)), white wine vinegar (sulphites))
Mango	SULPHITES	Mango puree, vegetable oil, white wine vinegar (sulphites)
Balsamic dressing	SULPHITES	Balsamic vinegar (sulphites), vegetable oil
Balsamic vinegar	SULPHITES	Balsamic vinegar (sulphites)
Lemon juice	n/a	Lemon juice
Extra virgin olive oil	n/a	Extra virgin olive oil
Sweet chilli sauce	n/a	Sweet chilli sauce (Sugar, water, pickled red chilli, distilled vinegar, garlic, salt, stabiliser (xanthan gum))
Yoghurt & mint	MILK	Natural yoghurt (milk), dried mint, lemon
Peanut	PEANUTS, SULPHITES, SOY	Peanut Butter (35%) (Peanut , Brown Cane Sugar, Palm Oil, Sea Salt), Maple Syrup (21%), Lime Juice (14%) (Sulphites), Tamari (9%) (Water, Soybeans , Salt, Spirit Vinegar), Coconut Milk (8%) (Coconut Extract, Water, Antioxidant: Citric Acid), Sriracha (7%) (Chilli, Sugar, Garlic, Salt, Distilled Vinegar, Xanthan Gum, Potassium Sorbate, Sodium Bisulfite), Ginger (2%), Water (2%), Garlic (2%).
Vegan Caesar	SOYA, SULPHITES, MUSTARD	Ingredients: Silken Tofu (44%) (Water, Soya Beans , Isolated Soya Protein , Glucono-Delta-Lactone, Calcium Chloride), Rapeseed Oil (27%), Miso Paste (8%), Lemon Juice (6%) (Sulphites), Tamari (4%) (Water, Soybeans , Salt, Spirit Vinegar), Avage (3%), Dijon Mustard (3%) (Water, Mustard Seeds, Spirit Vinegar, Salt, Citric Acid, Potassium Metabisulphite), Capers (2%), Garlic, Salt, Black Pepper .
Sriracha chilli sauce	n/a	Chilli (61%), Sugar, Water, Salt, Garlic, Flavour Enhancer (E621), Stabilizer (E415), Acidity Regulators (E260, E330), Preservative (E202).
Tomato ketchup	CELERY	Tomatoes (148g per 100g Tomato Ketchup), Spirit Vinegar, Sugar, Salt, Spice and Herb Extracts (contains Celery), Spice
Brown sauce	BARLEY, RYE	Tomatoes, Malt Vinegar (from Barley), Molasses, Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Dates, Modified Cornflour, Rye Flour , Salt, Spices, Flavourings, Tamarind
Marmite	BARLEY, RYE, GLUTEN	Yeast Extract (contains Barley , Wheat , Oats , Rye), Salt, Vegetable Juice Concentrate, Vitamins (Thiamin, Riboflavin, Niacin, Vitamin B12 and Folic Acid), Natural Flavouring (contains Celery)
Peanut butter	PEANUTS	Roasted Peanut , Vegetable Oil, Sea Salt
Tobasco sauce	n/a	Distilled Vinegar, Red Pepper (19%), Salt
BREAKFAST POTS	QUICK LOOK	Allergy advice: for allergens including cereals containing gluten please see ingredients in bold
Hot breakfast pot	EGG, WHEAT, SULPHITES	Poached Egg (Egg , glazing agent (Triglycerides of Middle Chain Fatty Acids, Sunflower Lecithin), Cooked Lincolnshire Sausage (pork (57%), water, rusk (wheat , flour, calcium carbonate, iron, niacin, thiamin, salt), pork fat, pork rind, fortified wheat flour (wheat flour, calcium carbonate, iron, niacin, thiamin), salt, herbs, preservatives (sodium sulphites , sodium nitrate, potassium nitrate), dextrose, stabiliser (triphosphate), flavour enhancer (monosodium glutamate), parsley, antioxidant (sodium ascorbate), flavourings, beef collagen casing). Cooked back bacon: Pork, salt, preservative (sodium nitrate), antioxidant (sodium ascorbate). Baked Beans: Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Onion Powder, Paprika, Flavouring.
Blueberry yoghurt	MILK	Natural yoghurt (milk), blueberries, blueberry puree, honey
Rasperry yoghurt	MILK, NUTS	Natural yoghurt (milk), raspberries, raspberry puree, almonds (nuts)
Walnut yoghurt	MILK, NUTS	Natural yoghurt (milk), walnuts (nuts), honey
Mango yoghurt	MILK, SESAME	Natural yoghurt (milk), mango puree, desiccated coconut, sesame seeds
Stewed apple & granola	GLUTEN, MILK, NUTS	Greek yoghurt (milk), stewed apple, honey, granola (toasted oats (gluten), raisins, sunflower seeds, almonds (nuts), hazelnuts (nuts), coconut, apple, vegetable oil, salt)
Mixed berries & granola	GLUTEN, MILK, NUTS	Greek yoghurt (milk), mixed berries, honey, granola (toasted oats (gluten), raisins, sunflower seeds, almonds (nuts), hazelnuts (nuts), coconut, apple, vegetable oil, salt)
Apple & rasperry muesli	NUTS, SESAME, GLUTEN	Oats (gluten), apple, raisins, mixed seeds (sunflower, linseeds, sesame seeds), orange juice, raspberry puree, almonds (nuts)
Blueberry, kiwi & grape muesli	SESAME, GLUTEN	Oats (gluten), kiwi, red grapes, apple juice, blueberry puree, mixed seeds (sunflower, linseeds, sesame seeds)
Cranberry & fig muesli	NUTS, SESAME, GLUTEN	Oats (gluten), pear, apple juice, mixed nuts (walnuts, brazil nuts, almonds, cashew nuts, hazelnuts, pecans (nuts), saltanas), dried figs, cranberries, raisins, mixed seeds (sunflower, linseeds, sesame seeds)
Mango & banana muesli	SESAME, GLUTEN	Oats (gluten), banana, mango puree, desiccated coconut, orange juice, mixed seeds (sunflower, linseeds, sesame seeds), raisins
Strawberry & coconut muesli	GLUTEN	Oats (gluten), strawberry puree, natural yoghurt, desiccated coconut, saltanas, apple juice
Plain porridge	GLUTEN	Pinhead oats (gluten), water
BREAD	QUICK LOOK	Oats are processed in a factory that also handles other grains containing wheat, spelt, barley & rye
Organic white sourdough	GLUTEN, RYE	Allergy advice: for allergens including cereals containing gluten please see ingredients in bold Wheat flour (fortified with calcium carbonate, iron, niacin & thiamine), water, rye flour, wholemeal wheat flour, salt
Dark rye tin	GLUTEN, RYE	Rye flour 50%, water, Sourdough 14% (water, rye flour 41%), salt
Organic olive & herb sourdough	GLUTEN, RYE	Wheat flour (fortified with calcium carbonate, iron, niacin, thiamine), water, kalamata olives 11% (includes salt, red wine vinegar, extra virgin olive oil), rye flour, extra virgin olive oil, salt, wholemeal wheat flour, provencale herbs. 1% (thyme, marjoram, rosemary, oregano, savoury basil, tarragon).
SANDWICHES & WRAPS	QUICK LOOK	Allergy advice: for allergens including cereals containing gluten please see ingredients in bold
Egg mayonnaise & mustard cress	GLUTEN, EGG, MUSTARD	Free range boiled egg (egg), mayonnaise (rapeseed oil, water, pasteurised egg yolk powder (egg), spirit vinegar, sugar, salt, stabiliser (xanthan gum), acidity regulator (acetic acid), preservative (potassium sorbate), colour (lutein) mustard cress (mustard) & black pepper on soft white bloomer (fortified wheat flour (iron, niacin, thiamine, calcium carbonate), water, yeast, palm oil, salt, wheat semolina)
Ham & cheese baguette	MILK, EGG, MUSTARD, SULPHITES, GLUTEN	Gammon ham (Pork leg, salt, dextrose, Emulsifying Salts (E450 Diphosphates, E451 Triphosphates), Antioxidant (E301 Sodium Ascorbate), Preservative (E250 Sodium Nitrate), Emental cheese (milk), Creamy dressing (Mayonnaise (rapeseed oil, water, pasteurised egg yolk powder (egg), spirit vinegar, sugar, salt, stabiliser (xanthan gum), acidity regulator (acetic acid), preservative (potassium sorbate), colour (lutein), wholegrain mustard (water, mustard seeds (mustard), spirit vinegar, salt, white wine vinegar (sulphites), sugar, spices, acidity regulator (citric acid)), white wine vinegar (sulphites)), rocket, spinach, red chard, in a white baguette (fortified wheat flour (iron, niacin, thiamine, calcium carbonate), water, maltone powder, light rye, wholemeal flour, yeast, salt)
Tuna mayo baguette	FISH, EGG, GLUTEN	Tuna (fish), mayonnaise (rapeseed oil, water, pasteurised egg yolk powder (egg), spirit vinegar, sugar, salt, stabiliser (xanthan gum), acidity regulator (acetic acid), preservative (potassium sorbate), colour (lutein), cucumber, rocket, spinach, red chard, in a white baguette (fortified wheat flour (iron, niacin, thiamine, calcium carbonate), water, maltone powder, light rye, wholemeal flour, yeast, salt)

Smoked salmon baguette	FISH, MILK, GLUTEN	Smoked salmon (salmon (fish), salt, smoke), cream cheese (milk), cucumber, rocket, spinach, red chard, in a white baguette (fortified wheat flour (iron, niacin, thiamine, calcium carbonate), water, maltone powder, light rye, wholemeal flour, yeast, salt)
Bacon & Egg Baguette	EGG, GLUTEN	Free range boiled egg (egg), mayonnaise (rapeseed oil, water, pasteurised egg yolk powder (egg), spirit vinegar, sugar, salt, stabiliser (xanthan gum), acidity regulator (acetic acid), preservative (potassium sorbate), colour (lutein), bacon, in a white baguette (fortified wheat flour (iron, niacin, thiamine, calcium carbonate), water, maltone powder, light rye, wholemeal flour, yeast, salt)
Rainbow Wrap: Chicken Caesar	MILK, EGG, MUSTARD, FISH, SULPHITES, GLUTEN	Roast chicken, bacon, parmesan cheese (milk), Caesar dressing (Rapeseed oil 58%, Whole Liquid Egg 12%, Water, Caesar base mix 7.6% (Red wine vinegar [Wine vinegar, concentrated grape must], Dijon mustard [water, mustard seed , vinegar, salt, acidity regulator: citric acid], Garlic puree, Capers, Lemons, Anchovies Paste (Fish) [salted anchovies, olive oil, wine vinegar], Honey, White pepper, Salt). Red wine vinegar [Wine vinegar, concentrated grape must (contains sulphites)], Italian grated hard cheese 4% [unpasteurised cow's milk, salt, starter culture, animal rennet, preservative: Lysozyme from Egg.] in a 12" wholemeal wrap (Fortified wheat flour, (wheat flour, calcium carbonate, iron, niacin, thiamin), water, vegetable oils (palm oil, rapeseed oil), wheat bran, raising agents, (E500, E296, E450i), sugar, stabiliser (sodium carboxymethyl cellulose), salt), croutons (gluten), house leaf (cos, iceberg lettuce)
Rainbow Wrap: Greek	GLUTEN, MILK	Feta cheese (milk), pesto (Basil Paste, Sunflower Oil, Salt, Antioxidant [Ascorbic Acid], Acidity Regulator [Lactic Acid], Sunflower Oil, Crumb Grated Vegetarian Hard Cheese (Milk), Salt, Microbial Rennet, Garlic Puree), tomato, mixed peppers, olives, red onion, flatleaf parsley in a 12" spinach wrap (WHEAT flour (55%), water, vegetable fat (palm), stabilisers (E 422, E 412, E 466), salt, dextrose, spinach (0,87%), emulsifier (E 471), gluten (WHEAT), raising agents (E 450, E 500), rice semolina, acidity regulator (E 296), preservatives (E 281, E 202), flour treatment agent (E 920).
Rainbow Wrap: Mediterranean Chicken	GLUTEN	Roast chicken, sundried tomato, olives, roast peppers, mixed leaf (cos, iceberg, rocket, spinach), basil, olive oil, lemon juice, in a tomato wrap (WHEAT flour (54%), water, vegetable fat (palm), stabilisers (E 422, E 466, E 412), salt, dextrose, emulsifier (E 471), gluten (WHEAT), tomato (0,6%), raising agents (E 450, E 500), rice semolina, acidity regulator (E 296), basil, paprika, preservatives (E 281, E 202), flour treatment agent (E 920).
Rainbow Wrap: Falafel & Hummus	GLUTEN, SESAME, SOYA	Falafel (Chickpeas, red peppers, dried apricots, dried dates, onion, rapeseed oil, potato flakes, garlic, salt, raising agent, round coriander, ground cumin, dried parsley, ground cinnamon, white pepper, chilli flakes), hummus (Chickpeas, Rapeseed Oil, Water, Tahini (Sesame), Acidity Regulator: Citric Acid, Salt, Garlic, Preservative: Potassium Sorbate), carrot, tomato, cucumber, sesame soy dressing (Rapeseed Oil (40%), Ginger Puree (15%), Tamari (12%) [Water, Soybeans , Salt, Spirit Vinegar], Agave (9%), Rice Vinegar (9%), Balsamic Vinegar (4%) [Wine Vinegar, Grape Must], Sesame Oil (4%), [Sesame Oil , Soy Bean Oil .], Chilli (3%), Garlic Puree, Water, Coriander, Xanthan Gum), mixed leaf (cos, iceberg, rocket, spinach), mint in a beetroot wrap (Wheat flour (59%), water, refined rapeseed oil, humectant: glycerine, baking mix (glucose, salt, raising agents: disodium diphosphate, sodium bicarbonate), emulsifier: mono-and diglycerides of fatty acids; acidity regulators: malic acid, citric acid; stabilizer: xanthan gum; preservatives: calcium propionate, potassium sorbate), black carrot concentrate, beetroot powder (0,6%), natural beetroot aroma (0,2%))

BUILD-YOUR-OWN Salad Bar

We cannot guarantee that salads made on our build-your-own counter will be free of allergens. Due to the open nature of the salad counter, it is possible for cross contamination to occur, if you have any special dietary requirements, please ask a member of staff for guidance.

	Celery	Crustacean	Egg	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites
Bases														
House leaf mix (cos & iceberg lettuce)														
Deli leaf mix (spinach, rocket, bulls blood, red chard)														
Brown rice														
White pasta					yes									
cous cous					yes									
Wholemeal pasta					yes									
Kale														
3 bean mix (Borlotti beans, red kidney beans, butter beans)														
Lentils														
Rice noodles														
Veg items														
Carrot														
Beetroot														
Broccoli														
Mixed peppers														
Roast peppers														
Green beans														
Peas														
Sundried tomato														
Fresh tomato														
Green olives														
Boiled egg			yes											
Cucumber														
Edamame beans													yes	
Jalapenoes														
Red cabbage (red cabbage, balsamic vinegar)														
Sweetcorn														

	Celery	Crustacean	Egg	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites
Deli items														
Chicken														
Turkey (Turkey (typically 98% Turkey meat), Salt, Dextrose, Modified Maize Starch, Gelling Agent: (Carrageenan E407), Stabiliser: (Sodium Triphosphate E451), Paprika extract, Spices)														
Gammon ham (Pork leg, salt, dextrose, Emulsifying Salts (E450 Diphosphates, E451 Triphosphates), Antioxidant (E301 Sodium Ascorbate), Preservative (E250 Sodium Nitrate))														
Bacon														
Chorizo (Pork (91,2%), lactose, salt, dextrin, paprika, caseinate, dextrose, garlic, emulsifier (E-450), spices, antioxidant (E-301), preservatives (E-250, E-252))							yes							
Tuna			yes											
Hot smoked salmon			yes											
Prawns		yes												
Feta							yes							
Parmesan							yes							
Cheddar							yes							
Falafel (Chickpeas, red peppers, dried apricots, dried dates, onion, rapeseed oil, potato flakes, garlic, salt, raising agent, round coriander, ground cumin, dried parsley, ground cinnamon, white pepper, chilli flakes)														
Hummus (Chickpeas 50%, Rapeseed Oil, Water, Tahini Paste 11% (Hulled Sesame Seeds), Salt, Garlic Puree, Acidity Regulator: [E330], Preservative: [E202], Lemon Juice Concentrate)												yes		
Avocado (salt, Ascorbic acid, citric acid)														
Kimchi (Chinese leaf, carrot, spring onion, salt, red pepper powder, ginger, garlic)														
Pineapple Salsa (Pineapple, red chilli, red onion, coriander)														
Tofu													yes	

	Celery	Crustacean	Egg	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites
Garnish														
Sesame Seeds												yes		
Sunflower seeds														
Walnuts										yes				
CROUTONS				yes										
Tortilla chips														
Red chilli														
Basil														
Chives														
Coriander														
Flatleaf parsley														
Mint														
Steamed Eggs & Toppings														
Free range liquid egg			yes											
Avocado (salt, Ascorbic acid, citric acid)														
Tomato														
Cheddar Cheese							yes							
Feta Cheese							yes							
Ham														
Chorizo							yes							
Baked Beans														
Sausage				yes									yes	
Salmon			yes											
Bacon														
Porridge & Toppings														
Porridge (Oats are processed in a factory that also handles other grains containing wheat, spelt, barley & rye)				yes										
Blueberries														
Raspberries														
Mixed berries														
Dried cranberries														
Sultanas														
Almonds										yes				
Mixed nuts & raisins										yes	yes			
Coconut														
Walnuts										yes				
Vegan Dressings														
Spicy peanut											yes		yes	yes
Vegan Caesar								yes					yes	yes