

Our Allergen Matrix
Cheese
Cheese (98%)(Milk), Anti-caking Agent(Potato Starch).
Allergens are shown in Bold
Contains: Milk
Baked Beans
Haricot Beans (49%), Tomatoes (38%), Water, Modified Maize Starch, Salt, Spirit Vinegar, Sweetener (Steviol Glycosides), Onion Powder, Paprika Powder, Flavouring.
Allergens are shown in Bold
Tomato & Mascapone Sauce
(Milk), Water, Skimmed Milk Powder, Buttermilk Powder (Milk), Sea Salt, Starter Culture), Sugar, Single Cream (Milk) (3%), Medium Fat Soft Cheese (Water, Cream (Milk), Milk Proteins, Starter Culture, Sea Salt), Modified Maize Starch, Rapeseed Oil, Onion, Salt, Basil, Acidity Regulator (Citric Acid), Parsley, Dried Garlic, Stabiliser (Xanthan Gum).
Contains: Milk
Chili con carne
Tomato Purée from Concentrate (36%), Tomatoes (34%), Red Kidney Beans (7%), Water, Onion, Red Pepper (3%), Modified Maize Starch, Sugar, Salt, Ground Cumin, Acidity Regulator (Lactic Acid), Paprika, Ground Coriander, Garlic Powder, Chilli Powder, Fat Reduced Cocoa Powder, Black Pepper.
Tuna
kipjack Tuna (Fish), Sunflower Oil, Water, Salt.
Contains: Fish
sweet potato fries
Sweet Potato (87%) (Origin: EU and Non-EU), Sunflower Oil, Modified Potato Starch, Potato Starch, Rice Flour, Dextrin, Salt, Thickener(Xanthan Gum), Spice Extract(Paprika Extract), Raising Agent(Sodium Bicarbonate, Disodium Diphosphate).
Hash Browns
Potato, Sunflower Oil, Dried Potato, Salt, Dextrose, White Pepper, Onion Powder.
BBQ Sauce
Soya Beans, Salt, Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Folic acid, Thiamin)), Salt, Glucose, Spirit Vinegar, Barley Malt Extract), Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavourings (Contain Wheat, Celery), Smoked Maltodextrin, preservative (Potassium Sorbate), Garlic Powder, Onion Powder.
Contains: Barley, Celery, Gluten, Soya and Wheat
Fish Goujons
Pollock (Theragra chalcogramma) (60%) (FISH); Breadcrumb [WHEAT Flour, Water, Yeast, Salt, Spice, Rapese
Contains: Gluten, Fish and Wheat
Vegan Fingers

Vegetable Mix (40%) (Carrot, Sweetcorn, Peas), Water, (WHEAT Flour, Rapeseed Oil, Potato Flakes, Starch (Potato, Peas), Salt, Onion Powder, Yeast, Turmeric.
Contains: Gluten and Wheat
Gravy (ve)
Potato Starch, Maltodextrin, Palm Fat, Salt, Wheat Flour (with added Calcium, Folic Acid, Iron, Niacin, Thiamin), Colour (Ammonia Caramel), Sugar, Flavourings, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Emulsifier (Soya Lecithin), Black Pepper Extract, Rosemary Extract, Onion Oil.
Contains: Gluten, Soya and Wheat
Quron Fillets
Mycoprotein (86%), Natural Flavouring, Pea Fibre, Potato Protein, Pea Protein, WHEAT Gluten, Stabiliser: Carrageenan. Allergy Advice: For allergens, including cereals containing gluten, see ingredients in BOLD.
Contains: Gluten and Wheat
Fries
Potato (96%)(origin: EU/ non-EU), Vegetable Oils (Sunflower Oil, Rapeseed Oil), Dextrose.
50/50 Rice
Wholegrain Easy Cook Long Grain Rice (50%) and White Easy Cook Long Grain Rice (50%)
vegan Cheese
Water, Coconut Oil (23%), Modified Starch, Starch, Sea Salt, Flavouring, Rowanberry Extract, Acidity Regulator (Citric Acid), Colour: B- Carotene, Olive Extract, Vitamin B12
Vegan Sausages
Carrot (16%),Peas (14%),Onion (12%),Sweetcorn (10%),Red Pepper (9%),Dried Potato,Green Beans (7%),Pea Starch,Water,Cauliflower Florets (4%),Leek (4%),Potato,Salt,Sugar,Yeast Extract,Garlic Powder,Onion Powder,Tomato Powder,Red Pepper Powder,Parsley,Sage,Flavouring,White Pepper,Black Pepper Extract,Sage Extract.
Apple Beucnet
WHEAT flour, apple puree 17.3%, water, vegetable fats (palm, rapeseed), sugar, Butter (MILK), EGG, EGG white, dextrose, WHEAT gluten, modified starch, yeast, salt, emulsifier (E471), WHEAT starch, acid (E330), natural flavor, antioxidant (E300), malted WHEAT flour, colour (E160a (iv)), preservative (E202).
Contains: Gluten, Egg, Milk and Wheat
May contain: Hazelnut and Soya
Popdots strawberry Sensations
WHEAT flour, sugar, vegetable fats (palm, palm kernel, coconut), water, MILK wney powder, 3,6% strawberry puree, cocoa butter, LACTOSE (MILK), glucose syrup, vegetable oil (sunflower), dextrose, MILK powder, starch, yeast, skimmed MILK powder, SOYA flour, colour (E160a, E162, E163), raising agents (E450, E500), salt, emulsifiers (E322 SOYA, E471, E481), natural flavouring, thickeners (E440, E410), preservative (E202), flour treatment agent (E300), acidity regulators (E327, E330).
Contains: Gluten, Milk, Soya and Wheat
May contain: Egg, Hazelnut, Mustard and Walnut
Doughnuts

Fortified wheat Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Palm Oil, water, Rapeseed Oil, Raising Agents (Diphosphates, Potassium Carbonates), Skimmed MILK Powder, Defatted SOYA Flour, Whey Powder (MILK), Dextrose, Free Range EGG Yolk Powder, Emulsifiers (SOYA Lecithins, Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate), Maize Starch, OAT Fibre, MILK Protein. Contains: Gluten, Egg, Milk, Oats, Soya and Wheat
Vegan Cookies flavouring), vegetable oils (rapeseed, palm), soft light brown sugar (sugar, cane molasses), water, fat reduced cocoa powder* 4%, dextrose, raising agents (E450, E500), natural flavouring, natural vanilla flavouring, salt, thickener (E415). Contains: Gluten, Soya and Wheat May contain: Egg and Milk
Cookies wheat Flour(wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Palm Oil, Soft Brown Sugar, Rapeseed Oil, Egg Powder, Dextrose, Glucose Syrup, Whey Powder (Milk), Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Maize Starch, Wheat Fibre, Flavouring, Modified Maize Contains: Gluten, Egg, Milk and Wheat
Oat Cookies oat, syrup, Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservative(Potassium Sorbate), Vitamin A, Flavouring, Colour(Beta-Carotene), Vitamin D. Contains: Gluten and Oats May contain: Barley and Wheat
Baps wheat Flour (wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), water, Sugar, Yeast, Palm Oil, Salt, Rapeseed Oil, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). Contains: Gluten and Wheat May contain: Sesame
White bread Wheat Flour [with added Calcium Carbonate, Niacin, Iron, Thiamin], Water, Salt, Yeast, Spirit Vinegar, Wheat Protein, Emulsifiers [E471, E472e], Vegetable Oils [Rapeseed, Palm], Preservative: Calcium Propionate, Palm Fat, Flour Treatment Agent: Ascorbic Acid (Vitamin C), Wheat Flour, Wheat Starch. Contains: Gluten and Wheat May contain: Barley, Oats and Rye
Mayonnaise Rapeseed oil (78%), pasteurised free range EGGS (8.9%), water, spirit vinegar, sugar, salt, lemon juice concentrate, flavouring, antioxidant (calcium disodium EDTA), paprika extract. Contains: Egg
Quiche Cases WHEAT flour (GLUTEN) (EU), margarine (palm fat, water, rapeseed oil, salt, emulsifier E471, acid E330), water, salt Allergens are shown in Bold Contains: Gluten and Wheat

May contain: Egg and Milk
50/50 bread
WHEAT FLOUR (33%) (with calcium, iron, niacin (B3) and thiamin (B1)), wholemeal WHEAT FLOUR (33%), Water, Yeast, Salt, Vegetable Oils (Rapeseed, Sustainable Palm), Sustainable SOYA Flour, Emulsifier: E472e. Vinegar, Preservative: Calcium Propionate. Flour Treatment Agent: Ascorbic Acid (Vitamin C).
Contains: Gluten, Soya and Wheat
pork sausages
pork 75%, beef 25%,salt,wheat flour,herbs, spice, onion powder, rusk wheat ans salphite
tomato broccoli and Spinach vegan Quiche
wheat flour,brocoli ,onion, tomato,salt, sunflower oil garlic oregano,vegetavle oil butternut squash puree, basil, oats,lemon juice, millet seeds, black pepper,yeast, sugar,
Contains: Gluten and Wheat
May contain: Egg and Milk, mustard,fish
quiche
onion
cheese
olive oil
egg liquid
milk
chilli
oinon
olive oil
fresh mince beef
chilli corn carni sauce
garlic powder
tin tomato
Bbq Chicken
onion
olive oil
diced fresh chicken
bbq sauce
tin tomato
garlic powder
coriander powder

æed Oil, Paprika], Water, Rapeseed oil, Batter [WHEAT Flour, WHEAT Starch, Maize Flour, Salt, Raising /

Agents (Sodium Bicarbonates and Disodium Diphosphates)], Seasoning [Maltodextrine, Dextrose, WHEAT

┐ Gluten, Citrus Fibre, Stabiliser (Methylcellulose), Potassium Chloride, Salt, Onion Powder, White Pepper

; Tomato Powder, Garlic Powder, Dried Dill], Colour (Burnt Sugar), Vegetable Fibre, WHEAT Protein, Col

our (Paprika Extract), Lemon Juice, Emulsifier (Polyglycerol Polyricinoleate).