



Product/Dish	Ingredients	N	M	G	E	S	P	F	L	Se	C	Cr	Mo	SD	O
Mushrooms (sliced and chunky)	100% fresh <b>Mushrooms</b>														✓
Tomatoes (sliced and quartered)	100% fresh Tomato														
Jalapenos	Green jalapeno peppers (52%), water, salt, acetic acid														
Pineapple	Pineapple, water, sugar, acidity regulator (citric acid)														✓
Sweetcorn	Sweetcorn, water														
Red onion	Red onion														
BBQ Sauce	Water, sugar, tomato paste, glucose-fructose syrup, spirit vinegar, malt vinegar ( <b>barley</b> ), <b>soya</b> sauce, modified maize starch, salt, flavourings ( <b>celery</b> , <b>wheat</b> ), caramelised sugar syrup, smoke flavouring, preservative (potassium sorbate), garlic powder, onion powder, <b>soya</b> extract (water, <b>soya</b> beans, salt, <b>wheat</b> flour: contains calcium carbonate, iron, nicotinamide, thiamine), salt, glucose, spirit vinegar, <b>barley</b> malt vinegar			✓		✓					✓				
Olives	Green olives (52%) (water, salt, lactic acid, citric acid), black olives (34.5%) (water, salt, lactic acid, ferrous luconate), red peppers (5%), white wine vinegar (antioxidant <b>sulphur dioxide</b> ), vegetable oil (rapeseed), garlic puree (garlic), chilli sauce (peppers, salt, acetic acid, water, onion powder, modified maize starch, xanthan gum), parsley (0.2%), oregano (0.2%), chilli flakes, brine (water, salt, citric acid, lactic acid)													✓	✓
Garlic & parsley spread	Vegetable oils (palm oil, rapeseed oil), garlic puree (14%), water, parsley, emulsifier (mono- and diglycerides of fatty acids, natural flavouring, colour (beta-carotene). Produced in a factory that also handles <b>milk</b>		✓												
Vegan Cheese (Violife)	Water, coconut oil (24%), modified starch (potato and corn), corn starch, sea salt, flavourings, olive extract, colour: B-carotene, vitamin B12														
Meatless Pepperoni	Water, <b>wheat</b> protein, tomato paste, rapeseed oil, nutritional yeast, <b>soya</b> , potato starch, fibre (bamboo, pea, plantain), natural spices, <b>mustard</b> , salt. May contain traces of <b>sesame</b> and <b>celery</b>			✓		✓				✓	✓				✓
Vegan Ham Slices (Quorn)	Mycoprotein (78%), water, flavourings (contains smoke flavourings, colour: iron oxide), gelling agents: agar, locust bean gum; potato protein, salt, pea fibre, preservative: potassium sorbate														✓
Vegan Spicy Chicken (pizza topping)	This Isn't Chicken Pieces (water, <b>soya</b> protein concentrate (30%), sunflower oil, flavouring, pea protein isolate (2%), potato starch, salt, pea fibre, rapeseed oil, maltodextrin, sea salt and black pepper seasoning [maltodextrin, black pepper, sugar, yeast extract powder, natural flavouring, sea salt], titanium dioxide, iron, vitamin B12), chilli powder					✓									

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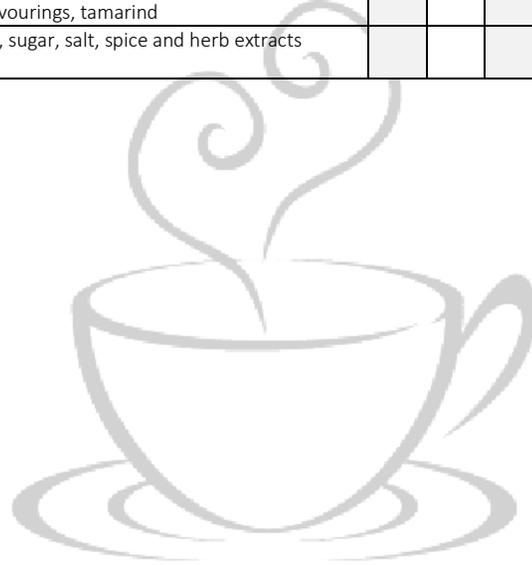
Sandwiches/Wraps/Toasties																
Product/Dish	Ingredients	N	M	G	E	S	P	F	L	Se	C	Cr	Mo	SD	O	
Malted Brown Bloomer (Morrisons)	Fortified <b>wheat</b> flour ( <b>wheat</b> flour, calcium carbonate, iron, niacin, thiamine), water, malted <b>wheat</b> flakes, rapeseed oil, yeast, malted <b>barley</b> flour, <b>wheat</b> gluten, malted <b>wheat</b> flour, <b>rye</b> flour, <b>Wheat</b> semolina, salt, <b>wheat</b> flour, fermented <b>wheat</b> flour, dextrose, acidity regulators (calcium sulphate, citric acid), sourdough culture, preservative (calcium propionate), flour treatment agent (ascorbic acid)			✓												
Tiger Bloomer (Morrisons)	Fortified <b>wheat</b> flour ( <b>wheat</b> flour, calcium carbonate, iron, niacin, thiamine), water, rapeseed oil, yeast, fermented <b>wheat</b> flour, <b>wheat</b> flour, salt, rice flour, dextrose, acidity regulators (calcium sulphate, citric acid), raising agents (sodium carbonates, ammonium carbonates), flour treatment agents (l-cysteine, ascorbic acid), malted <b>barley</b> , sourdough culture, preservative (calcium propionate)			✓												
Baguette (part-baked)	<b>Wheat</b> flour ( <b>wheat</b> flour, malted <b>wheat</b> flour, antioxidant (ascorbic acid)), water, yeast, fermented <b>wheat</b> flour, salt (may also contain sesame seeds)			✓						✓						
White Pittas (Morrisons)	Fortified <b>wheat</b> flour ( <b>wheat</b> flour, calcium carbonate, iron, niacin, thiamine), water, yeast, rapeseed oil, salt, preservative (calcium propionate) (may contain <b>egg</b> , <b>milk</b> , other cereals containing <b>gluten</b> and <b>soya</b> )		✓	✓	✓	✓										
White Tortilla Wraps (Morrisons)	Fortified <b>wheat</b> flour ( <b>wheat</b> flour, calcium carbonate, iron, niacin, thiamine), water, palm oil, humectant (glycerol), raising agents (diphosphates, sodium carbonates), sugar, emulsifier (mon- and diglycerides of fatty acids), acidity regulator (citric acid), salt, preservative (calcium propionate), <b>wheat</b> starch, flour treatment agent (l-cysteine)			✓												
Flora Dairy-free Spread	Plant oils (sunflower, rapeseed, palm), water, salt, plant based emulsifier (sunflower lechin), vinegar, natural flavouring, vitamin A															
Ham (sliced)	100% pork															
Egg Mayonnaise (homemade)	<b>Eggs</b> , Mayonnaise (Rapeseed oil (78%), water, pasteurised free range <b>egg</b> and <b>egg</b> yolk (8.9%), spirit vinegar, sugar, salt, lemon juice, antioxidant (calcium disodium EDTA), flavouring, paprika extract), salt and pepper				✓											
Tuna Mayonnaise (homemade)	<b>Tuna</b> (Skipjack Tuna ( <b>fish</b> ), water, salt), Mayonnaise (Rapeseed oil (78%), water, pasteurised free range <b>egg</b> and <b>egg</b> yolk (8.9%), spirit vinegar, sugar, salt, lemon juice, antioxidant (calcium disodium EDTA), flavouring, paprika extract), salt and pepper				✓			✓								
Houmous	Chickpeas (50%), rapeseed oil, water, tahini (12%) ( <b>sesame</b> seed paste), salt, acidity regulator (citric acid), garlic (1%), preservative (potassium sorbate), concentrated lemon juice									✓					✓	
Tuna (skipjack)	Skipjack Tuna ( <b>fish</b> ), water, salt							✓								

Product/Dish	Ingredients	N	M	G	E	S	P	F	L	Se	C	Cr	Mo	SD	O
Coronation Chicken (homemade)	Chicken pieces, mayonnaise (Rapeseed oil (78%), water, pasteurised free range <b>egg</b> and <b>egg</b> yolk (8.9%), spirit vinegar, sugar, salt, lemon juice, antioxidant (calcium disodium EDTA), flavouring, paprika extract), salt and pepper, tikka paste (Water, rapeseed oil, concentrated tomato puree (8%) turmeric powder, sugar, maize starch, dried onions, paprika powder, coriander powder (3%), salt, ginger puree (2.8%), acetic acid, cumin powder, garlic puree (2%), spices (1%), dried coriander leaf (0.5%), paprika extract), sultanas (sultanas, cottonseed oil)				✓										
Coronation Chickpea (homemade)	<b>Chickpeas</b> , vegan mayonnaise (Rapeseed oil (72%), water, spirit vinegar, sugar, salt, modified starch, natural flavouring (contains <b>mustard</b> ), lemon juice concentrate, antioxidant (calcium disodium EDTA), colour (paprika extract), salt and pepper, tikka paste (Water, rapeseed oil, concentrated tomato puree (8%) turmeric powder, sugar, maize starch, dried onions, paprika powder, coriander powder (3%), salt, ginger puree (2.8%), acetic acid, cumin powder, garlic puree (2%), spices (1%), dried coriander leaf (0.5%), paprika extract), sultanas (sultanas, cottonseed oil)								✓						✓
Glaze with Balsamic Vinegar of Modena	Grape must concentrate (contains <b>sulphites</b> ), balsamic vinegar of Modena (20%) (wine vinegar, grape must concentrate (contains <b>sulphites</b> ), colour (plain caramel) antioxidant ( <b>sulphur dioxide</b> )), wine vinegar, thickener (guar gum), stabiliser (xanthan gum), antioxidant ( <b>sulphur dioxide</b> )													✓	
Hellmans Vegan Mayonnaise	Rapeseed oil (72%), water, spirit vinegar, sugar, salt, modified starch, natural flavouring (contains <b>mustard</b> ), lemon juice concentrate, antioxidant (calcium disodium EDTA), colour (paprika extract),														✓
Hellmans Mayonnaise	Rapeseed oil (78%), water, pasteurised free range <b>egg</b> and <b>egg</b> yolk (8.9%), spirit vinegar, sugar, salt, lemon juice, antioxidant (calcium disodium EDTA), flavouring, paprika extract				✓										
Onion Chutney	Rehydrated red onions (68%), sugar, rehydrated onions, red wine vinegar (15%), colour (plain caramel) (2%), modified maize starch, sea salt, ground ginger, cinnamon powder, ground nutmeg														
Tikka Paste	Water, rapeseed oil, concentrated tomato puree (8%) turmeric powder, sugar, maize starch, dried onions, paprika powder, coriander powder (3%), salt, ginger puree (2.8%), acetic acid, cumin powder, garlic puree (2%), spices (1%), dried coriander leaf (0.5%), paprika extract														

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Product/Dish	Ingredients	N	M	G	E	S	P	F	L	Se	C	Cr	Mo	SD	O
HP Sauce	Tomatoes, malt vinegar (from <b>barley</b> ), molasses, glucose – fructose syrup, spirit vinegar, sugar, dates, modified cornflour, <b>rye</b> flour, salt, spices, flavourings, tamarind			✓											
Tomato Ketchup (Heinz)	Tomatoes, spirit vinegar, sugar, salt, spice and herb extracts (contains <b>celery</b> ), spice										✓				



*Anna's*  
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Product/Dish	Ingredients	N	M	G	E	S	P	F	L	Se	C	Cr	Mo	SD	O
Vegan Mint Mayo (homemade)	Vegan mayonnaise (Rapeseed oil (72%), water, spirit vinegar, sugar, salt, modified starch, natural flavouring (contains <b>mustard</b> ), lemon juice concentrate, antioxidant (calcium disodium EDTA), colour (paprika extract)), mint sauce (water, spirit vinegar, sugar, modified maize starch, dried spearmint (4%), salt, natural flavourings with other natural flavourings, colour (copper complexes of chlorophyllin))														✓
Knorr Vegetable Bouillon Cube	Salt, vegetable fats (palm, shea butter, sal butter), potato starch, yeast extract, sugar, onion powder (2.3%), carrots (1.5%), herbs (parsley, tarragon), spices ( <b>celery</b> seeds, garlic, turmeric, pepper,, parsley roots), tomato puree powder, red bell pepper (0.2%), caramel syrup, flavourings (contains <b>celery</b> ), leek, maltodextrin										✓				



*Anna's*  
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Soups, Starters, Specials and Sides																
Product/Dish	Ingredients	N	M	G	E	S	P	F	L	Se	C	Cr	Mo	SD	O	
Chopped Garlic	Water, rapeseed oil (27%), dried garlic (25%), salt, citric acid, sodium															
Basmati Rice (Uncle Bens)	Steamed basmati rice (98%), sunflower oil															
Tortilla Chips	Maize flour, high oleic sunflower oil (23%), salt (1%)															
Crisps (side) (Kettle)	Potatoes, sunflower oil, sea salt															
Skin on Fries (Chefs Larder)	Potatoes (90%), sunflower oil, batter (5%) (potato starch, rice flour, modified, salt, dextrin), raising agents (sodium bicarbonate, disodium diphosphate), thickener (xanthan gum), paprika extract, turmeric extract)															
Vegan Burger (Moving Mountains)	Water, vegetable oil (coconut), vegetables (oyster mushroom, mushroom, onion), vegetable protein ( <b>soy</b> , <b>soy</b> protein isolated), gluten ( <b>wheat</b> ), natural flavour, starch ( <b>wheat</b> ), dietary fibre ( <b>oat</b> ), pea protein isolate, thickener (E461), vinegar, <b>barley</b> malt extract, beetroot juice concentrate, preservative (E270), salt, vitamin B12			✓		✓									✓	
Burger Buns (Chefs Larder)	<b>Wheat</b> flour (contains calcium carbonate, iron, nicotinamide, thiamine), water, yeast, palm oil, sugar, <b>wheat</b> semolina, salt, rapeseed oil, fermented <b>wheat</b> flour, emulsifiers (mono- and diacetyl tartaric esters of diglycerides of fatty acids), <b>wheat</b> gluten, potato flake, preservative (calcium propionate), flour treatment agent (ascorbic acid)			✓												
Beef Burger (butcher)	Beef, <b>wheat</b> flour, <b>soya</b> , <b>sulphur dioxide/sulphites</b>			✓		✓								✓		
Chorizo Sausage Burger (butcher)	Pork, <b>wheat</b> flour, <b>soya</b> , <b>sulphur dioxide/sulphites</b>			✓		✓								✓		
Cooked Turkey (butcher)	Turkey, <b>celery</b> , <b>wheat</b> flour			✓							✓					
Cooked Chicken (butcher)	100% roast chicken															
Coleslaw (homemade)	Carrots, savoy cabbage, red cabbage, white cabbage, vegan mayonnaise (Rapeseed oil (72%), water, spirit vinegar, sugar, salt, modified starch, natural flavouring (contains <b>mustard</b> ), lemon juice concentrate, antioxidant (calcium disodium EDTA), colour (paprika extract), wholegrain <b>mustard</b> ( <b>Mustard</b> seed (31%), water, white wine vinegar, spirit vinegar, sugar, <b>mustard</b> flour (4%), salt, cinnamon powder, pimento powder, turmeric powder)														✓	
Beer Board	Olives (Green olives (52%) (water, salt, lactic acid, citric acid), black olives (34.5%) (water, salt, lactic acid, ferrous luconate), red peppers (5%), white wine vinegar (antioxidant <b>sulphur dioxide</b> ), vegetable oil (rapeseed), garlic puree (garlic), chilli sauce (peppers, salt, acetic acid, water, onion powder, modified maize starch, xanthan gum), parsley (0.2%), oregano (0.2%), chilli flakes, brine (water, salt, citric acid, lactic acid)), <b>Peanuts</b> ( <b>Peanuts</b> (96%), high oleic sunflower oil, salt), Kettle Crisps (select potatoes, sunflower oil, sea salt)	✓					✓		✓					✓		
Peanuts	<b>Peanuts</b> (96%), high oleic sunflower oil, salt	✓					✓		✓							

Product/Dish	Ingredients	N	M	G	E	S	P	F	L	Se	C	Cr	Mo	SD	O
Guacamole (Morrisons)	Avocado puree (48%) (avocado, antioxidant (ascorbic acid), stabiliser (xanthan gum), acidity regulator (citric acid)), avocado (32%) (avocado, water, acidity regulator (citric acid), salt, antioxidant (ascorbic acid)), tomato (10%), red onion (5%), coriander, garlic puree, red chilli, salt, concentrated lime juice, antioxidant (ascorbic acid), acidity regulator (citric acid), preservative (potassium sorbate)														✓
Homemade Chilli (Vegan)	Onions, carrots, courgettes, peppers, <b>mushrooms</b> , passata, tomatoes, garlic, ginger, salt, pepper, smoked paprika, ground cumin, ground coriander, stock (water, salt, glucose syrup, dextrose monohydrate, yeast extract, sugar, sunflower oil, carrot extract, maltodextrin, onion concentrate, red pepper extract, <b>celery</b> juice concentrate, onion powder, stabiliser (tara gum), carrot, parsley, garlic puree, black pepper, <b>celery</b> , refined <b>celery</b> seed oil)										✓				✓
Nachos	Tortilla chips (Maize flour, high oleic sunflower oil (23%), salt (1%)), cheese ( <b>Milk</b> , anti-caking agent (cellulose), tomato pizza sauce (Tomatoes (98.5%), salt, basil, onion, garlic, pepper, acidity regulator (citric acid)), chilli flakes, guacamole (Avocado puree (48%) (avocado, antioxidant (ascorbic acid), stabiliser (xanthan gum), acidity regulator (citric acid)), avocado (32%) (avocado, water, acidity regulator (citric acid), salt, antioxidant (ascorbic acid)), tomato (10%), red onion (5%), coriander, garlic puree, red chilli, salt, concentrated lime juice, antioxidant (ascorbic acid), acidity regulator (citric acid), preservative (potassium sorbate))		✓												
Vegan Nachos	Tortilla chips (Maize flour, high oleic sunflower oil (23%), salt (1%)), vegan cheese (Water, coconut oil (24%), modified starch (potato and corn), corn starch, sea salt, flavourings, olive extract, colour: B-carotene, vitamin B12), tomato pizza sauce (Tomatoes (98.5%), salt, basil, onion, garlic, pepper, acidity regulator (citric acid)), chilli flakes, guacamole (Avocado puree (48%) (avocado, antioxidant (ascorbic acid), stabiliser (xanthan gum), acidity regulator (citric acid)), avocado (32%) (avocado, water, acidity regulator (citric acid), salt, antioxidant (ascorbic acid)), tomato (10%), red onion (5%), coriander, garlic puree, red chilli, salt, concentrated lime juice, antioxidant (ascorbic acid), acidity regulator (citric acid), preservative (potassium sorbate))														
Vegan Cheese Slices (Violife)	Water, coconut oil (23%), modified starch (potato & corn), starch (potato), sea salt, flavourings, olive extract, colour: B-Carotene, Vitamin B12														

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Product/Dish	Ingredients	N	M	G	E	S	P	F	L	Se	C	Cr	Mo	SD	O
Vegan Kebabs	Vegan kebab (Rehydrated <b>soya</b> protein (87%), rapeseed oil, sunflower oil, vinegar, herbs and spices, salt, natural flavourings, dried vegetables (paprika, onion), water, garlic, maltodextrin, paprika concentrate, vitamins and minerals (vitamin B12, iron)), rice, vegan mayonnaise, mixed salad with balsamic glaze, glaze (Grape must concentrate (contains <b>sulphites</b> ), balsamic vinegar of Modena (20%) (wine vinegar, grape must concentrate (contains <b>sulphites</b> ), colour (plain caramel) antioxidant ( <b>sulphur dioxide</b> )), wine vinegar, thickener (guar gum), stabiliser (xanthan gum), antioxidant ( <b>sulphur dioxide</b> )), pitta bread (Fortified <b>wheat</b> flour ( <b>wheat</b> flour, calcium carbonate, iron, niacin, thiamine), water, yeast, rapeseed oil, salt, preservative (calcium propionate) (may contain <b>egg, milk</b> , other cereals containing <b>gluten</b> and <b>soya</b> )), rice (steamed basmati rice (98%), sunflower oil), vegan mint mayo (Rapeseed oil (72%), water, spirit vinegar, sugar, salt, modified starch, natural flavouring (contains <b>mustard</b> ), lemon juice concentrate, antioxidant (calcium disodium EDTA), colour (paprika extract), mint sauce (water, spirit vinegar, sugar, modified maize starch, dried spearmint (4%), salt, natural flavourings with other natural flavourings, colour (copper complexes of chlorophyllin)		✓	✓		✓								✓	✓
Club Sandwich	Tiger bread (Fortified <b>wheat</b> flour ( <b>wheat</b> flour, calcium carbonate, iron, niacin, thiamine), water, rapeseed oil, yeast, fermented <b>wheat</b> flour, <b>wheat</b> flour, salt, rice flour, dextrose, acidity regulators (calcium sulphate, citric acid), raising agents (sodium carbonates, ammonium carbonates), flour treatment agents (l-cysteine, ascorbic acid), malted <b>barley</b> , sourdough culture, preservative (calcium propionate)), bacon (Pork (87%), water, salt, preservative E250, E252), roast chicken, mayonnaise (Rapeseed oil (78%), water, pasteurised free range <b>egg</b> and <b>egg</b> yolk (8.9%), spirit vinegar, sugar, salt, lemon juice, antioxidant (calcium disodium EDTA), flavouring, paprika extract), cheese ( <b>Milk</b> , anti-caking agent (cellulose)), tomatoes, iceberg lettuce		✓	✓	✓										

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Product/Dish	Ingredients	N	M	G	E	S	P	F	L	Se	C	Cr	Mo	SD	O	
Moving Mountain Burger	Burger bun ( <b>Wheat</b> flour (contains calcium carbonate, iron, nicotinamide, thiamine), water, yeast, palm oil, sugar, <b>wheat</b> semolina, salt, rapeseed oil, fermented <b>wheat</b> flour, emulsifiers (mono- and diacetyl tartaric esters of diglycerides of fatty acids), <b>wheat</b> gluten, potato flake, preservative (calcium propionate), flour treatment agent (ascorbic acid)), Moving Mountain burger patty (Water, vegetable oil (coconut), vegetables (oyster <b>mushroom</b> , <b>mushroom</b> , onion), vegetable protein ( <b>soy</b> , <b>soy</b> protein isolated), gluten ( <b>wheat</b> ), natural flavour, starch ( <b>wheat</b> ), dietary fibre ( <b>oat</b> ), pea protein isolate, thickener (E461), vinegar, <b>barley</b> malt extract, beetroot juice concentrate, preservative (E270), salt, vitamin B12), tomato, salad leaves, vegan mayonnaise (Rapeseed oil (72%), water, spirit vinegar, sugar, salt, modified starch, natural flavouring (contains <b>mustard</b> ), lemon juice concentrate, antioxidant (calcium disodium EDTA), colour (paprika extract)), burger relish (Water, sugar, gherkins (19%), tomato paste (16%), spirit vinegar, dried red and green bell peppers (5%), cauliflower, diced onion, modified maize starch, <b>mustard</b> seed, dried onion, salt, garlic powder, white pepper, gherkins contain: gherkins, water, acidity regulator (acetic acid), salt, stabiliser (xanthan gum), firming agent (calcium chloride). Cauliflower contains: Cauliflower, water, salt, acidity regulator (acetic acid), firming agent (calcium chloride)), fries Potatoes (90%), sunflower oil, batter (5%) (potato starch, rice flour, modified, salt, dextrin), raising agents (sodium bicarbonate, disodium diphosphate), thickener (xanthan gum), paprika extract, turmeric extract), fried onions, vegan cheese slice (Water, coconut oil (23%), modified starch (potato & corn), starch (potato), sea salt, flavourings, olive extract, colour: B-Carotene, Vitamin B12)			✓		✓										✓
Minted Lamb Grills (butcher)	Lamb, <b>wheat</b> flour, <b>soya</b> , <b>sulphur dioxide/sulphites</b>			✓		✓								✓		
Chicken & Pepper Kebabs (butcher)	Chicken, Red Peppers, <b>barley</b>			✓												
Vegan Sharwarma Kebab (Viva)	Rehydrated <b>soya</b> protein (87%), rapeseed oil, sunflower oil, vinegar, herbs and spices, salt, natural flavourings, dried vegetables (paprika, onion), water, garlic, maltodextrin, paprika concentrate, vitamins and minerals (vitamin B12, Iron)					✓										

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Cheese Grazing Board																
Product/Dish	Ingredients	N	M	G	E	S	P	F	L	Se	C	Cr	Mo	SD	O	
Brussels Pate (Morrisons)	Pork liver (34%), pork fat, water, pork (6%), pork rind, rice flour, salt, sugar, antioxidants (potassium lactate, sodium ascorbate), <b>milk</b> protein, emulsifier (mono- and diglycerides of fatty acids), spices, bamboo fibre, onion powder, pea starch, thickener (guar gum), preservatives (potassium acetate, sodium nitrite), pepper extract, nutmeg extract, yeast extract		✓													
Pork pies (Morrisons)	Fortified <b>wheat</b> flour ( <b>wheat</b> flour, calcium carbonate, iron, niacin, thiamine), pork (22%), pork lard, water, pork fat, potato starch, salt, dried whole <b>egg</b> , pork gelatine, spices, antioxidant (sodium ascorbate), preservatives (sodium nitrite, potassium nitrite), raising agent (ammonium carbonates)			✓	✓											
Double Gloucester	Double Gloucester cheese (99% (cheese ( <b>milk</b> ), colour (annatto norbixin)), kibbled onion, chive, preservative (potassium sorbate)		✓													
Smoked Austrian	Contains <b>milk</b>		✓													
Goats Cheese	Contains <b>milk</b>		✓													
Lancashire cheese	Contains <b>milk</b>		✓													
Blue Cheese	Contains <b>milk</b>		✓													
Brie	Contains <b>milk</b>		✓													
Crackers (wholegrain)	<b>Wheat</b> flour ( <b>wheat</b> flour, iron, niacin, thiamine, riboflavin, folic acid), whole <b>wheat</b> , sunflower oil, grains (5%) (cracked <b>rye</b> , cracked <b>wheat</b> , brown rice, millet, linseed), sugar, raising agents (ammonium carbonates, sodium carbonates), <b>barley</b> malt extract, salt, onion powder, enzymes ( <b>wheat</b> )			✓												
Various Salad and Fruit items	Mixed salad leaves, tomatoes, cucumber, pineapple, sweetcorn, red onion, red grapes, <b>celery</b>										✓					
Ciabatta	Contains <b>wheat</b>			✓												
Onion Chutney	Rehydrated red onions (68%), sugar, rehydrated onions, red wine vinegar (15%), colour (plain caramel) (2%), modified maize starch, sea salt, ground ginger, cinnamon powder, ground nutmeg															
Pickled Onions	Silverskin onions (contains acidity regulator (acetic acid), preservative (sodium <b>metabisulphite</b> ), water, salt, acidity regulator (acetic acid), spirit vinegar													✓		
Olives	Green olives (52%) (water, salt, lactic acid, citric acid), black olives (34.5%) (water, salt, lactic acid, ferrous luconate), red peppers (5%), white wine vinegar (antioxidant <b>sulphur dioxide</b> ), vegetable oil (rapeseed), garlic puree (garlic), chilli sauce (peppers, salt, acetic acid, water, onion powder, modified maize starch, xanthan gum), parsley (0.2%), oregano (0.2%), chilli flakes, brine (water, salt, citric acid, lactic acid)													✓	✓	

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Cakes/Desserts																
Product/Dish	Ingredients	N	M	G	E	S	P	F	L	Se	C	Cr	Mo	SD	O	
Carrot Cake (Gluten Free)	Brown sugar, gluten free flour blend (rice, potato, tapioca, maize, buckwheat), raising agents (mono-calcium phosphate, sodium bicarbonate), stabiliser (xanthan gum), <b>egg</b> , rapeseed oil, reduced-fat soft cheese (skimmed <b>milk</b> , cream ( <b>milk</b> ), maize starch, salt, stabilisers (xanthan gum, locust bean gum)), icing sugar, carrot (6%), pineapple, shortening (palm oil, rapeseed oil), salted butter (butter ( <b>milk</b> ), salt), desiccated coconut, <b>hazelnuts</b> , water, humectant (glycerol), cinnamon, mixed spice, raising agent (sodium hydrogen carbonate), modified maize starch, stabiliser (xanthan gum), natural flavouring, colours (curcumin, annatto norbixin. May contain nut shell and/or shell particles. Made in a factory that also handles other nuts	✓	✓		✓											
Free Range Egg Lemon Drizzle Cake	Sponge cake (68%) (sugar, <b>wheat</b> flour ( <b>wheat</b> flour, calcium carbonate, iron, niacin, thiamine), pasteurised free range <b>egg</b> , vegetable oil (rapeseed), cake concentrate ( <b>wheat</b> flour ( <b>wheat</b> flour, calcium carbonate, iron, niacin, thiamine), skimmed <b>milk</b> powder, emulsifiers (polyglycerol esters, polyglycerol of fatty acids, mono- and diglycerides of fatty acids), raising agents (disodium diphosphate, sodium bicarbonate), <b>wheat</b> starch, maize starch, <b>milk</b> protein, rapeseed oil, stabiliser (xanthan gum), flour treatment agent (amylase)), water, humectant (glycerine), lemon flavour filling (24%) (margarine (vegetable oils (palm, rapeseed), water, salt, emulsifier (mono- and diglycerides of fatty acids) colours (annatto bixin, curcumin), flavouring), sugar, flavouring), lemon curd filling (6%) (sugar, glucose-fructose syrup, water, vegetable oil (palm), lemon juice from concentrate (3%), cornflour, dried whole <b>egg</b> , gelling agent (pectin), acid (citric acid), acidity regulator (sodium citrates), colour (beta carotene), antioxidant (ascorbic acid), sugar nobs (1.5%), invery sugar syrup, flavouring. May also contain <b>oats</b> , <b>barley</b> , <b>nuts</b> , <b>soya</b> , <b>sulphites</b>	✓	✓	✓	✓	✓								✓		
Rockslide Brownie (Sweet Street Desserts)	Brown sugar, margarine ( <b>soy</b> bean oil, palm oil, water, salt, emulsifier E471, non-fat dry <b>milk</b> , emulsifier E322 (sunflower), natural flavour, vitamin A palmitate, colour E160a), cage-free <b>eggs</b> , <b>wheat</b> flour, cream ( <b>milk</b> ), glucose, unsweetened chocolate, sweetened condensed <b>milk</b> ( <b>milk</b> , sugar), butter ( <b>milk</b> ), <b>pecan nuts</b> (2.5%), cocoa, evaporated <b>milk</b> , salt, emulsifier E322 ( <b>soy</b> ), water, Madagascar vanilla. Manufactured in a facility that processes <b>peanuts</b> and <b>nuts</b>	✓	✓	✓	✓	✓	✓									
Luxury Vanilla Ice Cream	Water, double cream ( <b>milk</b> ) (22%), sugar, buttermilk powder ( <b>milk</b> ), dextrose, whey powder ( <b>milk</b> ), emulsifier (mono- and diglycerides of fatty acids), stabilisers (carboxymethylcellulose, guar gum, carob gum), Madagascar vanilla extract, exhausted vanilla seeds, colours (curcumin, annatto)		✓													
Churros (Hill Valley)	<b>Wheat</b> flour, water, sunflower oil, salt, raising agent (disodium diphosphate, sodium carbonate), thickener (E415), emulsifier (E472e), cinnamon sugar (sugar, ground cinnamon). Produced in a factory that uses <b>milk</b> , <b>nuts</b> , <b>egg</b> , <b>soya</b> , <b>fish</b> , <b>crustaceans</b> , <b>molluscs</b> , <b>celery</b> and <b>mustard</b>	✓	✓	✓	✓	✓		✓			✓	✓	✓		✓	





Product/Dish	Ingredients	N	M	G	E	S	P	F	L	Se	C	Cr	Mo	SD	O
Flapjacks (homemade)	<b>Oats</b> , sugar, golden syrup, vegetable margarine (vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1.4%), buttermilk ( <b>milk</b> ), preservative (potassium sorbate), citric acid), emulsifier (mono and diglycerides of fatty acids), flavourings, vitamins A and D, various toppings sometimes containing peanuts and other allergens – please ask for details)		✓	✓			✓								✓
Portuguese Custard Tarts	Filling (61%) (water, sugar, <b>egg</b> yolk, <b>wheat</b> flour, dried <b>milk</b> , <b>egg</b> white, maize, starch, thickener (xanthan gum E415)), pastry (39%, <b>wheat</b> flour, vegetable margarine (vegetable oils and fats (palm, coconut, rapeseed)), (water, emulsifier (sunflower) E471, E475), salt, acidity regulators (E270, E330), antioxidant (E304, E306, E307)), water, salt. May contain traces of <b>nuts</b> , <b>sesame seeds</b> and <b>soya</b>	✓	✓	✓	✓	✓				✓					
Vegan Belgian Chocolate Fudge Cake	Chocolate fudge (49%), (sugar, margarine (palm oil, rapeseed oil, water, emulsifier (E471)), dark chocolate (5.2%) (cocoa mass, sugar, cocoa butter, emulsifier ( <b>soya</b> lecithin), natural flavour), fat reduced cocoa powder (4.4%) (water, glucose syrup, tapioca starch, flavouring, rapeseed oil, stabiliser (E412)), chocolate sponge (48%) (sugar, water, <b>wheat</b> flour (with calcium carbonate, iron, niacin, thiamine), rapeseed oil, fat reduced cocoa powder (1.7%), modified maize starch, raising agents (E500ii, E450i, E501), flavouring, lemon juice, dried <b>gluten</b> ( <b>wheat</b> ), stabiliser (E415), natural flavour) cocoa nibs. Made in a bakery that uses <b>egg</b> and <b>milk</b>		✓	✓	✓	✓									
Custard (Ambrosia)	Skimmed <b>Milk</b> , <b>Buttermilk</b> , Sugar, Modified Starch, Palm Oil, Whey ( <b>Milk</b> ), Natural Flavouring, Colours (Curcumin, Annatto), Total Milk content 75%		✓												
Strawberry Sponge Pudding (Morrisons)	Water, sugar, strawberry jam (18%) (glucose syrup, <b>strawberry</b> puree, sugar, gelling agent (pectin), colour (carmine), acidity regulators (citric acid, sodium citrates), flavouring), fortified <b>wheat</b> flour ( <b>wheat</b> flour, iron, thiamin, nicotinic acid, calcium carbonate) vegetable oil (palm, rapeseed), <b>strawberries</b> (4%), modified maize starch, raising agents (lactic acid, sodium carbonates, dried <b>egg</b> , flavouring, emulsifier (mono- and diglycerides of fatty acids)			✓	✓										✓
Sticky Toffee Sponge Pudding (Morrisons)	Toffee Sauce (34%) (Glucose Syrup, Sugar, Condensed <b>Milk</b> , Butter ( <b>Milk</b> ), Water, Maize Starch, Salt, Emulsifier (Sunflower Lecithins)), Fortified Wheat Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), <b>Egg</b> , Sugar, Palm Oil, Humectant (Glycerine), Rapeseed Oil, Water, Date, Raising Agents (Calcium Phosphates, Potassium Carbonate, Sodium Carbonates), Colour (Plain Caramel), Preservative (Potassium Sorbate), Salt	✓	✓	✓	✓										

CAFE - BAR - CONVENIENCE

Product/Dish	Ingredients	N	M	G	E	S	P	F	L	Se	C	Cr	Mo	SD	O
Chocolate Sponge Pudding (Morrisons)	Chocolate Flavoured Sauce (34%) (Glucose Syrup, Sugar, Water, Glycerine, Cocoa Mass, Modified Maize Starch, Condensed <b>Milk</b> , Cocoa Butter, Fat Reduced Cocoa Powder, Cream ( <b>Milk</b> ), Butter ( <b>Milk</b> ), Dried Whole <b>Milk</b> , Whey Powder ( <b>Milk</b> ), Preservative (Potassium Sorbate), Emulsifier ( <b>Soya</b> Lecithins), Flavouring), Sugar, Fortified Wheat Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), <b>Egg</b> , Palm Oil, Rapeseed Oil, Humectant (Glycerine), Water, Fat Reduced Cocoa Powder, Raising Agents (Calcium Phosphates, Sodium Carbonates, Potassium Carbonate), Flavouring, Preservative (Potassium Sorbate), Salt	✓	✓	✓	✓	✓									
Syrup Sponge Pudding (Morrisons)	Syrup Sauce (34%) (Invert Sugar Syrup, Water, Cornflour), Sugar, Fortified Wheat Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), <b>Egg</b> , Palm Oil, Humectant (Glycerine), Rapeseed Oil, Water, Raising Agents (Calcium Phosphates, Sodium Carbonates, Potassium Carbonate), Flavouring, Preservative (Potassium Sorbate). May contain <b>nuts</b>	✓		✓	✓										

