



Ingredient List

We handle allergens in our shops, so we cannot guarantee that our food is free from the following allergens (as per Annex II - Regulations EU 1169/2011 of the European Parliament and of the Council of the 25 October 2011): Cereals containing gluten, namely: wheat, rye, barley, oats, spelt, kamut or their hybridised strains, and products thereof; Crustaceans and products thereof; Eggs and products thereof; Fish and products thereof; Peanuts and products thereof; Soybeans and products thereof; Milk and products thereof (including lactose); Nuts, namely: almonds (*Amygdalus communis* L.), hazelnuts (*Corylus avellana*), walnuts (*Juglans regia*), cashews (*Anacardium occidentale*), pecan nuts (*Carya illinoensis* (Wangenh.) K. Koch), Brazil nuts (*Bertholletia excelsa*), pistachio nuts (*Pistacia vera*), macadamia or Queensland nuts (*Macadamia ternifolia*), and products thereof, except for nuts used for making alcoholic distillates including ethyl alcohol of agricultural origin; Celery and products thereof; Mustard and products thereof; Sesame seeds and products thereof; Sulphur dioxide and sulphites; Lupin and products thereof; Molluscs and products thereof.

Our **Vegan Friendly** products do not intentionally contain animal-based ingredients, but there may be a risk of cross-contamination as they are not made in a vegan environment. Therefore, they are not suitable for those with dairy and egg allergies.

BAGEL BUNS

Plain Bagel Bun*

Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, **Rye** Flour, Sugar, Yeast, Maize, Rapeseed Oil, Salt, Malted **Barley** Flour, Emulsifier (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid), **Wheat** Starch.

May contain: **Sesame**.

Multiseed Bagel Bun*

Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Linseed (4.5%), Poppy Seed (3%), Sunflower Seeds (3%), **Rye** Flour, Sugar, Malted **Barley** Flour, **Barley** Flakes, Yeast, **Wheat Gluten**, Rapeseed Oil, Salt, Emulsifier (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid), Maize.

May contain: **Sesame**.

Poppy Seed Bagel Bun*

Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, **Rye** Flour, Sugar, Yeast, Poppy Seed (1%), Rapeseed Oil, Salt, Malted **Barley** Flour, Emulsifier (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid), Maize.

May contain: **Sesame**.

Sesame Seed Bagel Bun*

Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Sesame Seed (5%), **Rye** Flour, Sugar, Yeast, Rapeseed Oil, Salt, Malted **Barley** Flour, Emulsifier (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid), Maize.

* Received frozen.

For allergens, see ingredients in bold.

SPREAD BAGELS

Cream Cheese Bagel

BAGEL BUN OF CLIENT CHOICE*.

FULL FAT SOFT CHEESE: **Milk**, Cream (**Milk**), Salt, Stabiliser (Locust Bean Gum), Preservative (Potassium Sorbate), Lactic Starter Culture.

Hummus Bagel

BAGEL BUN OF CLIENT CHOICE*.

HUMMUS: Cooked Chickpeas (46%) (Chickpeas, Water), Rapeseed Oil, Water, **Sesame** Seed Paste (14%), Salt, Garlic Powder, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate).

Marmite Bagel

BAGEL BUN OF CLIENT CHOICE*.

MARMITE: Yeast Extract (contains **Barley, Wheat, Oats, Rye**), Salt, Vegetable Juice Concentrate, Vitamins (Thiamin, Riboflavin, Niacin, Vitamin B12 and Folic Acid), Natural Flavouring (contains **Celery**).

Nutella Bagel

BAGEL BUN OF CLIENT CHOICE*.

NUTELLA: Sugar, Palm Oil, **Hazelnuts** (13%), Skimmed **Milk** Powder (8.7%), Fat Reduced Cocoa (7.4%), Emulsifier: Lecithin (**Soya** or Sunflower), Vanillin.

Peanut Butter Bagel

BAGEL BUN OF CLIENT CHOICE*.

PEANUT BUTTER: Roast **Peanuts**, Stabiliser (E471), Cane Sugar, **Peanut** Oil, Sea salt.

Strawberry Jam Bagel

BAGEL BUN OF CLIENT CHOICE*.

STRAWBERRY JAM: Glucose-Fructose Syrup, Strawberries, Sugar, Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator (Trisodium Citrate).

* Received frozen.

For allergens, see ingredients in bold.

BREAKFAST BAGELS

Bacon Bagel

BAGEL BUN OF CLIENT CHOICE*.

BACON: Pork, Brown Sugar, Salt, Flavouring, Stabiliser (Pentasodium Triphosphate), Preservative (Sodium Nitrite).

SAUCE OF CLIENT CHOICE.

Bacon and Egg Bagel

BAGEL BUN OF CLIENT CHOICE*.

OMELETTE: Whole Liquid **Egg**. BACON: Pork, Brown Sugar, Salt, Flavouring, Stabiliser (Pentasodium Triphosphate), Preservative (Sodium Nitrite).

SAUCE OF CLIENT CHOICE.

Sausage Bagel

BAGEL OF CLIENT CHOICE*.

SAUSAGE*: Pork (68%), **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Salt, Rapeseed Oil, Dextrose, **Wheat** Starch, Parsley, **Wheat** Protein, Stabiliser (Pentasodium Triphosphate), Chilli Extract, Coriander Extract, Ginger Extract, Marjoram, Nutmeg Extract, Pepper Extract, Pimento Extract, Sage Extract. Filled into natural Pork Casing.

SAUCE OF CLIENT CHOICE.

Sausage and Egg Bagel

BAGEL BUN OF CLIENT CHOICE*.

OMELETTE: Whole Liquid **Egg**. SAUSAGE: Pork (68%), **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Salt, Rapeseed Oil, Dextrose, **Wheat** Starch, Parsley, **Wheat** Protein, Stabiliser (Pentasodium Triphosphate), Chilli Extract, Coriander Extract, Ginger Extract, Marjoram, Nutmeg Extract, Pepper Extract, Pimento Extract, Sage Extract. Filled into natural Pork Casing.

SAUCE OF CLIENT CHOICE.

Salmon and Egg Bagel

BAGEL OF CLIENT CHOICE*.

OMELETTE: SALMON: Whole Liquid **Egg**. Salmon (96%) (**Fish**), (Salmo salar) Salt, Sugar.

Big Breakfast Bagel

BAGEL BUN OF CLIENT CHOICE*.

OMELETTE: Whole Liquid **Egg**. SAUSAGE*: Pork (68%), **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Salt, Rapeseed Oil, Dextrose, **Wheat** Starch, Parsley, **Wheat** Protein, Stabiliser (Pentasodium Triphosphate), Chilli Extract, Coriander Extract, Ginger Extract, Marjoram, Nutmeg Extract, Pepper Extract, Pimento Extract, Sage Extract. Filled into natural Pork Casing. BACON: Pork, Brown Sugar, Salt, Flavouring, Stabiliser (Pentasodium Triphosphate), Preservative (Sodium Nitrite).

SAUCE OF CLIENT CHOICE.

* Received frozen.

For allergens, see ingredients in bold.

Super Big Breakfast Bagel

BAGEL BUN OF CLIENT CHOICE*.

HASH BROWN*: Potatoes, Sunflower Oil, Potato Starch, Potato Flakes, Salt, Pea Fibers, Dextrose, Flavouring (Onion), Nutmeg, Pepper. SAUSAGE*: Pork (68%), **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Salt, Rapeseed Oil, Dextrose, **Wheat** Starch, Parsley, **Wheat** Protein, Stabiliser (Pentasodium Triphosphate), Chilli Extract, Coriander Extract, Ginger Extract, Marjoram, Nutmeg Extract, Pepper Extract, Pimento Extract, Sage Extract. Filled into natural Pork Casing. BACON: Pork, Brown Sugar, Salt, Flavouring, Stabiliser (Pentasodium Triphosphate), Preservative (Sodium Nitrite). CHEESE: Cheddar Cheese (**Milk**, Salt, Rennet, Starter Culture).

SAUCE OF CLIENT CHOICE.

* Received frozen.

For allergens, see ingredients in bold.

VEGGIE BAGELS

Falafel and Hummus Bagel

BAGEL BUN OF CLIENT CHOICE*.

FALAFEL*: Chickpeas (57%), (Chickpeas, Gram Flour), Onion (16%), Brown Rice Flour (13%), Rapeseed Oil, Parsley, Salt, Cumin, Coriander, Concentrated Lemon Juice, Black Pepper, Garlic Powder, Chilli Powder. HUMMUS: Cooked Chickpeas (46%) (Chickpeas, Water), Rapeseed Oil, Water, **Sesame** Seed Paste (14%), Salt, Garlic Powder, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate). TOMATOES. LETTUCE. JALAPEÑO: Jalapeño Chilli, Water, Salt, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate), Firming Agent (Calcium Chloride). ONION.

Halloumi Melt Bagel

BAGEL BUN OF CLIENT CHOICE*.

HALLOUMI: Pasteurised Cow, Sheep and Goat **Milk**, Salt, Rennet, Mint. TOMATOES. MINT YOGHURT: Rapeseed Oil, Water, Spirit Vinegar, Pasteurised **Egg** Yolk, Sugar, Salt, Yoghurt Powder (**Milk**), Stabiliser (Xanthan Gum), Dried Mint, Preservative (Potassium Sorbate), Black Pepper, Natural Flavouring. ROCKET.

Vegan Bagel

BAGEL BUN OF CLIENT CHOICE*.

TOMATOES. HUMMUS: Cooked Chickpeas (46%) (Chickpeas, Water), Rapeseed Oil, Water, **Sesame** Seed Paste (14%), Salt, Garlic Powder, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate). AVOCADO*: Avocado Hass 99,5%, salt, anti-oxidant: Ascorbic acid and acidifier: Citric acid.

* Received frozen.

For allergens, see ingredients in bold.

SEAFOOD BAGELS

The Classic Bagel

BAGEL BUN OF CLIENT CHOICE*.

FULL FAT SOFT CHEESE: **Milk**, Cream (**Milk**), Salt, Stabiliser (Locust Bean Gum), Preservative (Potassium Sorbate), Lactic Starter Culture. SALMON: Salmon (96%) (**Fish**), (Salmo salar) Salt, Sugar. LEMON JUICE: Water, Lemon Juice from Concentrate, Lemon Oil, Preservative (Potassium **Metabisulphite**). BLACK PEPPER.

Salmon and Avocado Bagel

BAGEL BUN OF CLIENT CHOICE*.

AVOCADO: Avocado Hass 99,5%, salt, anti-oxidant: Ascorbic acid and acidifier: Citric acid. SALMON: Salmon (96%) (**Fish**), (Salmo salar) Salt, Sugar. LEMON JUICE: Water, Lemon Juice from Concentrate, Lemon Oil, Preservative (Potassium **Metabisulphite**). BLACK PEPPER.

Tuna Mayo Bagel

BAGEL BUN OF CLIENT CHOICE*.

TUNA MIX: Tuna (60%) (Tuna (**Fish**), Water, Salt), Mayonnaise (Water, Rapeseed Oil, Spirit Vinegar, Cornflour, Sugar, **Egg** Powder, Salt, Concentrated Lemon Juice, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum)), Cornflour. May contain: **Barley, Celery, Gluten, Crustaceans, Milk, Mustard, Sesame, Soya** and **Wheat**. CUCUMBER. RED ONION.

Tuna Melt Bagel

BAGEL BUN OF CLIENT CHOICE*.

TUNA MAYO MIX: Tuna (60%) (Tuna (**Fish**), Water, Salt), Mayonnaise (Water, Rapeseed Oil, Spirit Vinegar, Cornflour, Sugar, **Egg** Powder, Salt, Concentrated Lemon Juice, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum)), Cornflour. May contain: **Barley, Celery, Gluten, Crustaceans, Milk, Mustard, Sesame, Soya** and **Wheat**. CHEESE: Cheddar Cheese (**Milk**, Salt, Rennet, Starter Culture).

* Received frozen.

For allergens, see ingredients in bold.

DELI BAGELS

Ham and Cheese Bagel

BAGEL BUN OF CLIENT CHOICE*.

HAM: Pork (102%), Salt, Stabilisers (Diphosphates, Triphosphates), Dextrose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite). CHEESE: Cheddar Cheese (**Milk**, Salt, Rennet, Starter Culture). **MUSTARD**: Spirit Vinegar, Water, **Mustard** Seed, Salt, Turmeric, Paprika, Spice Flavouring, Garlic Powder.

Chicken and Avocado Bagel

BAGEL BUN OF CLIENT CHOICE*.

AVOCADO*: Avocado Hass 99,5%, salt, anti-oxidant: Ascorbic acid and acidifier: Citric acid. CHICKEN: Chicken Breast Fillet, Salt, Stabiliser (Pentasodium Triphosphate). MAYO: Rapeseed Oil (78%), Water, Free Range Pasteurised **Egg** and **Egg** yolk (8.9%), Spirit Vinegar, Salt, Sugar, Lemon Juice Concentrate, Antioxidant (Calcium Disodium EDTA), Flavourings, Natural Paprika Extract, Sunflower Oil. LETTUCE.

Chicken Caesar Bagel

BAGEL BUN OF CLIENT CHOICE*.

CHICKEN*: Chicken Breast Fillet, Salt, Stabiliser (Pentasodium Triphosphate). CAESAR DRESSING: Rapeseed Oil, Water, Sugar, Spirit Vinegar, Cheese (3%) (**Milk**, Salt, Potato Starch, Pantothenic Acid), Garlic Puree, Worcester Sauce (Water, Sugar, Spirit Vinegar, Molasses, Onion Puree, Salt, Tamarind Paste, Clove, Ginger Puree, Garlic Puree), Salt, Lemon Juice, **Egg** Yolk Powder (**Egg** Yolk, Salt, Maltodextrin), Black Pepper, Onion Powder, Stabiliser (Xanthan Gum), Garlic Powder, Preservative (Potassium Sorbate), Thickener (Guar Gum). GRANA PADANO FLAKES: **Milk**, Salt, Animal Rennet, Preservative Lysozyme (from **Egg**). LETTUCE.

Chicken Club Bagel

BAGEL BUN OF CLIENT CHOICE*.

CHICKEN*: Chicken Breast Fillet, Salt, Stabiliser (Pentasodium Triphosphate). TOMATOES. BACON: Pork, Brown Sugar, Salt, Flavouring, Stabiliser (Pentasodium Triphosphate), Preservative (Sodium Nitrite). CHEESE: Emmental Cheese (**Milk**) (100%) (Milk, Salt, Starter Culture, Coagulant). MAYO: Rapeseed Oil (78%), Water, Free Range Pasteurised **Egg** and **Egg** yolk (8.9%), Spirit Vinegar, Salt, Sugar, Lemon Juice Concentrate, Antioxidant (Calcium Disodium EDTA), Flavourings, Natural Paprika Extract, Sunflower Oil. LETTUCE.

BLT Bagel

BAGEL BUN OF CLIENT CHOICE*.

TOMATOES. BACON: Pork, Brown Sugar, Salt, Flavouring, Stabiliser (Pentasodium Triphosphate), Preservative (Sodium Nitrite). LETTUCE. MAYO: Rapeseed Oil (78%), Water, Free Range Pasteurised **Egg** and **Egg** yolk (8.9%), Spirit Vinegar, Salt, Sugar, Lemon Juice Concentrate, Antioxidant (Calcium Disodium EDTA), Flavourings, Natural Paprika Extract, Sunflower Oil.

* Received frozen.

For allergens, see ingredients in bold.

Salt Beef Melt Bagel

BAGEL OF CLIENT CHOICE*.

SALT BEEF: Beef (90%), Water, Salt, Dextrose, Potato Starch, Stabilisers (Diphosphates, Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite). EMMENTAL CHEESE: Emmental Cheese (**Milk**) (100%) (**Milk**, Salt, Starter Culture, Coagulant). GHERKINS: Gherkins, Water, Spirit Vinegar (4.9%), Sugar, Salt, Flavouring, Sweetener: Saccharine, Colour: Riboflavin. **MUSTARD**: Spirit Vinegar, Water, **Mustard** Seed, Salt, Turmeric, Paprika, Spice Flavouring, Garlic Powder.

* Received frozen.

For allergens, see ingredients in bold.

EXTRAS

Avocado*

Avocado Hass 99,5%, salt, anti-oxidant: Ascorbic acid and acidifier: Citric acid.

Bacon

Pork, Brown Sugar, Salt, Flavouring, Stabiliser (Pentasodium Triphosphate), Preservative (Sodium Nitrite).

BBQ Sauce

Water, Glucose-Fructose Syrup, Tomato Paste (13%), Sugar, Modified Maize Starch, Salt, Acidity Regulators (Acetic Acid, Citric Acid), Smoke Flavourings, Colour (Ammonia Caramel), Preservative (Potassium Sorbate), Paprika, Dried Garlic, Dried Onion, Cayenne Pepper, Black Pepper.

Brown Sauce

Water, Glucose-Fructose Syrup, Apple Pulp (5%), Modified Maize Starch, Acidity Regulator (Acetic Acid), Molasses, Spirit Vinegar, Salt, Tomato Paste, **Rye** Flour, Caramelised Sugar Syrup, Concentrated Apple Juice, Coriander, Ginger, Preservatives (Potassium Sorbate, Sodium **Metabisulphite**), Clove, Cinnamon, Sweetener (Sodium Saccharin), Black Pepper.

Butter

Butter (**Milk**), Salt (1.9%).

Cheddar

Cheddar Cheese (**Milk**, Salt, Rennet, Starter Culture).

Chicken*

Chicken Breast Fillet, Salt, Stabiliser (Pentasodium Triphosphate).

Cream Cheese

Milk, Cream (**Milk**), Salt, Stabiliser (Locust Bean Gum), Preservative (Potassium Sorbate), Lactic Starter Culture.

Emmenthal

Emmenthal Cheese (**Milk**) (100%)(**Milk**, Salt, Starter Culture, Coagulant).

Falafel*

Chickpeas (57%), (Chickpeas, Gram Flour), Onion (16%), Brown Rice Flour (13%), Rapeseed Oil, Parsley, Salt, Cumin, Coriander, Concentrated Lemon Juice, Black Pepper, Garlic Powder, Chilli Powder.

* Received frozen.
For allergens, see ingredients in bold.

Gherkins

Gherkins, Water, Spirit Vinegar (4.9%), Sugar, Salt, Flavouring, Sweetener: Saccharine, Colour: Riboflavin.

Halloumi

Pasteurised Cow, Sheep and Goat **Milk**, Salt, Rennet, Mint.

Ham

Pork (102%), Salt, Stabilisers (Diphosphates, Triphosphates), Dextrose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).

Hummus

Cooked Chickpeas (46%) (Chickpeas, Water), Rapeseed Oil, Water, **Sesame** Seed Paste (14%), Salt, Garlic Powder, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate).

Jalapeño

Jalapeño Chilli, Water, Salt, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate), Firming Agent (Calcium Chloride).

Ketchup

Tomatoes (148g per 100g Tomato Ketchup), Spirit Vinegar, Sugar, Salt, Spice and Herb Extracts (contain **Celery**), Spice.

Lemon Juice

Water, Lemon Juice from Concentrate, Lemon Oil, Preservative: Potassium **Metabisulphite**.

Marmite

Yeast Extract (contains **Barley, Wheat, Oats, Rye**), Salt, Vegetable Juice Concentrate, Vitamins (Thiamin, Riboflavin, Niacin, Vitamin B12 and Folic Acid), Natural Flavouring (contains **Celery**).

Mayo

Rapeseed Oil (78%), Water, Free Range Pasteurised **Egg & Egg** Yolk (8.9%), Spirit Vinegar, Salt, Sugar, Lemon Juice Concentrate, Antioxidant (Calcium Disodium EDTA), Flavourings, Natural Paprika Extract, Sunflower Oil.

Mustard

Spirit Vinegar, Water, **Mustard** Seed, Salt, Turmeric, Paprika, Spice Flavouring, Garlic Powder.

Nutella

Sugar, Palm Oil, **Hazelnuts** (13%), Skimmed **Milk** Powder (8.7%), Fat Reduced Cocoa (7.4%), Emulsifier: lecithin (**Soya** or Sunflower), Vanillin.

Omelette

Whole Liquid **Egg**.

* Received frozen.

For allergens, see ingredients in bold.

Peanut Butter

Roast **Peanuts**, Stabiliser (E471), Cane Sugar, **Peanut Oil**, Sea Salt.

Salt Beef

Beef (90%), Water, Salt, Dextrose, Potato Starch, Stabilisers (Diphosphates, Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).

Sausage*

Pork (68%), **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Salt, Rapeseed Oil, Dextrose, **Wheat** Starch, Parsley, **Wheat** Protein, Stabiliser (Pentasodium Triphosphate), Chilli Extract, Coriander Extract, Ginger Extract, Marjoram, Nutmeg Extract, Pepper Extract, Pimento Extract, Sage Extract.

Smoked Salmon

Salmon (**Fish**) (96%) (Salmon Salar), Salt, Sugar.

Strawberry Jam

Glucose-Fructose Syrup, Strawberries, Sugar, Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator (Trisodium Citrate).

Tuna Mayo Mix

Tuna (60%) (Tuna (**Fish**), Water, Salt), Mayonnaise (Water, Rapeseed Oil, Spirit Vinegar, Cornflour, Sugar, **Egg** Powder, Salt, Concentrated Lemon Juice, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum)), Cornflour.

May contain: **Barley, Celery, Gluten, Crustaceans, Milk, Mustard, Sesame, Soya** and **Wheat**.

* Received frozen.

For allergens, see ingredients in bold.

SOUPS

Leek and Potato Soup

Water, Potato (25%), Leek (18%), Onion, **Milk**, Single Cream (**Milk**), Rapeseed Oil, Chives, Salt, Vegetable Bouillon (Salt, Yeast Extract, Rice Flour, Dried Onion, Dried Carrot, Parsley, Ground Turmeric), White Pepper.

May contain: **Nuts**.

Tomato and Basil Soup

Water, Tomato (26%), Onion, Tomato Paste (3%), Slow Roasted Tomato (1,8%) (Slow Roasted Tomatoes, Rapeseed Oil, Salt, Garlic, Oregano), Basil (1%), Sugar, Sundried Tomato Paste (0,5%) (Sundried Tomatoes, Rapeseed Oil, Wine Vinegar, Sugar, Salt), Cornflour, Balsamic Vinegar (0,3%) (Wine Vinegar, Grape Must), Salt, Garlic, Black Pepper.

May contain: **Nuts**.

Creamy Mushroom Soup

Water, Mushroom (21%), Onion, Single Cream (**Milk**), White Wine (3,7%), Cornflour, Dried Mushroom Powder (0,6%), Salt, Garlic, Thyme, Black Pepper.

May contain: **Nuts**.

Creamy Chicken Soup

Water, Chicken (9.0%), Rapeseed Oils (Rapeseed Oil, Palm Oil), Modified Corn Starch, Potato Starch, Salt (including Iodised Salt), **Egg** Yolk, Butter (**Milk**), Yeast Extract (contains **Barley**), Flavourings, Spices (Onion Powder, White Pepper, Nutmeg, Garlic Powder), Chicken Extract, Herbs (Bay Leaves, Parsley), Chicken Powder, Chicken Stock, Lemon Juice Concentrate.

* Received frozen.

For allergens, see ingredients in bold.

PASTRIES

Belgian Chocolate Cake*

Sugar, Water, **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Buttermilk (7%) (**Milk**), Rapeseed Oil, Fat Reduce Cocoa Powder (6%), Butter (**Milk**), Shortening (Palm Oil, Rapeseed Oil, Emulsifier (Mono- and Di-Glycerides of Fatty Acids)), Chocolate (3%) (Cocoa Mass, Sugar, Cocoa Butter, Butter Oil (**Milk**), Emulsifier (**Soya** Lecithin), Vanilla Extract (Vanilla, Dextrose)), Gold Honeycomb (3%) (**Milk** Chocolate (Sugar, Cocoa Butter, Cocoa Mass, Skimmed **Milk** Powder, Lactose (**Milk**), Whey Powder (**Milk**), **Milk** Fat, Emulsifier (**Soya** Lecithin)), Honeycomb Granules (Sugar, Glucose Syrup, Water, Raising Agent (Sodium Bicarbonate)), Non-hydrogenated Vegetable Fat (Shea Oil, Palm Oil, Emulsifier (Sunflower Lecithin)), Glazing Agent (Shellac), Acacia Gum Glaze (Glazing Agent (Acacia Gum), Sugar, Honey), Gold Natural Colour (Colours (Potassium Aluminium Silicate, Titanium Dioxide, Iron Oxide))), Glucose Syrup, **Egg**, **Milk** Chocolate (2%) (Sugar, Whole **Milk** Powder, Cocoa Butter, Cocoa Mass, Whey Powder (**Milk**), Emulsifier (**Soya** Lecithin), Vanilla Extract (Vanilla, Dextrose)), Dark Chocolate (2%) (Cocoa Mass, Sugar, Fat Reduced Cocoa Powder, Emulsifier (**Soya** Lecithin)), Thickener (Glycerol), **Egg** Yolk, Sweetened Condensed **Milk**, Dried Glucose Syrup, Cocoa Beans, Raising Agent (Sodium Bicarbonate), Cocoa Powder, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids), Flavouring, Brandy, Golden Coloured Powder (Anti-caking Agent (Potassium Aluminium Silicate), Colours (Titanium Dioxide, Iron Oxide)), Acidity Regulator (Sodium Hydroxide).

May contain: **Peanuts** and **Nuts**.

Big Red Velvet Cake*

Sugar, **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), **Egg**, Butter (**Milk**), Medium Fat Soft Cheese (8%) [Skimmed **Milk**, Cream (**Milk**), Salt, Maize Starch, Starter Culture, Stabilisers (Locust Bean Gum, Xanthan Gum)], Glucose Syrup, Water, Humectant (Glycerol), Dark Chocolate (2%) [Cocoa Mass, Sugar, Cocoa Butter, Butteroil (**Milk**), Emulsifier (**Soya** Lecithin), Flavouring], Margarine [Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and Di- Glycerides of Fatty Acids)], Modified Maize Starch, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate, Monocalcium Phosphates), Colours (Anthocyanins, Paprika Extract), Whey Powder (**Milk**), Fat Reduced Cocoa Powder, Flavouring, Acidity Regulator (Citric Acid), Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids), **Wheat** Flour.

May contain: **Almonds**, **Hazelnut**, **Peanuts**, **Pecan Nut**, **Pistachio** and **Walnut**.

Carrot Cake*

CARROT CAKE: (70%) (Brown Sugar, **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, **Egg**, Carrot (9%), Pineapple Pulp, Desiccated Coconut (Contains Preservative (Sulphur Dioxide)), Sultanas, Raisins, Water, Natural Colour Blend (Malted **Barley** Extract, Water, Colour (Curcumin)), Baking Powder (Disodium Diphosphate, Sodium Carbonate), Mixed spice (Coriander, Cinnamon, Ginger, Nutmeg, Fennel, Clove, Cardamom), Salt, Cinnamon, Raising Agent (Sodium Carbonate), Stabiliser (Xanthan Gum)), FROSTING: (30%) (Icing (Sugar, Dried Glucose Syrup), Margarine (Palm Oil, Rapeseed Oil, Water, Palm Fat, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Flavouring), Full Fat Soft Cheese (Cream Cheese Base (Cream (**Milk**), Skimmed **Milk**, Culture), Cornflour), Citric Solution (Water, Acidity Regulator (Citric Acid)), Flavouring), **Walnuts**.

May contain: **Almonds**, **Hazelnut**, **Pecan Nut**, **Pistachio** and **Soya**.

* Received frozen.

For allergens, see ingredients in bold.

Lemon Drizzle Cake*

Sugar, Lemon Curd (15%) [Glucose, Water, Sugar, Butter (**Milk**), Lemon Concentrate, Modified Maize Starch, **Egg** Powder, Gelling Agent (Pectin), Acidity Regulator (Citric Acid), Emulsifier (Sunflower Lecithin), Lemon Oil, Colour (Mixed Carotenoids)], **Egg**, **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Butter (**Milk**), Skimmed **Milk** Powder, Glucose Syrup, Humectant (Glycerol), Buttermilk (**Milk**), Raising Agents (Disodium Diphosphate, Potassium Hydrogen Carbonate), Lemon Juice from Concentrate (0.5%), Lemon (Flavouring), **Wheat Gluten**, **Soya** Flour, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate, Polyglycerol Esters of Fatty Acids), Acidity Regulator (Citric Acid), Preservatives (Potassium Sorbate, Calcium Propionate, Potassium Metabisulphite), Colour (Algal Carotene), Stabiliser (Xanthan Gum).

May contain: **Peanuts** and **Nuts**.

Strawberry Cheesecake*

Full Fat Soft Cheese (35%) (Cream (**Milk**), Water, **Milk** Proteins, Maize Starch, Sea Salt, Starter Culture), Digestive Biscuit (16%) (**Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Sugar, Wholemeal **Wheat** Flour, Palm Oil, Rapeseed Oil, **Oat Flour**, Invert Sugar Syrup, Whey Powder (**Milk**)), Sugar, Strawberry Sauce (10%) (Water, Sugar, Modified Maize Starch, Strawberry Concentrate, Acidity Regulators (Citric Acid, Trisodium Citrate), Colour (Anthocyanins), Flavouring, Gelling Agent (Pectin), Stabiliser (Xanthan Gum)), Cream (**Milk**), Soured Cream (**Milk**), **Egg**, Water, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and Di-Glycerides of Fatty Acids)), Modified Maize Starch, **Egg** Yolk, Flavouring, Rapeseed Oil, Lemon Concentrate, Stabilisers (Locust Bean Gum, Xanthan Gum, Guar Gum), Glucose.

May contain: **Almonds**, **Hazelnut**, **Nuts**, **Pecan Nut**, **Pistachio** and **Walnut**.

Blueberry Muffin*

Sugar, **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Blueberries (13%), Water, **Egg** Powder, Modified Maize Starch, Butter (**Milk**) (1%), Skimmed **Milk** Powder, Raising Agents (Disodium Diphosphate, Potassium Carbonate), Emulsifiers (Propane-1, 2-diol Esters of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), **Wheat Gluten**, **Egg** White Powder, Salt.

May contain: **Soya**.

Triple Chocolate Muffin*

Sugar, **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Water, **Milk** Chocolate (6%)(Sugar, Whole **Milk** Powder, Cocoa Butter, Cocoa Mass, Emulsifier (**Soya** Lecithin), Flavouring), Plain Chocolate (5%)(Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**Soya** Lecithin), Flavouring), White Chocolate (5%)(Sugar, Whole **Milk** Powder, Cocoa Butter, Skimmed **Milk** Powder, Emulsifier (**Soya** Lecithin), Flavouring), **Egg** Powder, Cornflour, Fat Reduced Cocoa Powder (2%), Raising Agents (Potassium Carbonate, Disodium Diphosphate), Whey Powder (**Milk**), Emulsifier (Propane-1, 2-diol Esters of Fatty Acids), **Egg** White Powder, Salt.

Caramel Donut*

Wheat flour, Water, Vegetable fat, Caramel Filling (Glucose Fructose Syrup, Sugar, Water, Corn Starch, Vegetable Fat (Palm, Coconut), Caramelised Sugar Syrup, **Wheat** Fibre, Flavour (**Barley**, **Milk**), Salt, Emulsifier: E472c, Colours (Titanium Dioxide, Curcumin), Carrot Concentrate), White Topping (Sugar, Vegetable Fat (Coconut, Palm, Palm Kernel), Corn Starch, Lactose (**Milk**), Vegetable Oil (Palm), Emulsifier: **Soya** Lecithin, Flavour (**Milk**), Salt), Sugar, Caramel Flavour Line (Sugar, Vegetable Fat (Palm), Glucose Syrup, Water, Humectant (Sorbitol Syrup), Sweetened Condensed Skimmed **Milk**,

* Received frozen.

For allergens, see ingredients in bold.

Emulsifier: E475, E471, E473, Colours: Sulphite Ammonia Caramel, Beta Carotene, Flavouring, Hydrolysed **Wheat** Proteins, Salt, Preservative: Potassium Sorbate, Acid: Tartaric Acid), Glucose, Yeast, Vegetable Oil, **Soya** Flour, Whey Powder (**Milk**), Raising Agent (Diphosphates, Sodium Carbonates), Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate), **Wheat Gluten**, Skimmed **Milk** Powder, Flour Treatment Agent (Ascorbic Acid), Whole **Egg** Powder, (free range), Colouring (Beta carotene), Flavouring.

May contain: **Nuts, Peanuts.**

Triple Chocolate Donut*

Wheat Flour, Water, Vegetable Fat, Filling Cream with Chocolate 16% (Sugar, Vegetable Oil (Sunflower, Palm, Palm Kernel in varying proportions), Vegetable Fat (Sunflower, Palm, Palm Kernel in varying proportions), Chocolate 10% (Sugar, Low Fat Cocoa Powder, Cocoa Butter, Emulsifier: **Soya** Lecithin), Flavouring), Cocoa Topping (Sugar, Vegetable Fat (Palm Kernel, Palm), Low Fat Cocoa Powder, Vegetable Oil (Palm Kernel, Coconut, Palm), Whey Powder (**Milk**), Palm Stearin, Emulsifier: **Soya** lecithin, Flavour), Brown Sprinkle (Sucrose, **Wheat** Starch, Low Fat Cocoa Powder, Vegetable Fat (Palm, Shea), **Wheat** Flour, Emulsifier: Rapeseed Lecithin; Glazing Agents: Shellac, Acacia Gum)), Sugar, Glucose, Yeast, Vegetable Oil, **Soya** Flour, Whey Powder (**Milk**), Raising Agent (Diphosphates, Sodium Carbonates), Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate), **Wheat Gluten**, Skimmed **Milk** Powder, Flour Treatment Agent (Ascorbic Acid), Whole **Egg** powder (free range), Colouring (Beta carotene), Flavouring.

May contain: **Nuts, Peanuts.**

Chocolate Brownie*

Sugar, Dark Chocolate (13%) (Cocoa Mass, Sugar, Fat Reduced Cocoa Powder, Emulsifier (**Soya** Lecithin), Flavouring), **Egg**, **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Butter (**Milk**), Chocolate (9%) (Sugar, Cocoa Mass, Cocoa Butter, Flavouring, Emulsifier (**Soya** Lecithin)), Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and Di-Glycerides of Fatty Acids)), Humectant (Glycerol), Fat Reduced Cocoa Powder, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Monocalcium Phosphates), Water, Colour (Plain Caramel), Salt, **Wheat** Flour.

May contain: **Peanuts and Nuts.**

Millionaire's Shortbread*

Shortbread (41%) (**Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Butter (**Milk**), Sugar, Maize Flour, Salt), Caramel (34%) (Sweetened Condensed Skimmed **Milk** (**Milk**, Sugar), Glucose Syrup, Partially Inverted Refiners Syrup, Palm Oil, Butter (**Milk**), Sugar, Water, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Gelling Agent (Pectin), Salt, Flavouring, Preservative (**Sulphur** Dioxide)), **Milk** Chocolate (17%) (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Emulsifier (**Soya** Lecithin), Flavouring), Chocolate (Sugar, Palm Kernel Oil, Whey Powder (**Milk**), Fat Reduced Cocoa Powder, Emulsifier (**Soya** Lecithin)), Rapeseed Oil.

May contain: **Peanuts and Nuts.**

Oat & Raisin Sicily Lemon Cookie*

Sugar, **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Raisins (19%), **Oats** (12%), Butter (**Milk**) (7%), Palm Oil, Invert Sugar Syrup, Water, Rapeseed Oil, **Egg** Powder, Raising Agents (Sodium Hydrogen Carbonate, Disodium Diphosphate), Salt, Maltodextrin, Cane Molasses, Emulsifier (Mono- and Di-

* Received frozen.

For allergens, see ingredients in bold.

Glycerides of Fatty Acids), Sunflower Oil, Lemon Oil, Stabiliser (Xanthan Gum), Flavouring. May contain: **Soya**.

Triple Chocolate Cookie*

Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Sugar, White Chocolate (11%) (Sugar, Cocoa Butter, Whole **Milk** Powder, Emulsifier (**Soya** Lecithin), Flavouring), Dark Chocolate (11%) (Sugar, Cocoa Mass, Cocoa Butter, Whey Powder (**Milk**), Emulsifier (**Soya** Lecithin), Flavouring), **Milk** Chocolate (11%) (Sugar, Whole **Milk** Powder, Cocoa Butter, Cocoa Mass, Emulsifier (**Soya** Lecithin), Flavouring), Butter (**Milk**) (8%), Palm Oil, Fat Reduced Cocoa Powder (3%), Rapeseed Oil, Invert Sugar Syrup, Water, **Egg** Powder, Raising Agents (Sodium Hydrogen Carbonate, Disodium Diphosphate), Skimmed **Milk** Powder, Cane Molasses, Salt, Maltodextrin, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids), Stabiliser (Xanthan Gum), Flavouring.

* Received frozen.

For allergens, see ingredients in bold.

SMOOTHIES

Berries Smoothies

Apple Juice from Concentrate (100%)(Water, Apple Juice), Orange Juice from Concentrate (100%),
FRUIT*: Strawberry, Raspberry, Blackberry.

Chocolate Shake

Milk, Frappe (Water, Italian Premix (Sugar, Whey Powder (**Milk**), Coconut Oil, Flavouring, Anti-Caking Agent: Silicon Dioxide, Thickener: Guar Gum, **Milk** Proteins), Whole **Milk** Powder, Fructose, Xanthan Gum (e415), Salt, Natural Flavour), Chocolate (Water, Chocolate (Cocoa Mass, Sugar, Skimmed Cocoa Powder, Emulsifier: **Soy** Lecithin, Natural Flavouring (Vanilla), Sugar, Ice.

Green Smoothie

Apple Juice from Concentrate (100%)(Water, Apple Juice), Orange Juice from Concentrate (100%),
FRUIT and VEGGIE MIX*: Kale, Spinach, Mango.

Tropical Smoothie

Apple Juice from Concentrate (100%)(Water, Apple Juice), Orange Juice from Concentrate (100%),
FRUIT*: Passion Fruit, Pineapple, Mango.

* Received frozen.
For allergens, see ingredients in bold.

GRAB & GO

Granola and Honey Pot

GREEK STYLE YOGHURT: Natural Yogurt (**Milk**). HONEY: Clear Blossom Honey (100%). GRANOLA: Rolled **Oats** (54%), Sugar, Glucose Syrup, Raisins (10%), Sunflower Oil, Cereal Crisps (Rice Flour, **Wheat** Flour), Humectant: Glycerol, **Oat** Bran, Honey, Colour: Plain Caramel, Natural Raisin Flavouring, Anti-oxidant: Tocopherol.

May contain: **Nuts** and **Barley**.

Berry Pot

GREEK STYLE YOGHURT: Natural Yogurt (**Milk**). GRANOLA: Rolled **Oats** (54%), Sugar, Glucose Syrup, Raisins (10%), Sunflower Oil, Cereal Crisps (Rice Flour, **Wheat** Flour), Humectant: Glycerol, **Oat** Bran, Honey, Colour: Plain Caramel, Natural Raisin Flavouring, Anti-oxidant: Tocopherol. STRAWBERRIES. BLUEBERRIES.

May contain: **Nuts** and **Barley**.

Blueberry Bowl

GREEK STYLE YOGHURT: Natural Yogurt (**Milk**). BLUEBERRY COMPOTE*: Blueberries 80%, sugar, water, gelling agent: fruit pectin, thickener: locust bean gum, antioxidant: ascorbic acid. GRANOLA: Rolled **Oats** (54%), Sugar, Glucose Syrup, Raisins (10%), Sunflower Oil, Cereal Crisps (Rice Flour, **Wheat** Flour), Humectant: Glycerol, **Oat** Bran, Honey, Colour: Plain Caramel, Natural Raisin Flavouring, Anti-oxidant: Tocopherol. BLUEBERRIES.

May contain: **Nuts** and **Barley**.

Yellow Pot

MANGO PURÉE: Mango Puree (90%), Sugar. GRANOLA: Rolled **Oats** (54%), Sugar, Glucose Syrup, Raisins (10%), Sunflower Oil, Cereal Crisps (Rice Flour, **Wheat** Flour), Humectant: Glycerol, **Oat** Bran, Honey, Colour: Plain Caramel, Natural Raisin Flavouring, Anti-oxidant: Tocopherol. MANGO*: Diced Mango.

May contain: **Nuts** and **Barley**.

Classic Fruit Salad

EXOTIC FRUIT SALAD: Sugar Syrup (20%), Honeydew Melon (18%), Watermelon (18%), Pineapple (20%), Orange (12%), Mango (6%), Kiwifruit (6%). MINT.

* Received frozen.

For allergens, see ingredients in bold.

Chicken Caesar Salad

MIXED SALAD LEAF: Escarole, Pain de Sucre, Radicchio, Curly Endive, Roquette, Red Multileaf, Spinach, Baby Red. CHICKEN*: Chicken Breast Fillet, Salt, Stabiliser (Pentasodium Triphosphate). CAESAR DRESSING: Rapeseed Oil, Water, Sugar, Spirit Vinegar, Cheese (3%) [**Milk**, Salt, Potato Starch, Pantothenic Acid], Garlic Puree, Worcester Sauce [Water, Sugar, Spirit Vinegar, Molasses, Onion Puree, Salt, Tamarind Paste, Clove, Ginger Puree, Garlic Puree], Salt, Lemon Juice, **Egg** Yolk Powder (**Egg** Yolk, Salt, Maltodextrin), Black Pepper, Onion Powder, Stabiliser (Xanthan Gum), Garlic Powder, Preservative (Potassium Sorbate), Thickener (Guar Gum). GRANA PADANO SHAVINGS: **Milk**, Salt, Animal Rennet, Preservative Lysozyme (from **Egg**). CROUTONS: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Sea Salt (Sea Salt, Anti-caking Agent (Potassium Ferrocyanide)), Sugar, Yeast (Yeast, Emulsifier (Sorbitan Monostearate)), Sea Salt (Sea Salt, Anti-caking Agent (Potassium Ferrocyanide)).

Falafel and Hummus Salad

FALAFEL*: Chickpeas (57%) (Chickpeas, Gram Flour), Onion (16%), Brown Rice Flour (13%), Rapeseed Oil, Parsley, Salt, Cumin, Coriander, Concentrated Lemon Juice, Black Pepper, Garlic Powder, Chilli Powder. MIXED SALAD LEAF: Escarole, Pain de Sucre, Radicchio, Curly Endive, Roquette, Red Multileaf, Spinach, Baby Red. HOUMOUS: Cooked Chickpeas (46%)(Chickpeas, Water), Rapeseed Oil, Water, **Sesame** Seed Paste (14%), Salt, Garlic Powder, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate). BETROOT TZATSIKI: Yogurt (**Milk**) (74%), Beetroot (20%) (Beetroot, Water, Sugar, White Wine Vinegar, Salt, Acidity Regulator (Citric Acid)), Olive Oil (4.0%), Colour (Beetroot Red), Salt, Garlic Puree, Mint, Preservative(Potassium Sorbate). CUCUMBER. POMEGRANATE SEEDS.

Salmon and Avo Salad

MIXED SALAD LEAF: Escarole, Pain de Sucre, Radicchio, Curly Endive, Roquette, Red Multileaf, Spinach, Baby Red. AVOCADO*: Avocado Hass 99,5%, salt, anti-oxidant: Ascorbic acid and acidifier: Citric acid. SMOKED SALMON: Salmon (96%) (**Fish**), (Salmo salar) Salt, Sugar. CAESAR DRESSING: Rapeseed Oil, Water, Sugar, Spirit Vinegar, Cheese (3%) [**Milk**, Salt, Potato Starch, Pantothenic Acid], Garlic Puree, Worcester Sauce [Water, Sugar, Spirit Vinegar, Molasses, Onion Puree, Salt, Tamarind Paste, Clove, Ginger Puree, Garlic Puree], Salt, Lemon Juice, **Egg** Yolk Powder (**Egg** Yolk, Salt, Maltodextrin), Black Pepper, Onion Powder, Stabiliser (Xanthan Gum), Garlic Powder, Preservative (Potassium Sorbate), Thickener (Guar Gum). MIXED SEEDS: Toasted pumpkin seeds (35%), Toasted sunflower seeds (35%), Golden linseed (15%), Toasted buckwheat (15%).

Eggmayo and Avo Bagel

PLAIN BAGEL BUN: **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3) and Thiamin (B1)), Water, Sugar, **Wheat** Malt, Yeast, Salt, **Soya** Flour, Rapeseed Oil, Palm Fat (Segregated), Flour Treatment Agent: Ascorbic Acid (Vitamin C). May contain: **Sesame** and **Milk**. EGGMAYO: Free Range Hard Boiled **Egg** (80%), Rapeseed Oil, Water, Pasteurised Free Range **Egg** Yolk, Spirit Vinegar, Dijon **Mustard** (Water, **Mustard** Seed, Spirit Vinegar, Salt), Salt, White Pepper, Sugar, Stabiliser (Xanthan Gum). AVOCADO*: Avocado Hass 99,5%, Salt, Anti-Oxidant: Ascorbic Acid and Acidifier: Citric Acid. BLACK PEPPER.

* Received frozen.

For allergens, see ingredients in bold.

Eggmayo and Bacon Bagel

PLAIN BAGEL BUN: **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3) and Thiamin (B1)), Water, Sugar, **Wheat** Malt, Yeast, Salt, **Soya** Flour, Rapeseed Oil, Palm Fat (Segregated), Flour Treatment Agent: Ascorbic Acid (Vitamin C). May contain: **Sesame** and **Milk**. EGGMAYO: Free Range Hard Boiled **Egg** (80%), Rapeseed Oil, Water, Pasteurised Free Range **Egg** Yolk, Spirit Vinegar, Dijon **Mustard** (Water, Mustard Seed, Spirit Vinegar, Salt), Salt, White Pepper, Sugar, Stabiliser (Xanthan Gum). BACON: Pork, Brown Sugar, Salt, Flavouring, Stabiliser (Pentasodium Triphosphate), Preservative (Sodium Nitrite). BLACK PEPPER.

* Received frozen.

For allergens, see ingredients in bold.