

Dish	Oven Roasted Chicken Shawarma, Garlic Sauce													
<u>Ingredients</u> Chicken Shawarma Chicken Smoked Paprika Coriander Cumin Cardomon Seeds Cayenne Pepper Salt + Pepper Lemon Juice S & P Garlic Sauce Garlic Mayonnaise * Lemon Juice														
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulpher Dioxide
Chicken Shawarma														
Garlic Sauce									x					

* Please state name of Cereal(s) containing Gluten in column

**Please state name(s) of Nut in Column

Dish	Oven Roasted Chicken Shawarma, Garlic Sauce													
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulpher Dioxide
Chicken Shawarma														
Garlic Sauce									x					

* Please state name of Cereal(s) containing Gluten in column

**Please state name(s) of Nut in Column

Dish	Spinach and Feta Filo Rolls, Sesame Seeds (V)													
<u>Ingredients</u> Spinach Feta * Oil Filo Pastry Wheatflour * Sesame Seeds														
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulpher Dioxide
Spinach and Feta		Wheat					x							
Sesame Seeds												x		

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**Please state name(s) of Nut in Column

Dish	Spinach and Feta Filo Rolls, Sesame Seeds (V)													
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Spinach and Feta		Wheat					x							
Sesame Seeds												x		

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**Please state name(s) of Nut in Column

Dish		Chermoula Spiced Cauliflower, Quinoa, Maple Yoghurt Dip (V)											
<u>Ingredients</u>													
Chermoula Spiced Cauliflower													
Oil													
Cauliflower													
Cumin													
Coriander													
Dried Parsley													
Sweet Paprika													
Cinnamon													
Garlic Powder													
All Spice													
Ginger Powder													
Tumeric													
Cayenne Pepper													
S & P													
Quinoa													
Veg stock*													
Maple Syrup													
Yoghurt *													

* Please state name of Cereal(s) containing Gluten in column **Please state name(s) of Nut in Column ***Does not contain Lupin

Dish		Chermoula Spiced Cauliflower, Quinoa, Maple Yoghurt Dip (V)											
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulpher Dioxide
Spiced Cauliflower	x												
Quinoa	x												
Yoghurt						x							

* Please state name of Cereal(s) containing Gluten in column **Please state name(s) of Nut in Column ***Does not contain Lupin

Dish	Homemade Falafel, Cucumber and Tomato Salad, Tahini Sauce (V)													
<u>Ingredients</u>														
Falafel														
GF Baking Powder														
Gram Flour														
Cardomom														
Salt and Pepper														
Garlic														
Cumin														
Parsley														
Coriander														
Chickpeas														
Onion														
Cucumber and Tomato Salad														
Cucumber														
Tomato														
Lemon Juice														
Fresh Parsley														
Tahini Sauce														
Tahini *														
Lemon Juice														
Olive Oil														
Yoghurt														
Garlic														
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulpher Dioxide
Falafel														
Cucumber and Tomato Salad														
Tahini Sauce							x					x		

* Please state name of Cereal(s) containing Gluten in column **Please state name(s) of Nut in Column

Dish	Homemade Falafel, Cucumber and Tomato Salad, Tahini Sauce (V)													
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulpher Dioxide
Falafel														
Cucumber and Tomato Salad														
Tahini Sauce							x					x		

* Please state name of Cereal(s) containing Gluten in column **Please state name(s) of Nut in Column

Dish		Watermelon, Feta and Pomegranate Salad (V)												
<u>Ingredients</u>														
Watermelon, Feta and Pomergrante Salad														
Watermelon														
Pomegranate														
Feta *														
Mint														
Cucumber														
Lemon Juice														
Spring Onion														
Olive Oil														
Pomegranate Molasses*														
Garlic														
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulpher Dioxide
Salad							x							x

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**Please state name(s) of Nut in Column

Dish	Watermelon, Feta and Pomegranate Salad (V)													
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Salad							x							x

* Please state name of Cereal(s) containing Gluten in column

**Please state name(s) of Nut in Column

Dish	Roasted Sweet Potato, Chickpea and Spinach, Beetroot Hummus (v)													
<u>Ingredients</u>														
Roasted Sweet Potato														
Sweet Potato														
Oil														
S & P														
Chickpea and Spinach														
Chickpeas														
Spinach														
S & P														
Garlic														
Sherry Vinegar *														
Cumin														
Hummus														
Chickpeas														
Tahini *														
Beetroot														
Garlic														
S & P														
Oil														
Lemon														
	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Roasted Sweet Potato														
Chickpea														x
Beetroot Hummus												x		

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Dish	Roasted Sweet Potato, Chickpea and Spinach, Beetroot Hummus (v)													
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Roasted Sweet Potato														
Chickpea														x
Beetroot Hummus												x		

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Dish	Flatbreads													
<u>Ingredients</u> Flatbread Wheatflour * Yeast Rapeseed Oil														
	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulpher Dioxide
Flatbread		Wheat												

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**Please state name(s) of Nut in Column

Dish	Flatbreads													
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulpher Dioxide
Flatbread		Wheat												

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