

| Dish                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Crispy Tofu, Mushrooms, Miso, Noodles, Spring Rolls (ve) |                                  |             |      |      |       |      |          |                 |                       |         |                 |      |                    |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|----------------------------------|-------------|------|------|-------|------|----------|-----------------|-----------------------|---------|-----------------|------|--------------------|
| <u>Ingredients</u><br><br><b>Crispy Tofu</b><br>Tofu*<br><b>Mixed Mushrooms</b><br><br><b>Soya Miso Glaze</b><br>Soya *<br>Miso*<br>Rice wine<br>Salt<br>Cornflour<br><br><b>Ginger</b><br><b>Pak Choi</b><br><b>Garlic</b><br><b>Baby Corn</b><br><b>Red Chilli</b><br><b>Tenderstem Broccoli</b><br><b>Mange Tout</b><br><br><b>Rice Noodles</b><br><br>Lime<br>Sesame Oil *<br>Sesame Seeds *<br><br><b>S+P Seasoning</b><br>Salt<br>Sugar<br>Sulphites*<br>Chilli<br>Fennel<br>Ginger<br>Anise<br>Cinnamon<br>Cloves<br>(may contain peanuts and mustard)*<br><br><b>Micro Coriander</b> |                                                          |                                  |             |      |      |       |      |          |                 |                       |         |                 |      |                    |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Celery                                                   | Cereals<br>containing<br>Gluten* | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard         | Nuts**                | Peanuts | Sesame<br>Seeds | Soya | Sulphur<br>Dioxide |
| Item                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                          |                                  |             |      |      |       |      |          |                 |                       |         |                 |      |                    |
| Crispy Tofu                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                          |                                  |             |      |      |       |      |          |                 |                       |         |                 | x    |                    |
| Soya Miso Glaze                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                          |                                  |             |      |      |       |      |          |                 |                       |         |                 | x    |                    |
| Noodles                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                          |                                  |             |      |      |       |      |          |                 |                       |         |                 |      |                    |
| S+P Seasoning                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                          |                                  |             |      |      |       |      |          | x (may contain) | Peanuts (may contain) |         |                 |      | x                  |
| Sesame Oil/Seeds                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                          |                                  |             |      |      |       |      |          |                 |                       |         | x               |      |                    |

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

| Dish                                                                                                    | Spiced Vegetable Tagine, Chickpeas, Onions, Peppers, Preserved Lemon, Coriander Buckwheat, Homemade Falafel, Vegan Yoghurt, Mini Flatbread, Flaked Toasted Almonds (ve) |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|-------------|------|------|-------|------|----------|---------|--------|---------|--------------|------|-----------------|--|
| <u>Ingredients</u>                                                                                      |                                                                                                                                                                         |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| <b>Spiced Vegetable Tagine</b>                                                                          | <b>Vegan Yoghurt</b>                                                                                                                                                    |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Onion                                                                                                   | Soya Beans*                                                                                                                                                             |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Ginger                                                                                                  | Water                                                                                                                                                                   |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Butternut Squash                                                                                        | Live Cultures                                                                                                                                                           |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Bell Peppers                                                                                            |                                                                                                                                                                         |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Garlic                                                                                                  |                                                                                                                                                                         |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Celeriac*                                                                                               | <b>Coriander Buckwheat</b>                                                                                                                                              |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Cumin                                                                                                   |                                                                                                                                                                         |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Coriander                                                                                               | <b>Seed Duqqa</b>                                                                                                                                                       |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Paprika                                                                                                 | Sunflower seeds                                                                                                                                                         |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Turmeric                                                                                                | Pumpkin Seeds                                                                                                                                                           |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Knorr Veg Stock                                                                                         | Sesame Seeds*                                                                                                                                                           |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Lemon Juice                                                                                             | Fennel Seeds                                                                                                                                                            |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Tomato                                                                                                  | Cumin                                                                                                                                                                   |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Chilli Powder                                                                                           | Coriander                                                                                                                                                               |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Bay Leaf                                                                                                |                                                                                                                                                                         |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Aubergine                                                                                               |                                                                                                                                                                         |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Courgette                                                                                               |                                                                                                                                                                         |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Cardamom                                                                                                | <b>Mini Flatbread</b>                                                                                                                                                   |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
|                                                                                                         | GF Flour                                                                                                                                                                |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| <b>Chickpeas</b>                                                                                        | Yeast                                                                                                                                                                   |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
|                                                                                                         | Rapeseed Oil                                                                                                                                                            |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| <b>Preserved Lemon</b>                                                                                  | Salt                                                                                                                                                                    |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Lemon                                                                                                   |                                                                                                                                                                         |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Salt                                                                                                    |                                                                                                                                                                         |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Sugar                                                                                                   | <b>Falafel</b>                                                                                                                                                          |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Black Peppercorns                                                                                       | Chickpeas                                                                                                                                                               |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Bay Leaf                                                                                                | Onion                                                                                                                                                                   |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Chilli Flakes                                                                                           | Garlic                                                                                                                                                                  |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
|                                                                                                         | Ground Cumin                                                                                                                                                            |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Item                                                                                                    | Ground Coriander                                                                                                                                                        |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Spiced Vegetable Tagine                                                                                 | Mixed Herbs                                                                                                                                                             |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Chickpeas                                                                                               | S+P                                                                                                                                                                     |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Preserved Lemon                                                                                         | Gram Flour                                                                                                                                                              |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Coriander Buckwheat                                                                                     |                                                                                                                                                                         |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Falafel                                                                                                 |                                                                                                                                                                         |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Coriander Vegan Yoghurt                                                                                 | Celery                                                                                                                                                                  | Cereals containing Gluten* | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts** | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |  |
| Flatbread                                                                                               | x                                                                                                                                                                       |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| Vegan Yoghurt                                                                                           |                                                                                                                                                                         |                            |             |      |      |       |      |          |         |        |         |              | x    |                 |  |
| Seed Duqqa                                                                                              |                                                                                                                                                                         |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
| * Please state name of Cereal(s) containing Gluten in column    **Please state name(s) of Nut in Column |                                                                                                                                                                         |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
|                                                                                                         |                                                                                                                                                                         |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
|                                                                                                         |                                                                                                                                                                         |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
|                                                                                                         |                                                                                                                                                                         |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
|                                                                                                         |                                                                                                                                                                         |                            |             |      |      |       |      |          |         |        |         |              |      |                 |  |
|                                                                                                         |                                                                                                                                                                         |                            |             |      |      |       |      |          |         |        |         | x            |      |                 |  |

| Dish                                                                                                                                                                                                                                                                                                                                                                                                              | Artichoke and Leek Puff Pastry, Artichoke Crisps, Cream and Tarragon Sauce, Leeks and Mushrooms, Spinach Oil and Peashoots (ve) |                                  |             |      |      |       |      |          |         |        |         |                 |      |                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|----------------------------------|-------------|------|------|-------|------|----------|---------|--------|---------|-----------------|------|--------------------|
| <u>Ingredients</u><br><br><b>Artichoke and Leek Puff Pastry</b><br>Artichoke Hearts<br>Leek<br>Jerusalem Artichoke<br>Potato<br>Knorr Veg Stock<br>Garlic<br>Lemon<br>Salt<br>Wheatflour*<br><br><b>Parsnip Crisp</b><br><br><b>Cream and Tarragon Sauce</b><br>Flora Double Cream<br>Onions<br>Garlic<br>Knorr Veg Stock<br>Tarragon<br><br><b>Leeks and Mushrooms</b><br><b>Spinach Oil</b><br><b>Peashoots</b> |                                                                                                                                 |                                  |             |      |      |       |      |          |         |        |         |                 |      |                    |
| Item                                                                                                                                                                                                                                                                                                                                                                                                              | Celery                                                                                                                          | Cereals<br>containing<br>Gluten* | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts** | Peanuts | Sesame<br>Seeds | Soya | Sulphur<br>Dioxide |
| Artichoke and Leek Puffy Pastry                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                 | Wheat                            |             |      |      |       |      |          |         |        |         |                 |      |                    |
| Artichoke Crisp                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                 |                                  |             |      |      |       |      |          |         |        |         |                 |      |                    |
| Cream and Tarrogan Sauce                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                 |                                  |             |      |      |       |      |          |         |        |         |                 |      |                    |

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