

# Food & Menu

◀ Allergy and Ingredients



# Fire-Starters

PERi-PERi Nuts

Spicy Mixed Olives

Halloumi Sticks & Dip

Houmous with PERi-PERi Drizzle and Pitta Bread

Sweet Potato Wedges with Garlic PERinaise

# Chicken

Nando's Chicken Wings  
Nando's Chicken, Quarter, Half, Whole  
Nando's Chicken Thighs  
Nando's Chicken Butterfly  
No Bones Platter  
Chicken Livers & Portuguese Roll

# Burgers, Pittas & Wraps

Fino Pitta  
Beanie Pitta  
Grilled Chicken Pitta  
Spiced Chickpea Pitta  
Beanie Burger  
Grilled Chicken Burger  
Sunset Burger  
Spiced Chickpea Burger  
Grilled Chicken Wrap  
Beanie Wrap  
The Great Imitator Wrap  
Chicken Butterfly Burger  
Mushroom & Halloumi Pitta  
Garlic Churrasco Burger

# Salads & Others

Leafy Green Salad

Rainbow Bowl

Rainbow Bowl with Chicken

Quinoa + PERi Tomato Salad

Quinoa + PERi Tomato Salad with Chicken

# Nandino

Nandinos Chicken Wings  
Nandinos Chicken Breast Fillet  
Nandinos Chicken Burger  
Nandinos Mac & Cheese

# Sides

Rainbow Slaw  
Spiced Grains & Butternut Squash  
Coleslaw  
Garlic Bread  
Spicy Rice  
Chips  
PERi- Salted Chips  
Macho Peas  
Corn on the Cob  
Creamy Mash  
Long Stem Broccoli with Lemon & Garlic  
Loaded Chips  
PERi-Mac & Cheese

# Desserts

Goopy Caramel Cheesecake

Choc-a-Lot Cake

Pastel de Nata

Chocolate Gelado (Made without lactose)

Vanilla Gelado

Coconut Gelado

Mango Gelado

Vanilla Scoop Gelado

Strawberry Frozen Yogurt

Chocolate Frozen Yogurt

Vanilla Frozen Yogurt

Mango Frozen Yogurt

Warm Chocolate Pud



# Extras & Garnish

Seeds  
Lemon & Herb Mayo  
PERi-Ketchup  
PERi-Plant Protein  
Bolo do Caco  
Butter  
Cheddar Cheese Slice Chilli  
Jam  
Houmous  
Lightly Spiced Yogurt  
Mayo Mayonnaise (plant  
based) PERi-BBQ  
PERi-PERi Drizzle  
PERi-Salt  
PERinaise  
Pineapple  
Pitta  
Wrap  
Portuguese Roll  
Beanie Patty  
Garlic and Chilli Spread  
Garlic PERinaise  
Grilled Halloumi Cheese  
Caramelised Red Onion  
Mushroom  
Malt Vinegar

# Marinade & Sauces

Extra Virgin Olive Oil  
Balsamic Vinegar  
Extra Hot PERi-PERi Sauce  
Garlic PERi-PERi Sauce  
Hot Basting Sauce  
Hot PERi-PERi Sauce  
Lemon & Herb PERi-PERi Sauce  
Lemon & Herb Basting Sauce  
Marinade  
Medium Basting Sauce  
Medium PERi-PERi Sauce  
PERi-Tamer Basting Sauce  
PERi-PERi Vusa  
Wild Herb PERi-PERi Sauce  
XXX Hot PERi-PERi Sauce  
Lemon & Wild Garlic Dressing  
Liver Baste Sauce  
Churrasco Baste

# Drinks

Karma Drinks Gingerella

Mineral Waters

Kids Pip Organic

Soft Drinks

Rubro

Cordials

LA Brewery Citrus Hops Kombucha

Lazer Crush 0.3% IPA

Spier Sauvignon Blanc Cans Spier

Signature Sauvignon Blanc Spier

Chardonnay

Creative Block 2

Spier Cabernet Sauvignon

Spier Merlot Cans Creative Block 5

Levity Rosé

Spier Rosé Cans

Beer

Sxollie Cider

Frozen Cocktails

# PERi-PERi Nuts

## Ingredients

**ALMONDS, CASHEW NUTS, MACADAMIA NUTS, PERi-PERi SPICE MIX** (Paprika Powder, Salt, Red Chilli Powder, Bird's Eye Chilli Powder), **SUNFLOWER OIL**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives	✓		Contains almonds, cashews and macadamia
Peanuts & Derivatives		✓	Produced in a factory that handles peanuts
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	Produced in a factory that handles milk
Soya & Derivatives		✓	Produced in a factory that handles soya
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	Produced in a factory that handles gluten from wheat and barley and rye is also handled in our kitchen
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	Produced in a factory that handles monosodium glutamate
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	

# Spicy Mixed Olives

## Ingredients

PITTED GREEN AND PURPLE OLIVES, GARLIC CLOVES, RED PEPPERS, MUSHROOMS, SALT, GRAPE VINEGAR, VEGETABLE OIL, DRIED GARLIC, HERBES DE PROVENCE, BLACK PEPPER, CHILLI

Packed in Water & vegetable Oil

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Halloumi Sticks & Dip

## Ingredients

**HALLOUMI STICKS** (**PASTEURISED** Milk (Cow's Milk, Goat's Milk and Sheep's Milk), Salt, Mint), **CHILLI JAM** (see Extras &

Garnish) **Dietary Information**

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		<b>HALLOUMI STICKS</b> contain <b>PASTEURISED</b> milk
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	<b>HALLOUMI STICKS</b> contain milk

# Houmous with PERi-PERi Drizzle and Pitta Bread

## Ingredients

**PITTA BREAD** (see Extras & Garnish), **HOUMOUS** (see Extras & Garnish), **PERi-PERi DRIZZLE** (see Extras & Garnish)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	PERi-PERi DRIZZLE is produced in a factory that handles Nuts
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	As cheese is cooked on the grills, please speak to the Manager on duty so that extra precautions can be taken
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds	✓		HOUMOUS contains sesame paste
Cereals containing Gluten	✓		PITTA BREAD contains gluten from wheat and rye is also handled in our kitchen
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Sweet Potato Wedges with Garlic PERinaise

## Ingredients

**SWEET POTATO WEDGES** (Sweet Potato, Vegetable Oils, Batter (Modified Starch (Maize, Potato) Rice Flour, Potato Dextrin, Salt, Stabiliser (Xanthan Gum), Colour (Paprika Extract), Turmeric Extract), **GARLIC PERINAISE** (see Extras & Garnish), **VEGETABLE OIL**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		



# Nando's Chicken Wings

## Ingredients

**CHICKEN WINGS MARINATED** (Chicken Wings, Marinade (see Marinades & Sauces)), **BASTING SAUCE** (see Marinades & Sauces)

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	As cheese is cooked on the grills, please speak to the Manager on duty so that extra precautions can be taken
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians		✓	
Suitable for those following a plant-based diet		✓	

# Nando's Chicken - Quarter, Half, Whole

## Ingredients

**CHICKEN MARINATED** (Chicken, Marinade (see Marinade & Sauces)), **BASTING SAUCE** (see Marinade & Sauces)

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	As cheese is cooked on the grills, please speak to the Manager on duty so that extra precautions can be taken
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians		✓	
Suitable for those following a plant-based diet		✓	

# Nando's Chicken Thighs

## Ingredients

**CHICKEN THIGHS MARINATED** (Chicken Thighs, Marinade (see Marinades & Sauces)), **BASTING SAUCE** (see Marinades & Sauces)

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	As cheese is cooked on the grills, please speak to the Manager on duty so that extra precautions can be taken
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians		✓	
Suitable for those following a plant-based diet		✓	

# Nando's Chicken Butterfly

## Ingredients

**BUTTERFLY CHICKEN BREAST MARINATED** (Chicken Breast, Marinade (see Marinades & Sauces)), **BASTING SAUCE** (see Marinades & Sauces)

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	As cheese is cooked on the grills, please speak to the Manager on duty so extra precautions can be taken
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians		✓	
Suitable for those following a plant-based diet		✓	

# No Bones Platter

## Ingredients

**BUTTERFLY CHICKEN BREAST & CHICKEN THIGHS MARINATED** (Chicken Breast, Chicken Thighs, Marinade (see Marinades & Sauces)), **BASTING SAUCE** (see Marinades & Sauces)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	As cheese is cooked on the grills, please speak to the Manager on duty so that extra precautions can be taken
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians		✓	
Suitable for those following a plant-based diet		✓	

# Nando's Chicken Livers & Portuguese Roll

## Ingredients

**CHICKEN LIVERS, LIVER SAUCE** (see Marinades & Sauces), **PORTUGUESE ROLL** (see Extras & Garnish), **BASTING SAUCE** (see Marinades & Sauces)

Served with an individual **BUTTER PORTION**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		Served with an individual butter portion. <b>BUTTER PORTION</b> contains milk
Soya & Derivatives		✓	<b>PORTUGUESE ROLL</b> is made in a factory that handles soya
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing gluten	✓		<b>PORTUGUESE ROLL</b> contains gluten from wheat and rye and is also made in a factory that handles oats, barley and spelt
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians		✓	
Suitable for those following a plant-based diet		✓	

## Ingredients

**CHICKEN FILLET OR THIGHS MARINATED** (Chicken Fillet or Thighs, Marinade (see Marinades & Sauces)), **PITTA BREAD** (see Extras and Garnish), **HALLOUMI CHEESE SLICES - PASTEURISED** (see Extras & Garnish), **CARAMELISED RED ONION RELISH** (See Extras & Garnish) **LETTUCE LEAF**, **WILD GARLIC AIOLI** (Water, Rapeseed Oil, Wild Garlic, Cornflour, Garlic Puree, Lemon Juice, Spirit Vinegar, Salt, Modified Starch, Tapioca Starch, Dijon Mustard (Water, Mustard Seeds, Spirit Vinegar, Salt), Spices (Paprika, Chilli (Capsicums, African Bird's Eye Chillies)), Flavouring: Lactic Acid), **BASTING SAUCE** (see Marinades & Sauces)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		<b>HALLOUMI CHEESE (PASTEURISED)</b> contains milk. If ordered without cheese, please speak to the Manager on duty so that extra precautions can be taken
Soya & Derivatives		✓	
Celery		✓	
Mustard	✓		<b>WILD GARLIC AIOLI</b> contains mustard
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		<b>PITTA BREAD</b> contains gluten from wheat and rye is also handled in our kitchen
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians		✓	
Suitable for those following a plant-based diet		✓	

# Beanie Pitta

## Ingredients

**BEANIE PATTY** (Pea Flour, Cheddar Cheese, Water, Chickpeas, Carrots, Onions, Adzuki Beans, Sweetcorn, Green Beans, Vegetarian Burger Mix (Textured Soy Protein, Pea Flour, Fibre (Pea Fibre, Guar Gum, Psyllium Fibre), Salt, Potato Fibre, Soy Protein Concentrate, Vegetable Fat (Palm), Tomato Powder, Onion Powder, Yeast Extract, Sage, Onion Extract, Spice Extracts, Herb Extract), Lentils, Tomato Puree, Peas, **PASTEURISED** Egg Powder, Pumpkin Seeds, Medium Fat Hard Cheese, Salt, Garlic, Coriander, Green Chilli, Black Pepper, Cayenne Pepper), **PITTA BREAD** (see Extras & Garnish), **RAINBOW SLAW** (see Sides), **LEMON & HERB MAYO**(see Extras & Garnish), **BASTING SAUCE** (see Marinade & Sauces), **VEGETABLE OIL**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives	✓		<b>BEANIE PATTY</b> contains <b>PASTEURISED</b> eggs
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		<b>BEANIE PATTY</b> contains milk
Soya & Derivatives	✓		<b>BEANIE PATTY</b> contains soya
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		<b>PITTA BREAD</b> contains gluten from wheat and rye is also handled in our kitchen
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	<b>BEANIE PATTY</b> contains milk & eggs



# Grilled Chicken Pitta

## Ingredients

**CHICKEN BREAST FILLET MARINATED** (Chicken Breast, Marinade (see Marinade & Sauces)), **PITTA BREAD** (see Extras & Garnish), **RAINBOW SLAW** (see Sides), **LEMON & HERB MAYO** (see Extras & Garnish), **BASTING SAUCE** (see Marinade & Sauces)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	As cheese is cooked on the grills, please speak to the Manager on duty so that extra precautions can be taken
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		<b>PITTA BREAD</b> contains gluten from wheat and rye is also handled in our kitchen
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians		✓	
Suitable for those following a plant-based diet		✓	

# Spiced Chickpea Pitta

Dec 2022

## Ingredients

**SPINACH AND CHICKPEA PATTY** (Onion, Chickpeas, Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Spinach, Cumin, Rapeseed Oil, Coriander, Salt, Garlic, Concentrated Lemon Juice, Stabiliser (Methyl Cellulose), Black Pepper, Turmeric, Raising Agent (Ammonium Carbonate), Acidity Regulator (Citric Acid)), **RAINBOW SLAW** (see Sides), **PITTA BREAD** (see Extras & Garnish), **HOUMOUS** (see Extras & Garnish), **SMOKY RED PEPPER CHUTNEY** (Roasted Red Pepper, Brown Sugar, Water, Spirit Vinegar, Lemon Juice, Red Pepper, Red Chilli Purée, Corn Flour, Salt, Chipotle Chilli, Chilli, Spices (Paprika, Cayenne, Bird's Eye Chilli), Gelling Agent (Pectin), Ground Coriander, Bay Leaves, Ground Cumin)), **PICKLED RED ONIONS** (Red Onions, White Sugar, Spirit Vinegar), **BASTING SAUCE** (see Marinade & Sauces), **VEGETABLE OIL**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	As cheese is cooked on the grills, please speak to the manager on duty so that extra precautions can be taken
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds	✓		<b>HOUMOUS</b> contains sesame seeds
Cereals containing Gluten	✓		<b>PITTA</b> and <b>SPINACH &amp; CHICKPEA PATTY</b> contain gluten from wheat. May also contain rye, oat & barley
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Beanie Burger

April 2022

## Ingredients

**BEANIE PATTY** (Pea Flour, Cheddar Cheese, Water, Chickpeas, Carrots, Onions, Adzuki Beans, Sweetcorn, Green Beans, Vegetarian Burger Mix (Textured Soy Protein, Pea Flour, Fibre (Pea Fibre, Guar Gum, Psyllium Fibre), Salt, Potato Fibre, Soy Protein Concentrate, Vegetable Fat (Palm), Tomato Powder, Onion Powder, Yeast Extract, Sage, Onion Extract, Spice Extracts, Herb Extract), Lentils, Tomato Puree, Peas, **PASTEURISED** Egg Powder, Pumpkin Seeds, Medium Fat Hard Cheese, Salt, Garlic, Coriander, Green Chilli, Black Pepper, Cayenne Pepper), **PORTUGUESE ROLL** (see Extras & Garnish), **TOMATO SLICE**, **LETTUCE LEAF**, **LEMON & HERB MAYO** (see Extras & Garnish), **PERI-KETCHUP** (see Extras & Garnish), **BASTING SAUCE** (see Marinade & Sauces), **VEGETABLE OIL**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives	✓		<b>BEANIE PATTY</b> contains <b>PASTEURISED</b> eggs
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		<b>BEANIE PATTY</b> contains milk
Soya & Derivatives	✓		<b>BEANIE PATTY</b> contains soya. <b>PORTUGUESE ROLL</b> is made in a factory that handles soya
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		<b>PORTUGUESE ROLL</b> contains gluten from wheat and rye and is also made in a factory that handles oats, barley & spelt
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	<b>BEANIE PATTY</b> contains milk & eggs

# Grilled Chicken Burger

April 2022

## Ingredients

**CHICKEN BREAST FILLET MARINATED** (Chicken Breast, Marinade (see Marinade & Sauces)), **PORTUGUESE ROLL** (see Extras & Garnish), **TOMATO SLICE**, **LETTUCE LEAF**, **LEMON & HERB MAYO** (see Extras & Garnish), **PERI-KETCHUP** (see Extras & Garnish), **BASTING SAUCE** (see Marinade & Sauces)

**PLEASE REFER TO THE NANDINO SECTION FOR THE NANDINO CHICKEN BURGER AS THE ALLERGEN INFORMATION IS DIFFERENT Dietary Information**

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	As cheese is cooked on the grills, please speak to the Manager on duty so that extra precautions can be taken
Soya & Derivatives		✓	<b>PORTUGUESE ROLL</b> is made in a factory that handles soya
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		<b>PORTUGUESE ROLL</b> contains gluten from wheat and rye and is also made in a factory that handles oats, barley and spelt
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians		✓	
Suitable for those following a plant-based diet		✓	

# Sunset Burger

## Ingredients

**CHICKEN THIGHS MARINATED** (Chicken Thighs, Marinade (see Marinade & Sauces)), **BOLO DO CACO** (see Extras & Garnish) **SMOKY RED PEPPER CHUTNEY** (Roasted Red Pepper, Brown Sugar, Water, Spirit Vinegar, Lemon Juice, Red Pepper, Red Chilli Purée, Corn Flour, Salt, Chipotle Chilli, Chilli, Spices (Paprika, Cayenne, Bird's Eye Chilli), Gelling Agent (Pectin), Ground Coriander, Bay Leaves, Ground Cumin)), **CHEDDAR CHEESE** (see Extras & Garnish), **BASTING SAUCE** (see Marinade & Sauces), **LEMON & HERB MAYO** (see Extras & Garnish), **GREEN OAK LEAF**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	<b>BOLO DO CACO</b> is produced in a factory that handles nuts
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	<b>BOLO DO CACO</b> is produced in a factory that handles eggs
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		<b>CHEDDAR CHEESE</b> contains <b>PASTEURISED</b> milk. <b>BOLO DO CACO</b> is produced in a factory that handles milk
Soya & Derivatives		✓	<b>BOLO DO CACO</b> is produced in a factory that handles soya
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	<b>BOLO DO CACO</b> is produced in a factory that handles sesame
Cereals containing Gluten	✓		<b>BOLO DO CACO</b> contains gluten from wheat and rye is also handled in our kitchen
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians		✓	
Suitable for those following a plant-based diet		✓	

# Spiced Chickpea Burger

Dec 2022

## Ingredients

**SPINACH AND CHICKPEA PATTY** (Onion, Chickpeas, Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Spinach, Cumin, Rapeseed Oil, Coriander, Salt, Garlic, Concentrated Lemon Juice, Stabiliser (Methyl Cellulose), Black Pepper, Turmeric, Raising Agent (Ammonium Carbonate), Acidity Regulator (Citric Acid)), **BOLO DO CACO** (see Extras & Garnish), **BEEF TOMATO**, **HOUMOUS** (see Extras & Garnish), **SMOKY RED PEPPER CHUTNEY** (Roasted Red Pepper, Brown Sugar, Water, Spirit Vinegar, Lemon Juice, Red Pepper, Red Chilli Purée, Corn Flour, Salt, Chipotle Chilli, Chilli, Spices (Paprika, Cayenne, Bird's Eye Chilli), Gelling Agent (Pectin), Ground Coriander, Bay Leaves, Ground Cumin)), **PICKLED RED ONIONS** (Red Onions, White Sugar, Spirit Vinegar), **BASTING SAUCE** (see Marinade & Sauces), **GREEN OAK LEAF**, **VEGETABLE OIL**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	<b>BOLO DO CACO</b> is produced in a factory that handles nuts
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	<b>BOLO DO CACO</b> is produced in a factory that handles eggs
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	<b>BOLO DO CACO</b> is produced in a factory that handles milk
Soya & Derivatives		✓	<b>BOLO DO CACO</b> is produced in a factory that handles soya
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds	✓		<b>HOUMOUS</b> contains sesame seeds. <b>BOLO DO CACO</b> is produced in factory that handles sesame
Cereals containing Gluten	✓		<b>BOLO DO CACO</b> & <b>SPINACH &amp; CHICKPEA PATTY</b> contain gluten from wheat. May also contain rye, oat & barley
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Grilled Chicken Wrap

September 2022

## Ingredients

**CHICKEN BREAST FILLET MARINATED** (Chicken Breast, Marinade (see Marinade & Sauces)), **WRAP** (see Extras & Garnish), **LETTUCE LEAF**, **CHILLI JAM** (see Extras & Garnish), **LIGHTLY SPICED YOGURT MAYO** (see Extras & Garnish), **BASTING SAUCE** (see Marinade & Sauces)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives	✓		<b>LIGHTLY SPICED YOGURT MAYO</b> contains <b>PASTEURISED</b> eggs
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		<b>LIGHTLY SPICED YOGURT MAYO</b> contains milk. If ordered without yogurt, please speak to the Manager on duty so that extra precautions can be taken as cheese is cooked on the grill
Soya & Derivatives		✓	
Celery		✓	
Mustard	✓		<b>LIGHTLY SPICED YOGURT MAYO</b> contains mustard
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		<b>WRAP</b> contains gluten from wheat and is produced in a factory that handles rye
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians		✓	
Suitable for those following a plant-based diet		✓	

# Beanie Wrap

September 2022

## Ingredients

**BEANIE PATTY** (Pea Flour, Cheddar Cheese, Water, Chickpeas, Carrots, Onions, Adzuki Beans, Sweetcorn, Green Beans, Vegetarian Burger Mix (Textured Soy Protein, Pea Flour, Fibre (Pea Fibre, Guar Gum, Psyllium Fibre), Salt, Potato Fibre, Soy Protein Concentrate, Vegetable Fat (Palm), Tomato Powder, Onion Powder, Yeast Extract, Sage, Onion Extract, Spice Extracts, Herb Extract), Lentils, Tomato Puree, Peas, **PASTEURISED** Egg Powder, Pumpkin Seeds, Medium Fat Hard Cheese, Salt, Garlic, Coriander, Green Chilli, Black Pepper, Cayenne Pepper), **WRAP** (see Extras & Garnish), **LETTUCE LEAF**, **CHILLI JAM** (see Extras & Garnish), **LIGHTLY SPICED YOGURT MAYO** (see Extras & Garnish), **BASTING SAUCE** (see Marinade & Sauces), **VEGETABLE OIL**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives	✓		<b>LIGHTLY SPICED YOGURT MAYO &amp; BEANIE PATTY</b> contain <b>PASTEURISED</b> egg
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		<b>BEANIE PATTY &amp; LIGHTLY SPICED YOGURT MAYO</b> contain milk
Soya & Derivatives	✓		<b>BEANIE PATTY</b> contains soya
Celery		✓	
Mustard	✓		<b>LIGHTLY SPICED YOGURT MAYO</b> contains mustard
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		<b>WRAP</b> contains gluten from wheat and is produced in a factory that handles rye
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	<b>BEANIE PATTY &amp; LIGHTLY SPICED YOGURT MAYO</b> contain egg and milk



# 'The Great Imitator' Wrap

September 2022

## Ingredients

**PERI-PLANT PROTEIN** (Water, Vegetable Proteins (Wheat and Pea), Wheat Powder, Seasoning Potato Starch, Thickeners: Methylcellulose, Arabic gum, Gelling Agent: Carrageenan), **WRAP** (see Extras & Garnish), **LETTUCE LEAF**, **CHILLI JAM** (see Extras & Garnish), **GARLIC PERINAISE** (see Extras & Garnish), **BASTING SAUCE** (see Marinade & Sauces), **VEGETABLE OIL**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	As cheese is cooked on the grills, please speak to the Manager on duty so that extra precautions can be taken
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		<b>WRAP</b> contains gluten from wheat and is produced in a factory that handles rye. <b>PERI-PLANT</b> contains gluten from wheat.
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		This is a plant-based recipe, however please note that it is cooked on the same grills as ingredients derived from animal origin. We cannot guarantee that <b>BASTE</b> uses shellac free lemons.

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# Spiced Chickpea Wrap

Dec 2022

## Ingredients

**SPINACH AND CHICKPEA PATTY** (Onion, Chickpeas, Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Spinach, Cumin, Rapeseed Oil, Coriander, Salt, Garlic, Concentrated Lemon Juice, Stabiliser (Methyl Cellulose), Black Pepper, Turmeric, Raising Agent (Ammonium Carbonate), Acidity Regulator (Citric Acid)), **WRAP** (see Extras & Garnish), **LETTUCE LEAF**, **HOUMOUS** (see Extras & Garnish), **SMOKY RED PEPPER CHUTNEY** (Roasted Red Pepper, Brown Sugar, Water, Spirit Vinegar, Lemon Juice, Red Pepper, Red Chilli Purée, Corn Flour, Salt, Chipotle Chilli, Chilli, Spices (Paprika, Cayenne, Bird's Eye Chilli), Gelling Agent (Pectin), Ground Coriander, Bay Leaves, Ground Cumin)), **PICKLED RED ONIONS** (Red Onions, White Sugar, Spirit Vinegar), **BASTING SAUCE** (see Marinade & Sauces), **VEGETABLE OIL**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	As cheese is cooked on the grills, please speak to the manager on duty so that extra precautions can be taken
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds	✓		<b>HOUMOUS</b> contains sesame seeds
Cereals containing Gluten	✓		<b>WRAP</b> and <b>SPINACH &amp; CHICKPEA PATTY</b> contain gluten from wheat. May also contain rye, oat & barley
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Mushroom and Halloumi Pitta

April 2022

## Ingredients

**PITTA BREAD** (see Extras and Garnish), **MUSHROOM** (Portobello Mushroom, Rapeseed Oil, Yeast Extract (Yeast Extract, Salt), Black Pepper), **HALLOUMI CHEESE SLICES - PASTEURISED** (see Extras & Garnish), **LETTUCE LEAF**, **CHILLI JAM** (see Extras and Garnish), **OIL**, **WILD GARLIC AIOLI** (Water, Rapeseed Oil, Wild Garlic, Cornflour, Garlic Puree, Lemon Juice, Spirit Vinegar, Salt, Modified Starch, Tapioca Starch, Dijon Mustard (Water, Mustard Seeds, Spirit Vinegar, Salt), Spices (Paprika, Chilli (Capsicums, African Bird's Eye Chillies))), Flavouring: Lactic Acid), **BASTING SAUCE** (see Marinades & Sauces)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		<b>HALLOUMI CHEESE</b> (PASTEURISED) contains milk. If ordered without cheese, please speak to the Manager on duty so that extra precautions can be taken
Soya & Derivatives		✓	
Celery		✓	
Mustard	✓		<b>WILD GARLIC AIOLI</b> contains mustard
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		<b>PITTA BREAD</b> contains gluten from wheat
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	Contains cheese

# Grilled Chicken Butterfly Burger

September 2022

## Ingredients

**CHICKEN BREAST MARINATED** (Chicken Breast, Marinade (see Marinade & Sauces)), **PORTUGUESE ROLL** (see Extras & Garnish), **TOMATO SLICE**, **LETTUCE LEAF**, **LEMON & HERB MAYO** (see Extras & Garnish), **PERI-KETCHUP** (see Extras & Garnish), **BASTING SAUCE** (see Marinade & Sauces)

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	As cheese is cooked on the grills, please speak to the Manager on duty so that extra precautions can be taken
Soya & Derivatives		✓	<b>PORTUGUESE ROLL</b> is made in a factory that handles soya
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		<b>PORTUGUESE ROLL</b> contains gluten from wheat and rye and is also made in a factory that handles oats, barley and spelt
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians		✓	
Suitable for those following a plant-based diet		✓	

# Garlic Churrasco Burger

## Ingredients

**CHICKEN THIGHS MARINATED** (Chicken Thighs, Marinade (see Marinade & Sauces)), **PORTUGUESE ROLL** (see Extras & Garnish), **PICKLED RED ONIONS** (see Extras & Garnish), **GARLIC & CHILLI SPREAD** (see Extras & Garnish), **MIXED SALAD LEAVES** (see Sides), **BASTING SAUCE** (see Marinade & Sauces), **SMOKY CHURRASCO PERINAISE** (Water, Rapeseed Oil, Sugar, Vinegar Blend (Spirit Vinegar, Cider Vinegar), Thickener: Modified Maize Starch, Medium Bulk (Water, Spirit Vinegar, Onion, Spice Mix (Salt, Spices (Red Chilli Pepper, Birds Eye Chilli), Herb (Bay Leaf)), Rapeseed Oil, Lemon Juice, Green Chilli, Garlic Puree, Lemon Zest, Stabiliser: Guar Gum, Stabiliser: Xanthan Gum), Spice Mix (Salt, Spices (Paprika, Red Chilli Pepper, White Pepper), Yeast Extract, Flavourings, Colour: E100), Salt, Modified Starch, Garlic Puree, Tapioca Starch, Garlic Powder, Smoked Maltodextrin, Paprika, Colour: Paprika Extract)

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	As cheese is cooked on the grills, please speak to the Manager on duty so that extra precautions can be taken
Soya & Derivatives		✓	<b>PORTUGUESE ROLL</b> is made in a factory that handles soya
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		<b>PORTUGUESE ROLL</b> contains gluten from wheat and rye and is also made in a factory that handles oats, barley and spelt
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians		✓	
Suitable for those following a plant-based diet		✓	

# Leafy Green Salad

## Ingredients

MIXED SALAD LEAVES, SALAD DRESSING (See Extras & Garnish), PERI-PERi SEEDS (See Extras & Garnish)

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Rainbow Bowl

## Ingredients

**SPICED GRAINS** (Cooked Wheatberries (Water, Wheatberries (Durum Wheat))), Cooked Black Barley (Water, Black Barley), Green Beans, Butternut Squash, Red Onion, Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Dried Apricots (Apricots, Rice Flour, Sulphur Dioxide), Pumpkin Seeds, Sunflower Seeds, Rapeseed Oil, Lemon Infused Rapeseed Oil (Rapeseed Oil, Lemon flavouring), Salt, Ground Paprika, Cumin Seeds, Chilli Powder, Ground Coriander, Black Pepper), **RAINBOW SLAW** (see Sides), **HOUMOUS** (see Extras & Garnish), **PERI-PERI SEEDS** (see Extras & Garnish), **PICKLED GOLDEN CARROTS** (Yellow Carrot, Sushi Vinegar (Sugar, Spirit Vinegar, Rice Vinegar, Salt), Spirit Vinegar, Lime Juice, Salt), **TENDERSTEM BROCCOLI** (see Sides)

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds	✓		<b>HOUMOUS</b> contains sesame paste
Cereals containing Gluten	✓		<b>SPICED GRAINS</b> contains gluten from wheat and barley
Sulphur Dioxide (>10mg/kg)	✓		<b>SPICED GRAINS</b> contains sulphites
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Rainbow Bowl with Chicken

Nov 2023

## Ingredients

**CHICKEN BREAST FILLET OR THIGHS MARINATED** (Chicken Breast Fillet or Thighs, Marinade (see Marinade & Sauces)), **SPICED GRAINS** (Cooked Wheatberries (Water, Wheatberries (Durum Wheat)), Cooked Black Barley (Water, Black Barley), Green Beans, Butternut Squash, Red Onion, Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Dried Apricots (Apricots, Rice Flour, Sulphur Dioxide), Pumpkin Seeds, Sunflower Seeds, Rapeseed Oil, Lemon Infused Rapeseed Oil (Rapeseed Oil, Lemon flavouring), Salt, Ground Paprika, Cumin Seeds, Chilli Powder, Ground Coriander, Black Pepper), **RAINBOW SLAW** (see Sides), **HOUMOUS** (see Extras & Garnish), **PERI-PERI SEEDS** (see Extras & Garnish), **PICKLED GOLDEN CARROTS** (Yellow Carrot, Sushi Vinegar (Sugar, Spirit Vinegar, Rice Vinegar, Salt), Spirit Vinegar, Lime Juice, Salt), **TENDERSTEM BROCCOLI** (see Sides)

			COMMENTS
		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	As cheese is cooked on the grills, please speak to the Manager on duty so that extra precautions can be taken
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds	✓		<b>HOUMOUS</b> contains sesame paste
Cereals containing Gluten	✓		<b>SPICED GRAINS</b> contains gluten from wheat and barley
Sulphur Dioxide (>10mg/kg)	✓		<b>SPICED GRAINS</b> contains sulphites
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians		✓	
Suitable for those following a plant-based diet		✓	



# Quinoa and PERi-Tomato Salad

April 2022

## Ingredients

**QUINOA** (Cooked White Quinoa (Water, White Quinoa), Cooked Red Quinoa (Water, Red Quinoa)), **COS LETTUCE, LEMON & WILD GARLIC DRESSING** (Water, Rapeseed Oil, Lemon Juice, Wild Garlic, Garlic Puree, Thickener (Modified Maize Starch), Sugar, Spirit Vinegar, Salt, Modified Starch, Tapioca Starch, Lemon Zest, Spice Mix (Salt, Spices (Paprika, Red Chilli Pepper, White Pepper); Yeast Extract, Flavourings, Colour (Curcumin), Flavouring (Lactic Acid), **PERi SEMI-DRIED TOMATOES** (Semi Dried Tomatoes, Sunflower Oil, Sugar, Salt, Garlic, Chillies), **PITTA CROUTONS** (Wheat Flour(Calcium Carbonate, Niacin, Iron, Thiamin, Rapeseed Oil, Garlic Puree (Garlic Puree, Citric Acid), Sea Salt, Sugar, Yeast (Sorbitan Monostearate), **FETA CHEESE** (Pasteurized Sheep's & Goat's Milk, Salt, Starter Culture, Microbial Rennet)

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		<b>FETA CHEESE</b> contains milk and <b>PITTA CROUTONS</b> are produced in a factory that handles milk
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		<b>PITTA CROUTONS</b> contains gluten from wheat
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	<b>FETA CHEESE</b> contains milk

# Quinoa and PERi-Tomato Salad with chicken

April 2022

## Ingredients

**CHICKEN BREAST FILLET OR THIGHS MARINATED** (Chicken Breast or Thighs, Marinade (see Marinade & Sauces)), **QUINOA** (Cooked White Quinoa (Water, White Quinoa), Cooked Red Quinoa (Water, Red Quinoa)), **COS LETTUCE**, **LEMON & WILD GARLIC DRESSING** (Water, Rapeseed Oil, Lemon Juice, Wild Garlic, Garlic Puree, Thickener (Modified Maize Starch), Sugar, Spirit Vinegar, Salt, Modified Starch, Tapioca Starch, Lemon Zest, Spice Mix (Salt, Spices (Paprika, Red Chilli Pepper, White Pepper); Yeast Extract, Flavourings, Colour (Curcumin), Flavouring (Lactic Acid)), **PERI SEMI-DRIED TOMATOES** (Semi Dried Tomatoes, Sunflower Oil, Sugar, Salt, Garlic, Chillies), **PITTA CROUTONS** (Wheat Flour(Calcium Carbonate, Niacin, Iron, Thiamin, Rapeseed Oil, Garlic Puree (Garlic Puree, Citric Acid), Sea Salt, Sugar, Yeast (Sorbitan Monostearate), **FETA CHEESE** (Pasteurized Sheep's & Goat's Milk, Salt, Starter Culture, Microbial Rennet)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		<b>FETA CHEESE</b> contains milk and <b>PITTA CROUTONS</b> are produced in a factory that handles milk
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		<b>PITTA CROUTONS</b> contains gluten from wheat
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians		✓	
Suitable for those following a plant-based diet		✓	

# Nandinos Chicken Wings

## Ingredients

**CHICKEN WINGS MARINATED** (Chicken Wings, Marinade (see Marinade & Sauces)), **BASTING SAUCE** (see Marinade & Sauces)

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	As cheese is cooked on the grills, please speak to the Manager on duty so that extra precautions can be taken
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians		✓	
Suitable for those following a plant-based diet		✓	

# Nandinos Chicken Breast Fillet

## Ingredients

**CHICKEN BREAST FILLET MARINATED** (Chicken Breast, Marinade (see Marinade & Sauces)), **BASTING SAUCE** (see Marinade & Sauces)

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	As cheese is cooked on the grills, please speak to the Manager on duty so that extra precautions can be taken
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians		✓	
Suitable for those following a plant-based diet		✓	

# Nandinos Chicken Burger

## Ingredients

**CHICKEN BREAST FILLET MARINATED** (Chicken Breast, Marinade (see Marinade & Sauces)), **NANDINOS ROLL** (see Extras & Garnish), **TOMATO SLICE, PERI KETCHUP** (see Extras & Garnish), **LEMON & HERB MAYO** (see Extras & Garnish), **LETTUCE LEAF, BASTING SAUCE** (see Marinade & Sauces)

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives	✓		<b>NANDINOS ROLL</b> contains <b>PASTEURISED</b> eggs
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		<b>NANDINOS ROLL</b> contains milk
Soya & Derivatives	✓		<b>NANDINOS ROLL</b> contains soya
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		<b>NANDINOS ROLL</b> contains gluten from wheat and rye is also handled in our kitchen
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians		✓	
Suitable for those following a plant-based diet		✓	

# Nandinos Mac & Cheese

## Ingredients

**MAC & CHEESE** (Cooked Macaroni Pasta (Water, Durum wheat semolina), Water, Vintage Cheddar Cheese, Whole Milk, Single Cream, Medium Fat Hard Cheese, Mozzarella Cheese, Butter, Salt, Modified Maize Starch, Yellow Mustard Powder, White Pepper, Ground Nutmeg), **CHEDDAR CHEESE**.

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		<b>MAC &amp; CHEESE</b> and <b>CHEDDAR CHEESE</b> contain milk
Soya & Derivatives		✓	
Celery		✓	
Mustard	✓		<b>MAC &amp; CHEESE</b> contains mustard
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		<b>MAC &amp; CHEESE</b> contains wheat gluten
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	<b>MAC &amp; CHEESE</b> and <b>CHEDDAR CHEESE</b> contain milk

# Rainbow Slaw

## Ingredients

**RAINBOW SLAW VEG MIX** (Pink Cabbage, White Cabbage, Savoy Cabbage, Spring Green, Carrot, Radish, Butternut Squash), **RAINBOW DRESSING**(Water, Rapeseed Oil, Olive Oil, Cider Vinegar, Sugar, Roast Shallots (Shallots, Sunflower Oil), Salt, Tapioca Starch, Modified Starch, Garlic Puree, Cornflour, Onion Powder, Spices (Paprika, Chilli {Capsicums, African Bird's Eye Chillies}), Dried Red Pepper, Flavouring: Lactic Acid, Black Pepper, Parsley, Oregano, Preservative: Potassium Sorbate, Fennel) **PERI-PERI SEEDS** (see Extras & Garnish)

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precaution can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Spiced Grains & Butternut Squash

Dec 2022

## Ingredients

**SPICED GRAINS** (Cooked Wheatberries (Water, Wheatberries (Durum Wheat)), Cooked Black Barley (Water, Black Barley), Green Beans, Butternut Squash, Red Onion, Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Dried Apricots (Apricots, Rice Flour, Sulphur Dioxide), Pumpkin Seeds, Sunflower Seeds, Rapeseed Oil, Lemon Infused Rapeseed Oil (Rapeseed Oil, Lemon flavouring), Salt, Ground Paprika, Cumin Seeds, Chilli Powder, Ground Coriander, Black Pepper), **FETA CHEESE** (Pasteurized Sheep's & Goat's Milk, Salt, Starter Culture, Microbial Rennet )

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		<b>FETA CHEESE</b> contains milk
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		<b>SPICED GRAINS</b> contain gluten from wheat and barley
Sulphur Dioxide (>10mg/kg)	✓		<b>SPICED GRAINS</b> contain sulphur dioxide
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	Contains <b>PASTEURISED</b> milk



## Ingredients

**CABBAGE, MAYONNAISE** (Rapeseed Oil, Water, Sugar, **PASTEURISED** Egg, White Wine Vinegar, Spirit Vinegar, Salt, Stabilisers (Guar Gum, Xanthan Gum), Mustard Flour), **CARROTS, ONIONS, PARSLEY, WHITE WINE VINEGAR, LACTIC ACID**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives	✓		Contains <b>PASTEURISED</b> eggs
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard	✓		Contains mustard flour
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	Contains <b>PASTEURISED</b> eggs

## Ingredients

**PORTUGUESE ROLL** (see Extras & Garnish), **GARLIC & CHILLI SPREAD** (see Extras & Garnish)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	As cheese is cooked on the grills, please speak to the Manager on duty so that extra precautions can be taken
Soya & Derivatives		✓	<b>PORTUGUESE ROLL</b> is made in a factory that handles soya
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		<b>PORTUGUESE ROLL</b> contains gluten from wheat and rye and is also produced in a factory that handles barley, oats and spelt
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Spicy Rice

## Ingredients

**WATER, LONG GRAIN RICE, GREEN PEPPER, RAPESEED OIL, ONION PURÉE (Onions, Rapeseed Oil), RED PEPPER, TOMATO, SALT, LEMON JUICE, CORIANDER LEAF, GARLIC PURÉE, PARSLEY, GREEN CHILLI PURÉE, TURMERIC, CHILLI POWDER, SMOKED PAPRIKA, BAY LEAF POWDER**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	Produced in a factory that handles nuts
Peanuts & Derivatives		✓	Produced in a factory that handles peanuts
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	Produced in a factory that handles sesame
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

## Ingredients

**POTATOES, VEGETABLE OILS** (Rapeseed & Sunflower), **SALT**

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# PERi-Salted Chips

April 2022

## Ingredients

POTATOES, VEGETABLE OILS (Rapeseed & Sunflower), SALT, PERI SALT (see Extras and Garnish)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

## Ingredients

PEAS, MINT, OLIVE OIL, PARSLEY, SODIUM BICARBONATE, SALT, BIRDS EYE CHILLI FLAKES

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Corn on the Cob

April 2022

## Ingredients

**SWEETCORN, BASTING SAUCE** (see Marinade & Sauces)

Served with an individual **BUTTER PORTION** (see Extras & Garnish)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		Served with an individual <b>BUTTER PORTION</b> which contains milk
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	Served with an individual <b>BUTTER PORTION</b> which contains milk

## Ingredients

POTATO, DOUBLE CREAM, BUTTER, SALT, WHITE PEPPER

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		Contains double cream and butter
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	Contains double cream and butter



# Long Stem Broccoli with Lemon & Garlic

## Ingredients

**TENDERSTEM BROCCOLI, GARLIC, LEMON INFUSED RAPESEED OIL** (Rapeseed Oil, Natural Lemon Flavouring), **SALT, BLACK PEPPER**

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Fully Loaded Chips

May 2023

## Ingredients

**PERI-SALTED CHIPS** (see Sides), **MARINATED CHICKEN** (Chicken, Marinade (see Marinades & Sauces), Medium basting Sauce (see Marinades & Sauces)), **CHEDDAR CHEESE** (see Extras & Garnish), **RAINBOW SLAW DRESSING** (Water, Rapeseed Oil, Olive Oil, Cider Vinegar, Sugar, Roast Shallots (Shallots, Sunflower Oil), Salt, Tapioca Starch, Modified Starch, Garlic Puree, Cornflour, Onion Powder, Spices (Paprika, Chilli {Capsicums, African Bird's Eye Chillies})), **Dried Red Pepper**, Flavouring: Lactic Acid, Black Pepper, Parsley, Oregano, Preservative: Potassium Sorbate, Fennel), **PERI-TAMER BASTE** (see Marinades and Sauces), **BASTING SAUCE** (see Marinades & Sauces), Marinade (see Marinades & Sauces), Medium basting Sauce (see Marinades & Sauces)), **SPRING ONIONS**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		<b>CHEDDAR CHEESE</b> contains <b>PASTEURISED</b> milk
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians		✓	
Suitable for those following a plant-based diet		✓	

## Ingredients

**MAC & CHEESE** (Cooked Macaroni Pasta (Water, Durum wheat semolina), Water, Vintage Cheddar Cheese, Whole Milk, Single Cream, Medium Fat Hard Cheese, Mozzarella Cheese, Butter, Salt, Modified Maize Starch, Yellow Mustard Powder, White Pepper, Ground Nutmeg), **CHEDDAR CHEESE**, **PERI-CRUMB** (Breadcrumbs (Rice Flour, Potato Starch, Tapioca Starch, Rapeseed Oil, Dextrose, Sugar, Yeast, Salt, Stabiliser: Hydroxypropyl Methylcellulose, Maize Starch, Psyllium Fibre), Garlic & Chilli Spread (Vegetable Shortening [Rapeseed Oil, Palm Oil, Water, Colour: Carotenes], Garlic Puree, Water, Green Chilli Puree, Garlic Powder, Salt, White Pepper, Parsley), Hot Baste (Water, Spirit Vinegar, Rapeseed Oil, Spice Mix (Birds Eye Chilli, Salt, Red Chilli Pepper, Paprika, Bay Leaf), Onion, Green Chilli, Lemon, Garlic Puree, Stabiliser: Xanthan Gum, Stabiliser: Guar Gum)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		<b>MAC &amp; CHEESE</b> and <b>CHEDDAR CHEESE</b> contains milk
Soya & Derivatives		✓	
Celery		✓	
Mustard	✓		<b>MAC &amp; CHEESE</b> contains mustard
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		<b>MAC &amp; CHEESE</b> contains wheat gluten, <b>PERI-CRUMB</b> is produced in a factory that handles wheat gluten
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	<b>MAC &amp; CHEESE</b> and <b>CHEDDAR CHEESE</b> contain milk

# Gooney Caramel Cheesecake

## Ingredients

**CREAM CHEESE** (Milk, Salt, Thickener (Guar Gum)), **DULCE DE LECHE** (Milk, Sugar, Milk Powder, Glucose, Gelling Agent (Agar) Natural Vanilla Flavouring), **WHEAT FLOUR** (Calcium Carbonate, Iron, Niacin, Thiamin), **FAIRTRADE WHITE CHOCOLATE** (Sugar, Cocoa Butter, Whole Milk Powder, Emulsifier (Soya Lecithin), Natural Vanilla Flavouring), **SOUR CREAM**, **PASTEURISED WHOLE EGG**, **DIGESTIVE BISCUIT CRUMB** (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal Wheat Flour, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar, Invert Sugar Syrup, Raising Agents ((Sodium Bicarbonate, Ammonium Bicarbonate), Salt), **SINGLE CREAM**, **UNSALTED BUTTER**, **BROWN SUGAR**, **PARTIALLY INVERTED REFINERS SYRUP**, **BLACK TREACLE**, **VANILLA BEAN PASTE** (Sugar, Water, Vanilla Extract, Vanilla Bean, Thickener (Tragacanth)), **THICKENER** (Xanthan Gum)

**SERVED WITH CREAM** (Milk, Emulsifier (Carageenan))

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	Produced in a factory that handles nuts
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives	✓		<b>CHEESECAKE</b> contains <b>PASTEURISED</b> eggs
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		<b>CHEESECAKE</b> and <b>CREAM</b> contain milk
Soya & Derivatives	✓		<b>CHEESECAKE</b> contains soya
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		<b>CHEESECAKE</b> contains gluten from wheat
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	<b>CHEESECAKE</b> contains milk & egg. <b>CREAM</b> contains milk

# Choc-a-Lot Cake

## Ingredients

**FAIRTRADE CHOCOLATE** (Cocoa Mass, Sugar, Fat Reduced Cocoa Powder, Emulsifier (Soya Lecithin), Natural Vanilla Flavouring), **SUGAR, WHOLE MILK, WHEAT FLOUR** (with Iron, Thiamin, Niacin, Calcium Carbonate), **PASTEURISED EGGS, SOUR CREAM, RAPESEED OIL, WATER, UNSALTED BUTTER, STABILISER BLEND** (Sugar, Maltodextrin, Modified Starch, Thickener (Carrageenan)), **SINGLE CREAM, CHOCOLATE CURLS** (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (Soya Lecithin), Vanilla Extract), **FAT REDUCED COCOA POWDER, CONDENSED MILK** (Milk, Granulated Sugar), **PARTIALLY INVERTED REFINERS SYRUP, RAISING AGENT** (Sodium Bicarbonate), **SALT, VANILLA BEAN PASTE** (Sugar, Water, Vanilla Extract, Vanilla Bean, Thickener (Tragacanth)), **RAISING AGENT** ((Disodium Diphosphate, Sodium Bicarbonate), Wheat Flour (with Iron, Thiamin, Niacin, Calcium Carbonate))

**SERVED WITH CREAM** (Milk, Emulsifier (Carageenan))

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	Produced in a factory that handles nuts
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives	✓		<b>CHOC-A-LOT CAKE</b> contains <b>PASTEURISED</b> eggs
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		<b>CHOC-A-LOT CAKE</b> and <b>CREAM</b> contain milk
Soya & Derivatives	✓		<b>CHOC-A-LOT CAKE</b> contains soya
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		<b>CHOC-A-LOT CAKE</b> contains gluten from wheat
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	<b>CHOC-A-LOT CAKE</b> contains milk & egg. <b>CREAM</b> contains milk

# Pastel de Nata

## Ingredients

**DOUGH** (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Butter, Water, Salt and Cinnamon Powder)

**FILLING** (Milk, Sugar, Water, **PASTEURISED** Egg Yolk, Wheat Flour, Corn starch and Natural Flavourings (Cinnamon and Lemon))

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	Produced in a factory that handles hazelnuts
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives	✓		Contains <b>PASTEURISED</b> eggs
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		Contains milk
Soya & Derivatives		✓	Produced in a factory that handles soya
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		Contains gluten from wheat and rye is also handled in our kitchen
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	Contains milk and eggs

# Chocolate Gelado (Made without lactose)

## Ingredients

**WATER, DARK CHOCOLATE (24%) (Sugar, Cocoa Powder, Cocoa Butter), SUGAR, REFINED COCONUT OIL, RICE FLOUR, RICE STARCH, OLIGOFRUCTOSE, PEA PROTEIN, SALT, EMULSIFIER (Mono and diglycerides)**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	Produced in a factory that handles nuts
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	Produced in a factory that handles eggs
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	Produced in a factory that handles milk
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Vanilla Gelado

## Ingredients

MILK, SUGAR, REFINED COCONUT OIL, CREAM, GLUCOSE, REHYDRATED SKIMMED MILK, MADAGASCAR VANILLA, SALT, EMULSIFIERS (Mono & diglycerides), STABILISER (Carob Seed Flour)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	Produced in a factory that handles nuts
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	Produced in a factory that handles eggs
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		Contains milk
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	Contains milk



# Coconut Gelado

## Ingredients

**SKIMMED MILK, COCONUT PULP, SUGAR, REFINED COCONUT OIL, REHYDRATED SKIMMED MILK, DEXTROSE, OLIGOFRUCTOSE, SALT, NATURAL FLAVOURS, STABILISER (Carob Seed Flour), EMULSIFIER (Mono and Diglycerides)**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	Produced in a factory that handles nuts
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	Produced in a factory that handles eggs
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		Contains milk
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	Contains milk

# Mango Gelado

## Ingredients

**WATER, MANGO, SUGAR, GLUCOSE, OLIGOFRUCTOSE, SALT, STABILISERS** (Carob Seed Flour, Fruit Pectin), **ACIDITY REGULATOR** (Citric Acid)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	Produced in a factory that handles nuts
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	Produced in a factory that handles eggs
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	Produced in a factory that handles milk
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Vanilla Scoop Gelado

July 2021

## Ingredients

**MILK, SUGAR, CREAM, REFINED COCONUT OIL, REHYDRATED SKIMMED MILK, GLUCOSE, MADAGASCAR VANILLA, SALT, FLAVOURS, EMULSIFIERS**  
(Mono & diglycerides), **STABILISER** (Carob Seed Flour)

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	Produced in a factory that handles nuts
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	Produced in a factory that handles eggs
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		Contains milk
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	Contains milk

# Strawberry Frozen Yogurt

July 2021

## Ingredients

SKIMMED MILK, SUGAR, YOGURT, STRAWBERRY PUREE, GLUCOSE SYRUP POWDER, SKIMMED MILK POWDER, STABILISERS (Guar Gum,,Carrageenan), NATURAL FLAVOURING, ACIDITY REGULATOR (Citric Acid), NATURAL COLOUR

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		Contains milk & yogurt
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	Contains milk & yogurt

# Chocolate Frozen Yogurt

July 2021

## Ingredients

SKIMMED MILK, SUGAR, YOGHURT, DRIED GLUCOSE SYRUP, WHEY POWDER, FAT REDUCED COCOA POWDER, SKIMMED MILK POWDER, FRUCTOSE, STABILISERS (Guar Gum, Carageenan), FLAVOURING

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		Contains milk & yogurt
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	Contains milk & yogurt

# Vanilla Frozen Yogurt

JJuly 2021

## Ingredients

SKIMMED MILK, SUGAR, YOGHURT, GLUCOSE SYRUP POWDER, SKIMMED MILK POWDER, STABILISERS (Guar Gum, Carageenan), NATURAL FLAVOURING

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		Contains milk & yogurt
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	Contains milk & yogurt

# Mango Frozen Yogurt

July 2021

## Ingredients

SKIMMED MILK, SUGAR, YOGHURT, MANGO PUREE, GLUCOSE SYRUP POWDER, SKIMMED MILK POWDER, STABILISERS (Guar Gum, Carageenan), NATURAL FLAVOUR, NATURAL COLOUR

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		Contains milk & yogurt
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	Contains milk & yogurt

# Warm Chocolate Pud

## Ingredients

**Chocolate Fondant:** EGGS, CHOCOLATE (Sugar, Cocoa Paste, Cocoa Butter, Emulsifier: Lecithin, Natural Vanilla Flavouring) (21%), SUGAR, BUTTER, MAIZE STARCH, COCOA POWDER (1.9%), WHOLE MILK POWDER

**Orange & Chilli Curd:** SUGAR, FREE RANGE EGG, ORANGE JUICE CONCENTRATE, WATER, ACIDITY REGULATOR: Citric Acid, CONCENTRATED LEMON JUICE, GELLING AGENT: Pectin, BIRDS EYE CHILLI, PRESERVATIVE: Potassium Sorbate, COLOUR: Paprika Extract

**Vanilla Ice cream:** MILK, SUGAR, CREAM, REFINED COCONUT OIL, REHYDRATED SKIMMED MILK, GLUCOSE, MADAGASCAR VANILLA, SALT, FLAVOURS, EMULSIFIERS (Mono & diglycerides), STABILISER (Carob Seed Flour)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	CHOCOLATE FONDANT is made in a factory that handles almonds and hazelnuts
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives	✓		CHOCOLATE FONDANT and ORANGE & CHILLI CURD contains PASTEURISED eggs
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		CHOCOLATE FONDANT, ORANGE & CHILLI CURD and ICE CREAM contains milk
Soya & Derivatives	✓		CHOCOLATE FONDANT contains soya
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	CHOCOLATE FONDANT & ORANGE CURD contains milk & egg. ICE CREAM contains milk



# PERi-PERi Seeds

## Ingredients

SUNFLOWER SEEDS, PUMPKIN SEEDS, RAPESEED OIL, WHITE SUGAR, SALT, PAPRIKA, GARLIC POWDER, BIRDS EYE CHILLI FLAKES, OREGANO

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Lemon & Herb Mayo

## Ingredients

**WATER, RAPESEED OIL, THICKENER** (Modified Maize Starch), **SPIRIT VINEGAR, SUGAR, LEMON ZEST, ONION, SALT, MODIFIED STARCH, TAPIOCA STARCH, CONCENTRATED LEMON JUICE, TURMERIC SOLUTION** (Water, Colour (Curcumin)), **GARLIC PUREE, COLOUR** (Paprika Extract), **ROSEMARY, SPICE MIX** (Sea Salt, Spices (Red Chilli Pepper, Paprika, Birds Eye Chilli)), **THYME, PRESERVATIVE** (Potassium Sorbate)

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# PERi-Ketchup

## Ingredients

**TOMATOES, BROWN SUGAR, WATER, ONION, RED WINE VINEGAR, ROASTED RED PEPPER, TOMATO PASTE, CORNFLOUR, CANE MOLASSES, SALT, WORCESTER SAUCE** (Water, Black Treacle, Spirit Vinegar, Tamarind, Salt, Onion Powder, Garlic Powder, White Pepper, Pimento, Ginger, Paprika, Clove), **LEMON JUICE, GARLIC PUREE, GINGER PUREE, GELLING AGENT** (Pectin), **SPICES** (Paprika, Chilli (Capsicums, African Bird's Eye Chillies)), **CURRY POWDER** (Ground Spices (Coriander, Turmeric, Cumin, Black Pepper, Paprika, Caraway Seed, Cayenne, Fenugreek), Salt, Garlic Powder, Rapeseed Oil, Ground Oregano), **BAY LEAVES, COLOUR** (Paprika Extract), **GROUND CORIANDER, GROUND CUMIN**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# PERi-Plant Protein

## Ingredients

**PERi-PLANT PROTEIN** (Water, Vegetable Proteins (Wheat and Pea), Wheat Powder, Seasoning Potato Starch, Thickeners Methylcellulose, Arabic gum, Gelling Agent: Carrageenan)), **BASTING SAUCE** (see Marinade & Sauces), **VEGETABLE OIL**

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	As cheese is cooked on the grills, please speak to the Manager on duty so that extra precautions can be taken
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		<b>PERi-PLANT PROTEIN</b> contains wheat
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		This is a plant-based recipe, however please note that it is cooked on the same grills as ingredients derived from animal origin. We cannot guarantee the <b>BASTE</b> is made using shellac free lemons

# Bolo do Caco

## Ingredients

**WHEAT FLOUR, WATER, COMPOUND FLOUR** (Wheat Flour, Sweet Potato Flour, Potato Flakes, Sugar, Salt, Emulsifier (E472e), Enzymes, Flour Treatment Agent (E300)), **YELLOW CORN FLOUR, YEAST, SUGAR, SALT**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	Produced in a factory that handles nuts
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	Produced in a factory that handles eggs
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	Produced in a factory that handles milk
Soya & Derivatives		✓	Produced in a factory that handles soya
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	Produced in a factory that handles sesame seeds
Cereals containing Gluten	✓		Contains gluten from wheat
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Butter

## Ingredients

PASTEURISED CREAM, SALT

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		Contains milk
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	Contains milk

# Cheddar Cheese Slice

## Ingredients

PASTEURISED COW'S MILK, SALT, STARTER CULTURES, MICROBIAL RENNET

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		Contains PASTEURISED milk
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	Contains milk

# Chilli Jam

## Ingredients

**TOMATOES, BROWN SUGAR** (Sucrose, Cane Molasses), **RED WINE VINEGAR, RED CHILLI, RED ONIONS, CORNFLOUR, TOMATO PASTE, GARLIC PURÉE, SALT, GELLING AGENT** (Pectin)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		



# Garlic and Chilli Spread

## Ingredients

**VEGETABLE SHORTENING** (Rapeseed Oil, Palm Oil, Water, Colour (Carotenes)), **GARLIC PUREE, WATER, GREEN CHILLI, GARLIC POWDER, SALT, WHITE PEPPER, PARSLEY**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Garlic PERinaise

September 2022

## Ingredients

**WATER, RAPESEED OIL, SUGAR, VINEGAR BLEND** (Spirit Vinegar, Cider Vinegar), **THICKENER:** Modified Maize Starch, **MEDIUM SAUCE** (Water, Spirit Vinegar, Onion, Spice Mix (Salt, Spices (Red Chilli Pepper, Birds Eye Chilli), Herb (Bay Leaf)), Rapeseed Oil, Lemon Juice, Green Chilli, Garlic Puree, Un-waxed lemon zest, Stabilisers (Guar Gum, Xanthan Gum), Spice Mix (Salt, Spices (Paprika, Red Chilli Pepper, White Pepper))), **YEAST EXTRACT, FLAVOURINGS, COLOUR** (Curcumin, Paprika Extract), **SALT, MODIFIED STARCH, GARLIC PUREE, TAPIOCA STARCH, GARLIC POWDER, PAPRIKA**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Grilled Halloumi Cheese

## Ingredients

**PASTEURISED MILK** (Cow's Milk, Goat's and Sheep's Milk), **SALT**, **MICROBIAL RENNET**, **MINT**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		Contains <b>PASTEURISED</b> milk
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	Contains milk

## Ingredients

**HOUMOUS** (Chickpeas (Chickpeas, Water, Sodium Bicarbonate), Lemon Juice, Sunflower Oil, Water, Sesame Paste, Salt, Garlic Purée, Preservative (Potassium Sorbate))

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds	✓		<b>HOUMOUS</b> contains sesame from sesame paste
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Lightly Spiced Yogurt Mayo

## Ingredients

**WATER, GREEK STYLE YOGURT, RAPESEED OIL, WHITE WINE VINEGAR, CORNFLOUR, SUGAR, PASTEURISED EGG YOLK POWDER, CORIANDER, SALT, MUSTARD POWDER, LEMON JUICE CONCENTRATE, MILLED RED CHILLIES, ONION POWDER, CRACKED BLACK PEPPER, PRESERVATIVE (Potassium Sorbate), STABILISERS (Guar Gum, Xanthan Gum), GROUND WHITE PEPPER, GROUND CORIANDER, AFRICAN BIRD'S EYE CHILLIES**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives	✓		Contains PASTEURISED eggs
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		Contains milk
Soya & Derivatives		✓	
Celery		✓	
Mustard	✓		Contains mustard powder
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	Contains eggs and milk

# Nandino rolls

## Ingredients

**WHEAT FLOUR** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), **WATER**, **BUTTER**, **PASTEURISED WHOLE EGG**, **SUGAR**, **YEAST**, **GLAZE** (Water, Vegetable Proteins (Pea, Potato, Faba Bean), Sunflower Oil, Dextrose, Maltodextrins, Starch), **SALT**, **EMULSIFIERS** (Mono and di-glycerides of fatty acids, Sodium Stearoyl-2 Lactylate, Mono and di-acetyltartaric acid esters of mono and di-glycerides of fatty acids), **RAPESEED OIL**, **PALM OIL**, **FULL FAT SOYA FLOUR**, **FLOUR TREATMENT AGENT** (Ascorbic Acid)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives	✓		Contains <b>PASTEURISED</b> eggs
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		Contains milk
Soya & Derivatives	✓		Contains soya
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		Contains gluten from wheat
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	Contains eggs and milk

# Mayonnaise (Plant based) Pot

## Ingredients

**WATER, RAPESEED OIL, CORNFLOUR, SUGAR, SPIRIT VINEGAR, SALT, DIJON MUSTARD (Water, Mustard Seeds, Spirit Vinegar, Salt), MODIFIED STARCH,TAPIOCA STARCH, PRESERVATIVE: POTASSIUM SORBATE, TURMERIC**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard	✓		Contains mustard
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# PERi-BBQ

## Ingredients

**WATER, SUGAR, TOMATO PASTE, BROWN SUGAR, SPIRIT VINEGAR, CORNFLOUR, CANE MOLASSES, LEMON JUICE, CONCENTRATED APPLE JUICE, RAPESEED OIL, SMOKED PAPRIKA, SALT, GARLIC PUREE, SMOKED WATER, SPICES (Paprika, Chilli, (Capsicums, African Bird's Eye Chillies)), ONION POWDER, GROUND CUMIN, CAYENNE PEPPER**

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		



# PERi-PERi Drizzle

## Ingredients

**OLIVE OIL, LEMON JUICE, CHILLI INFUSED SUNFLOWER OIL** (Sunflower Oil, Red Chilli, Salt), **GARLIC PURÉE, RED CHILLI PURÉE, RED WINE VINEGAR, SALT, SPICES** (Paprika, African Bird's Eye Chilli)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	PERi-PERi DRIZZLE is produced in a factory that handles nuts
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# PERi-Salt

## Ingredients

**SALT, SPICES** (Paprika, Red Chilli Pepper, White Pepper, African Bird's Eye Chilli), **SUGAR, CORNFLOUR, YEAST EXTRACT, ACID (E330), FLAVOURINGS, COLOUR (E100)**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# PERinaise

## Ingredients

**WATER, RAPESEED OIL, SUGAR, VINEGAR BLEND** (Spirit Vinegar, Cider Vinegar), **THICKENER** (Modified Maize Starch), **PASTEURISED SALTED EGG YOLK** (Egg Yolk, Salt), **MEDIUM PERI-PERI SAUCE** (see Marinade & Sauces), **SPICE MIX** (Salt, Spices (Paprika, Red Chilli Pepper, White Pepper), Yeast Extract, Flavourings, Colour (E100)), **SALT, COLOUR** (Paprika Extract), **STABILISER** (Guar Gum), **CELERY SALT, PAPRIKA**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives	✓		Contains <b>PASTEURISED</b> eggs
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery	✓		Contains celery
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	Contains eggs

# Pineapple

## Ingredients

PINEAPPLE, PINEAPPLE JUICE, CITRIC ACID

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	As cheese is cooked on the grills, please speak to the Manager on duty so that extra precautions can be taken
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

## Ingredients

**WHEAT FLOUR** (Wheat flour, Calcium carbonate, Iron, Niacin, Thiamin), **WATER, SOURDOUGH** (Sourdough, Salt, Brandy Vinegar, Wheat Starch), **YEAST, SALT**

SERVED WITH AN INDIVIDUAL **BUTTER PORTION** (see Extras & Garnish)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		Served with an individual portion of butter. <b>BUTTER PORTION</b> contains milk
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		Contains gluten from wheat and rye is handled in our kitchen
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	Served with an individual portion of butter. <b>BUTTER PORTION</b> contains milk

## Ingredients

**PLAIN WHEAT WRAP - FORTIFIED WHEAT FLOUR** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), **WATER, VEGETABLE OILS** (Palm Oil, Rapeseed Oil), **RAISING AGENTS** (Sodium Carbonates, Malic Acid, Diphosphates), **SUGAR, STABILISER** (Sodium Carboxymethyl Cellulose), **SALT**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		Contains gluten from wheat. Produced in a factory that handles rye
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Portuguese Roll

April 2022

## Ingredients

**FORTIFIED WHEAT FLOUR** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), **WATER, BIGA DOUGH** (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Yeast, Salt), **RYE FLOUR, YEAST, SALT, OLIVE OIL, CRUMB SOFTENER** (Wheat flour, Enzymes, Sunflower Oil), **BREAD IMPROVER** (Wheat Flour, Emulsifier (E472e)), Flour Treatment Agent (E300), Sunflower Oil, Enzymes)

Served with an individual **BUTTER PORTION** (see Extras & Garnish)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		Served with an individual portion of butter. <b>BUTTER PORTION</b> contains milk. As cheese is cooked on the grills, please speak to the Manager on duty so that extra precautions can be taken
Soya & Derivatives		✓	<b>PORTUGUESE ROLL</b> is made in a factory that handles soya
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		<b>PORTUGUESE ROLL</b> contains gluten from wheat and rye and is also produced in a factory that handles barley, oats and spelt
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	Served with an individual portion of butter. <b>BUTTER PORTION</b> contains milk

# Beanie Patty

## Ingredients

**BEANIE PATTY** (Pea Flour, Cheddar Cheese, Water, Chickpeas, Carrots, Onions, Adzuki Beans, Sweetcorn, Green Beans, Vegetarian Burger Mix (Textured Soy Protein, Pea Flour, Fibre (Pea Fibre, Guar Gum, Psyllium Fibre), Salt, Potato Fibre, Soy Protein Concentrate, Vegetable Fat (Palm), Tomato Powder, Onion Powder, Yeast Extract, Sage, Onion Extract, Pepper Extract, Cayenne Extract, Sage Extract), Lentils, Tomato Puree, Peas, **PASTEURISED** Free Range Egg Powder, Pumpkin Seeds, Medium Fat Hard Cheese, Salt, Garlic, Coriander, Green Chilli, Black Pepper, Cayenne Pepper), **VEGETABLE OIL**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives	✓		<b>BEANIE PATTY</b> contains <b>PASTEURISED</b> eggs
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives	✓		<b>BEANIE PATTY</b> contains milk
Soya & Derivatives	✓		<b>BEANIE PATTY</b> contains soya
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	<b>BEANIE PATTY</b> contains <b>PASTEURISED</b> eggs and milk



# Caramelised Red Onion Relish

November 2021

## Ingredients

2035P53 SLICED RED ONIONS, MALT VINEGAR (Malt Vinegar (From Barley), COLOUR (Ammonia Caramel), DEMERARA SUGAR, MUSCOVADO SUGAR, SUGAR, MODIFIED MAIZE STARCH, GARLIC PUREE, LEMON JUICE CONCENTRATE, SALT, GROUND CUMIN, PAPRIKA, AFRICAN BIRD'S EYE CHILLIES, DRIED OREGANO, GROUND CORIANDER

JF4018 - CARAMELISED RED ONIONS (Red Onion, Balsamic Vinegar (Wine Vinegar, Grape Must), Muscovado Sugar, Sunflower Oil), WATER, BROWN SUGAR, MALT VINEGAR (From Barley), SUGAR, CORNFLOUR, DEHYDRATED ONION, GARLIC PUREE, CONCENTRATED LEMON JUICE, SALT, ONION POWDER, GROUND CUMIN, PAPRIKA, BIRDS EYE CHILLI, GROUND CORIANDER, OREGANO

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	Contains malt vinegar which is derived from barley, but gluten content is less than 20ppm. As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken.
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

## Ingredients

**MUSHROOM** (Portobello Mushroom, Rapeseed Oil, Yeast Extract (Yeast Extract, Salt), Black Pepper)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken.
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Malt Vinegar

**Ingredients :** Barley Malt Vinegar, **Barley** Malt Extract. 5% acidity.

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		Contains Barley
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Extra Virgin Olive Oil

## Ingredients

EXTRA VIRGIN OLIVE OIL

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Balsamic Vinegar

## Ingredients

WINE VINEGAR, COOKED GRAPE MUST, SULPHITES

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)	✓		<b>BALSAMIC VINEGAR</b> contains sulphites
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Extra Hot PERi-PERi Sauce

## Ingredients

**WATER, SPIRIT VINEGAR, SPICE MIX** (Salt, Spices (African Bird's Eye Chilli, Red Chilli Pepper, Paprika), Herb (Bay Leaf)), **LEMON, GREEN CHILLI, ONION, RAPESEED OIL, GARLIC PURÉE, STABILISERS** (Xanthan Gum, Guar Gum)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		We cannot guarantee the lemons do not have shellac

# Garlic PERI-PERI Sauce

## Ingredients

**WATER, SPIRIT VINEGAR, ONION, SPICE MIX** (Salt, Spices (Red Chilli Pepper, African Bird's Eye Chilli), Herb (Bay Leaf)), **GARLIC PURÉE, LEMON, RAPESEED OIL, GREEN CHILLI, STABILISERS** (Guar Gum, Xanthan Gum)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		We cannot guarantee the lemons do not have shellac

# Hot Basting Sauce

## Ingredients

**WATER, SPIRIT VINEGAR, RAPESEED OIL, SPICE MIX** (Spices (African Birds Eye Chilli, Red Chilli Pepper, Paprika), Salt, Herb, (Bay Leaf)), **ONION, LEMON, GREEN CHILLI, GARLIC PURÉE, STABILISERS** (Xanthan Gum, Guar Gum)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	As cheese is cooked on the grills, please speak to the Manager on duty so that extra precautions can be taken
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		We cannot guarantee the lemons do not have shellac



# Hot PERi-PERi Sauce

## Ingredients

**WATER, SPIRIT VINEGAR, SPICE MIX** (Salt, Spices (Red Chilli Pepper, African Bird's Eye Chilli, Paprika)), **LEMON, ONION, GREEN CHILLI, RAPESEED OIL, GARLIC PURÉE, STABILISERS** (Guar Gum, Xanthan Gum)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		We cannot guarantee the lemons do not have shellac

# Lemon & Herb PERI-PERi Sauce

## Ingredients

**WATER, LEMON, RAPESEED OIL, ONION, SPIRIT VINEGAR, SUGAR, SALT, GARLIC PURÉE, RED CHILLI PURÉE, ROSEMARY, THYME, SPICE MIX** (Sea Salt, Spices (Red Chilli Pepper, Paprika, African Bird's Eye Chilli), **STABILISERS** (Guar Gum, Xanthan Gum), **PRESERVATIVE** (Potassium Sorbate))

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		We cannot guarantee the lemons do not have shellac

# Lemon & Herb Basting Sauce

## Ingredients

**WATER, LEMON, SPIRIT VINEGAR, RAPESEED OIL, SPICE MIX** (Sea Salt, Spices (Red Chilli Pepper, Paprika, African Bird's Eye Chilli)), **GARLIC PURÉE, STABILISER** (Xanthan Gum, Guar Gum), **GREEN CHILLI, PRESERVATIVE** (Potassium Sorbate)

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	As cheese is cooked on the grills, please speak to the Manager on duty so extra precautions can be taken
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		We cannot guarantee the lemons do not have shellac

# Marinade

## Ingredients

**SPIRIT VINEGAR, RAPESEED OIL, SPICE MIX** (Salt, Spices (Red Chilli Pepper, Paprika, African Bird's Eye Chilli)), **GARLIC PURÉE, LEMON, GREEN CHILLI, WATER**

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		We cannot guarantee the lemons do not have shellac

# Medium Basting Sauce

## Ingredients

**WATER, RAPESEED OIL, SPIRIT VINEGAR, GREEN CHILLI, SPICE MIX** (Salt, Spices (Red Chilli Pepper, African Bird's Eye Chilli, Paprika) Herb (Bay Leaf)), **LEMON, STABILISERS** (Guar Gum, Xanthan Gum), **ONION, PRESERVATIVE** (Potassium Sorbate), **GARLIC PURÉE**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	As cheese is cooked on the grills, please speak to the Manager on duty so that extra precautions can be taken
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		We cannot guarantee the lemons do not have shellac

# Medium PERi-PERi Sauce

## Ingredients

**WATER, SPIRIT VINEGAR, ONION, SPICE MIX** (Salt, Spices (Red Chilli Pepper, African Bird's Eye Chilli), Herb (Bay Leaf)), **LEMON, RAPESEED OIL, GREEN CHILLI, GARLIC PURÉE, STABILISERS** (Guar Gum, Xanthan Gum)

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		We cannot guarantee the lemons do not have shellac

# PERi-Tamer Basting Sauce

## Ingredients

**WATER, BROWN SUGAR, SUGAR, TOMATO PASTE, SPIRIT VINEGAR, CANE MOLASSES, LEMON JUICE, RAPESEED OIL, SMOKED PAPRIKA, APPLE JUICE FROM CONCENTRATE, SALT, GARLIC PURÉE, STABILISERS (Xanthan Gum, Guar Gum)**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	As cheese is cooked on the grills, please speak to the Manager on duty so that extra precautions can be taken
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# PERI-PERi Vusa

## Ingredients

**OLIVE OIL, LEMON JUICE, SPICE MIX** (Bird's Eye Chilli, Salt), **GARLIC PURÉE, RED CHILLI PURÉE, CHILLI INFUSED SUNFLOWER OIL** (Sunflower Oil, Chilli, Salt), **RED WINE VINEGAR**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		



# Wild Herb PERi-PERi Sauce

## Ingredients

**WATER, SPIRIT VINEGAR, ONION, SPICE MIX** (Salt, Spices (Red Chilli Pepper, African Bird's Eye Chilli), Herb (Bay Leaf)), **LEMON, RAPESEED OIL, GREEN CHILLI, PARSLEY, GARLIC PURÉE, STABILISERS** (Xanthan Gum, Guar Gum)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		We cannot guarantee the lemons do not have shellac

# XXX Hot PERi-PERi Sauce

## Ingredients

**WATER, GREEN CHILLI, SPIRIT VINEGAR, SPICE MIX** (Salt, Spices (African Bird's Eye Chilli, Red Chilli Pepper, Paprika), Herb (Bay Leaf)), **LEMON, ONION, RAPESEED OIL, GARLIC PURÉE, STABILISERS** (Xanthan Gum, Guar Gum)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		We cannot guarantee the lemons do not have shellac

# Lemon & Wild Garlic Dressing

## Ingredients

**WATER, RAPESEED OIL, LEMON JUICE, WILD GARLIC, GARLIC PUREE, THICKENER: MODIFIED MAIZE STARCH, SUGAR, SPIRIT VINEGAR, SALT, MODIFIED STARCH, TAPIOCA STARCH, LEMON ZEST, FLAVOURING: LACTIC ACID, SPICE MIX** (Salt, Spices (Paprika, Red Chilli Pepper, White Pepper), Yeast Extract, Flavourings, Colour: E100)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Liver Baste Sauce

Nov  
2022

## Ingredients

Rapeseed Oil, Onion, Water, Tomatoes, Garlic Puree, Spirit Vinegar, Spice Mix ( Sea Salt, Spices (Red Chilli Pepper, Paprika, Birds Eye Chilli), Vegetable Shortening (Rapeseed Oil, Palm Oil, Water, Colour: Carotenes, Citric Acid), Salt, Green Chilli, Cornflour, Stabiliser: Xanthan Gum, Stabiliser: Guar Gum.

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	As cheese is cooked on the grills, please speak to the Manager on duty so extra precautions can be taken
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Churrasco Baste

## Ingredients

**WATER, RAPESEED OIL, SPIRIT VINEGAR, SPICE MIX** (Spices (Birds Eye Chilli, Red Chilli Pepper, Paprika), Salt, Herb (Bay Leaf)), **ONION, LEMON, GREEN CHILLI, SMOKED PAPRIKA, TOMATO PASTE, BROWN SUGAR, SMOKED GARLIC, SMOKED SUNFLOWER OIL, GARLIC PUREE, GROUND CUMIN, STABILISER** (Xanthan Gum), **GROUND CORIANDER, PRESERVATIVE** (Potassium Sorbate), **STABILISER** (Guar Gum)

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	As cheese is cooked on the grills, please speak to the Manager on duty so extra precautions can be taken
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	We cannot guarantee the lemons do not have shellac

# Karma Drinks Gingerella

## Ingredients

**CARBONATED WATER, ORGANIC SUGAR, ORGANIC GINGER EXTRACT, ORGANIC LEMON JUICE FROM CONCENTRATE, NATURAL CLOVE, CASSIA, CAPSICUM, NATURAL FLAVOURINGS** (Grapefruit, Vanilla), **PRESERVATIVE** (Ascorbic Acid)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Mineral Waters

## Ingredients

STILL NATURAL MINERAL WATER - NATURAL MINERAL WATER  
SPARKLING NATURAL MINERAL WATER - CARBONATED NATURAL MINERAL WATER

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Pip Organic Drinks

## Ingredients

**CLOUDY APPLE JUICE** - organic apple juice (100%)

**PINEAPPLE & MANGO SMOOTHIE** - organic apple juice, organic pineapple juice (15%), organic banana, organic mango (7%), organic orange juice

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		



# Soft Drinks

## Ingredients

**COCA-COLA** - Sugar, Water, Colour (Caramel E150d), Phosphoric Acid, Natural Flavourings Including Caffeine. **DIET COKE** - Water, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Natural Flavourings (Caffeine, Phosphoric Acid, Citric Acid), Preservative (Sodium Benzoate), Acidity Regulator (Sodium Citrate), Antifoaming Agent (Dimethylpolysiloxane). **FANTA ZERO** - Carbonated Water, Orange Fruit from Concentrate (4%), Citric Acid, Sweeteners (Acesulfame K, Aspartame), Preservative (Potassium Sorbate), Malic Acid, Natural Orange Flavouring with Other Natural Flavourings, Vegetable Concentrates (Carrot, Pumpkin), Antioxidant (Ascorbic Acid), Stabiliser (Guar Gum). **SPRITE ZERO** - Water, Citric Acid, Natural Lemon and Lime Flavourings, Sweeteners (Aspartame, Acesulfame K), Preservative (Sodium Benzoate), AcidityRegulator (Sodium Citrate). **COKE ZERO** - Water, Colour (Caramel E150d), Phosphoric Acid, Sweeteners (Aspartame, Acesulfame K), Natural Flavourings Including Caffeine, Acidity Regulator (Sodium Citrate), Preservative (Sodium Benzoate), Antifoaming Agent (Dimethylpolysiloxane). **IRN BRU** - Carbonated Water, Sugar, Acid (Citric Acid), Flavourings (Including Caffeine, Ammonium Ferric Citrate & Quinine), Sweeteners (Aspartame, Acesulfame K), Preservative (E211), Colours (Sunset Yellow FCF, Ponceau 4R)

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# RUBRO

## Ingredients

**PEACH RUBRO – (Water, Cane Sugar, Acid (Ascorbic Acid), Organic Rooibos Extract, Natural Flavourings (Peach and other flavourings))**

**BERRY RUBRO – (Water, Cane Sugar, Acid (Ascorbic Acid), Organic Rooibos Extract, Natural Flavourings (Raspberry, Strawberry and other flavourings))**

**LEMON RUBRO – (Water, Cane Sugar, Acid (Ascorbic Acid), Organic Rooibos Extract, Natural Flavourings (Lemons and other flavourings))**

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Cordials

## Ingredients

**APPLE CORDIAL** (Sugar, Apple Juice from Concentrate, Plum Juice from concentrate, Glucose Syrup, Cotswold Spring Water, Citric Acid, Natural Flavourings, Preservative (Sodium Metabisulphite))

**STRAWBERRY CORDIAL** (Sugar, Strawberry Juice from concentrate, Glucose Syrup, Cotswold Spring Water, Elderflowers, Aronia Juice from Concentrate, Citric Acid, Natural Flavourings, Preservative (Sodium Metabisulphite))

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)	✓		Contain sulphites
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# LA Brewery Citrus Hops Kombucha

## Ingredients

Filtered water, Green Tea, Black Tea, Sugar, Hop extracts and natural flavours

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Lazer Crush 0.3% IPA

## Ingredients

Water, Malted Barley, Hops, Yeast

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		Contains gluten from barley
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Spier Sauvignon Blanc

## Ingredients

**GRAPES** (Sauvignon Blanc), **SULPHUR DIOXIDE**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)	✓		Contains sulphites
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians		✓	
Suitable for those following a plant-based diet		✓	

# Spier Signature Sauvignon Blanc

## Ingredients

**GRAPES** (Sauvignon Blanc), **SULPHUR DIOXIDE**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)	✓		Contains sulphites
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians		✓	
Suitable for those following a plant-based diet		✓	

# Spier Chardonnay

## Ingredients

GRAPES (Chardonnay),SULPHUR DIOXIDE

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)	✓		Contains sulphites
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians		✓	
Suitable for those following a plant-based diet		✓	



# Creative Block 2

## Ingredients

**GRAPES** (Caberent Sauvignon, Merlot, Petit Verdot, Malbec, Cabernet Franc), **SULPHUR DIOXIDE**

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)	✓		Contains sulphites
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Spier Cabernet Sauvignon

## Ingredients

**GRAPES** (Cabernet Sauvignon), **SULPHUR DIOXIDE**

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	As bread is handled in the kitchen, please speak to the Manager on duty so that extra precautions can be taken
Sulphur Dioxide (>10mg/kg)	✓		Contains sulphites
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians		✓	
Suitable for those following a plant-based diet		✓	

# Spier Merlot

## Ingredients

**GRAPES** (Merlot and other Red Varietal Grapes), **SULPHUR DIOXIDE**

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)	✓		Contains sulphites
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians		✓	
Suitable for those following a plant-based diet		✓	

# Creative Block 5

## Ingredients

**GRAPES** (Caberent Sauvignon, Merlot, Petit Verdot, Malbec, Cabernet Franc), **SULPHUR DIOXIDE**

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)	✓		Contains sulphites
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Levity Rosé

## Ingredients

CONTAINS SULPHUR DIOXIDE

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)	✓		Contains sulphites
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# Spier Rosé Cans

## Ingredients

**GRAPES** (Chardonnay, Pinot Noir, Other grape varieties), **SULPHUR DIOXIDE**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)	✓		Contains sulphites
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians		✓	
Suitable for those following a plant-based diet		✓	

# Beer

## Ingredients

**FREEDOM PILS – WATER, LAGER MALT, CARA MALT, YEAST, HOPS**

**FIVE POINTS XPA – WATER, MALTED BARLEY, NAKED OATS, MALTED WHEAT, ALE YEAST, HOPS**

**SAGRES BEER – WATER, MALT (Barley), NON-MALTED CEREALS (Maize, Rice or Barley), HOPS**

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten	✓		<b>FREEDOM PILS</b> and <b>SAGRES BEER</b> contains gluten from barley <b>FIVE POINTS XPA</b> contains gluten from wheat, barley and oats
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		

# SXOLLIE CIDER

## Ingredients

GOLDEN DELICIOUS APPLES, ENZYMES, YEAST, SULPHITES

### Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)	✓		Contains Sulphites
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet	✓		



# Frozen cocktails (selected restaurants only)

Feb 2024

## Ingredients

**WATERMELON SLUSHIE** - Water, Sugar, Watermelon Puree (10%), Vodka, Cranberry Juice, Lime Juice, Blood Orange Juice, Lemon Juice, Guava Puree (1.4%), Strawberry Puree, Sugarcane Liqueur, Citric Acid, Lemon Peel, Hibiscus (0.1%), Mint. Served with a lime wedge.

**SUNSET SLUSHIE** - Water, Pineapple Juice (9%), Vodka, Passion Fruit, Coconut Syrup, Sugar, Mango Puree (4%), Guava Puree, Peach Liqueur (1.4%), Raspberry Puree, Citric Acid, Lemon Peel, Vanilla. Served with a lime wedge.

## Dietary Information

CONTAINS	YES	NO	COMMENTS
Nuts & Derivatives		✓	
Peanuts & Derivatives		✓	
Fish & Derivatives		✓	
Eggs & Derivatives		✓	
Crustaceans		✓	
Molluscs		✓	
Milk & Derivatives		✓	
Soya & Derivatives		✓	
Celery		✓	
Mustard		✓	
Lupin		✓	
Sesame Seeds		✓	
Cereals containing Gluten		✓	
Sulphur Dioxide (>10mg/kg)		✓	
Monosodium Glutamate		✓	
Irradiated Foodstuff		✓	
GM Matter		✓	
Suitable for Vegetarians	✓		
Suitable for those following a plant-based diet		✓	Lime wedges served on the cocktail contain shellac