

BROWN RICE

(ENERGY + BRAINPOWER)

SHORT GRAIN BROWN RICE
BOUILLON



V+ WF NG DF O

BROWN RICE

Allergen in bold. *Permitted non organic ingredients.

Short Grain Brown Rice and Bouillon (sea salt*, maltodextrin (from maize), rice flour, onion, carrot, parsnip, yeast extract*, olive oil, parsley and turmeric).

Great source of complex carbs for slow energy release which keeps you alert. Also good source of B vits for energy release from food.

V+ WF NG DF O

SWEET POTATO WEDGES

(ENERGY + IMMUNE BOOSTING + GUT FRIENDLY)

SWEET POTATO
SUNFLOWER OIL



V+ WF NG DF O

SWEET POTATO WEDGES

Allergen in bold. *Permitted non organic ingredients.

Sweet Potatoes and Sunflower Oil.

High in beta-carotene which converts to Vit A for immune boost. Great source of fibre for good digestion.

V+ WF NG DF O

ROAST POTATOES

(ENERGY + GUT FRIENDLY)

POTATOES
SUNFLOWER OIL
GARLIC
ROSEMARY



V+ WF NG DF O

ROAST POTATOES

Allergen in bold. *Permitted non organic ingredients.

Potatoes, Sunflower Oil, Garlic and Rosemary.

Good source of complex carbs for slow energy release & B vits for energy release from food. Good source of fibre for healthy digestion.

V+ WF NG DF O

STEAMED BROCCOLI

(IMMUNE BOOSTING + ENERGY)

BROCCOLI



STEAMED BROCCOLI

Allergen in bold. *Permitted non organic ingredients.

Broccoli.

Good source of Vit A & C for immunity and iron & B vits for energy.



CRUNCHY KALE

(IMMUNE BOOSTING + ESSENTIAL FATS)

KALE

OLIVE OIL

ALFALFA SPROUTS



CRUNCHY KALE

Allergen in bold. *Permitted non organic ingredients.

Kale, Olive Oil, Alfalfa Sprouts and Salt*.

Kale good source of Vit A & C for immunity. Olive oil packed with healthy fats.



TOFU STIR FRY

(IMMUNE BOOSTING + GLOWING SKIN + PROTEIN PACKED)

CABBAGE

TOFU

MIRIN



TOFU STIR FRY

Allergen in bold. *Permitted non organic ingredients.

White Cabbage, **Tofu (soya)**, Red Peppers, Green Peppers, Seasonal Greens, Broccoli, Red Onions, Carrots, Brown Rice Syrup, Mirin (sweet rice, water* & cultured rice), Sunflower Oil, **Tamari (soya beans, water*, sea salt* & mirin ((sweet rice, water* cultured rice))**, Brown Rice Vinegar (water* & cultured brown rice), Lemon Juice, Garlic Puree, Ginger and Red Chili.

Vit C in all the veggies for immunity & skin health. Also sulphur in cabbage for skin. Tofu good protein source.



SPELT VEGETABLE LASAGNE

(ENERGY + GUT FRIENDLY + MOOD BOOSTING)

SPELT

CHEDDAR

AUBERGINE



SPELT VEGETABLE LASAGNE

Allergen in bold. *Permitted non organic ingredients.

Tomato Sauce (chopped tomatoes, tomato puree, garlic, olive oil & oregano), Water*, **Spelt Lasagne (spelt & water*)**, Aubergine, Courgette, Red Pepper, **Mature Cheddar (milk)**, Spinach, **Plain Flour (gluten)**, Sunflower Oil, Bouillon (sea salt*, maltodextrin: from maize), Rice Flour, Vegetables (onions, carrots & parsnips) & yeast) and Oregano.

Spelt pasta provides complex carbs for slow release energy. Aubergine & spelt are good sources of fibre for healthy digestion.



ROASTED BUTTERNUT SQUASH

(IMMUNE BOOSTING + BRAINPOWER)

BUTTERNUT SQUASH

SAGE OIL



ROASTED BUTTERNUT SQUASH

Allergen in bold. *Permitted non organic ingredients.

Butternut Squash, Sunflower Oil, Sage, Ground Black Pepper and Seasalt*.

Good source of Vit A & C for immunity. Sage has reputation for improving memory & concentration.



BAKED PAELLA

(ENERGY + BRAINPOWER + IMMUNE BOOSTING)

BROWN RICE

PUMPKIN SEEDS

UMEBOSHI PUREE



BAKED PAELLA

Allergen in bold. *Permitted non organic ingredients.

Brown Rice, Courgette, Onion, Pepper, Orange Juice, Water*, Peas, Pumpkin Seeds, Tomato Puree, Lemon Juice, Maple Syrup, Bouillon (sea salt*, maltodextrin (from maize), onion, carrot, parsnip, yeast extract*, sunflower oil, parsley, turmeric), Garlic, Ground Black Pepper, Umeboshi Puree (umeboshi plums, sea salt*, shiso leaves) and Sea Salt*.

Brown rice for slow energy release. Zinc in pumpkin seeds enhances memory. Vit C in courgettes, peppers, orange juice & antibacterial garlic for immunity.



CAULIFLOWER CURRY

(GUT FRIENDLY + IMMUNE BOOSTING)

SWEET POTATO

CAULIFLOWER

CURRY POWDER



GB-ORG-05

V+ NG DF O

CAULIFLOWER CURRY

Allergen in bold. *Permitted non organic ingredients.

Sweet Potato, Cauliflower, Onions, Peas, Curry Powder (**coriander**, **cayenne pepper**, **fenugreek** & **turmeric**), Sunflower Oil and Seasalt*.

Cauliflower & sweet potato are good sources of fibre & curry powder aids digestion. Beta carotene, Vit C & curcumin for immune boost.

V+ NG DF O

TURMERIC DHAL

(IMMUNE BOOSTING + PROTEIN PACKED)

TURMERIC

RED LENTILS

COCONUT CREAM



GB-ORG-05

V+ WF NG DF O

TURMERIC DHAL

Allergen in bold. *Permitted non organic ingredients.

Carrots, Water*, Leeks, **Celery**, Red Lentils, White Onions, Yellow Split Peas, Green Split Peas, Sunflower Oil, Coconut Cream, Curry Powder, Garlic, Ginger, Turmeric, Cumin Seeds and Red Chilli.

Red lentils & split peas are a good source of protein. Turmeric (curcumin), carrots (beta carotene) and red chilli (vit A) for immune boost.

V+ WF NG DF O

VEGAN MASH

(ENERGY + ESSENTIAL FATS)

POTATOES

OLIVE OIL



GB-ORG-05

V+ WF DF O

VEGAN MASH

Allergen in bold. *Permitted non organic ingredients.

Potatoes, Olive Oil, Salt & Pepper.

Good source of complex carbs for slow release energy & olive oil packed with friendly fats & omega 3.

V+ WF DF O

3 BEAN CHILLI

(PROTEIN PACKED + IMMUNE BOOSTING)

- BLACK TURTLE BEANS
- RED KIDNEY BEANS
- PINTO BEANS



V+ WF NG DF O

3 BEAN CHILLI

Allergen in bold. *Permitted non organic ingredients.

Chopped Tomatoes, Black Turtle Beans, Red Kidney Beans, Pinto Beans, Peppers, Onions, Tomato Puree, Sunflower Oil, Chilli Powder, Paprika, Coconut Sugar, Coriander Seeds, Cumin Seeds and Salt*.

Beans are great source of vegan protein. Chopped tomatoes good source of Vit C for immune boost.

V+ WF NG DF O

TRICOLOUR QUINOA

(PROTEIN PACKED + ENERGY)

- TRICOLOUR QUINOA
- PUY LENTILS
- HARISSA



V+ NG DF O

TRICOLOUR QUINOA

Allergen in bold. *Permitted non organic ingredients.

Tricolour Quinoa, Puy Lentils, Buckwheat Groats, Millet, Red Peppers, Water*, Olive Oil, Lemon Juice, Sundried Tomatoes, Garlic Puree, Cumin Seeds, Ground Black Pepper and Chilli Powder.

Quinoa, buckwheat & puy lentils good source of protein. B vits in sundried tomatoes & magnesium in buckwheat for turning our food to energy.

V+ NG DF O

SWEET POTATO FRITTATA

(ENERGY + PROTEIN PACKED + IMMUNE BOOSTING)

£3.99

- SWEET POTATO
- BABY SPINACH
- FETA



V WF NG O

SWEET POTATO FRITTATA

Allergen in bold. *Permitted non organic ingredients.

Sweet Potatoes, Olive Oil, Baby Spinach, Red Onion, **Egg, Feta Cheese** (sheep and goat milk, salt*, culture, microbial rennet), Parsley, Salt* and Black Pepper.

Eggs are protein packed. Sweet potato high in beta carotene for immune boost. And is slow release energy.

V WF NG O

VEGAN THAI GREEN CURRY

(IMMUNE BOOSTING + ENERGY)

GREEN VEGETABLES
COCONUT MILK



V+ NG DF O

VEGAN THAI GREEN CURRY

Allergen in bold. *Permitted non organic ingredients.

Broccoli, Courgettes, Peas, Green Peppers, Spinach, Onions, Basil, Coriander, Green Chilli, Ginger, Garlic, Coconut Milk (coconut milk & water*), Coconut Sugar, Brown Rice Vinegar (water* & brown rice), Sun Dried Tomatoes, Lemon Juice, **Tamari (soya beans, water*, sea salt*, mirin (sweet rice, water* & cultured rice))**.

Green veggies good source of vitamin C for immune boost. Coconut milk (MCTs) rapidly converted to energy.

V+ NG DF O

SPICY SEITAN SAUSAGE STEW

(PROTEIN PACKED + ENERGY + IMMUNE BOOSTING)

VEGAN MERGUEZ
BEAN CASSEROLE



V+ DF O

SPICY SEITAN SAUSAGE STEW

Allergen in bold. *Permitted non organic ingredients.

Cannellini Beans, Vegan Merguez Sausage (seitan (water* & **wheat protein**), Onion, Sunflower Oil, Red Pepper, Yeast Extract, Rock Salt*, Agar Agar, Guar Gum, Locust Bean Gum, Spices (may contain **celery, mustard, soy & lupin**), Garlic, Onion, **Celery**, Carrots, Red Peppers, Paprika, Sea Salt*, Black Pepper, Tomatoes, Lemon Juice, Umeboshi Puree (ume plums, sea salt*, shiso leaves) and Oregano.

Seitan & butter beans packed with protein. Butter beans good source of B-vitamins to convert food to energy. Chopped tomatoes good source of Vit C for immune boost.

V+ DF O

ROAST CORIANDER CARROTS

(GLOWING SKIN + IMMUNE BOOSTING)

CARROTS
SUNFLOWER OIL



V+ NG DF O

ROAST CORIANDER CARROTS

Allergen in bold. *Permitted non organic ingredients.

Carrots, Coriander and Sunflower Oil.

Vitamin C in carrots and vitamin E in sunflower oil great for skin. Beta-Carotene in carrots converted to Vit A for immune boost.

V+ NG DF O



CHIMICHURRI CAULI

(DETOX + IMMUNE BOOST +
GUT FRIENDLY)

CAULIFLOWER

RED CHILLI



CHIMICHURRI CAULI

Allergen in bold. *Permitted non organic ingredients.

Cauliflower, Parsley, Coriander, Oregano, Red Chilli, Lemon Juice, Red Wine Vinegar, Extra Virgin Olive Oil and Garlic.

Cauliflower naturally stimulates body's detox system & good source of fibre for healthy digestion. Cauli a good source of vitamin C and red chilli vitamin A to boost your immunity.



DETOX GREENS

(GUT FRIENDLY + FATIGUE
FIGHTER + DETOXING)

SEASONAL GREENS

SEAWEED

MUSTARD SEEDS



DETOX GREENS

Allergen in bold. *Permitted non organic ingredients.

Seasonal Greens, **Mustard Seeds**, Dulse and Sunflower Oil.

Good source of fibre for healthy gut. Seaweed high in iron & iodine for controlling the body's metabolism and getting oxygen around the body.

