

HADDOCK CHOWDER SOUP

[PROTEIN PACKED]



CONTAINS: FISH & MILK

HADDOCK CHOWDER SOUP

Water*, Potatoes, **Smoked Haddock***, Onions, Sweetcorn, **Double Cream**, Sunflower Oil, Vegetable Bouillon [salt*, rice flour, onion, parsnip, carrot, olive oil, turmeric, parsley], Parsley, Salt* and Black Pepper.

Allergen in **bold**. *Permitted non organic ingredients.



FODMAP FRIENDLY RED PEPPER SOUP



CONTAINS: CELERY

FODMAP FRIENDLY RED PEPPER SOUP

Water*, Tomatoes, Red Pepper [14%], Carrot, Rice, **Celeriac**, Coconut Cream [2%], Soya Free Miso Paste [2%] [rice, water*, sea salt*, alcohol*, koji* culture], Tomato Puree, Cornflour, Sunflower Oil, Sea Salt*, Basil, Oregano and Cracked Black Pepper.

Allergen in **bold**. *Permitted non organic ingredients.



PEA & MINT SOUP



CONTAINS: MILK

PEA & MINT SOUP

Water*, Peas, Potatoes, **Milk**, Onions, **Butter**, Vegetable Bouillon [salt*, rice flour, onion, parsnip, carrot, olive oil, turmeric, parsley], Mint, Salt* and Black Pepper.

Allergen in **bold**. *Permitted non organic ingredients.



KALE, SPINACH & CHICKPEA SOUP

[PROTEIN PACKED]



KALE, SPINACH & CHICKPEA SOUP

Water* [52%], Sweet Potatoes [17%], Onions [10%], Chickpeas [10%], Potatoes [4%], Spinach [3%], Red Russian Kale [2%], Sunflower Oil, Salt*, Parsley and Black Pepper*.

Allergen in **bold**. *Permitted non organic ingredients.



ROAST CHICKEN & VEGETABLE SOUP

[PROTEIN PACKED]



ROAST CHICKEN & VEGETABLE SOUP

Water* [56%], Potatoes [15%], Carrots [7%], Onions [7%], Chicken [7%], Sweetcorn [5%], Garlic, Sunflower Oil, Parsley, Salt*, Vegetable Bouillon [Salt*, Rice Flour, Onion, Parsnip, Carrot, Olive Oil, Turmeric, Parsley], Black Pepper, Thyme [0.3%] and Lemon Juice [0.2%].

Allergen in **bold**. *Permitted non organic ingredients.



AROMATIC CHICKEN SOUP

[PROTEIN PACKED]



CONTAINS: MILK & MUSTARD

AROMATIC CHICKEN SOUP

Mushrooms, **Double Cream**, Bouillon Powder [salt*, rice flour, onion, parsnip, carrot, olive oil, turmeric & parsley], Oil, **Butter**, Garlic, Salt*, Coriander Leaves, Honey, Black Pepper, Cumin, Fennel, **Mustard Seeds**, Chilli Powder and Onion.

Allergen in **bold**. *Permitted non organic ingredients.



MUSHROOM & TARRAGON SOUP



GB-ORG-05

CONTAINS: MILK & CELERY

MUSHROOM & TARRAGON SOUP

Water*, Mushrooms, Potato, Carrot, Onion, **Double Cream (milk)**, **Celery**, Sunflower Oil, Sea Salt*, Garlic, Parsley, Tarragon, Ground Black Pepper.

Allergen in **bold**. *Permitted non organic ingredients.



COURGETTE & TOMATO RATATOUILLE SOUP



GB-ORG-05

COURGETTE & TOMATO RATATOUILLE SOUP

Water*, Courgette [21%], Chopped Tomatoes [17%], Onion, Potatoes, Sunflower Oil, Tomato Puree, Vegetable Bouillon [salt*, rice flour, onion, parsnip, carrot, olive oil, turmeric, parsley], Garlic, Salt*, Thyme, Parsley and Black Pepper.

Allergen in **bold**. *Permitted non organic ingredients.



SWEET POTATO SOUP WITH QUINOA

[PROTEIN PACKED]



GB-ORG-05

SWEET POTATO SOUP WITH QUINOA

Water*, Sweet Potato, Potato, Onion, Red Lentils, Coconut Milk, Quinoa, Leek, Vegetable Stock [sea salt*, maltodextrin, rice flour, onion, yeast extract*, sunflower oil, carrot, parsley, turmeric, parsnip], Sunflower Oil, Curry Powder [turmeric, coriander, chili powder, sea salt*, onion powder, cumin, fenugreek, ginger, garlic powder, dandelion, black pepper], Garlic, Ginger Coriander & Sea Salt*.

Allergen in **bold**. *Permitted non organic ingredients.



SPICY BUTTERNUT SQUASH WITH SWEET POTATO SOUP



CONTAINS: **CELERY**

SPICY BUTTERNUT SQUASH WITH SWEET POTATO SOUP

*Water, Butternut Squash [19%], Sweet Potato [11%], Onion, Carrot, Red Lentils, **Celery**, Sunflower Oil, Vegetable Stock [*sea salt, maltodextrin, rice flour, onion, *yeast extract, sunflower oil, carrot, parsley, turmeric, parsnip], *Sea Salt, Ground Cumin, Ground Ginger, Ground Black Pepper and Chilli Powder.

Allergen in **bold**. *Permitted non organic ingredients.



MINISTRONE WITH GLUTEN FREE PASTA



CONTAINS: **CELERY**

MINISTRONE WITH GLUTEN FREE PASTA

*Water, Tomato, Carrot, Courgette, Haricot Beans, Leek, Onion, **Celery**, Gluten Free Pasta [2%] (maize flour, rice flour), Garlic, Tomato Puree, Basil, Vegetable Stock [*sea salt, maltodextrin, rice flour, onion, *yeast extract, sunflower oil, carrot, parsley, turmeric, parsnip], Sunflower Oil, Paprika, *Sea Salt, Oregano, Thyme, Rosemary and Black Pepper.

Allergen in **bold**. *Permitted non organic ingredients.



ITALIAN TOMATO, LENTIL & RED RED PEPPER SOUP

[PROTEIN PACKED]



CONTAINS: **CELERY**

ITALIAN TOMATO, LENTIL & RED PEPPER SOUP

*Water, Tomato [12%], Red Pepper [10%], Red Lentils [9%], Onion, Carrot, **Celery**, Tomato Puree [2%], *Sea Salt, Sunflower Oil, Garlic, Paprika, Ground Black Pepper and Oregano.

Allergen in **bold**. *Permitted non organic ingredients.



CARROT & CUMIN SOUP



GB-ORG-05

CARROT & CUMIN SOUP

Water*, Carrot [23%], Onion, Lentils, Tomato Puree, Sunflower Oil, Salt*, Coriander Leaves, Vegetable Bouillon [salt*, rice flour, onion, parsnip, carrot, olive oil, turmeric & parsley], Cumin and Black Pepper.

Allergen in **bold**. *Permitted non organic ingredients.



FODMAP FRIENDLY TOMATO & BASIL SOUP



GB-ORG-05

CONTAINS: **CELERY**

FODMAP FRIENDLY TOMATO & BASIL SOUP

*Water, Tomatoes [18%], Red Pepper [14%], Carrot, Rice, **Celeriac**, Creamed Coconut, Soya-Free Miso Paste [2%][rice, *water, *sea salt, *alcohol, *koji culture,] Tomato Puree, Cornflour, Sunflower Oil, *Sea Salt, Basil, Oregano, Cracked Black Pepper.

Allergen in **bold**. *Permitted non organic ingredients.



RED LENTIL, APRICOT & CHILLI SOUP



GB-ORG-05

CONTAINS: **MUSTARD**

RED LENTIL, APRICOT & CHILLI SOUP

*Water, Onion, Red Lentils [11%], Celeriac, Apricots [3%] [apricot, rice flour], Sunflower Oil, Cornflour, *Sea Salt, Lemon Juice, Fenugreek, Onion Seed, Ground Turmeric, Crushed Chillies, **Mustard Seeds**, Cumin Seeds, Fennel Seeds, Ground Bay Leaves.

Allergen in **bold**. *Permitted non organic ingredients.



ITALIAN TOMATO & BASIL SOUP



GB-ORG-05

CONTAINS: **SOYA & CELERY**

ITALIAN TOMATO & BASIL SOUP

*Water, Carrot, **Soya Milk** [*spring water, **soya beans**], Onion, Tomato [7%], Tomato Puree [6%], **Celery**, Basil [1%], Coco Blossom Nectar, Sunflower Oil, Vegetable Stock [*sea salt, rice flour, onion, parsnip, carrot, olive oil, turmeric, parsley], Cornflour, Garlic, *Sea Salt, Black Pepper.

Allergen in **bold**. *Permitted non organic ingredients.



LENTIL & SPINACH DHAL SOUP



GB-ORG-05

LENTIL & SPINACH DHAL SOUP

*Water, Tomato, Red Lentils [10%], Spinach [8%], Onion, Creamed Coconut, Vegetable Stock [*sea salt, rice flour, onion, parsnip, carrot, olive oil, turmeric, parsley], Curry Powder [turmeric, coriander, chilli powder, *sea salt, onion powder, cumin, fenugreek, ginger, garlic powder, fennel, black pepper], Sunflower Oil, *Sea Salt, Cumin, Garlic, Black Pepper.

Allergen in **bold**. *Permitted non organic ingredients.



CLASSIC MUSHROOM SOUP



GB-ORG-05

CONTAINS: **SOYA & CELERY**

CLASSIC MUSHROOM SOUP

*Water, Mushroom [20%], Potato, Carrot, Onion, **Soya Milk** [*spring water, **soya milk**], **Celery**, Cornflour, *Sea Salt, Parsley, Sunflower Oil, Garlic, Black Pepper.

Allergen in **bold**. *Permitted non organic ingredients.



WINTER GREENS SOUP



GB-ORG-05

WINTER GREENS SOUP

*Water, Potato, Spinach [8%], Broccoli [7%], Courgette [7%], Split Peas, Onion, Leek, Vegetable Stock [*sea salt, rice flour, onion, parsnip, carrot, olive oil, turmeric, parsley], Cornflour, Sunflower Oil, Black Onion Seed, Parsley, *Sea Salt, Turmeric, Black Pepper.

Allergen in **bold**. *Permitted non organic ingredients.



SPICED PARSNIP SOUP



GB-ORG-05

SPICED PARSNIP SOUP

*Water, Parsnip (16%), Onion, Potato, Rice, Red Lentils, Creamed Coconut, Leek, Quinoa, Vegetable Stock [*sea salt, rice flour, onion, parsnip, carrot, olive oil, turmeric, parsley], Sunflower Oil, Curry Powder [turmeric, coriander, chilli powder, *sea salt, onion powder, cumin, fenugreek, ginger, garlic powder, fennel, black pepper], Coriander, Ginger, *Sea Salt, Garlic.

Allergen in **bold**. *Permitted non organic ingredients.



FARMHOUSE VEGETABLE SOUP



GB-ORG-05

CONTAINS: **SOYA & CELERY**

FARMHOUSE VEGETABLE SOUP

*Water, Carrots [15%], **Soya Milk** [*spring water, **soya beans**], Potato [10%], Parsnip [6%], Onion [5%], Peas [4%], **Celeriac** [2.5%], Cornflour, Sunflower Oil, Vegetable Stock [*sea salt, rice flour, onion, parsnip, carrot, olive oil, turmeric, parsley], *Sea Salt, Parsley, Black Pepper.

Allergen in **bold**. *Permitted non organic ingredients.

