

BROWN RICE

VEGAN

WHEAT FREE

NO GLUTEN

DAIRY FREE

ORGANIC



BROWN RICE

Allergens in bold. *Permitted non organic ingredients.

Short grain brown rice, bouillon (sea salt*, maltodextrin (from maize), rice flour, onion, carrot, parsnip, yeast extract*, sunflower oil, parsley and turmeric).

VEGAN

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SWEET POTATO WEDGES

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SWEET POTATO WEDGES

Allergens in bold. *Permitted non organic ingredients.

Sweet Potatoes and Sunflower Oil.

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ROAST POTATOES

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ROAST POTATOES

Allergens in bold. *Permitted non organic ingredients.

Potatoes, Sunflower Oil, Garlic and Rosemary.

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STEAMED BROCCOLI

VEGAN

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STEAMED BROCCOLI

Allergens in bold. *Permitted non organic ingredients.

Broccoli.

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CRUNCHY KALE

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CRUNCHY KALE

Allergens in bold. *Permitted non organic ingredients.

Kale, Olive Oil, Alfalfa Sprouts & Salt*.

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ROAST CELERIAC WITH ROSEMARY

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ROAST CELERIAC WITH ROSEMARY

Allergens in bold. *Permitted non organic ingredients.

Celeriac, Sunflower Oil, Garlic, Rosemary, Salt*, and Ground Black Pepper.

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SPICED ROAST CARROTS

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SPICED ROAST CARROTS

Allergens in bold. *Permitted non organic ingredients.

Carrots, Sunflower Oil, Ground Cumin, Ground Coriander, Ground Cinnamon, Ground Nutmeg, Salt*, Ground Black Pepper.

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ROAST PARSNIPS WITH THYME

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ROAST PARSNIPS WITH THYME

Allergens in bold. *Permitted non organic ingredients.

Parsnips, Sunflower Oil, Garlic, Brown Rice Syrup, Thyme, Salt*, Ground Black Pepper

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SPELT VEGETABLE LASAGNE

VEGETARIAN ORGANIC



SPELT VEGETABLE LASAGNE

Allergens 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**, Spinach, **Plain Flour**, **Butter**, Bouillon (sea salt*, maltodextrin: from maize), Rice Flour, Vegetables (onions, carrots & parsnips) & yeast) and Oregano.

VEGETARIAN ORGANIC

CAULIFLOWER CURRY

VEGAN NO GLUTEN DAIRY FREE ORGANIC



CAULIFLOWER CURRY

Allergens in bold. *Permitted non organic ingredients.

Sweet Potato, Cauliflower, Onions, Peas, Curry Powder, Sunflower Oil & Seasalt*.

VEGAN NO GLUTEN DAIRY FREE ORGANIC

TURMERIC DHAL

VEGAN WHEAT FREE NO GLUTEN DAIRY FREE ORGANIC



TURMERIC DHAL

Allergens 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.

VEGAN NO GLUTEN WHEAT FREE DAIRY FREE ORGANIC

VEGAN MASH

VEGAN WHEAT FREE DAIRY FREE ORGANIC



VEGAN MASH

Allergens in bold. *Permitted non organic ingredients.

Potatoes, Olive Oil, Salt & Pepper.

VEGAN WHEAT FREE DAIRY FREE ORGANIC

TOFU STIR FRY

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TOFU STIR FRY

Allergens in bold. *Permitted non organic ingredients.

White Cabbage, **Tofu**, Red Peppers, Green Peppers, Kale, Broccoli, Red Onions, Carrots, Brown Rice Syrup, Mirin (sweet rice, water* & cultured rice), Sunflower Oil, Tamari, Brown Rice Vinegar (water* & cultured brown rice), Lemon Juice, Garlic Puree, Ginger and Red Chilli.

VEGAN

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3 BEAN CHILLI

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3 BEAN CHILLI

Allergens in bold. *Permitted non organic ingredients.

3 Bean Chilli (chopped tomatoes, black turtle beans, red kidney beans, pinto beans, peppers, onions, tomato puree, sunflower oil, chilli powder, paprika, coriander seeds, cumin seeds & salt*).

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TRICOLOUR QUINOA WITH PUY LENTILS & HARISSA

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TRICOLOUR QUINOA WITH PUY LENTILS & HARISSA

Allergens 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.

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ROASTED BUTTERNUT SQUASH IN SAGE OIL

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ROASTED BUTTERNUT SQUASH IN SAGE OIL

Allergens in bold. *Permitted non organic ingredients.

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

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BAKED PAELLA

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BAKED PAELLA

Allergens 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, Uemboshi Puree (umeboshi plums, sea salt*, shiso leaves), Sea Salt*.

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FAKE & ALE STEW

HEARTY STEW WITH PORTOBELLO MUSHROOMS AND ALE

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FAKE & ALE STEW

Allergens in bold. *Permitted non organic ingredients.

Water*, Portobello Mushrooms, Potato, Carrots, **Celery**, Leeks, **Ale** (water*, **barley**, hops, malt), Tomato Puree, Sunflower Oil, Bouillon (sea salt*, maltodextrin (from maize), onion, carrot, parsnip, yeast extract*, sunflower oil, parsley, turmeric), **Tamari** (water*, **soya beans**, sea salt*, alcohol, A. oryzae*), Nutritional Yeast (dried inactive yeast), Sea Salt*, Ground Black Pepper.

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CARIBBEAN CURRY

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CARIBBEAN CURRY

Allergens in bold. *Permitted non organic ingredients.

Coconut Milk, Sweet Potato, Chickpeas, Onions, Peas, Red Chilli, Ground Cinnamon, Nutmeg, Coriander Seeds, Chilli Powder, Cumin Seeds, Garlic Puree, Ginger Puree, Thyme, Turmeric, Sea Salt*, Ground Black Pepper.

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SWEET POTATO FRITTATA

VEGETARIAN

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SWEET POTATO FRITTATA

Allergens in bold. *Permitted non organic ingredients.

Sweet potatoes, baby spinach, red onion, parsley, **egg**, **feta** cheese (**milk**), black pepper and sea salt.

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