

SWEET POTATO, GINGER & BLACK ONION SOUP

VEGAN NO GLUTEN WHEAT FREE
DAIRY FREE ORGANIC



SWEET POTATO, GINGER & BLACK ONION SOUP

Allergens in bold. *Permitted non organic ingredients.

*Water, Sweet Potato (15%), Butternut Squash(15%), Carrot, Onion, Coconut Cream, Rice, Garlic, Cornflour, **Red Miso Paste** (*water, **soya beans**, rice, *sea salt, *yeast, *koji culture), Black Onion Seeds, Ginger and *Sea Salt.

VEGAN NO GLUTEN WHEAT FREE DAIRY FREE ORGANIC

SMOKEY TOMATO WITH BLACK RICE & CHILLI SOUP

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DAIRY FREE ORGANIC



SMOKEY TOMATO WITH BLACK RICE & CHILLI SOUP

Allergens in bold. *Permitted non organic ingredients.

*Water, Tomato (20%), Red Pepper, Onion, Carrot, Potato, Black Rice (2%), Quinoa, Tomato Puree (1%), **Red Miso Paste** (*water, **soya beans**, rice, *sea salt, *yeast, *koji culture), Cornflour, Garlic, Smoked Paprika, Cumin, *Sea Salt, Chilli Powder and Black Pepper.

VEGAN NO GLUTEN WHEAT FREE DAIRY FREE ORGANIC

HADDOCK CHOWDER SOUP

NO GLUTEN WHEAT FREE ORGANIC



HADDOCK CHOWDER SOUP

Allergens in bold. *Permitted non organic ingredients.

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.

NO GLUTEN WHEAT FREE ORGANIC

KALE, SPINACH & CHICKPEA SOUP

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KALE, SPINACH & CHICKPEA SOUP

Allergens in bold. *Permitted non organic ingredients.

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

VEGAN NO GLUTEN WHEAT FREE DAIRY FREE ORGANIC

ROAST CHICKEN & VEGETABLE SOUP

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC



ROAST CHICKEN & VEGETABLE

Allergens in bold. *Permitted non organic ingredients.

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%).

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC

AROMATIC CHICKEN

NO GLUTEN

WHEAT FREE

ORGANIC



AROMATIC CHICKEN

Allergens in bold. *Permitted non organic ingredients.

Water*, Chicken Breast, Onion, Potato, Mushrooms, **Double Cream**, Bouillon Powder, Oil, **Butter**, Garlic, Salt*, Coriander Leaves, Honey, Black Pepper, Cumin, Fennel, **Mustard Seeds**, Chilli Powder and Onion.

NO GLUTEN

WHEAT FREE

ORGANIC

SPICED LENTIL SOUP

VEGAN

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ORGANIC



SPICED LENTIL SOUP

Allergens in bold. *Permitted non organic ingredients.

Vegetable Stock (water*, onions, garlic, corn starch, yeast extract*, salt*, sunflower oil & maltodextrin), Chopped Tomatoes, Red Lentils, Onions, Sunflower Oil, Garlic, Parsley, Salt*, Cumin, Dried Coriander, Black Pepper and Turmeric.

VEGAN

NO GLUTEN

WHEAT FREE

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ORGANIC

SWEETCORN & COCONUT CHOWDER SOUP

VEGAN

NO GLUTEN

WHEAT FREE

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ORGANIC



SWEETCORN & COCONUT CHOWDER SOUP

Allergens in bold. *Permitted non organic ingredients.

Water*, Sweetcorn, Carrots, Potato, Onion, Creamed Coconut, **Celery**, Rice, Yellow Split Peas, Vegetable Stock (sea salt*, maltodextrin, rice flour, onion, yeast extract*, sunflower oil, carrot, parsley, turmeric, parsnip), Coriander, Sea Salt*, Thyme, Garlic, Black Pepper, Chilli.

VEGAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC

CHICKEN MINISTRONE

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC



CHICKEN MINISTRONE

Allergens in bold. *Permitted non organic ingredients.

Water*, Tomatoes, Chicken, Rice, Vegetables (onion, carrot, courgette, **celery**, kale), Tomato Puree, Vegetable Stock (sea salt*, maltodextrin, rice flour, onion, yeast extract*, sunflower oil, carrot, parsley, turmeric, parsnip), Sea Salt*, Garlic, Sunflower Oil, Oregano, Thyme, Smoked Paprika, Chilli.

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC

SUPERGREEN WITH SEAWEED, SPIRULINA & QUINOA SOUP

VEGAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC



SUPERGREEN WITH SEAWEED, SPIRULINA & QUINOA SOUP

Allergens in bold. *Permitted non organic ingredients.

*Water, Kale (12%), Spinach (12%), Onion, Green Lentils, Quinoa (2%), Garlic, *Sea Salt, Seaweed, Spirulina and Black Pepper.

VEGAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC

FODMAP FRIENDLY RED PEPPER SOUP

VEGAN

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ORGANIC



FODMAP FRIENDLY RED PEPPER SOUP

Allergens in bold. *Permitted non organic ingredients.

*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, Cracked Black Pepper.

VEGAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC

PEA & MINT SOUP

VEGETARIAN

NO GLUTEN

WHEAT FREE

ORGANIC



PEA & MINT SOUP

Allergens in bold. *Permitted non organic ingredients.

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

VEGETARIAN

NO GLUTEN

WHEAT FREE

ORGANIC

MUSHROOM & TARRAGON SOUP

VEGETARIAN

NO GLUTEN

WHEAT FREE

ORGANIC



MUSHROOM & TARRAGON SOUP

Allergens in bold. *Permitted non organic ingredients.

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

VEGETARIAN

NO GLUTEN

WHEAT FREE

ORGANIC

COURGETTE & TOMATO RATATOUILLE SOUP

VEGAN

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ORGANIC



COURGETTE & TOMATO RATATOUILLE SOUP

Allergens in bold. *Permitted non organic ingredients.

*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, Black Pepper.

VEGAN

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ORGANIC

SWEET POTATO SOUP WITH QUINOA

VEGAN

NO GLUTEN

WHEAT FREE

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ORGANIC



SWEET POTATO SOUP WITH QUINOA

Allergens in bold. *Permitted non organic ingredients.

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, dandel, black pepper), Garlic, Ginger Coriander & Sea Salt*.

VEGAN

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CARROT & CUMIN SOUP

VEGAN

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ORGANIC



GB-ORG-05

CARROT & CUMIN SOUP

Allergens in bold. *Permitted non organic ingredients.

Water*, carrot (23%), onion, lentils, tomato puree, sunflower oil, salt*, coriander leaves, vegetable bouillon, cumin, black pepper.

VEGAN

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WHEAT FREE

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ORGANIC

LEEK & POTATO SOUP

VEGETARIAN

NO GLUTEN

WHEAT FREE

ORGANIC



GB-ORG-05

LEEK & POTATO SOUP

Allergens in bold. *Permitted non organic ingredients.

Water*, potatoes (17%), leeks (13%), onion, **double cream**, sunflower oil, vegetable bouillon, salt*, black pepper

VEGETARIAN

NO GLUTEN

WHEAT FREE

ORGANIC

HONEY GLAZED ROOT VEG SOUP

VEGETARIAN

NO GLUTEN

WHEAT FREE

ORGANIC



GB-ORG-05

HONEY GLAZED ROOT VEG SOUP

Allergens in bold. *Permitted non organic ingredients.

Water*, carrot, onion, **celeriac**, parsnips, sweet potato, sunflower oil, *salt, sugar, honey, garlic puree, thyme, rosemary, black pepper.

VEGETARIAN

NO GLUTEN

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SPICY BUTTERNUT SQUASH WITH SWEET POTATO

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ORGANIC



SPICY BUTTERNUT SQUASH WITH SWEET POTATO

Allergens in bold. *Permitted non organic ingredients.

*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, Chilli Powder.

VEGAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC

MINISTRONE WITH GLUTEN FREE PASTA

VEGAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC



MINISTRONE WITH GLUTEN FREE PASTA

Allergens in bold. *Permitted non organic ingredients.

*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, Black Pepper.

VEGAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC

ITALIAN TOMATO, LENTIL & RED PEPPER

VEGAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC



ITALIAN TOMATO, LENTIL & RED PEPPER

Allergens in bold. *Permitted non organic ingredients.

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

VEGAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC