

BLUEBERRY MUFFIN

£1.99

VEGETARIAN

ORGANIC



BLUEBERRY MUFFIN

Allergens in bold. *Permitted non organic ingredients.

White Flour, Spelt Flour, Baking Powder, Salt*,
Caster Sugar, **Eggs, Butter, Milk** and Blueberry.

VEGETARIAN

ORGANIC

CHOCOLATE HAZELNUT MUFFIN

£1.99

VEGETARIAN

ORGANIC



CHOCOLATE HAZELNUT MUFFIN

Allergens in bold. *Permitted non organic ingredients.

Plain White Flour, Raw Sugar, **Butter, Eggs, Whole Milk**,
Gluten Free Baking Powder, **Chocolate Buttons** (cocoa mass 70%,
cane sugar, cocoa butter, **soya lecithin** & vanilla extract) and **Whole Hazelnuts**.

VEGETARIAN

ORGANIC

GLUTEN FREE CARROT & APPLE MUFFIN

£2.15

VEGETARIAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC



GLUTEN FREE CARROT & APPLE MUFFIN

Allergens in bold. *Permitted non organic ingredients.

Stoneground Brown Rice Flour, Cane Sugar, Fresh Apples, Fresh Carrots, **Free Range Eggs**,
Extra Virgin Olive Oil, Desiccated Coconut, **Walnuts**, Dates, Raising Agent:
Bicarbonate of Soda*, **Cinnamon** and Vanilla Extract.

VEGETARIAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC

GLUTEN FREE VEGAN BANANA & WALNUT MUFFIN

£2.15

VEGAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC



GLUTEN FREE VEGAN BANANA & WALNUT MUFFIN

Allergens in bold. *Permitted non organic ingredients.

Fresh Bananas, Stoneground Brown Rice Flour, Water*, Brown Rice Syrup, **Walnuts**,
Extra Olive Oil, Golden Linseeds, Raising Agent: Bicarbonate of Soda and **Cinnamon**.

VEGAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC

GLUTEN FREE VEGAN CHOCOLATE BRAZIL MUFFIN

£2.15

VEGAN NO GLUTEN
WHEAT FREE DAIRY FREE ORGANIC



GLUTEN FREE VEGAN CHOCOLATE BRAZIL MUFFIN

Allergens in bold. *Permitted non organic ingredients.

Stoneground Brown Rice Flour, Fresh Pear, Fresh Bananas, Brown Rice Syrup, Water*, Extra Virgin Olive Oil, **Brazil Nuts**, Cocoa, Orange Zest, Golden Linseed, Raising Agent: Bicarbonate of Soda* and Sprinkled with **Brazil Nuts**.

VEGAN NO GLUTEN WHEAT FREE DAIRY FREE ORGANIC

TOMATO & PESTO MUFFIN

£1.99

VEGETARIAN ORGANIC



TOMATO & PESTO MUFFIN

Allergens in bold. *Permitted non organic ingredients.

Ciabatta Flour, **Milk**, Rapeseed Oil, **Egg**, Tomato, **Pesto** (olive oil, **cheddar cheese**, fresh basil & garlic), Cane Sugar, **Yeast*** and Salt*.

VEGETARIAN ORGANIC

MUSHROOM & CHEESE MUFFIN

£1.99

VEGETARIAN ORGANIC



MUSHROOM & CHEESE MUFFIN

Allergens in bold. *Permitted non organic ingredients.

Ciabatta Flour, **Milk**, Rapeseed Oil, **Egg**, Mushroom, **Cheddar Cheese**, Cane Sugar, **Yeast*** and Salt*.

VEGETARIAN ORGANIC

GLUTEN FREE BLUEBERRY MUFFIN

£2.15

VEGETARIAN NO GLUTEN
WHEAT FREE DAIRY FREE ORGANIC



GLUTEN FREE BLUEBERRY MUFFIN

Allergens in bold. *Permitted non organic ingredients.

Fresh Apples, Stoneground Brown Rice Flour, Brown Rice Syrup, Blueberries, **Free Range Eggs**, Extra Virgin Olive Oil, Raising Agent: Bicarbonate of Soda*.

VEGETARIAN NO GLUTEN WHEAT FREE DAIRY FREE ORGANIC

BUTTERNUT SQUASH MUFFIN

£2.99

VEGETARIAN NO GLUTEN WHEAT FREE ORGANIC



BUTTERNUT SQUASH MUFFIN

Allergens in bold. *Permitted non organic ingredients.

Squash (butternut), Rice Milk, **Butter**, Chestnut Flour, Chopped Dates, Coconut Sugar, Eggs, Gluten Free Baking Powder, Brown Rice Syrup, **Cashews**, Date Syrup, Gram Flour, Rice Flour, Pumpkin Seeds and **Cashew Butter**.

VEGETARIAN NO GLUTEN WHEAT FREE ORGANIC

Gluten Free Christmas MUFFIN £2.15

VEGETARIAN NO GLUTEN WHEAT FREE DAIRY FREE ORGANIC



GLUTEN FREE CHRISTMAS MUFFIN

Allergens in bold. *Permitted non organic ingredients.

Fresh Apple, Stoneground Brown Rice Flour, Brown Rice Syrup, Crayve's Christmas Mincemeat (fresh pears, raisins, fresh apple, sultanas, currants, dates, cognac, **almonds**, orange juice and zest, lemon zest, cinnamon, mixed spice, nutmeg and ginger) **Free Range Eggs**, Extra Virgin Olive Oil, Raising Agent: Bicarbonate of Soda*, Cinnamon, Mixed Spice, Nutmeg, **Ground Almond**, Agave Nectar and **Almond Oil**.

VEGETARIAN NO GLUTEN WHEAT FREE DAIRY FREE ORGANIC

MATCHA RASPBERRY MUFFIN

£2.49

VEGETARIAN ORGANIC



MATCHA RASPBERRY MUFFIN

Allergens in bold. *Permitted non organic ingredients.

White Flour, Caster Sugar, Baking Powder, **Milk**, **Egg**, **Butter**, Raspberry and Matcha.

VEGETARIAN ORGANIC