

ITEM	DESCRIPTION	INGREDIENTS	DIETRIES	ALLERGENS	ALSO CONTAINS
B R E A K F A S T					
Coconut Porridge	Gluten free oats with coconut milk & cinnamon	gluten free oats, coconut milk, coconut, cinnamon	DF, GF, VE, V		
Multigrain Porridge	Gluten free oats with quinoa & chia seeds	gluten free oats, oat milk, chia seeds, quinoa, cinnamon	DF, GF, VE, V		
Toppings: Blackberries & Granola	Blackberry compote with gluten free granola	compote (blackberry, apple, cinnamon, ginger, cardamom), granola (gluten free oats, mixed nuts, coconut flakes, mixed dried fruit, cinnamon, olive oil)	DF, GF, VE, V	NUTS, PEANUTS	
Toppings: Peanut, Banana & Honey	Smooth peanut butter, chopped banana & honey	peanuts, salt, banana, honey	DF, GF, V	PEANUTS	
Toppings: Apple, Ginger & Cardamom	Ginger & cardamom spiced apple compote	apple, cinnamon, ginger, cardamom	DF, GF, VE, V		
Frittata, Rye & Kimchi	Baked egg with spring onion & cherry tomatos, fermented cabbage & rye bread	frittata (egg, spring onion, cherry tomato, salt, pepper), kimchi (chinese cabbage, white cabbage, carrot, radish, onion, ginger, red pepper, chilli, garlic, salt), rye (wholegrain rye meal, water, sea salt)	DF, V	EGG, RYE (GLUTEN)	ONION, CHILLI
Frittata, Rye & Salsa	Baked egg with spring onion & cherry tomatos, fresh tomato salsa & rye bread	frittata (egg, spring onion, cherry tomato, salt, pepper), salsa (onion, cumin, coriander, lime, chilli, garlic, salt, tomato), rye bread (wholegrain rye meal, water, sea salt)	DF, V	EGG, RYE (GLUTEN)	ONION, CHILLI
Shakshuka & Rye	Roasted peppers with baked eggs, cherry tomatoes & za'atar	eggs, pepperonata (red pepper, yellow pepper, tomato puree, smoked paprika, garlic, sumac, salt, olive oil), tomatoes, herb oil (basil, parsley, spinach, garlic, olive oil), za'atar	DF, GF, V	SESAME, RYE (GLUTEN)	

Spicy Mexican Eggs & Rye	Spicy tomato & pepper sauce with soft boiled eggs	eggs, chopped tomato, green pepper, red pepper, coriander, chilli, salt, pepper rye bread (wholegrain rye meal, water, sea salt)	DF, V	EGG, RYE (GLUTEN)	ONION, CHILLI
Rye, Avocado & Toasted Seeds	Rye bread, smashed avocado & toasted seeds	rye bread (wholegrain rye meal, water, sea salt), avocado, lemon, pumpkin seeds, sunflower seeds)	DF, VE, V	RYE (GLUTEN)	
Rye, Cashew Cream Cheese & Blackberries	Rye bread, cashew cream & blackberry compote	rye bread (wholegrain rye meal, water, sea salt), cashew butter (dates, cashew, sea salt, lemon juice),	DF, VE, V	NUTS, RYE (GLUTEN)	
Rye, Tomato Salsa & Soft Boiled Egg	Rye bread, fresh tomato salsa & soft boiled egg	rye bread (wholegrain rye meal, water, sea salt), salsa (onion, cumin, coriander, lime, chilli, garlic, salt, tomato), egg, basil	DF, V	EGG, RYE (GLUTEN)	ONION, CHILLI
Blackberry Muffin	Gluten free apple & blackberry muffin	bananas, GF flour, apples, oat milk, eggs , dates, unrefined golden caster sugar, olive oil, coconut, GF baking powder, bicarbonate of soda, blackberries	DF, GF, V	EGG	
Granola Muffin	Gluten free muffin with dried fruit, oats & nuts	bananas, GF flour, apples, oat milk, eggs , dates, unrefined golden caster sugar, olive oil, coconut, GF baking powder, bicarbonate of soda, GF oats, coconut chips, mixed nuts, dried fruit)	DF, GF, V	EGG, NUTS	
Cinamon Muffin	Gluten free muffin with cinnamon	bananas, GF flour, apples, oat milk, eggs , dates, unrefined golden caster sugar, olive oil, coconut, GF baking powder, bicarbonate of soda, cinnamon,	DF, GF, V	EGG	
Banana Bread, Yoghurt & Compote	Gluten free banana bread with dairy free yoghurt & seasonal compote	banana bread (banana, GF oats, almonds , unrefined caster sugar, egg , coconut oil), dairy free yoghurt, compote (blackberry, apple, cinnamon, ginger, cardamom)	DF, GF, V	NUTS, EGG	

MAINS

Beef: Cuban Beef	Slow cooked beef brisket in a tomato sauce with capers & green olives	beef brisket, oil, onion, red pepper, capers, green olives, cumin, turmeric, garlic, tomato puree, chopped tomatoes, oregano, apple cider vinegar	DF, GF,		ONION
Chicken: Chipotle Chicken	Chicken thighs with a chipotle red pepper sauce & kidney beans	chicken thighs, oil, onion, yellow pepper, cumin, paprika, chipotle chilli, garlic, kidney beans, chopped tomato	DF, GF,		ONION, GARLIC
Fish: Smoked Mackerel Tortilla	Smoked mackerel with baked eggs, beetroot & dill	smoked mackerel, egg, dill, beetroot, potato, black pepper, salt, herb oil (basil, parsley, spinach, garlic, olive oil), red amaranth	DF, GF,	FISH, EGG	
Vegan: Coconut Chana Masala	Kale & chickpeas with a creamy coconut sauce	olive oil, onion, turmeric, black mustard seeds, cumin seeds, ground coriander, chilli flakes, garlic, ginger, chopped tomato, chickpeas, coconut milk, kale,	DF, GF, VE, V	MUSTARD	ONION, GARLIC, CHILLI
Vegan: Smoky Root Vegetable Chilli	Roasted root vegetables & beans in a smoky paprika sauce	sweet potato, carrot, smoked paprika, cayenne, cinnamon, chopped tomato, garlic, onion, kidney beans	DF, GF, VE, V		GARLIC, ONION, CHILLI

SPECIALS

Week 1: Roasted Squash & Tahini	Roasted onion squash & red onion with tahini and fresh parsley	onion squash, red onion, za'atar, olive oil, salt, tahini, lemon juice, parsley, garlic	DF, GF, VE, V	SESAME	GARLIC
Week 2: Lamb Meatballs & Harissa Sauce	Gluten free lamb meatballs with a spicy tomato sauce	lamb mince, chopped tomatoes, red pepper, chilli, salt, pepper, tomato paste, cumin, paprika, coriander, garlic	DF, GF		CHILLI, ONION, GARLIC
Week 3: Jerk Jackfruit & Chickpeas	Jackfruit, chickpeas & pepper with a sweet & spicy coconut sauce	jackfruit, coconut milk, chickpeas, red pepper, jerk marinade (chilli, allspice, paprika, cinnamon, nutmeg, thyme, lime juice, cider vinegar,	DF, GF, VE, V	SOYA	CHILLI, ONION

		tamari, balsamic vinegar, tomato puree, spring onion, tamari)			
Week 4: Chicken Cacciatore	Chicken thighs with a herby tomato sauce, roasted peppers & black olives	chicken thigh, cacciatore sauce (olive oil, garlic, thyme, rosemary, carrot, celery, onion, tomato, herb de provence, yellow pepper), black olive, parsley	DF, GF	CELERY	ONION, GARLIC
Week 5: Autumn Tagine	A vegetable medly in a sweet & spicy sauce	chickpeas, aubergine, butternut squash, red onion, kale, garlic, turmeric, coriander, ginger, cumin, cinnamon, olive oil, salt, chopped tomatoes, toasted almonds	DF, GF, VE, V	NUTS	ONION, GARLIC
Week 6: Chilli Coconut Beef	Slow cooked beef brisket with a spicy coconut & tomato sauce	beef brisket, chopped tomato, coconut milk, spice mix (black pepper, coriander, garlic, finger, fennel, cumin, turmeric, onion), allspice, onion, chilli, garlic, thyme, new potato	DF, GF		ONION, GARLIC

SIDES

Broccoli, Sesame & Lime	Broccoli with sesame, lime & tamari	broccoli, sesame dressing (sesame oil, olive oil, tamari, lime juice, dates), sesame seeds	DF, GF, VE, V	SESAME, SOYA	
Greens, Carrot & Hazelnuts	A carrot & greens salad with hazelnuts & lemon dressing	carrot, green cabbage, hazelnuts, lemon dressing (lemon, olive oil, shallot, salt)	DF, GF, VE, V	NUTS	ONION
Miso - Tahini Roasted Roots	Roasted roots with a creamy miso-tahini sauce	white miso paste, tahini, sweet potato, carrot, beetroot, salt, spring onion	DF, GF, VE, V	SESAME, SOYA	ONION
Sumac Roasted Romanesco	Roasted romanesco & cauliflower with sumac & paprika	sumac, paprika, olive oil, salt, cauliflower, romanesco	DF, GF, VE, V		

Za'atar Squash & Buckwheat Tabbouleh	Buckwheat & fennel tabbouleh with za'atar squash	butternut squash, za'atar, buckwheat, parsley, mint, tarrogon, fennel, cumin, salt	DF, GF, VE, V	SESAME	
Dal & Toasted Seeds	Slow cooked lentils with spices & topped with toasted seeds	yellow split peas, olive oil, onion, garlic, ginger, cumin, coriander, garam masala, chilli powder, cinnamon, cloves, coriander, chopped tomatoes, mustard seeds, pumpkin seeds, sunflower seeds	DF, GF, VE, V	MUSTARD	ONION, CHILLI
Lemon & Horseradish Potatoes	Steamed potatoes with a horseradish & lemon dressing	lemon, horseradish, water, apple juice, cider, guar gum, sunflower oil, potato	DF, GF, VE, V		
Black Bean, Coriander & Lime Rice	Steamed brown rice with black bean, coriander & lime	black beans, salt, coriander, brown rice, lime juice	DF, GF, VE, V		

READY TO GO

Yoghurt, Apple & Cardamom Compote	Dairy free yoghurt with apple, ginger & cardamom compote.	dairy free yoghurt (water, coconut milk, modified maize starch, dextrose, salt, pectic, vitamin D2, vitamin B12, natural flavouring, non-dairy yoghurt culture), apple compote (apple, ginger, cardamom, cinnamon)	DF, GF, VE, V		
Yoghurt & Blackberry Compote	Dairy free yoghurt with blackberry & apple compote.	dairy free yoghurt (water, coconut milk, modified maize starch, dextrose, salt, pectic, vitamin D2, vitamin B12, natural flavouring, non-dairy yoghurt culture), blackberry compote (blackberries, cinnamon, apple, ginger, cardamom)	DF, GF, VE, V		
Autumn Overnight Oats	Gluten free oats & dried fruit soaked overnight in oat milk.	gluten free oats, cinnamon, chia seeds, oat milk, blackberry compote (blackberries, cinnamon, apple, ginger, cardamom)	DF, GF, VE, V		

Bircher Muesli	Gluten free oats with dairy free yoghurt & apple.	gluten free oats, dried cranberries, dairy free yoghurt (water, coconut milk, modified maize starch, dextrose, salt, pectic, vitamin D2, vitamin B12, natural flavouring, non-dairy yoghurt culture), apple	DF, GF, VE, V		
Bombay Potato & Chickpea Wrap	Spiced potato, tomatoes & chickpea with dairy free yoghurt & spinach in a chia seed wrap.	chia seed wrap (wheat flour, chia seeds, iodised salt), potato, chopped tomato, chickpea, spinach, dairy free yoghurt (water, coconut milk, modified maize starch, dextrose, salt, pectic, vitamin D2, vitamin B12, natural flavouring, non-dairy yoghurt culture), salt, olive oil, spice mix (paprika, coriander, garlic, ginger, fennel, cumin, turmeric, black pepper, onion, lemon juice, mustard seeds)	DF, VE, V	MUSTARD, WHEAT	
Roasted Chicken & Smoky Sweet Potato Wrap	Roasted chicken, smoky paprika sweet potato & rocket in a chia seed wrap.	chia seed wrap (wheat flour, chia seeds, iodised salt), chicken, olive oil, salt, smoked paprika, sumac, sweet potato, rocket, mayonnaise (egg, white wine vinegar, salt, mustard , olive oil)	DF	MUSTARD, WHEAT	
Chilli Tempeh, Black Bean Rice & Coriander Salad	Baked chilli tempeh with black bean & coriander rice, rocket & fresh tomato salsa.	tempeh (soybean), olive oil, smoked paprika, brown rice, salt, coriander, black beans, olive oil, tomato salsa (onion, cumin, coriander, lime, chilli, garlic, salt, tomato), vegan mayonnaise (sunflower oil, dairy free yoghurt, mustard, lemon juice, paprika)	GF, DF, VE, V	SOY, MUSTARD	
Roasted Chicken, Pickled Carrot & Rocket Salad	Roasted chicken with garlic mayo, pickled carrot & rocket salad.	chicken, olive oil, sea salt, carrot, white wine vinegar, black peppercorns, fennel seeds, rocket, brown rice, black beans, coriander, olive oil, vegan mayonnaise (sunflower oil, dairy free yoghurt, mustard, lemon juice, garlic)	GF, DF,	MUSTARD	
BBQ Jackfruit, Rocket & Spinach Salad	BBQ Jackfruit with spinach, rocket & red pepper salad.	BBQ sauce (olive oil, onion, garlic, passata, smoked paprika, cider vinegar, celery salt, chilli	GF, DF, VE, V	CELERY	

		flakes), jackfruit, avocado, dairy free yoghurt, lemon juice, spinach, rocket, red pepper			
Egg Protein Pot	Egg & spinach pot	egg, spinach	GF, DF, V	EGG	
SNACKS					
Tyrelss Crisps		potato, sunflower oil, salt	GF, DF, V, VE		
Almond Snack Pot		almonds, pumpkin seeds and goji berries	GF, DF, V, VE	NUTS	
Cashew Snack Pot		mulberries, cashew nuts, hazelnuts, raisins	GF, DF, V, VE	NUTS	
Ombar Dark		raw cacao*, cocoa butter *, coconut sugar*, Lactobacillus acidophilus. *certified organic. Cocoa solids 72% minimum.	GF, DF, V, VE		
Ombar Mylk		coconut Sugar, Raw Cacao Mass, Raw Coconut Cream (20%), Cocoa Butter , Ground Vanilla Pods Lactobacillus Acidophilus	GF, DF, V, VE		
Brownie		dark chocolate, coconut oil, gf flour, eggs , cocoa powder, salt, dark brown sugar, gf baking powder	GF, DF, V	EGG	
Blondie		dark chocolate, coconut oil, gf flour, eggs , coconut flour, salt, dark brown sugar, gf baking powder	GF, DF, V	EGG	
Banana Bread		banana bread (banana, GF oats, almonds , unrefined caster sugar, egg , coconut oil	GF, DF, V	EGG, NUTS	