

Hot Ma

Name	Dietary Symbols	Allergens
Smokey 3 bean chilli	V+, O, WF, NG	Soya, Mustard
3 Bean Chilli	V+, O, WF, NG	
Super Grains	V+, O, WF, NG	
Seasonal Greens	V+, O, WF, NG	
Sweet Potato Wedges	V+, O, WF, NG	
Purple Tortilla Chips	V+, O, WF, NG	
Avocado Ranch Dressing	V+, O, WF, NG	Soya, Mustard
Spelt Veggie Lasagne	V, O	Gluten, Soya, Milk, Sesame, Nuts (Cashews)
Spelt Veggie Lasagne	V, O	Gluten, Soya, Milk
Sweet Potato Wedges	V+, O, WF, NG	
Chilli Broccoli	V+, O, WF, NG	Sesame
Cashew Caesar Dressing	V+, O, WF, NG	Soya, Nuts (Cashew)
Almond Satay Tofu	V+, O, WF, NG	Nuts (Almonds), Soya, Sesame, Mustard
Super Grains	V+, O, WF, NG	
Asian Slaw	V+, O, WF, NG	
Roasted Sesame Tofu	V+, O, WF, NG	Soya, Sesame
Chilli Broccoli	V+, O, WF, NG	Sesame
Tamari Seeds	V+, O, WF, NG	Soya, Sesame
Sesame Seeds	V+, O, WF, NG	Sesame
Almond Butter Satay Dressing	V+, O, WF, NG	Nuts (Almonds), Soya, Mustard
Sesame Tofu Stir Fry	V+, O, WF, NG	Soya, Nuts (Cashew), Sesame, <i>May Contain: Crustacean, Fish, Molluscs</i>
Stir Fry Vegetables with hoisin sauce	V+, O, WF, NG	Soya, Sesame, Nuts (Cashew), <i>May Contain: Crustacean, Fish, Molluscs</i>
Roasted Sesame Tofu	V+, O, WF, NG	Soya, Sesame
Brown Rice	V+, O, WF, NG	
Cashew Butter Hoisin Sauce	V+, O, WF, NG	Soya, Nuts (Cashew), Sesame
Tamari Seeds	V+, O, WF, NG	Soya, Sesame
Sesame Seeds	V+, O, WF, NG	Sesame

Updated: 28.06.2021.

ains

Ingredients
Tomatoes, Red Kidney Beans (22%), Pinto Beans (22%), Black Turtle Beans (22%), Red Pepper, Onion, Garlic, Sunflower Oil, Coconut Sugar, Himalayan Salt*, Cumin, Coriander, Chilli Powder, Paprika
Quinoa, Millet, Buckwheat, sunflower oil
Kale, (or other seasonal greens), olive oil, salt
Sweet Potato, Sunflower Oil, Himalayan Salt*
Stone Ground Blue Maize (80%), Sunflower Oil, Sea Salt*
Soya Milk (Soya), Olive Oil, Avocado, Lemon Juice, Water, Garlic, Agave Syrup, Parsley, Dill, Dijon Mustard (Mustard), Onion powder
Aubergine (23%), Courgettes (19%), Tomatoes (12%), Red Pepper (5%), Spinach (5%), Spelt Lasagne Sheets (7%) (Spelt (Gluten , Spelt)), Water), Soya Chunks (Soya), Cheddar (Milk), Plain White Flour (Gluten (Wheat)), Sunflower Oil, Garlic, Vegetable Bouillon (Sea Salt*, Maltodextrin (from maize), Rice Flour, Vegetables 7.2% (Onion, Carrot, Parsnip), Yeast Extract*, Sunflower Oil, Parsley, Turmeric), Himalayan Salt*, Tomato Puree, Sun-dried Tomatoes, Oregano
Sweet Potato, Sunflower Oil, Himalayan Salt*
Broccoli, Sesame Oil (Sesame), Black Sesame Seeds (Sesame) White Sesame Seeds (Sesame), Chilli, Alfalfa
Cashews (Nuts (Cashews)), Water, Apple Cider Vinegar, Lemon Juice, Tamari (Soya), Himalayan Salt*
Water, Quinoa, Millet, Buckwheat, sunflower oil
Courgettes, Butternut Squash, Red Cabbage, Red Peppers, Chilli, Coriander,
Tofu (Soya), Sunflower Oil, Sesame Oil (Sesame), Black Sesame Seeds (Sesame), White Sesame Seeds (Sesame)
Broccoli, Sesame Oil (Sesame), Black Sesame Seeds (Sesame) White Sesame Seeds (Sesame), Chilli, Alfalfa
Sunflower Seeds, Coconut Chips, Pumpkin Seeds, Tamari (Soya), Sesame Oil (Sesame)
Black Sesame Seeds (Sesame), White Sesame Seeds (Sesame)
Water, Almond Butter (Nuts (Almonds)), Lemon Juice, Sunflower Seeds, Brown Rice Syrup, Tamari (Soya), Coconut Milk Powder, Curry Powder (Coriander, Cayenne Pepper, Fenugreek, Turmeric, Mustard Seeds (Mustard), Ginger, Garlic, Coriander Seeds
Stir Fry (White Cabbage, Carrots, Kale, Yellow Peppers, Broccoli, Red Onions, Red Peppers, Arame (Crustacean , Fish , Molluscs)), Hoisin Sauce (Sunflower Oil, Tamari (Soya), Cashew Butter (Nuts (Cashews)), Sesame Oil (Sesame), Brown Rice Syrup, Brown Rice Vinegar, Garlic, Black Pepper)
Tofu (Soya), Sunflower Oil, Sesame Oil (Sesame), Black Sesame Seeds (Sesame), White Sesame Seeds (Sesame)
Brown Rice, Water, Vegetable Bouillon (Sea Salt*, Maltodextrin (from maize), Rice Flour, Vegetables 7.2% (Onion, Carrot, Parsnip), Yeast Extract*, Sunflower Oil, Parsley, Turmeric
Sunflower Oil, Tamari (Soya), Cashew Butter (Nuts (Cashews)), Sesame Oil (Sesame), Brown Rice Syrup, Brown Rice Vinegar, Garlic, Black Pepper
Sunflower Seeds, Coconut Chips, Pumpkin Seeds, Tamari (Soya), Sesame Oil (Sesame)
Black Sesame Seeds (Sesame), White Sesame Seeds (Sesame)

Hot Pots

Name	Dietary Symbols	Allergens	Ingredients
Turmeric Spinach Dhal	V+, O, WF, NG	Mustard	Water, Lentils, Tomatoes, Spinach (7%), Coconut Milk, Garlic, Ginger, Sunflower Oil, Cumin, Coriander, Himalayan Salt*, Paprika, Curry Powder (Coriander, Cayenne Pepper, Fenugreek, Turmeric (<0.01%), Mustard Seeds (Mustard)), Turmeric (<0.01%), Chilli Powder
3 Bean Chilli	V+, O, WF, NG		Tomatoes, Red Kidney Beans (22%), Pinto Beans (22%), Black Turtle Beans (22%), Red Pepper, Onion, Garlic, Sunflower Oil, Coconut Sugar, Himalayan Salt*, Cumin, Coriander, Chilli Powder, Paprika
Thai Green Curry	V+, O, WF, NG		Butternut Squash, Broccoli, Water, Onion, Spinach, Green Pepper, Coconut Milk, Sunflower Oil, Garlic, Coriander, Ginger, Lemon, Coriander Seeds, Cumin Seeds, Coconut Palm Sugar, Himalayan Salt*, Lemongrass
Brown Rice	V+, O, WF, NG		Brown Rice, Vegetable Bouillon (Sea Salt*, Maltodextrin (from maize), Rice Flour, Vegetables 7.2% (Onion, Carrot, Parsnip), Yeast Extract*, Sunflower Oil, Parsley, Turmeric)
Spicy Roast Potatoes	V+, O, WF, NG	Mustard	Potatoes, Sunflower Oil, Coriander Seeds, Cumin Seeds, Paprika, Chilli Powder, Himalayan Salt*, Garlic Powder, Onion Powder, Curry Powder (Coriander, Cayenne Pepper, Fenugreek, Turmeric, Mustard Seeds (Mustard))
Jalapeno Corn Bread	V+, O,	Gluten	Plain Flour (Gluten (Wheat)), Chickpea Flour, Baking Powder, Himalayan Salt, Sweetcorn, Coriander, Water, Sunflower Oil, Jalapeno
Updated: 28.06.2021.			

Salads

Name	Dietary Symbols	Allergens
Planet Caesar Salad	V+, O, WF, NG	Sesame, Nuts (Cashews), Soya, Mustard
Seasonal Greens	V+, O, WF, NG	
Roasted Chickpeas	V+, O, WF, NG	
Vegan Parmesan	V+, O, WF, NG	Nuts (Cashews)
Tamari Seeds	V+, O, WF, NG	Soya, Sesame
Cashew Caesar Dressing	V+, O, WF, NG	Soya, Nuts (Cashews)
Sun-dried tomatoes	V+, O, WF, NG	
Quinoa Falafel Salad	V+, O, WF, NG	Sesame
Super Grains	V+, O, WF, NG	
Quinoa Falafel	V+, O, WF, NG	Sesame
Sweet Potato Hummus	V+, O, WF, NG	Sesame
Seasonal Greens	V+, O, WF, NG	
Sweet Potato Wedges	V+, O, WF, NG	
Tahini Dressing	V+, O, WF, NG	Sesame
Pad Thai Salad	V+, O, WF, NG	Soya, Sesame
Asian Slaw	V+, O, WF, NG	
Chilli Broccoli	V+, O, WF, NG	Sesame
Roasted Sesame Tofu	V+, O, WF, NG	Soya, Sesame
Pad Thai Dressing	V+, O, WF, NG	Soya, Sesame
Updated: 28.06.2021.		

Ingredients
Kale, (or other seasonal greens), olive oil, salt
Chickpeas, Olive Oil, Cumin Seeds, Paprika, Garlic, Onion, Coriander, Himalayan Salt*, Black Pepper
Cashews (Nuts (Cashews)), Sunflower Seeds, Brown Rice Breadcrumbs, Garlic, Cumin, Himalayan Salt*, Engevita (Dried Inactive Organic Yeast)
Sunflower Seeds, Coconut Chips, Pumpkin Seeds, Tamari (Soya), Sesame Oil (Sesame)
Cashews (Nuts (Cashews)), Water, Apple Cider Vinegar, Lemon Juice, Tamari (Soya), Himalayan Salt*
Tomatoes, Water
Quinoa, Millet, Buckwheat, sunflower oil
Chickpeas, Carrots, Tricolour Quinoa, Quinoa Flakes, Lemon Juice, Tahini (Sesame), Parsley, Garlic Powder
Chickpeas, Sweet Potato, Lemon Juice, Olive Oil, Tahini (Sesame), Himalayan Salt*, Lemon Extract, Paprika, Garlic
Kale, (or other seasonal greens), olive oil, salt
Sweet Potato, Sunflower Oil, Himalayan Salt*
Sunflower Oil, Water, Tahini (Sesame), Lemon Juice, Maple Syrup
Courgettes, Butternut Squash, Red Cabbage, Red Peppers, Chilli, Coriander,
Broccoli, Sesame Oil (Sesame), Black Sesame Seeds (Sesame), White Sesame Seeds (Sesame), Chilli, Alfalfa
Tofu (Soya), Sunflower Oil, Sesame Oil (Sesame), Black Sesame Seeds (Sesame), White Sesame Seeds (Sesame)
Sunflower seeds, Lemon Juice, Fishy Sauce (Water*, Tamari (Water*, Soya (Soya), Salt*), Brown Rice Vinegar, Pineapple Juice Concentrate, Brown Rice Miso (Soya , Brown Rice, Salt*, Water*), Salt*, Spirit Vinegar, Herbs & Spices), Sesame Oil (Sesame), Garlic, Brown Rice Syrup, Himalayan Salt*

Sides

Name	Dietary Symbols	Allergens	Ingredients
Jalepeno Cornbread	V+, O	Gluten	Plain Flour (Gluten (Wheat)), Chickpea Flour, Baking Powder, Himalayan Salt, Sweetcorn, Coriander, Water, Sunflower Oil, Jalapeno
Chilli Broccoli	V+, O, WF, NG	Sesame	Broccoli, Sesame Oil (Sesame), Black Sesame Seeds (Sesame), White Sesame Seeds (Sesame), Chilli, Alfalfa
Spicy Roast Potatoes	V+, O, WF, NG	Mustard	Potatoes, Sunflower Oil, Corinader Seeds, Cumin Seeds, Paprika, Chilli Powder, Himalayan Salt*, Garlic Powder, Onion Powder, Curry Powder (Coriander, Cayenne Pepper, Fenugreek, Turmeric, Mustard Seeds (Mustard))
Sweet Potato Wedges	V+, O, WF, NG		Sweet Potato, Sunflower Oil, Himalayan Salt*
Vegan Cheezy Nachos	V+, O, WF, NG	Nuts (Cashews), Mustard, Soya	Blue Tortilla Chips (Stone Ground Blue Maize (80%), Sunflower Oil, Sea Salt*), Jalapenos, Vegan Cheeze Sauce (Cashews (Nuts (Cashews)), Water, Lemon Juice, Engevita (Dried Inactive Organic Yeast), Onion, Garlic, Dijon Mustard (Mustard), Paprika, Turmeric, Jalapeno, Vegetable Bouillon (Sea Salt*, Maltodextrin (from maize), Rice Flour, Vegetables 7.2% (Onion, Carrot, Parsnip), Yeast Extract*, Sunflower Oil, Parsley, Turmeric), Himalayan Salt*), Avocado Ranch Dressing (Soya Milk (Soya), Olive Oil, Avocado, Lemon Juice, Water, Garlic, Agave Syrup, Parsley, Dill, Dijon Mustard (Mustard), Onion)
Asian Slaw	V+, O, WF, NG	Sesame, Soya	Asian Slaw Salad (Courgettes, Butternut Squash, Red Cabbage, Red Peppers, Chilli, Coriander,) Pad thai Dressing (Sunflower Oil, Lemon Juice, Fishy Sauce (Water*, Tamari (Water*, Soya (Soya), Salt*), Brown Rice Vinegar, Pineapple Juice Concentrate, Brown Rice Miso (Soya (Soya), Brown Rice, Salt*, Water*), Salt*, Spirit Vinegar, Herbs & Spices), Sesame Oil (Sesame), Garlic, Brown Rice Syrup, Himalayan Salt*, Sunflower Seeds, Ginger)
Updated: 28.06.2021.			

Dressings

Name	Dietary Symbols	Allergens
Almond Butter satay	V+, O, WF, NG	Nuts (Almonds), Soya, Mustard
Avocado Ranch	V+, O, WF, NG	Soya, Mustard
Cashew Caesar	V+, O, WF, NG	Soya, Nuts (Cashews)
Pad Thai	V+, O, WF, NG	Soya, Sesame
Tahini	V+, O, WF, NG	Sesame
Vegan Cheezy Sauce	V+, O, WF, NG	Nuts (Cashews), Mustard
Kale Pesto	V+, O, WF, NG	Nuts (Cashews),
Cashew Butter Hoisin Sauce	V+, O, WF, NG	Soya, Nuts (Cashew), Sesame
Updated: 28.06.2021.		

Ingredients
Water, Almond Butter (Nuts (Almonds)), Lemon Juice, Sunflower Seeds, Brown Rice Syrup, Tamari (Soya), Coconut Milk Powder, Curry Powder (Coriander, Cayenne Pepper, Fenugreek, Turmeric, Mustard Seeds (Mustard), Ginger, Garlic, Coriander Seeds
Soya Milk (Soya), Olive Oil, Avocado, Lemon Juice, Water, Garlic, Agave Syrup, Parsley, Dill, Dijon Mustard (Mustard), Onion
Cashews (Nuts (Cashews)), Water, Apple Cider Vinegar, Lemon Juice, Tamari (Soya), Himalayan Salt*
Sunflower Oil, Lemon Juice, Fishy Sauce (Water*, Tamari (Water*, Soya (Soya), Salt*), Brown Rice Vinegar, Pineapple Juice Concentrate, Brown Rice Miso (Soya (Soya), Brown Rice, Salt*, Water*), Salt*, Spirit Vinegar, Herbs & Spices), Sesame Oil (Sesame), Garlic, Brown Rice Syrup, Himalayan Salt*, Sunflower Seeds, Ginger
Sunflower Oil, Water, Tahini (Sesame), Lemon Juice, Maple Syrup
Cashews (Nuts (Cashews)), Water, Lemon Juice, Engevita (Dried Inactive Organic Yeast), Onion, Garlic, Dijon Mustard (Mustard), Paprika, Turmeric, Jalapeno, Vegetable Bouillon (Sea Salt*, Maltodextrin (from maize), Rice Flour, Vegetables 7.2% (Onion, Carrot, Parsnip), Yeast Extract*, Sunflower Oil, Parsley, Turmeric), Himalayan Salt*
Olive Oil, Kale, Cashews (Nuts (Cashews)), Garlic, Himalayan Salt*
Sunflower Oil, Tamari (Soya), Cashew Butter (Nuts (Cashews)), Sesame Oil (Sesame), Brown Rice Syrup, Brown Rice Vinegar, Garlic, Black Pepper

HADDOCK CHOWDER SOUP

[PROTEIN PACKED]



CONTAINS: **FISH & MILK**

HADDOCK CHOWDER SOUP

Water*, Potatoes, Smoked Haddock* (**Fish**), Onions, Sweetcorn, Double Cream (**Milk**), 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.



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.



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

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



ITALIAN TOMATO & BASIL SOUP



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



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.



FARMHOUSE VEGETABLE SOUP



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%] (**Celery**), 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.



CAULIFLOWER & GINGER SOUP



CAULIFLOWER & GINGER SOUP

Water*, Onion, Carrot, Cauliflower, Spinach, Lentils, Tomato Puree, Sunflower Oil, Salt*, Ginger Paste, Garlic Paste, Vegetable Bouillon Powder, Turmeric, Black Pepper

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



RUSTIC CHICKEN



RUSTIC CHICKEN

Water*, Potatoes, Chicken [6%], Carrots, Onions, Chicken Flavoured Stock (rehydrated potato, salt*, water*, yeast extract*, sugar, vegetable oil, onion powder, lemon juice concentrate, *natural flavouring), Sweetcorn, Sunflower Oil, Garlic, Parsley, Thyme, Black Pepper.

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



CHICKEN & SPELT SOUP



CONTAINS: **SOYA, CELERY & GLUTEN**

CHICKEN & SPELT SOUP

Water*, Onion, Chicken [8%], Celeriac [**Celery**], Potato, Leeks, Spelt Flour [**Gluten (Spelt)**], Carrot, Sunflower Oil, Garlic Paste, Miso Paste [**Soya**], Salt*, Tomato Puree, Parsley, Thyme, Black Pepper

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



PEA, COCONUT & TURMERIC SOUP



CONTAINS: **CELERY**

PEA, COCONUT & TURMERIC SOUP

*Water, Peas [22%], Onion, **Celery**, Rice, Creamed Coconut, Vegetable Stock [*sea salt, rice flour, onion, parsnip, carrot, olive oil, turmeric, parsley], Garlic, Sunflower Oil, *Sea Salt, Turmeric, Black Onion Seeds, Dill, Cracked Black Pepper.

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



TOMATO, LENTIL & RED PEPPER SOUP



CONTAINS: **CELERY**

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, Oregano.

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



WINTER GREENS SOUP



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, Turmeirc, Black pepper

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



PARSNIP & TURMERIC SOUP



PARSNIP & TURMERIC SOUP

Water*, parsnips, onions, sunflower oil, bouillon, ginger, garlic, salt, curry powder, coriander, fennel seed, turmeric, black pepper, cumin

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



GOAN CHICKEN SOUP



CONTAINS: **MUSTARD**

GOAN CHICKEN SOUP

Water*, onion, potatoes, chicken, coconut milk, red pepper, ginger, garlic, sunflower oil, bouillon, coriander seeds, cumin seeds, chilli oil, salt*, cinnamon, coriander, **mustard seeds**, black pepper, nutmeg, cloves

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



MOROCCAN VEGETABLE SOUP



MOROCCAN VEGETABLE SOUP

Water*, Chopped Tomatoes, Onions, Sweet Potato, Courgette, Red Pepper, Chickpeas, Garlic, Sunflower Oil, Bouillon, Sugar, Chilli Oil, Salt*, Coriander, Cumin, Black Pepper

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



SWEET POTATO & SPINACH SOUP



SWEET POTATO & SPINACH SOUP

Water*, onion, red lentils, carrots, sweet potato, spinach, chickpeas, puy lentils, sunflower oil, garlic, ginger, bouillon, salt*, turmeric, cayenne pepper, cinnamon, cardamom

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



SRI LANKAN VEGETABLE SOUP



SRI LANKAN VEGETABLE SOUP

Water*, chopped tomatoes, onions, coconut milk, sweet potato, red wine vinegar, courgette, red pepper, garlic, ginger, sugar, sunflower oil, salt*, paprika, coriander, cumin seed, cinnamon seeds, cinnamon stick, fennel seed, fenugreek seed, cayenne pepper, curry leaves, cloves, cardamom

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



SPICED LENTIL SOUP



SPICED LENTIL SOUP

*Water, Chopped Tomatoes, Red Lentils, Onions, Vegetable Bouillon [*salt, rice flour, onion, parsnip, carrot, olive oil, turmeric, parsley], Sunflower Oil, Garlic, Parsley, *Salt, Cumin, Coriander (dried), Black Pepper, Turmeric.

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



YOUNG VEGANS ALL DAY BREAKFAST PIE

V+



CONTAINS: **SOY, GLUTEN**

YOUNG VEGANS ALL DAY BREAKFAST PIE

Garbanzo flour*, Nutritional yeast*, Onions*, Garlic*, Paprika*, Turmeric*, **Wheat gluten***, Black pepper*, Thyme*, Brown Sugar*, Sage*, Nutmeg*, Beans*, Tomatoes*, Sugar*, Soy sauce (Organic), Vegan Chicken Stock* [Low Sugar Maize Maltodextrin, Natural Vegetable Flavour, Yeast Extract, Cane Sugar, Turmeric Ground Madras, Sunflower Oil, Extra Virgin Olive Oil, Potassium Chloride, Parsley]. Pastry: **Wheat Flour* (gluten)** [with added Calcium Carbonate, Iron, Niacin and Thiamin; Wheat Gluten]*, Margarine* [Palm Oil (traceably sustainable), Water, Salt], Water*, Salt*.

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

V+

YOUNG VEGANS STEAK & ALE PIE

V+



CONTAINS: **SOYA, GLUTEN, SULPHITES**

YOUNG VEGANS STEAK & ALE PIE

Stout* (**Barley**), Mushrooms*, Carrots*, Onions*, Vegan Beef Stock* [Sea Salt from The Southern Ocean, Low Sugar Maize Maltodextrin, Natural Vegetable Flavour, Yeast Extract, Caramelised Sugar Syrup, Cane Sugar, Sunflower Oil, Extra Virgin Olive Oil, Potassium Chloride, Parsley]*, **Wheat Gluten***, Garlic*, Thyme*, Rosemary*, Black pepper*, Vegetable Oil*, Red Wine* (**Sulphites**), Cocoa*, Beetroot*, **Soya** (Organic), Pastry: **Wheat Flour* (gluten)** [with added Calcium Carbonate, Iron, Niacin and Thiamin; Wheat Gluten], Margarine [Palm Oil (traceably sustainable), Water, Salt]*, Water*, Salt*.

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

V+

YOUNG VEGANS MUSHROOM STROGANOFF

V+



CONTAINS: **SOYA, GLUTEN, SULPHITES, MUSTARD**

YOUNG VEGANS MUSHROOM STROGANOFF

Mushrooms*, Onion*, Garlic*, Salt*, Sugar*, Smoked Paprika*, Tomato*, Vegan Beef Stock* [Sea Salt from The Southern Ocean, Low Sugar Maize Maltodextrin, Natural Vegetable Flavour, Yeast Extract, Caramelised Sugar Syrup, Cane Sugar, Sunflower Oil, Extra Virgin Olive Oil, Potassium Chloride, Parsley]*, **Mustard***, Dill*, Parsley*, Red Wine* (**Sulphites**). Vegetable Oil*, Cornflour*, **Soya** (Organic), Pastry: **Wheat Flour*** [with added Calcium Carbonate, Iron, Niacin and Thiamin; **Wheat (Gluten)**, Margarine [Palm Oil (traceably sustainable), Water, Salt]*, Water*, Salt*.

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

V+

YOUNG VEGANS WEST AFRICAN STEW PIE



CONTAINS: PEANUTS, GLUTEN

YOUNG VEGANS WEST AFRICAN STEW PIE

Sweet potato*, Onion*, Garlic*, Salt*, Tomato*, Chilli Flakes*,
Peanuts*, Coconut milk*, Chickpeas*,
Pastry: **Wheat Flour* [gluten]** [with added Calcium Carbonate,
Iron, Niacin and Thiamin; Wheat Gluten], Margarine [Palm Oil
(traceably sustainable), Water, Salt]*, Water*, Salt*.

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



YOUNG VEGANS AUSSIE PIE



CONTAINS: SOYA, GLUTEN

YOUNG VEGANS AUSSIE PIE

Tomato*, Onions*, Garlic*, Carrots*, Mushrooms*, **Soya** Mince
(Organic), Organic Miso (**Soya**), Vegan Beef Stock* [Sea Salt from
The Southern Ocean, Low Sugar Maize Maltodextrin, Natural
Vegetable Flavour, Yeast Extract, Caramelised Sugar Syrup, Cane
Sugar, Sunflower Oil, Extra Virgin Olive Oil, Potassium Chloride,
Parsley)*, Salt*, Sugar*, Corn flour*, Paprika*, Thyme*, Black
Pepper*, Rosemary*, Rice flour*, Brown rice flour*, Cornstarch*,
Tapioca*, **Soya** (Organic), Potato starch*, Xanthan Gum*, **Oat**
Cream* [Water, Vegetable oil, Salt, **Oats (Gluten Free)**]*, Baking
powder*, Salt*, Vegetable fat*.

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



YOUNG VEGANS CHOCOLATE & PB PIE



YOUNG VEGANS CHOCOLATE & PB PIE

GF flour* [Rice, Potato, Tapioca, Maize, Buckwheat]*, Dark
brown Sugar*, Light brown Sugar*, Salt*, Baking
powder*, Cocoa powder*

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



RUSTIC CHICKEN



RUSTIC CHICKEN

Water*, Potatoes, Chicken [6%], Carrots, Onions, Chicken Flavoured Stock (rehydrated potato, salt*, water*, yeast extract*, sugar, vegetable oil, onion powder, lemon juice concentrate, *natural flavouring), Sweetcorn, Sunflower Oil, Garlic, Parsley, Thyme, Black Pepper.

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



SPINACH, KALE & BLACK PEA



SPINACH, KALE & BLACK PEA

Water*, Sweet potato , Onion, Potato, Carlin Pea [5%], Spinach [3%], Kale [2%], Sunflower Oil, Salt*, Parsley, Black Pepper.

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



SWEET POTATO, LENTIL & TURMERIC



SWEET POTATO, LENTIL & TURMERIC

Water*,Onions, Red Lentils [9%], Carrots, Sweet Potato [5%], Carlin Peas, Spinach, Yellow Peas, Sunflower Oil, Garlic, Ginger, Bouillon, Salt*, Turmeric [0.1%], Cayenne Pepper, Cinnamon, Cardamom.

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



SPICY CHICKEN & TOMATO



SPICY CHICKEN & TOMATO

Water*, Chopped Tomatoes (13%), Onion, Potatoes, Chicken (5%), Carlin Peas, Spinach, Garlic, Sunflower Oil, Sugar, Tomato Puree, Salt*, Chilli Paste, Coriander, Cumin, Black pepper, Turmeric

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

