

## Hot Ma

Name	Dietary Symbols	Allergens
<b>Jackfruit Pie</b>	V+, O	Celerey
Jackfruit Pie	V+, O	
Winter Greens	V+, O	
<b>Spelt Veggie Lasagne</b>	V, O	Gluten, Milk
Spelt Veggie Lasagne	V, O	Gluten, Milk
Sweet Potato Wedges	V+, O	
Winter Greens	V+, O	
<b>Spiced Cauli</b>	V+, O	Mustard
Spiced Cauliflower	V+, O	Mustard
Turmeric Spinach Dhal	V+, O	Mustard
Winter Greens	V+, O	
Black Rice	V+, O	
Roasted Chickpeas	V+, O	
<b>Sesame Tofu Stir Fry</b>	V+, O	Soya, Sesame, <i>May Contain: Crustacean, Fish, Molluscs</i>
Stir Fry Vegetables	V+, O	May Contain: Crustacean, Fish, Molluscs
Roasted Sesame Tofu	V+, O	Soya, Sesame
Black Rice	V+, O	
Tamari Seeds	V+, O	Soya, Sesame

Updated:10.09.2021

## ains

Ingredients
Jackfruit pre-mix (jackfruit, water), chopped tomatoes, <b>Celery</b> , carrot, onion, leek, mushroom, coconut palm sugar, garlic, vegetable bouillon (Sea Salt*, Maltodextrin (from maize), Rice Flour, Vegetables 7.2% (Onion, Carrot, Parsnip), Yeast Extract*, Sunflower Oil, Parsley, Turmeric), tomato puree, cinnamon, paprika, black pepper, himalayan salt*), Sweet potato mash (sweet potato, potato, olive oil, himalayan salt*) White cabbage, savoy cabbage, kale, cavolo nero, rapeseed oil
Aubergine (23%), Courgettes (19%), Tomatoes (12%), Red Pepper (5%), Spinach (5%), Spelt Lasagne Sheets (7%) (Spelt ( <b>Gluten, (Spelt)</b> ), Water), Cheddar ( <b>Milk</b> ), Plain White Flour ( <b>Gluten (Wheat)</b> ), 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* White cabbage, savoy cabbage, kale, cavolo nero, rapeseed oil
Cauliflower, sunflower oil, turmeric, curry powder ( <b>mustard</b> ), coriander seeds, cumin seeds, smoked paprika, chilli powder, himalayan salt*, garlic powder, onion powder 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 ( <b>Mustard</b> )), Turmeric (<0.01%), Chilli Powder White cabbage, savoy cabbage, kale, cavolo nero, rapeseed oil
Black rice, water*, himalayan salt*, vegetable bouillon (Sea Salt*, Maltodextrin (from maize), Rice Flour, Vegetables 7.2% (Onion, Carrot, Parsnip), Yeast Extract*, Sunflower Oil, Parsley, Turmeric). Chickpeas, Olive Oil, Cumin Seeds, Paprika, Garlic, Onion, Coriander, Himalayan Salt*, Black Pepper
White cabbage, ginger & garlic sauce (sunflower oil, garlic, ginger, chilli, red pepper, orange juice, lemon juice, brown rice vinegar, mirin (Sweet Rice (52%), Water*, Cultured Rice), himalayan salt*), carrots, green peppers, kale, red peppers, broccoli, red onion, arame (may contain <b>crustacean, fish, molluscs</b> ) Sesame Marinated Tofu ( <b>Soya, Sesame</b> ), Sunflower Oil, Sesame Oil ( <b>Sesame</b> ), Black Sesame Seeds ( <b>Sesame</b> ), White Sesame Seeds ( <b>Sesame</b> ) Black rice, water*, himalayan salt*, vegetable bouillon (Sea Salt*, Maltodextrin (from maize), Rice Flour, Vegetables 7.2% (Onion, Carrot, Parsnip), Yeast Extract*, Sunflower Oil, Parsley, Turmeric). Sunflower Seeds, Coconut Chips, Pumpkin Seeds, Tamari ( <b>Soya</b> ), Sesame Oil ( <b>Sesame</b> )

## Hot Pots

Name	Dietary Symbols	Allergens	Ingredients
Turmeric Spinach Dhal	V+, O	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 ( <b>Mustard</b> )), Turmeric (<0.01%), Chilli Powder
Malaysian Curry	V+, O	Soya, <i>may contain: gluten, milk, nuts, peanuts</i>	Broccoli, Water*, Red pepper, coconut milk, onion, chilli, garlic, ginger, lemon juice, sunflower oil, fishy sauce (Water*, tamari <b>soy</b> , brown rice vinegar, pineapple juice concentrate, brown rice miso ( <b>soy</b> ), salt*, water*, spirit vinegar, herbs and spices), tamari (Whole soya beans (46%), water*, sea salt*, mirin (sweet rice, water*, cultured rice), coconut palm sugar, turmeric, cinnamon, star anise
Chickpea & Aubergine Curry	V+, O	Mustard	Chopped tomatoes, Chickpeas, water*, sweet potato, aubergine, red pepper, peas, onion, garlic, ginger, curry powder ( <b>mustard</b> ), garam masala, himalayan salt*, coriander, coriander seeds, cumin seeds, chilli,
Black Rice	V+, O		Black rice, water*, himalayan salt*, 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	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 ( <b>Mustard</b> ))
Updated: 10.9.2021.			

## Salads

Name	Dietary Symbols	Allergens
<b>Planet Caesar Salad</b>	V+, O	Sesame, Nuts (Cashews), Soya
Seasonal Greens	V+, O	
Roasted Chickpeas	V+, O	
Vegan Parmesan	V+, O	Nuts (Cashews)
Tamari Seeds	V+, O	Soya, Sesame
Cashew Caesar Dressing	V+, O	Soya, Nuts (Cashews)
Sun-dried tomatoes	V+, O	
<b>Sweet Potato Falafel Salad</b>	V+, O	Sesame, Mustard,
Herby Quinoa	V+, O	
Sweet Potato Falafel	V+, O	
Avocado Hummus	V+, O	Sesame
Seasonal Greens	V+, O	
Spiced Cauli	V+, O	Mustard
Cashew Caesar	V+, O	Soya, Nuts (Cashews)
<b>Green Sriracha Tofu</b>		Mustard, Soya, Ses
Herby Quinoa	V+, O	
Sesame Roasted Tofu	V+, O	Soya, Sesame
Crunchy Slaw	V+, O	Mustard
Pickled Vegetables	V+, O	
Green Chilli Sriracha	V+, O	
Updated: 10.09.2021.		

Ingredients
Kale, ( or other seasonal greens), olive oil, salt
Chickpeas, Olive Oil, Cumin Seeds, Paprika, Garlic, Onion, Coriander, Himalayan Salt*, Black Pepper
Cashews ( <b>Nuts (Cashews)</b> ), Sunflower Seeds, Brown Rice Breadcrumbs, Garlic, Cumin, Himalayan Salt*, Engevita (Dried Inactive Organic Yeast)
Sunflower Seeds, Coconut Chips, Pumpkin Seeds, Tamari ( <b>Soya</b> ), Sesame Oil ( <b>Sesame</b> )
Cashews ( <b>Nuts (Cashews)</b> ), Water, Apple Cider Vinegar, Lemon Juice, Tamari ( <b>Soya</b> ), Himalayan Salt*
Tomatoes, Water
<b>Soya, Nuts (Cashews)</b>
Quinoa, water*, coriander, mint, parsley, lemon juice, garlic, olive oil, himalayan salt*
Chickpeas, water*, Sweet Potato, Onion, brown rice bread crumbs, olive oil, apple cider vinegar, garlic, ginger, chilli, cumin seeds, GF baking powder, coriander, himalayan salt*
Chickpeas, avocado, water*, olive oil, lemon juice, tahini ( <b>sesame</b> ), coriander, cumin seeds, garlic
Kale, ( or other seasonal greens), olive oil, salt
Cauliflower, sunflower oil, turmeric, curry powder ( <b>mustard</b> ), corinader seeds, cumin seeds, smoked paprika, chilli powder, himalayan salt*, garlic powder, onion powder
Cashews (Nuts ( <b>Cashews</b> )), Water, Apple Cider Vinegar, Lemon Juice, Tamari ( <b>Soya</b> ), Himalayan Salt*
<b>Sesame</b>
Quinoa, water*, coriander, mint, parsley, lemon juice, garlic, olive oil, himalayan salt*
Marinated tofu ( <b>soya, sesame</b> ), sunflower oil, <b>sesame</b> oil, black <b>sesame</b> seeds, white <b>sesame</b> seeds
red cabbage, white cabbage, carrots, parsley, lemon & garlic dressing (orange juice, lemon juice, apple cider vinegar, garlic, dijon <b>mustard</b> , maple syrup), lemon juice, spring onion
Cos Lettuce, ginger & garlic sauce (ginger, garlic, sunflower oil, brown rice vinegar, lemon juice, orange juice, chilli, red peppers, mirin (Sweet Rice (52%), Water*, Cultured Rice), himalayan salt*), brown rice vinegar, himalayan salt*
Chilli, green pepper. Sunflower seeds, maple syrup, apple cider vinegar, lemon juice, garlic, himalayan salt*

## Sides

Name	Dietary Symbols	Allergens	Ingredients
Winter Greens	V+, O		White cabbage, savoy cabbage, kale, cavolo nero, rapeseed oil
Spicy Roast Potatoes	V+, O	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 <b>(Mustard)</b> )
Sweet Potato Wedges	V+, O		Sweet Potato, Sunflower Oil, Himalayan Salt*
Crunchy Slaw	V+, O	Mustard	red cabbage, white cabbage, carrots, parsley, lemon & garlic dressing (orange juice, lemon juice, apple cider vinegar, garlic, dijon <b>mustard</b> , maple syrup), lemon juice, spring onion
Updated: 10.09.2021.			

## Dressings

Name	Dietary Symbols	Allergens
Cashew Caesar	V+, O, WF, NG	Soya, Nuts (Cashews)
Kale Pesto	V+, O, WF, NG	Nuts (Cashews),
Green Chilli Sriracha	V+, O	
Updated: 10.09.2021.		

Ingredients
Cashews ( <b>Nuts (Cashews)</b> ), Water, Apple Cider Vinegar, Lemon Juice, Tamari ( <b>Soya</b> ), Himalayan Salt*
Olive Oil, Kale, Cashews ( <b>Nuts (Cashews)</b> ), Garlic, Himalayan Salt*
Chilli, green pepper. Sunflower seeds, maple syrup, apple cider vinegar, lemon juice, garlic, himalayan salt*



## Take Awa

Name	Dietary Symbols
<b>PO Kitchen - Chickpea &amp; Aubergine curry with brown rice</b>	V+, O
Chickpea & Aubergine curry	V+, O
Brown Rice	V+, O
<b>PO Kitchen - Malaysian curry with black rice</b>	V+, O
Malaysian curry	V+, O
Black Rice	V+, O
<b>PO Kitchen - Spelt vegetable lasagne</b>	V, O
Spelt vegetable lasagne	V, O
<b>PO Kitchen - Jackfruit pie with sweet potato mash for two</b>	
Jackfruit Pie with sweet potato mash	V+, O
Updated: 22.09.2021.	

# YS

Allergens	Ingredients
Mustard	
Mustard	Chopped tomatoes, Chickpeas, water*, sweet potato, aubergine, red pepper, peas, onion, garlic, ginger, curry powder ( <b>mustard</b> ), garam masala, himalayan salt*, coriander, coriander seeds, cumin seeds, chilli
	Brown rice, water*, himalayan salt*, vegetable bouillon (Sea Salt*, Maltodextrin (from maize), Rice Flour, Vegetables 7.2% (Onion, Carrot, Parsnip), Yeast Extract*, Sunflower Oil, Parsley, Turmeric).
Soya, may contain: gluten, milk, nuts, peanuts	
Soya, may contain: gluten, milk, nuts, peanuts	Broccoli, Water*, Red pepper, coconut milk, onion, chilli, garlic, ginger, lemon juice, sunflower oil, fishy sauce (Water*, <b>tamari soy</b> , brown rice vinegar, pineapple juice concentrate, brown rice miso ( <b>soy</b> ), salt*, water*, spirit vinegar, herbs and spices), tamari ( <b>Whole soya beans</b> (46%), water*, sea salt*, mirin (sweet rice, water*, cultured rice), coconut palm sugar, turmeric, cinnamon, star anise
	Black rice, water*, himalayan salt*, vegetable bouillon (Sea Salt*, Maltodextrin (from maize), Rice Flour, Vegetables 7.2% (Onion, Carrot, Parsnip), Yeast Extract*, Sunflower Oil, Parsley, Turmeric).
Gluten, Milk	
Gluten, Milk	Aubergine (23%), Courgettes (19%), Tomatoes (12%), Red Pepper (5%), Spinach (5%), Spelt Lasagne Sheets (7%) (Spelt ( <b>Gluten</b> , (Spelt)), Water), Cheddar ( <b>Milk</b> ), Plain White Flour (Gluten ( <b>Wheat</b> )), 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
Celery	
Celery	Jackfruit pie mix (jackfruit, water*, chopped tomatoes, <b>celery</b> , carrot, onion, leek, mushroom, coconut palm sugar, garlic, vegetable bouillon (Sea Salt*, Maltodextrin (from maize), Rice Flour, Vegetables 7.2% (Onion, Carrot, Parsnip), Yeast Extract*, Sunflower Oil, Parsley, Turmeric)), tomato puree, cinnamon, paprika, black pepper, himalayan salt*), Sweet potato mash (sweet potato, potato, olive oil, himalayan salt*)