

BEETROOT, POMEGRANATE, LENTIL AND PEARL BARLEY SPICED STEW WITH TAHINI YOGHURT AND HAZELNUT DUKKAH



Typical serving portion 372g
(477 kcal)

ALLERGENS: SOYA, BARLEY, NUTS (HAZELNUTS),
SESAME

Adults need to consume approximately 2000 kcal a day

BEETROOT, POMEGRANATE, LENTIL AND PEARL BARLEY SPICED STEW WITH TAHINI YOGHURT AND HAZELNUT DUKKAH

Beetroot [26%], Lentil [13%], Pomegranate Juice [10%], Onion, **Pearl Barley**, Brown Rice Syrup, Garlic, Olive Oil, Nutmeg, Cinnamon, Dill, Turmeric, Cumin, Vegetable Bouillon (Maltodextrin [from maize], Rice Flour, Vegetables [onion, carrot, parsnip], Yeast Extract*, Sunflower Oil, Parsley, Turmeric), Himalayan Salt*, Tahini Yoghurt [11%] [Soya Yoghurt (Water*, **Soya Beans**, thickener*: pectin, selected ferments), Brown Tahini (**Un-hulled Sesame Seeds**), Brown Rice Syrup, Himalayan Salt*, Dukkah [3%] [**Hazelnut**, Sunflower Seeds, Coriander, **White Sesame**, **Black Sesame**, Cumin, Smoked Paprika, Fennel Seeds, Nigella Seeds, White Peppercorn, Himalayan Salt*)

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

Typical Values	Per 100g	Per serving
Energy (kj)	537	1997
Energy (kcal)	128	477
Fat (g)	3.9	15
of which saturates (g)	0.5	1.7
Carbohydrates (g)	19	71
of which sugars (g)	6.7	25
Protein (g)	5.2	19
Fibre (g)	2.7	10
Salt (g)	0.01	0.02

FENNEL AND ROOT VEGETABLE CHICKPEA TAGINE WITH TAHINI YOGHURT, HAZELNUT DUKKAH & HIBISCUS PICKLED ONIONS



Typical serving portion 392g
(405 kcal)

ALLERGENS: SOYA, NUTS (HAZELNUTS), SESAME

Adults need to consume approximately 2000 kcal a day

FENNEL AND ROOT VEGETABLE CHICKPEA TAGINE WITH TAHINI YOGHURT, HAZELNUT DUKKAH & HIBISCUS PICKLED ONIONS

Butternut Squash [14%], Parsnip [13%], Carrot [13%] Fennel [9%], Chickpea [4%], Dates, Olive Oil, Himalayan Salt*, Lemon Juice, Harrisa Paste (Baklouti Peppers, Olive Oil, Salt*, Garlic, Spices), Vegetable Bouillon (Maltodextrin [from maize], Rice Flour, Vegetables [onion, carrot, parsnip], Yeast Extract*, Sunflower Oil, Parsley, Turmeric), Chilli, Smoked Paprika, Turmeric, Ginger, Cinnamon, Tahini Yoghurt [10%] [**Soya** Yoghurt (Water*, **Soya Beans**, thickener*: pectin, selected ferments), Brown Tahini (**Un-hulled Sesame Seeds**), Brown Rice Syrup, Himalayan Salt*, Dukkah [3%] [**Hazelnut**, Sunflower Seeds, Coriander, **White Sesame**, **Black Sesame**, Cumin, Smoked Paprika, Fennel Seeds, Nigella Seeds, White Peppercorn, Himalayan Salt*), Pickled Hibiscus Onions (Red Onion, Apple Cider Vinegar, Brown Rice Syrup, Hibiscus, Himalayan Salt*)

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

Typical Values	Per 100g	Per 100g
Energy (kj)	431	1689
Energy (kcal)	103	405
Fat (g)	4.5	17.8
of which saturates (g)	0.6	2.4
Carbohydrates (g)	13	51
of which sugars (g)	1.1	27
Protein (g)	0.8	12
Fibre (g)	3.1	12
Salt (g)	0.01	0.04

TURMERIC AND SPINACH SPICED DHAL WITH HIBISCUS PICKLED ONIONS



Typical serving portion 372g
(304kcal)

ALLERGENS: MUSTARD

Adults need to consume approximately 2000 kcal a day

TURMERIC AND SPINACH SPICED DHAL WITH HIBISCUS PICKLED ONIONS

Lentil, Tomatoes, Spinach, Coconut Milk Powder, Dhal Spice Mix (Himalayan Salt*, Curry Powder (Coriander, Cayenne Pepper, Fenugreek, Turmeric, **Mustard Seeds**), Coriander Seeds, Curry Seeds, Turmeric (<1g), Smoked Paprika, Chilli), Olive Oil, Ginger, Garlic, **Mustard Seeds**, Pickled Hibiscus Onions 5% (Red Onion, Apple Cider Vinegar, Brown Rice Syrup, Hibiscus, Himalayan Salt*)

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

Typical Values	Per 100g	Per serving
Energy (kj)	341	1268
Energy (kcal)	82	304
Fat (g)	2.7	10.1
of which saturates (g)	1.2	4.4
Carbohydrates (g)	10	38
of which sugars (g)	1.4	5.4
Protein (g)	4.1	15
Fibre (g)	1.3	4.9
Salt (g)	0.01	0.03

DUKKAH



Typical serving portion 10g
(57 kcal)

ALLERGENS: **SESAME, NUTS (HAZELNUT)**

Adults need to consume approximately 2000 kcal a day

DUKKAH

Hazelnut, Sunflower Seeds, Coriander, **White Sesame**, **Black Sesame**, Cumin, Smoked Paprika, Fennel Seeds, Nigella Seeds, White Peppercorn, Himalayan Salt*

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

Typical Values	Per 100g	Per serving
Energy (kJ)	2398	240
Energy (kcal)	573	57
Fat (g)	55	5.5
of which saturates (g)	4.6	0.5
Carbohydrates (g)	14	1.4
of which sugars (g)	3.1	0.3
Protein (g)	18	1.8
Fibre (g)	5.7	0.6
Salt (g)	0.01	<0.01

TAHINI YOGHURT



Typical serving portion 40g
(191 kcal)

ALLERGENS: **SOYA, SESAME**

Adults need to consume approximately 2000 kcal a day

TAHINI YOGHURT

Soya Yoghurt (Water*, **Soya Beans**, thickener*: pectin, selected ferments), Brown Tahini (**Un-hulled Sesame Seeds**), Brown Rice Syrup, Himalayan Salt*

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

Typical Values	Per 100g	Per serving
Energy (kJ)	801	320
Energy (kcal)	191	76
Fat (g)	10	4
of which saturates (g)	1.6	0.6
Carbohydrates (g)	18	7
of which sugars (g)	16	6
Protein (g)	7.8	3.1
Fibre (g)	2.7	1.1
Salt (g)	0.08	0.03

HIBISCUS PICKLED ONIONS



Typical serving portion 20g
(8 kcal)

Adults need to consume approximately 2000 kcal a day

HIBISCUS PICKLED ONIONS

Red Onion, Apple Cider Vinegar, Brown Rice Syrup, Hibiscus, Himalayan Salt*

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

Typical Values	Per 100g	Per serving
Energy (kJ)	160	32
Energy (kcal)	42	8
Fat (g)	0.1	<0.1
of which saturates (g)	<0.1	<0.1
Carbohydrates (g)	8.9	1.8
of which sugars (g)	4.7	0.9
Protein (g)	0.8	0.2
Fibre (g)	1.3	0.3
Salt (g)	<0.01	<0.01

YOUNG VEGANS ALL DAY BREAKFAST PIE



Typical serving portion 230g
(614 kcal)

ALLERGENS: **SOYA, GLUTEN (WHEAT)**

Adults need to consume approximately 2000 kcal a day

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.

Typical Values	Per 100g	Per Serving
Energy (kJ)	1115	2565
Energy (kcal)	267	614
Fat (g)	15	35
of which saturates (g)	6.5	15
Carbohydrates (g)	26	60
of which sugars (g)	2.5	5.8
Protein (g)	7.1	16
Fibre (g)	2	4.6
Salt (g)	0.82	1.89

YOUNG VEGANS STEAK & ALE PIE



Typical serving portion 230g
(557kcal)

ALLERGENS: **SOYA, GLUTEN (WHEAT, BARLEY), SULPHITES**

Adults need to consume approximately 2000 kcal a day

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.

Typical Values	Per 100g	Per Serving
Energy (kJ)	1012	2328
Energy (kcal)	242	557
Fat (g)	13	30
of which saturates (g)	6.4	14.7
Carbohydrates (g)	23	53
of which sugars (g)	1	2.3
Protein (g)	6.7	15.4
Fibre (g)	1.2	2.8
Salt (g)	0.42	0.97

YOUNG VEGANS MUSHROOM STROGANOFF



Typical serving portion 250g
(598 kcal)

ALLERGENS: **SOYA, GLUTEN, (WHEAT) SULPHITES, MUSTARD**

Adults need to consume approximately 2000 kcal a day

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.

Typical Values	Per 100g	Per Serving
Energy (kJ)	997	2493
Energy (kcal)	239	598
Fat (g)	15	38
of which saturates (g)	6.1	15.3
Carbohydrates (g)	22	55
of which sugars (g)	1	2.5
Protein (g)	4	9.5
Fibre (g)	1.4	3.5
Salt (g)	0.95	2.38

YOUNG VEGANS SWEET POTATO & CHICKPEA PIE



Typical serving portion 260g
(689 kcal)

ALLERGENS: **PEANUTS, GLUTEN (WHEAT)**

Adults need to consume approximately 2000 kcal a day

YOUNG VEGANS SWEET POTATO & CHICKPEA 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.

Typical Values	Per 100g	Per Serving
Energy (kJ)	1107	2878
Energy (kcal)	265	689
Fat (g)	15	39
of which saturates (g)	6.6	17.2
Carbohydrates (g)	26	68
of which sugars (g)	3.5	9
Protein (g)	5	13
Fibre (g)	2.2	5.7
Salt (g)	0.83	2.16

YOUNG VEGANS AUSSIE PIE



Typical serving portion 230g
(499kcal)

ALLERGENS: **SOYA**

Adults need to consume approximately 2000 kcal a day

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.

Typical Values	Per 100g	Per Serving
Energy (kJ)	902	2075
Energy (kcal)	217	499
Fat (g)	15	35
of which saturates (g)	4.9	11.3
Carbohydrates (g)	14	32
of which sugars (g)	2	4.6
Protein (g)	5.2	12
Fibre (g)	1.4	3.2
Salt (g)	2	4.6

VEGAN GRAVY



Typical serving portion 100g
(67 kcal)

ALLERGENS: **SOYA**

Adults need to consume approximately 2000 kcal a day

VEGAN GRAVY

Miso [**Soya**], Vegan Beef Stock* [Sea Salt, Low Sugar Maize
Maltodextrin, Natural Vegetable Flavour, Yeast Extract,
Caramelised Sugar Syrup, Cane Sugar, Sunflower Oil, Olive Oil,
Potassium Chloride], Brown Sugar*, Pepper*, Rosemary*, Thyme*,
Corn flour*, Vegetable Oil*

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

Typical Values	Per 100g	Per Serving
Energy (kJ)	276	276
Energy (kcal)	67	67
Fat (g)	5.1	5.1
of which saturates (g)	0.6	0.6
Carbohydrates (g)	3.8	3.8
of which sugars (g)	1	1
Protein (g)	0.5	0.5
Fibre (g)	0	0
Salt (g)	0.15	0.15

CACAO NIBS



Typical serving portion 1 tbsp
[55kcal]

ALLERGENS: **NUTS**

Adults need to consume approximately 2000 kcal a day

CACAO NIBS

100% Organic Raw Cacao Nibs

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

Typical Values	Per 100g	Per serving
Energy (kj)	2835	227
Energy (kcal)	685	55
Fat (g)	53	4
of which saturates (g)	30	2
Carbohydrates (g)	27	2
of which sugars (g)	1.5	0.1
Protein (g)	12	1
Fibre (g)	23	2
Salt (g)	0.2	0.02

GRANOLA



Typical serving portion 1 tbsp
[45kcal]

ALLERGENS: **NUTS**

Adults need to consume approximately 2000 kcal a day

GRANOLA

Sunflower Seeds, Coconut Chips, Chopped Dates (with coconut flour), Coconut Sugar, Pumpkin Seeds, Linseeds, Apple Pieces, Chia Seeds, **Hazelnuts, Cashews, Almonds**, Lucuma, Cinnamon.

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

Typical Values	Per 100g	Per serving
Energy (kj)	2322	186
Energy (kcal)	558	45
Fat (g)	37	3
of which saturates (g)	12	1
Carbohydrates (g)	37	3
of which sugars (g)	17	1.4
Protein (g)	14	1.1
Fibre (g)	8.9	0.7
Salt (g)	0.015	0.001

CHIPOTLE MUSHROOM & CHEESE TOASTIE

6.50



Typical serving portion 255g
[478 kcal]

ALLERGENS: **GLUTEN, WHEAT, SOYA & MILK**

Adults need to consume approximately 2000 kcal a day

CHIPOTLE MUSHROOM & CHEESE TOASTIE

Retro Banneton (**Wheat Flour** [Fortified with Calcium*, Iron*, Niacin*, Thiamin*], Water*, Sea Salt*, Yeast*), **Cheddar** (**Milk**, Salt*, Rennet*, Starter Culture*) Oyster Mushroom, Portobello Mushroom, Onion, Tomatoes, Garlic, Jalapeno, Cinnamon, Cumin, Agave Syrup, Tomato Puree, Himalayan Salt*, Apple Cider Vinegar, Chilli Powder, Smoked Paprika, Coriander, Fennel Seeds, **Tamari** (**Whole Soya Beans**, Water*, Sea Salt*, Mirin [Sweet Rice, Water*, Cultured Rice]), Olive Oil, Rocket Salad, Red Chilli, Brown Rice Syrup.

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

Typical Values	Per 100g	Per Serving
Energy (kJ)	784	2000
Energy (kcal)	188	478
Fat (g)	7.2	18
of which saturates (g)	4	10
Carbohydrates (g)	23	58
of which sugars (g)	2.3	5.8
Protein (g)	7.5	19
Fibre (g)	1.2	3.1
Salt (g)	0.46	1.2

THREE CHEESE & CARMELISED ONION TOASTIE

6.50



Typical serving portion 245g
[612 kcal]

ALLERGENS: **GLUTEN, WHEAT & MILK**

Adults need to consume approximately 2000 kcal a day

THREE CHEESE & CARMELISED ONION TOASTIE

Retro Banneton (**Wheat Flour** [Fortified with Calcium*, Iron*, Niacin*, Thiamin*], Water*, Sea Salt*, Yeast*), Cheddar (**Milk**, Salt*, Rennet*, Starter Culture*), Baby Spinach, Le Gruyere (**Milk**, Salt*, Ferments, Calf Rennet), Emmental (**Pasteurized Milk**, Salt*, Lactic Starters*), Red Onion, Maple Syrup, Balsamic Vinegar, Olive Oil, Himalayan Salt*.

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

Typical Values	Per 100g	Per Serving
Energy (kJ)	1045	2560
Energy (kcal)	250	612
Fat (g)	12	29
of which saturates (g)	7	17
Carbohydrates (g)	24	59
of which sugars (g)	3.1	7.5
Protein (g)	11	28
Fibre (g)	1.3	3.1
Salt (g)	0.45	1.1

VEGAN REUBEN MUSHROOM TOASTIE

6.50



Typical serving portion 335g
[490 kcal]

ALLERGENS: **GLUTEN, WHEAT, MUSTARD, CASHEW, SOYA**

Adults need to consume approximately 2000 kcal a day

VEGAN REUBEN MUSHROOM TOASTIE

Retro Banneton (**Wheat Flour** [Fortified with calcium*, iron*, niacin*, thiamin*], Water*, Sea Salt*, Yeast*), Sauerkraut [White Cabbage, Water*, Sauerkraut juice, Spirit Vinegar, Beetroot Concentrate, Sea Salt*, Onion Powder, Black Pepper], Oyster Mushroom, Portobello Mushroom, Onion, Gherkins (Gherkins, Vinegar, Water*, Agave Syrup, Sea Salt*, **Mustard Seeds**, Dill, Onions, Bell Pepper), **Cashews**, Dijon Mustard (**Mustard Seeds**, Alcohol Vinegar, Water*, Salt*), Tamari (**Whole Soya Beans**, Water*, Sea Salt*, Mirin [Sweet Rice, Water*, Cultured Rice]), Olive Oil, Tomato Puree, Brown Rice Syrup, Lemon Juice, Marigold Engevita [Dried Inactive Organic Yeast], Garlic Puree, Smoked Paprika, Apple Cider Vinegar, Onion, Garlic, Jalapeno, Vegetable Bouillon [Sea Salt*, Maltodextrin (from maize), Rice Flour, Vegetables (onion, carrot, parsnip), Yeast Extract*, Sunflower Oil, Parsley, Turmeric), Smoked Paprika, Turmeric, Cumin, Coriander, Fennel Seeds, Himalayan Salt*.

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

Typical Values	Per 100g	Per Serving
Energy (kJ)	612	2050
Energy (kcal)	146	490
Fat (g)	4.6	15
of which saturates (g)	0.7	2.3
Carbohydrates (g)	19	65
of which sugars (g)	2.1	6.9
Protein (g)	4.4	15
Fibre (g)	1.8	5.9
Salt (g)	0.49	1.65

RUSTIC CHICKEN



Per 100g
[38 kcal]

Adults need to consume approximately 2000 kcal a day

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.

Typical Values	Per 100g
Energy (kJ)	161
Energy (kcal)	38
Fat (g)	1.1
of which saturates (g)	0.2
Carbohydrates (g)	5
of which sugars (g)	1
Protein (g)	2.3
Fibre (g)	0.7
Salt (g)	0.1

SPINACH, KALE & BLACK PEA



Per 100g
[57 kcal]

Adults need to consume approximately 2000 kcal a day

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.

Typical Values	Per 100g
Energy (kJ)	238
Energy (kcal)	57
Fat (g)	1.0
of which saturates (g)	0.1
Carbohydrates (g)	8.8
of which sugars (g)	2.3
Protein (g)	2.3
Fibre (g)	2.6
Salt (g)	0.7

SWEET POTATO, LENTIL & TURMERIC



Per 100g
[76kcal]

Adults need to consume approximately 2000 kcal a day

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.

Typical Values	Per 100g
Energy (kJ)	317
Energy (kcal)	76
Fat (g)	2.2
of which saturates (g)	0.3
Carbohydrates (g)	9.4
of which sugars (g)	1.8
Protein (g)	3.8
Fibre (g)	2.7
Salt (g)	0.9

SPICY CHICKEN & TOMATO



Per 100g
(55 kcal)

Adults need to consume approximately 2000 kcal a day

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.

Typical Values	Per 100g
Energy (kJ)	228
Energy (kcal)	55
Fat (g)	1.9
of which saturates (g)	0.2
Carbohydrates (g)	6.2
of which sugars (g)	2.9
Protein (g)	3.2
Fibre (g)	1.9
Salt (g)	1

MALAYSIAN CURRY



Per 100g
(60kcal)

ALLERGENS: **SOYA**

Adults need to consume approximately 2000 kcal a day

MALAYSIAN CURRY

Broccoli, Red Pepper, Onion, Coconut Milk Powder, Coconut Palm Sugar, Lemon Juice, Ginger, Chilli, Garlic, Red Chilli Pepper, Tamari Soya Sauce (**whole soya beans**), Westcountry Fishy Sauce (Water*, Tamari (water*, **soybean**, salt*), Brown Rice Vinegar, Pineapple Juice Concentrate, Brown Rice Miso (**soy**), Salt*, Water*, Spirit Vinegar, Herbs and Spices), Olive Oil, Star Anise Cinnamon, Turmeric.

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

Typical Values	Per 100g
Energy (kj)	249
Energy (kcal)	60
Fat (g)	3.3
of which saturates (g)	2.4
Carbohydrates (g)	6.9
of which sugars (g)	2.3
Protein (g)	0.8
Fibre (g)	0.5
Salt (g)	0.21

TURMERIC SPINACH DHAL



Per 100g
(83kcal)

ALLERGENS: **MUSTARD**

Adults need to consume approximately 2000 kcal a day

TURMERIC SPINACH DHAL

Lentils, Tomatoes, Spinach (7%), Coconut Milk, Dhal Spice mix (Himalayan Salt*, Curry Powder (Coriander, Cayenne Pepper, Fenugreek, Turmeric, **Mustard Seeds**), Coriander Seeds, Cumin Seeds, Turmeric (<1g), Smoked Paprika, Chilli), Olive Oil, Ginger, Garlic, **Mustard Seeds**.

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

Typical Values	Per 100g
Energy (kj)	349
Energy (kcal)	83
Fat (g)	2.9
of which saturates (g)	1.3
Carbohydrates (g)	10.3
of which sugars (g)	1.2
Protein (g)	4.3
Fibre (g)	1.3
Salt (g)	0.01

CHILLI BEANS



Per 100g
(102kcal)

Adults need to consume approximately 2000 kcal a day

CHILLI BEANS

Chilli Sauce (Tomatoes, Onion, Spice Mix (Himalayan Salt*, Coconut Palm Sugar, Smoked Paprika, Chilli Powder, Coriander Seeds, Cumin Seeds), Garlic, Olive Oil, Himalayan Salt*, Pinto Beans, Red Kidney Beans, Black Turtle Beans, Red Pepper.

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

Typical Values	Per 100g
Energy (kj)	427
Energy (kcal)	102
Fat (g)	1.2
of which saturates (g)	0.3
Carbohydrates (g)	16.5
of which sugars (g)	2.5
Protein (g)	6.5
Fibre (g)	5
Salt (g)	<0.01

VEGAN MOZZARELLA & KALE PESTO PANINI

6.50



Typical serving portion 270g
(574 kcal)

ALLERGENS: **GLUTEN, WHEAT, CASHEW**

Adults need to consume approximately 2000 kcal a day

VEGAN MOZZARELLA & KALE PESTO PANINI

Ciabattini (**Unbleached White Flour (Gluten (Wheat))**, Water*, Olive Oil, Salt*), Kale Pesto (Kale Curly, Olive Oil, Cashew (**Nuts (Cashews)**), Garlic), Portobello Mushroom, Vine Tomato, Mozzarisella (Water*, Sprouted Brown Rice, Salt* Apple Vinegar, Coconut Oil, Sunflower Oil, Oregano, Lemon Juice), Rocket.

Allergen in **bold**. *Permitted non organic ingredients. May contain traces of **Nuts** or **Soya**.

Typical Values	Per 100g	Per serving
Energy (kj)	831	2243
Energy (kcal)	213	574
Fat (g)	11	29
of which saturates (g)	4	11
Carbohydrates (g)	24	65
of which sugars (g)	2.1	5.6
Protein (g)	5	14
Fibre (g)	2.1	5.6
Salt (g)	0.41	1.1

SALMON BAGEL WITH HORSERADISH RICOTTA

6.50

LS

Typical serving portion 185g
(395 kcal)

ALLERGENS: **GLUTEN, WHEAT, MILK & FISH**

Adults need to consume approximately 2000 kcal a day

SALMON BAGEL WITH HORSERADISH RICOTTA

White Plain Flour (**Gluten (Wheat)**, Water*, Sugars, Barley Malt Flour (**Gluten (Barley)**), Yeast Bakers, Salt*), Ricotta (**Pasteurised Organic Milk Whey**, Salt*, Acidity Corrector: Lactic Acid), Horseradish Relish (Horseradish, Water*, Cider Vinegar, Sunflower Oil, Apple Juice Concentrate, Sea Salt*, Guar Gum), Smoked Salmon (16%) (**Fish**, Salt*, Oak Smoke), Rocket Salad

Allergen in **bold**. *Permitted non organic ingredients. May contain traces of **Nuts** or **Soya**.

Typical Values	Per 100g	Per Serving
Energy (kj)	892	1651
Energy (kcal)	213	395
Fat (g)	4.6	8.6
of which saturates (g)	0.5	0.9
Carbohydrates (g)	34	6.2
of which sugars (g)	0.3	0.5
Protein (g)	11	19
Fibre (g)	1.6	2.9
Salt (g)	0.7	1.2

KETO SALMON AND AVO BAGEL

5.99

NG LS

Typical serving portion 140g
[357kcal]

ALLERGENS: **SESAME, SOYA, MUSTARD & FISH**

Adults need to consume approximately 2000 kcal a day

KETO SALMON AND AVO BAGEL

Keto Sesame Bagel* (**Almonds**, Coconut Flour, Golden Flaxseeds, Psyllum Husk, Olive Oil, Bi Carbonate of Soda, Sea Salt*, Apple Cider Vinegar, **Sesame Seeds**) Smoked Salmon, Baby Spinach, Avocado, **Soya Milk**, Olive Oil, Alfalfa, Lemon Juice, **Dijon Mustard (Mustard Seeds**, Vinegar, Salt*), Garlic Puree, Onion Powder, Parsley

Allergens in **bold**. * Non organic ingredients

Typical Values	Per 100g	Per Serving
Energy (kJ)	1052	1493
Energy (kcal)	251	357
Fat (g)	20	28
of which saturates (g)	2.8	3.9
Carbohydrates (g)	2.7	3.9
of which sugars (g)	1	1.5
Protein (g)	11	16
Fibre (g)	7.7	11
Salt (g)	0.8	1

KETO KIMCHEEZE BAGEL

5.99

V+ NG LS

Typical serving portion 175g
[445kcal]

ALLERGENS: **SESAME, ALMONDS, CASHEW**

Adults need to consume approximately 2000 kcal a day

KETO KIMCHEEZE BAGEL

Keto Sesame Bagel* (**Almonds**, Coconut Flour, Golden Flaxseed, Psyllum Husk, Olive Oil, Bi Carbonate of soda, Sea Salt*, Apple Cider Vinegar, **Sesame Seeds**), **Kimcheeze (Activated Cashew Nuts**, Coconut Milk, Kimchi Brine [Chilli Powder, Cabbage, Carrot, Ginger, Spring Onion, Korean Red Chilli, Fresh Chillies, Fresh Garlic], Sea Salt*, Vegetable Enzymes, Live Cultures]), Portobello Mushroom, Baby Spinach, Sunflower Oil, Lemon Juice, Olive Oil, **Tahini (Sesame Seeds)**, Garlic Powder, Himalayan Salt*.

Allergens in **bold**. * Non organic ingredients.

Typical Values	Per 100g	Per Serving
Energy (kJ)	1127	1860
Energy (kcal)	269	445
Fat (g)	23	3.8
of which saturates (g)	3.3	5.5
Carbohydrates (g)	5	8.3
of which sugars (g)	1.8	2.9
Protein (g)	7.8	13
Fibre (g)	7.3	12
Salt (g)	<0.1	<0.1

AVOCADO SMASH



Typical serving portion 65g
(99 kcal)

Adults need to consume approximately 2000 kcal a day

AVOCADO SMASH

Avocado (61%), Tomatoes, Olive Oil, Lemon Juice, Garlic, Himalayan Salt*, Red Onion, Coriander, Red Chilli Pepper,

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

Typical Values	Per 100g	Per serving
Energy (kJ)	639	415
Energy (kcal)	153	99
Fat (g)	16	10
of which saturates (g)	3.1	2
Carbohydrates (g)	2.2	1.4
of which sugars (g)	1	0.7
Protein (g)	1	0.6
Fibre (g)	0.3	0.2
Salt (g)	<0.01	<0.01

HARD BOILED EGG



Each
(72 kcal)

Adults need to consume approximately 2000 kcal a day

HARD BOILED EGG

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

Typical Values	Per 100g	Per serving
Energy (kJ)	598	299
Energy (kcal)	143	72
Fat (g)	9.6	4.8
of which saturates (g)	2.7	1.4
Carbohydrates (g)	0.5	0.3
of which sugars (g)	0.5	0.3
Protein (g)	14	7
Fibre (g)	0.5	0.3
Salt (g)	0.38	0.19

PROTEIN SEEDS



Typical serving portion 25g
(140 kcal)

ALLERGENS: **SESAME, SOYA**

Adults need to consume approximately 2000 kcal a day

PROTEIN SEEDS

Sunflower Seeds (39%), Coconut Chips (29%), Tamari Soya Sauce (**Whole Soya Beans**, Water, Sea Salt, Mirin [sweet rice, water, cultured rice]), Pumpkin Seeds (20%), **Sesame Oil**

Typical Values	Per 100g	Per servings
Energy (kJ)	2342	585
Energy (kcal)	560	140
Fat (g)	46	11
of which saturates (g)	18	4.4
Carbohydrates (g)	17	4.4
of which sugars (g)	1.5	0.4
Protein (g)	19	4.9
Fibre (g)	13	3.3
Salt (g)	1.59	0.4

POWER GREENS WITH CITRUS & APRICOT VINAIGRETTE



Typical serving portion 100g
[42 kcal]

ALLERGENS: **MUSTARD, CELERY**

Adults need to consume approximately 2000 kcal a day

POWER GREENS WITH CITRUS & APRICOT VINAIGRETTE

Peas, Fennel, Courgettes, **Celery**, Broccoli, Green Kale, Spring Greens, White Wine Vinegar, Apricot Dried [3%], Olive Oil, Orange Juice, Brown Rice syrup, **Dijon Mustard (mustard seeds)**, alcohol vinegar, water*, salt*), Himalayan Salt*

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

Typical Values	Per 100g	Per serving
Energy (kj)	175	175
Energy (kcal)	42	42
Fat (g)	2.6	2.6
of which saturates (g)	0.4	0.4
Carbohydrates (g)	3.2	3.2
of which sugars (g)	2.8	2.8
Protein (g)	1.1	1.1
Fibre (g)	0.9	0.9
Salt (g)	0.03	0.03

CORONATION CAULIFLOWER WITH CHICKPEAS



Typical serving portion 130g
[167 kcal]

ALLERGENS: **SOYA**

Adults need to consume approximately 2000 kcal a day

CORONATION CAULIFLOWER WITH CHICKPEAS

Cauliflower [58%], Chickpeas [29%], **Soya Yogurt (soya drink (water*, soya beans, thickener*: pectin, selected ferments)**, Baby Spinach, Raisins, Turmeric Powder, Olive Oil, Smoked paprika, Cumin, Curry Powder, Himalayan Salt*, Lemon Juice

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

Typical Values	Per 100g	Per servings
Energy (kj)	536	697
Energy (kcal)	128	167
Fat (g)	3.8	4.9
of which saturates (g)	0.7	0.8
Carbohydrates (g)	16	20
of which sugars (g)	7.2	9.3
Protein (g)	6	7.8
Fibre (g)	5.4	7.1
Salt (g)	0.02	0.03

SPELT FUSILLI WITH SUNDRIED TOMATOES AND BASIL PESTO



Typical serving portion 140g
[236kcal]

ALLERGENS: **WHEAT**

Adults need to consume approximately 2000 kcal a day

SPELT FUSILLI WITH SUNDRIED TOMATOES AND BASIL PESTO

Spelt White Fusilli [45%] (**white spelt flour**), Courgette, Sundried Tomato, Kalamon Olives Pitted, Rocket, Olive Oil, Parsley, Baby Spinach, Basil, Garlic, Himalayan Salt*

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

Typical Values	Per 100g	Per servings
Energy (kj)	704	986
Energy (kcal)	168	236
Fat (g)	5.2	7.2
of which saturates (g)	0.7	1.5
Carbohydrates (g)	26	36
of which sugars (g)	3.7	5.1
Protein (g)	4.9	6.8
Fibre (g)	1.9	2.7
Salt (g)	<0.01	<0.01

BROCCOLI & SPINACH WITH BALSAMIC MISO DRESSING



Typical serving portion 100 g
(82 kcal)

ALLERGENS: **SOYA, SESAME**

Adults need to consume approximately 2000 kcal a day

BROCCOLI & SPINACH WITH BALSAMIC MISO DRESSING

Broccoli (70%), Balsamic Miso Dressing (10%) [olive oil, white miso [cultured rice, water*, **soya beans**, sea salt*], balsamic vinegar, maple syrup, **sesame oil**, ginger, lemon juice, apple cider vinegar, himalayan salt*], baby spinach (10%), spring onion, red chilli pepper

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

Typical Values	Per 100g	Per servings
Energy (kJ)	339	339
Energy (kcal)	82	82
Fat (g)	5.3	5.3
of which saturates (g)	0.8	0.8
Carbohydrates (g)	5	5
of which sugars (g)	3.4	3.4
Protein (g)	3.3	3.3
Fibre (g)	2.8	2.8
Salt (g)	0.13	0.13

CRUNCHY ASIAN SLAW WITH GINGER MISO DRESSING



Typical serving portion 100g
(54 kcal)

ALLERGENS: **SOYA, SESAME**

Adults need to consume approximately 2000 kcal a day

CRUNCHY ASIAN SLAW WITH GINGER MISO DRESSING

Butternut Squash, Red Cabbage, Red Peppers, Cucumbers, Spring Onion, Coriander, **Sesame Oil**, Tamari Soya Sauce [**soya beans**, water*, sea salt*], Mirin [sweet rice, water, cultured rice], Garlic, Ginger, Lemon Juice, Olive Oil, Miso White [1%] [cultured rice, water*, **soya beans**, sea salt*], Brown Rice Syrup, Brown Rice Vinegar

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

Typical Values	Per 100g	Per servings
Energy (kJ)	228	228
Energy (kcal)	54	54
Fat (g)	2.3	2.3
of which saturates (g)	0.3	0.3
Carbohydrates (g)	7.5	7.5
of which sugars (g)	2.3	2.3
Protein (g)	1.5	1.5
Fibre (g)	2.1	2.1
Salt (g)	0.15	0.15

MEXICAN TRICOLOUR QUINOA



Typical serving portion 140g
(172 kcal)

Adults need to consume approximately 2000 kcal a day

MEXICAN TRICOLOUR QUINOA

Sweetcorn, Cherry Tomatoes, Green Peppers, Black Turtle Beans, Tricolour Quinoa Grain (9%), Spring Onion, Olive Oil, Coriander, Lemon Juice, Sunflower Seeds, Himalayan Salt*, Brown Rice syrup

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

Typical Values	Per 100g	Per servings
Energy (kJ)	448	671
Energy (kcal)	107	160
Fat (g)	5	7.5
of which saturates (g)	0.8	1.1
Carbohydrates (g)	12	18
of which sugars (g)	1.6	2.4
Protein (g)	3.3	5
Fibre (g)	2.7	4
Salt (g)	<0.01	<0.01

BEETROOT CHIPOTLE KETCHUP



Typical serving portiong 40g
(20 kcal)

Adults need to consume approximately 2000 kcal a day

BEETROOT CHIPOTLE KETCHUP

Chipotle Ketchp [46%] [Tomatoes, Tomato Pure, Apple Cider Vinegar, Agave Syrup, Garlic, Red Chilli Pepper, Himalayan Salt*, Cumin Seeds, Cinnamon, Smoked Paprika, Jalapeno Peppers], Beetroot, apple, Apple Cider Vinegar, Fennel, Coconut Palm Sugar, Black Pepper, Himalayan Salt*, Smoked Paprika, Fennel Seeds, Cumin Seeds

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

Typical Values	Per 100g	Per servings
Energy (kJ)	209	84
Energy (kcal)	51	20
Fat (g)	0.4	0.2
of which saturates (g)	0.07	<0.1
Carbohydrates (g)	9.8	3.9
of which sugars (g)	8.9	3.6
Protein (g)	1.6	0.7
Fibre (g)	1.2	0.5
Salt (g)	<0.01	<0.01

BUTTERBEAN HUMMUS



Typical serving portiong 50g
(138 kcal)

ALLERGENS: **SESAME**

Adults need to consume approximately 2000 kcal a day

BUTTERBEAN HUMMUS

Butter Beans, Tahini Brown (**un-hulled sesame seeds**), Lemon Juice, Olive Oil, Himalayan Salt*, Smoked Paprika, Cumin, Garlic Powder

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

Typical Values	Per 100g	Per servings
Energy (kJ)	1152	576
Energy (kcal)	275	138
Fat (g)	17	8.4
of which saturates (g)	2.5	1.3
Carbohydrates (g)	17	8.4
of which sugars (g)	1.7	0.9
Protein (g)	13	6.5
Fibre (g)	10	5.1
Salt (g)	0.2	0.11

CASHEW CAESAR



Typical serving portiong 40g
(106 kcal)

ALLERGENS: **NUT (CASHEW), SOYA**

Adults need to consume approximately 2000 kcal a day

CASHEW CAESAR

Cashews [42%], Apple Cider Vinegar, Lemon Juice, Tamari Soya Sauce (**soya beans**, water*, sea salt*), Mirin [sweet rice, water*, cultured rice], Himalayan Salt*

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

Typical Values	Per 100g	Per servings
Energy (kJ)	1099	439
Energy (kcal)	264	106
Fat (g)	21	8
of which saturates (g)	3.7	1.5
Carbohydrates (g)	9.5	3.8
of which sugars (g)	2.2	0.9
Protein (g)	9.2	3.7
Fibre (g)	1.4	0.6
Salt (g)	0.32	0.13

VEGAN CHEEZE SAUCE



Typical serving portiong 40g
(105 kcal)

ALLERGENS: **NUTS (CASHEW), MUSTARD**

Adults need to consume approximately 2000 kcal a day

VEGAN CHEEZE SAUCE

Cashew, Lemon Juice, Marigold Engevita (dried inactive organic yeast), Dijon Mustard (**mustard seeds**, alcohol vinegar, water*, salt*), Jalapeno Peppers, Vegetable Bouillon (sea salt*, maltodextrin (from maize), rice flour, vegetables (onion, carrot, parsnip), yeast extract*, sunflower oil, parsley, turmeric), Garlic, Himalayan Salt*, Onion, Smoked Paprika, Turmeric

Typical Values	Per 100g	Per servings
Energy (kJ)	1102	441
Energy (kcal)	263	105
Fat (g)	19	7.6
of which saturates (g)	3.4	1.4
Carbohydrates (g)	12	4.7
of which sugars (g)	2.4	0.9
Protein (g)	10	4
Fibre (g)	3.8	1.5
Salt (g)	<0.01	<0.01

LAMB MASSAMAN CURRY WITH SPECKLED LENTILS



Typical serving portion 250g
[283 kcal]

Adults need to consume approximately 2000 kcal a day

LAMB MASSAMAN CURRY WITH SPECKLED LENTILS

Lamb (27%), Tomatoes, Potato, Onion, Sweet Potato, Coconut milk (coconut meat extract (cocos nucifera), Dark Speckled Lentils [5%], Vegetable Bouillon Powder (rice flour, sea salt*, maltodextrin [from maize]*, Vegetables (onion, carrot, parsnip, pumpkin), Yeast Extract*, Sunflower Oil, Turmeric, Mushrooms (white mushroom, shiitake), Parsley, Vegetable Juice (onion, carrot), Lovage, Garlic, Fennel Seed), Coconut Oil, Lime Juice, Garlic, Ginger, Honey, Salt*, Massaman Spice (salt*, smoked paprika, bird's eye chilli, cayenne pepper, coriander seed, sugar, garlic clove, nutmeg, lemongrass, cinnamon, cumin, galangal, cassia, ginger), Sunflower Oil, Coriander, Cumin, Red Onion, Black Pepper, Lemongrass, Cumin Seeds

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

Typical Values	Per 100g	Per serving
Energy (kj)	473	1182
Energy (kcal)	113	283
Fat (g)	5.7	14.3
of which saturates (g)	4.1	10.3
Carbohydrates (g)	6.5	16.3
of which sugars (g)	2.4	6
Protein (g)	6.8	17
Fibre (g)	4.1	10.3
Salt (g)	0.69	1.72

COCONUT CHICKEN CURRY WITH AUBERGINE



Typical serving portion 250g
[190 kcal]

ALLERGENS: SOYA

Adults need to consume approximately 2000 kcal a day

COCONUT CHICKEN CURRY WITH AUBERGINE

Chicken (34%), Potatoes, Onion, Coconut Milk (10%) (coconut meat extract (55%), water*), Aubergine (8%), Red Curry Paste (onions, chilli, water*, red pepper, garlic, sunflower oil, paprika, basil, coriander, lemon and lime zest, dried lemongrass), Tamari Sauce (**soya beans**, water*, sea salt*, mirin (sweet rice, water*, cultured rice)), Red Pepper (3%), Spinach (3%), Sugar, Potato Flour, Coriander, Sunflower Oil, Vegetable Bouillon (Rice flour, Sea salt*, Maltodextrin, Vegetables (onion, carrot, parsnip, pumpkin), Yeast extract*, Sunflower Oil, Turmeric, Mushrooms (white mushroom, shiitake), Parsley, Vegetable Juice (onion, carrot), Lovage, Garlic, Fennel Seed, Sea Salt*, Lime Juice

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

Typical Values	Per 100g	Per serving
Energy (kj)	318	795
Energy (kcal)	76	190
Fat (g)	1.5	3.8
of which saturates (g)	0.3	0.8
Carbohydrates (g)	9.1	23
of which sugars (g)	3.1	7.8
Protein (g)	6.9	17
Fibre (g)	0.9	2.3
Salt (g)	1	2.5

SPELT VEGGIE LASAGNE



Typical serving portion 340g
[365 kcal]

ALLERGENS: **WHEAT, MILK**

Adults need to consume approximately 2000 kcal a day

SPELT VEGGIE LASAGNE

Aubergine, Courgette, Tomatoes, Spelt Lasagne (8%) (Spelt **Wheat** Flour, Water*), Olive Oil, Spinach, Red Pepper, Matured Cheddar (**Milk**, Salt*, Rennet*, Starter Culture*), Onion, Garlic Himalayan Salt*, Oregano, Flour Plain White (**Wheat**, Calcium Carbonate*, Iron*, Thiamin*, Niacin*), Sun-dried Tomato, Tomato Puree, Vegetable Bouillon (Sea Salt*, Maltodextrin [from maize], Rice Flour, Vegetables (onion, carrot, parsnip), Yeast Extract*, Sunflower Oil, Parsley, Turmeric),

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

Typical Values	Per 100g	Per serving
Energy (kj)	452	1526
Energy (kcal)	108	365
Fat (g)	7	24
of which saturates (g)	1.2	4.1
Carbohydrates (g)	8	27
of which sugars (g)	2.1	7.1
Protein (g)	2.7	9.2
Fibre (g)	1.5	5.1
Salt (g)	0.04	0.15

MAC & THREE CHEESES



Typical serving portion 300g
(457 kcal)

ALLERGENS: **WHEAT, MILK**

Adults need to consume approximately 2000 kcal a day

MAC & THREE CHEESES

Vegan Bechamel [White Plain Flour (**Wheat**, Calcium Carbonate*, Iron*, Thiamin*, Niacin*), Olive Oil, Vegetable Bouillon (Sea Salt*, Maltodextrin (from maize), Rice Flour, Vegetables (Onion, Carrot, Parsnip), Yeast Extract, Sunflower Oil, Parsley, Turmeric) Pasta White Macaroni (20%) (Durum **Wheat** Semolina, Water*, Matured Cheddar (6%) (**Milk**, Salt*, Rennet*, Starter Culture*), Mozzarella (3%) (**Milk**, Vegetarian Rennet, Salt*, Lactic Acid Bacteria), Emmental (4%) (**Pasteurized Milk**, Salt*, Lactic Starters*), Himalayan Salt*, Marigold Engevita (Dried Inactive Organic Yeast)]

Allergen in bold. *Permitted non organic ingredients.

Typical Values	Per 100g	Per serving
Energy (kj)	637	1912
Energy (kcal)	152	457
Fat (g)	7.1	21.3
of which saturates (g)	3	8.9
Carbohydrates (g)	16	46
of which sugars (g)	0.6	1.6
Protein (g)	6.1	18.3
Fibre (g)	0.5	1.4
Salt (g)	0.14	0.42

PORTOBELLO STUFFED MUSHROOMS



Typical serving portion 100g
(250 kcal)

ALLERGENS: **NUTS (CASHEW)**

Adults need to consume approximately 2000 kcal a day

PORTOBELLO STUFFED MUSHROOMS

Portobello Mushroom (65%), Olive Oil, **Cashews**, Green Kale, Curly Kale, Garlic, Himalayan Salt*, Rice Bread Crumbs

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

Typical Values	Per 100g	Per serving
Energy (kj)	1045	1045
Energy (kcal)	250	250
Fat (g)	23	23
of which saturates (g)	3.2	3.2
Carbohydrates (g)	8	8
of which sugars (g)	1.9	1.9
Protein (g)	4.6	4.6
Fibre (g)	1.3	1.3
Salt (g)	0.12	0.12

SMOKEY SPICED SWEET POTATO WEDGES



Typical serving portion 120g
[130kcal]

Adults need to consume approximately 2000 kcal a day

SMOKEY SPICED SWEET POTATO WEDGES

Sweet Potatoes (97%), Olive Oil, Onion Powder, Smoked paprika, Chilli Powder, Coriander Seeds, Cumin Seeds, Curry Powder - Hot, Garlic Powder, Himalayan Salt*

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

Typical Values	Per 100g	Per serving
Energy (kJ)	453	543
Energy (kcal)	108	130
Fat (g)	3	3.6
of which saturates (g)	0.4	0.5
Carbohydrates (g)	18	22
of which sugars (g)	0.9	1
Protein (g)	2.2	2.6
Fibre (g)	2.5	3
Salt (g)	<0.001	<0.001

STIR FRIED VEG WITH GINGER, GARLIC & ARAME



Typical serving portion 130g
[85 kcal]

ALLERGENS: **CRUSTACEANS, FISH, MOLLUSCS**

Adults need to consume approximately 2000 kcal a day

STIR FRIED VEG WITH GINGER, GARLIC & ARAME

White Cabbage (34%), Red Peppers (11%), Green Peppers (10%), Carrots (10%), Kale Green (8%), Broccoli (7%), Onions Red (7%), Olive oil, Chilli (2%), Garlic (2%), Ginger (2%), Brown Rice Vinegar, Lemon Juice, Mirin Mikawa (Sweet rice, water, cultured rice), Orange Juice, **Arame** (<1%), Himalayan Salt*

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

Typical Values	Per 100g	Per serving
Energy (kJ)	256	333
Energy (kcal)	65	85
Fat (g)	4	5.2
of which saturates (g)	0.5	0.7
Carbohydrates (g)	5.2	6.8
of which sugars (g)	3.8	4.9
Protein (g)	2.4	3.1
Fibre (g)	3	3.9
Salt (g)	0.01	0.02

BLACK RICE



Typical serving portion 125g
[182 kcal]

Adults need to consume approximately 2000 kcal a day

BLACK RICE

Black Rice, Himalayan Salt*, Vegetable Bouillon [Sea salt*, Maltodextrin (from Maize), Rice Flour, Vegetables 7.2% (Onion, Carrot, Parsnip), Yeast Extract*, Sunflower Oil, Parsley, Turmeric]

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

Typical Values	Per 100g	Per serving
Energy (kJ)	608	760
Energy (kcal)	145	182
Fat (g)	0.8	1
of which saturates (g)	0.2	0.3
Carbohydrates (g)	31	39
of which sugars (g)	0.5	0.7
Protein (g)	3	3.8
Fibre (g)	0.8	1
Salt (g)	<0.01	<0.01

HERBY SPINACH FALAFEL



Typical serving portion 100g
(174 kcal)

ALLERGENS: **SESAME**

Adults need to consume approximately 2000 kcal a day

HERBY SPINACH FALAFEL

Sweet Potato, Chickpeas, Onion, GF Brown Rice Bread Crumbs, Baby Spinach (8%), Olive Oil, Apple Cider Vinegar, Brown Tahini (**un-hulled sesame seeds**) Coriander, Cumin Seeds, Chilli, Garlic, Ginger, Himalayan Salt*, Baking Powder

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

Typical Values	Per 100g	Per serving
Energy (kJ)	783	728
Energy (kcal)	188	174
Fat (g)	7.8	7.2
of which saturates (g)	1.1	1
Carbohydrates (g)	22	21
of which sugars (g)	1.4	1.3
Protein (g)	6.1	5.7
Fibre (g)	3.6	3.4
Salt (g)	0.29	0.27

SEASONAL ROASTED VEG



Typical serving portion 120g
(64 kcal)

Adults need to consume approximately 2000 kcal a day

SEASONAL ROASTED VEG

Courgette (33%), Red Peppers (19%), Yellow Peppers (19%), Fennel (14%), Red Onions (11%), Olive Oil, Garlic, Oregano

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

Typical Values	Per 100g	Per serving
Energy (kJ)	224	269
Energy (kcal)	54	64
Fat (g)	3.7	4.5
of which saturates (g)	0.6	0.7
Carbohydrates (g)	4	4.8
of which sugars (g)	2.3	2.7
Protein (g)	1.3	1.6
Fibre (g)	1.3	1.6
Salt (g)	<0.01	<0.01

VEGAN MASH



Typical serving portion 150g
(254 kcal)

Adults need to consume approximately 2000 kcal a day

VEGAN MASH

Potatoes (90%), Olive Oil, Himalayan Salt*

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

Typical Values	Per 100g	Per serving
Energy (kJ)	710	1064
Energy (kcal)	170	254
Fat (g)	9.8	15
of which saturates (g)	1.4	2
Carbohydrates (g)	18	28
of which sugars (g)	0.8	1.3
Protein (g)	1.8	2.7
Fibre (g)	1.9	2.8
Salt (g)	0.01	0.01

TURMERIC SPINACH DHAL



Typical serving portion 150g
(83kcal)

ALLERGENS: **MUSTARD**

Adults need to consume approximately 2000 kcal a day

TURMERIC SPINACH DHAL

Lentils, Tomatoes, Spinach (7%), Coconut Milk, Dhal Spice mix (Himalayan Salt*, Curry Powder (Coriander, Cayenne Pepper, Fenugreek, Turmeric, **Mustard Seeds**), Coriander Seeds, Cumin Seeds, Turmeric (<1g), Smoked Paprika, Chilli), Olive Oil, Ginger, Garlic, **Mustard Seeds**.

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

Typical Values	Per 100g	Per serving
Energy (kJ)	349	524
Energy (kcal)	83	125
Fat (g)	2.9	4.4
of which saturates (g)	1.3	2
Carbohydrates (g)	10	15
of which sugars (g)	1.2	1.8
Protein (g)	4.3	6.5
Fibre (g)	1.3	2
Salt (g)	0.01	0.015