

Hot Menus

Margherita pizza 399 Kcal – Wheat Flour (41%), Mozzarella cheese (18%) (**Milk**), Water, Tomato Puree (11%) (Tomatoes, Acidity Regulator (Citric Acid)), Cherry Tomato (5%), Mozzarella cheese pearls (2.5%) (**Milk**), Extra Virgin Olive Oil, Onion, Yeast, Salt, Dextrose, Sunflower Oil, Modified Corn Starch, Basil, Enzymes (contains **wheat**), Oregano, Black Pepper.

Allergens are shown in Bold

Contains: **Gluten, Milk** and **Wheat**

May contain: Soya

Halal pepperoni pizza 432Kcal– Wheat Flour (41%), Mozzarella cheese (18%) (**Milk**), Water, Tomato Puree (11%) (Tomatoes, Acidity Regulator (Citric Acid)), Cherry Tomato (5%), Mozzarella cheese pearls (2.5%) (**Milk**), Extra Virgin Olive Oil, Onion, Yeast, Salt, Dextrose, Sunflower Oil, Modified Corn Starch, Basil, Enzymes (contains **wheat**), Oregano, Black Pepper. Turkey, Beef, Beef Fat, Salt, Flavouring, **MILK** Protein (Lactose), Spices, Potato Starch, Glucose Syrup, Antioxidant (E301, E300), Stabiliser (E451) Colour (E160a), Smoke Flavouring, Preservative (E250).

Allergens are shown in Bold

Contains: **Gluten, Milk,** and **Wheat**

May contain: Soya, Celery, Egg and Mustard

Chips 229Kcal – Potato (96%) (Origin: EU), Sunflower Oil.

Contains: None of the 14 Food Allergens

Fish fingers 153 Kcal – Minced Alaska Pollock (FISH) (62%). Breadcrumb Coating, Rapeseed Oil. Breadcrumb Coating (**WHEAT** Flour, Water, Potato Starch, Salt, Paprika, Yeast, Turmeric).

Allergens are shown in Bold

Contains: **Gluten, Fish** and **Wheat**

Halal chicken nuggets 203Kcal – Chicken Breast (51%), **Wheat** Flour, Rapeseed Oil, Water, **Wheat** Starch, Durum **Wheat** Semolina, **Wheat** Fibre, Maize Starch, **Wheat Gluten**, Salt, Yeast, Spice, Spice Extracts.

Allergens are shown in Bold

Contains: **Gluten** and **Wheat**

Vegan nuggets 181Kcal – Mycoprotein (51%), **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Water, **Wheat** Starch, Pea Fibre, Natural Flavouring, Potato Protein, Pea Protein, Salt, **Wheat Gluten**, Durum **Wheat** Semolina, Yeast, Sage, Garlic Powder, White Pepper, Colour: Paprika Extract; Sage Extract, Onion Powder, Onion Oil, Raising Agent: Ammonium Bicarbonate. For allergens, including cereals containing gluten, see ingredients in **bold**.

Allergens are shown in Bold

Contains: **Gluten** and **Wheat**

Gluten free Goujons 816Kcal – Chicken Breast Fillet (66%), Water, Rapeseed Oil, Rice Flour, Gram Flour, Potato Starch, Rice Starch, Salt, Maize Starch, Potato Protein, Emulsifier (Xanthan Gum), Dextrose, Acidity Regulator (Sodium Carbonate).

Contains: None of the 14 Food Allergens

Sandwich Menus

Cheese sandwich 330Kcal – **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Spirit Vinegar, **Soya** Flour, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). Cheddar Cheese (**Milk**) Vegetable Oils (80%)(Rapeseed Oil, Palm Oil, Sunflower Oil), Water, Salt, Emulsifiers(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D.

Allergens are shown in Bold

Contains: **Gluten, Soya, Milk** and **Wheat**

May contain: Barley

Ham sandwich 249Kcal – **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Spirit Vinegar, **Soya** Flour, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). Pork (70%), Water, Salt, Potato Starch, Stabilisers (Carrageenan, Diphosphates, Triphosphates), Dextrose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).

Allergens are shown in Bold

Contains: **Gluten, Soya** and **Wheat**

May contain: Barley

Vegan Jam sandwich 259Kcal – Wheat Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Spirit Vinegar, **Soya** Flour, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). Sugar, Strawberries, Water, Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator (Trisodium Citrate).

Allergens are shown in Bold

Contains: **Gluten, Soya** and **Wheat**

May contain: Barley