

# MEAL INGREDIENTS & NUTRITIONAL VALUES

## BREAKFAST MEALS

### **Breakfast pot strawberry**

*4g carb / 340.6 cal / 35.8g fat / 5.8g protein / 2.3g fibre / 0.14g salt*

Pasteurized Double Cream (**Milk**), Greek Yogurt (**Milk**), Strawberries, Erythritol, Brazil **Nuts**, Walnuts, Mixed Seeds (Pumpkin Seeds, Sunflower Seeds, Golden Linseeds, Hemp Seeds), Golden Linseed, Coconut Oil, Dried Coconut, Freeze Dried Raspberries, Cinnamon, Salt.

ALLERGENS: **MILK, NUTS**

### **Breakfast pot raspberry**

*3.8g carb / 339.8 cal / 35.8g fat / 5.9g protein / 2.1g fibre / 0.14g salt*

Pasteurized Double Cream (**Milk**), Greek Yogurt (**Milk**), Raspberries, Erythritol, Brazil **Nuts**, Walnuts, Mixed Seeds (Pumpkin Seeds, Sunflower Seeds, Golden Linseeds, Hemp Seeds), Golden Linseed, Coconut Oil, Dried Coconut, Freeze Dried Raspberries, Cinnamon, Salt.

ALLERGENS: **MILK, NUTS**

### **Breakfast pot blueberry**

*4.5g carb / 342.2 cal / 35.7g fat / 5.8g protein / 1.9g fibre / 0.14g salt*

Pasteurized Double Cream (**Milk**), Greek Yogurt (**Milk**), Blueberries, Erythritol, Brazil **Nuts**, Walnuts, Mixed Seeds (Pumpkin Seeds, Sunflower Seeds, Golden Linseeds, Hemp Seeds), Golden Linseed, Coconut Oil, Dried Coconut, Freeze Dried Raspberries, Cinnamon, Salt.

ALLERGENS: **MILK, NUTS**

### **Breakfast pot lemon**

*3.2g carb / 373.1 cal / 39.5g fat / 6.3g protein / 1.7g fibre / 0.23g salt*

Pasteurized Double Cream (**Milk**), Greek Yogurt (**Milk**), Erythritol, Brazil **Nuts**, Walnuts, Lemon Juice, Butter (Cream (**Milk**), Water, Salt), Mixed Seeds (Pumpkin Seeds, Sunflower Seeds, Golden Linseeds, Hemp Seeds), **Eggs**, Golden Linseed, Coconut Oil, Dried Coconut, Freeze Dried Raspberries, Cinnamon, Salt.

ALLERGENS: **MILK, NUTS, EGG**

### **Pancakes**

(Salted Caramel, Butterscotch, Vanilla, Chocolate, Maple)

*1.6g carb / 226.5 cal / 21.3g fat / 5.3g protein / 3.2g fibre / 0.24g salt*

**Egg**, Olive Oil, Coconut Flour, Pasteurized Double Cream (**Milk**), Butter (Cream (**Milk**), Water, Salt), Syrup Flavouring (Water, Thickeners (Sodium Carboxy Methyl Cellulose, Xanthan Gum), Flavouring, Salt, Colour, Lactic Acid, Sweetener (Sucralose), Preservatives (Potassium Sorbate, Sodium Benzoate), Erythritol, Baking Powder Gluten Free.

ALLERGENS: **EGG, MILK**

### **Blueberry muffin**

*3.3g carb / 193.4 cal / 17g fat / 6.5g protein / 1.9g fibre / 0.37g salt*

**Egg**, Ground Almonds (**Nuts**), Greek Yogurt (**Milk**), Blueberries, Erythritol, Olive Oil, Coconut, Vanilla Extract (Water, Natural Colour/Flavourings, E150A) Baking Powder Gluten Free, Salt.

ALLERGENS: **EGG, NUTS, MILK**

### **Big breakfast**

*3.3g carb / 602.8 cal / 47.8g fat / 39.3g protein / 2.2g fibre / 2.8g salt*

**Egg**, British Pork Sausages (90% Pork, Water, Rice Flour, Chickpea Flour, Salt, Dextrose, Spices (Ground Nutmeg, Ground White Pepper, Ground Coriander (**Sulphites**)), Onion Powder, Rubbed Sage, Stabiliser: Triphosphates; Cornflour, Preservative: Sodium Metabisulphite (Sulphites); Antioxidant: Ascorbic Acid. Filled into Calcium Alginate Casings) Mushrooms, Tomatoes, Bacon (Pork, Water, Salt, Dextrose, Antioxidant: Sodium Ascorbate; Preservatives: Sodium Nitrate, Potassium Nitrate (**Sulphites**)), Green Peppers, Olive Oil, Salt, Pepper.

ALLERGENS: **EGG, SULPHITES**

### **Sausages, cherry tomatoes and mushrooms**

*3.3g carb / 326 cal / 27.7g fat / 15.9g protein / 2.5g fibre / 0.80g salt*

Mushrooms, British Pork Sausages (90% Pork, Water, Rice Flour, Chickpea Flour, Salt, Dextrose, Spices (Ground Nutmeg, Ground White Pepper, Ground Coriander (**Sulphites**)), Onion Powder, Rubbed Sage, Stabiliser: Triphosphates; Cornflour, Preservative: Sodium Metabisulphite (Sulphites); Antioxidant: Ascorbic Acid. Filled into Calcium Alginate Casings) Tomatoes, Olive Oil.

ALLERGENS: **SULPHITES**

### **Sausages and creamy mushrooms**

*2.5g carb / 425.1 cal / 37.8g fat / 18.6g protein / 1.5g fibre / 1.2g salt*

British Pork Sausages (90% Pork, Water, Rice Flour, Chickpea Flour, Salt, Dextrose, Spices (Ground Nutmeg, Ground White Pepper, Ground Coriander (**Sulphites**)), Onion Powder, Rubbed Sage, Stabiliser: Triphosphates; Cornflour, Preservative: Sodium Metabisulphite (Sulphites); Antioxidant: Ascorbic Acid. Filled into Calcium Alginate Casings), Mushrooms, Cheese (**Milk**), Cheddar Cheese (**Milk**), Olive Oil.

ALLERGENS: **SULPHITES, MILK**

### **Big breakfast frittata**

*2.3g carb / 634.9 cal / 55.2g fat / 32.4g protein / 1.1g fibre / 2.1g salt*

**Egg**, British Pork Sausages (90% Pork, Water, Rice Flour, Chickpea Flour, Salt, Dextrose, Spices (Ground Nutmeg, Ground White Pepper, Ground Coriander (**Sulphites**)), Onion Powder, Rubbed Sage, Stabiliser: Triphosphates; Cornflour, Preservative: Sodium Metabisulphite (Sulphites); Antioxidant: Ascorbic Acid. Filled into Calcium Alginate Casings), Mushrooms, Tomatoes, Bacon (Pork, Water, Salt, Dextrose, Antioxidant: Sodium Ascorbate; Preservatives: Sodium Nitrate, Potassium Nitrate (**Sulphites**)), Pasteurized Double Cream (**Milk**), Parmesan Cheese (**Milk**, Salt, Rennet), Cheddar Cheese (**Milk**), Olive Oil.

ALLERGENS: **EGG, SULPHITES, MILK**

## **LUNCH MEALS**

### **SOUPS**

#### **Cream of chicken**

*5.4g carbs / 262.3 cal / 16.3g fat / 24.9g protein / 0.9g fibre / 0.23g salt*

Chicken, **Celery**, Pasteurized Double Cream (**Milk**), Shallots, Carrots, Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Tumeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)).

Allergens: **CELERY, MILK**

#### **Chicken and veg**

*4.8g carb / 139.6 cal / 5.9g fat / 19.4g protein / 4g fibre / 2.3g salt*

Chicken, Courgette, **Celery**, Broccoli, Water, Carrots, Shallots, Chicken Stock (Chicken, Water), Olive Oil.

Allergens: **CELERY**

#### **Spiced courgette and chicken**

*5.9g carb / 287.7 cal / 27.2g fat / 6.4g protein / 1.6g fibre / 0.12g salt*

Courgette, Water, Chicken, Shallots, Pasteurized Double Cream (**Milk**), Olive Oil, Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Tumeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Garlic, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Paprika (Ground Red Peppers), Chilli Powder (Chilli Powder, Cumin, Garlic, Oregano).

Allergens: **MILK, CELERY**

#### **Celery and chorizo**

*2.7g carb / 209.1 cal / 16.6g fat / 12.5g protein / 1.7g fibre / 1.9g salt*

Water, **Celery**, Chorizo (Pork, Pork Fat, Salt, Smoked Paprika Powder, Cayenne Pepper, Dextrose, Garlic Paste, Antioxidant (Sodium Ascorbate) Flavouring, Preservatives (Sodium Nitrate, Potassium Nitrate, Potassium Sorbate), Natamycin; Nutmeg, Oregano, Natural Sausage Casing (**Sulphites**)), Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Tumeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Rosemary, Garlic.

Allergens: **CELERY, SULPHITES**

#### **Minestrone**

*6g carb / 126.1 cal / 11.2g fat / 1.3g protein / 1.3g fibre / 0.04 g salt*

Water, Tomatoes, Olive Oil, Shallots, **Celery**, Cabbage, Courgette, Carrots, Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Tumeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Carrots, Tomato Purée (Tomatoes, Citric Acid).

Allergens: **CELERY**

### **Cream of mushroom**

*3.1g carb / 146.4 cal / 14.5g fat / 1.7g protein / 1g fibre / 0.12g salt*

Mushrooms, Pasteurized Double Cream (**Milk**), Shallots, Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Tumeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Butter (Cream (**Milk**), Water, Salt), Olive Oil, Garlic Salt, Black Pepper.

Allergens: **MILK, CELERY**

### **Cauliflower parmesan**

*4.8g carb / 169.4 cal / 15.1g fat / 3.9g protein / 1.7g fibre / 0.10g salt*

Water, Cauliflower, Pasteurized Double Cream (**Milk**), Parmesan Cheese (**Milk**, Salt, Rennet), Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Tumeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Ground Black Pepper

Allergens: **MILK, CELERY**

### **Broccoli and Lancashire**

*4.9g carb / 210.8 cal / 16.2g fat / 12.3g protein / 4g fibre / 0.49g salt*

Broccoli, Water, Lancashire Cheese (**Milk**, Salt, Cheese Cultures, Rennet), Pasteurized Double Cream (**Milk**), Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Tumeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Parmesan Cheese (**Milk**, Salt, Rennet)

Allergens: **MILK, CELERY**

## **QUICHES & FRITTATAS**

### **Smoked salmon & cream cheese**

*2.2g carb / 352.2 cal / 30.5g fat / 16g protein / 2.6g fibre / 1.4g salt*

Eggs, Smoked Salmon (**Fish**), Pasteurised Double Cream (**Milk**), Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt), Cheddar Cheese (**Milk**), Ground Almonds (**Nuts**), Coconut Flour, Water, Butter (Cream (**Milk**), Water, Salt), Parmesan Cheese (**Milk**, Salt, Rennet), Salt.

ALLERGENS: **EGG, FISH, MILK, NUTS**

### **Bacon & egg**

*2g carb / 366.8 cal / 32.6g fat / 14.7g protein / 3.2g fibre / 1.1g salt*

Eggs, Pasteurized Double Cream (**Milk**), Bacon (**Sulphites**), Cheddar Cheese (**Milk**), Ground Almonds (**Nuts**), Coconut Flour, Water, Eggs, Butter (Cream (**Milk**), Water, Salt), Parmesan Cheese (**Milk**, Salt, Rennet), Salt.

ALLERGENS: **EGG, MILK, SULPHITES, NUTS**

### **Chicken & broccoli**

*2.7g carb / 397 cal / 33.9g fat / 18.8g protein / 4.1g fibre / 0.84g salt*

**Eggs**, Pasteurized Double Cream (**Milk**), Broccoli, Cheddar cheese (**Milk**), Chicken, Ground Almonds (**Nuts**), Coconut flour, Butter (Cream (**Milk**), Water, Salt), Parmesan Cheese (**Milk**, Salt, Rennet), Salt.

ALLERGENS: **EGG, MILK, NUTS**

### **Broccoli & cheddar**

*2.9g carb / 352.5 cal / 31.2g fat / 13.4g protein / 4.2g fibre / 0.70g salt*

**Eggs**, Broccoli, Cheddar Cheese (**Milk**), Pasteurized Double Cream (**Milk**), Ground Almonds (**Nuts**), Coconut Flour, Water, Parmesan Cheese (**Milk**, Salt, Rennet), Shallots, Olive Oil, Butter (Cream (**Milk**), Water, Salt), Salt.

ALLERGENS: **EGG, MILK, NUTS**

### **3 cheese & shallot**

*2.3g carb / 358.3 cal / 31.9g fat / 12.8g protein / 3.4g fibre / 0.66g salt*

**Eggs**, Pasteurized Double Cream (**Milk**), Cheddar Cheese (**Milk**), Ground Almonds (**Nuts**), Shallots, Coconut Flour, Water, **Eggs**, Lancashire Cheese (**Milk**, Salt, Cheese Cultures, Rennet), Butter (Cream (**Milk**), Water, Salt), Parmesan Cheese (**Milk**, Salt, Rennet), Salt.

ALLERGENS: **EGG, MILK, NUTS**

### **Chorizo & pepper frittata**

*2.4g carb / 535.9 cal / 45.2g fat / 30g protein / 1g fibre / 2.3g salt*

**Eggs**, Chorizo (Pork, Pork Fat, Salt, Smoked Paprika Powder, Cayenne Pepper, Dextrose, Garlic Paste, Antioxidant (Sodium Ascorbate) Flavouring, Preservatives (Sodium Nitrate, Potassium Nitrate, Potassium Sorbate), Natamycin; Nutmeg, Oregano, Natural Sausage Casing (**Sulphites**)), Green Peppers, Pasteurized Double Cream (**Milk**), Parmesan Cheese (**Milk**, Salt, Rennet), Cheddar Cheese (**Milk**).

ALLERGENS: **EGG, SULPHITES, MILK**

### **Chicken & tomato frittata**

*2.6g carb / 515.6 cal / 40.9g fat / 34.4g protein / 0.8g fibre / 0.97g salt*

**Eggs**, Chicken, Tomatoes, Pasteurized Double Cream (**Milk**), Shallots, Parmesan Cheese (**Milk**, Salt, Rennet), Cheddar Cheese (**Milk**), Olive Oil.

ALLERGENS: **EGG, MILK**

## **PASTAS & RISOTTO**

### **Chicken, bacon & spinach black bean spaghetti**

*6.5g carb / 463.1 cal / 25.8g fat / 47g protein / 0.4g fibre*

Chicken, Spinach, Bacon (Pork, Water, Salt, Dextrose, Antioxidant: Sodium Ascorbate,; Preservatives: Sodium Nitrate, Potassium Nitrate (**Sulphites**)), Black Bean Spaghetti (Organic Black Bean Flour (Black **Soybeans**)), Pasteurized Double Cream (**Milk**), Shallots, Butter (**Milk**, Water, Salt), Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Olive oil.

ALLERGENS: **SULPHITES, SOYA, MILK**

### **Mushroom & spinach orzo risotto**

*6.2g carb / 388 cal / 35.2g fat / 9.1g protein / 17.6g fibre*

Mushrooms, Chicken, Pasteurized Double Cream (**Milk**), Reduced Carb Orzo (Paleo Pasta Flour (Resistant Tapioca Starch), Flour Of Oily Seeds (Coconut Flour, Almond Flour (**Nuts**)), Dietary Fibre (Water Soluble And Insoluble), Whole Egg Powder (**Egg**), Apple Flour, **Egg** White Powder (**Egg**), Salt, Whole **Egg**, Water) White Wine (**Sulphites**), Butter (**Milk**, Water, Salt), Shallots

ALLERGENS: **MILK, NUTS, EGG, SULPHITES**

### **Chicken & mushroom rigatoni**

*6.9g carb / 550.8 cal / 39.4g fat / 39.2g protein / 20.6g fibre*

Mushrooms, Chicken, Pasteurized Double Cream (**Milk**), Reduced Carb Rigatoni (Paleo Pasta Flour (Resistant Tapioca Starch), Flour Of Oily Seeds (Coconut Flour, Almond Flour (**Nuts**)), Dietary Fibre (Water Soluble And Insoluble), Whole Egg Powder (**Egg**), Apple Flour, **Egg** White Powder (**Egg**), Salt, Whole **Egg**, Water), White Wine (**Sulphites**), Butter (**Milk**, Water, Salt), Shallots.

ALLERGENS: **MILK, NUTS, EGG, SULPHITES**

### **Chicken, mushroom & spinach risotto**

*4.9g carb / 417.4 cal / 34.5g fat / 18.7g protein / 11.6g fibre*

Mushrooms, Chicken, Spinach, Pasteurized Double Cream (**Milk**), Reduced Carb Orzo (Paleo Pasta Flour (Resistant Tapioca Starch), Flour Of Oily Seeds (Coconut Flour, Almond Flour (**Nuts**)), Dietary Fibre (Water Soluble And Insoluble), Whole Egg Powder (**Egg**), Apple Flour, **Egg** White Powder (**Egg**), Salt, Whole **Egg**, Water) White Wine (**Sulphites**), Butter (**Milk**, Water, Salt), Shallots.

ALLERGENS: **MILK, NUTS, EGG, SULPHITES**

### **Roast vegetable rigatoni**

*8.2g carb / 239.3 cal / 16.3g fat / 15g protein / 21.5g fibre*

Reduced Carb Rigatoni (Paleo Pasta Flour (Resistant Tapioca Starch), Flour Of Oily Seeds (Coconut Flour, Almond Flour (**Nuts**)), Dietary Fibre (Water Soluble And Insoluble), Whole Egg Powder (**Egg**), Apple Flour, **Egg** White Powder (**Egg**), Salt, Whole **Egg**, Water), Courgette, Shallots, Tomatoes, Parmesan Cheese (**Milk**, Salt, Rennet), Green Beans, Olive Oil, Broccoli, Red Peppers, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil) Mixed Herbs (Thyme, Oregano, Parsley, Sage, Basil).

ALLERGENS: **NUTS, EGG, MILK**

### **Chicken and chorizo paella**

*6.5g carb / 332.4 cal / 18g fat / 35.7g protein / 20.6g fibre*

Chicken, Reduced Carb Orzo (Paleo Pasta Flour (Resistant Tapioca Starch), Flour Of Oily Seeds (Coconut Flour, Almond Flour (**Nuts**)), Dietary Fibre (Water Soluble And Insoluble), Whole Egg Powder (**Egg**), Apple Flour, **Egg** White Powder (**Egg**), Salt, Whole **Egg**, Water), Shallots, Chorizo (Pork, Pork Fat, Salt, Smoked Paprika Powder, Cayenne Pepper, Dextrose, Garlic Paste, Antioxidant (Sodium Ascorbate) Flavouring, Preservatives (Sodium Nitrate, Potassium Nitrate, Potassium Sorbate), Natamycin; Nutmeg, Oregano, Natural Sausage Casing (**Sulphites**)), White Wine (**Sulphites**), Olive Oil, Garlic, Chicken Stock (Chicken, Water).

**ETC.**

**Beef stirfry**

*2.9g carb / 179.3 cal / 11.7g fat / 15.6g protein / 2.1g fibre*

Beef, Olive Oil, Shallots, Green Peppers, Broccoli, Pak Choi, Konjac Noodles (Water, Konjac Flour, Firming Agent (Calcium Hydroxide)), Courgette, Green Beans, Carrots, **Soy** Sauce (Water, **Soy**beans, Salt, Spirit Vinegar) Ginger, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil)

ALLERGENS: **SOYA**

**Chicken stirfry**

*3.6g carb / 328.9 cal / 23.3g fat / 26.1g protein / 2.1g fibre*

Chicken, Olive Oil, Shallots, Green Peppers, Broccoli, Pak Choi, Konjac Noodles (Water, Konjac Flour, Firming Agent (Calcium Hydroxide)), Courgette, Green Beans, Carrots, **Soy** Sauce (Water, **Soy**beans, Salt, Spirit Vinegar) Ginger, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil)

ALLERGENS: **SOYA**

**Chicken & broccoli bake**

*5.2g carb / 414.7 cal / 25.1g fat / 42.2g protein / 4.2g fibre*

Chicken, Broccoli, Cream Cheese (Skimmed **Milk**), Cream (**Milk**), **Milk** Proteins, Lactic Cultures, Salt, Preservative (Potassium Sorbate)), Cheddar Cheese (**Milk**), Shallots, Parmesan Cheese (**Milk**, Salt, Rennet), Olive Oil, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil)

ALLERGENS: **MILK**

**Cauliflower, bacon & cheese bake**

*6.9g carb / 591.6 cal / 55.4g fat / 16.7g protein / 2.5g fibre*

Cauliflower, Pasteurized Double Cream (**Milk**), Cheddar Cheese (**Milk**), Bacon (Pork, Water, Salt, Dextrose, Antioxidant: Sodium Ascorbate; Preservatives: Sodium Nitrate, Potassium Nitrate (**Sulphites**)), Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Nutmeg, Garlic, Salt, Ground Black Pepper.

ALLERGENS: **MILK, SULPHITES**

**Cabbage fettucine bolognese**

*10.2g carb / 665.6 cal / 51.7g fat / 39.9g protein / 4.2g fibre*

Cabbage, Beef, Tomatoes, Cheddar Cheese (**Milk**), Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt), Mushrooms, Shallots, Olive oil, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Garlic, Mixed Herbs (Thyme, Oregano, Parsley, Sage, Basil)

ALLERGENS: **MILK**

**Courgette and chicken gratin**

*6.6g carb / 668 cal / 50.2 g fat / 47.6g protein / 1.1g fibre*

Chicken, Courgette, Cheddar Cheese (**Milk**), Pasteurized Double Cream (**Milk**), Shallots, Butter (Cream, **Milk**), Arrowroot, Garlic.

ALLERGENS: **MILK**

## **EVENING MEALS**

### **CHICKEN DISHES**

#### **Chicken Alfredo with cauliflower rice**

*6g carb / 635.7 cal / 44.2g fat / 53.5g protein / 2.3g fibre*

Chicken, Cauliflower, Pasteurized Double Cream (**Milk**), Bacon (Pork, Water, Salt, Dextrose, Antioxidant: Sodium Ascorbate; Preservatives: Sodium Nitrate, Potassium Nitrate (**Sulphites**)), Mushrooms, Parmesan Cheese (**Milk**, Salt, Rennet), Cheddar Cheese (**Milk**), Red Peppers, Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt)), Olive Oil, Butter (**Milk**, Water, Salt), Garlic, Green Pesto (Basil, Sunflower Seed Oil, Grana Padano Cheese (**Milk**), Preservative: Lysozyme (**Egg**), Cashew **Nuts**, Glucose, Salt, Potato Flakes (Potato, Paprika, Turmeric), Acidity Regulator: Lactic Acid; Pine **Nuts**, Pecorino Romano PDO Cheese (**Milk**), Extra Virgin Olive Oil, Garlic)

**ALLERGENS: MILK, SULPHITES, EGG, NUTS**

#### **Teriyaki chicken and pan fried greens**

*4.4g carb / 371.9 cal / 18.1g fat / 48g protein / 2.6g fibre*

Chicken, Broccoli, **Soy** Sauce (Water, **Soy**beans, Salt, Spirit Vinegar) Spring Onion, Green Peppers, Curly Kale, Erythritol, Water, Olive Oil, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Ginger, Xylitol, Xanthan Gum (E415).

**ALLERGENS: SOYA**

#### **Chicken in white wine & pesto courgetti**

*7.9g carb / 505.2 cal / 27.1g fat / 52.9g protein / 1.5g fibre*

Chicken, Courgette, **Celery**, Pasteurized Double Cream (**Milk**), White Wine, Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt), Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Turmeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Parmesan Cheese (**Milk**, Salt, Rennet), Green Pesto (Basil, Sunflower Seed Oil, Grana Padano Cheese (**Milk**), Preservative: Lysozyme (**Egg**), Cashew **Nuts**, Glucose, Salt, Potato Flakes (Potato, Paprika, Turmeric), Acidity Regulator: Lactic Acid; Pine **Nuts**, Pecorino Romano PDO Cheese (**Milk**), Extra Virgin Olive Oil, Garlic).

**ALLERGENS: CELERY, MILK, EGG, NUTS**

#### **Chicken pizzaiola & parmesan broccoli**

*7.3g carb / 496.1 cal / 23.2g fat / 64.9g protein / 4.7g fibre*

Chicken, Green Beans, Broccoli, **Celery**, Tomatoes, Chorizo (Pork, Pork Fat, Salt, Smoked Paprika Powder, Cayenne Pepper, Dextrose, Garlic Paste, Antioxidant (Sodium Ascorbate) Flavouring, Preservatives (Sodium Nitrate, Potassium Nitrate, Potassium Sorbate), Natamycin; Nutmeg, Oregano, Natural Sausage Casing (**Sulphites**)), Olive Oil, Black Olives, Parmesan Cheese (**Milk**, Salt, Rennet), Tomato Purée (Tomatoes, Citric Acid), Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil).

**ALLERGENS: CELERY, SULPHITES, MILK**



### **Prosciutto chicken, pesto sauce & veg**

*4.7g carb / 466.8 cal / 18.7g fat / 70.3g protein / 3.2g fibre*

Chicken, Broccoli, Green Beans, Prosciutto (Pork, Salt (**Sulphites**)), Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt), Pasteurized Double Cream (**Milk**), Cheddar Cheese (Milk), Green Pesto (Basil, Sunflower Seed Oil, Grana Padano Cheese (Milk), Preservative: Lysozyme (**Egg**), Cashew **Nuts**, Glucose, Salt, Potato Flakes (Potato, Paprika, Turmeric), Acidity Regulator: Lactic Acid; Pine **Nuts**, Pecorino Romano PDO Cheese (**Milk**), Extra Virgin Olive Oil, Garlic).

ALLERGENS: **SULPHITES, MILK, EGG, NUTS**

### **Hunters chicken**

*5.5g carb / 472.7 cal / 21.4g fat / 65.4g protein / 4.4g fibre*

Chicken, Cheddar Cheese (**Milk**), Green Beans, Shallots, Tomato Purée (Tomatoes, Citric Acid), Erythritol, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Red Wine Vinegar (Potassium Metabisulphite) , Garlic, Dried Red Chillies.

ALLERGENS: **MILK, SULPHITES**

### **Chicken & chorizo casserole with veg**

*9.7g carb / 386 cal / 13.7g fat / 56.7g protein / 3.9g fibre*

Chicken, **Celery**, Tomatoes, Green beans, Broccoli, Chorizo (Pork, Pork Fat, Salt, Smoked Paprika Powder, Cayenne Pepper, Dextrose, Garlic Paste, Antioxidant (Sodium Ascorbate) Flavouring, Preservatives (Sodium Nitrate, Potassium Nitrate, Potassium Sorbate), Natamycin; Nutmeg, Oregano, Natural Sausage Casing (**Sulphites**)), Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Turmeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Tomato Purée (Tomatoes, Citric Acid), Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil)

ALLERGENS: **CELERY, SULPHITES**

### **Chicken curry & cauliflower rice**

*10.3g carb / 554.6 cal / 44g fat / 27.9g protein / 2.9g fibre*

Chicken, Cauliflower, Tomatoes, Olive Oil, Aubergine, Madras Curry Paste (Rapeseed Oil, Ground Spices, Cumin, Coriander, Paprika, Turmeric, Fenugreek, Ginger, Chilli, Maize Flour, Tamarind, Acetic Acid, Citric Acid, Lactic Acid, **Mustard** Powder) Shallots, Coconut Milk (Coconut Extract, Water, Stabilizers: Guar Gum (E412), Carboxy Methyl Cellulose (E466), Emulsifier: Polysorbate 60 (E435), Antioxidant: Citric Acid (E330)), Red Pepper, Yellow Pepper, Arrowroot, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Garlic

ALLERGENS: **MUSTARD**

## BEEF DISHES

### Chilli con carne with cauliflower rice

*8g carb / 602.4 cal / 46.3g fat / 39.4g protein / 3.1g fibre*

Beef, Cauliflower, Cheddar Cheese (**Milk**), Tomatoes, Sour Cream (**Milk**), Red Peppers, Parmesan Cheese (**Milk**, Salt, Rennet), Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt), Olive Oil, Shallots, Tomato Purée (Tomatoes, Citric Acid), Garlic, Chilli Powder, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Paprika, Black Pepper.

ALLERGENS: **MILK**

### Stuffed peppers

*8.5g carb / 611.7 cal / 48.6g fat / 35.9g protein / 4.2g fibre*

Green Peppers, Beef, Tomato, Cheddar Cheese (**Milk**), Mushrooms, Shallots, Olive Oil, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Dried Red Chillies, Tomato Purée (Tomatoes, Citric Acid), Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Turmeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Paprika, Garlic

ALLERGENS: **MILK, CELERY**

### Stuffed courgettes

*5.8g carb / 602.8 cal / 47.6g fat / 42.7g protein / 3g fibre*

Courgette, Beef, Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Turmeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Tomatoes, Cheddar Cheese (**Milk**), Mushrooms, Shallots, Olive Oil, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Chilli Powder (Chilli Powder, Cumin, Garlic, Oregano), Paprika, Garlic, Tomato Purée (Tomatoes, Citric Acid).

ALLERGENS: **CELERY, MILK**

### Aubergine lasagna

*8g carb / 347.6 cal / 21.5g fat / 29.9g protein / 3.3g fibre*

Aubergine, Tomatoes, Beef, Courgette, Cheddar Cheese (**Milk**), Shallots, Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt) Mozzarella Cheese (**Milk**), Chorizo (Pork, Pork Fat, Salt, Smoked Paprika Powder, Cayenne Pepper, Dextrose, Garlic Paste, Antioxidant (Sodium Ascorbate) Flavouring, Preservatives (Sodium Nitrate, Potassium Nitrate, Potassium Sorbate), Natamycin; Nutmeg, Oregano, Natural Sausage Casing (**Sulphites**)), Olive Oil, Parmesan Cheese (**Milk**, Salt, Rennet), Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Mixed Herbs (Thyme, Oregano, Parsley, Sage, Basil), Garlic.

ALLERGENS: **MILK, SULPHITES**

### **Cheesy lasagna**

*4.9g carb / 699.9 cal / 48.1g fat / 60.5g protein / 1.6g fibre*

Minced Beef, Gouda Cheese (**Milk**), Tomato Purée (Tomatoes, Citric Acid), Tomatoes, Shallots, Cheddar Cheese (**Milk**), Courgette, Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt), Parmesan Cheese (**Milk**, Salt, Rennet), Olive Oil, Garlic, Mixed Herbs (Thyme, Oregano, Parsley, Sage, Basil).

ALLERGENS: **MILK**

### **Beef curry & cauliflower rice**

*9.1g carb / 480.9 cal / 33.8g fat / 34.4g protein / 2.9g fibre*

Cauliflower, Beef, Water, Tomatoes, Aubergine, Shallots, Coconut Milk (Coconut Extract, Water, Stabilizers: Guar Gum (E412), Carboxy Methyl Cellulose (E466), Emulsifier: Polysorbate 60 (E435), Antioxidant: Citric Acid (E330)), Madras Curry Paste (Rapeseed Oil, Ground Spices, Cumin, Coriander, Paprika, Turmeric, Fenugreek, Ginger, Chilli, Maize Flour, Tamarind, Acetic Acid, Citric Acid, Lactic Acid, Mustard Powder) Red Peppers, Butter (**Milk**, Water, Salt), Olive Oil, Yellow Peppers, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Garlic.

ALLERGENS: **MILK**

### **Meatballs, tomato sauce & spaghetti**

*10g carb / 558.9 cal / 29.6g fat / 56.8g protein / 11.5g fibre*

Minced Beef, **Celery**, Tomatoes, Edamame & Mung Bean Fettucine (Organic Edamame Bean Flour (Green **Soybeans**) Organic Mung Bean Flour (**Soya**)), **Egg**, Olive Oil, Shallots, Parmesan Cheese (**Milk**, Salt, Rennet) Garlic, Red Chilli, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Mixed Herbs (Thyme, Oregano, Parsley, Sage, Basil).

ALLERGENS: **CELERY, SOYA, EGG, MILK**

### **Cottage pie & vegetable medley**

*7.7g carb / 369.1 cal / 20.8g fat / 36.5g protein / 5.2g fibre*

Beef, Cauliflower, Broccoli, Green Beans, **Celery**, Cheddar Cheese (**Milk**), Carrots, Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt), Pasteurized Double Cream (**Milk**), Olive Oil, Turnip, Shallots, Parmesan Cheese (**Milk**, Salt, Rennet), Tomato Purée (Tomatoes, Citric Acid), Black Pepper, Thyme, Salt.

ALLERGENS: **CELERY, MILK**

### **Beef in red wine & vegetables**

*2g carb / 226.9 cal / 8.7g fat / 29.5g protein / 1.4g fibre*

Beef, Red Wine (**Sulphites**), Shallots, Mushrooms, Green Beans, Broccoli, Carrots, **Celery**, Olive Oil, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Turmeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Garlic.

ALLERGENS: **SULPHITES, CELERY**

### **Beef in red wine & cauli mash**

*6.2g carb / 403.9 cal / 23.4g fat / 36.5g protein / 2.8g fibre*

Cauliflower, Beef, Red Wine (**Sulphites**), Shallots, Mushrooms, Green Beans, Pasteurized Double Cream (**Milk**), Carrots, **Celery**, Butter (**Milk**, Water, Salt), Olive Oil, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil), Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Turmeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Garlic.

ALLERGENS: **SULPHITES, MILK, CELERY**

## FISH DISHES

### **Salmon & roast Mediterranean veg**

*6g carb / 706.9 cal / 57.9g fat / 40.2g protein / 4.5g fibre*

Salmon (**Fish**), Courgette, Onion, Tomatoes, Aubergine, Yellow Peppers, Olive Oil, Mixed Herbs (Thyme, Oregano, Parsley, Sage, Basil).

ALLERGENS: **FISH**

### **Tuna steak, lemon mustard, sauce & veg**

*4.9g carb / 376.9 cal / 20.9g fat / 42.5g protein / 4.4g fibre*

Tuna (**Fish**), Spinach, Green Beans, Broccoli, Pasteurized Double Cream (**Milk**), Butter (**Milk**, Water, Salt), **Mustard** (Water, Spirit Vinegar, Mustard Seeds, **Mustard** Seeds Husks, Salt, Acidity Regulator: Citric Acid; Flavourings, Antioxidant; Potassium), Olive Oil, Lemon, Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Turmeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Garlic

ALLERGENS: **FISH, MILK, MUSTARD, CELERY**

### **Salmon, lemon mustard sauce & veg**

*4.4g carb / 376.9 cal / 28.8g fat / 25g protein / 4.6g fibre*

Salmon (**Fish**), Green Beans, Broccoli, Spinach, Water, Pasteurized Double Cream (**Milk**), Butter (**Milk**, Water, Salt), **Mustard** (Water, Spirit Vinegar, Mustard Seeds, Mustard Seeds Husks, Salt, Acidity Regulator: Citric Acid; Flavourings, Antioxidant; Potassium), Olive Oil, Lemon Juice, Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Turmeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Garlic

ALLERGENS: **FISH, MILK, MUSTARD, CELERY**

### **Cod loin, cheese sauce & veg**

*5g carb / 388.4 cal / 21.3g fat / 44.1g protein / 5.2g fibre*

Cod (Fish), Spinach, Cheddar Cheese (**Milk**), Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt), Butter (**Milk**, Water, Salt), Green Beans, Broccoli.

ALLERGENS: **FISH, MILK**

### **Mackerel & tuna fishcakes, pesto sauce & veg**

*7.6g carb / 609.5 cal / 46.3g fat / 41g protein / 5.2g fibre*

Cauliflower, Tuna (**Fish**), Broccoli, Asparagus, Spinach, **Egg**, Mackerel (**Fish**), Spring Onion, Cheese (**Milk**), Pasteurized Double Cream (**Milk**), Curly Kale, Parmesan Cheese (**Milk**, Salt, Rennet, Lemon, Peel, Green Pesto (Basil, Sunflower Seed Oil, Grana Padano Cheese (Milk), Preservative: Lysozyme (**Egg**), Cashew **Nuts**, Glucose, Salt, Potato Flakes (Potato, Paprika, Turmeric), Acidity Regulator: Lactic Acid; Pine **Nuts**, Pecorino Romano PDO Cheese (**Milk**), Extra Virgin Olive Oil, Garlic) Parsley

ALLERGENS: **FISH, EGG, MILK, NUTS**

### **Fish pie**

*8.3g carb / 636.6 cal / 43.7g fat / 52.8g protein / 5.5g fibre*

Cod (**Fish**), Cauliflower, Spinach, Pasteurized Double Cream (**Milk**), Cheddar Cheese (**Milk**), Cream Cheese (Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt), Butter (**Milk**, Water, Salt)

ALLERGENS: **FISH, MILK**

### **Etc.**

### **Edemame & mungbean arrabiata**

*10.2g carb / 337.8 cal / 17.7g fat / 28.7g protein / 14g fibre*

Tomatoes, **Celery**, Edamame & Mung Bean Fettucine (Organic Edamame Bean Flour (Green Soybeans) Organic Mung Bean Flour (**Soya**)), Chorizo (Pork, Pork Fat, Salt, Smoked Paprika Powder, Cayenne Pepper, Dextrose, Garlic Paste, Antioxidant (Sodium Ascorbate) Flavouring, Preservatives (Sodium Nitrate, Potassium Nitrate, Potassium Sorbate), Natamycin; Nutmeg, Oregano, Natural Sausage Casing (**Sulphites**)), Olive Oil, Shallots, Garlic, Garlic salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil)

ALLERGENS: **CELERY, SOYA, SULPHITES**

### **Sausages, onion gravy & celeriac dauphinoise**

*7.3g carb / 763.7 cal / 68.4g fat / 30g protein / 5.3g fibre*

British Pork Sausages (90% Pork, Water, Rice Flour, Chickpea Flour, Salt, Dextrose, Spices (Ground Nutmeg, Ground White Pepper, Ground Coriander (**Sulphites**)), Onion Powder, Rubbed Sage, Stabiliser: Triphosphates; Cornflour, Preservative: Sodium Metabisulphite (Sulphites); Antioxidant: Ascorbic Acid. Filled into Calcium Alginate Casings), Celeriac (**Celery**), Pasteurized Double Cream (**Milk**), Shallots, Cheddar Cheese (**Milk**), Arrowroot, Olive Oil, Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (Celery, Turmeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Parmesan Cheese (Milk, Salt, Rennet), Tomato Purée (Tomatoes, Citric Acid), Garlic Salt (Salt, Garlic, Anti-crackling agent (silicon dioxide) Vegetable Oil), **Soy** Sauce (Water, **Soy**beans, Salt, Spirit Vinegar) Garlic.

ALLERGENS: **SULPHITES, MILK, CELERY, SOY**

### **Sausages, onion gravy & cauliflower mash**

*10g carb / 621.2 cal / 50g fat / 33.5g protein / 4.5g fibre*

British Pork Sausages (90% Pork, Water, Rice Flour, Chickpea Flour, Salt, Dextrose, Spices (Ground Nutmeg, Ground White Pepper, Ground Coriander(**Sulphites**)), Onion Powder, Rubbed Sage, Stabiliser: Triphosphates; Cornflour, Preservative: Sodium Metabisulphite (Sulphites); Antioxidant: Ascorbic Acid. Filled into Calcium Alginate Casings), Cauliflower, Shallots, Cheddar Cheese (**Milk**), Butter (**Milk**, Water, Salt), Parmesan Cheese (**Milk**, Salt, Rennet), Cream Cheese (Skimmed **Milk**), Cream (**Milk**), **Milk** Proteins, Lactic Cultures, Salt, Preservative (Potassium Sorbate)) Arrowroot, Olive Oil, Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Turmeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), Tomato Purée (Tomatoes, Citric Acid), Garlic Salt (Salt, Garlic, Anti-crackling agent (silicon dioxide) Vegetable Oil), **Soy** Sauce (Water, **Soybeans**, Salt, Spirit Vinegar) Garlic.

ALLERGENS: **SULPHITES, MILK, CELERY, SOY**

### **Loaded mushrooms**

*7.3g carb / 416.9 cal / 33.4g fat / 22g protein / 4.9g fibre*

Mushrooms, Tomatoes, British Pork Sausages (90% Pork, Water, Rice Flour, Chickpea Flour, Salt, Dextrose, Spices (Ground Nutmeg, Ground White Pepper, Ground Coriander (**Sulphites**)), Mozzarella Cheese (**Milk**), Chorizo (Pork, Pork Fat, Salt, Smoked Paprika Powder, Cayenne Pepper, Dextrose, Garlic Paste, Antioxidant (Sodium Ascorbate) Flavouring, Preservatives (Sodium Nitrate, Potassium Nitrate, Potassium Sorbate), Natamycin; Nutmeg, Oregano, Natural Sausage Casing (**Sulphites**)), **Celery**, Cheddar Cheese (**Milk**), Parmesan Cheese (**Milk**), Olive Oil, Shallots, Garlic, Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Turmeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)).

ALLERGENS: **SULPHITES, MILK, CELERY**

### **BBQ spare ribs & pan fried greens**

*4.3g carb / 646 cal / 44g fat / 59g protein / 3.1g fibre / salt 1.1g*

Pork Ribs, Broccoli, Spring Onion, Green Peppers, Curly Kale, Tomato Purée, Shallots, Olive Oil, Erythritol, Soy Sauce (**Soya**), Red Wine Vinegar, Garlic, Garlic Salt, Chilli Powder.

Allergens: **SOYA**

## **SNACKS & SWEET TREATS**

### **Bread rolls (values listed per roll)**

*1.5 carb / 124 cal / 9.2g fat / 7.9g protein / 4.5g fibre / salt 0.36g*

Water, Ground Almonds (**Nuts**), Casein Protein (**Milk**), Psyllium Husk, Golden Linseed, (Egg) White, Baking Powder, Xanthan Gum (E415).

ALLERGENS: **NUTS, EGG, MILK**

### **Chorizo Pizza**

*5.7g carb / 619 calories / 51g fat / 33g protein / 4.8g fibre / salt 3g*

Courgette, Mozzarella, Chorizo, Tomatoes, Olives, Garlic, Parmesan, Celery, Egg, Olive oil, Golden linseed, Shallots, Garlic salt, Almonds

ALLERGENS: MILK, NUTS, CELERY, EGG

### **Chicken Pizza**

*7g carb / 503 calories / 36g fat / 38g protein / 5g fibre / salt 0.81g*

Courgette, Mozzarella, Tomatoes, Chicken, Green peppers, Parmesan, Celery, Egg, Olive oil, Golden linseed, Shallots, Garlic, Garlic salt, Almonds

ALLERGENS: MILK, NUTS, CELERY, EGG

### **Tuna Pizza**

*5.2g carb / 544 calories / 40g fat / 40g protein / 4.6g fibre / salt 1.9g*

Courgette, Mozzarella, Tuna, Tomatoes, Olives, Garlic, Parmesan, Celery, Egg, Olive oil, Golden linseed, Shallots, Garlic salt, Almonds

ALLERGENS: MILK, NUTS, CELERY, EGG, FISH

### **Cakes**

Values listed per slice

#### **Coconut**

*1.6g carb / 236 calories / 24g fat / 4g protein / 1.2g fibre / salt 0.13g*

Erythritol, Egg, Olive oil, Almonds, Butter, Cheese, Coconut flour

ALLERGENS: MILK, NUTS, EGG

#### **Lemon drizzle**

*1.4g carb / 188 calories / 19g fat / 3.6g protein / 0.8g fibre / salt 0.05g*

Erythritol, Egg, Olive oil, Almonds, Lemon juice, Coconut flour

ALLERGENS: SULPHITES, EGGS, NUTS

#### **Carrot**

*1.7g carb / 246 calories / 24g fat / 5.5g protein / 2.2g fibre / salt 0.69g*

Erythritol, Egg, Olive oil, Almonds, Courgette, Carrots, Walnuts, Coconut flour, Coconuts, Baking powder, Nutmeg, Cinnamon, Cheese

ALLERGENS: NUTS, EGG, MILK

#### **Chocolate**

*1.7g carb / 194 calories / 19g fat / 4g protein / 2.2g fibre / salt 0.69g*

Erythritol, Egg, Olive oil, Almonds, Cheese, Butter, Cocoa powder, Dark Chocolate, Vanilla extract, Coconut flour, Bicarbonate of soda, Salt

ALLERGENS: NUTS, EGG, MILK

### **Millionaire Shortbread**

*0.7g carb / 101 calories / 10g fat / 1.3g protein / 0.5g fibre / salt 0.04g*

Cream, Almonds, Erythritol, Caramel, Allulose, Dark chocolate, Butter, Vanilla extract

ALLERGENS: NUTS, SOYA, MILK

### **Chocolate walnut brownies**

*0.8g carb / 121 calories / 12g fat / 3g protein / 0.9g fibre / salt 0.19g*

Erythritol, Egg, Butter, Dark chocolate, Water, Walnuts, Cocoa powder, Coffee powder

ALLERGENS: NUTS, EGG, MILK

### **Raspberry brownies**

*0.8g carb / 101 calories / 9.6g fat / 2.6g protein / 0.8g fibre / salt 0.18g*

Erythritol, Egg, Butter, Dark chocolate, Water, Raspberry, Cocoa powder, Coffee powder

ALLERGENS: EGG, MILK

### **Lemon cheesecake**

*2.8g carb / 401 calories / 40g fat / 6.6g protein / 1.2g fibre / 0.63g salt*

Cheese, Cream, Erythritol, Almonds, Butter, Egg, Salt, Lemon juice, Egg yolk, Vanilla extract, Baking powder

ALLERGENS: NUTS, EGG, MILK, SULPHITES

### **Chocolate cheesecake**

*3.3g carb / 377 calories / 37g fat / 6.4g protein / 2.5g fibre / salt 0.52g*

Cheese, Cream, Erythritol, Almonds, Butter, Cocoa powder, Coconut, Cocoa nibs, Vanilla extract, Baking powder, Salt, Flavouring

ALLERGENS: NUTS, MILK

### **Salted caramel cheesecake**

*2.7g carb / 355 calories / 36g fat / 5.7g protein / 1.2g fibre / salt 0.52g*

Cheese, Cream, Erythritol, Almonds, Butter, Vanilla extract, Baking powder, Salt, Flavouring

ALLERGENS: NUTS, MILK

### **Banoffee cheesecake**

*2.7g carb / 355 calories / 36g fat / 5.7g protein / 1.2g fibre / salt 0.52g*

Cheese, Cream, Erythritol, Almonds, Butter, Vanilla extract, Baking powder, Salt, Flavouring

ALLERGENS: NUTS, MILK



**Blueberry cheesecake**

*3.4g carb / 397 calories / 40g fat / 6.4g protein / 1.4g fibre / salt 0.58g*

Cheese, Cream, Erythritol, Almonds, Butter, Salt, Vanilla extract, Baking powder, Blueberries

ALLERGENS: NUTS, MILK