

MEAL INGREDIENTS & NUTRITIONAL VALUES

BREAKFAST MEALS

Breakfast pot strawberry

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

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

3.81g carb / 339.8 cal / 35.8g fat / 5.9 protein / 2.1g fibre

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

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

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

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 / 6.5 protein / 1.9g fibre

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

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

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

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 / 537.2 cal / 47.8g fat / 24.6g protein / 1.1g fibre

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

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

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

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

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

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)).

Allergens: **CELERY**

Cream of mushroom

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

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**, Turmeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)), 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

Cauliflower, Parmesan Cheese (**Milk**, Salt, Rennet), Cream (**Milk**), 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)), Ground Black Pepper

Allergens: **MILK, CELERY**

Broccoli and Lancashire

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

Broccoli, Water, Lancashire Cheese (**Milk**, Salt, Cheese Cultures, Rennet), 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)

Allergens: **MILK, CELERY**

QUICHES & FRITTATAS

Smoked salmon & cream cheese

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

Egg, 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

Egg, Pasteurized Double Cream (**Milk**), Bacon (**Sulphites**), Cheddar Cheese (**Milk**), Ground Almonds (**Nuts**), Coconut Flour, Water, 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

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

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

Eggs, Pasteurized Double Cream (**Milk**), Cheddar Cheese (**Milk**), Ground Almonds (**Nuts**), Shallots, Coconut Flour, Water, 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

Egg, 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

Egg, Chicken, Tomatoes, Pasteurized Double Cream (**Milk**), Parmesan Cheese (**Milk**, Salt, Rennet), Cheddar Cheese (**Milk**).

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, **Soybeans**, Salt, Spirit Vinegar) Ginger, Garlic Salt (Salt, Garlic, Anti-Caking Agent (Silicon Dioxide), Vegetable Oil)

ALLERGENS: **SOYA**

Chicken strifry

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, **Soybeans**, 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

5g carb / 714.7 cal / 49.3g fat / 61.4g protein / 1.6g fibre

Gouda Cheese (**Milk**), Tomatoes, Minced 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, Mixed herbs (Thyme, Oregano, Parsley, Sage, Basil).

ALLERGENS: **MILK, SULPHITES**

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**, Tumeric, 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**, Tumeric, 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, Tumeric), 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, **Soybeans**, 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

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

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

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

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

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

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

ALLERGENS: SULPHITES, EGGS, NUTS

Carrot

1.7g carb / 246 calories / 24g fat / 5.5g protein

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

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

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

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

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

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

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

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

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

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

ALLERGENS: NUTS, MILK