

CHEDDAR CHEESE

Cheddar Cheese (Cow's **MILK**), Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, **MILK**).

WHITE BREAD: flour **WHEAT GLUTEN**, water, yeast, salt, vegetable oil shortening, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil)

GRANARY BREAD: flour **WHEAT GLUTEN**, kibbled **WHEAT** malt, milled **BARLEY** flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil).

May contain traces of sesame seeds.

CHEDDAR CHEESE & SALAD

Cheddar Cheese (Cow's **MILK**), Tomato, Lettuce, Cucumber, Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, **MILK**).

WHITE BREAD: flour **WHEAT GLUTEN**, water, yeast, salt, vegetable oil shortening, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil)

GRANARY BREAD: flour **WHEAT GLUTEN**, kibbled **WHEAT** malt, milled **BARLEY** flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil).

May contain traces of sesame seeds.

CHEDDAR CHEESE & ONION

Cheddar Cheese (Cow's **MILK**), Onion, Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, **MILK**).

WHITE BREAD: flour **WHEAT GLUTEN**, water, yeast, salt, vegetable oil shortening, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil)

GRANARY BREAD: flour **WHEAT GLUTEN**, kibbled **WHEAT** malt, milled **BARLEY** flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil).

May contain traces of sesame seeds.

CHEDDAR CHEESE & ALE CHUTNEY

Cheddar Cheese (Cow's **MILK**), Ale Chutney (carrot, onion, swede, cauliflower, sugar, malt **BARLEY** vinegar, apples, tomato paste, dates, rice flour, cornflour, real ale 1% (malted **BARLEY**, brewers yeast) salt, lemon comminute, acidity regulator: citric acid, ground spices, garlic puree, **MUSTARD** powder), Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, **MILK**).

WHITE BREAD: flour **WHEAT GLUTEN**, water, yeast, salt, vegetable oil shortening, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil). **May contain traces of sesame seeds.**

GRANARY BREAD: flour **WHEAT GLUTEN**, kibbled **WHEAT** malt, milled **BARLEY** flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil). **May contain traces of sesame seeds.**

CHEDDAR CHEESE & ROAST HAM

Cheddar Cheese (Cow's **MILK**), Ham (honey, pork), Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, **MILK**).

WHITE BREAD: flour **WHEAT GLUTEN**, water, yeast, salt, vegetable oil shortening, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil)

GRANARY BREAD: flour **WHEAT GLUTEN**, kibbled **WHEAT** malt, milled **BARLEY** flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil).

May contain traces of sesame seeds.

ROAST HAM

Ham (honey, pork), Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, **MILK**.

WHITE BREAD: flour **WHEAT GLUTEN**, water, yeast, salt, vegetable oil shortening, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil)

GRANARY BREAD: flour **WHEAT GLUTEN**, kibbled **WHEAT** malt, milled **BARLEY** flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil).

May contain traces of sesame seeds.

ROAST HAM & SALAD

Ham (honey, pork), Tomato, Lettuce, Cucumber, Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, **MILK**.

WHITE BREAD: flour **WHEAT GLUTEN**, water, yeast, salt, vegetable oil shortening, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil)

GRANARY BREAD: flour **WHEAT GLUTEN**, kibbled **WHEAT** malt, milled **BARLEY** flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil).

May contain traces of sesame seeds.

CHEDDAR CHEESE, ONION, CELERY & MAYO

Cheddar Cheese (Cow's MILK), Onion, CELERY, Mayonnaise (Rapeseed Oil (68%), Water, Pasteurised Free Range EGG Yolk (5%), Spirit Vinegar, Sugar, Starch, Salt, MUSTARD Seeds, Spices, Antioxidant: Calcium Disodium EDTA) (Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, MILK.

WHITE BREAD: flour WHEAT GLUTEN, water, yeast, salt, vegetable oil shortening, bread improver, (WHEAT, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil)

GRANARY BREAD: flour WHEAT GLUTEN, kibbled WHEAT malt, milled BARLEY flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (WHEAT, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil).

May contain traces of sesame seeds.

BLT & MAYO

Bacon (pork, water), Lettuce, Tomato, Mayonnaise (Rapeseed Oil (68%), Water, Pasteurised Free Range **EGG** Yolk (5%), Spirit Vinegar, Sugar, Starch, Salt, **MUSTARD** Seeds, Spices, Antioxidant: Calcium Disodium EDTA), Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, **MILK**.

WHITE BREAD: flour **WHEAT GLUTEN**, water, yeast, salt, vegetable oil shortening, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil)

GRANARY BREAD: flour **WHEAT GLUTEN**, kibbled **WHEAT** malt, milled **BARLEY** flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil).

May contain traces of sesame seeds.

BACON & BRIE

Bacon (pork, water), Brie Cheese (cow's **MILK**), Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, **MILK**).

WHITE BREAD: flour **WHEAT GLUTEN**, water, yeast, salt, vegetable oil shortening, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil)

GRANARY BREAD: flour **WHEAT GLUTEN**, kibbled **WHEAT** malt, milled **BARLEY** flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil).

May contain traces of sesame seeds.

BACON, BRIE & CRANBERRY

Bacon (pork, water), Brie Cheese (cow's **MILK**), Cranberry Sauce (sugar syrup, cranberries (40%), water, gelling agent (pectin), acidity regulators (citric acid, sodium citrate, calcium citrate), preservative (potassium sorbate), Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, **MILK**.

WHITE BREAD: flour **WHEAT GLUTEN**, water, yeast, salt, vegetable oil shortening, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil)

GRANARY BREAD: flour **WHEAT GLUTEN**, kibbled **WHEAT** malt, milled **BARLEY** flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil).

May contain traces of sesame seeds.

ROAST HAM, EGG & MAYO

Ham (honey, pork), **EGG**, Mayonnaise (Rapeseed Oil (68%), Water, Pasteurised Free Range **EGG** Yolk (5%), Spirit Vinegar, Sugar, Starch, Salt, **MUSTARD** Seeds, Spices, Antioxidant: Calcium Disodium EDTA), Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, **MILK**.

WHITE BREAD: flour **WHEAT GLUTEN**, water, yeast, salt, vegetable oil shortening, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil)

GRANARY BREAD: flour **WHEAT GLUTEN**, kibbled **WHEAT** malt, milled **BARLEY** flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil).

May contain traces of sesame seeds.

EGG & MAYO

EGG, Mayonnaise (Rapeseed Oil (68%), Water, Pasteurised Free Range **EGG** Yolk (5%), Spirit Vinegar, Sugar, Starch, Salt, **MUSTARD** Seeds, Spices, Antioxidant: Calcium Disodium EDTA), Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, **MILK**.

WHITE BREAD: flour **WHEAT GLUTEN**, water, yeast, salt, vegetable oil shortening, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil)

GRANARY BREAD: flour **WHEAT GLUTEN**, kibbled **WHEAT** malt, milled **BARLEY** flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil).

May contain traces of sesame seeds.

EGG & CRESS

EGG, Cress, Mayonnaise (Rapeseed Oil (68%), Water, Pasteurised Free Range **EGG** Yolk (5%), Spirit Vinegar, Sugar, Starch, Salt, **MUSTARD** Seeds, Spices, Antioxidant: Calcium Disodium EDTA), Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, **MILK**.

WHITE BREAD: flour **WHEAT GLUTEN**, water, yeast, salt, vegetable oil shortening, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil)

GRANARY BREAD: flour **WHEAT GLUTEN**, kibbled **WHEAT** malt, milled **BARLEY** flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil).

May contain traces of sesame seeds.

EGG & SALAD CREAM

EGG, Salad Cream (water, spirit vinegar, rapeseed oil (22%), sugar, **MUSTARD** powder, modified cornflour, pasteurised **EGG** yolks (3%), salt, colour, riboflavin), Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, **MILK**).

WHITE BREAD: flour **WHEAT GLUTEN**, water, yeast, salt, vegetable oil shortening, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil)

GRANARY BREAD: flour **WHEAT GLUTEN**, kibbled **WHEAT** malt, milled **BARLEY** flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil).

May contain traces of sesame seeds.

CHICKEN MAYO

Chicken (chicken, **GLUTEN, MILK, SESAME**), Mayonnaise (Rapeseed Oil (68%), Water, Pasteurised Free Range **Egg** Yolk (5%), Spirit Vinegar, Sugar, Starch, Salt, **MUSTARD** Seeds, Spices, Antioxidant: Calcium Disodium EDTA), Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, **MILK**).

WHITE BREAD: flour **WHEAT GLUTEN**, water, yeast, salt, vegetable oil shortening, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil)

GRANARY BREAD: flour **WHEAT GLUTEN**, kibbled **WHEAT** malt, milled **BARLEY** flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil).

May contain traces of sesame seeds.

CHICKEN SALAD & MAYO

Chicken (chicken, **GLUTEN, MILK, SESAME**), Lettuce, Tomato, Cucumber, Mayonnaise (Rapeseed Oil (68%), Water, Pasteurised Free Range **EGG** Yolk (5%), Spirit Vinegar, Sugar, Starch, Salt, **MUSTARD** Seeds, Spices, Antioxidant: Calcium Disodium EDTA), Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, **MILK**).

WHITE BREAD: flour **WHEAT GLUTEN**, water, yeast, salt, vegetable oil shortening, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil)

GRANARY BREAD: flour **WHEAT GLUTEN**, kibbled **WHEAT** malt, milled **BARLEY** flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil).

May contain traces of sesame seeds.

CORNED BEEF SALAD

Corned Beef (Beef, **GLUTEN, MILK, SESAME**), Lettuce, Tomato, Cucumber, Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, **MILK**).

WHITE BREAD: flour **WHEAT GLUTEN**, water, yeast, salt, vegetable oil shortening, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil)

GRANARY BREAD: flour **WHEAT GLUTEN**, kibbled **WHEAT** malt, milled **BARLEY** flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil).

May contain traces of sesame seeds.

CORNED BEEF & ALE CHUTNEY

Corned Beef (Beef, **GLUTEN**, **MILK**, **SESAME**), Ale Chutney (carrot, onion, swede, cauliflower, sugar, malt **BARLEY** vinegar, apples, tomato paste, dates, rice flour, cornflour, real ale 1% (malted **BARLEY**, brewers yeast) salt, lemon comminute, acidity regulator: citric acid, ground spices, garlic puree, **MUSTARD** powder), Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, **MILK**).

WHITE BREAD: flour **WHEAT GLUTEN**, water, yeast, salt, vegetable oil shortening, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil). **May contain traces of sesame seeds.**

GRANARY BREAD: flour **WHEAT GLUTEN**, kibbled **WHEAT** malt, milled **BARLEY** flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil). **May contain traces of sesame seeds.**

PRAWN MARIE-ROSE

Prawn **CRUSTACEANS**, cayenne pepper, tomato ketchup (tomatoes (148g per 100g tomato ketchup), spirit vinegar, sugar, salt, spice and herb extracts (contain **CELERY**), spices), Mayonnaise (Rapeseed Oil (68%), Water, Pasteurised Free Range **EGG** Yolk (5%), Spirit Vinegar, Sugar, Starch, Salt, **MUSTARD** Seeds, Spices, Antioxidant: Calcium Disodium EDTA), Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, **MILK**.

WHITE BREAD: flour **WHEAT GLUTEN**, water, yeast, salt, vegetable oil shortening, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacylyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil). **May contain traces of sesame seeds.**

GRANARY BREAD: flour **WHEAT GLUTEN**, kibbled **WHEAT** malt, milled **BARLEY** flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacylyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil). **May contain traces of sesame seeds.**

ROAST BEEF SALAD

Roast Beef, Lettuce, Tomato, Cucumber, Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, **MILK**).

WHITE BREAD: flour **WHEAT GLUTEN**, water, yeast, salt, vegetable oil shortening, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil)

GRANARY BREAD: flour **WHEAT GLUTEN**, kibbled **WHEAT** malt, milled **BARLEY** flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil).

May contain traces of sesame seeds.

ROAST BEEF & HORSERADISH

Roast Beef, Horseradish Sauce (Spirit vinegar, horseradish (33%), turnip, rapeseed oil, water, sugar, glucose-fructose syrup, flavourings, salt, free range British **EGG** yolk powder (0,6%), thickener (xanthan gum), **MUSTARD** flour, dextrose, antioxidant (sodium **METABISULPHITE**), Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, **MILK**.

WHITE BREAD: flour **WHEAT GLUTEN**, water, yeast, salt, vegetable oil shortening, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil)

GRANARY BREAD: flour **WHEAT GLUTEN**, kibbled **WHEAT** malt, milled **BARLEY** flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil).

May contain traces of sesame seeds.

ROAST PORK, APPLE & STUFFING

Roast Pork, Apple Sauce (British bramley apple (69%), sugar, glucose fructose syrup, water, modified corn starch, acid (citric acid), preservative (potassium sorbate), Stuffing (**WHEAT** flour (with added calcium, iron, niacin, thiamin), dried onion (15%), vegetable oils (palm, sunflower), salt, dried sage (1.5%), dried parsley, raising agents (ammonium carbonates, sodium hydrogen carbonate), **BARLEY** malt extract), Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, **MILK**.

WHITE BREAD: flour **WHEAT GLUTEN**, water, yeast, salt, vegetable oil shortening, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil)

GRANARY BREAD: flour **WHEAT GLUTEN**, kibbled **WHEAT** malt, milled **BARLEY** flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil).

May contain traces of sesame seeds.

ROAST TURKEY, CRANBERRY & STUFFING

Roast Turkey (chicken browning (potato starch, spices, salt, onion granules, colour: ammonia caramel, chickpea flour), sodium), Cranberry Sauce (sugar syrup, cranberries (40%), water, gelling agent (pectin), acidity regulators (citric acid, sodium citrate, calcium citrate), preservative (potassium sorbate), Stuffing (**WHEAT** flour (with added calcium, iron, niacin, thiamin), dried onion (15%), vegetable oils (palm, sunflower), salt, dried sage (1.5%), dried parsley, raising agents (ammonium carbonates, sodium hydrogen carbonate), **BARLEY** malt extract), Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, **MILK**).

WHITE BREAD: flour **WHEAT GLUTEN**, water, yeast, salt, vegetable oil shortening, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil)

GRANARY BREAD: flour **WHEAT GLUTEN**, kibbled **WHEAT** malt, milled **BARLEY** flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil).
May contain traces of sesame seeds.

ROAST TURKEY & SALAD

Roast Turkey (chicken browning (potato starch, spices, salt, onion granules, colour: ammonia caramel, chickpea flour), sodium), Lettuce, Tomato, Cucumber, Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, **MILK**.

WHITE BREAD: flour **WHEAT GLUTEN**, water, yeast, salt, vegetable oil shortening, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil)

GRANARY BREAD: flour **WHEAT GLUTEN**, kibbled **WHEAT** malt, milled **BARLEY** flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil).

May contain traces of sesame seeds.

TUNA MAYO

Tuna (**FISH**, water, salt), Mayonnaise (rapeseed oil (68%), water, pasteurised free range **EGG** yolk (5%), spirit vinegar, sugar, starch, salt, **MUSTARD** seeds, spices, antioxidant: calcium disodium EDTA), Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, **MILK**).

WHITE BREAD: flour **WHEAT GLUTEN**, water, yeast, salt, vegetable oil shortening, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil)

GRANARY BREAD: flour **WHEAT GLUTEN**, kibbled **WHEAT** malt, milled **BARLEY** flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil).

May contain traces of sesame seeds.

TUNA MAYO & CUCUMBER

Tuna (**FISH**, water, salt), Cucumber, Mayonnaise (rapeseed oil (68%), water, pasteurised free range **EGG** yolk (5%), spirit vinegar, sugar, starch, salt, **MUSTARD** seeds, spices, antioxidant: calcium disodium EDTA), Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, **MILK**).

WHITE BREAD: flour **WHEAT GLUTEN**, water, yeast, salt, vegetable oil shortening, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil)

GRANARY BREAD: flour **WHEAT GLUTEN**, kibbled **WHEAT** malt, milled **BARLEY** flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil).

May contain traces of sesame seeds.

TUNA MAYO & SALAD

Tuna (**FISH**, water, salt), Lettuce, Tomato, Cucumber, Mayonnaise (rapeseed oil (68%), water, pasteurised free range **EGG** yolk (5%), spirit vinegar, sugar, starch, salt, **MUSTARD** seeds, spices, antioxidant: calcium disodium EDTA), Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, **MILK**).

WHITE BREAD: flour **WHEAT GLUTEN**, water, yeast, salt, vegetable oil shortening, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil)

GRANARY BREAD: flour **WHEAT GLUTEN**, kibbled **WHEAT** malt, milled **BARLEY** flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil).

May contain traces of sesame seeds.

TUNA MAYO & SWEETCORN

Tuna (**FISH**, water, salt), Sweetcorn, Mayonnaise (rapeseed oil (68%), water, pasteurised free range **EGG** yolk (5%), spirit vinegar, sugar, starch, salt, **MUSTARD** seeds, spices, antioxidant: calcium disodium EDTA), Vegetable Spread (rapeseed oil, palm oil, water, salt, emulsifier (mono & di-glycerides of fatty acids), preservative (potassium sorbate), colours (annatto bixin, curcumin), acidity regulator (citric acid), flavouring, **MILK**).

WHITE BREAD: flour **WHEAT GLUTEN**, water, yeast, salt, vegetable oil shortening, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil)

GRANARY BREAD: flour **WHEAT GLUTEN**, kibbled **WHEAT** malt, milled **BARLEY** flour, ascorbic acid E300, vegetable oil shortening, nicotinamide, thiamine, bread improver, (**WHEAT**, calcium carbonate, iron, niacin, emulsifier (mono and diacetyl) fatty acids, anti-caking agent calcium sulphate, ascorbic acid, rapeseed oil).

May contain traces of sesame seeds.

COBS: Ingredients List (updated 17.07.23)

Bacon	Pork, water
Beef Burgers	Beef, caramelised onion, black pepper, WHEAT, SULPHITE
Beetroot Sliced Jar	Beetroot, Water, Acidity Regulator (Acetic Acid), Malt Vinegar (BARLEY), Sugar, Salt, Preservative (Potassium Sorbate)
Black Pudding	WHEAT, BARLEY, OATMEAL
Breads - Crusty White roll, baguette & Sub	WHEAT
Breads - Granary roll	WHEAT, BARLEY
Breads - Soft White roll & Baguette	WHEAT
Butter Spreads	
Cheeses	
Colmans Apple Sauce	British Bramley Apple (69%), Sugar, Glucose Fructose Syrup, Water, Modified Corn Starch, Acid (Citric Acid), Preservative (Potassium Sorbate)
Colmans Mustard	Water, MUSTARD flour (21%), sugar, salt, WHEAT flour, turmeric, citric acid, stabiliser (xanthan gum)
Ham	Honey, pork
Hash Browns	Potato (88%), Sunflower Oil (8%), Onion, Potato Flake, Salt, White Pepper, Dextros
Heinz Baked Beans	<ul style="list-style-type: none"> Beans (51%), Tomatoes (34%), Water, Sugar, Spirit Vinegar, Modified Corn Flour, Salt, Spice Extracts, Herb Extract
Heinz Mayonnaise	<ul style="list-style-type: none"> Rapeseed Oil (68%), Water, Pasteurised Free Range EGG Yolk (5%), Spirit Vinegar, Sugar, Starch, Salt, MUSTARD Seeds, Spices, Antioxidant (Calcium Disodium EDTA)
Heinz Salad Cream	<ul style="list-style-type: none"> Water, Spirit Vinegar, Rapeseed Oil (22%), Sugar, MUSTARD Powder, Modified Cornflour, Pasteurised EGG Yolks (3%), Salt, Colour (Riboflavin)
Heinz Tomato Ketchup	<ul style="list-style-type: none"> Tomatoes (148g per 100g Tomato Ketchup), Spirit Vinegar, Sugar, Salt, Spice and Herb Extracts (contain CELERY), Spice
HP Brown Sauce	<ul style="list-style-type: none"> Tomatoes, Malt Vinegar (BARLEY), Molasses, Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Dates, Modified Cornflour, RYE Flour, Salt Spices, Flavourings, Tamarind
Pasties Meat	WHEAT, MILK, SOYA, BARLEY
Pasties Veg	WHEAT, MILK, SOYA, BARLEY
Paxo Sage & Onion Stuffing	<ul style="list-style-type: none"> WHEAT Flour (with added Calcium, Iron, Niacin, Thiamin), Dried Onion (15%), Vegetable Oils (Palm, Sunflower), Salt, Dried Sage (1.5%), Dried Parsley, Raising Agents (Ammonium Carbonates, Sodium Hydrogen Carbonate), BARLEY Malt Extract
Plum Tomatoes	Tomatoes, Concentrated Tomato Juice, Acidity Regulator (Citric Acid)
Princes Tuna	Tuna (FISH), Water, Salt
Sandwich Fillers	
Sausage Rolls	Pork, WHEAT, SOYA
Sausages	Pork, WHEAT , nutmeg