



How this guide works

**Last Updated :
27/01/26 Version 2**

Allergens

If you have an allergy, head to the till to order and please speak to the manager on duty, so that extra precautions can be taken

We declare allergens that are intentionally added to products and, where our suppliers have indicated possible cross contamination risks, we declare these too.

Our food and drink are however, prepared to order in a busy kitchen where allergens are also present, and equipment is shared.

The following allergens are handled in our kitchens – celery, cereals containing gluten, eggs, fish, milk, mustard, nuts, sesame, soya and sulphites and we cannot guarantee the product is free from these additional allergens due to possible cross-contamination.

Contains

Allergens are present within the product.

May contain

Traces of allergen may be present from our supplier or kitchen processes and cannot be removed from the product.

Further Information

We declare which ingredient within the dish contains the allergen.

Vegetarian & Plant-based

Although our restaurants aren't vegetarian, our kitchens aim to keep non-meat products separate from meat products - but we can't guarantee it. Please speak to the manager for more information on how your meal will be prepared.

Plant-based and vegetarian products are cooked on the same grills as ingredients derived from animal origin.

Where we make a dietary claim regarding any menu items that are suitable for those following a plant-based diet, please be aware that this is applicable to the recipe only and cannot be used solely as assurance that there is no risk of cross contamination with allergenic ingredients, such as milk and egg.



Vegetarian



Plant-based

Please always be sure to check the full recipe breakdown for full ingredients and allergen information.

View Menu

Food & Menu Specifications

Want to know how this guide works? [Click here.](#)



Starters



Chicken



Sides



Burgers, Pittas, Wraps



Nandinos



Spices & Sauces



Extras & Garnish



Salads & Bowls



Desserts



Drinks

Starters



Please click on each card to view more information on each product, including cross contamination notes and ingredients.

V Vegetarian **🌿** Plant-based

Halloumi Sticks & Chilli Jam

CONTAINS
Milk



Houmous with PERi-PERi Drizzle & Pitta Bread

CONTAINS
Gluten • Sesame



PERi-PERi Nuts

CONTAINS
Nuts



Spicy Mixed Olives

CONTAINS
n/a



Sweet Potato Wedges with Garlic PERinaise

CONTAINS
n/a



Cheesy Garlic Pitta

CONTAINS
Gluten • Milk



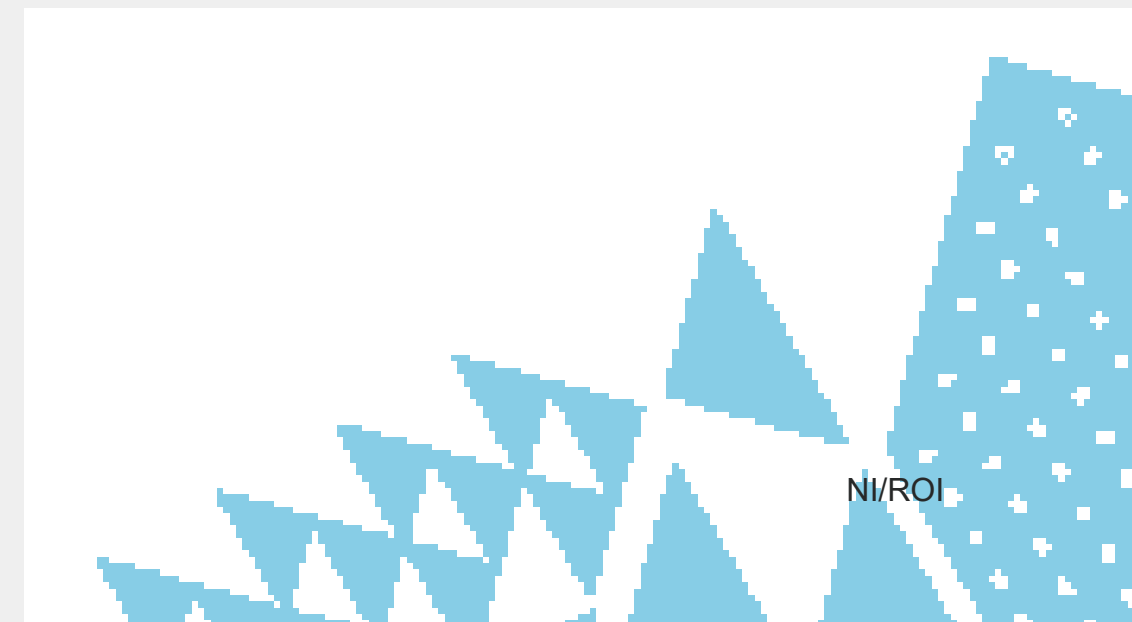
Halloumi Sticks & PERi-Honey

CONTAINS
Milk



Bubble & Squeak Croquettes

CONTAINS
Milk • Eggs • Mustard



Halloumi Sticks & Chilli Jam



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Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Halloumi sticks contain pasteurised cow's, sheep's and goat's milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

HALLOUMI STICKS (**Milk**, Salt, Mint)

CHILLI JAM (Tomatoes, Brown Sugar, Red Wine Vinegar, Red Chilli, Red Onions, Cornflour, Tomato Paste, Garlic Puree, Salt, Gelling Agent (Pectin))

RAPESEED OIL

Halloumi Sticks & PERi-Honey

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V Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Halloumi sticks contain pasteurised cow’s, sheep’s and goat’s milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

HALLOUMI STICKS (**Milk**, Salt, Mint)

PERi-Honey (Blossom Honey, Birds Eye Chilli, Natural Capsicum Flavouring)

RAPESEED OIL

Houmous with PERi-PERi Drizzle and Pitta Bread

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Pitta bread contains gluten from wheat
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			Houmous contains sesame paste
Soya & Derivatives			
Sulphites			

Ingredients

PITTA BREAD (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Sourdough (Sourdough, Salt, Brandy Vinegar, **Wheat** Starch), Yeast, Salt

HOUMOUS (Chickpeas (Chickpeas, Water, Sodium Bicarbonate), Lemon Juice, Rapeseed Oil, Water, **Sesame** Paste, Salt, Garlic Puree, Preservative (Potassium Sorbate))

PERi-PERi Drizzle (Olive Oil, Lemon Juice, Chilli Infused Sunflower Oil (Sunflower Oil, Red Chilli, Salt), Garlic Puree, Red Chilli Puree, Red Wine Vinegar, Salt, Spices (Paprika, African Birds Eye Chilli)

PERi-PERi Nuts

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			May contain gluten from wheat and barley
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives		<div>🚫</div>	Contains almonds, cashews and macadamia nuts. May contain hazelnuts, walnuts, pistachios, Brazil nuts and pecans.
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Almonds, Cashew Nuts, Macadamia Nuts, PERi-PERi Spice Mix (Paprika Powder, Salt, Red Chilli Powder, African Birds Eye Chilli Powder), Sunflower Oil

Spicy Mixed Olives

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Pitted Green and Purple Olives, Garlic Cloves, Red Peppers, Mushrooms, Salt, Grape Vinegar, Rapeseed Oil, Dried Garlic, Herbes De Provence, Black Pepper, Chilli

Sweet Potato Wedges with Garlic PERinaise

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

SWEET POTATO WEDGES (Sweet Potato, Rapeseed Oil, Batter (Maize, Potato), Rice Flour, Potato Dextrin, Salt, Stabiliser (Xanthan Gum), Colour (Paprika Extract), Turmeric Extract

GARLIC PERINAISE (Water, Rapeseed Oil, Sugar, Vinegar Blend (Spirit Vinegar, Cider Vinegar), Thickener (Modified Maize Starch), Medium Sauce (Water, Spirit Vinegar, Onion, Spice Mix (Salt, Spices (Red Chilli Pepper, Birds Eye Chilli), Herb (Bay Leaf))), Rapeseed Oil, Lemon Juice, Green Chilli, Garlic Puree, Un-waxed Lemon Zest, Stabilisers (Guar Gum, Xanthan Gum), Spice Mix (Salt, Spices (Paprika, Red Chilli Pepper, White Pepper)), Yeast Extract, Flavourings, Colour (Curcumin, Paprika Extract), Salt, Modified Starch, Garlic Puree, Tapioca Starch, Garlic Powder, Paprika

Cheesy Garlic Pitta

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V Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Pitta bread contains gluten from wheat
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Cheddar cheese contains pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

PITTA BREAD (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Sourdough (Sourdough, Salt, Brandy Vinegar, **Wheat** Starch), Yeast, Salt

GARLIC & CHILLI SPREAD (Vegetable Shortening (Rapeseed Oil, Palm Oil, Water, Colour (Carotenes), Garlic Puree, Water, Green Chilli, Garlic Powder, Salt, White Pepper, Parsley

CHEDDAR CHEESE (**Milk**)

RED PEPPER CHUTNEY (Roasted Red Pepper, Brown Sugar, Water, Spirit Vinegar, Lemon Juice, Red Pepper, Red Chilli Purée, Corn Flour, Salt, Chipotle Chilli, Chilli, Spices (Paprika, Cayenne, Birds Eye Chilli), Gelling Agent (Pectin), Ground Coriander, Bay Leaves, Ground Cumin)

SPRING ONIONS

MEDIUM BASTING SAUCE (Water, Rapeseed Oil, Spirit Vinegar, Green Chilli, Spice Mix (Salt, Red Chilli Pepper, African Birds Eye Chilli, Paprika, Herb (Bay Leaf), Lemon, Stabilisers (Guar Gum, Xanthan Gum), Onion, Preservative (Potassium Sorbate), Garlic Puree)

Bubble & Squeak Croquettes

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 Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			Caesar Dressing contains pasteurised eggs
Fish & Derivatives			
Lupin			
Milk & Derivatives			Caesar Dressing contains pasteurised milk
Molluscs			
Mustard			Caesar Dressing contains mustard
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

BUBBLE & SQUEAK CROQUETTE (Potato, Sprouts, Cabbage, Gluten Free Breadcrumbs (Rice Flour, Potato Starch, Tapioca Starch, Rapeseed Oil, Dextrose, Sugar, Yeast, Salt, Maize Starch, Psyllium Fibre), Red Onion, Water, Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Margarine (Palm Oil, Rapeseed Oil, Water, Salt), Salt, Olive Oil, Rapeseed Oil, Peri Pachanga Africa S Nabe Spice Mix (Salt, Red Chilli Pepper, Birds Eye Chilli, Ground Bay), Parsley, Black Pepper)

CAESAR DRESSING (Rapeseed Oil, Water, Medium Fat Hard Cheese **(Milk)**, Lemon Juice, Salted Free Range **Egg** Yolk (Free Range **Egg** Yolk, Salt), Spirit Vinegar, Sugar, Garlic Puree, Dijon **Mustard** (Water, Mustard Flour, Spirit Vinegar, Sea Salt, **Mustard** Husk, Pimento, Turmeric), Worcester Sauce (Water, Black Treacle, Spirit Vinegar, Tamarind concentrate, Salt, Onion Powder, Garlic Powder, White Pepper, Pimento, Ginger, Paprika, Clove), Cornflour, Tomato Paste, Salt, Puremami (Maltodextrin, Smoked Yeast Powder, Smoked Mushroom Powder), Capers, Black Pepper, Preservative: Potassium Sorbate)

Chicken



Please click on each card to view more information on each product, including cross contamination notes and ingredients.

Vegetarian Plant-based

Chicken Livers & Rustic Portuguese Roll
CONTAINS
Gluten • Milk

Nando's Chicken Butterfly
CONTAINS
n/a

Nando's Chicken Thighs / Fillet/ Pulled
CONTAINS
n/a

Nando's Chicken Quarter, Half, Whole
CONTAINS
n/a

Boneless Platter
CONTAINS
n/a

Nando's Chicken Wings
CONTAINS
n/a

Extra Saucy Wings
CONTAINS
Egg • Milk • Mustard



Nando's Chicken Livers & Rustic Portuguese Roll

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Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Rustic Portuguese roll contains gluten from wheat and oats
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Butter portion contains milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Rustic Portuguese roll may contain soya
Sulphites			

Ingredients

CHICKEN LIVERS (Chicken Liver, Liver Sauce (Rapeseed Oil, Onion, Water, Tomatoes, Garlic Puree, Spirit Vinegar, Spice Mix (Sea Salt, Spices (Red Chilli Pepper, Paprika, Birds Eye Chilli), Vegetable Shortening (Rapeseed Oil, Palm Oil, Water, Colour (Carotenes), Citric Acid), Salt, Green Chilli, Cornflour, Stabilisers (Xanthan Gum, Guar Gum)

RUSTIC PORTUGUESE ROLL (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Bakery Improver (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Sugar, Salt, Emulsifiers (Mono- And Diglycerides Of Fatty Acids, Sodium Stearoyl-2-Lactylate), Vegetable Oils (Palm, Rapeseed), Inactive Dry Yeast, Flour Treatment Agent (Ascorbic Acid), Potato Flakes (Potato Flakes, Emulsifier (Mono & Di Glycerides Of Fatty Acids), Organic **Oat** Milk (Spring Water, Organic **Oats**, Sunflower Oil, Sea Salt), Yeast, **Wheat** Semolina.

BUTTER PORTION (Butter (**Milk**))

BASTING SAUCE ([View Spices](#))

Nando's Chicken Wings

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Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

MARINATED CHICKEN WINGS (Chicken Wings, Marinade (Spirit Vinegar, Rapeseed Oil, Spice Mix (Salt, Spices (Red Chilli Pepper, Paprika, African Birds Eye Chilli), Garlic Puree, Lemon, Green Chilli, Water)
BASTING SAUCE ([View Spices](#))

Nando's Chicken – Quarter, Half, Whole

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Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

MARINATED CHICKEN (Chicken, Marinade (Spirit Vinegar, Rapeseed Oil, Spice Mix (Salt, Spices (Red Chilli Pepper, Paprika, African Birds Eye Chilli), Garlic Puree, Lemon, Green Chilli, Water)
BASTING SAUCE ([View Spices](#))

Nando's Chicken Thighs/Fillet/Pulled

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Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			ONLY Pulled Chicken may contain milk from chicken processes
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

MARINATED CHICKEN THIGHS / FILLET / PULLED (Chicken, Marinade (Spirit Vinegar, Rapeseed Oil, Spice Mix (Salt, Spices (Red Chilli Pepper, Paprika, African Birds Eye Chilli), Garlic Puree, Lemon, Green Chilli, Water)
BASTING SAUCE ([View Spices](#))

Nando's Chicken Butterfly

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Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

MARINATED BUTTERFLY CHICKEN BREAST (Chicken Breast, Marinade (Spirit Vinegar, Rapeseed Oil, Spice Mix (Salt, Spices (Red Chilli Pepper, Paprika, African Birds Eye Chilli), Garlic Puree, Lemon, Green Chilli, Water)
BASTING SAUCE ([View Spices](#))

Extra Saucy Wings

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Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives	✓		Lightly spiced yogurt mayo contains pasteurised egg
Fish & Derivatives			
Lupin			
Milk & Derivatives	✓		Lightly spiced yogurt mayo contains pasteurised milk
Molluscs			
Mustard	✓		Lightly spiced yogurt mayo contains mustard
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

MARINATED CHICKEN WINGS (Chicken Wings, Marinade (Spirit Vinegar, Rapeseed Oil, Spice Mix (Salt, Spices (Red Chilli Pepper, Paprika, African Birds Eye Chilli), Garlic Puree, Lemon, Green Chilli, Water)

PERi TAMER (Water, Brown Sugar, Sugar, Tomato Paste, Spirit Vinegar, Cane Molasses, Lemon Juice, Rapeseed Oil, Smoked Paprika, Apple Juice From concentrate, Salt, Garlic Puree, Stabiliser: Xanthan Gum, Stabiliser: Guar Gum)

LIGHTLY SPICED YOGURT MAYO (Water, Yogurt (23%) (**Milk**), Rapeseed Oil, White Wine Vinegar, Cornflour, Sugar, Free Range **Egg** Yolk Powder, Coriander Leaves, Salt, **Mustard** Powder, Lemon Juice Concentrate, Red Chillies, Onion Powder, Stabilisers (Xanthan Gum, Guar Gum), Cracked Black Pepper, Preservative (Potassium Sorbate), Ground White Pepper, Ground Coriander, Birds Eye Chillies)

BASTING SAUCE ([View Spices](#))

Boneless Platter

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Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

MARINATED CHICKEN THIGHS AND BUTTERFLY BREAST (Chicken Breast, Chicken Thighs, Marinade (Spirit Vinegar, Rapeseed Oil, Spice Mix (Salt, Spices (Red Chilli Pepper, Paprika, African Birds Eye Chilli), Garlic Puree, Lemon, Green Chilli, Water)
BASTING SAUCE ([View Spices](#))

Burgers, Pittas, Wraps



Please click on each card to view more information on each product, including cross contamination notes and ingredients.

Vegetarian Plant-based

Beanie Pitta
CONTAINS
Milk • Soya • Egg • Gluten

Beanie Wrap
CONTAINS
Milk • Soya • Egg • Gluten • Mustard

Beanie Burger
CONTAINS
Milk • Soya • Egg • Gluten

Fino Pitta
CONTAINS
Milk • Mustard • Gluten

The Chickie Burger
CONTAINS
Gluten • Milk • Sulphites

Grilled/Double Chicken Burger
CONTAINS
Gluten

Grilled/Double Chicken Pitta
CONTAINS
Gluten

Grilled/Double Chicken Wrap
CONTAINS
Gluten • Milk • Egg • Mustard

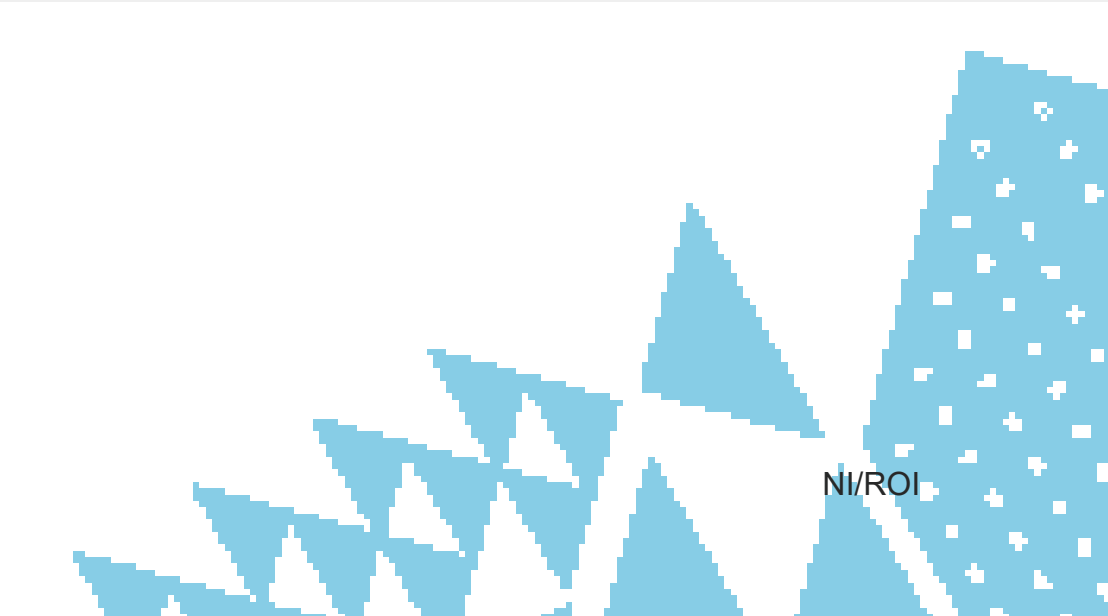
Garlic Churrasco Burger
CONTAINS
Gluten

Nandoca Choice Burger
CONTAINS
Milk • Gluten

Sunset Burger
CONTAINS
Gluten • Milk

The Great Imitator Wrap
CONTAINS
Gluten

The Big Cheese
CONTAINS
Gluten • Milk • Sulphites



Beanie Pitta



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V Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Pitta bread contains gluten from wheat
Crustaceans			
Eggs & Derivatives			Beanie patty contains pasteurised egg
Fish & Derivatives			
Lupin			
Milk & Derivatives			Beanie patty contains cheese made from pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Beanie patty contains soya
Sulphites			

Ingredients

BEANIE PATTY (Pea Flour, Cheddar Cheese (**Milk**), Water, Chickpeas, Carrots, Onions, Adzuki Beans, Sweetcorn, Green Beans, Vegetarian Burger Mix (Textured **Soya** Protein, Pea Flour, Fibre (Pea Fibre, Guar Gum, Psyllium Fibre), Salt, Potato Fibre, **Soya** Protein Concentrate, Vegetable Fat (Palm), Tomato Powder, Onion Powder, Yeast Extract, Sage, Onion Extract, Spice Extracts, Herb Extract), Lentils, Tomato Puree, Peas, **Egg** Powder, Pumpkin Seeds, Medium Fat Hard Cheese (**Milk**), Salt, Garlic, Coriander, Green Chilli, Black Pepper, Cayenne Pepper), Rapeseed Oil

PITTA BREAD (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Sourdough (Sourdough, Salt, Brandy Vinegar, **Wheat** Starch), Yeast, Salt

PERi-RAINBOW SLAW (Pink Cabbage, White Cabbage, Savoy Cabbage, Spring Green, Carrot, Radish, Butternut Squash), Dressing (Water, Rapeseed Oil, Olive Oil, Cider Vinegar, Sugar, Roast Shallots (Shallots, Sunflower Oil), Salt, Tapioca Starch, Modified Starch, Garlic Puree, Cornflour, Onion Powder, Spices (Paprika, Chilli (Capsicums, African Birds Eye Chillies))), Dried Red Pepper, Flavouring (Lactic Acid), Black Pepper, Parsley, Oregano, Preservative (Potassium Sorbate), Fennel), African Birds Eye Chilli

LEMON & HERB MAYO (Water, Rapeseed Oil, Thickener (Modified Maize Starch), Spirit Vinegar, Sugar, Lemon Zest, Onion, Salt, Modified Starch, Tapioca Starch, Concentrated Lemon Juice, Turmeric Solution (Water, Colour (Curcumin)), Garlic Puree, Colour (Paprika Extract), Rosemary, Spice Mix (Sea Salt, Spices (Red Chilli Pepper, Paprika, Birds Eye Chilli)), Thyme, Preservative (Potassium Sorbate)

BASTING SAUCE ([View Spices](#))

Beanie Wrap

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V Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Wrap contains gluten from wheat
Crustaceans			
Eggs & Derivatives			Lightly spiced yogurt mayo and beanie patty contain pasteurised egg
Fish & Derivatives			
Lupin			
Milk & Derivatives			Beanie patty contains cheese made from pasteurised milk Lightly spiced yogurt mayo contains pasteurised milk
Molluscs			
Mustard			Lightly spiced yogurt mayo contains mustard
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Beanie patty contains soya
Sulphites			

Ingredients

BEANIE PATTY (Pea Flour, Cheddar Cheese (**Milk**), Water, Chickpeas, Carrots, Onions, Adzuki Beans, Sweetcorn, Green Beans, Vegetarian Burger Mix (Textured **Soya** Protein, Pea Flour, Fibre (Pea Fibre, Guar Gum, Psyllium Fibre), Salt, Potato Fibre, **Soya** Protein Concentrate, Vegetable Fat (Palm), Tomato Powder, Onion Powder, Yeast Extract, Sage, Onion Extract, Spice Extracts, Herb Extract), Lentils, Tomato Puree, Peas, **Egg** Powder, Pumpkin Seeds, Medium Fat Hard Cheese (**Milk**), Salt, Garlic, Coriander, Green Chilli, Black Pepper, Cayenne Pepper), Rapeseed Oil

WRAP (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Folic Acid), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents (Sodium Carbonates, Malic Acid, Diphosphates), Sugar, Stabiliser (Sodium Carboxymethyl Cellulose), Salt)

LETTUCE LEAF

CHILLI JAM (Tomatoes, Brown Sugar, Red Wine Vinegar, Red Chilli, Red Onions, Cornflour, Tomato Paste, Garlic Puree, Salt, Gelling Agent (Pectin))


LIGHTLY SPICED YOGURT MAYO (Water, Greek Style Yogurt (**Milk**), Rapeseed Oil, White Wine Vinegar, Cornflour, Sugar, **Egg** Yolk Powder, Coriander, Salt, **Mustard** Powder, Lemon Juice Concentrate, Milled Red Chillies, Onion Powder, Cracked Black Pepper, Preservative (Potassium Sorbate), Stabilisers (Guar Gum, Xanthan Gum), Ground White Pepper, Ground Coriander, African Birds Eye Chillies)

BASTING SAUCE ([View Spices](#))

Beanie Burger

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If you have an allergy please speak to the manager on duty, so that extra precautions can be taken.

 Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Rustic Portuguese roll contains gluten from wheat and oats
Crustaceans			
Eggs & Derivatives			Beanie patty contains pasteurised egg
Fish & Derivatives			
Lupin			
Milk & Derivatives			Beanie patty contains cheese made from pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Beanie patty contains soya. Rustic roll may contain soya
Sulphites			

Ingredients

BEANIE PATTY (Pea Flour, Cheddar Cheese (Milk), Water, Chickpeas, Carrots, Onions, Adzuki Beans, Sweetcorn, Green Beans, Vegetarian Burger Mix (Textured Soya Protein, Pea Flour, Fibre (Pea Fibre, Guar Gum, Psyllium Fibre), Salt, Potato Fibre, Soya Protein Concentrate, Vegetable Fat (Palm), Tomato Powder, Onion Powder, Yeast Extract, Sage, Onion Extract, Spice Extracts, Herb Extract), Lentils, Tomato Puree, Peas, Egg Powder, Pumpkin Seeds, Medium Fat Hard Cheese (Milk), Salt, Garlic, Coriander, Green Chilli, Black Pepper, Cayenne Pepper), Rapeseed Oil

RUSTIC PORTUGUESE ROLL (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate,Iron, Niacin, Thiamin, Folic Acid), Water, Bakery Improver (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Sugar, Salt, Emulsifiers (Mono- And Diglycerides Of Fatty Acids, Sodium Stearoyl-2-Lactylate), Vegetable Oils (Palm, Rapeseed), Inactive Dry Yeast, Flour Treatment Agent (Ascorbic Acid), Potato Flakes (Potato Flakes, Emulsifier (Mono & Di Glycerides Of Fatty Acids), Organic Oat Milk (Spring Water, Organic Oats, Sunflower Oil, Sea Salt), Yeast, Wheat Semolina. (Potato Flakes, Emulsifier (Mono & Di Glycerides Of Fatty Acids), Organic Oat Milk (Spring Water, Organic Oats, Sunflower Oil, Sea Salt), Yeast, Wheat Semolina.

TOMATO SLICE, LETTUCE LEAF

LEMON & HERB MAYO (Water, Rapeseed Oil, Thickener (Modified Maize Starch), Spirit Vinegar, Sugar, Lemon Zest, Onion, Salt, Modified Starch, Tapioca Starch, Concentrated Lemon Juice, Turmeric Solution (Water, Colour (Curcumin)), Garlic Puree, Colour, (Paprika Extract), Rosemary, Spice Mix (Sea Salt, Spices (Red Chilli Pepper, Paprika, Birds Eye Chilli)), Thyme, Preservative (Potassium Sorbate)

PERI KETCHUP (Tomatoes, Brown Sugar, Water, Onion, Red Wine Vinegar, Roasted Red Pepper, Tomato Paste, Cornflour, Cane Molasses, Salt, Worcester Sauce (Water, Black Treacle, Spirit Vinegar, Tamarind, Salt, Onion Powder, Garlic Powder, White Pepper, Pimento, Ginger, Paprika, Clove), Lemon Juice, Garlic Puree, Ginger Puree, Gelling Agent (Pectin), Spices (Paprika, Chilli (Capsicums, African Birds Eye Chillies)), Curry Powder (Ground Spices (Coriander, Turmeric, Cumin, Black Pepper, Paprika, Caraway Seed, Cayenne, Fenugreek), Salt, Garlic Powder, Rapeseed Oil, Ground Oregano), Bay Leaf, Colour (Paprika Extract), Ground Coriander, Ground Cumin

BASTING SAUCE ([View Spices](#))

Fino Pitta



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Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Pitta bread contains gluten from wheat. Caramelised red onion made using malt vinegar from gluten present at <20ppm from barley
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Halloumi cheese contains pasteurised cow's, sheep's and goat's milk
Molluscs			
Mustard			Roast Garlic aioli contains mustard
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

MARINATED CHICKEN FILLET OR THIGHS (Chicken, Marinade (Spirit Vinegar, Rapeseed Oil, Spice Mix (Salt, Spices (Red Chilli Pepper, Paprika, African Birds Eye Chilli), Garlic Puree, Lemon, Green Chilli, Water)

PITTA BREAD (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Sourdough (Sourdough, Salt, Brandy Vinegar, **Wheat** Starch), Yeast, Salt)

HALLOUMI CHEESE ((**Milk**, Salt, Mint), Rapeseed Oil)

CARAMELISED RED ONION RELISH (Sliced Red Onions, Malt Vinegar (From **Barley**), Colour (Ammonia Caramel), Demerara Sugar, Muscovado Sugar, Sugar, Modified Maize Starch, Garlic Puree, Lemon Juice Concentrate, Salt, Ground Cumin, Paprika, African Birds Eye Chillies, Dried Oregano, Ground Coriander) OR (Caramelised Red Onions (Red Onion, Balsamic Vinegar (Wine Vinegar, Grape Must), Muscovado Sugar, Sunflower Oil), Water, Brown Sugar, Malt Vinegar (From **Barley**), Sugar, Cornflour, Dehydrated Onion, Garlic Puree, Concentrated Lemon Juice, Salt, Onion Powder, Ground Cumin, Paprika, Birds Eye Chilli, Ground Coriander, Oregano

LETTUCE LEAF

Roast GARLIC AIOLI (Water, Rapeseed Oil, Garlic Puree, Cornflour, Lemon Juice, Chives, Spirit Vinegar, Parsley, Salt, Modified Starch, Tapioca Starch, Dijon **Mustard** (Water, **Mustard** Seeds, Spirit Vinegar, Salt), Spices (Paprika, Chilli (Capsicums, African Bird's Eye Chillies)), Flavouring: Lactic Acid)

Grilled/Double Chicken Pitta



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Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Pitta bread contains gluten from wheat
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

MARINATED CHICKEN FILLET (Chicken, Marinade (Spirit Vinegar, Rapeseed Oil, Spice Mix (Salt, Spices (Red Chilli Pepper, Paprika, African Birds Eye Chilli), Garlic Puree, Lemon, Green Chilli, Water)

PITTA BREAD (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Sourdough (Sourdough, Salt, Brandy Vinegar, **Wheat** Starch), Yeast, Salt)

PERi-RAINBOW SLAW (Pink Cabbage, White Cabbage, Savoy Cabbage, Spring Green, Carrot, Radish, Butternut Squash), Dressing (Water, Rapeseed Oil, Olive Oil, Cider Vinegar, Sugar, Roast Shallots (Shallots, Sunflower Oil), Salt, Tapioca Starch, Modified Starch, Garlic Puree, Cornflour, Onion Powder, Spices (Paprika, Chilli (Capsicums, African Birds Eye Chillies)), Dried Red Pepper, Flavouring (Lactic Acid), Black Pepper, Parsley, Oregano, Preservative (Potassium Sorbate), Fennel), African Birds Eye Chilli

LEMON & HERB MAYO (Water, Rapeseed Oil, Thickener (Modified Maize Starch), Spirit Vinegar, Sugar, Lemon Zest, Onion, Salt, Modified Starch, Tapioca Starch, Concentrated Lemon Juice, Turmeric Solution (Water, Colour (Curcumin)), Garlic Puree, Colour (Paprika Extract), Rosemary, Spice Mix (Sea Salt, Spices (Red Chilli Pepper, Paprika, Birds Eye Chilli)), Thyme, Preservative (Potassium Sorbate)

BASTING SAUCE ([View Spices](#))

Grilled/Double Chicken Burger

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If you have an allergy please speak to the manager on duty, so that extra precautions can be taken.

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Rustic roll contains gluten from wheat and oats
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Rustic roll may contain soya
Sulphites			

Ingredients

MARINATED CHICKEN FILLET (Chicken, Marinade (Spirit Vinegar, Rapeseed Oil, Spice Mix (Salt, Spices (Red Chilli Pepper, Paprika, African Birds Eye Chilli), Garlic Puree, Lemon, Green Chilli, Water)

RUSTIC PORTUGUESE ROLL (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate,Iron, Niacin, Thiamin, Folic Acid), Water, Bakery Improver (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Sugar, Salt, Emulsifiers (Mono- And Diglycerides Of Fatty Acids, Sodium Stearoyl-2-Lactylate), Vegetable Oils (Palm, Rapeseed), Inactive Dry Yeast, Flour Treatment Agent (Ascorbic Acid), Potato Flakes (Potato Flakes, Emulsifier (Mono & Di Glycerides Of Fatty Acids), Organic **Oat** Milk (Spring Water, Organic **Oats**, Sunflower Oil, Sea Salt), Yeast, **Wheat** Semolina. (Potato Flakes, Emulsifier (Mono & Di Glycerides Of Fatty Acids), Organic **Oat** Milk (Spring Water, Organic **Oats**, Sunflower Oil, Sea Salt), Yeast, **Wheat** Semolina.

TOMATO SLICE, LETTUCE LEAF

LEMON & HERB MAYO (Water, Rapeseed Oil, Thickener (Modified Maize Starch), Spirit Vinegar, Sugar, Lemon Zest, Onion, Salt, Modified Starch, Tapioca Starch, Concentrated Lemon Juice, Turmeric Solution (Water, Colour (Curcumin)), Garlic Puree, Colour (Paprika Extract), Rosemary, Spice Mix (Sea Salt, Spices (Red Chilli Pepper, Paprika, Birds Eye Chilli)), Thyme, Preservative (Potassium Sorbate)

PERI Tomato Relish (Tomatoes, Brown Sugar, Water, Onion, Red Wine Vinegar, Roasted Red Pepper, Tomato Paste, Cornflour, Cane Molasses, Salt, Worcester Sauce (Water, Black Treacle, Spirit Vinegar, Tamarind, Salt, Onion Powder, Garlic Powder, White Pepper, Pimento, Ginger, Paprika, Clove), Lemon Juice, Garlic Puree, Ginger Puree, Gelling Agent (Pectin), Spices (Paprika, Chilli (Capsicums, African Birds Eye Chillies)), Curry Powder (Ground Spices (Coriander, Turmeric, Cumin, Black Pepper, Paprika, Caraway Seed, Cayenne, Fenugreek), Salt, Garlic Powder, Rapeseed Oil, Ground Oregano), Bay Leaf, Colour (Paprika Extract), Ground Coriander, Ground Cumin

BASTING SAUCE ([View Spices](#))

Sunset Burger

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Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Rustic Roll Contains Gluten from Wheat and Oats
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Cheddar cheese contains pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Rustic Roll may contain Soya
Sulphites			

Ingredients

MARINATED CHICKEN THIGHS (Chicken, Marinade (Spirit Vinegar, Rapeseed Oil, Spice Mix (Salt, Spices (Red Chilli Pepper, Paprika, African Birds Eye Chilli), Garlic Puree, Lemon, Green Chilli, Water)

RUSTIC PORTUGUESE ROLL (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate,Iron, Niacin, Thiamin, Folic Acid), Water, Bakery Improver (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Sugar, Salt, Emulsifiers (Mono- And Diglycerides Of Fatty Acids, Sodium Stearoyl-2-Lactylate), Vegetable Oils (Palm, Rapeseed), Inactive Dry Yeast, Flour Treatment Agent (Ascorbic Acid), Potato Flakes (Potato Flakes, Emulsifier (Mono & Di Glycerides Of Fatty Acids), Organic **Oat** Milk (Spring Water, Organic **Oats**, Sunflower Oil, Sea Salt), Yeast, **Wheat** Semolina. (Potato Flakes, Emulsifier (Mono & Di Glycerides Of Fatty Acids), Organic **Oat** Milk (Spring Water, Organic **Oats**, Sunflower Oil, Sea Salt), Yeast, **Wheat** Semolina.

SMOKY RED PEPPER CHUTNEY (Roasted Red Pepper, Brown Sugar, Water, Spirit Vinegar, Lemon Juice, Red Pepper, Red Chilli Purée, Corn Flour, Salt, Chipotle Chilli, Chilli, Spices (Paprika, Cayenne, Birds Eye Chilli), Gelling Agent (Pectin), Ground Coriander, Bay Leaves, Ground Cumin))

CHEDDAR CHEESE (**Milk**)

LETTUCE LEAF

LEMON & HERB MAYO (Water, Rapeseed Oil, Thickener (Modified Maize Starch), Spirit Vinegar, Sugar, Lemon Zest, Onion, Salt, Modified Starch, Tapioca Starch, Concentrated Lemon Juice, Turmeric Solution (Water, Colour (Curcumin)), Garlic Puree, Colour (Paprika Extract), Rosemary, Spice Mix (Sea Salt, Spices (Red Chilli Pepper, Paprika, Birds Eye Chilli)), Thyme, Preservative (Potassium Sorbate)

BASTING SAUCE ([View Spices](#))

The Chickie Burger



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Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Rustic roll contains gluten from wheat and oats
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Cheddar cheese contains pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Rustic Roll may contain soya
Sulphites			Pickles contain sulphites at <6ppm

Ingredients

MARINATED CHICKEN FILLET (Chicken, Marinade (Spirit Vinegar, Rapeseed Oil, Spice Mix (Salt, Red Chilli Pepper, Paprika, Birds Eye Chilli), Garlic Puree, Lemon, Green Chilli, Water)

RUSTIC PORTUGUESE ROLL (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate,Iron, Niacin, Thiamin, Folic Acid), Water, Bakery Improver (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Sugar, Salt, Emulsifiers (Mono- And Diglycerides Of Fatty Acids, Sodium Stearoyl-2-Lactylate), Vegetable Oils (Palm, Rapeseed), Inactive Dry Yeast, Flour Treatment Agent (Ascorbic Acid), Potato Flakes (Potato Flakes, Emulsifier (Mono & Di Glycerides Of Fatty Acids), Organic **Oat** Milk (Spring Water, Organic **Oats**, Sunflower Oil, Sea Salt), Yeast, **Wheat** Semolina. (Potato Flakes, Emulsifier (Mono & Di Glycerides Of Fatty Acids), Organic **Oat** Milk (Spring Water, Organic **Oats**, Sunflower Oil, Sea Salt), Yeast, **Wheat** Semolina.

PICKLES (Cucumber, Onion, Sugar, Sea Salt, Garlic Puree (Garlic Puree, Garlic, Citric Acid), Fennel Seeds, Coriander Seeds, Caraway Seeds, Black peppercorns, Turmeric, Dried Dill, Water, Spirit Vinegar),

CHEDDAR CHEESE (Whole **Milk**, Salt , Microbial Rennet, Starter Culture),

GARLIC PERINAISE (Water, Rapeseed Oil, Sugar, Vinegar Blend (Spirit Vinegar, Cider Vinegar), Modified Maize Starch, Medium Bulk (Vegan) (Water Spirit Vinegar , Onion, Spice Mix (Salt, Red Chilli Pepper, Birds Eye Chilli, Bay Leaf), Rapeseed Oil, Lemon Juice, Green Chilli, Garlic Puree, Lemon zest, Stabiliser: Guar Gum, Stabiliser: Xanthan Gum), Spice Mix (Salt, Red Chilli Pepper), Paprika, White Pepper, Yeast Extract, Flavourings, Colour: E100), Salt, Modified Starch, Garlic Puree, Tapioca Starch, Garlic Powder, Colour: Paprika Extract, Rapeseed Oil), Paprika),

PERI-TOMATO RELISH (Tomatoes, Brown Sugar, Water, Onion, Red Wine Vinegar, Roasted Red Pepper, Tomato Paste, Cornflour, Cane Molasses, Salt, Worcester Sauce (Water, Treacle, Spirit Vinegar, Tamarind, Salt, Onion Powder, Garlic Powder, White Pepper, Pimento, Ginger Powder, Paprika, Cloves), Lemon Juice, Garlic Puree, Ginger Puree, Spices (Smoked Paprika, Red Chilli Pepper, Birds Eye Chilli), Gelling Agent: Pectin (Citrus Peel, Sucrose, Diphosphates, Tricalcium phosphate, Sodium polyphosphate), Curry Powder (Coriander, Turmeric, Cumin, Black Pepper, Paprika , Caraway Seeds, Cayenne, Fenugreek, Salt, Garlic Powder, Rapeseed Oil, Oregano), Bay Leaf, Dried Cumin, Ground Coriander)

BURGER LEAF

Grilled/Double Chicken Wrap



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Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Wrap contains gluten from wheat
Crustaceans			
Eggs & Derivatives			Lightly spiced yogurt mayo contains pasteurised egg
Fish & Derivatives			
Lupin			
Milk & Derivatives			Lightly spiced yogurt mayo contains pasteurised milk
Molluscs			
Mustard			Lightly spiced yogurt mayo contains mustard
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

MARINATED CHICKEN FILLET (Chicken, Marinade (Spirit Vinegar, Rapeseed Oil, Spice Mix (Salt, Spices (Red Chilli Pepper, Paprika, African Birds Eye Chilli), Garlic Puree, Lemon, Green Chilli, Water)

WRAP (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Folic Acid), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents (Sodium Carbonates, Malic Acid, Diphosphates), Sugar, Stabiliser (Sodium Carboxymethyl Cellulose), Salt)

LETTUCE LEAF

CHILLI JAM (Tomatoes, Brown Sugar, Red Wine Vinegar, Red Chilli, Red Onions, Cornflour, Tomato Paste, Garlic Puree, Salt, Gelling Agent (Pectin))

LIGHTLY SPICED YOGURT MAYO (Water, Greek Style Yogurt (**Milk**), Rapeseed Oil, White Wine Vinegar, Cornflour, Sugar, **Egg** Yolk Powder, Coriander, Salt, **Mustard** Powder, Lemon Juice Concentrate, Milled Red Chillies, Onion Powder, Cracked Black Pepper, Preservative (Potassium Sorbate), Stabilisers (Guar Gum, Xanthan Gum), Ground White Pepper, Ground Coriander, African Birds Eye Chillies)

BASTING SAUCE ([View Spices](#))

'The Great Imitator' Wrap

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Wrap and PERi-plant contain gluten from wheat
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

PERi-PLANT PROTEIN (Water, Vegetable Proteins (**Wheat** and Pea), **Wheat** Powder, Seasoning Potato Starch, Thickeners (Methylcellulose, Arabic gum), Gelling Agent (Carrageenan), Rapeseed Oil

WRAP (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Folic Acid), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents (Sodium Carbonates, Malic Acid, Diphosphates), Sugar, Stabiliser (Sodium Carboxymethyl Cellulose), Salt)

LETTUCE LEAF

CHILLI JAM (Tomatoes, Brown Sugar, Red Wine Vinegar, Red Chilli, Red Onions, Cornflour, Tomato Paste, Garlic Puree, Salt, Gelling Agent (Pectin))

GARLIC PERINAISE (Water, Rapeseed Oil, Sugar, Vinegar Blend (Spirit Vinegar, Cider Vinegar), Thickener (Modified Maize Starch), Medium Sauce (Water, Spirit Vinegar, Onion, Spice Mix (Salt, Spices (Red Chilli Pepper, Birds Eye Chilli), Herb (Bay Leaf)), Rapeseed Oil, Lemon Juice, Green Chilli, Garlic Puree, Un-waxed Lemon Zest, Stabilisers (Guar Gum, Xanthan Gum), Spice Mix (Salt, Spices (Paprika, Red Chilli Pepper, White Pepper)), Yeast Extract, Flavourings, Colour (Curcumin, Paprika Extract), Salt, Modified Starch, Garlic Puree, Tapioca Starch, Garlic Powder, Paprika

BASTING SAUCE ([View Spices](#))

Garlic Churrasco Burger



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Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Portuguese roll contains gluten from wheat and rye
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Portuguese roll may contain soya
Sulphites			

Ingredients

MARINATED CHICKEN THIGHS (Chicken, Marinade (Spirit Vinegar, Rapeseed Oil, Spice Mix (Salt, Spices (Red Chilli Pepper, Paprika, African Birds Eye Chilli), Garlic Puree, Lemon, Green Chilli, Water)

PORTUGUESE ROLL (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Folic Acid), Water, Biga Dough (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Folic Acid), Water, Yeast, Salt), **Rye** Flour (**Gluten**), Yeast, Salt, Olive Oil, Crumb Softener (**Wheat** Flour, Enzymes, Sunflower Oil), Bread Improver (**Wheat** Flour, Emulsifier (Mono & Diacetyltartaric Acid Esters of Mono & Diglycerides of Fatty Acids)), Flour Treatment Agent (Ascorbic Acid), Sunflower Oil, Enzymes)

GARLIC & CHILLI SPREAD (Vegetable Shortening (Rapeseed Oil, Palm Oil, Water, Colour (Carotenes)), Garlic Puree, Water, Green Chilli, Garlic Powder, Salt, White Pepper, Parsley

MIXED SALAD LEAVES

PINK PICKLED ONIONS (Red Onions, White Sugar, Spirit Vinegar)

SMOKY CHURRASCO PERINAISE (Water, Rapeseed Oil, Sugar, Vinegar Blend (Spirit Vinegar, Cider Vinegar), Thickener (Modified Maize Starch), Medium Bulk (Water, Spirit Vinegar, Onion, Spice Mix (Salt, Spices (Red Chilli Pepper, Birds Eye Chilli), Herb (Bay Leaf)), Rapeseed Oil, Lemon Juice, Green Chilli, Garlic Puree, Lemon Zest, Stabiliser (Guar Gum, Xanthan Gum), Spice Mix (Salt, Spices (Paprika, Red Chilli Pepper, White Pepper), Yeast Extract, Flavourings, Colour (Curcumin), Salt, Modified Starch, Garlic Puree, Tapioca Starch, Garlic Powder, Smoked Maltodextrin, Paprika, Colour (Paprika Extract)

BASTING SAUCE ([View Spices](#))

The Big Cheese



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Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Rustic Portuguese roll contains gluten from wheat and oats
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Halloumi cheese contains pasteurised cow's, sheep's and goat's milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Rustic Portuguese roll may contain soya
Sulphites			Lime Juice contains sulphites at <10ppm

Ingredients

HALLOUMI CHEESE (Milk, Salt, Mint)

RUSTIC PORTUGUESE ROLL (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Bakery Improver (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Sugar, Salt, Emulsifiers (Mono- And Diglycerides Of Fatty Acids, Sodium Stearoyl-2-Lactylate), Vegetable Oils (Palm, Rapeseed), Inactive Dry Yeast, Flour Treatment Agent (Ascorbic Acid), Potato Flakes (Potato Flakes, Emulsifier (Mono & Di Glycerides Of Fatty Acids), Organic Oat Milk (Spring Water, Organic Oats, Sunflower Oil, Sea Salt), Yeast, Wheat Semolina.

PINEAPPLE AND RED PEPPER SALSA (Red Pepper, Pineapple Slices, Chilli, Garlic, Cider Vinegar, Olive Oil, Brown Sugar, Lemon Juice Concentrate, Cornflour, Salt, Smoked Paprika)

AVOCADO (Avocado, Lime juice, Essential Lime Oil, Preservative (Potassium Metabisulphite (Sulphites)))

CHURRASCO PERINAISE (Water, Rapeseed Oil, Sugar, Vinegar Blend (Spirit Vinegar, Cider Vinegar), Thickener: Modified Maize Starch, Medium Bulk (Water, Spirit Vinegar, Onion, Spice Mix (Salt, Spices (Red Chilli Pepper, Birds Eye Chilli), Herb (Bay Leaf)), Rapeseed Oil, Lemon Juice, Green Chilli, Garlic Puree, Lemon Zest, Stabiliser: Guar Gum, Stabiliser: Xanthan Gum), Spice Mix (Salt, Spices (Paprika, Red Chilli Pepper, White Pepper), Yeast Extract, Flavourings, Colour (Curcumin), Salt, Modified Starch, Garlic Puree, Tapioca Starch, Garlic Powder, Smoked Maltodextrin, Paprika, Colour (Paprika Extract))

LETTUCE

RAPESEED OIL

BASTING SAUCE ([View Spices](#))

Nandoca Choice Burger



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Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Rustic Portuguese roll contains gluten from wheat and oats
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Cheddar cheese contains pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Rustic Portuguese roll may contain soya
Sulphites			

Ingredients

RUSTIC PORTUGUESE ROLL (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Bakery Improver (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Sugar, Salt, Emulsifiers (Mono- And Diglycerides Of Fatty Acids, Sodium Stearoyl-2-Lactylate), Vegetable Oils (Palm, Rapeseed), Inactive Dry Yeast, Flour Treatment Agent (Ascorbic Acid), Potato Flakes (Potato Flakes, Emulsifier (Mono & Di Glycerides Of Fatty Acids), Organic **Oat** Milk (Spring Water, Organic **Oats**, Sunflower Oil, Sea Salt), Yeast, **Wheat** Semolina.

MARINATED CHICKEN FILLET (Chicken, Marinade (Spirit Vinegar, Rapeseed Oil, Spice Mix (Salt, Spices (Red Chilli Pepper, Paprika, African Birds Eye Chilli), Garlic Puree, Lemon, Green Chilli, Water)

CHEDDAR CHEESE (Whole **Milk**, Salt , Microbial Rennet, Starter Culture)

SMOKY CHURRASCO PERINAISE (Water, Rapeseed Oil, Sugar, Vinegar Blend (Spirit Vinegar, Cider Vinegar), Thickener (Modified Maize Starch), Medium Bulk (Water, Spirit Vinegar, Onion, Spice Mix (Salt, Spices (Red Chilli Pepper, Birds Eye Chilli), Herb (Bay Leaf)), Rapeseed Oil, Lemon Juice, Green Chilli, Garlic Puree, Lemon Zest, Stabiliser (Guar Gum, Xanthan Gum), Spice Mix (Salt, Spices (Paprika, Red Chilli Pepper, White Pepper), Yeast Extract, Flavourings, Colour (Curcumin), Salt, Modified Starch, Garlic Puree, Tapioca Starch, Garlic Powder, Smoked Maltodextrin, Paprika, Colour (Paprika Extract)

PERi RAINBOW SLAW (Pink Cabbage, White Cabbage, Savoy Cabbage, Spring Green, Carrot, Radish, Butternut Squash), Dressing (Water, Rapeseed Oil, Olive Oil, Cider Vinegar, Sugar, Roast Shallots (Shallots, Sunflower Oil), Salt, Tapioca Starch, Modified Starch, Garlic Puree, Cornflour, Onion Powder, Spices (Paprika, Chilli (Capsicums, African Birds Eye Chillies)), Dried Red Pepper, Flavouring (Lactic Acid), Black Pepper, Parsley, Oregano, Preservative (Potassium Sorbate), Fennel)

PICKLES (Cucumber, Onion , Sugar , Sea Salt , Garlic Puree (Garlic Puree, Garlic, Citric Acid), Fennel Seeds, Coriander Seeds, Caraway Seeds, Black peppercorns, Turmeric, Dried Dill, Water, Spirit Vinegar)

MANGO & LIME CHUTNEY (Diced Mango, Mango Purée (Mango, Cane Sugar), Diced Onion, Honey, Water, Garlic Puree (Garlic), Lime Zest , Maize Starch , Cider Vinegar, Sea Salt, Lime Juice Concentrate

BASTING SAUCE ([View Spices](#))

Salads & Bowls



Please click on each card to view more information on each product, including cross contamination notes and ingredients.

Vegetarian Plant-based

Caesar Salad

CONTAINS

Gluten • Egg • Milk • Mustard

Spicy Rice Bowl

CONTAINS

Sesame

Mediterranean Salad

CONTAINS

Milk

Sol Bowl

CONTAINS

Egg • Mustard • Sulphites

Hearty Bowl

CONTAINS


Gluten • Sulphites



Caesar Salad

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 Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Garlic croutons contain gluten from wheat and barley
Crustaceans			
Eggs & Derivatives			Caesar dressing contains pasteurised egg
Fish & Derivatives			
Lupin			
Milk & Derivatives			Italian hard cheese contains unpasteurised milk Caesar dressing contains pasteurised milk
Molluscs			
Mustard			Caesar dressing contains mustard Garlic croutons may contain mustard
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Garlic croutons may contain soya
Sulphites			

Ingredients

LETTUCE

CAESAR DRESSING (Rapeseed Oil, Water, Medium Fat Hard Cheese (**Milk**), Lemon Juice, Salted Free Range **Egg** Yolk (Free Range **Egg** Yolk, Salt), Spirit Vinegar, Sugar, Garlic Puree, Dijon **Mustard** (Water, **Mustard** Flour, Spirit Vinegar, Sea Salt, **Mustard** Husk, Pimento, Turmeric), Worcester Sauce (Water, Black Treacle, Spirit Vinegar, Tamarind concentrate, Salt, Onion Powder, Garlic Powder, White Pepper, Pimento, Ginger, Paprika, Clove), Cornflour, Tomato Paste, Salt, Puremami (Maltodextrin, Smoked Yeast Powder, Smoked Mushroom Powder), Capers, Black Pepper, Preservative (Potassium Sorbate))

ITALIAN HARD CHEESE (**Milk**)

GARLIC CROUTONS (**Wheat** Flour, Durum **Wheat** Semolina, Olive Oil, Extra Virgin Olive Oil, Sea Salt, Brewer’s Yeast, **Barley** and Corn Malt Extract, Sugar, Dried Garlic, Dried Parsley, Natural Garlic Flavouring, Antioxidant (Rosemary Extract)

Mediterranean Salad

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V Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Feta cheese contains pasteurised sheep's and goat's milk. May also contain milk from kitchen processes.
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

SPICY MIXED OLIVES (Pitted Green and Purple Olives, Garlic Cloves, Red Peppers, Mushrooms, Salt, Grape Vinegar, Vegetable Oil, Dried Garlic, Herbes De Provence, Black Pepper, Chilli)

MIXED SALAD LEAVES

PERi SEMI-DRIED TOMATOES (Semi Dried Tomatoes, Rapeseed Oil, Sugar, Salt, Garlic, Chillies, Oregano)

CUCUMBER

BABY TOMATOES

PINK PICKLED ONIONS (Red Onions, White Sugar, Spirit Vinegar)

FETA CHEESE (**Milk**)

SALAD DRESSING ((Extra Virgin Olive Oil, Fynbos Vinegar (Red Wine Vinegar, Concentrated Grape Must, Buchu, Honeybush, Rose Geranium, Wild Olives, Wild Rosemary), Salt, Black Pepper)

Spicy Rice Bowl



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			May contain milk from kitchen practices
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			Houmous contains sesame paste
Soya & Derivatives			
Sulphites			

Ingredients

SPICY RICE (Water, White Rice, Green Pepper, Rapeseed Oil, Tomato Sauce (Tomatoes, Salt), Onion Puree, Red Pepper, Spice Blend (Salt, Smoked Paprika, Cayenne, Ground Bay, Rapeseed Oil), Coriander, Garlic Puree, Parsley, Green Chilli Puree, Lemon Juice Concentrate, Turmeric

Peri-RAINBOW SLAW (Pink Cabbage, White Cabbage, Savoy Cabbage, Spring Green, Carrot, Radish, Butternut Squash), Dressing (Water, Rapeseed Oil, Olive Oil, Cider Vinegar, Sugar, Roast Shallots (Shallots, Sunflower Oil), Salt, Tapioca Starch, Modified Starch, Garlic Puree, Cornflour, Onion Powder, Spices (Paprika, Chilli (Capsicums, African Birds Eye Chillies)), Dried Red Pepper, Flavouring (Lactic Acid), Black Pepper, Parsley, Oregano, Preservative (Potassium Sorbate), Fennel)

HOUMOUS (Chickpeas (Chickpeas, Water, Sodium Bicarbonate), Lemon Juice, Rapeseed Oil, Water, **Sesame** Paste, Salt, Garlic Puree, Preservative (Potassium Sorbate))

PICKLED CAULIFLOWER (Cauliflower, Sushi Vinegar (White Sugar, Spirit Vinegar, Rice vinegar, Salt), Spirit Vinegar, Water, Red Chillies, White Sugar, Turmeric, Salt, Sumac (Sumac, Salt), Oregano)



TENDERSTEM BROCCOLI (Tenderstem Broccoli, Garlic, Lemon Infused Rapeseed Oil (Rapeseed Oil, Natural Lemon Flavouring), Salt, Black Pepper)

PERI PERI SEEDS (Sunflower Seeds, Pumpkin Seeds, Rapeseed Oil, White Sugar, Salt, Paprika, Garlic Powder, African Birds Eye Chilli Flakes, Oregano)

Sol Bowl

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V Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			Coleslaw contains pasteurised egg
Fish & Derivatives			
Lupin			
Milk & Derivatives			May contain milk from kitchen practices
Molluscs			
Mustard			Coleslaw contains mustard flour
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			Pickles contain sulphites at <6ppm

Ingredients

SPICY RICE (Water, White Rice, Green Pepper, Rapeseed Oil, Tomato Sauce (Tomatoes, Salt), Onion Puree, Red Pepper, Spice Blend (Salt, Smoked Paprika, Cayenne, Ground Bay, Rapeseed Oil), Coriander, Garlic Puree, Parsley, Green Chilli Puree, Lemon Juice Concentrate, Turmeric.

COLESLAW (Cabbage, Mayonnaise (Rapeseed Oil, Water, Sugar, **Egg**, White Wine Vinegar, Spirit Vinegar, Salt, Stabilisers (Guar Gum, Xanthan Gum), **Mustard** Flour), Carrots, Onions, Parsley, White Wine Vinegar, Lactic Acid).

PICKLED CUCUMBER (Cucumber, Onion, Sugar , Sea Salt , Garlic Puree (Garlic Puree, Garlic, Citric Acid), Fennel Seeds, Coriander Seeds, Caraway Seeds, Black peppercorns, Turmeric, Dried Dill, Water, Spirit Vinegar).

MIXED LEAF SALAD

CHARRED CORN (Water, Rapeseed Oil, Sugar, White Wine Vinegar, Cornflour, Medium Sauce (Water, Spirit Vinegar, Onion, Spice Mix (Salt, Red chilli pepper, Birds eye chilli, Herbs), Rapeseed Oil, Lemon Juice, Green Chilli, Garlic Puree, Lemon Zest), Salt, Modified starch, Colour: Paprika Extract (Rapeseed Oil, Colour: Paprika Extract (E160C Paprika Extract, Sunflower Oil)), Spice Mix (Flavouring, Salt, Paprika, Red chilli pepper, White Pepper, Yeast Extract, Colour: E100), Coriander , Flavouring: Lactic acid, Garlic Puree, Garlic Powder, Concentrated Lemon Juice, Onion Powder, Paprika, Birds eye chilli, Black Pepper, White Pepper, Ground Coriander).

Hearty Bowl

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Hearty Grains contains barley, spelt and wheat
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives		✔	May contain milk from kitchen practices
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites	✔		Pickles contain sulphites at <6ppm

Ingredients

HEARTY GRAINS (Butternut Squash, Cooked Musu Black **Barley** (Water, Musu Black **Barley**), Cooked Pearl **Barley** (Peal **Barley**, Water), Cooked **Spelt** (**Spelt**, Water), Cooked Giant Cous Cous (Water, Giant Cous Cous [**Wheat** Flour]), Cooked Piccolo **Wheat** (Piccolo **Wheat**, Water), Green Chickpeas, Red Pepper, Kale, Rapeseed Oil, Pumpkin Seeds, Sweetened Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Rapeseed Oil, Lemon Infused Rapeseed Oil (Rapeseed Oil, Natural Lemon Flavouring), Grain Spice Mix (Salt, Ground Paprika, Ground Coriander, Ground Cayenne Chilli, Cumin Seed, Cracked Black Pepper, Rapeseed Oil), Salt).

PERi-RAINBOW SLAW MIX (Pink Cabbage, White Cabbage, Savoy Cabbage, Spring Green, Carrot, Radish, Butternut Squash), Dressing (Water, Rapeseed Oil, Olive Oil, Cider Vinegar, Sugar, Roast Shallots (Shallots, Sunflower Oil), Salt, Tapioca Starch, Modified Starch, Garlic Puree, Cornflour, Onion Powder, Spices (Paprika, Chilli (Capsicums, African Birds Eye Chillies)), Dried Red Pepper, Flavouring (Lactic Acid), Black Pepper, Parsley, Oregano, Preservative (Potassium Sorbate), Fennel.

PERi-PERi Seeds (Sunflower Seeds, Pumpkin Seeds, Rapeseed Oil, White Sugar, Salt, Paprika, Garlic Powder, African Birds Eye Chilli Flakes, Oregano).

CREAMY SALAD DRESSING (Water, Rapeseed Oil, Olive Oil, Cider Vinegar, Roast Shallots (Shallots, Rapeseed Oil), Sugar, Salt, Cornflour, Tapioca starch, Modiied Starch, Garlic Puree, Flavouring: Lactic Acid, Black pepper, Parsley, Oregano, Preservative: Potassium Sorbate, Fennel, Turmeric).

MIXED LEAF SALAD

PICKLED CUCUMBER (Cucumber, Onion, Sugar , Sea Salt , Garlic Puree (Garlic Puree, Garlic, Citric Acid), Fennel Seeds,Coriander Seeds, Caraway Seeds, Black peppercorns, Turmeric, Dried Dill, Water, Spirit Vinegar).

CHARRED CORN (Water, Rapeseed Oil, Sugar, White Wine Vinegar, Cornflour, Medium Sauce (Water, Spirit Vinegar, Onion, Spice Mix (Salt, Red chilli pepper, Birds eye chilli, Herbs), Rapeseed Oil, Lemon Juice, Green Chilli , Garlic Puree , Lemon Zest), Salt , Modified starch, Colour: Paprika Extract (Rapeseed Oil, Colour: Paprika Extract (E160C Paprika Extract, Sunflower Oil)), Spice Mix (Flavouring, Salt, Paprika, Red chilli pepper, White Pepper, Yeast Extract, Colour: E100), Coriander , Flavouring: Lactic acid , Garlic Puree , Garlic Powder , Concentrated Lemon Juice , Onion Powder , Paprika , Birds eye chilli , Black Pepper , White Pepper , Ground Coriander).



Please click on each card to view more information on each product, including cross contamination notes and ingredients.

Vegetarian Plant-based

Nandinos Chicken Breast

CONTAINS
n/a

Cucumber Sticks
CONTAINS
n/a

Nandinos Spicy Rice
CONTAINS
n/a

Nandinos Chips
CONTAINS
n/a

Little Pitta
CONTAINS
Gluten • Celery

Nandinos Corn on the Cob
CONTAINS
n/a

Nandinos Mac & Cheese
CONTAINS
Milk • Gluten • Mustard

Nandinos Bottomless Soft Swirl

CONTAINS
Milk

Nandinos Chicken Wings

CONTAINS
n/a

Nandinos Burger

CONTAINS
Celery • Gluten



Nandinos Chicken Breast Fillet

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Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

MARINATED CHICKEN (Chicken, Marinade (Spirit Vinegar, Rapeseed Oil, Spice Mix (Salt, Spices (Red Chilli Pepper, Paprika, African Birds Eye Chilli), Garlic Puree, Lemon, Green Chilli, Water))
BASTING SAUCE ([View Spices](#))

Nandinos Chips

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V

Vegetarian

🌱

Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Potatoes, Vegetable Oils (Rapeseed & Sunflower), Salt, Dextrose, Disodium Disphosphate

Nandinos Corn on the Cob

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Sweetcorn

Nandinos Mac & Cheese

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V Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Pasta contains gluten from wheat
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Cheese and Mac & Cheese sauce contain pasteurised milk
Molluscs			
Mustard			Contains mustard powder
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

MAC & CHEESE (Cooked Macaroni Pasta (Water, Durum **Wheat** Semolina), Water, Vintage Cheddar Cheese (**Milk**), Whole **Milk**, Single Cream (**Milk**), Medium Fat Hard Cheese (**Milk**), Mozzarella Cheese (**Milk**), Butter (**Milk**), Salt, Modified Maize Starch, Yellow **Mustard** Powder, White Pepper, Ground Nutmeg).

CHEDDAR CHEESE (**Milk**)

Nandinos Spicy Rice

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives		✓	May contain milk from kitchen processes
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Water, White Rice, Green Pepper, Rapeseed Oil, Tomato Sauce (Tomatoes, Salt),Onion Puree, Red Pepper, Spice Blend (Salt, Smoked Paprika, Cayenne, Ground Bay, Rapeseed Oil), Coriander, Garlic Puree, Parsley, Green Chilli Puree, Lemon Juice Concentrate, Turmeric.

Nandinos Bottomless Soft Swirl

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V Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Vanilla soft serve ice cream contains pasteurised milk.
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

VANILLA SOFT SERVE ICE CREAM (Jersey Skimmed **Milk**, **Milk** Solids, Sugar, Coconut Oil, Glucose, Emulsifier (Mono- and Di-glycerides of Fatty Acids), Vanilla Flavouring, Stabilisers (Cellulose Gum, Guar Gum, Carrageenan, Sodium Alginate, Locust Bean Gum), Colour (Annatto)

Cucumber Sticks

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Cucumbers

Little Pitta

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Allergen Type	Contains	May contain	Further Information
Celery			Heinz Ketchup contains celery
Cereals containing Gluten			Pitta bread contains gluten from wheat
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

MARINATED CHICKEN FILLET (Chicken, Marinade (Spirit Vinegar, Rapeseed Oil, Spice Mix (Salt, Spices (Red Chilli Pepper, Paprika, African Birds Eye Chilli), Garlic Puree, Lemon, Green Chilli, Water)

PITTA BREAD (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Sourdough (Sourdough, Salt, Brandy Vinegar, **Wheat** Starch), Yeast, Salt

LEMON & HERB MAYO (Water, Rapeseed Oil, Thickener (Modified Maize Starch), Spirit Vinegar, Sugar, Lemon Zest, Onion, Salt, Modified Starch, Tapioca Starch, Concentrated Lemon Juice, Turmeric Solution (Water, Colour (Curcumin)), Garlic Puree, Colour (Paprika Extract), Rosemary, Spice Mix (Sea Salt, Spices (Red Chilli Pepper, Paprika, Birds Eye Chilli)), Thyme, Preservative (Potassium Sorbate)

LETTUCE LEAF

HEINZ KETCHUP Tomatoes, Spirit Vinegar, Sugar, Salt, Spices, Spice & Herb Extract (**Celery**)

BASTING SAUCE ([View Spices](#))

Nandino Chicken Wings

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Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

MARINATED CHICKEN WINGS (Chicken Wings, Marinade (Spirit Vinegar, Rapeseed Oil, Spice Mix (Salt, Spices (Red Chilli Pepper, Paprika, African Birds Eye Chilli), Garlic Puree, Lemon, Green Chilli, Water)

BASTING SAUCE (View Spices)

Nandino Burger

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Allergen Type	Contains	May contain	Further Information
Celery	✓		Heinz Ketchup Contains Celery
Cereals containing Gluten	✓		Roll contains gluten from wheat and oats
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives		✓	Roll may contain soya
Sulphites			

Ingredients

MARINATED CHICKEN FILLET (Chicken, Marinade (Spirit Vinegar, Rapeseed Oil, Spice Mix (Salt, Spices (Red Chilli Pepper, Paprika, African Birds Eye Chilli), Garlic Puree, Lemon, Green Chilli, Water)

Roll (Fortified **Wheat** Flour, Calcium Carbonate, Niacin, Iron, Thiamin, Folic Acid), Water, Organic **Oat** Drink (**Gluten**)(Water, **Oats**, Sunflower Oil, Sea Salt), Potato Flakes (Potato Flakes, Mono- and diglycerides of fatty acids), Sugar, Yeast, Salt, Softener, (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Enzymes), Bread Improver (**Gluten**) (Mono- and diglycerides of fatty acids, Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Iron, Niacin, Thiamin, Folic Acid), Palm Oil, Ascorbic Acid, Enzymes)

RAPESEED OIL

LEMON & HERB MAYO (Water, Rapeseed Oil, Thickener (Modified Maize Starch), Spirit Vinegar, Sugar, Lemon Zest, Onion, Salt, Modified Starch, Tapioca Starch, Concentrated Lemon Juice, Turmeric Solution (Water, Colour (Curcumin)), Garlic Puree, Colour (Paprika Extract), Rosemary, Spice Mix (Sea Salt, Spices (Red Chilli Pepper, Paprika, Birds Eye Chilli)), Thyme, Preservative (Potassium Sorbate)

LETTUCE LEAF

HEINZ KETCHUP Tomatoes, Spirit Vinegar, Sugar, Salt, Spices, Spice & Herb Extract (**Celery**)

BASTING SAUCE ([View Spices](#))



V Vegetarian **P** Plant-based

V

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Chips

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Potatoes, Vegetable Oils (Rapeseed & Sunflower), Salt, Dextrose, Disodium, Disphosphate

Coleslaw

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V Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			Contains pasteurised egg
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			Contains mustard flour
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Cabbage, Mayonnaise (Rapeseed Oil, Water, Sugar, **Egg**, White Wine Vinegar, Spirit Vinegar, Salt, Stabilisers (Guar Gum, Xanthan Gum), **Mustard** Flour), Carrots, Onions, Parsley, White Wine Vinegar, Lactic Acid

Corn on the Cob

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V Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Butter portion contains pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Sweetcorn
Served with a butter portion (**milk**)

Creamy Mash

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V Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Contains butter and cream made from pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Potato, Double Cream (**Milk**), Butter (**Milk**), Salt, White Pepper

Garlic Bread

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Contains gluten from wheat and rye
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Portuguese roll may contain soya
Sulphites			

Ingredients

PORTUGUESE ROLL (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Folic Acid), Water, Biga Dough (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Folic Acid), Water, Yeast, Salt), **Rye** Flour (**Gluten**), Yeast, Salt, Olive Oil, Crumb Softener (**Wheat** Flour, Enzymes, Sunflower Oil), Bread Improver (**Wheat** Flour, Emulsifier (Mono- And Diacetyltartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids)), Flour Treatment Agent (Ascorbic Acid), Sunflower Oil, Enzymes)

GARLIC & CHILLI SPREAD (Vegetable Shortening (Rapeseed Oil, Palm Oil, Water, Colour (Carotenes)), Garlic Puree, Water, Green Chilli, Garlic Powder, Salt, White Pepper, Parsley)

Tenderstem[®] Broccoli

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Tenderstem Broccoli, Garlic, Lemon Infused Rapeseed Oil (Rapeseed Oil, Natural Lemon Flavouring), Salt, Black Pepper

Fully Loaded Chips

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Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Cheddar cheese contains pasteurised milk. May contain milk from chicken processes
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

PERi SALTED CHIPS (Potatoes, Vegetable Oils (Rapeseed & Sunflower), Salt, PERi-Salt (Salt, Spices (Paprika, Red Chilli Pepper, White Pepper, African Birds Eye Chilli), Sugar, Cornflour, Yeast Extract, Citric Acid, Flavourings, Colour (Paprika Extract))

PULLED CHICKEN (Chicken, Marinade (Spirit Vinegar, Rapeseed Oil, Spice Mix (Salt, Spices (Red Chilli Pepper, Paprika, African Birds Eye Chilli), Garlic Puree, Lemon, Green Chilli, Water), Medium Basting Sauce (Water, Rapeseed Oil, Spirit Vinegar, Green Chilli, Spice Mix (Salt, Spices (Red Chilli Pepper, African Birds Eye Chilli, Paprika) Herb (Bay Leaf))), Lemon, Stabilisers (Guar gum, Xanthan Gum), Onion, Preservative (Potassium Sorbate), Garlic Puree

CHEDDAR CHEESE (**Milk**)

RAINBOW SLAW DRESSING (Water, Rapeseed Oil, Olive Oil, Cider Vinegar, Sugar, Roast Shallots (Shallots, Sunflower Oil), Salt, Tapioca Starch, Modified Starch, Garlic Puree, Cornflour, Onion Powder, Spices (Paprika, Chilli (Capsicums, African Birds Eye Chillies)), Dried Red Pepper, Flavouring (Lactic Acid), Black Pepper, Parsley, Oregano, Preservative (Potassium Sorbate), Fennel)

PERi-TAMER BASTE (Water, Brown Sugar, Sugar, Tomato Paste, Spirit Vinegar, Cane Molasses, Lemon Juice, Rapeseed Oil, Smoked Paprika, Apple Juice from Concentrate, Salt, Garlic Puree, Stabilisers (Xanthan Gum, Guar Gum)

SPRING ONIONS

BASTING SAUCE ([View Spices](#))

Macho Peas

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V

Vegetarian

🌱

Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives		<div>✓</div>	May contain milk from kitchen practices
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Peas, Mint, Olive Oil, Bicarbonate of Soda, Parsley, Salt, Birds Eye Chilli

Rainbow Slaw

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

SLAW MIX (Pink Cabbage, White Cabbage, Savoy Cabbage, Spring Green, Carrot, Radish, Butternut Squash), Dressing (Water, Rapeseed Oil, Olive Oil, Cider Vinegar, Sugar, Roast Shallots (Shallots, Sunflower Oil), Salt, Tapioca Starch, Modified Starch, Garlic Puree, Cornflour, Onion Powder, Spices (Paprika, Chilli (Capsicums, African Birds Eye Chillies)), Dried Red Pepper, Flavouring (Lactic Acid), Black Pepper, Parsley, Oregano, Preservative (Potassium Sorbate), Fennel

PERi-PERi Seeds (Sunflower Seeds, Pumpkin Seeds, Rapeseed Oil, White Sugar, Salt, Paprika, Garlic Powder, African Birds Eye Chilli Flakes, Oregano)

PERi-Salted Chips

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Potatoes, Vegetable Oils (Rapeseed & Sunflower), Salt, Dextrose, Disodium Disphosphate, PERi-Salt (Salt, Spices (Paprika, Red Chilli Pepper, White Pepper, African Birds Eye Chilli), Sugar, Cornflour, Yeast Extract, Citric Acid, Flavourings, Colour (Paprika Extract)

Spicy Rice

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives		✓	May contain milk from kitchen practices
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Water, White Rice, Green Pepper, Rapeseed Oil, Tomato Sauce (Tomatoes, Salt), Onion Puree, Red Pepper, Spice Blend (Salt, Smoked Paprika, Cayenne, Ground Bay, Rapeseed Oil), Coriander, Garlic Puree, Parsley, Green Chilli Puree, Lemon Juice Concentrate, Turmeric.

PERi-Mac & Cheese

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V Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Pasta contains gluten from wheat
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Cheese and Mac & Cheese sauce contain pasteurised milk
Molluscs			
Mustard			Mac & Cheese sauce contains mustard powder
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

MAC & CHEESE (Cooked Macaroni Pasta (Water, Durum **Wheat** Semolina), Water, Vintage Cheddar Cheese (**Milk**), Whole **Milk**, Single Cream (**Milk**), Medium Fat Hard Cheese (**Milk**), Mozzarella Cheese (**Milk**), Butter (**Milk**), Salt, Modified Maize Starch, Yellow **Mustard** Powder, White Pepper, Ground Nutmeg)

CHEDDAR CHEESE (**Milk**)

PERi-CRUMB (Breadcrumbs (Rice Flour, Potato Starch, Tapioca Starch, Rapeseed Oil, Dextrose, Sugar, Yeast, Salt, Stabiliser (Hydroxypropyl Methylcellulose), Maize Starch, Psyllium Fibre), Garlic & Chilli Spread (Vegetable Shortening (Rapeseed Oil, Palm Oil, Water, Colour (Carotenes), Garlic Puree, Water, Green Chilli Puree, Garlic Powder, Salt, White Pepper, Parsley), Hot Baste (Water, Spirit Vinegar, Rapeseed Oil, Spice Mix (Birds Eye Chilli, Salt, Red Chilli Pepper, Paprika, Bay Leaf), Onion, Green Chilli, Lemon, Garlic Puree, Stabilisers (Xanthan Gum, Guar Gum)

Portuguese Tomato Salad

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V

Vegetarian

🌱

Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives		<div>✓</div>	May contain milk from kitchen practices
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

TOMATOES

PERi SEMI-DRIED TOMATOES (Semi Dried Tomatoes, Rapeseed Oil, Sugar, Salt, Garlic, Chillies, Oregano)

CUCUMBERS

PINK PICKLED ONIONS (Red Onions, White Sugar, Spirit Vinegar)

Charred Corn

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives		✓	May contain milk from kitchen practices
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

SWEETCORN, GARLIC AND PAPRIKA DRESSING (Water, Rapeseed Oil, Sugar, White Wine Vinegar, Cornflour, Medium Sauce (Water, Spirit Vinegar, Onion, Spice Mix (Salt, Red chilli pepper, Birds eye chilli, Herbs), Rapeseed Oil, Lemon Juice, Green Chilli , Garlic Puree , Lemon Zest), Salt , Modified starch , Colour: Paprika Extract (Rapeseed Oil, Colour: Paprika Extract (E160C Paprika Extract, Sunflower Oil)), Spice Mix (Flavouring, Salt, Paprika, Red chilli pepper, White Pepper, Yeast Extract, Colour: E100), Coriander , Flavouring: Lactic acid , Garlic Puree , Garlic Powder , Concentrated Lemon Juice , Onion Powder , Paprika , Birds eye chilli , Black Pepper , White Pepper , Ground Coriander)

SPRING ONIONS

PERi Salt (PERi-Salt (Salt, Spices (Paprika, Red Chilli Pepper, White Pepper, African Birds Eye Chilli), Sugar, Cornflour, Yeast Extract, Citric Acid, Flavourings, Colour (Paprika Extract))

Hearty Grains

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V

Vegetarian

🌱

Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten	✔		Contains Musu Black Barley, Pearl Barley, Spelt, Wheat, Piccolo Wheat
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives		✔	May contain milk from kitchen practices
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

HEARTY GRAINS Butternut Squash, Cooked Musu Black **Barley** (Water, Musu Black **Barley**), Cooked Pearl **Barley** (Peal **Barley**, Water), Cooked **Spelt** (**Spelt**, Water), Cooked Giant Cous Cous (Water, Giant Cous Cous [**Wheat** Flour]), Cooked Piccolo **Wheat** (Piccolo **Wheat**, Water), Green Chickpeas, Red Pepper, Kale, Rapeseed Oil, Pumpkin Seeds, Sweetened Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Rapeseed Oil, Lemon Infused Rapeseed Oil (Rapeseed Oil, Natural Lemon Flavouring), Grain Spice Mix (Salt, Ground Paprika, Ground Coriander, Ground Cayenne Chilli, Cumin Seed, Cracked Black Pepper, Rapeseed Oil), Salt

CREAMY SALAD DRESSING (Water, Rapeseed Oil, Olive Oil, Cider Vinegar, Roast Shallots (Shallots, Rapeseed Oil), Sugar, Salt, Cornflour, Tapioca starch, Modified Starch, Garlic Puree, Flavouring: Lactic Acid, Black pepper, Parsley, Oregano, Preservative: Potassium Sorbate, Fennel, Turmeric).

Desserts



Please click on each card to view more information on each product, including cross contamination notes and ingredients.

 Vegetarian  Plant-based

Choc-a-Lot Cake

CONTAINS
Milk • Soya • Egg • Gluten



Pastel de Nata

CONTAINS
Milk • Egg • Gluten



Goosey Caramel Cheesecake

CONTAINS
Milk • Egg • Gluten • Soya



Mango Gelado

CONTAINS
n/a



Bottomless Soft Swirl

CONTAINS
Milk



Chocolate Orange Brownie

CONTAINS
Milk • Soya • Egg • Gluten



Choc-a-Lot Cake



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Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Contains gluten from wheat. May contain gluten from Oats and Barley
Crustaceans			
Eggs & Derivatives			Contains pasteurised egg
Fish & Derivatives			
Lupin			
Milk & Derivatives			Contains pasteurised milk from cake and cream
Molluscs			
Mustard			
Nuts & Derivatives			May contain almonds, walnuts, pecans, hazelnuts and pistachios
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Contains soya lecithin
Sulphites			

Ingredients


Dark Chocolate (16%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (**Soya** Lecithin)), Sugar, Whole **Milk**, Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Free Range **Egg**, Sour Cream (**Milk**), Rapeseed Oil, Water, Unsalted Butter (**Milk**), Stabiliser Blend (Sugar, Maltodextrin, Modified Starch, Thickener (Carrageenan)), Single Cream (**Milk**), Dark Chocolate Chunks (4%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**Soya** Lecithin), Natural Vanilla Flavouring), Dark Chocolate Curls (3%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**Soya** Lecithin), Natural Vanilla Flavouring), Fat Reduced Cocoa Powder, Condensed Milk (**Milk**, Granulated Sugar), Partially Inverted Refiners Syrup, Raising Agent (Sodium Bicarbonate), Salt, Natural Vanilla Flavouring, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid)

Served with a side of Cream (**Milk**)

Gooney Caramel Cheesecake

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 Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Contains gluten from wheat. May contain gluten from Oats and Barley
Crustaceans			
Eggs & Derivatives			Contains pasteurised egg
Fish & Derivatives			
Lupin			
Milk & Derivatives			Contains pasteurised milk from cheesecake and cream
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Contains soya lecithin
Sulphites			

Ingredients

Cream Cheese (33%) (**Milk**, Salt, Thickener (Guar Gum)), Dulce De Leche (14%) (Sugar, Water, Full Cream **Milk** Powder, Glucose Syrup, Fructose Syrup, Skimmed **Milk** Powder), Digestive Biscuit Crumb (**Wheat** Flour (Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Wholemeal **Wheat** Flour, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar, Invert Sugar Syrup, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate) Salt), White Chocolate (8%) (Sugar, Cocoa Butter, Whole **Milk** Powder, Emulsifier (**Soya** Lecithin), Natural Vanilla Flavouring), Sour Cream (**Milk**), Single Cream (**Milk**), **Egg**, Sugar, Unsalted Butter (**Milk**), **Wheat** Flour (Calcium Carbonate, Niacin, Iron, Thiamin, Folic Acid), Brown Sugar, Black Treacle, Natural Vanilla Flavouring, Thickener (Xanthan Gum)

Served with a side of Cream (**Milk**)

Mango Gelado

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V

Vegetarian

🌱

Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			May contain egg
Fish & Derivatives			
Lupin			
Milk & Derivatives			May contain milk
Molluscs			
Mustard			
Nuts & Derivatives			May contain hazelnuts and pistachios
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Water, Mango (35%), Sugar, Glucose, Oligofructose, Erythritol, Rice Starch, Pectin, Salt, Stabilisers (Tara gum), Acidity Regulator (Citric Acid)

Pastel de Nata

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V Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Contains gluten from wheat
Crustaceans			
Eggs & Derivatives			Contains pasteurised egg
Fish & Derivatives			
Lupin			
Milk & Derivatives			Contains pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			May contain hazelnuts
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			May contain Soya
Sulphites			



Ingredients

Filling (**Milk**, Sugar, Water, **Egg** Yolk, **Wheat** Flour, Corn Starch, Flavouring (Cinnamon, Lemon)), Dough (**Wheat** Flour, Butter (**Milk**), Water, Salt, Cinnamon Powder)

Chocolate Orange Brownie

Allergens declared below are based on the product recipe and cannot be excluded. **However, we handle many allergens in our kitchen and cannot guarantee the product is allergen free.** Please refer to the [introduction page](#) for further information.
If you have an allergy please speak to the manager on duty, so that extra precautions can be taken.

 Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Brownie contains gluten from wheat
Crustaceans			
Eggs & Derivatives			Brownie contains egg. Gelado may contain eggs
Fish & Derivatives			
Lupin			
Milk & Derivatives			Gelado and Brownie contain pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			Gelado may contain hazelnuts and pistachios
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Brownie may contain soya
Sulphites			

Ingredients

CHOCOLATE ORANGE BROWNIE: Rapeseed Oil, Free Range **egg**, **wheat** Flour (**wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Demerara Sugar, Chocolate (9%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**soya** Lecithin), Natural Vanilla Flavouring), Compound Coating Dark (Sugar, Vegetable Fat (Palm Kernel, Palm, Shea), Fat Reduced Cocoa Powder, Emulsifier (Lecithins), Natural Vanilla Flavouring), Orange Flavoured Chocolate Pieces (7%) (Sugar, Cocoa Mass, Glucose Syrup, Cocoa Butter, Skimmed **milk** Powder (**milk**), Whey Powder **milk** (**milk**), Vegetable Fats (Palm, Shea), Emulsifier (Lecithins), Natural Orange Flavouring, Acid (Citric Acid)), Double Cream (**milk**), Fat Reduced Cocoa Powder, Orange Zest (2%), Single Cream (**milk**), Unsalted Butter (**milk**), Flavouring.

VANILLA SCOOP GELADO: Milk (**milk**), Sugar, Cream (**milk**), Refined coconut oil, rehydrated skimmed **milk** (**milk**), glucose, Madagascar vanilla, salt, flavours. Emulsifiers: mono and diglycerides of fatty acids. Stabilizer: tara gum, guar gum.

The Chocolate Orange Brownie will be served with a scoop of vanilla ice cream for eat-in orders, and served on its own for takeaway.

Bottomless Soft Swirl

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V Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Vanilla soft serve ice cream contains pasteurised milk.
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

VANILLA SOFT SERVE ICE CREAM (Jersey Skimmed **Milk**, **Milk** Solids, Sugar, Coconut Oil, Glucose, Emulsifier (Mono- and Di-glycerides of Fatty Acids), Vanilla Flavouring, Stabilisers (Cellulose Gum, Guar Gum, Carrageenan, Sodium Alginate, Locust Bean Gum), Colour (Annatto)

Extras & Garnish 1/2



Please click on each card to view more information on each product, including cross contamination notes and ingredients.

Vegetarian Plant-based

Grilled Halloumi Cheese

CONTAINS
Milk

Beanie Patty

CONTAINS
Milk • Soya • Egg

Cheddar Cheese Slice

CONTAINS
Milk

Chilli Jam

CONTAINS
n/a

Garlic PERinaise

CONTAINS
n/a

PERi-Salt

CONTAINS
n/a

PERinaise

CONTAINS
Egg • Celery

Mayonnaise

CONTAINS
Mustard

PERi-Plant Strips

CONTAINS
Gluten

Churrasco PERinaise

CONTAINS
n/a

PERi-PERi Drizzle

CONTAINS
n/a

Chicken Thighs/Fillet/Pulled

CONTAINS
n/a

Extras & Garnish 2/2



Please click on each card to view more information on each product, including cross contamination notes and ingredients.

Vegetarian Plant-based

Rustic Portuguese Roll
CONTAINS
Gluten

Tortilla Wrap
CONTAINS
Gluten

Pitta
CONTAINS
Gluten • Milk

Avocado
CONTAINS
Sulphites

PERi-PERi Gravy
CONTAINS
n/a

Grilled Pineapple
CONTAINS
n/a

PERi-Honey
CONTAINS
n/a

Pickle Mix
CONTAINS
Sulphites



Beanie Patty

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V Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			Contains pasteurised egg powder
Fish & Derivatives			
Lupin			
Milk & Derivatives			Contains cheese made from pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Contains Soya
Sulphites			

Ingredients

Pea Flour, Cheddar Cheese (**Milk**), Water, Chickpeas, Carrots, Onions, Adzuki Beans, Sweetcorn, Green Beans, Vegetarian Burger Mix (Textured **Soya** Protein, Pea Flour, Fibre (Pea Fibre, Guar Gum, Psyllium Fibre), Salt, Potato Fibre, **Soya** Protein Concentrate, Vegetable Fat (Palm), Tomato Powder, Onion Powder, Yeast Extract, Sage, Onion Extract, Spice Extracts, Herb Extract), Lentils, Tomato Puree, Peas, **Egg** Powder, Pumpkin Seeds, Medium Fat Hard Cheese (**Milk**), Salt, Garlic, Coriander, Green Chilli, Black Pepper, Cayenne Pepper), Vegetable Oil

Cheddar Cheese Slice

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V Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Contains pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Cheddar Cheese (**Milk**)

Chilli Jam

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Tomatoes, Brown Sugar, Red Wine Vinegar, Red Chilli, Red Onions, Cornflour, Tomato Paste, Garlic Puree, Salt, Gelling Agent (Pectin)

Garlic PERinaise

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Water, Rapeseed Oil, Sugar, Vinegar Blend (Spirit Vinegar, Cider Vinegar), Thickener (Modified Maize Starch), Medium Sauce (Water, Spirit Vinegar, Onion, Spice Mix (Salt, Spices (Red Chilli Pepper, Birds Eye Chilli), Herb (Bay Leaf)), Rapeseed Oil, Lemon Juice, Green Chilli, Garlic Puree, Un-waxed Lemon Zest, Stabilisers (Guar Gum, Xanthan Gum), Spice Mix (Salt, Spices (Paprika, Red Chilli Pepper, White Pepper)), Yeast Extract, Flavourings, Colour (Curcumin, Paprika Extract), Salt, Modified Starch, Garlic Puree, Tapioca Starch, Garlic Powder, Paprika

Grilled Halloumi Cheese

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V Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Contains pasteurised cow, sheep and goats milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Halloumi Cheese ((**Milk**, Salt, Mint), Vegetable Oil)

Mayonnaise Pot

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			Contains Dijon mustard
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Water, Rapeseed Oil, Cornflour, Sugar, Spirit Vinegar, Salt, Dijon **Mustard** (Water, **Mustard** Seeds, Spirit Vinegar, Salt), Modified Starch, Tapioca Starch, Preservative (Potassium Sorbate), Turmeric

PERi-PERi Drizzle

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Olive Oil, Lemon Juice, Chilli Infused Sunflower Oil (Sunflower Oil, Red Chilli, Salt), Garlic Puree, Red Chilli Puree, Red Wine Vinegar, Salt, Spices (Paprika, African Birds Eye Chilli)

PERi-Salt

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Salt, Spices (Paprika, Red Chilli Pepper, White Pepper, African Birds Eye Chilli), Sugar, Cornflour, Yeast Extract, Citric Acid, Flavourings, Colour (Paprika Extract)

PERinaise

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 Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			Contains celery salt
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			Contains pasteurised egg
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Water, Rapeseed Oil, Sugar, Vinegar Blend (Spirit Vinegar, Cider Vinegar), Thickener (Modified Maize Starch), Salted **Egg** Yolk (**Egg** Yolk, Salt), Medium PERi PERi Sauce (Water, Spirit Vinegar, Onion, Spice Mix (Salt, Spices (Red Chilli Pepper, Birds Eye Chilli), Herb (Bay Leaf), Spice Mix (Salt, Spices (Paprika, Red Chilli Pepper, White Pepper), Yeast Extract, Flavourings, Colour (Curcumin)), Salt, Stabiliser (Guar Gum), **Celery** Salt, Paprika, Colour (Paprika Extract)

Churrasco PERinaise Pot

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Water, Rapeseed Oil, Sugar, Vinegar Blend (Spirit Vinegar, Cider Vinegar), Thickener: Modified Maize Starch, Medium Bulk (Water, Spirit Vinegar, Onion, Spice Mix (Salt, Spices (Red Chilli Pepper, Birds Eye Chilli), Herb (Bay Leaf)), Rapeseed Oil, Lemon Juice, Green Chilli, Garlic Puree, Lemon Zest, Stabiliser: Guar Gum, Stabiliser: Xanthan Gum), Spice Mix (Salt, Spices (Paprika, Red Chilli Pepper, White Pepper), Yeast Extract, Flavourings, Colour: E100), Salt, Modified Starch, Garlic Puree, Tapioca Starch, Garlic Powder, Smoked Maltodextrin, Paprika, Colour: Paprika Extract

PERi-Plant Strips

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V

Vegetarian

🌱

Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Contains gluten from wheat
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Water, Vegetable Proteins (**Wheat** and Pea), **Wheat** Powder, Seasoning Potato Starch, Thickeners: Methylcellulose, Arabic gum, Gelling Agent (Carrageenan), Vegetable Oil

Pitta

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V Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Contains gluten from wheat
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Butter portion contains pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Sourdough (Sourdough, Salt, Brandy Vinegar, **Wheat** Starch), Yeast, Salt

Served with a butter portion (**Milk**)

Rustic Portuguese Roll

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V Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Contains gluten from wheat and oats
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Butter portion contains pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Rustic Roll may contain Soya
Sulphites			

Ingredients

RUSTIC PORTUGUESE ROLL (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Bakery Improver (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Sugar, Salt, Emulsifiers (Mono- And Diglycerides Of Fatty Acids, Sodium Stearoyl-2-Lactylate), Vegetable Oils (Palm, Rapeseed), Inactive Dry Yeast, Flour Treatment Agent (Ascorbic Acid), Potato Flakes (Potato Flakes, Emulsifier (Mono & Di Glycerides Of Fatty Acids), Organic **Oat** Milk (Spring Water, Organic **Oats**, Sunflower Oil, Sea Salt), Yeast, **Wheat** Semolina.

Served with a butter portion (**Milk**)

Tortilla Wrap

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V

Vegetarian

🌱

Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Contains gluten from wheat.
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Folic Acid), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents (Sodium Carbonates, Malic Acid, Diphosphates), Sugar, Stabiliser (Sodium Carboxymethyl Cellulose), Salt

Avocado

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites	✔		Contains <10ppm sulphites

Ingredients

Avocado, Lime juice, Essential Lime Oil, Preservative (Potassium Metabisulphite (**Sulphites**))

PERi-PERi Gravy

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Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Water, Savoury stock (9%) (Water, Yeast Extract, Salt, Sugar, Apple Juice Concentrate, Natural Flavourings, Sunflower Oil, Maize Starch, Leek Powder, Onion Powder), Cooked Chicken Thigh (4%), Modified Maize Starch, Yeast Extract, Lemon Juice Concentrate, Rapeseed Oil, Caramelised Sugar Powder, Demerara Sugar, Thyme, Spice Mix (Salt, Spices (Red Chilli Pepper, African Birds Eye Chilli), Ground Bay, Black Pepper, Sage, Ground Bay

Grilled Pineapple

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Pineapple

PERi-Honey

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V Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Blossom Honey, Birds Eye Chilli, Natural Capsicum Flavouring

Pickle Mix

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites	✓		Pickles contain sulphites at <6ppm

Ingredients

PICKLED CUCUMBER (Cucumber, Onion, Sugar , Sea Salt , Garlic Puree (Garlic Puree, Garlic, Citric Acid), Fennel Seeds,Coriander Seeds, Caraway Seeds, Black peppercorns, Turmeric, Dried Dill, Water, Spirit Vinegar)

PICKLED CAULIFLOWER (Cauliflower, Sushi Vinegar (White Sugar, Spirit Vinegar, Rice vinegar, Salt), Spirit Vinegar, Water, Red Chillies, White Sugar, Turmeric, Salt, Sumac (Sumac, Salt), Oregano)

Spices and Sauces



Please click on each card to view more information on each product, including cross contamination notes and ingredients.

Vegetarian Plant-based

Balsamic Vinegar
CONTAINS
Sulphites

Extra Virgin Olive Oil
CONTAINS
n/a

Spices
CONTAINS

PERi-PERi Sauces
CONTAINS
n/a

Malt Vinegar
CONTAINS
Gluten



Balsamic Vinegar



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Wine Vinegar, Cooked Grape Must, **Sulphites**

Malt Vinegar



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Malt Vinegar (From **Barley**)

Extra Virgin Olive Oil



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If you have an allergy please speak to the manager on duty, so that extra precautions can be taken.

Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Extra Virgin Olive Oil

Spices

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Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Some of our PERi-ometer spices are made using lemons and other citrus fruit that contain shellac. For dietary suitability, please refer to the vegetarian or plant-based icons.

PERi-TAMER BASTING SAUCE 🌱 (Water, Brown Sugar, Sugar, Tomato Paste, Spirit Vinegar, Cane Molasses, Lemon Juice, Rapeseed Oil, Smoked Paprika, Apple Juice from Concentrate, Salt, Garlic Puree, Stabilisers (Xanthan Gum, Guar Gum))

LEMON & HERB BASTING SAUCE 🌱 (Water, Lemon, Spirit Vinegar, Rapeseed Oil, Spice Mix (Sea Salt, Red Chilli Pepper, Paprika, African Birds Eye Chilli)), Garlic Puree, Stabilisers (Xanthan Gum, Guar Gum), Green Chilli, Preservative (Potassium Sorbate))

MEDIUM BASTING SAUCE 🌱 (Water, Rapeseed Oil, Spirit Vinegar, Green Chilli, Spice Mix (Salt, Red Chilli Pepper, African Birds Eye Chilli, Paprika, Herb (Bay Leaf)), Lemon, Stabilisers (Guar Gum, Xanthan Gum), Onion, Preservative (Potassium Sorbate), Garlic Puree)

HOT BASTING SAUCE 🌱 (Water, Spirit Vinegar, Rapeseed Oil, Spice Mix (African Birds Eye Chilli, Red Chilli Pepper, Paprika), Salt, Herb, (Bay Leaf)), Onion, Lemon, Green Chilli, Garlic Puree, Stabilisers (Xanthan Gum, Guar Gum))

EXTRA HOT BASTING SAUCE 🌱 (Water, Spirit Vinegar, Rapeseed Oil, Spice Mix (African Birds Eye Chilli, Red Chilli Pepper, Paprika), Salt, Herb, (Bay Leaf)), Onion, Lemon, Green Chilli, Garlic Puree, Stabilisers (Xanthan Gum, Guar Gum))











SWEET HEAT 🌱 (Water, Brown Sugar, Spirit Vinegar, Sugar, Tomato Paste, Onion, Spice Mix (Salt, Spices (Red Chilli Pepper, Birds Eye Chilli), Herb (Bay Leaf)), Lemon Juice, Cane Molasses, Rapeseed Oil, Garlic Puree, Green Chilli, Smoked Paprika, Concentrated Apple Juice, Salt, Stabiliser: Xanthan Gum, Preservative: Potassium Sorbate, Stabiliser (Guar Gum))

PERi-PERi Sauces

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			ion
Celery			
Cereals Containing Glu-			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Some of our PERi-PERi sauces are made using lemons and other citrus fruit that contain shellac. For dietary suitability, please refer to the vegetarian or plant-based icons in the ingredients declarations on

- EXTRA HOT PERi-PERi SAUCE  (Water, Spirit Vinegar, Spice Mix (Salt, Spices (African Birds Eye Chilli, Red Chilli Pepper, Paprika), Herb (Bay Leaf)), Lemon, Green Chilli, Onion, Rapeseed Oil, Garlic Puree, Stabilisers (Xanthan Gum, Guar Gum))
- GARLIC PERi-PERi SAUCE  (Water, Spirit Vinegar, Onion, Spice Mix (Salt, Spices (Red Chilli Pepper, African Birds Eye Chilli), Herb (Bay Leaf)), Garlic Puree, Lemon, Rapeseed Oil, Green Chilli, Stabilisers (Guar Gum, Xanthan Gum))
- HOT PERi-PERi SAUCE  (Water, Spirit Vinegar, Spice Mix(Salt, Spices (Red Chilli Pepper, African Birds Eye Chilli, Paprika)),Lemon, Onion, Green Chilli, Rapeseed Oil, Garlic Puree, Stabilisers (Guar Gum, Xanthan Gum))
- LEMON AND HERB PERi-PERi SAUCE  (Water, Lemon, Rapeseed Oil, Onion, Spirit Vinegar, Sugar, Salt, Garlic Puree, Red Chilli Puree, Rosemary, Thyme, Spice Mix (Sea Salt, Spices (Red Chilli Pepper, Paprika, African Bird’s Eye Chilli), Stabilisers (Guar Gum, Xanthan Gum), Preservative (Potassium Sorbate))
- MEDIUM PERi-PERi SAUCE  (Water, Spirit Vinegar, Onion, Spice Mix (Salt, Spices (Red Chilli Pepper, African Bird’s Eye Chilli), Herb (Bay Leaf)), Lemon, Rapeseed Oil, Green Chilli, Garlic Puree, Stabilisers (Guar Gum, Xanthan Gum))
- PERi-PERi VUSA  (Olive Oil, Lemon Juice, Spice Mix (African Birds Eye Chilli, Salt), Garlic Puree, Red Chilli Puree, Chilli Infused Sunflower Oil (Sunflower Oil, Chilli, Salt), Red Wine Vinegar
- WILD HERB PERi-PERi SAUCE  (Water, Spirit Vinegar, Onion, Spice Mix (Salt, Spices (Red Chilli Pepper, African Birds Eye Chilli), Herb (Bay Leaf)), Lemon, Rapeseed Oil, Green Chilli, Parsley, Garlic Puree, Stabilisers (Xanthan Gum, Guar Gum))
- XXX HOT PERi-PERi SAUCE  (Water, Green Chilli, Spirit Vinegar, Spice Mix (Salt, Spices (African Birds Eye Chilli, Red Chilli Pepper, Paprika), Herb (Bay Leaf)), Lemon, Onion, Rapeseed Oil, Garlic Puree, Stabilisers (Xanthan Gum, Guar Gum))
- CREAMY SALAD DRESSING  (Water, Rapeseed Oil, Olive Oil, Cider Vinegar, Roast Shallots (Shallots, Rapeseed Oil), Sugar, Salt, Cornflour, Tapioca starch, Modified Starch, Garlic Puree, Flavouring: Lactic Acid, Black pepper, Parsley, Oregano, Preservative: Potassium Sorbate, Fennel, Turmeric.
- PERi-Ketchup Hot  (Water, Tomato Paste, Brown Sugar, Spirit Vinegar, Sugar, Cornflour, Spice Mix (Salt, Red Chilli Pepper, Birds Eye Chilli, Paprika), Lemon, Onion, Salt, Green Chilli, Garlic Puree, Preservative: Potassium Sorbate, Paprika, White Pepper, Ground Ginger, Garlic Powder)

Drinks



Please click on each card to view more information on each product, including cross contamination notes and ingredients.

Vegetarian Plant-based

Beer

CONTAINS
Gluten

Karma Drinks Gingerella

CONTAINS
n/a

Beavertown Lazer Crush
Alcohol Free IPA

CONTAINS
Gluten

Kids Pip Organic

CONTAINS
n/a

MOMO Elderflower Kombucha

CONTAINS
n/a

Rubro Iced Tea

CONTAINS
n/a

Soft Drinks

CONTAINS
n/a

Sxollie Cider

CONTAINS
Sulphites

Wines

CONTAINS
Sulphites

Tropical Quencher

CONTAINS

Cloudy Lemonade

CONTAINS
n/a

Water

CONTAINS
n/a

Espresso/ Double Espresso

CONTAINS
n/a

Americano - No Milk

CONTAINS
n/a

Americano - With Milk

CONTAINS
n/a

Beer

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Sagres and Kinsale Pale Ale beer contain gluten from barley.
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

SAGRES BEER (Water, Malted **Barley**, Maize, **Barley**, Hop Extract)
KINSALE PALE ALE (Water, Malted **Barley**, Hops, Yeast)

Karma Drinks Gingerella

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Carbonated water, organic sugar, organic ginger extract (0.6%), organic lemon juice from concentrate, natural flavours (ginger and sweet blackberry), antioxidant: ascorbic acid.

Beavertown Lazer Crush Alcohol Free

██████████

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Contains gluten from barley
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Water, Malted **Barley**, Hops, Yeast

Kids Pip Organic

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

CLOUDY APPLE JUICE (Organic Apple Juice (100%))
PINEAPPLE & MANGO SMOOTHIE (Organic Apple Juice, Organic Pineapple Juice (15%), Organic Banana Puree, Organic Mango Puree (7%), Organic Orange Juice)

MOMO Kombucha

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V

Vegetarian

🌱

Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Filtered water, Kombucha culture, Organic raw cane sugar, Organic apple juice, Organic tea, Organic Elderflower

Rubro Iced Tea

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V

Vegetarian

🌱

Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

PEACH RUBRO (Water, Sugar, Acid (Ascorbic Acid), Rooibos Extract (0.2%), Natural Peach Flavouring with Other Natural Flavouring)

BERRY RUBRO (Water, Sugar, Acid (Ascorbic Acid), Rooibos Extract (0.2%), Natural Raspberry Flavour, Natural Strawberry Flavour)

LEMON RUBRO (Water, Sugar, Acid (Ascorbic Acid), Rooibos Extract (0.2%), Natural Lemon Flavouring with Other Natural Flavourings)

Soft Drinks

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

COCA-COLA (Sugar, Water, Colour (Caramel E150d), Phosphoric Acid, Natural Flavourings Including Caffeine).

DIET COKE (Water, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Natural Flavourings (Caffeine, Phosphoric Acid, Citric Acid), Preservative (Sodium Benzoate), Acidity Regulator (Sodium Citrate), Antifoaming Agent (Dimethylpolysiloxane). Contains a source of phenylalanine.

FANTA (Water, Sugar, Citric Acid, Malic Acid, Stabilisers (Acacia Gum, Sucrose Acetate Isobutyrate, Glycerol Esters of Wood Rosins), Sweeteners (AcesulfameK, Aspartame), Acidity Regulator (Sodium Gluconate), Natural Orange Flavouringswith Other Natural Flavourings, Antioxidant (Ascorbic Acid), Preservatives(PotassiumSorbate, Sodium Benzoate), Colour (Carotenes), Anti-Foaming Agent(Dimethylpolysiloxane). Contains a source of phenylalanine

SPRITE ZERO - (Water, Citric Acid, Natural Lemon and Lime Flavourings, Sweeteners (Aspartame, Acesulfame K), Preservative (Sodium Benzoate), Acidity Regulator (Sodium Citrate)). Contains a source of phenylalanine.

COKE ZERO (Water, Colour (Caramel E150d), Phosphoric Acid, Sweeteners (Aspartame, Acesulfame K), Natural Flavourings Including Caffeine, Acidity Regulator (Sodium Citrate), Preservative (Sodium Benzoate), Antifoaming Agent (Dimethylpolysiloxane)). Contains a source of phenylalanine.

Sxollie Cider

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V

Vegetarian

🌱

Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Golden Delicious Apples, Preservative (Potassium Metabisulphite)

Wines

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Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
SPIER SAUVIGNON BLANC (Grapes (Sauvignon Blanc), Sulphur Dioxide (Sulphites))
SPIER CHARDONNAY (Grapes (Chardonnay), Sulphur Dioxide (Sulphites))
SPIER CABERNET SAUVIGNON (Grapes (Cabernet Sauvignon), Sulphur Dioxide (Sulphites))
SPIER MERLOT (Grapes (Merlot and other Red Varietal Grapes), Sulphur Dioxide (Sulphites))
CREATIVE BLOCK 2 🍷 (Grapes (Sauvignon Blanc, Sémillon), Sulphur Dioxide (Sulphites))
CREATIVE BLOCK 5 🍷 (Cabernet Sauvignon, Merlot, Cabernet Franc, Petit Verdot, Malbec, Sulphur Dioxide (Sulphites))
LEVITY ROSE 🍷 (Contains Sulphur Dioxide (Sulphites))
SPIER ROSE CANS (Contains Sulphur Dioxide (Sulphites))

Cloudy Lemonade

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Water, Lemon Juice (10%), Lime Juice (5%), Sugar, Lemon Cells (3%), Sweetener (Sucralose)

Tropical Quencher

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Pineapple juice, Water, Mango purée, Coconut water, Peach purée, Passion Fruit juice, Guava purée, Antioxidant: Ascorbic acid.

Water

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Water

Espresso / Double Espresso



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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Espresso (Water, Coffee)

Americano - No Milk

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V Vegetarian

🌱 Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Americano (Water, Coffee)

Americano - With Milk



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V Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives	✓		
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients

Americano (Water, **Milk**, Coffee)