





























ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
MM Cumberland sausage (212 kcal,887 kJ)		✓ Wheat												✓

INGREDIENTS: Ims Of Smithfield Ltd Meat ; Uk Red Tractor Pork (80%), Water, Bread Crumb (**(Wheat)** Flour (With Added (Calcium Carbonate, Iron, Niacin, Thiamin)) Yeast Salt. Seasoning: **(Wheat)** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Dextrose, Spices (White Pepper, Black Pepper, Mace) Herbs (Parsley, Sage, Rosemary, Thyme), Stabiliser, (E451 (5.2%), Onion Powder, Preservative (**(E223)** (1.4%), Antioxidant (**Sulphur Dioxide**), (E301), Sunflower Oil.

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Grilled Bacon Slice (69 kcal,289 kJ)														















INGREDIENTS: Unsmoked Rindless Back Bacon ; Pork (87%) Water, Salt, Antioxidant: E301, Preservatives: E250, E252.

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Allergen and Nutrition Advice:















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- Adults need around 2000 kcal a day

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Fried Egg (85 kcal, 356 kJ)				✓										

INGREDIENTS: Free Range (**Eggs**). Rapeseed Oil ; Antifoam E900.

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Baked Flat Mushrooms (40 kcal, 167 kJ)														















INGREDIENTS: Flat Mushroom ; Breakfast Mushrooms. Rapeseed Oil ; Antifoam E900. Ground Black Pepper.















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Baked Beans (71 kcal,297 kJ)														
INGREDIENTS: No Added Sugar Baked Beans ; Beans (47%), Tomatoes (38%), Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener, Steviol Glycosides, Herb Extract.														
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Hash Browns (96 kcal,402 kJ)														
INGREDIENTS: Hash Browns 1000g ; Potatoes (85%), Vegetable Oils (Rapeseed, Sunflower, In Varying Proportions), Potato Starch, Onion, Potato Flakes, Salt, Dextrose, Natural Onion Flavouring, White Pepper.														
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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Grilled Tomatoes (7 kcal, 29 kJ)														

INGREDIENTS: Tomato ; Tomatoes. Ground Black Pepper.

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Wholemeal Toast (87 kcal, 364 kJ)		MC Barley ✓ Wheat										MC	✓	

INGREDIENTS: Thick Square Sliced Wholemeal Loaves ; Wholemeal (**Wheat**) Flour, Water, Salt, (**Wheat**) Flour (With Calcium, Iron, Niacin, Thiamin), Palm Oil, Yeast, Emulsifiers (Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids, Mono- And Di-Glycerides Of Fatty Acids), Preservative (Calcium Propionate), (**Soya**) Flour, Spirit Vinegar, Flour Treatment Agent(Ascorbic Acid).















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May Also Contain Sesame, Barley.

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White Toast (97 kcal,406 kJ)		MC Barley ✓ Wheat										MC	✓	
<p>INGREDIENTS: Thick Square Sliced White Loaves ; (Wheat) Flour (With Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids), Spirit Vinegar, (Soya) Flour, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold</p> <p>May Also Contain Sesame, Barley.</p>														

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Raspberry Croissant (296 kcal, 1238 kJ)		✓ Spelt ✓ Wheat		MC			MC				MC Almonds MC Hazelnuts MC Walnuts	MC	MC	
<p>INGREDIENTS: Bridor Ready To Bake Vegan Raspberry Croissant ; (Wheat) Flour, Water, Vegetable Fat 17% (Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non-Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- And Diglycerides Of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring), Raspberry Filling 16% (Glucose Syrup, Raspberry Purée 4%, Sugar, Raspberries 2%, Gelling Agent (Pectin), Concentrated Lemon Juice, Natural Flavourings), Sugar, Yeast, Finish 3% (Sugar, Non-Hydrogenated Palm Oil, Radish, Blackcurrant And Apple Concentrate), (Spelt) (Wheat) Flour, (Wheat) Gluten, Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid).</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold</p> <p>May Also Contain Eggs, Milk, Sesame, Soybeans, Almonds, Hazelnuts, Walnuts.</p>														

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Pain Aux Choc (252 kcal, 1054 kJ)		MC Barley MC Oats MC Rye MC Spelt ✓ Wheat		✓			✓				MC Almonds MC Cashew Nuts MC Hazelnuts		✓	
INGREDIENTS: Pain Au Chocolat ; Pain Au Chocolat ((Wheat) Flour, Water, Butter ((Milk)), Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (E322 ((Soya)))), Sugar, Yeast, ((Wheat) Gluten, ((Eggs)), Salt, Colour (Carotenes From Natural Origin), Flour Treatment Agent (E300), Enzyme). Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold May Also Contain Barley, Oats, Rye, Spelt, Almonds, Cashew Nuts, Hazelnuts.														

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Semi Skimmed Milk (7 kcal, 29 kJ)							✓							

INGREDIENTS: Semi Skimmed (**Milk**) 2.271 ; Semi Skimmed (**Milk**).

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Marmalade Portion (48 kcal, 201 kJ)														















INGREDIENTS: Marmalade Portion ; Glucose-Fructose Syrup, Sugar, Orange, Water, Gelling Agent (Pectin), Acidity Regulator (Citric Acid).

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Jam Portion Brakes (48 kcal,201 kJ)														

INGREDIENTS: Assorted Jam Portions ; Raspberry Jam Portions: Glucose-Fructose Syrup, Raspberries, Sugar, Pectin, Acidity Regulator (Citric Acid).Blackcurrant Jam Portions: Glucose-Fructose Syrup, Sugar, Blackcurrants, Pectin, Acidity Regulator(Citric Acid).Strawberry Jam Portions: Glucose-Fructose Syrup, Strawberries, Sugar, Pectin, Acidity Regulator(Citric Acid).Apricot Jam Portion: Glucose-Fructose Syrup, Apricot, Sugar, Pectin, Acidity Regulator(Citric Acid).

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Butter Portion (52 kcal,218 kJ)							✓							















INGREDIENTS: Butter Portion ; Butter (**Milk**), Salt (1.9%). Fat 80% Min.

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Vegan Breakfast Sausage														

INGREDIENTS: Vegan Breakfast Sausage 56g

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