















BREAKFAST PRODUCTS & THEIR ALLERGEN CONTENT

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Ⓛ Does not contain dairy | Ⓜ Does not contain gluten | V Vegetarian | Ve Vegan

													
CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
	Freekeh, Wheat, Rye, Barley, Oats, Spelt or Korasan	Prawns, Crabs, Lobster, Crayfish					Clams, Mussels, Whelks, Oysters, Snails and Squid		Almonds, hazelnuts, walnuts, pecan, Brazil, pistachio, cashew and Macadamia				Sulphur Dioxide, (>10mg/kg or 10mg/L)

ON TOASTS	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Smashed Avocado on Toast	Avocado, Red Onion, Lime, Garlic, Coriander, Chilli, Olive Oil, Salt, Pepper, Toast, Feta, 7 Seeded Loaf, Olive Oil	V	Cereals containing gluten - Wheat, Milk, Sesame Seeds		✓					✓					✓		
Vegan mashed Avocado on Toast	Avocado, Red Onion, Lime, Garlic, Coriander, Chilli, Olive Oil, Salt, Pepper, Toast - 7 Seeded Loaf, Olive Oil	Ⓛ / V / Ve	Cereals containing gluten - Wheat, Sesame Seeds		✓					✓					✓		
Kale, Ricotta Avocado on Toast	Kale, Grilled, with Olive Oil, Salt & Pepper, Avocado (20g), Lemon, Feta, Chilli Flake	V	Cereals containing gluten - Wheat, Milk, Sesame Seeds		✓					✓					✓		
Salmon, Egg, Avocado on Toast	Avocado, Egg, Mayo, Mustard, Salmon, Parsley, Lime Juice, Toast - 7 seeded Loaf, Olive Oil		Cereals containing gluten - Wheat, Fish, Egg, Mustard, Sesame Seeds		✓			✓				✓			✓		
Salmon, Ricotta, Avocado on Toast	Chicken Thigh, Rose Petal Harissa - Water, Sunflower Oil, Paprika, Garlic Puree, Sea Salt, Cumin, Crushed Chilli, Acidity Regulator (Citric Acid), Smoked Paprika, Dried Rose Petals, Cracked Black		Cereals containing gluten - Wheat, Fish, Milk, Sesame Seeds		✓			✓		✓					✓		
Miso Chicken Toast	7 Seeded Loaf, Miso, Spinach, Avocado, Sesame Seeds, Tahini, Veg. Oil, Chilli	V	Cereals containing gluten - Wheat, Sesame Seeds, Soy		✓										✓	✓	















BREAKFAST LINE	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Egg & Sausage Sarnie	Butter, Eggs, Milk, Seasoning, Sausage, Retro roll		Cereals containing gluten - Wheat, Milk, Eggs		✓		✓			✓							
Egg & Bacon Sarnie	Butter, Eggs, Milk, Seasoning, Bacon, Retro Rol		Cereals containing gluten - Wheat, Milk, Eggs		✓		✓			✓							
Sabich	Eggplant, Pickle, Egg, Tahini, Chilli, Parsley	Ⓛ / V	Cereals containing gluten - Wheat, Eggs, Sesame Seeds		✓		✓								✓		
Vegan Sabich - In Development	Eggplant, Pickle, Tahini, Chilli, Parsley	Ⓛ / V / Ve	Cereals containing gluten - Wheat, Eggs, Sesame Seeds		✓		✓								✓		
Avocado, Spinach & Egg Wrap	Avocado, Spinach, Egg, Spinach Wrap, Tahini, Za'atar, chilli	Ⓛ / V	Cereals containing gluten - Wheat, Egg, Sesame Seeds		✓		✓								✓		
Salmon & Cream Cheese Bagel	Salmon, Dill, Cream Cheese, Lemon, 4 pickle slices		Cereals containing gluten - Wheat, Milk, Fish (Salmon), Sulphur Dioxide (Pickle)		✓			✓		✓							✓
Egg White Tofu Wrap	Egg White, Ginger, Red Chilli, Tofu, Miso Aubergine, Yuzu Dressing (Lime Juice, Yuzu, Honey, Sesame Oil, Soya Sauce, Rice Wine Vinegar, Mirin) Spinach, Green Tahini, Wrap (Lemon Juice, Mint, Parsley, Coriander, Tahini, Chopped Ginger, Spinach, Cumin, Chilli Flake, Honey, Garlic) Wrap - Fortified Wheat Flour, Palm Oil, Spinach, Parsley, Salt	Ⓛ / V	Cereals containing gluten - Wheat, Egg, Sesame Seeds, Soya, Sulphur (Vinegar)		✓		✓								✓	✓	✓
Big Boys Breakfast Wrap	1 Laffa Bread (Flour, Salt, Water, Veg Oil), Tahini Dressing (Tahini, Water, Chopped Garlic, Lemon Juice, Olive Oil, Salt, Pepper), Red Pepper Sauce (Red Pepper, Garlic, Oregano, Thyme, Bay Leaf, Serrano Chilli, Red Wine Vinegar (Sulphur Dioxide), Olive Oil, Dijon Mustard, Salt, Black Pepper) Eggs, Olive Oil, Pancetta	Ⓛ	Cereals containing gluten - Wheat, Egg, Sesame Seeds, Sulphur (Vinegar), Mustard		✓		✓					✓			✓		✓
Egg White Frittata	Broccoli, Cherry Tomatoes, Red Pepper, Red Onion, Petit Pois, Parsley, Feta, Salt, Pepper, Egg White, Olive Oil	Ⓜ / V	Egg, Milk				✓			✓							

BREAKFAST FIELDTRAY	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Steak & Eggs	Steak (Sunflower Oil, Red Wine Vinegar, Worcestershire Sauce, Malt Vinegar (from Barley) Spirit Vinegar, Molasses, Sugar, Salt, Anchovies, Tamarind Extract, Onions, Garlic, Dijon Mustard, Mustard Seeds, Black Pepper, Garlic Puree), Egg, Pickled Cucumber, Portabello Mushroom, Avocado, Chilli, Spinach, Sesame Seeds	Ⓛ	Cereals containing gluten - Barley, Egg, Sulphur Dioxide, Mustard, Fish, Sesame		✓		✓	✓				✓			✓		✓
Vegan Shakshuka	Chickpeas, Harissa (Rose Petal Harissa - Water, Sunflower Oil, Paprika, Garlic Puree, Sea Salt, Cumin, Crushed Chilli, Acidity Regulator (Citric Acid), Smoked Paprika, Dried Rose Petals, Cracked Black Pepper, Cinammon, Ground Coriander, All Spice), Spinach, Avocado, Red Chilli, Sesame Seeds, Parsley, Za'atar, Laffa Bread, Shakshuka (Tomato, Red Pepper, Onion, Rapeseed Oil, Tomato Puree, Garlic, Salt, Cumin, Paprika, Thyme, Pepper, Chilli, Bay Leaf)	Ⓛ / V / Ve	Cereals containing gluten - Wheat, Sesame Seeds		✓										✓		
Shakshuka	Eggs, Spinach, Avocado, Red Chilli, Sesame Seeds, Feta Cheese, Parsley, Za'atar (Sesame, Salt, Sumac), Laffa Bread, (Tomato, Red Pepper, Onion, Rapeseed Oil, Tomato Puree, Garlic, Salt, Cumin, Paprika, Thyme, Pepper, Chilli, Bay Leaf)	V	Egg, Cereals containing gluten - Wheat, Sesame, Milk		✓		✓			✓					✓		
Green Eggs	Eggs, Za'atar (Sesame, Salt, Sumac), Spinach, Kale, Spring Greens, Olive Oil, Red Chilli, Sesame Seeds, Avocado	Ⓛ / Ⓜ / V	Egg, Sesame				✓								✓		

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	Freekeh, Wheat, Rye, Barley, Oats, Spelt or Korasan	Prawns, Crabs, Lobster, Crayfish					Clams, Mussels, Whelks, Oysters, Snails and Squid		Almonds, hazelnuts, walnuts, pecan, Brazil, pistachio, cashew and Macadamia				Sulphur Dioxide, (>10mg/kg or 10mg/L)

Full English	Eggs, Za'atar (Sesame, Salt, Sumac), Bacon, Sausages, Shakshuka, Cannellini Beans (Tomato, Red Pepper, Onion, Rapeseed Oil, Tomato Puree, Garlic, Salt, Cumin, Paprika, Thyme, Pepper, Chilli, Bay Leaf), 7 Seeded Sourdough Bread	⚠	Cereals Containing Gluten - Wheat, Egg, Sesame	✓		✓							✓		
Salmon & Avo'	Smashed Avo (Red onion, Avocado, Red Onion, Lime, Garlic, Coriander, Chilli, Olive Oil, Salt), Eggs, Spinach, Za'atar, Smoked Salmon	☑ / ⚠	Egg, Sesame, Fish			✓	✓						✓		
Sabich	Chopped Salad (Tomato, Cucumber, Parsley & Avo) , Pickled Cucumber, Tahini, Lemon, Garlic, Aubergine, Hard Boiled Egg, Paprika, Za'atar (Sesame), Salt & Pepper, Chickpeas Pickled Red Cabbage	⚠ / ⚠ / V	Egg, Sesame			✓							✓		
Vegan Sabich	Chopped Salad (Tomato, Cucumber, Parsley & Avo) , Pickled Cucumber, Tahini, Lemon, Garlic, Aubergine., Paprika, Za'atar (Sesame), Salt & Pepper, Chickpeas Pickled Red Cabbage	☑ / ⚠ / V / Ve	Sesame			✓							✓		
Egg White Fritata	Chopped Salad (Tomato, Cucumber, Parsley & Avo) , Spring Greens, Feta, Za'atar, Egg White, Petit Pois, Broccoli, Red Onion	⚠ / V	Egg, Milk, Sesame			✓		✓					✓		
Chorizo Shakshuka	Eggs, Spinach, Red Chilli, Sesame Seeds, Feta Cheese, Parsley, Za'atar (Sesame, Salt, Sumac), Laffa Bread, Chorizo (Pork), Shakshuka - (Tomato, Red Pepper, Onion, Rapeseed Oil, Tomato Puree, Garlic, Salt, Cumin, Paprika, Thyme, Pepper, Chilli, Bay Leaf)		Egg, Cereals containing gluten - Wheat, Sesame, Milk	✓		✓		✓					✓		

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	Freekeh, Wheat, Rye, Barley, Oats, Spelt or Korasan	Prawns, Crabs, Lobster, Crayfish					Clams, Mussels, Whelks, Oysters, Snails and Squid		Almonds, hazelnuts, walnuts, pecan, Brazil, pistachio, cashew and Macadamia				Sulphur Dioxide, (>10mg/kg or 10mg/L)

PASTRIES	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Croissant	Wheat flour, butter, sugar - Egg Wash	V	Cereals containing gluten, Milk, Egg		✓		✓			✓							
Pain Au Chocolate	Wheat flour, butter, sugar, plain chocolate - Egg Wash	V	Cereals containing gluten, Milk, Egg		✓		✓			✓							
Almond Croissant	Wheat flour, butter, sugar, almonds - Egg Wash	V	Cereals containing gluten, Milk, Nuts - Almond, Egg		✓		✓			✓			✓				
Cinnamon Swirl	Flour, butter, fresh yeast, sugar, eggs, milk, muscovado sugar, salt, cinnamon.	V	Cereals containing gluten, Milk, Egg		✓		✓			✓			✓				
Choc' Almond Croissant	Wheat flour, butter, sugar, almonds, plain chocolate - Egg Wash	V	Cereals containing gluten, Milk, Nuts - Almond, Egg		✓		✓			✓			✓				
Almond Mini Muffin	Sugar, Ground Almond, Butter, Egg, Full Fat Creme Fraiche, Flour, Baking Powder, Vanilla Essence	V	Cereals containing gluten, Milk, Nuts - Almond, Egg		✓		✓			✓			✓				
Chocolate Mini Muffin	Sugar, Ground Almond, Butter, Egg, Full Fat Creme Fraiche, Flour, Baking Powder, Vanilla Essence, Cacao Nibs, Raw Cacao	V	Cereals containing gluten, Milk, Nuts - Almond, Egg		✓		✓			✓			✓				















GRAINS	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Farmer J Parfait	Coconut yoghurt, mango, berries, pomegranate seeds, granola - Gluten free oats, poppyseeds, apricots, honey, butter, golden syrup, sunflowerseeds, pumpkin seeds	Ⓞ / V	Dairy/ Milk							✓							
Almond Porridge	Oats, Almond Milk, Water	Ⓛ / V / Ve	Cereals containing gluten - Oats, Nuts - Almonds		✓								✓				
Rude Health Porridge - Almond Butter with Sea Salt	Oats, Finely Sliced, Roasted Almonds (22%), Roasted Almond Pieces (17%), Coconut Blossom Sugar, Sea Salt (0.5%), Almond Milk, Water	Ⓛ / V / Ve	Cereals containing gluten - Oats, Nuts - Almonds		✓								✓				
NEW Porridge (Feb 2019) - Plain J	Water, Coconut Milk (Coconut Extract (60%), Water) (22%), Gluten Free Porridge Oats (13%), Red Quinoa, Brown Linseed (0.8%), Golden Linseed (0.8%) (Optional Honey / Maple - With Honey Not VE), Coconut Milk	Ⓛ / Ⓞ / V / Ve															
NEW Porridge (Feb 2019) - Granola Grits	Water, Coconut Milk (Coconut Extract (60%), Water) (22%), Gluten Free Porridge Oats (13%), Red Quinoa, Brown Linseed (0.8%), Golden Linseed (0.8%) , Coconut Milk Mixed Berries, Honey & GF Granola (GF Oats, Agave Syrup, Figs, Pumpkin Seeds, Dates, Olive Oil, Sunflower Seeds)	Ⓛ / Ⓞ / V															
NEW Porridge (Feb 2019) - The Nutter	Water, Coconut Milk (Coconut Extract (60%), Water) (22%), Gluten Free Porridge Oats (13%), Red Quinoa, Brown Linseed (0.8%), Golden Linseed (0.8%) , Coconut Milk, Peanut Butter, Maple, Almond Milk, Tahini	Ⓛ / Ⓞ / V / Ve	Nuts - Almond, Peanuts & Sesame										✓	✓	✓		
NEW Porridge (Feb 2019) - Jerusalem	Water, Coconut Milk (Coconut Extract (60%), Water) (22%), Gluten Free Porridge Oats (13%), Red Quinoa, Brown Linseed (0.8%), Golden Linseed (0.8%) Coconut Milk, Date Syrup, Maple, Cacao Nibs, Banana, Tahini	Ⓛ / Ⓞ / V / Ve	Sesame												✓		
Summer Soaked Oats	Summer Berries (Raspberries, Strawberries & Blueberries), GF Oats (13%), Red Quinoa, Brown Linseed (0.8%), Golden Linseed (0.8%), Granola (GF Oats, Agave Syrup, Figs, Pumpkin Seeds, Dates, Olive Oil, Sunflower Seeds), Almond Milk, Pineapple, Whey Protein	Ⓛ / Ⓞ / V / Ve	Nuts - Almond										✓				
Summer Fruit Pot	Mango, Kiwi, Strawberry	Ⓛ / Ⓞ / V / Ve															
Proats	GF Oats (13%), Red Quinoa, Brown Linseed (0.8%), Golden Linseed (0.8%), Almond Milk, Whey Protein Powder, Cashews	Ⓛ / Ⓞ / V / Ve	Nuts - Almond, Cashews										✓				

GF TOAST	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Banana Tahini Toast	GF Toast, Banana, Peanut Butter, Almond Butter, Tahini, Date Syrup, Almond Milk, Date Syrup, Cacao Nibs, Cashews	Ⓛ / Ⓞ / V / Ve	Sesame, Nuts - Almond, Cashew, Peanuts										✓	✓	✓		
Smashed Avo' Toast	GF Toast, Avocado, Red Onion, Lime, Garlic, Coriander, Chilli, Olive Oil, Salt, Pepper, Coriander, Cherry Tomato	Ⓛ / Ⓞ / V / Ve															

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	Freekeh, Wheat, Rye, Barley, Oats, Spelt or Korasan	Prawns, Crabs, Lobster, Crayfish					Clams, Mussels, Whelks, Oysters, Snails and Squid		Almonds, hazelnuts, walnuts, pecan, Brazil, pistachio, cashew and Macadamia				Sulphur Dioxide, (>10mg/kg or 10mg/L)

Miso Egg Avo' on Toast	GF Toast, Miso, Spinach, Tahini, Egg, Sesame, Chilli, Avocado	🥛 / 🌾 / 🌱	Sesame, Soya, Egg				✓						✓	✓	
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