















LUNCH PRODUCTS & THEIR ALLERGEN CONTENT















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CELERY	CEREALS CONTAINING GLUTEN Freekeh, Wheat, Rye, Barley, Oats, Spelt or Korasan	CRUSTACEANS Prawns, Crabs, Lobster, Crayfish	EGGS	FISH	LUPIN	MILK	MOLLUSC Clams, Mussels, Whelks, Oysters, Snails and Squid	MUSTARD	NUTS Almonds, Hazelnuts, Walnuts, Pecan, Brazil, Pistachio, Cashew and Macadamia	PEANUTS	SESAME SEEDS	SOYA	SULPHITES Sulphur Dioxide, (>10mg/kg or 10mg/L)

MAINS	INGREDIENTS	TAGS	ALLERGENS	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHITES
Charred Flank Steak	Beef Bavette, Worcestershire Sauce (Barley, Fish), Dijon Mustard, Red Wine Vinegar, Black Pepper, Salt, Sunflower Oil, Soy sauce	D	Gluten, Fish, Mustard, Sulphites Soy		✓			✓				✓				✓	✓
Lime Leaf Tofu Curry	Tofu, Tomatoes, Green beans, Spring onion, Coriander, Sesame Seeds Lime Leaf sauce [Sunflower oil, coconut milk, tomato puree, ginger, Tamari Sauce(Soya Beans, Sea Salt, Alcohol, Koji Seed), salt, sugar cane, lime juice, red chilli, garlic, turmeric, lime leaf, chilli flakes]	⊖ / Ⓞ / V / Ve	Sesame, Soya												✓	✓	
Grilled Baharat Chicken	Chicken, Baharat marinade [Dark brown sugar, Rapeseeds oil, Soy sauce, Henderson relish (spirit Vinegar, sugar, salt, Tamarinds, Acetic acid, Cayenne Pepper, Cloves, Saccharin, Garlic oil), Mushroom stock, Yeast extracts, white wine vinegar, cinnamon, garlic, sesame, coriander seeds, black pepper, clove] Sesame, Spring onion, Lemon Juice	⊖ / Ⓞ	Sesame, Sulphites, Soy												✓	✓	✓
Grilled Harissa Chicken	Chicken, Lemon Juice, Salt, Black Pepper, Parsley, Rose Petal Harissa (Sunflower Oil, Paprika Flakes, Garlic Puree, Sea Salt, Cumin, Coriander, Crushed Chilli, Acidity Regulator [Citric Acid (E330)], Black Pepper Smoked Paprika, Dried Rose Petals, Cinnamon, All Spice)	⊖ / Ⓞ															
Chermoula Salmon	Salmon, Lemon Juice, Chilli, Coriander, Chermoula marinade [Sunflower Oil, Preserved Lemon, Tomato Paste, Salt, Zaatar (Coriander, Cumin, Garlic Powder, Salt, Dried Oregano, Caraway, Marjoram, Bay Leaf, Sunflower Oil), Ras El Hanout (Paprika, Coriander, Cumin, Cumin, Chilli, Ginger, Natural Flavouring (Rose), Pimento, Fennel Seeds, Clove, Fennel, Black Pepper, Cinnamon, Cardamom, Turmeric, Nutmeg), Black Pepper]	⊖ / Ⓞ	Fish					✓									
BASE	INGREDIENTS	TAGS	ALLERGENS	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHITES
Brown Rice	Brown Rice, Salt, Olive Oil, Lemon Juice.	⊖ / Ⓞ / V / Ve															
Baby Spinach	Baby Spinach	⊖ / Ⓞ / V / Ve															
Farmer's Grains	Freekeh, Bulgur wheat, Za'atar (Hyssop, Oregano, Thyme, Sesame seeds, Sumac, salt, citric acid), Fried Onion (onion, palm oil, wheat flour), Cauliflower dressing [Rapeseed Oil, Olive Oil, Sunflower Oil, Paprika Flakes, Garlic Puree, Salt, Cumin, Coriander, Crushed Chilli, Acidity regulator [Citric Acid (E330)], Black Pepper, Smoked Paprika, Dried Rose Petals, Ground Cinnamon, All Spice].	⊖ / V / Ve	Gluten, Sesame		✓										✓		
WARM SIDES	INGREDIENTS	TAGS	ALLERGENS	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHITES
Broccoli	Broccoli, Olive Oil, Salt	⊖ / Ⓞ / V / Ve															
Mac' N' Cheese	Wheat Pasta, Spinach, Peas, Béchamel (milk, flour, butter, nutmeg, salt, white pepper), Parmesan, Mozzarella, Cheddar, Nutmeg, Salt, Black pepper, Chilli flakes	V	Gluten, Milk		✓					✓							
Roasted Sweet Potato	Sweet Potatoes, Veg Oil, Salat, Baharat Spice (all spice, paprika, black pepper, garlic powder, cumin, cinnamon, ginger, nutmeg, cardamom, cloves)	⊖ / Ⓞ / V / Ve															
Whole Cauliflower	Cauliflower, Cauliflower dressing [Rapeseed Oil, Olive Oil, Sunflower Oil, Paprika Flakes, Garlic Puree, Salt, Cumin, Coriander, Crushed Chilli, Acidity regulator [Citric Acid (E330)], Black Pepper, Smoked Paprika, Dried Rose Petals, Ground Cinnamon, All Spice], Coriander, Spring Onion.	⊖ / Ⓞ / V / Ve	Sesame												✓		
Zaatar Sprouts	Brussels Sprouts, Olive oil, Salt, black pepper, Za'atar (Hyssop, Oregano, Thyme, Sesame seeds, Sumac, salt, citric acid).	⊖ / Ⓞ / V / Ve	Sesame												✓		
COLD SIDES	INGREDIENTS	TAGS	ALLERGENS	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHITES
Tahini Chickpea Salad	Toasted Harissa Chickpeas (sunflower oil, paprika flakes, garlic puree, sea salt, cumin, coriander, crushed chilli, acidity regulator, smoked paprika, dried rose petals, cinnamon, all spice), Tomatoes, Green Pepper, Pickled Green Chilli (green chilli, citric acid, salt), Preserved Lemons (lemon, salt), Spring Onion, Coriander, Tahini Lemon dressing (tahini, garlic, cumin, citric acid, olive oil, Lemon Juice, salt)	⊖ / Ⓞ / V / Ve	Sesame												✓		
Feta Kale Crunch,	Kale, Avocado, Feta, Tomatoes, Roasted red peppers, Kalamata olives, Red wine vinegar, Olive oil, Pita chips (Wheat Flour, Rapeseed Oil, Olive Oil, Rosemary, Black pepper, Sea Salt, Yeast) Sherry & Tomato dressing [Tomatoes, Calcium Chloride, Sherry Vinegar, Ammonia Caramel, Henderson's Relish (spirit vinegar, sugar, colour, salt, tamarinds, acetic acid, cayenne pepper, cloves, saccharin, garlic, sunflower oil), Black Pepper, Oregano, Potassium Sorbate, Maize Starch]	V	Gluten, Sulphites, Milk		✓					✓							✓
Kale Miso Slaw	Kale, White Cabbage, Radish, Golden Kimchi (white cabbage, spring onion, daikon, celery, lemon, apple juice, ginger, garlic, salt, turmeric, red chilli), Avocado, Lemon Juice, Black & White Sesame Seeds, Miso Dressing [Sunflower oil, Miso paste (water, soya beans, rice, salt), rice wine vinegar, sesame oil, mirin, ginger, brown sugar]	⊖ / Ⓞ / V / Ve	Sesame, Soya, Sulphites, Celery	✓											✓	✓	✓

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 CELERY	 CEREALS CONTAINING GLUTEN Freekeh, Wheat, Rye, Barley, Oats, Spelt or Korasan	 CRUSTACEANS Prawns, Crabs, Lobster, Crayfish	 EGGS	 FISH	 LUPIN	 MILK	 MOLLUSC Clams, Mussels, Whelks, Oysters, Snails and Squid	 MUSTARD	 NUTS Almonds, Hazelnuts, Walnuts, Pecan, Brazil, Pistachio, Cashew and Macadamia	 PEANUTS	 SESAME SEEDS	 SOYA	 SULPHITES Sulphur Dioxide, (>10mg/kg or 10mg/L)
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SAUCES / DRESSING	TAGS	ALLERGENS	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHITES	
Seasonal Slaw	White Cabbage, Broccoli, Brussels Sprouts, Mint, Pickle Red Onion (onion, sugar, salt, red wine vinegar), Pecan nuts, Shichimi (red pepper, orange peel, black sesame, yellow sesame, seaweed, ginger, Japanese pepper). Soy sauce, Sesame oil, Olive oil, Lemon juice, Salt.	⚡ / ⚡ / V / Ve										✓		✓	✓	✓	
Tahini	Tahini, Garlic, Citric Acid, Sunflower oil, Salt	⚡ / ⚡ / V / Ve												✓			
Chimichurri	Parsley, Bay Leaf, Garlic, Salt, Pepper, Red Wine Vinegar, Sunflower Oil, Olive Oil, Oregano, Coriander, Chilli Flakes	⚡ / ⚡ / V / Ve														✓	
Red Pepper	Red Pepper, Garlic, Oregano, Thyme, Bay Leaf, Serrano Chilli, Red Wine Vinegar, Olive Oil, Dijon Mustard, Salt, Black Pepper	⚡ / ⚡ / V / Ve									✓					✓	
J's Aioli	Yogurt (cow's milk), Mayonnaise(Rapeseed oil, Egg Yolk, spirit vinegar, sugar, salt), Garlic, Lemon	⚡ / V				✓			✓							✓	
SET FIELDBOWLS	INGREDIENTS	TAGS	ALLERGENS	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHITES
Christmas Bowl	Brown Rice, Baharat Chicken, Zaatar Sprouts, Sesame	⚡ / ⚡	Sesame, Sulphites, Soy												✓	✓	✓
Harissa Habibi	Farmer's Grains, Harissa Chicken, Tahini Chickpea Salad	⚡	Gluten, Sesame		✓										✓		
Lime Leaf Curry	Brown Rice, Broccoli, Lime Leaf Curry	⚡ / ⚡ / V / Ve	Sesame, Soya												✓	✓	
Tahini Cauli	Farmer's Grains, Cauliflower, Tahini	⚡ / V / Ve	Gluten, Sesame		✓										✓		
SET FIELDBOWLS	INGREDIENTS	TAGS	ALLERGENS	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHITES
J's Classic	Harissa Chicken, Brown Rice, Mac' N' Cheese, Broccoli		Gluten, Milk		✓					✓							
J's Christmas Dinner	Baharat Chicken, Farmer's Grains, Zaatar Sprouts, Sweet Potatoes	⚡	Gluten, Sesame, Sulphites, Soy		✓										✓	✓	✓
Butcher's Cut	Flank Steak, Baby Spinach, Mac' N' Cheese, Feta Kale Crunch		Gluten, Milk, Fish, Mustard, Sulphites, Nuts, Eggs		✓		✓	✓		✓		✓					✓
Farmer's Catch	Chermoula Salmon, Rice, Sweet Potatoes, Seasonal Slaw	⚡ / ⚡	Fish, Soy, Nuts, Sulphites, Sesame					✓					✓		✓	✓	✓
Where My Vegans At?	Lime Leaf Tofu Curry, Brown Rice, Broccoli, Kale Miso Slaw	⚡ / ⚡ / V / Ve	Sesame, Soya, Sulphites, Celery	✓											✓	✓	✓
Season's Greens	Cauliflower, Rice, Zaatar Sprouts, seasonal Slaw	⚡ / ⚡ / V / Ve	Nuts, Sulphites, Sesame, Soya									✓		✓	✓	✓	✓
Mac' & Greens	Mac' N' Cheese, Spinach, Broccoli, Feta Kale Crunch	V	Gluten, Sulphites, Mustard, Milk, Eggs		✓		✓		✓		✓						✓
Hello Harissa	Harissa Chicken, Brown Rice, Sweet Potatoes, Seasonal Slaw	⚡ / ⚡	Soy, Nuts, Sulphites, Sesame									✓		✓	✓	✓	✓
Steak & Broc'	Flank Steak, Baby Spinach, Broccoli, Tahini Chickpea salad	⚡	Gluten, Fish, Mustard, Sulphites, Sesame		✓			✓			✓			✓			✓