



Allergens & Nutritional Values

ALLERGENS

We take Our customers well being very seriously, with this in mind the following allergen information has been put together. Please note: there maybe additional products, replacement products sold that may not be on this list which is for guidance only. If you have any allergies we would strongly recommend checking with one of our staff members before placing your order. All of our staff are fully qualified and have successfully completed the Food Standards Agency allergen exam. .

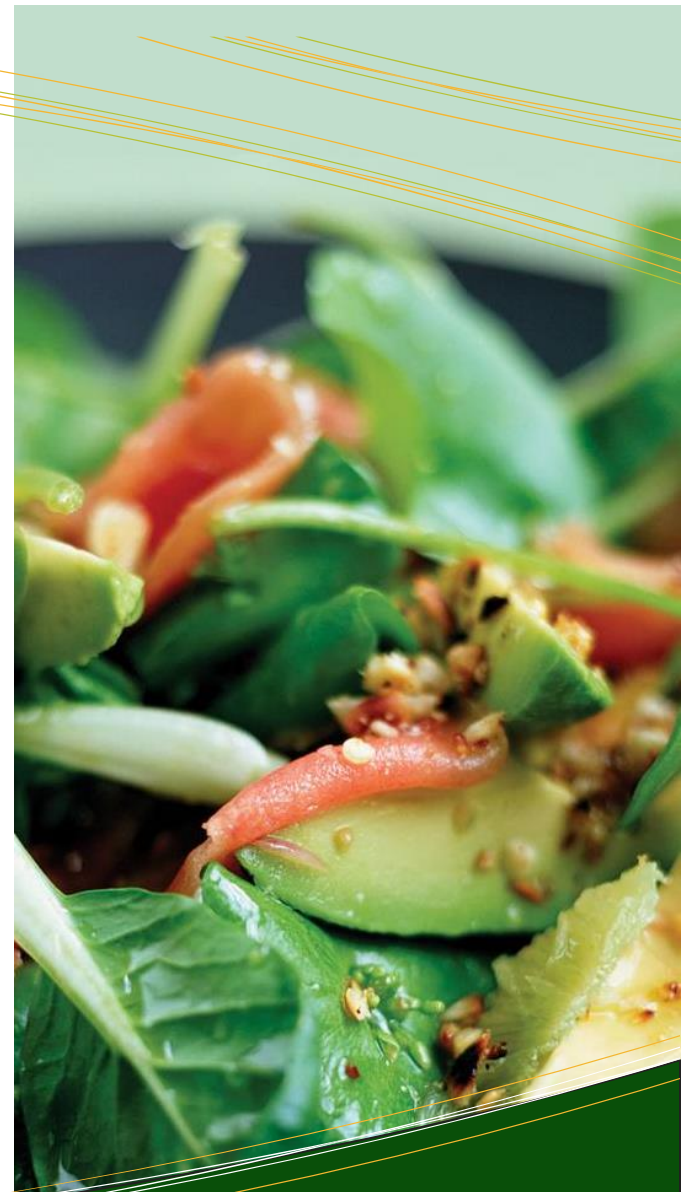
Hours:

7am -2pm Mon-Fri

8am -1pm Sat

Sunday Closed

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 **COUNTRY CRUST**
SANDWICH SHOP & CAFÉ

EST 1994

Fresh & Delicious Gourmet Sandwiches, Salads, and Sweets

Baguette (

Fully baked Demi baguettes) Suitable for Vegetarians

Ingredients	
Wheat Flour , Water, Skimmed Milk Powder, Yeast, Iodised Salt, Dextrose	
Allergy advice	
For allergens, see ingredients in bold . Produced in a factory where Soybeans, Milk, Nuts, Sesame Seeds & Lupin are being used.	
Nutrition Values per 100g/ml	
Energy (KJ) 1052	Energy (KCAL) 248
Fat (G) 0.9	of which Saturates (G) 0.2
Carbohydrate (G) 51	Of which are sugars (G) 1.8
Protein (G) 7.6	Salt (G) 1.3

Steak House Halal Beef Burger (4oz) 113g

Ingredients	
Beef (94%), Water, Seasoning (Contains: Salt, onion powder, Soya Fibre, Dextrose, Hydrolsed Soya Protein Ntural Flavouring), Isolated Soya Protein (Sulphur Dioxide).	
Allergy advice	
For allergens, see ingredients in bold .	
Nutrition Values per 100g/ml	
Energy (KJ) 726	Energy (KCAL) 174
Fat (G) 9.6	of which Saturates (G) 4.5
Carbohydrate (G) 0.5	Of which are sugars (G) 0.3
Protein (G) 21.3	Salt (G) 1.25

Baked Beans in Tomato Sauce

Suitable for Vegetarians, Vegans, Coeliacs (Gluten Free), Lactose




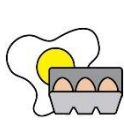
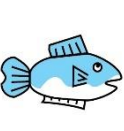




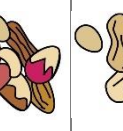
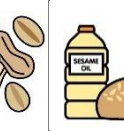
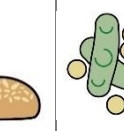
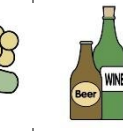

Ingredients		
Beans (49%), Tomatoes (28%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Distilled Malt Vinegar, Onion Powder, Ground Paprika,		
Allergy advice		
For allergens, see ingredients in bold .		
Nutrition Values per 100g/ml		
Energy (KJ) 374	Energy (KCAL) 88	
Fat (G) 0.4	of which Saturates (G) 0.2	
Carbohydrate (G) 15.3	Of which are sugars (G) 6.4	
Protein (G) 4.4	Salt (G) 1.1	Fibre 3g

Black Pudding

Ingredients	
Pork Fat (28%) Reconstituted Dried Blood (28%), Pearl Barley (18%), Pork Rinds, Wheat Flour , Oatmeal , Potato, Starch, Salt, Spices, Herbs.	
Allergy advice	
For allergens, see ingredients in bold .	
Nutrition Values per 100g/ml	
Energy (KJ) 1436	Energy (KCAL) 346
Fat (G)	of which Saturates (G) 10.9
Carbohydrate (G) 11	Of which are sugars (G) 0.5
Protein (G) 12	Salt (G) 1.8

Breads & Cakes & Their Allergen Content

* All products are manufactured in an environment in which these items are present

Products														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Bread Products		√								*	*	*	√	
Egg Custard		√		√			√			*	*	*		
Pastry items		√								*	*	*		
Apple pies/Squares		√					√			*	*	*		√
Chocolate Items		*					√			*	*	*		
Shortbread Items		√					√			*	*	*		
Biscuit Items		√								*	*	*		
Sponge Items		√		√			√			*	*	*	*	
Carrot Cake		√		√			√			*	*	*	*	
Chocolate Fudge Cake		√		√			√			*	*	*	*	

Breads & Cakes & Their Allergen Content

* All products are manufactured in an environment in which these items are present

Products														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Viennese		√		√			√			*	*	*		
Fruit squares		√					√			*	*	*		√
Coconut Squares		√		√			√			√	*	*		
Almond slice		√		√			√			√	*	*		
Bakewell		√		√			√			*	*	*		
Flapjack		√					√			*	*	*		
Raspberry Buns		√		√			√			*	*	*		
Butterfly Buns		√		√			√			*	*	*		√
Rum Truffles		√		√			√			*	*	*		

Cheese & Onion Quiche Suitable for Vegetarians

Ingredients	
Made with free range egg and Red Leicester, extra-mature Cheddar and spring onions	
Allergy advice	
Contains Egg, Milk, Mustard & Wheat. Due to the way we prepare this food, additional allergens may be present.	
Nutrition Values per 100g/ml	
Energy (KJ) n/a	Energy (KCAL) n/a
Fat (G) n/a	of which Saturates (G) n/a
Carbohydrate (G) n/a	Of which are sugars (G) n/a
Protein (G) n/a	Salt (G) n/a

Hash Browns Suitable for Vegetarians & Vegans

Ingredients	
Potatoes (79 %), Palm Oil, Potato Flakes, Onion, Potato Starch, Pea Fibre, Salt, Dextrose, Natural Onion Flavouring, Spices, Antioxidant: E300	
Allergy advice	
For allergens, see ingredients in bold .	
Nutrition Values per 100g/ml	
Energy (KJ) 763	Energy (KCAL) 183
Fat (G) 9.1	of which Saturates (G) 3.5
Carbohydrate (G) 22	Of which are sugars (G) 0.4
Protein (G) 2.2	Salt (G) 0.55

Chicken & Bacon in Mayo - Slices of steamed cooked Chicken breast with bacon in a creamy mayo & parsley

Ingredients		
Chicken Breast (65%), Water, Salt, Sugar, Salt, Mayo 20%, Bacon 15%		
Allergy advice		
Egg & Egg Products, Milk, Mustard & Mustard Derivatives		
Nutrition Values per 100g/ml		
Energy (KJ) 1588	Energy (KCAL) 384	
Fat (G) 35.2	of which Saturates (G) 3.0	
Carbohydrate (G) 1.8	Of which are sugars (G) 0.9	
Protein (G) 14.7	Salt (G) 1.0	Fibre 3g

John West Tuna

Ingredients	
Tuna , Water, Salt	
Allergy advice	
For allergens, see ingredients in bold .	
Nutrition Values per 100g/ml	
Energy (KJ) 478	Energy (KCAL) 113
Fat (G) 0.5	of which Saturates (G) 0.2
Carbohydrate (G) 0	Of which are sugars (G) 0
Protein (G) 27	Salt (G) 0

Jamaican Jerk Chicken - Sliced Chicken Breast mixed in a hot and fruity Mango Chutney style Sauce

Ingredients				
Sliced Chicken	Chicken Breast(98%), Water, Salt			
Mango Chutney	Water, Sugar, Mango(15%), Dehydrated Mango(Sulphite) (13%), Acetic Acid, Thickener(E1422), Onion, Garlic, Salt, Spice(Ginger, Cayenne, Allspice), Paprika Extract			
Cajun Concentrate	Water, Glucose, Syrup Solids, Spirit Vinegar, Tomato Paste, Tomato, Onion, Garlic, Thickener(E1422), Molasses, Salt, Spice(Cayenne, Nutmeg, Pepper), Lemon Juice Concentrate, Parsley, Paprika Extract			
Red Devil Chilli	Water, Glucose Syrup Solids, Tomato Paste, Vinegar, Thickener (E1422), Salt, Red Peppers, Garlic, Onion, Spices(Cayenne, Cumin), Onion, Oregano, Paprika Extract			
Allergy advice				
Sulphur Dioxide/Sulphites				
Nutrition Values per 100g/ml				
Energy (KJ) 520.44	Energy (KCAL) 123.914	Fat (G)	of which Saturates (G) 10.9	
Carbohydrate (G) 13.311	Of which are sugars (G)8.899	Protein (G) 15.958	Salt (G) 1.394	Fibre (G) 0.866

Lincolnshire Sausages

Ingredients	
Pork (50%), Water, Pork Fat, Pork Rind, Rusk, (Wheat Flour fortified with Calcium Carbonate, Iron Niacin, Thiamin), Isolated Soya Protein, Potato Starch, Salt, Herb, Dextrose, Stabiliser, (e451(i)), Preservative (Sodium Metabisulphite), Sunflower oil, Flavourings, Antioxidant (E301), Spice extracts, Acidity Regulator (E331 (Iii)), Herb Extract.	
Allergy advice	
For allergens, see ingredients in bold .	
Nutrition Values per 100g/ml	
Energy (KJ) 965	Energy (KCAL) 232
Fat (G) 17.5	of which Saturates (G) 8.1
Carbohydrate (G) 8.1	Of which are sugars (G) 1.9
Protein (G) 12.2	Salt (G) 1.4

Marinated Chicken Italiane - Sliced Chicken Breast in a Traditional Tomato and Herb based Sauce

Ingredients	
Sliced Chicken	Chicken Breast (98%), Water, Salt
Italian Sauce	Water, Sugar, Tomato Paste, Spirit Vinegar, Tomato, Red Bell Pepper, Garlic, Onion, Thickener(E1422), Salt, Spices (Paprika, Pepper), Herbs (Parsley, Oregano, Basil), Paprika Extract
Allergy advice	
For allergens, see ingredients in bold .	
Nutrition Values per 100g/ml	
Energy (KJ) 482.6	Energy (KCAL) 114.905
Fat (G) 0.936	of which Saturates (G) 0.628
Carbohydrate (G) 10.46	Of which are sugars (G) 7.964
Protein (G) 16.292	Salt (G) 1.82 Fibre(G) 1.072

Marrinated BBQ Chicken - Chicken Breast Slices marinated in an authentic BBQ Marinade and traditional BBQ Sauce

Ingredients				
Sliced Chicken	Chicken Breast (98%), Water, Salt			
BBQ Sauce	Water, Sugar, Tomato Paste, Molasses, Spirit Vinegar, Thickener(E1422), Salt, Onion, Garlic, Colouring(E150c), Paprika Extract, Spices (Allspice, Cayenne, Pepper), Smoke Flavouring			
Smokey BBQ Glaze	Sugar, Maltodextrin, Acidity Regulator(Sodium Diacetate), Salt, Maize Starch, Tomato Powder, Maize Starch, Smoke Flavour, Barley(Gluten), Malt Extract, Yeast Extract, Ground Paprika, Acidity Regulator(Citric Acid), Ground Black Pepper, Thickener(E412), Garlic Powder, Paprika Extract, Chilli Powder, Anti Caking Agent(Silicon Dioxide), Smoke Oil(Sunflower Oil, Hickory Smoke Extract)			
Allergy advice				
For allergens, see ingredients in bold .				
Nutrition Values per 100g/ml				
Energy (KJ) 543.315	Energy (KCAL) 129.361	Fat (G) 1.027	of which Saturates (G) 0.808	
Carbohydrate (G) 9.028	Of which are sugars (G) 6.965	Protein (G) 21.141	Salt (G) 1.31	Fibre (G) 0.565

Marrinated Cajun Chicken - Chicken Breast Slices marinated in traditional Cajun spices and concentrates

Ingredients				
Sliced Chicken	Chicken Breast (98%), Water, Salt			
Cajun Seasoning	Sugar, Salt, Wheat(Gluten) Flour (Contains: Calcium, Iron, Niacin, Thiamin), Dextrose, Cajun Seasoning(Spices(Celery), Salt, Dried Onion, Rusk(Wheat (Gluten)) Flour(Contains: Iron, Niacin, Thiamin), Herbs, Garlic Powder, Tomato Powder, Flavour Enhancer(E621), Colours(E160C, E162)(10%), Ground Paprika, Flavour Enhancer(E621), Onion Powder, Modified Maize Starch, Ground Black Pepper, Chilli Powder, Thickener(E412), Paprika Extract, Colour(Caramel Powder), Anti Caking Agent (Silicon Dioxide)			
Cajun Concentrate	Water, Glucose, Syrup Solids, Spirit Vinegar, Tomato Paste, Tomato, Onion, Garlic, Thickener(E1422), Molasses, Salt, Spice (Cayenne, Nutmeg, Pepper), Lemon Juice Concentrate, Parsley, Paprika Extract			
Allergy advice				
For allergens, see ingredients in bold . Gluten, Sulphur Dioxide/Sulphites				
Nutrition Values per 100g/ml				
Energy (KJ) 560.44	Energy (KCAL) 133.438	Fat (G) 1.242	of which Saturates (G) 0.878	
Carbohydrate(G) 8.274	Of which are sugars (G) 4.932	Protein (G) 22.643	Salt (G) 1.793	Fibre (G) 0.67

Marinated Chicken Fajita with Salsa - Sliced Chicken Breast marinated in authentic Fajita herbs and spices and encased in a Roast Pepper Salsa

Ingredients				
Sliced Chicken	Chicken Breast (98%), Water, Salt			
Roast Pepper Salsa	Water, Glucose Syrup Solids, Roasted Red Peppers, Salt, Citric Acid, Vinegar, Tomato Paste, Onion, Molasses, Thickener(E1422), Red Bell Pepper, Salt, Tomato, Onion, Garlic, Rapeseed Oil, Cayenne, Coriander Leaf			
Fajita Marinade	Cumin, Salt, Tomato, Oregano, Sugar, Red Bell Pepper, Wheat (Gluten) Flour (Wheat (Gluten) Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Chilli, Thyme			
Allergy advice				
For allergens, see ingredients in bold .				
Nutrition Values per 100g/ml				
Energy (KJ) 565.84	Energy (KCAL) 134.724	Fat (G) 1.501	of which Saturates (G) 0.727	
Carbohydrate(G) 13.21	Of which are sugars (G) 9.326	Protein (G) 17.769	Salt (G) 1.814	Fibre (G) 1.861

Marinated Chicken Tikka - Sliced Chicken Breast Marinated in Authentic Tikka Spices and Concentrate

Ingredients				
Sliced Chicken	Chicken Breast (98%), Water, Salt			
Tikka Marinade	Wheat (Gluten) Flour (Contains:Calcium, Iron, Niacin, Thiamin), Salt, Sugar, Rusk (Wheat(Gluten)) Flour(Contains:Calcium, Iron, Niacin, Thiamin)), Whey(Milk) Powder, Tomato Powder, Curry Seasoning Blend(Ground Tumeric, Mustard Seeds, Fenugreek Seed, Coriander Seed, Wheat(Gluten) Flour(Contains:Calcium, Iron, Niacin, Thiamin), Salt, Chilli Powder, Fennel Seed, Cumin Seed, Onion Powder), Maltodextrin, Garam Masala, Yeast Extract (Salt, Maltodextrin), Garlic Powder, Onion Powder, Citric Acid, Paprika Extract, Malic Acid, Flavouring			
Tikka Sauce Concentrate	Water, Glucose Syrup Solids, Tomato Paste, Spirit Vinegar, Salt, Spices (Cayenne, Coriander, Cumin), Thickener(E1422), Lemon Juice Concentrate (Sulphites), Garlic, Herbs (Mint, Coriander Leaf), Paprika Extract(E160c)			
Allergy advice				
Gluten, Milk, Mustard & Mustard Derivatives, Sulphur Dioxide/Sulphites				
Nutrition Values per 100g/ml				
Energy (KJ) 554.716	Energy (KCAL) 132.075	Fat (G) 1.371	of which Saturates (G) 0.904	
Carbohydrate(G) 7.509	Of which are sugars (G) 3.198	Protein (G) 22.91	Salt (G) 2.248	Fibre(G) 0.884

Marinated Chinese Chicken - Chicken Breast Slices marinated in our own Chinese spices and concentrates

Ingredients				
Sliced Chicken	Chicken Breast (98%), Water, Salt			
Chinese Marinade	Sugar, Wheat(Gluten) Flour (Contains:Calcium, Iron, Niacin, Thiamin), Colour((E162), Beetroot Juice, Maltodextrin, Citric Acid), Salt, Tomato Powder, Flavour(Hydrolysed Vegetable Protein(Soya , Maize, Colour (E150d), Salt, Maltodextrin, Flavour Enhancer(E621)), Ground Five Spice, Onion Powder, Flavour Enhancer(E621), Garlic Powder, Modified Maize Starch, Ground Star Anise, Ground Ginger, Thickener(E412), Rapeseed Oil, Ground Tumeric, Paprika Extract, Colour(Carmine)			
Chinese Sauce Concentrate	Water, Sugar, Fruit(Plums in Apple Sauce), Spirit Vinegar, #Soya# Sauce(Water, Sugar, Molasses, Hydrolysed Soya Protein, Salt, Vinegar, Caramel Powder, Preservative(E202))Salt, Thickener(E1422), Onion, Garlic, Spice(Ginger, Cinnamon, Aniseed Clove), Natural Colouring(E163), Rapeseed Oil, Natural Lemon Flavouring(Sulphites)			
Allergy advice				
Gluten, Soybeans & Soya, Sulphur Dioxide/Sulphites				
Nutrition Values per 100g/ml				
Energy (KJ) 568.0006	Energy (KCAL) 135.24	Fat (G) 1.191	of which Saturates (G) 0.865	
Carbohydrate(G) 9.435	Of which are sugars (G) 7.374	Protein (G) 22.547	Salt (G) 1.547	Fibre (G) 0.637

Marinated Lemon Pepper - Chicken Breast Slices seasoned in a traditional Lemon and Pepper Marinade and Concentrate

Ingredients				
Sliced Chicken	Chicken Breast (98%), Water, Salt			
Lemon Marinade	Pepper	Breadcrumb (Wheat (Gluten) (Contains:Calcium, Iron, Niacin, Thiamin), Salt, Yeast), Sugar, Salt, Coarse Black Pepper(6.8%), Citric Acid, Flavour Enhancer(E621), Dried Minced Red Pepper, Rapeseed Oil, Dried Rubbed Parsley, Lemon Flavouring(0.5%)		
Lemon Pepper Concentrate	Water, Sugar, Glucose Syrup Solids, Spirit Vinegar, Spices (Ginger, Pepper), Thickener(E1422), Salt, Lemon Juice Concentrate (Sulphite), Onion Garlic, Natural Colour(E100), Lemon Oil			
Allergy advice				
Gluten, Sulphur Dioxide/Sulphites				
Nutrition Values per 100g/ml				
Energy (KJ) 590.7	Energy (KCAL) 140.643	Fat (G) 1.21	of which Saturates (G) 0.817	
Carbohydrate(G) 11.33	Of which are sugars (G) 4.84	Protein (G) 21.87	Salt (G) 1.72	Fibre (G) 0.879

Marinated Lime & Coriander Chicken - Sliced Chicken Breast marinated in a Lime and sweet Chilli Seasoning with added Coriander

Ingredients				
Sliced Chicken	Chicken Breast (98%), Water, Salt			
Lime and Sweet Chilli Marinade	Sugar, Salt, Wheat(Gluten) Flour (Contains:Calcium, Iron, Niacin, Thiamin), Tomato Powder, Garam Masala(Ground Coriander, Ground Cassia, Ground Cinnamon, Ground Ginger), Dried Minced Red Pepper, Garlic Powder, Flavour(Hydrolysed Vegetable Protein(Soya , Maize, Colour(E150d), Salt, Maltodextrin, Flavour Enhancer(E621)), Chilli Powder(2%), Modified Maize Starch, Flavour Enhancer(E621), Acidity Regulator(E262), Ground Paprika, Citric Acid, Thickener(E412), Paprika Extract, Anti Caking Agent(E551), Lime Oil(0.04%), Colour(Carmine), Chilli Flavour(0.01%)			
Coriander Leaf				
Allergy advice				
Gluten, Soybeans & Soya				
Nutrition Values per 100g/ml				
Energy (KJ) 596.57	Energy (KCAL) 142.04	Fat (G) 1.348	of which Saturates (G) 0.907	
Carbohydrate(G) 10.321	Of which are sugars (G) 7.633	Protein (G) 22.879	Salt (G) 2.794	Fibre (G) 1.425

Marinated Mexican Chicken - Sliced Chicken Breast in an authentic Chilli Sauce with Peppers and Onion

Ingredients				
Sliced Chicken	Chicken Breast (98%), Water, Salt			
Red Devil Chilli	Water, Glucose Syrup Solids, Tomato Paste, Vinegar, Thickener(E1422), Salt, Red Peppers, Garlic, Onion, Spices (Cayenne, Cumin), Onion, Oregano, Paprika Extract			
Allergy advice				
n/a				
Nutrition Values per 100g/ml				
Energy (KJ) 514.6	Energy (KCAL) 122.524	Fat (G) 0.96	of which Saturates (G) 0.632	
Carbohydrate(G) 12.44	Of which are sugars (G) 10.56	Protein (G) 16.08	Salt (G) 1.46	Fibre (G) 0.82

Marinated Red Thai Chicken - Sliced Chicken Breast marinated traditional Thai marinade and concentrate

Ingredients				
Sliced Chicken	Chicken Breast (98%), Water, Salt			
Red Thai Marinade	Sugar, Salt, Whey(Milk) Powder, Wheat(Gluten) Flour (Contains:Calcium, Iron, Niacin, Thiamin), Dextrose, Flavour(Hydrolysed Vegetable Protein(Soya , Maize, Colour (E150d), Salt, Maltodextrin, Flavour Enhancer(E621)), Ground Coriander, Garlic Powder, Ground Ginger, Ground Cumin, Onion Powder, Flavour Enhancer(E621), Tomato Powder, Chilli Powder, Ground Tumeric, Modified Maize Starch, Citric Acid, Dried Rubbed Parsley, Thickener(E412), Flavouring, Paprika Extract, Anti Caking Agent(E551)			
Red Thai Sauce Concentrate	Water, Glucose Syrup Solids, Lemon Juice (Sulphite), Spirit Vinegar, Salt, Spices (Cayenne, Cumin, Ginger, Paprika), Coconut Milk, Garlic, Onion, Thickener(E1422), Paprika Extract, Lime Oil			
Allergy advice				
Gluten, Milk, Sulphur Dioxide/Sulphites, Soybeans & Soya				
Nutrition Values per 100g/ml				
Energy (KJ) 567.79	Energy (KCAL) 135.188	Fat (G) 1.392	of which Saturates (G) 0.923	
Carbohydrate(G) 8.559	Of which are sugars (G) 5.886	Protein (G) 22.748	Salt (G) 2.063	Fibre (G) 0.64

Marinated Tandoori Chicken - Sliced Chicken Breast seasoned in Tandoori herbs and spices with mint flakes

Ingredients				
Sliced Chicken	Chicken Breast (98%), Water, Salt			
Tandoori Marinade	Sugar, Salt, Maize Starch, Dextrose, Ground Coriander, Tandoori Blend(Ground Coriander, Ground Cumin, Ground Paprika, Chilli Powder, Ground Cassia, Ground Cloves, Salt, Garlic Powder), Colour((E162), Beetroot Juice, Maltodextrin, Citric Acid), Ground Cumin, Modified Maize Starch, Onion Powder, Chilli Powder, Citric Acid, Garlic Powder, Paprika Extract, Thickener(E412), Ground Cinnamon, Ground Turmeric, Anti Caking Agent (Silicon Dioxide), Colour(Carmine), Flavouring			
Mint				
Allergy advice				
Nutrition Values per 100g/ml				
Energy (KJ) 656.77	Energy (KCAL) 156.374	Fat (G) 1.728	of which Saturates (G) 0.846	
Carbohydrate(G) 15.72	Of which are sugars (G) 10.8	Protein (G) 21.259	Salt (G) 2.612	Fibre (G) 1.305

Medium Eggs (Size 3) Suitable for Vegetarians

Ingredients	
Egg	
Allergy advice	
For allergens, see ingredients in bold	
Nutrition Values per 100g/ml	
Energy (KJ) 547	Energy (KCAL) 131
Fat (G) 9.0	of which Saturates (G) 2.5
Carbohydrate (G) trace	Of which are sugars (G) trace
Protein (G) 12.6	Salt (G) 0.4

Mild White Cheddar Suitable for Vegetarians

Ingredients	
Cows Milk , Salt, Non-Animal Rennet, Starter Culture, Curdling Agent (E509)	
Allergy advice	
For allergens, see ingredients in bold	
Nutrition Values per 100g/ml	
Energy (KJ) 1944.6	Energy (KCAL) 393
Fat (G) 32	of which Saturates (G) 20.3
Carbohydrate (G) 0.3	Of which are sugars (G) 0.3
Protein (G) 26	Salt (G) 1.5

Piri Piri Chicken - Sliced Chicken Breast in an authentic Piri Piri style sauce

Ingredients				
Sliced Chicken	Chicken Breast (98%), Water, Salt			
Roast Pepper Salsa	Water, Glucose Syrup Solids, Roasted Red Peppers, Salt, Citric Acid, Vinegar, Tomato Paste, Onion, Molasses, Thickener(E1422), Red Bell Pepper, Salt, Tomato, Onion, Garlic, Rapeseed Oil, Cayenne, Coriander Leaf			
Chip Shop Chillli	Water, Glucose Syrup Solids, Tomato Paste, Spirit Vinegar, Thickener(E1422), Salt, Spices (Cayenne Pepper, Cumin), Garlic, Paprika Extract(E160c)			
Allergy advice				
Nutrition Values per 100g/ml				
Energy (KJ) 520.68	Energy (KCAL) 123.971	Fat (G) 1.056	of which Saturates (G) 0.638	
Carbohydrate(G) 12.48	Of which are sugars (G) 10.072	Protein (G) 16.232	Salt (G) 1.228	Fibre (G) 0.878

Pulled BBQ Pork - Pulled Pork seasoned with a blend of BBQ seasoning and an authentic BBQ sauce

Ingredients				
Pulled Pork	Pork (90%), Water, Glucose Syrup, Salt, Stabilisers (Di, Tri Phosphates), Modified Starch, Acidity Regulators (E331, E330), Yeast Extract			
Smokey BBQ Glaze	Sugar, Maltodextrin, Acidity Regulator(Sodium Diacetate), Salt, Maize Starch, Tomato Powder, Maize Starch, Smoke Flavour, Barley(Gluten), Malt Extract, Yeast Extract, Ground Paprika, Acidity Regulator(Citric Acid), Ground Black Pepper, Thickener(E412), Garlic Powder, Paprika Extract, Chilli Powder, Anti Caking Agent(Silicon Dioxide), Smoke Oil(Sunflower Oil, Hickory Smoke Extract)			
BBQ Sauce	Water, Sugar, Tomato Paste, Molasses, Spirit Vinegar, Thickener(E1422), Salt, Onion, Garlic, Colouring(E150c), Paprika Extract, Spices (Allspice, Cayenne, Pepper), Smoke Flavouring			
Allergy advice				
For allergens, see ingredients in bold .				
Nutrition Values per 100g/ml				
Energy (KJ) 745.366	Energy (KCAL) 177.468	Fat (G) 5.946	of which Saturates (G) 2.148	
Carbohydrate(G) 12.949	Of which are sugars (G) 8.414	Protein (G) 17.882	Salt (G) 2.039	Fibre (G) 0.33

Sausage Rolls

Ingredients				
WHEAT Flour, Water, Pork (21%), Margarine [Palm Oil, Palm Stearin, Rapeseed Oil, Water, Salt, Emulsifier (E471), Lemon Juice, Acidity Regulator (E330)], Rusk [WHEAT Flour, Water, Salt, Raising Agent (E503ii)], Pork Fat, Glaze [Water, Modified Starch (Potato, Tapioca), Rapeseed Oil, MILK Proteins, Emulsifiers (SOYA Lecithin, E471), Acidity Regulator (E339iii), Colour (E160a)], WHEAT Starch, Seasoning [Salt, Spices (White Pepper, Nutmeg, Ginger, Mace, Black Pepper, Coriander), Sugar, Emulsifier (E450i,iii), Flavour Enhancer (E621), WHEAT Flour, Preservative (Sodium METABISULPHITE), Onion Powder, Rusk (WHEAT Flour, Salt, Raising Agent (E503ii)), Dextrose, Antioxidants (E301, E304, E307), Rapeseed Oil, Spice Extracts, Colour (E120), Herb Extracts], Pea Starch, Salt. Wheat Flour contains Calcium carbonate, Iron, Niacin, Thiamin.				
Allergy advice				
Gluten, Milk (and products thereof), Soybeans (and products thereof), Wheat (and products thereof), Cereal (and products thereof), Palm Oil (and products thereof), Artificial Antioxidants, Artificial Preservatives, Artificial Flavour Enhancers				
Nutrition Values per 110g/ml				
Energy (KJ) 1359	Energy (KCAL) 327	Fat (G) 23.1	of which Saturates (G) 11.4	
Carbohydrate(G) 22.8	Of which are sugars (G) 0.4	Protein (G) 6.3	Salt (G) 1.87	Fibre (G) 1.4

Southern Fried Flavoured Chicken Sliced Chicken Breast seasoned in traditional Southern Fry flavours and spices

Ingredients				
Sliced Chicken	Chicken Breast (98%), Water, Salt			
Southern Fry Marinade	Whey(Milk) Powder, Wheat(Gluten) Flour (Contains:Calcium, Iron, Niacin, Thiamin), Bread Crumb(Wheat(Gluten) (Contains:Calcium, Iron, Niacin, Thiamin)), Salt, Palm Oil, Glucose Syrup, Milk Protein, Sugar, Yeast Extract(Salt, Maltodextrin), Ground White Pepper, Onion Powder, Ground Paprika, Dried Mixed Herbs(Dried Marjoram, Dried Basil, Dried Oregano, Dried Sage, Dried Thyme, Dried Parsley), Ground Tumeric, Paprika Extract, Chilli Powder, Sage Blend(Sage Extract, Salt)			
Pomace Oil	Refined Olive Pomace Oil and Virgin Olive Oil			
For allergens, see ingredients in bold .				
Nutrition Values per 100g/ml				
Energy (KJ) 736.22	Energy (KCAL) 175.29	Fat (G) 6.85	of which Saturates (G) 1.88	
Carbohydrate(G) 6.16	Of which are sugars (G) 0.78	Protein (G) 23.08	Salt (G) 1.651	Fibre (G) 0.785

Spam Chopped Pork & Ham

Ingredients	
Pork (89%),Salt Starch, Water, Ham (2%), Sugar, Stabilizer, Trisodium Diphosphate, Flavourings, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite	
Allergy advice	
May contain traces of milk,Gluten free	
Nutrition Values per 100g/ml	
Energy (KJ) 1209	Energy (KCAL) 292
Fat (G) 24.03	of which Saturates (G) 9.7
Carbohydrate (G) 3.2	Of which are sugars (G) 1.3
Protein (G) 15	Salt (G) 3.3

Steak Canadian – Cooked Sliced & Seasoned Beef

Ingredients	
Beef (77%) Water, Soya Protein , Rusk , Salt, Spices, Herbs, Flavour Enhancer (E621) Monosodium Glutamate	
Allergy advice	
Soya, Wheat, Gluten	
Nutrition Values per 100g/ml	
Energy (KJ)	Energy (KCAL)
Fat (G)	of which Saturates (G)
Carbohydrate (G)	Of which are sugars (G)
Protein (G)	Salt (G)

Steakhouse Chips – Suitable for Vegan & Vegetarian

Ingredients	
Potatoes, Palm Oil Processing Aid: Stabilzer E450i	
Allergy advice	
Nutrition Values per 100g/ml	
Energy (KJ) 487	Energy (KCAL) 116
Fat (G) 1.9	of which Saturates (G) 1
Carbohydrate (G) 21	Of which are sugars (G) 0.5
Protein (G) 2.1	Salt (G) 0.04

Tomatoes

Ingredients	
Tomatoes, tomato juice, salt, acidity regulator: citric acid	
Allergy advice	
Nutrition Values per 100g/ml	
Energy (KJ) 102	Energy (KCAL)
Fat (G) 0.1	of which Saturates (G) 0.0
Carbohydrate (G) 21	Of which are sugars (G) 3.0
Protein (G) 1.1	Salt (G) 0.5 Fibre (G) 2.2

R/L Back Bacon – Slices of R/L Back Bacon cured in an English cure

Ingredients	
Pork (87%), Water, Salt Preservatives (E252, E250)	
Allergy advice	
n/a	
Nutrition Values per 100g/ml	
Energy (KJ) 557	Energy (KCAL) 133
Fat (G) 6.4	of which Saturates (G) 2.5
Carbohydrate (G) 1.0	Of which are sugars (G) 0.1
Protein (G) 19.4	Salt (G) 3.0 Fibre(G) 0.6