

Ploughman's – Ingredients and allergens

Part baked roll: **Wheat** Flour, Water, Yeast, Fermented **Wheat** Flour, Salt, Malted **Wheat** Flour, Flour Treatment Agent (Ascorbic Acid).

Cheese: **Milk**

Gammon: Pork (87%), Water, Salt, Stabiliser (Pentasodium Triphosphate), Preservative (Sodium Nitrite).

Falafel: Peas (44%), Onion, Rapeseed Oil, Chickpeas (15%), Gram Flour, Rice Flour, Coriander, Parsley, Garlic Purée, Coriander Powder, Concentrated Lemon Juice, Cumin Powder, Salt, Maize Starch, Dextrose, Black Pepper.

Halal chicken: Chicken Breast Fillets (80%), Water, Dextrose, Maltodextrin, Acidity Regulator (Sodium Citrate), Salt, Stabiliser (Phosphate)

Sausage rolls: Water, **Wheat** Flour [**Wheat** Flour, Calcium, Folic Acid, Iron, Niacin, Thiamin], Pork Belly (16%), Palm Oil, Salt, Sage, Caramelised Sugar, White Pepper, Raising Agent (Ammonium Hydrogen Carbonate), Nutmeg, Sunflower Oil and/or Rapeseed Oil.

Gluten free sausage rolls: Pastry (50%), (Margarine (Palm Oil, Water, Rapeseed Oil, Emulsifier, Mono- and Diglycerides of Fatty Acids, Salt), Tapioca Starch, Maize Starch, Water, Dried **Egg**, Stabilisers (Guar Gum, Xanthan Gum), Salt, Rice Flour), Seasoned Pork Sausagemeat (Pork (36%), Water, Rice Flour, Gram Flour, Salt, Potato Starch, Ground White Pepper, Maize Starch, Ground Coriander, Ground Nutmeg, Preservative (Sodium **Metabisulphite**), Ground Mace, Stabiliser (Sodium Tripolyphosphate), Dextrose, Antioxidant (Sodium Ascorbate)).

Vegan sausage roll: Water, Wheat Flour [Wheat Flour, Calcium, Folic Acid, Iron, Niacin, Thiamin], Palm Oil, Reconstituted Soya Protein (13%), Reconstituted Wheat Protein (5%)[Wheat Gluten, Water, Wheat Starch, Preservative (Sodium Metabisulphite)], Onion, Rapeseed Oil, Pea Protein, Salt, Yeast Extract, Wheat Gluten, Maltodextrin, Stabiliser (Methyl Cellulose), Dextrose, Flavour Enhancer (Potassium Chloride), Sage, White Pepper, Mace, Flavouring, Acidity Regulator (Citric Acid), Paprika Extract, Capsicum Extract.

Quiche: Semi Skimmed **Milk**, **Wheat** Flour [**Wheat** Flour, Calcium, Folic Acid, Iron, Niacin, Thiamin], Pasteurised **Egg**, Onion (10%), Mature Cheddar Cheese (**Milk**) (8%), Extra Mature Cheddar Cheese (**Milk**) (7%), Red Leicester Cheese (with Colour: Annatto Norbixin) (**Milk**), Palm Oil, Low Fat Soft Cheese (**Milk**), Cornflour, Double Cream (**Milk**), Maize Flour, Rapeseed Oil, Chive, Salt, White Pepper, Nutmeg.

Free from quiche: Whole **Milk**, Extra Mature Cheddar Cheese (**Milk**) (16%), Pasteurised **Egg**, Sautéed Onions (7%) [Onion, Rapeseed Oil, Butter (**Milk**), Black Pepper], Palm Oil, Rice Flour, Maize Flour, Potato Starch, Onion (3.5%), Single Cream (**Milk**), Red Leicester Cheese (with Colour: Beta Carotene) (**Milk**) (2.5%), Cornflour, Parsley, Stabilisers (Guar Gum, Xanthan Gum), Tapioca Starch, Dextrose, Raising Agents (Disodium Diphosphate, Sodium Carbonate), White Pepper.

Apples: Apple

Free from ciabatta: Maize Starch, Water, Sourdough 12% (Rice Flour, Water), Maize Flour, Rice Flour, Vegetable Fibre (Psyllium), Thickener: Hydroxypropyl Methyl Cellulose, **Soya** Protein, Sunflower Oil, Yeast, Extra Virgin Olive Oil 0.9%, Salt, Acids: Citric Acid, Tartaric Acid