

Breakfast

Bacon Sandwich

Malted Bread (53.3%) **[WHEAT** Flour (with Added Calcium, Iron, Niacin and Thiamine), Water, Malted **WHEAT** Flakes (9.5%), **WHEAT** Bran (2.8%), Yeast, **WHEAT GLUTEN, BARLEY**, Malt Flour (0.9%), Salt, Emulsifiers: E472e, Rapeseed Oil, Flour **(WHEAT)** Treatment Agent: E300], Pre-Cooked Bacon (37.3%) [Pork, Salt, Sugar, Preservatives: Sodium Nitrite, Sodium Nitrate, Antioxidant: Sodium Ascorbate], Unsalted Butter (5.9%) **[MILK]**, Swiss Chard (2.4%), Vegetable Oil, Blended, Average (1.2%). Per serving 441 kcal.

Swiss Chard may contain mustard and celery.

Optional:

Heinz Tomato ketchup: Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Extract (contain **CELERY**), spice.

HP Brown Sauce: Tomatoes, Malt Vinegar (from **BARLEY**), Molasses, Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Dates, Modified Cornflour, rye Flour, Salt, Spices, Flavourings, Tamarind.

Porridge

MOMA plain No Added Sugar Porridge: [Wholegrain **OAT** flakes (73%), Skimmed **MILK** Powder. Per serving 252 kcal.

MOMA with banana and honey: Water, MOMA Plain No Added Sugar Porridge [Wholegrain **OAT** flakes (73%), Skimmed **MILK** Powder], Bananas, Honey. Per serving 392 kcal.

Bircher Bowl

Low Fat Natural Yoghurt (61%) **(MILK)**, Apricot Compote (22%) (Apricots 80%, Sugar, Water, Gelling Agent: Fruit Pectins, Thickener: Locust Bean Gum, Concentrated Acerola Cherry Juice), Granola (17%) GF **OATS**, Granulated Sugar, Rapeseed Oil, Glucose Syrup, Honey. Per serving 243 kcal.

Breakfast Hash

Hash: Potatoes (55%) **(SULPHITES)**, Diced Sweet Potatoes (15%), Sundried Tomatoes (12%) (Sun-Dried Tomatoes, Rapeseed Oil, Salt, Oregano, Garlic, Glucose, Syrup, Citric Acid, Preservative (Potassium Sorbate), Antioxidant (Ascorbic Acid), Rapeseed Oil, Salt, Oregano, Garlic, Glucose Syrup, Citric Acid, Preservative (Potassium Sorbate), Antioxidant (Ascorbic Acid), Mushroom (9%), Chopped Kale (6%), Rapeseed Oil, Ground Roast Cumin, Sea Salt. Per serving 242 kcal.

Swiss Chard may contain mustard and celery.

Smoked Salmon and Scrambled Eggs

Scrambled **EGGS** (61.7%) [Cooked Scrambled **EGG** (80%) (Intensive Pasteurized Whole **EGG**, Water, Rapeseed Oil, Cornflour, Butter **MILK** Powder, Lemon Juice Concentrate, Salt, White Pepper), Bechamel Sauce (20%) (Skimmed **MILK**, Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Vegetable Extract, Tomato Powder, Louage), Palm Oil, Modified Maize Starch, Salt, Emulsifier **(SOYA** Lecithin))]. Smoked Salmon (24.7%) [Salmon **(FISH)** (96%) (Salmo Salar), Salt, Sugar, Oak Smoke], Lemon (11.1%). Swiss Chard (2.5%). Per serving 228 kcal.

Although every care has been taken to remove bones, some may remain. Swiss Chard may contain mustard and celery.

Toast

White Bloomer: **[WHEAT** Flour (with Added Calcium Carbonate, Niacin, Iron, Thiamine), Water, Vegetable Oils [Rapeseed, Palm], Yeast, Salt, Dextrose, **WHEAT** Protein, Spirit Vinegar, Emulsifiers [E471, E472(e)], Palm Fat, Flour **(WHEAT)** Treatment Agent [E300], **WHEAT** Flour].

Malted Bread: **WHEAT** Flour (with Added Calcium, Iron, Niacin And Thiamine), Water, Malted **WHEAT** Flakes (9.5%), **WHEAT** Bran (2.8%), Yeast, **WHEAT** Gluten, **BARLEY** Malt Flour (0.9%), Salt, Emulsifiers: E472e, Rapeseed Oil, Flour **(WHEAT)** Treatment Agent: E300].

Tiptree Marmalade: Sugar, Seville Oranges, Gelling Agent: Citrus Pectin.

Tiptree Strawberryjam: Sugar, Strawberries, Gelling Agent: Citrus Pectin; Acidity Regulatory: Citric Acid.

Honey: Pure Honey.

Butter: **(MILK)**, Salt.

Per serving (181-279 kcal)

Rest of the day

Cheese & Mushroom Croque

White bread **(WHEAT** Flour (with Added Calcium, Iron, Niacin And Thiamine), Water, Yeast, Salt, Emulsifier: E472e, Preservative: E282, Rapeseed Oil, Flour Treatment Agent: E300), Mushroom (16%) (Mushrooms, Water, Acidity Regulator (Citric Acid), Antioxidant (ascorbic Acid)), Emmental (12%) (Pasteurised Cow's **MILK**, Starter Culture, Salt, Rennet), Bechamel (9%) (Skimmed **MILK**, Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Vegetable Extract, Tomato Powder, Louage), Palm Oil, Modified Maize Starch, Salt, Emulsifier **(SOYA** Lecithin)), Cheddar Cheese **(MILK)** & Mozzarella Blend (8%) (Pasteurised Cow's **MILK**, Salt, Starter Culture, Non Animal Rennet, Microbial Rennet, Potato Starch (Anti Caking Agent), Mayonnaise (7.4%) (Rapeseed Oil, Water, Free Range Salted **EGG** Yolk **(EGG** Yolk, Salt), Liquid Sugar (Sugar, Water), Spirit Vinegar, Salt, Stabilisers: Guar Gum, Xanthan Gum, Preservative: Potassium Sorbate, Lemon Juice), Marmite (Yeast Extract Contains **BARLEY, WHEAT, OATS, RYE**), Salt, Vegetable Juice Concentrate, Vitamins (Thiamine, Riboflavin, Niacin, Vitamin B12 And Folic Acid) Natural Flavouring (Contains **CELERY**), Black Pepper], Swiss Chard (1.9%). Per serving 507 kcal.

Swiss Chard may contain mustard and celery.

Grazing Plate

Fox Cheese (pasteurised Cow's **MILK**, pdu Salt, starter Culture, colour: Annatto Norbixin (e160b(ii)), microbial Rennet).

Coastal Cheddar Cheese (pasteurised Cow's **MILK**, pdu Salt, starter Culture, colour: Annatto Norbixin (e160b(ii)), microbial Rennet) (pasteurised Cow's **MILK**, pdu Salt, starter Culture, colour: Annatto Norbixin (e160b(ii)), Microbial Rennet) (Pasteurised Cow's **MILK**, Salt, Starter Culture, Vegetable Rennet).

Crispbread (MILK, RYE FLOUR, WHEAT FLOUR) (WHEAT Flour, Calcium, Iron, Thiamin, Niacin), Sourdough 12% **RYE FLOUR**, Water), Wholemeal **(WHEAT) WHEAT** Flour, Honey, Salt).

Semi Dried Tomatoes (Semi Dried Tomatoes 51.2%, Sunflower Oil, Salt, Garlic Flakes, Oregano, Preservative: Potassium Sorbate).

Plum & Ginger Chutney (Diced Plums 37.61%, Granulated Sugar, Granny Smith Apples, Diced Onion, Ginger Puree 9.4% (Ginger, Salt, Acidity Regulator: Citric Acid), White Grape Vinegar, Whole Prunes (Prunes, Sunflower Oil, Preservative (Potassium Sorbate), Pectin (Pectin, Sucrose).

Halkidiki Olives 82.91% (Pitted Olives, Water, Salt, Acidity Regulator: Lactic Acid), Basil Puree 15.3% (Basil Leaves, Sunflower Oil, Salt, Antioxidant: Ascorbic Acid), Garlic Puree 1.79% Brine Contains (Water, Rapeseed Oil) Brine Contains (Water, Rapeseed Oil).

Salami Milano (Pork Meat, Salt, Dextrose, Sucrose, Spices, Natural Flavouring, Anti Oxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite).

Iberico Chorizo (Pork Meat 93.92%, Sea Salt, Paprika, Dextrin, Pork Protein 0.69%, Dextrose, Garlic Powder, Anti Oxidant: Sodium Ascorbate, Preservatives: Sodium Nitrite, Potassium Nitrate). Estate

Butter Portion (7.8%) [Pasteurised Cows Cream **(MILK)**, Salt, Lactic Culture]. Swiss Chard (3.1%). Per serving 401 kcal.

Gluten Free crackers (optional) Gluten free **OAT** Crackers in portion packs - 2 crackers per pack. Wholegrain **OATS** (89%), Sustainable Palm Fruit Oil (6%), Maize Starch (2.5%), Ammonium Bicarbonate (1%), Sea Salt (1%).

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May contain traces of nuts. Although extra care has been taken to remove all stones, some may remain.

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Allergy Advice: For allergens, see ingredients in **BOLD**.

Adults need around 2000 kcal a day. Kcal information provided is per serving/portion.

Due to the way our food is produced, prepared, and handled it is not possible to guarantee the absence of allergens in our products.

Please make sure that you check allergens information and that you inform us if you have a food allergy or special dietary requirements.

AVANTI
WEST COAST
FIRST

