















Allergen Information sheet - Office Delivery														
DIET-IES														
	Celery	W/Glut	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Breakfast														
Bacon baguette		*												
Sausage baguette		*											*	*
Vegan sausage baguette		*												
Breakfast platter - Pancry, granola pot (yogurt, granola, berries), 1/2 smoked salmon and cream cheese bagel		*		*	*		*							
Sandwiches														
Cheddar, tomato chutney and salad on sourdough baguette		*												
Prosciutto with marinara sauce and little gem on onion ciabatta		*	*				*			*				
Pastrami, cheddar cheese, American mustard bagel		*					*		*					
Vegan cheese, tomato chutney and salad on sourdough baguette		*												
Roasted Mediterranean vegetables with afineon		*					*							
Bacon, lettuce and tomato with aioli on flatbread		*		*			*							*
Roast beef, mustard mayo, crispy onions and sauces on ciabatta		*	*	*					*					
Sandwich tomato pesto, marinated aubergine, sauces and rocket on ciabatta		*												
Chicken Caesar, bacon and little gem lettuce on flatbread		*		*										*
Sandwich tomato pesto, marinated aubergine, sauces and rocket on sourdough baguette		*												
Bite and crisp slaw with chili jam on brown baguette		*		*			*							
Ham, cheddar cheese and apple chutney on sourdough baguette		*					*							
Shredded carrot, beef and falafel with tomato chutney and spinach on sourdough baguette		*												
Roasted Mediterranean vegetables with vegan pesto on sourdough baguette		*												
Finger Foods														
Vegetable samosa with a salsa dip		*											*	
Roast gammon, mustard and chive tart		*		*					*					
In-house pork sausage roll topped with onion seeds		*												*
Vegan sausage roll														
Roast butternut squash and chutney quiche		*		*										
Honey and soy glazed mini chipolatas with zucchini sauce		*		*									*	
Southern fried breaded chicken fillet with BBQ dip		*												
Gluten free breaded southern fried chicken goujon														
Apricot, date and red pepper falafel with salsa dip														
Roast gammon, mustard and chive tart		*		*					*					
Salads														
Orzo pasta with spinach and zucchini with a sauce		*		*									*	
Courcous, grilled vegetables, halloumi and soft baked tomatoes drizzled with balsamic glaze		*					*							
Puy lentils, roasted Mediterranean vegetables and							*		*					
Pies, chicks and sticks														
Crispy pitta wedges and vegetable crudités		*					*					*		
adon Tortilla chips and vegetable crudités with spicy tomato salsa and quacamole														
Cakes and traybakes														
Lemon bakewell, slice		*		*										
Victoria sponge		*		*			*							
Chocolate traycake		*		*									*	
Flapjack		*					*							
Caramel heaven		*		*			*						*	
Ginger loaf cake		*		*			*							
Lemon drizzle loaf		*		*			*							
Shortbread		*					*							
Apple Shortcake		*		*			*						*	
Caramel shortcake		*		*			*						*	
Rocky road		*		*			*							
Mini doughnuts		*		*			*							
Brownie		*		*			*							
Cookies		*		*			*						*	
Grating platter - Cured meats, cheeses, fresh and dried fruits, pickles, hummus, breads and crackers		*		*									*	*
Afternoon tea - Selection of traditional finger sandwiches on white and granary bread. Scones with cream and jam. Selection of cakes and sweet treats. In house sausage rolls and savoury items														
		*		*			*						*	*