


Menu choices pictorial allergens

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Breakfast

Product	Pictorial	Allergens	Calories (Kcal/100g)	Fat	Carbohydrate	Proteins
Full breakfast		Eggs Gluten				
Bacon			214	12.3g	1.4g	37g
Tomatoes			21.5	0.3g	9.6g	2.3g
Fried eggs		Eggs	155	11g	1.1g	13g
Poached eggs		Eggs	143	9g	0.7g	13g
Boiled eggs		Eggs	155	11g	1.1g	13g
Scrambled eggs		Eggs	148	11g	1.6g	10g

Product	Pictorial	Allergens	Calories (Kcal/100g)	Fat	Carbohydrate	Proteins
Baked Beans			155	5g	22g	6g
Sausages		Gluten Sulphur dioxide	301	27g	2g	12g
Toast bread		Gluten Soya	313	4.3g	56g	13g
Sliced mushroom			22	0.3g	3.3g	3.1g
Porridge		Milk Gluten	50	0.2g	11g	1.4g
Weetabix		Milk Gluten	315	9.3g	93g	13.5g
Special K		Milk Gluten	150	1.3g	6g	7g
Corn flakes		Milk Gluten	357	0.4g	84g	8g

Product	Pictorial	Allergens	Calories (Kcal/100g)	Fat	Carbohydrate	Proteins
Muesli		Milk Gluten Nuts	275	3.4g	56g	8g
Croissant		Milk Gluten Eggs	406	21.5g	46g	8g
Danish pastry		Milk Gluten Eggs Nuts Soya Sulphites	374	22g	37g	8g
Ham			145	6g	1.5g	21g
Cheese plater		Milk Gluten	270	54g	25g	21g
Marmalade			55	0g	16.5g	0g
Margarine			717	81g	0.7g	0.2g
Butter		Milk	717	81g	0.1g	0.9g

Product	Pictorial	Allergens	Calories (Kcal/100g)	Fat	Carbohydrate	Proteins
Strawberry jam			55	0g	15.5g	0g
Raspberry jam			52	0g	14.5g	0g
Honey			15	0g	4.5g	0g
Marmite		Gluten Celery	167	10.8g	25g	34g
Fresh apple			52	0g	14g	0.3g
Fresh orange			47	0.1g	12g	0.9g
Banana			89	0.3g	23g	1.1g
Plain yoghurt		Milk	59	0.4g	3.6g	10g

Product	Pictorial	Allergens	Calories (Kcal/100g)	Fat	Carbohydrate	Proteins
Fruits salad			50	0g	13g	0.5g
Fruits yoghurt		Milk	59	0.4g	3.6g	10g
Apple juice			46	0.1g	11g	0.1g
Orange juice			45	0.2g	10g	0.7g
Slice white bread		Gluten Soya Sulphates Dioxide	265	3.2g	49g	9g
Slice brown bread		Gluten Soya Sulphates Nuts Sesame seeds Eggs	313	4.3g	56g	13g
Slice granary bread		Gluten Soya Sulphates Nuts Peanuts Eggs	265	3.2g	49g	9g
Lunch & Dinner Starter						
Tomato soup		Milk Celery	30	0.3g	7g	0.8g

Product	Pictorial	Allergens	Calories (Kcal/100g)	Fat	Carbohydrate	Proteins
Minestrone soup		Celery Gluten Eggs	34	1g	4.7g	1.8g
White bread roll		Gluten Milk	310	6g	52g	11g
Brown bread roll		Gluten Milk Eggs Sesame seeds Soya	310	6g	52g	11g
Asparagus & tomato salad		Sulphur dioxide	112	8g	7g	4g
Beetroot & apple salad		Sulphur Dioxide Mustard	55	11g	15g	2g
Mixed bean salad		Sulphur Dioxide	113	1.5g	19g	6g
Tuna mayo salad		Milk Fish Eggs Mustard	187	9g	9g	16g
Crudités snack & hummus		Celery Sesame seeds	214	8.5	10g	10.7g

Product	Pictorial	Allergens	Calories (Kcal/100g)	Fat	Carbohydrate	Proteins
Main Course						
Chicken Milanese & tomato sauce		Gluten Eggs Celery Milk	192	6.9g	9.7g	7g
Grilled coriander & lemon chicken			140	5.3g	9.6g	13.3g
Meatballs, tomato sauce & pasta (pork)		Gluten Eggs Celery Milk	182	13g	3g	12.5g
Braised pork loin		Gluten Eggs Mustard	110	7g	3g	10g
Beef lasagne		Gluten Eggs Milk Celery	135	4.9g	15g	7g
Roast beef with trimmings		Gluten	170	6g	0g	29g
Shepherd`s pie (lamb)		Milk Celery	96	4.5g	9.4g	5.9g
Poached salmon & savoury sauce		Fish Milk Gluten	145	4.3g	0g	24.9g

Product	Pictorial	Allergens	Calories (Kcal/100g)	Fat	Carbohydrate	Proteins
Fish & chips		Gluten Fish	212	11g	18.4g	13g
Steamed lemon cod		Fish Milk Gluten	102	0.79g	0g	22.3g
Jacket potato plain			109	0.1g	25.2g	2.3g
Jacket potato with cheese		Milk	129	4.9g	17.3g	24.1g
Jacket potato with tuna mayo		Fish Milk Mustard	138	7g	12g	21g
Jacket potato with baked beans			93	0.9g	30g	9.5g
Vegetarian/ Vegan option						
Pasta & tomato, basil sauce		Gluten Celery	29	0.2g	7g	1.3g
Enchilada		Gluten Milk Celery	168	9g	16g	6g

Product	Pictorial	Allergens	Calories (Kcal/100g)	Fat	Carbohydrate	Proteins
Sweet potato curry			86	0.1g	20g	1.6g
Ratatouille & couscous			110	2.5g	30g	4g
Quorn sausages, onion gravy & mashed potato		Gluten Milk	151	8g	11g	11g
Falafel & tomato sauce		Celery	333	18g	32g	13g
Mushroom Stroganoff		Milk Celery	110	4.5g	20g	5.5g
Vegetable Madras & naan bread		Gluten Mustard Celery	80	6g	12g	1.4g
Onion, potato & spinach pie		Milk Mustard Gluten	175	10g	14.3g	7.5g
Vegetable & hot pot		Celery	80	2.5g	9g	3.2g

Product	Pictorial	Allergens	Calories (Kcal/100g)	Fat	Carbohydrate	Proteins
Garlic, mushroom & brie pancakes		Milk Gluten Eggs	98	8g	7g	6g
Sides						
Steamed rice			130	0.3g	28g	2.7g
Mushed potato (no milk or butter)			88	2.8g	15g	1.7g
Steamed vegetables			65	0.2g	13g	2.9g
Roasted potatoes			70	3.5g	9g	2g
Fry chips			202	6.7g	34.1g	3.6g
Boiled pasta		Gluten Eggs	131	1.1g	25g	5g

Product	Pictorial	Allergens	Calories (Kcal/100g)	Fat	Carbohydrate	Proteins
Sandwiches (nutrition information per sandwich)						
Bacon, lettuce & tomato (BLT)		Gluten Soya	344	17.5g	34.9g	11.6g
Coronation chicken sandwich		Gluten Eggs Mustard Soya	404	13.3g	47.7g	22.3g
Cream cheese & smoked salmon sandwich		Fish Gluten Milk Soya	332	15g	29.7g	19.3g
Cheese & tomato sandwich		Gluten Milk Soya	405	29.8g	35.7g	16.3g
Cheese & pickle sandwich		Gluten Milk Soya	446	29g	55g	29g
Houmous & rocket salad sandwich		Gluten Soya Sesame seeds	301	6g	47g	11g
Tuna mayo sandwich		Gluten Eggs Mustard Soya Fish	263	4.9g	39g	17g
Roast beef & horse radish sandwich		Gluten Soya Milk Eggs Mustard	424	16.4g	43.1g	23.8g

Product	Pictorial	Allergens	Calories (Kcal/100g)	Fat	Carbohydrate	Proteins
Ham & mustard salad sandwich		Gluten Soya Mustard Sulphite	311	8.1g	36g	21g
Ham & cheese sandwich		Gluten Soya Milk	352	15g	33g	21g
Egg mayo sandwich		Gluten Soya Eggs Mustard	386	22g	57g	18g
Chicken & Sweetcorn sandwich		Gluten Soya Mustard Eggs	396	13.1g	36.6g	30.4g
Quorn sausages sandwich		Gluten Soya	392	13g	50g	20g
Bread option						
Tortilla wrap		Gluten	237	1g	50g	7g
Gluten-free bread		Soya Mustard Lupin Sesame	99	2.1g	18g	1.7g

Product	Pictorial	Allergens	Calories (Kcal/100g)	Fat	Carbohydrate	Proteins
Deserts and snacks						
Creme caramel		Milk Eggs	382	8g	77g	4.6g
Apple crumble with custard		Gluten Eggs Milk	161	3.4g	31g	1.8g
Jelly			62	0g	14g	1.2g
Strawberry ice cream		Milk Gluten Eggs	207	11g	24g	3.5g
New York cheesecake		Gluten Milk Eggs	320	18g	34g	6g
Cheese plater		Gluten Milk	560	50g	24g	28g
Fruits salad			50	0g	13g	0.5g
Vanilla ice cream		Gluten Milk Eggs	250	16.9g	19.9g	4.3g

Product	Pictorial	Allergens	Calories (Kcal/100g)	Fat	Carbohydrate	Proteins
Classic cornetto		Gluten Milk Eggs Nuts	272	15g	30g	2g
Light Diet Menu						
Plain omelette		Eggs	154	12g	0.6g	11g
Ham omelette		Eggs	254	18g	27g	15g
Tomato omelette		Eggs	222	15.6g	26g	20g
Cheese omelette		Eggs Milk	281	51g	2g	24g
Steamed lemon cod		Fish Milk Gluten	102	0.79g	0g	22.3g
Poached salmon & savoury sauce		Fish Milk Gluten	145	4.3g	0g	24.9g
Beetroot & apple salad		Sulphur Dioxide Mustard	55	11g	15g	2g

Product	Pictorial	Allergens	Calories (Kcal/100g)	Fat	Carbohydrate	Proteins
Tuna mayo salad		Milk Fish Eggs Mustard	187	9g	9g	16g
Grilled coriander & lemon chicken			140	5.3g	9.6g	13.3g
Garlic, mushroom & brie pancakes		Milk Gluten Eggs	98	8g	7g	6g
Asparagus soup		Milk Gluten Phosphates	65	3.3g	7g	2.3g
Boiled egg & mix salad		Eggs	130	6.2g	10g	5.4g
Poached egg & mix salad		Eggs	124	8g	3.1g	7.1g
Smoked salmon with a cheese sandwich		Fish Milk Gluten Soya	117	4.3g	0g	18g
Tuna light mayo filling		Eggs Mustard Fish	125	6.5g	5.5g	12g

Product	Pictorial	Allergens	Calories (Kcal/100g)	Fat	Carbohydrate	Proteins
Tomato filling			20	0g	5g	1g
Lettuce filling			15	0.2g	2.9g	1.4g
Cucumber filling			17	0.2g	3.1g	0.8g
Slice gammon filling			91	4.9g	0g	21g
Grilled Cajun		Fish	302	41g	164g	59g
Low-sugar fruits, yoghurt		Milk	55	0.1g	21g	6g
Diabetic vanilla ice cream		Milk Eggs	207	11g	24g	3.5g

Product	Pictorial	Allergens	Calories (Kcal/100g)	Fat	Carbohydrate	Proteins
Children`s Menu						
Pasta, bacon & tomato sauce		Gluten Eggs Celery	127	9.2g	22g	5g
Breaded chicken		Gluten	200	6.5g	17.3g	13g
Fish finger		Fish Gluten	249	13g	21g	11g
Sweetcorn			86	1.2g	19g	3.2g
Hot chocolate		Milk	77	2.3g	11g	3.5g
Border sweet biscuits		Gluten Milk Soya Eggs	502	24g	65g	6g
Peanut butter sandwich		Peanut Gluten Soya	342	16.9g	34.5g	12.5g

Product	Pictorial	Allergens	Calories (Kcal/100g)	Fat	Carbohydrate	Proteins
Post Bariatric Menu						
Milkshake low sugar		Milk	112	3g	18g	3.9g
Complan		Milk	337	12g	44g	16g
Ovaltine		Gluten Eggs Milk	188	4g	69g	8.9g
Horlicks		Milk Gluten Soya	182	0.5g	19g	2g
Slimfast		Eggs Peanuts Nuts Gluten Milk Sulphites	190	6g	20g	10g
Sugar-free jelly		May contain: Nuts Sesame Celery Wheat Mustard Soya	145	0.5g	0.5g	1.7g

Note:

It is important to acknowledge that the nutritional values presented are approximations and may fluctuate due to variations in food quality and processing techniques. While we make every effort to ensure the precision of nutritional data, differences in preparation methods and ingredient composition can influence the content of any dish.

Allergen information is rigorously reviewed to ensure it aligns with UK regulatory standards. Despite meticulous adherence to protocols designed to minimise cross-contamination, specific ingredients, including but not limited to gluten, nuts, and dairy, may come into accidental contact with allergens during preparation. Individuals with severe allergies or specific dietary restrictions are strongly encouraged to consult with our team to ensure their needs are fully understood and met before placing an order.

Furthermore, it should be noted that the visual presentation of dishes may diverge from any images provided, as minor variations in plating are to be expected.