

the green grocers board

Serves

1

Each serving contains:

Energy

18.34kJ

4.4 kcal

Fat

0.28g

Saturates

0.03g

Sugars

0.25g

Salt

0.02g



of your daily reference intake.

Allergy Information

Key: Contains May Contain

Contains
Cereal

Contains
Milk

Does Not
Contain
Eggs

Does Not
Contain
Peanuts

Does Not
Contain
Nuts

Does Not
Contain
Crustaceans

Does Not
Contain
Mustard

Does Not
Contain
Fish

Does Not
Contain
Lupin

Contains
Sesame

Does Not
Contain
Celery

Does Not
Contain
Soya

Does Not
Contain
Molluscs

Contains
SO2

Dietary Information

Key: Suitable for

May not be
suitable for
Vegetarian

May not be
suitable for
Vegan

May not be
suitable for
Kosher

May not be
suitable for
Halal

Nutritional Summary

Energy	18.34kJ 4.4kCal
Protein	0.08g
Carbohydrates	0.34g
of which sugars	0.25g
Non Milk Extrinsic Sugars	0g
Fat	0.28g
of which saturates	0.03g
Fibre	0.07g
Salt	0.02g
Sodium	0mg
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

Sub-allergy Information

Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	No
Hazelnuts:	No	Rye:	No
Walnuts:	No		
Cashew Nuts:	No	Oats:	No
Pecan Nuts:	No	Barley:	No
Brazil Nuts:	No		
Pistachio Nuts:	No		

Ingredients

Product	Quantity
beetroot hummus	2.00 g
sweetcorn wedges	0.00 g
battered cauliflower wings	0.00 g
halloumi fries	0.00 g
tortilla chips	0.00 g
gf garli cheese balls	0.00 g
olives garlic	0.00 g

Label Information

Ingredients

beetroot hummus (100%) (HUMOUS 1KG (50%) (Cooked Chickpeas (46%) [Water, Chickpeas], Rapeseed Oil (19%), Water, **SESAME** SEED Paste (14%), Acidity Regulator Citric Acid, Salt, Garlic Granules, Preservative Potassium Sorbate). Beetroot Relish (50%) (Beetroot (55%), Unrefined Raw Cane Sugar (16%), Red Wine Vinegar, Red Wine (8%) (**SULPHITES**), Water, Cornflour, Sea Salt, Preservative: Sorbic Acid, Spice.)). sweetcorn wedges (0%) (Corn unsalted **butter**). battered cauliflower wings (0%) (Cauliflower (70%), Cotton Seed Oil, **WHEAT** Flour, Corn Starch, Cornflour, Rice Flour, Salt, Onion Powder, Garlic Powder, Red Chili Powder, Black Pepper, **WHEAT** Gluten, Lemon Juice, Yeast Extract, Sugar, Ginger Powder, Coriander, Thickener : Carboxy Methyl Cellulose; Black Salt, Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; Stabiliser: Calcium Carbonate; Dextrose.). halloumi fries (0%) (Halloumi **Cheese** (42%) (**MILK**) (Cow s, Sheep s and Goat s), Salt, Rennet, Mint), (**WHEAT**) Flour (**Gluten**), Water, Sunflower Oil, Maize Starch, Salt, Pea Protein, Yeast, Dextrose, Potato Starch, Bamboo Fibre, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Stabilizer (Methyl Cellulose).). tortilla chips (0%) (Corn flour (78%), sunflower oil, salt.). gf garli **cheese** balls (0%) (Tapioca starch 33.7% (contains **SULPHITES**), semi-skimmed **MILK** , liquid whole **EGGS** , **Emmental cheese** 8.2% (**MILK**), **Mozzarella cheese** 8.2% [**mozzarella** (pasteurised cow's **MILK**, salt, ferments, coagulant, acidifier : E330), anti-caking agent : potato starch, cellulose], grated **cheese** 8, 2% (**MILK**), extra Virgin olive oil 7.4%, garlic powder 1.2%, salt, white pepper). olives garlic (0%).

Method & Recipe Notes

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Recipe Allergen Matrix

Please check with the kitchen should a query arise from a customer regarding their chosen dish.

YES = Recipe contains allergen.
No = Recipe does not contain allergen.
MAY =Recipe may contain allergen.



Recipe	Cereals	Wheat	Rye	Oats	Barley	Gluten 20ppm?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Almond nuts	Hazelnuts	Walnuts	Cashew Nuts	Pecan Nuts	Brazil Nuts	Pistachio nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
* The fishmongers board	YES	YES	No	No	No	No	YES	YES	YES	No	YES	YES	No	No	No	No	No	No	No	No	MAY	YES	MAY	YES	No	No

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* The sweet & smokey pizza	YES	No	No	No	No	No	No	No	No	No	YES	YES	No	No	No	No	No	No	No	No	No	MAY	No	No	No	No
* The smoky blue pizza	YES	No	No	No	No	No	No	No	No	No	YES	YES	No	No	No	No	No	No	No	No	No	MAY	No	No	No	No
* The green grocers board	YES	No	No	No	No	No	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	No	No	YES	YES	No	No

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the sweet & smokey pizza

Serves

1

Each serving contains:

Energy Fat Saturates Sugars Salt
0kj 0g 0g 0g 0g
0 kcal



of your daily reference intake.

Allergy Information

Key: Contains May Contain

Contains Cereal	Contains Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Does Not Contain Nuts
Does Not Contain Crustaceans	May Contain Mustard	Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame
Does Not Contain Celery	Contains Soya	Does Not Contain Molluscs	Does Not Contain SO2	

Dietary Information

Key: Suitable for

May not be suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal

Nutritional Summary

Energy	0kj 0kCal
Protein	0g
Carbohydrates	0g
of which sugars	0g
Non Milk Extrinsic Sugars	0g
Fat	0g
of which saturates	0g
Fibre	0g
Salt	0g
Sodium	0mg
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

Sub-allergy Information

Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	No
Hazelnuts:	No	Rye:	No
Walnuts:	No		
Cashew Nuts:	No	Oats:	No
Pecan Nuts:	No	Barley:	No
Brazil Nuts:	No		
Pistachio Nuts:	No		

Ingredients

Product	Quantity
pizza base kit pizza si	1.00 g
smoked brie	0.00 g
caramalised onion	0.00 g

Label Information

Ingredients

pizza base kit pizza si (100%) (pizza si kit (100%).). smoked **brie** (0%) (**milk**). caramalised onion (0%) (Re-hydrated Onions (86%), Sugar, Spirit Vinegar, Colouring (Plain Caramel) (2%), Thickening Agent (Modified Maize Starch), Sea Salt, Ginger, Preservative (Potassium Sorbat e), Cinnamon, Nutmeg.).

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* The green grocers board	YES	No	No	No	No	No	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	No	No	YES	YES	No	No

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* Cauliflower cheese	YES	YES	No	No	No	No	No	No	No	No	MAY	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
* Sunday vegetables	YES	YES	No	No	No	No	No	No	No	No	MAY	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
* Roast pork loin 2026	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
* Roast turkey dinner 2026	YES	YES	MAY	MAY	MAY	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	YES	No	No
* Roast sirloin beef 2026	YES	YES	No	No	No	No	No	YES	No	No	MAY	YES	No	No	No	No	No	No	No	No	No	No	No	YES	No	No
Chateau potato roasted	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Roast sirloin beef Yorkshire pudding	YES	YES	No	No	No	No	No	YES	No	No	MAY	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No

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* Chocolate fondant white chocolate	YES	YES	No	No	No	No	No	YES	No	No	YES	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
* Passion fruit cheesecake sunday 2026	YES	YES	No	No	No	No	No	No	No	No	YES	YES	No	No	No	No	No	No	No	No	No	No	No	YES	No	No
* Sticky toffee pudding 2025	YES	YES	No	No	No	No	No	YES	No	No	YES	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No

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* Chocolate fondant white chocolate	YES	YES	No	No	No	No	No	YES	No	No	YES	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
* Passion fruit cheesecake sunday 2026	YES	YES	No	No	No	No	No	No	No	No	YES	YES	No	No	No	No	No	No	No	No	No	No	No	YES	No	No
* Sticky toffee pudding 2025	YES	YES	No	No	No	No	No	YES	No	No	YES	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No

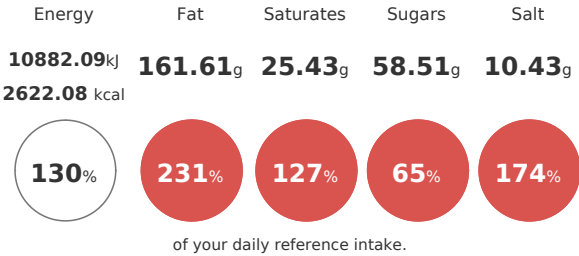
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the butchers board

Serves

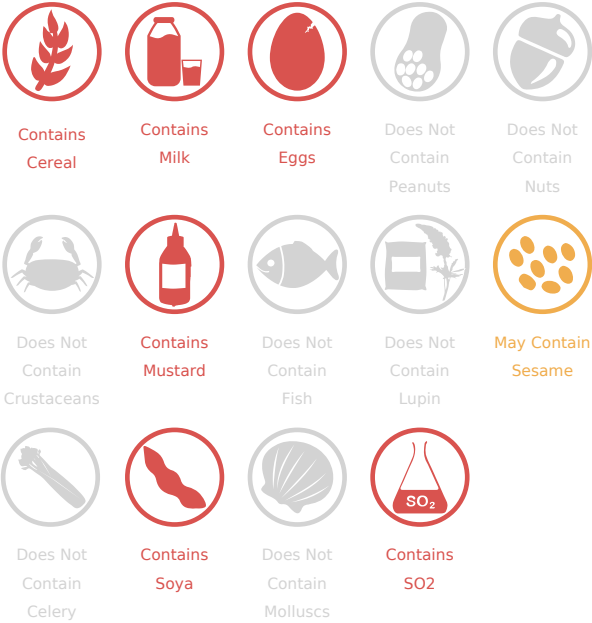
1

Each serving contains:



Allergy Information

Key: Contains May Contain



Dietary Information

Key: Suitable for



Nutritional Summary

Energy	10882.09kj 2622.08kCal
Protein	59.08g
Carbohydrates	239.58g
of which sugars	58.51g
Non Milk Extrinsic Sugars	0g
Fat	161.61g
of which saturates	25.43g
Fibre	38.56g
Salt	10.43g
Sodium	662mg
Iron	87.05mg
Calcium	356.88mg
Zinc	1.16mg
Folate	41.77µg
Vitamin A	3.8µg
Vitamin C	15.88mg

Sub-allergy Information

Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	Yes
Hazelnuts:	No	Rye:	No
Walnuts:	No		
Cashew Nuts:	No	Oats:	No
Pecan Nuts:	No	Barley:	No
Brazil Nuts:	No		
Pistachio Nuts:	No		

Ingredients

Product	Quantity
scotch egg pork & leek	3240.00 g
olives & foccacia	230.00 g
smokey bbq wings	101.00 g
chorizio sliced	0.00 g
parma ham slices	0.00 g
mini pork pie	0.00 g
piccalilli	0.00 g
chilli jam	0.00 g
gherkins	0.00 g

Label Information

Ingredients

scotch **egg** pork & leek (91%) (red wine jus (96%) (veal jus (100%) (Carrots (16%) (Carrot). Onions (16%) (Onions). Garlic, raw (0%). Marrow-bones, sawn (32%) (Piece derived from fore- and/or hindquarter). CUISINEWINE Tempranillo Red Cooking Wine 10L BiB (32%) (Partially de-alcoholised Tempranillo redwine, water, salt, preservatives; E220 (**SULPHITES**) and E202, antioxidant; E300, acidulant; E353). Tarragon 130g (3%) (Tarragon). water (0%).). pane (4%) (Golden Palace Panko Breadcrumb 1x10kg (97%) (**WHEAT** Flour, Sugar, Salt, Yeast, Dough Conditioner (Corn Starch, Salt, Vitamin C).). **Eggs**, chicken, whole, raw (2%). 3L semi-skimmed **milk** (1%) (Fresh **MILK** (100%)).). chorizio cassoulet (0%) (Chick Peas in Brine (20%) (Chick Peas, Water, Salt). Silverskin Onions (20%) (Onion 100%). Chopped Tomatoes (20%) (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)). Cooking Chorizo - Mild 330g (20%) (Pork Meat and Fat, Water, Mild Chilli Pepper (2%), Salt, **SOYA** proteins, spices and herbs, **LACTOSE (MILK)**, Colouring (Beetroot Red), **MILK** Proteins, Dextrose, Acidifiers (Citric Acid, Sodium Acetates), Stabiliser (Polyphosphates), Preservatives (Sodium Ascorbate, Potassium Nitrate, Sodium Nitrite), Starter Culture, Natural Flavourings. Natural Pork Casing. 100g of product prepared from 90g of meat and 15g of fat). Vegetable Stock Base Powder (20%) (Salt, yeast extract, maltodextrin (potato, waxy maize), onion powder, leek powder, sugar, brown sugar, dehydrated potato, carrot powder, sunflower oil, lovage root powder, tumeric, flavouring, parsley extract.). garlic (0%). carrot (0%).). old English pork sausage (0%) (Old English Pork Sausage (100%) (Pork Trim 70% Ice Water 20%, Old English Seasoning 10% Rusk (fortified **WHEAT** flour (calcium carbonate, iron niacin, thiamine) salt, raising agent E503(ii)), Salt, Dextrose, Emulsifier E451(i), Preservative E221 (**SULPHITES**) , Red Pepper, Green Bell Pepper, Dehydrated Onion, Whole **MUSTARD** Seed, Flavour Enhancer E621, Fortified **WHEAT** Flour (contains calcium carbonate, iron, niacin, thiamine), Spice Extracts, Antioxidant E301, Herb Extract. Filled in a Natural Pork Casing).). leek (0%). soft boiled **egg** 6 minutes (0%).). olives & foccacia (6%) (SLAB FOCCACIA 1X8 (33%) (**WHEAT** flour (calcium, iron, niacin, thiamine), water, yeast, salt, sugar, dough conditioner (full fat **SOYA** flour, **WHEAT** flour (calcium, iron, niacin, thiamine) flour, flour treatment agent: L-Cysteine (E920), olive oil, garlic, Rosemary, rock salt.). Black Pitted Olives (22%) (Water, Black Olives, Salt, Stabiliser (Ferrous Gluconate)). Pitted Green Olives (22%) (Water, Green Olives, Salt, Acidity Regulators (Lactic Acid, Citric Acid), Antioxidant (Ascorbic Acid)). Extra Virgin Olive Oil (13%) (Extra Virgin Olive Oil.). PURO BALSAMIC GLAZE OF MODENA (11%) (Balsamic Vinegar of Modena PGI (35%) (Wine Vinegar (**SULPHITES**), Concentrated Grape Must (**SULPHITES**), Colour (**SULPHITE** Ammonia Caramel)), Glucose-Fructose Syrup, Concentrated Grape Juice, Modified Maize Starch, Colour (**SULPHITE** Ammonia Caramel).).). smokey bbq wings (3%) (KTC Vegetable Oil 20L Drum (99%) (Refined **Soyabean** Oil, Anti-foaming agent (E 900).). LION Hickory BBQ Sauce 2 x 2.27L (1%) (Glucose - Fructose Syrup, Water, Spirit Vinegar, Tomato Paste, Rapeseed Oil, Salt, Caramelised Sugar Syrup, Stabiliser (Xanthan Gum), Chilli Blend (Dried Chilli, Cumin, Dried Garlic, Dried Oregano, Salt), Dried Onion, **MUSTARD** Flour, Dried Garlic, Cayenne Pepper, Black Pepper, Smoke Flavourings.). chicken wings CHIC42 (0%). spring onion (0%). veg oil fryer (0%).). chorizio sliced (0%) (Pork, **Lactose (MILK)**, Salt, Dextrin, Paprika, **Caseinate (MILK)**, Dextrose, Garlic, Emulsifier: E450, Spices, Antioxidant: E301, Preservatives; E250, E252. Casing not edible..). parma ham slices (0%) (pork meat, salt.). mini pork pie (0%) (Fortified **Wheat** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pork (24%), Pork Lard, Water, Salt, Pork Gelatine, Potato Starch, Pasteurised **EGG**, Pork Fat, White Pepper, Yeast Extract, Sugar, Dextrose.). piccalilli (0%) (Water, Vegetables in variable proportions Cauliflower, Gherkin, Rehydrated onion 31%, Thickener Modified Maize Starch, Sugar, Salt, Acidity Regulator Acetic Acid, **MUSTARD** Powder, Turmeric, Spices.). chilli jam (0%) (unrefined Raw Cane Sugar (36%), Sweet Chilli Peppers (18%) (Sweet Chilli Peppers, Water, Sugar, Spirit Vinegar), Red Pepper, Onion, Red Wine Vinegar, Dried Red Peppers, Le mon Juice, Red Chillies, Garlic Puree, Sea Salt.). gherkins (0%) (Gherkins, Water, Spirit Vinegar, Glucose- Fructose syrup, Dill, **MUSTARD** seed, Red pepper, Onions, Salt, Sugar, Natural Flavouring.).

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