

## Corporate Platter Menu

PLATTER	CAL/SERVING	CLASSIFICATION	ALLERGEN INFORMATION
Breakfast Platter — Avocado Sandwiches	343 (serves 8)		Contains fish, milk, wheat and barley gluten
Breakfast Platter — Avocado + Bacon Sandwiches	325 (serves 8)	DF	Contains fish, wheat and barley gluten
Breakfast Yoghurt Style Pots	291 (serves 8)	V	Contains almonds, nuts, soya, milk and rye gluten
Power Pots Platter	146 (serves 8)	GF	Contains egg, fish, nuts and milk
Vegetarian Sandwich Platter	435 (serves 6)	V	Contains milk, wheat & barley gluten, soya, sulphites, egg, sesame and nuts
Meat Sandwich Platter	392 (serves 6)		Contains wheat & barley gluten, soya, sulphites, egg, sesame, milk, fish and mustard
Wrap And Crudite Platter — Veggie	360 (serves 6)	V	Contains nuts, celery, milk, sesame, wheat gluten and sulphites
Wrap And Crudite Platter — Meat	365 (serves 6)		Contains nuts, celery, milk, sesame, wheat gluten, soya, fish and sulphites
Wrap And Sandwich Platter — Meat And Veg	327 (serves 10)		Contains nuts, milk, sesame, wheat & barley gluten, soya, fish, egg and sulphites
Wrap And Sandwich Platter — Veggie	325 (serves 10)		Contains nuts, milk, sesame, wheat & barley gluten, soya, egg and sulphites
Indian Deli Platter	214 (serves 8)		Contains milk, nuts and wheat gluten
Classic Deli Platter	168 (serves 8)		Contains wheat & rye gluten, milk, soya, celery, sulphites and egg.
Asian Deli Platter	414 (serves 8)		Contains wheat gluten, soya, peanut, nuts, egg, crustaceans and sesame
A Vital Taster	447 (serves 8)		Contains wheat & barley gluten, soya, sulphites, milk, egg, nuts, fish and sesame
Satay Box	359 (serves 6)	DF	Contains soya and wheat gluten
Chicken Tikka Box	107 (serves 6)	GF	Contains milk
Fruit Salad Selection	51 (serves 8)	VG	
Perfect Pastries	368 (serves 6)	V	Contains wheat gluten, egg, milk and soya
Onion Bhaji Box	83 (serves 6)	V, GF	Contains milk
Crudite Box	69 (serves 6)	VG, DF, GF	Contains celery and sesame
Macaroons Box	149 (serves 12)	V	Contains nuts, egg, soya, barley gluten and milk
Classic Brownie Box	190 (serves 8)	V, GF	Contains milk, egg, soya and nuts.
Oaty Apricot Bar Box	177 (serves 8)	V	

# Breakfast Menu

PRODUCT	CLASSIFICATION	ALLERGEN INFORMATION
Avocado toast (with multigrain bread)	VG, DF	Contains gluten
Avocado bagel (with multiseed bagel)	VG, DF	Contains gluten. May contain sesame
Bacon sandwich (with multigrain bread)	V, DF	Contains gluten
Bacon bagel (with multiseed bagel)	V, DF	Contains gluten. May contain sesame
Toast - plain	VG, DF	Contains gluten
Bagel - plain	VG, DF	Contains gluten. May contain sesame
Toast - low fat spread	V	Contains gluten, milk
Bagel - low fat spread	V	Contains gluten, milk. May contain sesame
Toast - peanut butter	V	Contains peanuts, gluten
Bagel - peanut better	V	Contains peanuts, gluten. May contain sesame
Toast - marmite	V	Contains gluten
Bagel - marmite	V	Contains gluten. May contain sesame
Porridge (with DF porridge) - No Toppings	VG, DF, GF	Contains nuts
Porridge (with milk porridge) - No Toppings	V, GF	Contains milk
Simply Eggs	V, GF	Contains egg, milk
Fiery Eggs - Poached Egg	V, GF	Contains egg, milk
Fiery Eggs - Scrambled Egg	V, GF	Contains egg, milk
Omega Salmon - Poached Egg	V, GF	Contains egg, milk, fish, soya, sesame
Omega Salmon - Scrambled Egg	V, GF	Contains egg, milk, fish, soya, sesame
Better Breakfast - Poached Egg	GF	Contains egg, milk
Better Breakfast - Scrambled Egg	GF	Contains egg, milk
Mexican Eggs - Poached Egg	GF	Contains egg, milk
Mexican Eggs - Scrambled Egg	GF	Contains egg, milk

## Breakfast Ingredients

PRODUCT	CLASSIFICATION	ALLERGEN INFORMATION
Agave Syrup	VG, DF, GF	
Almond Milk	VG, DF, GF	Contains nuts
Almond, Raisin and Cinnamon Granola	V, DF	Contains gluten, nuts
Baby Plum Tomatoes	VG, DF, GF	
Banana	VG, DF, GF	
Blueberries	VG, DF, GF	
Blueberry compote	VG, DF, GF	
Chia Seeds	VG, DF, GF	
Chilli flakes	VG, DF, GF	
Chopped dates	VG, DF, GF	
Chorizo	GF	Contains milk
Chunky Avocado	VG, DF, GF	
Cinnamon	VG, DF, GF	
Coconut Yoghurt	VG, DF, GF	
Dried Cranberries	VG, DF, GF	
Feta	V, GF	Contains milk
Grapes	VG, DF, GF	
Greek Style Yoghurt	V, GF	Contains milk
Honey	V, DF, GF	
Kiwi	VG, DF, GF	
Mango	VG, DF, GF	
Mango Puree	VG, DF, GF	
Marmite	VG, DF	Contains barley, wheat, oat, rye, celery
Multigrain bloomer	VG, DF	Contains gluten
Multiseed bagel	VG, DF	Contains gluten. May contain sesame
Omega Seeds	VG, DF, GF	Contains soya, sesame
Peanut Butter	VG, DF, GF	Contains nuts
Pineapple	VG, DF, GF	
Poached egg	V, DF, GF	Contains egg
Pomegranate	VG, DF, GF	
Pumpkin Seeds	VG, DF, GF	
Roasted Peppers	VG, GF, DF	
Roasted Salmon	V, DF, GF	Contains fish
Scrambled eggs (Free range)	V, GF	Contains egg, milk
Semi Skimmed Milk	V, GF	Contains milk
Spinach	VG, DF, GF	
Strawberries	VG, DF, GF	
Streaky bacon	DF, GF	May contain mustard
Toasted Coconut	VG, DF, GF	
Traditional - Porridge	V, GF	Contains milk
Vegan Quinoa - Porridge	VG, DF, GF	Contains nuts
Vegan Granola	VG, DF	Contains gluten, nuts

## Salad Menu (with dressing)

PRODUCT	CLASSIFICATION	ALLERGEN INFORMATION
Bang Bang Chicken	DF, GF, DF	Contains nuts
Nachos Grande	GF	Contains sulphites, milk, egg
Chicken Caesar Salad	GF	Contains nuts, milk, egg, gluten, mustard
Salmon, Greens and Grains	V, GF, DF	Contains fish
Muscle Builder	GF	Contains egg, milk, sulphites
Super Cobb	GF	Contains mustard, milk, egg
Veggie Power	VG, DF, GF	Contains soya, sesame
Chorizo + Sweet Pepper	GF	Contains milk, egg, sulphites
The Italian - mozzarella	V	Contains milk, gluten, milk
The Italian - chicken	DF	Contains milk, gluten
Greek - halloumi	V, GF	Contains milk
Greek - Avocado	VG, DF, GF	

## Salad Ingredients

PRODUCT	CLASSIFICATION	ALLERGEN INFORMATION
Streaky bacon	DF, GF	May contain mustard
Baby Spinach	VG, DF, GF	
Beetroot	VG, DF, GF	
Cashew nuts	VG, DF, GF	Contains nuts
Broccoli	VG, DF, GF	
Roasted peppers	VG, DF, GF	
Cheddar	V, GF	Contains milk
Chicken Breast	DF, GF	
Chilli flakes	VG, DF, GF	
Chorizo	DF, GF	Contains milk
Cos Lettuce	VG, DF, GF	
Croutons	VG, DF	Contains gluten
Cucumber	VG, DF, GF	
Edamame	VG, DF, GF	Contains soya
Falafel	VG, DF	Contains gluten
Free Range Egg	V, DF, GF	Contains egg
Italian Style Cheese	V, GF	Contains egg, milk
Grated Carrot	VG, DF, GF	
Greek Feta	V, GF	Contains milk
Green Beans	VG, DF, GF	
Houmous	VG, DF, GF	
Jalapenos	VG, DF, GF	
Mixed Beans (cannellini, red kidney, borlotti)	VG, DF, GF	
Mixed Herbs (coriander and parsley)	VG, DF, GF	
Mixed Leaf	VG, DF, GF	
Kalamata olives	VG, DF, GF	
Omega Seeds	VG, DF, GF	Contains soya, sesame
Mozzarella	V, GF	Contains milk
Peanuts	VG, DF, GF	Contains nuts
Fresh Peppers	VG, DF, GF	
Pickled Red Onion	VG, DF, GF	
Roasted sweet potato	VG, DF, GF	
Roquito Peppers	VG, DF, GF	
Roasted Salmon	V, DF, GF	Contains fish
Soured cream	V, GF	Contains milk
Chunky Avocado	VG, DF, GF	
SunBlush Tomatoes	VG, DF, GF	
Sweetcorn	VG, DF, GF	
Baby Plum Tomatoes	VG, DF, GF	
Tortilla Chips	VG, DF, GF	
Tuna	DF, GF	Contains fish
White, Red & Black Quinoa	VG, DF, GF	
Balsamic Vinegar	VG, DF, GF	Contains sulphites
Blue Cheese	V, GF	Contains egg, milk, mustard
Caesar	GF	Contains egg, milk, mustard, fish
Extra Virgin Olive Oil	VG, DF, GF	
French Dressing	VG, DF, GF	Contains Mustard, sulphites
Honey Balsamic	V, DF, GF	Contains Mustard, sulphites
Lemon Juice	VG, DF, GF	
Ranch	V, GF	Contains egg, milk, sulphites
Soy, Sesame & Ginger	VG, DF	Contains gluten, soya, sesame, sulphites
Sweet Chilli & Lime	VG, DF, GF	Contain chestnuts
Butternut squash		

# Wraps, bakery

PRODUCT	CLASSIFICATION	ALLERGEN INFORMATION
Chicken Caesar Flatbread	—	Contains egg, milk, mustard, gluten
Chicken, Mozzarella & Pesto Flatbread	—	Contains milk, nuts, gluten
Mexican Chicken Flatbread	—	Contains milk, gluten
Sweet Chilli Salmon Flatbread	DF	Contains fish, gluten
Wholemeal Flatbread	VG, DF	Contains gluten
White Artisan Roll	VG, DF	Contains gluten

# Soups

<b>PRODUCT</b>	<b>CLASSIFICATION</b>	<b>ALLERGEN INFORMATION</b>
<b>Butternut, Lentil &amp; Spinach</b>	<b>VG, DF, GF</b>	<b>Contains celery, mustard</b>
<b>Thai Spiced Chicken</b>	<b>DF, GF</b>	<b>Contains fish, celery</b>
<b>Tomato &amp; Basil</b>	<b>VG, DF, GF</b>	<b>Contains celery</b>

# Stews

PRODUCT	CLASSIFICATION	ALLERGEN INFORMATION
Jacket Potato Base	VG, DF, GF	
Brown Rice Base	VG, DF, GF	
Quinoa & Buckwheat Mix Base	VG, DF, GF	
Super Slaw Base	VG, DF, GF	
Chilli Con Carne	DF, GF	Contains celery, soya
Tostilocos	GF	Contains soya, milk, celery
Sri Lankan Curry	VG, DF, GF	
Katsu Curry	V	Contains celery, soya, gluten, milk
Cajun Stew	VG, DF, GF	

# Hot food ingredients

PRODUCT	CLASSIFICATION	ALLERGEN INFORMATION
Grilled Halloumi	—	Contains milk
Baked Falafel	V, DF	Contains gluten (wheat)
Warm Roasted Chicken	—	
Roasted Butternut Squash	—	

## Sweet Pots

PRODUCT	CLASSIFICATION	ALLERGEN INFORMATION
Banana & Custard	V, GF	Contains milk, soya
Fruit Salad	VG, DF, GF	
Honey Granola Yogurt	V	Contains gluten, milk, nuts
Jelly Pot	DF, GF	
Large Fruit Salad	VG, DF, GF	
Blueberry Granola Yogurt	V	Contains gluten, milk
Superberry Fruit Salad	VG, DF, GF	
Vegan Overnight Oats - Blueberry and Peanut Butter	VG, DF, GF	Contains peanuts
Vegan Overnight Oats - Mango and Cranberry	VG, DF, GF	

# Raw & Naked Smoothies

PRODUCT	CLASSIFICATION	ALLERGEN INFORMATION
Cacao, Seed & Nut Booster	VG, DF, GF	Contains nuts, peanuts
Mean & Green Smoothie	VG, DF, GF	
Virgin Mojito	VG, DF, GF	