| Updated April 2025 | Carb Count | wheat/gluten | milk/dairy | eggs | fish | soya/soyabean | sulpher dioxide | nuts | peanuts | lupin | mustard | molluscs | celery | Sesame seeds | Shellfish/Crusta | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | | | |
| Fish Fingers x 3 | 9 | x | | | x | | | | | | | | | | | |
| GF Fish Fingers | 8 | | | | x | | | | | | | | | | | |
| Pork Meatballs x 2 | 4 | x | | | | | | | | | | | | | | in stuffing |
| Roast Chicken | 0 | | | | | | | | | | | | | | | |
| Roast Gammon | 0 | | | | | | | | | | | | | | | |
| Roast Pork | 0 | | | | | | | | | | | | | | | |
| Sausages (Fresh) x 2 | 4 | x | | | | | x | | | | | | | | | |
| Sausages (korkers) x 1 | 7 | x | | | | | | | | | | | | | | |
| Sausages GF x 1 | 5 | | | | | | | | | | | | | | | |
| Sausage Roll Slice | 15 | x | x | | x | | x | | | | | | | | | |
| Chicken Fajitas | 15 | x | x | | | | | | | | | | | | | |
| Beef Tacos | 9 | | x | | | | | | | | | | | | | in cheese |
| Meaty Pizza | 12 | x | x | | | x | | | | | x | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| Carrot & Lentil Bake | 21 | | x | x | | | | | | | | | | | | |
| Cheese Slice | 12 | x | x | | | | | | | | | | | | | |
| Crunchy Veg Crumble | 17 | x | x | | | | | | | | | | | | | |
| Curried Veggie Pasty | 12 | x | | | | | | | | | | | | | | |
| Homemade Pizza (v) | 26 | x | x | | | | | | | | | | | | | |
| Mac n Cheese (Cheesy pasta) | 30 | x | x | | | | | | | | x | | | | | |
| Meatless Meatballs (each ball) | 8.5 | x | x | | | | | | | | | | | | | |
| Mexican Bean Wraps | 25 | x | x | | | | | | | | | | | | | |
| Pasta Provencale | 17 | x | | | | | | | | | | | | | | |
| Tomato Pasta | 30 | x | | | | | | | | | | | | | | |
| Vegan Quorn Sausages (each) | 5 | x | | | | | | | | | | | | | | |
| Veggie Meatloaf | 20 | x | x | | | x | | | | | | | | | | in cheese |
| Veggie Nuggets x 3 (new product) | 12.9 | x | | | | | | | | | | | | | | |
| Quorn Sausage Roll | 14 | x | | | | | | | | | | | | | | |
| Veggie Tacos | 9 | | x | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| Chips | 25 | | | | | | | | | | | | | | | |
| Creamed Potatoes (per scoop) | 10 | | | | | | | | | | | | | | | |
| Garlic Flatbread | 6 | x | | | | x | | | | | | | | | | |
| GF Pasta | 32 | | | | | | | | | | | | | | | |
| Jacket Potato | 35 | | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1/2 Jacket Potato | 17 | | | | | | | | | | | | | | |
| Pasta | 30 | x | | | | | | | | | | | | | |
| Rice | 30 | | | | | | | | | | | | | | |
| Roast Potatoes (120g) | 32 | | | | | | | | | | | | | | |
| Saute Potatoes (I20g) | 20.5 | | | | | | | | | | | | | | |
| Potato Puffs (70g) | 14 | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Baked Beans | 9 | | | | | | | | | | | | | | |
| Broccoli | 0 | | | | | | | | | | | | | | |
| Carrots | 2 | | | | | | | | | | | | | | |
| Cauliflower | 1 | | | | | | | | | | | | | | |
| Coleslaw (Q) | 2 | | | x | | | | | | | x | | | | |
| Green Beans | 1 | | | | | | | | | | | | | | |
| Mixed Salad | 0 | | | | | | | | | | | | | | |
| Mixed Vegetables | 4 | | | | | | | | | | | | | | |
| Peas | 4 | | | | | | | | | | | | | | |
| Swede | 2 | | | | | | | | | | | | | | |
| Sweetcorn | 11 | | | | | | | | | | | | | | |
| Roasted Vegetables | 4 | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| Cheese (40g) | 0 | | x | | | | | | | | | | | | |
| Gravy | 4 | | | | | | | | | | | | | | |
| Home made bread | 8 | x | | | | x | | | | | | | | | |
| Mayonaise | 3 | | | x | | | | | | | x | | | | |
| Stuffing | 5 | x | | | | | | | | | | | | | |
| Tomato Base Sauce | 0 | | | | | | | | | | | | | | |
| Tomato Ketchup (per tsp) | 5 | | | | | | | | | | | | | | |
| Yorkshire Pudding | 10 | x | x | x | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| Angel Delight Mousse | 8 | | x | | | | | | | | | | | | |
| Apple Flapjack | 25 | x | | | | | | | | | | | | | x |
| Cheeky Chocolate Cake | 24 | x | | x | | | | | | | | | | | |
| Chocolate Brownie | | x | | x | | | | | | | | | | | |
| Chocolate Krispie Cake | 22 | x | | | | | | | | | | | | | |
| Chocolate Mousse | 21 | | x | | | | | | | | | | | | |
| Chocolate Sauce | 10 | | x | | | | | | | | | | | | |
| Chocolate Shortbread | 28 | x | | | | | | | | | | | | | |
| Chocolate Sponge | 22 | x | | x | | | | | | | | | | | |
| Cornflake Tart | | x | | | | | | | | | | | | | |
| Custard | 10 | | x | | | | | | | | | | | | |
| Fresh Fruit | 10 | | | | | | | | | | | | | | |
| Fruit Crumble | 40 | x | | | | | | | | | | | | | |
| Frozen Fruit Smoothie | 15 | | | | | | | | | | | | | | |
| Gingerbread Cookie | 21 | x | | x | | | | | | | | | | | |
| Ginger Cake | 31 | x | | x | | | | | | | | | | | |
| Golden Krispie Cake | 22 | x | | | | | | | | | | | | | |
| Gooey Chocolate Biscuit | 21 | x | | x | | | | | | | | | | | |

**Not suitable for vegetarians**

| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Iced Bun | 27 | x | | | | x | | | | | | | | | |
| Ice Cream | 8 | | x | | | | | | | | | | | | |
| Iced Cake | 25 | x | | x | | | | | | | | | | | |
| Iced Carrot Cake | 25 | x | | x | | | | | | | | | | | |
| Jammie Pinwheel | 9 | x | | | | | | | | | | | | | |
| Jam Scone | 33 | x | | x | | | | | | | | | | | |
| Jelly | 12 | | | | | | | | | | | | | | |
| Lemon Cake | 20 | x | | x | | | | | | | | | | | |
| Lemon Drizzle Cake | 30 | x | | x | | | | | | | | | | | |
| Marble Sponge | 20 | x | | x | | | | | | | | | | | |
| Oat Cookie | 25 | x | | | | | | | | | | | | | |
| Oaty Apple Bar | 28 | x | | | | | | | | | | | | | |
| Orange Flapjack | 25 | x | | | | | | | | | | | | | |
| Orange/Lemon Sauce | 8 | | | | | | | | | | | | | | |
| Raspberry Buns | 23 | x | | x | | | | | | | | | | | |
| Raspberry Ripple Mousse | 18.9 | | x | | | | | **Not Suitable for Vegetarians** | | | | | | | |
| Strawberry Mousse | 18 | | x | | | | | **Not Suitable for Vegetarians** | | | | | | | |
| Swirly Jam Sponge | 32 | x | | x | | | | | | | | | | | |
| Syrup Sponge | 27.6 | x | | x | | | | | | | | | | | |
| Vanilla Sauce | 10 | | | | | | | | | | | | | | |
| Vanilla Shortbread | 28 | x | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |