





























LUNCH PRODUCTS & THEIR ALLERGEN CONTENT														
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		Freekeh, Wheat, Rye, Barley, Oats, Spelt or Khorasan	Prawns, Crabs, Lobster, Crayfish					Clams, Mussels, Whelks, Oysters, Snails and Squid		Almonds, Hazelnuts, Walnuts, Pecan, Brazil, Pistachio, Cashew and Macadamia				Sulphur Dioxide (>10mg/kg or 10mg/L)

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










MAINS	INGREDIENTS	TAGS	ALLERGENS	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHITES
Charred Flank Steak	Beef Bavette, Dijon <b>MUSTARD</b> (Salt, Water Vinegar <b>MUSTARD</b> Seed) Refined Rapeseed Oil. Henderson's Relish (Water, Spirit Vinegar, Sugar Colour: Caramel, Sugar Syrup, Salt, Tamarinds, Preservative: Acetic Acid Cayenne Pepper, Cloves, Sweetener: Saccharin. Garlic Oil) Aged Red Wine Vinegar, <b>SOY</b> Sauce (Water, <b>SOY</b> Bean, Salt, Rice, Alcohol), Sea Salt, Black Pepper	D / G	Mustard, Soya									✓				✓	
Lime leaf Tofu Curry	Tofu (Non-GM <b>Soya</b> Beans, water, Calcium Sulphate, anti foaming agent E900) Hispi Cabbage, Coriander, <b>Sesame</b> , Lime Leaf sauce [Sunflower oil, coconut milk, tomato puree, ginger, Tamari Sauce( <b>Soya</b> Beans, Salt, <i>Alcohol</i> , Koji Seed), sugar cane, lime juice, red chilli, garlic, turmeric, lime leaf, chilli flakes].	D / G / V / Ve	Sesame, Soya												✓	✓	
Grilled Chermoula Chicken	Chicken, Chermoula(Ras Al Hanout, <b>Za'atar</b> , Salt, Pepper, Preserved Lemon Puree, Olive Oil, Tomato Puree, Lemon Juice, Citric Acid, Parsley, Coriander). Garnish: <b>Tahini Dressing</b> ( <b>Tahini</b> , Garlic, Citric Acid, Sunflower oil, Salt), fresh Parsley	D / G	Sesame												✓		
Harissa Chicken	Chicken, Lemon Juice, Salt, Black Pepper, Parsley, Rose Petal Harissa (Sunflower Oil, Paprika Flakes, Garlic Puree, Sea Salt, Cumin, Coriander, Crushed Chilli, Acidity Regulator [Citric Acid (E330)], Black Pepper Smoked Paprika, Dried Rose Petals, Cinnamon, All Spice).	D / G															
Gotcha Salmon	<b>Salmon (FISH)</b> , Lemon Juice, Chilli, Coriander, <b>Soy</b> , Veg Oil, Gotcha marinade (Tomatoes, Starch, Sugar, Salt, <b>Vinegar</b> , Potassium Sorbate, Spices, Sweetener, Granulated Sugar, <b>Rice Wine Vinegar</b> , Gochujang, Glucose Syrup, Black Beans, Red Pepper Juice, <b>Soy Sauce Powder</b> , Onion Powder, Onion Juice, Tomato Powder, <b>White Wine Vinegar</b> , Vegetable Oil, Ground Cayenne, Salt, Acetic Acid, Rice Flour, <b>Dijon Mustard</b> , <b>Mustard Seeds</b> , <b>Spirit Vinegar</b> , Waxy Maize Starch)	D / G	Fish, Mustard, Soya, Sulphites					✓				✓				✓	✓
BASE	INGREDIENTS	TAGS	ALLERGENS	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHITES
Brown Rice	Brown Rice, Salt, Olive Oil, Lemon Juice.	D / G / V / Ve															
Baby Spinach	Baby Spinach	D / G / V / Ve															
Farmer's Grains	<b>Freekeh</b> , <b>Bulgur wheat</b> , Za'atar (Hyssop, Oregano, Thyme, <b>Sesame</b> seeds, Sumac, salt, citric acid), Fried Onion(onion, palm oil, <b>wheat flour</b> ), Cauliflower dressing [Rapeseed Oil, Olive Oil, Sunflower Oil, Paprika Flakes, Garlic Puree, Salt, Cumin, Coriander, Crushed Chilli, Acidity regulator [Citric Acid (E330)], Black Pepper, Smoked Paprika, Dried Rose Petals, Ground Cinnamon, All Spice).	D / V / Ve	Gluten, Sesame		✓										✓		

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		Freekeh, Wheat, Rye, Barley, Oats, Spelt or Korean	Prawns, Crabs, Lobster, Crayfish					Clams, Mussels, Whelks, Oysters, Snails and Squid		Almonds, Hazelnuts, Walnuts, Pecan, Brazil, Pistachio, Cashew and Macadamia				Sulphur Dioxide, (>10mg/kg or 10mg/L)

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WARM SIDES	INGREDIENTS	TAGS	ALLERGENS	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHITES
Sesame Broccoli	Broccoli, Olive oil, Sesame oil, <b>Sesame</b> , Garlic, Salt	D / G / V / Ve	Sesame												✓		
Mac' N' Cheese	<b>Wheat Pasta</b> , Spinach, Green Pesto (Basil Paste (59%) contains Basil, Sunflower Seed Oil, Salt, Antioxidant [Ascorbic Acid (E300)], Rapeseed Oil, <b>Hard Vegetarian Cheese</b> (11%) (contains Pasteurised Cow's <b>Milk</b> , Salt, <i>Microbial</i> Rennet, Culture) Garlic Puree Béchamel ( <b>milk, flour, butter</b> , nutmeg, salt, white pepper), <b>Parmesan, Mozzarella, Cheddar</b> , Nutmeg, Salt, Black pepper, Chilli flakes	V	Gluten, Milk		✓					✓							
Roasted Sweet Potato	Sweet Potatoes, Veg Oil, Salat, Baharat Spice (all spice, paprika, black pepper, garlic powder, cumin, cinnamon, ginger, nutmeg, cardamom, cloves)	D / G / V / Ve															
Whole Cauliflower	Cauliflower, Cauliflower dressing [Rapeseed Oil, <b>Sesame white &amp; black</b> , Olive Oil, Sunflower Oil, Paprika Flakes, Garlic Puree, Salt, Cumin, Coriander, Crushed Chilli, Acidity regulator [Citric Acid (E330)], Black Pepper, Smoked Paprika, Dried Rose Petals, Ground Cinnamon, All Spice), Coriander, Spring Onion.	D / G / V / Ve	Sesame												✓		
Miso Hispi & Aubergine	Aubergines, Hispi Cabbage, Miso Dressing (Sunflower Oil Miso Paste (water, <b>Soya beans</b> , rice, salt), Rice wine vinegar, <b>Sesame oil</b> mirin, ginger, brown sugar), Coriander, <b>White sesame, Black sesame</b>	D / G / V / Ve	Sesame, Soya												✓	✓	
COLD SIDES	INGREDIENTS	TAGS	ALLERGENS	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHITES
Tahini Aubergine & Chickpea	Toasted Harissa Chickpeas(sunflower oil, paprika flakes, garlic puree, sea salt, cumin, coriander, crushed chilli, acidity regulator, smoked paprika, dried rose petals, cinnamon, all spice), Tomatoes, Aubergine, Green Pepper, Pickled Green Chilli ( Hot peppers, water, salt, acetic acid, sodium benzoate), Preserved Lemons (lemon, salt), Spring Onion, Coriander, <b>Tahini</b> Lemon dressing ( <b>Sesame</b> , garlic, cumin, citric acid, olive oil, Lemon Juice, salt)	D / G / V / Ve	Sesame												✓		
Green Dukkha Slaw	White Cabbage, Broccoli stem, Broccoli, Parsley, Pickle Red Onion (onion, sugar, salt, <b>red wine vinegar</b> ), Pickled Green Chilli( Hot peppers, water, salt, acetic acid, sodium benzoate), Pickled Cucumber (Cucumbers, water, salt ,acetic acid E-260b, garlic, flavouring) Dukkha spice mix ( <b>Peanuts, Sesame</b> , cumin, salt, black pepper), Lemon juice, Olive oil, Salt	D / G / V / Ve	Peanuts, Sesame, Sulphites,											✓	✓		✓
Kale Miso Slaw	Kale, White Cabbage, Red Cabbage, Radish, Smoky Pink Kraut (white cabbage, onion, beetroot, salt, smoke chipotle chili powder, garlic, cumin, coriander seed, black pepper, clove, cardamom, cinnamon, Live cultures) Avocado, Lemon Juice, <b>Black &amp; White Sesame Seeds</b> , Miso Dressing [Sunflower oil, Miso paste (water, <b>soya beans</b> , rice, salt), rice wine vinegar, <b>sesame oil</b> , mirin, ginger, brown sugar]	D / G / V / Ve	Sesame, Soya												✓	✓	
Feta Caesar	Kale, Cavolo Nero, Broccoli, Pitta chips ( <b>Wheat Flour</b> , Rapeseed Oil, Olive Oil, Rosemary, Black pepper, Sea Salt, Yeast), Pickle Red Onion (onion, sugar, salt, <b>red wine vinegar</b> ), <b>Hard Vegetarian Cheese (11%)</b> (contains Pasteurised Cow's Milk, Salt, Microbial Rennet, Culture) <i>Caesar dressing</i> [olive oil, veg oil, <b>mustard</b> , lemon juice, <b>Hard Vegetarian Cheese</b> (vegetarian), garlic, Mayonnaise (rapeseed oil, <b>egg yolk</b> , spirit <b>vinegar</b> , sugar, salt), salt, pepper], Feta Cheese	V	Gluten, Eggs, Milk, Mustard, Sulphites		✓		✓			✓		✓					✓

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		Freekeh, Wheat, Rye, Barley, Oats, Spelt or Korean	Prawns, Crabs, Lobster, Crayfish					Clams, Mussels, Whelks, Oysters, Snails and Squid		Almonds, Hazelnuts, Walnuts, Pecan, Brazil, Pistachio, Cashew and Macadamia				Sulphur Dioxide, (>10mg/kg or 10mg/L)

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SAUCES / DRESSING	INGREDIENTS	TAGS	ALLERGENS	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHITES
Tahini	Tahini, Garlic, Citric Acid, Sunflower oil, Salt	D / G / V / Ve	Sesame												✓		
Chimichurri	Parsley, Bay Leaf, Garlic, Salt, Pepper, Red Wine Vinegar, Sunflower Oil, Olive Oil, Oregano, Coriander, Chilli Flakes	D / G / V / Ve	Sulphites														✓
Red Pepper	Red Pepper, Garlic, Oregano, Thyme, Bay Leaf, Serrano Chilli, Red Wine Vinegar, Olive Oil, Dijon Mustard, Salt, Black Pepper	D / G / V / Ve	Mustard, Sulphites									✓					✓
J's Aioli	Yogurt (cow's milk), Mayonnaise (Rapeseed oil, Egg Yolk, spirit vinegar, sugar, salt), Garlic, Lemon	G / V	Eggs, Milk, Sulphites				✓			✓							✓
SET FIELDBOWLS	INGREDIENTS	TAGS	ALLERGENS	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHITES
Lime leaf Tofu & Rice	Brown Rice, Sesame Broccoli, Lime Leaf Tofu Curry	D / G / V / Ve	Sesame, Soya												✓	✓	
Harissa Habibi	Farmer's Grains, Harissa Chicken, Tahini Aubergine Chickpea	D-	Gluten, Sesame		✓										✓		
Chermoula Slaw	Farmer's Grains, Green Dukka Slaw, Chermoula Chicken	D-	Gluten, Peanuts, Sesame, Sulphites		✓									✓	✓		✓
Sabich	Spinach, Tahini Aubergine & chickpea, Egg, Tahini Dressing	D / G / V	Egg, Sesame				✓								✓		
SET FIELDTRAYS	INGREDIENTS	TAGS	ALLERGENS	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHITES
J's Classic	Harissa Chicken, Brown Rice, Mac' N' Cheese, Sesame Broccoli		Gluten, Milk, Sesame		✓					✓					✓		
The Middle Eastern	Chermoula Chicken, Brown Rice, Cauliflower, Tahini Aubergine & Chickpea	D / G-	Sesame												✓		
Butcher's Cut	Flank Steak, Baby Spinach, Mac' N' Cheese, Feta Caesar		Gluten, Egg, Milk, Mustard, Soya, Sulphites,		✓		✓			✓		✓				✓	✓
Farmer's Catch	Gocha Salmon, Rice, Cauliflower, Kale Miso Slaw	D / G-	Fish, Mustard, Sesame, Soya, Sulphites					✓				✓			✓	✓	✓
Where My Vegans At?	Tofu, Brown Rice, Sesame Broccoli, Kale Miso Slaw	D / G / V / Ve	Sesame, Soya												✓	✓	
Season's Greens	Miso Hispi Aubergine, Spinach, Sesame Broccoli, Green Dukkah Slaw	D / G / V / Ve	Peanuts, Sesame, Soya, Sulphites											✓	✓	✓	✓
Mac' & Greens	Mac' N' Cheese, Spinach, Sesame Broccoli, Feta Caesar	V	Gluten, Egg, Milk, Mustard, Sesame, Sulphites,		✓		✓			✓		✓			✓		✓
Hello Harissa	Harissa Chicken, Farmer's Grains, Sweet Potatoes, Feta Caesar		Gluten, Egg, Milk, Mustard, Sesame, Sulphites,		✓		✓			✓		✓			✓		✓
Steak & Broc'	Flank Steak, Baby Spinach, Sesame Broccoli, Feta Caesar		Gluten, Egg, Milk, Mustard, Sesame, Soya, Sulphites,		✓		✓			✓		✓			✓	✓	✓