















LUNCH PRODUCTS & THEIR ALLERGEN CONTENT

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| CELERY | CEREALS CONTAINING GLUTEN | CRUSTACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHITES |
| | Freekeh, Wheat, Rye, Barley, Oats, Spelt or Kamut | Prawns, Crabs, Lobster, Crayfish | | | | | Clams, Mussels, Whelks, Oysters, Brants and Squid | | Almonds, Hazelnuts, Walnuts, Pecans, Brazil, Pistachio, Cashews and Macadamia | | | | Sulphur Dioxide (≥100ppm) or 10mg/L |

Jun-24

| MAINS | TAGS | ALLERGENS | CELERY | GLUTEN | CRUSTACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME | SOYA | SULPHITES |
|--|----------------|---|--------|--------|-------------|------|------|-------|------|---------|---------|------|---------|--------|------|-----------|
| Charred Flank Steak | ⓓ / Ⓞ | Mustard, Soya | | | | | | | | | ✓ | | | | | ✓ |
| Lime Leaf Tofu Curry | ⓓ / Ⓞ / V / Ve | Sesame, Soya | | | | | | | | | | | | ✓ | | ✓ |
| Chermoula Chicken + Tahini | ⓓ / Ⓞ Halal | Sesame | | | | | | | | | | | | ✓ | | |
| Charred Harissa Chicken | ⓓ / Ⓞ Halal | | | | | | | | | | | | | | | |
| Gochujang Salmon | ⓓ / Ⓞ | Fish, Mustard, Soya, Sulphites | | | | | ✓ | | | | ✓ | | | | | ✓ |
| BASE | TAGS | ALLERGENS | CELERY | GLUTEN | CRUSTACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME | SOYA | SULPHITES |
| Brown Rice | ⓓ / Ⓞ / V / Ve | | | | | | | | | | | | | | | |
| Baby Spinach | ⓓ / Ⓞ / V / Ve | | | | | | | | | | | | | | | |
| Farmer's Grains | ⓓ / V / Ve | Gluten (Wheat), Sesame | | ✓ | | | | | | | | | | | ✓ | |
| WARM SIDES | TAGS | ALLERGENS | CELERY | GLUTEN | CRUSTACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME | SOYA | SULPHITES |
| Ponzu Sesame Broccoli | ⓓ / Ⓞ / V / Ve | Sesame, Soya | | | | | | | | | | | | | ✓ | ✓ |
| Mac + Cheese | V | Gluten (Wheat), Milk | | ✓ | | | | | ✓ | | | | | | | |
| Spiced Date Sweet Potatoes | ⓓ / Ⓞ / V / Ve | | | | | | | | | | | | | | | |
| Roasted Cauliflower | ⓓ / Ⓞ / V / Ve | Sesame | | | | | | | | | | | | ✓ | | |
| Za'atar Tahini Aubergine | ⓓ / Ⓞ / V / Ve | Sesame | | | | | | | | | | | | ✓ | | |
| COLD SIDES | TAGS | ALLERGENS | CELERY | GLUTEN | CRUSTACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME | SOYA | SULPHITES |
| Yellow Courgette, Green Bean + Oregano | ⓓ / Ⓞ / V / Ve | Mustard, Sesame, Sulphites | | | | | | | | | ✓ | | | ✓ | | ✓ |
| J's Feta + Heritage Tomato | V | Gluten (Wheat), Milk | | ✓ | | | | | ✓ | | | | | | | |
| Kale Miso Slaw | ⓓ / Ⓞ / V / Ve | Sesame, Soya | | | | | | | | | | | | ✓ | | ✓ |
| Almond Caesar | Ⓞ / V | Eggs, Milk, Mustard, Nuts (Almond), Sulphites | | | | ✓ | | | ✓ | | ✓ | ✓ | | | | ✓ |

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










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| CELERY | CEREALS CONTAINS GLUTEN | CRUSTACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHITES |
| | Wheat, Rye, Barley, Oats, Spelt or Kamut | Prawns, Crabs, Lobster, Crayfish | | | | | Clams, Mussels, Whelks, Oysters, Brants and Squid | | Almonds, Hazelnuts, Walnuts, Pecans, Brazil, Pistachios, Cashews and Macadamia | | | | Sulphur Dioxide (E102) or 10mg/1 |

Jun-24

| SAUCES / DRESSING | TAGS | ALLERGENS | CELERY | GLUTEN | CRUSTACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME | SOYA | SULPHITES |
|------------------------------|----------------|---|--------|--------|-------------|------|------|-------|------|---------|---------|------|---------|--------|------|-----------|
| Tahini | ⓓ / ⓖ / Ⓥ / Ⓦe | Sesame | | | | | | | | | | | | ✓ | | |
| Chimichurri | ⓓ / ⓖ / Ⓥ / Ⓦe | | | | | | | | | | | | | | | |
| Red Pepper | ⓓ / ⓖ / Ⓥ / Ⓦe | Mustard, Sulphites | | | | | | | | | ✓ | | | | | ✓ |
| J's Aioli | ⓖ / Ⓥ | Milk, Eggs | | | | ✓ | | | ✓ | | | | | | | |
| SET FIELDBOWLS | TAGS | ALLERGENS | CELERY | GLUTEN | CRUSTACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME | SOYA | SULPHITES |
| Lime Leaf Tofu + Rice | ⓓ / ⓖ / Ⓥ / Ⓦe | Sesame, Soya | | | | | | | | | | | | ✓ | ✓ | |
| Harissa Fields | ⓓ / ⓖ | Mustard, Sesame, Sulphites | | | | | | | | | ✓ | | | ✓ | | ✓ |
| Almond Chermoula Caesar | ⓖ | Eggs, Milk, Mustard, Nuts (Almond), Sesame, Sulphites | | | | ✓ | | | ✓ | | ✓ | ✓ | | ✓ | | ✓ |
| Aubergine + Yellow Courgette | ⓓ / ⓖ / Ⓥ / Ⓦe | Mustard, Sesame, Sulphites | | | | | | | | | ✓ | | | ✓ | | ✓ |
| SALAD BOWLS (Selected Sites) | TAGS | ALLERGENS | CELERY | GLUTEN | CRUSTACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME | SOYA | SULPHITES |
| Harissa Chicken Tahini Salad | | Gluten (Wheat), Milk, Sesame, Sulphites | | ✓ | | | | | ✓ | | | | | ✓ | | ✓ |
| Aubergine Feta Tahini Salad | Ⓥ | Gluten (Wheat), Milk, Sesame, Sulphites | | ✓ | | | | | ✓ | | | | | ✓ | | ✓ |
| Salmon Kale Miso | ⓓ / ⓖ | Fish, Mustard, Sesame, Soya, Sulphites | | | | | ✓ | | | | ✓ | | | ✓ | ✓ | ✓ |
| SET FIELDTRAYS | TAGS | ALLERGENS | CELERY | GLUTEN | CRUSTACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME | SOYA | SULPHITES |
| J's Classic | | Gluten (Wheat), Milk, Sesame, Soya | | ✓ | | | | | ✓ | | | | | ✓ | ✓ | |
| The Middle Eastern | ⓓ | Gluten (Wheat), Mustard, Sesame, Sulphites | | ✓ | | | | | | | ✓ | | | ✓ | | ✓ |
| Butcher's Cut | | Gluten (Wheat), Eggs, Milk, Mustard, Nuts (Almond), Soya, Sulphites | | ✓ | | ✓ | | | ✓ | | ✓ | ✓ | | ✓ | | ✓ |
| Farmer's Catch | ⓓ / ⓖ | Fish, Mustard, Sesame, Soya, Sulphites | | | | | ✓ | | | | ✓ | | | ✓ | ✓ | ✓ |
| Where My Vegans At? | ⓓ / ⓖ / Ⓥ / Ⓦe | Sesame, Soya | | | | | | | | | | | | ✓ | ✓ | |
| Season's Greens | ⓓ / ⓖ / Ⓥ / Ⓦe | Mustard, Sesame, Soya, Sulphites | | | | | | | | | ✓ | | | ✓ | ✓ | ✓ |
| Mac' & Greens | Ⓥ | Gluten (Wheat), Eggs, Milk, Mustard, Nuts (Almond), Sesame, Soya, Sulphites | | ✓ | | ✓ | | | ✓ | | ✓ | ✓ | | ✓ | ✓ | ✓ |
| Hello Harissa | | Gluten (Wheat), Eggs, Milk, Mustard, Nuts (Almond), Sesame, Sulphites | | ✓ | | ✓ | | | ✓ | | ✓ | ✓ | | ✓ | | ✓ |
| Steak & Broc' | ⓖ | Eggs, Milk, Mustard, Nuts (Almond), Sesame, Soya, Sulphites | | | | ✓ | | | ✓ | | ✓ | ✓ | | ✓ | ✓ | ✓ |

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| | Freekeh, Wheat, Rye, Barley, Oats, Spelt or Khorasan | Prawns, Crabs, Lobster, Crayfish | | | | | Clams, Mussels, Whelks, Oysters, Brants and Squid | | Almonds, Hazelnuts, Walnuts, Pecans, Brazil, Pistachios, Cashews and Macadamia | | | | Sulphur Dioxide (≥100mg/kg or 10mg/L) |

Jun-24

| KIDS MENU (Selected Sites) | TAGS | ALLERGENS | CELERY | GLUTEN | CRUSTACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME | SOYA | SULPHITES |
|---------------------------------|-------|------------------------------------|--------|--------|-------------|------|------|-------|------|---------|---------|------|---------|--------|------|-----------|
| Little Chicken, Rice & Broc' | D / G | Sesame, Soya | | | | | | | | | | | | ✓ | ✓ | |
| Little Chicken, Rice & Sweet P' | D / G | Sesame | | | | | | | | | | | | ✓ | | |
| Little Mac & Broc' | V | Gluten (Wheat), Milk, Sesame, Soya | | ✓ | | | | | ✓ | | | | | ✓ | ✓ | |