

Sharing Hot Foods

Category	Item	Ingredients	ALLERGENS
Menu 1	British Meatballs in a rich Tomato, Mushroom & Red Wine Sauce	Pork meat, pork liver, mixed herbs, tomatoes, basil, onion, garlic, mushrooms, salt, pepper, red cooking wine, potassium metabisulphite	sulphites
	Creamy Mash	Potatoes, palm oil, water, whey powder, lactose, milk protein, butter oil, natural flavouring, salt, dextrose, milk powder, onion powder, spices	milk,
	Delicious Meat-free Meatballs - Vegan/GF	Water, Reconstituted Textured Pea Protein , Pea Protein , Palm Oil, Rice Flour, Maize Flour, Stabiliser (Methyl Cellulose), Potato Starch, Flavouring, Caramelised Sugar, Sunflower Oil, Salt, Black Pepper, Maize Starch, Mace, Dextrose, Parsley.	
	Italian Rocket Salad with Cherry tomato, tomato & parmesan & Balsamic Dressing- Vegan/GF	Rocket, cherry tomatoes, parmesan, vegetable oil, balsamic vinegar,	milk
	Individual Tiramisu Pots	Wheat Flour, Sugar, Pasteurised Free Range Egg , Ammonium Hydrogen Carbonate, Sodium Hydrogen Carbonate, egg yolks, mascarpone, cocoa, coffee	eggs, milk, gluten
Menu 2	Thai Green Chicken Curry	Chicken, water, salt, onions, rapeseed oil, spinach, coriander, garlic puree, lemongrass, green chilli puree, basil, galangal, lime leaves, coriander seeds, black pepper, chilli powder, cumin seeds, coconut water, sweet potatoes, red peppers, sweet corn, carrots, fish sauce, palm sugar, glucose syrup, rice flour,	fish
	Red Thai Vegetable Curry	Coconut milk, tomato passata, red pepper, water, onion, red chilli puree, tomato paste, lemongrass puree, rapeseed oil, garlic puree, galangal puree, ginger puree, lime leaves, salt, lemon zest, chilli powder, coriander, cumin, red pepper, aubergines, sweet potatoes, sweet corn, carrot, onion, brown rice, tamari, soya beans, water, spirit vinegar,salt, coriander, rice flour,	
	Coconut Rice	coconut milk, rice, sugar	
	Sharing Asian Salad with Chinese Cabbage, bean shoots, spinach & Peppers with Soy & Sesame Dressing	Chinese cabbage, celery, carrots, green onion, cilantro, crunchy chow mein noodles, bean shoots,spinach, peppers, soya beans , water, sesame seeds	soya, sesame
	Jam & Almond Bakewell Tarts	Wheat flour, butter, wheat starch, cocoa butter, sugar, isomalt, salt, barley malt, wheat fibres, milk powder, soya flour, soya lecithin, milk, cherry, water, sugar, modified starch (waxy maize), elderberry juice concentrate, citric acid, potassium sorbate, natural flavouring, almond flakes	gluten, milk, soya, nuts
Menu 3	BBQ Chicken served with Dirty Rice - GF	Chicken, chicken liver, salt ,pepper, rice, paprika, dried onion, cayenne pepper, garlic powder, cumin, black pepper, thyme, dried chillies, oregano, white pepper, citric acid, onions, celery , red peppers	celery
	5 Bean Chili topped with Dirty Rice (V & GF)	Rice, paprika, dried onion, cayenne pepper, garlic powder, cumin, black pepper, thyme, dried chillies, oregano, white pepper, citric acid, onions, celery , red peppers, red kidney beans , barlotti beans, black beans, butter beans , black eye beans, garlic, onion, tomatoes, chilli	celery
	Caribbean Dirty Rice with smoked paprika and Lime Juice	Rice, paprika, dried onion, cayenne pepper, garlic powder, cumin, black pepper, thyme, dried chillies, oregano, white pepper, citric acid, onions, celery , red peppers, smoked paprika, chilli powder, lime juice,	celery
	Southern slaw with grain mustard - Vegan/GF	Red cabbage, white cabbage, carrots, rapeseed oil, water, spirit vinegar, sugar, salt, modified starch, xanthan gum, potassium sorbate, lemon juice concentrate, natural flavourings, turmeric paprika extract,Brown Mustard Seeds, Water, White Wine Vinegar, Spirit Vinegar, Mustard Flour, Salt, Sugar, Cinnamon Powder, Pimento Powder, Turmeric Powder	mustard,
	Chocolate Brownie Slices	Wheat flour, butter, sugar, eggs, vegetable oil, salt , cocoa powder	gluten , milk eggs,
Menu 4	Rendang Indonesian chicken curry.	Chicken breast, green beans, cardamon, White Wine Vinegar, Demerara Sugar, Tomato Paste, Onion Purée, Water, Dried Chipotle Chilli Flakes , Balsamic Vinegar [Red Wine Vinegar, Grape Must], Garlic Purée, Rapeseed Oil, Salt, Smoked Paprika, Chilli Powder, garlic ginger, coconut cream	
	Vegetable and TOFU Indonesian curry with Rice - Vegan/GF	Soya beans, calcium sulfate, green beans, cardamon, White Wine Vinegar, Demerara Sugar, Tomato Paste, Onion Purée, Water, Dried Chipotle Chilli Flakes , Balsamic Vinegar [Red Wine Vinegar, Grape Must], Garlic Purée, Rapeseed Oil, Salt, Smoked Paprika, Chilli Powder, garlic ginger, coconut cream, rice	soya,
	Nasi Goreng – (Indonesian stir-fried rice) – GF	Rice , vegetable oil, eggs, green beans, chicken breast, prawns, shallots, garlic, chillies, carrot , tomato puree, soy beans, water, salt, spring onions	crustacean, eggs, soya
	Cucumber, Tomato & Mint individual salad Pot- Vegan/GF	Cucumber, tomatoes, mint, salt, pepper, olive oil,	
	Mini Cheesecake Pots	Skimmed milk, cream,egg,salt, tapioca starch, sugar, butter, egg, (Wheat Flour, Calcium, Iron, Niacin, Thiamin), Vegetable Oil (Palm), Wholemeal Wheat Flour, Sugar, Partially Inverted Sugar Syrup, Raising Agents (Sodium Bicarbonate, Malic Acid, Ammonium Bicarbonate), Salt, vanilla flavour	milk, gluten,eggs,
Menu 5	Jerk Chicken Boneless Thighs	Chicken thighs, vegetable oil, Maltodextrin, Sugar, Cinnamon Powder, Pimento Powder , Salt, Dried Garlic, Ginger Powder, Ground Red Bell Pepper, Chilli Flakes , Dried Parsley, Ground Clove, Ground Nutmeg, Ground Black Pepper, Smoked Salt, Dried Thyme, Flavouring, Ground Coriander	

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	Jamaican Bean Chilli - VEGAN & GF	Green peppers, red peppers, onion, garlic, red kidney beans, cannellini beans, black beans, tomatoes, balsamic vinegar, coriander, chilli, parika, cumin, sugar, salt, cloves	
	Rice & Peas	Rice, peas, salt pepper, lemon juice, parsley, potassium metabisulphite	sulphites
	Caribbean Salad to include Kale, red & white cabbage, Spring onions, Pineapple & Chilli & lime	Kale, carrots, peppers, red and white cabbage, pineapple, chilli, lime, cucumber, red onion, coriander	
	Mixed Berry Mousse Pots	Eggs,milk, sugar, lemon juice, mixed berries	eggs, milk
Menu 6	Chicken Cacciatore - GF	chicken, olive oil, butter, onion, garlic, tomatoes, red cooking wine,mushrooms , rosemary, bay leaf, salt, pepper, cheese	milk
	Baked Ratatouille - Vegan & GF	aubergines, courgettes, peppers, tomatoes, olive oil, basil, onion, cloves, red cooking wine , potassium metabisulphite, sugar	sulphites
	Sautéed Potatoes	Potatoes, vegetable oil, salt	
	Mediterranean Vegetable Salad - Vegan & GF	courgettes, peppers, aubergines, onions, vegetable oil, pepper, salt	
	Choux Buns (2 in a pot with chocolate sauce)	Wheat flour, butter,eggs, water, double cream, sugar, cocoa mass, sugar, cocoa butter, soya lecithin, natural vanilla flavouring, sugar,vegetable oils, cocoa powder, whey powder, soya lecithin,	gluten, eggs, milk, soya
Menu 7	Chunky Beef Chilli - GF	Beef , Red Kidney Beans, Red Pepper, Onion, Tomato Paste, Demerara Sugar, Water, Spirit Vinegar, Sunflower Oil, Tomato, Red Chilli Purée, Red Pepper Flakes, Tomato Juice, Salt, Garlic Purée, Chilli, Chipotle Chilli, Smoked Paprika, Cumin, Oregano, Capsicum Extract, Flavouring, Citric Acid	
	Veggie Chilli - Vegan & GF	vegetable oil, onion, red peppers, garlic, chilli, smoked paprika, cumin, coriander, tomato puree,kidney beans, sugar, salt	
	Caribbean Dirty Rice with smoked paprika and Lime Juice	Rice, paprika, dried onion, cayenne pepper, garlic powder, cumin, black pepper, thyme, dried chillies, oregano, white pepper, citric acid, onions, celery , red peppers, smoked paprika, chilli powder, lime juice,	celery
	House Slaw salad - Vegan & GF	Red cabbage, white cabbage, carrots, rapeseed oil, water, spirit vinegar, sugar, salt, modified starch, xanthan gum, mustard,potassium sorbate, lemon juice concentrate, natural flavourings, turmeric paprika extract,	mustard
	Mini Lemon Tarts	Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Single Cream (Milk), Sugar, Pasteurised Egg, Lemon Juice , Double Cream (Milk), Margarine [Palm Oil, Rapeseed Oil, Water], Butter (Milk), Palm Oil, Glucose Syrup, Rapeseed Oil, Maize Starch, Palm Kernel Oil, Gelling Agents (Locust Bean Gum, Agar), Flavouring, Colour (Beta-Carotene)	gluten, milk, egg