

Set Breakfast Menus for 1

Category	Item	Ingredients	ALLERGENS
HUEVOS RANCHEROS	HEALTHY & DELICIOUS MEXICAN EGGS with A SMOKEY TOMATO & PEPPER SAUCE Served with Fresh Coriander, Smashed Avocado & a Pot of Sour Cream	Eggs , tomatoes, pepper, coriander, smoked paprika, avocado, lemon juice, potassium metabisulphite, sour cream (milk), vegetable oil	EGGS, SULPHITES, MILK,
SOURDOUGH OPEN TOASTIE	Lightly Toasted Sourdough Bread Topped with Smashed Avocado & Poached Free Range Eggs	Wheat Flour, Water, Sourdough Culture (Wheat Flour, Water, Wheat Bran, Starter Culture), Wheat Gluten, Salt, Yeast, Malted Wheat Flour, Deactivated Yeast, avocado, lemon juice, potassium metabisulphite, eggs, salt pepper.	GLUTEN, EGGS, SULPHITES
VEGAN FULL ENGLISH	Smoked Paprika & Black Pepper Roasted Tofu, Mushrooms, Hash Browns, Baked Beans & a Grilled Tomato with Wilted Spinach	Soybeans, wheat flour, soy bean, calcium sulfate, e900, smoked paprika, black pepper, mushrooms, potatoes, palm oil, potatoes flakes, onion, potato starch, pea fibre, salt, dextrose, natural onion flavouring, spices, antioxidant:E300, beans, tomatoes, water, sugar, modified maize starch, salt, glucose fructose syrup, onion powder, paprika powder, flavourings, spinach, vegetable oil, salt, pepper.	SOYA, GLUTEN,
Beautiful Breakfast Box	Greek Yogourt with Fruit Compote, Topped with Home Made Granola, Mini Danish Pastries (2pp) Fresh Fruit Salad	Milk, live yogurt cultures, sugar ,Wholegrain Oat Flakes , Rapeseed Oil, Desiccated Coconut, Seeds [Pumpkin, Sunflower, Golden Linseeds], Nuts [Cashew Nut Pieces, Almond Pieces, Hazelnut Pieces, Walnut Pieces], Fructose, Black Treacle, Chicory Fibre, Wheat flour, milk, eggs, yeast, apple , water, citric acid, ascorbic acid, pineapple, melon, cantaloupe, strawberries, kiwi, Glucose-Fructose Syrup, Sugar, Strawberry Purée, Citric Acid, Gelling Agent (Pectin), Acidity Regulator (Sodium Citrate).MINI VANILLA CROWN: DOUGH: Wheat flour (calcium, iron, niacin, thiamin), Vegetable margarine(palm oil, rapeseed oil, water , emulsifier(E471), salt, acidity regulator, (e330), flavouring)water, yeast, egg yolk, sugar, improver(wheat flour, wheat gluten, yeast, rapeseed oil, flour treatment agent(E300), FILLING: water, custard powder(sugar, modified potato starch, whey powder, skimmed milk powder, coconut fat powder, glucose syrup, stabilisers (E404, E450ii, e339ii), flavouring, salt, milk protein, colour(E160aiii), sugar, Vegetable margarine(palm oil, rapeseed oil, water , coconut oil, salt, emulsifier(E471), acidity regulator(E330), flavouring), wheat flour,almond powder, flavouring. TOPPING: glaze(water, glazing agent(E953), sugar, gelling agent(E406), acidity regulator(E330),preservative(E202). CINNAMON SWIRL: DOUGH: Wheat flour (calcium, iron, niacin, thiamin), Vegetable margarine(palm oil, rapeseed oil, water , emulsifier(E471), salt, acidity regulator, (e330), flavouring)water, yeast, egg yolk, sugar, improver(wheat flour, wheat gluten, yeast, rapeseed oil, flour treatment agent(E300), FILLING: Vegetable margarine(palm oil, rapeseed oil, water , coconut oil, salt, emulsifier(E471), acidity regulator(E330), flavouring), sugar, water,custard powder(sugar, modified potato starch, whey powder, skimmed milk powder, coconut fat powder, glucose syrup, stabilisers (E404, E450ii, e339ii), sugar syrup, cinnamon, wheat flour, cane sugar syrup.TOPPING: glaze(water, glazing agent(E953), sugar, gelling agent(E406), acidity regulator(E330),preservative(E202). RASPBERRY CROWN: DOUGH: Wheat flour (calcium, iron, niacin, thiamin), Vegetable margarine(palm oil, rapeseed oil, water , emulsifier(E471), salt, acidity regulator, (e330), flavouring)water, yeast, egg yolk, sugar, improver(wheat flour, wheat gluten, yeast, rapeseed oil, flour treatment agent(E300). FILLING: raspberry filling(raspberries, sugar, water, cornflour, gelling agent(E406),elderberry juice concentrate, acidity regulator,(E331), preservative(E202), sugar, Vegetable margarine(palm oil, rapeseed oil, water , coconut oil, salt, emulsifier(E471), acidity regulator(E330), flavouring), water, wheat flour, almonds powder, flavourings. TOPPING: glaze(water, glazing agent(E953), sugar, gelling agent(E406), acidity regulator(E330),preservative(E202). APPLE CORONET: : Wheat flour (calcium, iron, niacin, thiamin), Vegetable margarine(palm oil, rapeseed oil, water , emulsifier(E471), salt, acidity regulator, (e330), flavouring)water, yeast, egg yolk, sugar, improver(wheat flour, wheat gluten, yeast, rapeseed oil, flour treatment agent(E300); STABILISER(e440i). FILLING: apple filling: apples, sugar, cornflour,water, flavouring, preservative(E202). TOPPING: glaze(water, glazing agent(E953), sugar, gelling agent(E406), acidity regulator(E330),preservative(E202). MAPLE PECAN PLAIT: Wheat flour (calcium, iron, niacin, thiamin), Vegetable margarine(palm oil, rapeseed oil, water , emulsifier(E471), salt, acidity regulator, (e330), flavouring)water, yeast, egg yolk, sugar, improver(wheat flour, wheat gluten, yeast, rapeseed oil, flour treatment agent(E300); STABILISER(e440i). FILLING: sugar, Vegetable margarine(palm oil, rapeseed oil, water , coconut oil, salt, emulsifier(E471), acidity regulator(E330),flavouring), water, maple syrup, custard powder(sugar, modified potato starch, whey powder, skimmed milk powder, coconut oil, stabiliser(E404, E450iii, 339ii, E451i), glucose syrup, flavouring, colour(E160aiii),salt, milk protein), tapioca starch, wheat flour, cane sugar syrup, thickeners(E401, E440i), flavouring. TOPPING: glaze(water, glazing agent(E953), sugar, gelling agent(E406), acidity regulator(E330),preservative(E202)), pecan nuts,melon, cantaloupe, pineapple, strawberries, kiwi,	MILK, NUTS, GLUTEN, EGGS,
Breakfast on the Run	Mini Danish Pastries (2pp) Fresh Fruit Salad	Wheat flour, calcium, iron, niacin, thiamin, palm oil, water e471, e330, flavouring, sugar, yeast, egg yolk, e300, e440i, pineapple, melon, cantaloupe, kiwi, blueberries, Glucose-Fructose Syrup, Strawberry, Sugar, Strawberry Purée, Citric Acid, Gelling Agent (Pectin), Acidity Regulator (Sodium Citrate) .	GLUTEN, EGGS,

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Brunch to Go Box	Free Range Egg, Avocado & Cheddar Burrit'ino Home Made Banana Bread served with Peanut Butter & Jam Fresh Fruit Salad Additional Option + bacon	Eggs, avocado, cheddar(milk),wheat flour, calcium carbonate, iron , niacin, thiamin, water, palm oil, rapeseed oil, e500, e296, e450, sugar, carboxymethyl cellulose, cellulose gum, salt, pork meat, sodium nitrite, potassium nitrate, sodium ascorbate, egg, bananas, wheat flour, sugar, baking soda ,tartar cream, mustard,capers,dill flavour, sodium bicarbonate, vanilla flavor, vegetable oil, peanuts, palm oil, sugar, sea salt, Glucose-Fructose Syrup, Strawberry, Sugar, Strawberry Purée, Citric Acid, Gelling Agent (Pectin), Acidity Regulator (Sodium Citrate), pineapple, melon, cantaloupe, kiwi, blueberries,Pork , Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)	GLUTEN MILK, EGGS, PEANUTS, MUSTARD
Deli Breakfast Box	Smoked Salmon Boiled Free Range Egg, Raw Spinach & a Serving of Cream Cheese Mini Breakfast Bagel Mini Croissant with Jam & Butter Fresh Fruit Salad	Smoked salmon, eggs, spinach, skimmed milk, cream, salt, modified tapioca starch, e410, e415, Glucose-Fructose Syrup, Strawberry, Sugar, Strawberry Purée, Citric Acid, Gelling Agent (Pectin), Acidity Regulator (Sodium Citrate), Wheat flour, calcium, iron, niacin, thiamin, Water, Rye Flour, Sugar, Salt, Yeast, Vegetable Oil [Canola, Soyabean], Preservative (Calcium Propionate), pineapple, melon, cantaloupe,strawberries, kiwi, wheat flour, milk, water, yeast, sugar, whole milk powder, egg , wheat gluten, salt, emulsifier, (fatty acids which are plant based) and wheat starch,	FISH, EGGS, MILK, GLUTEN, SOYA,
Gym Fit Protein Breakfast Box	2 Free Range Poached Eggs with Creamy Avocado Smoked Salmon with Fresh Lemon Almond Milk Chia & Protein Power Breakfast Pot with Fruit Compote	Smoked salmon, eggs, avocado, lemon, almond, water, sugar, potassium phosphates, calcium carbonate, natural flavourings, gellan gum, guar gum, sea salt, chia seeds, strawberries, raspberries, blueberries,	FISH, EGGS, NUTS,
Plant Based Protein Start to the Day	Houmous & Avocado Sprinkled with Hemp Protein Seeds 100% Rye Bread Our Fruit Compote Overnight Oats & Crunchy Maple Oat & Peanut Butter Topping	Chickpeas, rapeseed oil, water, salt, garlic,lemon juice, sesame seeds, e202,e111, avocado, hemp seeds,Rye (Wholemeal and Kernels), Yeast, coconut milk, Dextrinated Wholemeal Wheat Flour,Iodised Salt,Wheat Bran,Barley Malt,Acidifiers (Lactic Acid, Citric Acid),Preservatives (Calcium Propionate, Sorbic Acid),apple,ascorbic acid, oats, peanuts, palm oil, sugar , sea salt	SESAME, GLUTEN, PEANUTS
Plant Based Sweet Start	Banana Breakfast Loaf served with Peanut Butter & Jam Coconut Yogourt Topped with Home Made Cocoa Granola Fresh Fruit Salad	Eggs, banana, wheat flour, sugar, baking powder, sodium bicarbonate, salt,vanilla flavour,vegetable oil, peanuts, palm oil, sugar , sea salt, Glucose-Fructose Syrup, Strawberry, Sugar, Strawberry Purée, Citric Acid, Gelling Agent (Pectin), Acidity Regulator (Sodium Citrate), organic coconut milk,tapioca starch, live cultures, pineapple, melon, cantaloupe,strawberries, kiwi, blueberries, oatflakes, sugar raisins, palm oil, almonds, honey,coconut, maple syrup, ground cinnamon, cocoa	EGGS, GLUTEN, NUTS,
Veg'Me Breakfast Box	Grilled Halloumi Fresh Spinach Poached Egg Baked Beans Hash Browns & Mushrooms	Cow, goat's and sheep's Milk, spinach, egg, beans, tomatoes,sugar, modified maize starch, glucose&fructosesyrup, onion powder, paprika, flavourings,potatoes, palm oil, potatoes flakes, onion, potato starch, pea fibre, salt, dextrose, natural onion flavoring, spices, e300, mushrooms	MILK, EGGS,