

**Ingredients\_List\_Pasta\_Main\_Salads-June 2010**

<b>Pastas</b>	
<b>Grated Parmesan Reggiano (Added at Table)</b>	Milk, Salt, Animal Rennet
<b>Lasagne Al Forno</b>	
Lasagne	<b>Meat Sauce:</b> Chopped Tomatoes, Beef, Onions, Water, Tomato Puree, Red Wine, Thickening Agent (Modified Maize Starch), Beef Stock (Salt, Flavouring, Maltodextrin, Yeast Extract, Sugar, Onion Powder, Herb Extract, Vegetable Extract, Dehydrated Beef, Palm Oil), Sugar, Garlic, Salt, Mixed Herbs (Majoram, Thyme, Oregano, Parsley, Sage), Black Pepper. <b>Cheese Sauce:</b> Water, Extra Mature Cheddar Cheese, Skimmed Milk Powder (Skimmed Milk, Non Hydrogenated Palm Oil, Sugar, Lecithin), Mascarpone (Cream, Milk Protein Concentrate, Citric Acid), Thickening Agent (Modified Maize Starch), Butter, Salt. <b>Pasta (lasagne):</b> Durum Wheat Semonlina, Water, Pasteurised Egg.
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk, Salt, Lactic Cultures), Potato Starch.
Garlic Bread	Wheat Flour, Water, Margarine [Vegetable Oil, Water, Emulsifier (E471), Flavour, Colours (E160b, E100)], Garlic (Puree and Chopped), Yeast, Salt, Garlic Powder, Calcium Sulphate, Oregano, Onion Powder, Vegetable Fat, Flour Treatment Agent (E300), Garlic Oil.
Parsley	100% Flat Leaf Parsley.
Seasonal Leaves	100% Lettuce Leaves of Different Varieties
Rocket	100% Rocket Leaves
Cherry Tomatoes	Cherry Tomatoes
Extra Virgin Olive Oil	Extra Virgin Olive Oil.
<b>Chicken &amp; Mushroom Pasta Bake</b>	
Chicken & Mushroom Pasta Bake	<b>Chicken sauce:</b> Water, Chicken, Sliced Mushrooms, Cream, Diced Onion, Thickening Agent (Modified Maize Starch), Skimmed Milk Powder (Skimmed Milk, Non Hydrogenated Palm Oil, Sugar, Lecithin), Chicken Stock (Cooked Chicken Powder, Salt, Flavouring, Onion Powder, Vegetable Oil, Turmeric, Ground White Pepper), Vegetable Stock [Sea Salt, Potato Starch, Yeast Extract, Palm Fat, Vegetables (Celery, Onion, Parsley), Maltodextrin, Sugar, Spices (Celery Seed, Turmeric, Pepper, Garlic, Mace, Lovage, Nutmeg)], Garlic Puree (Garlic, Citric Acid) <b>Cheese Sauce:</b> Water, Skimmed Milk Powder (Skimmed Milk, Non Hydrogenated Palm Oil, Sugar, Lecithin), Extra Mature Cheddar Cheese, Thickening Agent (Modified Maize Starch), Red Leicester Cheese, Butter, Salt, <b>Penne Pasta:</b> Durum Wheat, Water
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk, Salt, Lactic Cultures), Potato Starch.
Garlic Bread	Wheat Flour, Water, Margarine [Vegetable Oil, Water, Emulsifier (E471), Flavour, Colours (E160b, E100)], Garlic (Puree and Chopped), Yeast, Salt, Garlic Powder, Calcium Sulphate, Oregano, Onion Powder, Vegetable Fat, Flour Treatment Agent (E300), Garlic Oil.
Parsley	100% Flat Leaf Parsley.
Seasonal Leaves	100% Lettuce Leaves of Different Varieties
Rocket	100% Rocket Leaves
Cherry Tomatoes	Cherry Tomatoes
Extra Virgin Olive Oil	Extra Virgin Olive Oil.
<b>Salmon Pasta Bake</b>	
Salmon Pasta Bake	<b>Cheese Sauce:</b> Water, Cheddar Cheese (contains Potato Starch), Cream, Dairy Creamer (Whey Powder, Palm Oil, Milk Proteins, Skimmed Milk Powder, Lactose), Modified Maize Starch, Butter, Wheat Flour, Rapeseed Oil, Sea Salt, Mustard Powder, White Pepper. <b>Penne Pasta:</b> Water, Durum Wheat Semolina. <b>Salmon Pieces, Leaf Spinach</b>
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk, Salt, Lactic Cultures), Potato Starch.
Paprika Breadcrumbs	<b>Wheat Flour, Non-Hydrogenated Palm Oil, Seasoning</b> (Rusk (wheat flour, salt, yeast), Salt, Spice (cayenne, paprika), Onion Powder, Colour (paprika extract), Natural Smoke Flavouring) <b>Salt, Yeast,</b>
Garlic Bread	Wheat Flour, Water, Margarine [Vegetable Oil, Water, Emulsifier (E471), Flavour, Colours (E160b, E100)], Garlic (Puree and Chopped), Yeast, Salt, Garlic Powder, Calcium Sulphate, Oregano, Onion Powder, Vegetable Fat, Flour Treatment Agent (E300), Garlic Oil.
Parsley	100% Flat Leaf Parsley.
Seasonal Leaves	100% Lettuce Leaves of Different Varieties
Rocket	100% Rocket Leaves
Cherry Tomatoes	Cherry Tomatoes
Extra Virgin Olive Oil	Extra Virgin Olive Oil.

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<b>Tomato &amp; Mozzarella Mezzuluna</b>	
Tomato & Mozzarella Mezzuluna	<b>Sauce:</b> Tomatoes, Vegetables (Onion, Celery, Carrot), Water, Tomato Puree, Olive Oil, Sugar, Garlic, Salt, Oregano, Basil, Modified Maize Starch, Black Pepper, Thyme. <b>Mezzaluna:</b> Filling [Ricotta Cheese (contains Acidity Regulator (E330)), Mozzarella Cheese, Water, Tomatoes (Sundried Tomatoes, Water), Cooked Onion (Onion, Garlic Puree (contains Acidity Regulator (E330))), Sunflower Oil], Medium Fat Hard Cheese, Salt, Black Pepper], Pasta (Wheatflour, Egg, Water).
Fresh Basil	100% Basil
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk, Salt, Lactic Cultures), Potato Starch.
Garlic Bread	Wheat Flour, Water, Margarine [Vegetable Oil, Water, Emulsifier (E471), Flavour, Colours (E160b, E100)], Garlic (Puree and Chopped), Yeast, Salt, Garlic Powder, Calcium Sulphate, Oregano, Onion Powder, Vegetable Fat, Flour Treatment Agent (E300), Garlic Oil.
Seasonal Leaves	100% Lettuce Leaves of Different Varieties
Rocket	100% Rocket Leaves
Cherry Tomatoes	Cherry Tomatoes
Extra Virgin Olive Oil	Extra Virgin Olive Oil.
<b>Carbonara Alla Tagliatelle</b>	
Carbonara Alla Tagliatelle	<b>Sauce:</b> Water, Bacon Lardons [Pork, Water, Salt, Preservatives (E250, E252), Anti-Oxidant (E301)], Cream, Milk, Cheddar Cheese (contains Potato Starch), Medium Fat Hard Cheese (contains Potato Starch), Dairy Creamer (Whey, Powder, Palm Oil, Milk Proteins, Skimmed Milk Powder, Lactose), Rapeseed Oil, Modified Maize Starch, Vegetable Bouillon (Salt, Cornflour, Yeast Extract, Sugar, Onion Powder, Leek Powder, Rapeseed Oil, Spices), Sea Salt, Garlic, Black Pepper. <b>Tagliatelle Pasta:</b> Water, Durum Wheat Semolina, Rapeseed Oil
Parsley	100% Flat Leaf Parsley.
<b>Alfredo Pasta with Chick &amp; Veg</b>	
Pasta & Alfredo Sauce	Cooked Pasta (Durum Wheat Semolina, Water), Water, Whole Milk Powder, Medium Fat Soft Cheese, Modified Maize Starch, Vegetable Fat, Sundried Tomato Paste (Water, Tomatoes, Salt, Preservative: E220, Sunflower Oil, White Wine Vinegar, Sugar, Salt, Rosemary, Flavours (Garlic, Basil), Black Pepper), Nut Free Pesto (Rapeseed Oil, Basil, Mushrooms, Cheddar Cheese, White Wine Vinegar, Salt, Garlic Puree), Salt, Lactose, Stabiliser Blend (E472e, Modified Starch, E415, E170, E412), Garlic Puree, Milk Protein, Yeast Powder, White Pepper, Dried Red Chillies, Green Chilli Puree.
Cherry Tomatoes	Cherry Tomatoes
Red onions	100% Red Onion
Tri coloured peppers	Green Peppers, Red Peppers, Yellow Peppers
Parsley	100% Flat Leaf Parsley.
Pulled Chicken	Chicken, Water, Salt ,Tapioca Starch, Maltodextrin, Dextrose, Stabiliser (E407, E451, E415), Garlic Powder, Yeast Extract, Palm Oil, Sulphite Ammonia Caramel: E150D, Citric Acid E330, White Pepper, Celery Extract, Bay
<b>Arrabiata Pasta With Chicken</b>	
Pasta & Arrabiata Sauce	<b>Sauce:</b> Tomatoes, Water, Onion, Tomato Puree, Olive Oil, Sugar, Chipotle Chilli Paste (Sunflower Oil, Water, Chipotle Chilli Powder, White Wine Vinegar), Salt, Garlic, Vegetable Stock Paste [Vegetables (Potato Flake, Onion, Leek, Celery), Salt, Yeast Extract, Carrot Concentrate, Sugar, Sunflower Oil, Lemon Juice Concentrate], Basil, Cayenne Pepper, Modified Maize Starch, Black Pepper, Thyme. <b>Amorini Pasta:</b> Water, Durum Wheat Semolina.
Pulled Chicken	Chicken, Water, Salt ,Tapioca Starch, Maltodextrin, Dextrose, Stabiliser (E407, E451, E415), Garlic Powder, Yeast Extract, Palm Oil, Sulphite Ammonia Caramel: E150D, Citric Acid E330, White Pepper, Celery Extract, Bay
Fresh Basil	100% Basil
<b>Arrabiatta Pasta with Prawns</b>	
Pasta & Arrabiata Sauce	<b>Sauce:</b> Tomatoes, Water, Onion, Tomato Puree, Olive Oil, Sugar, Chipotle Chilli Paste (Sunflower Oil, Water, Chipotle Chilli Powder, White Wine Vinegar), Salt, Garlic, Vegetable Stock Paste [Vegetables (Potato Flake, Onion, Leek, Celery), Salt, Yeast Extract, Carrot Concentrate, Sugar, Sunflower Oil, Lemon Juice Concentrate], Basil, Cayenne Pepper, Modified Maize Starch, Black Pepper, Thyme. <b>Amorini Pasta:</b> Water, Durum Wheat Semolina.
Prawns	Prawns, Water (as ice glaze), Salt.
Fresh Basil	100% Basil

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<b>Salad</b>	
<b>Grated Parmesan Reggiano (Added at Table)</b>	Milk, Salt, Animal Rennet
<b>Honey &amp; Mustard Chick Sld</b>	
Seasonal Leaves	100% Lettuce Leaves of Different Varieties
Cherry Tomatoes	Cherry Tomatoes
Cucumber	Cucumbers
Honey Mustard Dressing	High Fructose Corn Syrup, Water, Soybean Oil, Dijon Mustard (Vinegar (Maize), Water, Mustard Seed, Salt, White Wine, Citric Acid, Tartaric Acid, Spices), Mustard (Mustard Seed, Vinegar (Maize), Spices) Corn Syrup Solids, Distilled Vinegar (Maize), Honey, Salt, Mustard Seed, Modified Corn Starch, Dehydrated Onion, Stabilisers (E405, E415), Emulsifier (E435) Spice, Colour E102
Sweetcorn	Sweetcorn, Water, Salt
Chicken Strips (Dual Supplier)	Chicken, Wheat Flour, Soya Oil, Modified Corn Starch (E1404), Water, Yellow Corn Flour, Sugar, Salt, Modified Tapioca Starch (E1442), Yeast Extract, White Pepper, Raising agents; E341, E450i, E500ii, Maltodextrin, Egg Powder, Sage, Thyme, Natural Colour; E160c, Vegetable Shortening (Non Hydrogenated Palm Oil), Whey Powder, Celery, Tapioca Starch, Dextrose, Palm Oil, Yeast, Garlic, Celery, Citric Acid; E330.
Chicken Strips (Dual Supplier)	Chicken, Water, Wheat Flour, Modified Tapioca Starch(E1420), Salt, Yeast Extract(Yeast Extract, Salt, Rapeseed Oil, Citric Acid), Dextrose, Raising Agents(Sodium Acid Pyrophosphate, Sodium Carbonate), Spice(Celery), Garlic Powder, Onion Powder, Rice Flour, Natural Colouring(Caramel Powder, Turmeric Extract Powder, Paprika Oleoresin)
Rocket	100% Rocket Leaves
Mixed Peppers	Green Peppers, Red Peppers, Yellow Peppers
Garlic Bread	Wheat Flour, Water, Margarine [Vegetable Oil, Water, Emulsifier (E471), Flavour, Colours (E160b, E100)], Garlic (Puree and Chopped), Yeast, Salt, Garlic Powder, Calcium Sulphate, Oregano, Onion Powder, Vegetable Fat, Flour Treatment Agent (E300), Garlic Oil.
Bacon Lardons	Pork, Salt, Smoke Flavouring, Stabilisers (E450, E451), Antioxidant (E301), Preservative (E250)
Red Onion	Red Onions
<b>Goat's Cheese &amp; Chargrilled Pepper Sld</b>	
Seasonal Leaves	100% Lettuce Leaves of Different Varieties
Cherry Tomatoes	Cherry Tomatoes
Mixed Olives	Water, Olives, Salt, Stabiliser (Ferrous Gluconate)
Extra Virgin Olive Oil with Balsamic Vinegar	Extra Virgin Olive Oil, Balsamic Vinegar
Caramelised Onions	Red Onions & Roasted Onion & Balsamic Glaze (Balsamic Vinegar [contains Colour: E150(d) & Preservative: E220], Sugar, Roasted Onion Puree, Water, Roast Onion Flavour [Onion Extract, Sucrose, Glucose Syrup, Water, Vegetable Oil], Maize Starch)
Tri-Colour Peppers	Green Peppers, Red Peppers, Yellow Peppers
Rocket	100% Rocket Leaves
Goats Cheese	Goat Milk, Salt, Lactic Culture, Coagulent, Ripening Culture
Garlic Bread	Wheat Flour, Water, Margarine [Vegetable Oil, Water, Emulsifier (E471), Flavour, Colours (E160b, E100)], Garlic (Puree and Chopped), Yeast, Salt, Garlic Powder, Calcium Sulphate, Oregano, Onion Powder, Vegetable Fat, Flour Treatment Agent (E300), Garlic Oil.

**Ingredients\_List\_Pasta\_Main\_Salads-June 2010**

<b>House Salad (Happy Hour)</b>	
Seasonal Leaves	100% Lettuce Leaves of Different Varieties
Cherry Tomatoes	Cherry tomatoes
Cucumber	Cucumbers
Low Fat Vinaigrette	Water, Glucose-Fructose Syrup, White Wine Vinegar, Modified Maize Starch, Dijon Mustard (Water, Mustard Flour, Spirit Vinegar, Salt, Mustard Husk, Turmeric), Salt, Garlic Puree, Concentrated Lemon Juice, Parsley, Black Pepper, Preservative: Potassium Sorbate, Stabiliser: Xanthan Gum, Colour: Lutein
Large Salad Croutons	Wheat Flour, Palm Oil, Salt, Yeast
<b>House Chicken Salad (Happy Hour)</b>	
Seasonal Leaves	100% Lettuce Leaves of Different Varieties
Cherry Tomatoes	Cherry Tomatoes
Cucumber	Cucumbers
Low Fat Vinaigrette	Water, Glucose-Fructose Syrup, White Wine Vinegar, Modified Maize Starch, Dijon Mustard (Water, Mustard Flour, Spirit Vinegar, Salt, Mustard Husk, Turmeric), Salt, Garlic Puree, Concentrated Lemon Juice, Parsley, Black Pepper, Preservative: Potassium Sorbate, Stabiliser: Xanthan Gum, Colour: Lutein
Large Salad Croutons	Wheat Flour, Palm Oil, Salt, Yeast
Chicken Strips (Dual Supplier)	Chicken, Wheat Flour, Soya Oil, Modified Corn Starch (E1404), Water, Yellow Corn Flour, Sugar, Salt, Modified Tapioca Starch (E1442), Yeast Extract, White Pepper, Raising agents; E341, E450i, E500ii, Maltodextrin, Egg Powder, Sage, Thyme, Natural Colour; E160c, Vegetable Shortening (Non Hydrogenated Palm Oil), Whey Powder, Celery, Tapioca Starch, Dextrose, Palm Oil, Yeast, Garlic, Celery, Citric Acid; E330.
Chicken Strips (Dual Supplier)	Chicken, Water, Wheat Flour, Modified Tapioca Starch(E1420), Salt, Yeast Extract(Yeast Extract, Salt, Rapeseed Oil, Citric Acid), Dextrose, Raising Agents(Sodium Acid Pyrophosphate, Sodium Carbonate), Spice(Celery), Garlic Powder, Onion Powder, Rice Flour, Natural Colouring(Caramel Powder, Turmeric Extract Powder, Paprika Oleoresin)

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<b>EXPRESS ONLY</b>	
<b>Warm Chicken Salad</b>	
Seasonal Leaves	100% Lettuce Leaves of Different Varieties
Cherry Tomatoes	Cherry Tomatoes
Chicken Strips (Dual Supplier)	Chicken, Wheat Flour, Soya Oil, Modified Corn Starch (E1404), Water, Yellow Corn Flour, Sugar, Salt, Modified Tapioca Starch (E1442), Yeast Extract, White Pepper, Raising agents; E341, E450i, E500ii, Maltodextrin, Egg Powder, Sage, Thyme, Natural Colour; E160c, Vegetable Shortening (Non Hydrogenated Palm Oil), Whey Powder, Celery, Tapioca Starch, Dextrose, Palm Oil, Yeast, Garlic, Celery, Citric Acid; E330.
Chicken Strips (Dual Supplier)	Chicken, Water, Wheat Flour, Modified Tapioca Starch(E1420), Salt, Yeast Extract(Yeast Extract, Salt, Rapeseed Oil, Citric Acid), Dextrose, Raising Agents(Sodium Acid Pyrophosphate, Sodium Carbonate), Spice(Celery), Garlic Powder, Onion Powder, Rice Flour, Natural Colouring(Caramel Powder, Turmeric Extract Powder, Paprika Oleoresin)
Caesar Dressing	Water, Low Fat Natural Yoghurt, White Wine Vinegar, Glucose-Fructose Syrup, Modified Maize Starch, Egg Yolk, Medium hard Fat Cheese, Salt, Vegetable Oil, Whey Protein Concentrate, Garlic Puree, Concentrated Lemon Juice, Worcester Sauce (Water, Malt Vinegar (From Barley), Molasses, Salt, Tamarind extract, Garlic Powder, Spices, Rice Flour), Onion Powder, Preservative: Potassium Sorbate, Stabiliser: Propylene Glycol Alginate, Natural Flavouring (Contains Wheat), Black Pepper.
Low Fat Vinaigrette	Water, Glucose-Fructose Syrup, White Wine Vinegar, Modified Maize Starch, Dijon Mustard (Water, Mustard Flour, Spirit Vinegar, Salt, Mustard Husk, Turmeric), Salt, Garlic Puree, Concentrated Lemon Juice, Parsley, Black Pepper, Preservative: Potassium Sorbate, Stabiliser: Xanthan Gum, Colour: Lutein
Large Salad Croutons	Wheat Flour, Palm Oil, Salt, Yeast

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**Delivery Only**

<b>Side Salad</b>	French Dressing (Rapeseed Oil(E330),White Wine Vinegar(Sulphite), Distilled Malt Vinegar, Sugar, Dijon Mustard (Mustard Seeds, Spirit Vinegar, Salt, Citric Acid E330), Water, Olive Oil, Salt, Parsley, Black Pepper, Garlic Powder), Cherry Tomatoes, Curly, Beetroot, Red Pepper, Red Onion, Baby Red, Lambs Lettuce.
<b>Bolognese Pasta</b>	<b>Sauce:</b> Tomatoes, Beef Mince, Water, Onion, Tomato Puree, Modified Maize Starch, Sea Salt, Beef Bouillon (Cornflour, Salt, Yeast Extract, Onion Powder, Sunflower Oil, Dehydrated Beef, Beef Dripping), Sugar, Garlic, Mixed Herbs (Parsley, Basil, Chives, Thyme, Oregano), Oregano, Barley Malt Extract, Basil, Black Pepper, Thyme. <b>Penne Pasta:</b> Water, Durum Wheat Semolina
<b>Four Cheese Pasta</b>	<b>Cheese Sauce:</b> Water, Cream, Onion, Dairy Creamer (Whey Powder, Palm Oil, Milk Proteins, Skimmed Milk Powder, Lactose), Cheese Stock Paste (Cheese Powder, Glucose Syrup, Water, Yeast Extract, Salt, Sunflower Oil, Natural Flavouring), Italian Style Medium Fat Hard Cheese (contains Potato Starch), Mascarpone Cheese [contains Acidity Regulator (E330)], Rapeseed Oil, Modified Maize Starch, Ricotta Cheese [contains Acidity Regulators (E270, E330)], Vegetable Bouillon (Salt, Cornflour, Yeast Extract, Sugar, Onion Powder, Leek Powder, Rapeseed Oil, Turmeric, White Pepper), Cheddar Cheese (contains Potato Starch), Sea Salt, Lemon Juice, Garlic, Black Pepper. <b>Amorini Pasta:</b> Water, Durum Wheat Semolina. <b>Vegetables:</b> Broccoli, Spinach Leaf, Peas