

**Ingredients\_List\_Pasta\_Main\_Salads-June 2009**

<b>Pasta &amp; Main Salads</b>	
<b>Salad</b>	
<b>Grated cheese</b>	Pasteurised Milk, Salt, Vegetarian Rennet
<b>Classic Caesar Salad</b>	
Cos Leaves	Cos
Caesar Dressing	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.
Large Salad Croutons	Wheat Flour, Non-hydrogenated Palm Oil, Salt, Yeast,
<b>Chicken Caesar Salad</b>	
Cos Leaves	Cos
Pulled Chicken (Dual Supplier)	98% chicken, salt, dextrose, water
Pulled Chicken (Dual Supplier)	Chicken (86%), Water, Salt ,Tapioca Starch, Maltodextrin, Dextrose, Stabiliser (E407), Garlic powder, Yeast extract, Onion powder, Spices (white pepper, Celery extract), Herb extract (Bay)
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.
Large Salad Croutons	Wheat Flour, Non-hydrogenated Palm Oil, Salt, Yeast,
<b>Chicken Caesar Salad with Bacon</b>	
Cos Leaves	Cos
Pulled Chicken (Dual Supplier)	98% chicken, salt, dextrose, water
Pulled Chicken (Dual Supplier)	Chicken (86%), Water, Salt ,Tapioca Starch, Maltodextrin, Dextrose, Stabiliser (E407), Garlic powder, Yeast extract, Onion powder, Spices (white pepper, Celery extract), Herb extract (Bay)
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.
Diced Bacon Lardons	Pork Belly (88%), Water, Salt, Dextrose, Stabilisers (E450, E451), Antioxidant (E301), Preservative (E250)
Large Salad Croutons	Wheat Flour, Non-hydrogenated Palm Oil, Salt, Yeast,
<b>Prawn Caesar Salad</b>	
Cos Leaves	Cos
Prawn & Crayfish Tails	PRAWNS (61%), CRAYFISH (26%), WATER (AS ICE GLAZE), SALT, SUGAR.
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.
Large Salad Croutons	Wheat Flour, Non-hydrogenated Palm Oil, Salt, Yeast,

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<b>Goats Cheese Salad</b>	
Gourmet Salad	Baby Lettuce Leaves of Different Varieties
Balsamic Vinegar	Concentrated grape must, wine vinegar, antioxydant E220, caramel
Extra Virgin Olive Oil	Extra Virgin Olive oil.
Goats Cheese	Goat Milk Salt Lactic Culture Coagulent Ripening culture
Diced Bacon Lardons	Pork Belly (88%), Water, Salt, Dextrose, Stabilisers (E450, E451), Antioxidant (E301), Preservative (E250)
Caramelised Onions	Red Onions & Roasted Onion & Balsamic Glaze (Balsamic Vinegar [contains color: E150(d) & Preservative: E220] (38%), Sugar, Roasted onion puree (12%), Water, Roast onion flavor [onion extract, sucrose, Glucose syrup, water, vegetable oil (10%)], Maize Starch),
<b>EXPRESS ONLY</b>	
<b>Warm Chicken Salad</b>	
Seasonal Leaves	100% Lettuce Leaves of Different Varieties
Cherry Tomatoes	Cherry tomatoes
Chicken Strips	Chicken, Water, Wheat Flour, Maize Flour, Vegetable Oil, Modified Maize Starch, Salt, Mixed Herbs & Spices, Yeast Extract, Raising Agents: sodium carbonates, diphosphates, Rice Starch, Sugar, Whey Powder, Egg Powder, Glucose Syrup, Acids: citric acid, Colours: paprika extract, beta-carotene, Maltodextrin, Dextrose
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 (10%), Modified Maize Starch, Dijon Mustard (Water, Mustard Flour, Spirit Vinegar, Salt, Mustard Husk, Turmeric) (2%), Salt, Garlic Puree, Concentrated Lemon Juice, Parsley, Black Pepper, Preservative: Potassium Sorbate, Stabiliser: Xanthan Gum, Colour: Lutein
Large Salad Croutons	Wheat Flour, Non-hydrogenated Palm Oil, Salt, Yeast,
<b>Side Salad (Delivery Only)</b>	French Dressing (23%)(Rapeseed Oil(E330<50ppm),White Wine Vinegar(SO2 <16ppm), 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 (19%), Curly (12%), Beetroot (11%), Red Pepper(11%), Red Onion (8%), Baby Red (8%), Lambs Lettuce (8%).
<b>Pastas</b>	
<b>Lasagne</b>	
Lasagne	<b>Bolognese Sauce:</b> Beef Mince (13%), Water, Tomatoes, Tomato Puree, Vegetables (Celery, Carrot, Onion), Onions, Red Wine [contains Preservative (Sulphur Dioxide)], Modified Maize Starch, Olive Oil, Salt, Sugar, Mixed Herbs, Garlic, Wheatflour, Oregano, Barley Malt Extract, Basil, Dried Herbs, Black Pepper, Bay. <b>Bechamel Sauce (30%):</b> Water, Dairy Creamer (Milk Proteins, Palm Oil, Skimmed Milk Powder, Lactose), Cheddar Cheese (contains Potato Starch), Cream, Modified Maize Starch, Rapeseed Oil, Salt, White Pepper, Nutmeg <b>Lasagne Pasta (18%):</b> Durum Wheat Semolina, Water, Egg Albumen.
Mozzarella Cheese	Mozzarella Cheese (Pasteurised milk, Salt, Lactic cultures), Potato Starch.
Garlic Bread	Wheat Flour, Water, Margarine (16%) [Vegetable Oil, Water, Emulsifier (E471), Flavour, Colours (E160b, E100)], Garlic (2.7%) (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
<b>Cannelloni</b>	
Cannelloni	Spinach and Ricotta Cannelloni (40%) (Ricotta Cheese, Durum Wheat Semolina, Water, Spinach, Medium Hard Fat Cheese, Modified Starch, Vegetable Oil (Palm & Rapeseed Oils), Pasturised Whole Egg, Salt, Lemon Juice, Ground Nutmeg, Mace), Water, Tomatoes (7%), Onions, Whole Milk Powder, Modified Maize Starch, Tomato Puree, Wheatflour, Rapeseed Oil, Vegetable Fat, Salt, Sugar, Lactose, Garlic Puree, Vegetable Bouillon (Salt, Potato Starch, Yeast Extract, Palm Fat, Maltodextrin, Sugar, Celery, Onions, Spices, Parsley), Black Pepper, Milk Protein, White Pepper, Ground Nutmeg.
Cherry Tomatoes	Cherry tomatoes
Mozzarella Cheese	Mozzarella Cheese (Pasteurised milk, Salt, Lactic cultures), Potato Starch.
Garlic Bread	Wheat Flour, Water, Margarine (16%) [Vegetable Oil, Water, Emulsifier (E471), Flavour, Colours (E160b, E100)], Garlic (2.7%) (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

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<b>Salmon Pasta Bake</b>	
Salmon Pasta Bake	<b>Cheese Sauce:</b> Water, Cheddar Cheese (8%) (contains Potato Starch), Cream, Dairy Creamer (Milk Proteins, Palm Oil, Skimmed Milk Powder, Lactose), Modified Maize Starch, Butter, Wheatflour, Rapeseed Oil, Salt, Mustard Powder, White Pepper. <b>Penne Pasta (20%):</b> Water, Durum Wheat Semolina. <b>Salmon Pieces (13%)Leaf Spinach (6%)Paprika Crumb Topping (6%):</b> Wheatflour, Palm Oil, Paprika Seasoning [Rusk (Wheatflour, Salt, Raising Agent (E503)), Salt, Cayenne Pepper, Paprika, Onion Powder, Paprika Extract, Natural Smoke Flavouring], Salt, Yeast.
Garlic Bread	Wheat Flour, Water, Margarine (16%) [Vegetable Oil, Water, Emulsifier (E471), Flavour, Colours (E160b, E100)], Garlic (2.7%) (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
<b>Tomato &amp; Mozzarella mezzuluna</b>	
Tomato & Mozzarella mezzuluna	<b>Sauce:</b> Tomatoes (40%), Vegetables (10%) (Onion, Celery, Carrot), Water, Olive Oil (4%), Tomato Puree, Sugar, Garlic, Salt, Oregano, Basil, Modified Maize Starch, Black Pepper, Thyme. <b>Mezzaluna (37%):</b> Filling [Ricotta Cheese (contains Acidity Regulator (E330)), Mozzarella Cheese (9%), Water, Tomatoes (3%) (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 (16%) [Vegetable Oil, Water, Emulsifier (E471), Flavour, Colours (E160b, E100)], Garlic (2.7%) (Puree and Chopped), Yeast, Salt, Garlic Powder, Calcium Sulphate, Oregano, Onion Powder, Vegetable Fat, Flour Treatment Agent (E300), Garlic Oil.
<b>Carbonara Alla Tagliatelle</b>	
Carbonara Alla Tagliatelle	<b>Sauce:</b> Water, Bacon Lardons (9%) [Pork, Water, Salt, Preservatives (E250, E252), Anti-Oxidant (E301)], Cream (7%), Milk, Cheddar Cheese (3%) (contains Potato Starch), Medium Fat Hard Cheese (3%) (contains Potato Starch), Dairy Creamer (Milk Proteins, Palm Oil, Skimmed Milk Powder, Lactose), Rapeseed Oil, Modified Maize Starch, Vegetable Bouillon (Salt, Cornflour, Yeast Extract, Sugar, Onion Powder, Leek Powder, Rapeseed Oil, Spices), Salt, Garlic, Black Pepper. <b>Tagliatelle Pasta (35%):</b> Water, Durum Wheat Semolina, Rapeseed Oil
Parsley	100% FLAT LEAF PARSLEY
<b>Alfredo Pasta</b>	
Alfredo Pasta Sauce	Cooked Pasta (46%) (Durum Wheat Semolina, Water), Water, Whole Milk Powder (3%), 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, Flavourings (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.
Parsley	100% FLAT LEAF PARSLEY

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<b>Alfredo Pasta with Veg</b>	
Alfredo Pasta Sauce	Cooked Pasta (46%) (Durum Wheat Semolina, Water), Water, Whole Milk Powder (3%), 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, Flavourings (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
<b>Alfredo Pasta with Chicken</b>	
Alfredo Pasta Sauce	Cooked Pasta (46%) (Durum Wheat Semolina, Water), Water, Whole Milk Powder (3%), 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, Flavourings (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.
Pulled Chicken (Dual Supplier)	98% chicken, salt, dextrose, water
Pulled Chicken (Dual Supplier)	Chicken (86%), Water, Salt ,Tapioca Starch, Maltodextrin, Dextrose, Stabiliser (E407), Garlic powder, Yeast extract, Onion powder, Spices (white pepper, Celery extract), Herb extract (Bay)
Parsley	100% FLAT LEAF PARSLEY
<b>Arrabiata Pasta</b>	
Pasta & Arrabiata Sauce	Sauce: Tomatoes (35%), Water, Onion, Tomato Puree, Olive Oil (2.8%), Sugar, Chipotle Chilli Paste (0.5%) (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.Amorini Pasta (33%): Water, Durum Wheat Semolina.
Fresh Basil	100% BASIL
<b>Arrabiata Pasta With Chicken</b>	
Pasta & Arrabiata Sauce	Sauce: Tomatoes (35%), Water, Onion, Tomato Puree, Olive Oil (2.8%), Sugar, Chipotle Chilli Paste (0.5%) (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.Amorini Pasta (33%): Water, Durum Wheat Semolina.
Pulled Chicken (Dual Supplier)	98% chicken, salt, dextrose, water
Pulled Chicken (Dual Supplier)	Chicken (86%), Water, Salt ,Tapioca Starch, Maltodextrin, Dextrose, Stabiliser (E407), Garlic powder, Yeast extract, Onion powder, Spices (white pepper, Celery extract), Herb extract (Bay)
Fresh Basil	100% BASIL
<b>Arrabiatta Pasta with Prawns &amp; Crayfish</b>	
Pasta & Arrabiata Sauce	Sauce: Tomatoes (35%), Water, Onion, Tomato Puree, Olive Oil (2.8%), Sugar, Chipotle Chilli Paste (0.5%) (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.Amorini Pasta (33%): Water, Durum Wheat Semolina.
Prawn & Crayfish Tails	PRAWNS (61%), CRAYFISH (26%), WATER (AS ICE GLAZE), SALT, SUGAR.
Fresh Basil	100% BASIL