

Ingredients List_Starters_Sides- Oct 2009

Starters & Sides	
Mixed Olives	Water, Olives, Salt, Stabiliser (Ferrous Gluconate)
Potato Wedges	Potato, Palm Oil, Wheat flour, Salt, Modified starch, Starch, Spices (Black pepper, Chili pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (Paprika, Black pepper), Dextrose.
Bruschetta	
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.
Caramelised Onions	Red Onions (90%) & Roasted Onion & Balsamic Glaze (10%) (Balsamic Vinegar [contains colour: 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)
Diced Tomato Chunks	100% Tomatoes
Pesto	genovese basil D.O.P., sunflower seeds oil, ricotta cheese (milk wey, salt, citric acid), seasoned grated fresh cheese (milk, salt, rennet, protein lysozima of eggs), extra vergin olive oil, dehydrated skimmed milk, pine seeds, vegetable fiber, salt, garlic, acidifying: E270 lactic acid, antioxidant: E300 ascorbic acid.
Parsley	100% FLAT LEAF PARSLEY
Mozzarella & Tomato Salad	
Mozzarella Balls	Pasteurised Cows Milk, Salt, Microbiological Rennet, Citric Acid, Lactic Acid Culture
Tomato Slices	100% Tomato (Grade 6-9)
Extra Virgin Olive Oil	Extra Virgin Olive oil.
Pesto	genovese basil D.O.P., sunflower seeds oil, ricotta cheese (milk wey, salt, citric acid), seasoned grated fresh cheese (milk, salt, rennet, protein lysozima of eggs), extra vergin olive oil, dehydrated skimmed milk, pine seeds, vegetable fiber, salt, garlic, acidifying: E270 lactic acid, antioxidant: E300 ascorbic acid.
Texan Barbeque Chicken Wings	
Roast Chicken Wings (Dual Supplier)	Chicken, Maize Starch, Dextrose, Stabilisers (E451, E450, E452), Vegetable Fat and Oil, Salt
Roast Chicken Wings (Dual Supplier)	Chicken, Modified Maize Starch, Dextrose, Salt, Stabilisers: E451, E450, E452; Herb Extract, Flavouring
BBQ Sauce	Water, Tomato Puree (17%), Sugar, Glucose-Fructose Syrup, Spirit Vinegar, Malt Vinegar (from Barley), Soya Sauce (Water, Salt, Glucose, Soybean, Barley Malt Extract, Spirit Vinegar, Wheat Flour), Modified Maize Starch, Salt, Flavourings (Contains Wheat, Celery), Preservative: Potassium Sorbate, Barley Malt Extract, Garlic Powder, Onion Powder
Chicken Strips	Chicken (62%), Water, Wheat Flour, Maize Flour, Vegetable Oil, Salt, Mixed Herbs and Spices, Modified Maize Starch, Sugar, Yeast Extract, Citric Acid, Whey Powder, Glucose Syrup, Egg Powder, Dextrose, Raising Agents: sodium carbonate, di-phosphate, Colour: beta-carotene, Paprika Extract.
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, Vegetable Fat, Onion Powder, Flour Treatment Agent (E300), Garlic Oil.
Garlic Bread with Cheese	
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, Vegetable Fat, Onion Powder, Flour Treatment Agent (E300), Garlic Oil.
Mozzarella Cheese	Mozzarella Cheese (Pasteurised milk, Salt, Lactic cultures), Potato Starch.

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Garlic Mushrooms	
Portabello Mushrooms	100% Mushrooms
Mozzarella Cheese	Mozzarella Cheese (Pasteurised milk, Salt, Lactic cultures), Potato Starch.
Cheddar & Red Leicester Cheese Blend	Mature Cheddar Cheese (Milk, Salt, Starter Cultures, Rennet), Red Leicester Cheese (Milk, Salt, Starter Cultures, Rennet, Colour E160b), Anticaking agent; Potato Starch
Balsamic Glaze	Balsamic Vinegar of Modena, Sugar, Dehydrated Glucose Syrup, Dextrose, Lactose, Modified Starch, Stabiliser - Xanthan Gum.
Pesto	genovese basil D.O.P., sunflower seeds oil, ricotta cheese (milk wey, salt, citric acid), seasoned grated fresh cheese (milk, salt, rennet, protein lysozima of eggs), extra vergin olive oil, dehydrated skimmed milk, pine seeds, vegetable fiber, salt, garlic, acidifying: E270 lactic acid, antioxidant: E300 ascorbic acid.
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, Vegetable Fat, Onion Powder, Flour Treatment Agent (E300), Garlic Oil.
Garlic Butter	(0.33%)
3 Cheese Melt	Cheese 63%, Batter & Breadcrumbs 33%, Vegetable Oil 4%. Cheese contains: vegetarian mozzarella cheese, fontal full fat hard cheese, full fat soft cheese, medium fat hard cheese, water, binder (potato flakes, modified maize starch, tapioca starch, stabiliser (E461)). Breadcrumbs contain: wheat flour, wheat gluten, salt, yeast, olive oil, wheat dextrose, emulsifier E472e, flour improver E300, egg albumen, onion extract, garlic powder, spice extract. Batter contains: water, wheat flour, potato dextrin, egg albumen, salt, raising agents, whey powder. Vegetable oil contains: Rapeseed oil
Sharing Starters	
Nachos	
Tortilla Chips	Corn, Vegetable oil, Salt
Salsa	TOMATO/TOMATE PASTE,VEGETABLES,GLUCOSE, FRUCTOSE SYRUP, WATER, VINEGAR, MODIFIED TARCH,SPICES,CELERY,HERBS,SALT ACIDITY REGULATOR E 270, PRESERVATIVE E202, SWEETNER E954
Mozzarella Cheese	Mozzarella Cheese (Pasteurised milk, Salt, Lactic cultures), Potato Starch.
Jalapeños	Jalapeno peppers, Vinegar, Salt, Firming Agent: Calcium Chloride, Preservative: Sodium benzoate
Sour Cream & Chive Dressing	Water, Vegetable Oil, Sour Cream (10%), Modified Maize Starch, Egg Yolk, Chives (2%), Salt, Onion, Sugar, Acetic Acid, Lactic Acid, Stabilisers (Xanthan Gum, Guar Gum), Natural Flavouring, Preservative: Potassium Sorbate, Black Pepper.
Garlic Ciabatta	Wheat Flour, Water, Unsalted Butter (7.7%), Margarine (7.7%) [Vegetable Oil, Water, Salt, Emulsifier (E471), Flavouring, Colours (E160b, E100)], Garlic Puree (1.7%), Salt, Extra Virgin Olive Oil (0.8%), Yeast, Malted Wheat Flour, Dried Parsley
Tuscani Platter	
Prosciutto	Pork, iodized salt, spices (contains celery, mustard), dextrose, glucose sirup, flavour, preservative: E 250, antioxidant: E300, E301.
Salami	PORK, SALT, DEXTROSE, NATURAL FLAVOURS, SPICES, ANTIOXIDANT: SODIUM ASCORBATE, PRESERVATIVES: E 250, E 252
Feta Cheese	Milk (70% sheep, 30% Goat), Salt, Lactic acid starter, Veg rennet, Calcium Chloride, Sunflower oil, herbs
Bruschetta Mix	As above
Mixed Olives	Water, Olives, Salt, Stabiliser (Ferrous Gluconate)
Garlic Ciabatta	Wheat Flour, Water, Unsalted Butter (7.7%), Margarine (7.7%) [Vegetable Oil, Water, Salt, Emulsifier (E471), Flavouring, Colours (E160b, E100)], Garlic Puree (1.7%), Salt, Extra Virgin Olive Oil (0.8%), Yeast, Malted Wheat Flour, Dried Parsley
Extra Virgin Olive Oil	Extra Virgin Olive oil.
Balsamic Glaze	Balsamic Vinegar of Modena, Sugar, Dehydrated Glucose Syrup, Dextrose, Lactose, Modified Starch, Stabiliser - Xanthan Gum.

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Dips	
BBQ Sauce Dippot	Water, Tomato Puree (17%), Sugar, Glucose-Fructose Syrup, Spirit Vinegar, Malt Vinegar (from Barley), Soya Sauce (Water, Salt, Glucose, Soybean, Barley Malt Extract, Spirit Vinegar, Wheat Flour), Modified Maize Starch, Salt, Flavourings (Contains Wheat, Celery), Preservative: Potassium Sorbate, Barley Malt Extract, Garlic Powder, Onion Powder
Sour Cream & Chive Dressing Dippot	Water, Vegetable Oil, Sour Cream (10%), Modified Maize Starch, Egg Yolk, Chives (2%), Salt, Onion, Sugar, Acetic Acid, Lactic Acid, Stabilisers (Xanthan Gum, Guar Gum), Natural Flavouring, Preservative: Potassium Sorbate, Black Pepper.
Sweet Chilli Sauce	Water, Glucose-Fructose Syrup, Sugar, Spirit Vinegar, Modified Maize and Tapioca Starches, Tomato Puree, Salt, Red Bell Pepper, Colour: Paprika, Dried Chillies, Preservative: Potassium Sorbate, Ground Red Pepper, Garlic Powder, Dried Ginger.
Mayonnaise (dine in only)	Water, Vegetable Oil, Spirit Vinegar, Pasteurised Egg Yolk & Whole Egg, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Stabiliser (E415), Preservative (E202), Lemon Juice from Concentrate, Flavouring, Mustard Flour.
Hidden Veg Tomato Ketchup - Restaurants only	<i>SUGAR (White), TOMATO, WATER, VINEGAR, TOMATO PUREE, BELL PEPPER (Red), STARCH (Modified - Waxy Maize), ONION, SALT, GARLIC POWDER, SPICE EXTRACTS (Clove, Nutmeg)</i>
Garlic & Herb Dip - Delivery only	Vegetable Oil, Water, Buttermilk, Spirit Vinegar, Glucose-Fructose Syrup, Egg Yolk, Modified Maize Starch, Salt, Garlic Powder, Onion Powder, Preservative: Potassium Sorbate, Parsley, Stabiliser: Xanthan Gum

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Delivery Only	
Chilli Onion Rings	Onion (31%), Batter (Wheat Flour, Water), Vegetable Oil (Rapeseed, Sunflower), Water, Breadcrumbs [Wheat Flour, Yeast, Emulsifier (E472{e})], Flour Treatment Agent (E300), Acidity Regulator (E262), Raising Agent (E341), Salt, Colours (E100, E160c), Spice, Herb
Potato Wedges	Potato, Palm Oil, Wheat flour, Salt, Modified starch, Starch, Spices (Black pepper, Chili pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (Paprika, Black pepper), Dextrose.
BBQ Chicken Wings (Dual Supplier)	Chicken, Seasoning (Sugar, Dextrose, Flavour Enhancer (E621, E635), Wheat Flour, Flavourings, Salt, Onion Powder, HVP, Maltodextrin, Garlic Powder, Dried Honey Solids, Colour (E150c), Ground Red Pepper, Ground Black Pepper, Yeast Extract), Strong Molasses, Brown Sugar (Sugar, Sugar Syrup, Colour (E150c)), Maize Starch, Salt, Stabilisers (E451, E450, E452), Paprika Extract (E160c)
BBQ Chicken Wings (Dual Supplier)	Chicken (98%), Brown Sugar, Molasses, Salt, Sugar, Dextrose, Stabilisers: Ti-Di-Polyphosphates; Modified Maize Starch, Lemon Juice, Flavour Enhancers: E621, E635; Wheat Flour, Flavourings, Onion Powder, Hydrolysed Vegetable Protein, Maltodextrin, Garlic Powder, Dried Honey Solids, Colouring E150c, E160c; Ground Red Pepper, Paprika, Vegetable Oil, Yeast Extract, Anti Caking Agent: E551; Ground Black Pepper
Chicken Strips	Chicken (62%), Water, Wheat Flour, Maize Flour, Vegetable Oil, Salt, Mixed Herbs and Spices, Modified Maize Starch, Sugar, Yeast Extract, Citric Acid, Whey Powder, Glucose Syrup, Egg Powder, Dextrose, Raising Agents: sodium carbonate, di-phosphate, Colour: beta-carotene, Paprika Extract.
Hot n Kicking Chicken Strips	Chicken (63%), wheat flour, water, vegetable oil, salt, maize flour, modified maize starch, glucose syrup, spices, colours; paprika extract, spice extract, yeast extract
Cheesy Jalapeno Poppers	Red Jalapeno with a Cheddar Flavoured Filling (54%) Nacho Breadcrumb Coating (46%) Red Jalapeno with a Cheddar Flavoured Filling contains: Red Jalapeno Pepper (56%) (Jalapeno Pepper, Salt, Acetic Acid), Full Fat Soft Cheese with added Cheddar Cheese Filling (from Cows' Milk) (44%) (Full Fat Soft Cheese (from Cows' Milk) (Water, Sweet Cream Butter (from Cow's Milk), Milk Protein, Buttermilk Powder (from Cows' Milk), Pectin, Salt, Acidity Regulator E575)) Cheddar Cheese (30%) (Cows' Milk, Salt, Lactic Starter Culture, Vegetarian Rennet), Colour: Beta-carotene), Potato Starch. Nacho Breadcrumb coating contains: Nacho Breadcrumbs (Breadcrumbs (Wheat Flour, Water, Yeast, Salt, Bread Improver (Emulsifier E472e, Flour Treatment Agent E300*)), Tortilla Chips Maize Flour, Vegetable Oil(Palm), Chilli Seasoning (Salt, Wheat Flour, Spices, Dried Onion, Dried Garlic, Flavourings)), Water, Batter (Wheat Flour, Cornflour, Wheat Starch, Wheat Gluten, Salt, Spice (Paprika), Free Range Whole Egg Powder), Breadcrumbs (Wheat Flour, Water, Yeast, Salt, Sunflower Oil). Sunflower Oil.
Nachos	
Chilli Tortilla Chips	Corn, Vegetable Oils, Chilli Seasoning (Maltodextrin (potato), Salt, Spices (paprika, cumin, chilli, ginger, coriander), Sugar (white), Yeast Extract, Onion Powder, Chilli Powder (chilli, cumin, salt, oregano, garlic), Garlic Powder, Herb (oregano), Spice Extracts (chilli, capsicum), Colour (E160c), Flavourings (processed, nat), Herb Extracts (oregano, thyme))
Salsa	TOMATO/TOMATE PASTE,VEGETABLES,GLUCOSE, FRUCTOSE SYRUP, WATER, VINEGAR, MODIFIED TARCH,SPICES,CELERY,HERBS,SALT ACIDITY REGULATOR E 270, PRESERVATIVE E202, SWEETNER E954
Mozzarella Cheese	Mozzarella Cheese (Pasteurised milk, Salt, Lactic cultures), Potato Starch.
Jalapeños	Jalapeno peppers, Vinegar, Salt, Firming Agent: Calcium Chloride, Preservative: Sodium benzoate
Sour Cream & Chive Dressing	Water, Vegetable Oil, Sour Cream (10%), Modified Maize Starch, Egg Yolk, Chives (2%), Salt, Onion, Sugar, Acetic Acid, Lactic Acid, Stabilsers (Xanthan Gum, Guar Gum), Natural Flavouring, Preservative: Potassium Sorbate, Black Pepper.
Coleslaw Pots	Cabbage (47%), Mayonnaise (35%) [Rapeseed Oil, Water, Sugar, Spirit Vinegar, Egg, Stabilisers (Guar Gum, Xanthan Gum), Mustard Flour], Carrot (16%), Onion, Salt, Preservative (Potassium Sorbate).
Express Only	
Savoury Seasoned Fries (Express Only)	Potatoes, Palm oil, Wheat flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
Chilli Onion Rings	Onion (31%), Batter (Wheat Flour, Water), Vegetable Oil (Rapeseed, Sunflower), Water, Breadcrumbs [Wheat Flour, Yeast, Emulsifier (E472{e})], Flour Treatment Agent (E300), Acidity Regulator (E262), Raising Agent (E341), Salt, Colours (E100, E160c), Spice, Herb
Potato Wedges	Potato, Palm Oil, Wheat flour, Salt, Modified starch, Starch, Spices (Black pepper, Chili pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (Paprika, Black pepper), Dextrose.
Heinz Mayonnaise Sachet (Express Only)	Vegetable Oil(Rapeseed), Egg Yolks, Spirit Vinegar, Mustard (Contains Citric Acid, Thickeners- Xanthan Gum & Guar Gum,) Sugar, Salt, Modified Cornflour, Thickener (Guar Gum) Antioxidant-Calcium Disodium EDTA, Spice Extract, Herb Extract.
Heinz Tomato Ketchup Sachet (Express Only)	Tomatoes, Spirit Vinegar, Glucose Syrup, Sugar, Salt, Spice & Herbs Extracts, Spice, Garlic Powder.

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Light Lunch	
Grated cheese	Pasteurised Milk, Salt, Vegetarian Rennet
Tomato & Mozzarella Salad	as above
Bruschetta	As Above
Caesar Salad	
Cos Leaves	Cos
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,
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.
Pulled Chicken (Dual Supplier)	Chicken (97%), Rice Starch, Salt, Dextrose
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)
Prawn & Crayfish Tails	PRAWNS (61%), CRAYFISH (26%), WATER (AS ICE GLAZE), SALT, SUGAR.
Margherita Tortizza	
Wheat & White Tortilla	Wheat Flour, Water, Vegetable Oils, Wheat Fibre, Wheatgerm, Sugar, Raising Agents (E500, E450, E296), Salt
Mozzarella Cheese	Mozzarella Cheese (Pasteurised milk, Salt, Lactic cultures), Potato Starch.
Classic Pizza Sauce	Tomato Concentrate (Tomato Paste, Citric Acid), Sugar, Salt (Salt, Anticaking Agent: Sodium Ferrocyanide), Flavouring (Maltodextrin, Tomato Powder, Acidity Regulator: Citric Acid, Salt, Modified Waxy Maize Starch, Garlic Powder, Autolysed Yeast Extract, Anticaking Agent: Silicon Dioxide, Colour: Paprika Extract, Antioxidant: Synthetic Alpha-Tocopherol (alphapherols)), Lactic Acid, Calcium Lactate, Onion Powder, Herbs (Basil and Oregano), Sunflower Seed Oil
Diced Tomato Chunks	100% Tomatoes
Salmon Pasta Bake	
Salmon Pasta Bake	Cheese Sauce: Water, Cheddar Cheese (8%) (contains Potato Starch), Cream, Dairy Creamer (Whey Proteins, Palm Oil, Milk Proteins, Skimmed Milk Powder, Lactose), Modified Maize Starch, Butter, Wheat Flour, Rapeseed Oil, Sea Salt, Mustard Powder, White Pepper. Penne Pasta (21%): Water, Durum Wheat Semolina. Salmon Pieces (12%) Leaf Spinach (6%) Paprika Crumb Topping (6%): Wheat Flour, Palm Oil, Paprika Seasoning [Rusk (Wheat Flour, Salt, Raising Agent (E503)), Salt, Cayenne Pepper, Paprika, Onion Powder, Paprika Extract, Natural Smoke Flavouring], Salt, Yeast.
Parsley	100% FLAT LEAF PARSLEY