



FOODIE FACT SHEET

V6

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LEON

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Menu section	Dish	ALLERGENS	GI	WHEAT FREE/NO	GLUTEN FREE	VEGETARIAN	VEGAN	NUTS	TREAT	PROTEIN	FAT	CARB	KCAL	SAT FAT	MONO	POLY	SUGAR	FIBRE	SALT	GI	GL	Total Portion weight
PORRIDGE	Porridge of the Gods	Gluten (Oats), Soya, Milk		Y		Y				11	13	72.5	441	7	4	1.9	38	7	0.15	19.5	14.1	378
			Cooked Porridge (Oats, Organic Whole Milk, Water), Banana, Montezuma Chocolate Flakes (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Soya Lecithin, Natural Vanilla Flavouring), Organic Multiflower Honey																			
PORRIDGE	Cashew Milk Porridge of the Gods	Gluten (Oats), Soya, Nuts (Cashew)		Y		Y		Y		9	8	64.0	348	2	3	2.0	29	10	0.40	20.0	13.0	378
			Cooked Cashew Porridge (Oats, Cashew Milk (Natural Spring Water, Organic Cashews, Sea Salt), Water), Banana, Montezuma Chocolate Flakes (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Soya Lecithin, Natural Vanilla Flavouring), Organic Multiflower Honey																			
PORRIDGE	Porridge with Blueberries, Honey & Toasted Seeds	Gluten (Oats), Milk		Y		Y				12	14	47.8	352	4	4	4.1	15	5	0.15	8.4	4.0	311
			Cooked Porridge (Oats, Organic Whole Milk, Water), Blueberries, Organic Multiflower Honey, Toasted Seeds (Sunflower Seeds, Golden Linseeds, Brown Linseeds, Quinoa, Millet)																			
PORRIDGE	Cashew Milk Porridge with Blueberries, Honey & Toasted Seeds	Gluten (Oats), Nuts (Cashew)		Y		Y		Y		8	10	41.9	284	1	3	4.6	8	6	0.19	8.4	3.5	311
			Cooked Cashew Porridge (Oats, Cashew Milk (Natural Spring Water, Organic Cashews, Sea Salt), Water), Blueberries, Organic Multiflower Honey, Toasted Seeds (Sunflower Seeds, Golden Linseeds, Brown Linseeds, Quinoa, Millet)																			
PORRIDGE	Simple Porridge	Gluten (Oats), Milk		Y		Y				10	9	39.2	270	4	3	1.6	7	4	0.16	25.4	9.9	270
			Cooked Porridge (Oats, Organic Whole Milk, Water)																			
PORRIDGE	Cashew Milk Simple Porridge	Gluten (Oats), Nuts (Cashew)		Y		Y	Y	Y		6	5	32.7	192	1	2	2.2	0	4	0.18	6.3	2.1	270
			Cooked Cashew Porridge (Oats, Cashew Milk (Natural Spring Water, Organic Cashews (5%), Sea Salt.), Water)																			
PORRIDGE	Cow's Milk Ruby Red Porridge	Gluten (Oats), Nuts (Almond), Milk		Y		Y		Y		11	13	46.0	337	5	5	2.4	14	5	0.55	10.9	5.0	302
			Cooked Porridge (Oats, Organic Whole Milk, Water), Coconut and Almond Butter (Roasted Almonds, Coconut, Agave Syrup, Sea Salt), Ruby Mixed Berry Compote (Strawberry, Inulin, Blackcurrant, Demera Sugar, Water, Blackberry, Raspberry, Redcurrant, Starch)																			
PORRIDGE	Cashew Milk Ruby Red Porridge	Gluten (Oats), Nuts (Cashew, Almond)		Y	Y		Y	Y	Y	8	11	39.1	286	2	5	3.7	5	8	0.56	10.9	4.3	302
			Cooked Cashew Porridge (Oats, Cashew Milk (Natural Spring Water, Organic Cashews (5%), Sea Salt.), Water), Coconut and Almond Butter (Roasted Almonds, Coconut, Agave Syrup, Sea Salt), Ruby Mixed Berry Compote (Strawberry, Inulin, Blackcurrant, Demera Sugar, Water, Blackberry, Raspberry, Redcurrant, Starch)																			
PORRIDGE	Cow's Milk Banana and Cinnamon Porridge	Gluten (Oats), Milk		Y		Y				11	9	65.0	367	4	3	2.0	31	7	0.10	33.0	21.0	376
			Cooked Porridge (Oats, Whole Milk, Water), Date and Vanilla Ppuree (Dried Dates (Dates, Rice Flour), Vanilla Powder, Water), Banana, Cinnamon																			
PORRIDGE	Cashew Milk Banana and Cinnamon Porridge	Gluten (Oats), Nuts (Cashew)		Y		Y	Y	Y		7	5	59.0	299	1	2	2.0	25	7	0.20	21.0	13.0	376
			Cooked Cashew Porridge (Oats, Cashew Milk (Natural Spring Water, Organic Cashews, Sea Salt.), Water), Date and vanilla Ppuree (Dried Dates (Dates, Rice Flour), Vanilla Powder, Water), Banana, Cinnamon																			
POACHED EGG POTS	Full English Pot	Egg		Y	Y	Y				26	27	12.7	398	9	9	7.5	5	2	3.80	20.3	2.6	247
			Baked Beans (Chopped Tomatoes, Haricot Beans, Diced Onion, Water, Sunflower Oil, Tomato Paste, Sugar, Salt), Free Range Eggs, Cumberland Sausages (Pork, Potato Starch, Salt, Rapeseed Oil, Honey, Natural Hog Casing, Spices (Black Pepper, Paprika, White Pepper), Parsley, Spice & Herb Extracts), Black Pepper, Bacon (Pork, Water, Salt, Preservatives: Potassium Nitrate, Sodium Nitrite, Antioxidant: Sodium Ascorbate)																			
POACHED EGG POTS	Double Full English Pot	Egg		Y	Y	Y				33	32	10.4	457	10	12	7.4	5	2	3.70	12.2	1.3	280
			Free Range Eggs, Cumberland Sausages (Pork, Potato Starch, Salt, Rapeseed Oil, Honey, Natural Hog Casing, Spices (Black Pepper, Paprika, White Pepper), Parsley, Spice & Herb Extracts), Back Bacon (Pork, Water, Salt, Preservatives: Potassium Nitrate, Sodium Nitrite, Antioxidant: Sodium Ascorbate), Baked Beans (Chopped Tomatoes, Haricot Beans, Diced Onion, Water, Sunflower Oil, Tomato Paste, Sugar, Salt), Black Pepper																			
POACHED EGG POTS	Poached Egg Pot	Egg		Y	Y	Y	Y			7	6	0.0	85	2	2	1.0	0	0	0.20	0.0	0.0	56
			Free Range Eggs, Black Pepper																			
POACHED EGG POTS	Double Poached Egg Pot	Egg		Y	Y	Y	Y			14	12	0.0	160	3	5	1.3	0	0	0.39	0.0	0.0	112
			Free Range Eggs, Black Pepper																			
POACHED EGG POTS	Poached Egg Pot with Saucy Beans	Egg		Y	Y	Y	Y			9	9	6.9	136	2	3	2.2	4	2	0.93	9.5	0.7	121
			Free Range Eggs, Baked Beans (Chopped Tomatoes, Haricot Beans, Diced Onion, Water, Sunflower Oil, Tomato Paste, Sugar, Salt), Black Pepper																			
POACHED EGG POTS	Double Poached Egg Pot with Saucy Beans	Egg		Y	Y	Y	Y			16	15	6.9	216	4	6	2.9	4	2	1.13	9.5	0.7	177
			Free Range Eggs, Baked Beans (Chopped Tomatoes, Haricot Beans, Diced Onion, Water, Sunflower Oil, Tomato Paste, Sugar, Salt), Black Pepper																			
POACHED EGG POTS	Salmon & Avocado Poached Egg Pot	Fish, Egg		Y	Y	Y				12	13	0.5	165	3	6	2.0	0	0	0.97	0.4	0.0	102
			Free Range Eggs, Smoked Salmon (Salmon (97%), Salt (3%)), Avocado (Avocado, Lemon Juice), Black Pepper																			
POACHED EGG POTS	Double Salmon & Avocado Poached Egg Pot	Fish, Egg		Y	Y	Y				19	19	0.5	243	5	9	2.7	0	0	1.16	0.4	0.0	157
			Free Range Eggs, Smoked Salmon (Salmon (97%), Salt (3%)), Avocado (Avocado, Lemon Juice), Black Pepper																			
POACHED EGG POTS	Halloumi and Mushroom Egg Pot	Egg, Milk		Y	Y	Y	Y			18	26	10.1	340	9	9	6.8	6	3	2.40	18.5	1.9	204
			Baked Beans (Chopped Tomatoes, Haricot Beans, Diced Onion, Water, Sunflower Oil, Tomato Paste, Sugar, Salt), Free Range Eggs, Mushroom, Parsley, Halloumi (Cow's Milk, Sheep's Milk and Goats' Milk, Salt, Microbial Rennet, Dried Mint)																			

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POACHED EGG POTS	Truffle and Mushroom Poached Egg Pot	Egg, Milk		Y	Y	Y			10	12	3.1	160	5	3	4.0	1	0	0.32	N/A	N/A	110
									Free Range Eggs, Mushroom [Mushrooms, Olive Oil], Truffle Sauce [Pasteurised Double Cream (Milk), Water, Le Gourmet Grated (Pasteurised Cow's Milk, Salt, Culture, Microbial Rennet, Anti-Caking Agent (Potato Starch)), Mature Cheddar ((Pasteurised Cow's Milk, Salt, Starter Culture), Anti-caking Agent (Potato Starch)), Waxy Maize Starch, Black Truffle Oil (Extra Virgin Olive Oil, Olive Oil, Black Truffle Flavouring, Dried Black Truffle), Sea Salt], Black Pepper												
TOASTS	Buttered Wholemeal Toast	Gluten (Wheat), Milk			Y				9	14	49.2	328	4	3	5.4	5	6	1.06	33.9	16.7	92
									Wholemeal Bread (Wholemeal Wheat Flour, Water, White Sourdough ((Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water), Salt, Yeast, Flour Treatment Agent (E300))), Butter (Butter (Cow's Milk), Rapeseed Oil, Water, Salt)												
TOASTS	Wholemeal Toast With Organic Honey	Gluten (Wheat), Milk			Y		Y		9	14	60.3	372	4	3	5.4	16	6	1.06	36.7	22.1	106
									Wholemeal Bread (Wholemeal Wheat Flour, Water, White Sourdough ((Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water), Salt, Yeast, Flour Treatment Agent (E300))), Butter (Butter (Cow's Milk), Rapeseed Oil, Water, Salt), Raw Organic Multiflower Honey												
TOASTS	Toast of the Town	Gluten (Wheat)			Y	Y		Y	10	3	61.4	280	0	2	1.1	17	8	0.85	42.8	26.3	115
									Wholemeal Bread (Wholemeal Wheat Flour, Water, White Sourdough ((Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water), Salt, Yeast, Flour Treatment Agent (E300))), Date Butter (Dried Dates (Dates, Rice Flour), Vanilla Powder, Water), Ground Cinnamon												
BREAKFAST MUFFINS	Bacon & Egg Muffin	Gluten (Wheat, Rye), Celery, Egg	Y						28	20	35.4	422	6	8	4.3	7	2	2.90	20.8	7.4	229
									Sourdough Muffin (White Wheat Flour, Water, Rye Flour, Rapeseed Oil, Dried Wheat Sourdough (Wheat Flour, Wheat Gluten, Flour Treatment Agent (E300)), Yeast, Sugar, Salt), Leon Ketchup (Tomatoes, Mango Chutney (Sugar, Mangoes, Salt, Acidity Regulator: Acetic Acid, Garlic, Cumin Seeds, Mixed Spices, Fenugreek Seeds, Nigella Seeds, Herb), Water, Onion, Tomatoes, Sun Dried Tomato Puree (Water, Sun Dried Tomatoes, Sunflower Oil, White Wine Vinegar), Tomato Paste, Rapeseed Oil, Red Chilli, Roast Vegetable Stock (Water, Onion, Leeks, Carrots, Celery); Red Wine Vinegar, Chipotle in Adobo Sauce (Chipotle Peppers, Water, Tomato Paste, Salt, Sugar, Onion, Acetic Acid), Garlic Puree, Salt, Celery Salt, Smoked Paprika, Black Pepper, Chilli), Baby Spinach, Back Bacon (Pork, Water, Salt, Preservatives: Potassium Nitrate, Sodium Nitrite, Antioxidant: Sodium Ascorbate), Free Range Eggs												
BREAKFAST MUFFINS	Sausage and Egg Muffin	Gluten (Wheat, Rye), Celery, Egg							24	22	40.0	440	7	6	6.2	7	1	2.40	43.4	17.3	216
									Sourdough Muffin (White Wheat Flour, Water, Rye Flour, Rapeseed Oil, Dried Wheat Sourdough (Wheat Flour, Wheat Gluten, Flour Treatment Agent (E300)), Yeast, Sugar, Salt), Free Range Eggs, Cumberland Sausages (Pork, Potato Starch, Salt, Rapeseed Oil, Honey, Natural Hog Casing, Spices (Black Pepper, Paprika, White Pepper), Parsley, Spice & Herb Extracts), Leon Ketchup (Tomatoes, Mango Chutney (Sugar, Mangoes, Salt, Acidity Regulator: Acetic Acid; Garlic, Cumin Seeds, Mixed Spices, Fenugreek Seeds, Nigella Seeds, Herb), Water, Onion, Tomatoes, Sun Dried Tomato Puree (Water, Sun Dried Tomatoes, Sunflower Oil, White Wine Vinegar), Tomato Paste, Rapeseed Oil, Red Chilli, Roast Vegetable Stock (Water, Onion, Leeks, Carrots, Celery); Red Wine Vinegar, Chipotle in Adobo Sauce (Chipotle Peppers, Water, Tomato Paste, Salt, Sugar, Onion, Acetic Acid), Garlic Puree, Salt, Celery Salt, Smoked Paprika, Black Pepper, Chilli)												
BREAKFAST MUFFINS	Salmon & Egg Muffin	Gluten (Wheat, Rye), Milk, Fish, Egg							22	14	30.6	325	4	5	3.0	2	1	2.53	24.4	7.5	181
									Sourdough Muffin (White Wheat Flour, Water, Rye Flour, Rapeseed Oil, Dried Wheat Sourdough (Wheat Flour, Wheat Gluten, Flour Treatment Agent (E300)), Yeast, Sugar, Salt), Dill Yoghurt (Natural Greek Style Yoghurt (Cow's Milk), Dill, Lemon Juice, Rapeseed Oil, Spirit Vinegar, Cornflour), Smoked Salmon (Salmon (97%), Salt (3%)), Free Range Eggs, Baby Spinach												
BREAKFAST MUFFINS	Smashed Avocado & Halloumi Muffin	Gluten (Wheat, Rye), Milk, Celery	Y		Y		Y		20	26	32.0	433	13	8	4.6	4	1	2.85	25.0	8.0	168
									Sourdough Muffin (White Wheat Flour, Water, Rye Flour, Rapeseed Oil, Dried Wheat Sourdough (Wheat Flour, Wheat Gluten, Flour Treatment Agent (E300)), Yeast, Sugar, Salt), Chilli Sauce (Tomato Passata, Red Chilli, Tomato Paste, Onion, Red Wine Vinegar, Water, Muscovado Sugar, Chipotle in Adobo Sauce (Chipotle Peppers, Water, Tomato Paste, Onion, Salt, Acetic Acid), Rapeseed Oil, Celery Salt, Roast Vegetable Stock (Water, Onion, Leeks, Carrots, Celery); Sea Salt, Smoked Paprika, Chilli), Halloumi Cheese (Cow's Milk, Sheep's Milk and Goats' Milk, Salt, Microbial Rennet, Dried Mint), Smashed Avocado (Avocado, Lemon Juice)												
BREAKFAST MUFFINS	Mushroom & Egg Muffin	Gluten (Wheat, Rye), Celery, Egg	Y		Y				13	16	35.2	325	3	7	3.9	7	2	1.67	28.0	9.8	174
									Sourdough Muffin (White Wheat Flour, Water, Rye Flour, Rapeseed Oil, Dried Wheat Sourdough (Wheat Flour, Wheat Gluten, Flour Treatment Agent (E300)), Yeast, Sugar, Salt), Leon Ketchup (Tomatoes, Mango Chutney (Sugar, Mangoes, Salt, Acidity Regulator: Acetic Acid, Garlic, Cumin Seeds, Mixed Spices, Fenugreek Seeds, Nigella Seeds, Herb), Water, Onion, Tomatoes, Sun Dried Tomato Puree (Water, Sun Dried Tomatoes, Sunflower Oil, White Wine Vinegar), Tomato Paste, Rapeseed Oil, Red Chilli, Roast Vegetable Stock (Water, Onion, Leeks, Carrots, Celery); Red Wine Vinegar, Chipotle in Adobo Sauce (Chipotle Peppers, Water, Tomato Paste, Salt, Sugar, Onion, Acetic Acid), Garlic Puree, Salt, Celery Salt, Smoked Paprika, Black Pepper, Chilli), Portobello Mushrooms (Portobello Mushrooms, Olive Oil), Free Range Eggs, Baby Spinach												
BREAKFAST MUFFINS	Bacon Muffin	Gluten (Wheat, Rye), Celery	Y				Y		21	14	34.8	338	5	5	3.6	6	2	2.65	26.9	9.4	167
									Sourdough Muffin (White Wheat Flour, Water, Rye Flour, Rapeseed Oil, Dried Wheat Sourdough (Wheat Flour, Wheat Gluten, Flour Treatment Agent (E300)), Yeast, Sugar, Salt), Back Bacon (Pork, Water, Salt, Preservatives: Potassium Nitrate, Sodium Nitrite, Antioxidant: Sodium Ascorbate), Leon Ketchup (Tomatoes, Mango Chutney (Sugar, Mangoes, Salt, Acidity Regulator: Acetic Acid, Garlic, Cumin Seeds, Mixed Spices, Fenugreek Seeds, Nigella Seeds, Herb), Water, Onion, Tomatoes, Sun Dried Tomato Puree (Water, Sun Dried Tomatoes, Sunflower Oil, White Wine Vinegar), Tomato Paste, Rapeseed Oil, Red Chilli, Roast Vegetable Stock (Water, Onion, Leeks, Carrots, Celery); Red Wine Vinegar, Chipotle in Adobo Sauce (Chipotle Peppers, Water, Tomato Paste, Salt, Sugar, Onion, Acetic Acid), Garlic Puree, Salt, Celery Salt, Smoked Paprika, Black Pepper, Chilli)												

Menu section	Dish	ALLERGENS	GI	WHEAT FREE/NCI	GLUTEN FREE	VEGETARIAN	VEGAN	NUTS	TREAT	PROTEIN	FAT	CARB	KCAL	SAT FAT	MONO	POLY	SUGAR	FIBRE	SALT	GI	GL	Total Portion weight
BREAKFAST MUFFINS	Sausage Muffin	Gluten (Wheat, Rye), Celery								17	16	39.3	358	5	4	5.5	6	1	2.19	43.4	17.1	160
			Sourdough Muffin (White Wheat Flour, Water, Rye Flour, Rapeseed Oil, Dried Wheat Sourdough (Wheat Flour, Wheat Gluten , Flour Treatment Agent (E300)), Yeast, Sugar, Salt), Cumberland Sausages (Pork, Potato Starch, Salt, Rapeseed Oil, Honey, Natural Hog Casing, Spices (Black Pepper, Paprika, White Pepper), Parsley, Spice & Herb Extracts), Leon Ketchup (Tomatoes, Mango Chutney (Sugar, Mangoes, Salt, Acidity Regulator: Acetic Acid; Garlic, Cumin Seeds, Mixed Spices, Fenugreek Seeds, Nigella Seeds, Herb), Water, Onion, Tomatoes, Sun Dried Tomato Puree (Water, Sun Dried Tomatoes, Sunflower Oil, White Wine Vinegar), Tomato Paste, Rapeseed Oil, Red Chilli, Roast Vegetable Stock (Water, Onion, Leeks, Carrots, Celery); Red Wine Vinegar, Chipotle in Adobo Sauce (Chipotle Peppers, Water, Tomato Paste, Salt, Sugar, Onion, Acetic Acid), Garlic Puree, Salt, Celery Salt, Smoked Paprika, Black Pepper, Chilli)																			
BREAKFAST BOXES	Leon Big Breakfast Box	Egg		Y	Y					30	45	13.5	565	10	19	11.2	5	5	2.80	15.3	2.1	344
			Baked Beans (Chopped Tomatoes, Haricot Beans, Diced Onion, Water, Sunflower Oil, Tomato Paste, Sugar, Salt), Free Range Eggs , Cumberland Sausages (Pork, Potato Starch, Salt, Rapeseed Oil, Honey, Natural Hog Casing, Spices (Black Pepper, Paprika, White Pepper), Mushroom (Mushroom, Olive Oil), Avocado (Avocado, Lemoin Juice), Black Pepper, Cooked Bacon (Pork, Water, Salt, Preservatives: Potassium Nitrate, Sodium Nitrite, Antioxidant: Sodium Ascorbate)																			
BREAKFAST BOXES	Leon Veggie Breakfast Box	Egg, Milk		Y	Y	Y				25	35	15.0	492	11	10	14.0	7	6	1.60	6.6	1.0	381
			Free Range Eggs , Baked Beans [Chopped Tomato (Tomato, Tomato Juice), Haricot Beans, White Onion, Water, Rapeseed Oil, Tomato Paste, Granulated Sugar, Salt], Tomatoes, Avocados, Grilled Mushroom [Mushrooms, Olive Oil], Halloumi [Pasteurised Cow's Milk , Sheep's Milk , Goats' Milk , Salt, Vegetarian Rennet], Black Pepper																			
DUNKERS	Pain Au Chocolat HMS/SSP Only	Gluten (Wheat), Soya, Egg, Milk				Y			Y	4	21	29.0	321	11	5	5.0	3	0	0.00	N/A	N/A	75
			Pain au Chocolat (Flour (Wheat), Butter (Cow's Milk), Water, Chocolate (Cocoa Mass, Cocoa Butter, Soya Lecithin, Natural Vanilla), Caster Sugar, Skimmed Cow's Milk , Yeast, Free Range Eggs , Salt)																			
DUNKERS	Pain Aux Raisins HMS/SSP Only	Gluten (Wheat), Egg, Milk				Y			Y	5	23	44.0	493	2	11	11.0	20	2	0.50	N/A	N/A	110
			Pain Aux Raisins (Butter (Cow's Milk), Flour (Wheat), Free Range Eggs , Caster Sugar, Skimmed Cow's Milk , Yeast, Salt, Raisins, Sultanas)																			
DUNKERS	Plain Croissant HMS/SSP Only	Gluten (Wheat), Egg, Milk				Y			Y	4	20	22.8	287	12	4	4.0	3	1	0.30	N/A	N/A	75
			Flour (Wheat), Butter (Cow's Milk), Water, Sugar, Skimmed Cow's Milk , Yeast, Eggs , Salt																			

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TEA TIME & BITS IN BETWEEN	Cherry Almond Slice	Milk, Egg, Nuts (Almond, Pistachio)		Y		Y		Y	Y	5	19	36.0	337	9	3	7.0	23	1	0.35	N/A	N/A	80
			Cherry Marzipan Slice [Salted Butter (Salt, Milk), Maize, Sour Cherries, Free Range Egg , Light Brown Soft Sugar, Ground Almonds , Sugar, Icing Sugar (Sugar, Anti Caking Agent [E341]), Marzipan (Sugar, Almonds , Glucose Syrup, Stabiliser [E420, E1103], Preservative [E202], Thickener [E401]), Pistachios , Buttermilk (Milk), Lemon Juice Unsieved, Natural Flavouring Substances, Raising Agent: Mono Calcium Phosphate, Corn Starch, Sodium Bicarbonate; Freeze Dried Sour Cherries]																			
TEA TIME & BITS IN BETWEEN	Jaffa Bundt Cake	Gluten (Wheat), Soya, Sulphites			Y	Y		Y		2	9	30.0	216	3	3	3.0	20	2	0.30	N/A	N/A	60
			Jaffa Bundt Cake [Sunflower Oil, Sugar, Soya Milk, Orange Juice, Vanilla Extract, Orange Oil, Plain Flour (Wheat), Sea Salt, Baking Powder, Bicarbonate Soda, Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Sunflower Lecithin), Candied Orange (Sulphites), Marmalade (Glucose Fructose Syrup, Oranges, Gelling Agent: Pectin, Sugar, Acidity Regulators: Citric Acid, Sodium Citrate)]																			

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FRESH JUICES & JUICY WATERS	Peach, Lemon & White Tea Juicy Water			Y	Y	Y	Y			0	0	22.2	92	0	0	0.0	21	0	0.00	n/a	n/a	315
Peach & White Tea (Water, Fruit Extract Concentrate, Fruit Juices from Concentrate (Peach, Lemon), White Tea Extract, Natural Flavour, Antioxidant: Ascorbic Acid), Water																						
FRESH JUICES & JUICY WATERS	Goji Berry & Passion Fruit Juicy Water			Y	Y	Y	Y			0	0	25.4	108	0	0	0.0	23	0.00	0.0	n/a	n/a	315
Goji Berry Juice (Water, Fruit Juices from Concentrate and Pressed Juice (Grape, Pressed Goji Berry, Passion Fruit), Natural Sugars, Fruit Pectin, Malic Acid, Concentrates: Pumpkin, Carrot, Natural Flavour, Antioxidant: Ascorbic Acid), Water																						
FRESH JUICES & JUICY WATERS	Fresh Lemonade			Y	Y	Y				1	0	24.4	106	0	0	0.0	21	2.70	0.4	N/A	n/a	330
Lemonade (Water, Freshly Squeezed Lemon Juice, Sugar)																						
FRESH JUICES & JUICY WATERS	Orange Juice			Y	Y	Y	Y			2	1	28.3	118	0	0	0.3	25	1	0.25	N/A	n/a	250
Orange Juice																						
FRESH JUICES & JUICY WATERS	Carrot, Apple, Ginger & Turmeric Juice			Y	Y	Y	Y	Y		1	0	14.0	58	0	0	0.0	12	0	0.01	7.1	1.0	250
Carrot Juice, Apple, Ginger, Turmeric																						
FRESH JUICES & JUICY WATERS	LA Kombucha Ginger			Y	Y	Y	Y			0	2	13.2	66	0	1	0.9	11	0	0.00	n/a	n/a	300
Kombucha Ginger (Water, Ginger, Green Tea, Black Tea, Lemon Juice, SCOBY (Symbiotic Colony of Bacteria and Yeast))																						
FRESH JUICES & JUICY WATERS	Blackcurrant Lemonade			Y	Y	Y	Y			1	1	21.0	100	0	0	0.0	15	1.00	0.1	N/A	N/A	250
Blackcurrant Lemonade [Water, Blackcurrant Pure, Freshly Squeezed Unpasteurised Lemon Juice, Sugar]																						
DRINKS	Skimmed Milk	Milk		Y	Y	Y				7	0	8.8	64	0	0	0.0	9	0.00	0.2	32.0	2.82	200
Organic Skimmed Milk																						
DRINKS	Oat Milk			Y	Y	Y	Y			2	3	12.0	85	1	1	1.0	8	0.60	0.2	N/A	N/A	200
Oat Milk (Spring Water, Organic Pure Oats, Organic Cold-Pressed Sunflower Oil, Sea Salt)																						
DRINKS	Full Fat Milk	Milk		Y	Y	Y				7	8	9.2	132	5	2	0.2	9	0.00	0.2	29.3	2.7	200
Organic Full Fat Milk																						
SHAKES & SMOOTHIES	Mango & Passionfruit Kefir	Milk		Y	Y	Y				7	9	14.0	160	5	2	0.8	14	0.00	0.0	n/a	n/a	250
Whole Milk, Alphonso Mango Puree, Passion fruit Juice, Fermented live Kefir cultures (authentic cultures contain YEAST)																						
CANS	Apple Zap			Y	Y	Y	Y			0	0	17.3	73	0	0	0.0	15	0	0.13	n/a	n/a	330
Apple Zap (Carbonated Water, Apple Juice Concentrate, Antioxidant: Ascorbic Acid)																						
CANS	O'Joy			Y	Y	Y	Y			1	0	16.8	73	0	0	0.0	15	0	0.13	n/a	n/a	330
O'Joy (Carbonated Water, Mango Puree, Orange Cjuice Concentrate, Natural Mango Flavouring, Antioxidant: Ascorbic Acid)																						
SHAKES & SMOOTHIES	Strawberry Thickshake (Small)	Milk		Y	Y	Y				5	5	34.0	200	3	1	1.0	27	0	0.10	N/A	N/A	196
Milkshake Base [Whole Milk, Sugar, Skimmed Milk Powder, Stabilisers (Carob Gum, Guar Gum)], Strawberry Sauce [Strawberries]																						
SHAKES & SMOOTHIES	Strawberry Thickshake	Milk		Y	Y	Y				7	6	45.5	282	1	1	1.1	37	0	0.20	N/A	N/A	270
Milkshake Base [Whole Milk, Sugar, Skimmed Milk Powder, Stabilisers (Carob Gum, Guar Gum)], Strawberry Sauce [Strawberries]																						
SHAKES & SMOOTHIES	Chocolate Thickshake (Small)	Milk, Soya		Y	Y	Y				5	8	37.0	240	6	1	1.0	30	0	0.00	N/A	N/A	196
Milkshake Base [Whole Milk, Sugar, Skimmed Milk Powder, Stabilisers (Carob Gum, Guar Gum)], Chocolate Sauce [Water, Dark Chocolate (Sugar, Cocoa Mass, Cocoa butter, Emulsifier: Soya Lecithin (Soya), Natural Vanilla Flavouring), Brown Sugar, Cocoa Powder]																						
SHAKES & SMOOTHIES	Chocolate Thickshake	Milk, Soya		Y	Y	Y				7	12	49.9	377	3	1	1.1	41	0	0.20	N/A	N/A	265
Milkshake Base [Whole Milk, Sugar, Skimmed Milk Powder, Stabilisers (Carob Gum, Guar Gum)], Chocolate Sauce [Water, Dark Chocolate (Sugar, Cocoa Mass, Cocoa butter, Emulsifier: Soya Lecithin (Soya), Natural Vanilla Flavouring), Brown Sugar, Cocoa Powder]																						
SHAKES & SMOOTHIES	Coffee Thickshake (Small)	Milk		Y	Y	Y				5	5	31.0	190	3	1	1.0	24	0	0.10	N/A	N/A	170
Milkshake Base [Whole Milk, Sugar, Skimmed Milk Powder, Stabilisers (Carob Gum, Guar Gum)], Coffee																						
SHAKES & SMOOTHIES	Coffee Thickshake (Regular)	Milk		Y	Y	Y				6	6	41.0	240	4	1	1.0	32	0	0.10	N/A	N/A	225
Milkshake Base [Whole Milk, Sugar, Skimmed Milk Powder, Stabilisers (Carob Gum, Guar Gum)], Coffee																						
SHAKES & SMOOTHIES	Blackcurrant Thickshake (Small)	Milk		Y	Y	Y				5	5	34.0	200	3	1	1.0	27	0	0.10	N/A	N/A	196
Milkshake Base [Whole Milk, Sugar, Skimmed Milk Powder, Stabilisers (Carob Gum, Guar Gum)], Blackcurrant Sauce [Blackcurrants, Water]																						
SHAKES & SMOOTHIES	Blackcurrant Thickshake	Milk		Y	Y	Y				7	6	45.3	273	2	1	1.1	36	0	0.20	N/A	N/A	260
Milkshake Base [Whole Milk, Sugar, Skimmed Milk Powder, Stabilisers (Carob Gum, Guar Gum)], Blackcurrant Sauce [Blackcurrants, Water]																						

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Menu section	Dish	ALLERGENS	GI	WHEAT FREE/NO	GLUTEN FREE	VEGETARIAN	VEGAN	NUTS	TREAT	PROTEIN	FAT	CARB	KCAL	SAT FAT	MONO	POLY	SUGAR	FIBRE	SALT	GI	GL	Total Portion weight	
SHAKES & SMOOTHIES	Salted Caramel Thickshake (Small)	Milk			Y	Y	Y				5	4	39.9	250	2	1	0.9	32	0	0.10	N/A	N/A	196
			Milkshake Base [Whole Milk, Sugar, Skimmed Milk Powder, Stabilisers (Carob Gum, Guar Gum)], Dates, Water, Salt																				
SHAKES & SMOOTHIES	Salted Caramel Thickshake	Milk			Y	Y	Y				7	6	58.9	377	4	1	1.1	48	0	0.20	N/A	N/A	260
			Milkshake Base [Whole Milk, Sugar, Skimmed Milk Powder, Stabilisers (Carob Gum, Guar Gum)], Dates, Water, Salt																				
SHAKES & SMOOTHIES	Berry Acai Smoothie			Y	Y	Y	Y	Y			1	1	29.0	130	0	0	0.0	23	3.00	0.1	N/A	N/A	215
			Acai Berry Mix [Banana Pure, Apple Juice, Blackcurrant Pure, Apple Pure, Raspberry Pure, Blueberry Pure, Acai Berry Pure]																				
SHAKES & SMOOTHIES	Clean Green Shake				Y	Y	Y				2	10	22.0	190	3	4	3.0	19	3.30	0.1	N/A	N/A	287
			Green Shake [Pear pure, Pressed Pasteurised Apple Juice, Freshly Squeezed Unpasteurised Lemon Juice, Ginger Pure], Avocados, Spinach																				

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Menu section	Dish	ALLERGENS	GI	WHEAT FREE/NOGI	GLUTEN FREE	VEGETARIAN	VEGAN	NUTS	TREAT	PROTEIN	FAT	CARB	KCAL	SAT FAT	MONO	POLY	SUGAR	FIBRE	SALT	GI	GL	Total Portion weight
LEON COFFEE	Flat White	Milk		Y	Y	Y	Y			5	6	7.2	102	4	2	0.1	7	0	0.17	23.9	1.7	208
										Espresso (Coffee, Water), Organic Milk												
LEON COFFEE	Large Latte	Milk		Y	Y	Y				11	13	15.7	224	8	3	0.4	16	0	0.36	n/a	n/a	393
										Espresso (Coffee, Water), Organic Milk												
LEON COFFEE	Large Cappuccino	Milk		Y	Y	Y				8	9	11.0	157	6	2	0.2	11	0	0.26	n/a	n/a	291
										Espresso (Coffee, Water), Organic Milk												
LEON COFFEE	Large Mocha	Soya, Milk		Y	Y	Y				13	27	38.9	446	16	8	0.7	38	4	0.36	n/a	n/a	432
										Espresso (Coffee, Water), Montezuma Chocolate Flakes (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Soya Lecithin, Natural Vanilla Flavouring), Organic Milk												
LEON COFFEE	Large Hot Chocolate	Soya, Milk		Y	Y	Y				15	29	41.1	478	18	8	0.8	40	4	0.42	n/a	n/a	427
										Montezuma Chocolate Flakes (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Soya Lecithin, Natural Vanilla Flavouring), Organic Milk												
LEON COFFEE	Latte	Milk		Y	Y	Y	Y			9	11	12.6	179	7	3	0.3	12	0	0.29	23.9	3.0	325
										Espresso (Coffee, Water), Organic Milk												
LEON COFFEE	Cappuccino	Milk		Y	Y	Y	Y			6	7	8.5	121	5	2	0.2	8	0	0.20	26.8	2.6	237
										Espresso (Coffee, Water), Organic Milk												
LEON COFFEE	Americano			Y	Y	Y	Y	Y		0	0	0.2	1	0	0	0.0	0	0	0.00	0.0	0.0	315
										Espresso (Coffee, Water), Water												
LEON COFFEE	Mocha	Soya, Milk		Y	Y	Y	Y			10	23	34.6	383	14	7	0.6	33	4	0.26	23.5	8.1	337
										Espresso (Coffee, Water), Montezuma Chocolate Flakes (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Soya Lecithin, Natural Vanilla Flavouring), Organic Milk												
LEON COFFEE	Hot Chocolate	Soya, Milk		Y	Y	Y	Y			12	25	36.7	415	15	7	0.7	36	4	0.31	28.1	10.3	332
										Montezuma Chocolate Flakes (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Soya Lecithin, Natural Vanilla Flavouring), Organic Milk												
LEON COFFEE	Espresso			Y	Y	Y	Y	Y		0	0	0.2	1	0	0	0.0	0	0	0.00	0.0	0.0	55
										Espresso (Coffee, Water)												
LEON COFFEE	Macchiato	Milk		Y	Y	Y	Y			0	0	0.3	2	0	0	0.0	0	0	0.00	4.1	0.0	57
										Espresso (Coffee, Water), Organic Milk												
LEON COFFEE	Filter Coffee			Y	Y	Y	Y	Y		1	0	1.0	6	0	0	0.0	0	0	0.00	0.0	0.0	324
										Coffee, Water												
LEON COFFEE	Skinny Latte	Milk		Y	Y	Y				10	1	13.1	93	0	0	0.0	13	0	0.30	n/a	n/a	325
										Espresso (Coffee, Water), Organic Skimmed Milk												
LEON COFFEE	Skinny Cappuccino	Milk		Y	Y	Y				6	1	8.9	63	0	0	0.0	9	0	0.20	n/a	n/a	237
										Espresso (Coffee, Water), Organic Skimmed Milk												
LEON COFFEE	Skinny Mocha	Soya, Milk		Y	Y	Y				12	14	37.3	323	8	5	0.4	36	4	0.32	n/a	n/a	332
										Espresso (Coffee, Water), Montezuma Chocolate Flakes (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Soya Lecithin, Natural Vanilla Flavouring), Organic Skimmed Milk												
LEON COFFEE	Skinny Hot Chocolate	Soya, Milk		Y	Y	Y				11	14	35.0	308	8	5	0.4	34	4	0.27	n/a	n/a	337
										Montezuma Chocolate Flakes (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Soya Lecithin, Natural Vanilla Flavouring), Organic Skimmed Milk												
LEON COFFEE	Large Skinny Latte	Milk		Y	Y	Y				12	1	16.4	116	0	0	0.0	16	0	0.37	n/a	n/a	393
										Espresso (Coffee, Water), Organic Skimmed Milk												
LEON COFFEE	Large Skinny Cappuccino	Milk		Y	Y	Y				8	1	11.5	81	0	0	0.0	11	0	0.26	n/a	n/a	291
										Espresso (Coffee, Water), Organic Skimmed Milk												
LEON COFFEE	Large Skinny Mocha	Soya, Milk		Y	Y	Y				16	15	41.8	356	9	5	0.4	41	4	0.42	n/a	n/a	427
										Espresso (Coffee, Water), Montezuma Chocolate Flakes (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Soya Lecithin, Natural Vanilla Flavouring), Organic Skimmed Milk												
LEON COFFEE	Large Skinny Hot Chocolate	Soya, Milk		Y	Y	Y	Y			6	4	1.6	64	1	1	2.2	2	0	0.16	45.0	0.7	200
										Montezuma Chocolate Flakes (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Soya Lecithin, Natural Vanilla Flavouring), Organic Skimmed Milk												
LEON COFFEE	Skinny Flat White	Milk		Y	Y	Y				5	0	7.5	53	0	0	0.0	7	0	0.17	n/a	n/a	208
										Espresso (Coffee, Water), Organic Skimmed Milk												
LEON COFFEE	Coconut Latte			Y	Y	Y	Y			0	3	28.2	144	3	0	0.3	11	2	0.27	n/a	n/a	325
										Espresso (Coffee, Water), Coconut Milk (Natural Spring Water, Organic Rice, Organic Coconut Butter, Sea Salt)												
LEON COFFEE	Coconut Cappuccino			Y	Y	Y	Y			0	2	19.1	98	2	0	0.2	8	1	0.18	n/a	n/a	237
										Espresso (Coffee, Water), Coconut Milk (Natural Spring Water, Organic Rice, Organic Coconut Butter, Sea Salt)												

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Menu section	Dish	ALLERGENS	GI	WHEAT FREE/NGCI	GLUTEN FREE	VEGETARIAN	VEGAN	NUTS	TREAT	PROTEIN	FAT	CARB	KCAL	SAT FAT	MONO	POLY	SUGAR	FIBRE	SALT	GI	GL	Total Portion weight
RICE BOXES	Chicken & Chorizo Club Hot Box	Mustard, Soya, Egg, Milk	Y	Y	Y					40	29	64.3	667	5	12	10.4	7	5	1.69	13.2	8.5	437
RICE BOXES	Chargrilled Chilli Chicken Hot Box	Mustard, Soya, Egg, Milk, Celery	Y	Y	Y					37	27	64.0	639	4	11	11.0	7	5	1.60	13.0	9.0	432
RICE BOXES	Chargrilled Chicken Aioli Hot Box	Mustard, Soya, Egg, Milk	Y	Y	Y					37	27	62.0	623	4	10	10.0	5	5	1.20	13.0	8.0	407
RICE BOXES	Moroccan Meatballs Hot Box	Mustard, Soya, Egg, Milk	Y	Y	Y					27	43	75.1	778	9	15	17.4	11	6	3.18	14.2	10.7	500
RICE BOXES	Sweet Potato Falafel Hot Box	Mustard, Soya	Y	Y	Y	Y				13	33	83.1	665	5	14	12.4	10	9	2.60	24.0	20.0	423
RICE BOXES	Chicken Satay Box	Mustard, Fish, Soya, Peanut	Y	Y	Y		Y			39	27	69.3	659	4	10	11.1	10	6	1.87	13.1	9.1	446
LITTLE BOXES	Vegan Meatless Meatballs	Soya, Mustard	Y	Y	Y					11	28	68.0	580	3	10	15.0	5	7	2.30	41.0	7.1	390
LITTLE BOXES	Sicilian Chicken Meatballs Little Hot Box	Soya, Nuts (Cashew), Egg, Milk	Y	Y	Y		Y			31	23	67.3	589	5	12	5.3	8	4	2.60	12.9	8.7	360

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LITTLE BOXES	Chilli Con Carne	Soya		Y	Y					19	16	63.0	483	4	6	6.0	4	7	1.70	44.0	7.7	363
			Cooked Rice (Italian Long Grain Rice, Tamari (Water, Soybean , Sea Salt, Koji), Lemon Juice, Olive Oil), Chilli Con Carne [Beef, Tomato Pulp, Black Beans, Water, Onion, Mole (Tomato Pulp, Cider Vinegar, Green Chilli, Guajillo Chilli, De Arbol Chilli), Rapeseed Oil, Garlic Puree, Potato Flour, Salt, Brown Sugar, Ancho Chilli Powder, Chipotle Chilli Powder, Black Pepper, Smoked Paprika, Cumin, Oregano, Bay Leaves, Cloves], Prepped Herbs [Parsley, Mint]																			
LITTLE BOXES	Lentil Masala	Mustard, Celery, Soya		Y	Y	Y	Y			12	19	63.0	470	9	5	5.0	4	5	2.17	N/A	16.0	360
			Cooked Brown Rice [Water, Brown rice, Tamari [Soya Beans, Water, Sea Salt, Alcohol made from sugar cane, Koji Spores (Aspergillus Oryzae)], Lemon juice, Olive Oil], Lentil Masala [Coconut Milk, Water, Lentils, Carrot, Tomato Pulp, Butternut, Kale, Onion, Celery , Onion Puree, Rapeseed Oil, Ginger Puree, Curry Powder (Coriander, Salt, Paprika, Turmeric, Cinnamon, Sugar, Ginger, Garlic, Cumin, Mustard , Black Pepper, Chilli Onion, Cardamom, Nutmeg, Cloves), Cider Vinegar, Tomato Puree, Garlic Puree, Green Chilli, Vegan Chicken Flavour Stock, Lemon Juice, Salt, Potato Flour, Smoked Paprika, Mustard Seed, Coriander, Cumin], Prepped Herbs [Parsley, Mint]																			
LITTLE BOXES	Brazilian Black Beans Little Hot Box	Soya		Y	Y	Y	Y	Y		10	13	68.4	408	2	7	3.0	5	4	2.00	12.9	8.8	363
			Cooked Rice (Italian Long Grain Rice, Tamari (Water, Soybean , Sea Salt, Koji), Lemon Juice, Olive Oil), Brazilian Black Bean Stew (Black Beans, Onion, Carrot, Rapeseed Oil, Tomato Puree, Garlic Puree, Sweet Paprika, Smoked Paprika, Chipotle Powder, Oregano, Bay Leaf, Water, Tamari (Water, Soya Beans, Salt), Cider Vinegar), Mixed Herbs (Mint, Parsley)																			

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SUPERFOOD SALADS	Kale Chicken Caesar Salad	Mustard, Egg, Milk		Y	Y					31	14	13.2	593	7	22	15.2	4	4	1.10	N/A	N/A	285
			Kale and Brassica Mix (Curly Kale, Tundra Brassica), Cooked Lentils (Cooked Lentils (Water, Green Lentils, Onion, Garlic, Vegetable Stock (Carrot, Mushroom, Onion, Salt, Ground Black Pepper, Garlic, Olive Oil)), Chicken (Red Tractor Chicken Thigh, Water, Salt), Vinaigrette (Sunflower Oil, White Wine Vinegar, Dijon Mustard (Water, Mustard Seeds, Spirit Vinegar, Salt, Citric Acid, Water, Salt, White Ground Pepper), Mustard Dressing (Rapeseed Oil, Olive Oil, Water, Wholgrain Mustard (Water, Mustard Seeds, Spirit Vinegar, Sea Salt, Cinnamon, Pimento), Cider Vinegar, Salted Free Range Egg Yolk (Egg Yolk, Salt), Honey, Dijon Mustard (Water, Mustard Seeds, Spirit Vinegar, Salt), Lemon Juice, Free Range Egg , Garlic Puree, Spirit Vinegar, Sea Salt, Black Pepper), Italian Mature Veg Hard Grated (Pasteurised Cow's Milk , Salt, Vegetable Rennet, Starter Culture, Firming Agent (Calcium Chloride)))																			
SUPERFOOD SALADS	New Original Salad	Milk, Mustard	Y	Y	Y	Y				14	37	13.6	450	11	11	13.4	4	7	1.30	11.0	1.5	280
			Broccoli, Mediterranean Style Cheese (Pasteurised Cow's Milk , Microbial Rennet, Cheese Starter Culture, Salt), Basil, Cos, Rocket, Spinach, Avocado, Cucumber, Pea, Quinoa (Cooked Quinoa (Quinoa, Water)), Vinaigrette (Sunflower Oil, White Wine Vinegar, Dijon Mustard (Water, Mustard Seeds, Spirit Vinegar, Salt, Citric Acid, Water, Salt, White Ground Pepper), Mint, Parsley, Toasted Seeds (Sunflower Seeds, Golden Linseeds, Brown Linseeds, Quinoa, Millet)																			
SUPERFOOD SALADS	New Original Salad (No Dressing)	Milk	Y	Y	Y	Y				14	21	13.5	320	9	8	3.6	4	7	1.00	12.0	1.6	260
			Broccoli, Mediterranean Style Cheese (Pasteurised Cow's Milk , Microbial Rennet, Cheese Starter Culture, Salt), Basil, Cos, Rocket, Spinach, Avocado, Cucumber, Pea, Quinoa (Cooked Quinoa (Quinoa, Water)), Mixed Herbs (Mint, Parsley), Toasted Seeds (Sunflower Seeds, Golden Linseeds, Brown Linseeds, Quinoa, Millet)																			
SUPERFOOD SALADS	Lebanese Mezze Salad	Mustard, Sesame		Y	Y	Y	Y			11	29	37.0	450	3	13	13.0	8	8	2.08	N/A	16.0	310
			Butternut and Harissa Mix [Butternut and Carrot Mix [Butternut, Carrot, Coriander], Harissa [(Rapeseed Oil, Ground Cumin, Ground Coriander, Ground Caraway), Water, IQF Red Chillies, Garlic Puree, Olive Oil, Lemon Juice from Concentrate, Modified Starch, Sea Salt, Cracked Black Pepper]), Kale and Lentil Mix (Green Lentils [Cooked Green Lentils (Water, Green Lentils, Onion, Garlic, Vegetable Stock)], Kale and Brassica [Curly Kale, Tundra Brassica], Vinaigrette [Sunflower Oil, White Wine Vinegar, Water, Dijon Mustard , Salt, Ground White Pepper]], Hummus [Hummus (Cooked Chick Peas, Rapeseed Oil, Tahini (Sesame) Paste (Sesame Seeds), Extra Virgin Olive Oil, Lemon Juice, Water, Garlic Puree, Salt), Black Pepper], Sweet Potato Falafel [Sweet Potato, Chickpea, Potato Flake, Onion, Rapeseed Oil, Garlic Puree (Water, Garlic, Granules), Concentrated Lemon Juice, Salt, Parsley, Ground Coriander, Ground Cumin, White Pepper], Lemons, Pickled Red Onion [Pickled Red Onion (Onion, Water, Sugar, Spirit Vinegar)], Toasted Seeds [Sunflower Seeds, Golden Linseeds, Brown Linseeds, Quinoa, Millet], Pomegranate Seeds																			

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SAUCES	Aioli	Egg, Milk		Y	Y	Y	Y			1	8	0.9	83	1	4	2.1	1	0	0.22	4.9	0.0	0.0	25
			Aioli (Natural Greek Style Yoghurt (Cow's Milk), Rapeseed Oil, Water, Garlic Puree, Free Range Egg Yolk (Egg Yolk, Salt), Lemon Juice, Free Range Egg, Spirit Vinegar, Cornflour, Sea Salt)																				
SAUCES	Chilli Sauce	Celery		Y	Y	Y	Y	Y		0	0	2.6	16	0	0	0.2	2	0	0.41	0.0	0.0	0.0	25
			Chilli Sauce (Tomato Passata, Red Chilli, Tomato Paste, Onion, Red Wine Vinegar, Water, Muscovado Sugar, Chipotle in Adobo Sauce (Chipotle Peppers, Water, Tomato Paste, Onion, Salt, Acetic Acid), Rapeseed Oil, Celery Salt, Roast Vegetable Stock (Water, Onion, Leeks, Carrots, Celery); Sea Salt, Smoked Paprika, Chilli)																				
SAUCES	Heinz Ketchup	Celery		Y	Y	Y	Y	Y		0	0	6.0	26	0	0	0.0	6	0	0.56	50.0	3.0	0.0	25
			Heinz Tomato Ketchup (Tomatoes, Spirit Vinegar, Sugar, Salt, Spices and Herb Extracts (Celery), Spice)																				
SAUCES	Leon Ketchup	Celery								0	1	5.0	28	0	0	0.0	5	0	0.22	N/A	N/A	0.0	25
			Tomatoes, Mango Chutney (Sugar, Mango, Salt, Acidity Regulator: Acetic Acid, Garlic, Cumin Seeds, Mixed Spices, Fenugreek Seeds, Nigella Seeds, Herb), Water, Onion, Tomatoes, Sun Dried Tomato Puree (Water, Sun Dried Tomatoes, Sunflower Oil, White Wine Vinegar), Tomato Paste, Rapeseed Oil, Red Chilli, Roast Vegetable Stock (Water, Onion, Leeks, Carrots, Celery), Red Wine Vinegar, Chipotle in Adobo Sauce (Chipotle Peppers, Water, Tomato Paste, Salt, Sugar, Onion, Acetic Acid), Garlic Puree, Salt, Celery Salt, Smoked Paprika, Black Pepper, Chilli																				
SAUCES	Vinaigrette	Mustard		Y	Y	Y	Y	Y		0	21	0.1	195	3	4	13.5	0	0	0.42	0.0	0.0	0.0	32
			Vinaigrette (Sunflower Oil, White Wine Vinegar, Dijon Mustard (Water, Mustard Seeds, Spirit Vinegar, Salt, Citric Acid, Water, Salt, White Ground Pepper)																				
SAUCES	Tarragon Mayo	Mustard, Egg		Y	Y	Y	Y			0	12	1.5	116	1	8	2.4	1	0	0.47	2.6	0.0	0.0	25
			Tarragon Mayo (Rapeseed Oil, Water, Olive Oil, Spirit Vinegar, Free Range Salted Egg Yolk (Egg Yolk, Salt), Horesradish, Free Range Eggs, Tarragon, Salt, Mustard Flour, Cornflour, Lemon Juice, Dijon Mustard (Water, Mustard Seeds, Spirit Vinegar, Salt), Mustard Oil)																				
SAUCES	Satay	Fish, Peanut		Y	Y	Y		Y		4	8	8.3	115	1	3	2.8	6	1	0.78	4.9	0.4	0.0	66
			Satay Sauce (Coconut Milk, Water, Peanut Butter (14.6%) (Peanuts), Palm Sugar, Rapeseed Oil, Vegetarian Chicken Flavour Stock (Yeast, Chicory, Salt, Sunflower Oil, Carrot, Onion, Tomato), Fish Sauce (Anchovy Extract, Salt, Sugar), Lemongrass, Tamarind, Garlic Puree, Shallots, Potato Flour, Galangal, Chilli Powder, Lime Leaves, Coriander, Cumin, Cinnamon, Nutmeg, Turmeric, Cardamom.)																				
SAUCES	Korean Style Mayo (In house Pot and Bottle)	Egg, Milk, Soya			Y	Y				1	6	2.6	71	1	3	2.0	2	0	0.32	N/A	N/A	0.0	20
			Korean Style Mayo (Natural Greek Style Yoghurt (Cow's Milk), Rapeseed Oil (27%), Gochujang Style Paste (Glucose Syrup, Water, Salted Black Beans (Soya Beans, Salt); Fructose, Red Pepper Juice Concentrate, Soya Sauce Powder (Soya Sauce (Soya Beans, Salt, Spirit Vinegar), Maltodextrin, Salt), Sugar, Rapeseed Oil, Onion Powder, Onion Juice Concentrate, Tomato Powder, White Wine Vinegar, Ground Cayenne, Salt, Acidity Regulator: Acetic Acid, Colour: Paprika Extract, Rice Flour); Water, Garlic Puree, Salted Egg Yolk (2.1%) (Egg Yolk, Salt); Lemon Juice, Egg (1.5%), Spirit Vinegar (1.2%), Cornflour, Sea Salt)																				
SAUCES	Korean Style Mayo New (Lebelled Pot)	Egg, Milk, Soya			Y	Y				1	8	3.3	86	1	3	4.0	3	0	0.40	N/A	N/A	0.0	25
			Korean Style Mayo (Natural Greek Style Yoghurt (Cow's Milk), Rapeseed Oil, Gochujang Style Paste (Glucose Syrup, Fructose, White Wine Vinegar, Salted Black Beans (Soya Beans, Salt); Red Pepper Juice Concentrate, Sugar, Water, Rapeseed Oil, Soy Sauce (Water, Soya Beans, Salt, Spirit Vinegar); Onion Juice Concentrate, Salt, Onion Powder, Cayenne Pepper, Colour: Paprika Extract, Tomato Powder, Rice Flour); Water, Garlic Puree, Salted Egg Yolk (Egg Yolk, Salt); Lemon Juice, Egg, Spirit Vinegar, Cornflour, Sea Salt)																				
SIDES	Leon Baked Fries			Y	Y	Y	Y			2	10	24.7	194	1	3	4.8	0	2	1.25	74.3	18.4	0.0	100
			Crisscut Fries (Potatoes, Vegetable Oil, Modified Starch, Corn Flour, Rice Flour, Salt, Starch, Spices, Garlic Powder, Onion Powder, Raising Agents: Sodium Bicarbonate, E450(i), Yeast Extract, Spice Extracts Thickeners: Xanthan Gum, Dextrose)																				
SIDES	Flatbread	Gluten (Wheat)			Y	Y				9	1	55.9	254	0	0	0.4	3	3	0.35	44.5	24.9	0.0	80
			Khobez (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Thiamin, Niacin), Water, Wholemeal Wheat Flour, Sugar, Yeast, Salt)																				
SIDES	Fresh Slaw	Mustard, Soya		Y	Y	Y	Y	Y		3	12	5.1	134	1	2	7.4	3	3	0.29	17.2	0.9	0.0	110
			Slaw (Cabbage (Red, White and Savoy), Peas, Mint, Parsley, Slaw Dressing [Sunflower Oil, Water, Soya Milk [Water, Hulled Soya Beans, Tri-calcium Phosphate, Maltodextrin, Natural Flavouring, Gellan Gum, Vitamins (Riboflavin, Vitamin B12, Vitamin D2)], Dijon Mustard, White Wine Vinegar, Lime Juice, Sea Salt, Black Pepper]]]																				
SIDES	Crushed Pea Salad	Mustard, Soya		Y	Y	Y	Y	Y		7	12	10.7	174	1	6	3.7	3	6	0.22	5.3	0.6	0.0	137
			Peas, Mixed Herbs (Mint, Parsley), Slaw Dressing [Sunflower Oil, Water, Soya Milk [Water, Hulled Soya Beans, Tri-calcium Phosphate, Maltodextrin, Natural Flavouring, Gellan Gum, Vitamins (Riboflavin, Vitamin B12, Vitamin D2)], Dijon Mustard, White Wine Vinegar, Lime Juice, Sea Salt, Black Pepper]]], Lemons, Toasted Seeds (Sunflower Seeds, Golden Linseeds, Brown Linseeds, Quinoa, Millet)																				
SIDES	Hummus	Sesame		Y	Y	Y	Y	Y		8	28	12.0	338	3	16	7.7	1	3	1.25	22.2	2.7	0.0	126
			Hummus (Cooked Chick Peas, Rapeseed Oil, Tahini Paste (Sesame Seeds), Extra Virgin Olive Oil, Lemon Juice, Water, Garlic Puree, Salt), Extra Virgin Olive Oil, Black Pepper																				
SIDES	Gluten Free Chicken			Y						21	21	24.6	371	3	8	8.3	0	1	1.03	N/A	N/A	0.0	165
			Chicken Thigh Chunks (79%), Rapeseed Oil, Rice Flour, Maize Flour, Gram Flour, Cornflour, Salt, Amaranth Flour, Teff Flour, Potato Starch, Dried Glucose Syrup, Dextrose, Spices (Black Pepper, White Pepper), Sage																				
SIDES	Chicken Mezze Pot			Y	Y	Y				28	3	0.1	141	1	2	0.6	0	0	0.10	N/A	N/A	0.0	90
			Chicken (Red Tractor Chicken Thigh, Water, Salt), Mixed Herbs (Mint, Parsley)																				

We may occasionally change the ingredients in our dishes. To make sure you have the most up-to-date nutrition and allergen information, please always refer to our menu boards, ask in our restaurants or consult the digital version of this document on the day of purchase.																																			
Menu section	Dish	ALLERGENS														GL	GL	Total Portion weight																	
			GI	WHEAT (FREINGENCI)	GLUTEN FREE	VEGETARIAN	VEGAN	NUTS	TREAT	PROTEIN	FAT	CARB	KCAL	SAT FAT	MONO				POLY	SUGAR	FIBRE	SALT													
WRAPS	Chargrilled Chicken Aioli Wrap	Gluten (Wheat), Egg, Milk	Y																				34	12	41.5	450	2	5	4.3	3	4	0.90	1.0	0.4	236
			Khubez (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Thiamin, Niacin), Water, Wholemeal Wheat Flour, Sugar, Yeast, Salt), Aioli (Natural Greek Style Yoghurt (Cow's Milk), Rapeseed Oil, Water, Garlic Puree, Free Range Egg Yolk (Egg Yolk, Salt), Lemon Juice, Free Range Egg , Spirit Vinegar, Cornflour, Sea Salt), Chargrilled Chicken (Red Tractor Chicken Thigh, Water, Salt), Gherkin (Gherkin, Water, Spirit Vinegar, Salt), Baby Plum Tomatoes, Rocket, Mint, Parsley																																
WRAPS	The Fish Finger Wrap	Gluten (Wheat), Mustard, Fish, Egg																					20	32	69.5	636	2	19	9.3	5	5	1.72	16.6	11.5	280
			Khubez (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Thiamin, Niacin), Water, Wholemeal Wheat Flour, Sugar, Yeast, Salt), Tartare Sauce (Rapeseed Oil, Pasteurised Whole Egg , White Wine Vinegar, Lemon Juice, Horseradish, Gherkins (Gherkin, Water, Spirit Vinegar, Sugar, Salt), Capers (Capers, Water, Sea Salt), Dijon Mustard (Water, Brown Mustard Seeds, Spirit Vinegar, Salt), Water, Fructose, Parsley, Dill, Lemons, Salt, Cornflour, Black Pepper, Lemon Juice Concentrate, Cooked Quinoa (Quinoa, Water), Sunflower Oil), Gherkins (Gherkins, Water, Spirit Vinegar, Salt), Cos Lettuce, Fish Fingers (Cod (Fish), Wheat Flour, Rapeseed Oil, Water, Cornflour, Semolina, Rice Flour, Yeast, Maize Flour, Salt, Wheat Gluten, Sunflower Oil, White Pepper, Dried Garlic, Dried Onion)																																
WRAPS	Grilled Halloumi Wrap	Gluten (Wheat), Egg, Milk, Celery			Y																		20	24	46.2	498	12	7	5.2	8	4	2.67	3.5	1.6	229
			Khubez (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Thiamin, Niacin), Water, Wholemeal Wheat Flour, Sugar, Yeast, Salt), Aioli (Natural Greek Style Yoghurt (Cow's Milk), Rapeseed Oil, Water, Garlic Puree, Free Range Egg Yolk (Egg Yolk, Salt), Lemon Juice, Free Range Egg , Spirit Vinegar, Cornflour, Sea Salt), Gherkins (Gherkins, Water, Spirit Vinegar, Salt), Cos Lettuce, Baby Plum Tomatoes, Mixed Herbs (Mint, Parsley), Leon Ketchup (Tomatoes, Mango Chutney (Sugar, Mangoes, Salt, Acidity Regulator: Acetic Acid, Garlic, Cumin Seeds, Mixed Spices, Fenugreek Seeds, Nigella Seeds, Herb), Water, Onion, Tomatoes, Sun Dried Tomato Puree (Water, Sun Dried Tomatoes, Sunflower Oil, White Wine Vinegar), Tomato Paste, Rapeseed Oil, Red Chilli, Roast Vegetable Stock (Water, Onion, Leeks, Carrots, Celery); Red Wine Vinegar, Chipotle in Adobo Sauce (Chipotle Peppers, Water, Tomato Paste, Salt, Sugar, Onion, Acetic Acid), Garlic Puree, Salt, Celery Salt, Smoked Paprika, Black Pepper, Chilli), Halloumi Cheese (Cow's Milk , Sheep's and Goats' Milk , Salt, Microbial Rennet, Dried Mint)																																
WRAPS	The Harissa Falafel Wrap	Gluten (Wheat), Soya, Mustard			Y	Y																	10	21	61.0	482	3	8	10.0	6	7	1.50	N/A	N/A	230
			Khubez [Fortified Wheat flour (Wheat Flour (Wheat), Calcium Carbonate, Iron, Thiamin, Niacin), Water, Wholemeal Wheat Flour, Sugar, Yeast, Salt], Falafel [Sweet Potato, Chickpea, Potato Flake, Onion, Rapeseed Oil, Garlic Puree (Water, Garlic, Granules), Concentrated Lemon Juice, Salt, Parsley, Ground Coriander, Ground Cumin, White Pepper], Cos Lettuce, Vegan Aioli [Rapeseed Oil, Water, Garlic Puree, Spirit Vinegar, Lemon Juice, Faba Bean Protein (Soya , Mustard), Tapioca Starch, Salt, Cornflour, Lactic Acid], Pickled Red Onion [Pickled Red Onion (Onion, Water, Sugar, Spirit Vinegar)], Crispy Onion [Onion, RSP0 Palm Oil, Wheat Flour], Harissa [Grill Roasted Red Peppers, Harissa (Water, Sunflower Oil, Paprika Flakes, Garlic Puree, Sea Salt, Ground Cumin, Ground Coriander, Crushed Chilli, Cracked Black Pepper, Smoked Paprika, Dried Rose Petals, Ground Cinnamon, All Spice), Harissa Paste (Rapeseed Oil, Ground Cumin, Ground Coriander, Ground Caraway), Water, Red Chillies, Garlic Puree, Olive Oil, Lemon Juice from Concentrate, Modified Starch, Sea Salt, Cracked Black Pepper], Prepped Herbs [Parsley, Mint]																																
BURGERS	Chargrilled Chicken Burger	Gluten (Wheat), Mustard, Egg																					35	17	39.5	432	3	9	4.4	3	2	1.10	23.8	11.6	218
			Vegan Burger Bun [Wheat Flour, Water, Sugar, Rapeseed Oil, Dried Wheat Sourdough (Wheat Flour, Flour Treatment Agent (E300)), Yeast, Salt, Pea Protein, Dextrose), Chicken (Red Tractor Chicken Thigh, Water, Salt), Tarragon Mayo (Rapeseed Oil, Water, Olive Oil, Spirit Vinegar, Free Range Salted Egg Yolk (Egg Yolk, Salt), Horesradish, Free Range Eggs , Tarragon, Salt, Mustard Flour, Cornflour, Lemon Juice, Dijon Mustard (Water, Mustard Seeds, Spirit Vinegar, Salt), Mustard Oil), Tomatoes, Gherkins (Gherkins, Water, Spirit Vinegar, Salt), Rocket																																
BURGERS	Korean Chicken Burger	Gluten (Wheat), Soya, Egg, Milk			Y																		36	18	41.9	457	3	9	5.2	5	3	1.20	23.8	11.6	240
			Vegan Burger Bun [Wheat Flour, Water, Sugar, Rapeseed Oil, Dried Wheat Sourdough (Wheat Flour, Flour Treatment Agent (E300)), Yeast, Salt, Pea Protein, Dextrose), Vegan Burger Patty [Flavoured Rehydrated Soya Protein (Water, Soya Protein, Natural Flavours, Maltodextrin, Salt, Dextrose, Colour: Beetroot Extract), Sunflower Oil, Spice and Herb, Gelling Agent : Methylcellulose, Natural Flavours, Rice Flour, Vegetable Fibre), Tomatoes, Vegan Cheese [Filtered Water, Coconut Oil, Modified Corn and Potato Starches, Potato Starch, Sea Salt, Vegan Natural Smoke Flavouring, Olive Extract, Colour: Beta Carotene], Gherkins (Gherkins, Water, Spirit Vinegar, Salt), Vegan Carolina Mustard [Rapeseed Oil, Water, American Style Mustard , Mustard Bran, Sea Salt, Turmeric, Paprika, Garlic Powder), Agave Syrup, Cider Vinegar, English Mustard (Water, Mustard Flour, Sea Salt, Pimento, Turmeric), Faba Bean Protein (Mustard , Soya), Salt, Worcester Sauce (Water, Black Treacle, Spirit Vinegar, Tamarind, Salt, Onion Powder, Garlic Powder, White Pepper, Pimento, Ginger, Paprika, Clove), Cornflour, Cayenne Pepper], Vegan Burger Sauce [Rapeseed Oil, Water, Garlic Puree, Agave Syrup, Spirit Vinegar, Tomato Paste, American Style Mustard , Mustard Bran, Sea Salt, Turmeric, Paprika, Garlic Powder), Lemon Juice, Dill, Faba Bean Protein (Soya , Mustard), Cornflour, Tapioca Starch, Salt, Red Chilli Puree, Lactic Acid, Cayenne Pepper, Red Chilli Puree], Cos Lettuce																																
BURGERS	LoVe Burger	Gluten (Wheat), Soya, Mustard			Y	Y			Y														15	25	47.0	482	7	8	10.0	8	7	2.60	N/A	N/A	233
			Vegan Burger Bun [Wheat Flour, Water, Sugar, Rapeseed Oil, Dried Wheat Sourdough (Wheat Flour, Flour Treatment Agent (E300)), Yeast, Salt, Pea Protein, Dextrose), Vegan Burger Patty [Flavoured Rehydrated Soya Protein (Water, Soya Protein, Natural Flavours, Maltodextrin, Salt, Dextrose, Colour: Beetroot Extract), Sunflower Oil, Spice and Herb, Gelling Agent : Methylcellulose, Natural Flavours, Rice Flour, Vegetable Fibre), Tomatoes, Vegan Cheese [Filtered Water, Coconut Oil, Modified Corn and Potato Starches, Potato Starch, Sea Salt, Vegan Natural Smoke Flavouring, Olive Extract, Colour: Beta Carotene], Gherkins (Gherkins, Water, Spirit Vinegar, Salt), Vegan Carolina Mustard [Rapeseed Oil, Water, American Style Mustard , Mustard Bran, Sea Salt, Turmeric, Paprika, Garlic Powder), Agave Syrup, Cider Vinegar, English Mustard (Water, Mustard Flour, Sea Salt, Pimento, Turmeric), Faba Bean Protein (Mustard , Soya), Salt, Worcester Sauce (Water, Black Treacle, Spirit Vinegar, Tamarind, Salt, Onion Powder, Garlic Powder, White Pepper, Pimento, Ginger, Paprika, Clove), Cornflour, Cayenne Pepper], Vegan Burger Sauce [Rapeseed Oil, Water, Garlic Puree, Agave Syrup, Spirit Vinegar, Tomato Paste, American Style Mustard , Mustard Bran, Sea Salt, Turmeric, Paprika, Garlic Powder), Lemon Juice, Dill, Faba Bean Protein (Soya , Mustard), Cornflour, Tapioca Starch, Salt, Red Chilli Puree, Lactic Acid, Cayenne Pepper, Red Chilli Puree], Cos Lettuce																																