PRODUCT	ALLERGENS (CONTAINS)													
	Celery	Milk	Nuts	Gluten	Mustard	Eggs	Fish	Soya	Crustaceans	Sulphur dioxide	Peanuts	Sesame	Lupins	Molluscs
Porridge with cranberries & pumpkin seeds	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Porridge with a touch of honey	X	✓	X	X	X	X	X	X	X	X	X	X	X	X
Porridge with apple & cinnamon	X	✓	X	X	X	X	X	X	X	X	X	X	X	X
Rustic veg broth with kale, lentils, quinoa	✓	X	X	X	X	X	X	X	X	X	X	X	X	X
Seasonal asparagus vichyssoise	✓	X	X	X	X	X	X	X	X	X	X	X	X	X
Super broccoli & Lancashire cheese soup	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X
Carrot & butternut soup with fresh herbs	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X
Tomato & red pepper soup with Yorkshire Wensleydale cheese	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X
Pea and spinach soup with fresh mint	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X
Root vegetable soup with pearl barley	✓	✓	X	✓	X	X	X	X	X	X	X	X	X	X
Beetroot soup with horseradish	✓	✓	X	X	✓	X	X	X	X	X	X	X	X	X
Mushroom soup with wholegrain black rice	✓	✓	X	X	✓	X	X	X	X	X	X	X	X	X
Cauliflower soup with Fountains Gold cheddar & kale	✓	✓	X	X	✓	X	X	X	X	X	X	X	X	X
Chicken & lentil soup with spinach & cumin	✓	X	X	X	X	X	X	X	X	X	X	X	X	X
Roast chicken soup with traditional veg	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X
Thai green chicken noodle	✓	X	X	X	X	X	X	X	✓	X	X	X	X	X
Piri piri chicken soup	✓	X	X	X	X	X	X	X	X	X	X	X	X	X
Moroccan vegetable tagine	✓	X	X	✓	X	X	X	X	X	X	X	X	X	X
Sweet Potato & Lentil Dahl	✓	X	X	X	X	X	X	X	X	X	X	X	X	X
Avocado & Super Green soup	✓	X	X	X	X	X	X	X	X	X	X	X	X	X
Golden Gazpacho	✓	X	X	X	X	X	X	X	X	X	X	X	X	X