

Item	Allergens
LUNCH	
Zest Sandwiches	CONTAINS: Gluten, Egg, Peanuts, Soya, Milk, Celery, Mustard, Sesame Seeds
Working Lunch	CONTAINS: Gluten, Egg, Peanuts, Soya, Milk, Celery, Mustard, Sesame Seeds
Light Lunch	CONTAINS: Gluten, Egg, Peanuts, Soya, Milk, Celery, Mustard, Sesame Seeds
Business Lunch	CONTAINS: Gluten, Egg, Peanuts, Soya, Milk, Celery, Mustard, Sesame Seeds, Nuts, Sulphites
Executive Lunch	CONTAINS: Gluten, Egg, Peanuts, Soya, Milk, Celery, Mustard, Sesame Seeds, Nuts, Sulphites
Savoury Finger Food	CONTAINS: Gluten, Egg, Milk, Peanuts, Mustard
Savoury Finger Food - all vegetarian	CONTAINS: Gluten, Eggs, Milk, Nuts, Mustard
SOUP	
Vegetable	CONTAINS: Milk, Celery
Carrot & Coriander	CONTAINS: Milk
Tomato & Basil	CONTAINS: Celery
Roast Pepper	CONTAINS: Celery
Minestrone	CONTAINS: Gluten, Milk, Eggs, Celery
Red Thai Chicken	CONTAINS: Gluten, Milk, Soya
SALADS	
Individual - Caesar Salad	CONTAINS: Gluten, Eggs, Milk, Mustard
Individual - Chicken Pasta Salad	CONTAINS: Gluten, Egg, Milk, Nuts
Individual - Mixed Green Salad	CONTAINS: Milk, Nuts, Sulphites
Individual - Caprese Salad	CONTAINS: Milk, Eggs, Nuts
Individual - Tuna Pasta Salad	CONTAINS: Gluten, Fish, Eggs, Milk, Mustard, Celery
Individual - Chicken Noodle Salad	CONTAINS: Gluten, Nuts, Sesame Seeds, Soya
Individual - Green Bean & Feta	CONTAINS: Milk, Sulphites
Side-Salad - Mixed Green	CONTAINS: Nuts, Sulphites
Side-Salad - Caesar Salad	CONTAINS: Gluten, Eggs, Milk, Mustard
Side-Salad - Pasta Salad	CONTAINS: Gluten, Egg, Milk, Nuts
Side-Salad - Potato Salad	CONTAINS: Eggs, Milk, Mustard
Side-Salad - Fruity Couscous	CONTAINS: Gluten
Side-Salad - Apple & Celery	CONTAINS: Milk, Egg, Nuts, Mustard, Celery
Side-Salad - Carrot & Beetroot	(none)
Side-Salad - Asian Noodle	CONTAINS: Gluten, Nuts, Sesame Seeds, Soya
Side-Salad - Broccoli & Feta	CONTAINS: Milk, Sulphites
Side-Salad - Green Bean & Feta	CONTAINS: Milk, Sulphites
Side-Salad - Honeyed Spelt	CONTAINS: Gluten, Milk, Sulphites
Side-Salad - Mixed Bean	CONTAINS: Soybeans
Side-Salad - Chickpea & Roast Pepper	(none)
Side-Salad - Caprese	CONTAINS: Milk, Eggs, Nuts
BUFFET / EVENTS	
Zest Canapes	CONTAINS: Gluten, Eggs, Milk, Celery, Nuts, Mustard, Fish, Crustaceans
Premium Canapes	CONTAINS: Gluten, Eggs, Milk, Celery, Nuts, Mustard, Fish, Crustaceans, Sesame Seeds
Deli Meat Platter	CONTAINS: Milk, Mustard
Deluxe Salmon Platter	CONTAINS: Fish, Crustaceans - Eggs, Milk, Mustard, Celery (in Marie-Rose sauce)
Cheeseboard	CONTAINS: Milk - Gluten (in crackers)
Bread Basket with butter	CONTAINS: Milk, Gluten
HOT DISHES	
Chicken in mushroom sauce with Rice	CONTAINS: Milk
Red Thai chicken curry with Rice	CONTAINS: Milk, Soya, Nuts, Crustaceans
Green Thai vegetable curry with Rice	CONTAINS: Soybeans
Chicken in pesto sauce with Rice	CONTAINS: Milk, Egg, Nuts
Chicken cacciatore with Pasta	CONTAINS: Milk
Chicken & broccoli bake with roast Potatoes	CONTAINS: Gluten, Milk, Soya, Celery
Chicken in korma sauce with Rice	CONTAINS: Milk, Mustard
Beef in redcurrant sauce with Rice	CONTAINS: Milk, Sulphites
Pork in mustard sauce with Rice	CONTAINS: Milk, Mustard
Beef satay with Rice	CONTAINS: Gluten, Soya, Peanuts
Lamb skewers with savoury Couscous	CONTAINS: Gluten, Celery - Milk (in Tzatziki dip)
Cajun salmon with broccoli & Brown Rice	CONTAINS: Fish
Salmon in dill sauce with Rice	CONTAINS: Fish, Milk
Beef Lasagne with Garlic Bread	CONTAINS: Gluten, Milk
Chicken Fajitas with Accompaniments	CONTAINS: Gluten, Mustard, Milk
BREAKFAST	
Pastries	CONTAINS: Gluten, Eggs, Milk, Nuts, Soya, Sulphites
Mini-Pastries	CONTAINS: Gluten, Eggs, Milk, Soya
Granola & Yoghurt Pot	CONTAINS: Gluten, Milk, Nuts
Pancakes	CONTAINS: Gluten, Eggs, Milk
Scones	CONTAINS: Gluten, Milk, Soya
Sweet Breakfast	CONTAINS: Gluten, Eggs, Milk, Nuts, Soya, Sulphites
Savoury Breakfast	CONTAINS: Gluten, Eggs, Milk, Nuts, Soya, Sulphites

Item	Allergens
SNACKS / FRUIT	
Fruit Platter	(none)
Fruit Skewers	(none)
Fruit Pots	(none)
Muffins	CONTAINS: Gluten, Eggs, Milk, Soya
Mini-Desserts / Sweet Canapes	CONTAINS: Gluten, Egg, Milk, Nuts, Soya, Sulphites
Dessert Skewers	CONTAINS: Gluten, Eggs, Milk, Soya
Crisps	CONTAINS: Soya
Biscuits	CONTAINS: Gluten, Milk, Soya
DRINKS	
Tea/Coffee	(none)
Water	(none)
Juice	(none)
Soft Drinks	(none)
Wine	CONTAINS: Sulphites
Milk	CONTAINS: Milk