

Allergens List

BREAKFAST

Breakfast Baps	CONTAINS: Wheat, Milk, Mustard, Celery, Sulphites
Granola & Yoghurt Pot	CONTAINS: Oats, Milk, Almonds
Lrg Bowl - Fruit Salad	(none)
Lrg Bowl - Granola	CONTAINS: Oats, Almonds
Lrg Bowl - Yoghurt	CONTAINS: Milk
Mini-Pastries	CONTAINS: Wheat, Eggs, Milk, Soya
Mini-Savoury Muffins	CONTAINS: Wheat, Eggs, Milk
Pancakes	CONTAINS: Wheat, Eggs, Milk
Pastries	CONTAINS: Wheat, Eggs, Milk, Almonds, Hazelnuts, Soya, Sulphites
Sausage Rolls	CONTAINS: Wheat, Sulphites
Scones	CONTAINS: Wheat, Milk, Soya
Sweet Breakfast	CONTAINS: Wheat, Eggs, Milk, Almonds, Hazelnuts, Soya, Sulphites
Zest Energiser Breakfast	CONTAINS: Fish, Milk, Eggs, Sesame Seeds

BUFFET-EVENTS

Bread Basket with butter	CONTAINS: Milk, Wheat
Cheeseboard	CONTAINS: Milk - Wheat (in crackers)
Crayfish Cups	CONTAINS: Crustaceans, Fish, Eggs, milk, mustard, celery
Deli Meat Platter	CONTAINS: Milk, Mustard
Deluxe Salmon Platter	CONTAINS: Fish, Crustaceans - Eggs, Milk, Mustard, Celery (in Marie-Rose sauce)
Smoked salmon Blinis	CONTAINS: Wheat, eggs, milk, fish, mustard
Warm Canapes	CONTAINS: Wheat, Eggs, Mustard, Soya, Milk, Peanuts, Sesame seeds, Sulphites
Zest Canapes	CONTAINS: Wheat, Eggs, Milk, Celery, Walnuts, Mustard, Fish, Crustaceans

DRINKS

Juice	(none)
Milk	CONTAINS: Milk
Soft Drinks	(none)
Tea/Coffee	(none)
Water	(none)
Wine	CONTAINS: Sulphites

HOT DISHES

Beef in Redcurrant Sauce with Rice	CONTAINS: Wheat, Milk, Sulphites, Celery
Beef Lasagne with Garlic Bread	CONTAINS: Wheat, Milk, Celery, Mustard
Beef Satay with Rice	CONTAINS: Wheat, Soya, Peanuts
Cajun Salmon with Broccoli & Brown Rice	CONTAINS: Fish
Chicken & Broccoli Bake with roast Potatoes	CONTAINS: Wheat, Milk, Soya, Celery
Chicken Cacciatore with Pasta	CONTAINS: Milk, Celery - Wheat (in pasta)
Chicken Fajitas with Accompaniments	CONTAINS: Wheat, Mustard, Milk
Chicken in Korma Sauce with Rice	CONTAINS: Wheat, Milk, Mustard
Chicken in Mushroom Sauce with Rice	CONTAINS: Wheat, Milk, Celery
Chicken in Pesto sauce with Rice	CONTAINS: Wheat, Milk, Egg, cashew nuts, Celery
Green Thai vegetable curry with Rice	CONTAINS: Wheat, Soybeans, Celery
Lamb skewers with savoury Couscous	CONTAINS: Wheat, Celery - Milk (in Tzatziki dip)
Pork in Mustard Sauce with Rice	CONTAINS: Wheat, Milk, Mustard, Celery
Red Thai Chicken Curry with Rice	CONTAINS: Wheat, Milk, Soya, Almonds, Crustaceans, Celery
Salmon in Dill sauce with Rice	CONTAINS: Wheat, Fish, Milk, Celery
Vegetarian Bean Chilli with Rice	CONTAINS: Celery, Milk
Vegetarian Lasagne	CONTAINS: Wheat, Milk, Celery
Vegetarian Red Thai Curry with rice	CONTAINS: Wheat, Milk, Soya, Almonds, Crustaceans, Celery

LUNCH

Business Lunch	CONTAINS: Wheat, Rye, Barley, Egg, Peanuts, Soya, Milk, Celery, Mustard, Sesame Seeds, Sulphites, Hazelnuts
Executive Lunch	CONTAINS: Wheat, Rye, Barley, Egg, Peanuts, Soya, Milk, Celery, Mustard, Sesame Seeds, Hazelnut, Sulphites
Light Lunch	CONTAINS: Wheat, Rye, Barley, Egg, Peanuts, Soya, Milk, Celery, Mustard, Sesame Seeds
Quiche: Goats Cheese / Salmon & Broccoli	CONTAINS: Wheat, Eggs, Milk, Sulphites - Fish (in salmon & broccoli)
Savoury Finger Food	CONTAINS: Wheat, Egg, Milk, Peanuts, Mustard
Working Lunch	CONTAINS: Wheat, Rye, Barley, Egg, Peanuts, Soya, Milk, Celery, Mustard, Sesame Seeds, Almonds, Sulphites
Zest Sandwiches	CONTAINS: Wheat, Rye, Barley, Egg, Peanuts, Soya, Milk, Celery, Mustard, Sesame Seeds

SALADS

Individual - Caesar Salad	CONTAINS: Wheat, Eggs, Milk, Mustard
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Individual - Caprese Salad	CONTAINS: Milk, Eggs, cashew nut
Individual - Chicken Noodle Salad	CONTAINS: Wheat, Sesame Seeds, Soya
Individual - Chicken Pasta Salad	CONTAINS: Wheat, Egg, Milk, Cashew Nuts, Pinenuts
Individual - Green Bean & Feta	CONTAINS: Milk, Sulphites
Individual - Mixed Green Salad	CONTAINS: Milk, Sulphites, Pinenuts
Individual - Tuna Pasta Salad	CONTAINS: Wheat, Fish, Eggs, Milk, Mustard, Celery
Side-Salad - Apple & Celery	CONTAINS: Milk, Egg, Pecan Nuts, Mustard, Celery
Side-Salad - Asian Noodle	CONTAINS: Wheat, Sesame Seeds, Soya
Side-Salad - Broccoli & Feta	CONTAINS: Milk, Sulphites
Side-Salad - Caesar Salad	CONTAINS: Wheat, Eggs, Milk, Mustard
Side-Salad - Caprese	CONTAINS: Milk, Eggs, cashew nut
Side-Salad - Carrot & Beetroot	(none)
Side-Salad - Chickpea & Roast Pepper	(none)
Side-Salad - Fruity Couscous	CONTAINS: Wheat
Side-Salad - Green Bean & Feta	CONTAINS: Milk, Sulphites
Side-Salad - Honeyed Spelt	CONTAINS: Wheat, Milk, Sulphites
Side-Salad - Mixed Bean	CONTAINS: Soybeans
Side-Salad - Mixed Green	CONTAINS: Sulphites, Pinenuts
Side-Salad - Pasta Salad	CONTAINS: Wheat, Egg, Milk, cashew nuts, Pinenuts
Side-Salad - Potato Salad	CONTAINS: Eggs, Milk, Mustard
Side-Salad - Superfood/Duo grain	CONTAINS: Wheat, Soybeans
Side-Salad - Tomato	(none)

SNACKS-FRUIT

Biscuits	CONTAINS: Wheat, Milk, Soya
Crisps	CONTAINS: Soya
CupCakes	CONTAINS: Wheat, Milk, Eggs, Soya
Dessert Skewers	CONTAINS: Wheat, Eggs, Milk, Soya
Fruit Platter	(none)
Fruit Pots	(none)
Fruit Skewers	(none)
Mini-Desserts / Sweet Canapes	CONTAINS: Wheat, Egg, Milk, Walnuts, Hazelnuts, Soya, Sulphites
Muffins	CONTAINS: Wheat, Eggs, Milk, Soya, almonds, sulphites

SOUP

Carrot & Coriander Soup	CONTAINS: Milk
Minestrone Soup	CONTAINS: Wheat, Milk, Eggs, Celery
Red Thai Chicken Soup	CONTAINS: Wheat, Milk, Soya
Roast Pepper Soup	CONTAINS: Celery
Tomato & Basil Soup	CONTAINS: Celery
Vegetable Soup	CONTAINS: Milk, Celery

XMAS

Festive Lunch - Dessert	CONTAINS: Wheat, Eggs, Milk, Soybeans
Festive Lunch - Main Course	CONTAINS: Wheat, Milk, Soybeans, Celery
Mince Pies w/Cream	CONTAINS: Wheat, Sulphites - Milk (in Cream)
Mulled Wine	CONTAINS: Sulphites
Xmas Mini-Desserts	CONTAINS: Wheat, Egg, Milk, Almonds, Walnuts, Hazelnuts, Soya, Sulphites