

Fish In a Box – Contents of ingredients (allergens in bold)

SMOKED SALMON PÂTÉ

Smoked salmon pâté (smoked salmon (**fish**), crème fraiche (buttermilk (**milk**), cream (**milk**)), full fat cream cheese (**milk**), lemon juice (**sulphites**), salt, pepper), sourdough loaf (wheat flour (**wheat**), rye flour (**gluten**), water, yeast, salt, rapeseed oil), Netherend farm butter (**milk**), fresh rocket

MACKEREL PÂTÉ

Mackerel pâté (smoked mackerel fillets (**fish**), crème fraiche (buttermilk (**milk**), cream (**milk**)), full fat cream cheese (**milk**), lemon juice (**sulphites**), salt, pepper), sourdough loaf (wheat flour (**wheat**), rye flour (**gluten**), water, yeast, salt, rapeseed oil), Netherend farm butter (**milk**), fresh rocket

FRESH SALMON

Salmon fillets (**fish**), fresh lemon wedge, olive oil, thyme)

FILLETS OF HAKE

Hake fillets (**fish**), olives (pitted black & green olives), sunblushed tomatoes, olive oil, garlic)

STEAMED NEW POTATOES

Potatoes, fresh parsley, butter (**milk**)

GREEN VEGETABLES

Seasonal green vegetables

HERBS TO GARNISH

Chives, parsley, dill

WHITE BEAN, PEA & CHORIZO FABADA (AND A SIDE OF RED PEPPERS)

Haricot beans, peas, chorizo (pork, paprika, salt, garlic, oregano, milk (**milk**)), tomatoes, red wine (**sulphites**), garlic, lemon juice (**sulphites**), red peppers

HERBY SEAFOOD SAUCE (AND A SIDE OF ASPARAGUS)

Fish stock (**fish**, **crustaceans**), cream (**milk**), white wine (**sulphites**), water, garlic, celery (**celery**), leeks, soya (**soya**), carrots, parsley, dill), fresh asparagus, dill, chives, parsley

TRIPLE CHOCOLATE BROWNIES

Gluten free chocolate brownies (dark chocolate (soya), sugar, pasteurised free-range eggs (**egg**), butter (**milk**), gluten free flour (rice, potato, tapioca, maize, buckwheat), cocoa powder, raising agents), chocolate sauce (dark chocolate callets (**milk**, **soya**), cream (**milk**), butter (**milk**), brown sugar, raspberry dust (dried raspberries), chocolate sprinkles (sugar, cocoa mass, cocoa butter, whole milk powder (**milk**), skimmed milk powder (**milk**), emulsifier (**soya**), natural vanilla flavouring)

THE EASTERN MESS KIT

Toasted pistachios (**nuts**), rosewater whipped cream (rose water, cream (**milk**), sugar, natural vanilla flavouring), raspberries, meringues (egg whites (**eggs**), sugar), dried rose petals

This box may contain nuts as it has been prepared in a kitchen that uses nut ingredients.