

## Vegetarian/ Vegan In a Box – Contents of ingredients (allergens in bold)

### CAMEMBERT

Camembert ((**milk**) honey, dried rosemary), sourdough loaf (wheat flour (**wheat**), rye flour (**gluten**), water, yeast, salt, rapeseed oil), tomato chutney (tomatoes, sugar, onions, vinegar, water, spices, salt, sunflower oil, garlic puree, brown mustard seeds (**mustard**)), fresh rocket

### GRILLED AUBERGINE TABBOULEH

Aubergine, garlic, olive oil, cous cous, cucumber, cherry tomatoes, mint parsley, sourdough loaf (wheat flour (**wheat**), rye flour (**gluten**), water, yeast, salt, rapeseed oil), tahini & coconut dressing (lemon, coconut yoghurt, tahini, maple syrup), fresh rocket

### SWEET POTATO, CHICKPEA & SPINACH MASALA

Sweet potatoes, chickpeas, spinach, onions, vegetable oil, rapeseed oil, coriander, paprika, turmeric, cumin, tamarind, fenugreek, mustard powder (**mustard**), black pepper, ginger, chilli powder, garlic, water

### MOROCCAN BUTTERNUT SQUASH TAGINE

Butternut squash, onions, dried fruits (apricots, prunes, dates, sultanas, raisins), tomatoes, lemon juice (**sulphites**), garlic, ginger, smoked paprika, cumin, coriander seeds, chilli, tamarind, pink peppercorns, black peppercorns, star anise, rose petals, fennel seeds, cardamon seeds, caraway seeds, cinnamon, salt

### BRAISED RICE

Basmati rice, salt, water

### TOMATO & RED ONION SALAD

Tomatoes, red onion, olive oil, white wine vinegar (**sulphites**)

### GARLIC & CORIANDER NAANS

Fortified wheat flour (**wheat**), water, salt sugar, palm oil, garlic, coriander, yeast, propionate

### SPICED YOGHURT

Vegan natural yoghurt, garam masala (coriander, cumin, black pepper, cinnamon, dill, ginger, cloves), mint, white wine vinegar (**sulphites**)

### MANGO & GINGER CHUTNEY

Mango, sugar, stem ginger, garlic, cornflour, lime, cumin, salt

### ROASTED LEMON WEDGES

Fresh lemons

### STICKY TOFFEE PUDDING

Sticky toffee pudding (fortified wheat flour (**wheat**), sugar, water, dates, cream (**milk**), eggs (**eggs**), golden syrup, palm oil, black treacle, brown sugar), cream (**milk**), toffee sauce (brown sugar, demerara sugar, butter (**milk**), cream (**milk**))

### CHERRY AND ALMOND BROWNIE

Glacier cherries, flax seeds, dark chocolate, coffee, self-raising flour (**wheat**), cocoa powder, ground almonds (**nuts**), gluten free baking powder, caster sugar, vanilla extract

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