

## Frozen Meals

All Meals are made in a kitchen handling peanuts, tree nuts, sesame, gluten, sulphites, and soy products.

Due to being a shared facility, there may be traces of eggs and milk as they are on site. However, these are not used in our products.

- **Mediterranean Bites**

**Ingredients:** Chickpeas, Onion, Sundried Tomato [sundried tomatoes, canola oil, garlic, salt, vinegar, herbs, preservative (223-**sulphites**), sugar, acidity regulator (330)], Sunflower Seeds, Nutritional Yeast, Garlic, Salt, Herbs & Spices, Pepper

**Contains: Sulphites, May Contain Wheat, Gluten, Soy, Peanut, Sesame, Cashew Nuts, Almonds, Walnuts**

- **Sausageless Rolls**

**Ingredients:** Pastry (39%) [**wheat** flour, margarine (vegetable oil, water, salt, emulsifiers (471, 322-**soy**), acidity regulator (500, 330), antioxidant (307b-**soy**), colour (160a)), water], Lentils, Black Beans, Onion, Carrots, Tomato, Mushrooms, Organic Tamari (**soy**), Organic **Soy** Milk (**soy**), Nutritional Yeast, Garlic, Salt, Herbs, Chilli flakes, Pepper

**Contains: Wheat, Gluten, Soy, May Contain Peanut, Sesame, Cashew Nuts, Almonds, Walnuts**

- **Chickpea and Spinach Roll – Samosa Flair**

**Ingredients:** Pastry (39%) [**wheat** flour, margarine (vegetable oil, water, salt, emulsifiers (471, 322-**soy**), acidity regulator (500, 330), antioxidant (307b-**soy**), colour (160a)), water], Chickpeas (28%), Spinach (9%), Cabbage, Onion, Mushroom, Organic **Soy** Milk (**soy**), Garlic, Organic Tamari (**soy**), Spices, Chilli, Salt

**Contains: Wheat, Gluten, Soy, May Contain Peanut, Sesame, Cashew Nuts, Almonds, Walnuts**