

FRESH MEALS

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

- **Aloo Gobi**

Ingredients: Brown Rice, Potato (18%), Cauliflower (13%), Chickpeas, Peas, Water, Coconut Milk [coconut milk, emulsifiers (466, 415, 435)], Onion, Raisins, Olive Oil, Lime Juice, Garlic, Ginger, Herbs and Spices, Salt, Chilli, Pepper, Flavour Enhancer (627)

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

- **African Peanut Curry**

Ingredients: Tomatoes [tomatoes, tomato juice, acidity regulator (330), salt], Couscous [**wheat** semolina, water], Chickpeas, Kumara, Water, Onion, **Peanuts** (6%), Kale, Ginger, Garlic, Herbs and Spices, Salt

Contains Wheat, Gluten, Peanuts May Contain Soy, Sesame, Cashew Nuts, Almonds, Walnuts

- **Baked Meatballs**

Ingredients: Meatballs (32%) [organic tofu (water, organic **soybeans**, mineral salt (516)), kumara, onions, carrots, worcester sauce (water, reconstituted apple juice, sugar, tomato, salt, apple cider vinegar, molasses, spices, acidity regulators (260, 330), colour (150d), natural flavours), yeast, garlic, salt, pepper], Tomatoes, Water, Green Beans, Couscous [**wheat** semolina], Onion, Garlic, Apple Juice, Salt, Molasses, Herbs & Spices, Salt, Pepper, Acidity Regulators (260, 330), Colour (150d), Natural Flavours, Flavour Enhancer (627)

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

- **Bangers and mash**

Ingredients: Potato Mash (32%) [potato (88%), **soy** milk (water, **soybeans**, sugar, sunflower oil, mineral salt (341), vegetable gums (460, 407, 466), flavours, salt, acidity regulators (340, 331)), nutritional yeast, salt], Vegan Sausages (19%) [tofu (38%) (water, **soybeans**, firming agent (516)), onion, gluten, water, vegetable oil, gelling agents (461, 407, 410) **wheat** fibre, potato starch, yeast extract, yeast, sugar, salt, herbs, garlic, hydrolysed vegetable protein (**soy**), pepper], Vegan Gravy (13%) [water, **wheat** flour, garlic, salt, colour (150c), natural flavour, spices], Tomatoes, Carrots, Red Onion, Borlotti Beans

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

- **Bibimbap**

Ingredients: Brown Rice, Organic Tofu (21%) [water, **soybeans**, firming agent (516)], Edamame Beans (11%) (**soy**), Carrot, Shiitake Mushrooms, Mesclun, Gochujang [corn syrup, water, rice, red pepper, salt, rice wine, onion, garlic, fermented **soybean** powder, koji], Pickled Ginger [contains sweeteners (951, 950, 955), colour (163)], Pickled Onion, Organic Tamari (**soy**), Spring Onion, Garlic, Maple Syrup, **Sesame** Oil, Rice Wine Vinegar

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

- **Chickpea, Lime, and Coconut Topical Bowl**

Ingredients: Brown Rice, Vegetable Stock [water, salt, maize maltodextrin, sugar, dehydrated vegetables, yeast extract, rice flour, natural flavours, flavour enhancer (627), sunflower oil, chilli], Pumpkin, Coconut Milk (11%) [coconut milk, emulsifiers (466, 415, 435)], Chickpeas (11%), Kale, Red Onion, Capsicum, Lime Juice (1%), Garlic, Coconut Oil, Salt, Kefir Lime Leaf, Herbs, Chilli

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

- **Chickpea and Potato Sarr**

Ingredients: Potato (26%), Brown Rice, Chickpeas (16%), Tomato, Spinach, Carrot, Coconut Cream [coconut cream, emulsifiers (466, 415, 435)], Water, Onion, Celery, Spices, Garlic, Organic tamari [contains **soy**], Chilli, Flavour Enhancer (627)

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

- **Chickpea Korma Curry**

Ingredients: Brown Rice, Tomatoes, Chickpeas (13%), Kumara, Coconut Cream [coconut cream, stabilisers (466, 415, 435)], Onion, **Cashew Nuts**, Garlic, Ginger, Herbs and Spices, Salt, Pepper, Chilli

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

- **Chilli Baked Potato**

Ingredients: Potato (39%), Tomatoes, Beans [kidney beans, black beans, pinto beans], Corn, Onion, Water, Spring Onion, Garlic, Spices, Chilli (0.1%), Salt.

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

- **Cottage Pie**

Ingredients: Mashed Potato (23%) [potato, **soy** milk (water, **soybeans**, sugar, sunflower oil, mineral salt (341), vegetable gums (460, 407, 466), flavours, salt, acidity regulators (340, 331)), nutritional yeast, salt], Lentils, Tomatoes, Peas, Carrot, Water, Red Wine [red wine, salt, natural flavour, preservatives (202, 220-**sulphites**)], Onion, Worcester

Sauce [contains reconstituted apple juice, molasses, spices, acidity regulators (260, 330), colour (150d), natural flavours], Garlic, Chilli, Herbs & Spices, Salt, Pepper, Yeast Extract, Flavour Enhancer (627, 621)

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

- **Crispy Satay Tofu**

Ingredients: Organic Tofu (29%) [water, **soybeans**, firming agent (516)], Edamame Beans (**soy**), Satay Sauce (16%) [coconut milk, **peanuts** (36%), tamari (water, **soy**, salt, alcohol), chilli, emulsifiers (466, 415, 435)], Vermicelli Rice Noodles [rice, water], Red Cabbage, Broccoli, Cornflour, Garlic, **Sesame** Seeds

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

- **Dahl**

Ingredients: Brown Rice, Water, Red Lentils (12%), Coconut Milk [coconut milk, emulsifiers (466, 415, 435)], Tomatoes, Onion, Spinach, Lemon, Herbs & Spices, Garlic, Ginger, Chilli, Mustard Seeds, Salt, Pepper, Flavour Enhancer (627)

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

- **Falafel with Ginger Quinoa Salad**

Ingredients: Falafel (32%) [chickpeas, onion, olive oil, herbs & spices, garlic, lemon zest, salt, raising agents (500, 450, 541, 336)], Pumpkin, Quinoa (22%), Dressing [**sesame** paste, water, lime juice, maple syrup, garlic, spices, salt], Pumpkin Seeds, Lemon, Ginger (1%), Maple Syrup, Olive Oil, Garlic, Herbs, Salt, Chilli, Pepper, Flavour Enhancer (627)

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

- **Edamame Harvest Noodle Bowl with Asian Sesame Dressing**

Ingredients: Pumpkin, Organic Edamame Noodles (22%) [organic edamame powder (90%) (**soy**), water], Edamame Beans (11%) (**soy**), Broccoli, Asian **Sesame** Dressing (11%) [organic tamari (water, **soybeans**, salt, alcohol), maple syrup, rice vinegar (water, rice, salt), ginger, garlic, **sesame** oil (5%), **sesame** seeds (5%), red pepper flakes], Red Cabbage, Mesculin, Olive Oil, Salt, Herbs & Spices

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

- **Enchiladas**

Ingredients: Tomatoes, Jackfruit, Salsa (14%) [pineapple, corn, capsicum, lemon juice, jalapeno, salt, pepper], Black Beans, Kumara, Tortilla Wraps (10%) [**wheat** flour, water, vegetable oil (with antioxidant (307)), salt, sugar, emulsifier (471), raising agents (541, 500, 450), rice flour, preservatives (282, 200), acidity regulator (297), stabilisers (466, 415)], Black Beans, Onion, Nutritional Yeast, Herbs & Spices, Garlic

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

- **Ginger Teriyaki Stir Fry**

Ingredients: Brown Rice, Broccoli, Teriyaki Ginger Dressing (14%) [organic tamari (water, organic **soybeans**, salt, alcohol), maple syrup, **sesame** oil, rice wine vinegar (water, rice, salt), cornflour, ginger (3%), garlic], Sunfed Chicken (12%) [water, pea protein, olive oil pea fibre, yeast extract, pumpkin], Edamame Beans (**soy**), Green Beans, Bok Choy, **Sesame** Seeds

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

- **Mexican Burrito Bowl**

Ingredients: Brown Rice, Cauliflower, Black Bean, Tomatoes, Corn, Jackfruit (8%), Textured **Soy** Protein, Capsicum, Onion, Harissa Paste [contains, tomatoes, roasted pepper, herbs & spices, lemon juice concentrate], Garlic, Red Wine Vinegar [wine, antioxidant (224-**sulphites**)], Spices, Chilli Flakes, Coconut Sugar, Salt

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

- **Jamaican Curry**

Ingredients: Brown Rice, Potato, Black Eyed Beans, Water, Coconut Milk [coconut milk, emulsifiers (466, 415, 435)], Mango, Onion, Lemon Juice, Herbs & Spices, Garlic, Chilli Flakes, Pepper, Salt, Mustard Seeds

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

- **Katsu Curry with Crispy Tofu Katsu**

Ingredients: Brown Rice, Organic Tofu [water, **soybeans**, firming agent (516)], Water, Corn Flakes [corn grits, sugar, salt, **malt** extract, colours (102, 110)], **Soy** Milk (water, **soybeans**, sugar, sunflower oil, minerals (341), vegetable gums (460, 407, 466), flavours, salt, acidity regulators (340, 331)], Cornflour, Potato, Carrots, Apple, Green Cabbage, Onion, Spices, Vegan Butter [emulsifiers (471, sunflower lecithin), natural flavour, natural colour (160a)], Organic Tamari [water, organic **soybeans**, salt, alcohol], Spices, Salt, Pepper, Flavour Enhancer (627)

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

- **Kitchari**

Ingredients: Vegetable Stock [water, salt, maize maltodextrin, sugar, dehydrated vegetables, yeast extract, rice flour, natural vegetable flavours, flavour enhancer (627), sunflower oil, chilli], Rice, Moong Dahl Lentils, Potato, Pumpkin, Coconut Cream [coconut cream, emulsifiers (466, 415, 435)], Lemon, Spices, Coconut Oil, Ginger, Salt

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

- **Korean Lentil**

Ingredients: Brown Rice, Green Lentils (17%), Cabbage, Shiitake Mushrooms, Broccoli, Mesclun, Organic Tamari [water, organic **soybeans**, salt, alcohol], **Sesame** Oil, Garlic, Ginger, Green Onion, **Sesame** Seeds, Coconut Sugar, Chilli, Pepper

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

- **Lentil Lasagne with Creamy Cheese Topping**

Ingredients: Lentils (22%), Cheese Sauce (17%) [**soy** milk (water, **soybeans**, sugar, sunflower oil, minerals (341), vegetable gums (460, 407, 466), flavours, salt, acidity regulator (340, 331)), vegan cheese (modified maize starch (1404, 1414, 1450), emulsifier (341), acidity regulator (270), preservative (202), colour (160a)), vegan butter (emulsifiers (471, sunflower lecithin), natural flavour, natural colour (160a)), chickpea flour, nutritional yeast, herbs & spices, salt], Tomatoes, Lasagne Sheets (12%) [maize flour, rice flour], Spinach, Water, Broccoli, Green Beans, Onion, Capsicum, Garlic, Herbs & Spices, Salt, Pepper, Flavour Enhancer (627)

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

- **Mediterranean Bites**

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

- **Mediterranean Bites with Orange Faro Salad**

Ingredients: Mediterranean Bites (56%) [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], Orange Faro Salad (30%) [faro (39%), orange (20%), capsicum, corn, herbs], Orange Dressing (4%) [olive oil, orange juice (17%), white wine vinegar (contains **sulphites**), chilli, salt, garlic, flavour enhancer (621)]

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

- **Moroccan Chickpea Skillet**

Ingredients: Bulgur **Wheat**, Chickpeas (16%), Tomato, Kumara, Capsicum, Onion, Water, Lemon, Garlic, Herbs & Spices, Salt, Pepper, Flavour Enhancer (627)

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

- **Orange Tofu Bowl**

Ingredients: Brown Rice, Organic Tofu (19%) [water, organic **soybeans**, mineral salt (516)], Orange Sauce (15%) [orange juice (54%), water, organic tamari (water, organic **soybeans**, salt, alcohol), maple syrup, rice vinegar (water, rice), garlic, orange zest (3%), ginger, chili flakes, sugar, dehydrated vegetables, yeast extract, natural vegetable flavours, flavour enhancer (627), sunflower oil], Broccoli, Green Beans, Silverbeet, **Sesame** seeds, Spring Onion, Cornflour, Organic Tamari [water, organic **soybeans**, salt, alcohol]

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

- **Pad Thai**

Ingredients: Rice Noodles (27%) [rice, water], Organic Tofu (21%) [water, organic **soybeans**, mineral salt (516)], Mung Beans, Carrots, Organic Tamari [water, organic **soybeans**, salt, alcohol], Capsicum, Spring Onions, **Peanuts**, Cornflour, Rice Wine Vinegar, Chilli, Garlic, Ginger, **Sesame** Oil, **Sesame** Seeds, Flavour Enhancer (621)

Contains Peanuts, Soy, Sesame, May Contain Wheat, Gluten, Cashew Nuts, Almonds, Walnuts

- **Roasted Pumpkin Barley Salad**

Ingredients: **Barley** (38%), Pumpkin, Edamame Beans (**soy**), Spinach, Cherry Tomatoes, Onion, Dressing [apple cider vinegar, lemon juice, lemon zest], Garlic, Olive Oil, Salt, Herbs, Pepper, Flavour Enhancer (627)

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

- **Sesame Tofu Bento Bowl**

Ingredients Brown Rice, Organic Tofu (19%) [water, organic **soybeans**, mineral salt (516)], Carrot, Capsicum, Edamame Beans (**soy**), Cornflour, **Sesame** Seeds (2.5%), **Cashew Nuts**, **Sesame** Paste, Spring Onions, Pickled Ginger [contains sweeteners (951, 950, 955), colour (163)], Tamari [contains **soy**], Herbs, **Sesame** Oil (1.5%), Miso (contains **soybean**, **malt**), Rice Wine Vinegar, Coconut Sugar, Olive Oil, Water, Garlic, Ginger, Lime Juice

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

- **Spanish Meatballs**

Ingredients: Brown Rice, Meatballs (22%) [kidney beans, sunflower seeds, garlic, tomato paste, tamari (water, organic **soybeans**, salt, alcohol), salt, herbs, pepper], Tomato, Cauliflower, Water, Red Wine (wine, antioxidant (224-**sulphites**), Onion, Olive Oil, Harissa paste [contains tomatoes, vinegar, roasted pepper, spices, lemon juice concentrate], Garlic, Chickpea Flour, Herbs & Spices, Salt, Pepper, Chilli

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

- **Spaghetti Leatballs**

Ingredients: Spaghetti (35%) [durum **wheat** semolina, water], Leatballs (33%) [lentils (72%), onion, tomato paste, wholegrain **oats**, chickpea flour, garlic, herbs & spices, dehydrated vegetables, salt, pepper, chilli flakes], Tomatoes, Water, Carrot, Nutritional Yeast, Garlic, Salt, Herbs & Spices, Flavour Enhancer (627)

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

- **Smokey Tahini Salad with Black Bean Burgers**

Ingredients: Black Bean Burgers (40%) [pumpkin, black beans (20%), kidney beans, corn, sunflower seeds, spring onions, garlic, **almond** meal, balsamic vinegar (wine, preservative (224-**sulphites**), grape must, colour (150d)), spices, salt], Kumara, Potato, Carrot, Lentils, Tahini (4%) (**sesame**), Kale, Cranberries, Water, **Walnuts**, Pumpkin Seeds, Olive Oil, Lemon, Maple Syrup, Herbs & Spices, Salt, Garlic

Contains: Sesame, Walnut, Almond, Sulphites, May Contain Wheat, Gluten, Soy, Cashew Nuts, Peanut

- **Spicy Korean Tofu Bowl**

Ingredients: Brown Rice, Organic Tofu (24%) [water, organic **soybeans**, cornstarch, mineral salt (516)], Cabbage, Mung Beans, **Sesame** Seeds, Vegan Butter [emulsifiers (471, sunflower lecithin), natural flavour, natural colour (160a)], Water, Spring Onion, Maple Syrup, Organic Tamari [water, organic **soybeans**, salt, alcohol], Garlic, Ginger,

Sesame Paste, Salt, Rice Vinegar, Red Pepper Powder, Rice Wine, Fermented **Soybean** Powder

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

- **Sticky Ginger Tofu Bowl**

Ingredients: Brown Rice, Organic Tofu (20%) [water, organic **soybeans**, mineral salt (516)], Cabbage, Edamame Beans (**soy**), Carrot, Mung Beans, Crispy noodles [contain **wheat** flour, **soybean** oil], Maple Syrup, Organic Tamari [water, organic **soybeans**, salt, alcohol], **Sesame** Oil, Spring Onion, Rice Wine Vinegar, Ginger (0.5%), Cornflour, Garlic, Chilli

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

- **Swedish Meatballs**

Ingredients: Potato, Meat Balls (28%) [kidney beans, sunflower seeds, onion, garlic, tomato, organic tamari (water, organic **soybeans**, salt, alcohol), salt, herbs, pepper], Green Beans, Water, Coconut Milk [coconut milk, emulsifiers (466, 415, 435)], Vegan Butter [emulsifiers (471, sunflower lecithin), natural flavour, natural colour (160a)], **Soy** Milk [contains **soy**], Chickpea Flour, Nutritional Yeast, Organic Tamari [contains **soy**], Dijon Mustard [contains preservative (224-**sulphites**), Salt, Red Wine Vinegar, Pepper, Herbs & Spices, Flavour Enhancer (627)

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

- **Thai Coconut Soup**

Ingredients: Coconut Milk (19%) [coconut milk, emulsifiers (466, 415, 435)], Pumpkin, Organic Tofu [water, organic **soybeans**, mineral salt (516)], Rice Noodles [rice, water], Water, Carrot, Bok Choy, Onion, Mung Beans, Red Curry Paste [shallots, chilli, salt, **soybean** oil, sugar, garlic, lemongrass, galangal, kaffir lime, herbs), Lemon, Herbs

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

- **Thai Peanut Curry**

Ingredients: Brown rice, Organic Tofu (21%) [water, **soybeans**, firming agent (516)], Coconut Milk [coconut milk, emulsifiers (466, 415, 435)], water, pumpkin, carrot, onion, capsicum, **peanuts** (28%), ginger, cornflour, garlic, Red Curry Paste [shallots, chilli, salt, **soybean** oil, sugar, garlic, lemongrass, galangal, kaffir lime, herbs), Organic tamari [contains **soy**], coconut oil, salt, pepper.

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

- **Thai Quinoa Crunch Salad**

Ingredients: quinoa (24%), chickpeas, edamame beans (**SOY**), cabbage, carrot, capsicum, **peanuts, cashew nut**, raisins, tamari (water, **soy**, salt, alcohol), rice wine vinegar, sesame oil, maple syrup, ginger, lime juice, garlic, spring onion, chilli flakes

Contains Soy, peanuts, cashews, May Contain Wheat, Gluten, Sesame, Almonds, Walnuts

- **White Wine Tuscan Soup**

Ingredients: Water, Borlotti beans, **Soy Milk** (water, **soybeans**, sugar, sunflower oil, minerals (341), vegetable gums (460, 407, 466), flavours, salt, acidity regulators (340, 331)], potato, **white wine (11%)**, capsicum, carrot, celery, leek, chickpea flour, Vegan Butter [emulsifiers (471, sunflower lecithin), natural flavour, natural colour (160a)], garlic, nutritional yeast, lemon, salt, tarragon, thyme, chilli flakes, paprika, veg stock, pepper.

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

- **Yellow Curry**

Ingredients: Brown Rice, Organic Tofu (21%) [water, **soybeans**, firming agent (516)], Edamame Beans (11%) (**soy**), Coconut Milk (11%) [coconut milk, emulsifiers (466, 415, 435)], carrot, water, green beans, bamboo shoots, capsicum, onion, Organic tamari [contains **soy**], coconut oil, ginger, coconut sugar, salt, garlic, red chilli, lemon grass, kaffir lime leaf, miso, herbs and spices.

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