

### NUTRITION & ALLERGEN FACT SHEET BOOKLET

**Published November 2019** 

### PAELLA FELLA FOREWORD



## **Nutrition & Allergens**

The catering industry has changed dramatically in the last 10 years, not least because of the rise in food intolerances and allergies. This is something we take very seriously at Paella Fella and in October 2018 we commissioned a full audit of our menu, and composite ingredients, to ensure compliance with allergen declarations across our business. We now work with a Nutritional Consultant to analyse our menu both nutritionally-speaking and with regards to allergens. Our goal is to provide information to our customers that goes above and beyond so that you know what's in the food we produce. You might also be surprised to learn how nutritionally balanced some of our dishes are. The Mediterranean diet is after all considered one of the healthiest worldwide. So the good news is you can indulge and enjoy your event knowing that all your dietary requirements are catered for.

We ask all our clients to clearly state any allergen requirements at time of booking so that we can tailor your event menu accordingly.

Nick Blythe Founder Paella Fella



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### MENU FACT SHEETS

We aim to cater to all dietary requirements and offer a wide range of dishes for omnivores, pescatarians, vegetarians, and vegans within our Spanish-influenced Mediterranean menu.

Additionally, we can cater to ethical and religious diets upon request, sourcing ingredients which are certified Halal, Kosher, and/or other.

### PAELLA FELLA MENU DEFINITIONS



#### Our menu

We aim to be as inclusive as possible with our menu so that our customers, and their guests, can enjoy the simple pleasure of sharing good food and good times together.



Omnivore dishes contain meat and meat derivatives and may also include eggs and dairy products (butter, milk, cheese) alongside plantbased ingredients.



Pescatarian dishes contain fish, crustaceans and molluscs, and may also include eggs and dairy products (butter, milk, cheese) alongside plant-based ingredients, but are meat-free.



Vegetarian dishes are meat and fish-free, but may include eggs and dairy products (butter, milk, cheese) alongside plant-based ingredients.



Vegan dishes are 100% plant-based and free-from meat, fish, and animal derivatives such as eggs, dairy (butter, milk, cheese).



We can cater for specific ethical and religious diets upon request.



### PAELLA FELLA OMNIVORE FACT SHEET





#### What are Omnivore dishes?

Omnivore dishes contain meat and meat derivatives and may also include eggs and dairy products (butter, milk, cheese) alongside plant-based ingredients.

#### Paella Fella Meat Recipes

We offer a range of meat dishes across our paella and tapas menus using a variety of authentic Spanish ingredients and locally sourced, sustainable meats.

Please inform the Paella Fella team at time of ordering to request special dietary requirements.

Valenciana Paella	Chicken Wings	Lamb Cigars
Chicken & Chorizo Paella	Chorizo & Red Pepper Tortilla	Popcorn Chicken
Albondigas Meat Balls	Drunken Chicken in Beer	Sticky Apple Chorizo Bites
Asparagus & Serrano Ham	Ham Croquetas	
Chicken Pinchos	Iberian Pork Nuggets	



### PAELLA FELLA PESCATARIAN FACT SHEET





#### What are Pescatarian dishes?

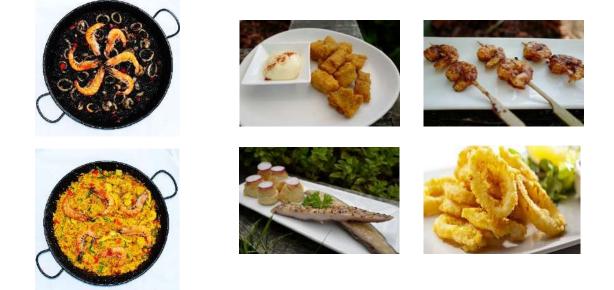
Pescatarian dishes contain fish, crustaceans and molluscs, and may also include eggs and dairy products (butter, milk, cheese) alongside plant-based ingredients, but are meat-free.

#### Paella Fella Pescatarian Recipes

We offer a range of pescatarian dishes across our paella and tapas menus using seasonal fresh ingredients and some frozen seafood ingredients.

Please inform the Paella Fella team at time of ordering to request special dietary requirements.

Marisco Seafood Paella	Mackerel Profiteroles	
Calamari Tempura	Prawn Pil Pil	
Cod Bastonetas		



### PAELLA FELLA VEGETARIAN FACT SHEET





#### What are Vegetarian dishes?

Vegetarian dishes are meat and fish-free, but may include eggs and dairy products (butter, milk, cheese) alongside plant-based ingredients.

#### Paella Fella Vegetarian Recipes

We offer a growing range of vegetarian dishes across our paella and tapas menus. Many of these dishes can also be made vegan by switching animal-derived ingredients with vegan alternatives on request.

Please inform the Paella Fella team at time of ordering to request special dietary requirements.

Cauliflower Wings	Padron Peppers	Goats Cheese Picos
Mushroom Croquetas	Patatas Bravas	Bolitas di Arroz
Pea & leek Cigars	Canape Olives	Sweet Potato Tortilla



### PAELLA FELLA VEGAN FACT SHEET





#### What are Vegan dishes?

Vegan dishes are 100% plant-based and free-from meat, fish, and animal derivatives such as eggs, dairy (butter, milk, cheese).

#### Paella Fella Vegan Recipes

We currently offer a vegan verdura paella, padron peppers, patatas bravas, cauliflower wings, canape olives, and garden salad.

Many of our vegetarian dishes can also be made vegan on request\* by switching animalderived ingredients, and composite ingredients (such as stocks and sauces which may contain animal-derived ingredients) with vegan alternatives.

Please inform the Paella Fella team at time of ordering to request special dietary requirements.

Cauliflower Wings	Padron Peppers	Garden Salad
Mushroom Croquetas*	Patatas Bravas	Bolitas di Arroz*
Pea & Leek Cigars*	Canape Olives	Verdura Paella





### **ALLERGEN DECLARATIONS**

Paella Fella prepare all foods from fresh in a dedicated catering kitchen with a 5-Food Hygiene Rating.

We employ a Nutritional Consultant to professionally analyse our menu enabling us to provide our customers with the same nutritional panels found on supermarket products. We have developed detailed product sheets displaying the macro-nutrient content of our dishes, a full list of ingredients with allergens highlighted in BOLD, and well as a dedicated allergen panel with icons of each allergen contained in the dish.



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## PAELLA FELLA ALLERGENS



#### The 14 FSA Allergens

Allergen labelling legislation for pre-packed and non pre-packed foods came into force on 13th December 2014. This legislation required caterers and food service suppliers to display allergens contained in their dishes at point of purchase, on menus and across other relevant forms of communication such as websites.

As a premium event caterer, Paella Fella is committed to tell customers which of the 14 major allergens listed by the Food Standards Agency are present in their menu items.

We also ask all clients to inform us of special dietary requirements for their event so that we can work together to ensure the utmost care and safety in the preparation of your menu.

We have developed detailed Product Sheets for all of the items on our menu (available on request & in printed booklets on display at all of our events) so that our customers can easily identify allergens and ethical food preferences whilst planning their events. We also provide detailed nutritional labelling for our dishes to help customers make informed and healthy choices.



### PAELLA FELLA ALLERGENS FOOD SAFETY FOR OUR CLIENTS



#### The Paella Fella Pledge

We change our menu seasonally and regularly update our allergen information accordingly. The information provided below was correct as of 29/11/2019, however please always refer to a member of the Paella Fella team and / or our customer product sheets (displayed at events) for further information and to communicate specific dietary requirements.

Symbol Key: Contains X May Contain  $\Delta$  (composite ingredients such as stock cubes and sauces may contain allergens. When briefed we switch these ingredients for declared free-from alternatives)

	CELERY	CEREALS & GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS (TREE)	PEANUTS	SESAME	SOYA	SULPHITES
PAELLAS														
Chicken & Chorizo (Classic Recipe)	Х	Х		Х			Х							
Chicken & Chorizo (Gluten Free)														
Marisco Seafood (Classic Recipe)	Х	Х	Х	Х	Х		Х	Х					Х	
Marisco Seafood (Gluten Free)	Х		Х		Х			Х						
Verdura Vegetarian	Х			Х			Х							
Verdura Vegetariana (Vegan)	Х													
Valenciana (Classic Recipe)	Х	Х		Х			Х							
TAPAS														
Albondigas Meat Balls														
Asparagus & Serrano Ham														Х
Bolitas di Arroz	Х	Х		Х			Х						Х	
Calamari Tempura		Х		Х			Δ	Х	Δ					
Canape Olives		Δ												Х
Cauliflower Wings		Х												Х
Chicken Pinchos														
Chicken Wings														Δ
Chorizo & Red Pepper Tortilla				Х			Х							
Chorizo in Red Wine														Δ

### PAELLA FELLA ALLERGENS FOOD SAFETY FOR OUR CLIENTS



	CELERY	<b>CEREALS &amp; GLUTEN</b>	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS (TREE)	PEANUTS	SESAME	SOYA	SULPHITES
TAPAS CONT'D														
Cod Bastonetas		Х		Х	Х		Х		Δ				Х	
Drunken Chicken in Beer	Х	Х		Х			Х		Х					Х
Fresh Garden Greens									Х				Х	Δ
Goats Cheese Picos		Х		Δ			Х						Δ	
Ham Croquetas	Х	Х		Х			Х						Х	
Iberian Pork Nuggets	Х			Х					Х					Х
Lamb Cigars		Х		Х			Δ		Х					Δ
Lamb Pinchos														
Mackerel Profiteroles		Х		Δ	Х		Х							
Mushroom Croquetas		Х		Х			Х						Х	
Mushrooms in Garlic	Х			Х			Х							
Patatas Bravas	Δ			Х			Δ		Δ					Δ
Pea & Leek Cigars	Х	Х		Х			Х		Х					Х
Popcorn Chicken		Х		Х									Δ	Х
Prawn Pil Pil			Х											Δ
Sticky Apple Chorizo Bites														Х
Sweet Potato Tortilla				Х										Δ
DESSERTS														
Chocolate Brownies (Cherry)		Х		Х			Х							
Chocolate Brownies (Pecan)		х		Х			Х			Х				
Chocolate Brownies (Plain)		Х		Х			Х							
Eton Mess				Х			Х							
Lemon Posset							Х							

### PAELLA FELLA ALLERGENS FOOD SAFETY FOR OUR CLIENTS



	CELERY	<b>CEREALS &amp; GLUTEN</b>	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS (TREE)	PEANUTS	SESAME	SOYA	SULPHITES
DESSERTS CONT'D														
Mini CiniBuns		Х		Х			Х							
Mojito Jelly				Δ			Δ							Δ
Salted Caramel Cheesecake		Х		Δ			Х			Δ	Δ		Δ	
Seville Jaffa Pot		Х		Х			Х							
Shortbread		Х		Х			Х							
SIDE DISHES & EXTRAS														
Focaccia		Х												
Mayonnaise (Dips)				Х			Δ		Δ					
Ketchup (Dips)	Δ													Δ
Sun-dried Tomatoes				Х										Δ
Mustard (Dips)									Х					Δ



### ALLERGENIC INGREDIENTS IN DETAIL

Allergenic Ingredients are those identified by the FSA as causing an allergic, and often fatal, reaction in people.

A food intolerance can cause some of the same signs and symptoms as a food allergy, so people often confuse the two.

A food allergy causes an immune system reaction that affects numerous organs in the body and can result in serious, sometimes fatal consequences. In contrast, food intolerance symptoms are generally less serious and often limited to digestive problems and discomfort.

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### PAELLA FELLA ALLERGENS GLUTEN FACT SHEET





GLUTEN

#### What is Gluten?

Gluten is a protein in wheat, rye, and barley that is commonly found in bread, beer, pasta, and a wide range of other processed foods, sauces, and composite ingredients containing these grains.

#### Paella Fella Recipes & Gluten

Our paellas are made using rice, a naturally gluten-free grain.

We aim to use many certified gluten-free products as standard practise for example, our Gisva Chorizo and many of our stock mixes are certified gluten free.

Some of our recipes contain gluten-containing grains or composite ingredients such as stock cubes, sauces or alcoholic beverages containing gluten. Many of these dishes can be offered as gluten-free dishes on request by switching composite ingredients for declared gluten-free alternatives.

Please inform the Paella Fella team at time of ordering to request special dietary requirements.

#### Paella Fella Allergen Declarations

We work with a Nutritional Consultant to analyse our recipes both nutritionally-speaking and with regards to allergens. Our goal is provide information to our customers that goes above and beyond and we have developed detailed Product Sheets for all of the items on our menu (available on request & in printed booklets on display at all of our events).

We aim to be transparent about the ingredients in the food we produce, so that you and your guests can enjoy your special event knowing that your menu is free-from the requested allergens.

#### Paella Fella Free-From Promise

### PAELLA FELLA ALLERGENS TREE NUTS FACT SHEET





TREE NUTS

#### What are Tree Nuts?

Tree nuts include walnut, almond, hazelnut, cashew, pecans, pistachio and Brazil nuts. These are not the same as peanuts, which are legumes, or seeds, such as sunflower or sesame.

#### Paella Fella Recipes & Tree Nuts

Some Paella Fella recipes include tree nuts; pecan chocolate brownie and salted caramel cheesecake (composite ingredient of ginger biscuits may sometimes contain nuts – and can be switched for declared free-from alternatives). If you have guests with known nut allergies please ensure to brief this to our team so we can take measures to avoid cross-contamination in our kitchens.

Please inform the Paella Fella team at time of ordering to request special dietary requirements.

#### Paella Fella Allergen Declarations

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#### Paella Fella Free-From Promise

### PAELLA FELLA ALLERGENS PEANUTS FACT SHEET





PEANUTS

#### What is Peanut allergy?

Peanut allergy is a type of food allergy to peanuts. It is different from tree nut allergies, with peanuts being legumes and not true nuts. Physical symptoms of allergic reaction can include itchiness, hives, swelling, eczema, sneezing, asthma attack, abdominal pain, drop in blood pressure, diarrhea, and cardiac arrest. Anaphylaxis may occur.

#### Paella Fella Recipes & Peanuts

Currently no Paella Fella recipes include peanuts. The salted caramel cheesecake has one composite ingredient of ginger biscuits which may contain peanuts – however this ingredient can be switched for declared free-from alternatives. If you have guests with known peanut allergies please ensure to brief this to our team so we can take measures to avoid cross-contamination in our kitchens.

Please inform the Paella Fella team at time of ordering to request special dietary requirements.

#### Paella Fella Allergen Declarations

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#### Paella Fella Free-From Promise

### PAELLA FELLA ALLERGENS CELERY FACT SHEET





CELERY

#### What is Celery allergy?

Celery is part of the Apiaceae family, which includes carrots, parsnips, parsley, and celeriac. People with celery allergy also need to be aware of the issue of allergy to celeriac. Celeriac is a type of celery but the root is the main edible part rather than the stalk. Celery and celeriac are likely to contain very similar allergens. Celery can be found in many composite ingredients such as stock and sauces.

#### Paella Fella Recipes & Celery

Many of our paella and tapas dishes use composite ingredients such as stocks and sauces which contain celery, and/or celeriac. In some cases these ingredients can be substituted or removed.

Please inform the Paella Fella team at time of ordering to request special dietary requirements.

#### Paella Fella Allergen Declarations

We work with a Nutritional Consultant to analyse our recipes both nutritionally-speaking and with regards to allergens. Our goal is provide information to our customers that goes above and beyond and we have developed detailed Product Sheets for all of the items on our menu (available on request & in printed booklets on display at all of our events).

We aim to be transparent about the ingredients in the food we produce, so that you and your guests can enjoy your special event knowing that your menu is free-from the requested allergens.

#### Paella Fella Free-From Promise

### PAELLA FELLA ALLERGENS MUSTARD FACT SHEET





MUSTARD

#### What is Mustard allergy?

The familiar jars of mustard that we see on supermarket shelves are made by grinding the seeds of the mustard plant and mixing them with water, vinegar or other liquids. Other ingredients can be added such as sugar, salt and wheat flour (gluten).

Other foods derived from the mustard plant include mustard leaves, seeds and flowers, sprouted mustard seeds, mustard oil, mustard and cress, and foods that contain any of these. All are likely to cause reactions in people with mustard allergy. There are various species of mustard, and people with mustard allergy are advised to avoid mustard in all its forms.

#### Paella Fella Recipes & Mustard

Many of our paella and tapas dishes use composite ingredients such as stocks and sauces which contain mustard or mustard derivatives. In some cases these ingredients can be substituted or removed.

Please inform the Paella Fella team at time of ordering to request special dietary requirements.

#### Paella Fella Allergen Declarations

We work with a Nutritional Consultant to analyse our recipes both nutritionally-speaking and with regards to allergens. Our goal is provide information to our customers that goes above and beyond and we have developed detailed Product Sheets for all of the items on our menu (available on request & in printed booklets on display at all of our events).

We aim to be transparent about the ingredients in the food we produce, so that you and your guests can enjoy your special event knowing that your menu is free-from the requested allergens.

#### Paella Fella Free-From Promise

### PAELLA FELLA ALLERGENS EGG FACT SHEET





#### What is Egg allergy?

Eggs are one of the most common allergy-causing foods and reactions typically occur a few minutes after eating foods containing eggs. Both egg yolks and egg whites contain proteins that can cause allergies, but allergy to egg whites is most common. Several terms indicate that egg products have been used in manufacturing processed foods, including: Albumin, Globulin, Lecithin, Livetin, Lysozyme, Vitellin, Words starting with "ova" or "ovo," such as ovalbumin or ovoglobulin.

#### Paella Fella Recipes & Egg

Many of our paella and tapas dishes use composite ingredients such as stocks and sauces which contain eggs or egg derivatives. In some cases these ingredients can be substituted or removed.

Please inform the Paella Fella team at time of ordering to request special dietary requirements.

#### Paella Fella Allergen Declarations

We work with a Nutritional Consultant to analyse our recipes both nutritionally-speaking and with regards to allergens. Our goal is provide information to our customers that goes above and beyond and we have developed detailed Product Sheets for all of the items on our menu (available on request & in printed booklets on display at all of our events).

We aim to be transparent about the ingredients in the food we produce, so that you and your guests can enjoy your special event knowing that your menu is free-from the requested allergens.

#### Paella Fella Free-From Promise

### PAELLA FELLA ALLERGENS MILK FACT SHEET





MILK

#### What is Milk allergy?

Milk allergy is an abnormal response by the body's immune system to milk and products containing milk. Cow's milk is the usual cause of milk allergy, but milk from sheep, goats, buffalo and other mammals also can cause a reaction.

#### Paella Fella Recipes & Milk

Many of our paella and tapas dishes use composite ingredients such as stocks and sauces which contain milk or milk derivatives. In some cases these ingredients can be substituted or removed.

Please inform the Paella Fella team at time of ordering to request special dietary requirements.

#### Paella Fella Allergen Declarations

We work with a Nutritional Consultant to analyse our recipes both nutritionally-speaking and with regards to allergens. Our goal is provide information to our customers that goes above and beyond and we have developed detailed Product Sheets for all of the items on our menu (available on request & in printed booklets on display at all of our events).

We aim to be transparent about the ingredients in the food we produce, so that you and your guests can enjoy your special event knowing that your menu is free-from the requested allergens.

#### Paella Fella Free-From Promise

### PAELLA FELLA ALLERGENS SESAME FACT SHEET





#### SESAME

#### What is Sesame allergy?

Sesame is a flowering plant that produces edible seeds. It is a common ingredient in cuisines around the world, from baked goods to sushi. Sesame ingredients can be listed by many uncommon names such as Benne, benne seed, benniseed, Gingelly, gingelly oil, Gomasio (sesame salt), Halvah, Sesame flour, Sesame oil\*, Sesame paste, Sesame salt, Sesame seed, Sesamol, Sesamum indicum, Sesemolina, Sim sim, Tahini, Tahina, Tehina, Til

#### Paella Fella Recipes & Sesame

Many of our paella and tapas dishes use composite ingredients such as stocks and sauces which contain sesame or sesame derivatives. In some cases these ingredients can be substituted or removed.

Please inform the Paella Fella team at time of ordering to request special dietary requirements.

#### Paella Fella Allergen Declarations

We work with a Nutritional Consultant to analyse our recipes both nutritionally-speaking and with regards to allergens. Our goal is provide information to our customers that goes above and beyond and we have developed detailed Product Sheets for all of the items on our menu (available on request & in printed booklets on display at all of our events).

We aim to be transparent about the ingredients in the food we produce, so that you and your guests can enjoy your special event knowing that your menu is free-from the requested allergens.

#### Paella Fella Free-From Promise

### PAELLA FELLA ALLERGENS FISH FACT SHEET





#### What is Fish allergy?

Finned fish is one of the most common food allergies. Salmon, tuna and halibut are the most common kinds of fish people are allergic to. Finned fish and shellfish are not related. Being allergic to one does not always mean that you must avoid both.

#### Paella Fella Recipes & Fish

Somee of our paella and tapas dishes use finned fish including our marisco paella (cod), cod bastonetas, and smoked mackerel profiteroles. In some cases these ingredients can be substituted or removed (such as in paellas).

Please inform the Paella Fella team at time of ordering to request special dietary requirements.

#### Paella Fella Allergen Declarations

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#### Paella Fella Free-From Promise

### PAELLA FELLA ALLERGENS CRUSTACEANS FACT SHEET





#### CRUSTACEANS

#### What are crustaceans?

The word crustacean comes from the Latin word crusta, which means shell. Crustaceans are a very diverse group of invertebrate animals which includes active animals such as the crabs, lobsters, shrimp, krill, copepods, amphipods and more sessile creatures like barnacles.

#### Paella Fella Recipes & Crustaceans

Some of our paella and tapas dishes use crustaceans including our marisco paella (prawns), and prawn pil pil. In some cases these ingredients can be substituted or removed (such as in paellas).

Please inform the Paella Fella team at time of ordering to request special dietary requirements.

#### Paella Fella Allergen Declarations

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#### Paella Fella Free-From Promise

### PAELLA FELLA ALLERGENS MOLLUSCS FACT SHEET





### MOLLUSCS

#### What are Molluscs?

Molluscs include mussels, scallops, oysters, clams, snails, periwinkles, whelks, squid and octopus. Marine molluscs and crustaceans are often collectively referred to as "shellfish". An allergy to molluscs can be severe with a risk of anaphylaxis.

The allergenic proteins can be found in different species of mollusc so people who have a mollusc allergy need to be careful with other kinds of mollusc as they might react to these as well. And it may not be just to marine molluscs; snails are also molluscs so escargot may best be avoided.

#### Paella Fella Recipes & Molluscs

Some of our paella and tapas dishes use crustaceans including our marisco paella (mussels), and calamari tempura. In some cases these ingredients can be substituted or removed (such as in paellas).

Please inform the Paella Fella team at time of ordering to request special dietary requirements.

#### Paella Fella Allergen Declarations

We work with a Nutritional Consultant to analyse our recipes both nutritionally-speaking and with regards to allergens. Our goal is provide information to our customers that goes above and beyond and we have developed detailed Product Sheets for all of the items on our menu (available on request & in printed booklets on display at all of our events).

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#### Paella Fella Free-From Promise

### PAELLA FELLA ALLERGENS SOYA FACT SHEET





SOYA

What is Soya?

Soy and Soya are the same thing. Soya beans are legumes found in tofu, miso, edamame, tempeh and soya milk. Soya is also used to bulk out many processed foods allowing manufacturers to claim high protein contents. It's found in about 60 to 70 per cent of supermarket products and is widely used in fast food eateries.

#### Paella Fella Recipes & Soya

Many of our paella and tapas dishes use composite ingredients such as breadcrumbs, stocks and sauces which contain soya or soya derivatives. In some cases these ingredients can be substituted or removed.

Please inform the Paella Fella team at time of ordering to request special dietary requirements.

#### Paella Fella Allergen Declarations

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#### Paella Fella Free-From Promise

### PAELLA FELLA ALLERGENS SULPHITE FACT SHEET





#### What are Sulphites?

Sulphites are naturally occurring elements in wines, spirits and are present in many other foods and composite ingredients as well.

#### Paella Fella Recipes & Sulphites

Some of our recipes contain sulphite-containing wines, spirits or composite ingredients such as chorizo, mustard powder, sun-dried tomatoes which may contain sulphites. Many of these dishes can be offered as sulphite-free dishes on request by switching composite ingredients for declared sulphite-free alternatives.

Please inform the Paella Fella team at time of ordering to request special dietary requirements.

#### Paella Fella Allergen Declarations

We work with a Nutritional Consultant to analyse our recipes both nutritionally-speaking and with regards to allergens. Our goal is provide information to our customers that goes above and beyond and we have developed detailed Product Sheets for all of the items on our menu (available on request & in printed booklets on display at all of our events).

We aim to be transparent about the ingredients in the food we produce, so that you and your guests can enjoy your special event knowing that your menu is free-from the requested allergens.

You might also be surprised to learn how nutritionally balanced many of our dishes are, providing both a tasty and healthy catering option for your event.

#### Paella Fella Free-From Promise

# PAELLA FELLA ALLERGENS





LUPIN

#### What is Lupin?

Lupin is a legume that is more frequently consumed and used in the Mediterranean, especially in the form of lupin flour. Lupin allergy is an emerging food allergy, with variable prevalence rates in different geographical regions. Lupin beans may be eaten whole, boiled or dry and are a common snack in European and Asian countries. Lupin beans can be ground into flour or bran and used to add fibre, texture, and protein in food manufacturing. Lupin is gluten-free and may be found in gluten-free products as a substitute for wheat. Beverages may also contain lupin as a milk or soy alternative.

#### Paella Fella Recipes & Lupin

We currently have no items on our menu containing Lupin.

Please inform the Paella Fella team at time of ordering to request special dietary requirements.

#### Paella Fella Allergen Declarations

We work with a Nutritional Consultant to analyse our recipes both nutritionally-speaking and with regards to allergens. Our goal is provide information to our customers that goes above and beyond and we have developed detailed Product Sheets for all of the items on our menu (available on request & in printed booklets on display at all of our events).

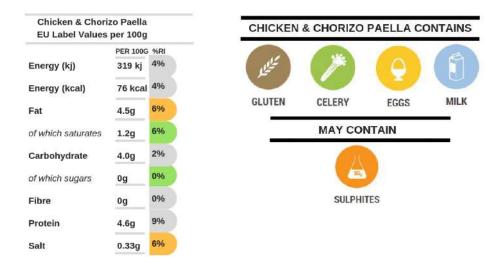
We aim to be transparent about the ingredients in the food we produce, so that you and your guests can enjoy your special event knowing that your menu is free-from the requested allergens.

#### Paella Fella Free-From Promise



### PAELLA PRODUCT SHEETS

We have developed detailed product sheets displaying the macro-nutrient content of our dishes, a full list of ingredients with allergens highlighted in BOLD, and well as a dedicated allergen panel with icons of each allergen contained in the dish.



30



Chicken & Chorizo Paella Rich, smoky and delicious - made with Chicken Thigh fillet, Smoky Chorizo Sausage and Rosemary

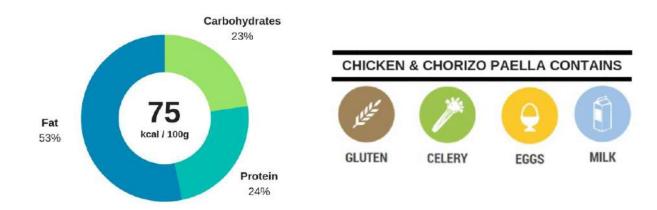




#### Ingredients

Fat

Paella Rice, Chicken, Gisva GF Chorizo, Traditional chicken stock (WHEAT, BARLEY, LACTOSE may contain CELERY, MILK and EGG), garlic, red pepper, green beans, paella seasoning (garlic, salt, paprika, corn flour, colour E-102 tartrazine, pepper & clove), & spice mix (rock salt & fennel seeds).



Our chicken & chorizo paella is made using a traditional Valencian recipe and high quality ingredients. We strive to provide authentic and delicious dishes to suit all dietary needs. The traditional recipe may contain the allergens highlighted above. For gluten free alternatives and all HCHONALIY AUTHENTIC INGREDIENTS other dietary considerations please contact the team directly to discuss your **HESHLY SOURCED AND PREPAKED** requirements with one of our development chefs. RY OUR PROFESS

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GF Chicken & Chorizo Paella EU Label Values per 100g

PER 100G %RI

322 ki

77 kcal

4.6g

1.2q

4.2g

0.5g

0g

4.6g

0.58g

4%

4%

7%

6%

2%

1%

0%

9%

10%

GF Chicken & Chorizo Paella Rich, smoky and delicious - made with Chicken, Smoky GF Chorizo, Rosemary & GF Stock



#### Ingredients

Energy (kj)

Fat

Fibre

Salt

Protein

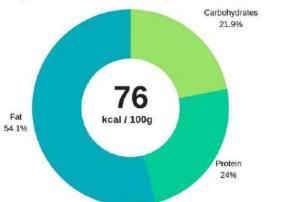
Energy (kcal)

of which saturates

Carbohydrate

of which sugars

Paella Rice, Chicken, Gisva GF Chorizo, Essential Cuisine GF chicken stock, garlic, red pepper, green beans, paella seasoning (garlic, salt, paprika, corn flour, colour E-102 tartrazine, pepper & clove), & spice mix (rock salt & fennel seeds).



#### **GF CHICKEN & CHORIZO PAELLA CONTAINS**



Our chicken & chorizo paella is made using a traditional Valencian recipe and high quality ingredients. We strive to provide authentic and delicious dishes to suit all dietary needs. The traditional recipe may contain the allergens highlighted above. For gluten free alternatives and all other dietary considerations please contact the team directly to discuss your requirements with one of our development chefs.

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Marisco Seafood Paella Classic Seafood paella made with King or Tiger Prawn, Squid Rings, Cod Fillet & Mussels



#### Seafood Paella EU Label Values per 100g PER 100G %RI 2% Energy (kj) 197 kj 47 kcal 2% Energy (kcal) 2% Fat 1.5g 2% of which saturates 0.3g 1% Carbohydrate 3.7g 0% of which sugars 0q 0% Fibre 0g 9% Protein 4.4q 5% Salt 0.27g

#### Ingredients

Paella Rice, Cod fillet (FISH), Squid (MOLLUSC), Mussels (MOLLUSC), King prawns (CRUSTACEAN) Traditional fish stock (FISH, WHEAT, CELERY, LACTOSE, SOYA may contain MOLLUSCS, CRUSTACEANS, EGG, MILK), garlic, red pepper, green beans, paella seasoning (garlic, salt, paprika, corn flour, colour E-102 tartrazine, pepper & clove) & spice mix (rock salt & fennel seeds), lemon.



Our seafood paella is made using a traditional Valencian recipe and high quality ingredients. We strive to provide authentic and delicious dishes to suit all dietary needs. The traditional recipe may contain the allergens highlighted above. For gluten free alternatives and all AUTHENTIC INGREDIENTS FRESHLY SOURCED AND PREPARED other dietary considerations please contact the team directly to discuss your BY OUR PROFESSIONAL requirements with one of our development chefs.

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HIGHOUALITY



GF Marisco Seafood Paella Classic Seafood paella made with King or Tiger Prawn, Squid Rings, Cod Fillet & Mussels

Seafood Pa	ella	_
EU Label Values	per 100g	
	PER 100G	%RI
Energy (kj)	197 kj	2%
Energy (kcal)	47 kcal	2%
Fat	1.5g	2%
of which saturates	0.3g	2%
Carbohydrate	3.7g	1%
of which sugars	0g	0%
-ibre	0g	0%
Protein	4.4g	9%
Salt	0.27g	5%



#### Ingredients

Paella Rice, Cod fillet (FISH), Squid (MOLLUSC), Mussels (MOLLUSC), King prawns (CRUSTACEAN) Essential Cuisine fish stock (FISH, CELERY), garlic, red pepper, green beans, paella seasoning (garlic, salt, paprika, corn flour, colour E-102 tartrazine, pepper & clove) & spice mix (rock salt & fennel seeds), lemon.



Our seafood paella is made using a traditional Valencian recipe and high quality ingredients. We strive to provide authentic and delicious dishes to suit all dietary needs. The traditional recipe may contain the allergens highlighted above. For gluten free alternatives and all other dietary considerations please contact the team directly to discuss your requirements with one of our development chefs.

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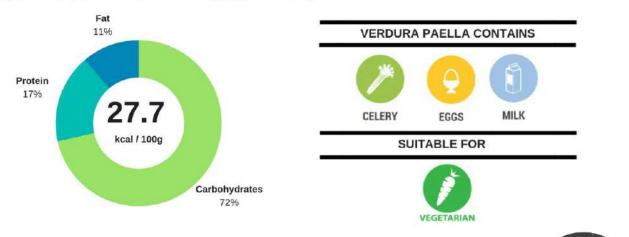
Verdura Paella Our delicious vegetable paella or create your very own combination

Verdura Pa EU Label Values		
	PER 100G	%RI
Energy (kj)	128 kj	2%
Energy (kcal)	30 kcal	2%
Fat	0g	0%
of which saturates	0g	0%
Carbohydrate	5.1g	2%
of which sugars	0g	0%
Fibre	0.8g	3%
Protein	1.3g	3%
Salt	0.6g	10%



#### Ingredients

Paella Rice, Traditional Knorr vegetable stock (onion, carrot, leek, root of CELERY, aromas, spices, concent rated vegetable juices carrot, turnip, cabbage. Can contain EGG, MILK), Chestnut mushrooms, aspara gus, red pepper, chickpeas, green beans olive oil, garlic, lemon & paella seasoning (garlic, salt, paprik a, corn flour, colour E-102 tartrazine, pepper & clove).



Our verdura paella is made using a traditional Valencian recipe and high quality ingredients AUTHINTIC INCLUDENTS We strive to provide authentic and delicious dishes to suit all dietary needs. The traditional recipe may contain the allergens highlighted above. For gluten free alternatives and all other dietary considerations please contact the team directly to discuss your requirements with one of our development chefs.

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HIGHOUALITY

TRESHLY SOURCED AND PREPARED BY OUR PROFESSIONAL



### TAPAS PRODUCT SHEETS

We have developed detailed product sheets displaying the macro-nutrient content of our dishes, a full list of ingredients with allergens highlighted in BOLD, and well as a dedicated allergen panel with icons of each allergen contained in the dish.



Iberian Pork Nuggets Slow roasted pork shoulder nuggets with a tangy, spicy, garlic and chive dip!

Pork Nuggets Bites EU Label Values per 100g

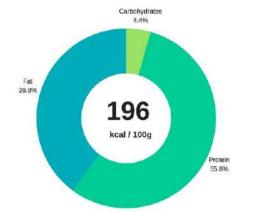
	PER 100G	%RI
Energy (kj)	829 kj	10%
Energy (kcal)	198 kcal	10%
Fat	8.7g	12%
of which saturates	2.8g	14%
Carbohydrate	2.2g	1%
of which sugars	0g	0%
Fibre	0.7g	3%
Protein	27g	54%
Salt	0.62g	10%

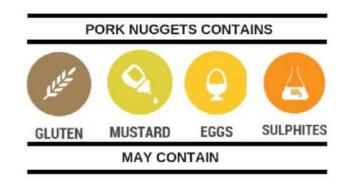


Funky Food Fact: The average American will eat the equivalent of 28 pigs in their lifetime! You'll find our portions a little more manageable!

### Ingredients

Pork, EGGS, Flour (WHEAT /GLUTEN), Paprika, Salt, MUSTARD powder (SULPHITES), Fennel seeds, Onions, Coriander seeds, Garlic, Chilli flakes, Dried oregano





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### **Cauliflower Wings** (Alitas de Coliflor)



Cauliflower florets fried in a rich smokey coating of Paprika, Chili, Garlic & sherry

### **Cauliflower Wings** EU Label Values per 100g

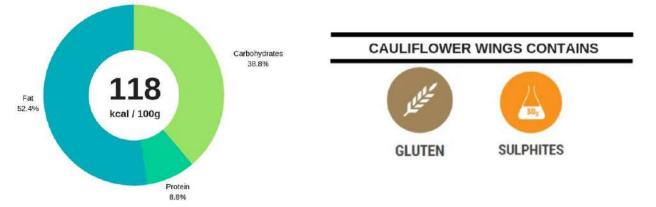
	PER 100G	%RI
Energy (kj)	509 kj	6%
Energy (kcal)	122 kcal	6%
Fat	6.9g	10%
of which saturates	1.1g	6%
Carbohydrate	11g	4%
of which sugars	3.6g	4%
Fibre	2g	8%
Protein	2.4g	5%
Salt	1.1g	18%



Funky Food Fact: Cauliflower is one of the healthiest foods on the planet - we believe it's a true superfood as it's so delicious and versatile

### Ingredients

Cauliflower, Water, Flour (WHEAT / GLUTEN), Olive Oil, Garlic, Sherry vinegar(SULPHITES), Brown sugar, Baking powder, Paprika, Chilli flakes, Salt



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Sticky Apple Chorizo Bites Chunks of Chorizo with a sticky apple glaze – served on a stick

Sticky Apple Chorizo Bites EU Label Values per 100g

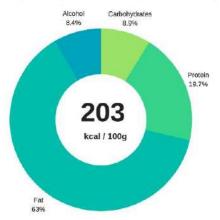
	PER 100G	%RI
Energy (kj)	845 kj	10%
Energy (kcal)	204 kcal	10%
Fat	14g	20%
of which saturates	5.1g	26%
Carbohydrate	4.6g	2%
of which sugars	3.9g	4%
Fibre	0g	0%
Protein	10g	20%
Salt	1.3g	22%



Funky Food Fact: Chorizo is a fan-favourite so we couldn't resist adding this tantalising nibble to our appetisers menu

#### Ingredients

Chorizo (Gisva), Apple juice, White wine (SULPHITES), Brown sugar, Dried bay leaf



### STICKY APPLE CHORIZO BITES CONTAINS



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### Mackerel Profiteroles (Profiterol con Paté de Caballa) Smoked mackerel pate profiteroles with a dill and radish garnish

Smoked Mackerel Profiteroles EU Label Values per 100g

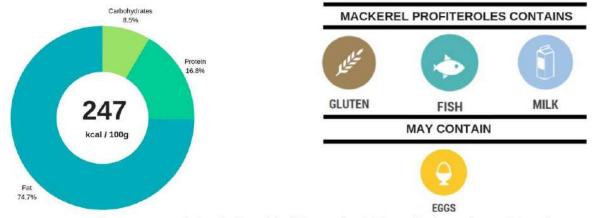
	PER 100G	%RI
Energy (kj)	1027 kj	12%
Energy (kcal)	248 kcal	12%
Fat	20g	29%
of which saturates	9.3g	47%
Carbohydrate	5.2g	2%
of which sugars	1.9g	2%
Fibre	0.7g	3%
Protein	10g	20%
Salt	0.41g	7%



Funky Food Fact: Mackerel is an oily fish rich in omega 3 oils, often considered 'brain food' so you can boost your brain power whilst enjoying a good party

### Ingredients

Smoked Peppered Irish Mackerel (FISH), Soft cheese (MILK, may contain EGGS), Semi- skimmed MILK, Spring onions, Flour (WHEAT / GLUTEN), Butter (MILK), Lemon juice, Radish, Salt



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Drunken Chicken (Pollo Boracho) Chicken thigh fillet cooked in beer with onion and secret herbs and spices basically an alcoholic casserole delight!

Drunken Chicken EU Label Values per 100g

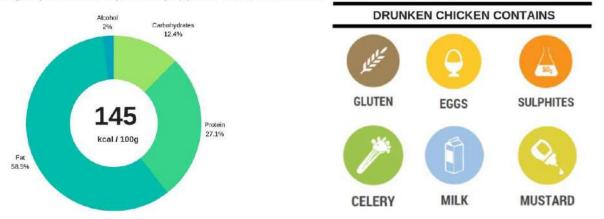
	PER 100G	%RI
Energy (kj)	613 kj	7%
Energy (kcal)	147 kcal	7%
Fat	9.4g	13%
of which saturates	2.3g	12%
Carbohydrate	4.5g	2%
of which sugars	2.5g	3%
Fibre	1.1g	4%
Protein	9.8g	19%
Salt	0.15g	3%



Funky Food Fact: "una cerveza por favor" A cheeky nod to the most used phrase in the Spanish language by British tourists

#### Ingredients

Chicken, Onions, Larger (GLUTEN), Olive Oil, Corn flour, MUSTARD Dijon (SULPHITES), Dried cloves, Sugar, Paprika, Knorr Chicken Stock (WHEAT, BARLEY, CELERY, EGGS, MILK), Dried bay leaf, Wine vinegar (SULPHITES), Black pepper, Fennel seeds, Salt



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### **Popcorn Chicken** (Pollo Palomitas) Smokey Crispy Popcorn Chicken with Garlic & Chili

### Popcorn Chicken EU Label Values per 100g

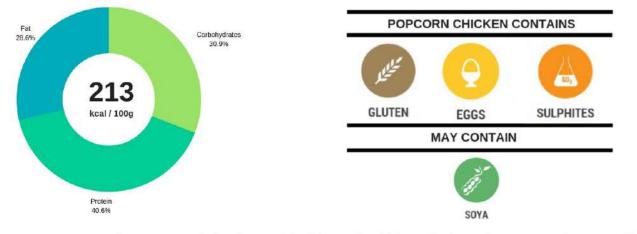
	PER 100G	%RI
Energy (kj)	908 kj	11%
Energy (kcal)	216 kcal	11%
Fat	6.8g	10%
of which saturates	1.4g	7%
Carbohydrate	16g	6%
of which sugars	1.7g	2%
Fibre	0.8g	3%
Protein	22g	44%
Salt	0.72g	12%



**Funky Food Fact:** Ever wondered what makes popcorn pop. Water and pressure inside the husk! Our chicken popcorn doesn't pop but its just as tasty!

### Ingredients

Chicken, Breadcrumbs (WHEAT/GLUTEN, may contain SOYA), EGGS, Flour (WHEAT/GLUTEN), Olive Oil, Sherry vinegar (SULPHITES), Brown sugar, Garlic, Salt, Chilli flakes, Paprika



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Lamb Cigars
Succulent minced lamb in honey, mustard
& rosemary marinade in a mini filo cigar

Lamb EU Label Va	) Cigar lues per 1	00g		AL .
	PER 100G	%RI	1	A SE
Energy (kj)	708 kj	8%		PAR.
Energy (kcal)	168kcal	8%	83	
Fat	5.5g	8%		Va
of which saturates	2.3g	12%		1
Carbohydrate	20g	8%	1	100
of which sugars	7.5g	8%	-	
Fibre	1.4g	6%	6	1.1
Protein	9.0g	18%		
			Prove la	The set the set

12%

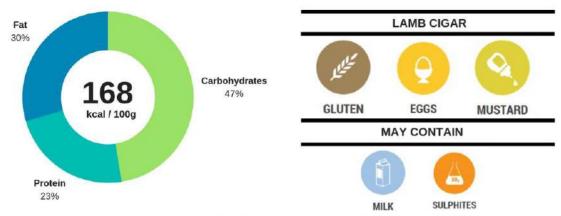
0.7g

Funky Food Fact: Lamb cigars are loved all around the Mediterranean and can be jazzed up with different dips such as minty yoghurt or spicy harissa

#### Ingredients

Salt

Lamb mince, onions, filo pastry (GLUTEN, may contain MILK), EGG, honey, MUSTARD (may contain SULPHITES), lemon juice, garlic, salt, pepper, fresh rosemary



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TOTANIAS

### Pea & Leek Cigars (vg) A Crispy, savoury pastry parcels with a garden fresh pea & leek filling





Funky Food Fact: Peas are one of us Brits favourite foods and for good reason... they're a healthy green veggie, high in protein and packed full of vitamins!

### Ingredients

Peas, Leek, Filo pastry (GLUTEN), garlic, empanada dry mix: (Vegetable stock; (CELERY, EGGS, MILK) Chilli flakes, MUSTARD powder (contains SULPHITES), smoked paprika, salt, ground pepper, sugar, ground bay)



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Bolitas de Arroz (vg) Mini rice balls of Sweet Roasted Butternut Squash & Sage served with a creamy smoked tomato dip

Bolitas de Arroz EU Label Values per 100g

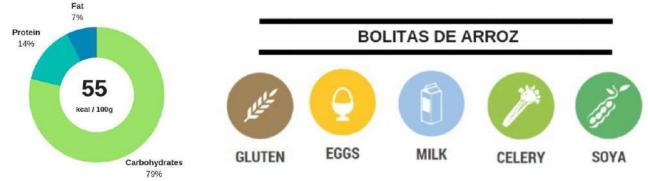
	PER 100G	%RI
Energy (kj)	246 kj	3%
Energy (kcal)	58 kcal	3%
Fat	0g	0%
of which saturates	0g	0%
Carbohydrate	11g	4%
of which sugars	1.6g	2%
Fibre	1.5g	6%
Protein	2.0g	4%
Salt	0.31g	5%



Funky Food Fact: The Japanese call rice balls 'onigiri' meaning 'to hold on to' but we guarantee you'll not hold on to our bolitas de arroz for long as they're too tasty!

### Ingredients

Butternut squash, Bread (GLUTEN, SOYA) rice, onions, vegetable stock (CELERY, EGG, MILK) water, garlic, olive oil, sage



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### **Mushroom Croquetas**



Crunchy on the outside, light and fluffy on the inside – a roux based, bread crumbed dream! Served with blue cheese mayo

Mushroom Croquetas EU Label Values per 100g		
PER 100G %RI		
Energy (kj)	858 kj	10%
Energy (kcal)	205kcal	10%
Fat	10g	14%
of which saturates	2g	10%
Carbohydrate	21g	8%
of which sugars	3.3g	4%
Fibre	2.8g	11%
Protein	5.6g	11%
Salt	0.25g	4%



Funky Food Fact: Mushrooms are often referred to as 'the meat of the vegetable world' thanks to their scrumptious and filling texture. They're also tasty!

### Ingredients

Bread (GLUTEN, SOYA), MILK, onion, EGG, flour (GLUTEN), olive oil, mushroom, salt, garlic, chilli, paprika, nutmeg, bay leaf



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development chefs.





**Canape Olives** Green & Black olives in our special Paella Fella marinade



#### Ingredients

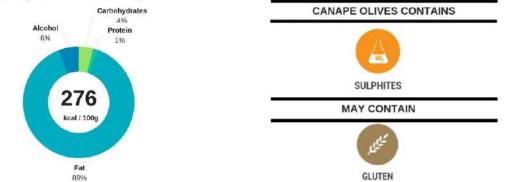
Fat

Fibre

Salt

Protein

Green Olives, Black olives, Vegetable oil, garlic, red pepper, rosemary, sherry vinegar, sweet sherry (SULPHITES, may contain GLUTEN)



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Chorizo & Red Pepper Tortilla Paella Fella Traditional Spanish omelette with slightly piccante chorizo & pepper

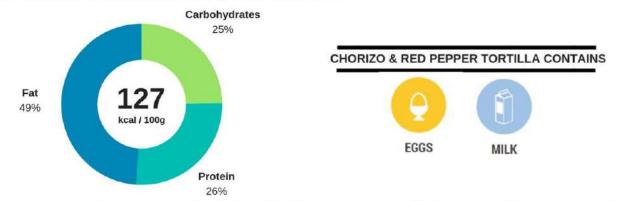
Chorizo & Red EU Label Va	Care and a second second second	
	PER 100G	%RI
Energy (kj)	544 kj	6%
Energy (kcal)	130 kcal	7%
Fat	6.9g	10%
of which saturates	2.2g	11%
Carbohydrate	7.9g	3%
of which sugars	1.9g	2%
Fibre	1.4g	6%
Protein	8.4g	17%
Salt	0.65g	11%



Funky Food Fact: Spanish chorizo is seasoned with smokey paprika to give its piccante flavour

### Ingredients

EGGS, MILK, Potatoes, onions, red peppers, Gisva chorizo



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please contact the team directly to discuss your requirements with one of our development chefs. We typically use Gisva Chorizo which is declared GLUTEN FREE but please check with our team when placing gluten-free orders so we can be sure to cater for your needs.





Sweet Potato Tortilla
Traditional Spanish omelette with
sun-dried tomatoes

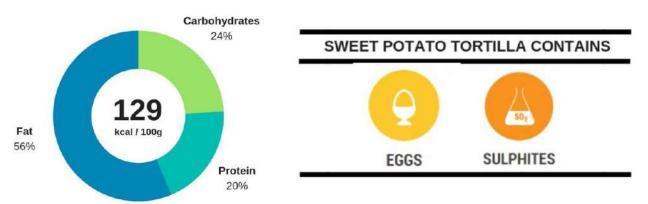
Sweet Pot EU Label Va		
	PER 100G	%RI
Energy (kj)	556 kj	7%
Energy (kcal)	134 kcal	7%
Fat	8g	11%
of which saturates	1.6g	8%
Carbohydrate	7.8g	3%
of which sugars	1.6g	2%
Fibre	2.1g	8%
Protein	6.3g	13%
Salt	0.37g	6%



Funky Food Fact: Sun-dried tomatoes are packed with helpful antioxidants & vitamins as well as flavour. Delicious and Nutritious!

### Ingredients

EGGS, Potatoes, onions, sun-dried tomatoes (may contain SULPHITES)



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development chefs.





### Chicken Wings Pollo Con Ajo Alitas Smokey Crispy Chicken Wings with Garlic

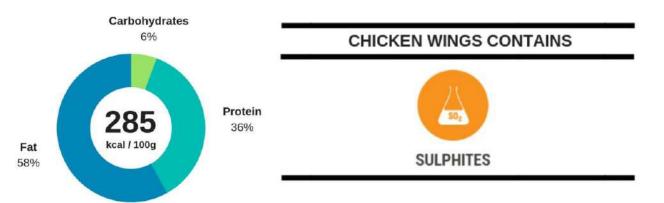
n Wings lues per 1	00g
PER 100G	%RI
1193 kj	14%
286 kcal	14%
18g	26%
4.7g	24%
4g	2%
3.3g	4%
0.6g	2%
26g	52%
0.92g	15%
	lues per 1 PER 1006 1193 kj 286 kcal 18g 4.7g 4g 3.3g 0.6g 26g



**Funky Food Fact:** Pollo (Spanish for "chicken") is a close cousin of the English poultry. Ours are particularly tasty with crispy skin for indulgence.

### Ingredients

Chicken wings, minced garlic, sherry vinegar (may contain **SULPHITES**), olive oil, wings dry mix (brown sugar, smoked paprika, chilli flakes & salt)



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highlighted in BOLD. For gluten free alternatives and all other dietary considerations please contact the team directly to discuss your requirements with one of our development chefs.





GF FREE

Chorizo en Vino Tinto Sautéed Chorizo & Onions slow cooked in Red Wine

Chorizo EU Label Va	) in Wine lues per 1	00g
	PER 100G	%RI
Energy (kj)	729 kj	9%
Energy (kcal)	176 kcal	9%
Fat	18g	16%
of which saturates	4.2g	21%
Carbohydrate	3.6g	1%
of which sugars	2.5g	3%
Fibre	1.1g	4%
Protein	8.8g	18%
Salt	1.2g	20%



Funky Food Fact: Spanish chorizo is seasoned with smokey paprika to give its piccante flavour

### Ingredients

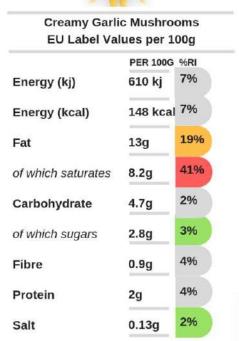
Gisva Chorizo (may contain SULPHITES), wine (may contain SULPHITES)



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**Champiñones Cremosos de Ajo** Sautéed Mushrooms in a Garlic Sauce





**Funky Food Fact:** Like human skin, mushrooms can produce vitamin D by being exposed to sunlight.

### Ingredients

Mushrooms, onions, cream (contains MILK), garlic, parsley, vegetable stock (contains CELERY, EGGS, MILK), fresh rosemary



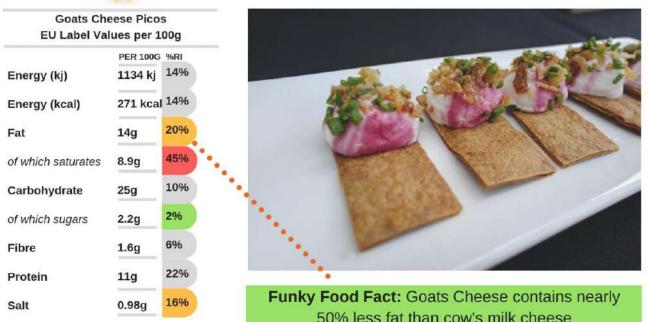
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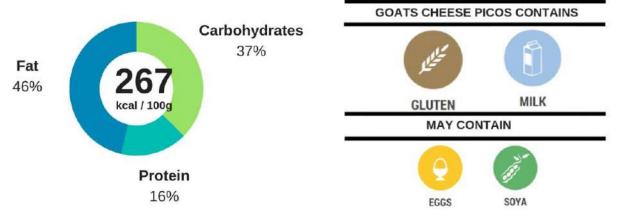


## Paella Fella Creamy Chilli Goats Cheese Picos crispy onions



### Ingredients

Bread Mini Toasts (GLUTEN, may contain SOYA), Goats cheese (MILK), Cream Cheese (MILK, may contain EGG), flour (GLUTEN), Chives, onion, Beetroot powder



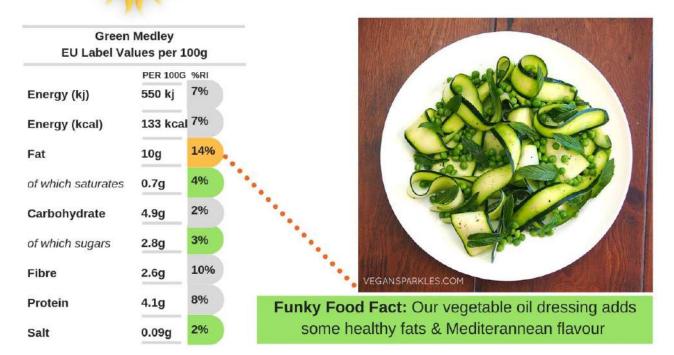
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Paella Fella Ribbons of Courgette, Asparagus Spears, Edamame Beans in a coriander dressing



### Ingredients

Asparagus, edamame beans (SOYA), courgette, peas, vegetable oil, flat leaf parsley, coriander, caster sugar, lemon juice, wholegrain mustard (MUSTARD, may contain SULPHITES), garlic



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Patatas Bravas Crunchy potato cubes – served with a classic spicy mayonnaise

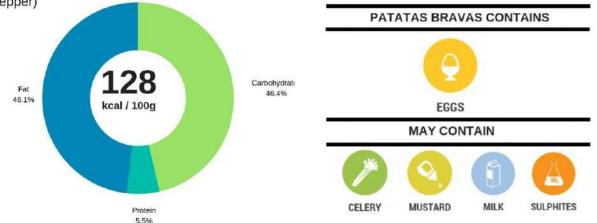
Patas EU Label Va	Bravas lues per 1	00g
	PER 100G	%RI
Energy (kj)	546 kj	7%
Energy (kcal)	131 kcal	7%
Fat	6.8g	10%
of which saturates	0.5g	3%
Carbohydrate	15g	6%
of which sugars	1.1g	1%
Fibre	1.5g	6%
Protein	1.7g	3%
Salt	0.05g	1%



**Funky Food Fact:** Preparation of the bravas sauce varies by city although most are tomato based

### Ingredients

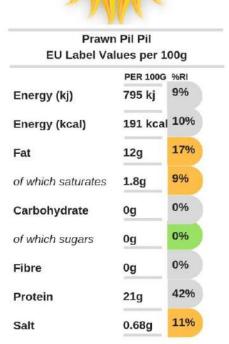
Potatoes, mayonnaise (EGGS, may contain MUSTARD, MILK), Tomato ketchup (may contain CELERY, SULPHITES), tomato puree, garlic, bravas dry mix (onion powder, chilli powder, smoked paprika, salt, pepper)



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## Canape Gambas Pil Pil Paella Fella King Prawns cooked in our pil pil marinade

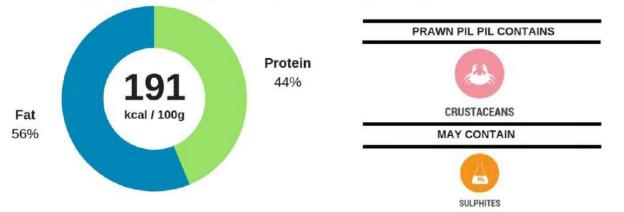




Funky Food Fact: Pil Pil means a sauce, originating in the Basque country.

### Ingredients

King prawns (**CRUSTACEANS**), olive oil, Pil Pil cube (garlic puree ((may contain **SULPHITES**)), fresh chillis, olive oil, dry parsley, smoked paprika, chilli powder, lemon juice, salt)



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## **Chicken Pinchos** Delicious marinated mini-kebabs

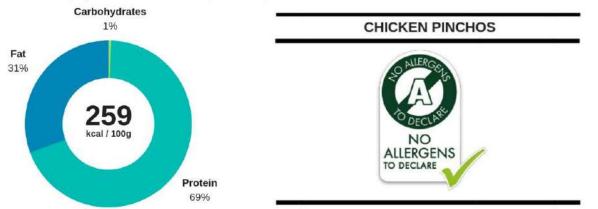
**Chicken Pinchos** EU Label Values per 100g PER 100G %RI 1095 kj 13% Energy (kj) 260 kcal 13% Energy (kcal) 13% Fat 8.8g 11% of which saturates 2.2g 0% Carbohydrate 0g 0% of which sugars 0g 0% 0q Fibre 90% Protein 45g 12% Salt 0.71g



Funky Food Fact: Pinchos means skewer in Spanish and is their version of a Turkish kebab

### Ingredients

Chicken Thigh, lemon juice, garlic, vegetable oil, pinchos mix (ground cumin, ground coriander, chilli, hot paprika, smoked paprika, cinnamon, oregano, salt)



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### GF FREE

### Lamb Pinchos Delicious marinated mini-kebabs

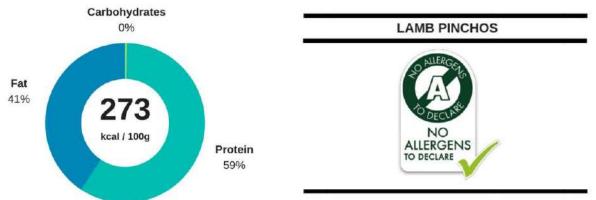
Lamb I EU Label Va	Pinchos lues per 1	00g
	PER 100G %RI	
Energy (kj)	1149 kj	14%
Energy (kcal)	274 kcal	14%
Fat	12g	17%
of which saturates	4.9g	25%
Carbohydrate	0g	0%
of which sugars	0g	0%
Fibre	0g	0%
Protein	40g	80%
Salt	0.24g	4%



Funky Food Fact: Pinchos means skewer in Spanish and is their version of a Turkish kebab

### Ingredients

Lamb, lemon juice, garlic, vegetable oil, pinchos mix (ground cumin, ground coriander, chilli, hot paprika, smoked paprika, cinnamon, oregano, salt)



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our very own Valencianaise (lime mayo)

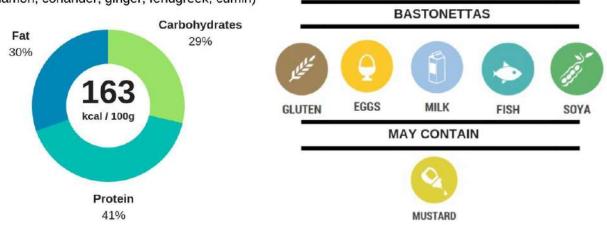
Basto EU Label Va	onettas lues per 1	00g
	PER 100G	%RI
Energy (kj)	692 kj	8%
Energy (kcal)	164 kcal	8%
Fat	5.5g	8%
of which saturates	0.8g	4%
Carbohydrate	12g	5%
of which sugars	1g	1%
Fibre	0.6g	2%
Protein	17g	34%
Salt	0.98g	16%



Funky Food Fact: There are many types of cod and not all are genetically related to true cod! We like to choose the real cod for our bastonetas

### Ingredients

Cod (FISH), flour (GLUTEN), milk (MILK), mayonnaise (EGGS, may contain MUSTARD, MILK), Soy sauce (SOYA), lime juice, wat spice mix (smoked paprika, chilli, salt, pepper, onion powder, nutmeg, clove, cinnamon, coriander, ginger, fenugreek, cumin)



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#### Calamari Tempura EU Label Values per 100g PER 100G %RI 8% Energy (kj) 695 kj 165 kcal 8% Energy (kcal) 9% Fat 6.1q 4% of which saturates 0.7g 5% Carbohydrate 14g 0% of which sugars 0g 3% Fibre 0.7g 26% Protein 13q 6% Salt 0.38g

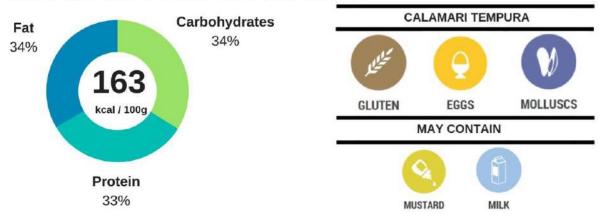
### **Calamari Tempura** Calamari Curls served with our Valencianaise (lime mayo)



Funky Food Fact: Did you know squid have 3 hearts? That's why we love them so much!

### Ingredients

Squid (MOLLUSC), flour (GLUTEN), mayonnaise (EGGS, may contain MUSTARD, MILK), lime juice, calamari dry mix (smoked paprika, ground black pepper, salt)



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Asparagus & Serrano Ham EU Label Values per 100g

PER 100G %RI

360 ki

86 kcal

4.1g

1.4q

1.3g

1.3g

1g

11g

1.5g

4%

4%

6%

7%

1%

1%

4%

22%

25%



Asparagus & Serrano Ham Freshly cooked at your event Simple, tasty & delicious...



Funky Food Fact: The word Serrano comes from the Spanish for mountain or 'sierra' air which favours the gradual aging of the meat

### Ingredients

Fibre

Protein

Salt

Energy (kj)

Fat

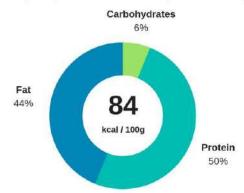
Energy (kcal)

of which saturates

Carbohydrate

of which sugars

Asparagus, Serrano Ham (SULPHITES)



ASPARAGUS & SERRANO HAM TEMPURA



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served in a Rich Tomato Sauce

Albondigas EU Label Values per 100g PER 100G %RI 5% 396 ki Energy (kj) 5% 95 kcal Energy (kcal) 6% Fat 4.5g 9% of which saturates 1.8g 1% Carbohydrate 3.2g 3% of which sugars 2.7g 3% Fibre 0.8g 19% Protein 9.7g 5%

0.27g



Funky Food Fact: Albóndigas, derived from the Arabic al-bundug (meaning hazelnut, or round object).

### Ingredients

Salt

Beef, canned tomatoes, onions, tomato puree, garlic, parsley, albondigas sauce dry mix (ground cumin, ground coriander, salt, chilli powder)



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### **DESSERT PRODUCT SHEETS**

We have developed detailed product sheets displaying the macro-nutrient content of our dishes, a full list of ingredients with allergens highlighted in BOLD, and well as a dedicated allergen panel with icons of each allergen contained in the dish.

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## AR ETAN

### Seville Jaffa Pots

A luxurious chocolate mousse with a Seville orange jelly and a light Jaffa cake layer

Seville . EU Label Va	Jaffa Pot lues per 1	00g
	PER 100G %RI	
Energy (kj)	530 kj	6%
Energy (kcal)	126kcal	6%
Fat	4.1g	6%
of which saturates	2.4g	12%
Carbohydrate	19g	7%
of which sugars	15g	17%
Fibre	0g	0%
Protein	2.7g	5%
Salt	0.2g	3%



**Funky Food Fact:** Seville is famous for oranges which are perfect for making desserts and marmalade. Stay tuned for a Paella Fella marmalade - coming soon!

### Ingredients

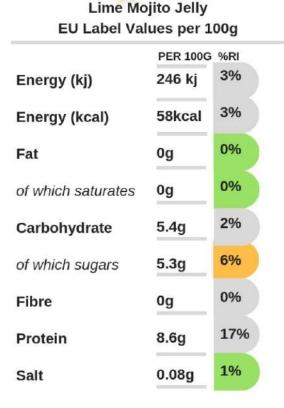
Jaffa Pot: MILK, mousse powder (DATA REQUIRED) water, jelly cubes, marmalade, orange extract, jaffa cake: flour (GLUTEN), caster sugar, butter (MILK), EGG, MILK, vanilla extract, baking powder (GLUTEN)



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Fresh Lime Mojito Jelly (gf) With fresh mint – refreshing! The perfect end to a summer's evening

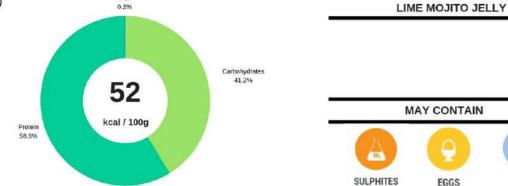




Funky Food Fact: The mojito cocktail is over 500 years old making it one of the oldest mixed drinks consumed today. Cheers!

#### Ingredients

Lemonade, white rum, lime juice, caster sugar, mint, gelatine powder (may contain SULPHITES, EGG, MILK)



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Salted Caramel Cheesecake With a buttery Ginger Nut base topped with crunchy caramel drops

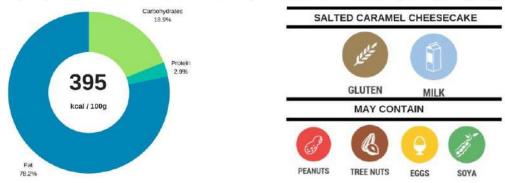
Salted Caram EU Label Val		
	PER 100G	•
Energy (kj)	1639 kj	20%
Energy (kcal)	396kcal	20%
Fat	34g	49%
of which saturates	22g	110%
Carbohydrate	19g	7%
of which sugars	15g	17%
Fibre	0g	0%
Protein	2.8g	0%
Salt	0.42g	7%



**Funky Food Fact:** Salted caramel is thought have originated in Brittany, France but it hasn't taken long to become a big hit on our side of the channel too!

#### Ingredients

Cream Cheese (MILK, may contain EGG), double cream (MILK), salted caramel, ginger biscuit (MILK, GLUTEN, may contain PEANUTS, TREE NUTS, SOYA), salted caramel (MILK), icing sugar, butter (MILK)



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Mini Cinna-Bun shot Sticky Caramel apple with a vanilla cream and a glazed mini cinnamon bun

### CiniBun shot EU Label Values per 100g

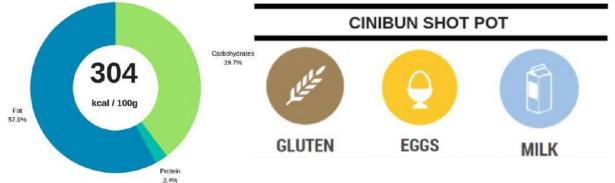
	PER 100G	%RI
Energy (kj)	1279 kj	15%
Energy (kcal)	307kcal	15%
Fat	20g	29%
of which saturates	12g	60%
Carbohydrate	30g	12%
of which sugars	22g	24%
Fibre	1.2g	5%
Protein	1.7g	3%
Salt	0.29g	5%



Funky Food Fact: Cinnamon comes from the tree bark of the cinnamon tree and is one of the healthiest spices on the planet which makes it a winning flavour in this delicious dessert.

### Ingredients

CinBun Pot: Apple, Double cream (MILK), light brown sugar, icing sugar, butter (MILK), water, vanilla extract,. CiniBun: flour (GLUTEN), light brown sugar, butter (MILK), caster sugar, MILK, EGG, vanilla extract, cinnamon,



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SUTABLE TE

Delux Chocolate Brownies Plain, Sour Cherry or Pecan – nearly everyone loves a brownie

### Chocolate Brownies EU Label Values per 100g

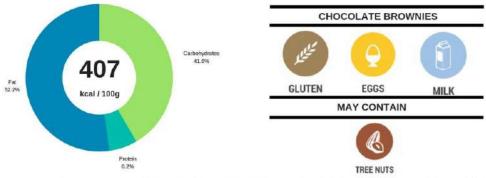
	PER 100G	%RI
Energy (kj)	1707 kj	10%
Energy (kcal)	409kcal	10%
Fat	24g	14%
of which saturates	14g	10%
Carbohydrate	42g	8%
of which sugars	35g	4%
Fibre	3.3g	11%
Protein	5.1g	11%
Salt	0.42g	4%
		-



Funky Food Fact: There's chocolate and then there's dark chocolate! Cocoa beans are rich in antioxidants which are known to help keep our hearts healthy so a little bit of naughtiness goes a long way.

### Ingredients

Caster sugar, dark chocolate (Confirm % cocao - MILK), butter (MILK), flour (GLUTEN), cocoa powder (MILK), EGG, baking powder (GLUTEN). Pecan variety contains NUTS



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Lemon Posset Smooth, creamy and tangy with a blueberry burst! Served with a shortbread

Lemon	Posset	
EU Label Val	ues per 1	00g
	PER 100G	%RI
Energy (kj)	1766 kj	21%
Energy (kcal)	427kcal	21%
Fat	38g	54%
of which saturates	23g	115%
Carbohydrate	21g	8%
of which sugars	20g	22%
Fibre	0g	0%
Protein	1.1g	2%
Salt	0.04g	1%



Funky Food Fact: Nothing says summer like the zesty taste of lemons. Don't suck lemons when you can eat posset!

### Ingredients

Posset: Double cream (MILK), caster sugar, lemon juice, blueberries, water. Sometimes served with Shortbread: flour (GLUTEN), butter (MILK), caster sugar, EGG, vanilla extract



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# SUT ABLE TE

### Shortbread

Buttery biscuits at their best bought to you as a side to our lemon posset

Shortbrea EU Label Va		
	PER 100G %RI	
Energy (kj)	1724 kj	21%
Energy (kcal)	411kcal	21%
Fat	17g	24%
of which saturates	10g	50%
Carbohydrate	57g	22%
of which sugars	20g	22%
Fibre	2.2g	9%
Protein	5.7g	11%
Salt	0.39g	7%



Funky Food Fact: Shortbread biscuits get their name form the pastry term 'shortening' meaning buttery. It's the butter which makes them so tasty!

### Ingredients

Shortbread: flour (GLUTEN), butter (MILK), caster sugar, EGG, vanilla extract



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# SUTABLE TE

### **Eton Mess**

Whipped sweet cream with a strawberry coulis topped with crushed meringues

### Eton Mess EU Label Values per 100g

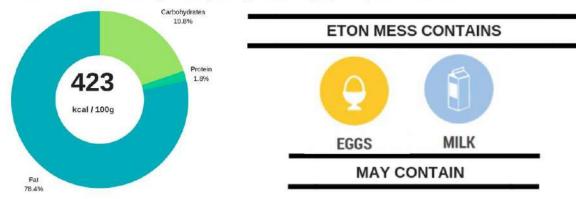
	PER 100G %RI	
Energy (kj)	1756 kj	21%
Energy (kcal)	424kcal	21%
Fat	37g	53%
of which saturates	23g	115%
Carbohydrate	21g	8%
of which sugars	21g	23%
Fibre	0g	0%
Protein	1.8g	4%
Salt	0.04g	1%



**Funky Food Fact:** Eton Mess is commonly believed to originate from Eton College and is served at the annual cricket match against Harrow School.

### Ingredients

Shortbread: flour (GLUTEN), butter (MILK), caster sugar, EGG, vanilla extract



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