

# NUTRITION \& ALLERGEN FACT SHEET BOOKLET 

Published November 2019

## 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

## 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



## 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 <br> Tortilla | Popcorn Chicken |
| Albondigas Meat Balls | Drunken Chicken in Beer | Sticky Apple Chorizo Bites |
| Asparagus \& Serrano Ham | Ham Croquetas |  |
| Chicken Pinchos | Iberian Pork Nuggets |  |



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## Paella Fella



## 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 |  |  |



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## 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 |



Verdura Paella with seasonal vegetables



## 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 Broz* |
| Pea \& Leek Cigars* | Canape Olives | Verdura Paella |



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## 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.


## 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

## Paella Fella

## 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)

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| PAELLAS |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken \& Chorizo (Classic Recipe) | X | X |  | X |  |  | X |  |  |  |  |  |  |  |
| Chicken \& Chorizo (Gluten Free) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Marisco Seafood (Classic Recipe) | X | X | X | X | X |  | X | X |  |  |  |  | X |  |
| Marisco Seafood (Gluten Free) | X |  | X |  | X |  |  | X |  |  |  |  |  |  |
| Verdura Vegetarian | X |  |  | X |  |  | X |  |  |  |  |  |  |  |
| Verdura Vegetariana (Vegan) | X |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Valenciana (Classic Recipe) | X | X |  | X |  |  | X |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| TAPAS |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Albondigas Meat Balls |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Asparagus \& Serrano Ham |  |  |  |  |  |  |  |  |  |  |  |  |  | X |
| Bolitas di Arroz | X | $x$ |  | $x$ |  |  | X |  |  |  |  |  | $x$ |  |
| Calamari Tempura |  | X |  | X |  |  | $\Delta$ | X | $\Delta$ |  |  |  |  |  |
| Canape Olives |  | $\Delta$ |  |  |  |  |  |  |  |  |  |  |  | $x$ |
| Cauliflower Wings |  | X |  |  |  |  |  |  |  |  |  |  |  | X |
| Chicken Pinchos |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken Wings |  |  |  |  |  |  |  |  |  |  |  |  |  | $\Delta$ |
| Chorizo \& Red Pepper Tortilla |  |  |  | X |  |  | $x$ |  |  |  |  |  |  |  |
| Chorizo in Red Wine |  |  |  |  |  |  |  |  |  |  |  |  |  | $\Delta$ |

## PAELLA FELLA ALLERGENS

FOOD SAFETY FOR OUR CLIENTS

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| TAPAS CONT'D |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cod Bastonetas |  | X |  | X | X |  | X |  | $\Delta$ |  |  |  | X |  |
| Drunken Chicken in Beer | X | X |  | X |  |  | X |  | X |  |  |  |  | X |
| Fresh Garden Greens |  |  |  |  |  |  |  |  | X |  |  |  | X | $\Delta$ |
| Goats Cheese Picos |  | X |  | $\Delta$ |  |  | X |  |  |  |  |  | $\Delta$ |  |
| Ham Croquetas | X | X |  | X |  |  | X |  |  |  |  |  | X |  |
| Iberian Pork Nuggets | X |  |  | $x$ |  |  |  |  | X |  |  |  |  | X |
| Lamb Cigars |  | X |  | X |  |  | $\Delta$ |  | X |  |  |  |  | $\Delta$ |
| Lamb Pinchos |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mackerel Profiteroles |  | X |  | $\Delta$ | X |  | X |  |  |  |  |  |  |  |
| Mushroom Croquetas |  | X |  | X |  |  | X |  |  |  |  |  | X |  |
| Mushrooms in Garlic | X |  |  | X |  |  | X |  |  |  |  |  |  |  |
| Patatas Bravas | $\Delta$ |  |  | X |  |  | $\Delta$ |  | $\Delta$ |  |  |  |  | $\Delta$ |
| Pea \& Leek Cigars | X | X |  | X |  |  | X |  | X |  |  |  |  | X |
| Popcorn Chicken |  | X |  | X |  |  |  |  |  |  |  |  | $\Delta$ | X |
| Prawn Pil Pil |  |  | X |  |  |  |  |  |  |  |  |  |  | $\Delta$ |
| Sticky Apple Chorizo Bites |  |  |  |  |  |  |  |  |  |  |  |  |  | X |
| Sweet Potato Tortilla |  |  |  | x |  |  |  |  |  |  |  |  |  | $\Delta$ |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| DESSERTS |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chocolate Brownies (Cherry) |  | X |  | X |  |  | X |  |  |  |  |  |  |  |
| Chocolate Brownies (Pecan) |  | X |  | X |  |  | $x$ |  |  | X |  |  |  |  |
| Chocolate Brownies (Plain) |  | x |  | $x$ |  |  | $x$ |  |  |  |  |  |  |  |
| Eton Mess |  |  |  | X |  |  | X |  |  |  |  |  |  |  |
| Lemon Posset |  |  |  |  |  |  | X |  |  |  |  |  |  |  |


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| DESSERTS CONT'D |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mini CiniBuns |  | x |  | X |  |  | X |  |  |  |  |  |  |  |
| Mojito Jelly |  |  |  | $\Delta$ |  |  | $\Delta$ |  |  |  |  |  |  | $\Delta$ |
| Salted Caramel Cheesecake |  | $x$ |  | $\Delta$ |  |  | X |  |  | $\Delta$ | $\Delta$ |  | $\Delta$ |  |
| Seville Jaffa Pot |  | X |  | X |  |  | X |  |  |  |  |  |  |  |
| Shortbread |  | X |  | X |  |  | X |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| SIDE DISHES \& EXTRAS |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Focaccia |  | $x$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Mayonnaise (Dips) |  |  |  | X |  |  | $\Delta$ |  | $\Delta$ |  |  |  |  |  |
| Ketchup (Dips) | $\Delta$ |  |  |  |  |  |  |  |  |  |  |  |  | $\Delta$ |
| Sun-dried Tomatoes |  |  |  | X |  |  |  |  |  |  |  |  |  | $\Delta$ |
| Mustard (Dips) |  |  |  |  |  |  |  |  | X |  |  |  |  | $\Delta$ |

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## 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.

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

Simply communicate your dietary requirements at time of booking and Paella Fella will ensure your menu is free-from the allergens and/or ingredients requested.


## 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.

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## 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 crosscontamination in our kitchens.

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## 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

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## 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

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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

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## EGGS

## 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

Simply communicate your dietary requirements at time of booking and Paella Fella will ensure your menu is free-from the allergens and/or ingredients requested.

## 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).

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## Paella Fella Free-From Promise

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## 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

Simply communicate your dietary requirements at time of booking and Paella Fella will ensure your menu is free-from the allergens and/or ingredients requested.


## FISH

## 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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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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## 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

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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

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SULPHITES

## 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

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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

Simply communicate your dietary requirements at time of booking and Paella Fella will ensure your menu is free-from the allergens and/or ingredients requested.
(
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

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## Paella Fella Free-From Promise

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## 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.



Ingredients
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 other dietary considerations please contact the team directly to discuss your requirements with one of our development chefs.


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GF Chicken \& Chorizo Paella EU Label Values per 100g

|  | PER 100 G | \%RI |
| :---: | :---: | :---: |
| Energy (kj) | 322 kj | 4\% |
| Energy (kcal) | 77 kcal | 4\% |
| Fat | 4.6 g | 7\% |
| of which saturates | 1.2 g | 6\% |
| Carbohydrate | 4.2 g | 2\% |
| of which sugars | 0.5 g | 1\% |
| Fibre | Og | 0\% |
| Protein | 4.6 g | 9\% |
| Salt | 0.58g | 10\% |

## Ingredients

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

## Ingredients

Classic Seafood paella made with King or Tiger Prawn, Squid Rings, Cod Fillet \& Mussels
Seafood Paella
EU Label Values per 100 g

|  | PER 100 G | \%RI |
| :---: | :---: | :---: |
| Energy (kj) | 197 kj | 2\% |
| Energy (kcal) | 47 kcal | 2\% |
| Fat | 1.5 g | 2\% |
| of which saturates | 0.3g | 2\% |
| Carbohydrate | 3.7g | 1\% |
| of which sugars | Og | 0\% |
| Fibre | Og | 0\% |
| Protein | 4.4 g | 9\% |
| Salt | 0.27 g | 5\% |

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 Hichualiry 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.
Seafood Paella
EU Label Values per 100 g

|  | PER 100G | \%RI |
| :---: | :---: | :---: |
| Energy (kj) | 197 kj | 2\% |
| Energy (kcal) | 47 kcal | 2\% |
| Fat | 1.5 g | 2\% |
| of which saturates | 0.3g | 2\% |
| Carbohydrate | 3.7 g | 1\% |
| of which sugars | 0 g | 0\% |
| Fibre | 0 g | 0\% |
| Protein | 4.4g | 9\% |
| Salt | 0.27 g | 5\% |

Ingreatients
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.
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## Paella Fella ク円N

## Verdura Paella

EU Label Values per $\mathbf{1 0 0 g}$


## 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 AUIINIICIMGEDENIS 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


## 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 $\mathbf{1 0 0 g}$

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

## Ingredients



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


Our tapas menu offers a range of classic Spanish dishes using high quality ingredients. We strive to provide authentic and delicious dishes to suit all dietary needs. The traditional recipes may contain the allergens 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.

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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 $\mathbf{1 0 0 g}$

|  | PER 100G | \%RI |
| :---: | :---: | :---: |
| Energy (kj) | 509 kj | 6\% |
| Energy (kcal) | 122 kcal | 6\% |
| Fat | 6.9 g | 10\% |
| of which saturates | 1.1 g | 6\% |
| Carbohydrate | 11g | 4\% |
| of which sugars | 3.6 g | 4\% |
| Fibre | 2 g | 8\% |
| Protein | 2.4g | 5\% |
| Salt | 1.19 | 18\% |

## Ingredients

 Baking powder, Paprika, Chilli flakes, Salt

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


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Smoked Mackerel Profiteroles
EU Label Values per 100g

## Ingredients

## Mackerel Profiteroles (Profiterol con Paté de Caballa)

 Smoked mackerel pate profiteroles with a dill and radish garnish|  | PER 100 G | \%RI |
| :---: | :---: | :---: |
| Energy ( $\mathbf{k j}$ ) | 1027 kj | 12\% |
| Energy (kcal) | 248 kcal | 12\% |
| Fat | 20g | 29\% |
| of which saturates | 9.3 g | 47\% |
| Carbohydrate | 5.2g | 2\% |
| of which sugars | 1.9 g | 2\% |
| Fibre | 0.7 g | 3\% |
| Protein | 10 g | 20\% |
| Salt | 0.41g | 7\% |

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


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## Drunken Chicken (Pollo Boracho)

## Paella Fella

 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 | 9.4 g | 13\% |  |
| of which saturates | 2.3g | 12\% |  |
| Carbohydrate | 4.5 g | 2\% |  |
| of which sugars | 2.5 g | 3\% |  |
| Fibre | 1.1 g | 4\% |  |
| Protein | 9.8 g | 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 |

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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Smokey Crispy Popcorn Chicken with Garlic \& Chili

| Popcorn Chicken <br> EU Label Values per $\mathbf{1 0 0 g}$ |  |  |
| :---: | :---: | :---: |
|  | PER 100G | \%RI |
| Energy (kj) | 908 kj | 11\% |
| Energy (kcal) | 216 kcal | 11\% |
| Fat | 6.8 g | 10\% |
| of which saturates | 1.4 g | 7\% |
| Carbohydrate | 16 g | 6\% |
| of which sugars | 1.7 g | 2\% |
| Fibre | 0.8 g | 3\% |
| Protein | 22g | 44\% |
| Salt | 0.72g | 12\% |

Popcorn Chicken
EU Label Values per 100g

## Ingredients

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


Our tapas menu offers a range of classic Spanish dishes using high quality ingredients. We strive to provide authentic and delicious dishes to suit all dietary needs. The traditional recipes may contain the allerg noteranirn highlighted in BOLD. For gluten free alternatives and all other dietary considerations animituginien please contact the team directly to discuss your requirements with one of our development chefs.

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|  | PER 100G | \%RI |
| :---: | :---: | :---: |
| Energy (kj) | 708 kj | 8\% |
| Energy (kcal) | 168kcal | 8\% |
| Fat | 5.5 g | 8\% |
| of which saturates | 2.3 g | 12\% |
| Carbohydrate | 20g | 8\% |
| of which sugars | 7.5 g | 8\% |
| Fibre | 1.4 g | 6\% |
| Protein | 9.0 g | 18\% |
| Salt | 0.7 g | 12\% |

## Ingredients <br> Ingredients

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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## Pea \& Leek Cigars (vg)

 A Crispy, savoury pastry parcels with a garden fresh pea \& leek filling| Pea \& Leek Cigar <br> EU Label Values per 100 g |  |  |
| :---: | :---: | :---: |
|  | PER 100G | \%RI |
| Energy (kj) | 867 kj | 10\% |
| Energy (kcal) | 205kcal | 10\% |
| Fat | 2.2 g | 3\% |
| of which saturates | 0.3 g | 2\% |
| Carbohydrate | 37g | 14\% |
| of which sugars | 3.8 g | 4\% |
| Fibre | 4.5 g | 18\% |
| Protein | 7.4 g | 15\% |
| Salt | 0.9g | 15\% |



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 EU Label Values per $\mathbf{1 0 0 g}$

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

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


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


BOLITAS DE ARROZ


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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 100 G | \%RI |
| Energy (kj) | 858 kj | 10\% |
| Energy (kcal) | 205kcal | 10\% |
| Fat | 10 g | 14\% |
| of which saturates | 2 g | 10\% |
| Carbohydrate | 21g | 8\% |
| of which sugars | 3.3 g | 4\% |
| Fibre | 2.8 g | 11\% |
| Protein | 5.6 g | 11\% |
| Salt | 0.25g | 4\% |

Ingredients


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!

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


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## Paella Fella <br> Canape Olives Green \& Black olives in our special Paella Fella marinade



## Ingredients

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


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## Paella Fella Traditional Spanish omelette with slightly piccante chorizo \& pepper



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Paella Fella

## Sweet Potato Tortilla Traditional Spanish omelette with sun-dried tomatoes

| Sweet Potato Tortilla EU Label Values per 100g |  |  |
| :---: | :---: | :---: |
|  | PER 100G | \%RI |
| Energy (kj) | 556 kj | 7\% |
| Energy (kcal) | 134 kcal | 7\% |
| Fat | 8 g | 11\% |
| of which saturates | 1.6 g | 8\% |
| Carbohydrate | 7.8 g | 3\% |
| of which sugars | 1.6 g | 2\% |
| Fibre | 2.1g | 8\% |
| Protein | 6.3 g | 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)


SWEET POTATO TORTILLA CONTAINS


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Paella Fella Limited T: 01342777846 www.paellafella.co.uk Fen Place Farm Business Park, East Street, Turners Hill, West Sussex RH10 4QA Follow us on IG, FB \& LinkedIn @ThePaellaFella Smokey Crispy Chicken Wings with Garlic

| Chicken Wings <br> EU Label Values per $\mathbf{1 0 0 g}$ |  |  |
| :---: | :---: | :---: |
|  | PER 100G | \%RI |
| Energy (kj) | 1193 kj | 14\% |
| Energy (kcal) | 286 kcal | 14\% |
| Fat | 18g | 26\% |
| of which saturates | 4.7 g | 24\% |
| Carbohydrate | 4g | 2\% |
| of which sugars | 3.3 g | 4\% |
| Fibre | 0.6 g | 2\% |
| Protein | 26g | 52\% |
| Salt | 0.92g | 15\% |



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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## Ingredients

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


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Creamy Garlic Mushrooms EU Label Values per 100 g

|  | PER 100 G | \%RI |
| :---: | :---: | :---: |
| Energy (kj) | 610 kj | 7\% |
| Energy (kcal) | 148 kcal | 7\% |
| Fat | 13 g | 19\% |
| of which saturates | 8.2g | 41\% |
| Carbohydrate | 4.7 g | 2\% |
| of which sugars | 2.8 g | 3\% |
| Fibre | 0.9g | 4\% |
| Protein | 2g | 4\% |
| Salt | 0.13g | 2\% |

# 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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Ingredients
Bread Mini Toasts (GLUTEN, may contain SOYA), Goats cheese (MILK), Cream Cheese (MILK, may contain EGG), flour (GLUTEN), Chives, onion, Beetront nowder


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# Fresh Garden Green Salad 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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Patas Bravas EU Label Values per 100 g

|  | PER 100 G | \%RI |
| :---: | :---: | :---: |
| Energy (kj) | 546 kj | 7\% |
| Energy (kcal) | 131 kcal | 7\% |
| Fat | 6.8 g | 10\% |
| of which saturates | 0.5 g | 3\% |
| Carbohydrate | 15g | 6\% |
| of which sugars | 1.1g | 1\% |
| Fibre | 1.5 g | 6\% |
| Protein | 1.7 g | 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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| Prawn Pil Pil <br> EU Label Values per 100 g |  |  |
| :---: | :---: | :---: |
|  | PER 100 G | \%RI |
| Energy (kj) | 795 kj | 9\% |
| Energy (kcal) | 191 kcal | 10\% |
| Fat | 12g | 17\% |
| of which saturates | 1.8 g | 9\% |
| Carbohydrate | 0 g | 0\% |
| of which sugars | Og | 0\% |
| Fibre | 0 g | 0\% |
| Protein | 21g | 42\% |
| Salt | 0.68 g | 11\% |



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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sme
Chicken Pinchos
EU Label Values per $\mathbf{1 0 0 g}$

|  | PER 100G | \%RI |
| :---: | :---: | :---: |
| Energy (kj) | 1095 kj | 13\% |
| Energy (kcal) | 260 kcal | 13\% |
| Fat | 8.8 g | 13\% |
| of which saturates | 2.2 g | 11\% |
| Carbohydrate | Og | 0\% |
| of which sugars | Og | 0\% |
| Fibre | 0 g | 0\% |
| Protein | 45g | 90\% |
| Salt | 0.71g | 12\% |

## Chicken Pinchos

 Delicious marinated mini-kebabs

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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Lamb Pinchos EU Label Values per 100 g

|  | PER 100G | \%RI |
| :---: | :---: | :---: |
| Energy (kj) | 1149 kj | 14\% |
| Energy (kcal) | 274 kca | 14\% |
| Fat | 12g | 17\% |
| of which saturates | 4.9 g | 25\% |
| Carbohydrate | Og | 0\% |
| of which sugars | Og | 0\% |
| Fibre | Og | 0\% |
| Protein | 40 g | 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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| Bastonettas <br> EU Label Values per 100 g |  |  |
| :---: | :---: | :---: |
|  | PER 100 G | \%RI |
| Energy (kj) | 692 kj | 8\% |
| Energy (kcal) | 164 kcal | 8\% |
| Fat | 5.5 g | 8\% |
| of which saturates | 0.8 g | 4\% |
| Carbohydrate | 12g | 5\% |
| of which sugars | 1 g | 1\% |
| Fibre | 0.6 g | 2\% |
| Protein | 17g | 34\% |
| Salt | 0.98g | 16\% |

## Bastonetas

Lightly Fried Cod in spicy curried batter with our very own Valencianaise (lime mayo)


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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名位

Calamari Tempura
EU Label Values per $\mathbf{1 0 0 g}$

|  | PER 100 G | \%RI |
| :---: | :---: | :---: |
| Energy (kj) | 695 kj | 8\% |
| Energy (kcal) | 165 kcal | 8\% |
| Fat | 6.1 g | 9\% |
| of which saturates | 0.7 g | 4\% |
| Carbohydrate | 14 g | 5\% |
| of which sugars | 0 g | 0\% |
| Fibre | 0.7 g | 3\% |
| Protein | 13 g | 26\% |
| Salt | 0.38g | 6\% |

## 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 100 g

| Asparagus \& Serrano Ham EU Label Values per $\mathbf{1 0 0 g}$ |  |  |
| :---: | :---: | :---: |
|  | PER 100 G | \%RI |
| Energy (kj) | 360 kj | 4\% |
| Energy (kcal) | 86 kcal | 4\% |
| Fat | 4.1g | 6\% |
| of which saturates | 1.4 g | 7\% |
| Carbohydrate | 1.3 g | 1\% |
| of which sugars | 1.3 g | 1\% |
| Fibre | 1g | 4\% |
| Protein | 11g | 22\% |
| Salt | 1.5 g | 25\% |

## Ingredients

Asparagus, Serrano Ham (SULPHITES)


## 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

ASPARAGUS \& SERRANO HAM TEMPURA


SULPHITES

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## Paella Fella Albondigas Spanish Meatballs made with beef and pork served in a Rich Tomato Sauce



## Ingredients

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.


## Seville Jaffa Pots

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

\begin{abstract}
Seville Jaffa Pot EU Label Values per $\mathbf{1 0 0 g}$

|  | PER 100 g | \%RI |
| :---: | :---: | :---: |
| Energy (kj) | 530 kj | 6\% |
| Energy (kcal) | 126kcal | 6\% |
| Fat | 4.19 | 6\% |
| of which saturates | 2.4 g | 12\% |
| Carbohydrate | 19g | 7\% |
| of which sugars | 15g | 17\% |
| Fibre | Og | 0\% |
| Protein | 2.7 g | 5\% |
| Salt | 0.2g | 3\% |

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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Lime Mojito Jelly


Ingredients
Lemonade, white rum, lime juice, caster sugar, mint, gelatine powder (may contain SULPHITES, EGG, MILK)
 <br> \section*{\section*{Fresh Lime Mojito Jelly (gf) <br> \section*{\section*{Fresh Lime Mojito Jelly (gf) <br> <br> With fresh mint - refreshing! <br> <br> With fresh mint - refreshing! <br> <br> The perfect end to a summer's evening} <br> <br> The perfect end to a summer's evening}


## Salted Caramel Cheesecake

With a buttery Ginger Nut base topped with crunchy caramel drops


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

## Ingredients



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.

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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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 | 14 g | 10\% |
| Carbohydrate | 42g | 8\% |
| of which sugars | 35g | 4\% |
| Fibre | 3.3 g | 11\% |
| Protein | 5.1 g | 11\% |
| Salt | 0.42g | 4\% |

## Ingredients <br> Ingredients

 (MILK), EGG, baking powder (GLUTEN). Pecan variety contains NUTS

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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.

Caster sugar, dark chocolate (Confirm \% cocao - MILK) , butter (MILK), flour (GLUTEN), cocoa powder


Lemon Posset EU Label Values per 100g

|  | 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 | 0 g | 0\% |
| Protein | 1.19 | 2\% |
| Salt | 0.04g | 1\% |

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


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

| Shortbread Biscuits EU Label Values per 100g |  |  |
| :---: | :---: | :---: |
|  | PER 100G | \%RI |
| Energy (kj) | 1724 kj | 21\% |
| Energy (kcal) | 411 kcal | 21\% |
| Fat | 17g | 24\% |
| of which saturates | 10 g | 50\% |
| Carbohydrate | 57g | 22\% |
| of which sugars | 20g | 22\% |
| Fibre | 2.2 g | 9\% |
| Protein | 5.7 g | 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


SHORTBREAD BISCUIT


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Eton Mess EU Label Values per 100 g


## Ingredients

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



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