

PAN-FRIED SEA BASS- WITH GARLIC AND CHILLE PUREE

Dish ID

671842

Ingredients

160 g	Sea Bass : 140-180g (5-6oz) : Fillet : Scaled: Boned
20 g	Tomatoes : Cherry : Pre Packed
0.05 portion	Aubergine
20 g	Courgette : Green
50 g	Pinguin Saute Potatoes
10 g	Garlic : Cloves : Whole Peeled
10 g	Chillies : Red
10 tspn	La Pedriza Pure : Olive Oil
2 g	Everyday Favorites Table Salt
2 g	Chef William Cracked : Black Pepper
2 ml	Balsamic Glaze

Allergens & Dietary Suitability

Fish

Sulphur dioxide

Allergen Disclaimer:

Before placing your order please make staff aware of any allergies you might have. We shall do our best to provide you with suitable food but we cannot guarantee that any of our foods are free from cross-contamination of allergens.

Last Updated:

Most recent item change: 13/01/2023 17:20:07 (313273)

Most recent item added: 13/01/2023 17:19:50 (3952720)

Dish details last updated: 13/01/2023 17:22:25

LAMB CHOPS WITH RED WINE SAUCE

Dish ID

671903

Ingredients

200 g	Lamb Cutlets : French Trim : Imported : Halal
100 ml	Signature Red : Cooking Wine
10 g	Garlic : Cloves : Whole Peeled
5 g	Thyme
2 g	Everyday Favorites Table Salt
3 g	Peppercorn Sauce : Concentrated Sauce
20 g	Asparagus : Large
100 g	Mashed Potato
50 g	Carrots : Peeled
10 ml	La Pedriza Pure : Olive Oil

Allergens & Dietary Suitability

Milk

Sulphur dioxide

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Last Updated:

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VEGAN ITALIAN STUFFED PEPPERS WITH RICE

Dish ID

671926

Ingredients

10 kg	Peppers : Mixed : 2nd
10 tbsp	La Pedriza Pure : Olive Oil
1000 g	Onions : Large
10 kg	Mushrooms : Catering
2500 g	Carrots : Peeled
8000 g	Maggi Tomato Sauce : Rich & Rustic
1000 g	Parsley : Flat
1000 g	Dill
200 g	Thyme
100 g	Everyday Favorites Table Salt
100 g	Chef William Cracked : Black Pepper
2500 g	Cheddar Style Cheese : Grated : Vegan
8000 g	Fortuna Red Kidney Beans

Allergens & Dietary Suitability

No Allergens

Nutritional Analysis

	Energy or Nutrient	Total Weight: 4457.76 g	Recipe	% RI	Per 100g
	Energy		12611 kJ 3014 kcal	151 %	283 kJ 68 kcal
	Fat		117.13 g	167 %	2.63
	Saturates		62.43 g	312 %	1.40
	Carbohydrate		328.33 g	126 %	7.37
	Sugars		123.65 g	137 %	2.77
	Fibre		106.50 g	-	2.39
	Protein		105.29 g	211 %	2.36
	Salt		20.47 g	341 %	0.46

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Last Updated:

Most recent item added: 13/01/2023 18:15:10 (313840)

Dish details last updated: 13/01/2023 18:15:11

FRUIT PROFITEROLES

Dish ID

672458

Ingredients

6 each Ind : Profiterole : Creme Pat & Choc

30 g Strawberries

0.05 each Blueberries

Allergens & Dietary Suitability

Gluten Soya

Eggs Milk

Wheat * Peanuts

* Tree Nuts * Sesame

* Sulphur dioxide * Rye

* Barley * Oats

* May Contain

Nutritional Analysis

	Energy or Nutrient	Total Weight: 45.63 g	Recipe	% RI	Per 100g
	Energy		130 kJ 31 kcal	2 %	285 kJ 68 kcal
	Fat		1.01 g	1 %	2.20
	Saturates		0.48 g	2 %	1.05
	Carbohydrate		4.67 g	2 %	10.24
	Sugars		3.54 g	4 %	7.75
	Fibre		0.59 g	-	1.30
	Protein		0.54 g	1 %	1.18
	Salt		0.02 g	0 %	0.04

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Last Updated:

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