

BOWL'D - Eat The Med LTO Ingredients



As we operate working kitchens please be aware that there is always a risk that allergen containing ingredients may be transferred during storage or preparation of food in our kitchens. **BOWL'D** Restaurants are therefore unable to guarantee that any food item sold is free from cross contact of allergens. ~ **BOWL'D** has made every effort to ensure the accuracy of the information at the time of writing, however no responsibility is accepted where a food manufacturer/supplier has changed their formulations / ingredients without notification.

THE LAMB SCHUG

Lamb Bites	Lamb (76%), Rehydrated Onion, Breadcrumbs (wheat flour, water, yeast, sugar, gluten , vegetable oil, salt, emulsifier (472e), acidity regulator (262)), Egg , Whey Protein Concentrate (milk protein), Salt, Spices, Hydrolysed Maize Protein, Mineral Salt (451). <i>Contains: Wheat, Gluten, Egg, Milk</i>
Rice (Cooked)	Steamed Brown or White Rice. <i>May Contain: Gluten, Milk, Peanuts, Sesame, Soy, Tree Nuts.</i>
Garlic Butter	Vegetable Oil/Fat, Water, Garlic (4.7%), Salt, Emulsifier (471), Herbs (0.2%), Preservative (202), Flavour, Antioxidant (307b), Colour (160a), Food Acid (330).
Broccoli	Broccoli (Fresh).
Spinach	Spinach (Fresh).
Pickled Red Onion	Apple Cider Vinegar, Sugar, Red Onion Fresh (Sliced).
Greek Style Cheese (NZ Feta Cheese)	Milk , Salt, Enzyme (Non Animal Rennet), Cultures. <i>Contains: Milk / Cheese.</i>
Sliced Olives	Kalamata Olives (50%), Water, Sea Salt, Red Wine Vinegar, Extra Virgin Olive Oil, Lactic Acid (270)
Schug Sauce	Pesto : Water, Basil (19%), Vegetable Oil, Sugar, Garlic [Garlic, Canola Oil, Acidity Regulator (330), Thickener (415)], Parmesan Cheese (Milk), Salt, Thickeners (1442, 415), Spices, Acidity Regulators (270, 330), Colour (141), Preservative (202). Jalapenos : Jalapeño peppers, water, carrots, vinegar, onions, soybean oil, garlic and spices <i>Contains: Milk.</i>
Seed Mix	Sunflower Kernels, Pumpkin Seed Kernels. <i>May Contain: Sesame, Soy, Tree Nuts, Gluten, Milk, Peanut</i>
TOTALS	<i>Contains: Gluten, Wheat, Egg, Milk.</i> <i>May Contain: Peanuts, Sesame, Soy, Tree Nuts.</i>

THE CHICKEN SCHUG

Chicken Breast	Chicken (96%), Salt, Mineral Salts (451, 450, 452), Sugar, Modified Starch (1412), Thickener (407).
Rice (Cooked)	Steamed Brown or White Rice. <i>May Contain: Gluten, Milk, Peanuts, Sesame, Soy, Tree Nuts.</i>
Garlic Butter	Vegetable Oil/Fat, Water, Garlic (4.7%), Salt, Emulsifier (471), Herbs (0.2%), Preservative (202), Flavour, Antioxidant (307b), Colour (160a), Food Acid (330).
Broccoli	Broccoli (Fresh).
Spinach	Spinach (Fresh).
Pickled Red Onion	Apple Cider Vinegar, Sugar, Red Onion Fresh (Sliced).
Greek Style Cheese (NZ Feta Cheese)	Milk , Salt, Enzyme (Non Animal Rennet), Cultures. <i>Contains: Milk / Cheese.</i>
Sliced Olives	Kalamata Olives (50%), Water, Sea Salt, Red Wine Vinegar, Extra Virgin Olive Oil, Lactic Acid (270)
Schug Sauce	Pesto : Water, Basil (19%), Vegetable Oil, Sugar, Garlic [Garlic, Canola Oil, Acidity Regulator (330), Thickener (415)], Parmesan Cheese (Milk), Salt, Thickeners (1442, 415), Spices, Acidity Regulators (270, 330), Colour (141), Preservative (202). Jalapenos : Jalapeño peppers, water, carrots, vinegar, onions, soybean oil, garlic and spices <i>Contains: Milk.</i>
Seed Mix	Sunflower Kernels, Pumpkin Seed Kernels. <i>May Contain: Sesame, Soy, Tree Nuts, Gluten, Milk, Peanut</i>
TOTALS	<i>Contains: Milk</i> <i>May Contain: Peanuts, Sesame, Soy, Tree Nuts, Gluten, Wheat</i>