



Fir Tree

— B&B —

at Galvelbeg House

Food source	Ingredients
Fruit scones	Wheat flour (cereal- wheat),butter (milk), sugar, egg , sultanas, baking powder
Shortbread	Wheat flour (cereal- wheat), cornflour (cereals), butter (milk), vegetable fat spread (rapeseed, palm, sunflower) buttermilk (milk) sugar.
Carrot& walnut muffins	Flour (cereals- wheat), sugar, carrots, sunflower oil, sultanas, walnuts (nuts) eggs , orange rind, cinnamon, nutmeg, sodium bicarbonate.
Sticky toffee muffins	Wheat flour (cereal- wheat),dates, sugar, butter (milk) , egg , cream (milk), sodium bicarbonate, vanilla essence.
Blueberry muffins	Wheat flour (cereal- wheat), milk , sunflower oil, sugar, egg , blueberry, vanilla essence
Croissants	Wheat flour, butter (milk), water, yeast, sugar, eggs , wheat gluten , enzymes (amylase, hemicellulases)flour treatment agents: ascorbic acid, may contain traces of nuts & soya .
Pancakes	Wheat flour, sugar, egg , milk , baking powder, salt
Bread Rolls	Wheat flour, water, yeast, salt, fermented wheat flour, malted wheat flour, broad bean flour, antioxidant, ascorbic acid.
Fruit & nut muesli	Oat flakes, barley flakes, raisins, sultanas, malted toasted wheat flakes, (wheat , barley malt extract), dried sweetened pineapple (sulphur dioxide) dried sweetened banana chips, coconut flakes, dried dates, pumpkin seeds, dried sweetened papaya (sulphur dioxide), hazelnut , almonds , pecan nuts
Nutty granola	Oat flakes, mixed nuts (cashew , brazil , almonds , hazelnut , pecan , macadamia , pistachio), raw cane sugar, rapeseed oil, coconut chips, desiccated coconut, acacia honey, black treacle, pumpkin seeds , sunflower seeds , linseeds .
Berry granola	Oat flakes, raw cane sugar, rapeseed oil, hazelnuts , freeze dried cherries, desiccated coconut, acacia honey, black treacle, pumpkin seeds , sunflower seeds , golden linseeds , freeze dried raspberries, blueberries & strawberries.
Porridge	Wholegrain rolled oats (cereals- oats), sugar, salt
Scrambled egg	Egg , cheese (milk) milk , butter (milk)
Smoked salmon	Smoked salmon (fish), salt, brown sugar.
Beef link sausage	Salt, rusk, (wheat) flour, calcium carbonate, iron, niacin, thiamine, flavourings, stabilisers (E450 (iii) E450 (E450(i), preservative (E223), flavour enhancer (E621) spice, sunflower oil, colour(E120) antioxidant(E300)
Hash Brown	Potato (84%), Dried Potato, Sunflower Oil, Onion (3%), Flavouring, Salt, Stabiliser (Hydroxypropyl Methyl Cellulose), Dextrose, White Pepper.
Black pudding /Haggis	Oats , sulphur dioxide
Baked beans	Beans, tomatoes, water, sugar, spirit vinegar, modified cornflour, salt, spice extracts, herb extracts.
Tortilla GF	Tapioca starch (53%), water, white corn masa flour (8%), stabilisers (glycerol, xanthan gum), quinoa flour (4%), amaranth flour, emulsifier (mono- and diglycerides of fatty acids), salt.
Toast-white	Wheat flour (calcium carbonate, iron, niacin, thiamine) water, yeast, salt, rapeseed oil, soya flour, spirit vinegar, emulsifier, preservative: calcium propionate; wheat flour, palm oil, flour treatment agent: ascorbic acid.
Toast-seeded	Wheat flour (calcium carbonate, iron, niacin, thiamine) water, sunflower seeds , linseed , millet , yeast , pumpkin seeds , salt, barley malt flour, wheat gluten, spirit vinegar, poppy seeds , sugar, emulsifier, preservative: calcium propionate; wheat flour, palm oil, flour treatment agent: ascorbic acid.