

# Ingredients Folder

**A**      **Apple Juice (Luscombe)**

**B**      **Baguettes (Organic ½)**

**Bran Muffin**

**Bread**

**Burgers Organic**

**Burt's Potato Chips**

**C**      **Caesar Dressing (Rich's)**

**Chicken Drumsticks**

**Chicken Mango**

**Chicken Mayo**

**Chicken Wings**

**Chilli Beef**

**Chilli Relish Venus**

**Chocolate Bars**

**Chocolate Cake**

**Chocolate Cornflake**

**Chicken Liver Pate**  
**Chocolate Muffin**  
**Chocolate Mousse**  
**Chocolate Ice Cream**  
**Coffee Ice cream**  
**Cornish Butter Tablet**  
**Creme Brulee**

**D**

**E      Egg Mayonnaise**

**F      Flapjacks**  
**Fries**  
**Fruitcake**  
**Fudge**

**G      Garlic Croutons**  
**Greek Dressing**  
**Gluten Free Brownies**  
**Gluten Free Ice Creams**

**H**      **Hash Browns**  
**Honeycomb Crunch Ice Cream**  
**Humous**  
**Hungarian Goulash Pie**

**I**

**J**      **Jam Strawberry**

**K**      **Ketchup Heinz**

**L**      **Lemonade (Luscombe)**

**M**      **Mango Sorbet**  
**Mayonnaise Rich Sauce**  
**Mayonnaise Organic**  
**Meatballs**  
**Mexican Chilli Pie**  
**Millionaire Shortbread**  
**Mint Choc Chip Ice Cream**  
**Minty Chick Pea Pie**  
**Mushrooms Filled**

**N**

**O**      **Orange Juice**  
**Orange Squash**

**P**      **Pasta Penne**  
**Pasties**  
**Ploughman's Pickle**  
**Prawn cocktail sauce**

**Q**

**R**      **Roasted Vegetables**

**S**      **Sausage Rolls**  
**Sausages**  
**Scones**  
**Soups**  
**Sticky Toffee Pudding**  
**Sticky Toffee Sauce**  
**Strawberry Ice Cream**  
**Sunkiss Blend**

**T**      **Tofu burger**  
**Tuna Mayonnaise**

**U**

**V**      **Vanilla Ice Cream**  
**Vegan Sausages**  
**Victoria Sponge**

**W**      **WhiteBait Fillets**

**X**

**Y**      **Yoghurt (Organic)**

**Z**

## Apple Juice

*By Luscombe Organic Drinks*

Juice from organic apples  
Antioxidant L-Ascorbic Acid.

## Baguettes (Organic ½ Baguettes)

Organic Wheat Flour, Water, Yeast  
Sea Salt, Flour Treatment Agent, Label – Potato Starch.

## Bran Muffin

*By Venus*

Honey clear, bran, organic semi skimmed milk, self raising flour,  
bicarbonate of soda, baking powder, eggs, muscavado sugar light  
Flora vegetable oil.

## Bread

*By Wrangaton Bakery*

Granary: Malted grain flour, yeast, non-hydrogenated fat, salt,  
water

Wholemeal: 100% wholemeal flour, yeast, non-hydrogenated fat,  
salt, water

## Burts Potato Chips

All ingredients on packets:  
Mature Cheddar, Lightly Sea Salt, GOSH

## Burgers Organic Venus

*Made for Venus by Riverford Meat*

*Organic Beef 95%, onions, black pepper*  
*All produced under organic standards. Sea salt.*

## Caesar Dressing

*By Rich Sauces*

Rapeseed oil, water, pasteurised liquid egg, sherry vinegar  
Sugar, Garlic, Onion, Carrot, Celery, Anchovy essence, Salt, Yeast  
extract, Maltodextrin, Mustard, Malt vinegar, Celery, Herbs, Black  
treacle, Tamarind, White pepper, Pimento, Ginger, Paprika,

Stabiliser: Xantham gum, lactic acid, pepper

Preservative: Potassium sorbate.

## Chicken Drumsticks - Organic

*By Venus*

Organic Devon chicken legs, muscavado sugar, clear honey  
vegetable bouillon

## Chicken Liver Pate – Organic

*By Venus*

Organic Devon chicken livers, salted Westcountry butter, white & red  
onions, VS Courvoisier cognac, garlic & herbes de provence

## Chicken Mango

*By Venus*

Cooked Free Range Devon Chicken (White Meat)

Mayonnaise – rapeseed oil, pasteurised liquid egg, acetic acid, sugar,  
salt, mustard & spice,

Mango – mango, sugar, citric acid;

Greek Yoghurt – organic whole milk – no added sugar,

Black Coarse Pepper

## **Chicken Mayonnaise**

*By Venus*

Cooked Free Range Devon Chicken (White Meat)

Mayonnaise – rapeseed oil, pasteurised liquid egg, acetic acid, sugar, salt, mustard & spice

## **Chicken Wings Organic**

*By Venus*

Chicken Wings, Hoi Sin Sauce, Oh So Saucy Sauce

## **Chilli Beef**

*By Venus*

Organic Devon beef, chopped tomatoes, tomato paste, red kidney beans, red onions, paprika, vegetable bouillon, Venus olive oil, garlic, cayenne pepper, chilli powder, cumin, oregano, salt, black pepper

## **Chilli Relish Venus**

*made for Venus by Roskilly's*

Tomatoes, vinegar, carrots, sugar, tomato puree, onions, red peppers, green peppers, mustard seed, garlic, dried herbs, paprika, chilli powder, oregano, basil, salt

Made in a dairy that uses nuts regularly

## **Chocolate Venus**

*By Venus (made by Farrah's of Harrowgate)*

Sugar, Whole milk powder, Cocoa butter, Cocoa mass whey powder, Emulsifier: Soya Lecithin, Flavouring

## **Chocolate Brownie – Gluten Free**

*By Venus*

Dark chocolate callets, Organic eggs, Unsalted westcountry butter,  
Dark muscavado sugar, Caster sugar, Bournville Cocoa,  
Gluten free flour - rice, potato, tapioca, maize & buckwheat flours,  
Walnuts, Water, Gluten free baking powder

## **Chocolate mousse – Gluten free**

*By Venus*

Dark chocolate callets, Salted Westcountry butter,  
Langage Farm whipping cream, water  
Marshmallows – sugar, glucose syrup, water, maize starch, beef  
gelatine, natural flavourings, natural colour - beetroot

## **Chocolate Sponge Cake**

*By Venus*

Sponge- Chocolate Callets, Salted westcountry Butter, Caster Sugar  
Organic Self raising Flour, Organic Egg,  
Filling - Butter, Icing Sugar, Chocolate Callets.

## **Chocolate Cornflake crispy**

*By Venus*

Chocolate Callets, Cornflakes, Unsalted Westcountry Butter,  
Lyles Golden Syrup.

## **Chocolate Muffin**

*By Venus*

Organic Self Raising Flour, Chocolate Callets, Caster sugar,  
Dark muscavado sugar, Bournville cocoa powder, Flora sunflower oil,  
Organic semi skim Milk, Organic eggs, Bicarbonate of soda, Baking  
powder

## **Chocolate Ice Cream Venus**

*By Langage Farm*

Skimmed milk, Sugar, Vegetable fat, skimmed milk powder,  
Dextrose, Double cream, Mono & diglycerides of fatty acids  
Chocolate

## **Coffee Ice cream**

*By Langage Farm*

Fresh Jersey and Guernsey Skimmed Milk,  
Organic Double Cream 17%, Sugar, Skimmed Milk powder, Dextrose  
Flavour-Coffee 1%  
Emulsifier- Mono and Diglycerides of Fatty Acids  
Stabilisers-Locust Bean Gum

## **Cornish Butter Tablet**

*By Buttermilk*

Sugar, full cream condensed milk, butter, salt, flavour

## **Creme Brulee**

*By Venus*

Langage Farm double cream, organic sugar, organic eggs, vanilla  
pod

## **Egg Mayonnaise**

*By Venus*

Organic Eggs, Mayonnaise – rapeseed oil, pasteurised liquid egg,  
acetic acid, sugar, salt, mustard & spice,  
Salt, White Pepper

## Flapjacks

*By Venus*

Jumbo oats (oat bran & germ), Westcountry salted Butter, Organic sugar, Lyles Golden Syrup

## French Fries

*Fries by Sterling*

Potatoes, Vegetable Oil

## Fruitcake

*By Venus*

Raisins, Currants, Pitted Dates, Westcountry salted butter, Muscavado Dark Sugar, Organic Eggs, Organic Plain White Flour  
Nutmeg, Cinnamon, Apple Juice, Black Strap Molasses

## Clotted Cream Fudge

*By Buttermilk*

Sugar, Glucose Syrup, Full Cream Condensed Milk  
Palm Kernel Oil, Butter, Cocoa Mass  
Raisins, Rum flavour, Salt.

## Garlic Croutons

*By Venus*

Wholemeal Bread (Wrangaton Bakery), Garlic Puree, Venus Olive Oil

## Greek Dressing

*By Venus*

Venus olive oil, Red wine vinegar, Dijon mustard, Fennel seeds

## Gluten-Free Ice Creams

### *Strawberry Ripple Cornets by Swedish Glace*

Water extract from premium graded Soya beans, Sucrose, Corn flour, Corn starch, Lecithin, Soya bean oil, Salt, Strawberries, Pectin, Citric acid, Potassium sorbate, Glucose, Vegetable oils non-hydrogenated Vegetable oil, Cocoa powder, Mono and di-glycerides from vegetable oils, Vanillin, Carob bean gum, Guar gum, Carrageen and Salt, Vanilla Flavour  
*It may contain nuts*

## Hash Browns

### *By Ross*

Potato, Vegetable Oil, Potato Granules, Preservatives, Salt & pepper

## Honeycomb Ice Cream

### *By Lantage Farm*

Skimmed Milk, Organic Double Cream, Sugar, Honeycomb Pieces (5%), Skimmed Milk Powder, Dextrose, Emulsifiers – Mono & Diglycerides of Fatty Acids, Stabilisers – Locust Bean Gum, Guar Gum, Carrageen an, Flavour – Praline, Colour – Natural

## Humous

### *By Venus*

Dried chickpea, Garlic, Fresh lemon juice, Venus olive oil  
Tahini – 100% pulped sesame seeds,  
Vegetable oil, White pepper, Salt

## **Hungarian Goulash Pie Organic**

*By Clive's Pies*

Onion, Potato Palm Fat, Tomato, Rice Flour, Carrot, Potato Flour, Corn Flour, Tomato Paste, TVP Chunks, Buckwheat Flour, Paprika, Sea Salt, Vegetable Oil, Herbs & Spices

## **Jam Strawberry Venus Organic**

*made for Venus by Roskilly's*

Organic Strawberries, Organic Sugar, Organic Orange Rind and Juice, Gelling Agent Pectin.

Allergy Alert-Produced In A Factory Using nuts

## **Heinz Tomato Ketchup**

Tomatoes, spirit vinegar, sugar, salt, spice and herb extracts (contains celery), Garlic powder.

## **Lemonade Sicilian Organic**

*By Luscombe Organic juices*

Spring water, juice of organic Sicilian lemons 14%

Organic raw sugar cane, organic Madagascan vanilla extract

And a tingle of CO2.

## **Mango Sorbet**

*By Langage Farm*

Water, Mango Puree, Sugar, Dextrose,  
Stabilisers: Pectin Carob Gum

## **Mayonaise**

*By Rich Sauces*

Rapeseed oil, pasturised liquid egg, acetic acid, sugar, salt, spice.  
Contains mustard and egg.

## **Mexican Chilli Pie**

*By Clive's Pies*

Tomato, Stone ground Wheat Flour, Carrot, Onion, Non-hydrogenated Palm Fat, Kidney Beans, Sweet corn, Cabbage, Green Pepper, Courgette, Sunflower Oil, Palm Oil, Coconut Oil, Water, Carrot Juice, Emulsifier, Soya Lecithin, Lemon Juice, Tomato Paste, Garlic, Sea Salt, Chilli, Herbs & Spices.

## **Millionaire Shortbread**

*By Venus*

Organic Plain White Flour, Westcountry salted butter, Organic Sugar, Belgian chocolate callets,

Puratop Fudge: sugar, vegetable fat, glucose syrup, water, humectant, sorbitol syrup, condensed skimmed milk, emulsifier & flavouring,

## **Mint Choc Chip Ice Cream**

*By Langage Farm*

Skimmed Milk, Organic Double Cream, Sugar, Chocolate Chips, Skimmed Milk Powder, Dextrose, Emulsifiers - Mono & diglycerides of fatty acids, Locust bean gum Guar gum, Carrageen an, Colour – Crème De menthe, Cur cumin

## **Mushrooms Filled**

*By Venus*

Flat Mushroom, Chick Peas, Red Onions, Fennel, Carrot, Leek, Veg Boullion, Olive Oil, Garlic, White Pepper, Wholegrain Mustard

## Oyster Mornay

*By Venus*

Organic semi skimmed milk, Organic plain white flour, Westcountry salted butter, Organic westcountry cheddar cheese, Salt, White pepper, Local leeks, Bigbury Bay Oysters.

## Oyster Breaded

*By Venus*

Wholemeal breadcrumbs, Organic plain white flour, Organic egg, Herbes De Provence, Paprika, Bigbury Bay Oysters

## Pasta Penne - Vegetarian

*By Venus*

**Penne pasta – durum wheat semolina, chopped tomatoes, red onions, tomato paste, garlic, organic sugar, Flora vegetable oil, Venus olive oil, vegetable bouillon, herbes de provence, salt, oregano, white pepper**

## Pasties – minced beef

*Made for Venus by Chunks of Devon*

Potato 42%, Minced Beef 28%, Onion 14%, Swede 14%  
Beef Bouillon (Beef stock, Beef Extract, Salt, Celery Extract)  
Salt, Black Pepper, Short crust Pastry- Wheat Flour,  
Vegetable shortening, Butter 9%, Salt, Water, Vegetable Glaze.  
All Devon & Cornish ingredients.

## Ploughmans Pickle

*Made for Venus by The Kitchen Garden*

Carrots, courgettes, raisins, dates, apple, onion, cauliflower, treacle  
Garlic mix spices, vinegar salt, lemon.

## **Prawn Coctail Sauce gluten free**

*By Venus*

Organic mayonnaise – organic sunfloweroil, pasteurised egg, cider vinegar, lemon juice, cane sugar, mustard powder, salt & pepper

Organic oh-so saucy tomato sauce – tomato concentrate, sugar, tomatoes, white wine vinegar, water, onion, tamari soy, sultanas, molasses, balsamic vinegar, apricots, apple juice, tamarind, garlic, herbs, spices, seasalt

Soya sauce gluten free – water, sugar, soya, lo salt, caramel

Acetic acid, lactic acid, Preservative: potassium sorbate

## **Roasted Vegetables Organic**

*By Venus*

Organic red onions, courgettes, Red & yellow peppers,  
IQF Garlic, Venus Olive Oil.

## **Sausage Rolls Organic (Junior)**

*By Venus*

Organic Devon Sausage Meat 83% - water, rusk (wheat flour salt, raising agent), herb extract, salt, pepper, spice extract,

Puff pastry – wheat flour, vegetable oil, water, salt,

Emulsifier: mono- and diglycerides of fatty acids

## **Sausage Rolls (Adult)**

*Made for Venus by Chunks of Devon*

Seasoned Devon Sausage Meat 83%, Water, Rusk (Wheat Flour Salt, Raising agent), Herb extract, Salt, Pepper, Spice Extract,

Short crust pastry contains – Wheat Flour, Vegetable Shortening, Lard, Salt, Water.

## Sausages

*By Trevarthen Farm, Cornwall*

Pork 74%, Salt, Wheat Flour, Flavourings, Stabiliser (E4516), Preservatives (E221), Flavour Enhancer (E621), Rusk (wheat flour, Salt), Spices, Antioxidants (E399)

## Scones plain

*By Venus*

Organic self raising flour, Organic eggs, Organic semi skim milk, Westcountry salted butter, Caster sugar, Baking powder,

## Soups

*By Venus*

### CARROT & CARDAMON SOUP

Cardamon, star anise, carrots, white onions, leeks, vegetable bouillon, olive oil, water, salt & pepper

### PUMPKIN & GINGER SOUP

Pumpkin, garlic, ginger, veg bullion, onion, water, olive oil, salt & pepper

### SQUASH SOUP

Squash, carrots, white onions, leeks, celery, garlic, medium curry powder, veg bouillon, olive oil, water, salt & pepper

## **Soups**

*By Venus*

### CRAB BISQUE SOUP

Fennel, roasted fennel seeds, carrots, white onions, tomatoes, leeks, tomato paste, garlic, garlic pepper, saffron, white wine, thyme, herbes de provence, star anise, brown crab meat, fish stock, whole cooked crab, olive oil, fish bouillon, water

### LEEK & POTATO SOUP

Leeks, potato, veg bouillon, olive oil, water, salt & pepper

## **Sticky Toffee Pudding**

*By Venus*

Dates, organic self raising flour, Muscavado light sugar, Water, Muscavado dark sugar, organic eggs, Westcountry salted butter, Vanilla pod

## **Sticky Toffee Sauce**

*By Venus*

Langage Farm whipping cream, sugar, Westcountry salted butter

## **Strawberry Ice Cream**

*By Langage Farm*

Whole milk, Strawberry pulp, Clotted cream  
Sugar, Skimmed milk powder, Pectin, Citric acid  
Mono & diglycerides of fatty acids, Locust bean gum  
Guar gum, Carrageen an, Vanilla flavour

## Sunkiss Tomato

*By Sterling*

Semi sun-dried tomatoes: semi dried tomatoes, sunflower oil, garlic, salt, oregano, marjoram, thyme, parsley. Acidity regulator – E330

## Tofu burger

*By Venus*

Tofu, red onion, organic carrot, beetroot fresh, tahine, wholemeal breadcrumbs, garlic, marmite, toasted seeds (sesame, sunflower & linseed), Venus olive oil, ginger, basil, oregano, dill, soya sauce

## Tuna Mayo

*By Venus*

Skipjack tuna fish, water, salt

Mayonnaise – rapeseed oil, pasteurised liquid egg, acetic acid, sugar, salt, mustard and spice,

White balsamic vinegar, Coarse black pepper

## Vegan Sausages

*By Redwood Whole foods*

Water, Wheat gluten, Onions, Vegetable oil, Soya Protein

Wholemeal Rusk, Yeast Extract, Salt

Herbs & Spices, Sugar, Malt Extract, Stabiliser: Methyl Cellulose

## Venus Vanilla Ice Cream

*Made for Venus by Langage Farm*

Skimmed milk, Sugar, Vegetable fat, skimmed milk powder

Dextrose, Double cream, Mono & diglycerides of fatty acids

Cur cumin colour, Annatto colour, Vanilla flavour

## **Victoria Sponge**

*By Venus*

Organic self raising flour, Organic eggs, Westcountry salted butter,  
Caster sugar

## **Whitebait Fillets**

*By Paramount*

Westcountry whitebait, Breadcrumbs batter (water, wheat flour,  
wheat starch, Salt & Potato starch)

## **Yoghurt Organic Strawberry**

*By Yeo Valley*

Organic whole milk, Organic strawberries, Organic sugar, Organic  
tapioca starch, Organic lemon juice

Yogurt is made in a dairy that handles nut ingredients.