





Food and Drink Specification


Item Number	773782	Country of Origin	UK		
Product Name	Mindful Chef New Parents 7 Night Meal Bundle - Raspberry Beetroot Brownie				
Brand Contact Address	Gazebo Fine Foods Ltd, 2, 4 Fourth Way, Wembley HA9 0LH				
Net Weight	2 x 80g = 160g				
Storage Instructions	Frozen				
Ingredients	Coconut Sugar (15%), Buckwheat Flour (14%), Cocoa Powder (13%), Beetroot (11%), Olive Oil, Water, Date Syrup, Coconut Milk (Coconut, Water), Almond Drink (Nuts) (Water, Almonds (Nuts)), Chopped Dates (Dates, Rice Flour), Raspberry (5%), Dried Raspberry, Salt.				
Nutritional Information					
Typical Values		Per 100g	Per serving (if applicable)		
Energy		1242kj/298kcal			
Fat (g)		13.2g			
Of which saturates (g)		3.9g			
Carbohydrates (g)		36.3g			
of which sugars (g)		24.3g			
Fibre (g)		6.4g			
Protein (g)		5.8g			
Salt (g)		0.07g			
Suitable for			This product contains...		
Vegetarians	✓	Wheat Allergies	✓	Alcohol	X
Vegans	✓	Egg Allergies	✓	Artificial Flavours	X
Freezing	✓	Dairy Allergies	✓	Artificial Colours	X
Gluten Allergies	✓	Soya Allergies	✓		
Nut Allergies	X				
Packaging Information			Safety Information		
yes, cardboard packaging			Produced in a facility that handles cereals containing gluten, milk, other nuts and sesame.		
Refund Policy					
We can't offer refunds or exchanges on perishable goods such as flowers and food, unless faulty or not as described. This does not affect your statutory rights.					


		<h1>Food and Drink Specification</h1>						
Item Number		773782		Country of Origin		UK		
Product Name		Mindful Chef New Parents 7 Night Meal Bundle - Fish Pie with Sweet Potato Mash						
Brand Contact Address		Gazebo Fine Foods Ltd, 2, 4 Fourth Way, Wembley HA9 0LH						
Net Weight		1 per 400g						
Storage Instructions		Frozen						
Ingredients		Sweet Potato Mash (40%) (Sweet Potato, Water, Parsley, Coconut Milk (Coconut, Water), Black Pepper), Fish Mix (20%) (Salmon (Salmo Salar) (Fish) (34%), Cod (Gadus Morhua) (Fish) (33%), Natural Smoked Haddock (Melanogrammus Aeglefinus) (Fish) (33%), Salt, Natural Oak Smoke Flavouring), Coconut Milk (Coconut, Water), Water, Onion, Green Beans, Leeks, Baby Spinach, Lemon Juice, Parsley, Rapeseed Oil, Wholegrain Mustard (Water, Mustard Seed, Vinegar, Salt), Cornflour, Garlic Puree, Paprika, Salt, Vegetable Stock (Yeast Extract Powder (Dried Yeast Extract, Salt), Garlic Powder, Onion Powder), Black Pepper.						
Nutritional Information								
Typical Values		Per 100g			Per serving (if applicable)			
Energy		412kj/106kcal						
Fat (g)		4.0g						
Of which saturates (g)		2.3g						
Carbohydrates (g)		2.3g						
of which sugars (g)		9.4g						
Fibre (g)		4.0g						
Protein (g)		1.4g						
Salt (g)		0.67g						
Suitable for					This product contains...			
Vegetarians		X	Wheat Allergies		✓	Alcohol		X
Vegans		X	Egg Allergies		✓	Artificial Flavours		X
Freezing		✓	Dairy Allergies		✓	Artificial Colours		X
Gluten Allergies		✓	Soya Allergies		✓			
Nut Allergies		✓						
Packaging Information				Safety Information				
Outer packaging can be recycled, ready meal tray can be but we are working on the film and pouch				Safety: Although every effort has been made to remove bones, small bones may remain. Produced in a facility that handles cereals containing gluten, milk, other nuts and sesame.				
Refund Policy								
We can't offer refunds or exchanges on perishable goods such as flowers and food, unless faulty or not as described. This does not affect your statutory rights.								


		<h2>Food and Drink Specification</h2>						
Item Number		773782		Country of Origin		Grass Fed British Beef, UK		
Product Name		Mindful Chef New Parents 7 Night Meal Bundle - Chilli Con Carne with Brown Rice						
Brand Contact Address		Gazebo Fine Foods Ltd, 2, 4 Fourth Way, Wembley HA9 0LH						
Net Weight		1 per 400g						
Storage Instructions		Frozen						
Ingredients		Cooked Brown Rice (25%) (Water, Brown Rice, Coriander, Salt), Cherry Tomatoes (18%), Minced Beef (13%), Tomatoes, Water, Red Kidney Bean, Onion, Red Pepper, Yellow Pepper, Tomato Paste, Rapeseed Oil, Tamari Soya Sauce (Water, Soya Bean, Salt, Spirit Vinegar), Garlic Puree, Coriander, Cumin Powder, Salt, Coriander Powder, Chilli Flakes, Black Pepper, Cinnamon Powder						
Nutritional Information								
Typical Values			Per 100g			Per serving (if applicable)		
Energy			422kj/100kcal					
Fat (g)			3.9g					
Of which saturates (g)			1.2g					
Carbohydrates (g)			10.8g					
of which sugars (g)			2.3g					
Fibre (g)			1.6g					
Protein (g)			5.0g					
Salt (g)			0.58g					
Suitable for					This product contains...			
Vegetarians		X	Wheat Allergies		✓	Alcohol		X
Vegans		X	Egg Allergies		✓	Artificial Flavours		X
Freezing		✓	Dairy Allergies		✓	Artificial Colours		X
Gluten Allergies		✓	Soya Allergies		X			
Nut Allergies		✓						
Packaging Information				Safety Information				
Outer packaging can be recycled, ready meal tray can be but we are working on the film and pouch				Produced in a facility that handles cereals containing gluten, milk, other nuts and sesame.				
Refund Policy We can't offer refunds or exchanges on perishable goods such as flowers and food, unless faulty or not as described. This does not affect your statutory rights.								

		<h2>Food and Drink Specification</h2>						
Item Number		773782		Country of Origin		Free-Range British Chicken, UK		
Product Name		Mindful Chef New Parents 7 Night Meal Bundle - Chicken Cacciatore with Sweet Potato Mash						
Brand Contact Address		Gazebo Fine Foods Ltd, 2, 4 Fourth Way, Wembley HA9 0LH						
Net Weight		1 per 400g						
Storage Instructions		Frozen						
Ingredients		Sweet Potato Mash (40%) (Sweet Potato, Water, Parsley, Coconut Milk (Coconut, Water), Black Pepper), Free Range Marinated Chicken (18%) (Chicken Breast (97%), Lemon Juice, Salt, Garlic Powder), Tomatoes, Water, Red Peppers, Green Beans, Onion, Tomato Paste, Sundried Tomatoes (Sundried Tomatoes, Salt), Black Olives (Black Olives, Sunflower Oil, Salt), Kale, Rapeseed Oil, Garlic Puree, Cornflour, Vegetable Stock (Yeast Extract Powder (Dried Yeast Extract, Salt), Garlic Powder, Onion Powder), Rosemary, Black Pepper, Oregano.						
Nutritional Information								
Typical Values			Per 100g			Per serving (if applicable)		
Energy			356kj/85kcal					
Fat (g)			2.0g					
Of which saturates (g)			0.6g					
Carbohydrates (g)			9.7g					
of which sugars (g)			5.1g					
Fibre (g)			1.9g					
Protein (g)			6.1g					
Salt (g)			0.46g					
Suitable for					This product contains...			
Vegetarians		X	Wheat Allergies		✓	Alcohol		X
Vegans		X	Egg Allergies		✓	Artificial Flavours		X
Freezing		✓	Dairy Allergies		✓	Artificial Colours		X
Gluten Allergies		✓	Soya Allergies		✓			
Nut Allergies		✓						
Packaging Information				Safety Information				
Outer packaging can be recycled, ready meal tray can be but we are working on the film and pouch				Produced in a facility that handles cereals containing gluten, milk, other nuts and sesame.				
Refund Policy We can't offer refunds or exchanges on perishable goods such as flowers and food, unless faulty or not as described. This does not affect your statutory rights.								

		<h1>Food and Drink Specification</h1>						
Item Number		773782		Country of Origin		Free-Range British Chicken, UK		
Product Name		Mindful Chef New Parents 7 Night Meal Bundle - Satay Chicken with Thai Veg and Black Rice						
Brand Contact Address		Gazebo Fine Foods Ltd, 2, 4 Fourth Way, Wembley HA9 0LH						
Net Weight		1 per 400g						
Storage Instructions								
Ingredients		Ingredients: Black Rice (25%) (Water, Black Rice, Coriander, Salt), Free Range Marinated Chicken (18%) (Chicken Breast (97%), Lemon Juice, Salt, Garlic Powder), Water, Coconut Milk (Coconut Milk), Onion Puree, Baby Sweetcorn (5.2%), Green Beans (5.2%), Cashew Nuts (4%), Red Pepper, Thai Red Curry Paste (Red Chilli, Onion, Garlic, Salt, Lemon Grass, Galangal, Kaffir Lime Leaf, Coriander Seed, Fennel, Cardamom), Spinach, Spring Onion, Rapeseed Oil, Garlic Puree, Lemon Juice, Tamari Soya Sauce (Water, Soya Bean, Salt, Spirit Vinegar), Honey, Coriander, Cornflour, Salt, Black Pepper.						
Nutritional Information								
Typical Values		Per 100g			Per serving (if applicable)			
Energy		585kj/140kcal						
Fat (g)		6.9g						
Of which saturates (g)		3.1g						
Carbohydrates (g)		10.8g						
of which sugars (g)		2.2g						
Fibre (g)		1.9g						
Protein (g)		8.0g						
Salt (g)		0.74g						
Suitable for					This product contains...			
Vegetarians		X	Wheat Allergies		✓	Alcohol		X
Vegans		X	Egg Allergies		✓	Artificial Flavours		X
Freezing		✓	Dairy Allergies		✓	Artificial Colours		X
Gluten Allergies		✓	Soya Allergies		X			
Nut Allergies		X						
Packaging Information				Safety Information				
Outer packaging can be recycled, ready meal tray can be but we are working on the film and pouch				Produced in a facility that handles cereals containing gluten, milk, other nuts and sesame. Safety: Although every effort has been made to remove bones, small bones may remain.				
Refund Policy We can't offer refunds or exchanges on perishable goods such as flowers and food, unless faulty or not as described. This does not affect your statutory rights.								

		<h1>Food and Drink Specification</h1>						
Item Number		773782		Country of Origin		Free-Range British Chicken, UK		
Product Name		Mindful Chef New Parents 7 Night Meal Bundle - Chicken Tikka Masala with Brown Rice						
Brand Contact Address		Gazebo Fine Foods Ltd, 2, 4 Fourth Way, Wembley HA9 0LH						
Net Weight		1 per 400g						
Storage Instructions		Frozen						
Ingredients		Cooked Brown Rice (25%) (Water, Brown Rice, Coriander, Salt), Free Range Marinated Chicken Tikka (18%) (Chicken Breast (97%), Lemon Juice, Salt, Garlic Powder), Tikka Seasoning (Coriander, Chilli Powder, Cumin, Ginger, Garlic Powder, Paprika, Cumin Seeds, Cassia, Cardamom, Fennel, Clove, Turmeric, Salt, Sugar, Dried Coriander Leaves, Vegetable Bouillon (Yeast Extract Powder, Garlic Powder, Onion Powder), Coriander Leaf Oil), Turmeric), Coconut Milk (Coconut, Water), Water, Cherry Tomato (7.6%), Tomato Paste, Onion Puree, Onion, Baby Spinach (1.9%), Cashew Nuts, Ginger Puree, Garlic Puree, Coriander, Rapeseed Oil, Tandoori Masala Seasoning (Paprika, Salt, Coriander, Turmeric, Chilli Powder, Cumin, Cinnamon, Clove, Lemon Oil, Black Pepper, Bay Leaf Powder, Spice Extract), Salt, Cumin Powder, Garam Masala (Coriander, Cumin, Cinnamon, Ginger, Chilli Powder, Black Pepper, Clove, Nutmeg, Cardamom, Bay Leaf Powder), Coriander Powder, Turmeric, Paprika.						
Nutritional Information								
Typical Values		Per 100g			Per serving (if applicable)			
Energy		490kj/120kcal						
Fat (g)		5.0g						
Of which saturates (g)		3.3g						
Carbohydrates (g)		10.2g						
of which sugars (g)		2.0g						
Fibre (g)		1.2g						
Protein (g)		7.4g						
Salt (g)		0.55g						
Suitable for					This product contains...			
Vegetarians		X	Wheat Allergies		✓	Alcohol		X
Vegans		X	Egg Allergies		✓	Artificial Flavours		X
Freezing		✓	Dairy Allergies		✓	Artificial Colours		X
Gluten Allergies		✓	Soya Allergies		✓			
Nut Allergies		X						
Packaging Information				Safety Information				
outer packaging can be recycled, ready meal tray can be but we are working on the film and pouch				Produced in a facility that handles cereals containing gluten, milk, other nuts and sesame.				
Refund Policy We can't offer refunds or exchanges on perishable goods such as flowers and food, unless faulty or not as described. This does not affect your statutory rights.								

		<h1>Food and Drink Specification</h1>						
Item Number		773782		Country of Origin		UK		
Product Name		Mindful Chef New Parents 7 Night Meal Bundle - King Prawn Paella						
Brand Contact Address		Gazebo Fine Foods Ltd, 2, 4 Fourth Way, Wembley HA9 0LH						
Net Weight		1 per 400g						
Storage Instructions		Frozen						
Ingredients		Paella (80%) (Water, Chicken Broth (13%), Brown Arborio Rice (12%), Mushroom, Red Pepper, Onion, Tomato Paste, Rapeseed oil, Garlic, Lemon Juice, Fish Sauce, Oak Smoked Water, Ground smoked paprika, Red chilli, Parsley, Salt, Turmeric powder, Dried Rosemary), Cooked King Prawn (15%) (King Prawn (Penaeus vannamei) (94%) (Crustaceans), Lemon Juice, Ground Garlic, Parsley, Ground Paprika, Ground Smoked Paprika, Black Pepper), Veg mix (5%) (Water, Green Peas (14%), Red Pepper (7%), Green Pepper (7%)).						
Nutritional Information								
Typical Values		Per 100g			Per serving (if applicable)			
Energy		596kj/142kcal						
Fat (g)		4.4g						
Of which saturates (g)		0.6g						
Carbohydrates (g)		16.0g						
of which sugars (g)		2.2g						
Fibre (g)		1.4g						
Protein (g)		9.5g						
Salt (g)		0.63g						
Suitable for					This product contains...			
Vegetarians		X	Wheat Allergies		✓	Alcohol		X
Vegans		X	Egg Allergies		✓	Artificial Flavours		X
Freezing		✓	Dairy Allergies		✓	Artificial Colours		X
Gluten Allergies		✓	Soya Allergies		✓			
Nut Allergies		✓						
Packaging Information				Safety Information				
outer packaging can be recycled, ready meal tray can be but we are working on the film and pouch				The manufacturing site handles nuts, peanuts, and sesame.				
Refund Policy We can't offer refunds or exchanges on perishable goods such as flowers and food, unless faulty or not as described. This does not affect your statutory rights.								

		<h1>Food and Drink Specification</h1>						
Item Number		773782		Country of Origin		Grass Fed British Beef, UK		
Product Name		Mindful Chef New Parents 7 Night Meal Bundle - Cottage Pie with Root Veg Mash						
Brand Contact Address		Gazebo Fine Foods Ltd, 2, 4 Fourth Way, Wembley HA9 0LH						
Net Weight		1 per 400g						
Storage Instructions		Frozen						
Ingredients		Beef Filling (54%) (Minced Beef (40%), Chopped Tomatoes (Tomatoes, Tomato Juice), Water, Chicken Broth, Onion, Carrot, Tomato Paste, Garlic, Celery, Cornflour, Salt, Ground Paprika, Dried Marjoram, Dried Thyme), Root Mash (45%) (Potato (48%), Carrots (32%), Swede (13%), Gluten Free Oat Drink, Celery, Rapeseed Oil, Parsley, Salt, Ground White Pepper, Ground Nutmeg) Three Seed Mix (Sunflower Seeds, Pumpkin Seeds, Linseeds).						
Nutritional Information								
Typical Values		Per 100g			Per serving (if applicable)			
Energy		427kj/102kcal						
Fat (g)		4.4g						
Of which saturates (g)		1.1g						
Carbohydrates (g)		7.6g						
of which sugars (g)		3.6g						
Fibre (g)		1.1g						
Protein (g)		9.0g						
Salt (g)		0.56g						
Suitable for					This product contains...			
Vegetarians		X	Wheat Allergies		✓	Alcohol		X
Vegans		X	Egg Allergies		✓	Artificial Flavours		X
Freezing		✓	Dairy Allergies		✓	Artificial Colours		X
Gluten Allergies		✓	Soya Allergies		✓			
Nut Allergies		✓						
Packaging Information				Safety Information				
outer packaging can be recycled, ready meal tray can be but we are working on the film and pouch				The manufacturing site handles nuts, peanuts, and sesame.				
Refund Policy We can't offer refunds or exchanges on perishable goods such as flowers and food, unless faulty or not as described. This does not affect your statutory rights.								