








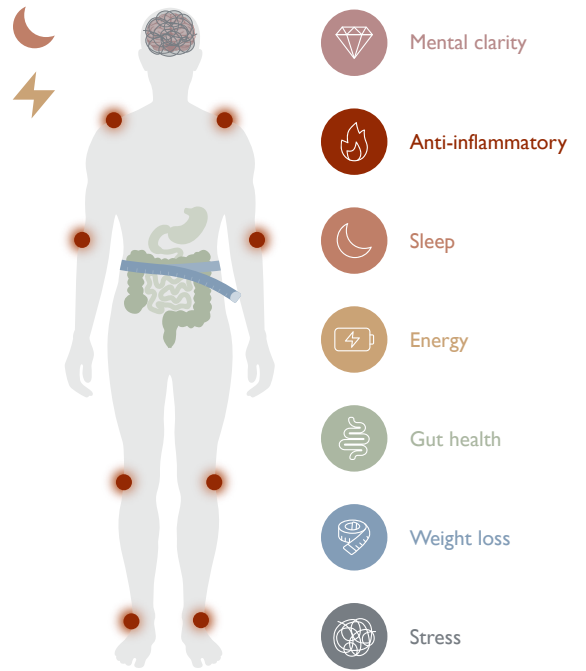


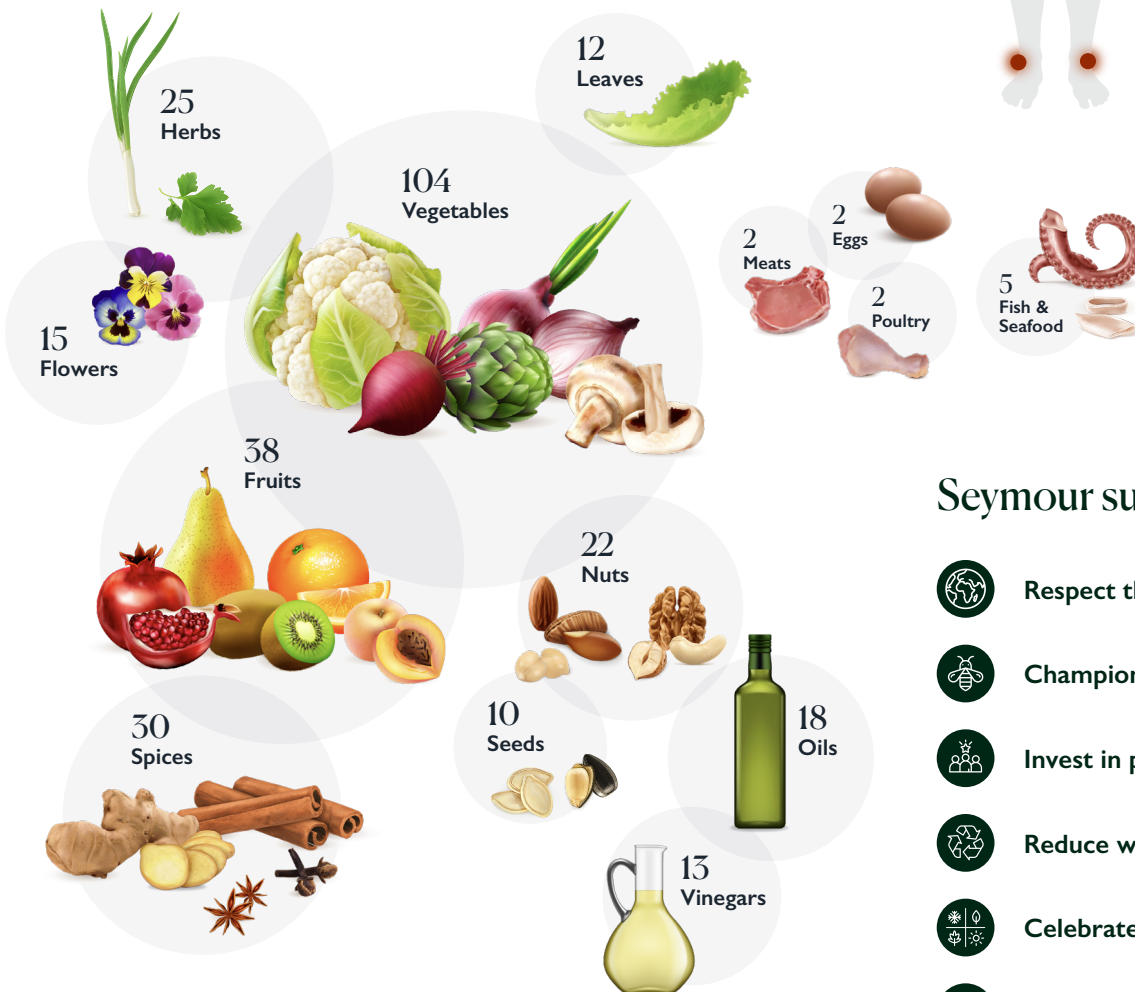
Seymour pillars of health

-  Dial up fibre
 -  Optimise gut health
 -  Build from whole foods
 -  Maximise plant diversity
 -  Balance macro nutrients
 -  Good fats
 -  Low sugar
 -  Plant forward
 -  Local and seasonal
 -  Nutritionally dense
- GF ORG NON GMO BPA FREE

Dietary focus areas



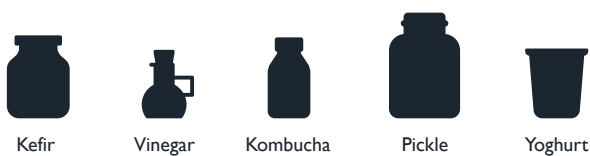
Number of ingredients 354



Seymour sustainability pillars

-  Respect the planet
-  Champion biodiversity
-  Invest in people
-  Reduce waste
-  Celebrate local and seasonal
-  Love plants
-  Ensure food safety
-  Create excellent, affordable nutrition

Daily activated live cultures



A taste of our winter menu



Female 401.39 kcal
Male 571.76
Fat 37g
Carbs 74g
Protein 36g
Sugar 4.1g/100g
Fibre 9.72g

Vitamin D
Niacin
Phosphorus
Vitamin B6
Vitamin C

Cured Loch Duart salmon with herb fregola
seaweed tarama, candy beetroot, and a grapefruit, honey and coriander dressing

Potassium
Riboflavin
Thiamin



Unisex 503.52 kcal
Fat 27g
Carbs 45g
Protein 35g
Sugar 4.07g/100g
Fibre 4.60g

Phosphorus
Vitamin B6
Thiamin
Zinc
Vitamin C

Tender barbecued octopus with cinnamon and wild rice pilaff
dried figs and pecans, avocado with pomegranate and Thai basil

Niacin
Iron
Riboflavin
Potassium



Unisex 591.63 kcal
Fat 24g
Carbs 73g
Protein 21g
Sugar 3.83g/100g
Fibre 8.97g

Thiamin
Phosphorus
Niacin
Vitamin B6
Vitamin C

Miso-glazed aubergine with sticky brown rice
coriander and lime, toasted sesame and purple shiso leaf

Zinc
Magnesium



Unisex 447.93 kcal
Fat 28g
Carbs 63g
Protein 25g
Sugar 3.41g/100g
Fibre 8.40g

Vitamin C
Phosphorus
Thiamin
Iron
Magnesium

Sharpham Farm spelt tofu with butterbeans
rose petal harissa and parsley stems, braised fennel and dukkah

Zinc
Vitamin B6
Niacin



Female 442.97 kcal
Male 512.94 kcal
Fat 38g
Carbs 54g
Protein 50g
Sugar 1.66g/100g
Fibre 7.49g

Phosphorus
Vitamin B6
Thiamin
Zinc
Vitamin C

Barbecued rump of Hereford beef with organic celeriac
puy lentils with aged vinegar and hazelnuts, and a crushed green herb dressing

Niacin
Iron
Riboflavin
Potassium



A taste of our winter menu



Female 430.10 kcal
Male 604.04 kcal
Fat 25g
Carbs 61g
Protein 54g
Sugar 2.95g/100g
Fibre 1.24g

Vitamin C
Phosphorus
Niacin
Zinc
Thiamin

Goosnargh chicken with wholemeal paratha
charred broccoli vinaigrette, sesame and labneh dressing

Iron
Vitamin B6
Magnesium



Female 398.77 kcal
Male 495.67 kcal
Fat 43g
Carbs 39g
Protein 33g
Sugar 2.22g/100g
Fibre 7.43g

Phosphorus
Vitamin C
Riboflavin
Thiamin
Vitamin B6

Soft-boiled Cacklebean eggs with wholemeal paratha
crispy curry leaves, smoked beetroot, and a quince and turmeric dressing

Iron
Zinc
Potassium
Magnesium



Unisex 583 kcal
Fat 31g
Carbs 57g
Protein 17g
Sugar 5g/100g
Fibre 5.64g

Phosphorus
Vitamin C
Magnesium
Iron
Thiamin

Organic celeriac taco with acorn and smoked almond praline
cinnamon and wild rice pilaff, baked endive, walnut oil and pear vinegar

Zinc
Potassium
Riboflavin
Vitamin B6



Female 397.60 kcal
Male 588.96 kcal
Fat 26g
Carbs 96g
Protein 24g
Sugar 3.03g/100g
Fibre 12.80g

Phosphorus
Niacin
Potassium
Vitamin C
Vitamin B6

Sweetcorn and camomile tamales with herb fregola
basil and lime avocado, 'spiralized' candy beetroot and a gazpacho dressing

Zinc
Magnesium



Female 404.73 kcal
Male 489.63 kcal
Fat 45g
Carbs 69g
Protein 37g
Sugar 4.01g/100g
Fibre 12.96g

Vitamin C
Phosphorus
Iron
Niacin
Riboflavin

Miso-glazed aubergine with braised spelt
sushi vinegar, seaweed and edamame, and a shiso and tapioca dressing

Thiamin
Zinc
Magnesium



A taste of our winter menu

Kcal 88
 Fat 13g/100g
 Sat Fat 2.23g/100g
 Protein 6.8g
 Sugar 4.12g/100g
 Fibre 4.6g/100g

Phosphorus
 Magnesium
 Zinc
 Thiamin
 Iron



Carrot, cashew milk and hemp
 with chickpeas and ginger

Vitamin B6
 Riboflavin



Kcal 112
 Sat Fat 0.71g/100g
 Fat 1.50g/100g
 Protein 2.33g
 Sugar 6.9g/100g
 Fibre 2.72g/100g

Vitamin A
 Vitamin C
 Thiamin
 Niacin
 Riboflavin



Turmeric, passion fruit and fennel
 with pineapple and mango

Potassium
 Magnesium
 Iron



Kcal 116
 Fat 5.1g/100g
 Sat Fat 0.94g/100g
 Protein 3.32g
 Sugar 4.11g/100g
 Fibre 1.7g/100g

Phosphorus
 Magnesium
 Riboflavin
 Zinc
 Niacin



Passionflower, almond milk and dates
 with cinnamon and vanilla

Potassium
 Iron
 Calcium



Persian truffle bite
 with mushroom and elderberry

Kcal 52
 Fat 9.9g/100g
 Sat Fat 0.87g/100g
 Protein 15.13g/100g
 Sugar 23g/100g
 Fibre 15g/100g

Vitamin C
 Vitamin B1
 Thiamin
 Riboflavin
 Niacin



Salted bakewell bite
 with dates, cocoa and brazil nuts

Kcal 72
 Fat 14g/100g
 Sat Fat 1.57g/100g
 Protein 20.52g/100g
 Sugar 17.5g/100g
 Fibre 16g/100g

Potassium
 Calcium
 Magnesium
 Iron
 Vitamin E

