

Within this guide you will find Allergen, Nutritional and Ingredient information as well as dietary suitability for our products.

Allergens can be found in **BOLD CAPITALS** within the Ingredient Declaration.

Information about traces of allergens that may present within the product, are listed at the bottom of the ingredient list as 'May contain traces of' and the allergen in *ITALIC CAPITALS*.

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Apricot Croissant (V)	Pastry: 56% ( <b>WHEAT</b> flour, butter 19% ( <b>MILK</b> ), water, yeast, sugar, <b>EGGS</b> , salt, <b>WHEAT</b> gluten enzymes (amylases, hemicellulases), flour treatment agent (E300)), Apricots 26%, Pastry cream 17% (water, sugar, modified starch, powdered whey ( <b>MILK</b> ), skimmed <b>MILK</b> powder, stabilizers (E263, E450iii, E339ii), colour (E160ai), flavouring), egg wash ( <b>EGGS</b> , water). <i>May contain traces of NUTS and traces of SOYA.</i>	KJ	1701	1435
		Kcal	407	343
		Fat	21.1	17.8
		Sat	9.0	7.6
		Carbs	43.9	36.9
		Sugar	13.7	11.6
		Fibre	2.4	1.9
		Protein	9.3	7.8
		Salt	0.7	0.6
		Portion weight (g)		84

The allergens that are featured within this guide are in accordance with the EU Food Information Regulations:

- Cereals containing gluten including wheat, rye, barley, oats
- Eggs
- Milk
- Tree nuts including almonds, hazelnuts, pistachios, walnuts
- Peanuts
- Fish
- Soya
- Celery
- Sulphur dioxide and Sulphites
- Mustard
- Lupin
- Crustaceans e.g. prawns
- Sesame seeds
- Molluscs e.g. mussels

**We take care to list all ingredients in our food and drinks, however we cannot guarantee a 100% allergen free environment as we use shared equipment to display, prepare and serve.**

**Key for Dietary Suitability:**

**DF** = Dairy-Free

**GF** = Gluten-Free

**V** = Vegetarian

**Vg** = Vegan

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## PASTIRES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Almond Croissant (V)	Croissant [WHEAT Flour, Margarine (Vegetable Fat and Oils (Palm, Sunflower, SOYA), Water, Salt, Emulsifier (E471), Citric Acid, Flavouring, Colour (E140a), Water, Sugar, Yeast, Salt, WHEAT Gluten, Flour Treatment Agent (E300)), Filling (Water, Creme Patisserie Mix (Sugar, Modified Starch, Skimmed MILK Powder, Lactose and MILK Proteins, Vegetable Fat (Coconut), Gelling Agents (E339, E450, E516, E401), Flavouring (contains MILK), Flavouring, Colour (E140a(i)), Almond Flavouring (Flavouring Substances, Water, Sunflower Oil, Thickener (E415), Citric Acid, Preservative (E202))), Sweet Snow (Dextrose, Corn Flour, Hydrogenated Palm Oil, Natural Flavouring), Flaked ALMONDS.	KJ	1596	2873
		Kcal	382	688
		Fat	17.6	31.7
		Sat	8.8	15.8
		Carbs	47.0	84.6
		Sugar	17.5	31.5
		Fibre	1.4	2.5
		Protein	8.5	15.3
		Salt	0.9	1.6
		Portion weight (g)		180
		Apricot Croissant (V)	Pastry: 56% (WHEAT flour, butter 19% (MILK), water, yeast, sugar, EGGS, salt, WHEAT gluten enzymes (amylases, hemicellulases), flour treatment agent (E300)), Apricots 26%, Pastry cream 17% (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450iii, E339ii), colour (E160ai), flavouring), egg wash (EGGS, water). May contain: traces of NUTS and traces of SOYA.	per 100g
KJ	1081			1113
Kcal	258			266
Fat	11			11.3
Sat	6.7			6.9
Carbs	34			35
Sugar	11			11.3
Fibre	2			2.1
Protein	4.7			4.8
Salt	0.7			0.7
Portion weight (g)				115
Butter Croissant (V)	Pastry: WHEAT flour, butter 22% (MILK), water, sugar, whole MILK pasteurized, yeast, EGGS, salt, WHEAT gluten, emulsifier : E322 (rape lecithin), flour treatment agent : E300, enzymes, egg wash (Free Range EGGS) 1.5g. May contain: traces of NUTS and traces of SOYA.	per 100g		per portion (g)
		KJ	1792	915
		Kcal	429	219
		Fat	23	11.8
		Sat	15	7.7
		Carbs	46	23.2
		Sugar	6.8	3.5
		Fibre	2.6	1.3
		Protein	8.1	4.3
		Salt	1.2	0.6
		Portion weight (g)		60
Chocolate Twist (V)	Pastry: WHEAT flour, butter (MILK), water, yeast, sugar, EGGS, salt, WHEAT gluten, enzymes (amylases, hemicellulases, flour treatment agent (E300)), Pastry cream (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450iii, E339ii), colour (E140aii), flavouring), Chocolate 15.6% (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier (E322 (SOYA lecithin)), natural vanilla flavour), egg wash (EGGS, water), Icing sugar (Glucose, cornflour, vegetable oil). May contain: traces of NUTS.	per 100g		per portion (g)
		KJ	1512	1176
		Kcal	361	281
		Fat	16	11.9
		Sat	9.6	7.4
		Carbs	47	37.9
		Sugar	21	17.4
		Fibre	3	2.3
		Protein	5.7	4.3
		Salt	0.8	0.6
		Portion weight (g)		90
Pain au Chocolat (V)	Pastry: (WHEAT flour, Butter (MILK), water, chocolate 10% (sugar, cocoa mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavour), sugar, whole MILK, yeast, EGGS, salt, WHEAT gluten, Emulsifier (rape lecithin), flour treatment agent (E300), enzymes (amylases, hemicellulases)), egg wash (Free Range EGG). May contain: traces of NUTS.	per 100g		per portion (g)
		KJ	1786	1120
		Kcal	427	268
		Fat	23	14.3
		Sat	15	9.3
		Carbs	46	29.1
		Sugar	12	8.1
		Fibre	3	1.9
		Protein	7.6	4.8
		Salt	1	0.6
		Portion weight (g)		75
Pain au Raisin (V)	WHEAT flour, water, raisins 13%, Butter (MILK), sugar, yeast, corn starch, EGGS, salt, powdered whey (MILK), whole MILK powder, WHEAT gluten, EGG albumin powder, skimmed MILK powder, thickener (sodium alginate), emulsifier (rape lecithin), fruit and plant extract (turmeric and carrot), natural flavouring, acidity regulator (citric acid), flour treatment agent (ascorbic acid), enzymes (hemicellulases, amylases), egg wash (Free Range EGGS), Neutral glaze (water, glucose syrup, sugar, acidity regulators (E330, E332, E333), flavour, gelling agent (pectin), preservative (potassium sorbate)). May contain: traces of NUTS and traces of SOYA.	per 100g		per portion (g)
		KJ	1417	1245
		Kcal	338	296
		Fat	14	10.8
		Sat	9.1	6.8
		Carbs	46	43.2
		Sugar	19	17.1
		Fibre	2.3	2.3
		Protein	5.8	5.4
		Salt	0.8	0.6
		Portion weight (g)		110
Vegan Raspberry Croissant (Vg)	WHEAT flour, Water, Vegetable Fat (17% Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring), Raspberry Filling (16% (Glucose Syrup, Raspberry Purée, Sugar, Raspberries (2%), Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator Tricalcium Citrate), Natural Flavouring, Preservative (Potassium Sorbate)), Sugar, Yeast, Decoration (3%) (Sugar, Non-Hydrogenated Palm Oil, Food Colours (Radish, Blackcurrant, Apple concentrate)), Spelt flour, WHEAT gluten Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid). May contain: traces of MILK, SESAME SEEDS, SOYA, NUTS, EGGS.	per 100g		per portion (g)
		KJ	1589	1239
		Kcal	379	296
		Fat	16.3	12.7
		Sat	8.2	6.4
		Carbs	50.7	39.5
		Sugar	18.5	14.4
		Fibre	2.7	2.1
		Protein	6.4	5
		Salt	0.5	0.4
		Portion weight (g)		110

## PORRIDGE

Porridge is made with Whole Milk as standard. Other milk variants are available upon request.

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Porridge Plain (V)	Flaked OATS, Whole MILK.	KJ	484	1163	
		Kcal	115	276	
		Fat	4.5	10.9	
		Sat	2.2	5.2	
		Carbs	14.7	35.2	
		Sugar	3.9	9.2	
		Fibre	1.1	2.7	
		Protein	4.6	11.1	
		Salt	0.1	0.2	
		Portion weight (g)		240	
		Porridge with Chocolate Chips (V)	Flaked OATS, Whole MILK Chocolate chips: Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin (E322), Natural Vanilla Flavouring.	per 100g	per 100g
KJ	619			1609	
Kcal	147			383	
Fat	6.6			17.1	
Sat	3.4			9	
Carbs	17.8			46.3	
Sugar	7.1			18.4	
Fibre	1.4			3.6	
Protein	4.8			12.4	
Salt	0.1			0.2	
Portion weight (g)				260	
Porridge with Banana & Cinnamon (V)	Flaked OATS, Whole MILK Bananas, Ground Cinnamon, Clear Honey.	per 100g	per 100g	per portion (g)	
		KJ	521	1668	
		Kcal	124	396	
		Fat	3.4	11.0	
		Sat	1.7	5.3	
		Carbs	19.9	63.6	
		Sugar	11.3	36.0	
		Fibre	1.3	4.1	
		Protein	3.7	11.8	
		Salt	0.1	0.2	
		Portion weight (g)		321	
Porridge with Blueberries, Seeds & Maple Syrup (V)	Flaked OATS, Whole MILK, Pumpkin Seeds, Sunflower Seeds, Maple syrup, Frozen Blueberries.	per 100g	per 100g	per portion (g)	
		KJ	557	1699	
		Kcal	209	638	
		Fat	6.8	20.7	
		Sat	2.2	6.6	
		Carbs	16.5	50.3	
		Sugar	7.2	21.8	
		Fibre	1.5	4.4	
		Protein	5.4	16.4	
		Salt	0.1	0.2	
		Portion weight (g)		305	

## TEACAKES &amp; SCONES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Vegan Fruit Scone (Vg)	Cake Flour (WHEAT Flour (Calcium Carbonate, Iron, Nicotinamide, Thiamine), Sugar, Vegetable Oils (Palm, Rapeseed), Raising Agents: E450i, E500ii, WHEAT Starch, Salt, Stabiliser: E466, Natural Flavouring, Emulsifier: E471, Enzymes), Water, Sultanas (10.5%), Glaze (Water, Vegetable Proteins, Sunflower Oil, Dextrose, Maltodextrines, Starch). May contain traces of SOYA, MILK, EGG, NUTS and SULPHUR DIOXIDE.	per 100g	per 100g	per portion (g)	
		KJ	1638	2293	
		Kcal	400	560	
		Fat	11	15.4	
		Sat	5	6.3	
		Carbs	66.9	93.6	
		Sugar	23	32.2	
		Protein	7.7	10.8	
		Salt	0.5	0.7	
		Portion weight (g)		140	
		Teacake (Vg)	WHEAT flour [with added calcium, iron, niacin, thiamin], Water, Sultanas (10%) [sunflower oil], Currants (5%) [sunflower oil], spiced bun concentrate [vegetable oil, dextrose, mono and diglycerides of fatty acids, diacetyl tartaric acid ester of mono diglycerides, flavouring, flour treatment agent, ascorbic acid, food enzymes, beta carotene], Sugar, Yeast. May contain traces of MILK, EGG and NUTS.	per 100g	per 100g
KJ	940			1410	
Kcal	221			332	
Fat	0.7			1.1	
Sat	0.1			0.2	
Carbs	48			72	
Sugar	15.3			23	
Protein	6.4			9.6	
Salt	0.0			0.02	
Portion weight (g)				150	

## TOAST

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per slice (g)	
White Bloomer	WHEAT Flour (with added calcium, iron, niacin and thiamine), Water, Yeast, Salt, SOYA Flour, Preservative: E282, Emulsifier: E472e, Rapeseed Oil, Flour Treatment Agent: E300.	per 100g	per slice (g)	
		KJ	987	363
		Kcal	231	87
		Fat	1.4	0.5
		Sat	0.3	0.1
		Carbs	46.5	17.4
		Sugar	2.5	0.9
		Fibre	2.3	0.9
		Protein	8	3.0
		Salt	1	0.4
		Portion weight (g)		37.5
Malted Bloomer	WHEAT Flour (with added calcium, iron, niacin and thiamine), Water, Malted WHEAT Grains (9.0%), Yeast, WHEAT Gluten, BARLEY Malt Flour, Salt, Emulsifier: E472e, Buckwheat Flour, SOYA Flour, Preservative: E282, Rapeseed Oil, Sugar, Flour Treatment Agent: E300.	per 100g	per slice (g)	
		KJ	976	376
		Kcal	232	89
		Fat	1.6	0.6
		Sat	0.3	0.1
		Carbs	46	17.7
		Sugar	2.5	1
		Fibre	3	1.2
		Protein	8.6	3.3
		Salt	1.0	0.4
		Portion weight (g)		38.5

## EXTRAS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Preserve Blackcurrant (Vg)	Sugar, blackcurrants, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	KJ	1001	300
		Kcal	236	71
		Fat	0	0
		Sat	0	0
		Carbs	57	17
		Sugar	57	17
		Protein	0.4	0
		Salt	0	0
		Portion weight (g)		30
		Preserve Strawberry (Vg)	Strawberries, sugar, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	KJ
Kcal	241			72
Fat	0.1			0
Sat	0			0
Carbs	59			18
Sugar	59			18
Protein	0.4			0.1
Salt	0			0
Portion weight (g)				30
Lakeland Butter (V)	Butter: Cream (MILK), Salt.			KJ
		Kcal	738	52
		Fat	81.4	5.7
		Sat	52.3	3.7
		Carbs	0.8	0.1
		Sugar	0.8	0.1
		Protein	0.6	0.04
		Salt	1.9	0.1
		Portion weight (g)		7
		Rodda's Cornish Clotted Cream (V)	100% Cornish cows MILK.	KJ
Kcal	586			234
Fat	63.7			25.5
Sat	39.7			15.9
Carbs	2.2			0.9
Sugar	2.2			0.9
Protein	1.6			0.6
Salt	0.05			0.0
Portion weight (g)				40
Vitalite (Vg)	Vegetable Oils (Sunflower (21%), Rapeseed, Palm), Water, Salt, Emulsifier - E471, Sunflower Lecithin, Preservative - Potassium Sorbate, Acid - Lactic Acid, B Vitamins (Niacin, B6, B2, Folic Acid & B12), Flavourings, Colours - Annatto, Curcumin. May contain traces of SULPHITES.			KJ
		Kcal	503	35
		Fat	56	3.9
		Sat	12.6	0.9
		Carbs	0	0
		Sugar	0	0
		Protein	0	0
		Salt	1.5	0.1
		Portion weight (g)		7
		Marmite (Vg)	Yeast extract (contains BARLEY, WHEAT, OATS, RYE), salt, vegetable juice concentrate, vitamins (thiamin, riboflavin, niacin, vitamin B12 and folic acid), natural flavouring (contains CELERY).	KJ
Kcal	260			78
Fat	0.1			0.03
Sat	0.05			0.02
Carbs	30			9
Sugar	1.2			0.4
Protein	34			10.2
Salt	10.8			3.2
Portion weight (g)				8
Marmalade (Vg)	Sugar, bitter oranges, water, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.			KJ
		Kcal	240	72
		Fat	0.1	0.03
		Sat	0	0
		Carbs	59	17.7
		Sugar	59	17.7
		Protein	0.3	0.1
		Salt	0	0
		Portion weight (g)		30

## GRANOLA &amp; YOGHURT

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Granola & Yoghurt with Banana & Honey (V)	Granola: Jumbo Rolled OATS, Fructose (fruit sugar), Desiccated coconut copped, mixed NUTS (PEANUTS WALNUTS ALMONDS) pumpkin seeds SESAME SEEDS, Sunflower seeds, Rapeseed Oil, Black Treacle (molasses), Yoghurt: Natural Low Fat Yoghurt (MILK), Honey, Banana, Pumpkin Seeds, Sunflower Seeds.	KJ	647	1552
		Kcal	202	485
		Fat	5.5	13.3
		Sat	1.3	3.0
		Carbs	21.4	51.2
		Sugar	11.9	28.2
		Fibre	2.3	5.4
		Protein	5.8	14.0
		Salt	0.2	0.4
		Portion weight (g)		240
Granola & Yoghurt with Blueberry & Honey (V)	Granola: Jumbo Rolled OATS, Fructose (fruit sugar), Desiccated coconut copped, mixed NUTS (PEANUTS WALNUTS ALMONDS) pumpkin seeds SESAME SEEDS, Sunflower seeds, Rapeseed Oil, Black Treacle (molasses), Yoghurt: Natural Low Fat Yoghurt (MILK), Honey, Frozen Blueberries, Pumpkin Seeds, Sunflower Seeds.	KJ	638	1404
		Kcal	205	451
		Fat	6	13.3
		Sat	1	3.0
		Carbs	20	42.9
		Sugar	10	21.5
		Fibre	2	5.2
		Protein	6	13.7
		Salt	0.2	0.4
		Portion weight (g)		220

## CAKES &amp; MUFFINS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Banana & Chocolate Loaf Cake (V, Vg)	WHEAT flour (calcium carbonate, iron, niacin, thiamin), banana puree 23%, brown sugar, dark chocolate 14% (sugar, cocoa mass, cocoa butter, emulsifier [SOYA lecithin], natural vanilla flavouring), coconut oil, rapeseed oil, black treacle, water, corn starch, flax seeds, sodium bicarbonate, raising agent (diphosphates, sodium carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)), ground cinnamon, salt. <i>May contain traces of cereals containing GLUTEN, MILK, EGG, SOYA, SULPHITES, and NUTS.</i>	KJ	1662	1629	
		Kcal	369	362	
		Fat	18	17.6	
		Sat	8.9	8.7	
		Carbs	55.5	54.4	
		Sugar	32.9	32.2	
		Fibre	3.0	2.9	
		Protein	4.8	4.7	
		Salt	0.7	0.7	
		Portion weight (g)		98	
			per 100g	per portion (g)	
			KJ	1554	2005
			Kcal	371	478
	Fat	19.2	24.8		
	Sat	11.7	15.1		
	Carbs	43.6	56.3		
	Sugar	31.1	40.1		
	Fibre	3.1	4		
	Protein	5.1	6.6		
	Salt	0.6	0.7		
	Portion weight (g)		129		
Belgian Chocolate Cake (V)	Dark Brown Sugar, WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Whipping Cream [Cream (MILK), Stabiliser (Carrageenan)], Dark Chocolate (12%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Pasteurised Free Range EGG, Water, Butter (MILK), Fat Reduced Cocoa Powder (3.7%), Golden Syrup, Raising Agents (Bicarbonate of Soda, E450, E501), Café Direct Coffee Powder. <i>May contain traces of NUTS.</i>	KJ	1431	1547	
		Kcal	342	376	
		Fat	16	17	
		Sat	2	2	
		Carbs	44	49	
		Sugar	21	23	
		Fibre	1.2	1	
		Protein	6	6	
		Salt	0.4	0.4	
		Portion weight (g)		110	
			per 100g	per portion (g)	
			KJ	1864	1435
			Kcal	444	342
	Fat	21.5	16.6		
	Sat	7.9	6.1		
	Carbs	59.6	45.9		
	Sugar	41.1	31.7		
	Fibre	0.7	0.5		
	Protein	3.9	3.0		
	Salt	0.8	0.6		
	Portion weight (g)		77		
Cappuccino Cake (Gluten Free recipe) (V)	Sugar, Vegetable Margarine [Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471), Natural Flavouring, Colours (Annatto, Curcumin)], Pasteurised Free Range EGG, Gluten Free Flour [Rice, Potato, Tapioca, Maize, Buckwheat], Vegetable Glycerine, Milk Chocolate Flakes (0.9%) [Sugar, Cocoa Mass, Cocoa Butter, Whole MILK Powder, Skimmed MILK Powder, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Café Direct Coffee Powder (0.8%), Raising Agents [E450, E501], Coffee Extract (0.6%) [Coffee, Water, Sugar], Skimmed MILK Powder, Stabiliser (Xanthan Gum), Natural Flavouring. <i>May contain traces of NUTS.</i>	KJ	1728	2177	
		Kcal	411	518	
		Fat	18.2	22.9	
		Sat	3.2	4.0	
		Carbs	58.6	73.8	
		Sugar	40.1	50.5	
		Fibre	1.7	2.1	
		Protein	4	5.0	
		Salt	0.9	1.1	
		Portion weight (g)		126	
			per 100g	per portion (g)	
			KJ	1444	2109
			Kcal	344	502
	Fat	8.5	12.4		
	Sat	2.1	3.1		
	Carbs	62.2	90.9		
	Sugar	49.7	72.6		
	Fibre	2.3	3.4		
	Protein	4.9	7		
	Salt	0.5	0.7		
	Portion weight (g)		146		
Carrot & Walnut Cake (V)	WHEAT Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin [B3], Thiamin [B1]], White Sugar, Icing Sugar [Sugar, Anti Caking Agent [E341]], Sunflower Oil, Carrots 7.8%, Oranges, Free Range EGG, Full Fat Soft Cheese [MILK, Cream [MILK], Skim MILK Solids, Salt, Starch, Lactic Culture, Potassium Sorbate], Water, Black Treacle (Cane Molasses, Inverted Sugar Syrup), WALNUTS 1.2%, Salted Butter [Butter [MILK], Salt], Mixed Spice [Coriander, Cassia, Ginger, Fennel, Nutmeg, Clove, Cardamom], Raising Agent: [Diphosphates [E450], Sodium Carbonates [E500], WHEAT Flour [Calcium Carbonate [E170], Iron; Vitamin B1; Vitamin B3]], Sunflower Seed, Ground Cassia, Pumpkin Seed, Orange Zest, Sodium Bicarbonate [E500], Salt.	KJ	1564	1814	
		Kcal	372	431	
		Fat	15	17.4	
		Sat	2.2	2.6	
		Carbs	56	65	
		Sugar	36.9	42.8	
		Fibre	1.3	1.5	
		Protein	4.2	4.9	
		Salt	0.6	0.7	
		Portion weight (g)		116	
			per 100g	per portion (g)	
			KJ	1349	337
			Kcal	323	81
	Fat	14	4		
	Sat	6.6	1.7		
	Carbs	42	11		
	Sugar	12	3		
	Fibre	1.5	0.4		
	Protein	5.4	1.4		
	Salt	0.7	0.2		
	Portion weight (g)		25		
Jewelled Fruit Cake (V)	Cake Mix (27%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin & Thiamin), Sugar, Vegetable Fat (Palm), Vegetable Oil (Rapeseed), Maize Starch, Whey Powder (MILK), Colour (Ammonia Caramel), Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), EGG White Powder, Emulsifier (Mono- & Di-glycerides of Fatty Acids), Flavouring, Salt], Sultanas (20%), Currants (13%), Pasteurised Liquid Whole EGG, Glacé Cherries (9%) [Cherries, Glucose-Fructose Syrup, Colouring Agent (Purple Carrot & Elderberry Juice), Acidity Regulator (Citric Acid), Preservative (SULPHUR DIOXIDE)], Water, Mixed Peel (2%) [Glucose Syrup, Orange Peel (42%), Lemon Peel (10%)], Sugar, Preservatives [Potassium Sorbate, SULPHUR DIOXIDE], Acidity Regulator (Citric Acid)], Apricot Glaze (2.97%) [Sugar, Glucose, Water, Fruit, Gelling Agent (Pectin), Acidity Regulators (Citric Acid, Sodium Citrates), Preservative (Potassium Sorbate), Apricot Nature Identical Flavour, Vegetable Extract (Extract of Spices including Paprika & Red Sandalwood)], WALNUTS, Raisins (1%), ALMONDS, Glycerine (Glycerol). <i>May contain traces of Hazelnuts, Pecans and Pistachios.</i>	KJ	1444	2109	
		Kcal	344	502	
		Fat	8.5	12.4	
		Sat	2.1	3.1	
		Carbs	62.2	90.9	
		Sugar	49.7	72.6	
		Fibre	2.3	3.4	
		Protein	4.9	7	
		Salt	0.5	0.7	
		Portion weight (g)		146	
			per 100g	per portion (g)	
			KJ	1564	1814
			Kcal	372	431
	Fat	15	17.4		
	Sat	2.2	2.6		
	Carbs	56	65		
	Sugar	36.9	42.8		
	Fibre	1.3	1.5		
	Protein	4.2	4.9		
	Salt	0.6	0.7		
	Portion weight (g)		116		
Lemon Drizzle Cake (V)	Sugar, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk (MILK), Sunflower Oil, Free Range EGG, Icing Sugar [Sugar, Anti Caking Agent (E341)], Lemon Juice 4.5%, Lemon Curd 3% [Sugar, Free Range EGG, Salted Butter (MILK), Lemon Juice, Water, Lemon Oil, Agar], Lemon Zest 3%, Raising Agents (Diphosphates, Sodium Carbonates, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin)), Salt. <i>May contain traces of other cereals containing GLUTEN, traces of SOYA, NUTS, PEANUTS and SULPHUR DIOXIDE.</i>	KJ	1349	337	
		Kcal	323	81	
		Fat	14	4	
		Sat	6.6	1.7	
		Carbs	42	11	
		Sugar	12	3	
		Fibre	1.5	0.4	
		Protein	5.4	1.4	
		Salt	0.7	0.2	
		Portion weight (g)		25	
			per 100g	per portion (g)	
			KJ	1349	337
			Kcal	323	81
	Fat	14	4		
	Sat	6.6	1.7		
	Carbs	42	11		
	Sugar	12	3		
	Fibre	1.5	0.4		
	Protein	5.4	1.4		
	Salt	0.7	0.2		
	Portion weight (g)		25		
Mini Filled Doughnuts (V)	WHEAT flour, red fruits filling (24%) [red fruits puree (35%) (raspberry (71.4%), blueberry (14.3%), blackberry (14.3%)), water, WHEAT glucose-fructose syrup, sugar, thickening agent (E1442), flavour, preservative (E202)], vegetable oils (rapeseed, palm oil), water, EGGS, sugar, butter (MILK), topping (dextrose, WHEAT starch, palm oil), WHEAT GLUTEN, yeast, salt, emulsifier (E471), colour (E160a), antioxidant (E300), WHEAT malt. <i>May contain traces of NUTS.</i>	KJ	1349	337	
		Kcal	323	81	
		Fat	14	4	
		Sat	6.6	1.7	
		Carbs	42	11	
		Sugar	12	3	
		Fibre	1.5	0.4	
		Protein	5.4	1.4	
		Salt	0.7	0.2	
		Portion weight (g)		25	
			per 100g	per portion (g)	
			KJ	1349	337
			Kcal	323	81
	Fat	14	4		
	Sat	6.6	1.7		
	Carbs	42	11		
	Sugar	12	3		
	Fibre	1.5	0.4		
	Protein	5.4	1.4		
	Salt	0.7	0.2		
	Portion weight (g)		25		

CAKES & MUFFINS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
<b>Orange &amp; Chocolate Loaf Cake (V)</b>	Sugar, <b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin), rapeseed oil, free-range <b>EGG</b> , oranges 14%, dark chocolate 10% (cocoa mass, sugar, fat-reduced cocoa powder, emulsifier (sunflower lecithin), natural vanilla flavouring), orange zest 3%, marmalade 3% (glucose syrup, orange puree, orange pulp, water, pectin, acidity regulators (citric acid, trisodium citrate)), orange juice 2%, corn starch, caramelised orange zest <1% (sugar, orange zest, water), raising agent (diphosphates, sodium carbonates, <b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin)), cocoa nibs, salt. <i>May contain traces of cereals containing GLUTEN, MILK, EGG, SOYA, SULPHITES, and NUTS.</i>	KJ	1640
		Kcal	391
		Fat	22.4
		Sat	4.1
		Carbs	42.2
		Sugar	26
		Fibre	3.1
		Protein	4.8
		Salt	0.6
		Portion weight (g)	113
<b>Raspberry &amp; White Chocolate Loaf Cake (V)</b>	Sugar, <b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin), white chocolate 19% (sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier ( <b>SOYA</b> lecithin), natural vanilla flavouring), rapeseed oil, free-range <b>EGG</b> , raspberries 11%, corn starch, lemon zest, raising agent (diphosphates, sodium carbonates, <b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin)), salt, freeze-dried raspberries <1%. <i>May contain traces of NUTS and SULPHUR DIOXIDE.</i>	KJ	1817
		Kcal	435
		Fat	26.3
		Sat	5.1
		Carbs	46.3
		Sugar	29.1
		Fibre	1.3
		Protein	5.4
		Salt	0.7
		Portion weight (g)	103
<b>Raspberry Rocky Road</b>	Margarine (Vegetable Oils and Fats (Palm Oil, Rapeseed Oil), Water, Salt, Colours: Natural Carotenes, Citric Acid), Biscuit Crumb and Pieces (35%) ( <b>WHEAT</b> Flour (Calcium, Iron, Niacin, Thiamine), Wholemeal <b>WHEAT</b> Flour, Vegetable Oil (Palm)SG), Sugar, Partially-inverted Sugar Syrup, Raising Agents (Sodium Bicarbonate, Malic Acid, Ammonium Bicarbonate, Disodium Diphosphate), Glucose-Fructose Syrup, Salt, Emulsifier: E472e, Dried Skimmed <b>MILK</b> , Dried WHEY Powder (From <b>MILK</b> , <b>BARLEY</b> Malt Extract), Dark Chocolate Chips (16%) (Sugar, Cocoa Mass, Cocoa Butter, Fat Reduced Cocoa Powder, Emulsifier: E322 ( <b>SOYA</b> ), Natural Vanilla Flavouring), Dark Chocolate Coating (8%) (Sugar, Cocoa Mass, Cocoa Butter, Fat-Reduced Cocoa Powder, Emulsifier: E322 ( <b>SOYA</b> ), Vanilla Extract), Golden Syrup, Marshmallows (6%) (Glucose-Fructose Syrup, Sugar, Water, Pork Gelatine, Maize Starch, Flavouring, Colours: E100, E120), Raspberry Pieces (2.5%) (Fruit (Concentrated Apple Puree, Raspberry Puree), Fructose Glucose Syrup, Glucose Syrup, Sugar, Humectant: Glycerol, <b>WHEAT</b> Fibre, Palm Fat (RSPO-SG), Gelling Agent: Pectin, Colouring Food (Concentrate of Blueberry, Carrot and Black Current) Acidity Regulator: Malic Acid, Citric Acid, Natural Flavouring), Raspberry Caramel Drizzle (2.5%) (Sugar, Glucose Syrup, Water, Sweetened Condensed <b>MILK</b> ( <b>MILK</b> , Sugar Lactose ( <b>MILK</b> )), Unsalted Butter ( <b>MILK</b> ), Vegetable Fat (Shea), Colour: E162 (Beetroot Red), Emulsifiers: E471, E322 (Rapeseed), Natural Flavouring), White Chocolate Chips (Sugar, Cocoa Butter, Full Cream <b>MILK</b> Powder, WHEY Powder ( <b>MILK</b> ), Vegetable Oils, Emulsifier: <b>SOYA</b> Lecithin, Vanilla Flavour). <i>May contain traces of NUTS.</i>	KJ	2234
		Kcal	534
		Fat	36.0
		Sat	17.0
		Carbs	47.0
		Sugar	28.0
		Protein	4.2
		Salt	0.5
		Portion weight (g)	90
		<b>Victoria Sponge (Gluten Free recipe) (V)</b>	Sugar, Pasteurised Free Range <b>EGG</b> , Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Vegetable Margarine (Palm and Rapeseed Oil, Water, Salt, Emulsifier (E471), Flavouring, Colour (Annatto, Curcumin)), Buttercream (12%) (icing Sugar, Butter ( <b>MILK</b> )), Raspberry Jam (8%) (Glucose Fructose Syrup, Raspberries (40%), Sugar, Gelling Agent (Pectin), Citric Acid, Colour (Anthocyanin), Acidity Regulator (Sodium Citrate)), Raising Agents (E450, E500), Skimmed <b>MILK</b> Powder, Stabiliser (Xanthan Gum). <i>May contain traces of NUTS.</i>
Kcal	435		
Fat	22		
Sat	10.2		
Carbs	56.6		
Sugar	40.5		
Fibre	0.7		
Protein	4		
Salt	1.1		
Portion weight (g)	100		
<b>Welsh Cake (V)</b>	<b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamine, raising agents E450, E500), vegetable oil (rapeseed, sustainable palm) sugar, vine fruits (13%) (currants, sultanas, sunflower oil), <b>EGG</b> , <b>BUTTERMILK</b> , water, salt, emulsifiers (E471, E481), colour (carotenes), natural flavouring, preservatives (E202, E282).	KJ	1548
		Kcal	370
		Fat	14.6
		Sat	4.9
		Carbs	65.1
		Sugar	23.3
		Fibre	2.3
		Protein	6.5
		Salt	1.3
		Portion weight (g)	100

TRAYBAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
<b>Blackcurrant Crumble (Gluten Free recipe) (Vg)</b>	Crumble Topping (41%) (Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Soft Brown Sugar, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471), Natural Flavouring, Colours (Annatto, Curcumin)), Gluten Free OATS (11%), Shortcake Base (33%) (Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471), Natural Flavouring, Colours (Annatto, Curcumin)), Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, Cornflour, Stabiliser (Xanthan Gum)), Blackcurrant Filling (25%) (Blackcurrant Jam (96%) (Glucose Syrup, Sugar, Blackcurrant Puree, Gelling Agent (Pectin), Acidity Regulators (Citric Acid, Trisodium Citrate), Colour (Anthocyanins)), Concentrated Lemon Juice). <i>May contain traces of MILK, EGG, SOYA and NUTS.</i>	KJ	1819
		Kcal	434
		Fat	18.1
		Sat	6.7
		Carbs	65.6
		Sugar	31.7
		Fibre	1.3
		Protein	2
		Salt	0.5
		Portion weight (g)	93
<b>Caramel Shortbread (V)</b>	Shortbread Base (44%) ( <b>WHEAT</b> Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Butter ( <b>MILK</b> ), Sugar, Cornflour), Caramel (40%) (Sweetened Condensed <b>MILK</b> , Butter ( <b>MILK</b> ), Light Brown Sugar, Golden Syrup), Milk Chocolate (14%) (Sugar, Cocoa Butter, Whole <b>MILK</b> Powder, Cocoa Mass, Emulsifier ( <b>SOYA</b> Lecithin), Natural Vanilla Flavouring), Dark Chocolate (1.5%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier ( <b>SOYA</b> Lecithin), Natural Vanilla Flavouring). <i>May contain traces of NUTS and EGG.</i>	KJ	2099
		Kcal	502
		Fat	28.3
		Sat	16.8
		Carbs	56.6
		Sugar	41
		Fibre	1.5
		Protein	4.7
		Salt	0.5
		Portion weight (g)	75
<b>Maple Syrup Flapjack (V)</b>	<b>OATS</b> , salted butter ( <b>MILK</b> ), margarine (vegetable oil (palm & rapeseed), water, salt, emulsifier mono- and diglycerides of fatty acids (E471), colourings (annatto E160b, curcumin E100), natural flavouring), brown sugar, golden syrup (14%), maple syrup (3%). <i>May contain traces of SOYA, PEANUTS and NUTS.</i>	KJ	1856
		Kcal	443
		Fat	20.2
		Sat	8.2
		Carbs	61.5
		Sugar	27.4
		Fibre	4.9
		Protein	6.3
		Salt	0.5
		Portion weight (g)	100

TRAYBAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Protein Bar (Vg)</b>	Date Syrup (Syrup Extracted from Dates), Gluten-free Oats, Coconut Oil, Dates, Pumpkin Seed, Sunflower Seed, Protein Crisped Cereal 5% (Pea Protein 75%, Maltodextrin 25%), Chopped Dates (Dates, Rice Flour), Chopped Apricots (Dried Apricots, Rice Flour, Preservative [E220]), Cranberries (Cranberries, Sugar, Sunflower Oil), Golden Linseed, Chia Seed, Ground Brown Flaxseed, Ground Nutmeg, Ground Cassia, Salt. <i>May contain traces of MILK, EGG, SOYA, NUTS, SULPHUR DIOXIDE, PEANUTS and traces of cereals containing GLUTEN.</i>	KJ	1970.6	1498
		Kcal	474	360
		Fat	26.3	20
		Sat	13.9	10.6
		Carbs	46.6	35.4
		Sugar	29.9	22.7
		Fibre	5.1	3.9
		Protein	11.2	8.5
		Salt	0.3	0.2
		Portion weight (g)	76	
		<b>Super Dark Triangle (Vg)</b>	Sugar, Dark Chocolate 17% (Cocoa Mass, Sugar, Fat-Reduced Cocoa Powder, Emulsifier: Sunflower Lecithin, Natural Vanilla Flavouring, Contains Cocoa Solids 74%), Coconut Oil, <b>WHEAT</b> Flour, Apple Sauce (re-hydrated Apple (47%), Water, Sugar, Lemon Juice From Concentrate, Modified Starch, Spirit Vinegar, Salt, Preservative: E223), Water, <b>SOYA</b> Cream (Water, Sunflower Seed Oil, Hulled <b>SOYA</b> Bean, Fructose-Glucose Syrup, Emulsifier (Sucrose Esters Of Fatty Acids), Stabilisers), Cocoa (Reduced Fat), Black Treacle, Cocoa Nibs, Ground Flax Seeds, Vanilla Extract, Sea Salt, Raising Agent. <i>May contain traces of MILK, EGG, PEANUTS, NUTS, SULPHUR DIOXIDE and traces of other cereals containing GLUTEN.</i>	KJ
Kcal	464			297
Fat	30			19.2
Sat	22			14.1
Carbs	47			30.1
Sugar	34			21.8
Fibre	3.8			2.2
Protein	4.5			2.9
Salt	0.1			0.04
Portion weight (g)	64			
<b>Triple Chocolate Brownie (Gluten Free Recipe) (V)</b>	Free Range <b>EGG</b> , Dark Chocolate (Cocoa Mass, Sugar, Fat-Reduced Cocoa Powder, Emulsifier: Sunflower Lecithin, Natural Vanilla Flavouring, contains Cocoa Solids 74%), Coconut Oil, Soft Light Sugar, White Sugar, Dark Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: <b>SOYA</b> Lecithin, Natural Vanilla Flavouring, contains Cocoa Solids 41%), Milk Chocolate (Sugar, Whole <b>MILK</b> Powder, Cocoa Butter, Cocoa Mass, Whey Powder ( <b>MILK</b> ), Skimmed <b>MILK</b> Powder, Emulsifier: <b>SOYA</b> Lecithin, Natural Vanilla Flavouring, contains Cocoa Solids 24.0%, Milk Solids 29.5%), Cocoa Powder (Cocoa Cake, Potassium Carbonate), Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Sunflower Oil, Double Cream ( <b>MILK</b> ), Salt, Raising Agent: (Mono Calcium Phosphate, Corn Starch, Sodium Bicarbonate), Xanthan Gum. <i>May contain traces of cereals containing GLUTEN, NUTS and SULPHUR DIOXIDE.</i>			KJ
		Kcal	504	363
		Fat	32.6	23.5
		Sat	21.4	15.4
		Carbs	42.4	30.5
		Sugar	37	26.6
		Fibre	4.3	3.1
		Protein	6.2	4.5
		Salt	0.4	0.3
		Portion weight (g)	72	

TARTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
<b>Chocolate &amp; Blood Orange Tart (Vg)</b>	Vegetable Oil Based Emulsion [Water, Partially Invert Sugar Syrup, Palm Kernel Oil, Palm Oil, Emulsifiers (Sodium Stearoyl Lactate, Polysorbate 60, Polyglycerol Esters of Fatty Acids, <b>SOYA</b> Lecithin), Flavourings, Stabilisers (Hydroxypropylmethyl Cellulose, Xanthan Gum), Salt, Acidity Regulators (Disodium Phosphate, Sodium Citrate), Colours (Annatto, Curcumin, Plain Carmel)], Short Sweet Pastry Tart (Sungold <b>WHEAT</b> Flour (80%), Maize Flour (20%)), Unsalted Cake Margarine, Sugar, Water, Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier ( <b>SOYA</b> Lecithin), Natural Vanilla Flavouring), Neutral Glaze (Glucose Syrup [Contains <b>SULPHITES</b> ], Water, Gelling Agents [Pectin E440(ii)], Sodium Alginate E401, Carrageenan E407, Xanthan Gum E415], Acid [Citric Acid E330], Natural Apple Flavouring, Acidity Regulators [Trisodium Citrate E331(iii)], Tricalcium Phosphate E341(ii)], Preservative [Potassium Sorbate E202]), Blood Orange Liqueur (1%), Sweet Snow [Dextrose, Cornflour, Vegetable Oil (Palm)], Orange Fruit Concentrate [Sugar, Water, Orange Peel (15%), Orange Juice Concentrate (8%), Orange Oil, Colours (Paprika Extract, Algal Carotenoids), Gelling Agent (Pectin), Stabiliser (Sugar Gum), Preservatives (Ascorbic Acid, Potassium Sorbate), Acidity Regulator (Citric Acid)], Orange Fruit Paste [Glucose Syrup, Invert Sugar Syrup, Concentrated Orange Juice (11%), Acid (Citric Acid E330), Ethyl Alcohol, Thickener (Modified Starch E1422), Carrot Extract]. <i>May contain traces of NUTS.</i>	KJ	1681	2269		
		Kcal	402	543		
		Fat	21.6	29.2		
		Sat	13	17.5		
		Carbs	47.2	63.7		
		Sugar	26.8	36.2		
		Fibre	2.3	2.5		
		Protein	3.2	4.3		
		Salt	0.1	0.1		
		Portion weight (g)	135			
		<b>Portuguese Tarts (V)</b>	<b>MILK, EGG</b> yolk, whole <b>EGG, WHEAT</b> flour, maize starch, water, granulated sugar, vanilla flavour, pastry margarine, cake margarine, cinnamon.	KJ	1150	1035
Kcal	293			220		
Fat	10.4			7.9		
Sat	4.8			3.5		
Carbs	45.6			19.2		
Sugar	25.6			7.9		
Protein	3.4			2.6		
Salt	0.1			0.1		
Portion weight (g)	75					
<b>Raspberry Portuguese Tarts (V)</b>	<b>MILK, Sugar, EGG, WHEAT</b> Flour, Maize Starch, Vanilla, Pastry Margarine (Vegetable Fat, Vegetable Oil, Water, Salt), Raspberry.			KJ	1130	904
				Kcal	269	215
		Fat	9.2	7.4		
		Sat	4.3	3.5		
		Carbs	42.8	34.2		
		Sugar	25.3	20.2		
		Protein	3.3	2.6		
		Salt	0.3	0.2		
		Portion weight (g)	75			
		<b>Strawberry Tart (V)</b>	Frozen Strawberries (26%), Shortcrust Sweet Tart (24%) [ <b>WHEAT</b> Flour (GLUTEN), Vegetable Fats and Oils (Palm, Coconut, Rapeseed, Colour (Carotenoids E160a)], Sugar, Free Range <b>EGG</b> , Water, Salt, Skimmed <b>MILK</b> Powder], Water, Glaze (12%) [Water, Glucose Syrup, Sugar, Gelling Agents (Pectin, Carrageenan, Xanthan Gum), Concentrates (Lemon, Safflower), Acid (Citric Acid), Colour (Carmine), Preservative (Potassium Sorbate), Acidity Regulator (Potassium Citrate), Flavouring, Emulsifier (Sorbitan Monolaurate), Firming Agent (Calcium Chloride)], Cold Custard Cream [Sugar, Modified Starch (Acetylated Distarch Phosphate E1414), Sweet Whey Powder ( <b>MILK</b> ), Dextrose, Vegetable Oil (Palm), Glucose Syrup, Thickener (Calcium Alginate E404, Diphosphates E450, Methyl Cellulose E461, Sodium Phosphates E339), Natural Flavouring, Colouring (Carrot, Curcuma, Paprika), Salt], Cream ( <b>MILK</b> ), White Chocolate [Sugar, Cocoa Butter, Whole <b>MILK</b> Powder, Emulsifier ( <b>SOYA</b> Lecithin), Natural Vanilla Flavouring], Cream Stabiliser [Sugar, Dried Glucose Syrup, Gelatine, Modified Starch (Acetylated Distarch Phosphate E1414), <b>EGG</b> Yolk Powder, Acidity Regulator (Disodium Diphosphate E450), Salt]. <i>ADDITIONAL INFORMATION: Made with Beef Gelatine. May contain traces of NUTS.</i>	KJ	948	1516
				Kcal	226	362
Fat	11			17		
Sat	4.9			7.8		
Carbs	29.9			47.9		
Sugar	16.8			26.8		
Fibre	1.1			1.8		
Protein	2.5			4		
Salt	0.2			0.3		
Portion weight (g)	160					
<b>Tart au Citron (V)</b>	Short Sweet Pastry Tart (39%) [Sungold <b>WHEAT</b> Flour, Maize Flour], Unsalted Cake Margarine, Sugar, Water), Cream ( <b>MILK</b> ), Water, Tarte Citron Powder [Sugar, Modified Starches (Acetylated Distarch Adipate E1422, Acetylated Distarch Phosphate E1414), Hen's <b>EGG</b> Albumen, Acid (Citric Acid E330), Colouring (Beta Carotene E160a)], Apricot Glaze (Glucose-fructose Syrup, Water, Sugar, Apricot Puree, Gelling Agents [Pectin E440 (ii)], Carrageenan E407, Xanthan Gum E415], Acid (Citric Acid), Acidity Regulators [Trisodium Citrate E331 (ii)], Tricalcium Phosphate E341 (iii)], Flavouring, Preservative [Potassium Sorbate E202] Colour [Paprika Extract E160c]], Sweet Snow [Dextrose, Cornflour, Vegetable Oil (Palm)], Lemon Concentrate (1%). <i>May contain traces of NUTS.</i>			KJ	1542	1542
		Kcal	376	376		
		Fat	23	23		
		Sat	7.8	7.8		
		Carbs	38.9	38.9		
		Sugar	6.8	6.8		
		Fibre	0.8	0.8		
		Protein	4.4	4.4		
		Salt	0.04	0.04		
		Portion weight (g)	100			

DESSERTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Banoffee Pie	Banoffee Toffee Sauce (21%) [Sweetened Condensed MILK [MILK, Sugar, Lactose (MILK)], Golden Syrup [Partially Inverted Refiners Syrup], Glucose Syrup, Palm Kernel, Water, Unsalted Butter [MILK], Sugar, Palm Oil, Gelling Agent [Pectin E440], Emulsifiers [Rapeseed Lecithin E322, Sorbitan Tri-Stearate E492], Dried Glucose Syrup, Salt, Preservative [Potassium Sorbate E202]], Bananas (21%), Shortcrust Sweet Tart [WHEAT Flour [GLUTEN], Vegetable Fats and Oils [Palm, Coconut, Rapeseed, Colours [Carotenes E160a]], Sugar, Free Range EGG, Water, Salt, Skimmed MILK Powder], Cream [MILK], Milk Chocolate Shavings [Sugar, Cocoa Mass, Cocoa Butter, Whole MILK Powder, Skimmed MILK Powder, Emulsifier [SOYA Lecithin], Natural Vanilla Flavouring], Banana Purée (2%) [Bananas], Cream Stabiliser [Sugar, Dried Glucose Syrup, Gelatine, Modified Starch [Acetylated Distarch Phosphate E1414], EGG Yolk Powder, Acidity Regulator [Disodium Diphosphate E450], Salt], Dark Chocolate [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier [SOYA Lecithin], Natural Vanilla Flavouring], Sugar, Caramel Paste [Glucose Syrup, Caramelised Sugar (35%), Invert Sugar Syrup, Natural Flavouring], Lemon Juice Concentrate. <i>ADDITIONAL INFORMATION: Made with Beef Gelatine. May contain traces of NUTS.</i>	KJ	1423	1764
		Kcal	338	419
		Fat	18.3	22.9
		Sat	8.8	10.9
		Carbs	39.5	48.9
		Sugar	27.9	34.6
		Fibre	1.5	1.8
		Protein	3.8	4.7
		Salt	0.2	0.2
		Portion weight (g)		124
Cookies & Cream Slice	Cream (38%) [MILK], Biscuit Crumb [Fortified WHEAT Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin & Thiamin], Wholemeal Flour [WHEAT], Vegetable Oil [Palm & Rapeseed], Sugar, Invert Sugar Syrup, Raising Agents [Sodium Bicarbonate, Ammonium Bicarbonate] Salt], Dark Chocolate [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier [SOYA Lecithin], Natural Vanilla Flavouring], Chocolate Muffin [Chocolate Muffin Sponge Mix [Sugar, WHEAT Flour [with Calcium Carbonate, Iron, Niacin & Thiamin], Whole EGG Powder, Fat Reduced Cocoa Powder (4%), Modified Starch (Maize)], Raising Agents [Disodium Diphosphate, Potassium Bicarbonate], Emulsifiers [Propylene Glycol Esters of Fatty Acids, Sodium Stearoyl-2 Lactylate], Whey Solids [MILK], Salt, Vegetable Oils [Palm, Rapeseed], Stabiliser [Xanthan Gum], Flavouring], Water, Vegetable Oil [Rapeseed]], Water, Margarine [Vegetable Oils [Palm & Rapeseed], Water, Salt, Emulsifier [Polyglycerol Esters of Fatty Acids], Colours [Curcumin, Annatto], Flavourings], Neutral Fond [Sugar, Dried Glucose Syrup, Gelatine, Modified Starch, Hen's EGG Yolk Powder, Acidity Regulator [Disodium Diphosphate], Salt], Dark Chocolate Shavings [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier [SOYA Lecithin], Natural Vanilla Flavouring], Bourbon Cream Biscuits (1%) [WHEAT Flour, Sugar, Vegetable Oil, Fat Reduced Cocoa Powder (5%), Glucose Syrup, Dextrose, WHEAT Starch, Raising Agents [Ammonium Bicarbonate, Sodium Bicarbonate], Salt Natural Flavouring], Oreo Cookies (1%) [WHEAT Flour, Sugar, Vegetable Fat and Vegetable Oil, Fat Reduced Cocoa Powder (4.6%), WHEAT Starch, Glucose-Fructose Syrup, Raising Agents [Potassium Bicarbonate, Ammonium Bicarbonate, Sodium Bicarbonate], Salt, Emulsifier [SOYA Lecithin], Flavouring [Vanillin]], Golden Syrup [Partially Inverted Sugar Syrup], Gelatine, Cocoa Powder [Cocoa Beans (95%), Acidity Regulator [Potassium Carbonate]], Brown Sugar, Vanilla Flavouring. <i>ADDITIONAL INFORMATION: Made with Beef Gelatine. May contain traces of NUTS.</i>	KJ	1736	3038
		Kcal	418	732
		Fat	31.3	54.8
		Sat	11.3	19.8
		Carbs	27.9	48.8
		Sugar	16.2	28.3
		Fibre	2.2	3.8
		Protein	5.0	8.7
		Salt	0.3	0.6
		Portion weight (g)		175
Cranberry & Orange Cheesecake (V)	Full Fat Soft Cheese (33%) [Skimmed MILK, Cream [MILK], Salt, Preservative [Potassium Sorbate], Lactic Culture [MILK], Microbial Rennet], Biscuit Crumb [Fortified WHEAT Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin & Thiamin], Wholemeal Flour (WHEAT), Vegetable Oil (Palm & Rapeseed), Sugar, Invert Sugar Syrup, Raising Agents [Sodium Bicarbonate, Ammonium Bicarbonate] Salt], Pasteurised Liquid Whole EGG, Sugar, Cranberries (6%), Margarine [Vegetable Oils [Palm & Rapeseed], Water, Salt, Emulsifier [Polyglycerol Esters of Fatty Acids], Colours [Curcumin, Annatto], Flavourings], Golden Syrup [Partially Inverted Sugar Syrup], Cream [MILK], Orange Curd (3%) [Sugar Syrup, Glucose Syrup, Water, Palm Oil, Modified Waxy Maize Starch, Acidity Regulators [Citric Acid, Sodium Citrates], Whole EGG Powder, Orange Juice Concentrate (1%), Gelling Agent [Pectin], Colour [Paprika], Natural Flavouring, Preservative [Potassium Sorbate]], Yellow Gelomat Glaze [Water, Glucose Syrup, Sugar, Gelling Agents [Pectin, Carrageenan, Xanthan Gum], Acidifier [Citric Acid], Preservative [Potassium Sorbate], Acidity Regulator [Tripotassium Citrate], Flavouring, Emulsifier [Sorbitan Monolaurate], Firming Agent [Calcium Chloride], Plant Extracts [Paprika, Turmeric], Colour [Curcumin]], Orange Fruit Bits (3%) [Sugar, Orange Peel (1.7%), Water, Concentrated Orange Juice (9%), Orange Oil, Colours [Paprika Extract, Beta Carotene], Stabiliser [Guar Gum], Gelling Agent [Pectin], Citric Acid, Preservative [Potassium Sorbate], Antioxidant [Ascorbic Acid]], Sweet Snow [Glucose (Maize), Cornflour, Vegetable Oil [Palm Kernel]], Gluten Free Flour [Rice Starch, Maize Starch, Mashed Potato Flakes, Thickener [Guar Gum], Whole EGG Powder, Glucose Syrup, Dextrose, Acidity Regulator [Sodium Acetate], Acidifier [Citric Acid]], Vanilla Flavouring, Gold Edible GfHer Dust [Colours [Iron Oxides & Iron Hydroxides, Titanium Dioxide]]. <i>May contain traces of NUTS.</i>	KJ	1383	1715
		Kcal	331	410
		Fat	17.3	21.5
		Sat	7.8	9.7
		Carbs	35.6	44.1
		Sugar	20.7	25.7
		Fibre	1.1	1.3
		Protein	7.6	9.5
		Salt	0.5	0.7
		Portion weight (g)		124
Eton Mess Slice	Whipping Cream (31%) [MILK], Biscuit Crumb [WHEAT Flour [WHEAT Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine], Wholemeal WHEAT Flour, Vegetable Shortening [Palm Oil, Rapeseed Oil], Sugar, Partially Invert Sugar Syrup, Raising Agents [Sodium Bicarbonate, Ammonium Bicarbonate], Salt], Light Soft Cheese (1.4%) [Skimmed MILK, Cream [MILK], Cream [MILK], Lactic Cultures, Salt, MILK Protein, Preservative [Potassium Sorbate E202]], Raspberry Fruit Filling (1.3%) [Raspberries (38%), Water, Sugar, Modified Starch, Acidity Regulator [Citric Acid], Preservative [Potassium Sorbate E202]], Margarine [Vegetable Oil [Palm, Rapeseed], Water, Salt, Emulsifier [Polyglycerol Esters of Fatty Acids E475], Flavourings, Colours [Curcumin, Annatto]], Water, Sugar, Frozen IQF Raspberries (3.5%), Meringue (2%) [Sugar, EGG White], Fond Instant Neutral Glaze [Sugar, Dried Glucose Syrup, Gelatine, Modified Starch [Acetylated Distarch Phosphate E1414], EGG Yolk Powder, Acidity Regulator [Disodium Diphosphate E450], Salt], Golden Syrup [Invert Sugar Syrup], Gelatine, Raspberry Compound Flavour [Inverted Sugar, Raspberries, Gelling Agent [Xanthan Gum E415], Acidity Regulator [Citric Acid E330]], Preservative [Potassium Sorbate E202], Natural Flavouring, Sweet Snow [Dextrose, Cornflour, Palm Oil], Vanilla Flavouring. <i>ADDITIONAL INFORMATION: Made with Beef Gelatine. May contain traces of NUTS.</i>	KJ	1268	2156
		Kcal	304	517
		Fat	19.8	33.6
		Sat	6.5	11
		Carbs	25.9	44
		Sugar	15.5	26.3
		Fibre	1.0	1.7
		Protein	5.2	8.8
		Salt	0.4	0.6
		Portion weight (g)		170
Lemon & Ginger Cheesecake (Gluten Free Recipe) (V)	Cream [MILK], Gluten Free Biscuit Crumb [Gluten Free Flour Blend [Brown Rice, Potato, Maize], Sugar, Palm Oil, Rice Malt, Raising Agent [Sodium Bicarbonate]], Full Fat Soft Cheese (13%) [Skim MILK, Cream [MILK], Cream [MILK], Lactic Cultures, Salt, MILK Protein, Preservative [Potassium Sorbate E202]], Water, Tarte Citron Powder (10%) [Sugar, Modified Starches [Acetylated Distarch Adipate E1422, Acetylated Distarch Phosphate E1414], Hen's EGG Albumen, Acid [Citric Acid E330], Colouring [Beta Carotene E160a]], Stem Ginger (6%), Apricot Glaze [Water, Glucose Syrup, Sugar, Gelling Agents [Pectin E440]], Carrageenan E407, Xanthan Gum E415], Acid [Citric Acid E330], Preservative [Potassium Sorbate E202], Acidity Regulator [Tripotassium Citrate E330(ii)], Flavouring, Emulsifier [Sorbitan Monolaurate E493], Firming Agent [Calcium Chloride E509], Plant Extracts [Paprika, Turmeric], Colour [Curcumin E100]], Margarine [Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier [Polyglycerol Esters of Fatty Acids E475], Flavourings, Colours [Curcumin, Annatto]], Golden Syrup [Invert Sugar Syrup], Gluten Free Flour [Rice Starch, Maize Starch, Mashed Potato Flakes, Thickener [Guar Gum E412], Whole EGG Powder, Glucose Syrup, Dextrose, Acidity Regulator [Sodium Acetate E262], Acid [Citric Acid E330]], Lemon Fruit Concentrate (1%) [Sugar, Concentrated Lemon Juice (18%), Lemon Peel (1.7%), Water, Lemon Puree (2%), Acidity Regulator [Citric Acid E330]], Glucose Syrup, Gelling Agent [Pectins E440], Lemon Oil, Stabilisers [Guar Gum E412, Locust Bean Gum E410], Preservative [Potassium Sorbate E202], Colours [Algal Carotenes E160(v)], Anthocyanins E163], Natural Flavouring. <i>May contain traces of NUTS.</i>	KJ	1503	1863
		Kcal	360	446
		Fat	19.5	24.2
		Sat	7.5	9.3
		Carbs	41.9	51.9
		Sugar	17.1	21.2
		Fibre	0.9	1.1
		Protein	4.0	4.9
		Salt	0.3	0.3
		Portion weight (g)		124
Lotus Biscoff Cheesecake (V)	Full Fat Soft Cheese (37%) [Skimmed MILK, Cream [MILK], Salt, Preservative [Potassium Sorbate], Lactic Culture [MILK], Microbial Rennet], Biscoff Paste (20% [Crushed Caramelised Biscuit [WHEAT Flour, Sugar, Vegetable Oils [Palm & Rapeseed], Candy Sugar Syrup, Raising Agent [Sodium Hydrogen Carbonate], SOYA Flour, Salt, Cinnamon], Rapeseed Oil, Sugar, Emulsifier [SOYA Lecithin], Acid [Citric Acid], Posteurised Liquid Whole EGG, Biscoff Crushed Caramelised Biscuit (1.4%) [WHEAT Flour, Sugar, Vegetable Oils [Palm & Rapeseed], Candy Sugar Syrup, Raising Agent [Sodium Hydrogen Carbonate], Soya Flour, Salt, Cinnamon], Sugar, Double Cream [MILK], Margarine [Vegetable Oils [Palm & Rapeseed], Water, Salt, Emulsifier [Polyglycerol Esters of Fatty Acids], Colours [Curcumin, Annatto], Flavourings], Dark Chocolate [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier [SOYA Lecithin], Natural Vanilla Flavouring]. <i>May contain traces of NUTS.</i>	KJ	1644	2334
		Kcal	394	560
		Fat	25.2	35.7
		Sat	9.8	14
		Carbs	33.8	48
		Sugar	22.8	32.4
		Fibre	0.4	0.6
		Protein	8	11.3
		Salt	0.6	0.9
		Portion weight (g)		142
Malted Milk Slice	Cream [MILK], Biscuit Crumb [Fortified WHEAT Flour [WHEAT Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine], Wholemeal WHEAT Flour, Vegetable Shortening [Palm Oil, Rapeseed Oil], Sugar, Partially Invert Sugar Syrup, Raising Agents [Sodium Bicarbonate, Ammonium Bicarbonate], Salt], Horlicks [WHEAT 46% [WHEAT Flour and Malted WHEAT], Malted BARLEY 26%, Dried Whey [MILK], Calcium Carbonate, Dried Skimmed MILK, Sugar, Palm Oil, Salt, Anti-Caking Agent [E551], Vitamin Mix [Vitamin C, Niacin, Vitamin E, Pantothenic Acid, Vitamin B6, Riboflavin, Thiamin, Folic Acid, Biotin, Vitamin D, Vitamin B12], Ferric Pyrophosphate, Zinc Oxide], Milk Chocolate [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier [SOYA Lecithin], Natural Vanilla Flavouring], Plain Cake Mix [Sugar, WHEAT Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Modified Corn Starch, Whey Powder [MILK], Raising Agents [Diphosphates E450, Sodium Carbonates E500, Calcium Phosphates E341], Dried WHEAT Protein, Emulsifier [Mono- and diglycerides of Fatty Acids E471, Propene-1,2-diol Esters of Fatty Acids E477], Salt, Thickener [Xanthan Gum E415], Flavouring], Water, Cream Stabiliser [Sugar, Dried Glucose Syrup, Gelatine, Modified Starch [Acetylated Distarch Phosphate E1414], EGG Yolk Powder, Acidity Regulator [Disodium Diphosphate E450], Salt], Margarine [Vegetable Oil [Palm, Rapeseed], Water, Salt, Emulsifier [Polyglycerol Esters of Fatty Acids E475], Flavourings, Colours [Curcumin, Annatto]], Dark Chocolate [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier [SOYA Lecithin], Natural Vanilla Flavouring], Golden Syrup [Invert Sugar Syrup], Gelatine, White Chocolate [Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier [SOYA Lecithin], Natural Vanilla Flavouring], Milk Chocolate Balls (9%) [MILK Chocolate [Sugar, Cocoa Butter, Cocoa Mass, Skimmed MILK Powder, MILK Sugar, Whey Powder [MILK], Anhydrous MILK Fat, Emulsifier E322 [SOYA]], Cereal Malt [WHEAT Flour [WHEAT Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamin], Agent [WHEAT, BARLEY], Sugar, Antioxidant E341, Salt, Emulsifier E471], Fat Powder [Palm Oil SG, Glucose Syrup, Caseinate, E551]], Glazing Agent [Stabiliser E414, Sucrose, Honey]], Sweet Snow [Dextrose, Cornflour, Vegetable Oil [Palm]]. <i>ADDITIONAL INFORMATION: Made with Beef Gelatine. May contain traces of NUTS.</i>	KJ	1707	2116
		Kcal	410	508
		Fat	29	36
		Sat	11.1	14
		Carbs	32.1	40
		Sugar	20.4	25
		Fibre	0.8	0.9
		Protein	4.9	6
		Salt	0.3	0.3
		Portion weight (g)		124
Passion Fruit & Orange Cheesecake (V)	Full Fat Soft Cheese [Skimmed MILK, Cream [MILK], Lactic Cultures, Salt, MILK Protein, Preservative [Potassium Sorbate E202]], Gluten Free Biscuit Crumb [Gluten Free Flour Blend [Brown Rice, Potato, Maize], Sugar, Palm Oil, Rice Malt, Raising Agent [Sodium Bicarbonate]], Whole Hen EGG, Neutral Glaze [Glucose Syrup [Contains SULPHITES], Water, Gelling Agents [Pectin E440(ii)], Sodium Alginate E401, Carrageenan E407, Xanthan Gum E415], Acid [Citric Acid E330], Acidity Regulators [Trisodium Citrate E331(ii)], Tricalcium Phosphate E341(ii)], Preservative [Potassium Sorbate E202], Firming Agent [Potassium Chloride E508], Natural Flavouring], Orange Curd (5%) [Sugar, Glucose Syrup, Water, Vegetable Oil [Palm (4.4%)], Acidity Regulators [Citric Acid E330, Trisodium Citrate E331(ii)], Modified Waxy Maize Starch E1422, Whole EGG Powder (1.06%), Orange Juice Concentrate (1.0%)], Gelling Agents [Pectin E440, Pectin E440(i)], Natural Colour [Paprika E160(c)], Natural Flavouring, Preservative [Potassium Sorbate E202]], Cream [MILK], Sugar, Passion Fruit (3%), Gluten Free Flour [Rice Starch, Maize Starch, Mashed Potato Flakes, Thickener [Guar Gum E412], Whole EGG Powder, Glucose Syrup, Dextrose, Acidity Regulator [Sodium Acetate E262], Acid [Citric Acid E330]], Margarine [Vegetable Oil [Palm, Rapeseed], Water, Salt, Emulsifier [Polyglycerol Esters of Fatty Acids E475], Flavourings, Colours [Curcumin, Annatto]], Golden Syrup [Invert Sugar Syrup], Orange Fruit (3%) Concentrate [Sugar, Water, Orange Peel (15%), Orange Juice Concentrate (8%), Orange Oil, Colours [Paprika Extract, Algal Carotenes], Gelling Agent [Pectin], Stabiliser [Guar Gum], Preservatives [Ascorbic Acid, Potassium Sorbate], Acidity Regulator [Citric Acid E330]]. <i>May Contain traces of NUTS.</i>	KJ	1224	1775
		Kcal	292	424
		Fat	14.2	20.6
		Sat	6.9	10
		Carbs	34.9	50.7
		Sugar	20.3	29.4
		Fibre	0.5	0.7
		Protein	6.1	8.8
		Salt	0.4	0.6
		Portion weight (g)		145

DF = Dairy-Free  
GF = Gluten-Free  
V = Vegetarian  
Vg = Vegan

PANINI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Chicken & Pesto Panini	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Chicken, Pesto & Cheese Mayonnaise (43%) [British Chicken Breast (25%) (Chicken Breast, Salt, Chicken Stock (Water, Chicken Carcass), Cornflour), Green Pesto (7%) (Basil Paste (Basil, Sunflower Oil, Salt), Sunflower Oil, Vegetarian Medium Fat Hard Cheese (MILK), Garlic, Acidity Regulator: Citric Acid), Mayonnaise (Rapeseed Oil, Water, Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Cheddar Cheese (MILK) (3%)), Mozzarella Cheese (MILK) (9%)].	KJ	1170	2575	
		Kcal	280	615	
		Fat	13.7	30.1	
		Sat	3.4	7.5	
		Carbs	22.6	49.8	
		Sugar	2.3	5.1	
		Fibre	1.5	3.2	
		Protein	15.8	34.8	
		Salt	1.3	2.8	
		Portion weight (g)		220	
				per 100g	per portion (g)
		Ham & Cheese Panini	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], British Honey Roast Ham (22%) [Pork, Honey, Salt, Brown Sugar, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Mozzarella & Cheddar Cheese [Mozzarella Cheese (MILK) (6%), Cheddar Cheese (MILK) (4%)], Seasoned Béchamel [Béchamel Sauce (MILK, Single Cream (MILK), Water, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Cornflour, Salt, Preservative: Potassium Sorbate, Nutmeg Oleoresin), Black Pepper].	KJ	967
Kcal	230			414	
Fat	5.9			10.6	
Sat	2.8			5	
Carbs	28.8			51.8	
Sugar	3.5			6.2	
Fibre	1.7			3	
Protein	14.5			26	
Salt	1			1.9	
Portion weight (g)				180	
				per 100g	per portion (g)
Mozzarella & Tomato Panini (V)	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Mozzarella Cheese (MILK) (16%), Cheese & Basil Pesto [Cheddar Cheese (MILK) (8%), Green Pesto (Basil Paste (Basil, Sunflower Oil, Salt), Sunflower Oil, Vegetarian Medium Fat Hard Cheese (MILK), Garlic, Acidity Regulator: Citric Acid), Tomato (13%)].			KJ	1095
		Kcal	261	480	
		Fat	11	20.3	
		Sat	4.8	8.8	
		Carbs	26.9	49.6	
		Sugar	2.7	5.0	
		Fibre	1.7	3.1	
		Protein	12.7	23.4	
		Salt	1.2	2.1	
		Portion weight (g)		184	
				per 100g	per portion (g)
		Tuna Melt Panini	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Tuna Melt Mix [Pole and Line Caught Tuna (20%) (Skipjack Tuna (FISH), Water, Salt), Mayonnaise (Rapeseed Oil, Water, Free Range Salted Egg Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon Mustard (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Red Pepper (3%), Slow Roast Tomato (2%) (Tomato, Sunflower Oil, Salt, Garlic, Oregano), Red Onion (1%), Parsley, Lemon Juice, Cornflour, Black Pepper], Cheddar Cheese (MILK) (7%)].	KJ	1103
Kcal	262			513	
Fat	11.3			22.1	
Sat	2.5			4.9	
Carbs	26.4			51.5	
Sugar	3.1			6.1	
Fibre	1.8			3.5	
Protein	13.1			25.6	
Salt	0.9			1.7	
Portion weight (g)				195	

TOASTIES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Ham & Cheese Toastie	Cheese Topped Bread [White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, WHEAT Protein, Spirit Vinegar, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, Vegetable Oils (Rapeseed Oil, Palm Oil), Palm Fat, Flour Treatment Agent: Ascorbic Acid, WHEAT Flour), Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Mozzarella Cheese (MILK) (7%), Cheddar Cheese (MILK) (5%)], British Cured Formed Oak Smoked Ham (18%) [Pork, Water, Salt, Stabiliser: Triphosphates, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Cheddar Cheese (MILK) (10%), Seasoned Béchamel Sauce [Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Black Pepper, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt)].	KJ	978	1936	
		Kcal	235	465	
		Fat	13.8	27.3	
		Sat	5.5	10.9	
		Carbs	24.2	47.9	
		Sugar	0.9	1.7	
		Fibre	1	2.1	
		Protein	13.5	26.6	
		Salt	1.1	2.2	
		Portion weight (g)		198	
				per 100g	per portion (g)
		Cheese & Tomato Toastie (V)	Cheese Topped Bread [White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, WHEAT Protein, Spirit Vinegar, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, Vegetable Oils (Rapeseed Oil, Palm Oil), Palm Fat, Flour Treatment Agent: Ascorbic Acid, WHEAT Flour), Mozzarella Cheese (MILK) (7%), Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Cheddar Cheese (MILK) (5%)], Cheese Béchamel Sauce [Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), West Country Cheddar Cheese (MILK) (9%), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), Black Pepper], Tomato (9%), Semi Dried Cherry Tomato (6%)].	KJ	946
Kcal	227			454	
Fat	9			17.9	
Sat	5.4			10.9	
Carbs	26.1			52.1	
Sugar	2.3			4.7	
Fibre	1.2			2.3	
Protein	10.2			20.4	
Salt	0.8			1.7	
Portion weight (g)				200	

BAPS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Bacon Bap	Ciabatta Roll [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, Malted WHEAT Flour, Improver (WHEAT Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed Oil, Enzyme)], Beechwood Smoked Back Bacon (32%) [Pork Back, Pork Fat, Salt, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite].	KJ	1016	1239		
		Kcal	240	293		
		Fat	7.5	9.2		
		Sat	3.1	3.7		
		Carbs	30.9	37.7		
		Sugar	0.6	0.7		
		Protein	14.2	17.3		
		Salt	1.5	1.8		
		Portion weight (g)		122		
				per 100g	per portion (g)	
		Sausage Bap	Ciabatta Roll [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, Malted WHEAT Flour, Improver (WHEAT Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed Oil, Enzyme)], Pork Sausage in Beef Collagen Casing (47%) [Pork, Potato Starch, Water, Dextrose, Salt, Rapeseed Oil, WHEAT Starch, Beef Collagen Casing, Spices (Ground White Pepper, Ground Nutmeg, Ground Ginger, Ground Mace, Chili Powder), Stabiliser: Sodium Diphosphate, WHEAT Protein, Onion Powder, Rubbed Sage, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin)].	KJ	1025	1609
				Kcal	244	383
Fat	11.1			17.4		
Sat	3.9			6.2		
Carbs	27.3			42.9		
Sugar	1			1.6		
Protein	10.4			16.4		
Salt	1.2			1.8		
Portion weight (g)				157		

WRAPS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Breakfast Burrito	Tomato WHEAT Flour Tortilla Wrap [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Tomato Seasoning (Tomato Powder, Bell Pepper, Paprika, Basil), Sugar, Raising Agents: Sodium Carbonate, Disodium Diphosphate, Malic Acid, Salt], Scrambled EGG & Béchamel Sauce [Scrambled EGG (11%) (Free Range Pasteurised Whole EGG, Water, Sunflower Oil, Skimmed MILK Powder, Lemon Juice, Salt and Pepper), Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Black Pepper], Pork Sausage Coins with Beef Collagen Casing (15%) [Pork, Potato Starch, Rusk (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Dextrose, Salt, WHEAT Starch, Rapeseed Oil, Beef Collagen Casing, Spices (Ground White Pepper, Ground Nutmeg, Ground Ginger, Ground Mace, Chill Powder), WHEAT Protein, Sodium Diphosphate, Onion Powder, Rubbed Sage, WHEAT Flour (Calcium, Iron, Niacin, Thiamin)], Potato Tot (11%) (Potato, Potato Flake, Rapeseed Oil, Salt, Kibbled Onion, Yeast Extract, Black Pepper)], Cooked Beechwood Smoked Streaky Bacon (6%) [Pork, Pork Fat, Salt, Antioxidant: Sodium Ascorbate, Preservative: Potassium Nitrate, Sodium Nitrite], Tomato Ketchup (5%) (Water, Sugar, Tomato Paste, Spirit Vinegar, Cornflour, Salt, White Pepper), Water, Cornflour.	KJ	1086	2150	
		Kcal	260	514	
		Fat	10.6	21	
		Sat	4.3	8.5	
		Carbs	25.9	51.4	
		Sugar	3.4	6.7	
		Fibre	1.8	3.5	
		Protein	10.8	21.4	
		Salt	0.9	1.9	
		Portion weight (g)		198	
		Vegan Meatball Wrap (Vg)	Barmarked WHEAT Tortilla Wrap [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Bicarbonate, Disodium Diphosphate, Sugar, Acidity Regulator: Malic Acid, WHEAT Starch], Vegan Ragù & Cheese Sauce [Tomato Ragù Sauce (Water, Tomato Paste, Crushed Tomato, Onion, White Wine Vinegar, Cornflour, Carrot, Sugar, Extra Virgin Olive Oil, Salt, Basil, Rosemary, Thyme, Parsley, Garlic, Black Pepper), Dairy Free Mozzarella Alternative (4%) (Water, Modified Potato Starch, Coconut Oil, Sea Salt, Olive Fruit Extract, Natural Flavourings, Colour: Natural Beta Carotene)], Sicilian Wheatballs (WHEAT) (20%) (Mushroom, Borlotti Beans, WHEAT Gluten, Rusk (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Rapeseed Oil, Onion, Avocado (Avocado, Anti-oxidant: Ascorbic Acid, Acidity Regulator: Citric Acid, Salt), Brown Rice, Apple (Apple, Preservative: Sodium METABISULPHITE), Potato Starch, Fennel, Salt, Lemon Juice, Garlic Powder, Black Pepper, Dried Red Pepper, Basil, Thyme), Vegan Mayonnaise (5%) (Water, Rapeseed Oil, Cornflour, Preservative: Pectin, Sugar, Spirit Vinegar, Dijon MUSTARD (Water, Brown MUSTARD Seeds, Spirit Vinegar, Salt), Pea Protein, Salt, Concentrated Lemon Juice), Spinach (4%), Water, Cornflour.	KJ	976
Kcal	232			457	
Fat	7.8			15.3	
Sat	2.3			4.5	
Carbs	34.2			67.5	
Sugar	3.9			7.6	
Protein	7.4			14.6	
Salt	0.9			1.7	
Portion weight (g)				197	

SANDWICHES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Chargrilled Chicken Salad Sandwich	Malted Brown Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT Protein, Yeast, Malted BARLEY Flour, Salt, Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono - and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fatty Acids, Spirit Vinegar, Malted WHEAT Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid, Palm Fat, Palm Oil, WHEAT Starch], British Chargrilled Chicken Breast (25%) (Chicken Breast, Salt, Cornflour), Black Pepper Mayonnaise [Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Black Pepper], Tomato (7%), Cucumber (5%), Lettuce (4%).	KJ	896	1820	
		Kcal	217	441	
		Fat	9.7	19.6	
		Sat	1.1	2.2	
		Carbs	19.8	40.1	
		Sugar	0.9	1.9	
		Fibre	1.9	3.9	
		Protein	11.4	23.5	
		Salt	0.7	1.4	
		Portion weight (g)		203	
		BLT Sandwich	Malted Brown Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT Protein, Yeast, Malted BARLEY Flour, Salt, Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono - and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fatty Acids, Spirit Vinegar, Malted WHEAT Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid, Palm Fat, Palm Oil, WHEAT Starch], Coffee Cured British Bacon (15%) [Pork Belly, Sugar, Salt, Cold Brewed Coffee, Stabiliser: Sodium Triphosphate, Maltodextrin, Natural Flavouring, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Tomato (13%), Black Pepper Mayonnaise [Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Black Pepper], Lettuce (5%).	KJ	1162
Kcal	282			496	
Fat	15.4			27.1	
Sat	2.8			4.9	
Carbs	22.9			40.4	
Sugar	1.3			2.3	
Fibre	2.6			4.5	
Protein	11.7			20.5	
Salt	0.5			0.9	
Portion weight (g)				176	
Free Range Egg Mayo Sandwich (V)	OATMEAL Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, OATMEAL, WHEAT Bran, Yeast, Salt, WHEAT Protein, Spirit Vinegar, Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono - and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fatty Acids], Vegetable Oils (Rapeseed, Palm), Malted BARLEY Flour, Flour Treatment Agent: Ascorbic Acid, Palm Fat, WHEAT Starch], Free Range EGG Mayonnaise [Hard Boiled EGG (27%), Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Dijon MUSTARD (Water, Spirit Vinegar, Yellow MUSTARD Flour, MUSTARD Flour, Salt, Ground Yellow MUSTARD Bran, Ground Turmeric, Ground Black Pepper, Pimento, Ground Cinnamon, Ground Cloves), Black Pepper, Salt], Free Range Hard Boiled EGG (21%).			KJ	917
		Kcal	222	449	
		Fat	11.1	22.4	
		Sat	2	4.1	
		Carbs	19	38.3	
		Sugar	0.3	0.6	
		Fibre	2	4	
		Protein	11	22.2	
		Salt	0.7	1.5	
		Portion weight (g)		202	

CROISSANTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Brie & Chutney Croissant (V)	Croissant [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MILK), Water, Sugar, Whole EGG, Yeast, Skimmed MILK Powder, Salt, Inactive WHEAT Sourdough, Flour Treatment Agent: Ascorbic Acid, Acids: Acetic Acid, Lactic Acid], Brie (MILK) (35%), Balsamic Red Onion Chutney (17%) [Red Onion, Sugar, Balsamic Vinegar (Wine Vinegar, Grape Must), White Wine Vinegar, Water, Molasses, Cornflour, Salt, Garlic, Ginger, Black Pepper].	KJ	1435	1607	
		Kcal	344	385	
		Fat	21.5	24.1	
		Sat	13.2	14.8	
		Carbs	28.8	32.3	
		Sugar	9.5	10.6	
		Fibre	1.5	1.7	
		Protein	9.6	10.8	
		Salt	1.1	1.2	
		Portion weight (g)		112	
		Ham & Cheese Croissant	Croissant [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MILK), Water, Sugar, Whole EGG, Yeast, Skimmed MILK Powder, Salt, Inactive WHEAT Sourdough, Flour Treatment Agent: Ascorbic Acid, Acids: Acetic Acid, Lactic Acid], British Cured Formed Oak Smoked Ham (26%) [Pork, Water, Salt, Stabiliser: Triphosphates, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], West Country Cheddar Cheese (MILK) (1.7%), Béchamel Sauce [Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate].	KJ	1229
Kcal	294			329	
Fat	23.4			26.2	
Sat	10.9			12.2	
Carbs	22.5			25.2	
Sugar	2.6			3.0	
Fibre	1			1.1	
Protein	13.7			15.3	
Salt	1.3			1.4	
Portion weight (g)				112	

## BISCUITS &amp; SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Almonds (Vg)	ALMONDS (100%).	KJ	2633	922		
		Kcal	629	220		
		Fat	55.8	19.5		
		Sat	4.4	1.5		
		Carbs	6.9	2.4		
		Sugar	4.2	1.5		
		Fibre	7.4	2.6		
		Protein	21.1	7.4		
		Salt	0.04	0.01		
		Portion weight (g)			35	
				per 100g	per biscuit (g)	
				KJ	1841	681
				Kcal	440	163
		Fat	14.5	5.3		
		Sat	2.7	1		
		Carbs	66.5	24.6		
		Sugar	31	11.5		
		Fibre	2.7	1		
		Protein	9.6	3.6		
		Salt	1.6	0.6		
		Portion weight (g)		37		
Almond Biscotti (V)	WHEAT flour, sugar, ALMONDS (15%), EGG, EGG yolk, butter (MILK), honey, partly skimmed MILK, raising agent: E 503 (ammonium bicarbonate), salt, natural flavour (orange), flavours. May contain traces of other NUTS.	KJ	1847	1145		
		Kcal	441	273		
		Fat	19.1	11.8		
		Sat	4	2.2		
		Carbs	64.8	40.2		
		Sugar	40.6	25.2		
		Fibre	1.4	0.9		
		Protein	3.2	2		
		Salt	0.9	0.6		
		Portion weight (g)			62	
				per 100g	per portion (g)	
				KJ	1921	768
				Kcal	459	184
		Fat	20	8		
		Sat	12.1	4.8		
		Carbs	65.3	26.1		
		Sugar	58.9	23.6		
		Protein	2.8	1.1		
		Salt	0.3	0.1		
		Portion weight (g)		40		
Chocolate Chip Cookie (V)	Fortified WHEAT Flour (WHEAT Flour, Iron, Thiamin, Nicotinic Acid, Calcium Carbonate), Sugar, Margarine (Vegetable Oils (Palm, Rapeseed), Water, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Colours (Curcumin, Annatto), Flavouring), Chocolate Flavour Chips (Sugar, Vegetable Oil (Palm), Cocoa Powder, Emulsifier (SOYA Lecithin), Stabiliser (Sorbitan Tristearate)), Milk Chocolate Beans (10%) (Sugar, Cocoa Butter, Whey Powder (MILK), Fat Reduced Cocoa Powder, Dried Skimmed MILK Powder, Cocoa Mass, Tapioca Starch, Lactose (MILK), Butter Oil (MILK), Emulsifiers (Sunflower Lecithin, SOYA Lecithin), Whole MILK Powder, Glazing Agents (Carnauba Wax, Arabic Gum, Beeswax, Shellac), Colours (Iron Oxides and Hydroxides, Riboflavin, Titanium Dioxide, Beetroot Concentrate, Copper Chlorophyllin)), Golden Syrup, Water, Raising Agent (Bicarbonate of Soda). May contain traces of NUTS.	KJ	1552	869		
		Kcal	372	208		
		Fat	8.9	5		
		Sat	0.1	0.1		
		Carbs	69.4	38.9		
		Sugar	35.6	19.9		
		Fibre	1.5	0.8		
		Protein	4.5	2.5		
		Salt	0.5	0.3		
		Portion weight (g)			56	
				per 100g	per biscuit (g)	
				KJ	2188	985
				Kcal	523	235
		Fat	27	12		
		Sat	23	11		
		Carbs	61	28		
		Sugar	31	14		
		Protein	7.8	3.5		
		Salt	0.4	0.2		
		Portion weight (g)		45		
Dark Chocolate Covered Cranberries (V)	Plain chocolate coating (65%) (Sugar, Cocoa mass, Palm oil, Cocoa butter, Whey powder (MILK), Emulsifier: Sunflower lecithin; Glazing agents: Shellac, Gum Arabic), Dried sweetened cranberries (35%) (Sugar, Cranberries, Sunflower oil). May contain traces of SOYA, PEANUTS, NUTS SULPHUR DIOXIDE and cereals containing GLUTEN.	KJ	2032	508		
		Kcal	484	121		
		Fat	19	4.8		
		Sat	8.8	2.2		
		Carbs	72.6	18.2		
		Sugar	38.1	9.5		
		Fibre	1.3	0.3		
		Protein	4.9	1.2		
		Salt	0.9	0.2		
		Portion weight (g)			25	
				per 100g	per biscuit (g)	
				KJ	1925	674
				Kcal	460	161
		Fat	27.4	9.6		
		Sat	2.9	1		
		Carbs	39.8	13.9		
		Sugar	33	11.6		
		Fibre	5.7	2.0		
		Protein	10.5	3.7		
		Salt	0.1	0.03		
		Portion weight (g)		35		
Lotus Biscuits (V)	WHEAT flour, sugar, vegetable oils, candy sugar syrup, raising agent (sodium hydrogen carbonate), SOYA flour, salt, cinnamon. May contain traces of MILK.	KJ	1997	599		
		Kcal	447	134		
		Fat	27.1	8.1		
		Sat	16.9	5.1		
		Carbs	51.1	15.3		
		Sugar	17.1	5.1		
		Fibre	2.1	0.6		
		Protein	7.1	2.1		
		Salt	1.6	0.5		
		Portion weight (g)			30	
		Gingerbread Man (V)	WHEAT Flour, Sugar, Invert Sugar Syrup, Margarine (Rapeseed Oil, Water, Salt, Emulsifiers (Mono and Diglycerides of Fatty Acids), SOYA Lecithin), Natural Flavouring, Icing (8%) (Sugar, Glucose Syrup, Water, Chocolate (Vegetable Oil, Whey Powder, Fat Reduced Cocoa Powder, Emulsifier (SOYA Lecithin), Dried EGG White, Humectant (Glycerine)), Milk Chocolate Beans (Sugar, Whole MILK Powder, Cocoa Butter, Cocoa Mass, Emulsifier: SOYA Lecithin, Gelling Agent: Gum Arabic, Titanium Dioxide, Glazing Agent: Carnauba Wax, Colours: Beetroot, Beta Carotene, Curcumin), Ginger (0.5%), Raising Agent (Sodium Bicarbonate), Natural Colour (Paprika, Vegetable Carbon, Spirulina). May contain traces of NUTS.	KJ	1925	674
				Kcal	460	161
				Fat	27.4	9.6
Sat	2.9			1		
Carbs	39.8			13.9		
Sugar	33			11.6		
Fibre	5.7			2.0		
Protein	10.5			3.7		
Salt	0.1			0.03		
Portion weight (g)					35	
				per 100g	per biscuit (g)	
				KJ	1997	599
				Kcal	447	134
		Fat	27.1	8.1		
		Sat	16.9	5.1		
		Carbs	51.1	15.3		
		Sugar	17.1	5.1		
		Fibre	2.1	0.6		
		Protein	7.1	2.1		
		Salt	1.6	0.5		
		Portion weight (g)		30		
Loacker Vanille (V)	Crispy wafer filled with vanilla cream (75% cream). Ingredients: WHEAT flour, coconut oil, glucose syrup, sugar, skimmed MILK powder, dextrose, SOYA flour, malt extract, sugar, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier SOYA lecithin, vanilla pods (bourbon), HAZELNUT. May contain ALMONDS.	KJ	2188	985		
		Kcal	523	235		
		Fat	27	12		
		Sat	23	11		
		Carbs	61	28		
		Sugar	31	14		
		Protein	7.8	3.5		
		Salt	0.4	0.2		
		Portion weight (g)			45	
				per 100g	per biscuit (g)	
				KJ	2032	508
				Kcal	484	121
				Fat	19	4.8
		Sat	8.8	2.2		
		Carbs	72.6	18.2		
		Sugar	38.1	9.5		
		Fibre	1.3	0.3		
		Protein	4.9	1.2		
		Salt	0.9	0.2		
		Portion weight (g)		25		
Mixed Fruit & Nuts (V)	Diced Apricots (20%) (Apricots, Rice Flour, SULPHUR DIOXIDE), Flame Raisins (20%) (Raisins, Sunflower Oil), ALMONDS (20%), Roasted CASHEW NUTS (20%) (CASHEW NUTS, Rapeseed Oil), Dried Sweetened Cranberries (10%) (Sugar, Cranberries, Sunflower Oil), HAZELNUTS (10%). May contain traces of SOYA, MILK, PEANUTS and cereals containing GLUTEN. Due to the processing method of some ingredients, this product is not suitable for Vegans.	KJ	1925	674		
		Kcal	460	161		
		Fat	27.4	9.6		
		Sat	2.9	1		
		Carbs	39.8	13.9		
		Sugar	33	11.6		
		Fibre	5.7	2.0		
		Protein	10.5	3.7		
		Salt	0.1	0.03		
		Portion weight (g)			35	
				per 100g	per biscuit (g)	
				KJ	1997	599
				Kcal	447	134
		Fat	27.1	8.1		
		Sat	16.9	5.1		
		Carbs	51.1	15.3		
		Sugar	17.1	5.1		
		Fibre	2.1	0.6		
		Protein	7.1	2.1		
		Salt	1.6	0.5		
		Portion weight (g)		30		
Shortbread (V)	WHEAT flour (calcium carbonate, iron, niacin, thiamine, flour treatment agent (E300)), butter (33%) (MILK), sugar, salt.	KJ	1925	674		
		Kcal	460	161		
		Fat	27.4	9.6		
		Sat	2.9	1		
		Carbs	39.8	13.9		
		Sugar	33	11.6		
		Fibre	5.7	2.0		
		Protein	10.5	3.7		
		Salt	0.1	0.03		
		Portion weight (g)			35	
				per 100g	per biscuit (g)	
				KJ	1997	599
				Kcal	447	134
		Fat	27.1	8.1		
		Sat	16.9	5.1		
		Carbs	51.1	15.3		
		Sugar	17.1	5.1		
		Fibre	2.1	0.6		
		Protein	7.1	2.1		
		Salt	1.6	0.5		
		Portion weight (g)		30		

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per waffle (g)		
Tregoe's Toffee Waffles (V)	WHEAT flour (Calcium carbonate, Iron, Niacin, Thiamin), Glucose syrup, Sugar, Non-hydrogenated vegetable oils (Palm1 & Rapeseed), Butter (14% of filling) (MILK), Free Range EGGS, Invert sugar syrup, SOYA Lecithin, Raising agent: Sodium bicarbonate, Salt, Cinnamon.	KJ	1913	622	
		Kcal	456	148	
		Fat	18.5	6	
		Sat	7.6	2.5	
		Carbs	70.1	22.8	
		Sugar	41	13	
		Fibre	1.6	0.5	
		Protein	1.4	0.5	
		Salt	0.6	0.2	
		Portion weight (g)		32.5	
		Willie's Dark Chocolate Bar (Vg, GF)	Ingredients: cocoa mass, raw cane sugar, cocoa butter. May contain traces of NUTS.	per 100g	per portion (g)
KJ	2220			579	
Kcal	535			139	
Fat	36			9	
Sat	22			6	
Carbs	41			11	
Sugar	30			8	
Protein	9			2	
Salt	0			0	
Portion weight (g)				26	
Willie's Milk Chocolate Bar (GF)	Ingredients: raw cane sugar, cocoa mass 25%, MILK powder 21%, cocoa butter 19%. May contain traces of NUTS.			per 100g	per portion (g)
		KJ	2330	606	
		Kcal	560	146	
		Fat	38	10	
		Sat	23	6	
		Carbs	46	12	
		Sugar	35	9	
		Protein	9	2	
		Salt	0.2	0	
		Portion weight (g)		26	
		Willie's Orange Chocolate Bar (Vg, GF)	Ingredients: cocoa mass, raw cane sugar, cocoa butter, essential orange oil 0.1%.	per 100g	per portion (g)
KJ	2320			603	
Kcal	558			145	
Fat	39			10	
Sat	23			6	
Carbs	40			10	
Sugar	34			9	
Protein	8			2	
Salt	0			0	
Portion weight (g)				26	

CRISPS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Kettle Sea Salt Crisps (Vg)	Select Potatoes, Sunflower Oil, Sea Salt.	KJ	2139	856	
		Kcal	513	205	
		Fat	30.1	12	
		Sat	3.5	1.4	
		Carbs	51.5	20.6	
		Sugar	0.5	0.2	
		Fibre	6.5	2.6	
		Protein	5.8	2.3	
		Salt	0.9	0.4	
		Portion weight (g)		40	
		Kettle Sea Salt & Vinegar Crisps (Vg)	Select Potatoes, Sunflower Oil, Sea Salt and Balsamic Vinegar Seasoning (Sea Salt, Potato Maltodextrin, Dried Balsamic Vinegar, Sugar, Acid: Citric Acid, Dried Red Wine Extract, Natural Flavouring).	per 100g	per portion (g)
KJ	2125			850	
Kcal	509			204	
Fat	28.1			11.2	
Sat	2.8			1.1	
Carbs	55.8			22.3	
Sugar	1.5			0.6	
Fibre	4.9			2.0	
Protein	5.7			2.3	
Salt	1.4			0.6	
Portion weight (g)				40	
Kettle Cheddar & Onion Crisps (V)	Select Potatoes, Sunflower Oil, Mature Cheddar and Red Onion Seasoning (Dried Buttermilk, Dried Mature Cheddar Cheese (MILK), Dried Onion, Dried Red Onion, Sea Salt, Dried Yeast Extract, Dried Yeast, Dried Chives, Colour: Paprika Extract).	per 100g	per portion (g)		
		KJ	2106	842	
		Kcal	505	202	
		Fat	28.9	12	
		Sat	3.3	1.3	
		Carbs	51.1	20.4	
		Sugar	2.5	1.0	
		Fibre	6.2	2.5	
		Protein	7.1	2.8	
		Salt	1.1	0.4	
		Portion weight (g)		40	