

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% (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). <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

CONTENTS

PASTRIES	3
PORRIDGE	4
TEACAKES & SCONES	4
TOAST	4
EXTRAS	5
GRANOLA & YOGHURT	5
CAKES & MUFFINS	6
TRAYBAKES	7
TARTS	8
DESSERTS	9
PANINI	10
TOASTIES	10
BAPS	11
WRAPS	11
SANDWICHES	12
CROISSANTS	12
BISCUITS & SNCAKS	13
CRISPS	14

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 (E160a), 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 (E160a(ii))), 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		
				per 100g	per portion (g)	
				KJ	1081	1113
		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.	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		
				per 100g	per portion (g)	
				KJ	1792	915
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.			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		
				per 100g	per portion (g)	
				KJ	1512	1176
		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 (E160ai), 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.	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		
				per 100g	per portion (g)	
				KJ	1786	1120
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.			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		
				per 100g	per portion (g)	
				KJ	1417	1245
		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.	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		
				per 100g	per portion (g)	
				KJ	1589	1239
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.			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 portion (g)
		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 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 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 & SCONES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Vegan 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 (SOYA Bean Tricalcium Phosphate, Flavouring, Stabiliser: Gellan Gum, Vitamin B12, Riboflavin, Vitamin D). May contain traces of MILK, EGG, NUTS and SULPHUR DIOXIDE.	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 portion (g)
		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 & 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 & 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
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>	per 100g		per portion (g)
		KJ	1554	2005
		Kcal	371	478
		Fat	19.2	24.8
		Sat	11.7	15.1
		Carbs	43.6	54.3
		Sugar	31.1	40.1
		Fibre	3.1	4
		Protein	5.1	6.6
		Salt	0.6	0.7
Portion weight (g)		129		
Blueberry Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, thiamin), sugar, liquid EGG, 10% blueberries, water, 9% blueberry filling (water, blueberries, sugar, dextrose, glucose syrup, acidity regulators (E330, E331), gelling agent E440, natural flavouring, thickener E415, preservative E202), buttermilk (MILK), raising agents (E341, E450, E501), palm oil, inulin, MILK protein, WHEAT starch, emulsifiers (E471, E475), modified corn starch, WHEAT Gluten, WHEAT flour, preservative E202, glucose syrup, stabiliser E415, salt, acidity regulator E330, natural flavouring, colouring E160a, rapeseed oil. <i>May contain traces of SOYA.</i>	per 100g		per portion (g)
		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		
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>	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		
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], Skin 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.	per 100g		per portion (g)
		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		
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>	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		
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>	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		
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>	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)			
Orange & Chocolate Loaf Cake (V)	Sugar, WHEAT flour (calcium carbonate, iron, niacin, thiamin), rapeseed oil, free-range EGG , 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, WHEAT 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	1853		
		Kcal	391	442		
		Fat	22.4	25.3		
		Sat	4.1	4.6		
		Carbs	42.2	47.7		
		Sugar	26	29.4		
		Fibre	3.1	3.5		
		Protein	4.8	5.4		
		Salt	0.6	0.7		
		Portion weight (g)		113		
				per 100g	per portion (g)	
				KJ	1836	1836
				Kcal	435	435
		Fat	22	22		
		Sat	10.2	10.2		
		Carbs	56.6	56.6		
		Sugar	40.5	40.5		
		Fibre	0.7	0.7		
		Protein	4	4		
		Salt	1.1	1.1		
		Portion weight (g)		100		
		per 100g	per portion (g)			
		KJ	1548	1548		
		Kcal	370	370		
		Fat	14.6	14.6		
		Sat	4.9	4.9		
		Carbs	65.1	65.1		
		Sugar	23.3	23.3		
		Fibre	2.3	2.3		
		Protein	6.5	7		
		Salt	1.3	1.3		
		Portion weight (g)		100		
Welsh Cake (V)	WHEAT flour (calcium carbonate, iron, niacin, thiamine, raising agents E450, E500), vegetable oil (rapeseed, sustainable palm) sugar, vine fruits (13%)(currants, sultanas, sunflower oil), EGG , BUTTERMILK , water, salt, emulsifiers (E471, E481), colour (carotenes), natural flavouring, preservatives (E202, E282).					

TRAYBAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Blackcurrant Crumble (Gluten Free recipe) (Vg)	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 (1.1%), 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	1710		
		Kcal	434	408		
		Fat	18.1	17		
		Sat	6.7	6.3		
		Carbs	65.6	61.6		
		Sugar	31.7	29.8		
		Fibre	1.3	1.2		
		Protein	2	1.9		
		Salt	0.5	0.4		
		Portion weight (g)		93		
				per 100g	per portion (g)	
				KJ	2099	1574
				Kcal	502	377
		Fat	28.3	21.2		
		Sat	16.8	12.6		
		Carbs	56.6	42.5		
		Sugar	41	30.8		
		Fibre	1.5	1.1		
		Protein	4.7	3.5		
		Salt	0.5	0.4		
		Portion weight (g)		75		
		per 100g	per portion (g)			
		KJ	2140.5	1798		
		Kcal	509.6	428		
		Fat	27.8	23.4		
		Sat	11.4	9.6		
		Carbs	55.8	46.9		
		Sugar	27.4	23		
		Fibre	5.6	4.7		
		Protein	6.1	5.1		
		Salt	1.2	1		
		Portion weight (g)		84		
		per 100g	per portion (g)			
		KJ	1397	2096		
		Kcal	334	501		
		Fat	9.6	14.4		
		Sat	4.6	6.9		
		Carbs	56	84		
		Sugar	52	78		
		Protein	3	5		
		Salt	0.1	0.2		
		Portion weight (g)		150		
		per 100g	per portion (g)			
		KJ	1856	1856		
		Kcal	443	443		
		Fat	20.2	20.2		
		Sat	8.2	8.2		
		Carbs	61.5	61.5		
		Sugar	27.4	27.4		
		Fibre	4.9	4.9		
		Protein	6.3	6.3		
		Salt	0.5	0.5		
		Portion weight (g)		100		
Maple Syrup Flapjack (V)	OATS , salted butter (MILK), 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>					

TRAYBAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
Protein Bar (Vg)	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. May contain traces of MILK, EGG, SOYA, NUTS, SULPHUR DIOXIDE, PEANUTS and traces of cereals containing GLUTEN.	per 100g	per portion (g)			
		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			
		Super Dark Triangle (Vg)	Sugar, Dark Chocolate 17% (Cocoa Mass, Sugar, Fat-Reduced Cocoa Powder, Emulsifier: Sunflower Lecithin, Natural Vanilla Flavouring, Contains Cocoa Solids 74%), Coconut Oil, WHEAT Flour, Apple Sauce (re-hydrated Apple (47%), Water, Sugar, Lemon Juice From Concentrate, Modified Starch, Spirit Vinegar, Salt, Preservative: E223), Water, SOYA Cream (Water, Sunflower Seed Oil, Hulled SOYA 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. May contain traces of MILK, EGG, PEANUTS, NUTS, SULPHUR DIOXIDE and traces of other cereals containing GLUTEN.	per 100g	per portion (g)	
				KJ	1941	1242
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					
Triple Chocolate Brownie (Gluten Free Recipe) (V)	Free Range EGG, 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: SOYA Lecithin, Natural Vanilla Flavouring, contains Cocoa Solids 41%), Milk Chocolate (Sugar, Whole MILK Powder, Cocoa Butter, Cocoa Mass, Whey Powder (MILK), Skimmed MILK Powder, Emulsifier: SOYA 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 (MILK), Salt, Raising Agent: (Mono Calcium Phosphate, Corn Starch, Sodium Bicarbonate), Xanthan Gum. May contain traces of cereals containing GLUTEN, NUTS and SULPHUR DIOXIDE.			per 100g	per portion (g)	
				KJ	2098	1510
		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			
		Chocolate & Blood Orange Tart (Vg)	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, SOYA Lecithin), Flavourings, Stabilisers (Hydroxypropylmethyl Cellulose, Xanthan Gum), Salt, Acidity Regulators (Disodium Phosphate, Sodium Citrate), Colours (Annatto, Curcumin, Plain Carmel)], Short Sweet Pastry Tart (Sungold [WHEAT Flour (80%), Maize Flour (20%)], Unsalted Cake Margarine, Sugar, Water), Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Neutral Glaze (Glucose Syrup [Contains SULPHITES], 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 (Guar 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], May contain traces of NUTS.	per 100g	per portion (g)	
				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					
Portuguese Tarts (V)	MILK, EGG yolk, whole EGG, WHEAT flour, maize starch, water, granulated sugar, vanilla flavour, pastry margarine, cake margarine, cinnamon.			per 100g	per portion (g)	
				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			
		Raspberry Portuguese Tarts (V)	MILK, Sugar, EGG, WHEAT Flour, Maize Starch, Vanilla, Pastry Margarine (Vegetable Fat, Vegetable Oil, Water, Salt), Raspberry.	per 100g	per portion (g)	
				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					
Tart au Citron (V)	Short Sweet Pastry Tart (39%) [Sungold [WHEAT Flour, Maize Flour], Unsalted Cake Margarine, Sugar, Water), Cream (MILK), Water, Tarte Citron Powder [Sugar, Modified Starches (Acetylated Distarch Adipate E1422, Acetylated Distarch Phosphate E1414), Hen's EGG 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%). May contain NUTS.			per 100g	per portion (g)	
				KJ	1643	1643
				Kcal	393	393
		Fat	23	23		
		Sat	8.1	8.1		
		Carbs	42.4	42.4		
		Sugar	8	8		
		Fibre	1	1		
		Protein	4.7	4.7		
		Salt	0.0	0.0		
		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-Sterate E492], Dried Glucose Syrup, Salt, Preservative [Potassium Sorbate E202]], Bananas (21%), Shortcrust Sweet Tart (WHEAT Flour (GLUTEN), Vegetable Fats and Oils [Palm, Coconut, Rapeseed, Colour (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. ADDITIONAL INFORMATION: Made with Beef Gelatine. May contain traces of NUTS.	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 Syrup, 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. ADDITIONAL INFORMATION: Made with Beef Gelatine. May contain traces of NUTS.	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 (17%), 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 Glitter Dust [Colours (Iron Oxides & Iron Hydroxides, Titanium Dioxide)]. May contain traces of NUTS.	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 (14%) [Skimmed MILK, Cream (MILK), Skimmed MILK Powder, Lactic Cultures, Salt, MILK Protein, Preservative (Potassium Sorbate E202)], Raspberry Fruit Filling (13%) [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. May contain traces of NUTS. ADDITIONAL INFORMATION: Made with Beef Gelatine. May contain traces of NUTS.	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), 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(ii), Carrageenan E407, Xanthan Gum E415], Acid (Citric Acid E330), Preservative (Potassium Sorbate E202), Acidity Regulator (Tripotassium Citrate E332(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 (17%), 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 E160a(iv), Anthocyanins E163], Natural Flavouring]. May contain traces of NUTS.	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), Pasteurised Liquid Whole EGG, Biscoff Crushed Caramelised Biscuit (14%) [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]. May contain traces of NUTS.	KJ	1644	2334
		Kcal	394	560
		Fat	29.2	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, Propane-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], Malt 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), Maize Flour, Malt Extract (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)]. ADDITIONAL INFORMATION: Made with Beef Gelatine. May contain traces of NUTS.	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

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		
		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	1740
				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		
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], Tuna Melt 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	2014
				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		
		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	2151
				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		
		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	1891
				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	1239
		Kcal	293
		Fat	9.2
		Sat	3.7
		Carbs	37.7
		Sugar	0.7
		Protein	17.3
		Salt	1.8
		Portion weight (g)	122
		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, Chilli Powder), Stabiliser: Sodium Diphosphate, WHEAT Protein, Onion Powder, Rubbed Sage, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin)].
Kcal	383		
Fat	17.4		
Sat	6.2		
Carbs	42.9		
Sugar	1.6		
Protein	16.4		
Salt	1.8		
Portion weight (g)	157		
Free Range Egg & Mushroom Bap (V)	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)], Scrambled EGG & Béchamel Sauce [Scrambled EGG (30%) (Free Range Pasteurised Whole EGG, Water, Sunflower Oil, Skimmed MILK Powder, Lemon Juice, Salt, Pepper), Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Black Pepper], Roast Seasoned Mushrooms (9%) [Chestnut Mushroom, Olive Oil, Salt, Black Pepper].		
		Kcal	263
		Fat	7.3
		Sat	2.3
		Carbs	39.8
		Sugar	1.6
		Protein	12
		Salt	1.2
		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, Chilli 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	2150
		Kcal	514
		Fat	21
		Sat	8.5
		Carbs	51.4
		Sugar	6.7
		Fibre	3.5
		Protein	21.4
		Salt	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	1923
		Kcal	457
		Fat	15.3
		Sat	4.5
		Carbs	67.5
		Sugar	7.6
		Protein	14.6
		Salt	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	11.6	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) (17%), 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			24.2	
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 & 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
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.	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		
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.	per 100g		per portion (g)
		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		
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.	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
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.	per 100g		per portion (g)
		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		
Locker 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.	per 100g		per portion (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
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.	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 (Vg)	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.	per 100g		per portion (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		
Shortbread (V)	WHEAT flour (calcium carbonate, iron, niacin, thiamine, flour treatment agent (E300)), butter (33%) (MILK), sugar, salt.	per 100g		per biscuits (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
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
		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
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
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