

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)	
<b>Apricot Croissant (V)</b>	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). May contain traces of <b>NUTS</b> and traces of <b>SOYA</b> .	KJ	<b>1701</b>	<b>1435</b>
		Kcal	<b>407</b>	<b>343</b>
		Fat	<b>21.1</b>	<b>17.8</b>
		Sat	<b>9.0</b>	<b>7.6</b>
		Carbs	<b>43.9</b>	<b>36.9</b>
		Sugar	<b>13.7</b>	<b>11.6</b>
		Fibre	<b>2.4</b>	<b>1.9</b>
		Protein	<b>9.3</b>	<b>7.8</b>
		Salt	<b>0.7</b>	<b>0.6</b>
		Portion weight (g)		<b>84</b>

**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 [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 (E160a), 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 (E160a(iii)), flavouring), Chocolate 15.6% (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier (E322 (SOYA lecithin)), natural vanilla flavouring), 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 flavouring), 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)), Spell 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			
Porridge Plain (V)	Flaked OATS, Whole MILK.	per 100g	per portion (g)		
		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 &amp; SCONES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
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, Sulphates (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 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, Sulphates (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
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			
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), Flavours, 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 Yogurt (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 Yogurt (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)		
Angel Cake	Sugar, <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), <b>EGG</b> , Rapeseed Oil, Round Drogées [Sugar, <b>WHEAT</b> Gluten, Water, Glucose Syrup, Colours (Beetroot Juice Concentrate, E100, E163), Coconut Oil, Glazing Agent (E901)], Palm Oil, Skimmed <b>MILK</b> Powder, Raspberry Sauce (3.2%) [Raspberry Puree, Sugar, Glucose Syrup, Water, Modified Maize Starch, Acidity Regulator (E330), Colour (E163), Natural Flavouring, Preservative (E202)], Beetroot Juice Concentrate, Dried Glucose Syrup, Humectant (E422), Raising Agents (E450, E501), Fat Reduced Cocoa Powder, Buttermilk ( <b>MILK</b> ), Acidity Regulators (E300, E330, E525), Natural Flavouring, Colours (E160c, E160a(i)), Emulsifiers (E471, E475, E481), <b>WHEAT</b> Gluten, <b>SOYA</b> Flour, Preservative (E282). <i>May contain traces of NUTS.</i>	KJ	1847	2156	
		Kcal	440	514	
		Fat	17.8	20.8	
		Sat	4.1	4.8	
		Carbs	64.9	75.7	
		Sugar	48.1	56.1	
		Fibre	1	1.2	
		Protein	4.9	5.7	
		Salt	0.4	0.5	
		Portion weight (g)	116		
			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			
Banana & Chocolate Loaf Cake (V, Vg)	<b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin), banana puree 23%, brown sugar, dark chocolate 14% [sugar, cocoa mass, cocoa butter, emulsifier ( <b>SOYA</b> lecithin), natural vanilla flavouring], coconut oil, rapeseed oil, black treacle, water, corn starch, flax seeds, sodium bicarbonate, raising agent (diphosphates, sodium carbonates, <b>WHEAT</b> 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	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		
			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			
Belgian Chocolate Cake (V)	Dark Brown Sugar, <b>WHEAT</b> Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Whipping Cream (Cream ( <b>MILK</b> ), Stabiliser (Carrageenan)), Dark Chocolate (12%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier ( <b>SOYA</b> Lecithin)], Natural Vanilla Flavouring], Pasteurised Free Range <b>EGG</b> , Water, Butter ( <b>MILK</b> ), 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	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		
			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			
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 <b>EGG</b> , Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Vegetable Glycerine, Milk Chocolate Flakes (0.9%) [Sugar, Cocoa Mass, Cocoa Butter, Whole <b>MILK</b> Powder, Skimmed <b>MILK</b> Powder, Emulsifier ( <b>SOYA</b> Lecithin)], Natural Vanilla Flavouring], Café Direct Coffee Powder (0.8%), Raising Agents (E450, E501), Coffee Extract (0.6%) [Coffee, Water, Sugar], Skimmed <b>MILK</b> Powder, Stabiliser (Xanthan Gum), Natural Flavouring. <i>May contain traces of NUTS.</i>	KJ	1537	1168	
		Kcal	365	277	
		Fat	16.6	12.6	
		Sat	9.1	6.9	
		Carbs	48.7	37	
		Sugar	18.9	14.4	
		Fibre	2.4	1.8	
		Protein	5.2	4	
		Salt	0.9	0.7	
		Portion weight (g)	155		
			KJ	1487	2110
			Kcal	355	504
	Fat	20.1	28.5		
	Sat	5	7.1		
	Carbs	35.1	49.8		
	Sugar	29.1	41.3		
	Fibre	4	5.7		
	Protein	4.9	7		
	Salt	0.4	0.5		
	Portion weight (g)	142			
Carrot & Walnut Cake (V)	<b>WHEAT</b> Flour ( <b>WHEAT</b> 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 <b>EGG</b> , Full Fat Soft Cheese ( <b>MILK</b> , Cream ( <b>MILK</b> ), Skim <b>MILK</b> Solids, Salt, Starch, Lactic Culture, Potassium Sorbate), Water, Black Treacle (Cane Molasses, Inverted Sugar Syrup), <b>WALNUTS</b> 1.2%, Salted Butter (Butter ( <b>MILK</b> ), Salt), Mixed Spice (Coriander, Cassia, Ginger, Fennel, Nutmeg, Clove, Cardamom), Raising Agent: [Diphosphates (E450), Sodium Carbonates (E500); <b>WHEAT</b> Flour [(Calcium Carbonate (E170); Iron; Vitamin B1; Vitamin B3)], Sunflower Seed, Ground Cassia, Pumpkin Seed, Orange Zest, Sodium Bicarbonate (E500), Salt.	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		
			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			
Cinnamon Bun (Vg, DF)	<b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin), plant butter (plant oils [sustainable palm, sunflower, rapeseed], water, sea salt, fava bean preparation, emulsifier (sunflower lecithin), natural flavourings), <b>SOYA</b> drink (water, <b>SOYA</b> beans, apple extract, acidity regulators (monopotassium phosphate, dipotassium phosphate), calcium carbonate, sea salt, gelatin gum, vitamins B2, B12, D2), light brown sugar, dark brown sugar, water, sugar, wholemeal <b>WHEAT</b> flour, <b>WHEAT</b> enzymes, sourdough ( <b>RYE</b> flour, water, starter culture), orange zest, yeast, cinnamon 1%, golden syrup, rapeseed oil, salt, orange juice, lemon juice, vanilla extract, <b>SOYA</b> lecithin. <i>May contain traces of NUTS and SULPHUR DIOXIDE.</i>	KJ	1487	2110	
		Kcal	355	504	
		Fat	20.1	28.5	
		Sat	5	7.1	
		Carbs	35.1	49.8	
		Sugar	29.1	41.3	
		Fibre	4	5.7	
		Protein	4.9	7	
		Salt	0.4	0.5	
		Portion weight (g)	142		
			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			
Chocolate Candied Orange Friand (V)	Oranges (24%), Light Brown Sugar, Rapeseed Oil, Free-Range <b>EGGS</b> , Dark Chocolate (9%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier ( <b>SOYA</b> Lecithin)], Natural Vanilla Flavouring], Fat-Reduced Cocoa Powder, <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), <b>MILK</b> , Dark Chocolate (3%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier ( <b>SOYA</b> Lecithin)], Natural Vanilla Flavouring - Min Cocoa Solids 53%), Coconut Oil, Candied Orange Zest (<1%) [Sugar, Orange Zest, Water], Raising Agent [Diphosphates, Sodium Carbonates, <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin)], Salt. <i>May contain traces of NUTS, PEANUTS and SULPHUR DIOXIDE.</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		
			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			
Jewelled Fruit Cake (V)	Cake Mix (27%) [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin & Thiamin), Sugar, Vegetable Fat (Palm), Vegetable Oil (Rapeseed), Maize Starch, Whey Powder ( <b>MILK</b> ), Colour (Ammonia Caramel)], Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), <b>EGG</b> White Powder, Emulsifier (Mono- & Di-glycerides of Fatty Acids), Flavouring, Salt], Sultanas (20%), Currants (13%), Pasteurised Liquid Whole <b>EGG</b> , Glacé Cherries (9%) [Cherries, Glucose-Fructose Syrup, Colouring Agent (Purple Carrot & Elderberry Juice)], Acidity Regulator (Citric Acid), Preservative ( <b>SULPHUR DIOXIDE</b> ), Water, Mixed Peel (2%) [Glucose Syrup, Orange Peel (42%), Lemon Peel (10%)], Sugar, Preservatives [Potassium Sorbate, <b>SULPHUR DIOXIDE</b> ], 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]], <b>WALNUTS</b> , Raisins (1%), <b>ALMONDS</b> , 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		
			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, <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk ( <b>MILK</b> ), Sunflower Oil, Free Range <b>EGG</b> , Icing Sugar (Sugar, Anti Caking Agent (E341)), Lemon Juice 4.5%, Lemon Curd 3% [Sugar, Free Range <b>EGG</b> , Salted Butter ( <b>MILK</b> ), Lemon Juice, Water, Lemon Oil, Agar], Lemon Zest 3%, Raising Agents [Diphosphates, Sodium Carbonates, <b>WHEAT</b> 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	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		
			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			

CAKES & MUFFINS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
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	
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>	per 100g	per portion (g)	
		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	
Raspberry & White Chocolate Loaf Cake (V)	Sugar, WHEAT flour (calcium carbonate, iron, niacin, thiamin), white chocolate 19% (sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier (SOYA lecithin), natural vanilla flavouring), rapeseed oil, free-range EGG, raspberries 11%, corn starch, lemon zest, raising agent (diphosphates, sodium carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)), salt, freeze-dried raspberries <1%. <i>May contain traces of NUTS and SULPHUR DIOXIDE.</i>	per 100g	per portion (g)	
		KJ	1817	1872
		Kcal	435	448
		Fat	26.3	27.1
		Sat	5.1	5.3
		Carbs	46.3	47.7
		Sugar	29.1	30.0
		Fibre	1.3	1.3
		Protein	5.4	5.6
		Salt	0.7	0.7
		Portion weight (g)	103	
Sticky Toffee Cake	Toffee Sponge (84%) (Date Paste (46%) (Dates, Water), WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Dark Brown Sugar, Pasteurised Free Range EGG, Butter (MILK), Golden Syrup (2.2%), Raising Agents (E450, E501), Natural Flavouring), Toffee Sauce (14%) (Butter (MILK), Brown Sugar, Whipping Cream (Cream (MILK), Stabiliser (Carrageenan)), Golden Syrup (9%), Lemon Juice, Thickener (Pectin)), Pecan NUTS (1.6%).	per 100g	per portion (g)	
		KJ	1281	1448
		Kcal	306	346
		Fat	12.3	13.9
		Sat	6.7	7.5
		Carbs	43.2	48.8
		Sugar	28.8	32.5
		Fibre	2.4	2.8
		Protein	3.9	4.4
		Salt	0.6	0.7
		Portion weight (g)	113	
Victoria Sponge (Gluten Free recipe) (V)	Sugar, Pasteurised Free Range EGG, 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 (MILK)), 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 MILK Powder, Stabiliser (Xanthan Gum). <i>May contain traces of NUTS.</i>	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	
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).	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	

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 (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>	per 100g	per portion (g)	
		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	
Caramel Shortbread (V)	Shortbread Base (44%) (WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Butter (MILK), Sugar, Cornflour), Caramel (40%) (Sweetened Condensed MILK, Butter (MILK), Light Brown Sugar, Golden Syrup), Milk Chocolate (14%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Dark Chocolate (1.3%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring). <i>May contain traces of NUTS and EGG.</i>	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	
Halloween Crunch	Dark Biscuit Crumb (WHEAT Flour (Calcium Carbonate, Iron, Nicotinamide, Thiamine), Vegetable Oils (Sustainable Palm, Rapeseed), Sugar, Cocoa Powder, Partially Invert Sugar Syrup, Raising Agents (Sodium Bicarbonate), Salt), Digestive Biscuits (WHEAT Flour (Calcium, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Sustainable Palm Oil, Sugar, Partially Inverted Sugar Syrup, Raising Agents (Sodium Bicarbonate, Malic Acid, Ammonium Bicarbonate, Disodium Diphosphate), Glucose-Fructose Syrup, Salt, Emulsifier (E472e), Dried Skimmed MILK, BARLEY Malt Extract), Margarine (Vegetable Oils (Sustainable Palm, Rapeseed), Water, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids), Colourings (Annatto, Curcumin), Natural Flavouring), Golden Syrup, White Chocolate (12%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier (SOYA Lecithin)), Dark Chocolate (8%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring - Min Cocoa Solids 53%), Honeycomb (5%) (Sugar, Glucose Syrup, Vegetable Fat, Sodium Bicarbonate, Rice Flour), Butter Ghee (MILK), Halloween Sugar Shapes (Sugar, Potato Starch, Sunflower Oil, Rice Flour, Colours (E101, E120, E171, E172), Glazing Agent (Shellac)). <i>May contain traces of NUTS, PEANUTS and SULPHUR DIOXIDE.</i>	per 100g	per portion (g)	
		KJ	1477	1227
		Kcal	352	292
		Fat	23.2	19.8
		Sat	10.6	8.8
		Carbs	34.1	28.3
		Sugar	26.5	22
		Fibre	1.2	1
		Protein	2.2	1.8
		Salt	0.5	0.4
		Portion weight (g)	83	

## TRAYBAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
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>	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		
		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. <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		
Raspberry Rocky Road	Margarine (Vegetable Oils and Fats (Palm Oil, Rapeseed Oil), Water, Salt, Colours: Natural Carotenes, Citric Acid), Biscuit Crumb and Pieces (35%) (WHEAT Flour (Calcium, Iron, Niacin, Thiamine), Wholemeal WHEAT 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 MILK, Dried WHEY Powder (From MILK), BARLEY Malt Extract), Dark Chocolate Chips (16%) (Sugar, Cocoa Mass, Cocoa Butter, Fat Reduced Cocoa Powder, Emulsifier: E322 (SOYA), Vanilla Extract), Golden Syrup, Marshmallows (6%) (Glucose-Fructose Syrup, Sugar, Water, Park 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, WHEAT 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 MILK (MILK, Sugar Lactose (MILK)), Unsalted Butter (MILK), Vegetable Fat (Shea), Colour: E162 (Beetroot Red), Emulsifiers: E471, E322 (Rapeseed), Natural Flavouring), White Chocolate Chips (Sugar, Cocoa Butter, Full Cream MILK Powder, WHEY Powder (MILK), Vegetable Oil, Emulsifier: SOYA Lecithin, Vanilla Flavour).			KJ	2234	2008
				Kcal	534	480
				Fat	36.0	33.0
		Sat	17.0	15.0		
		Carbs	47.0	42.3		
		Sugar	28.0	26.0		
		Protein	4.2	3.8		
		Salt	0.5	0.5		
		Portion weight (g)		90		
		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. <i>May contain traces of MILK, EGG, PEANUTS, NUTS, SULPHUR DIOXIDE and traces of other cereals containing GLUTEN.</i>	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. <i>May contain traces of cereals containing GLUTEN, NUTS and SULPHUR DIOXIDE.</i>			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		
		Yoghurt Apple & Blackcurrant Flapjack	OATS (27%), Bramley Apples (16%), Pure Vegetable Margarine (Certified Sustainable Palm Oil, Rapeseed Oil, Salt), Yoghurt Flavoured Topping (13%) (Sugar, Hydrogenated Palm Kernel Oil, Whey Powder (MILK), Skimmed MILK Powder, Yoghurt Powder (MILK), Emulsifier: Sunflower Lecithin, Citric Acid), Light Brown Soft Sugar, Blackcurrants (6%), Golden Syrup, Caster Sugar, Sunflower Oil, Thickener: Tapioca Starch. <i>May contain traces of SULPHUR DIOXIDE.</i>	KJ	1704	2334
				Kcal	408	558
				Fat	21.2	29.0
Sat	8.8			12		
Carbs	47.8			65.4		
Sugar	27.2			37.2		
Fibre	3			4.1		
Protein	5			6.8		
Salt	0.2			0.3		
Portion weight (g)				137		

## TARTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Portuguese Tarts (V)	MILK, EGG yolk, whole EGG, WHEAT 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		
		Raspberry Portuguese Tarts (V)	MILK, Sugar, EGG, WHEAT 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		
Strawberry Tart (V)	Frozen Strawberries (26%), Shortcrust Sweet Tart (24%) (WHEAT Flour [GLUTEN], Vegetable Fats and Oils (Palm, Coconut, Rapeseed, Colour [Carotenes E160a]), Sugar, Free Range EGG, Water, Salt, Skimmed MILK 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 (MILK), 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 (MILK), White Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Cream Stabiliser (Sugar, Dried Glucose Syrup, Gelatine, Modified Starch (Acetylated Distarch Phosphate E1414), EGG 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		
		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 (i)], Carrageenan E407, Xanthan Gum E415), Acid (Citric Acid), Acidity Regulators [Sodium Citrate E331 (i)], 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)	
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. 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 (Potassium 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	25.3
		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. 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	47.5
		Sugar	15.5	26.3
		Fibre	1.0	1.7
		Protein	5.2	8.8
		Salt	0.4	0.6
		Portion weight (g)	170	
Fruits of the Forest Cheesecake (V)	Full Fat Soft Cheese (31%) [Skimmed MILK, Cream (MILK), Salt, Preservative (Potassium Sorbate)], Lactic Culture (MILK, Microbial Rennet), Biscuit Crumb [WHEAT Flour, All Vegetable Shortening (Palm & Rapeseed Oil), Sugar, Invert Sugar Syrup, Raising Agent (Sodium Bicarbonate), Salt], Pasteurised Liquid Whole 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(iii), Tricalcium Phosphate E341(ii)), Preservative (Potassium Sorbate E202), Firming Agent (Potassium Chloride E508), Natural Flavouring], Cream (MILK), Sugar, Margarine [Vegetable Oils (Palm & Rapeseed), Water, Salt, Emulsifier (Polyglycerol Esters of Fatty Acids), Colours (Curcumin, Annatto bixin E160b(i)), Flavourings], Dark Cherry Fruit Filling [Water, Black Cherries (37%), Sugar, Modified Starch, Acidity Regulator (Citric Acid E330), Natural Flavour, Preservative (Potassium Sorbate E202)], Raspberry Pie Filling (11%) [Raspberry (39%), Water, Sugar, Modified Starch, Citric Acid, Flavour, Preservative (Potassium Sorbate)], Strawberry Fruit Filling [Water, Strawberries (38%), Sugar, Modified Starch, Acidity Regulator (Citric Acid E330), Elderberry Fruit Concentrate, Natural Flavouring, Preservative (Potassium Sorbate E202)], White Chocolate Shavings [Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier (SOYA Lecithin) Natural Vanilla Flavouring], Golden Syrup [Partially Inverted Sugar Syrup], Golden Syrup [Partially Inverted Sugar Syrup], 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)], Cherry Paste [Glucose Syrup, Invert Sugar Syrup, Concentrated Sour Cherry Juice (13%), Sour Cherries (10%), Elderberry Concentrate, Acid (Citric Acid), Ethyl Alcohol, Starch, Natural Flavouring], Raspberry Paste [Glucose Syrup, Invert Sugar Syrup, Raspberry Pulp (15%), Acid (Citric Acid), Ethyl Alcohol, Elderberry Concentrate, Starch, Natural Flavouring], Iron Oxide Red (E172). May contain traces of NUTS.	KJ	1226	1766
		Kcal	293	423
		Fat	17.1	24.6
		Sat	8.2	11.8
		Carbs	27.2	39.1
		Sugar	12.8	18.4
		Fibre	0.5	0.8
		Protein	7.5	10.7
		Salt	0.3	0.5
		Portion weight (g)	144	
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	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	
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(iii), 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(iii)), 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 E160c), 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 Carotenoids), Gelling Agent (Pectin), Stabiliser (Guar Gum), Preservatives (Ascorbic Acid, Potassium Sorbate), Acidity Regulator (Citric Acid E330)]. May contain traces of NUTS.	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	
Salted Caramel Slice	Cream (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], White Chocolate [Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Toffee Sauce (10%) [Sweetened Condensed MILK, Golden Syrup [Partially Inverted Sugar Syrup], Glucose Syrup, Palm Oil, Water, Unsalted Butter (MILK), Sugar, Gelling Agent (Pectin), Dried Glucose Syrup, Emulsifier (Rapeseed Lecithin), Salt, Preservative (Potassium Sorbate)], Caramel Muffin Sponge (9%) [Toffee Crème Cake Mix (53%) [WHEAT Flour, Sugar, Demerara Sugar, Modified Starch (Maize), Vegetable Oil (Rapeseed), Whey Solids (From MILK), Raising Agents (Disodium Pyrophosphate, Sodium Bicarbonate), Emulsifiers (Propylene Glycol Esters of Fatty Acids, Mono- & Di-glycerides of Fatty Acids), WHEAT Gluten, Maltodextrins, Cane Molasses, Salt, Colours (Ammonia Caramel, Beta Carotene), Flavouring, Whole EGG Powder], Pasteurised Liquid Whole EGG, Vegetable Oil (Rapeseed), Water, Margarine [Vegetable Oils (Palm & Rapeseed), Water, Salt, Emulsifier (Polyglycerol Esters of Fatty Acids), Colours (Curcumin, Annatto bixin E160b(i)), Flavouring], Mini Caramel Fudge Cubes (3%) [Sugar, Full Cream Condensed MILK, Fondant [Sugar, Glucose (SULPHUR DIOXIDE), Water], Glucose Syrup, Palm Oil, Water, Salt], Neutral Fond [Sugar, Dried Glucose Syrup, Beef Gelatine, Modified Potato Starch, Hen's EGG Yolk Powder, Acidity Regulator (Disodium Diphosphate), Salt], Lotus Biscoff Crumbs [WHEAT Flour, Sugar, Vegetable Oils (Palm Oil, Rapeseed Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate E500)], SOYA Flour, Salt, Cinnamon], Golden Syrup [Invert Sugar Syrup], Beef Gelatine, Salt (0.3%) ADDITIONAL INFORMATION: Made with Beef Gelatine. May contain traces of NUTS.	KJ	1709	3077
		Kcal	410	799
		Fat	27.9	50.1
		Sat	10.2	18.4
		Carbs	34.6	62.2
		Sugar	22.2	40.0
		Fibre	0.6	1.1
		Protein	5	9.0
		Salt	0.9	1.6
		Portion weight (g)	180	

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

PANINI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
<b>Bacon, Brie &amp; Chilli Jam Panini</b>	Seeded Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sunflower Seeds, Pumpkin Seeds, Fermented WHEAT Flour, Malted WHEAT Flour, Salt, Yeast, Waxy Maize Starch], Chilli Relish (14%) [Sugar, Diced Red Pepper, Water, Red Onion, Red Chilli Puree, Concentrated Lemon Juice, Chillies, Smoked Chillies, Thickening Agent: Pectin, Smoked Salt], British Beechwood Smoked Bacon (11%) [Pork, Pork Fat, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite], Brie (MILK) (11%).	KJ	1231	2093		
		Kcal	293	498		
		Fat	10.4	17.7		
		Sat	5	8.6		
		Carbs	34.3	58.3		
		Sugar	10.5	17.9		
		Fibre	3	5.1		
		Protein	14	23.9		
		Salt	1.1	1.9		
		Portion weight (g)	170			
				per 100g	per portion (g)	
				KJ	1188	2495
				Kcal	284	596
		Fat	13.4	28.2		
		Sat	2.9	6		
		Carbs	25.5	53.5		
		Sugar	2.3	4.8		
		Fibre	1.5	3.2		
		Protein	14.5	30.5		
		Salt	1.2	2.5		
		Portion weight (g)	210			
<b>Chicken &amp; Pesto Panini</b>	Seeded Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sunflower Seeds, Pumpkin Seeds, Fermented WHEAT Flour, Malted WHEAT Flour, Salt, Yeast, Waxy Maize Starch], Chicken and Pesto Mix (40%) [British Chicken (23%) (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, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), West Country Cheddar Cheese (MILK) (3%)], Mozzarella (MILK) (7%).	KJ	903	1626		
		Kcal	241	434		
		Fat	4.8	8.6		
		Sat	1.8	3.3		
		Carbs	27.6	49.7		
		Sugar	2.5	4.5		
		Fibre	2.1	3.8		
		Protein	14.1	25.4		
		Salt	1.04	1.87		
		Portion weight (g)	185			
				per 100g	per portion (g)	
				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			
<b>Ham &amp; Cheese Panini</b>	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 Dry Cured Ham (22%) [British Pork, Sea Salt, Brown Sugar, Stabilisers: Potassium Triphosphate, Sodium Triphosphate, Tetrapotassium Diphosphate, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Mozzarella & Cheddar Cheese [Mozzarella Cheese (MILK) (6%), Cheddar Cheese (MILK) (4%)], Seasoned Béchamel [Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Black Pepper].	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			
		<b>Mozzarella &amp; Tomato Panini (V)</b>	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	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					
				per 100g	per portion (g)	
				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			
<b>Tuna Melt Panini</b>	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)			
<b>Cheese &amp; Tomato Toastie (V)</b>	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			
				per 100g	per portion (g)	
				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			
<b>Ham &amp; Cheese Toastie</b>	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	1069	1871		
		Kcal	255	446		
		Fat	11.4	19.9		
		Sat	4.9	8.6		
		Carbs	26.4	46.1		
		Sugar	2.1	3.6		
		Fibre	1.9	3.4		
		Protein	10.8	18.9		
		Salt	0.9	1.6		
		Portion weight (g)	175			
		<b>Mushroom &amp; Emmental Toastie (V)</b>	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, Palm], Palm Fat, Flour Treatment Agent: Ascorbic Acid, WHEAT Flour), Mozzarella (MILK) (8%), Béchamel Sauce (8%) [Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate], Medium Mature Cheddar Cheese (MILK) (5%), Mushroom and Emmental Mix (26%) [Seasoned Mushrooms (7%) (Chestnut Mushroom, Olive Oil, Salt, Black Pepper), Mushroom Mayonnaise (6%) (Water, Rapeseed Oil, Olive Oil, Free Range Salted EGG Yolk (EGG Yolk, Salt), Cornflour, White Wine Vinegar, Coarse Black Pepper, Concentrated Lemon Juice, Salt, Mushroom Stock (Mushroom Stock (Mushroom Juice Concentrate, Salt), Sugar, Rapeseed Oil, Salt, Mushroom Powder (Maltodextrin, Mushroom Juice Concentrate)], Dijon MUSTARD (Water, Brown MUSTARD Seeds, Spirit Vinegar, Salt)], Full Fat Soft Cheese (MILK) (5%), Emmental Cheese (MILK) (5%), Mushroom and Porcini Tapenade (1%) [Grilled Mushrooms, Rapeseed Oil, Porcini, Concentrated Lemon Juice, Salt, Dehydrated Porcini Powder, Garlic, Parsley, Chive].	KJ	1069	1871
				Kcal	255	446
				Fat	11.4	19.9
Sat	4.9			8.6		
Carbs	26.4			46.1		
Sugar	2.1			3.6		
Fibre	1.9			3.4		
Protein	10.8			18.9		
Salt	0.9			1.6		
Portion weight (g)	175					

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

## 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)
			KJ	1025
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, Chill 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 Casing 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 Carbonate, Iron, Niacin, Thiamin)], Potato Tot (11%) [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 Mayoonnaise (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
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)			
Coronation Chicken Bloomer	Honey Soaked Seeded Bloomer Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Mixed Seeds (13%) (Brown Linseed, Millet, Sunflower, Golden Linseed, Poppy, Pumpkin), Sourdough (Water, RYE Flour), Yeast, Kibbled Malted WHEAT, Honey (1.3%), WHEAT Gluten, Salt, Rapeseed Oil, Fermented WHEAT Flour, WHEAT Bran, Malted BARLEY Flour, Flour Treatment Agent: Ascorbic Acid], Coronation Chicken Mix (40%) [British Chicken Breast (22%) (Chicken Breast (99%), Salt, Chicken Stock (Water, Chicken Carcass), Cornflour), Coronation Mayoonnaise (11%) (Rapeseed Oil, Water, Coronation Curry Marinade (Water, Sultanas (Sultanas, Sunflower Oil), Coronation Curry Seasoning (Onion Powder, Turmeric, Rusk (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Salt, Tomato Powder, Fenugreek, Cayenne, MUSTARD Seeds, Fennel Seeds, Coriander Seeds, Ginger, Cumin, Colour: Plain Caramel, Turmeric Extract, Clove, Garlic Powder, Rapeseed Oil), Sugar, Red Wine, Concentrated Lemon Juice, Onion Puree, Coriander, Cumin, Garam Masala, Tomato Paste, Fenugreek, Salt, Cardamom), Spirit Vinegar, Salted EGG Yolk (EGG Yolk, Salt), Whole EGG, Cornflour, Sugar), Mayoonnaise (Rapeseed Oil, Water, Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, Brown MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Sultanas (Sultanas, Sunflower Oil), Red Onion, Coriander, Cornflour], Cucumber (5%), Lettuce (3%).	KJ	950	2090		
		Kcal	226	497		
		Fat	8.6	18.9		
		Sat	0.9	2		
		Carbs	22.3	49		
		Sugar	3.5	7.7		
		Protein	11.1	24.4		
		Salt	0.6	1.4		
		Portion weight (g)		220		
		Ploughman's Bloomer (V)	Honey Soaked Seeded Bloomer Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Mixed Seeds (13%) (Brown Linseed, Millet, Sunflower, Golden Linseed, Poppy, Pumpkin), Sourdough (Water, RYE Flour), Yeast, Kibbled Malted WHEAT, Honey (1.3%), WHEAT Gluten, Salt, Rapeseed Oil, Fermented WHEAT Flour, WHEAT Bran, Malted BARLEY Flour, Flour Treatment Agent: Ascorbic Acid], West Country Cheddar Cheese (MILK) (19%), Tomato (15%), Caramelised Apple and Pear Chutney (11%) [Apple, Pear, Sugar, Apple Puree, Spirit Vinegar, Water, Onion, Sultanas (Sultanas, Sunflower Oil), Unsalted Butter (MILK), Treacle, Salt, Garlic Puree, Thickening Agent: Pectin], Lettuce (5%).	KJ	1023	2312
				Kcal	244	551
Fat	9.5			21.5		
Sat	4.8			10.8		
Carbs	28			63.3		
Sugar	6.6			14.9		
Protein	9.8			22.1		
Salt	1			2.2		
Portion weight (g)				226		

## SAVOURY PASTRIES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Sausage Roll	Pork (35%), WHEAT Flour (contains Calcium Carbonate, Iron, Niacin, Thiamin), Red Onion, Margarine [Palm Oil, Palm Stearin, Water, Salt, Emulsifier (E471), Acidity Regulator (E330)], Unsalted Butter (MILK), Rusk (WHEAT Flour (contains Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Raising Agent (E503ii)), Potato Starch, Glaze [Water, Modified Starch, Rapeseed Oil, MILK Proteins, Emulsifiers (SOYA Lecithin, E471), Acidity Regulator (E339iii), Colour (E160a)], Water, Redcurrant Jelly [Glucose Syrup, Water, Redcurrant Juice From Concentrate, Gelling Agent (Pectin), Acidity Regulators (E330, E331), Elderberry Extract], Chopped Dates, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must), Red Wine, Demerara Sugar, Pork Fat, Seasoning [Salt, Spices (Black Pepper, White Pepper, Nutmeg), Herb (Thyme)], Dextrose, Onion Concentrate [Water, Onions], Cornflour, Salt, Dried Parsley, Ginger Puree, Emulsifier (E444), Black Pepper, Nutmeg, May contain NUTS.	KJ	1435	2225
		Kcal	345	534
		Fat	22.2	34.5
		Sat	10	15.6
		Carbs	26.8	41.6
		Sugar	3.7	5.7
		Fibre	1.5	2.3
		Protein	8.5	13.2
		Salt	1.1	1.7
		Portion weight (g)		155
		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
Kcal	294			329
Fat	23.4			26.2
Sat	10.9			12.2
Carbs	22.5			25.2
Sugar	2.6			3
Fibre	1			1.1
Protein	13.7			15.3
Salt	1.3			1.4
Portion weight (g)				112

## SOUPS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Carrot &amp; Coriander Soup (Vg, DF)</b>	Water, Carrot (21%), Onion, Coconut Milk (Coconut Extract, Water)(5.6%), Yellow Split Peas, Rapeseed Oil, Coriander (<1%), Vegetable Stock (Salt, Yeast Extracts, Onion Powder, Carrot Powder, Tomato Powder, Sunflower Oil, Natural Flavouring), Salt.	KJ	194	579
		Kcal	46	138
		Fat	1.7	5.1
		Sat	0.1	0.4
		Carbs	5.7	17
		Sugar	2.7	8.1
		Fibre	1.9	5.6
		Protein	1.1	3.3
		Salt	0.6	1.7
		Portion weight (g)		300
		<b>Pea &amp; Ham Soup</b>	Water, Peas (32%), Onion, Ham Hock (Pork, Water, Salt, Glucose Syrup, Stabilisers: E451 E450 E452, Antioxidant: E301, Preservative: E250 (3.2%), Cream (MILK), Rapeseed Oil, Cornflour, Garlic, Salt, Ham Stock (Water, Ham, Pork Fat), Flavouring, Yeast Extract, Sugar, Smoked Dextrose), Thyme, Black Pepper.	KJ
Kcal	55			165
Fat	2.3			6.9
Sat	0.4			1.3
Carbs	4.9			14.8
Sugar	2.2			6.7
Fibre	2.1			6.3
Protein	2.6			7.7
Salt	0.6			1.9
Portion weight (g)				300
<b>Carrot &amp; Coriander Soup, served in bread bowl (Vg, DF)</b>	Water, Carrot (21%), Onion, Coconut Milk (Coconut Extract, Water)(5.6%), Yellow Split Peas, Rapeseed Oil, Coriander (<1%), Vegetable Stock (Salt, Yeast Extracts, Onion Powder, Carrot Powder, Tomato Powder, Sunflower Oil, Natural Flavouring), Salt. Bread Bowl: WHEAT flour, sourdough (RYE) (24%), water, RYE flour, yeast, sunflower seeds, salt, rapeseed oil, linseed, SESAME SEEDS, poppy seeds, malt flour (WHEAT), malt flour (BARLEY), flour treatment agent (ascorbic acid).			KJ
		Kcal	110	469
		Fat	2.2	9.4
		Sat	0.2	1.0
		Carbs	18.1	77.0
		Sugar	2.2	9.5
		Fibre	2.4	10.4
		Protein	3.0	12.9
		Salt	0.8	3.5
		Portion weight (g)		425
		<b>Pea &amp; Ham Soup, served in bread bowl</b>	Pea & Ham Soup: Water, Peas (32%), Onion, Ham Hock (Pork, Water, Salt, Glucose Syrup, Stabilisers: E451 E450 E452, Antioxidant: E301, Preservative: E250 (3.2%), Cream (MILK), Rapeseed Oil, Cornflour, Garlic, Salt, Ham Stock (Water, Ham, Pork Fat), Flavouring, Yeast Extract, Sugar, Smoked Dextrose), Thyme, Black Pepper. Bread Bowl: WHEAT flour, sourdough (RYE) (24%), water, RYE flour, yeast, sunflower seeds, salt, rapeseed oil, linseed, SESAME SEEDS, poppy seeds, malt flour (WHEAT), malt flour (BARLEY), flour treatment agent (ascorbic acid).	KJ
Kcal	117			496
Fat	2.6			11.2
Sat	0.5			1.9
Carbs	17.6			74.8
Sugar	1.9			8.1
Fibre	2.6			11.1
Protein	4.1			17.3
Salt	0.9			3.7
Portion weight (g)				425

## 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
		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. <i>May contain traces of other NUTS.</i>	per 100g
KJ	1841			681
Kcal	440			163
Fat	14.5			5.3
Sat	2.7			1.0
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). <i>May contain traces of NUTS.</i>	per 100g		per portion (g)
		KJ	1847	1145
		Kcal	441	273
		Fat	19.1	11.8
		Sat	3.6	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). <i>May contain traces of SOYA, PEANUTS, NUTS SULPHUR DIOXIDE and cereals containing GLUTEN.</i>	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). <i>May contain traces of NUTS.</i>	per 100g
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. <i>May contain ALMONDS.</i>	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. <i>May contain traces of MILK.</i>	per 100g
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%). <i>May contain traces of SOYA, MILK, PEANUTS and cereals containing GLUTEN. .</i> Due to the processing method of some ingredients, this product is not suitable for Vegans.	per 100g		per biscuit (g)
		KJ	1925	674
		Kcal	460	161
		Fat	27.4	9.6
		Sat	2.9	1.02
		Carbs	39.8	13.9
		Sugar	33	11.6
		Fibre	5.7	2
		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 &amp; 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	40.6	13.2
		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	35.6			9.3
Sat	22.4			5.8
Carbs	40.8			10.6
Sugar	29.9			7.8
Protein	9			2.3
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	9.9
		Sat	23	6
		Carbs	46	12
		Sugar	35	9.1
		Protein	9	2.3
		Salt	0.2	0.1
		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	38.5			10
Sat	23.1			6
Carbs	40			10.4
Sugar	34			8.8
Protein	8			2.1
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
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
		Fibre	6.2	2.5
		Protein	7.1	2.8
		Salt	1.1	0.4
		Portion weight (g)		40