

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

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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 (E160ai), flavouring), egg wash (EGGS, water). May contain: traces of NUTS and traces of SOYA.	Kcal	258	266
Fat	11.0			11.3		
Sat	6.7			6.9		
Carbs	34.0			35.0		
Sugar	11.0			11.3		
Fibre	2.0			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	23.0	11.8
		Sat	15.0	7.7		
		Carbs	46.0	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	1387	1054
		Cheese & Onion Twist (V)	WHEAT flour, water, fine butter (MILK) 12%, emmental (MILK) 8%, yeast, finish 3% (white quinoa seeds, nigella seeds), sugar, EGGS, whey powder (MILK), modified starch, dehydrated onions 1.4%, WHEAT gluten, salt, non-hydrogenated vegetable oil (coconut), skimmed MILK powder, thickener (sodium alginate), hen's EGG yolk powder, flour treatment agents (alpha-amylases, hemicellulases, ascorbic acid). May contain: traces of NUTS, SOYA and SESAME.	Kcal	331	252
				Fat	15.6	11.9
Sat	9.9			7.5		
Carbs	38.0			28.9		
Sugar	8.0			6.1		
Fibre	2.4			1.8		
Protein	9.6			7.3		
Salt	0.85			0.64		
Portion weight (g)				76		
				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 (E160aii), 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	16.0	11.9
		Sat	9.6	7.4		
		Carbs	47.0	37.9		
		Sugar	21.0	17.4		
		Fibre	3.0	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	23.0	14.3
Sat	15.0			9.3		
Carbs	46.0			29.1		
Sugar	12.0			8.1		
Fibre	3.0			1.9		
Protein	7.6			4.8		
Salt	1.0			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	14.0	10.8
		Sat	9.1	6.8		
		Carbs	46.0	43.2		
		Sugar	19.0	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 (Calcium 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			5.0		
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.	KJ
Kcal	147			383
Fat	6.6			17.1
Sat	3.4			9.0
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.			KJ
		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.	KJ
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 Fruit Scone (Vg)	Cake Flour (WHEAT Flour (Calcium Carbonate, Iron, Nicotinamide, Thiamine), Sugar, Vegetable Oils (Palm, Rapeseed), Raising Agents: E450i, E500ii, WHEAT Starch, Salt, Stabiliser: E466, Natural Flavouring, Emulsifier: E471, Enzymes), Water, Sultanas (10.5%), Glaze (Water, Vegetable Proteins, Sunflower Oil, Dextrose, Maltodextrines, Starch). <i>May contain traces of SOYA, MILK, EGG, NUTS and SULPHUR DIOXIDE.</i>	KJ	1638	2293		
		Kcal	400	560		
		Fat	11.0	15.4		
		Sat	4.5	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. <i>May contain traces of MILK, EGG and NUTS.</i>	KJ	940	1410
				Kcal	221	332
Fat	0.7			1.1		
Sat	0.1			0.2		
Carbs	48.0			72.0		
Sugar	15.3			23.0		
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 Farmhouse Slice (Vg)	WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm, Rapeseed), Salt, SOYA Flour, Yeast, Emulsifiers (E471, E472e), Fermented RYE Flour, Yeast Nutrient (E516), Flour Treatment Agent (E300), Enzymes.	KJ	1058	529		
		Kcal	250	125		
		Fat	2.8	1.4		
		Sat	0.7	0.4		
		Carbs	48.7	24.4		
		Sugar	3.9	2.0		
		Protein	8.7	4.4		
		Salt	1.0	0.5		
		Portion weight (g)		50		
		Harvester Farmhouse Slice (Vg)	Harvester WHEAT Flour (WHEAT Flour, Malted WHEAT Flakes, BARLEY Malt Flour, Calcium, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm, Rapeseed), Salt, Yeast, Emulsifiers (E471, E472e), Yeast Nutrient (E516), Flour Treatment Agent (E300), Enzymes.	KJ	923	462
				Kcal	218	109
Fat	2.5			1.3		
Sat	0.8			0.4		
Carbs	40.1			20.1		
Sugar	0.8			0.4		
Protein	7.9			4.0		
Salt	1.1			0.53		
Portion weight (g)				50		

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	0.0	
		Sat	0.0	0.0	
		Carbs	57.0	17.1	
		Sugar	57.0	17.1	
		Protein	0.4	0.1	
		Salt	0.0	0.0	
		Portion weight (g)		30	30
		per 100g			
		KJ	1023	307	
Kcal	241	72			
Fat	0.1	0.0			
Sat	0.0	0.0			
Carbs	59.0	17.7			
Sugar	59.0	17.7			
Protein	0.4	0.1			
Salt	0.0	0.0			
Portion weight (g)		30	30		
Lakeland Butter (V)	Butter: Cream (MILK), Salt.	KJ	3036	213	
		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	7
		per 100g			
		KJ	2413	965	
Kcal	586	234			
Fat	83.7	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	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	2,068	145	
		Kcal	503	35	
		Fat	56.0	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	7
		per 100g			
		KJ	1100	330	
Kcal	260	78			
Fat	0.1	0.03			
Sat	0.05	0.02			
Carbs	30.0	9.0			
Sugar	1.2	0.4			
Protein	34.0	10.2			
Salt	10.8	3.2			
Portion weight (g)		8	8		
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	1017	305	
		Kcal	240	72	
		Fat	0.1	0.03	
		Sat	0.0	0.0	
		Carbs	59	17.7	
		Sugar	59	17.7	
		Protein	0.3	0.1	
		Salt	0.0	0.0	
		Portion weight (g)		30	30
		per 100g			
		KJ	1100	330	
Kcal	260	78			
Fat	0.1	0.03			
Sat	0.05	0.02			
Carbs	30.0	9.0			
Sugar	1.2	0.4			
Protein	34.0	10.2			
Salt	10.8	3.2			
Portion weight (g)		8	8		
Marmalade (Vg)	Sugar, bitter oranges, water, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	KJ	1017	305	
		Kcal	240	72	
		Fat	0.1	0.03	
		Sat	0.0	0.0	
		Carbs	59	17.7	
		Sugar	59	17.7	
		Protein	0.3	0.1	
		Salt	0.0	0.0	
		Portion weight (g)		30	30
		per 100g			
		KJ	1017	305	
Kcal	240	72			
Fat	0.1	0.03			
Sat	0.0	0.0			
Carbs	59	17.7			
Sugar	59	17.7			
Protein	0.3	0.1			
Salt	0.0	0.0			
Portion weight (g)		30	30		

GRANOLA & YOGHURT

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Granola & Yogurt 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	240
		per 100g			
KJ	638	1404			
Kcal	205	451			
Fat	6.0	13.3			
Sat	1.4	3.0			
Carbs	19.5	42.9			
Sugar	9.8	21.5			
Fibre	2.4	5.2			
Protein	6.2	13.7			
Salt	0.2	0.4			
Portion weight (g)		220	220		
Granola & Yogurt 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	518	1035	
		Kcal	298	597	
		Fat	7.9	15.7	
		Sat	1.4	2.7	
		Carbs	13.8	27.7	
		Sugar	11.9	23.8	
		Fibre	1.2	2.4	
		Protein	7.2	14.3	
		Salt	0.1	0.3	
		Portion weight (g)		200	200
		Yogurt & Seeds with Banana (V)	Yoghurt: Natural Low Fat Yogurt (MILK), Banana, Pumpkin Seeds, Sunflower Seeds and Honey.	KJ	481
Kcal	290			580	
Fat	7.9			15.8	
Sat	1.4			2.7	
Carbs	11.7			23.3	
Sugar	10.1			20.2	
Fibre	1.2			2.4	
Protein	7.1			14.2	
Salt	0.1			0.3	
Portion weight (g)				200	200
Yogurt & Seeds with Blueberry (V)	Yoghurt: Natural Low Fat Yogurt (MILK), Frozen Blueberries, Pumpkin Seeds, Sunflower Seeds and Honey.			KJ	518
		Kcal	298	597	
		Fat	7.9	15.7	
		Sat	1.4	2.7	
		Carbs	13.8	27.7	
		Sugar	11.9	23.8	
		Fibre	1.2	2.4	
		Protein	7.2	14.3	
		Salt	0.1	0.3	
		Portion weight (g)		200	200

CAKES & MUFFINS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Angel Cake	Sugar, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), EGG , Rapeseed Oil, Round Dragees [Sugar, WHEAT Gluten, Water, Glucose Syrup, Colours (Beetroot Juice Concentrate, E100, E163), Coconut Oil, Glazing Agent (E901)], Palm Oil, Skimmed MILK 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 (MILK), Acidity Regulators (E300, E330, E525), Natural Flavouring, Colours (E160c, E160a(iv)), Emulsifiers (E471, E475, E481), WHEAT Gluten, SOYA 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	1.0	1.2
		Protein	4.9	5.7
		Salt	0.4	0.5
		Portion weight (g)	116	
		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
Kcal	369			362
Fat	18.0			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 (Carageenan)], Dark Chocolate (12%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Pasteurised Free Range EGG , Water, Butter (MILK), Fat Reduced Cocoa Powder (3.7%), Golden Syrup, Raising Agents [Bicarbonate of Soda, E450, E501], Café Direct Coffee Powder. <i>May contain traces of NUTS.</i>			KJ
		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	4.0
		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>	KJ
Kcal	342			376
Fat	15.5			17.0
Sat	1.8			2.0
Carbs	44.1			49.0
Sugar	21.1			23.0
Fibre	1.2			1.0
Protein	5.8			6.0
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>			KJ
		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], Skim MILK Solids, Salt, Starch, Lactic Culture, Potassium Sorbate), Water, Black Treacle (Cane Molasses, Inverted Sugar Syrup), WALNUTS 1.2%, Salted Butter (Butter [MILK], Salt), Mixed Spice (Coriander, Cassia, Ginger, Fennel, Nutmeg, Clove, Cardamom), Raising Agent: (Diphosphates [E450], Sodium Carbonates [E500]); WHEAT Flour [(Calcium Carbonate [E170]; Iron; Vitamin B1; Vitamin B3)], Sunflower Seed, Ground Cassia, Pumpkin Seed, Orange Zest, Sodium Bicarbonate (E500), Salt.	KJ
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	4.0			5.0
Salt	0.9			1.1
Portion weight (g)	126			
Christmas Fruit Loaf (V)	Sultanas 19%, dark brown sugar, WHEAT flour (calcium carbonate, iron, niacin, thiamin), dates 9%, free-range EGG , glace cherries 7% (cherries, glucose fructose syrup, sugar, colour (anthocyanin), acidity regulator (citric acid), preservative (sulphur dioxide SULPHITES)), water, white chocolate 6% [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier (SOYA lecithin)], rapeseed oil, coconut oil, brandy 4%, black treacle, mixed peel [orange peel, lemon peel, glucose-fructose syrup, salt, citric acid, sulphur dioxide (SULPHITES)], sweetened dried cranberries (cranberries, sugar), pumpkin seeds, mixed spices <1% raising agent (diphosphates, sodium carbonates, WHEAT flour [calcium carbonate, iron, niacin, thiamin]), salt.			KJ
		Kcal	373	485
		Fat	14.4	18.7
		Sat	6.4	8.3
		Carbs	55.6	72.3
		Sugar	39.7	51.6
		Fibre	1.6	2.1
		Protein	3.4	4.4
		Salt	0.4	0.5
		Portion weight (g)	130	
		Cinnamon Bun (Vg, DF)	WHEAT 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), SOYA drink (water, SOYA beans, apple extract, acidity regulators (monopotassium phosphate, dipotassium phosphate), calcium carbonate, sea salt, gellan gum, vitamins B2, B12, D2), light brown sugar, dark brown sugar, water, sugar, wholemeal WHEAT flour, WHEAT enzymes, sourdough (RYE flour, water, starter culture), orange zest, yeast, cinnamon 1%, golden syrup, rapeseed oil, salt, orange juice, lemon juice, vanilla extract, SOYA lecithin. <i>May contain traces of NUTS and SULPHUR DIOXIDE.</i>	KJ
Kcal	365			277
Fat	16.6			12.6
Sat	9.1			6.9
Carbs	48.7			37.0
Sugar	18.9			14.4
Fibre	2.4			1.8
Protein	5.2			4.0
Salt	0.9			0.7
Portion weight (g)	155			
Chocolate Candied Orange Friand (v)	Oranges (24%), Light Brown Sugar, Rapeseed Oil, Free-Range EGGS , Dark Chocolate (9%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Fat-Reduced Cocoa Powder, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), MILK , Dark Chocolate (3%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring - Min Cocoa Solids 53%], Coconut Oil, Candied Orange Zest (<1%) [Sugar, Orange Zest, Water], Raising Agent (Diphosphates, Sodium Carbonates, WHEAT Flour [Calcium Carbonate, Iron, Niacin, Thiamin]), Salt. <i>May contain traces of NUTS, PEANUTS and SULPHUR DIOXIDE.</i>			KJ
		Kcal	355	504
		Fat	20.1	28.5
		Sat	5.0	7.1
		Carbs	35.1	49.8
		Sugar	29.1	41.3
		Fibre	4.0	5.7
		Protein	4.9	7.0
		Salt	0.4	0.5
		Portion weight (g)	142	

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

CAKES & MUFFINS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Giant Mince Pie (Vg)	Mincemeat (64%) [Apples (Apples, Preservative: Potassium Sorbate), Sultanas (Sultanas, Sunflower Oil), Sugar, Glucose-Fructose Syrup, Raisins (Raisins, Sunflower Oil), Candied Mixed Peel (Orange Peel, Glucose-Fructose Syrup, Lemon Peel, Sugar, Acidity Regulator: Citric Acid), Vegetable Suet (Palm Oil, Sunflower Oil, Rice Flour), Modified Maize Starch, Acidity Regulators: Acetic Acid, Citric Acid, Mixed Spice, Colour: Plain Caramel, Orange Oil), Pastry Shell (29%) (WHEAT Flour, Vegetable Oils (Palm, Rapeseed), Water, Icing Sugar (Sugar, Starch), Sugar, Emulsifier: E471, Acidifier: Citric Acid), Pastry Decoration (7%) (Plain Flour (WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamine)), Water, Margarine (Vegetable Oils and Fats (Palm Oil, Rapeseed Oil), Water, Salt, Colours: Natural Carotenes, Citric Acid), Salt, Baking Powder).	KJ	1397	1956
		Kcal	334	468
		Fat	9.6	13.4
		Sat	4.6	6.4
		Carbs	56.0	78.4
		Sugar	52.0	72.8
		Protein	3.3	4.6
		Salt	0.1	0.1
		Portion weight (g)	140	
			per 100g	per portion (g)
Irish Cream Roulade (V)	Cream [MILK] (57%), Cocoa Sponge [WHEAT Flour, EGGS, Sugar, Glucose-Fructose Syrup, Stabilisers (Glycerol, Sorbitols), Fat Reduced Cocoa Powder (2.8%), Sunflower Oil, Skimmed MILK Powder, Natural Flavourings (Contains Alcohol), Emulsifiers (Mono- and Diglycerides of Fatty Acids E471, Polyglycerol Esters of Fatty Acids E475), Salt, Raising Agents (Diphosphates, Sodium Carbonates)], Stabiliser for Fresh Cream [Sugar, Maltodextrin, Modified Starch (Acetylated Distarch Adipate E1422), Thickener (Carrageenan E407)], Milk Chocolate Shavings [Sugar, Cocoa Mass, Cocoa Butter, Whole MILK Powder, Skimmed MILK Powder, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Toffee Sauce (5%) (Sweetened Condensed MILK [MILK, Sugar, Lactose (MILK)], Golden Syrup [Partially Inverted Refiners Syrup], Glucose Syrup, Palm Kernel, Water, Unsalted Butter [MILK], Sugar, Palm Oil, Gelling Agent [Pectin E440], Emulsifiers [Rapeseed Lecithin E322, Sorbitan Tri-Stearate E492], Dried Glucose Syrup, Salt, Preservative [Potassium Sorbate E202]), Irish Cream Liqueur (4%), Water, Salted Caramel Chips [Sugar, Invert Sugar Syrup, Butter (MILK), Glucose Syrup, Sea Salt, Skimmed MILK Powder, Acidity Regulator (Sodium Bicarbonate), Emulsifier (Sunflower Lecithin)].	KJ	1537	1344
		Kcal	370	323
		Fat	26.5	23.1
		Sat	16.3	14.2
		Carbs	28.1	24.5
		Sugar	19.4	16.9
		Fibre	0.7	0.6
		Protein	3.6	3.1
		Salt	0.3	0.3
		Portion weight (g)	88	
	per 100g	per portion (g)		
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 Carot & 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), May contain traces of Hazelnuts, Pecans and Pistachios.	KJ	1444	2109
		Kcal	344	502
		Fat	8.5	12.4
		Sat	2.1	3.1
		Carbs	42.2	90.9
		Sugar	49.7	72.6
		Fibre	2.3	3.4
		Protein	4.9	7.2
		Salt	0.5	0.7
		Portion weight (g)	146	
	per 100g	per portion (g)		
Lemon Curd Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, thiamin), sugar, liquid EGG, water, 9% Sicilian lemon curd (sugar, liquid EGG, butter (MILK), water, concentrated lemon juice (lemon juice concentrate, preservatives (E223 (Contains SULPHITES), E224 (Contains SULPHITES))), lemon oil, thickener (E406, salt), inulin, 4% lemon zest, 3% streusel (WHEAT flour (calcium carbonate, iron, niacin, thiamin), coarse granulated sugar, margarine (vegetable oils (rapeseed, palm), water, salt, natural flavouring), natural flavouring), buttermilk (MILK), 1.8% sweet snow (dextrose, palm oil, cornflour), 0.9% lemon strip (lemon peel, sugar, glucose-fructose syrup, acidity regulator E330), raising agents (E341, E450, E501), glucose syrup, palm oil, WHEAT starch, MILK protein, emulsifiers (E471, E475), humectants (E420, E422), natural flavouring, modified corn starch, WHEAT flour, preservatives (E202, E223 (Contains SULPHITES)), WHEAT Gluten, stabiliser E415, salt, acidity regulator E330, colouring E160a, rapeseed oil.	KJ	1517	1669
		Kcal	362	398
		Fat	15.5	17.0
		Sat	2.4	3.0
		Carbs	49.8	55.0
		Sugar	25.9	28.0
		Fibre	1.0	1.0
		Protein	5.3	6.0
		Salt	0.4	0.5
		Portion weight (g)	110	
	per 100g	per portion (g)		
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. May contain traces of other cereals containing GLUTEN, traces of SOYA, NUTS, PEANUTS and SULPHUR DIOXIDE.	KJ	1564	1814
		Kcal	372	431
		Fat	15.0	17.4
		Sat	2.2	2.6
		Carbs	56.0	65.0
		Sugar	36.9	42.8
		Fibre	1.3	1.5
		Protein	4.2	4.9
		Salt	0.6	0.7
		Portion weight (g)	116	
	per 100g	per portion (g)		
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. May contain traces of NUTS.	KJ	1349	337
		Kcal	323	81
		Fat	14.0	3.5
		Sat	6.6	1.7
		Carbs	42.0	10.5
		Sugar	12.0	3.0
		Fibre	1.5	0.4
		Protein	5.4	1.4
		Salt	0.7	0.2
		Portion weight (g)	25	
	per 100g	per portion (g)		
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%. May contain traces of NUTS and SULPHUR DIOXIDE.	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	
	per 100g	per portion (g)		
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%).	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	
	per 100g	per portion (g)		
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). May contain traces of NUTS.	KJ	1836	1836
		Kcal	435	435
		Fat	22.0	22.0
		Sat	10.2	10.2
		Carbs	56.6	56.6
		Sugar	40.5	40.5
		Fibre	0.7	0.7
		Protein	4.0	4.0
		Salt	1.1	1.1
		Portion weight (g)	100	
	per 100g	per portion (g)		
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).	KJ	1548	1548
		Kcal	370	370
		Fat	14.4	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	6.5
		Salt	1.3	1.3
		Portion weight (g)	100	

TRAYBAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Apricot Flapjack (Vg)	OATS (32%), Dried Apricots (21%) (SULPHITES), Pure Vegetable Margarine (Certified Sustainable Palm Oil, Rapeseed Oil, Salt), Light Brown Soft Sugar, Water, Golden Syrup.	KJ	1731	1956
		Kcal	413	467
		Fat	19.0	21.5
		Sat	6.4	7.2
		Carbs	55.6	62.8
		Sugar	32.2	36.3
		Fibre	3.2	3.6
		Protein	4.4	4.9
		Salt	0.45	0.51
		Portion weight (g)		113
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>	KJ	1819	1710
		Kcal	434	408
		Fat	18.1	17.0
		Sat	6.7	6.3
		Carbs	65.6	61.6
		Sugar	31.7	29.8
		Fibre	1.3	1.2
		Protein	2.0	1.9
		Salt	0.5	0.4
		Portion weight (g)		93
Blueberry Lemon & Almond Bakewell (Vg)	Sugar, WHEAT flour (calcium carbonate, iron, niacin, thiamin), SOYA drink (water, SOYA beans, apple extract, acidity regulators [monopotassium phosphate, dipotassium phosphate], calcium carbonate, sea salt, gellan gum, vitamins B2, B12, D2), ground ALMONDS 9%, coconut oil, rapeseed oil, blueberries 9%, maize, lemon zest 3%, lemon juice 3%, flaked ALMONDS 2%, raising agents [diphosphates, sodium carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)], natural ALMOND flavour, salt. <i>May contain traces of MILK, EGGS, SULPHUR DIOXIDE, PEANUTS, other traces of NUTS, and other traces of cereals containing GLUTEN.</i>	KJ	1772	1382
		Kcal	423	330
		Fat	25.9	20.2
		Sat	9.3	7.3
		Carbs	43.8	34.2
		Sugar	24.2	18.9
		Fibre	2.7	2.1
		Protein	5.1	4.0
		Salt	0.32	0.25
		Portion weight (g)		78
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 (1.5%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring]. <i>May contain traces of NUTS and EGG.</i>	KJ	2099	1574
		Kcal	502	377
		Fat	28.3	21.2
		Sat	16.8	12.6
		Carbs	56.6	42.5
		Sugar	41.0	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>	KJ	1477	1227
		Kcal	352	292
		Fat	23.2	19.8
		Sat	10.6	8.8
		Carbs	34.1	28.3
		Sugar	26.5	22.0
		Fibre	1.2	1.0
		Protein	2.2	1.8
		Salt	0.5	0.4
		Portion weight (g)		83
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%, Manioc Starch 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	20.0
		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
Rhubarb & Custard Slice (V)	White chocolate 17% (sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier (SOYA lecithin), natural vanilla flavouring), sugar, salted butter (MILK), WHEAT flour (calcium carbonate, iron, niacin, thiamin), free-range EGGS, sweetened condensed MILK, custard powder 9% (maize starch, salt, flavouring, colour (annatto)), rhubarb 8%, ruby chocolate 3% (sugar, cocoa butter, skimmed MILK powder, cocoa mass, emulsifier (SOYA lecithin), acid (citric acid), natural vanilla flavouring), vanilla extract, coconut oil, salt, raising agents (diphosphates, sodium carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)). <i>May contain traces of NUTS, SULPHUR DIOXIDE, PEANUTS and traces of other cereals containing GLUTEN.</i>	KJ	1805	1335
		Kcal	431	319
		Fat	24.0	17.8
		Sat	14.5	10.7
		Carbs	47.3	35.0
		Sugar	33.5	24.8
		Fibre	0.9	0.7
		Protein	6.5	4.8
		Salt	0.63	0.47
		Portion weight (g)		74
Super Dark Brownie (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

TRAYBAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
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.	KJ	2098	1510	
		Kcal	504	363	
		Fat	32.6	23.5	
		Sat	21.4	15.4	
		Carbs	42.4	30.5	
		Sugar	37.0	26.6	
		Fibre	4.3	3.1	
		Protein	6.2	4.5	
		Salt	0.4	0.3	
		Portion weight (g)		72	
				per 100g	per portion (g)
				KJ	1704
Yoghurt Apple & Blackcurrant Flapjack (V)	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. May contain traces of SULPHUR DIOXIDE.	KJ	1704	2334	
		Kcal	408	558	
		Fat	21.2	29.0	
		Sat	8.8	12.0	
		Carbs	47.8	65.4	
		Sugar	27.2	37.2	
		Fibre	3.0	4.1	
		Protein	5.0	6.8	
		Salt	0.2	0.3	
		Portion weight (g)		137	

TARTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Cinnamon Portuguese Tart (V)	MILK, Sugar, EGG Yolk, Whole EGG, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Maize Starch, Vanilla Flavour, WHEAT Flour (WHEAT Flour, WHEAT Malt Flour, Flour Treatment Agent E300), Pastry Margarine (Vegetable Fat (Palm), Sunflower Oil, Water, Salt, Emulsifiers: E471, E322, Flavourings, Acidity Regulator: E330, Preservative: E200, Antioxidants: E304i, E306, Colouring: Beta-Carotene E160ai), Water, Ground Cinnamon	KJ	1150	805		
		Kcal	293	205		
		Fat	10.4	7.3		
		Sat	4.8	3.3		
		Carbs	45.6	31.9		
		Sugar	25.6	17.9		
		Fibre	0.7	0.5		
		Protein	3.4	2.4		
		Salt	0.1	0.1		
		Portion weight (g)		70		
				per 100g	per portion (g)	
				KJ	1150	1035
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		
				per 100g	per portion (g)	
				KJ	1130	904
		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		
				per 100g	per portion (g)	
				KJ	1542	1542
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 [Insodium 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 traces of NUTS.			KJ	1542	1542
		Kcal	376	376		
		Fat	22.5	22.5		
		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 (Cucurmin, 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 (Cucurmin, 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
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
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 (Cucurmin, 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 (15%), 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
		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 (Cucurmin, Annatto), Flavourings], Dark Chocolate [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring]. May contain traces of NUTS.	KJ
Kcal	394			560
Fat	25.2			35.7
Sat	9.8			14.0
Carbs	33.8			48.0
Sugar	22.8			32.4
Fibre	0.4			0.6
Protein	8.0			11.3
Salt	0.6			0.9
Portion weight (g)				142
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 (Cucurmin, 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 Crumb [WHEAT Flour, Sugar, Vegetable Oils (Palm Oil, Rapeseed Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate E500ii), 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
		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	5.0	9.0
		Salt	0.9	1.6
		Portion weight (g)		180

PANINI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
Bacon, Brie & Chilli Jam Panini	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	2093
		Kcal	498
		Fat	17.7
		Sat	8.6
		Carbs	58.3
		Sugar	17.9
		Fibre	5.1
		Protein	23.9
		Salt	1.9
		Portion weight (g)	170
		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 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].
Kcal	434		
Fat	8.6		
Sat	3.3		
Carbs	49.7		
Sugar	4.5		
Fibre	3.8		
Protein	25.4		
Salt	1.87		
Portion weight (g)	185		
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 Mix (Pale 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%).		
		Kcal	480
		Fat	20.3
		Sat	8.8
		Carbs	49.6
		Sugar	5.0
		Fibre	3.1
		Protein	23.4
		Salt	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 (Pale 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%).
Kcal	513		
Fat	22.1		
Sat	5.5		
Carbs	49.5		
Sugar	6.1		
Fibre	3.5		
Protein	25.6		
Salt	1.7		
Portion weight (g)	195		

ROLLS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
Bacon Roll	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)], Coffee Cured British Bacon (32%) [Pork Belly, Sugar, Salt, Cold Brewed Coffee, Stabiliser: Sodium Triphosphate, Maltodextrin, Natural Flavouring, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Butter (MILK).	KJ	1464
		Kcal	348
		Fat	15.2
		Sat	7.1
		Carbs	38.7
		Sugar	2.1
		Fibre	1.6
		Protein	16.2
		Salt	2.1
		Portion weight (g)	124
		Butcher's Sausage Roll	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 (46%) [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), Butter (MILK)].
Kcal	413		
Fat	20.7		
Sat	8.3		
Carbs	42.9		
Sugar	1.6		
Fibre	2.5		
Protein	16.4		
Salt	1.8		
Portion weight (g)	161		
Beechwood Bacon Roll	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)], Cooked Beechwood Smoked Streaky Bacon (32%) [Pork, Pork Fat, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite].		
		Kcal	338
		Fat	12.1
		Sat	4.5
		Carbs	37.7
		Sugar	0.8
		Fibre	2.3
		Protein	21.7
		Salt	0.7
		Portion weight (g)	122

WRAPS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Breakfast Burrito	Barmarked WHEAT Tortilla Wrap [WHEAT Flour (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], Pork Sausage in Beef Collagen Casing (23%) [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 (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Scrambled EGG and Béchamel Mix (10%) [Free Range Pasteurised Whole EGG , Water, Sunflower Oil, Skimmed MILK Powder, Lemon Juice, Salt and Pepper], Béchamel Sauce (3%) [Water, Butter (MILK), Skimmed MILK Powder, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Double Cream (MILK)], Black Pepper, Baked Beans (11%) [Beans, Water, Tomato Puree, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Distilled Malt Vinegar, Onion Powder, Ground Paprika, Flavouring], British Beechwood Smoked Bacon (5%) [Pork, Pork Fat, Salt, Antioxidant: Sodium Ascorbate, Preservative: Potassium Nitrate, Sodium Nitrite], Water, Cornflour.	KJ	961	2028	
		Kcal	229	483	
		Fat	8.7	18.3	
		Sat	3.3	6.9	
		Carbs	25.8	54.4	
		Sugar	2.0	4.3	
		Fibre	2.2	4.6	
		Protein	10.9	22.9	
		Salt	1.07	2.26	
		Portion weight (g)		211	
		Sweet Potato & Spicy Bean Wrap (Vg)	Barmarked WHEAT Tortilla Wrap [WHEAT Flour (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 Cheesy Beans Mix (22%) [Mixed Beans (Cannellini Beans, Borlotti Beans, Red Kidney Beans, Salt), Tomatoes (5%), Mozzarella Flavoured Plant Based Cheese (4%) (Water, Modified Potato Starch, Coconut Oil, Sea Salt, Olive Fruit Extract, Flavourings, Colour: Natural Beta Carotene), Red Onion (3%)], Vegan Sweet Potato Chipotle Mayonnaise Mix (22%) [Diced Sweet Potato (14%) (Sweet Potato, Sunflower Oil), Chipotle Paste (4%) (Sugar, Concentrate Red Pepper Juice, Molasses, Tomato Puree, Ground Spices (Chipotle Chilli (2%), Smoked Paprika, Water, Salt, White Wine Vinegar, Onion Salt, Garlic Salt), Vegan Mayonnaise (2%) (Water, Rapeseed Oil, Cornflour, Pectin, Sugar, Spirit Vinegar, Dijon MUSTARD (Water, Brown MUSTARD Seeds, Spirit Vinegar, Salt), Pea Protein, Salt, Concentrated Lemon Juice), Chargrilled Red Chilli Puree (Chargrilled Red Chilli Puree, Red Chilli, Olive Oil)], Spinach (5%), Water, Cornflour.	KJ	917
Kcal	217			400	
Fat	4.6			8.5	
Sat	2.0			3.6	
Carbs	37.3			68.6	
Sugar	5.9			10.9	
Fibre	2.9			5.4	
Protein	5.2			9.6	
Salt	0.8			1.47	
Portion weight (g)				184	
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, Flavourings, Colour: Natural Beta Carotene)], Sicilian Wheatballs (WHEAT) (20%) [Mushroom, Borlotti Beans, WHEAT Gluten, Rusk (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Rapeseed Oil, Onion, Avocado (Avocado, Anti-oxidant: Ascorbic Acid, Acidity Regulator: Citric Acid, Salt), Brown Rice, Apple (Apple, Preservative: Sodium METABISULPHITE), Potato Starch, Fennel, Salt, Lemon Juice, Garlic Powder, Black Pepper, Dried Red Pepper, Basil, Thyme), Vegan Mayonnaise (5%) (Water, Rapeseed Oil, Cornflour, Preservative: Pectin, Sugar, Spirit Vinegar, Dijon MUSTARD (Water, Brown MUSTARD Seeds, Spirit Vinegar, Salt), Pea Protein, Salt, Concentrated Lemon Juice), Spinach (4%), Water, Cornflour.			KJ	976
		Kcal	232	457	
		Fat	7.8	15.3	
		Sat	2.3	4.5	
		Carbs	34.2	67.5	
		Sugar	3.9	7.6	
		Protein	7.4	14.6	
		Salt	0.9	1.7	
		Portion weight (g)		197	

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 (E503iii)), 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 (E464), Black Pepper, Nutmeg. <i>May contain NUTS.</i>	KJ	1435	2225	
		Kcal	345	534	
		Fat	22.2	34.5	
		Sat	10.0	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	
		Premium Sausage Roll	Pork (37%), WHEAT Flour, Margarine (Palm Oil, Palm Stearin, Water, Rapeseed Oil, Salt, Lemon Juice Concentrate, Emulsifier (E471), Acidity Regulator (E330)), Water, Sweetcure Gammon (8%) [Pork, Water, Salt, Brown Sugar, Fructose, Preservatives (E250, E252), Antioxidant (E301)], Rusk (WHEAT Flour, Water, Salt, Raising Agent (E503iii)), Onions, Pork Fat, Potato Starch, Glaze (Water, Modified Starch), Rapeseed Oil, MILK Proteins, Emulsifiers (SOYA Lecithin, E471), Acidity Regulator (E339iii), Colour (E160a)), Salt, Dried Thyme, Ground Black Pepper, Ground White Pepper, Ground Nutmeg.	KJ	1315
Kcal	316			569	
Fat	22.2			40.0	
Sat	9.5			17.1	
Carbs	24.0			43.2	
Sugar	2.3			4.1	
Fibre	2.3			4.1	
Protein	4.0			7.2	
Salt	1.4			2.4	
Portion weight (g)				180	
Vegan Vegetable 'Sausage' Roll (Vg, DF)	Mixed Roast Vegetables (38%) (Butternut Squash, Courgette, Red Onion, Sweet Potato), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Tomato Passata (14%), Palm Oil, Roast Tomatoes (5%), Palm Fat, Rapeseed Oil, Potato Starch, Salt, Poppy Seeds, Tomato Concentrate, Basil, Cornflour, Sunflower Oil, Garlic, Olive Oil, Rosemary, Cracked Black Pepper, Dried Oregano, Emulsifier (E471), Sugar, Garlic Powder, Yeast, Lemon Juice.			KJ	1133
		Kcal	272	354	
		Fat	16.0	20.8	
		Sat	7.9	10.3	
		Carbs	26.5	34.5	
		Sugar	4.8	6.2	
		Fibre	2.4	3.1	
		Protein	4.2	5.5	
		Salt	0.9	1.2	
		Portion weight (g)		130	

SOUPS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Carrot & Coriander Soup (Vg, DF)	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	17.0	
		Sugar	2.7	8.1	
		Fibre	1.9	5.6	
		Protein	1.1	3.3	
		Salt	0.6	1.7	
		Portion weight (g)		300	
		Carrot & Coriander Soup, served in bread bowl (Vg, DF)	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	465
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	

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	1.0
		Carbs	66.5	24.6
		Sugar	31.0	11.5
		Fibre	2.7	1.0
		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	3.6	2.2
		Carbs	64.8	40.2
		Sugar	40.6	25.2
		Fibre	1.4	0.9
		Protein	3.2	2.0
		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	20.0	8.0
		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	5.0
		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		
Loacker Vanille (V)	Crispy wafer filled with vanilla cream (75% cream). Ingredients: WHEAT flour, coconut oil, glucose syrup, sugar, skimmed MILK powder, dextrose, SOYA flour, malt extract, sugar, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier SOYA lecithin, vanilla pods (bourbon), HAZELNUT. May contain ALMONDS.	per 100g		per portion (g)
		KJ	2188	985
		Kcal	523	235
		Fat	27.0	12.0
		Sat	23.0	11.0
		Carbs	61.0	28.0
		Sugar	31.0	14.0
		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	19.0	4.8
		Sat	8.8	2.2
		Carbs	72.6	18.2
		Sugar	38.1	9.5
		Fibre	1.3	0.3
		Protein	4.9	1.2
		Salt	0.9	0.2
Portion weight (g)		25		
Mixed Fruit & Nuts (V)	Diced Apricots (20%) (Apricots, Rice Flour, SULPHUR DIOXIDE), Flame Raisins (20%) (Raisins, Sunflower Oil), ALMONDS (20%), Roasted CASHEW NUTS (20%) (CASHEW NUTS, Rapeseed Oil), Dried Sweetened Cranberries (10%) (Sugar, Cranberries, Sunflower Oil), HAZELNUTS (10%). May contain traces of SOYA, MILK, PEANUTS and cereals containing GLUTEN. Due to the processing method of some ingredients, this product is not suitable for Vegans.	per 100g		per portion (g)
		KJ	1925	674
		Kcal	460	161
		Fat	27.4	9.6
		Sat	2.9	1.0
		Carbs	39.8	13.9
		Sugar	33.0	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	6.0	
		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	
				per 100g	per portion (g)
Willie's Dark Chocolate Bar (Vg, GF)	Ingredients: cocoa mass, raw cane sugar, cocoa butter. May contain traces of NUTS.	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	9.0	2.3	
		Salt	0.0	0.0	
		Portion weight (g)		26	
				per 100g	per portion (g)
		Willie's Milk Chocolate Bar (GF)	Ingredients: raw cane sugar, cocoa mass 25%, MILK powder 21%, cocoa butter 19%. May contain traces of NUTS.	KJ	2330
Kcal	560			146	
Fat	38.0			9.9	
Sat	23.0			6.0	
Carbs	46.0			12.0	
Sugar	35.0			9.1	
Protein	9.0			2.3	
Salt	0.2			0.1	
Portion weight (g)				26	
				per 100g	per portion (g)
Willie's Orange Chocolate Bar (Vg, GF)	Ingredients: cocoa mass, raw cane sugar, cocoa butter, essential orange oil 0.1%.			KJ	2320
		Kcal	558	145	
		Fat	38.5	10.0	
		Sat	23.1	6.0	
		Carbs	40.0	10.4	
		Sugar	34.0	8.8	
		Protein	8.0	2.1	
		Salt	0.0	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	12.0
		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
				per 100g
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).	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
				per 100g
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).	KJ	2106	842
		Kcal	505	202
		Fat	28.9	12.0
		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