

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
Apricot Croissant (V)	Pastry: 56% (WHEAT flour, butter 19% (MILK), water, yeast, sugar, EGGS, salt, WHEAT gluten enzymes (amylases, hemicellulases), flour treatment agent (E300)), Apricots 26%, Pastry cream 17% (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450iii, E339ii), colour (E160ai), flavouring), egg wash (EGGS, water). May contain: traces of NUTS and traces of SOYA.	per 100g	per portion (g)	
		KJ	1081	1113
		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		
Butter Croissant (V)	Pastry: WHEAT flour, butter 22% (MILK), water, sugar, whole MILK pasteurized, yeast, EGGS, salt, WHEAT gluten, emulsifier : E322 (rape lecithin), flour treatment agent : E300, enzymes, egg wash (Free Range EGGS) 1.5g. May contain: traces of NUTS and traces of SOYA.	per 100g	per portion (g)	
		KJ	1792	915
		Kcal	429	219
		Fat	23.0	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		
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.	per 100g	per portion (g)	
		KJ	1387	1054
		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		
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.	per 100g	per portion (g)	
		KJ	1512	1176
		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		
Pain au Chocolat (V)	Pastry: (WHEAT flour, Butter (MILK), water, chocolate 10% (sugar, cocoa mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavour), sugar, whole MILK, yeast, EGGS, salt, WHEAT gluten, Emulsifier (rape lecithin), flour treatment agent (E300), enzymes (amylases, hemicellulases)), egg wash (Free Range EGG). May contain: traces of NUTS.	per 100g	per portion (g)	
		KJ	1786	1120
		Kcal	427	268
		Fat	23.0	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		
Pain au Raisin (V)	WHEAT flour, water, raisins 13%, Butter (MILK), sugar, yeast, corn starch, EGGS, salt, powdered whey (MILK), whole MILK powder, WHEAT gluten, EGG albumin powder, skimmed MILK powder, thickener (sodium alginate), emulsifier (rape lecithin), fruit and plant extract (turmeric and carrot), natural flavouring, acidity regulator (citric acid), flour treatment agent (ascorbic acid), enzymes (hemicellulases, amylases), egg wash (Free Range EGGS), Neutral glaze (water, glucose syrup, sugar, acidity regulators (E330, E332, E333), flavour, gelling agent (pectin), preservative (potassium sorbate)). May contain: traces of NUTS and traces of SOYA.	per 100g	per portion (g)	
		KJ	1417	1245
		Kcal	338	296
		Fat	14.0	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		
Vegan Raspberry Croissant (Vg)	WHEAT flour, Water, Vegetable Fat (17% Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring), Raspberry Filling (16% (Glucose Syrup, Raspberry Purée, Sugar, Raspberries (2%), Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator (Tricalcium Citrate), Natural Flavouring, Preservative (Potassium Sorbate)), Sugar, Yeast, Decoration (3% (Sugar, Non-Hydrogenated Palm Oil, Food Colours (Radish, Blackcurrant, Apple concentrate)), Spelt flour, WHEAT gluten Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid). May contain: traces of MILK, SESAME SEEDS, SOYA, NUTS, EGGS.	per 100g	per portion (g)	
		KJ	1589	1239
		Kcal	379	296
		Fat	16.3	12.7
		Sat	8.2	6.4
		Carbs	50.7	39.5
		Sugar	18.5	14.4
		Fibre	2.7	2.1
		Protein	6.4	5.0
		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	148			451
Fat	6.8			20.7
Sat	2.2			6.8
Carbs	16.5			50.2
Sugar	7.2			21.8
Fibre	1.6			4.9
Protein	5.5			16.7
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). May contain traces of SOYA, MILK, EGG, NUTS and SULPHUR DIOXIDE.	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. May contain traces of MILK, EGG and NUTS.	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	
				per 100g
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	
				per 100g
Preserve Strawberry (Vg)	Strawberries, sugar, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	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	
				per 100g
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	
				per 100g
Rodda's Cornish Clotted Cream (V)	100% Cornish cows MILK.	KJ	2413	965
		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	
				per 100g
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), Flavoursings, 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	
				per 100g
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	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	
				per 100g
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	

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	719	1581
		Kcal	171	376
		Fat	6.0	13.3
		Sat	1.4	3.1
		Carbs	21.7	47.7
		Sugar	11.6	25.5
		Fibre	2.4	5.4
		Protein	6.3	13.9
		Salt	0.2	0.4
		Portion weight (g)	240	
		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
Kcal	163			359
Fat	6.1			13.3
Sat	1.4			3.1
Carbs	19.7			43.3
Sugar	10.0			21.9
Fibre	2.5			5.4
Protein	6.3			13.8
Salt	0.2			0.4
Portion weight (g)	220			
Yogurt & Seeds with Banana (V)	Yoghurt: Natural Low Fat Yogurt (MILK), Banana, Pumpkin Seeds, Sunflower Seeds and Honey.			KJ
		Kcal	158	316
		Fat	7.9	15.7
		Sat	1.5	3.0
		Carbs	13.7	27.4
		Sugar	11.9	23.8
		Fibre	1.5	3.0
		Protein	7.4	14.8
		Salt	0.1	0.3
		Portion weight (g)	200	
		Yogurt & Seeds with Blueberry (V)	Yoghurt: Natural Low Fat Yogurt (MILK), Frozen Blueberries, Pumpkin Seeds, Sunflower Seeds and Honey.	KJ
Kcal	149			299
Fat	7.9			15.8
Sat	1.5			3.0
Carbs	11.5			23.1
Sugar	10.1			20.2
Fibre	1.5			3.1
Protein	7.4			14.8
Salt	0.1			0.3
Portion weight (g)	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			
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	

CAKES & MUFFINS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
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	1864	1435
		Kcal	444	342
		Fat	21.5	16.6
		Sat	7.9	6.1
		Carbs	59.6	45.9
		Sugar	41.1	31.7
		Fibre	0.7	0.5
		Protein	3.9	3.0
		Salt	0.8	0.6
		Portion weight (g)		77
Carrot & Walnut Cake (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin [B3], Thiamin [B1]), White Sugar, Icing Sugar (Sugar, Anti Caking Agent [E341]), Sunflower Oil, Carrots 7.8%, Oranges, Free Range EGG , Full Fat Soft Cheese (MILK , Cream (MILK), 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	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	4.0	5.0
		Salt	0.9	1.1
		Portion weight (g)		126
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	1537	1168
		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
Coconut & Lime Loaf Cake (V)	Sugar, WHEAT flour (calcium carbonate, iron, niacin, thiamin), free-range EGGS , buttermilk (MILK), coconut oil 8%, desiccated coconut 8%, lime juice 7%, rapeseed oil, raising agents (diphosphates, sodium carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)), toasted coconut 1%, lime zest 1%, salt, natural coconut aroma <1%. <i>May contain traces of cereals containing GLUTEN, SOYA, SULPHITES, PEANUTS and NUTS.</i>	KJ	1652	1702
		Kcal	395	406
		Fat	22.3	23.0
		Sat	13.6	14.0
		Carbs	44.0	45.3
		Sugar	25.9	26.7
		Protein	5.1	5.3
		Salt	0.7	0.7
		Portion weight (g)		103
		Jubilee Muffin (V)	Sponge Cake (74%) (Cake Flour (WHEAT Flour (with added iron, Calcium, Thiamine, Niacin), Sugar, Whole Dried Free-range EGG Powder, Modified Maize Starch, Raising Agents: E450, E500, Skimmed MILK Powder, Salt, Free Range EGG Albumen, Natural Flavour, Colour: E160a), Water, Rapeseed Oil), Mixed Fruit Jam (12%) (Glucose-Fructose Syrup, Mixed Fruits (Apples, Plums, Rhubarb), SULPHITES , Colour: E163, Gelling Agent: E440, Citric Acid, Flavouring, Acidity Regulator: E331, Preservative: E202, Anti-oxidant: E300), Vanilla Buttercream (12%) (Icing Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier: E471, Flavouring, Colouring: E160b(i), E100), Unsalted Butter (MILK), Vanilla Flavouring (Water, Propylene Glycol, Caramelised Sugar Syrup, Thickener: E415, Acidity Regulator: E330, Acidity Regulator: E330, Preservative: E202)), White Chocolate Curis (Sugar, Cocoa Butter, Whole MILK Powder, Lactose (MILK), Whey Powder (MILK), Emulsifier: E322 (SOYA), Natural Vanilla Flavouring), Red, White & Blue Sugar Strands (0.7%) (Sugar, Vegetable Oils (Coconut, Shea), Maize Starch, Potato Starch, Concentrates (Radish, Lemon, Blackcurrant, Carrot, Hibiscus, Spirulina, Apple), Stabiliser (Acacia Gum), Glazing Agents (Shellac, Beeswax), Caramelised Sugar Syrup, Salt, Flavouring, Colour (Titanium Dioxide), Concentrated Lemon Juice)).	KJ
Kcal	373			560
Fat	17.0			26.0
Sat	3.2			4.8
Carbs	50.9			76.3
Sugar	34.0			51.0
Protein	3.4			5.1
Salt	0.3			0.45
Portion weight (g)				150
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
		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
Lemon Drizzle Cake (V)	Sugar, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk (MILK), Sunflower Oil, Free Range EGG , Icing Sugar (Sugar, Anti Caking Agent [E341]), Lemon Juice 4.5%, Lemon Curd 3% (Sugar, Free Range EGG , Salted Butter (MILK), Lemon Juice, Water, Lemon Oil, Agar), Lemon Zest 3%, Raising Agents (Diphosphates, Sodium Carbonates, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin)), Salt. <i>May contain traces of other cereals containing GLUTEN, traces of SOYA, NUTS, PEANUTS and SULPHUR DIOXIDE.</i>	KJ	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

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), wafer, EGGS , sugar, butter (MILK), topping (dextrose, WHEAT starch, palm oil), WHEAT GLUTEN, yeast, salt, emulsifier (E471), colour (E160a), antioxidant (E300), WHEAT malt. <i>May contain traces of NUTS.</i>	KJ	1349	337
		Kcal	323	81
		Fat	14.0	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
Passionfruit Slice (V)	Passionfruit Curd (23%) (Granulated Sugar, EGG , Butter (MILK), Passion Fruit Concentrate, Gelling Agent: Fruit Pectin, Acidity Regulator: Citric Acid), Caster Sugar, Free Range EGGS) Butter (MILK), ALMONDS (12%), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pure Vegetable Margarine (Certified Sustainable Palm Oil, Rapeseed Oil, Salt), Coconut Chips (2.9%), Lemon Zest, Salt, Natural ALMOND Extract.	KJ	1883	2014.8
		Kcal	450	481.5
		Fat	30.8	32.9
		Sat	14.3	15.3
		Carbs	37.1	39.7
		Sugar	26.7	28.5
		Protein	6.6	7.1
		Salt	0.3	0.3
		Portion weight (g)		106
		Peach Melba (V)	WHEAT flour (calcium carbonate, iron, niacin, thiamin), sugar, icing sugar, peaches 11%, buttermilk (MILK), free-range EGGS , raspberries 5%, rapeseed oil, coconut oil, cream cheese (MILK , cream (MILK), skim MILK solids, salt, starch, lactic culture, potassium sorbate), salted butter (MILK), lemon zest 1%, raising agents (diphosphates, sodium carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)), salt, freeze-dried raspberry <1%. <i>May contain traces of NUTS, PEANUTS, SOYA and SULPHUR DIOXIDE.</i>	KJ
Kcal	352			436.48
Fat	14.4			17.9
Sat	6.9			8.6
Carbs	53.1			65.8
Sugar	36.2			44.9
Protein	3.6			4.5
Salt	0.5			0.6
Portion weight (g)				124
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>			KJ
		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%).	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
Sticky Toffee Cake (Gluten Free recipe) (V)	Gluten Free Vanilla Muffin Mix (18%) [Sugar, Potato starch, Modified Starch (Acetylated distarch phosphate E1414), EGG White Powder, Vegetable Oil (Coconut), Raising Agent (Disodium diphosphate E450i, Sodium Bicarbonate E500ii), Humectant (Sorbitol E420), Emulsifier (Mono - diglycerides of Fatty Acids E471), Maltodextrin, Salt, Natural Flavouring, Thickener (Xanthan Gum E415), Vegetable Protein], Dates (18%) [Dates, Rice Flour], Caramel Icing [Sugar, Glucose syrup, Vegetable Oil, Water, Caramelised Sugar Syrup, Emulsifiers (Mono- and diglycerides of fatty acids, SOYA Lecithin), Stabiliser (Agar), Flavouring, Preservative (Potassium sorbate E202)], Water, Whole Hen EGG , Rapeseed Oil, Colour [Ammonia Caramel E150c]. * We have two types of Sticky Toffee Cake in our store. These have different allergen, ingredient and nutritional information. Please check in store which one they have in stock before your purchase.	KJ	1486	1724
		Kcal	355	411
		Fat	15.6	18.0
		Sat	3.2	3.8
		Carbs	52.4	60.8
		Sugar	42.2	49.0
		Fibre	0.8	1.0
		Protein	2.4	2.7
		Salt	0.4	0.5
		Portion weight (g)		116
Summer Berry Bakewell (V)	Sugar, salted butter (MILK), WHEAT flour (calcium carbonate, iron, niacin, thiamin), free-range EGG , white chocolate 8% (sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier (SOYA lecithin), natural vanilla flavouring), sour cherries 7%, ground ALMONDS 6%, raspberries 3%, white chocolate 3% (sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier (SOYA lecithin)), blueberries 3%, flaked ALMONDS 2%, lemon zest 1%, coconut oil, natural ALMOND flavour <1%, freeze-dried sour cherry <1%, raising agents (diphosphates, sodium carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)). <i>May contain traces of other types of NUTS, PEANUTS, SOYA and SULPHUR DIOXIDE.</i>	KJ	1722	1171
		Kcal	412	280
		Fat	24.4	16.6
		Sat	12.6	8.6
		Carbs	43.4	29.5
		Sugar	30.0	20.4
		Protein	5.4	3.7
		Salt	0.5	0.3
		Portion weight (g)		68

CAKES & MUFFINS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		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). <i>May contain traces of NUTS.</i>	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)	
				KJ	1548	1548
		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	370	370
Kcal	14.6			14.6		
Fat	4.9			4.9		
Sat	65.1			65.1		
Carbs	23.3			23.3		
Sugar	2.3			2.3		
Fibre	6.5			6.5		
Protein	1.3			1.3		
Salt						
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		
				per 100g	per portion (g)	
				KJ	1819	1710
		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	434	408
Kcal	18.1			17.0		
Fat	6.7			6.3		
Sat	65.6			61.6		
Carbs	31.7			29.8		
Sugar	1.3			1.2		
Fibre	2.0			1.9		
Protein	0.5			0.4		
Salt						
Portion weight (g)				93		
				per 100g	per portion (g)	
				KJ	1772	1382
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	423	330
		Kcal	25.9	20.2		
		Fat	9.3	7.3		
		Sat	43.8	34.2		
		Carbs	24.2	18.9		
		Sugar	2.7	2.1		
		Fibre	5.1	4.0		
		Protein	0.32	0.25		
		Salt				
		Portion weight (g)		78		
				per 100g	per portion (g)	
				KJ	2099	1574
		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	502	377
Kcal	28.3			21.2		
Fat	16.8			12.6		
Sat	56.6			42.5		
Carbs	41.0			30.8		
Sugar	1.5			1.1		
Fibre	4.7			3.5		
Protein	0.5			0.4		
Salt						
Portion weight (g)				75		
				per 100g	per portion (g)	
				KJ	1856	1856
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	443	443
		Kcal	20.2	20.2		
		Fat	8.2	8.2		
		Sat	61.5	61.5		
		Carbs	27.4	27.4		
		Sugar	4.9	4.9		
		Fibre	6.3	6.3		
		Protein	0.5	0.5		
		Salt				
		Portion weight (g)		100		

TRAYBAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
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, 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 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	37.0	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 (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. <i>May contain traces of SULPHUR DIOXIDE.</i>	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)		
Berry Tart	Cream (MILK), Shortcrust Sweet Tart (WHEAT Flour (GLUTEN), Vegetable Fats and Oils [Palm, Coconut, Rapeseed, Colour (Carotenes E160a)], Sugar, Free Range EGG , Water, Salt, Skimmed MILK Powder), Mascarpone (Cream (MILK), MILK Proteins, Skimmed MILK Powder, Acidity Regulator (Citric Acid E330), Preservatives (Potassium Sorbate E202, Nisin E234)), Frozen Raspberries, Frozen Redcurrants, Water, Stabiliser for Fresh Cream [Sugar, Maltodextrin, Modified Starch (Acetylated Distarch Adipate E1422), Thickener (Carrageenan E407)], White Chocolate [Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Sweet Snow [Dextrose, Cornflour, Vegetable Oil (Palm)], Vanilla Paste [Glucose Syrup, Invert Sugar Syrup, Fructose Syrup, Extracted Vanilla Peel Powder, Natural Bourbon Vanilla Flavour, Pumpkin Concentrate, Carrot Concentrate, Acidity Regulator (Citric Acid E330)]. <i>May contain traces of cereals containing GLUTEN, NUTS and SULPHUR DIOXIDE.</i>	KJ	1432	2163	
		Kcal	345	521	
		Fat	26.3	39.7	
		Sat	12.7	19.2	
		Carbs	23.3	35.2	
		Sugar	11.5	17.4	
		Protein	3.3	5.0	
		Salt	0.2	0.25	
		Portion weight (g)		151	
		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
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	
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
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	

DESSERTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
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.	per 100g	per portion (g)	
		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			
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(iii), 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 (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.	per 100g	per portion (g)	
		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			
Lemon Meringue Slice	Cream [MILK], Biscuit Crumb [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine), Wholemeal WHEAT Flour, Vegetable Shortening (Palm Oil, Rapeseed Oil), Sugar, Partially Invert Sugar Syrup, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Salt], Low Fat Soft Cheese [Skimmed MILK, Cream (MILK), Salt, Preservative (Potassium Sorbate), Lactic Culture (MILK), Microbial Rennet], Lemon Purée (5%) [Lemons], Sicilian Lemon Cream [Fructose, Water, Sicilian Lemon Juice Concentrate (5%), Unsalted Butter (MILK), Modified Starch, Pasteurised Whole EGG, Salt, Lemon Oil, Acidity Regulator; Sodium Citrate, Preservative; Potassium Sorbate; Colour; Lutein], Margarine [Vegetable Oils (Palm & Rapeseed), Water, Salt, Emulsifier (Polyglycerol Esters of Fatty Acids), Colours (Curcumin, Annatto bixin E160 b(i)), Flavourings], Sugar, Lemon Fruit Concentrate [Sugar, Concentrated Lemon Juice (18%), Lemon Peel (17%), Water, Lemon Puree (2%), Acidity Regulator (Citric Acid E330), Glucose Syrup, Gelling Agent (Pectins E440), Lemon Oil, Stabilisers (Guar Gum E412, Locust Bean Gum E410), Preservative (Potassium Sorbate E202), Colours [Algal Carotenes E160a(iv), Anthocyanins E163], Natural Flavouring], Meringue Shell Pieces (1%) [Sugar, EGG Whites, Maize Starch], Water, Neutral Fond [Sugar, Dried Glucose Syrup, Gelatine, Modified Starch, Hen's EGG Yolk Powder, Acidity Regulator (Disodium Diphosphate), Salt], Brown Sugar, Golden Syrup [Partially Inverted Sugar Syrup], Gelatine, Sweet Snow [Glucose (Maize), Cornflour, Vegetable Oil (Palm Kernel)]. ADDITIONAL INFORMATION: Made with Beef Gelatine. May contain traces of cereals containing GLUTEN, SOYA, NUTS and SULPHITES.	per 100g	per portion (g)	
		KJ	1366	2459
		Kcal	328	591
		Fat	21.8	39.3
		Sat	7.1	12.8
		Carbs	27.8	50.1
		Sugar	18.8	33.8
		Protein	5.2	9.3
		Salt	0.4	0.6
		Portion weight (g)	180	
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.	per 100g	per portion (g)	
		KJ	1644	2334
		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], 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 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.	per 100g	per portion (g)	
		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	5.0	9.0
		Salt	0.9	1.6
Portion weight (g)	180			
Strawberry & Cream Cheesecake	Full Fat Soft Cheese [Skimmed MILK, Cream (MILK), Lactic Cultures, Salt, MILK Protein, Preservative (Potassium Sorbate E202)], Biscuit Crumb [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine), Wholemeal WHEAT Flour, Vegetable Shortening (Palm Oil, Rapeseed Oil), Sugar, Partially Invert Sugar Syrup, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Salt], Cream (MILK), Whole Hen EGG, Strawberry Fruit Filling (8%) [Water, Strawberries (38%), Sugar, Modified Starch, Acidity Regulator (Citric Acid E330), Elderberry Fruit Concentrate, Natural Flavouring, Preservative (Potassium Sorbate E202)], Clotted Cream (3%) (MILK), Stabiliser for Fresh Cream [Sugar, Maltodextrin, Modified Starch (Acetylated Distarch Adipate E1422), Thickener (Carrageenan E407)], Water, Sugar, Margarine [Vegetable Oil (Palm, Rapeseed), Water, Salt (2%), Emulsifier (Polyglycerol Esters of Fatty Acids E475), Flavourings, Colours (Curcumin E100, Annatto Bixin E160b(i))], Golden Syrup [Invert Sugar Syrup], White Chocolate Shavings [Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], 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)], Strawberry Paste (0.5%) [Glucose Syrup, Invert Sugar Syrup, Strawberries 20%, acid (citric acid), Concentrates (black carrot, carrot), Ethyl alcohol, Starch, Natural Flavourings, Strawberry Juice Concentrate], Iron Oxide Red (E172). May contain traces of cereals containing GLUTEN, NUTS and SULPHITES.	per 100g	per portion (g)	
		KJ	1384	1799
		Kcal	332	432
		Fat	22.3	29.0
		Sat	9.2	11.9
		Carbs	26.4	34.3
		Sugar	11.7	12.8
		Protein	6.2	8.1
		Salt	0.5	0.6
		Portion weight (g)	130	

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	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
		Chicken & Pesto Panini	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) (9%).	KJ
Kcal	284			596
Fat	13.4			28.2
Sat	2.9			6.0
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
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].			KJ
		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
		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 [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
Kcal	261			480
Fat	11.0			20.3
Sat	4.8			8.8
Carbs	26.9			49.6
Sugar	2.7			5.0
Fibre	1.7			3.1
Protein	12.7			23.4
Salt	1.2			2.1
Portion weight (g)				184
Tuna Melt Panini	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Tuna Melt Mix [Pole and Line Caught Tuna (20%) (Skipjack Tuna (FISH), Water, Salt)], Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Red Pepper (3%), Slow Roast Tomato (2%) (Tomato, Sunflower Oil, Salt, Garlic, Oregano), Red Onion (1%), Parsley, Lemon Juice, Cornflour, Black Pepper], Cheddar Cheese (MILK) (7%).			KJ
		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)	
Cotto Ham & Cheese Toastie	Grilled Cheese Topped Bread [White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono-and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, SOYA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Béchamel Sauce (Whole MILK , Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Mozzarella Cheese (MILK) (8%), Cheddar Cheese (MILK) (5%)], Mascarpone Cheese Béchamel [Mascarpone Full Fat Soft Cheese (MILK) (9%), Béchamel Sauce (Whole MILK , Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Regato Cheese (MILK) (2%) [Regato Cheese, Anti-caking Agent: Potato Starch], Parmigiano Reggiano Shavings (MILK) (<1%), Cracked Black Pepper], Cooked Formed Cured Ham with Sage & Rosemary (17%) [Pork, Water, Salt, Brown Sugar, Stabiliser: Sodium Tripolyphosphate, Sage, Rosemary, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite].	KJ	911	1594
		Kcal	218	382
		Fat	8.8	15.4
		Sat	5.1	9.0
		Carbs	22.3	39.0
		Sugar	2.2	3.8
		Fibre	1.1	1.9
		Protein	12	21
		Salt	1.3	2.2
		Portion weight (g)		175
Mozzarella & Roasted Tomato Toastie (V)	Grilled Cheese Tomato Topped White Bread [White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono-and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, SOYA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Béchamel Sauce (Whole MILK , Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Mozzarella Cheese (MILK) (8%), Semi Dried Cherry Tomato (6%), Cheddar Cheese (MILK) (5%)], Mascarpone & Tomato Tomatade Dressing (15%) [Mascarpone Full Fat Soft Cheese (MILK) (7%), Sunbush Tomatade (3%) (Slow Roast Tomato, Tomato Concentrate, Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic), Tomato and Onion Sauce (3%) (Water, Tomato Paste, Chopped Tomato, Rapeseed Oil, Sugar, White Wine Vinegar, Cornflour, Garlic Puree, Concentrated Lemon Juice, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt)), Diced Onion, Soft Dark Brown Sugar, Basil, Salt, Oregano, Cracked Black Pepper], Modified Maize Starch, Cracked Black Pepper, Parsley], Mozzarella Cheese (MILK) (11%).	KJ	983	1691
		Kcal	236	406
		Fat	10.4	17.9
		Sat	5.7	9.8
		Carbs	24.3	41.8
		Sugar	3.7	6.4
		Fibre	1.3	2.3
		Protein	11.0	19.0
		Salt	1.0	1.7
		Portion weight (g)		172
Mushroom & Mascarpone Toastie (V)	Grilled Cheese & Mushroom Topped Bread [White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono-and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, SOYA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Mozzarella Cheese (MILK) (8%), Roast Seasoned Chestnut Mushrooms (8%) (Chestnut Mushroom, Olive Oil, Salt, Black Pepper), Béchamel Sauce (Whole MILK , Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Cheddar Cheese (MILK) (5%)], Mushroom & Mascarpone Dressing [Roast Seasoned Chestnut Mushrooms (7%) (Chestnut Mushroom, Olive Oil, Salt, Black Pepper), Mushroom Mayonnaise (6%) (Water, Rapeseed Oil, Olive Oil, Pasteurised Salted EGG Yolk, 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)], Mascarpone Full Fat Soft Cheese (MILK) (5%), Full Fat Soft Cheese (MILK) (3%), Mushroom and Porcini Tapenade (3%) (Grilled Mushrooms, Rapeseed Oil, Porcini, Concentrated Lemon Juice, Salt, Dehydrated Porcini Powder, Garlic, Parsley, Chive), Cornflour, Thyme].	KJ	921	1612
		Kcal	222	388
		Fat	10.9	19.1
		Sat	4.6	8.0
		Carbs	22.5	39.3
		Sugar	2.0	3.4
		Fibre	1.5	2.6
		Protein	8.4	14.7
		Salt	0.9	1.5
		Portion weight (g)		175
Mushroom & Emmental Toastie (V)	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 (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

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	1180	1464
		Kcal	281	348
		Fat	12.3	15.2
		Sat	5.8	7.1
		Carbs	31.2	38.7
		Sugar	1.7	2.1
		Fibre	1.3	1.6
		Protein	13.1	16.2
		Salt	1.7	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).	KJ	1076	1732
		Kcal	256	413
		Fat	12.9	20.7
		Sat	5.1	8.3
		Carbs	26.7	42.9
		Sugar	1.0	1.6
		Fibre	1.6	2.5
		Protein	10.2	16.4
		Salt	1.1	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].	KJ	1167	1423
		Kcal	277	338
		Fat	9.9	12.1
		Sat	3.7	4.5
		Carbs	30.9	37.7
		Sugar	0.7	0.8
		Fibre	1.9	2.3
		Protein	17.8	21.7
		Salt	0.6	0.7
		Portion weight (g)		122

WRAPS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Breakfast Wrap	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), Chargilled Red Chilli Puree (Chargilled Red Chilli Puree, Red Chilli, Olive Oil)], Spinach (5%), Water, Cornflour.	KJ	917	1688
		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, Natural Flavourings, Colour: Natural Beta Carotene)], Sicilian Wheatballs (WHEAT) (20%) [Mushroom, Borlotti Beans, WHEAT Gluten, Rusk (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Rapeseed Oil, Onion, Avocado (Avocado, Anti-oxidant: Ascorbic Acid, Acidity Regulator: Citric Acid, Salt), Brown Rice, Apple (Apple, Preservative: Sodium METABISULPHITE), Potato Starch, Fennel, Salt, Lemon Juice, Garlic Powder, Black Pepper, Dried Red Pepper, Basil, Thyme), Vegan Mayonnaise (5%) (Water, Rapeseed Oil, Cornflour, Preservative: Pectin, Sugar, Spirit Vinegar, Dijon MUSTARD (Water, Brown MUSTARD Seeds, Spirit Vinegar, Salt), Pea Protein, Salt, Concentrated Lemon Juice), Spinach (4%), Water, Cornflour.	KJ	976	1923
		Kcal	232	457
		Fat	7.8	15.3
		Sat	2.3	4.5
		Carbs	34.2	67.5
		Sugar	3.9	7.6
		Fibre	7.4	14.6
		Protein	7.4	14.6
		Salt	0.9	1.7
		Portion weight (g)		197

HOT POTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Mac N Cheese (V)	MILK , Mature Cheddar Cheese (21%) (MILK , Salt, Starter, Rennet, Anti-Caking Agent (E552)), Macaroni Pasta (13%) (Durum WHEAT Semolina), Water, Full Fat Soft Cheese (6%) (Skimmed MILK , Cream, Salt, Modified Tapioca Starch, Stabiliser Blend, Starter Culture), Unsalted Butter (3%) (MILK), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Cornflour, Vegetarian Savoury Stock (Salt, Sugar, Natural Flavourings, Yeast Extracts, Sunflower Oil), Sea Salt, White Pepper	KJ	859	2834.7
		Kcal	206	679.8
		Fat	13.2	43.6
		Sat	8.3	27.4
		Carbs	13.1	43.2
		Sugar	2.7	8.9
		Fibre	0.4	1.3
		Protein	8.7	28.7
		Salt	0.8	2.6
		Portion weight (g)		330
Sausage Casserole	Chopped Tomato (19%) (Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid (E330)), Cumberland Style Sausage Coin (16%) (Pork (70%), Seasoning (Salt, Fortified WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Black Pepper, Herbs, Honey Flavouring, Spice And Herb Extracts), Dried MILK), Red Cooking Wine (De-Alcoholised Wine From Concentrate, Red Wine (40%), Salt, Preservative (Potassium Metabisulphite)), Potato, Portobello Mushroom, Parsnip, Carrot, Swede, Onion, CELERY , Tomato Paste, Cornflour, Pancetta (Pork Belly (92%), Water, Salt, Glucose Syrup, Maltodextrin, Spice Extract, Antioxidants: Sodium Ascorbate (E301), Trisodium Citrate (E331), Preservatives: Sodium Nitrite (E250), Potassium Citrate (E252), Smoke Flavouring), Beef Flavoured Stock Powder (Salt, Sugar, Flavouring, Yeast Extract (Yeast Extract, Salt), Sunflower Oil), Garlic, Unsalted Butter (MILK), Parsley, Red Pepper, Rapeseed Oil, Sea Salt, Tarragon, Thyme, Black Pepper, Bay Leaf	KJ	337	1112.1
		Kcal	80	264
		Fat	3.5	11.55
		Sat	1.3	4.29
		Carbs	8.1	26.73
		Sugar	3.2	10.6
		Fibre	1.4	4.62
		Protein	3.6	11.88
		Salt	1.0	3.1
		Portion weight (g)		330

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).	per 100g
KJ	465			1977
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

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>	per 100g		per portion (g)
		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.	per 100g		per portion (g)
		KJ	1315	2367
		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.	per 100g		per portion (g)
		KJ	1133	1473
		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

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
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>	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). <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	20.0	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). <i>May contain traces of NUTS.</i>	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		
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	27.0	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. <i>May contain traces of MILK.</i>	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		
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		
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.	per 100g	per waffle (g)	
		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		
Tony's Chocolonely Milk Chocolate Caramel Sea Salt (V)	Sugar, dried whole MILK , cocoa butter, cocoa mass, 10% caramel pieces (sugar, glucose syrup, cream (MILK), butter (MILK)), 0.50% sea salt, emulsifier (SOYA lecithin). <i>May contain traces of gluten, egg, peanut and nuts.</i>	per 100g	per biscuits (g)	
		KJ	2247	1056
		Kcal	537	252
		Fat	31.7	14.9
		Sat	19.3	9.1
		Carbs	54.3	25.5
		Sugar	51.1	24.0
		Protein	6.9	3.2
		Salt	0.7	0.3
		Portion weight (g)		47
Tony's Chocolonely Milk chocolate (V)	Sugar, dried whole MILK , cocoa butter, cocoa mass, emulsifier (SOYA lecithin). <i>May contain traces of gluten, egg, peanut and nuts.</i>	per 100g	per waffle (g)	
		KJ	2280	1140
		Kcal	545	273
		Fat	33.2	16.6
		Sat	20.0	10.0
		Carbs	51.9	26.0
		Sugar	50.7	25.4
		Protein	7.7	4
		Salt	0.2	0.1
		Portion weight (g)		50

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

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
		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
Kcal	509			204
Fat	28.1			11.2
Sat	2.8			1.1
Carbs	55.8			22.3
Sugar	1.5			0.6
Fibre	4.9			2.0
Protein	5.7			2.3
Salt	1.4			0.6
Portion weight (g)				40
Kettle Cheddar & Onion Crisps (V)	Select Potatoes, Sunflower Oil, Mature Cheddar and Red Onion Seasoning (Dried Buttermilk, Dried Mature Cheddar Cheese (MILK), Dried Onion, Dried Red Onion, Sea Salt, Dried Yeast Extract, Dried Yeast, Dried Chives, Colour: Paprika Extract).			KJ
		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