

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

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

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

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

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

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

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

**Key for Dietary Suitability:**

**DF** = Dairy-Free

**GF** = Gluten-Free

**V** = Vegetarian

**Vg** = Vegan

**CONTENTS**

PASTRIES .....	3
PORRIDGE .....	4
TEACAKES & SCONES .....	4
TOAST .....	5
EXTRAS .....	5
GRANOLA & YOGHURT .....	6
CAKES & MUFFINS .....	6
TRAYBAKES .....	9
TARTS .....	10
DESSERTS .....	10
PANINI .....	12
TOASTIES .....	13
ROLLS .....	13
WRAPS .....	14
BLOOMERS .....	14
HOT POTS .....	14
SOUPS .....	15
SAVOURY PASTRIES .....	15
BISCUITS & SNACKS .....	16
CRISPS .....	17

## 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.	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.	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.	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.	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.	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.	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 (14%) (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.	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	619	1609
		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	521	1668
		Kcal	124	396
		Fat	3.4	11.0
		Sat	1.7	5.3
		Carbs	19.9	63.6
		Sugar	11.3	36.0
		Fibre	1.3	4.1
		Protein	3.7	11.8
		Salt	0.1	0.2
		Portion weight (g)		321
Porridge with Blueberries, Seeds & Maple Syrup (V)	Flaked OATS, Whole MILK, Pumpkin Seeds, Sunflower Seeds, Maple syrup, Frozen Blueberries.	KJ	620	1892
		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
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), Flavourings, 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 &amp; YOGHURT

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Granola & Yoghurt with Banana & Honey (V)	Granola: Jumbo Rolled OATS, Fructose (fruit sugar), Desiccated coconut copped, mixed NUTS (PEANUTS WALNUTS ALMONDS) pumpkin seeds SESAME SEEDS, Sunflower seeds, Rapeseed Oil, Black Treacle (molasses), Yoghurt: Natural Low Fat Yoghurt (MILK). Honey, Banana, Pumpkin Seeds, Sunflower Seeds.	KJ	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 & Yoghurt with Blueberry & Honey (V)	Granola: Jumbo Rolled OATS, Fructose (fruit sugar), Desiccated coconut copped, mixed NUTS (PEANUTS WALNUTS ALMONDS) pumpkin seeds SESAME SEEDS, Sunflower seeds, Rapeseed Oil, Black Treacle (molasses), Yoghurt: Natural Low Fat Yoghurt (MILK). Honey, Frozen Blueberries, Pumpkin Seeds, Sunflower Seeds.	KJ
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			
Yoghurt & Seeds with Banana (V)	Yoghurt: Natural Low Fat Yoghurt (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	
		Yoghurt & Seeds with Blueberry (V)	Yoghurt: Natural Low Fat Yoghurt (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 &amp; 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). May contain NUTS.	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 (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. May contain cereals containing GLUTEN, MILK, EGG, SOYA, SULPHITES, and NUTS.	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. May contain SOYA.			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 &amp; MUFFINS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Cappuccino Cake (Gluten Free recipe) (V)</b>	Sugar, Vegetable Margarine [Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471), Natural Flavouring, Colours (Annatto, Curcumin)], Pasteurised Free Range <b>EGG</b> , Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Vegetable Glycerine, Milk Chocolate Flakes (0.9%) [Sugar, Cocoa Mass, Cocoa Butter, Whole <b>MILK</b> Powder, Skimmed <b>MILK</b> Powder, Emulsifier ( <b>SOYA</b> Lecithin), Natural Vanilla Flavouring], Caf� Direct Coffee Powder (0.8%), Raising Agents (E450, E501), Coffee Extract (0.6%) [Coffee, Water, Sugar], Skimmed <b>MILK</b> Powder, Stabiliser (Xanthan Gum), Natural Flavouring. <i>May contain traces of NUTS.</i>	KJ	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
<b>Carrot &amp; Walnut Cake (V)</b>	<b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin [B3], Thiamin [B1]), White Sugar, Icing Sugar [Sugar, Anti Caking Agent [E341]], Sunflower Oil, Carrots 7.8%, Oranges, Free Range <b>EGG</b> , Full Fat Soft Cheese ( <b>MILK</b> , Cream [ <b>MILK</b> ], Skim <b>MILK</b> Solids, Salt, Starch, Lactic Culture, Potassium Sorbate), Water, Black Treacle (Cane Molasses, Inverted Sugar Syrup), <b>WALNUTS</b> 1.2%, Salted Butter (Butter [ <b>MILK</b> ], Salt), Mixed Spice (Coriander, Cassia, Ginger, Fennel, Nutmeg, Clove, Cardamom), Raising Agent: [Diphosphates [E450], Sodium Carbonates [E500]; <b>WHEAT</b> Flour [[Calcium Carbonate [E170]; Iron; Vitamin B1; Vitamin B3]], Sunflower Seed, Ground Cassia, Pumpkin Seed, Orange Zest, Sodium Bicarbonate (E500), Salt.	KJ	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
<b>Cinnamon Bun (Vg, DF)</b>	<b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin), plant butter (plant oils (sustainable palm, sunflower, rapeseed), water, sea salt, fava bean preparation, emulsifier (sunflower lecithin), natural flavourings), <b>SOYA</b> drink (water, <b>SOYA</b> beans, apple extract, acidity regulators (monopotassium phosphate, dipotassium phosphate), calcium carbonate, sea salt, gellan gum, vitamins B2, B12, D2), light brown sugar, dark brown sugar, water, sugar, wholemeal <b>WHEAT</b> flour, <b>WHEAT</b> enzymes, sourdough ( <b>RYE</b> flour, water, starter culture), orange zest, yeast, cinnamon 1%, golden syrup, rapeseed oil, salt, orange juice, lemon juice, vanilla extract, <b>SOYA</b> lecithin. <i>May contain 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
<b>Coconut &amp; Lime Loaf Cake (V)</b>	Sugar, <b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin), free-range <b>EGGS</b> , buttermilk ( <b>MILK</b> ), coconut oil 8%, desiccated coconut 8%, lime juice 7%, rapeseed oil, raising agents (diphosphates, sodium carbonates), <b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin)), toasted coconut 1%, lime zest 1%, salt, natural coconut aroma <1%. <i>May contain 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
		<b>Jubilee Muffin (V)</b>	Sponge Cake (74%) (Cake Flour ( <b>WHEAT</b> Flour (with added iron, Calcium, Thiamine, Niacin), Sugar, Whole Dried Free-range <b>EGG</b> Powder, Modified Maize Starch, Raising Agents: E450, E500, Skimmed <b>MILK</b> Powder, Salt, Free Range <b>EGG</b> Albumen, Natural Flavour, Colour: E160a), Water, Rapeseed Oil), Mixed Fruit Jam (12%) (Glucose-Fructose Syrup, Mixed Fruits (Apples, Plums, Rhubarb), <b>SULPHITES</b> , Colour: E160a), Gelling Agent: E440, Citric Acid, Flavouring, Acidity Regulator: E331, Preservative: E202, Antioxidant: E300), Vanilla Buttercream (12%) (Icing Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier: E471, Flavouring, Colouring: E160b(i), E100), Unsalted Butter ( <b>MILK</b> ), Vanilla Flavouring (Water, Propylene Glycol, Caramelised Sugar Syrup, Thickener: E415, Acidity Regulator: E330, Acidity Regulator: E330, Preservative: E202)), White Chocolate Curls (Sugar, Cocoa Butter, Whole <b>MILK</b> Powder, Lactose ( <b>MILK</b> ), Whey Powder ( <b>MILK</b> ), Emulsifier: E322 ( <b>SOYA</b> ), 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
<b>Lemon Curd Muffin (V)</b>	<b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin), sugar, liquid <b>EGG</b> , water, 9% Sicilian lemon curd (sugar, liquid <b>EGG</b> , butter ( <b>MILK</b> ), water, concentrated lemon juice (lemon juice concentrate, preservatives [E223 (Contains <b>SULPHITES</b> ), E224 (Contains <b>SULPHITES</b> )]), lemon oil, thickener E406, salt), inulin, 4% lemon zest, 3% streusel ( <b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin), coarse granulated sugar, margarine (vegetable oils (rapeseed, palm), water, salt, natural flavouring), natural flavouring), buttermilk ( <b>MILK</b> ), 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, <b>WHEAT</b> starch, <b>MILK</b> protein, emulsifiers (E471, E475), humectants (E420, E422), natural flavouring, modified corn starch, <b>WHEAT</b> flour, preservatives [E202, E223 (Contains <b>SULPHITES</b> )], <b>WHEAT</b> 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
<b>Lemon Drizzle Cake (V)</b>	Sugar, <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk ( <b>MILK</b> ), Sunflower Oil, Free Range <b>EGG</b> , Icing Sugar (Sugar, Anti Caking Agent [E341]), Lemon Juice 4.5%, Lemon Curd 3% [Sugar, Free Range <b>EGG</b> , Salted Butter ( <b>MILK</b> ), Lemon Juice, Water, Lemon Oil, Agar], Lemon Zest 3%, Raising Agents (Diphosphates, Sodium Carbonates, <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin)), Salt. <i>May contain 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
<b>Mini Filled Doughnuts (V)</b>	<b>WHEAT</b> flour, red fruits filling (24%) (red fruits puree (35%) (raspberry (71.4%), blueberry (14.3%), blackberry (14.3%)), water, <b>WHEAT</b> glucose-fructose syrup, sugar, thickening agent (E1442), flavour, preservative (E202)), vegetable oils (rapeseed, palm oil), water, <b>EGGS</b> , sugar, butter ( <b>MILK</b> ), topping (dextrose, <b>WHEAT</b> starch, palm oil), <b>WHEAT</b> GLUTEN, yeast, salt, emulsifier (E471), colour (E160a), antioxidant (E300), <b>WHEAT</b> malt. <i>May contain 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

## CAKES & MUFFINS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Passionfruit Slice (V)</b>	Passionfruit Curd (23%) (Granulated Sugar, <b>EGG</b> , Butter ( <b>MILK</b> ), Passion Fruit Concentrate, Gelling Agent: Fruit Pectin, Acidity Regulator: Citric Acid), Caster Sugar, Free Range <b>EGGS</b> Butter ( <b>MILK</b> ), <b>ALMONDS</b> (12%), <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pure Vegetable Margarine (Certified Sustainable Palm Oil, Rapeseed Oil, Salt), Coconut Chips (2.9%), Lemon Zest, Salt, Natural <b>ALMOND</b> 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
		<b>Peach Melba (V)</b>	<b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin), sugar, icing sugar, peaches 11%, buttermilk ( <b>MILK</b> ), free-range <b>EGGS</b> , raspberries 5%, rapeseed oil, coconut oil, cream cheese ( <b>MILK</b> , cream ( <b>MILK</b> ), skim <b>MILK</b> solids, salt, starch, lactic culture, potassium sorbate), salted butter ( <b>MILK</b> ), lemon zest 1%, raising agents (diphosphates, sodium carbonates, <b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin)), salt, freeze-dried raspberry <1%. <i>May contain 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
<b>Raspberry &amp; White Chocolate Loaf Cake (V)</b>	Sugar, <b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin), white chocolate 19% (sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier ( <b>SOYA</b> lecithin), natural vanilla flavouring), rapeseed oil, free-range <b>EGG</b> , raspberries 11%, corn starch, lemon zest, raising agent (diphosphates, sodium carbonates, <b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin)), salt, freeze-dried raspberries <1%. <i>May contain 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
<b>Sticky Toffee Cake</b>	Toffee Sponge (84%) [Date Paste (46%) [Dates, Water], <b>WHEAT</b> Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Dark Brown Sugar, Pasteurised Free Range <b>EGG</b> , Butter ( <b>MILK</b> ), Golden Syrup (2.2%), Raising Agents [E450, E501], Natural Flavouring], Toffee Sauce (14%) [Butter ( <b>MILK</b> ), Brown Sugar, Whipping Cream [Cream ( <b>MILK</b> ), Stabiliser (Carrageenan)], Golden Syrup (9%), Lemon Juice, Thickener (Pectin)], Pecan <b>NUTS</b> (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
<b>Sticky Toffee Cake (Gluten Free recipe) (V)</b>	Gluten Free Vanilla Muffin Mix (18%) [Sugar, Potato starch, Modified Starch (Acetylated distarch phosphate E1414), <b>EGG</b> 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, <b>SOYA</b> Lecithin), Stabiliser (Agar), Flavouring, Preservative (Potassium sorbate E202)], Water, Whole Hen <b>EGG</b> , 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
<b>Summer Berry Bakewell (V)</b>	Sugar, salted butter ( <b>MILK</b> ), <b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin), free-range <b>EGG</b> , white chocolate 8% (sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier ( <b>SOYA</b> lecithin), natural vanilla flavouring), sour cherries 7%, ground <b>ALMONDS</b> 6%, raspberries 3%, white chocolate 3% (sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier ( <b>SOYA</b> lecithin)), blueberries 3%, flaked <b>ALMONDS</b> 2%, lemon zest 1%, coconut oil, natural <b>ALMOND</b> flavour <1%, freeze-dried sour cherry <1%, raising agents (diphosphates, sodium carbonates, <b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin)). <i>May contain 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
		<b>Victoria Sponge (Gluten Free recipe) (V)</b>	Sugar, Pasteurised Free Range <b>EGG</b> , Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Vegetable Margarine [Palm and Rapeseed Oil, Water, Salt, Emulsifier (E471), Flavouring, Colour (Annatto, Curcumin)], Buttercream (12%) [Icing Sugar, Butter ( <b>MILK</b> )], Raspberry Jam (8%) [Glucose Fructose Syrup, Raspberries (40%), Sugar, Gelling Agent (Pectin), Citric Acid, Colour (Anthocyanin), Acidity Regulator (Sodium Citrate)], Raising Agents (E450, E500), Skimmed <b>MILK</b> Powder, Stabiliser (Xanthan Gum). <i>May contain NUTS.</i>	KJ
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
<b>Welsh Cake (V)</b>	<b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamine, raising agents E450, E500), vegetable oil (rapeseed, sustainable palm) sugar, vine fruits (13%)(currants, sultanas, sunflower oil), <b>EGG</b> , <b>BUTTERMILK</b> , water, salt, emulsifiers (E471, E481), colour (carotenes), natural flavouring, preservatives (E202, E282).	KJ	1548	464
		Kcal	370	111
		Fat	14.6	4.4
		Sat	4.9	1.5
		Carbs	65.1	19.5
		Sugar	23.3	7.0
		Fibre	2.3	0.7
		Protein	6.5	2.0
		Salt	1.3	0.4
		Portion weight (g)		30



## TRAYBAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Apricot Flapjack (Vg)</b>	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
<b>Blackcurrant Crumble (Gluten Free recipe) (Vg)</b>	Crumble Topping (41%) [Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Soft Brown Sugar, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471), Natural Flavouring, Colours (Annatto, Curcumin)), Gluten Free OATS (11%)], Shortcake Base (33%) [Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471), Natural Flavouring, Colours (Annatto, Curcumin)), Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, Cornflour, Stabiliser (Xanthan Gum)], Blackcurrant Filling (25%) [Blackcurrant Jam (96%) [Glucose Syrup, Sugar, Blackcurrant Puree, Gelling Agent (Pectin), Acidity Regulators (Citric Acid, Trisodium Citrate), Colour (Anthocyanins)], Concentrated Lemon Juice]. <i>May contain 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
<b>Blueberry Lemon &amp; Almond Bakewell (Vg)</b>	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 MILK, EGGs, SULPHUR DIOXIDE, PEANUTS, other NUTS, and other 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
<b>Caramel Shortbread (V)</b>	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 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
<b>Maple Syrup Flapjack (V)</b>	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 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

## TRAYBAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Rhubarb &amp; Custard Slice (V)</b>	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 NUTS, SULPHUR DIOXIDE, PEANUTS and 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
<b>Super Dark Brownie (Vg)</b>	Sugar, Dark Chocolate 17% (Cocoa Mass, Sugar, Fat-Reduced Cocoa Powder, Emulsifier: Sunflower Lecithin, Natural Vanilla Flavouring, Contains Cocoa Solids 74%), Coconut Oil, 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 MILK, EGG, PEANUTS, NUTS, SULPHUR DIOXIDE and 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
<b>Triple Chocolate Brownie (Gluten Free Recipe) (V)</b>	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 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
<b>Yoghurt Apple &amp; Blackcurrant Flapjack (V)</b>	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 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		
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 cereals containing GLUTEN, NUTS and SULPHUR DIOXIDE.</i>	per 100g	per portion (g)	
		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	per 100g	per portion (g)	
		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			
Portuguese Tarts (V)	MILK, EGG yolk, whole EGG, WHEAT flour, maize starch, water, granulated sugar, vanilla flavour, pastry margarine, cake margarine, cinnamon.	per 100g	per portion (g)	
		KJ	1150	1035
		Kcal	293	220
		Fat	10.4	7.9
		Sat	4.8	3.5
		Carbs	45.6	19.2
		Sugar	25.6	7.9
		Protein	3.4	2.6
		Salt	0.1	0.1
		Portion weight (g)	75	
Raspberry Portuguese Tarts (V)	MILK, Sugar, EGG, WHEAT Flour, Maize Starch, Vanilla, Pastry Margarine (Vegetable Fat, Vegetable Oil, Water, Salt), Raspberry.	per 100g	per portion (g)	
		KJ	1130	904
		Kcal	269	215
		Fat	9.2	7.4
		Sat	4.3	3.5
		Carbs	42.8	34.2
		Sugar	25.3	20.2
		Protein	3.3	2.6
		Salt	0.3	0.2
		Portion weight (g)	75	

## 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 (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. <i>ADDITIONAL INFORMATION: Made with Beef Gelatine. May contain NUTS.</i>	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(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). <i>May contain NUTS.</i>	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			

## DESSERTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
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 Curd [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 (Cucurmin, Annatto bixin E160b(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 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 (Cucurmin, Annatto), Flavourings], Dark Chocolate [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring]. May contain 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 (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 E500i)], SOYA Flour, Salt, Cinnamon], Golden Syrup [Invert Sugar Syrup], Beef Gelatine, Salt (0.3%). ADDITIONAL INFORMATION: Made with Beef Gelatine. May contain 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 (Cucurmin 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 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), Brie (MILK) (21%), Smoked Chilli Relish (13%) [Sugar, Diced Red Pepper, Water, Red Onion, Red Chilli Purée, Concentrated Lemon Juice, Dried Chilli, Smoked Chillies, Thickening Agent: Pectin, Smoked Salt], Beechwood Smoked Streaky Bacon (10%) [Pork, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite].	KJ	1221	2321
		Kcal	291	552
		Fat	11	20.9
		Sat	5.4	10.2
		Carbs	34.7	65.9
		Sugar	10.2	19.4
		Fibre	1.4	2.7
		Protein	12	22.8
		Salt	1.25	2.38
		Portion weight (g)	190	
		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 (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented RYE Flour, Salt), Salt, Yeast, Malted WHEAT Flour), Dry Cured Formed Ham (22%) [Pork, Salt, Brown Sugar, Stabilisers: Potassium Triphosphate, Sodium Triphosphate, Tetrapotassium Diphosphate, Water, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Mozzarella & Cheddar Cheese [Mozzarella Cheese (MILK) (6%), Cheddar Cheese (MILK) (4%)], Seasoned Béchamel [Béchamel Sauce (Water, Butter (MILK), Skimmed MILK Powder, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Double Cream (MILK)), Black Pepper].			KJ
		Kcal	224	404
		Fat	5.7	10.3
		Sat	2.4	4.4
		Carbs	28.8	51.9
		Sugar	3.1	5.5
		Fibre	2.5	4.4
		Protein	13.3	23.9
		Salt	0.9	1.7
		Portion weight (g)	180	
		Mozzarella & Tomato Panini (V)	Sourdough Panini (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented RYE Flour, Salt), Salt, Yeast, Malted WHEAT Flour), Tomato (16%), Mozzarella Cheese (MILK) (15%), Cheese & Basil Pesto [Cheddar Cheese (MILK) (7%), Green Pesto (5%) (Basil Paste (Basil, Sunflower Oil, Salt), Sunflower Oil, Medium Hard Fat Cheese (MILK), Garlic, Acidity Regulator: Citric Acid)].	KJ
Kcal	246			472
Fat	9.8			18.8
Sat	3.9			7.5
Carbs	27.2			52.3
Sugar	3			5.8
Fibre	1.9			3.6
Protein	11.4			21.9
Salt	0.9			1.7
Portion weight (g)	192			
Tuna Melt Panini	Sourdough Panini (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented RYE Flour, Salt), Salt, Yeast, Malted WHEAT Flour), Tuna Melt Mix (Pole and Line Caught Tuna (20%) (Skipjack Tuna (FISH), Water, Salt), Mayonnaise (9%) (Rapeseed Oil, Water, Free-Range Salted EGG Yolk (Free-Range EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, Brown 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) (5%).			KJ
		Kcal	252	466
		Fat	9.3	17.3
		Sat	1.8	3.3
		Carbs	28.5	52.8
		Sugar	2.6	4.7
		Fibre	2.2	4.1
		Protein	12.3	22.8
		Salt	0.87	1.61
		Portion weight (g)	185	

## TOASTIES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Cotto Ham & Cheese Toastie	Grilled Cheese Topped Bread [White Bread ( <b>WHEAT</b> Flour ( <b>WHEAT</b> 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, <b>SOYA</b> Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Béchamel Sauce (Water, Butter ( <b>MILK</b> ), Skimmed <b>MILK</b> Powder, <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Double Cream ( <b>MILK</b> )), Mozzarella Cheese ( <b>MILK</b> ) (8%), Cheddar Cheese ( <b>MILK</b> ) (5%)], Cooked Formed Cured Ham (17%) [Pork, Salt, Natural Flavourings, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Mascarpone Cheese Béchamel [Mascarpone Full Fat Soft Cheese ( <b>MILK</b> ) (9%), Béchamel Sauce (Water, Butter ( <b>MILK</b> ), Skimmed <b>MILK</b> Powder, <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Double Cream ( <b>MILK</b> )), Regato Cheese ( <b>MILK</b> ) (2%) (Regato Cheese, Anti-caking Agent: Potato Starch), Parmigiano Reggiano Shavings ( <b>MILK</b> ) (<1%), Cracked Black Pepper].	KJ	1012	1771
		Kcal	241	422
		Fat	9.9	17.3
		Sat	5.4	9.5
		Carbs	23.6	41.4
		Sugar	2.8	5.0
		Fibre	1.3	2.2
		Protein	13.7	24
		Salt	1.1	2.0
		Portion weight (g)		175
Mozzarella & Roasted Tomato Toastie (V)	Grilled Cheese Tomato Topped White Bread [White Bread ( <b>WHEAT</b> 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, <b>SOYA</b> Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Béchamel Sauce (Whole <b>MILK</b> , Single Cream ( <b>MILK</b> ), Water, Cornflour, <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Mozzarella Cheese ( <b>MILK</b> ) (8%), Semi Dried Cherry Tomato (6%), Cheddar Cheese ( <b>MILK</b> ) (5%), Mascarpone & Tomato Tomatade Dressing (15%) [Mascarpone Full Fat Soft Cheese ( <b>MILK</b> ) (7%), Sunblush 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 <b>MUSTARD</b> (Water, <b>MUSTARD</b> 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 ( <b>MILK</b> ) (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 ( <b>WHEAT</b> 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, <b>SOYA</b> Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Mozzarella Cheese ( <b>MILK</b> ) (8%), Roast Seasoned Chestnut Mushrooms (8%) (Chestnut Mushroom, Olive Oil, Salt, Black Pepper), Béchamel Sauce (Whole <b>MILK</b> , Single Cream ( <b>MILK</b> ), Water, Cornflour, <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Cheddar Cheese ( <b>MILK</b> ) (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 <b>EGG</b> 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 <b>MUSTARD</b> (Water, Brown <b>MUSTARD</b> Seeds, Spirit Vinegar, Salt)], Mascarpone Full Fat Soft Cheese ( <b>MILK</b> ) (5%), Full Fat Soft Cheese ( <b>MILK</b> ) (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 ( <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, <b>WHEAT</b> 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, <b>WHEAT</b> Flour), Mozzarella ( <b>MILK</b> ) (8%), Béchamel Sauce (8%) [Whole <b>MILK</b> , Single Cream ( <b>MILK</b> ), Water, Cornflour, <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Medium Mature Cheddar Cheese ( <b>MILK</b> ) (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 <b>EGG</b> Yolk ( <b>EGG</b> 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 <b>MUSTARD</b> (Water, Brown <b>MUSTARD</b> Seeds, Spirit Vinegar, Salt)], Full Fat Soft Cheese ( <b>MILK</b> ) (5%), Emmental Cheese ( <b>MILK</b> ) (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
PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Bacon Roll	Vienna Roll ( <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, <b>RYE</b> Flour, Yeast, Salt, Malted <b>WHEAT</b> Flour, Improver ( <b>WHEAT</b> Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed Oil, Enzyme)), Coffee Cured Steaky Bacon (32%) [Pork Belly, Sugar, Salt, Cold Brewed Coffee, Stabiliser: Sodium Triphosphate, Maltodextrin, Natural Flavouring, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Butter ( <b>MILK</b> ).	KJ	1258	1585
		Kcal	300	378
		Fat	11.9	15
		Sat	4.9	6.2
		Carbs	31.8	40.1
		Sugar	3.4	4.3
		Fibre	2.0	2.5
		Protein	15.5	19.5
		Salt	1.8	2.3
		Portion weight (g)		126
Butcher's Sausage Roll	Vienna Roll ( <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, <b>RYE</b> Flour, Yeast, Salt, Malted <b>WHEAT</b> Flour, Improver ( <b>WHEAT</b> Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed Oil, Enzyme)), Pork and Lentil Sausage in Beef Collagen Casing (46%) [Pork, Lentils, Potato Starch, Dextrose, Water, Salt, Rapeseed Oil, <b>WHEAT</b> Starch, Beef Collagen Casing, Spices (Ground Ginger, Ground Mace, Ground Nutmeg, Ground White Pepper, Chili Powder), Stabiliser: Sodium Diphosphate, <b>WHEAT</b> Protein, Onion Powder, Rubbed Sage, <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Butter ( <b>MILK</b> ).	KJ	1097	1766
		Kcal	261	421
		Fat	11.1	17.9
		Sat	4.4	7.1
		Carbs	27.8	44.8
		Sugar	2.2	3.6
		Fibre	2.2	3.5
		Protein	11.5	18.6
		Salt	1.3	2.1
		Portion weight (g)		161
Beechwood Bacon Roll	Ciabatta Roll ( <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, <b>RYE</b> Flour, Yeast, Salt, Malted <b>WHEAT</b> Flour, Improver ( <b>WHEAT</b> Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed Oil, Enzyme)), Cooked Beechwood Smoked Steaky 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 <b>WHEAT</b> Tortilla Wrap [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Bicarbonate, Disodium Diphosphate, Sugar, Acidity Regulator: Malic Acid, <b>WHEAT</b> Starch], Pork and Lentil Sausage in Beef Collagen Casing (23%) [Pork, Lentils, Potato Starch, Dextrose, Water, Salt, Rapeseed Oil, <b>WHEAT</b> Starch, Beef Collagen Casing, Spices (Ground Ginger, Ground Mace, Ground Nutmeg, Ground White Pepper, Chilli Powder), Stabiliser: Sodium Diphosphate, <b>WHEAT</b> Protein, Onion Powder, Rubbed Sage, <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Scrambled <b>EGG</b> and Béchamel Mix (14%) [Free-Range Scrambled <b>EGG</b> (Free-Range Whole <b>EGG</b> , Water, Sunflower Oil, Skimmed <b>MILK</b> Powder, Lemon Juice, Salt, Pepper), Béchamel Sauce (Water, Butter ( <b>MILK</b> ), Skimmed <b>MILK</b> Powder, <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Double Cream ( <b>MILK</b> )], Black Pepper], Baked Beans (11%) [Beans, Water, Tomato Purée, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Distilled Malt Vinegar, Onion Powder, Ground Paprika, Flavouring], Beechwood Smoked Streaky Bacon (5%) [Pork, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite], Water, Cornflour.	KJ	990	2089		
		Kcal	236	498		
		Fat	9.2	19.4		
		Sat	3.5	7.3		
		Carbs	27.4	57.8		
		Sugar	2.4	5.0		
		Fibre	2.1	4.4		
		Protein	9.8	20.8		
		Salt	1.04	2.19		
		Portion weight (g)		211		
		Sweet Potato & Spicy Bean Wrap (Vg)	Barmarked <b>WHEAT</b> Tortilla Wrap [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Bicarbonate, Disodium Diphosphate, Sugar, Acidity Regulator: Malic Acid, <b>WHEAT</b> 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 <b>MUSTARD</b> (Water, Brown <b>MUSTARD</b> 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	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 <b>WHEAT</b> Tortilla Wrap [ <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Bicarbonate, Disodium Diphosphate, Sugar, Acidity Regulator: Malic Acid, <b>WHEAT</b> Starch], Vegan Ragu & Cheese Sauce [Tomato Ragu 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 ( <b>WHEAT</b> ) (20%) (Mushroom, Borlotti Beans, <b>WHEAT</b> Gluten, Rusk ( <b>WHEAT</b> 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 <b>METABISULPHITE</b> ), 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 <b>MUSTARD</b> (Water, Brown <b>MUSTARD</b> 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		
		Salt	0.9	1.7		
		Portion weight (g)		197		

## BLOOMERS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Ploughman's Bloomer (V)	Honey Soaked Seeded Bloomer Bread [ <b>WHEAT</b> Flour, ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Mixed Seeds (13%) (Brown Linseed, Millet, Sunflower, Golden Linseed, Poppy, Pumpkin), Soughdough (Water, <b>RYE</b> Flour), Yeast, Kibbled Malted <b>WHEAT</b> , Honey (1.3%), <b>WHEAT</b> Gluten, Salt, Rapeseed Oil, Fermented <b>WHEAT</b> Flour, <b>WHEAT</b> Bran, Malted <b>BARLEY</b> Flour, Flour Treatment Agent: Ascorbic Acid], West Country Cheddar Cheese ( <b>MILK</b> ) (19%), Tomato (15%), Caramelised Apple and Pear Chutney (11%) [Apple, Pear, Sugar, Apple Purée, Spirit Vinegar, Water, Onion, Sultanas (Sultanas, Sunflower Oil), Unsalted Butter ( <b>MILK</b> ), Treacle, Salt, Garlic Purée, Thickening Agent: Pectin], Lettuce (5%).	KJ	1023	2312		
		Kcal	244	551		
		Fat	9.5	21.5		
		Sat	4.8	10.8		
		Carbs	28.0	63.3		
		Sugar	6.6	14.9		
		Fibre	3.5	7.9		
		Protein	9.8	22.1		
		Salt	1.0	2.2		
		Portion weight (g)		226		
		Coronation Chicken Bloomer	Honey Soaked Seeded Bloomer Bread [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Mixed Seeds (13%) (Brown Linseed, Millet, Sunflower, Golden Linseed, Poppy, Pumpkin), Soughdough (Water, <b>RYE</b> Flour), Yeast, Kibbled Malted <b>WHEAT</b> , Honey (1.3%), <b>WHEAT</b> Gluten, Salt, Rapeseed Oil, Fermented <b>WHEAT</b> Flour, <b>WHEAT</b> Bran, Malted <b>BARLEY</b> Flour, Flour Treatment Agent: Ascorbic Acid], Coronation Chicken Mix (40%) [British Chicken Breast (22%) (Chicken Breast (99%), Salt, Chicken Stock (Water, Chicken Carcass), Cornflour), Coronation Mayonnaise (11%) (Rapeseed Oil, Water, Coronation Curry Marinade (Water, Sultanas (Sultanas, Sunflower Oil), Coronation Curry Seasoning (Onion Powder, Turmeric, Rusk, ( <b>WHEAT</b> Flour, ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt) Salt, Tomato Powder, Fenugreek, Cayenne, <b>MUSTARD</b> Seeds, Fennel Seeds, Coriander Seeds, Ginger, Cumin, Colour: Plain Caramel, Turmeric Extract, Clove, Garlic Powder, Rapeseed Oil), Sugar, Red Wine, Concentrated Lemon Juice, Onion Purée, Coriander, Cumin, Garam Masala, Tomato Paste, Fenugreek, Salt, Cardamom), Spirit Vinegar, Salted <b>EGG</b> Yolk ( <b>EGG</b> Yolk, Salt)), Whole <b>EGG</b> , Cornflour, Sugar), Mayonnaise (Rapeseed Oil, Water, Salted <b>EGG</b> Yolk ( <b>EGG</b> Yolk, Salt), Spirit Vinegar, Dijon <b>MUSTARD</b> (Water, Brown <b>MUSTARD</b> Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Sultanas (Sultanas, Sunflower Oil), Red Onion, Coriander, Cornflour], Cucumber (5%), Lettuce (3%).	KJ	950	2090
				Kcal	226	497
Fat	8.6			18.9		
Sat	0.9			2		
Carbs	22.3			49		
Sugar	3.5			7.7		
Fibre	2.6			5.7		
Protein	11.1			24.4		
Salt	0.6			1.4		
Portion weight (g)				220		

## HOT POTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Mac N Cheese (V)	<b>MILK</b> , Mature Cheddar Cheese (21%) ( <b>MILK</b> , Salt, Starter, Rennet, Anti-Caking Agent (E552)), Macaroni Pasta (13%) (Durum <b>WHEAT</b> Semolina), Water, Full Fat Soft Cheese (6%) (Skimmed <b>MILK</b> , Cream, Salt, Modified Tapioca Starch, Stabiliser Blend, Starter Culture), Unsalted Butter (3%) ( <b>MILK</b> ), <b>WHEAT</b> Flour ( <b>WHEAT</b> 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 <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Black Pepper, Herbs, Honey Flavouring, Spice And Herb Extracts), Dried <b>MILK</b> ), Red Cooking Wine (De-Alcoholised Wine From Concentrate, Red Wine (40%), Salt, Preservative (Potassium Metab <b>SULPHITE</b> )), Potato, Portobello Mushroom, Parsnip, Carrot, Swede, Onion, <b>CELERY</b> , 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 ( <b>MILK</b> ), 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)	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)	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: <b>WHEAT</b> flour, sourdough ( <b>RYE</b> ) (24%), water, <b>RYE</b> flour, yeast, sunflower seeds, salt, rapeseed oil, linseed, <b>SESAME SEEDS</b> , poppy seeds, malt flour ( <b>WHEAT</b> ), malt flour ( <b>BARLEY</b> ), 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%), <b>WHEAT</b> Flour (contains Calcium Carbonate, Iron, Niacin, Thiamin), Red Onion, Margarine [Palm Oil, Palm Stearin, Water, Salt, Emulsifier (E471), Acidity Regulator (E330)], Unsalted Butter ( <b>MILK</b> ), Rusk ( <b>WHEAT</b> Flour (contains Calcium Carbonate, Iron, Niacin, Thiamin), Water Salt, Raising Agent (E503ii)), Potato Starch, Glaze [Water, Modified Starch, Rapeseed Oil, <b>MILK</b> Proteins, Emulsifiers ( <b>SOYA</b> 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%), <b>WHEAT</b> 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 ( <b>WHEAT</b> Flour, Water, Salt, Raising Agent (E503ii)), Onions, Pork Fat, Potato Starch, Glaze [Water, Modified Starch, Rapeseed Oil, <b>MILK</b> Proteins, Emulsifiers ( <b>SOYA</b> Lecithin, E471), Acidity Regulator (E339iii), Colour (E160a)], Salt, Dried Thyme, Ground Black Pepper, Ground White Pepper, Ground Nutmeg.	per 100g
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)	Mixed Roast Vegetables (38%) (Butternut Squash, Courgette, Red Onion, Sweet Potato), <b>WHEAT</b> Flour ( <b>WHEAT</b> 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 &amp; SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Chocolate Chip Cookie (V)	Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> 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 ( <b>SOYA</b> Lecithin), Stabiliser (Sorbitan Tristearate)), Milk Chocolate Beans (10%) (Sugar, Cocoa Butter, Whey Powder ( <b>MILK</b> ), Fat Reduced Cocoa Powder, Dried Skimmed <b>MILK</b> Powder, Cocoa Mass, Tapioca Starch, Lactose ( <b>MILK</b> ), Butter Oil ( <b>MILK</b> ), Emulsifiers (Sunflower Lecithin, <b>SOYA</b> Lecithin), Whole <b>MILK</b> 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 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 ( <b>MILK</b> ), Emulsifier: Sunflower lecithin; Glazing agents: Shellac, Gum Arabic), Dried sweetened cranberries (35%) (Sugar, Cranberries, Sunflower oil). <i>May contain SOYA, PEANUTS, NUTS SULPHUR DIOXIDE and cereals containing GLUTEN.</i>	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)	<b>WHEAT</b> Flour, Sugar, Invert Sugar Syrup, Margarine (Rapeseed Oil, Water, Salt, Emulsifiers (Mono and Diglycerides of Fatty Acids, <b>SOYA</b> Lecithin) Natural Flavouring), Icing (8%) (Sugar, Glucose Syrup, Water, Chocolate (Vegetable Oil, Whey Powder, Fat Reduced Cocoa Powder, Emulsifier ( <b>SOYA</b> Lecithin), Dried <b>EGG</b> White, Humectant (Glycerine)), Milk Chocolate Beans (Sugar, Whole <b>MILK</b> Powder, Cocoa Butter, Cocoa Mass, Emulsifier: <b>SOYA</b> 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 NUTS.</i>			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: <b>WHEAT</b> flour, coconut oil, glucose syrup, sugar, skimmed <b>MILK</b> powder, dextrose, <b>SOYA</b> flour, malt extract, sugar, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier <b>SOYA</b> lecithin, vanilla pods (boubon), <b>HAZELNUT</b> . <i>May contain ALMONDS.</i>	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)	<b>WHEAT</b> flour, sugar, vegetable oils, candy sugar syrup, raising agent (sodium hydrogen carbonate), <b>SOYA</b> flour, salt, cinnamon. <i>May contain MILK.</i>			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)	<b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamine, flour treatment agent (E300)), butter (33%) ( <b>MILK</b> ), sugar, salt.	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)	<b>WHEAT</b> flour (Calcium carbonate, Iron, Niacin, Thiamin), Glucose syrup, Sugar, Non-hydrogenated vegetable oils (Palm 1 & Rapeseed), Butter (14% of filling) ( <b>MILK</b> ), Free Range <b>EGGS</b> , Invert sugar syrup, <b>SOYA</b> 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		
		Tony's Chocolonely Milk Chocolate Caramel Sea Salt (V)	Sugar, dried whole <b>MILK</b> , cocoa butter, cocoa mass, 10% caramel pieces (sugar, glucose syrup, cream ( <b>MILK</b> ), butter ( <b>MILK</b> )), 0.50% sea salt, emulsifier ( <b>SOYA</b> lecithin). <i>May contain gluten, egg, peanut and nuts.</i>	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 <b>MILK</b> , cocoa butter, cocoa mass, emulsifier ( <b>SOYA</b> lecithin). <i>May contain gluten, egg, peanut and nuts.</i>			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		



## CRISPS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Kettle Sea Salt Crisps</b> (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
		<b>Kettle Sea Salt &amp; Vinegar Crisps</b> (Vg)	Select Potatoes, Sunflower Oil, Sea Salt and Balsamic Vinegar Seasoning (Sea Salt, Potato Maltodextrin, Dried Balsamic Vinegar, Sugar, Acid: Citric Acid, Dried Red Wine Extract, Natural Flavouring).	per 100g
KJ	2125			850
Kcal	509			204
Fat	28.1			11.2
Sat	2.8			1.1
Carbs	55.8			22.3
Sugar	1.5			0.6
Fibre	4.9			2.0
Protein	5.7			2.3
Salt	1.4			0.6
Portion weight (g)				40
<b>Kettle Cheddar &amp; Onion Crisps</b> (V)	Select Potatoes, Sunflower Oil, Mature Cheddar and Red Onion Seasoning (Dried Buttermilk, Dried Mature Cheddar Cheese (MILK), Dried Onion, Dried Red Onion, Sea Salt, Dried Yeast Extract, Dried Yeast, Dried Chives, Colour: Paprika Extract).	per 100g		per portion (g)
		KJ	2106	842
		Kcal	505	202
		Fat	28.9	12.0
		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