

NOVEMBER 2023

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 allergens that may present within the product, are listed at the bottom of the ingredient list.

Nutritional information can be found to the right beside the ingredient declaration, per 100g and per product.

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). May contain NUTS and traces of SOYA .	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

Please note: Although some of our products may contain gluten free oats, we list OATS as an allergen as they contain a protein called Avenin which some people are sensitive to.

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:

Vegetarian (V): produced to a recipe and with ingredients that do not contain any sources of meat and fish, including seafood and insects. Vegetarian products may contain ingredients that are produced by animals, such as milk, eggs, and honey.

Vegan (Vg): produced to a recipe with ingredients do not contain any products that are derived from animals, including all animal species, fish, seafood, insects, and products produced by animals, such as honey. Due to our manufacturing environments and to the use of shared displays in store, our vegan products may not be suitable for those with MILK or EGG allergies.

Gluten Free (GF): All products that are labelled as Gluten Free are produced in manufacturing sites that are certified to produce products to the required standards to be called Gluten Free and have been tested to ensure the level of gluten is below the legal threshold.

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PASTIRES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Almond Croissant (V)	Dough: WHEAT Flour (WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid), Water, Palm Fat, Yeast, Sugar, Butter (MILK), Rapeseed Oil, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Yeast, Flour Treatment Agent (Ascorbic Acid), Emulsifier (Mono- and diglycerides of fatty acids), Acidity Regulator (Citric Acid), Flavouring, EGG , ALMOND Filling (19%) (Sugar, ALMONDS (6.5%) (NUTS), EGG White, Inverted Sugar Syrup, Water, EGG Yolk, Invertase), Topping: ALMOND Flakes (4.2%) (NUTS), Icing Sugar (Dextrose, Cornflour, Vegetable Oil). <i>May contain other NUTS, SESAME and SOYA.</i>	per 100g	per portion (g)	
		KJ	1670	1412
		Kcal	399	338
		Fat	21.1	17.5
		Sat	9.0	7.4
		Carbs	45.0	36.4
		Sugar	14.0	11.4
		Fibre	2.4	2.0
		Protein	9.7	7.7
		Salt	0.73	0.60
		Portion weight (g)	83	
		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. <i>May contain NUTS, SESAME and SOYA.</i>	per 100g
KJ	1840			927
Kcal	440			222
Fat	24.0			11.8
Sat	15.0			7.7
Carbs	46.7			23.5
Sugar	8.0			4.0
Fibre	2.6			1.3
Protein	8.1			4.4
Salt	1.20			0.58
Portion weight (g)	50			
Pain au Chocolat (V)	Pastry: (WHEAT flour, Butter (MILK), water, chocolate 10% (sugar, coca 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). <i>May contain NUTS and SESAME SEEDS.</i>			per 100g
		KJ	1779	1174
		Kcal	426	281
		Fat	23.0	14.0
		Sat	15.0	7.7
		Carbs	46.0	30.0
		Sugar	13.0	8.0
		Fibre	3.1	1.9
		Protein	8.3	5.5
		Salt	1.00	0.61
		Portion weight (g)	66	
		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)). <i>May contain NUTS, SESAME and SOYA.</i>	per 100g
KJ	1400			1340
Kcal	334			319
Fat	14.0			14.0
Sat	9.1			8.7
Carbs	47.5			45.5
Sugar	19.0			18.0
Fibre	2.1			2.1
Protein	6.3			6.1
Salt	0.81			0.77
Portion weight (g)	96			
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). <i>May contain MILK, SESAME SEEDS, SOYA, NUTS, EGGS.</i>			per 100g
		KJ	1572	1245
		Kcal	375	295
		Fat	16	13
		Sat	8.3	6.6
		Carbs	49.8	39.5
		Sugar	18	14.0
		Fibre	2.6	2.0
		Protein	6.5	5.1
		Salt	0.52	0.41
		Portion weight (g)	79	

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)	Whole MILK (83%), Porridge OATS (17%).	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	0.09	0.22
		Portion weight (g)		240
		Porridge with Chocolate Chips (V)	Whole MILK (77%), Porridge OATS (15%), Chocolate Chips (8%) [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	0.09			0.22
Portion weight (g)				260
Porridge with Banana & Cinnamon (V)	Whole MILK (62%), Banana (19%), Porridge OATS (12%), Honey, Cinnamon.			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	0.07	0.22
		Portion weight (g)		321
		Porridge with Blueberries, Seeds & Maple Syrup (V)	Whole MILK (66%), Porridge OATS (13%), Blueberries (10%), Maple Syrup (5%), Pumpkin Seeds (3%), Sunflower Seeds (3%).	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	0.07			0.23
Portion weight (g)				305

TEACAKES & SCONES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Fruit Scone (Vg)	Cake Flour (WHEAT Flour (Calcium Carbonate, Iron, Nicotinamide, Thiamine), Sugar, Vegetable Oils (Palm, Rapeseed), Raising Agents: E450i, E500ii, WHEAT Starch, Salt, Stabiliser: E466, Natural Flavouring, Emulsifier: E471, Enzymes), Water, Sultanas (10.5%), Glaze (Water, Vegetable Proteins, Sunflower Oil, Dextrose, Maltodextrines, Starch). <i>May contain SOYA, MILK, EGG, NUTS and SULPHUR DIOXIDE.</i>	KJ	1638	2293		
		Kcal	400	560		
		Fat	11.0	15.4		
		Sat	4.5	6.3		
		Carbs	66.9	93.6		
		Sugar	23	32.2		
		Protein	7.7	10.8		
		Salt	0.50	0.70		
		Portion weight (g)		140		
		Teacake (Vg)	WHEAT flour [with added calcium, iron, niacin, thiamin], Water, Sultanas (10%) [sunflower oil], Currants (5%) [sunflower oil], spiced bun concentrate [vegetable oil, dextrose, mono and diglycerides of fatty acids, diacetyl tartaric acid ester of mono diglycerides, flavouring, flour treatment agent, ascorbic acid, food enzymes, beta carotene], Sugar, Yeast. <i>May contain MILK, EGG and NUTS.</i>	KJ	940	1410
				Kcal	221	332
Fat	0.7			1.1		
Sat	0.1			0.2		
Carbs	48.0			72.0		
Sugar	15.3			23.0		
Protein	6.4			9.6		
Salt	0.01			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	1.04	0.52
			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	1.06	0.53
			Portion weight (g)		50

GRANOLA & YOGHURT

PRODUCT		INGREDIENTS	NUTRITIONAL INFO		
			per 100g	per portion (g)	
Granola & Yogurt with Banana & Honey (V)	Natural Low Fat Yogurt (MILK) (55%), Granola (18%) [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)], Banana (18%), Honey (5%), Pumpkin Seeds (2%), Sunflower Seeds (2%).		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	0.17	0.36
			Portion weight (g)		240
Granola & Yogurt with Blueberry & Honey (V)	Natural Low Fat Yogurt (MILK) (55%), Granola (18%) [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)], Blueberries (18%), Honey (5%), Pumpkin Seeds (2%), Sunflower Seeds (2%).		KJ	685	1507
			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	0.17	0.37
			Portion weight (g)		220
Yogurt & Seeds with Banana (V)	Natural Low Fat Yogurt (MILK) (67%), Banana (22%), Honey (6%), Pumpkin Seeds (3%), Sunflower Seeds (3%).		KJ	663	1325
			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	0.12	0.25
			Portion weight (g)		200
Yogurt & Seeds with Blueberry (V)	Natural Low Fat Yogurt (MILK) (67%), Blueberries (22%), Honey (6%), Pumpkin Seeds (3%), Sunflower Seeds (3%).		KJ	626	1251
			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	0.13	0.25
			Portion weight (g)		200

EXTRAS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Preserve Blackcurrant (Vg)	Sugar, blackcurrants, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	per 100g	per portion (g)	
		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	0.00	0.00
		Portion weight (g)	30	
Preserve Strawberry (Vg)	Strawberries, sugar, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	per 100g	per portion (g)	
		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	0.00	0.00
		Portion weight (g)	30	
Lakeland Butter (V)	Butter: Cream (MILK), Salt.	per 100g	per portion (g)	
		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	1.90	0.13
		Portion weight (g)	7	
Rodda's Cornish Clotted Cream (V)	100% Cornish cows MILK.	per 100g	per portion (g)	
		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	0.02
		Portion weight (g)	40	
Vitalite (Vg)	Vegetable Oils (Sunflower (21%), Rapeseed, Palm), Water, Salt, Emulsifier - E471, Sunflower Lecithin, Preservative - Potassium Sorbate, Acid - Lactic Acid, B Vitamins (Niacin, B6, B2, Folic Acid & B12), Flavourings, Colours - Annatto, Curcumin. May contain SULPHITES.	per 100g	per portion (g)	
		KJ	2068	145
		Kcal	503	35
		Fat	56.0	3.9
		Sat	12.6	0.9
		Carbs	0.0	0.0
		Sugar	0.0	0.0
		Protein	0.0	0.0
		Salt	1.50	0.11
		Portion weight (g)	7	
Marmite (Vg)	Yeast extract (contains BARLEY, WHEAT, OATS, RYE), salt, vegetable juice concentrate, vitamins (thiamin, riboflavin, niacin, vitamin B12 and folic acid), natural flavouring (contains CELERY).	per 100g	per portion (g)	
		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	10.80	3.24
		Portion weight (g)	8	
Marmalade (Vg)	Sugar, bitter oranges, water, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	per 100g	per portion (g)	
		KJ	1017	305
		Kcal	240	72
		Fat	0.1	0.03
		Sat	0.0	0.0
		Carbs	59.0	17.7
		Sugar	59.0	17.7
		Protein	0.3	0.1
		Salt	0.00	0.00
		Portion weight (g)	30	

CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
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. <i>May contain cereals containing GLUTEN, MILK, EGG, SOYA, SULPHITES, and NUTS.</i>	KJ	1662	1629
		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	0.69	0.68
		Portion weight (g)		98
NEW Cappuccino Cake (V)	Cappuccino Cake (74%) (Margarine (Vegetable Oils (Palm Oil, Rapeseed Oil)), Water, Salt, Emulsifier (Polyglycerol Esters Of Fatty Acids), Colours (Curcumin, Annatto Bixin), Flavouring), Soft Light Brown Sugar, Gluten Free Flour (Rice, Potato, Tapioca, Buckwheat), EGG , Whole MILK , Water, Coffee, Raising Agents (Mono Calcium Phosphate, Sodium Bicarbonate, Corn Starch), Salt, Thickener (Xanthan Gum), Coffee Icing (25%) (Icing Sugar, Butter (Butter (MILK), Salt), Water, Coffee), Decoration (1%) (Dark Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring))	per 100g		per portion (g)
		KJ	1795	2369
		Kcal	429	566
		Fat	24.0	31.7
		Sat	11.2	14.8
		Carbs	49.7	65.6
		Sugar	34.9	46.1
		Fibre	0.3	0.4
		Protein	3.3	4.4
		Salt	0.43	0.57
Portion weight (g)		132		
Cinnamon Bun (Vg)	Cinnamon Bun Dough (65%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil)), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Water, Sugar, Wholemeal WHEAT Flour, Sourdough Culture (RYE Flour), Orange Zest, Yeast, Salt, Madagascar Vanilla Extract, Emulsifier (Rapeseed Lecithin), Filling (15%) (Dark Brown Soft Sugar, Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil)), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum))), Invert Sugar Syrup, Orange Juice, Lemon Juice), Cinnamon Sugar (1%) (Caster Sugar, Ground Cinnamon (<1%)). <i>May contain NUTS and SULPHUR DIOXIDE.</i>	per 100g		per portion (g)
		KJ	1604	2486
		Kcal	382	592
		Fat	15.6	24.2
		Sat	8.4	13.0
		Carbs	54.0	83.7
		Sugar	17.7	27.4
		Protein	5.2	8.1
		Salt	0.74	1.15
		Portion weight (g)		155
Chocolate & Orange Cake (Vg)	Water, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Caster Sugar, Rapeseed Oil, Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithins), Natural Flavouring), Golden Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono And Diglycerides Of Fatty Acids)), Orange Peel (Caster Sugar, Orange Peel, Water), Fat Reduced Cocoa Powder, Raising Agents (Diphosphates, Potassium Carbonates), Natural Flavourings, Tapioca Starch. <i>May contain NUTS, EGG, and MILK.</i>	per 100g		per portion (g)
		KJ	1510	1359
		Kcal	360	324
		Fat	18.8	16.9
		Sat	4.2	3.8
		Carbs	45.1	40.5
		Sugar	26.2	23.6
		Fibre	2.2	1.9
		Protein	4.5	4.1
		Salt	0.47	0.42
Portion weight (g)		90		
Pineapple, Banana & Cinnamon Loaf (Vg)	Cake Batter (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pineapple (18%), Dark Brown Soft Sugar, Banana Puree (13%), Coconut Oil, SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Rapeseed Oil, Apple Puree, Flax Seeds, Raising Agent: Diphosphates, Sodium Carbonates; Vanilla Extract, Cinnamon, Salt), Passionfruit Glaze (8%) (Glucose Syrup, Passion Fruit Puree (3%), Icing Sugar), Topping (Toasted Coconut Chips). <i>May contain NUTS, PEANUTS, SESAME, EGG, MILK, and SULPHITES.</i>	per 100g		per portion (g)
		KJ	1338	1432
		Kcal	321	343
		Fat	13.2	14.1
		Sat	7.6	8.1
		Carbs	48.0	51.0
		Sugar	28.6	30.6
		Fibre	2.1	2.2
		Protein	2.9	3.1
		Salt	0.74	0.79
Portion weight (g)		107		
Lemon Drizzle Cake (V)	Lemon Cake (93%) (Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk (MILK), Rapeseed Oil, EGG , Lemon Juice (3%), Lemon Curd (3%) (Sugar, EGG , Butter (MILK), Concentrated Lemon Juice, Water, Lemon Oil, Agar), Lemon Zest (3%), Raising Agent (Diphosphates, Sodium Carbonates), Salt), Lemon Drizzle (7%) (Glucose Syrup, Lemon Juice (2%)), Icing Sugar (Sugar Beet, Anticaking Agent (Calcium Phosphate)), Decoration (<1%) (Dried Cornflower Petals). <i>May contain other cereals containing GLUTEN, SOYA, SULPHITES NUTS and PEANUTS.</i>	per 100g		per portion (g)
		KJ	1542	1696
		Kcal	369	406
		Fat	14.7	16.2
		Sat	1.4	1.5
		Carbs	55.2	60.7
		Sugar	36.1	39.7
		Fibre	1.3	1.4
		Protein	4.1	4.5
		Salt	0.57	0.63
Portion weight (g)		110		
Ultimate Carrot Cake (Vg)	WHEAT flour (calcium carbonate, iron, niacin, thiamin), icing sugar, brown sugar, carrots 10%, oranges 9%, rapeseed oil, SOYA drink (water, SOYA beans, apple extract, acidity regulators (monopotassium phosphate, dipotassium phosphate), calcium carbonate, sea salt, gellan gum, vitamins B2, B12, D2), sultanas 4%, violife creamy (water, coconut oil, starch, sea salt, acidity regulator (glucono-delta-lactone), flavourings, olive extract, vitamin B12), WALNUTS 3%, plant butter (plant oils (sustainable palm, sunflower, rapeseed), water, sea salt, fava bean preparation, emulsifier (sunflower lecithin), natural flavourings), lemon juice, flax seeds, coconut 1%, raising agent (diphosphates, sodium carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)), mixed spices 1%, candied HAZELNUTS (sugar, HAZELNUTS), pumpkin seeds, sodium bicarbonate, salt, Madagascar vanilla paste, cornflower petals. <i>May contain MILK, EGGS, SULPHITES and PEANUTS.</i>	per 100g		per portion (g)
		KJ	1502	1953
		Kcal	358	465
		Fat	15.0	19.5
		Sat	3.5	4.6
		Carbs	52.9	68.8
		Sugar	37	48.1
		Protein	3.0	3.9
		Salt	0.76	0.99
		Portion weight (g)		130

CAKES

NUTRITIONAL INFO

Victoria Sponge
(V)

Sugar, Pasteurised Free Range EGG, Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Vegetable Margarine (Palm and Rapeseed Oil, Water, Salt, Emulsifier (E471), Flavouring, Colour (Annatto, Curcumin)), Buttercream (12%) [Icing Sugar, Butter (MILK)], Raspberry Jam (8%) [Glucose Fructose Syrup, Raspberries (40%) Sugar, Gelling Agent (Pectin), Citric Acid, Colour (Anthocyanin), Acidity Regulator (Sodium Citrate)], Raising Agents (E450, E500), Skimmed MILK Powder, Stabiliser (Xanthan Gum). May contain NUTS.

	per 100g	per portion (g)
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
Protein	4.0	4.0
Salt	1.09	1.09
Portion weight (g)		100

Welsh Cake
(V)

WHEAT flour (calcium carbonate, iron, niacin, thiamine, raising agents E450, E500), vegetable oil (rapeseed, sustainable palm) sugar, vine fruits (13%)(currants, sultanas, sunflower oil), EGG, BUTTERMILK, water, salt, emulsifiers (E471, E481), colour (carotenes), natural flavouring, preservatives (E202, E282).

	per 100g	per portion (g)
KJ	1548	464
Kcal	370	111
Fat	14.6	4.4
Sat	4.9	1.5
Carbs	65.1	19.5
Sugar	23.3	7.0
Protein	6.5	2.0
Salt	1.30	0.39
Portion weight (g)		30

MUFFINS & CUPCAKES

PRODUCT

INGREDIENTS

NUTRITIONAL INFO

Blueberry Muffin
(V)

WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, EGG, Rapeseed Oil, Blueberry (11%), Blueberry Puree (9%) (Blueberry, Sugar, Water, Modified Maize Starch, Preservative: Potassium sorbate; Natural Flavouring, Acidity regulator: Citric acid), Water, Buttermilk (MILK) (2%), Raising Agents: Potassium carbonates, Sodium carbonates, Diphosphates, Calcium phosphates; Inulin, Palm Oil, MILK Proteins, WHEAT Starch, Modified Maize Starch, WHEAT Gluten, Preservative: Potassium sorbate, Emulsifiers: Mono-and diglycerides of fatty acids, Polyglycerol esters of fatty acids; Stabiliser: Xanthan gum; Salt, Glucose Syrup, Lemon Oil, Acidity regulator: Citric acid, Natural Flavourings, Colour: Carotenes.

**PLEASE NOTE: We have updated the recipe for our Blueberry & Oat Muffin and changed the product name. This has different allergen, ingredient and nutritional information. Check in store which one they have in stock before your purchase.

	per 100g	per portion (g)
KJ	1431	1502
Kcal	342	359
Fat	15.5	16.3
Sat	1.8	1.9
Carbs	44.1	46.3
Sugar	21.1	22.1
Fibre	1.2	1.3
Protein	5.8	6.1
Salt	0.44	0.46
Portion weight (g)		105

Halloween Cupcake
(V)

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, Orange Coloured Vanilla Buttercream (18%) [Icing Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier: E471, Flavouring, Colouring: E160b(i), E100), Unsalted Butter (MILK), Vanilla Flavour (Water, Propylene Glycol, Caramelised Sugar Syrup, Thickener: E415, Acidity Regulator: E330, Preservative: E202)], Tangerine Colour (E422, E1520, E551, E110)], White Vanilla Buttercream (18%) [Icing Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier: E471, Flavouring, Colouring: E160b(i), E100), Unsalted Butter (MILK), Vanilla Flavour (Water, Propylene Glycol, Caramelised Sugar Syrup, Thickener: E415, Acidity Regulator: E330, Preservative: E202)], Rapeseed Oil, White Chocolate Skull Decoration (1.5%) [Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier: Sunflower Lecithin]. May contain other cereals containing GLUTEN, NUTS, SOYA, and SULPHITES.

	per 100g	per portion (g)
KJ	1707	2271
Kcal	407	542
Fat	21.0	27.0
Sat	5.3	7.0
Carbs	53.7	71.4
Sugar	41	55.0
Fibre	0.0	0.0
Protein	2.9	3.9
Salt	0.40	0.53
Portion weight (g)		133

Sicilian Lemon Curd Muffin
(V)

WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, EGG, Rapeseed Oil, Sicilian Lemon filling (9%) [Sugar, EGG, Butter (MILK), Water, Concentrated Lemon Juice (Lemon, Sodium Metabisulphite (SULPHITES)), Potassium Metabisulphite (SULPHITES)], Gelling agent: Agar, Lemon Oil], Inulin, Lemon Zest (4%), Water, Buttermilk (MILK), Glucose Syrup, Raising Agents: Potassium carbonates, Sodium carbonates, Calcium phosphates, Diphosphates; Palm Oil, MILK Proteins, WHEAT Starch, Modified Maize Starch, Natural Flavourings, Preservative: Potassium sorbate, WHEAT Gluten, Emulsifiers: Mono- and diglycerides of fatty acids, Polyglycerol esters of fatty acids; Stabiliser: Xanthan gum, Salt, Humectants: Sorbitol syrup, Glycerol; Acidity regulator: Citric acid, Preservative: Sodium Metabisulphite (SULPHITES), Colour: Carotenes.

	per 100g	per portion (g)
KJ	1487	1561
Kcal	354	372
Fat	15.1	15.9
Sat	2.2	2.3
Carbs	50.0	52.5
Sugar	24.9	26.1
Fibre	4.7	4.9
Protein	5.0	5.2
Salt	0.45	0.48
Portion weight (g)		105

TRAYBAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Blackcurrant Crumble (Vg)	Jam Filling [Blackcurrants (57%), Sugar, Lemon Juice, Tapioca Starch], Base [Gluten Free Plain Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Plant Butter (Plant Oil (Sustainable Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavouring), Sugar, Polenta (Maize), Thickener; Xanthan Gum), Oat Crumble [Margarine (Vegetable Oil (Sustainable Palm Oil, Rapeseed Oil), Water, Salt, Emulsifier (Polyglycerol Esters Of Fatty Acids), Colours: Curcumin; Annatto Bixin, Flavouring), Demerara Sugar, Gluten Free Jumbo OATS (3%), Pumpkin Seed (2%), Thickener: Xanthan Gum). <i>May contain other cereals containing GLUTEN, NUTS, PEANUTS, SESAME, EGG, MILK, SULPHITES, and SOYA.</i>	KJ	1533	1180	
		Kcal	266	205	
		Fat	14.6	11.2	
		Sat	7.0	5.4	
		Carbs	55.0	42.0	
		Sugar	28.3	21.8	
		Fibre	1.9	1.5	
		Protein	2.8	2.2	
		Salt	0.09	0.07	
		Portion weight (g)		77	
Caramel Apple Crumble (V)	Bramley Apple Slices (23%) [Bramley Apple, Preservative: Ascorbic Acid], WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Toffee Sauce (12%) [Glucose Syrup, Invert Sugar Syrup, Sweetened Condensed MILK , Sugar, Butter Oil (MILK), Water, Colour: Alkaline Caramel, Stabiliser: Pectin, Natural Flavouring), Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Single Cream (MILK), Shortening (Palm Oil, Rapeseed Oil), Brown Sugar, Free Range EGG , Full Cream MILK Powder, Invert Sugar Syrup, Modified Maize Starch, Dextrose Monohydrate, Natural Vanilla Flavouring, Natural Sticky Toffee Flavouring, Caramelised Sugar Syrup, Pastry Stabiliser (WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Flour Treatment Agent: L Cysteine), Ground Cassia, Salt, Stabilisers: Xanthan Gum, Locust Bean Gum, Guar Gum. <i>May contain NUTS and SOYA.</i>	KJ	1251	2014	
		Kcal	336	541	
		Fat	12.7	20.4	
		Sat	5.1	8.2	
		Carbs	45.0	73.0	
		Sugar	28.3	46.0	
		Fibre	1.3	2.1	
		Protein	2.8	4.5	
		Salt	0.25	0.40	
		Portion weight (g)		161	
Caramel Shortbread (V)	Shortbread (44%) [Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (MILK), Sugar, Maize Starch, Salt], Caramel (40%) [Sweetened Condensed MILK , Glucose Syrup (SULPHITES), Unsalted Butter (MILK), Invert Sugar Syrup, Palm Oil, Salted Butter (MILK), Sugar, Salt, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Natural Flavouring), Milk Chocolate (16%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Natural Flavouring).	KJ	2133	1386	
		Kcal	511	332	
		Fat	30.3	19.7	
		Sat	18.1	11.8	
		Carbs	54.0	35.1	
		Sugar	30.5	19.8	
		Protein	4.9	3.2	
		Salt	0.62	0.40	
		Portion weight (g)		65	
		Chocolate Tiffin (Vg)	Digestive Biscuit Pieces (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Sugar, Palm Oil, Rapeseed Oil, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Salt), Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (Mono And Diglycerides Of Fatty Acids), Flavouring, Colours (Annatto Bixin, Curcumin)), Dark Chocolate (Cocoa Mass, Sugar, Emulsifier (SOYA Lecithins), Flavouring), Golden Syrup, Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithins), Flavouring), Fat Reduced Cocoa Powder, Salt. <i>May contain EGG, MILK, and NUTS.</i>	KJ	2092
Kcal	500			385	
Fat	28.5			21.9	
Sat	12.8			9.8	
Carbs	54.4			41.8	
Sugar	30.4			23.4	
Fibre	4.5			3.4	
Protein	5.3			4.1	
Salt	0.71			0.54	
Portion weight (g)				77	
Dark Chocolate Traycake (Vg)	Water, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Caster Sugar, Rapeseed Oil, Cocoa (Cocoa Mass, Sugar, Cocoa Butter, SOYA Lecithins, Natural Flavouring), Vegetable Fat (Cocoa Mass, Sugar, Cocoa Butter, SOYA Lecithins, Natural Flavouring) Palm Oil, Rapeseed Oil, Water, Mono- and diglycerides of fatty acids), Golden Syrup, Fat Reduced Cocoa Powder, Raising Agent (Cocoa Mass, Sugar, Cocoa Butter, SOYA Lecithins, Natural Flavouring) Palm Oil, Rapeseed Oil, Water, Mono- and diglycerides of fatty acids) Diphosphates, Potassium carbonates), Natural Flavouring, Natural Flavouring, Tapioca Starch. <i>May contain MILK, EGG and NUTS.</i>	KJ	1784	1499	
		Kcal	426	358	
		Fat	22.0	18.4	
		Sat	4.7	4.0	
		Carbs	50.0	42.0	
		Sugar	29.4	24.7	
		Protein	5.5	4.6	
		Salt	0.60	0.50	
		Portion weight (g)		84	
		Maple Syrup Flapjack (V)	Rolled OATS (43%), Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Colours (Annatto Bixin, Curcumin)), Golden Syrup (Invert Sugar Syrup), Demerara Sugar, Light Soft Brown Sugar, Salted Butter (Butter (MILK), Salt), Maple Syrup (3%), Salt. <i>May contain EGG, SOYA and NUTS.</i>	KJ	1926
Kcal	461			359	
Fat	25.6			19.9	
Sat	11.0			8.5	
Carbs	50.4			39.3	
Sugar	26.2			20.4	
Protein	5.3			4.1	
Salt	0.62			0.46	
Portion weight (g)				78	

TRAYBAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Summer Berry Crumble Cake (made with GF Oats) (Vg)	Shortbread Base (32%) (Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat)), Plant Butter (Plant Oil (Sustainable Palm, Sunflower, Rapeseed), Filtered Water, Fava Bean Preparation, Plant-based Emulsifier (Sunflower Lecithin), Natural Flavourings), Sugar, Polenta (Maize), Thickener (Xanthan Gum), Jam Filling (41%) (Strawberries (16%), Sugar, Raspberries (8%), Lemon Juice, Tapioca Starch), Oat Crumble Mix (27%) (Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat)), Margarine (Vegetable Oil (Sustainable Palm, Rapeseed), Water, Salt, Emulsifier (Polyglycerol Esters of Fatty Acid), Colours (Curcumin, Annatto Bixin), Flavouring), Demerara Sugar, Gluten Free OATS (3%), Pumpkin Seeds (2%), Thickener (Xanthan Gum). <i>Please note: Although some of our products may contain gluten free oats, we list OATS as an allergen as they contain a protein called Avenin which some people are sensitive to. May contain MILK, EGG, PEANUTS, NUTS, SULPHUR DIOXIDE and other cereals containing GLUTEN.</i>	KJ	1525	1190
		Kcal	365	284
		Fat	14.2	11.1
		Sat	6.8	5.3
		Carbs	55.7	43.5
		Sugar	29.7	23.2
		Protein	2.90	2.26
		Salt	0.08	0.06
		Portion weight (g)		78
		Super Dark Brownie (Vg)	Dark chocolate 17% (cocoa mass, sugar, fat-reduced cocoa powder, emulsifier (sunflower lecithin), natural vanilla flavouring - contains cocoa solids 74%), coconut oil, dark brown sugar, sugar, WHEAT flour (calcium carbonate, iron, niacin, thiamin), apple puree, water, plant cream (lentil preparation (water, lentil protein), vegetable oils (coconut, rapeseed), sugar, modified potato starch, emulsifier (polysorbate 60), stabiliser (methylcellulose, xanthan gum), acidity regulator (trisodium citrate), natural flavour, salt, colour (carotene)), fat-reduced cocoa powder, cocoa nibs 3.5%, black treacle, flaxseeds, natural vanilla extract, sea salt flakes 0.5%, raising agent (diphosphates, sodium carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)). <i>May contain MILK, EGG, PEANUTS, NUTS, SULPHUR DIOXIDE and other cereals containing GLUTEN.</i>	KJ
Kcal	464			297
Fat	30.0			19.2
Sat	22.0			14.1
Carbs	47.0			30.1
Sugar	34.0			21.8
Fibre	3.4			2.2
Protein	4.5			2.9
Salt	0.71			0.45
Portion weight (g)				64
Triple Chocolate Brownie (V)	Free range EGG , dark chocolate 16% (cocoa mass, sugar, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring - contains cocoa solids 72%), coconut oil, soft light sugar, sugar, dark chocolate 7% (sugar, cocoa mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring - contains cocoa solids 47%, fat free cocoa solids 14%), milk chocolate 7% (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier (SOYA lecithin), natural vanilla flavouring - contains cocoa solids 27%, milk solids 20%), fat-reduced cocoa powder, gluten-free flour blend (rice, potato, tapioca, maize, buckwheat), rapeseed oil, double cream (MILK), salt, raising agent (mono calcium phosphate, corn starch, sodium bicarbonate), stabiliser (xanthan gum). <i>May contain cereals containing GLUTEN, NUTS and SULPHUR DIOXIDE.</i>	KJ	2098	1322
		Kcal	504	317
		Fat	32.6	20.5
		Sat	21.4	13.5
		Carbs	42.4	26.7
		Sugar	37.0	23.3
		Fibre	4.3	2.7
		Protein	6.2	3.9
		Salt	0.36	0.23
		Portion weight (g)		63
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 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	0.20	0.27
		Portion weight (g)		137

TARTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Portuguese Tarts (V)	MILK , sugar, EGG Yolk, Whole EGG , WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Maize Starch, Vanilla Flavour, WHEAT Flour (Flour Treatment Agent; Ascorbic Acid [E300], Pastry Margarine (Vegetable Fat (Palm), Sunflower Oil, Water, Salt, Emulsifiers: Mono- and diglycerides of fatty acids [E471], Sunflower Lecithin [E322]; Flavourings, Acidity Regulator: Citric Acid [E330]; Preservative: Sorbic Acid [E200]; Antioxidants: Fatty acid esters of ascorbic acid [E304], Tocopherols [E306]; Colouring: Beta-Carotene [E160ai]), Water. <i>May contain NUTS, PEANUTS, SOYA, SESAME, SULPHITES.</i>	KJ	1105	774
		Kcal	263	184
		Fat	11.0	7.7
		Sat	4.5	3.2
		Carbs	36.0	25.2
		Sugar	20.0	14.0
		Protein	4.6	3.2
		Salt	0.40	0.20
		Portion weight (g)		70

DESSERTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Banoffee Cream Pie (V)	Whipping Cream, Banoffee Toffee Sauce (Condensed MILK , (MILK , Sugar), Lactose (MILK), Partially Inverted Refiners Syrup, Glucose Syrup, Palm Kernel Oil, Water, Butter (MILK), Sugar, Palm Oil, Emulsifier (SOYA Lecithins, Sorbitan Tristearate), Salt, Dried Glucose Syrup, Gelling Agent (Pectin), Preservative (Potassium sorbate)), Digestive Biscuit Crumb (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal Flour (WHEAT), Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar, Partially Inverted Sugar Syrup, Salt, Raising Agents (Ammonium carbonates, Sodium carbonates), Banana, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid), Cake Margarine (Vegetable Oil (Palm Oil, Rapeseed Oil), Water, Salt, Colour (Annatto Bixin, Curcumin), Flavouring, Emulsifier (Mono- and diglycerides of fatty acids)), Water, Neutral Fond (Sugar, Maltodextrin, Stabiliser (Acetylated Distarch Adipate, Carrageenan)), MILK Chocolate Shaving (Sugar, Cocoa Butter, Cocoa Mass, Whole MILK Powder, Skimmed MILK Powder, Emulsifier (SOYA Lecithin), Natural Vanilla Flavour). <i>May contain NUTS and SULPHITES.</i>	per 100g	per portion (g)	
		KJ	1563	1954
		Kcal	373	466
		Fat	23.7	29.6
		Sat	9.7	12.2
		Carbs	36.8	45.9
		Sugar	23.6	29.5
		Fibre	1.1	1.4
		Protein	3.7	4.6
		Salt	0.50	0.63
Portion weight (g)		125		
Cookies & Cream Slice	Cream (38%) (MILK), Biscuit Crumb [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin & Thiamin), Wholemeal Flour (WHEAT), Vegetable Oil (Palm & Rapeseed), Sugar, Invert Sugar Syrup, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate) Salt], Dark Chocolate [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Chocolate Muffin [Chocolate Muffin Sponge Mix (Sugar, WHEAT Flour (with Calcium Carbonate, Iron, Niacin & Thiamin), Whole EGG Powder, Fat Reduced Cocoa Powder (4%), Modified Starch (Maize), Raising Agents (Disodium Diphosphate, Potassium Bicarbonate), Emulsifiers (Propylene Glycol Esters of Fatty Acids, Sodium Stearoyl-2 Lactylate), Whey Solids (MILK), Salt, Vegetable Oils (Palm, Rapeseed), Stabiliser (Xanthan Gum), Flavouring), Water, Vegetable Oil (Rapeseed)], Water, Margarine [Vegetable Oils (Palm & Rapeseed), Water, Salt, Emulsifier (Polyglycerol Esters of Fatty Acids), Colours (Cucurmin, Annatto), Flavourings], Neutral Fond [Sugar, Dried Glucose Syrup, Gelatine, Modified Starch, Hen's EGG Yolk Powder, Acidity Regulator (Disodium Diphosphate), Salt], Dark Chocolate Shavings [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Bourbon Cream Biscuits (1%) (WHEAT Flour, Sugar, Vegetable Oil, Fat Reduced Cocoa Powder (5%), Glucose Syrup, Dextrose, WHEAT Starch, Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate), Salt Natural Flavouring), Oreo Cookies (1%) (WHEAT Flour, Sugar, Vegetable Fat and Vegetable Oil, Fat Reduced Cocoa Powder (4.6%), WHEAT Starch, Glucose-Fructose Syrup, Raising Agents (Potassium Bicarbonate, Ammonium Bicarbonate, Sodium Bicarbonate), Salt, Emulsifier (SOYA Lecithin), Flavouring (Vanillin)], Golden Syrup [Partially Inverted Sugar Syrup], Gelatine, Cocoa Powder [Cocoa Beans (95%), Acidity Regulator (Potassium Carbonate)], Brown Sugar, Vanilla Flavouring. ADDITIONAL INFORMATION: Made with Beef Gelatine. May contain 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	0.30	0.57
Portion weight (g)		175		
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]. <i>May contain NUTS.</i>	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
		Protein	8.0	11.3
		Salt	0.60	0.86
		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 E500ii), 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	0.86	1.55
Portion weight (g)		180		

PANINI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Brie & Bacon 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, Modified Maize Starch], Brie (12%) (MILK), Beechwood Smoked Streaky Bacon (12%) (Pork, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite), Chipotle Chilli Jam (12%) [Sugar, Red Pepper, White Grape Vinegar, Water, Tomato Paste, Chipotle Chilli Paste (Chipotle Peppers, Water, Tomato Paste, Salt, Sugar, Onion, Acidity Regulator: Acetic Acid), Dried Onions, Concentrated Lemon Juice, Salt, Garlic Purée].	KJ	1296	2138
		Kcal	309	509
		Fat	11.8	19.5
		Sat	4.4	7.2
		Carbs	36.0	59.4
		Sugar	10.0	16.6
		Fibre	2.5	4.1
		Protein	13.5	22.3
		Salt	1.30	2.10
		Portion weight (g)		165
		Chicken & Pesto 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, Modified Maize Starch], Chicken Pesto Mix (40%) [Cooked Chicken (60%) (Chicken Breast, Cornflour, Potato Starch, Stabiliser: Triphosphate; Starch Blend (Tapioca Starch, Rice Starch, Bamboo Fibre), Salt), Pesto (19%) (Basil Paste (Basil, Sunflower Oil, Salt, Antioxidant: Ascorbic Acid), Vegetable Oil (Sunflower Oil, Rapeseed Oil), Medium Fat Hard Cheese (MILK), Extra Virgin Olive Oil, Garlic Purée, Acidity Regulator: Citric Acid), Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Spirit Vinegar, Salt, Sugar, Flavourings, Lemon Juice Concentrate, Antioxidant: Calcium Disodium EDTA), Mature Cheddar Cheese (8%) (MILK)], Mozzarella Cheese (10%) (MILK)].	KJ
Kcal	264			554
Fat	12.0			25.2
Sat	3.5			7.4
Carbs	22.1			46.4
Sugar	2.4			5.0
Fibre	2.6			5.5
Protein	15.6			32.8
Salt	1.02			2.14
Portion weight (g)				210
Mozzarella & Tomato Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented RYE, Salt), Salt, Yeast, Malted WHEAT Flour], Tomato (18%), Mozzarella Cheese (15%) (MILK), Cheese and Pesto [Mature Cheddar Cheese (MILK), Pesto (Basil Paste (Basil, Sunflower Oil, Salt, Antioxidant: Ascorbic Acid), Vegetable Oil, Medium Fat Hard Cheese (MILK), Extra Virgin Olive Oil, Garlic Purée, Acidity Regulator; Citric Acid)].			KJ
		Kcal	251	492
		Fat	8.7	17.1
		Sat	4.0	7.8
		Carbs	31.2	61.2
		Sugar	2.4	4.7
		Fibre	1.7	3.3
		Protein	11.0	21.6
		Salt	0.89	1.74
		Portion weight (g)		196
		Ham & Cheese Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented RYE, Salt), Salt, Yeast, Malted WHEAT Flour], Dry Cured Ham (18%) [Pork, Mineral Sea Salt, Brown Sugar, Stabilisers: Potassium Triphosphate, Sodium Triphosphate, Tetrapotassium Diphosphate; Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite], Mozzarella and Cheddar Cheese (12%) [Mozzarella (MILK), Mature Cheddar Cheese (MILK)], Seasoned White Sauce [White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock (CELERY), Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Spices, Preservative: Potassium Sorbate), Cracked Black Pepper].	KJ
Kcal	249			423
Fat	7.9			13.4
Sat	2.6			4.4
Carbs	32.0			54.4
Sugar	2.4			4.2
Fibre	1.4			2.5
Protein	13.2			22.5
Salt	1.10			1.80
Portion weight (g)				170
Tuna Melt Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented RYE, Salt), Salt, Yeast, Malted WHEAT Flour], Tuna Melt Mix (Pole and Line Caught Tuna (38%) (FISH) (Skipjack Tuna (Katsuwonus Pelamis), Water, Salt), Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Spirit Vinegar, Salt, Sugar, Flavouring, Lemon Juice from Concentrate, Acidity Regulator: Calcium Disodium EDTA), Red Pepper (8%), Slow Roasted Tomato (6%) (Tomato, Rapeseed Oil, Salt, Garlic, Oregano), Red Onion (4%), Parsley, Lemon Juice from Concentrate (Lemon Juice from Concentrate, Preservative: Potassium Metabisulphite (SULPHITE))), Mature Cheddar Cheese (5%) (MILK)].			KJ
		Kcal	273	506
		Fat	12.1	22.4
		Sat	2.1	3.9
		Carbs	29.3	54.1
		Sugar	2.5	4.7
		Fibre	1.5	2.7
		Protein	12.7	23.4
		Salt	0.90	1.70
		Portion weight (g)		185

TOASTIES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Cheese & Tomato Toastie (V)	Grilled Cheese Topped Sourdough Bloomer Bread [Sourdough Bread (Water, SPELT Flour, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), RYE Flour, Sourdough [Dried Sourdough (WHEAT , RYE), Yeast, Antioxidant: Ascorbic Acid], Fermented WHEAT Flour, Durum WHEAT Semolina, Salt, Yeast), Mozzarella (17%) (MILK), Mature Cheddar Cheese (17%) (MILK), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock (CELERY), Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Spices, Preservative: Potassium Sorbate), Marinated Slow Roasted Cherry Tomato (7%) (Cherry Tomatoes (93%), Rapeseed Oil, Salt, Oregano, Garlic)], Mascarpone and Tomatade Mix (15%) [Mascarpone (50%) (Cream (MILK), Acidity Regulator: Citric Acid), Tomato Sauce (Tomato Purée, Salt, Sugar, Sunflower Oil, Oregano, Basil, White Pepper, Onion, Acidity Regulator: Citric Acid), Sunblush®Tomatade (3%) (Slow Roasted Tomatoes, Tomato Concentrate, Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic), Parsley, Cracked Black Pepper], Mozzarella (8%) (MILK), Marinated Slow Roasted Cherry Tomato (7%) (Cherry Tomatoes, Rapeseed Oil, Salt, Oregano, Garlic). <i>May contain EGG and MUSTARD.</i>	per 100g	per portion (g)	
		KJ	1014	1876
		Kcal	243	449
		Fat	11.0	21.0
		Sat	5.9	10.9
		Carbs	24.0	44.0
		Sugar	2.5	4.6
		Fibre	2.3	4.2
		Protein	10.0	19.1
		Salt	1.10	2.10
Portion weight (g)	185			

Ham & Cheese Toastie	Grilled Cheese Topped Sourdough Bloomer Bread [Sourdough Bread (Water, SPELT Flour, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), RYE Flour, Sourdough [Dried Sourdough (WHEAT , RYE), Yeast, Antioxidant: Ascorbic Acid], Fermented WHEAT Flour, Durum WHEAT Semolina, Salt, Yeast), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein (MILK), Sugar, Stock (CELERY), Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Mature Cheddar Cheese (12%) (MILK), Mozzarella Cheese (12%) (MILK), Cooked Dry Cured Formed Ham (18%) [Pork, Mineral Sea Salt, Brown Sugar, Stabilisers: Potassium Triphosphate, Sodium Triphosphate, Tetrapotassium Diphosphate; Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite], Mature Cheddar Cheese (10%) (MILK), Seasoned White Sauce [White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein (MILK), Sugar, Stock (CELERY), Acidity Regulator: Lactic acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Cracked Black Pepper]. <i>May contain EGG and MUSTARD.</i>	per 100g	per portion (g)	
		KJ	990	2020
		Kcal	237	483
		Fat	11.0	22.0
		Sat	4.8	9.9
		Carbs	21.0	42.0
		Sugar	1.1	2.3
		Fibre	1.8	3.7
		Protein	14.0	28.0
		Salt	1.30	2.70
Portion weight (g)	204			

Mushroom & Emmental Toastie (V)	Grilled Cheese Topped Sourdough Bloomer Bread [Sourdough Bread (Water, SPELT Flour, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), RYE Flour, Sourdough [Dried Sourdough (WHEAT , RYE), Yeast, Antioxidant: Ascorbic Acid], Fermented WHEAT Flour, Durum WHEAT Semolina, Salt, Yeast), Mozzarella (18%) (MILK), Mature Cheddar Cheese (18%) (MILK), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock (CELERY), Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Spices, Preservative: Potassium Sorbate)], Mushroom and Emmental Mix (33%) [Emmental Cheese (30%) (MILK), Full Fat Soft Cheese (30%) (MILK), Roasted Chestnut Mushrooms (30%) (Chestnut Mushrooms, Rapeseed Oil, Salt, Coarse Black Pepper), Mushroom and Porcini Tapenade (10%) (Grilled Mushrooms, Rapeseed Oil, Porcini Mushrooms, Concentrated Lemon Juice, Salt, Dehydrated Porcini Mushroom Powder, Garlic, Parsley, Chive)]. <i>May contain EGG and MUSTARD.</i>	per 100g	per portion (g)	
		KJ	1032	1941
		Kcal	247	465
		Fat	12.0	23.0
		Sat	6.6	12.0
		Carbs	22.0	41.0
		Sugar	1.4	2.7
		Fibre	2.3	4.3
		Protein	11.0	21.0
		Salt	1.10	2.10
Portion weight (g)	188			

BAPS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Bacon Bap	White Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, WHEAT Malt Flour, Bakery Improver: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Flour Treatment Agent: Ascorbic Acid], Beechwood Smoked Streaky Bacon (32%) [Pork, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite], Butter (MILK).	per 100g	per portion (g)	
		KJ	1282	1603
		Kcal	305	382
		Fat	12.3	15.4
		Sat	5.3	6.7
		Carbs	35.1	43.9
		Sugar	0.5	0.6
		Fibre	1.8	2.3
		Protein	15.9	19.9
		Salt	1.80	2.30
Portion weight (g)	125			

Sausage Bap	Vienna Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, WHEAT Malt Flour, Bakery Improver: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Flour Treatment Agent: Ascorbic Acid], Pork and Lentil Sausage (46%) [Pork, Lentils, Potato Starch, Dextrose, Water, Salt, Rapeseed Oil, WHEAT Starch, Spices (White Pepper, Nutmeg, Ginger, Mace, Chilli Powder), Beef Collagen Casing, Stabiliser: Sodium Diphosphate; WHEAT Protein, Onion Powder, Rubbed Sage, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Butter (MILK).	per 100g	per portion (g)	
		KJ	1073	1717
		Kcal	255	408
		Fat	10.9	17.4
		Sat	4.4	7.0
		Carbs	31.9	51.0
		Sugar	1.0	1.6
		Fibre	2.8	4.5
		Protein	9.7	15.5
		Salt	1.30	2.10
Portion weight (g)	160			

WRAPS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
All Day Breakfast Wrap	Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Carbonates, Malic Acid, Diphosphates; Sugar, Stabilisers: Sodium Carboxymethyl Cellulose; Salt], Pork and Lentil Sausage (24%) [Pork, Lentils, Potato Starch, Dextrose, Water, Salt, Rapeseed Oil, WHEAT Starch, Beef Collagen Casing, Spices, Stabiliser: Sodium Diphosphate; WHEAT Protein, Onion Powder, Rubbed Sage, WHEAT Flour (Calcium, Iron, Niacin, Thiamin)], Scrambled EGG Mix (14%) [Scrambled EGG (Pasteurised Free Range EGG, Water, Rapeseed Oil, Tapioca Starch, Skimmed MILK Powder, Lemon Juice, Salt, Ground White Pepper), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock (CELERY), Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Spices, Preservative: Potassium Sorbate), Cracked Black Pepper], Baked Beans (12%) [Beans, Tomato, Water, Sugar, Spirit Vinegar, Salt, Spice Extracts, Herb Extract], Beechwood Smoked Streaky Bacon (6%) [Pork, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite].	KJ	1021	2114
		Kcal	244	505
		Fat	10.9	22.5
		Sat	3.6	7.5
		Carbs	25.6	52.9
		Sugar	2.3	4.7
		Fibre	3.2	6.7
		Protein	10.2	21.2
		Salt	1.20	2.50
		Portion weight (g)		207

Falafel & Red Cabbage Wrap (Vg)	Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Carbonates, Malic Acid, Diphosphates; Sugar, Stabiliser: Sodium Carboxymethyl Cellulose; Salt], Falafel (21%) [Chickpeas, Onion, Falafel Mix (WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Sugar, Ground Coriander, Ground Cumin, Dried Parsley, Black Pepper, Raising Agent: Sodium Bicarbonate), Water, Rusk (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Parsley, Rapeseed Oil, Kibbled Onion, Coriander, Garlic Purée], Mango and Apricot Chutney (11%) [Apricot and Apple Cider Chutney (Sugar, Cider Vinegar, Apricot Purée, Apple, Onion, Apple Purée, Dried Sultanas (Sultanas, Sunflower Oil), Dried Apricot (Dried Apricot, Rice Flour, SULPHITES), Cornflour, Salt, Garlic Powder, Ginger Powder, Cinnamon), Mango Purée], Red Cabbage (8%), Vegan Chilli Mayonnaise (5%) [Vegan Mayonnaise (Rapeseed Oil, Water, Sugar, Spirit Vinegar, Salt, Modified Maize Starch, Stabiliser: Xanthan Gum; Flavouring, Colour: Carotene; Antioxidant: Calcium Disodium EDTA), Chipotle Chilli Paste (Spirit Vinegar, Chipotle Chilli Mash (Chipotle Chilli, Salt, Preservative: Acetic Acid), Dark Brown Soft Sugar, Tomato Paste, Onion, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must, Colour: SULPHITE Ammonia Caramel), Water, Chilli Flakes, Garlic, Rapeseed Oil, Smoked Paprika, Cumin, Cornflour]], Spinach (4%), Red Onion (2%), Red Pepper (2%).	per 100g	per portion (g)	
		KJ	1025	1938
		Kcal	245	462
		Fat	9.4	17.7
		Sat	2.3	4.4
		Carbs	33.3	62.9
		Sugar	5.8	11.0
		Fibre	2.8	5.4
		Protein	5.5	10.4
		Salt	0.70	1.40
Portion weight (g)		189		

SOUP

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Pea & Mint Soup (V)	Peas (46%), Water, Onions, CELERY, Butter (MILK), Sugar, Vegetable Stock [Salt, Yeast Extract, Rice Flour, Vegetables (Onions, CELERY, Carrots, Parsley), Sunflower Oil, Turmeric], Salt, Fresh Mint (0.11%), Black Pepper.	KJ	273	1092
		Kcal	65	260
		Fat	2.4	9.6
		Sat	1.4	5.6
		Carbs	6.9	27.6
		Sugar	4.8	19.2
		Fibre	2.5	10.0
		Protein	2.8	11.2
		Salt	0.70	2.80
		Portion weight (g)		400

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Chocolate Chip Mini Bean Cookie (V)	Sugar, Wheat Flour (WHEAT, Calcium Carbonate [E170], Iron, Niacin, Thiamine), Milk Chocolate Chunks (18%) (Sugar, Whole MILK Powder, Cocoa Butter, Cocoa Mass, Whey Powder (MILK), Skimmed MILK Powder, Emulsifier (SOYA Lecithin), Vanilla Flavouring), Butter (MILK), Mini Chocolate Beans (7%) (Sugar, Whole MILK Powder, Cocoa Butter, Cocoa Mass, Rice Flour, Thickening Agent (Gum Arabic), Colourings (Concentrates of Algae, Apple, Pumpkin, Radish, Lemon, Blackcurrant, Safflower, Purple Potato), Salt, Emulsifier (Sunflower Lecithin), Glucose Syrup, Glazing Agents (Carnauba Wax, Bees Wax, Shellac)), Water, Whole EGG Powder, Starch, Vanilla Flavouring, Sodium Bicarbonate, Salt. <i>Made in a factory that handles nuts.</i>	per 100g	per portion (g)	
		KJ	1862	1583
		Kcal	443	377
		Fat	20.0	17.0
		Sat	12.0	10.2
		Carbs	63.0	53.6
		Sugar	44.0	37.4
		Fibre	1.2	1.0
		Protein	4.9	4.2
		Salt	0.20	0.20
Portion weight (g)		85		
Halloween Gingerbread Man (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Golden Syrup, Margarine (Palm Oil, Rapeseed Oil, Water, Mono And Diglycerides Of Fatty Acids, Flavouring, Annatto Bixin, Curcumin), Water, White Fondant (Sugar, Glucose Syrup, Water), Sugar, Chocolate Flavoured Compound (Sugar, Palm Kernel Oil, Palm Oil, Skimmed MILK Powder, Whey Powder (MILK), Fat Reduced Cocoa Powder, E322 SOYA Lecithins, Flavouring), Glucose Syrup, Ginger, Sodium Bicarbonate, Glycerine, Dried EGG White. <i>May contain NUTS.</i>	per 100g	per portion (g)	
		KJ	1630	962
		Kcal	386	228
		Fat	9.0	5.3
		Sat	3.4	2.0
		Carbs	71.4	42.1
		Sugar	37.3	22.0
		Fibre	1.6	0.9
		Protein	4.1	2.4
		Salt	0.10	0.06
Portion weight (g)		59		

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Oat & Raisin Cookie (V)	Sugar, Raisins (19%) (Raisins, Sunflower Oil), Butter (MILK), Wheat Flour (WHEAT, Calcium Carbonate [E170], Iron, Niacin, Thiamine), Rolled OATS (9.5%), Water, Whole EGG Powder, Starch, Vanilla Flavouring, Mixed Spice (0.3%), Sodium Bicarbonate, Salt. <i>Made in a factory that handles nuts.</i>	per 100g	per biscuits (g)	
		KJ	1,702	1447
		Kcal	408	347
		Fat	16.0	13.6
		Sat	9.0	7.7
		Carbs	63.0	53.6
		Sugar	44.0	37.4
		Fibre	2.4	2.0
		Protein	4.0	3.4
		Salt	0.20	0.20
	Portion weight (g)	85		
Ginger Dunkers (V)	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dark Chocolate (20%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Golden Syrup (Invert Sugar Syrup), Light Brown Sugar, Margarine [Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Colours (Annatto Bixin, Curcumin)], Rolled OATS, Free Range Pasteurised Whole EGG, Crystallised Ginger (1.5%) (Ginger, Sugar), Ground Ginger (1%), Bicarbonate of Soda (E500ii), Ammonium Bicarbonate (E503ii).	per 100g	per biscuits (g)	
		KJ	1795	933
		Kcal	427	222
		Fat	16.9	8.7
		Sat	9.9	5.1
		Carbs	62.1	32.2
		Sugar	37.4	19.4
		Fibre	3.5	1.8
		Protein	4.9	2.5
		Salt	0.56	0.31
	Portion weight (g)	52		
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 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	0.50	0.28
	Portion weight (g)	56		
Lotus Biscuits (V)	WHEAT flour, sugar, vegetable oils, candy sugar syrup, raising agent (sodium hydrogen carbonate), SOYA flour, salt, cinnamon. <i>May contain 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
		Protein	4.9	1.2
		Salt	0.91	0.23
			Portion weight (g)	25
Shortbread (V)	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (31%) (Butter (MILK), Salt), Caster Sugar, Rice Flour, Corn Flour (Maize Starch).	per 100g	per biscuits (g)	
		KJ	1990	995
		Kcal	476	238
		Fat	25.6	12.8
		Sat	16.8	8.4
		Carbs	57.7	28.8
		Sugar	17.5	8.8
		Fibre	1.7	0.9
		Protein	5.1	2.5
		Salt	0.50	0.25
	Portion weight (g)	50		
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 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	0.69	0.32
			Portion weight (g)	47
Tony's Chocolonely Milk chocolate (V)	Sugar, dried whole MILK, cocoa butter, cocoa mass, emulsifier (SOYA lecithin). <i>May contain 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	3.9
		Salt	0.21	0.11
			Portion weight (g)	50

CRISPS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
		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 0.90	0.36
		Portion weight (g)	40
		per 100g	per portion (g)
		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 1.40	0.60
		Portion weight (g)	40
		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 1.10	0.40
		Portion weight (g)	40
Kettle Sea Salt Crisps (Vg)	Select Potatoes, Sunflower Oil, Sea Salt.		
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).		
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).		