

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
		Kcal	407
		Fat	21.1
		Sat	9.0
		Carbs	43.9
		Sugar	13.7
		Fibre	2.4
		Protein	9.3
		Salt	0.7
		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.

FESTIVE

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
NEW Pigs in Blankets 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, Stabiliser: Sodium Carboxymethylcellulose; Salt], Pork and Lentil Sausage (25%) [Pork, Lentils, Potato Starch, Dextrose, Water, Salt, Rapeseed Oil, WHEAT Starch, Spice(s), Sage, Raising Agent: Diphosphates; WHEAT Protein, Onion Powder, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Cranberry and Cheese Mix (22%) [Cranberry Sauce (Sugar Syrup, Cranberry, Water, Gelling Agent: Pectin; Acidity Regulators: Citric Acid, Sodium Citrates, Calcium Citrates; Preservative: Potassium Sorbate; Mature Cheddar Cheese (MILK), Lemon Juice from Concentrate (Lemon Juice, Preservative: Potassium Metabisulphite (SULPHITES)), Black Pepper], Cooked Smoked Streaky Bacon [Pork, Water, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite], Cornflour Seal (Water, Cornflour). <i>May Contain Nuts, Peanuts, Soya, Celery, Mustard, Lupin, Crustaceans, Sesame, Mollusc</i>	per 100g	per portion (g)
		KJ	1118
		Kcal	267
		Fat	11.5
		Sat	5.5
		Carbs	28.3
		Sugar	5.8
		Fibre	4.1
		Protein	14.6
		Salt	1.21
NEW Grilled Carrot and Spiced Stuffing 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 Carboxymethylcellulose; Salt], Crispy Onion Mayonnaise [Plant Based Mayonnaise (Rapeseed Oil, Water, Sugar, Spirit Vinegar, Salt, Modified Maize Starch, Stabiliser: Xanthan Gum; Flavouring, Colour: Carotene; Antioxidant: Calcium Disodium EDTA), Red Onion Relish (Red Onion, Brown Sugar, Red Wine Vinegar, Lemon Juice Concentrate, Cornflour, Cinnamon Powder, Clove Powder), Crispy Fried Onions (Onion, Palm Oil, WHEAT Flour, Salt)], Grilled Marinated Carrots (16%) [Grilled Marinated Carrots (Grilled Carrots, Rapeseed Oil, Lemon Juice Concentrate, Caraway, Salt, Red Pepper Powder, Garlic), Rapeseed Oil], Stuffing (11%) [Onion, Breadcrumbs (WHEAT), Sweet Potato, Pomace Oil, Pumpkin Seeds, Wholegrain MUSTARD Seeds, Garlic Purée, Allspice, Ground Cumin, Salt, Orange Essence, Nutmeg, Black Pepper], Spinach, Cornflour Mix (Water, Cornflour). <i>May Contain Egg, Milk, Fish, Soya, Celery, Sulphites, Crustaceans, Sesame</i>	per 100g	per portion (g)
		KJ	1312
		Kcal	315
		Fat	18.4
		Sat	2.8
		Carbs	34.5
		Sugar	3.4
		Fibre	3.9
		Protein	4.7
		Salt	0.84
NEW Turkey, Bacon and Cranberry panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented RYE , Salt), Salt, Yeast, Yeast, Malted WHEAT Flour], Cranberry and Lemon Mix (19%) [Cranberry Sauce (Sugar Syrup, Cranberry, Water, Gelling Agent: Pectin; Acidity Regulators: Citric Acid, Sodium Citrate, Calcium Citrate; Preservative: Potassium sorbate), Lemon Juice from Concentrate (Lemon Juice, Preservative: Potassium Metabisulphite (SULPHITES)), Black Pepper], Cooked Pulled British Turkey (16%) [Turkey Breast, Water, Salt, Turkey Mix (Pea Starch, Stabilisers: Triphosphates, Diphosphates; Gelling Agent: Pectin)], Cooked Smoked Streaky Bacon (6%) [Pork, Water, Salt, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite].	per 100g	per portion (g)
		KJ	975
		Kcal	225
		Fat	3.4
		Sat	1.0
		Carbs	36.0
		Sugar	8.9
		Fibre	2.1
		Protein	13.0
		Salt	1.00
NEW Brie and Cranberry Sourdough 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], Brie Cheese (24%) (MILK), Cranberry Sauce (15%) [Sugar Syrup, Cranberry, Water, Gelling Agent: Pectin; Acidity Regulators: Citric Acid, Sodium Citrates, Calcium Citrates; Preservative: Potassium Sorbate]. <i>May Contain Egg, Fish, Soya, Celery, Sulphites, Mustard, Crustaceans, Sesame</i>	per 100g	per portion (g)
		KJ	964
		Kcal	229
		Fat	6.4
		Sat	4.5
		Carbs	34.7
		Sugar	2.0
		Fibre	2.5
		Protein	9.4
		Salt	0.90
NEW Jewelled Fruit Cake (V)	Muffin Mix (Sugar, Potato Starch, Modified Maize Starch, Dried EGG White, Vegetable Oil (Coconut), Maltodextrin, Salt, Natural Flavouring, Emulsifier: Mono- and diglycerides of fatty acids, Pea Protein, Raising Agents: Sodium Acid Pyrophosphate, Sodium Carbonates, Humectant: Sorbitol, Stabiliser: Xanthan gum), Water, Raisins (Raisins, Sunflower Oil), Liquid EGG , Sultanas (Sultanas, Sunflower Oil), Rapeseed Oil, Cherry (Cherry, Glucose-Fructose Syrup, Colour: Carrot Concentrate, Aronia Concentrate, Acidity Regulator: Citric acid), Currants (Currants, Sunflower Oil), Apricot Glaze (Glucose-Fructose Syrup, Water, Sugar, Apricot Puree, Colour: Paprika Extract, Flavouring, Stabiliser: Carrageenan, Xanthan Gum, Amidated Pectin, Acidity Regulator: Tricalcium Phosphate, Citric Acid, Trisodium Citrate, Firming Agent: Potassium Chloride, Preservative: Potassium sorbate), WALNUTS , Mixed Fruit Peel (Orange Peel, Glucose-Fructose Syrup, Lemon Peel, Preservative: Potassium sorbate, SULPHUR DIOXIDE , Sucrose, Acidity Regulator: Citric acid), Cane Molasses, ALMONDS , Orange Concentrate (Sugar, Water, Orange Peel, Concentrated Orange Juice, Orange Oil, Colour: Paprika Extract, Carotenes, Gelling Agent: Pectin, Preservative: Potassium sorbate, Stabiliser: Guar gum, Acidity Regulator: Citric acid, Ascorbic acid), Lemon Concentrate (Sugar, Concentrated Lemon Juice, Lemon Peel, Water, Lemon Puree, Lemon Oil, Stabiliser: Guar gum, Locust Bean Gum, Natural Flavour, Colour: Anthocyanins, Carotenes, Gelling Agent: Pectin, Acidity Regulator: Citric acid, Glucose Syrup, Preservative: Potassium sorbate), Humectant: Glycerine, Mixed Spice (Cinnamon, Ginger, Pimento, Cloves, Nutmeg), Colour: Ammonia caramel. <i>May Contains Milk, Soya</i>	per 100g	per portion (g)
		KJ	1433
		Kcal	341
		Fat	12.6
		Sat	1.7
		Carbs	53.9
		Sugar	39.6
		Fibre	1.9
		Protein	3.6
		Salt	0.40
NEW Cranberry & Orange Cheesecake (V)	Full Fat Soft Cheese (Skimmed MILK , Cream (MILK), Lactic Starter Culture, Salt, MILK Proteins, Preservative: Potassium Sorbate), Digestive Biscuit Crumb (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Fat (Palm, Rapeseed Oil), Sugar, Partially Inverted Sugar Syrup, Salt, Raising Agents: Ammonium Carbonate, Sodium carbonates), Liquid EGG , Sugar, Cranberries (6%), Margarine (Vegetable Oil (Palm, Rapeseed Oil), Water, Salt, Emulsifier: Mono- and diglycerides of fatty acids, Flavouring, Colour: Annatto Bixin, Curcumin), Golden Syrup, Whipping Cream (MILK), Orange Curd (3%) (Sugar, Glucose Syrup, Water, Vegetable Oil (Palm, Rapeseed Oil), WHEAT Starch, Dried EGG , Modified WHEAT Starch, Gelling Agent: Pectin, Acidity Regulator: Citric acid, Orange Oil, Salt, Acetic acid, Colour: Curcumin, Anthocyanins, Acidity Regulator: Trisodium Citrate), Glaze (Water, Glucose Syrup, Sugar, Preservative: Potassium sorbate. Colour: Curcumin, Firming Agent: Potassium and Calcium chloride, Acidity Regulator: Citric acid, Stabiliser: Xanthan gum, Carrageenan, Amidated Pectin, Emulsifier: Sorbitan monolaurate, Flavouring, Acidity Regulator: Tripotassium Citrate, Colour: Paprika Extract), Orange Concentrate (3%) (Sugar, Water, Orange Peel, Concentrated Orange Juice, Orange Oil, Acidity Regulator: Citric acid, Colour: Carotenes, Paprika Extract, Stabiliser: Guar gum, Gelling Agent: Pectins, Preservative: Potassium sorbate, Antioxidant: Ascorbic Acid), Sweet Snow (Dextrose, Sugar, Cornflour, Vegetable Oil (Palm)), Singlupan (Rice Starch, Maize Starch, Potato Flake, Stabiliser: Guar Gum, Dried EGG , Glucose Syrup, Dextrose, Acidity Regulator: Citric acid, Sodium acetate), Natural Vanilla Flavour (Vanilla Flavour, Colour: Ammonia Caramel). <i>May Contain Nuts, Soya, Sulphites</i>	per 100g	per portion (g)
		KJ	1380
		Kcal	330
		Fat	17.4
		Sat	7.9
		Carbs	35.7
		Sugar	20.5
		Fibre	1.1
		Protein	7.7
		Salt	0.49

FESTIVE

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
NEW Black Forest Roulade (V)	Black Cherry Filling (11%) (Water, Black Cherries, Sugar, Modified Tapioca Starch, Acidity Regulator: Citric Acid; Natural Cherry Flavouring, Preservative: Potassium Sorbate), Sugar, Dark Chocolate (8%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Reduced Fat Soft Cheese (Reduced Fat Soft Cheese (MILK), Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), White Chocolate (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Cherries (5%), Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Icing Sugar, Single Cream (MILK), Buttermilk (MILK), Rapeseed Oil, Free Range EGG , Water, Fat Reduced Cocoa Powder, Dark Chocolate Flavoured Coating (Sugar, Palm Oil, Fat Reduced Cocoa Powder, Whey Powder (MILK), Stabiliser: Sorbitan Tristearate; Emulsifier: SOYA Lecithin), White Chocolate Curls (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; Modified Potato Starch, Modified Waxy Maize Starch, Glucose Syrup, Natural Flavouring, Salt, Acidity Regulator: Citric Acid; Stabilisers: Xanthan Gum, Locust Bean Gum, Guar Gum. <i>May Contain Nuts</i>	per 100g	per portion (g)
		KJ	1437
		Kcal	343
		Fat	16.9
		Sat	6.2
		Carbs	43.8
		Sugar	30.3
		Fibre	2.0
		Protein	4.9
		Salt	0.73
		Portion weight (g)	136
NEW Mince Pie (Vg)	Mincemeat (64%) (Vine Fruits (Sultanas, Raisins, Sunflower Oil), Apple (Apples, Preservative: Acetic Acid), Sugar, Glucose-Fructose Syrup, Candied Mixed Peel (Orange Peel, Glucose-Fructose Syrup, Sugar, Lemon Peel, Acidity Regulator: Citric Acid), Vegetable Suet (Palm Oil, Rice Flour, Sunflower Oil), Modified Maize Starch, Mixed Spices, Acidity Regulator: Citric Acid, Colour: Plain Caramel, Orange Oil), Pastry Shell (29%) (WHEAT Flour, Vegetable Oils (Palm, Rapeseed), Water, Icing Sugar (Sugar, Starch), Sugar, Emulsifier: E471, Acidifier: Citric Acid), Pastry Decoration (7%) (Plain Flour (WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamine)), Water, Margarine ((Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier: E471, Flavouring, Colouring: E160b(i), E100), Salt, Baking Powder). <i>May Contain Egg, Milk, Nuts, Soya, Sulphites</i>	per 100g	per portion (g)
		KJ	1356
		Kcal	324
		Fat	8.5
		Sat	3.6
		Carbs	51.0
		Sugar	43.0
		Fibre	0.0
		Protein	2.5
		Salt	0.10
		Portion weight (g)	140
NEW Christmas Tree 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, Green Coloured Vanilla Buttercream (36%) (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)), Mint Green Colour (E422, E1520, E551, E102, E133)), Rapeseed Oil, White Chocolate Star Decoration (1.5%) (Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier: Sunflower Lecithin, Natural Vanilla Flavouring), Gold Sugar Shape Sprinkles (0.7%) (Sugar, Rice Flour, Maize Starch, Coconut Oil, Shea Oil, Glazing Agents (Shellac, Acacia Gum, Beeswax), Colours (Iron Oxides and Hydroxides, Curcumin), Dextrose, Thickener (Sodium Carboxy Methyl Cellulose), Concentrates (Safflower, Lemon), Caramelised Sugar Syrup, Flavouring) Red Sugar Sprinkles (0.7%) (Sugar, Glucose Syrup, Water, Concentrates (Lemon, Safflower, Carrot, Elderberry), Glazing Agent (Beeswax), Coconut Oil). <i>May Contain Nuts, Soya, Sulphites</i>	per 100g	per portion (g)
		KJ	1711
		Kcal	408
		Fat	21.0
		Sat	5.4
		Carbs	54.0
		Sugar	41.0
		Fibre	0.0
		Protein	2.9
		Salt	0.40
		Portion weight (g)	135
NEW Midnight Mint Brownie (Vg)	Brownie [Dark Chocolate (Cocoa Mass, Sugar, Fat-Reduced Cocoa Powder, Emulsifier (Sunflower Lecithin), Natural Vanilla Flavouring - Min Cocoa Solids 70%), Coconut Oil, Soft Dark Brown Sugar, Sugar, Apple Puree, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dark Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring - Min Cocoa Solids 39%), Water, Fat-Reduced Cocoa Powder, Vegan Cream Alternative (Lentil Protein Preparation (Water, Lentil Flour), Rapeseed Oil, Coconut Fat, Sugar, Modified Potato Starch, Emulsifier (Polysorbate 60), Stabilisers (Methylcellulose, Xanthan Gum), Acidity Regulator (Trisodium Citrate), Natural Flavourings, Salt, Colour (Beta-Carotene)), Black Treacle, Ground Flax Seeds, Madagascan Vanilla Extract, Salt, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Peppermint Oil], Decoration (Edible Gold Lustre (Colours (Titanium Dioxide, Iron Oxides and Hydroxides)))]. <i>May Contain Egg, Milk, Nuts, Peanuts, Sulphites, Sesame</i>	per 100g	per portion (g)
		KJ	1852
		Kcal	443
		Fat	10.8
		Sat	6.4
		Carbs	43.7
		Sugar	34.0
		Fibre	6.1
		Protein	5.0
		Salt	0.37
		Portion weight (g)	68
NEW 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: Ascorbic Acid [E300]), Pastry Margarine (Vegetable Fat (Palm), Sunflower Oil, Water, Salt, Emulsifiers: Mono- and diglycerides of fatty acids [E471], Sunflower Lecithins [E322]; Flavourings, Acidity Regulator: Citric Acid [E330]; Preservative: Sorbic Acid [E200]; Antioxidants: Fatty Acid Esters of Ascorbic Acid [E304i], Tocopherols [E306]; Colouring: Beta-Carotene [E160ai]), Water, Ground Cinnamon. <i>May contain Nuts, Peanuts, Soya, Sesame, Sulphites</i> .	per 100g	per portion (g)
		KJ	1060
		Kcal	253
		Fat	11
		Sat	4.3
		Carbs	35.0
		Sugar	19.0
		Protein	4.4
		Salt	0.30
		Portion weight (g)	70
NEW Christmas Santa Gingerbread (V)	Gingerbread biscuit (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, Curcumin, Annatto Bixin), Water, Ginger, Sodium Bicarbonate), White fondant (Sugar, Glucose Syrup, Water), Sugar, Chocolate flavoured compound (Sugar, Palm Kernel Oil, Palm Oil, Skimmed MILK Powder, Fat Reduced Cocoa Powder, Whey Powder (MILK), E322 SOYA Lecithins, Flavouring), Glucose Syrup, Water, Dried EGG White, Glycerine, Citric acid. <i>May Contain Nuts</i>	per 100g	per portion (g)
		KJ	1630
		Kcal	386
		Fat	9.0
		Sat	3.4
		Carbs	71.4
		Sugar	37.3
		Fibre	1.6
		Protein	4.1
		Salt	0.10
		Portion weight (g)	61
NEW Christmas Rudolf Gingerbread (V)	Gingerbread biscuit (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, Curcumin, Annatto Bixin), Water, Ginger, Sodium Bicarbonate), White fondant (Sugar, Glucose Syrup, Water), Chocolate flavoured compound (Sugar, Palm Oil, Palm Kernel Oil, Skimmed MILK Powder, Whey Powder (MILK), Fat Reduced Cocoa Powder, E322 SOYA Lecithins, Flavouring), Sugar, Glucose Syrup, Water, Vegetable carbon, Dried EGG White, Glycerine, Citric acid. <i>May Contain Nuts</i>	per 100g	per portion (g)
		KJ	1630
		Kcal	386
		Fat	9.0
		Sat	3.4
		Carbs	71.4
		Sugar	37.3
		Fibre	1.6
		Protein	4.1
		Salt	0.10
		Portion weight (g)	64