

JANUARY 2024

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)	
<b>Apricot Croissant (V)</b>	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 <b>MILK</b> powder, stabilizers (E263, E450iii, E339ii), colour (E160ai), flavouring), egg wash ( <b>EGGS</b> , water). <i>May contain NUTS and traces of SOYA.</i>	KJ	<b>1701</b>	<b>1435</b>
		Kcal	<b>407</b>	<b>343</b>
		Fat	<b>21.1</b>	<b>17.8</b>
		Sat	<b>9.0</b>	<b>7.6</b>
		Carbs	<b>43.9</b>	<b>36.9</b>
		Sugar	<b>13.7</b>	<b>11.6</b>
		Fibre	<b>2.4</b>	<b>1.9</b>
		Protein	<b>9.3</b>	<b>7.8</b>
		Salt	<b>0.7</b>	<b>0.6</b>
		Portion weight (g)		<b>84</b>

### 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.

## CONTENTS

PASTRIES .....	3
PORRIDGE .....	4
TEACAKES & SCONES .....	4
TOAST .....	5
GRANOLA & YOGHURT .....	5
EXTRAS .....	6
CAKES .....	7
MUFFINS & CUPCAKES .....	8
TRAYBAKES .....	9
TARTS .....	10
DESSERTS .....	11
PANINI .....	12
TOASTIES .....	13
BAPS .....	13
WRAPS .....	14
SOUP .....	14
BISCUITS & SNACKS .....	15
CRISPS .....	16

## PASTIRES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
<b>Almond Croissant (V)</b>	Dough: Wheat Flour ( <b>WHEAT</b> Gluten, Flour Treatment Agent (Ascorbic Acid), Water, Palm Fat, Yeast, Sugar, Butter ( <b>MILK</b> ), Rapeseed Oil, Salt, Baking Improver ( <b>WHEAT</b> Gluten, <b>WHEAT</b> Flour, Yeast, Flour Treatment Agent (Ascorbic Acid), Emulsifier (Mono- and diglycerides of fatty acids), Acidity Regulator (Citric Acid), Flavouring, <b>EGG</b> , <b>ALMOND</b> Filling (19%) (Sugar, <b>ALMONDS</b> (6.5%) ( <b>NUTS</b> ), <b>EGG</b> White, Inverted Sugar Syrup, Water, <b>EGG</b> Yolk, Invertase). Topping: <b>ALMOND</b> Flakes (4.2%) ( <b>NUTS</b> ), Icing Sugar (Dextrose, Cornflour, Vegetable Oil). <i>May contain other NUTS, SESAME and SOYA.</i>	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			
		<b>Butter Croissant (V)</b>	Pastry: <b>WHEAT</b> flour, butter 22% ( <b>MILK</b> ), water, sugar, whole <b>MILK</b> pasteurized, yeast, <b>EGGS</b> , salt, <b>WHEAT</b> gluten, emulsifier : E322 (rape lecithin), flour treatment agent : E300, enzymes, egg wash (Free Range <b>EGGS</b> ) 1.5g. <i>May contain NUTS, SESAME and SOYA.</i>	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					
<b>Pain au Chocolat (V)</b>	Pastry: ( <b>WHEAT</b> flour, Butter ( <b>MILK</b> ), water, chocolate 10% (sugar, cocoa mass, cocoa butter, emulsifier ( <b>SOYA</b> lecithin), natural vanilla flavour), sugar, whole <b>MILK</b> , yeast, <b>EGGS</b> , salt, <b>WHEAT</b> gluten, Emulsifier (rape lecithin), flour treatment agent (E300), enzymes (amylases, hemicellulases)), egg wash (Free Range <b>EGG</b> ). <i>May contain NUTS and SESAME SEEDS.</i>			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			
		<b>Pain au Raisin (V)</b>	<b>WHEAT</b> flour, water, raisins 13%, Butter ( <b>MILK</b> ), sugar, yeast, corn starch, <b>EGGS</b> , salt, powdered whey ( <b>MILK</b> ), whole <b>MILK</b> powder, <b>WHEAT</b> gluten, <b>EGG</b> albumin powder, skimmed <b>MILK</b> 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 <b>EGGS</b> ), 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>	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					
<b>Vegan Raspberry Croissant (Vg)</b>	<b>WHEAT</b> 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, <b>WHEAT</b> gluten Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid). <i>May contain MILK, SESAME SEEDS, SOYA, NUTS, EGGS.</i>			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 &amp; 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). May contain 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	0.50	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. May contain MILK, EGG and NUTS.	KJ	940	1410
				Kcal	221	332
Fat	0.7			1.1		
Sat	0.1			0.2		
Carbs	48.0			72.0		
Sugar	15.3			23.0		
Protein	6.4			9.6		
Salt	0.01			0.02		
Portion weight (g)				150		

TOAST

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per slice (g)
<b>White Farmhouse Slice (Vg)</b>	<b>WHEAT</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm, Rapeseed), Salt, <b>SOYA</b> Flour, Yeast, Emulsifiers (E471, E472e), Fermented <b>RYE</b> Flour, Yeast Nutrient (E516), Flour Treatment Agent (E300), Enzymes.	KJ	1058
		Kcal	250
		Fat	2.8
		Sat	0.7
		Carbs	48.7
		Sugar	3.9
		Protein	8.7
		Salt	1.04
		Portion weight (g)	50
<b>Harvester Farmhouse Slice (Vg)</b>	Harvester <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Malted <b>WHEAT</b> Flakes, <b>BARLEY</b> 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
		Kcal	218
		Fat	2.5
		Sat	0.8
		Carbs	40.1
		Sugar	0.8
		Protein	7.9
		Salt	1.06
		Portion weight (g)	50

GRANOLA & YOGHURT

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
<b>Granola &amp; Yogurt with Banana &amp; Honey (V)</b>	Natural Low Fat Yogurt ( <b>MILK</b> ) (55%), Granola (18%) [Jumbo Rolled <b>OATS</b> , Fructose (Fruit Sugar), Desiccated Coconut Copped, Mixed NUTS ( <b>PEANUTS</b> , <b>WALNUTS</b> , <b>ALMONDS</b> ) Pumpkin Seeds, <b>SESAME SEEDS</b> , Sunflower Seeds, Rapeseed Oil, Black Treacle (Molasses)], Banana (18%), Honey (5%), Pumpkin Seeds (2%), Sunflower Seeds (2%).	KJ	719
		Kcal	171
		Fat	6.0
		Sat	1.4
		Carbs	21.7
		Sugar	11.6
		Fibre	2.4
		Protein	6.3
		Salt	0.17
		Portion weight (g)	240
<b>Granola &amp; Yogurt with Blueberry &amp; Honey (V)</b>	Natural Low Fat Yogurt ( <b>MILK</b> ) (55%), Granola (18%) [Jumbo Rolled <b>OATS</b> , Fructose (Fruit Sugar), Desiccated Coconut Copped, Mixed NUTS ( <b>PEANUTS</b> , <b>WALNUTS</b> , <b>ALMONDS</b> ) Pumpkin Seeds, <b>SESAME SEEDS</b> , Sunflower Seeds, Rapeseed Oil, Black Treacle (Molasses)], Blueberries (18%), Honey (5%), Pumpkin Seeds (2%), Sunflower Seeds (2%).	KJ	685
		Kcal	163
		Fat	6.1
		Sat	1.4
		Carbs	19.7
		Sugar	10.0
		Fibre	2.5
		Protein	6.3
		Salt	0.17
		Portion weight (g)	220
<b>Yogurt &amp; Seeds with Banana (V)</b>	Natural Low Fat Yogurt ( <b>MILK</b> ) (67%), Banana (22%), Honey (6%), Pumpkin Seeds (3%), Sunflower Seeds (3%).	KJ	663
		Kcal	158
		Fat	7.9
		Sat	1.5
		Carbs	13.7
		Sugar	11.9
		Fibre	1.5
		Protein	7.4
		Salt	0.12
		Portion weight (g)	200
<b>Yogurt &amp; Seeds with Blueberry (V)</b>	Natural Low Fat Yogurt ( <b>MILK</b> ) (67%), Blueberries (22%), Honey (6%), Pumpkin Seeds (3%), Sunflower Seeds (3%).	KJ	626
		Kcal	149
		Fat	7.9
		Sat	1.5
		Carbs	11.5
		Sugar	10.1
		Fibre	1.5
		Protein	7.4
		Salt	0.13
		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
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
		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
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), Flavours, Colours - Annatto, Curcumin. May contain SULPHITES.			per 100g
		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
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
		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)
<b>Banana &amp; Chocolate Loaf Cake (Vg)</b>	<b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin), banana puree 23%, brown sugar, dark chocolate 14% (sugar, cocoa mass, cocoa butter, emulsifier ( <b>SOYA</b> lecithin), natural vanilla flavouring), coconut oil, rapeseed oil, black treacle, water, corn starch, flax seeds, sodium bicarbonate, raising agent (diphosphates, sodium carbonates, <b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin)), ground cinnamon, salt. <i>May contain cereals containing GLUTEN, MILK, EGG, SOYA, SULPHITES, and NUTS.</i>	KJ	1662
		Kcal	369
		Fat	18.0
		Sat	8.9
		Carbs	55.5
		Sugar	32.9
		Fibre	3.0
		Protein	4.8
		Salt	0.69
		Portion weight (g)	98
<b>Cappuccino Cake (V)</b>	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), <b>EGG</b> , Whole <b>MILK</b> , Water, Coffee, Raising Agents (Mono Calcium Phosphate, Sodium Bicarbonate, Corn Starch), Salt, Thickener (Xanthan Gum), Coffee Icing (25%) (Icing Sugar, Butter (Butter ( <b>MILK</b> ), Salt), Water, Coffee), Decoration (1%) (Dark Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier ( <b>SOYA</b> Lecithin), Natural Vanilla Flavouring))	per 100g	per portion (g)
		KJ	1795
		Kcal	429
		Fat	24.0
		Sat	11.2
		Carbs	49.7
		Sugar	34.9
		Fibre	0.3
		Protein	3.3
		Salt	0.43
Portion weight (g)	132		
<b>Cinnamon Bun (Vg)</b>	Cinnamon Bun Dough (65%) [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil)), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), <b>SOYA</b> Drink (Water, <b>SOYA</b> Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Water, Sugar, Wholemeal <b>WHEAT</b> Flour, Sourdough Culture ( <b>RYE</b> 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 ( <b>SOYA</b> Drink (Water, <b>SOYA</b> 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
		Kcal	382
		Fat	15.6
		Sat	8.4
		Carbs	54.0
		Sugar	17.7
		Protein	5.2
		Salt	0.74
		Portion weight (g)	155
<b>Chocolate &amp; Orange Cake (Vg)</b>	Water, <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Caster Sugar, Rapeseed Oil, Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier ( <b>SOYA</b> 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
		Kcal	360
		Fat	18.8
		Sat	4.2
		Carbs	45.1
		Sugar	26.2
		Fibre	2.2
		Protein	4.5
		Salt	0.47
Portion weight (g)	90		
<b>Pineapple, Banana &amp; Cinnamon Loaf (Vg)</b>	Cake Batter ( <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pineapple (18%), Dark Brown Soft Sugar, Banana Puree (13%), Coconut Oil, <b>SOYA</b> Drink (Water, <b>SOYA</b> 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
		Kcal	321
		Fat	13.2
		Sat	7.6
		Carbs	48.0
		Sugar	28.6
		Fibre	2.1
		Protein	2.9
		Salt	0.74
Portion weight (g)	107		
<b>Lemon Drizzle Cake (V)</b>	Lemon Cake (93%) (Sugar, <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk ( <b>MILK</b> ), Rapeseed Oil, <b>EGG</b> , Lemon Juice (3%), Lemon Curd (3%) (Sugar, <b>EGG</b> , Butter ( <b>MILK</b> ), 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
		Kcal	369
		Fat	14.7
		Sat	1.4
		Carbs	55.2
		Sugar	36.1
		Fibre	1.3
		Protein	4.1
		Salt	0.57
Portion weight (g)	110		
<b>Ultimate Carrot Cake (Vg)</b>	<b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin), icing sugar, brown sugar, carrots 10%, oranges 9%, rapeseed oil, <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), sultanas 4%, violife creamy (water, coconut oil, starch, sea salt, acidity regulator (glucono-delta-lactone), flavourings, olive extract, vitamin B12), <b>WALNUTS</b> 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, <b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin)), mixed spices 1%, candied <b>HAZELNUTS</b> (sugar, <b>HAZELNUTS</b> ), 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
		Kcal	358
		Fat	15.0
		Sat	3.5
		Carbs	52.9
		Sugar	37
		Protein	3.0
		Salt	0.76
		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 (1.3%) (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

NEW Chocolate Nemesis  
(Vg)

Bun Dough [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat Spread (Vegetable Oils (Coconut Oil, Rapeseed Oil, Sunflower Oil), Water, Sea Salt, Fava Bean Preparation, Emulsifier (Sunflower Lecithin), Natural Flavourings, Colour (Carotenes)), Soya Drink (Water, **SOYA** Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Water, Sugar, Wholemeal **WHEAT** Flour, Sourdough (**RYE**), Orange Zest, Yeast, Salt, Vanilla Extract, Emulsifier (Sunflower, Rapeseed Lecithin)), Glaze (Light Brown Soft Sugar, Soya Drink (Water, **SOYA** Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Invert Sugar Syrup, Orange Juice, Lemon Juice), Filling (Light Brown Soft Sugar, Vegetable Fat Spread (Vegetable Oils (Coconut Oil, Rapeseed Oil, Sunflower Oil), Water, Sea Salt, Fava Bean Preparation, Emulsifier (Sunflower Lecithin), Natural Flavourings, Colour (Carotenes)), Cocoa Powder, Rapeseed Oil, Fat-Reduced Cocoa Powder (Acidity Regulators (Sodium Hydroxide, Ammonium Hydroxide))), Decoration (Dark Cookie Crumbs (**WHEAT** Flour, Sugar, Sustainable Palm Oil, Rapeseed Oil, Fat-Reduced Cocoa Powder, **WHEAT** Starch, Glucose-Fructose Syrup, Raising Agents (Ammonium Carbonates, Potassium Carbonates, Sodium Carbonates), Salt, Emulsifier (**SOYA** Lecithin), Acidity Regulator (Sodium Hydroxide), Flavouring)]. May contain Eggs, Milk, Nuts, Peanuts, Sesame, Sulphites.

	per 100g	per portion (g)
KJ	1544	2394
Kcal	369	572
Fat	15.1	23.4
Sat	7.5	11.6
Carbs	54.5	84.5
Sugar	27.0	41.9
Fibre	2.6	4.0
Protein	5.5	8.5
Salt	0.81	1.26
Portion weight (g)		155

NEW Victoria Sponge Cake  
(V)

Victoria Sponge Cake [Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, **EGG**, Margarine (Vegetable Oils (Sustainable Palm Oil, Rapeseed Oil), Water, Salt, Emulsifier (Polyglycerol Esters Of Fatty Acids)), Flavouring, Colours (Curcumin, Annatto Bixin)], **MILK**, Raising Agents (Mon Calcium Phosphates, Sodium Bicarbonate, Corn Starch), Thickener (Xanthan Gum), Natural Flavouring, Salt], Buttercream Icing [Icing Sugar, Salted Butter (Butter (**MILK**), Salt), Double Cream (**MILK**), Natural Flavouring], Jam [Sugar, Raspberries, Lemon Juice], Decoration [Caster Sugar]. May contain Cereals, Nuts, Peanuts, Sesame, Sulphites, Soya.

	per 100g	per portion (g)
KJ	1640	2247
Kcal	392	537
Fat	18.6	25.5
Sat	8.7	11.9
Carbs	52.7	72.2
Sugar	36.5	50.0
Fibre	0.5	0.7
Protein	3	4.1
Salt	0.33	0.45
Portion weight (g)		137

## MUFFINS &amp; 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

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



MUFFINS & CUPCAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>NEW Red Velvet Cupcake</b>	Red Velvet Cake Flour (38%) ( <b>WHEAT</b> Flour (Calcium, Iron, Niacin, Thiamin), Sugar, Modified Maize Starch, Whey Powder ( <b>MILK</b> ), Fat Reduced Cocoa Powder, Raising Agents: E450, E500i, Emulsifiers: Glucose Syrup, E472b, E477, E471, Skimmed <b>MILK</b> Powder, Salt, Colouring: E120), Cream Cheese Flavoured Buttercream (24%) (Cream Cheese Flavoured Frosting (Sugar, Palm Oil, Rapeseed Oil, Water, Cream Cheese Powder ( <b>MILK</b> ), Natural Flavouring, Stabilisers: E466, E412, Colours: E120, E172, Enzymes), Icing Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier: E471, Flavouring, Colouring: E160b(i), E100)), Whole Fresh Free Range <b>EGGS</b> , Rapeseed Oil, Water, Pink Coloured White Chocolate Hearts (1.6%) (Sugar, Cocoa Butter, Whole <b>MILK</b> Powder, Emulsifier: E322 (Sunflower Lecithin), Natural Vanilla Flavouring, Colouring: E120), Pink & Red Heart Shaped Sprinkles (1.6%) (Sugar, Vegetable Oils (Coconut, Shea), Rice Flour, Potato Starch, Concentrates (Radish, Sweet Potato, Lemon, Apple, Blackcurrant), Thickener (Sodium Carboxymethylcellulose), Flavouring). <i>May contain Nuts, Soya, Sulphites.</i>	KJ	1759	2181
		Kcal	423	524
		Fat	23.0	29.0
		Sat	5.5	6.8
		Carbs	49.4	61.2
		Sugar	34.0	43.0
		Fibre	0.0	0.0
		Protein	3.8	4.7
		Salt	0.54	0.67
		Portion weight (g)		124

TRAYBAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Blackcurrant Crumble (Vg)</b>	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 <b>OATS</b> (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

		per 100g	per portion (g)	
<b>Caramel Apple Crumble (V)</b>	Bramley Apple Slices (23%) (Bramley Apple, Preservative: Ascorbic Acid), <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Toffee Sauce (12%) (Glucose Syrup, Invert Sugar Syrup, Sweetened Condensed <b>MILK</b> , Sugar, Butter Oil ( <b>MILK</b> ), 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 ( <b>MILK</b> ), Shortening (Palm Oil, Rapeseed Oil), Brown Sugar, Free Range <b>EGG</b> , Full Cream <b>MILK</b> Powder, Invert Sugar Syrup, Modified Maize Starch, Dextrose Monohydrate, Natural Vanilla Flavouring, Natural Sticky Toffee Flavouring, Caramelised Sugar Syrup, Pastry Stabiliser ( <b>WHEAT</b> 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

		per 100g	per portion (g)	
<b>Caramel Shortbread (V)</b>	Shortbread (44%) (Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter ( <b>MILK</b> ), Sugar, Maize Starch, Salt), Caramel (40%) (Sweetened Condensed <b>MILK</b> , Glucose Syrup ( <b>SULPHITES</b> ), Unsalted Butter ( <b>MILK</b> ), Invert Sugar Syrup, Palm Oil, Salted Butter ( <b>MILK</b> ), Sugar, Salt, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Natural Flavouring), Milk Chocolate (16%) (Sugar, Cocoa Butter, Whole <b>MILK</b> Powder, Cocoa Mass, Emulsifier: <b>SOYA</b> 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

		per 100g	per portion (g)	
<b>Chocolate Tiffin (Vg)</b>	Digestive Biscuit Pieces ( <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal <b>WHEAT</b> 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 ( <b>SOYA</b> Lecithins), Flavouring), Golden Syrup, Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier ( <b>SOYA</b> Lecithins), Flavouring), Fat Reduced Cocoa Powder, Salt. <i>May contain EGG, MILK, and NUTS.</i>	KJ	2092	1610
		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

		per 100g	per portion (g)	
<b>Maple Syrup Flapjack (V)</b>	Rolled <b>OATS</b> (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 ( <b>MILK</b> ), Salt), Maple Syrup (3%), Salt. <i>May contain EGG, SOYA and NUTS.</i>	KJ	1926	1502
		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)	
<b>Super Dark Brownie (Vg)</b>	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, <b>WHEAT</b> 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, <b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin)). <i>May contain MILK, EGG, PEANUTS, NUTS, SULPHUR DIOXIDE and other cereals containing GLUTEN.</i>	KJ	1941	1242
		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
<b>Triple Chocolate Brownie (V)</b>	Free range <b>EGG</b> , dark chocolate 16% (cocoa mass, sugar, cocoa butter, emulsifier ( <b>SOYA</b> lecithin), natural vanilla flavouring - contains cocoa solids 72%), coconut oil, soft light sugar, sugar, dark chocolate 7% (sugar, cocoa mass, cocoa butter, emulsifier ( <b>SOYA</b> lecithin), natural vanilla flavouring - contains cocoa solids 47%, fat free cocoa solids 14%), milk chocolate 7% (sugar, whole <b>MILK</b> powder, cocoa butter, cocoa mass, emulsifier ( <b>SOYA</b> 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 ( <b>MILK</b> ), 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
<b>Yoghurt Apple &amp; Blackcurrant Flapjack (V)</b>	<b>OATS</b> (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 ( <b>MILK</b> ), Skimmed <b>MILK</b> Powder, Yoghurt Powder ( <b>MILK</b> ), 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)	
<b>Portuguese Tarts (V)</b>	<b>MILK</b> , sugar, <b>EGG</b> Yolk, Whole <b>EGG</b> , <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Maize Starch, Vanilla Flavour, <b>WHEAT</b> 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 [E304i], 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

JANUARY 2024

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 Lecithin, Sorbitan Triesterate), 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 contains 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), Flavours], 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%) (SOYA Lecithin), 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	0.30			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), Flavours], 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%). <i>ADDITIONAL INFORMATION: Made with Beef Gelatine. May contain NUTS.</i>	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	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT, Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], 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]. May contain Celery, Crustaceans, Egg, Fish, Mustard, Nuts, Peanuts, Sesame, Soya, Sulphites.	KJ	1184	1954
		Kcal	281	464
		Fat	8.2	14.0
		Sat	4.1	6.8
		Carbs	39.0	64.3
		Sugar	7.5	12.0
		Fibre	1.6	2.7
		Protein	12.1	20.0
		Salt	1.00	1.70
		Portion weight (g)		165
Chicken & Pesto Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT, Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], 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, Flavours, Lemon Juice Concentrate, Antioxidant: Calcium Disodium EDTA), Mature Cheddar Cheese (8%) (MILK)], Mozzarella Cheese (10%) (MILK). May contain Crustaceans, Fish, Mustard, Nuts, Peanuts, Sesame, Soya, Sulphites.	KJ	1203	2526
		Kcal	287	602
		Fat	13.3	28.0
		Sat	3.5	7.4
		Carbs	25.9	54.5
		Sugar	0.4	0.9
		Fibre	1.2	2.5
		Protein	15.3	32.2
		Salt	1.00	2.10
		Portion weight (g)		210
Mozzarella & Tomato Panini (V)	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)], May contain Crustaceans, Egg, Fish, Mustard, Nuts, Peanuts, Sesame, Soya, Sulphites.	KJ	1053	2064
		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]. May contain Crustaceans, Egg, Fish, Mustard, Nuts, Peanuts, Sesame, Soya, Sulphites.	KJ	1046	1779
		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). May contain Celery, Crustaceans, Mustard, Nuts, Peanuts, Sesame, Soya.	KJ	1145	2119
		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
NEW Four Cheese Panini (V)	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented RYE, Salt)], Salt, Yeast, Malted WHEAT Flour, White Sauce (11%) [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], Red Onion Relish (10%) [Red Onion, Brown Sugar, Red Wine Vinegar, Concentrated Lemon Juice, Cornflour, Cinnamon Powder, Clove Powder], Mozzarella Cheese (9%) (MILK), Mature Cheddar Cheese (9%) (MILK), Emmental Cheese (5%) (MILK), Vegetarian Hard Cheese (2%) (MILK, Preservative: Lysozyme (EGG)), Black Pepper. May contain Fish, Soya, Sulphites, Mustard, Crustaceans, Sesame.	KJ	1174	2289
		Kcal	280	546
		Fat	11.7	22.8
		Sat	5.4	10.6
		Carbs	33.3	64.9
		Sugar	5.9	11.5
		Fibre	2.7	5.3
		Protein	11.7	22.8
		Salt	0.99	1.93
		Portion weight (g)		195
NEW Chicken Club Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT, Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Cooked Chicken (25%) [Chicken Breast, Cornflour, Salt], Caesar Style Dressing (10%) [Rapeseed Oil, Water, Acidity Regulator: Acetic Acid; Pasteurised EGG Yolk, Sugar, Salt, Garlic Purée (Garlic Purée, Acidity Regulator: Citric Acid), Garlic, Lemon Concentrate, Black Pepper, Worcester Sauce (Malt Vinegar (BARLEY), Water, Spirit Vinegar, Tamarind Extract, Sugar, Molasses, Caramel, Onion Powder, Garlic Powder, White Pepper, Clove, Paprika), MUSTARD Flour, Natural Cheese Flavouring (MILK), Stabiliser: Xanthan Gum, Preservative: Potassium Sorbate], Semi Dried Marinated Tomato (7%) [Tomato, Sunflower Oil, Salt, Garlic, Oregano], Smoked Streaky Bacon (5%) [Pork, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite]. May contain Fish, Soya, Sulphites, Crustaceans, Sesame.	KJ	980	1960
		Kcal	233	466
		Fat	7.3	15.0
		Sat	1.0	2.1
		Carbs	29.9	59.0
		Sugar	1.4	2.8
		Fibre	1.7	3.5
		Protein	12.6	25.2
		Salt	0.80	1.70
		Portion weight (g)		205

TOASTIES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Cheese &amp; Tomato Toastie (V)</b>	Grilled Cheese Topped Bread [White Bread ( <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, <b>SOYA</b> Flour, Preservative: Calcium Propionate; Emulsifiers: Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Mozzarella (17%) ( <b>MILK</b> ), Mature Cheddar Cheese (17%) ( <b>MILK</b> ), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate ( <b>MILK</b> ), Sugar, Vegetable Stock ( <b>CELERY</b> ), 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 Dressing (15%) (Mascarpone (50%) (Cream ( <b>MILK</b> ), 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 Roast Tomatoes, Tomato Concentrate, Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic), Parsley, Cracked Black Pepper), Mozzarella (8%) ( <b>MILK</b> ), Marinated Slow Roasted Cherry Tomato (7%) (Cherry Tomatoes, Rapeseed Oil, Salt, Oregano, Garlic). <i>May contain Crustaceans, Egg, Fish, Mustard, Sesame, Sulphites.</i>	KJ	998	2284
		Kcal	239	548
		Fat	11.8	20.2
		Sat	6.1	10.5
		Carbs	23.0	39.5
		Sugar	2.9	5.1
		Fibre	1.3	2.2
		Protein	10.4	17.8
		Salt	1.10	1.90
		Portion weight (g)		172

<b>Ham &amp; Cheese Toastie</b>	Grilled Cheese Topped Bread [White Bread ( <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, <b>SOYA</b> Flour, Preservative: Calcium propionate; Emulsifiers: Mono- and diacetyltartaric acid esters of mono- and diglycerides of fatty acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein ( <b>MILK</b> ), Sugar, Stock ( <b>CELERY</b> ), Acidity Regulator: Lactic acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Mature Cheddar Cheese (12%) ( <b>MILK</b> ), Mozzarella Cheese (12%) ( <b>MILK</b> ), 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%) ( <b>MILK</b> ), Seasoned White Sauce [White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein ( <b>MILK</b> ), Sugar, Stock ( <b>CELERY</b> ), Acidity Regulator: Lactic acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Cracked Black Pepper]. <i>May contain Crustaceans, Egg, Fish, Mustard, Nuts, Peanuts, Sesame, Sulphites.</i>	per 100g	per portion (g)	
		KJ	975	1920
		Kcal	234	460
		Fat	11.2	22.1
		Sat	5.0	9.9
		Carbs	19.8	38.9
		Sugar	1.4	2.8
		Fibre	1.0	2.0
		Protein	13.6	26.9
		Salt	1.30	2.60
Portion weight (g)		197		

<b>Mushroom &amp; Emmental Toastie (V)</b>	Grilled White Bloomer Bread [White Bread ( <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, <b>SOYA</b> Flour, Preservative: Calcium Propionate; Emulsifiers: Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Mozzarella (18%) ( <b>MILK</b> ), Mature Cheddar Cheese (18%) ( <b>MILK</b> ), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate ( <b>MILK</b> ), Sugar, Vegetable Stock ( <b>CELERY</b> ), Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Spices, Preservative: Potassium Sorbate)], Mushroom and Emmental Mix (33%) [Emmental Cheese (30%) ( <b>MILK</b> ), Full Fat Soft Cheese (30%) ( <b>MILK</b> ), 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 Crustaceans, Egg, Fish, Mustard, Sesame, Sulphites.</i>	per 100g	per portion (g)	
		KJ	1005	1820
		Kcal	242	437
		Fat	12.6	22.8
		Sat	6.6	12.0
		Carbs	20.9	37.9
		Sugar	1.7	3.2
		Fibre	1.3	2.3
		Protein	11.2	20.3
		Salt	1.10	1.90
Portion weight (g)		181		

<b>NEW Double Cheese Toastie (V)</b>	Grilled Cheese Topped White Bloomer Bread [White Bread ( <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, <b>SOYA</b> Flour, Preservative: Calcium Propionate; Emulsifiers: Mono and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein ( <b>MILK</b> ), Sugar, Vegetable Stock ( <b>CELERY</b> ), Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Mature Cheddar Cheese (12%) ( <b>MILK</b> ), Mozzarella Cheese (12%) ( <b>MILK</b> ), Cheese Mix (33%) [White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein ( <b>MILK</b> ), Sugar, Vegetable Stock ( <b>CELERY</b> ), Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Mature Cheddar Cheese (27%) ( <b>MILK</b> ), Mozzarella Cheese (27%) ( <b>MILK</b> ), Dijon <b>MUSTARD</b> (Water, <b>MUSTARD</b> Seed, Spirit Vinegar, Salt, Preservative: Sodium Hydrogen <b>SULPHITE</b> ), Cracked Black Pepper]. <i>May contain Egg, Fish, Crustacean, Sesame.</i>	per 100g	per portion (g)	
		KJ	1139	2062
		Kcal	272	492
		Fat	14.0	25.3
		Sat	10.6	19.2
		Carbs	23.5	42.5
		Sugar	2.0	3.6
		Fibre	2.4	4.3
		Protein	11.9	21.5
		Salt	1.44	2.61
Portion weight (g)		181		

BAPS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Bacon Bap</b>	White Roll [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, <b>RYE</b> Flour, Yeast, Salt, <b>WHEAT</b> Malt Flour, Bakery Improver: <b>WHEAT</b> Flour ( <b>WHEAT</b> 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 ( <b>MILK</b> ). <i>May contain Celery, Crustaceans, Egg, Fish, Mustard, Nuts, Peanuts, Sesame, Soya, Sulphites.</i>	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

<b>Sausage Bap</b>	Vienna Roll [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, <b>RYE</b> Flour, Yeast, Salt, <b>WHEAT</b> Malt Flour, Bakery Improver: <b>WHEAT</b> Flour ( <b>WHEAT</b> 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, <b>WHEAT</b> Starch, Spices (White Pepper, Nutmeg, Ginger, Mace, Chilli Powder), Beef Collagen Casings, 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> ). <i>May contain Celery, Crustaceans, Egg, Fish, Mustard, Nuts, Peanuts, Sesame, Soya, Sulphites.</i>	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		
All Day Breakfast Wrap	Tortilla [ <b>WHEAT</b> Flour ( <b>WHEAT</b> 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, <b>WHEAT</b> Starch, Beef Collagen Casing, Spices, Stabiliser: Sodium Diphosphate; <b>WHEAT</b> Protein, Onion Powder, Rubbed Sage, <b>WHEAT</b> Flour (Calcium, Iron, Niacin, Thiamin)], Scrambled <b>EGG</b> Mix (14%) [Scrambled <b>EGG</b> (Pasteurised Free Range <b>EGG</b> , Water, Rapeseed Oil, Tapioca Starch, Skimmed <b>MILK</b> Powder, Lemon Juice, Salt, Ground White Pepper), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate ( <b>MILK</b> ), Sugar, Vegetable Stock ( <b>CELERY</b> ), 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], <i>May contain Crustaceans, Fish, Mustard, Nuts, Peanuts, Sesame, Soya, Sulphites.</i>	per 100g	per portion (g)	
		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 [ <b>WHEAT</b> Flour ( <b>WHEAT</b> 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 ( <b>WHEAT</b> Flour, ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Sugar, Ground Coriander, Ground Cumin, Dried Parsley, Black Pepper, Raising Agent: Sodium Bicarbonate), Water, Rusk ( <b>WHEAT</b> Flour ( <b>WHEAT</b> 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, <b>SULPHITES</b> ), 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: <b>SULPHITE</b> Ammonia Caramel), Water, Chilli Flakes, Garlic, Rapeseed Oil, Smoked Paprika, Cumin, Cornflour)], Spinach (4%), Red Onion (2%), Red Pepper (2%), <i>May contain Crustaceans, Egg, Fish, Milk, Mustard, Nuts, Peanuts, Sesame, Soya.</i>	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		
NEW Vegan 'Meatball' Wrap (Vg)	Tortilla [ <b>WHEAT</b> Flour ( <b>WHEAT</b> 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], Vegan Wheatball (14%) [Mushroom, Borlotti Beans, <b>WHEAT</b> Gluten, Rusk ( <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Stabiliser: Ammonium Carbonates), Onion, Water, Avocado (Avocado, Salt, Antioxidant: Ascorbic Acid, Acidity Regulator: Citric Acid), Brown Rice, Rapeseed Oil, Seasoning Blend (Salt, Pepper, Fennel, Red Pepper, Garlic Powder), Apple (Dehydrated Apple, Antioxidant: <b>SULPHITES</b> ), Potato Starch, Fennel, Lemon Juice, Garlic Powder, Basil, Thyme], Red Pepper, Vegan Mozzarella Style Cheese Alternative (11%) [Water, Coconut Oil, Modified Potato Starch, <b>OAT</b> Fibre, Maize Starch, Salt, Thickeners: Carrageenan, Guar Gum; Natural Flavourings, Modified Maize Starch, Acidity Regulators: Lactic Acid, Sodium Lactate), Tricalcium Citrate, Colour: Carotenes], Red Pepper Tapenade (5%) [Red Pepper, Rapeseed Oil, Tomato Paste, Salt, Garlic Purée, Acidity Regulator: Citric Acid; Paprika Oil], Tomato Sauce (5%) [Tomato, Salt, Sugar, Onion, Oregano, Basil, Spices], Semi Dried Marinated Tomato (Tomato, Sunflower Oil, Salt, Garlic, Oregano), Cornflour Mix (Water, Cornflour), Black Pepper. <i>May contain Egg, Milk, Fish Soya, Mustard, Crustaceans, Sesame.</i>	per 100g	per portion (g)	
		KJ	1056	1869
		Kcal	252	446
		Fat	10.7	18.9
		Sat	4.0	7.2
		Carbs	34.6	61.2
		Sugar	3.6	6.4
		Fibre	3.7	6.5
		Protein	6.2	11.0
		Salt	0.88	1.56
Portion weight (g)		177		

SOUP

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Pea & Mint Soup (V)	Peas (46%), Water, Onions, <b>CELERY</b> , Butter ( <b>MILK</b> ), Sugar, Vegetable Stock [Salt, Yeast Extract, Rice Flour, Vegetables (Onions, <b>CELERY</b> , Carrots, Parsley), Sunflower Oil, Turmeric], Salt, Fresh Mint (0.11%), Black Pepper.	per 100g	per portion (g)	
		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		
Chocolate Chip Mini Bean Cookie (V)	Sugar, Wheat Flour ( <b>WHEAT</b> , Calcium Carbonate (E170), Iron, Niacin, Thiamine), Milk Chocolate Chunks (18%) (Sugar, Whole <b>MILK</b> Powder, Cocoa Butter, Cocoa Mass, Whey Powder ( <b>MILK</b> ), Skimmed <b>MILK</b> Powder, Emulsifier ( <b>SOYA</b> Lecithin), Vanilla Flavouring), Butter ( <b>MILK</b> ), Mini Chocolate Beans (7%) (Sugar, Whole <b>MILK</b> 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 <b>EGG</b> 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)	<b>WHEAT</b> Flour ( <b>WHEAT</b> 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 <b>MILK</b> Powder, Whey Powder ( <b>MILK</b> ), Fat Reduced Cocoa Powder, E322 <b>SOYA</b> Lecithins, Flavouring), Glucose Syrup, Ginger, Sodium Bicarbonate, Glycerine, Dried <b>EGG</b> 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			
Oat & Raisin Cookie (V)	Sugar, Raisins (19%) (Raisins, Sunflower Oil), Butter ( <b>MILK</b> ), Wheat Flour ( <b>WHEAT</b> , Calcium Carbonate (E170), Iron, Niacin, Thiamine), Rolled <b>OATS</b> (9.5%), Water, Whole <b>EGG</b> 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 ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dark Chocolate (20%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier ( <b>SOYA</b> 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 <b>OATS</b> , Free Range Pasteurised Whole <b>EGG</b> , 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)	<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>	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)	<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>	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	
NEW Sweet 'n' Salt Popcorn	Popped Butterfly Corn (67%), Sweetening Blend (Sugar, Sweetener: Isomalt, Sweetener: Steviol Glycosides), Rapeseed Oil, Salt.	per 100g	per portion (g)	
		KJ	1813	308
		Kcal	432	73
		Fat	16.7	2.8
		Sat	1.1	0.2
		Carbs	60.9	10.9
		Sugar	11.1	1.9
		Fibre	11.5	2.0
		Protein	8.2	1.4
		Salt	0.57	0.10
Portion weight (g)	17			

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per biscuits (g)		
<b>Shortbread (V)</b>	Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (31%) (Butter ( <b>MILK</b> ), Salt), Caster Sugar, Rice Flour, Corn Flour (Maize Starch).	KJ	1990		
		Kcal	476		
		Fat	25.6		
		Sat	16.8		
		Carbs	57.7		
		Sugar	17.5		
		Fibre	1.7		
		Protein	5.1		
		Salt	0.50		
		Portion weight (g)	50		
				per 100g	per biscuits (g)
				KJ	2247
		Kcal	537		
		Fat	31.7		
		Sat	19.3		
		Carbs	54.3		
		Sugar	51.1		
		Protein	6.9		
		Salt	0.69		
		Portion weight (g)	47		
<b>Tony's Chocolonely Milk Chocolate Caramel Sea Salt (V)</b>	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	2280		
		Kcal	545		
		Fat	33.2		
		Sat	20.0		
		Carbs	51.9		
		Sugar	50.7		
		Fibre	7.7		
		Protein	7.7		
		Salt	0.21		
		Portion weight (g)	50		
				per 100g	per waffle (g)
				KJ	2280
		Kcal	545		
		Fat	33.2		
		Sat	20.0		
		Carbs	51.9		
		Sugar	50.7		
		Protein	7.7		
		Salt	0.21		
		Portion weight (g)	50		

CRISPS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
<b>Kettle Sea Salt Crisps (Vg)</b>	Select Potatoes, Sunflower Oil, Sea Salt.	KJ	2139		
		Kcal	513		
		Fat	30.1		
		Sat	3.5		
		Carbs	51.5		
		Sugar	0.5		
		Fibre	6.5		
		Protein	5.8		
		Salt	0.90		
		Portion weight (g)	40		
				per 100g	per portion (g)
				KJ	2125
		Kcal	509		
		Fat	28.1		
		Sat	2.8		
		Carbs	55.8		
		Sugar	1.5		
		Fibre	4.9		
		Protein	5.7		
		Salt	1.40		
		Portion weight (g)	40		
<b>Kettle Sea Salt &amp; Vinegar Crisps (Vg)</b>	Select Potatoes, Sunflower Oil, Sea Salt and Balsamic Vinegar Seasoning (Sea Salt, Potato Maltodextrin, Dried Balsamic Vinegar, Sugar, Acid: Citric Acid, Dried Red Wine Extract, Natural Flavouring).	KJ	2106		
		Kcal	505		
		Fat	28.9		
		Sat	3.3		
		Carbs	51.1		
		Sugar	2.5		
		Fibre	6.2		
		Protein	7.1		
		Salt	1.10		
		Portion weight (g)	40		
				per 100g	per portion (g)
				KJ	2106
		Kcal	505		
		Fat	28.9		
		Sat	3.3		
		Carbs	51.1		
		Sugar	2.5		
		Fibre	6.2		
		Protein	7.1		
		Salt	1.10		
		Portion weight (g)	40		
<b>Kettle Cheddar &amp; Onion Crisps (V)</b>	Select Potatoes, Sunflower Oil, Mature Cheddar and Red Onion Seasoning (Dried Buttermilk, Dried Mature Cheddar Cheese ( <b>MILK</b> ), Dried Onion, Dried Red Onion, Sea Salt, Dried Yeast Extract, Dried Yeast, Dried Chives, Colour: Paprika Extract).	KJ	2106		
		Kcal	505		
		Fat	28.9		
		Sat	3.3		
		Carbs	51.1		
		Sugar	2.5		
		Fibre	6.2		
		Protein	7.1		
		Salt	1.10		
		Portion weight (g)	40		
				per 100g	per portion (g)
				KJ	2106
		Kcal	505		
		Fat	28.9		
		Sat	3.3		
		Carbs	51.1		
		Sugar	2.5		
		Fibre	6.2		
		Protein	7.1		
		Salt	1.10		
		Portion weight (g)	40		