

JULY 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)	
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

**Although some of our products may contain gluten free oats, we list OATS as an allergen as they contain protein called Avenin which some people are sensitive to. Also, they may not be suitable for people with coeliacs disease/gluten allergy due to manufacturing processes and in-store handling methods.

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				
		per 100g	per portion (g)			
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). May contain other NUTS , SESAME and SOYA .	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		
				per 100g	per portion (g)	
				KJ	1840	927
		Butter Croissant (V)	Pastry: WHEAT flour, butter 22% (MILK), water, sugar, whole MILK pasteurized, yeast, EGGS , salt, WHEAT gluten, emulsifier : E322 (rape lecithin), flour treatment agent : E300, enzymes, egg wash (Free Range EGGS) 1.5g. May contain NUTS , SESAME and SOYA .	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		
				per 100g	per portion (g)	
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). May contain NUTS and SESAME SEEDS .			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		
				per 100g	per portion (g)	
		Pain au Raisin (V)	WHEAT flour, water, raisins 13%, Butter (MILK), sugar, yeast, corn starch, EGGS , salt, powdered whey (MILK), whole MILK powder, WHEAT gluten, EGG albumin powder, skimmed MILK powder, thickener (sodium alginate), emulsifier (rape lecithin), fruit and plant extract (turmeric and carrot), natural flavouring, acidity regulator (citric acid), flour treatment agent (ascorbic acid), enzymes (hemicellulases, amylases), egg wash (Free Range EGGS), Neutral glaze (water, glucose syrup, sugar, acidity regulators (E330, E332, E333), flavour, gelling agent (pectin), preservative (potassium sorbate)). May contain NUTS , SESAME and SOYA .	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		
				per 100g	per portion (g)	
Vegan Raspberry Croissant (Vg)	WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring), Raspberry Filling (16%) (Glucose Syrup, Raspberry Purée, Sugar, Raspberries (2%), Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator tricalcium Citrate), Natural Flavouring, Preservative (Potassium Sorbate)), Sugar, Yeast, Decoration (3%) (Sugar, Non-Hydrogenated Palm Oil, Food Colours (Radish, Blackcurrant, Apple concentrate)), Spelt flour, WHEAT gluten Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid). May contain MILK , SESAME SEEDS , SOYA , NUTS , EGGS .			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		
				per 100g	per portion (g)	
		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%)). May contain NUTS and SULPHUR DIOXIDE .	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		
				per 100g	per portion (g)	
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 .			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		

PASTIRES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Lemon & Raspberry Bun (Vg)	Bun Dough [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Faba Bean Preparation, Emulsifier (Lecithin), Natural Flavouring, Colour (Carotenes)), SOYA Drink (Water, SOYA Beans, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Water, Sugar, Wholemeal WHEAT Flour, Sourdough (RYE), Orange Zest, Yeast, Salt, Vanilla Extract (Vanilla Extract, Sugar)), Emulsifier (Lecithin)], Glaze [Sugar, Raspberry Puree, Lemon Juice, Invert Sugar Syrup], Filling [Sugar, Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Faba Bean Preparation, Emulsifier (Lecithin), Natural Flavouring, Colour (Carotenes)), Rapeseed Oil, Raspberry Powder (Maltodextrin, Raspberry Juice Concentrate), Lemon Oil, Acidity Regulator (Citric Acid)], Topping [Freeze-Dried Raspberry Crumb]. May contain other cereals containing GLUTEN, NUTS, EGG, MILK, and SULPHITES.	KJ	1596	2633
		Kcal	381	629
		Fat	15.5	25.6
		Sat	7.6	12.6
		Carbs	56.3	92.9
		Sugar	29.6	48.8
		Fibre	1.9	3.1
		Protein	5.0	8.3
		Salt	0.81	1.34
		Portion weight (g)		165

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	619	1609
		Kcal	147	383
		Fat	6.6	17.1
		Sat	3.4	9.0
		Carbs	17.8	46.3
		Sugar	7.1	18.4
		Fibre	1.4	3.6
		Protein	4.8	12.4
		Salt	0.09	0.22
		Portion weight (g)		260
Porridge with Banana & Cinnamon (V)	Whole MILK (62%), Banana (19%), Porridge OATS (12%), Honey, Cinnamon.	KJ	521	1668
		Kcal	124	396
		Fat	3.4	11.0
		Sat	1.7	5.3
		Carbs	19.9	63.6
		Sugar	11.3	36.0
		Fibre	1.3	4.1
		Protein	3.7	11.8
		Salt	0.07	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	620	1892
		Kcal	148	451
		Fat	6.8	20.7
		Sat	2.2	6.8
		Carbs	16.5	50.2
		Sugar	7.2	21.8
		Fibre	1.6	4.9
		Protein	5.5	16.7
		Salt	0.07	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>	per 100g
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
		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.	per 100g
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%).	per 100g		per portion (g)
		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		

GRANOLA & YOGHURT

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Yogurt & Seeds with Banana (V)	Natural Low Fat Yoghurt (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 Yoghurt (MILK) (67%), Blueberries (22%), Honey (6%), Pumpkin Seeds (3%), Sunflower Seeds (3%).	KJ
Kcal	149			299
Fat	7.9			15.8
Sat	1.5			3.0
Carbs	11.5			23.1
Sugar	10.1			20.2
Fibre	1.5			3.1
Protein	7.4			14.8
Salt	0.13			0.25
Portion weight (g)				200

EXTRAS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Preserve Blackcurrant (Vg)	Sugar, blackcurrants, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	KJ	1001	300		
		Kcal	236	71		
		Fat	0.0	0.0		
		Sat	0.0	0.0		
		Carbs	57.0	17.1		
		Sugar	57.0	17.1		
		Protein	0.4	0.1		
		Salt	0.00	0.00		
		Portion weight (g)		30		
		Preserve Strawberry (Vg)	Strawberries, sugar, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	KJ	1023	307
				Kcal	241	72
Fat	0.1			0.0		
Sat	0.0			0.0		
Carbs	59.0			17.7		
Sugar	59.0			17.7		
Protein	0.4			0.1		
Salt	0.00			0.00		
Portion weight (g)				30		
Lakeland Butter (V)	Butter: Cream (MILK), Salt.			KJ	3036	213
				Kcal	738	52
		Fat	81.4	5.7		
		Sat	52.3	3.7		
		Carbs	0.8	0.1		
		Sugar	0.8	0.1		
		Protein	0.6	0.04		
		Salt	1.90	0.13		
		Portion weight (g)		7		
		Rodda's Cornish Clotted Cream (V)	100% Cornish cows MILK.	KJ	2413	965
				Kcal	586	234
Fat	63.7			25.5		
Sat	39.7			15.9		
Carbs	2.2			0.9		
Sugar	2.2			0.9		
Protein	1.6			0.6		
Salt	0.05			0.02		
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), Flavoursings, Colours - Annatto, Curcumin. May contain SULPHITES.			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		

EXTRAS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
NEW Flora (Vg)	Plant oils (rapeseed, palm, sunflower 1%, linseed), water, salt 1.35%, plant based emulsifier (lecithin), fava bean protein, natural flavourings, vitamin A	KJ	2636	185
		Kcal	630	44
		Fat	70.0	4.9
		Sat	16.0	1.1
		Carbs	0.5	0.0
		Sugar	0.5	0.0
		Protein	0.1	0.0
		Salt	1.40	0.10
		Portion weight (g)		7
				per 100g
Marmite (Vg)	Yeast extract (contains BARLEY, WHEAT, OATS, RYE), salt, vegetable juice concentrate, vitamins (thiamin, riboflavin, niacin, vitamin B12 and folic acid), natural flavouring (contains CELERY).	KJ	1100	330
		Kcal	260	78
		Fat	0.1	0.03
		Sat	0.05	0.02
		Carbs	30.0	9.0
		Sugar	1.2	0.4
		Protein	34.0	10.2
		Salt	10.80	3.24
		Portion weight (g)		8
				per 100g
Marmalade (Vg)	Sugar, bitter oranges, water, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	KJ	1017	305
		Kcal	240	72
		Fat	0.1	0.03
		Sat	0.0	0.0
		Carbs	59.0	17.7
		Sugar	59.0	17.7
		Protein	0.3	0.1
		Salt	0.00	0.00
		Portion weight (g)		30
				per 100g
NEW Maple Syrup (Vg)	Maple Syrup.	KJ	1163	174
		Kcal	274	41
		Fat	0.4	0.1
		Sat	0.4	0.1
		Carbs	67.2	10.1
		Sugar	63.7	9.6
		Protein	0.1	0.0
		Salt	0.03	0.00
		Portion weight (g)		15

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
		per 100g	per portion (g)	
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))	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
		per 100g	per portion (g)	
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>	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

CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
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 and PEANUTS.</i>	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
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, Madagascan vanilla paste, cornflower petals. <i>May contain MILK, EGGS, SULPHITES and PEANUTS.</i>	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
		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).
Kcal	370		
Fat	14.6		
Sat	4.9		
Carbs	65.1		
Sugar	23.3		
Protein	6.5		
Salt	1.30		
Portion weight (g)	30		
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]. <i>May contain Cereals containing GLUTEN, NUTS, PEANUTS, SESAME, SULPHITES, SOYA.</i>		
		Kcal	392
		Fat	18.6
		Sat	8.7
		Carbs	52.7
		Sugar	36.5
		Fibre	0.5
		Protein	3
		Salt	0.33
		Portion weight (g)	137
Lemon Poppyseed & Blueberry Loaf Cake (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Sugar, Blueberries (12%), EGG , Lemon Curd (6%) (Sugar, EGG , Water, Salted Butter (Butter (MILK), Salt), Concentrated Lemon Juice (SULPHITES), Lemon Oil, Gelling Agent: Agar), Salted Butter (Butter (MILK), Salt), Rapeseed Oil, Lemon Juice (5%), Lemon Zest (4%), Poppy Seeds (2%), Raising Agents: Diphosphates, Sodium Carbonates; Lemon Oil, Salt. <i>May contain NUTS, PEANUTS, SESAME, and SOYA.</i>	KJ	1494
		Kcal	357
		Fat	15.8
		Sat	15.8
		Carbs	50.2
		Sugar	26.6
		Fibre	2.6
		Protein	4.9
		Salt	0.45
		Portion weight (g)	95

MUFFINS & CUPCAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
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.	KJ	1431
		Kcal	342
		Fat	15.5
		Sat	1.8
		Carbs	44.1
		Sugar	21.1
		Fibre	1.2
		Protein	5.8
		Salt	0.44
		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.	KJ	1487
		Kcal	354
		Fat	15.1
		Sat	2.2
		Carbs	50.0
		Sugar	24.9
		Fibre	4.7
		Protein	5.0
		Salt	0.45
		Portion weight (g)	105

MUFFINS & CUPCAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Mini Egg Cupcake (V)	Cake Flour (WHEAT Flour (with added Iron, Calcium, Thiamine, Niacin), Sugar, Whole Dried Free-range EGG Powder, Modified Maize Starch, Raising Agents: Diphosphates, Sodium Carbonates, Skimmed MILK Powder, Salt, Free Range EGG Albumen, Natural Flavour, Colour: Carotenes), Vanilla Buttercream (19%) (Icing Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier: Mono- and diglycerides of fatty acids, Flavouring, Colouring: Annatto, Curcumin), Vanilla Flavour (Water, Propylene Glycol, Caramelised Sugar Syrup, Thickeners: Xanthan gum, Acidity Regulator: Citric acid, Preservative: Potassium sorbate)), Chocolate Buttercream (19%) (Icing Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier: Mono- and diglycerides of fatty acids, Flavouring, Colouring: Annatto, Curcumin), Vanilla Flavour (Water, Propylene Glycol, Caramelised Sugar Syrup, Thickeners: Xanthan gum, Acidity Regulator: Citric acid, Preservative: Potassium sorbate), Fat Reduced Cocoa Powder), Water, Rapeseed Oil, Milk Chocolate Egg Shaped Sweets (6%) (Milk Chocolate (Sugar, Cocoa Butter, Skimmed MILK Powder, Cocoa Mass, Whole MILK Powder, Whey Powder (MILK), Butteroil (MILK), Emulsifier: SOYA Lecithin, Flavouring), Sugar, Glazing Agents: Gum Arabic, Dextrinised Tapioca Starch, Colours: Curcumin, Anthocyanins, Plain Caramel, Carotenes, Copper Chlorophyllin, Beetroot Juice Concentrate, Spirulina Extract). <i>May contain other cereals containing GLUTEN, NUTS, and SULPHITES.</i>	KJ	1612	2579
		Kcal	415	664
		Fat	21.0	33.0
		Sat	5.5	8.8
		Carbs	55.6	88.9
		Sugar	44.0	70.0
		Fibre	0.6	1.0
		Protein	2.9	4.6
		Salt	0.43	0.69
		Portion weight (g)		160

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
99' Cupcake (V)	Cake Flour (WHEAT Flour (with added iron, Calcium, Thiamine, Niacin), Sugar, Whole Dried Free-range EGG Powder, Modified Maize Starch, Raising Agents: Diphosphates, Sodium Carbonates, Skimmed MILK Powder, Salt, Free Range EGG Albumen, Natural Flavour, Colour: Carotenes), Vanilla Buttercream (15%) (Icing Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier: Mono-and Diglycerides of Fatty Acids, Flavouring, Colouring: Annatto, Curcumin), Vanilla Flavouring (Water, Propylene Glycol, Caramelised Sugar Syrup, Thickeners: Xanthan Gum, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate)), Water, Mixed Fruit Jam (15%) (Glucose-Fructose Syrup, Mixed Fruits (Apples, Plums, Rhubarb), SULPHITES , Colour: Anthocyanins, Gelling Agent: Pectins, Citric Acid, Flavouring, Acidity Regulator: Sodium Citrates, Preservative: Potassium Sorbate, Antioxidant: Ascorbic Acid), Rapeseed Oil, Chocolate Flaked Bar (2.7%) (Sugar, Whole MILK Powder, Cocoa Butter, Cocoa Mass, Low Fat Cocoa Powder, Sweet Whey Powder (MILK), Emulsifier: SOYA Lecithin). <i>May contain NUTS.</i>	KJ	1622	2482
		Kcal	386	591
		Fat	17.0	27.0
		Sat	4.0	6.0
		Carbs	56.0	85.0
		Sugar	42.0	65.0
		Fibre	0.5	0.8
		Protein	2.6	3.9
		Salt	0.40	0.60
		Portion weight (g)		153

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

**Although some of our products may contain gluten free oats, we list OATS as an allergen as they contain protein called Avenin which some people are sensitive to. Also, they may not be suitable for people with coeliacs disease/gluten allergy due to manufacturing processes and in-store handling methods.

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
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

TRAYBAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
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	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

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
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	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

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
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 (polyorbate 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	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

V = Vegetarian
Vg = Vegan
GF = Gluten-Free

TRAYBAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
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>	per 100g	per portion (g)	
		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>	per 100g	per portion (g)	
		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	
Rocky Road	Margarine (Palm Fat, Rapeseed Oil, Water, Salt, Emulsifier: Polyglycerol Esters of Fatty Acids, Colours: Curcumin, Annatto, Flavours), Milk Chocolate (25%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Flavour), Biscuit Crumb (21%) (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Oils (Palm Oil [SG], Rapeseed Oil), Sugar, Partially Inverted Sugar Syrup, Raising Agents: Sodium Carbonates, Ammonium Carbonates, Salt), Biscuit Pieces (17%) (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine), Wholemeal WHEAT Flour, Vegetable Shortening (Palm Oil [SG], Rapeseed Oil), Sugar, Partially Invert Sugar Syrup, Raising Agents (Sodium Carbonates, Ammonium Carbonates, Salt), Golden Syrup (Invert Sugar Syrup), Caramel Pieces (2.5%) (Sugar, Sweetened Condensed MILK , Glucose Syrup (SULPHITES), Palm Oil [MB, SG], Salt), White Chocolate Chips (Sugar, Cocoa Butter, Full Cream MILK Powder, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Marshmallows (1.7%) (Glucose-fructose Syrup, Sugar, Water, Pork Gelatine, Anti-caking Agent: Maize Starch, Colour: Beetroot Red, Flavouring), Caramel Drizzle (0.8%) (Sugar, Glucose Syrup (Preservative: Sulphur Dioxide (SULPHITES), Palm Fat [SG], Sweetened Condensed MILK , Rapeseed Oil, Water, Salt, Flavouring, Emulsifiers: SOYA Lecithin, Colour: E100, E160b), White Chocolate Flavour Drizzle (Sugar, Palm Oil [MB], Whey Powder (MILK), Emulsifier: Sunflower Lecithin, Rapeseed Lecithin), Natural Flavouring). <i>May contain NUTS, and EGGS.</i>	per 100g	per portion (g)	
		KJ	2204	1477
		Kcal	529	354
		Fat	34.0	23.0
		Sat	17.0	11.0
		Carbs	49.0	31.0
		Sugar	30.0	20.0
		Fibre	1.8	1.2
		Protein	5.6	3.8
		Salt	0.90	0.60
		Portion weight (g)	67	

TARTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
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]; Flavours, 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>	per 100g	per portion (g)	
		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)
Apricot Frangipane Tart (V)	Apricot Halves (35%) (Apricots, Anti-Oxidants: Citric Acid, Ascorbic Acid), Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Free Range EGG , Raspberries (7%), Ground Almond (6%) (NUT), Rice Flour, Water, Single Cream (MILK), Light Soft Brown Sugar, Glucose Syrup, Roasted Flaked Almonds (NUT), Thickeners: Guar Gum, Agar, Gelling Agent: Pectin; Modified Waxy Maize Starch, Natural Flavours, Salt, Raising Agent: Sodium Bicarbonate; Orange Oil. <i>May contains NUTS and SOYA.</i>	per 100g	per portion (g)	
		KJ	960	1037
		Kcal	229	247
		Fat	11.8	13.0
		Sat	3.5	3.6
		Carbs	27.4	30.0
		Sugar	14.4	16.0
		Protein	4.2	4.5
		Salt	0.08	0.09
				Portion weight (g)

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 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 (Curcumin, Annatto), Flavourings], Neutral Fond [Sugar, Dried Glucose Syrup, Gelatine, Modified Starch, Hen's EGG Yolk Powder, Acidity Regulator (Disodium Diphosphate), Salt], Dark Chocolate Shavings [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Bourbon Cream Biscuits (1%) [WHEAT Flour, Sugar, Vegetable Oil, Fat Reduced Cocoa Powder (5%), Glucose Syrup, Dextrose, WHEAT Starch, Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate), Salt Natural Flavouring], Oreo Cookies (1%) [WHEAT Flour, Sugar, Vegetable Fat and Vegetable Oil, Fat Reduced Cocoa Powder (4.6%), WHEAT Starch, Glucose-Fructose Syrup, Raising Agents (Potassium Bicarbonate, Ammonium Bicarbonate, Sodium Bicarbonate), Salt, Emulsifier (SOYA Lecithin), Flavouring (Vanillin)], Golden Syrup [Partially Inverted Sugar Syrup], Gelatine, Cocoa Powder [Cocoa Beans (95%), Acidity Regulator (Potassium Carbonate)], Brown Sugar, Vanilla Flavouring. ADDITIONAL INFORMATION: Made with Beef Gelatine. May contain 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		
NEW Cookies & Cream Slice	Cream (MILK), Digestive Biscuit Crumb (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Fat, Sugar, Invert Sugar Syrup, Salt, Raising Agent: Sodium Carbonates, Ammonium Carbonates), Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Natural Vanilla Flavour, Emulsifier: SOYA Lecithin), Margarine (Vegetable Oil, Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids, Colour: Curcumin, Annatto Bixin; Flavouring), Water, Chocolate Muffin Sponge (Chocolate Muffin Sponge (Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Powdered EGG, Fat Reduced Cocoa Powder, Salt, Whey Solids (MILK), Modified Maize Starch, Vegetable Oil, Flavouring, Stabiliser: Xanthan Gum; Emulsifier: Sodium Stearoyl-2-Lactylate, Propylene Glycol Esters of Fatty Acids; Raising Agent: Diphosphates, Potassium Carbonates)), Oreo Cookies (WHEAT Flour, Sugar, Palm Oil, Fat Reduced Cocoa Powder, WHEAT Starch, Glucose-Fructose Syrup, Emulsifier: SOYA Lecithin; Salt, Raising Agent: Sodium Hydroxide, Ammonium Carbonates, Sodium Carbonates, Potassium Carbonates; Flavouring), Neutral Fond (Sugar, Dried Glucose Syrup, Beef Gelatine, Modified Starch, Dried EGG Yolk, Salt, Raising Agent: Disodium Pyrophosphate; Rapeseed Oil, Invert Sugar Syrup, Dark Chocolate Shaving (Sugar, Cocoa Mass, Cocoa Butter, Natural Vanilla Flavour, Emulsifier: SOYA Lecithin), Cocoa Powder, Beef Gelatine, Concentrated Vanilla Flavour Liquid (Flavouring, Colour: Ammonia Caramel)).	per 100g	per portion (g)	
		KJ	1962	3002
		Kcal	479	733
		Fat	34.1	52.2
		Sat	11.4	17.4
		Carbs	35.7	54.6
		Sugar	17.1	26.2
		Fibre	2.1	3.2
		Protein	5.5	8.4
		Salt	0.59	0.90
Portion weight (g)		153		
*PLEASE NOTE: We have updated the recipe for our Cookies & Cream Slice. This has different ingredient and nutritional information. Some of our stores may still sell through existing stock. Please check in store which one they have in stock before your purchase.				
Lotus Biscoff Cheesecake (V)	Full Fat Soft Cheese (37%) [Skimmed MILK, Cream (MILK), Salt, Preservative (Potassium Sorbate), Lactic Culture (MILK), Microbial Rennet], Biscoff Paste (20% [Crushed Caramelised Biscuit (WHEAT Flour, Sugar, Vegetable Oils (Palm & Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier (SOYA Lecithin), Acid (Citric Acid), Pasteurised Liquid Whole EGG, Biscoff Crushed Caramelised Biscuit (14%) (WHEAT Flour, Sugar, Vegetable Oils (Palm & Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Soya Flour, Salt, Cinnamon), Sugar, Double Cream (MILK), Margarine (Vegetable Oils (Palm & Rapeseed), Water, Salt, Emulsifier (Polyglycerol Esters of Fatty Acids), Colours (Curcumin, Annatto), Flavourings), Dark Chocolate [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring]. <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 (Curcumin, Annatto bixin E160b(i)), Flavouring], Mini Caramel Fudge Cubes (3%) [Sugar, Full Cream Condensed MILK, Fondant [Sugar, Glucose (SULPHUR DIOXIDE), Water], Glucose Syrup, Palm Oil, Water, Salt], Neutral Fond [Sugar, Dried Glucose Syrup, Beef Gelatine, Modified Potato Starch, Hen's EGG Yolk Powder, Acidity Regulator (Disodium Diphosphate), Salt], Lotus Biscoff Crumb (WHEAT Flour, Sugar, Vegetable Oils (Palm Oil, Rapeseed Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate E500ii), SOYA Flour, Salt, Cinnamon), Golden Syrup [Invert Sugar Syrup], Beef Gelatine, Salt (0.3%). ADDITIONAL INFORMATION: Made with Beef Gelatine. May contain 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		

JULY 2024

DESSERTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
NEW Salted Caramel Slice	Cream (MILK), Digestive Crumb (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Oil, Sugar, Partially Inverted Sugar Syrup, Raising Agents: Sodium Carbonates, Ammonium Carbonates; Salt), Caramel Muffin Sponge Pieces (Toffee Cream Cake Mix (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Demerara Sugar, Modified Maize Starch, Vegetable Oil, Flavouring, Salt, Powdered EGG , Natural Flavouring, WHEAT Gluten, Whey Solids (MILK), Colour: Carotenes, Ammonia Caramel; Raising Agents: Disodium Pyrophosphate, Sodium Carbonates; Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids, Propylene Glycol Esters of Fatty Acids), Liquid EGG , Rapeseed Oil), Banoffee Toffee Sauce (Condensed MILK (Sugar, Cream (MILK)), Margarine (Coconut Oil, Rapeseed Oil, Water, Shea Fat, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids; Flavouring, Colour: Beta-Carotene), Caramel Compound Paste (Glucose Syrup, Caramelised Sugar Syrup, Invert Sugar Syrup, Natural Flavouring)), Water, White Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier SOYA Lecithin, Natural Vanilla Flavour), Lotus Biscoff Crumb (WHEAT Flour, Sugar, Vegetable Oil, Sugar Syrup, Salt, Raising Agent: Sodium Bicarbonate; Cinnamon, SOYA Flour), Margarine (Vegetable Oil, Water, Salt, Colour: Curcumin, Annatto Bixin; Flavouring, Emulsifiers: Mono- and Diglycerides of Fatty Acids), Caramel Fudge Cubes (Sugar, Condensed MILK , Fondant (Sugar, Glucose, Water), Glucose Syrup, Palm Oil, Water, Salt), Neutral Fond (Sugar, Dried Glucose Syrup, Beef Gelatine, Modified Starch, Dried EGG Yolk, Acidity Regulator: Diphosphates; Salt), Invert Sugar Syrup, Beef Gelatine, Salt.	per 100g	per portion (g)	
		KJ	1840	2686
		Kcal	442	645
		Fat	28.8	42.1
		Sat	9.7	14.2
		Carbs	40.2	58.7
		Sugar	24.0	35.0
		Fibre	0.8	1.1
		Protein	5.5	8.0
		Salt	0.99	1.44
		Portion weight (g)	146	
		*PLEASE NOTE: We have updated the recipe for our Salted Caramel Slice. This has different ingredient and nutritional information. Some of our stores may still sell through existing stock. Please check in store which one they have in stock before your purchase.		

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. May contain NUTS and SOYA.	per 100g	per portion (g)	
		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	

Lemon & White Chocolate Meringue (V)	Cream (MILK), Meringue (25%) (Sugar, EGG White), Lemon Curd (10%) (Fructose, Water, Lemon Juice from Concentrate, Butter (MILK), Liquid EGG , Stabiliser: Acetylated Distarch Adipate; Salt, Colour: Lutein; Preservative: Potassium Sorbate; Lemon Oil, Acidity Regulator: Sodium citrate), Fond Neutral Vegetarian (Sugar, Maltodextrin, Stabiliser: Carrageenan, Acetylated Distarch Adipate), White Chocolate Shaving (5%) (Sugar, Dried Whole MILK , Cocoa Butter, Emulsifier: SOYA Lecithins; Natural Vanilla Flavour), Water, Lemon Juice from Concentrate, Sweet Snow (Dextrose, Cornflour, Vegetable Oil (Palm & Rapeseed)), May contain cereals containing GLUTEN, NUTS and SULPHITES.	per 100g	per portion (g)	
		KJ	1457	1238
		Kcal	349	297
		Fat	19.0	16.2
		Sat	6.4	5.4
		Carbs	40.9	34.8
		Sugar	37.1	31.5
		Fibre	0.1	0.1
		Protein	3.0	2.6
		Salt	0.41	0.35
		Portion weight (g)	85	

Raspberry & White Chocolate Roulade (V)	Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Raspberries (12%), Sugar, Free Range EGG , Wheat Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Medium Fat Soft Cheese (Skimmed MILK , Cream (MILK), Salt, Native Starch, Stabilisers: Locust Bean Gum, Xanthan Gum), White Chocolate (9%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Icing Sugar, Single Cream (MILK), White Chocolate Shavings (2%) (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Plum & Raspberry Jam (2%) (Glucose-Fructose Syrup, Plum (From Concentrate), Raspberry (From Concentrate), Gelling Agent: Pectin; Acidity Regulators: Citric Acid, Sodium Citrate; Colour: Anthocyanins; Flavouring), White Chocolate Curls (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Natural Flavouring, Modified Potato Starch, Modified Waxy Maize Starch, Raising Agent (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; Wheat Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), Freeze Dried Raspberries, Colour: Beetroot Red, Stabilisers: Xanthan Gum, Locust Bean Gum, Guar Gum. May contain NUTS.	per 100g	per portion (g)	
		KJ	1510	1661
		Kcal	361	397
		Fat	21.1	23.2
		Sat	8.9	9.8
		Carbs	38.9	42.8
		Sugar	29.0	31.9
		Fibre	0.9	1.0
		Protein	5.1	5.6
		Salt	0.30	0.33
		Portion weight (g)	150	

PANINI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Brie & Bacon Panini (Improved Recipe)	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 Full Fat Soft Cheese (12%) (MILK), Chipotle Chilli Jam (12%) [Sugar, Red Pepper, White Grape Vinegar, Water, Tomato Paste, Chipotle Chilli Paste (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acidity Regulator: Acetic Acid; Dried Onion, Concentrated Lemon Juice, Salt, Garlic Purée), Beechwood Smoked Bacon (12%) [Pork, Salt, Antioxidants: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite; Natural Beechwood Smoke]. May contain EGG and MUSTARD.	KJ	1255	2071
		Kcal	298	492
		Fat	9.4	15.5
		Sat	4.6	7.6
		Carbs	42.2	69.6
		Sugar	9.3	15.3
		Fibre	2.7	4.5
		Protein	12.6	20.8
		Salt	0.89	1.47
		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 MUSTARD.	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 Flour, 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 EGG, and MUSTARD.	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 Flour, 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 EGG, and MUSTARD.	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 Flour, 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 MUSTARD.	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

TOASTIES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Ham & Cheese Toastie	Grilled Cheese Topped Bread [White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, SOYA 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 (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 (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>	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
Mushroom & Emmental Toastie (V)	Grilled White Bloomer Bread [White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, SOYA 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%) (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>	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
Cheese & Tomato Toastie (V)	Grilled Cheese Topped Bread [White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, SOYA 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%) (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 Dressing (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 Roast 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>	KJ	1095	1949
		Kcal	261	465
		Fat	12.1	21.5
		Sat	6.4	11.3
		Carbs	28.4	50.6
		Sugar	3.6	6.4
		Fibre	2.7	4.8
		Protein	11.1	19.8
		Salt	0.94	1.67
		Portion weight (g)		178
Feta and Tomato Sourdough Toastie (V)	Sourdough Bread [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Malted BARLEY, RYE Flour], Feta Cheese (11%) [Sheep MILK , Goats MILK], Red Pepper (11%), Semi Dried Marinated Tomato (8%) [Tomato, Sunflower Oil, Salt, Garlic, Oregano], Black Pepper Mayonnaise (Mayonnaise (Rapeseed Oil, Water, EGG , Spirit Vinegar, Salt, Sugar, Flavouring, Concentrated Lemon Juice, Antioxidant: Calcium Disodium EDTA), Black Pepper), Rocket (3%), Vinegar Glaze (2%) [Balsamic Vinegar (Wine Vinegar (Wine, Water, Antioxidant: SULPHITES), Concentrated Grape Must, Colour: SULPHITE Ammonia Caramel), Concentrated Grape Must, Wine Vinegar (Wine, Antioxidant: SULPHITES), Thickener: Modified Starch; Colour: SULPHITE Ammonia Caramel]. <i>May contain MUSTARD.</i>	KJ	860	2270
		Kcal	205	541
		Fat	6.5	17.2
		Sat	2.5	6.5
		Carbs	29.9	78.9
		Sugar	3.9	10.3
		Fibre	1.8	4.8
		Protein	7.5	19.8
		Salt	1.07	2.82
		Portion weight (g)		264
Reuben Sourdough Toastie - Made with Pastrami	Sourdough Bread [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Malted BARLEY, RYE Flour], Sauerkraut and Seasoned Dressing Mix (21%) [Sauerkraut (White Cabbage, White Wine, Salt, Sugar), Seasoned Dressing (Rapeseed Oil, Liquid EGG , Water, Gherkin (Gherkin, Water, Spirit Vinegar, Sugar, Salt), Acidity Regulator: Acetic Acid; Sugar, Tomato, Spirit Vinegar, Salt, Spices (MUSTARD), Modified Starch, Stabilisers: Guar Gum, Xanthan Gum; Preservative: Potassium Sorbate), Mayonnaise (Rapeseed Oil, Water, Pasteurised EGG and EGG Yolk, Spirit Vinegar, Salt, Sugar, Flavouring, Concentrated Lemon Juice, Antioxidant: Calcium Disodium EDTA)], Emmental (11%) (MILK), Pastrami (11%) [Beef, Black Pepper, Salt, Stabilisers: Diphosphates, Triphosphates; Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite]. <i>May contain other cereals containing GLUTEN.</i>	KJ	1050	2940
		Kcal	250	700
		Fat	11.1	31.1
		Sat	2.5	7.0
		Carbs	27.8	77.8
		Sugar	2.2	6.2
		Fibre	2.3	6.4
		Protein	11.0	30.8
		Salt	1.25	3.50
		Portion weight (g)		280

FOCACCIA

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Chicken and Tomato Focaccia	Rosemary and Sea Salt Focaccia [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Olive Oil (Olive Oil, Extra Virgin Olive Oil), Rosemary, Salt], Cooked Chicken (18%) [Chicken Breast, Cornflour, Potato Starch, Stabiliser, Starch Blend (Tapioca Starch, Rice Starch, Bamboo Fibre), Salt], Mozzarella Cheese (9%) (MILK), Semi Dried Tomato Mayonnaise Mix (9%) [Mayonnaise (Rapeseed Oil, Water, EGG , Spirit Vinegar, Salt, Sugar, Flavouring, Lemon Juice, Calcium Disodium EDTA), Semi Dried Tomato (Tomato, Sunflower Oil, Salt, Garlic, Oregano), Black Pepper], Semi Dried Tomato (7%) [Tomato, Sunflower Oil, Salt, Garlic, Oregano]. <i>May contain MUSTARD.</i>	KJ	1013	2198
		Kcal	242	525
		Fat	10.7	23.2
		Sat	2.3	4.9
		Carbs	25.8	56.0
		Sugar	1.8	3.9
		Fibre	4.2	9.1
		Protein	12.7	27.6
		Salt	1.09	2.37
		Portion weight (g)		217

BAPS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Bacon Bap (Improved Recipe)	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, Antioxidants: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite; Natural Beechwood Smoke), Butter (MILK). May contain EGG, and MUSTARD.	KJ	1520	1900
		Kcal	364	455
		Fat	19.2	24.0
		Sat	8.5	10.6
		Carbs	30.1	37.6
		Sugar	2.4	3.0
		Fibre	2.8	3.5
		Protein	19.0	23.8
		Salt	1.76	2.20
		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). May contain EGG, and MUSTARD.	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	
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]. May contain MUSTARD.	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	
NEW 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 (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Scrambled Egg and White Sauce (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, 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, Modified Cornflour, Salt, Spice Extracts, Herb Extract], Beechwood Smoked Streaky Bacon (6%) [Pork, Salt, Antioxidant: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite; Natural Beechwood Smoke]. May contain MUSTARD.	KJ	1068	2211
		Kcal	255	528
		Fat	11.0	22.8
		Sat	3.5	7.2
		Carbs	30.5	63.1
		Sugar	2.2	4.6
		Fibre	1.4	2.9
		Protein	9.1	18.8
		Salt	1.15	2.38
		Portion weight (g)	207	
*PLEASE NOTE: We have updated the recipe for our All Day Breakfast Wrap. This has different ingredient and nutritional information. Some of our stores may still sell through existing stock. Please check in store which one they have in stock before your purchase.				
Vegan 'Meatball' 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], Vegan Wheatball (14%) [Mushroom, Borlotti Beans, WHEAT Gluten, Rusk (WHEAT Flour (WHEAT 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: SULPHITES), Potato Starch, Fennel, Lemon Juice, Garlic Powder, Basil, Thyme), Red Pepper, Vegan Mozzarella Style Cheese Alternative (11%) [Water, Coconut Oil, Modified Potato Starch, OAT 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. May contain EGG, MILK, and MUSTARD.	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	

WRAPS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Falafel 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%). <i>May contain other cereals containing GLUTEN, CRUSTACEANS, EGG, FISH, MILK, MUSTARD, NUTS, PEANUTS, SESAME, and 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		

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
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		

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		

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
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		

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
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 (Glycerin)), 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		

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Gingerbread Lamb (V)	Fortified wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), Sugar, Partially inverted refiners syrup, Margarine (palm oil, rapeseed oil, water, emulsifier (mono- and diglycerides of fatty acids), flavouring, colours (annatto bixin, curcumin)), Water, Glucose syrup, Ground ginger, Raising agent (sodium carbonates), Colour (carbon black), EGG white powder, Humectant (glycerol). <i>May contain NUTS.</i>	per 100g	per biscuits (g)	
		KJ	1630	776
		Kcal	386	181
		Fat	9.0	4.2
		Sat	3.4	1.6
		Carbs	71.4	33.6
		Sugar	37.3	17.5
		Protein	4.1	1.9
		Salt	0.10	0.05
		Portion weight (g)		47

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per biscuit (g)		
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>	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).	KJ	1990
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	
NEW Toffee Waffle (V)	WHEAT flour (Calcium carbonate, Iron, Niacin, Thiamin), Glucose syrup, Sugar, Non-hydrogenated vegetable oils (Palm & Rapeseed), Butter (14% of filling) (MILK), Free Range EGGS , Molasses, Emulsifier: SOYA Lecithin, Raising agent: Sodium bicarbonate, Salt, Cinnamon.	KJ	1868	1214	
		Kcal	445	290	
		Fat	16.4	10.0	
		Sat	7.7	5.0	
		Carbs	70.9	46.0	
		Sugar	33.7	22.0	
		Fibre	0.6	0.4	
		Protein	3.0	2.0	
		Salt	0.72	0.40	
		Portion weight (g)		65	

CRISPS & POPCORN

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Kettle Sea Salt Crisps (Vg/GF)	Select Potatoes, Sunflower Oil, Sea Salt.	KJ	2139	856
		Kcal	513	205
		Fat	30.1	12.0
		Sat	3.5	1.4
		Carbs	51.5	20.6
		Sugar	0.5	0.2
		Fibre	6.5	2.6
		Protein	5.8	2.3
		Salt	0.90	0.36
		Portion weight (g)		40
Kettle Sea Salt & Vinegar Crisps (Vg/GF)	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	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
Kettle Cheddar & Onion Crisps (V/GF)	Select Potatoes, Sunflower Oil, Mature Cheddar and Red Onion Seasoning (Dried Buttermilk, Dried Mature Cheddar Cheese (MILK), Dried Onion, Dried Red Onion, Sea Salt, Dried Yeast Extract, Dried Yeast, Dried Chives, Colour: Paprika Extract).	KJ	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
Sweet 'n' Salt Popcorn (Vg/GF)	Popped Butterfly Corn (67%), Sweetening Blend (Sugar, Sweetener: Isomalt, Sweetener: Steviol Glycosides), Rapeseed Oil, Salt.	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

V = Vegetarian
Vg = Vegan
GF = Gluten-Free