

NOVEMBER 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

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

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

Key for Dietary Suitability:

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

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

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

FESTIVE

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
NEW Cinnamon Portugese Tart (V)	MILK, Sugar, EGG Yolk, Whole EGG, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Maize Starch, Vanilla Flavour, WHEAT Flour (WHEAT Flour, WHEAT Malt Flour, Flour Treatment Agent: Ascorbic Acid [E300]), Pastry Margarine (Vegetable Fat (Palm), Sunflower Oil, Water, Salt, Emulsifiers: Mono- and diglycerides of fatty acids [E471], Sunflower Lecithins [E322]; Flavourings, Acidity Regulator: Citric Acid [E330]; Preservative: Sorbic Acid [E200]; Antioxidants: Fatty Acid Esters of Ascorbic Acid [E304]), Tocopherols [E306]; Colouring: Beta-Carotene E160(i)), Water, Ground Cinnamon. <i>May Contains NUTS, PEANUTS, SOYA, SULPHITES, and SESAME.</i>	KJ	1060	795
		Kcal	253	190
		Fat	11.0	8.3
		Sat	4.3	3.2
		Carbs	35.0	26.3
		Sugar	19.0	14.3
		Fibre	1.6	1.2
		Protein	4.4	3.3
		Salt	0.30	0.20
		Portion weight (g)		70
NEW Black Forest Roulade (V)	Black Cherry Filling (11%) [Water, Black Cherries, Sugar, Modified Tapioca Starch, Acidity Regulator: Citric Acid; Natural Cherry Flavouring, Preservative: Potassium Sorbate], Sugar, Dark Chocolate (8%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring], WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Reduced Fat Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Locust Bean Gum, Xanthan Gum), White Chocolate (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Cherries (5%), Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Icing Sugar, Single Cream (MILK), Buttermilk (MILK), Rapeseed Oil, Free Range EGG, Water, Fat Reduced Cocoa Powder, Dark Chocolate Flavoured Coating (Sugar, Palm Oil, Fat Reduced Cocoa Powder, Whey Powder (MILK), Emulsifier: SOYA Lecithin), White Chocolate Curls (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Baking Powder (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), Modified Potato Starch, Modified Waxy Maize Starch, Glucose Syrup, Natural Flavouring, Salt, Acidity Regulator: Citric Acid; Stabilisers: Xanthan Gum, Locust Bean Gum, Guar Gum. <i>May Contains NUTS.</i>	KJ	1437	1954
		Kcal	343	466
		Fat	16.9	23.0
		Sat	6.2	8.5
		Carbs	43.8	59.5
		Sugar	30.3	41.2
		Fibre	2.0	2.7
		Protein	4.9	6.6
		Salt	0.73	0.99
		Portion weight (g)		136
NEW Christmas Caramel Crispy (V)	Crisped Rice Base [Crisped Rice (27%) (Rice Flour, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, BARLEY Malt Extract, Salt), Coconut Oil, White Chocolate (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Invert Sugar Syrup, Caramel (6%) (Sweetened Condensed MILK (MILK, Sugar), Salted Butter (Butter (MILK), Salt), Glucose Syrup, Water, Sugar, Stabiliser: Pectin), Salt), Topping [White Chocolate (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Sugar Sprinkles (Sugar, Sunflower Oil, Potato Starch, Rice Flour, Colours: Radish, Blackcurrant, Apple, Safflower, Lemon, Spirulina; Natural Vanilla Flavouring), Coconut Oil]. <i>May Contain other cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.</i>	KJ	1943	777
		Kcal	464	186
		Fat	21.2	8.5
		Sat	9.1	3.6
		Carbs	56.6	22.6
		Sugar	43.1	17.2
		Fibre	0.5	0.2
		Protein	3.3	1.3
		Salt	0.89	0.40
		Portion weight (g)		40
NEW Christmas Fruit Loaf (V)	Cake (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Apple Puree, Dark Brown Soft Sugar, Black Treacle, SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Rapeseed Oil, Sulfanas (6%), Chopped Dates (6%), Glace Cherries (2%) (Cherries, Glucose-Fructose Syrup, Sugar, Acidity Regulator: Citric Acid; Colour: Anthocyanins; Preservative: SULPHUR DIOXIDE), Sweetened Dried Cranberries (2%) (Cranberries, Sugar), Ground ALMONDS (NUTS), Orange Zest, Mixed Spice, Ground Flax Seeds, Raising Agents: Diphosphates, Sodium Carbonates; Salt), Topping [White Chocolate (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Sweetened Dried Cranberries (Cranberries, Sugar), Pumpkin Seeds, Rapeseed Oil]. <i>May Contain other cereals containing GLUTEN, EGG, MILK, NUTS, SOYA, and SULPHITES.</i>	KJ	1510	1903
		Kcal	361	455
		Fat	14.0	17.6
		Sat	1.7	2.1
		Carbs	54.6	68.8
		Sugar	34.6	43.6
		Fibre	2.8	3.5
		Protein	4.0	5.0
		Salt	0.76	0.96
		Portion weight (g)		126
NEW Christmas Rudolf Gingerbread (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, Chocolate flavour compound (sugar, vegetable fat (palm kernel, palm), skimmed MILK powder, fat reduced cocoa powder, whey powder (MILK), emulsifier (lecithins (SOYA)), flavouring), Glucose syrup, Ground ginger, Raising agent (sodium carbonates), Concentrates (radish, carrot), Carbon black, EGG white powder, Humectant (glycerol), Acidity regulator (citric acid). <i>May Contain NUTS.</i>	KJ	1630	1043
		Kcal	386	247
		Fat	9.0	5.8
		Sat	3.4	2.2
		Carbs	71.4	45.7
		Sugar	37.3	23.9
		Fibre	1.6	1.0
		Protein	4.1	2.6
		Salt	0.10	0.06
		Portion weight (g)		64
NEW Christmas Santa Gingerbread (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, Chocolate flavour compound (sugar, vegetable fat (palm kernel, palm), skimmed MILK powder, fat reduced cocoa powder, whey powder (MILK), emulsifier (lecithins (SOYA)), flavouring), Glucose syrup, Ground ginger, Raising agent (sodium carbonates), Concentrates (radish, carrot), EGG white powder, Humectant (glycerol), Acidity regulator (citric acid). <i>May Contain NUTS.</i>	KJ	1630	994
		Kcal	386	235
		Fat	9.0	5.5
		Sat	3.4	2.1
		Carbs	71.4	43.6
		Sugar	37.3	22.8
		Fibre	1.6	1.0
		Protein	4.1	2.5
		Salt	0.10	0.06
		Portion weight (g)		61

FESTIVE SWEET

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
NEW Christmas Tree Cupcake (V)	Cake Flour (WHEAT Flour (with added iron, Calcium, Thiamine, Niacin), Sugar, Whole Dried Free-range EGG Powder, Modified Maize Starch, Raising Agents: Diphosphates, Sodium carbonates, Skimmed MILK Powder, Salt, Free Range EGG Albumen, Natural Flavour, Colour: Carotenes), Water, Green Coloured Vanilla Buttercream (30%) (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, Thickener: Xanthan gum, Acidity Regulator: Citric acid, Preservative: Potassium sorbate)), Moss Green Colour (Humectant: Glycerol, Colours: Copper complexes of chlorophyll, Riboflavin)), Mixed Fruit Jam (Glucose-Fructose Syrup, Mixed Fruits (Apples, Plums, Rhubarb), SULPHITES , Colour: Anthocyanins, Gelling Agent: Pectins, Citric Acid, Flavouring, Acidity Regulator: Sodium citrates, Preservative: Potassium sorbate, Anti-oxidant: Ascorbic acid), Rapeseed Oil, White Chocolate Star Decoration (1%) (Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier: Sunflower Lecithin, Natural Vanilla Flavouring), Red Sugar Sprinkles (1%) (Sugar, Glucose Syrup, Water, Concentrates (Lemon, Safflower, Carrot, Elderberry), Glazing Agent (Beeswax), Coconut Oil). <i>May Contain other cereals containing GLUTEN, and NUTS.</i>	per 100g	per portion (g)	
		KJ	1640	2624
		Kcal	391	625
		Fat	18.0	29.0
		Sat	4.0	7.0
		Carbs	55.0	89.0
		Sugar	42.0	67.0
		Protein	3.0	4.0
		Salt	0.14	0.24
		Portion weight (g)	160	
NEW Mince Pies (Vg)	Vegan Sweet Pastry (Margarine (Vegetable Oil, Water, Salt), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Caster Sugar, Water), Mincemeat (Sugar, Vine Fruits (Sultanas, Vegetable Oil), Apple (Preservative: Sodium Metabisulphate (SULPHITES), Apple Puree (Preservative: Potassium sorbate), Modified Maize Starch, Mixed peel (Orange Peel, Glucose-Fructose Syrup, Lemon Peel, Sugar, Citric acid), Mixed spice (Coriander Powder, Cassia, Ginger Powder, Dried Nutmeg, Clove Powder), Flavouring, Vegetable Oil, Sugar Beet Pulp, Preservative: Acetic acid, Natural Colour, Cassia), Sweet snow (Sugar, Dextrose, Cornflour, Vegetable Oil, Flavouring). <i>May Contain NUTS, EGG, and MILK.</i>	per 100g	per portion (g)	
		KJ	1494	1717
		Kcal	357	411
		Fat	17.1	19.7
		Sat	5.9	6.8
		Carbs	50.3	57.9
		Sugar	36.5	42.0
		Fibre	1.6	1.8
		Protein	2.0	2.3
		Salt	0.42	0.48
Portion weight (g)	115			
NEW Star Mince Pies (Vg)	Mincemeat (55%) [Sugar, Apple Puree, Raisins (Raisins, Sunflower Oil), Sultanas (Sultanas, Sunflower Oil), Currants (Currants, Sunflower Oil), Glucose Syrup, Water, Mixed Peel (Orange Peel, Glucose Fructose Syrup, Sugar, Lemon Peel, Acidity Regulator: Citric Acid), Vegetable Suet (Palm Oil, Rice Flour, Sunflower Oil), Modified Maize Starch, Mixed Spice, Acidity Regulator: Acetic Acid; Colour: Plain Caramel; Orange Oil, Lemon Oil), Pastry (44%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono-and diglycerides of Fatty Acids), Sugar, Water, Salt, Colour: Plain Caramel], Sugar Dusting (1%) [Dextrose, Cornflour, Palm Oil]. <i>May Contain NUTS.</i>	per 100g	per portion (g)	
		KJ	1567	1489
		Kcal	373	354
		Fat	10.5	9.9
		Sat	3.7	3.5
		Carbs	63.7	60.5
		Sugar	35.5	33.7
		Fibre	4.3	4.1
		Protein	3.8	3.6
		Salt	0.20	0.19
Portion weight (g)	95			

FESTIVE SAVOURY

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
NEW Brie & Cranberry Panini (V)	Sourdough Panini (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT Semolina, Rapeseed Oil, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Yeast, Salt, Flour Treatment Agent], Brie Cheese (23%) (MILK) [Cow's MILK , Salt, Starter Culture], Cranberry Sauce (15%) [Cranberry, Sugar, White Wine Vinegar, Comminuted Orange (Orange, SULPHUR DIOXIDE), Spices]. <i>May Contains EGG, MUSTARD, and SOYA.</i>	per 100g	per portion (g)	
		KJ	1148	1986
		Kcal	273	472
		Fat	9.1	15.7
		Sat	6.0	10.4
		Carbs	38.7	67.0
		Sugar	7.7	13.3
		Fibre	1.7	2.9
		Protein	9.9	17.1
		Salt	0.62	1.07
Portion weight (g)	173			
NEW Turkey Feast 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], Gravy Stuffing Mayonnaise (19%) [Mayonnaise (Rapeseed Oil, Water, Pasteurised EGG and EGG Yolk, Sugar, Spirit Vinegar, Salt, Concentrated Lemon Juice, Flavouring, Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract), Sage and Onion Stuffing (Water, Breadcumb (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast), Rusk (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Yeast), Onion, OATS , Salt, Sage, Parsley), Chicken Glace (Chicken Stock (Water, Chicken Bone Stock, Chicken Fat, Garlic, Carrot Juice, Onion Juice), Yeast Extract, Flavouring, Salt, Sugar, Glucose Syrup, Colour: Caramel; Modified Waxy Maize Starch)], Cooked Pulled Turkey (14%) [Turkey Breast, Water, Salt, Pea Starch, Stabilisers: Triphosphates, Diphosphates; Gelling Agent: Carrageenan], Cranberry Sauce (7%) [Cranberry, Sugar, White Wine Vinegar, Comminuted Orange (Orange, SULPHUR DIOXIDE), Spices], Spinach (4%). <i>May Contain MILK, MUSTARD, and SOYA.</i>	per 100g	per portion (g)	
		KJ	1148	2468
		Kcal	274	589
		Fat	12.1	26.0
		Sat	1.1	2.4
		Carbs	32.8	70.5
		Sugar	3.7	8.0
		Fibre	2.6	5.6
		Protein	9.8	21.1
		Salt	1.36	2.92
Portion weight (g)	215			
NEW Pigs on Blankets Bap	White Roll (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, Malted WHEAT Flour, Bakery Improver (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Flour Treatment Agent: Ascorbic Acid), Pork and Lentil Sausages (39%) [Pork, Lentils, Potato Starch, Dextrose, Water, Salt, Rapeseed Oil, WHEAT Starch, Spices (White Pepper, Nutmeg, Dried Ginger, Mace, Chilli Powder), Beef Collagen Casing, Stabiliser, WHEAT Protein, Onion Powder, Sage, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Beechwood Smoked Streaky Bacon (8%) [Pork Belly, Salt, Antioxidants: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite; Natural Beechwood Smoke], Red Onion Relish [Red Onion, Brown Sugar, Red Wine Vinegar, Concentrated Lemon Juice, Cornflour, Cinnamon Powder, Clove Powder], Gravy Mayonnaise (5%) [Mayonnaise (Rapeseed Oil, Water, Pasteurised EGG and EGG Yolk, Sugar, Spirit Vinegar, Salt, Concentrated Lemon Juice, Flavouring, Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract), Chicken Glace (Chicken Stock (Water, Stock, Chicken Fat, Garlic, Carrot Juice, Onion), Flavouring, Salt, Yeast Extract, Sugar, Glucose Syrup, Colour: Caramel; Modified Corn Starch)]. <i>May Contain MILK, MUSTARD, and SULPHITES.</i>	per 100g	per portion (g)	
		KJ	1174	2231
		Kcal	280	532
		Fat	12.6	23.9
		Sat	3.7	7.0
		Carbs	30.5	58.0
		Sugar	5.1	9.7
		Fibre	1.5	2.9
		Protein	11.9	22.6
		Salt	1.60	3.04
Portion weight (g)	190			