

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.

CONTENTS

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

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). <i>May contain other NUTS, SESAME and SOYA.</i>	KJ	1670	1412	
		Kcal	399	338	
		Fat	21.1	17.5	
		Sat	9.0	7.4	
		Carbs	45.0	36.4	
		Sugar	14.0	11.4	
		Fibre	2.4	2.0	
		Protein	9.7	7.7	
		Salt	0.73	0.60	
		Portion weight (g)	83		
		Butter Croissant (V)	Pastry: WHEAT flour, butter 22% (MILK), water, sugar, whole MILK pasteurized, yeast, EGGS , salt, WHEAT gluten, emulsifier : E322 (rape lecithin), flour treatment agent : E300, enzymes, egg wash (Free Range EGGS) 1.5g. <i>May contain NUTS, SESAME and SOYA.</i>	per 100g	per portion (g)
				KJ	1840
Kcal	440			222	
Fat	24.0			11.8	
Sat	15.0			7.7	
Carbs	46.7			23.5	
Sugar	8.0			4.0	
Fibre	2.6			1.3	
Protein	8.1			4.4	
Salt	1.20			0.58	
Portion weight (g)	50				
Pain au Chocolat (V)	Pastry: (WHEAT flour, Butter (MILK), water, chocolate 10% (sugar, coca mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavour), sugar, whole MILK , yeast, EGGS , salt, WHEAT gluten, Emulsifier (rape lecithin), flour treatment agent (E300), enzymes (amylases, hemicellulases)), egg wash (Free Range EGG). <i>May contain NUTS and SESAME SEEDS.</i>			per 100g	per portion (g)
		KJ	1779	1174	
		Kcal	426	281	
		Fat	23.0	14.0	
		Sat	15.0	7.7	
		Carbs	46.0	30.0	
		Sugar	13.0	8.0	
		Fibre	3.1	1.9	
		Protein	8.3	5.5	
		Salt	1.00	0.61	
		Portion weight (g)	66		
		Pain au Raisin (V)	WHEAT flour, water, raisins 13%, Butter (MILK), sugar, yeast, corn starch, EGGS , salt, powdered whey (MILK), whole MILK powder, WHEAT gluten, EGG albumin powder, skimmed MILK powder, thickener (sodium alginate), emulsifier (rape lecithin), fruit and plant extract (turmeric and carrot), natural flavouring, acidity regulator (citric acid), flour treatment agent (ascorbic acid), enzymes (hemicellulases, amylases), egg wash (Free Range EGGS), Neutral glaze (water, glucose syrup, sugar, acidity regulators (E330, E332, E333), flavour, gelling agent (pectin), preservative (potassium sorbate)). <i>May contain NUTS, SESAME and SOYA.</i>	per 100g	per portion (g)
KJ	1400			1340	
Kcal	334			319	
Fat	14.0			14.0	
Sat	9.1			8.7	
Carbs	47.5			45.5	
Sugar	19.0			18.0	
Fibre	2.1			2.1	
Protein	6.3			6.1	
Salt	0.81			0.77	
Portion weight (g)	96				
Vegan Raspberry Croissant (Vg)	WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring), Raspberry Filling (16%) (Glucose Syrup, Raspberry Purée, Sugar, Raspberries (2%), Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator tricalcium Citrate), Natural Flavouring, Preservative (Potassium Sorbate)), Sugar, Yeast, Decoration (3%) (Sugar, Non-Hydrogenated Palm Oil, Food Colours (Radish, Blackcurrant, Apple concentrate)), Spelt flour, WHEAT gluten Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid). <i>May contain MILK, SESAME SEEDS, SOYA, NUTS, EGGS.</i>			per 100g	per portion (g)
		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		
		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, Madagascan Vanilla Extract, Emulsifier (Rapeseed Lecithin), Filling (15%) (Dark Brown Soft Sugar, Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Invert Sugar Syrup, Orange Juice, Lemon Juice), Cinnamon Sugar (1%) (Caster Sugar, Ground Cinnamon (<1%)). <i>May contain NUTS and SULPHUR DIOXIDE.</i>	per 100g	per portion (g)
KJ	1604			2486	
Kcal	382			592	
Fat	15.6			24.2	
Sat	8.4			13.0	
Carbs	54.0			83.7	
Sugar	17.7			27.4	
Protein	5.2			8.1	
Salt	0.74			1.15	
Portion weight (g)	155				

PASTIRES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
Chocolate & Orange 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: Sunflower 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 1%, Yeast, Salt, Vanilla Extract (Vanilla Extract, Sugar), Emulsifier: Rapeseed, Sunflower Lecithin), Cocoa Orange Paste [Sugar, Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Faba Bean Preparation, Emulsifier: Sunflower Lecithin), Natural Flavouring, Colour: Carotenes), Cocoa Powder 2%, Rapeseed Oil, Orange Zest 1%, Fat-Reduced Cocoa Powder <1%(Acidity Regulators: Sodium Hydroxide, Ammonium Hydroxide), Orange Oil <1%), Glaze [Apricot Jam (Sugar, Apricots, Water, Lemon Juice, Gelling Agent: Pectin), Orange Juice 5%, Freeze-Dried Marigold Petals]. May contain other cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME and SULPHITES.	per 100g	per portion (g)		
		KJ	1450	2176	
		Kcal	347	520	
		Fat	15.1	22.7	
		Sat	7.6	11.4	
		Carbs	56.3	84.5	
		Sugar	22.5	33.8	
		Fibre	2.6	3.9	
		Protein	5.6	8.4	
		Salt	0.84	1.26	
		Portion weight (g)	150		
		NEW Mocha 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: Sunflower Lecithin; Natural Flavouring, 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 (Vanilla Extract, Sugar), Emulsifier: Rapeseed/Sunflower Lecithin), Glaze [Icing Sugar, Non Dairy Cream Alternative (Lentil Protein Preparation (Water, Lentil Flour), Rapeseed Oil, Coconut Fat, Sugar, Modified Potato Starch, Emulsifier: Polysorbate 60; Stabilisers: Methyl Cellulose, Xanthan Gum; Acidity Regulator: Trisodium Citrate; Natural Flavourings, Salt, Colour: Carotenes), Chocolate Flakes (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin; Flavouring), Water, Coffee], Cocoa Coffee Paste [Soft Light Brown Sugar, Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Faba Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavouring, Colour: Carotenes), Cocoa Powder (2%), Water, Rapeseed Oil, Coffee (<1%), Fat Reduced Cocoa Powder (<1%) (Fat Reduced Cocoa Powder, Acidity Regulators: Sodium Hydroxide, Ammonium Hydroxide)]. May contain other cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME and SULPHITES.	per 100g	per portion (g)
				KJ	1545
Kcal	369			554	
Fat	16.0			24.0	
Sat	8.1			12.2	
Carbs	55.2			82.8	
Sugar	24.9			37.4	
Fibre	2.7			4.1	
Protein	5.5			8.3	
Salt	0.82			1.23	
Portion weight (g)	150				

PORRIDGE

Porridge is made with Whole Milk as standard. Other milk variants are available upon request.

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
Porridge Plain (V)	Whole MILK (83%), Porridge OATS (17%).	per 100g	per portion (g)		
		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].	per 100g	per portion (g)
				KJ	619
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.			per 100g	per portion (g)
				KJ	521
		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%).	per 100g	per portion (g)
				KJ	620
Kcal	148			451	
Fat	6.8			20.7	
Sat	2.2			6.8	
Carbs	16.5			50.2	
Sugar	7.2			21.8	
Fibre	1.6			4.9	
Protein	5.5			16.7	
Salt	0.07			0.23	
Portion weight (g)	305				

TEACAKES & SCONES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Fruit Scone (Vg)	Cake Flour (WHEAT Flour (Calcium Carbonate, Iron, Nicotinamide, Thiamine), Sugar, Vegetable Oils (Palm, Rapeseed), Raising Agents: E450i, E500ii, WHEAT Starch, Salt, Stabiliser: E466, Natural Flavouring, Emulsifier: E471, Enzymes), Water, Sultanas (10.5%), Glaze (Water, Vegetable Proteins, Sunflower Oil, Dextrose, Maltodextrines, Starch). <i>May contain SOYA, MILK, EGG, NUTS and SULPHUR DIOXIDE.</i>	KJ	1638	2293
		Kcal	400	560
		Fat	11.0	15.4
		Sat	4.5	6.3
		Carbs	66.9	93.6
		Sugar	23	32.2
		Protein	7.7	10.8
		Salt	0.50	0.70
		Portion weight (g)		140
		Teacake (Vg)	WHEAT flour [with added calcium, iron, niacin, thiamin], Water, Sultanas (10%) [sunflower oil], Currants (5%) [sunflower oil], spiced bun concentrate [vegetable oil, dextrose, mono and diglycerides of fatty acids, diacetyl tartaric acid ester of mono diglycerides, flavouring, flour treatment agent, ascorbic acid, food enzymes, beta carotene], Sugar, Yeast. <i>May contain MILK, EGG and NUTS.</i>	KJ
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.	KJ
Kcal	218			109
Fat	2.5			1.3
Sat	0.8			0.4
Carbs	40.1			20.1
Sugar	0.8			0.4
Protein	7.9			4.0
Salt	1.06			0.53
Portion weight (g)				50

GRANOLA & YOGHURT

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Granola & Yogurt with Banana & Honey (V)	Natural Low Fat Yogurt (MILK) (55%), Granola (18%) [Jumbo Rolled OATS , Fructose (Fruit Sugar), Desiccated Coconut Copped, Mixed NUTS (PEANUTS, WALNUTS, ALMONDS) Pumpkin Seeds, SESAME SEEDS , Sunflower Seeds, Rapeseed Oil, Black Treacle (Molasses)], Banana (18%), Honey (5%), Pumpkin Seeds (2%), Sunflower Seeds (2%).	KJ	719	1581
		Kcal	171	376
		Fat	6.0	13.3
		Sat	1.4	3.1
		Carbs	21.7	47.7
		Sugar	11.6	25.5
		Fibre	2.4	5.4
		Protein	6.3	13.9
		Salt	0.17	0.36
		Portion weight (g)		240
Granola & Yogurt with Blueberry & Honey (V)	Natural Low Fat Yogurt (MILK) (55%), Granola (18%) [Jumbo Rolled OATS , Fructose (Fruit Sugar), Desiccated Coconut Copped, Mixed NUTS (PEANUTS, WALNUTS, ALMONDS) Pumpkin Seeds, SESAME SEEDS , Sunflower Seeds, Rapeseed Oil, Black Treacle (Molasses)], Blueberries (18%), Honey (5%), Pumpkin Seeds (2%), Sunflower Seeds (2%).	KJ	685	1507
		Kcal	163	359
		Fat	6.1	13.3
		Sat	1.4	3.1
		Carbs	19.7	43.3
		Sugar	10.0	21.9
		Fibre	2.5	5.4
		Protein	6.3	13.8
		Salt	0.17	0.37
		Portion weight (g)		220

GRANOLA & YOGHURT

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Yogurt & Seeds with Banana (V)	Natural Low Fat Yogurt (MILK) (67%), Banana (22%), Honey (6%), Pumpkin Seeds (3%), Sunflower Seeds (3%).	KJ	663	1325
		Kcal	158	316
		Fat	7.9	15.7
		Sat	1.5	3.0
		Carbs	13.7	27.4
		Sugar	11.9	23.8
		Fibre	1.5	3.0
		Protein	7.4	14.8
		Salt	0.12	0.25
		Portion weight (g)	200	
		Yogurt & Seeds with Blueberry (V)	Natural Low Fat Yogurt (MILK) (67%), Blueberries (22%), Honey (6%), Pumpkin Seeds (3%), Sunflower Seeds (3%).	KJ
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					
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			

EXTRAS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
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
		Marmalade (Vg)	Sugar, bitter oranges, water, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	KJ
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
Maple Syrup (Vg)	Maple Syrup.			KJ
		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
Lemon Drizzle Cake (V)	Lemon Cake (93%) (Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk (MILK), Rapeseed Oil, EGG , Lemon Juice (3%), Lemon Curd (3%) (Sugar, EGG , Butter (MILK), Concentrated Lemon Juice, Water, Lemon Oil, Agar), Lemon Zest (3%), Raising Agent (Diphosphates, Sodium Carbonates), Salt), Lemon Drizzle (7%) (Glucose Syrup, Lemon Juice (2%), Icing Sugar (Sugar Beet, Anticaking Agent (Calcium Phosphate))), Decoration (<1%) (Dried Cornflower Petals). <i>May contain other cereals containing GLUTEN, SOYA, SULPHITES, NUTS and PEANUTS.</i>	KJ	1542	1696
		Kcal	369	406
		Fat	14.7	16.2
		Sat	1.4	1.5
		Carbs	55.2	60.7
		Sugar	36.1	39.7
		Fibre	1.3	1.4
		Protein	4.1	4.5
		Salt	0.57	0.63
		Portion weight (g)		110
Ultimate Carrot Cake (Vg)	WHEAT flour (calcium carbonate, iron, niacin, thiamin), icing sugar, brown sugar, carrots 10%, oranges 9%, rapeseed oil, SOYA drink (water, SOYA beans, apple extract, acidity regulators (monopotassium phosphate, dipotassium phosphate), calcium carbonate, sea salt, gellan gum, vitamins B2, B12, D2), sultanas 4%, violife creamy (water, coconut oil, starch, sea salt, acidity regulator (glucono-delta-lactone), flavourings, olive extract, vitamin B12), WALNUTS 3%, plant butter (plant oils (sustainable palm, sunflower, rapeseed), water, sea salt, fava bean preparation, emulsifier (sunflower lecithin), natural flavourings), lemon juice, flax seeds, coconut 1%, raising agent (diphosphates, sodium carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)), mixed spices 1%, candied HAZELNUTS (sugar, HAZELNUTS), pumpkin seeds, sodium bicarbonate, salt, Madagascan vanilla paste, cornflower petals. <i>May contain MILK, EGGS, SULPHITES and PEANUTS.</i>	KJ	1502	1953
		Kcal	358	465
		Fat	15.0	19.5
		Sat	3.5	4.6
		Carbs	52.9	68.8
		Sugar	37	48.1
		Protein	3.0	3.9
		Salt	0.76	0.99
		Portion weight (g)		130
		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).	KJ
Kcal	370			111
Fat	14.6			4.4
Sat	4.9			1.5
Carbs	65.1			19.5
Sugar	23.3			7.0
Protein	6.5			2.0
Salt	1.30			0.39
Portion weight (g)				30

CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
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>	KJ	1640	2247
		Kcal	392	537
		Fat	18.6	25.5
		Sat	8.7	11.9
		Carbs	52.7	72.2
		Sugar	36.5	50.0
		Fibre	0.5	0.7
		Protein	3	4.1
		Salt	0.33	0.45
		Portion weight (g)		137
Caramel Chouxnut with Crème Pat (V)	Water, Powdered Fondant (Sugar, Dried Glucose Syrup), Whipping Cream (MILK), EGG , Icing Sugar, Speculoos Spread (Caramelised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: SOYA Lecithins; Acidity Regulator: Citric Acid), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Dark Chococate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithins; Natural Vanilla Flavour), Speculoos Biscuit Crumb (Caramelised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Salt, Cinnamon)), Rapeseed Oil, Modified Potato Starch, Sugar, Natural Flavouring, Modified Maize Starch, Caramelised Sugar Syrup, Salt. <i>May contains NUTS.</i>	KJ	1622	1346
		Kcal	388	322
		Fat	21.5	17.9
		Sat	8.3	6.9
		Carbs	42.5	35.3
		Sugar	32.0	26.6
		Fibre	0.7	0.6
		Protein	5.8	4.8
		Salt	0.41	0.30
		Portion weight (g)		83
Pecan Pie (Vg)	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Brown Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Natural Flavouring), PECAN NUTS , Invert Sugar Syrup, Water, Coconut Milk (Coconut Extract, Water), Sugar, Shortening (Palm Oil, Rapeseed Oil), Flax Seeds, Glucose Syrup, Modified Maize Starch, Natural Flavouring, Salt, Modified Potato Starch, Thickeners: Guar Gum, Agar; Pastry Stabiliser (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pastry Stabiliser: L-Cysteine), Gelling Agent: Pectin; Caramelised Sugar Syrup. <i>May contains EGG, MILK and SOYA.</i>	KJ	1869	2131
		Kcal	448	511
		Fat	26.3	30.0
		Sat	7.9	9.0
		Carbs	47.1	53.7
		Sugar	28.4	32.4
		Fibre	2.6	3.0
		Protein	4.3	4.9
		Salt	0.33	0.38
		Portion weight (g)		114
Sticky Ginger Loaf (V)	Sponge Cake (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Black Treacle, Whole MILK , Soft Light Brown Sugar, EGG , Candied Ginger (5%) (Candied Ginger (Ginger, Sugar), Icing Sugar), Margarine (Vegetable Oils (Sustainable Palm, Rapeseed), Water, Salt, Emulsifier: Polyglycerol Esters Of Fatty Acids; Colours: Curcumin, Annatto Bixin), Flavourings), Coconut Oil, Ground Ginger (1%), Raising Agent (Sodium Bicarbonate), Salt), Topping [Caramel (7%) (Sweetened Condensed MILK (MILK , Sugar), Salted Butter (Butter (MILK), Salt), Glucose Syrup, Water, Sugar, Stabiliser: Pectin), Crystallised Ginger (3%), Mixed Spice]. <i>May contain NUTS, PEANUTS, SESAME, SOYA and SULPHITES.</i>	KJ	1542	1681
		Kcal	369	402
		Fat	12.9	14.1
		Sat	7.8	8.5
		Carbs	56.7	61.8
		Sugar	33.0	36.0
		Fibre	1.1	1.2
		Protein	4.2	4.6
		Salt	0.86	0.90
		Portion weight (g)		109
Coffee and Caramel Cake (Vg)	Sponge (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar, Rapeseed Oil, SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum; Water, Apple Puree, Coffee (1%), Raising Agents: Diphosphates, Sodium Carbonates; Salt, Natural Flavouring), Frosting [Icing Sugar, Violife Creamy (Water, Coconut Oil, Potato Starch, Sea Salt, Acidity Regulator: Glucono Delta-Lactone; Natural Flavourings, Olive, Vitamin B12), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Fava Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavourings, Colour: Carotenes), Water, Coffee (<1%), Topping [Caramel (2%) [Sugar, Glucose Syrup, Water, Vegetable Fat (Shea), Partially Inverted Refiners Syrup, Fava Bean Flour, Caramelised Sugar, Salt, Emulsifiers: Mono- and Di-Glycerides of Fatty Acids, Lecithins (Sunflower, Rapeseed); Natural Flavouring]. <i>May contain EGG, MILK, NUTS, PEANUTS, SESAME and SULPHITES.</i>	KJ	1674	2410
		Kcal	400	576
		Fat	18.0	25.9
		Sat	3.2	4.6
		Carbs	57.5	82.8
		Sugar	37.5	54.0
		Fibre	1.1	1.6
		Protein	2.7	3.9
		Salt	0.71	1.00
		Portion weight (g)		144
Chocolate Fudge Cake (V)	Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Buttermilk (MILK), Fat Reduced Cocoa Powder (7.2%), Water, EGG , Dried Glucose Syrup, Palm Oil, EGG Yolk, Raising Agent: Sodium Bicarbonate; Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids; Acidity Regulator: Potassium Hydroxide. <i>May contain NUTS.</i>	KJ	1673	1874
		Kcal	398	446
		Fat	15.8	17.7
		Sat	1.8	2.0
		Carbs	60.5	67.8
		Sugar	49.4	55.3
		Fibre	2.6	2.9
		Protein	3.9	4.4
		Salt	0.51	0.57
		Portion weight (g)		110

V = Vegetarian
Vg = Vegan
GF = Gluten-Free

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	1502
		Kcal	342	359
		Fat	15.5	16.3
		Sat	1.8	1.9
		Carbs	44.1	46.3
		Sugar	21.1	22.1
		Fibre	1.2	1.3
		Protein	5.8	6.1
		Salt	0.44	0.46
		Portion weight (g)		105
		Sicilian Lemon Curd Muffin (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, EGG, Rapeseed Oil, Sicilian Lemon filling (9%) [Sugar, EGG, Butter (MILK), Water, Concentrated Lemon Juice (Lemon, Sodium Metabisulphite (SULPHITES), Potassium Metabisulphite (SULPHITES)), Gelling agent: Agar, Lemon Oil], Inulin, Lemon Zest (4%), Water, Buttermilk (MILK), Glucose Syrup, Raising Agents: Potassium carbonates, Sodium carbonates, Calcium phosphates, Diphosphates; Palm Oil, MILK Proteins, WHEAT Starch, Modified Maize Starch, Natural Flavourings, Preservative: Potassium sorbate, WHEAT Gluten, Emulsifiers: Mono- and diglycerides of fatty acids, Polyglycerol esters of fatty acids; Stabiliser: Xanthan gum, Salt, Humectants: Sorbitol syrup, Glycerol; Acidity regulator: Citric acid, Preservative: Sodium Metabisulphite (SULPHITES), Colour: Carotenes.	KJ
Kcal	354			372
Fat	15.1			15.9
Sat	2.2			2.3
Carbs	50.0			52.5
Sugar	24.9			26.1
Fibre	4.7			4.9
Protein	5.0			5.2
Salt	0.45			0.48
Portion weight (g)				105
NEW Red Velvet Cupcake	Red Velvet Cake Flour (39%) (WHEAT Flour (Calcium, Iron, Niacin, Thiamin), Sugar, Modified Maize Starch, Whey Powder (MILK), Fat Reduced Cocoa Powder, Raising Agents: Diphosphates, Sodium Carbonates, Emulsifiers: Glucose Syrup, Lactic acid esters of mono- and diglycerides of fatty acids, Propane-1,2-diol esters of fatty acids, Mono- and diglycerides of fatty acids, Skimmed MILK Powder, Salt, Colouring: Carmine), Cream Cheese Flavoured Buttercream (Icing Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier: Mono- and diglycerides of fatty acids, Flavouring, Colouring: Annatto, Curcumin), Cream Cheese Flavoured Frosting (Sugar, Vegetable Oils (Palm, Rapeseed), Water, Cream Cheese Powder (MILK), Humectant: Sorbitol Syrup, Acid: Citric Acid, Natural Flavouring, Salt, Emulsifiers: Polyoxyethylene sorbitan monostearate, Mono- and diglycerides of fatty acids, Preservative: Potassium Sorbate, Colour: Algal Carotenes), Vanilla Flavouring (Water, Propylene Glycol, Caramelised Sugar Syrup, Thickener: Xanthan gum, Acidity Regulator: Citric acid, Preservative: Potassium sorbate)), Whole Fresh Free Range EGGS, Rapeseed Oil, Water, White Chocolate Disk With Lips Design (1.2%) (Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier: Sunflower Lecithin, Natural Vanilla Flavouring, Colouring: Carmine), Red, Pink & White Coloured Heart Shaped Sugar Sprinkles (0.8%) (Sugar, Sunflower Oil, Rice Flour, Potato Starch, Colour (Radish, Blackcurrent, Apple, Safflower, Lemon), Flavouring: Natural Vanilla Flavouring), Pink Coloured White Chocolate Hearts (0.4%) (Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier: Sunflower Lecithin, Natural Vanilla Flavouring, Colouring: Carmine). May contain NUTS, SULPHITES, and SOYA.			KJ
		Kcal	428	527
		Fat	24.5	30.2
		Sat	5.5	6.7
		Carbs	48.0	59.7
		Sugar	33.5	41.3
		Fibre	0.0	0.0
		Protein	3.7	4.6
		Salt	0.60	0.70
		Portion weight (g)		124

TRAYBAKES

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). <i>May contain NUTS and EGG.</i>	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
		Super Dark Brownie (Vg)	Dark chocolate 17% (cocoa mass, sugar, fat-reduced cocoa powder, emulsifier (sunflower lecithin), natural vanilla flavouring - contains cocoa solids 74%), coconut oil, dark brown sugar, sugar, WHEAT flour (calcium carbonate, iron, niacin, thiamin), apple puree, water, plant cream (lentil preparation (water, lentil protein), vegetable oils (coconut, rapeseed), sugar, modified potato starch, emulsifier (polysorbate 60), stabiliser (methylcellulose, xanthan gum), acidity regulator (trisodium citrate), natural flavour, salt, colour (carotene)), fat-reduced cocoa powder, cocoa nibs 3.5%, black treacle, flaxseeds, natural vanilla extract, sea salt flakes 0.5%, raising agent (diphosphates, sodium carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)). <i>May contain MILK, EGG, PEANUTS, NUTS, SULPHUR DIOXIDE and other cereals containing GLUTEN.</i>	KJ
Kcal	464			297
Fat	30.0			19.2
Sat	22.0			14.1
Carbs	47.0			30.1
Sugar	34.0			21.8
Fibre	3.4			2.2
Protein	4.5			2.9
Salt	0.71			0.45
Portion weight (g)				64
Triple Chocolate Brownie** (V)	Free range EGG , dark chocolate 16% (cocoa mass, sugar, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring - contains cocoa solids 72%), coconut oil, soft light sugar, sugar, dark chocolate 7% (sugar, cocoa mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring - contains cocoa solids 47%, fat free cocoa solids 14%), milk chocolate 7% (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier (SOYA lecithin), natural vanilla flavouring - contains cocoa solids 27%, milk solids 20%), fat-reduced cocoa powder, gluten-free flour blend (rice, potato, tapioca, maize, buckwheat), rapeseed oil, double cream (MILK), salt, raising agent (mono calcium phosphate, corn starch, sodium bicarbonate), stabiliser (xanthan gum). <i>May contain cereals containing GLUTEN, NUTS and SULPHUR DIOXIDE.</i>	KJ	2098	1322
		Kcal	504	317
		Fat	32.6	20.5
		Sat	21.4	13.5
		Carbs	42.4	26.7
		Sugar	37.0	23.3
		Fibre	4.3	2.7
		Protein	6.2	3.9
		Salt	0.36	0.23
		Portion weight (g)		63
Yoghurt Apple & Blackcurrant Flapjack (V)	OATS (27%), Bramley Apples (16%), Pure Vegetable Margarine (Certified Sustainable Palm Oil, Rapeseed Oil, Salt), Yoghurt Flavoured Topping (13%) (Sugar, Hydrogenated Palm Kernel Oil, Whey Powder (MILK), Skimmed MILK Powder, Yoghurt Powder (MILK), Emulsifier: Sunflower Lecithin, Citric Acid), Light Brown Soft Sugar, Blackcurrants (6%), Golden Syrup, Caster Sugar, Sunflower Oil, Thickeners: Tapioca Starch. <i>May contain SULPHUR DIOXIDE.</i>	KJ	1704	2334
		Kcal	408	558
		Fat	21.2	29.0
		Sat	8.8	12.0
		Carbs	47.8	65.4
		Sugar	27.2	37.2
		Fibre	3.0	4.1
		Protein	5.0	6.8
		Salt	0.20	0.27
		Portion weight (g)		137
Rocky Road	Margarine (Palm Fat, Rapeseed Oil, Water, Salt, Emulsifier: Polyglycerol Esters of Fatty Acids, Colours: Curcumin, Annatto, Flavourings), 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>	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
Blackberry & Apple Crumble Jack** (Vg)	Flapjack Base [Gluten Free OATS , Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat)], Margarine (Vegetable Oils [Sustainable Palm, Rapeseed]), Water, Salt, Emulsifier: Polyglycerol Esters Of Fatty Acids; Colours: Curcumin, Annatto Bixin; Flavourings), Light Brown Soft Sugar, Invert Sugar Syrup), Jam Filling [Apple (13%), Sugar, Blackberries (9%), Gelling Agent: Pectin], Crumble [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Coconut Oil, Demerara Sugar, Gluten Free Jumbo OATS]. <i>May contain cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA and SULPHITES.</i>	KJ	1584	1442
		Kcal	379	345
		Fat	14.5	13.2
		Sat	7.4	6.7
		Carbs	59.8	54.4
		Sugar	32.6	29.7
		Fibre	2.5	2.3
		Protein	3.4	3.1
		Salt	0.22	0.20
		Portion weight (g)		91
Honeycomb Tiffin (V)	Biscuit Crumb and Pieces (39%) (WHEAT Flour (Calcium, Iron, Niacin, Thiamine), Wholemeal WHEAT Flour, Vegetable Oil (Palm[SG]), Sugar, Partially-inverted Sugar Syrup, Raising Agents: Sodium Bicarbonate, Malic Acid, Ammonium Bicarbonate, Disodium Diphosphate; Glucose-Fructose Syrup, Salt, Emulsifier: Mono- and diacetyl tartaric acid esters of fatty acids; Dried Skimmed MILK , Dried Whey Powder (MILK), BARLEY Malt Extract), Milk Chocolate Chips (27%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier: Polyglycerol esters of fatty acids; Colours: Curcumin, Lutein; Flavourings), Golden Syrup, Honeycomb Pieces (3.3%) (Sugar, Glucose Syrup, Bicarbonate of Soda, Rice Flour), White Chocolate Flavoured Drizzle (Sugar, Vegetable Oil (Palm), Whey Powder (MILK), WHEAT Flour, Emulsifier: Sunflower Lecithin; Natural Flavouring), Chocolate Drizzle (Sugar, Cocoa Mass, Cocoa Butter, Fat-Reduced Cocoa Powder, Emulsifier: SOYA Lecithin; Vanilla Extract). <i>May contain EGG, NUTS and SULPHITES.</i>	KJ	2230	1851
		Kcal	536	445
		Fat	35	29.0
		Sat	15.0	12.0
		Carbs	48.0	40.0
		Sugar	24.0	20.0
		Fibre	3.4	2.9
		Protein	5.0	4.2
		Salt	0.90	0.70
		Portion weight (g)		83

TRAYBAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
NEW Maple Syrup Flapjack (Vg)	Flapjack (Gluten Free OATS (44%), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Faba Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavourings, Colour: Carotenes), Soft Light Brown Sugar, Invert Sugar Syrup, Maple Syrup (7%)). <i>May contain cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.</i>	KJ	1888	1718
		Kcal	451	410
		Fat	18.7	17.0
		Sat	9.5	8.6
		Carbs	66.9	60.9
		Sugar	34.2	31.1
		Fibre	4.7	4.3
		Protein	6.0	5.5
		Salt	0.36	0.33
		Portion weight (g)		91
		NEW Cherry Bakewell (V)	Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sour Cherries (15%), Salted Butter (Butter (MILK), Salt), EGG , Coconut Oil, Ground ALMONDS (NUTS) (7%), Lemon Zest, Flaked ALMONDS (NUTS) (2%), Natural Flavouring Substances, Snow Dusting (Dextrose, WHEAT Starch, Vegetable Oil (Sustainable Palm, Rapeseed), Salt, Natural Flavouring), Raising Agents: Diphosphates, Sodium Carbonates. <i>May contain cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.</i>	KJ
Kcal	432			324
Fat	26.3			19.7
Sat	16.0			12.0
Carbs	46.7			35.0
Sugar	28.5			21.4
Fibre	1.9			1.4
Protein	5.3			4.0
Salt	0.15			0.10
Portion weight (g)				75

TARTS

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

DESSERTS

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

DESSERTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
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.		

PANINI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Brie & Bacon Panini	Sourdough Panini (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment Agent: Ascorbic Acid), Brie 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 .	per 100g	per portion (g)	
		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, Flavourings, Lemon Juice Concentrate, Antioxidant: Calcium Disodium EDTA), Mature Cheddar Cheese (8%) (MILK), Mozzarella Cheese (10%) (MILK). May contain MUSTARD .	per 100g	per portion (g)	
		KJ	1203	2526
		Kcal	287	602
		Fat	13.3	28.0
		Sat	3.5	7.4
		Carbs	25.9	54.5
		Sugar	0.4	0.9
		Fibre	1.2	2.5
		Protein	15.3	32.2
		Salt	1.00	2.10
		Portion weight (g)	210	

Mozzarella & Tomato Panini (V)	Sourdough Panini (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented RYE , Salt), Salt, Yeast, Malted WHEAT Flour), Tomato (18%), Mozzarella Cheese (15%) (MILK), Cheese and Pesto [Mature Cheddar Cheese (MILK), Pesto (Basil Paste (Basil, Sunflower Oil, Salt, Antioxidant: Ascorbic Acid), Vegetable Oil, Medium Fat Hard Cheese (MILK), Extra Virgin Olive Oil, Garlic Purée, Acidity Regulator; Citric Acid)]. May contain EGG , and MUSTARD .	per 100g	per portion (g)	
		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	

Tuna Melt Panini	Sourdough Panini (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented RYE , Salt), Salt, Yeast, Malted WHEAT Flour), Tuna Melt Mix (Pole and Line Caught Tuna (38%) (FISH) (Skipjack Tuna (Katsuwonus Pelamis), Water, Salt), Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Spirit Vinegar, Salt, Sugar, Flavouring, Lemon Juice from Concentrate, Acidity Regulator: Calcium Disodium EDTA), Red Pepper (8%), Slow Roasted Tomato (6%) (Tomato, Rapeseed Oil, Salt, Garlic, Oregano), Red Onion (4%), Parsley, Lemon Juice from Concentrate (Lemon Juice from Concentrate, Preservative: Potassium Metabisulphite (SULPHITE)), Mature Cheddar Cheese (5%) (MILK). May contain MUSTARD .	per 100g	per portion (g)	
		KJ	1145	2119
		Kcal	273	506
		Fat	12.1	22.4
		Sat	2.1	3.9
		Carbs	29.3	54.1
		Sugar	2.5	4.7
		Fibre	1.5	2.7
		Protein	12.7	23.4
		Salt	0.90	1.70
		Portion weight (g)	185	

NEW Ham Hock & Cheddar 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), Cheese Sauce Mix (23%) (White Sauce (Water, Rapeseed Oil, Modified Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock (Salt, Maltodextrin, Yeast Extract, Sugar, Vegetables (Onion, Parsnip), Carrot Extract, Rapeseed Oil, Tomato, Lovage), Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Mature Cheddar Cheese (25%) (MILK , Potato Starch), Italian Hard Cheese (24%) (MILK , Salt, Vegetarian Rennet, Lysozyme (EGG)), Dijon Mustard (Water, MUSTARD Seed, Spirit Vinegar, Salt, Preservative: Sodium Hydrogen SULPHITE)), Pulled Ham Hock (17%) (Pork, Brine (Water, Low Sodium Sea Salt, Preservatives: Sodium Nitrate, Sodium Nitrite)). May contain other cereals containing GLUTEN .	per 100g	per portion (g)	
		KJ	1068	1869
		Kcal	254	445
		Fat	9.0	15.8
		Sat	3.1	5.4
		Carbs	30.8	53.9
		Sugar	1.1	1.9
		Fibre	2.0	3.5
		Protein	13.5	23.6
		Salt	1.17	2.05
		Portion weight (g)	175	

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 [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
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
		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
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
BBQ Pulled Pork Sourdough Toastie	Sourdough Bread [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Malted BARLEY, RYE Flour], Pulled Pork and BBQ Mix (28%) [Pulled Pork (50%) (Pork, Salt, Pepper), Barbeque Sauce (50%) (Malt Vinegar (BARLEY), Sugar, Tomato Purée, Glucose Syrup, Molasses, Thickener: Modified Starch; Salt, Worcestershire Sauce (Water, Sugar, Spirit Vinegar, Molasses, Onion Purée, Salt, Tamarind Paste, Clove, Ginger Purée, Garlic Purée), Colour: Ammonia Caramel; Smoke Flavouring, Spirit Vinegar, Onion, Spices, MUSTARD Powder, Preservative: Potassium Sorbate, Flavouring)], Carrot and Cabbage Slaw (16%) [Mayonnaise (Rapeseed Oil, Water, Pasteurised EGG and EGG Yolk, Sugar, Spirit Vinegar, Salt, Lemon Juice made from Concentrate, Natural Flavouring, Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract), Carrot (24%), Red Cabbage (24%), Red Onion, Parsley, Dijon Mustard (Water, MUSTARD Seed, Spirit Vinegar, Salt, Preservative: Sodium Hydrogen SULPHITE), Chive]. <i>May contain MILK and SOYA.</i>			KJ
		Kcal	209	598
		Fat	4.4	12.6
		Sat	0.6	1.7
		Carbs	33.7	96.5
		Sugar	6.2	17.7
		Fibre	1.3	3.7
		Protein	9.3	26.6
		Salt	1.15	3.29
		Portion weight (g)		286

BAPS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Bacon Bap	White Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, WHEAT Malt Flour, Bakery Improver: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin); Flour Treatment Agent: Ascorbic Acid], Beechwood Smoked Streaky Bacon (32%) [Pork, Salt, Antioxidants: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite; Natural Beechwood Smoke], Butter (MILK). May contain EGG, and MUSTARD.	per 100g	per portion (g)	
		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.	per 100g	per portion (g)	
		KJ	1073	1717
		Kcal	255	408
		Fat	10.9	17.4
		Sat	4.4	7.0
		Carbs	31.9	51.0
		Sugar	1.0	1.6
		Fibre	2.8	4.5
		Protein	9.7	15.5
		Salt	1.30	2.10
Portion weight (g)		160		

WRAPS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
All Day Breakfast Wrap	Tortilla [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.	per 100g	per portion (g)	
		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		
NEW Falafel and Sweet Chilli Wrap (Vg)	Tomato Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Palm Oil, Rapeseed Oil), Tomato Seasoning (Tomato Powder, Red Bell Pepper, Paprika, Basil), Raising Agent: Sodium Bicarbonate; Disodium Diphosphate), Sugar, Acidity Regulator: Malic Acid; Stabiliser: Sodium Carboxy Methyl Cellulose; Salt], Green Chickpea Falafel (21%) [Green Chickpeas, Chickpeas, Onion, WHEAT Flour, Bread Rusk (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast), Rapeseed Oil, Parsley, Salt, Kibbled Onion, Cumin, Coriander, Coriander Powder, Garlic Purée, Black Pepper, Raising Agent: Sodium Bicarbonate], Houmous (9%) [Chickpeas, Rapeseed Oil, Water, Tahini SESAME Seed Paste, Salt, Garlic Granules, Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate], Mediterranean Vegetable Mix (11%) [Grilled Mixed Vegetables (Red Pepper, Yellow Pepper, Courgette, Aubergine), Coriander], Chilli Jam (7%) [Sugar, Red Pepper, Grape Vinegar, Water, Tomato Paste, Chipotle Chilli Paste (Chipotle Chilli, Water, Tomato Paste, Sugar, Salt, Onion, Acidity Regulator: Acetic Acid), Dried Onion, Concentrated Lemon Juice, Salt, Garlic Purée], Rocket (7%), Cornflour Mix [Water, Cornflour]. May contain CELERY, EGG, MILK, MUSTARD, SOYA, and SULPHITES.	per 100g	per biscuits (g)	
		KJ	993	2095
		Kcal	237	500
		Fat	8.5	17.9
		Sat	1.7	3.6
		Carbs	36.1	76.2
		Sugar	11.9	25.1
		Fibre	4.3	9.1
		Protein	6.1	12.9
		Salt	0.83	1.75
Portion weight (g)		211		

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		
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		

BISCUITS & SNACKS

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		
Gingerbread Man (V)	Fortified wheat Flour (WHEAT Flour, Iron, Thiamin, Nicotinic Acid, Calcium Carbonate), Sugar, Golden Syrup, Margarine (Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Mono - and Diglycerides of Fatty Acids), Flavouring, Colours (Curcumin, Annatto Bixin)), Water, Chocolate compound (Sugar, Vegetable Fat (Palm Kernel, Palm), Skimmed MILK Powder, Fat Reduced Cocoa Powder, Whey Powder (MILK), Emulsifier (SOYA Lecithin), Flavouring), Glucose Syrup, Ginger, Raising Agent (Sodium Bicarbonate), EGG White Powder, Humectant (Glycerine), Colour (Lutein). <i>May contain NUTS.</i>	per 100g	per portion (g)	
		KJ	1630	962
		Kcal	386	228
		Fat	9.0	5.3
		Sat	3.4	2.0
		Carbs	71.4	42.1
		Sugar	37.3	22.0
		Fibre	1.6	0.9
		Protein	4.1	2.4
		Salt	0.10	0.06
Portion weight (g)		60		
Lotus Biscuits (V)	WHEAT flour, sugar, vegetable oils, candy sugar syrup, raising agent (sodium hydrogen carbonate), SOYA flour, salt, cinnamon. <i>May contain MILK.</i>	per 100g	per biscuit (g)	
		KJ	2032	508
		Kcal	484	121
		Fat	19.0	4.8
		Sat	8.8	2.2
		Carbs	72.6	18.2
		Sugar	38.1	9.5
		Protein	4.9	1.2
		Salt	0.91	0.23
		Portion weight (g)		25
Shortbread (V)	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (31%) (Butter (MILK), Salt), Caster Sugar, Rice Flour, Corn Flour (Maize Starch).	per 100g	per biscuits (g)	
		KJ	1990	995
		Kcal	476	238
		Fat	25.6	12.8
		Sat	16.8	8.4
		Carbs	57.7	28.8
		Sugar	17.5	8.8
		Fibre	1.7	0.9
		Protein	5.1	2.5
		Salt	0.50	0.25
Portion weight (g)		50		
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.	per 100g	per biscuits (g)	
		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		
Gianduiotto Mini Chocolate (Vg)	Sugar, Hazelnuts , Cocoa Mass, Cocoa Butter, Soya Lecithins, natural vanilla flavouring. <i>May contain MILK and other TREE NUTS.</i>	per 100g	per portion (g)	
		KJ	2419	242
		Kcal	582	58
		Fat	40.0	4.0
		Sat	15.0	1.5
		Carbs	47.0	4.7
		Sugar	44.0	4.4
		Fibre	5.4	0.5
		Protein	5.7	0.8
		Salt	0.03	0.00
Portion weight (g)		10		

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).	per 100g
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).	per 100g		per portion (g)
		KJ	2106	842
		Kcal	505	202
		Fat	28.9	12.0
		Sat	3.3	1.3
		Carbs	51.1	20.4
		Sugar	2.5	1.0
		Fibre	6.2	2.5
		Protein	7.1	2.8
		Salt	1.10	0.40
		Portion weight (g)		40
Sweet 'n' Salt Popcorn (Vg/GF)	Popped Butterfly Corn (67%), Sweetening Blend (Sugar, Sweetener: Isomalt, Sweetener: Steviol Glycosides), Rapeseed Oil, Salt.	per 100g		per portion (g)
		KJ	1813	308
		Kcal	432	73
		Fat	16.7	2.8
		Sat	1.1	0.2
		Carbs	60.9	10.9
		Sugar	11.1	1.9
		Fibre	11.5	2.0
		Protein	8.2	1.4
		Salt	0.57	0.10
		Portion weight (g)		17