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	l	NUTRITIONAL INFO		
			per 100g	per portion (g)	
		KJ	1701	1435	
		Kcal	407	343	
	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.	Fat	21.1	17.8	
Annie of Croise and		Sat	9.0	7.6	
Apricot Croissant (V)		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	
		Port	tion 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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AST	IRES

	PASTIRES			
PRODUCT	INGREDIENTS	١	IUTRITION	AL INFO
			per 100g	per portion (g)
		KJ	1670	1412
	Dough: Wheat Flour (WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid), Water, Palm Fat, Yeast, Sugar, Butter	Kcal Fat	399 21.1	338 17.5
	(MILK), Rapeseed Oil, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Yeast, Flour Treatment Agent (Ascorbic	Sat	9.0	7.4
Almond Croissant	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).	Carbs	45.0	36.4
(V)	Topping: ALMOND Flakes (4.2%) (NUTS), Icing Sugar (Dextrose, Comflour, Vegetable Oil).	Sugar	14.0	11.4
	May contain other NUTS, SESAME and SOYA.	Fibre	2.4	2.0
		Protein Salt	9.7 0.73	7.7
			weight (g)	83
			per 100g	per portion (g)
		KJ Kcal	1840 440	927 222
		Fat	24.0	11.8
Butter Croissant	Pastry: WHEAT flour, butter 22% (MILK), water, sugar, whole MILK pasteurized, yeast, EGGS, salt, WHEAT gluten,	Sat	15.0	7.7
(V)	emulsifier : E322 (rape lecithin), flour treatment agent : E300, enzymes, egg wash (Free Range EGGS) 1,5g.	Carbs	46.7	23.5
	May contain NUTS, SESAME and SOYA.	Sugar Fibre	8.0 2.6	4.0
		Protein	8.1	4.4
		Salt	1.20	0.58
		Portion	weight (g)	50
		KJ	per 100g 1779	per portion (g) 1174
		KJ	426	281
		Fat	23.0	14.0
Pain au Chocolat	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	Sat	15.0	7.7
(V)	treatment agent (E300), enzymes (amylases, hemicellulases)), egg wash (Free Range EGG). May contain NUTS	Carbs	46.0 13.0	30.0 8.0
	and \$E\$AME SEEDS.	Sugar Fibre	3.1	1.9
		Protein	8.3	5.5
		Salt	1.00	0.61
		POHION	veight (g) per 100g	66 per portion (g)
		КJ	1400	1340
	WHEAT flour, water, raisins 13%, Butter (MILK), sugar, yeast, corn starch, EGGS, salt, powdered whey (MILK), whole	Kcal	334	319
	MILK powder, WHEAT gluten, EGG albumin powder, skimmed MILK powder, thickener (sodium alginate), emulsifier		14.0	14.0
Pain au Raisin	(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	Sat Carbs	9.1 47.5	8.7 45.5
(V)	glaze (water, glucose syrup, sugar, acidity regulators (E330, E332, E333), flavour, gelling agent (pectin),	Sugar	19.0	18.0
	preservative (potassium sorbate)). May contain NUTS, SESAME and SOYA.	Fibre	2.1	2.1
		Protein Salt	6.3 0.81	6.1 0.77
			weight (g)	96
			per 100g	per portion (g)
		KJ Kcal	1572 375	1245 295
	WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil,	Fat	16	13
Vegan Raspberry Croissant	Non Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring), Raspberry Filing (16%) (Glucose Syrup, Raspberry Purée, Sugar, Raspberries (2%),	Sat	8.3	6.6
(Vg)	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,	Carbs	49.8	39.5
	(Foldssinn Soldare)), sogar, reasi, becoraion (5%) (sogar, refrequencied rainf oir, rood colous (kdais), Blackcurrant, Apple concentrate)), Spelt flour, WHEAT gluten Salt, Flour Treatment Agents (Alpha-Amylases,	Sugar Fibre	18 2.6	14.0 2.0
	Hemicellulases, Ascorbic Acid). May contain MILK, SESAME SEEDS, SOYA, NUTS, EGGS.	Protein	6.5	5.1
		Salt	0.52	0.41
		Portion	weight (g)	79 79
	Cipnamon Run Dough (45%) (WHEAT Flour WHEAT Flour Calcium Carbonate Iron Missie Thiomia) Plant Putter	KJ	per 100g 1604	per portion (g) 2486
	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	Kcal	382	592
-	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,	Fat	15.6	24.2
Cinnamon Bun (Vg)	Emulsifier (Rapeseed Lecithin). Filling (15%) [Dark Brown Soft Sugar, Plant Butter (Plant Oils (Palm Oil, Sunflower Oil,	Sat Carbs	8.4 54.0	13.0 83.7
(*8/	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	54.0 17.7	27.4
	Sugar Syrup, Orange Juice, Lemon Juice], Cinnamon Sugar (1%) [Caster Sugar, Ground Cinnamon (<1%)]. May	Protein	5.2	8.1
	contain NUTS and SULPHUR DIOXIDE.	Salt	0.74	1.15
		Portion	veight (g) per 100g	155 per portion (g)
	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	KJ	1545	2318
	Lecithin; Natural Flavouring, Colour: Carotenes), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring,	Kcal	369	554
	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	Fat	16.0	24.0
Mocha Bun	Alternative (Lentil Protein Preparation (Water, Lentil Flour), Rapeseed Oil, Coconut Fat, Sugar, Modified Potato	Sat Carbs	8.1 55.2	12.2 82.8
(Vg)	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:	Sugar	24.9	37.4
	SOYA Lecithin; Flavouring), Water, Coffee], Cocoa Coffee Paste [Soft Light Brown Sugar, Vegetable Fat Spread	Fibre	2.7	4.1
	(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	Protein	5.5	8.3
	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.	Salt Portion v	0.82 weight (g)	1.23 150
	nyaraway, may contain other cereals containing Genter, EGG, Milek, NUIS, FEANUIS, SESAME and SULPHILES.		0(9)	

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PASTIRES	

	FASIIRES			
PRODUCT	INGREDIENTS	N	UTRITION	AL INFO
	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	KJ	per 100g 1576	per portion (g) 3310
	Lecithin; Natural Flavouring, Colour: Carotenes), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring,	Kcal	377	792
	Stabiliser: Gellan Gum), Water, Sugar, Wholemeal WHEAT Flour, Sourdough (RYE), Orange Zest, Yeast, Salt, Vanilla Extract (Vanilla Extract, Sugar), Emulsifier: Rapeseed/Sunflower Lecithin), Filling (Sugar, Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Faba Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavouring, Colour: Carotenes), Invert Sugar Syrup, Natural Flavouring, Rapeseed Oil, Lemon Zest, -	Fat	14.7	30.9
NEW Charry Dun		Sat	7.5	15.8
NEW Cherry Bun (Vg)		Carbs	57.1	120
(vg)	Natural Flavouring Substances, Beetroot Powder, Acidity Regulator: Citric Acid], Glaze [Icing Sugar, Non-Dairy	Sugar	29.7	62.4
	Cream Alternative (Lentil Protein Preparation (Water, Lentil Flour), Rapeseed Oil, Coconut Fat, Sugar, Modified Potato Starch, Emulsifier: Polysorbate 60; Stabiliser: Methylcellulose, Xanthan Gum; Acidity Regulator: Trisodium Protein	Fibre	2.0	4.2
		4.6	9.7	
	Citrate; Natural Flavourings, Salt, Colour: Carotene), Freeze-Dried Sour Cherry Crumb, Lemon Juice]. May contain other cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.	Salt	0.82	1.70
		Portion v	veight (g)	210

PORRIDGE

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

Porridge is made with Whole Milk as standard. Other milk variants are available upon request.				
PRODUCT	INGREDIENTS	N	UTRITION	AL INFO
			per 100g	per portion (g)
		KJ	484	1163
	_	Kcal	115	276
		Fat	4.5	10.9
Porridge Plain		Sat	2.2	5.2
(V)	Whole MILK (83%), Porridge OATS (17%).	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 v	veight (g)	240
			per 100g	per portion (g)
		KJ	619	1609
		Kcal	147	383
		Fat	6.6	17.1
Porridge with Chocolate	Whole MILK (77%), Porridge OATS (15%), Chocolate Chips (8%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA	Sat	3.4	9.0
Chips (V)	Lecithin (E322), Natural Vanilla Flavouring].	Carbs	17.8 7.1	46.3
(*)		Sugar Fibre	1.4	18.4 3.6
		Protein	4.8	12.4
		Salt	0.09	0.22
			veight (g)	260
		1 officit i	per 100g	per portion (g)
		K.I		1668
		KJ Kcal	521	1668
		KJ Kcal Fat		1668 396 11.0
Porridae with Banana &		Kcal	521 124	396
Porridge with Banana & Cinnamon	Whole MILK (62%), Banana (19%), Porridge OATS (12%), Honey, Cinnamon.	Kcal Fat	521 124 3.4	396 11.0
	Whole MILK (62%), Banana (19%), Porridge OATS (12%), Honey, Cinnamon.	Kcal Fat Sat	521 124 3.4 1.7	396 11.0 5.3
Cinnamon	Whole MILK (62%), Banana (19%), Porridge OATS (12%), Honey, Cinnamon.	Kcal Fat Sat Carbs	521 124 3.4 1.7 19.9	396 11.0 5.3 63.6
Cinnamon	Whole MILK (62%), Banana (19%), Porridge OATS (12%), Honey, Cinnamon.	Kcal Fat Sat Carbs Sugar	521 124 3.4 1.7 19.9 11.3	396 11.0 5.3 63.6 36.0
Cinnamon	Whole MILK (62%), Banana (19%), Porridge OATS (12%), Honey, Cinnamon.	Kcal Fat Sat Carbs Sugar Fibre Protein Salt	521 124 3.4 1.7 19.9 11.3 1.3 3.7 0.07	396 11.0 5.3 63.6 36.0 4.1
Cinnamon	Whole MILK (62%), Banana (19%), Porridge OATS (12%), Honey, Cinnamon.	Kcal Fat Sat Carbs Sugar Fibre Protein Salt	521 124 3.4 1.7 19.9 11.3 1.3 3.7	396 11.0 5.3 63.6 36.0 4.1 11.8
Cinnamon	Whole MILK (62%), Banana (19%), Porridge OATS (12%), Honey, Cinnamon.	Kcal Fat Sat Carbs Sugar Fibre Protein Salt	521 124 3.4 1.7 19.9 11.3 1.3 3.7 0.07	396 11.0 5.3 63.6 36.0 4.1 11.8 0.22
Cinnamon	Whole MILK (62%), Banana (19%), Porridge OATS (12%), Honey, Cinnamon.	Kcal Fat Sat Carbs Sugar Fibre Protein Salt	521 124 3.4 1.7 19.9 11.3 1.3 3.7 0.07 veight (g) per 100g 620	396 11.0 5.3 63.6 36.0 4.1 11.8 0.22 321
Cinnamon	Whole MILK (62%), Banana (19%), Porridge OATS (12%), Honey, Cinnamon.	Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion V KJ Kcal	521 124 3.4 1.7 19.9 11.3 1.3 3.7 0.07 veight (g) per 100g 620 148	396 11.0 5.3 63.6 36.0 4.1 11.8 0.22 321 per portion (g) 1892 451
Cinnamon	Whole MILK (62%), Banana (19%), Porridge OATS (12%), Honey, Cinnamon.	Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat	521 124 3.4 1.7 19.9 11.3 1.3 3.7 0.07 veight (g) per 100g 620 148 6.8	396 11.0 5.3 63.6 36.0 4.1 11.8 0.22 321 per portion (g) 1892 451 20.7
Cinnamon (V) Porridge with Blueberries,		Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion v KJ Kcal Fat Sat	521 124 3.4 1.7 19.9 11.3 1.3 3.7 0.07 veight (g) per 100g 620 148 6.8 2.2	396 11.0 5.3 63.6 36.0 4.1 11.8 0.22 321 per portion (g) 1892 451 20.7 6.8
Cinnamon (V) Porridge with Blueberries, Seeds & Maple Syrup	Whole MILK (62%), Banana (19%), Porridge OATS (12%), Honey, Cinnamon. Whole MILK (66%), Porridge OATS (13%), Blueberries (10%), Maple Syrup (5%), Pumpkin Seeds (3%), Sunflower Seeds (3%).	Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat Carbs	521 124 3.4 1.7 19.9 11.3 3.7 0.07 veight (g) per 100g 620 148 6.8 6.8 2.2 16.5	396 11.0 5.3 63.6 36.0 4.1 11.8 0.22 321 per portion (g) 1892 451 20.7 6.8 50.2
Cinnamon (V) Porridge with Blueberries,	Whole MILK (66%), Porridge OATS (13%), Blueberries (10%), Maple Syrup (5%), Pumpkin Seeds (3%), Sunflower Seeds	Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Carbs Sugar	521 124 3.4 1.7 19.9 11.3 3.7 0.07 veight (g) per 100g 620 148 6.8 6.8 5.2 2 16.5 7.2	396 11.0 5.3 63.6 36.0 4.1 11.8 0.22 321 per portion (g) 1892 451 20.7 6.8 50.2 21.8
Cinnamon (V) Porridge with Blueberries, Seeds & Maple Syrup	Whole MILK (66%), Porridge OATS (13%), Blueberries (10%), Maple Syrup (5%), Pumpkin Seeds (3%), Sunflower Seeds	Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat Carbs Sugar Fibre	521 124 3.4 1.7 19.9 11.3 1.3 3.7 0.07 veight (g) per 100g 620 148 6.8 2.2 16.5 7.2 1.6	396 11.0 5.3 63.6 36.0 4.1 11.8 0.22 321 per portion (g) 1892 451 20.7 6.8 50.2 21.8 4.9
Cinnamon (V) Porridge with Blueberries, Seeds & Maple Syrup	Whole MILK (66%), Porridge OATS (13%), Blueberries (10%), Maple Syrup (5%), Pumpkin Seeds (3%), Sunflower Seeds	Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat Carbs Sugar Fibre Protein	521 124 3.4 1.7 19.9 11.3 1.3 3.7 0.07 veight (g) per 100g 620 148 6.8 2.2 16.5 7.2 1.6 5.5	396 11.0 5.3 63.6 36.0 4.1 11.8 0.22 321 per portion (g) 1892 451 20.7 6.8 50.2 21.8 4.9 16.7
Cinnamon (V) Porridge with Blueberries, Seeds & Maple Syrup	Whole MILK (66%), Porridge OATS (13%), Blueberries (10%), Maple Syrup (5%), Pumpkin Seeds (3%), Sunflower Seeds	Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion V KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	521 124 3.4 1.7 19.9 11.3 3.7 0.07 veight (g) per 100g 620 148 6.8 2.2 148 6.8 2.2 14.5 7.2 1.6 5.5 0.07	396 11.0 5.3 63.6 36.0 4.1 11.8 0.22 321 per portion (g) 1892 451 20.7 6.8 50.2 21.8 4.9 16.7 0.23
Cinnamon (V) Porridge with Blueberries, Seeds & Maple Syrup	Whole MILK (66%), Porridge OATS (13%), Blueberries (10%), Maple Syrup (5%), Pumpkin Seeds (3%), Sunflower Seeds	Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion V KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	521 124 3.4 1.7 19.9 11.3 1.3 3.7 0.07 veight (g) per 100g 620 148 6.8 2.2 16.5 7.2 1.6 5.5	396 11.0 5.3 63.6 36.0 4.1 11.8 0.22 321 per portion (g) 1892 451 20.7 6.8 50.2 21.8 4.9 16.7

	TEACAKES			
PRODUCT	INGREDIENTS	h	AL INFO	
		KJ	per 100g 940	per portion (g) 1410
		ty acids, diacetyl Sat 01	221	332
	WHEAT flour [with added calcium, iron, niacin, thiamin], Water, Sultanas (10%) [sunflower oil], Currants (5%)		0.7	1.1
Teacake	[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		0.1	0.2
(Vg)	carotene], Sugar, Yeast.	Carbs	48.0	72.0
	May containMILK, EGG and NUTS.	Sugar 15.3 Protein 6.4 Salt 0.01	15.3	23.0
			9.6	
			0.02	
		Portion	weight (g)	150

NUTRITIONAL GUIDE

TOAST	
INGREDIENTS	

PRODUCT	INGREDIENTS	N	UTRITION	AL INFO
			per 100g	per portion (g)
		KJ	1058	529
		Kcal	250	125
		Fat	2.8	1.4
White Farmhouse Slice	WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm, Rapeseed), Salt, SOYA Flour, Yeast,	Sat	0.7	0.4
(Vg)	Emulsifiers (E471, E472e), Fermented RYE Flour, Yeast Nutrient (E516), Flour Treatment Agent (E300), Enzymes.	Carbs	48.7	24.4
		Sugar	3.9	2.0
		Protein 8.7	8.7	4.4
	_	Salt	1.04	0.52
		Portion v	veight (g)	50
			per 100g	per portion (g)
		KJ	923	462
		Kcal 218 Fat Fat 2.5 EAT Flour (WHEAT Flour, Malted WHEAT Flakes, BARLEY Malt Flour, Calcium, Iron, Niacin, Thiamin), letable Oils (Palm, Rapeseed), Salt, Yeast, Emulsifiers (E471, E472e), Yeast Nutrient (E516), Flour Treatment Agent (E300), Enzymes. Sat 0.8 Carbs 40.1		109
	Liencester WILEAT Flour (WILEAT Flour, Malted WILEAT Floure, DADLEY Malt Flour, Calaium, Iron, Missin, Thiomin)			1.3
Harvester Farmhouse Slice			0.4	
(Vg)				20.1
		Sugar	0.8	0.4
		Protein	7.9	4.0
		Salt	1.06	0.53
		Portion v	veight (g)	50
	GRANOLA & YOGHURT			

PRODUCT	INGREDIENTS	N	UTRITION	AL INFO
		KJ	719	per portion (g) 1581
Granola & Yogurt with Banana & Honey (V)		Kcal	171	376
		Fat	6.0	13.3
	Natural Low Fat Yogurt (MILK) (55%), Granola (18%) [Jumbo Rolled OATS, Fructose (Fruit Sugar), Desiccated	Sat	1.4	3.1
	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%).	Carbs	21.7	47.7
		Sugar	11.6	25.5
		Fibre Protein	2.4 6.3	5.4
		Salt	0.17	0.36
			veight (g)	240
			per 100g	per portion (g)
		КJ	685	1507
		Kcal	163	359
		Fat	6.1	13.3
Granola & Yogurt with	Natural Low Fat Yogurt (MILK) (55%), Granola (18%) [Jumbo Rolled OATS, Fructose (Fruit Sugar), Desiccated	Sat	1.4	3.1
Blueberry & Honey	Coconut Copped, Mixed NUTS (PEANUTS, WALNUTS, ALMONDS) Pumpkin Seeds, SESAME SEEDS, Sunflower Seeds,	Carbs	19.7	43.3
(V)	Rapeseed Oil, Black Treacle (Molasses)], Blueberries (18%), Honey (5%), Pumpkin Seeds (2%), Sunflower Seeds (2%).	Sugar	10.0	21.9
	(270).	Fibre	2.5	5.4
		Protein	6.3	13.8
		Salt	0.17	0.37
		Portion v	veight (g)	220
			per 100g	per portion (g)
		KJ	663	1325
		Kcal	158	316
		Fat	7.9	15.7
Yogurt & Seeds with Banana		Sat	1.5	3.0
(V)	Natural Low Fat Yogurt (MILK) (67%), Banana (22%), Honey (6%), Pumpkin Seeds (3%), Sunflower Seeds (3%).	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
			veight (g)	200
			per 100g	per portion (g)
		KJ	626	1251
		Kcal	149	299
		Fat	7.9	15.8
Yogurt & Seeds with	Network and Est Vacuus (MUV) (777). Businessias (2007). Hanny (77). Durankin Sanda (207). Sunflavor Sanda (207)	Sat	1.5	3.0
Blueberry (V)	Natural Low Fat Yogurt (MILK) (67%), Blueberries (22%), Honey (6%), Pumpkin Seeds (3%), Sunflower Seeds (3%).	Carbs	11.5 10.1	23.1 20.2
(*)		Sugar Fibre	10.1	3.1
		Protein	7.4	3.1 14.8
		Salt	0.13	0.25
			veight (g)	200
		1 OHION V	voigini (g)	200

NUTRITIONAL GUIDE

APRIL 2025

	EXTRAS			
PRODUCT	INGREDIENTS	N	IUTRITION	AL INFO
Preserve Blackcurrant (Vg)	Sugar, blackcurrants, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 1001 23& 0.0 57.0 57.0 0.4 0.4 0.00	per portion (g) 300 71 0.0 17.1 17.1 0.1 0.00 20
Preserve Strawberry (Vg)	Strawberries, sugar, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	KJ Kcal Fat Sat Carbs Sugar Protein Salt	veight (g) per 100g 1023 241 0.1 0.0 59.0 59.0 0.4 0.00 veight (g)	30 per portion (g) 307 72 0.0 0.0 17.7 17.7 0.1 0.00 30
Lakeland Butter (V)	Butter: Cream (MILK), Salt.	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion	per 100g 3036 738 81.4 52.3 0.8 0.8 0.6 1.90 veight (g)	per portion (g) 213 52 5.7 0.1 0.1 0.04 0.13 7
Rodda's Cornish Clotted Cream (V)	100% Cornish cows MILK.	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion	per 100g 2413 586 63.7 39.7 2.2 2.2 1.6 0.05 weight (g)	per portion (g) 965 234 25.5 15.9 0.9 0.9 0.6 0.02 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 Kcal Fat Sat Carbs Sugar Protein Salt Portion	per 100g 2636 630 70.0 16.0 0.5 0.5 0.1 1.40 weight (g)	per portion (g) 185 44 4.9 1.1 0.0 0.0 0.0 0.10 7
Marmite (Vg)	Yeast extract (contains BARLEY, WHEAT, OATS, RYE), salt, vegetable juice concentrate, vitamins (thiamin, riboflavin niacin, vitamin B12 and folic acid), natural flavouring (contains CELERY).	KJ Kcal Fat Sat Carbs Sugar Protein Salt	1100 260 0.1 0.05 30.0 1.2 34.0 10.80 weight (g)	per portion (g) 330 78 0.03 0.02 9.0 0.4 10.2 3.24 8
Marmalade (Vg)	Sugar, bitter oranges, water, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion	per 100g 1017 240 0.1 0.0 59.0 59.0 0.3 0.00 weight (g)	per portion (g) 305 72 0.03 0.0 17.7 17.7 0.1 0.00 30

Coffee#1

NUTRITIONAL GUIDE

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Coffee#1

	EXTRAS	
PRODUCT	INGREDIENTS	NUTRITIONAL INFO
Maple Syrup (Vg)	Maple Syrup.	per 100g per portion (g) 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)

PRODUCT	INGREDIENTS	N	UTRITION	AL INFO
			per 100g	per portion (g)
		КJ	1662	1629
		Kcal	369	362
		Fat	18.0	17.6
Banana & Chocolate	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,		8.9	8.7
Loaf Cake	black treacle, water, corn starch, flax seeds, sodium bicarbonate, raising agent (diphosphates, sodium	Carbs	55.5	54.4
(Vg)	carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)), ground cinnamon, salt. May contain cereals	Sugar	32.9	32.2
	containing GLUTEN, MILK, EGG, SOYA, SULPHITES, and NUTS.	Fibre	3.0	2.9
		Protein	4.8	4.7
		Salt	0.69	0.68
		-	veight (g)	98
			per 100g	per portion (g)
		КJ	1477	1699
		Kcal	351	404
	Lemon Cake (93%) [Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk (MILK),	Fat	12.7	14.6
	Rapeseed Oil, Pasteurised Free Range EGG, Lemon Juice (3%), Lemon Curd (3%) (Sugar, Pasteurised Free Range EGG, Water, Salted Butter (Butter (MILK), Salt), Concentrated Lemon Juice (Concentrated Lemon Juice,	Sat	1.3	1.4
Lemon Drizzle Cake	Preservatives: Sodium METBISULPHITE, Potassium METABISULPHITE), Lemon Oil, Gelling Agent: Agar), Lemon Zest	Carbs	55.1	63.4
(V)	(3%), Raising Agents: Diphosphates, Sodium Bicarbonate; Salt], Lemon Drizzle (7%) [Glucose Syrup (SULPHITES),	Sugar	33.8	38.9
	Lemon Juice (2%), Icing Sugar (Sugar, Anticaking Agent: Calcium Phosphate; Dried Cornflower Petals]. May	Fibre	0.5	0.6
	contain other cereals containing GLUTEN, EGG, MILK, SESAME, SOYA, SULPHITES, NUTS and PEANUTS.	Protein	4.6	5.3
		Salt	0.74	0.85
			veight (g)	115
			per 100g	per portion (g)
	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-dactone), 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, sait, mainin)), mixed spices 1%, candied HAZELNUTS (sugar, HAZELNUTS), pumpkin seeds, sodium bicarbonate, sait, Madagascan vanilla paste, cornflower petals. May contain MILX, EGGS, SULPHITES and PEANUTS.	KJ	1502	1953
		Kcal	358	465
		Fat	15.0	19.5
Ultimate Carrot Cake		Sat	3.5	4.6
(Vg)		Carbs	52.9	68.8
(-3)		Sugar	37	48.1
		Protein	3.0	3.9
		Salt	0.76	0.99
			veight (g)	130
			per 100g	per portion (g)
		KJ	1548	464
		Kcal	370	111
		Fat	14.6	4.4
Welsh Cake	WHEAT flour (calcium carbonate, iron, niacin, thiamine, raising agents E450, E500), vegetable oil (rapeseed,	Sat	4.9	1.5
(V)	sustainable palm) sugar, vine fruits (13%) (currants, sultanas, sunflower oil), EGG, BUTTERMILK, water, salt, emulsifiers	Carbs	65.1	19.5
	(E471, E481), colour (carotenes), natural flavouring, preservatives (E202, E282).	Sugar	23.3	7.0
		Protein	6.5	2.0
		Salt	1.30	0.39
			veight (g)	30
			per 100g	per portion (g)
		KJ	1640	2247
	Victoria Sponge Cake (Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG, Margarine (Vegetable	Kcal	392	537
	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	Fat	18.6	25.5
	Starch), Thickener (Xanthan Gum), Natural Flavouring, Salt), Buttercream Icing [Icing Sugar, Salted Butter (Butter	Sat	8.7	11.9
Victoria Sponge Cake**	(MILK), Salt), Double Cream (MILK), Natural Flavouring), Jam (Sugar, Raspberries, Lemon Juice), Decoration	Carbs	52.7	72.2
(V)	[Caster Sugar]. May contain Cereals containing GLUTEN, NUTS, PEANUTS, SESAME, SULPHITES, SOYA.	Sugar	36.5	50.0
	**Although this product is productly all the free flaur, this provide the withhle for a sector with a set of the	Fibre	0.5	0.7
	**Although this product is made with gluten free flour, this may not be suitable for people with coeliac/gluten allergy due to manufacturing and instore handling methods.	Protein	3	4.1
		Salt	0.33	0.45
			veight (g)	137
			0(3)	

NUTRITIONAL GUIDE

	CAKES			
PRODUCT	INGREDIENTS	N	IUTRITION	AL INFO
		KJ	per 100g 1622	per portion (g) 1346
	Water, Powdered Fondant (Sugar, Dried Glucose Syrup), Whipping Cream (MILK), EGG, Icing Sugar, Speculoos Spread (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising	Kcal	388	322
	Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: SOYA	Fat	21.5	17.9
Caramel Chouxnut with	Lecithins; Acidity Regulator: Citric Acid), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin),	Sat	8.3	6.9
Crème Pat (V)	Shortening (Palm Oil, Rapeseed Oil), Dark Chocoate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithins; Natural Vanilla Flavour), Speculoos Biscuit Crumb (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable	Carbs	42.5	35.3
(•)	Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Salt, Cinnamon)),	Sugar Fibre	32.0 0.7	26.6
	Rapeseed Oil, Modified Potato Starch, Sugar, Natural Flavouring, Modified Maize Starch, Caramelised Sugar Syrup, Salt. May contains NUTS.	Protein	5.8	4.8
	Syrdy, suit, way contains nots.	Salt	0.41	0.30
			veight (g)	83
			per 100g	per portion (g)
		KJ	1869	2131
	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Brown Sugar, Margarine (Palm Oil,	Kcal	448	511
	Rapeseed Oil, Water, Natural Flavouring), PECAN NUTS , Invert Sugar Syrup, Water, Coconut Milk (Coconut Extract,	Fat Sat	26.3 7.9	30.0 9.0
Pecan Pie	Water), Sugar, Shortening (Palm Oil, Rapeseed Oil), Flax Seeds, Glucose Syrup, Modified Maize Starch, Natural	Carbs	47.1	53.7
(Vg)	Flavouring, Salt, Modified Potato Starch, Thickeners: Guar Gum, Agar; Pastry Stabiliser (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pastry Stabiliser: L-Cysteine), Gelling Agent: Pectin; Caramelised Sugar	Sugar	28.4	32.4
	Syrup. May contains EGG, MILK and SOYA.	Fibre	2.6	3.0
		Protein	4.3	4.9
		Salt	0.33	0.38
		Portion v	veight (g)	114
		KJ	per 100g 1542	per portion (g) 1681
		Kcal	369	402
	Sponge Cake (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Black Treacle, Whole	Fat	12.9	14.1
	MILK, Soft Light Brown Sugar, EGG, Candied Ginger (5%) (Candied Ginger (Ginger, Sugar), Icing Sugar), Margarine (Vegetable Oils (Sustainable Palm, Rapeseed), Water, Salt, Emulisifier: Polyglycerol Esters Of Fatty	Sat	7.8	8.5
Sticky Ginger Loaf (V)	Acids; Colours: Curcumin, Annatto Bixin), Flavourings), Coconut Oil, Ground Ginger (1%), Raising Agent (Sodium Bicarbonate), Salth, Topping [Caramel (7%) (Sweetened Condensed MILK (MILK, Sugar), Salted Butter (Butter (MILK), Salth, Glucose Syrup, Water, Sugar, Stabiliser: Pectin), Crystallised Ginger (3%), Mixed Spice]. May contain NUTS, PEANUTS, SESAME, SOYA and SULPHITES.	Carbs	56.7	61.8
(1)		Sugar	33.0	36.0
		Fibre	1.1	1.2
		Protein	4.2	4.6
		Salt	0.86 veight (g)	0.90
		1 Onion V	per 100g	per portion (g)
	Sponge (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar, Rapeseed	KJ	1674	2410
	Oil, SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum; Water, Apple Puree, Coffee	Kcal	400	576
	(1%), Raising Agents: Diphosphates, Sodium Carbonates; Salt, Natural Flavouring), Frosting [Icing Sugar, Violife	Fat	18.0	25.9
Coffee and Caramel Cake	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,	Sat	3.2	4.6
(Vg)	Sea Salt, Fava Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavourings, Colour: Carotenes), Water,	Carbs	57.5 37.5	82.8
	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,	Sugar Fibre	1.1	54.0 1.6
	Lecithins (Sunflower, Rapeseed); Natural Flavouring]. May contain EGG, MILK, NUTS, PEANUTS, SESAME and	Protein	2.7	3.9
	SULPHITES.	Salt	0.71	1.00
		Portion	veight (g)	144
			per 100g	per portion (g)
		KJ	1673	1874
		Kcal	398	446
	Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Buttermilk (MILK), Fat	Fat Sat	15.8 1.8	<u>17.7</u> 2.0
Chocolate Fudge Cake	Reduced Cocoa Powder (7.2%), Water, EGG, Dried Glucose Syrup, Palm Oil, EGG Yolk, Raising Agent: Sodium	Carbs	60.5	67.8
(V)	Bicarbonate; Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids; Acidity Regulator: Potassium Hydroxide. May contain NUTS.	Sugar	49.4	55.3
		Fibre	2.6	2.9
		Protein	3.9	4.4
		Salt	0.51	0.57
		Portion v	veight (g)	110
		K I	per 100g	per portion (g)
		K.J	per 100g 1819	2401
	Sugar WHEAT Flour (with Calcium Carbonate, Nigcin, Iron, Thiamin). Raneseed Oil: Pasteurised Free Panae FCC	Kcal	per 100g 1819 435	2401 574
	Sugar, WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Rapeseed Oil, Pasteurised Free Range EGG , Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate;	Kcal Fat	per 100g 1819 435 21.1	2401 574 27.8
Battenberg Layer Cake	Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and	Kcal	per 100g 1819 435	2401 574
Battenberg Layer Cake (V)	Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate;	Kcal Fat Sat	per 100g 1819 435 21.1 3.5	2401 574 27.8 4.6
• •	Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and diglycerides of fatty acids; Natural Flavouring), Skimmed MILK Powder, Baking Powder (Raising Agents: Glucono	Kcal Fat Sat Carbs	per 100g 1819 435 21.1 3.5 55.6	2401 574 27.8 4.6 73.4
• •	Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm Oli, Rapeseed Oli, Water, Salt, Emulsifier: Mono- and diglycerides of fatty acids; Natural Flavouring), Skimmed MiLK Powder, Baking Powder (Raising Agents: Glucono delta-lactone, Sodium carbonates, Potassium tartrate; Maize Starch), Vanilla Flavouring, Concentrated Lemon	Kcal Fat Sat Carbs Sugar Fibre Protein	per 100g 1819 435 21.1 3.5 55.6 37.8 0.9 4.4	2401 574 27.8 4.6 73.4 49.9 1.2 5.8
• •	Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm Oli, Rapeseed Oli, Water, Salt, Emulsifier: Mono- and diglycerides of fatty acids; Natural Flavouring), Skimmed MiLK Powder, Baking Powder (Raising Agents: Glucono delta-lactone, Sodium carbonates, Potassium tartrate; Maize Starch), Vanilla Flavouring, Concentrated Lemon	Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1819 435 21.1 3.5 55.6 37.8 0.9	2401 574 27.8 4.6 73.4 49.9 1.2

NUTRITIONAL GUIDE

	CAKES			
PRODUCT	INGREDIENTS	N	IUTRITION	AL INFO
	Carrot Cake [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar (Sugar,		per 100g 1539	per portion (g) 2093
	Cane Molasses), Carrots (13%), Pasteurised Orange Comminute, Rapeseed Oil, SOYA Drink (Water, SOYA Beans,	Kcal	366	498
	Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Sultanas (2%), WALNUTS (2%), Raising Agents: Sodium Bicarbonate, Diphosphates; Lemon Juice, Ground Flax Seeds, Mixed Spices (Coriander, Cassia, Ginger, Nutmeg,	Fat	13.8	18.8
NEW Carrot Cake	Fennel, Clove, Cardamon), Ground Cinnamon, Salt), Icing (Icing Sugar, Vegetable Fat (Shea Butter, Water,	Sat	3.4	4.6
(Vg)	Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Rapeseed/Sunflower Lecithin; Lemon Juice, Natural	Carbs	58.1	79.0
	Flavouring), Food Preparation with Coconut Oil (Water, Coconut Oil, Potato Starch, Sea Salt, Acidity Regulator:	Sugar	37.0	50.3
	Glucono-Delta-Lactone; Natural Flavouring, Olive Oil, Vitamin B12), Orange Oil), Decoration (Pumpkin Seeds, Dried Marigold Petals). May contain other cereals containing GLUTEN, EGG, MILK, other NUTS, PEANUTS, SESAME,	Fibre	1.9	2.6
	SOYA, and SULPHITES.	Protein	3.4	4.6
		Salt	0.80	1.09
		Portion	veight (g)	136
		КJ	per 100g 1440	per portion (g) 1858
	Chocolate Cake [WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soya Drink (Water, SOYA	Kcal	344	444
	Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Light Brown Soft Sugar (Sugar, Cane Molasses), Apple Puree, Rapeseed Oil, Fat Reduced Cocoa Powder (4%), Ground Flax Seeds, Raising Agents: Diphosphates,	Fat	16.5	21.3
NEW Deluxe Dark Chcolate	Sodium Carbonates; Salt], Chocolate Ganache (Non Dairy Cream Alternative (Lentil Protein Preparation (Water,	Sat	4.4	5.7
Cake	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;	Carles	45.5	58.7
(Vg)		Sugar	24.4	31.5
	Dark Chocolate (9%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Dark Chocolate Shavings (3%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla	Fibre	3.0	3.9
	Flavouring), Light Brown Soft Sugar (Sugar, Cane Molasses, Invert Sugar Syrup), Salt]. May contain other cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.	Protein	4.8	6.2
		Salt	0.52	0.67
			veight (g)	129
			per 100g	per portion (g)
		KJ	1327	1261
	WHEAT Flour, Pasteurized fresh cream (MILK)(19.2%), Sugar, Raspberries Purée (9.9%) (Raspberries, Sugar), EGGS,	Kcal	317	301
	MILK, Butter (MILK), Water, Natural Yeast (WHEAT Flour, Water), Vegetable fat (Palm), PISTACHIOS paste	Fat	16.3	15.5
NEW Pistachio Cream Bun	(NUTS) (1.4%), Dextrose, Yeast, Candied orange peel paste (Orange Peel, Glucose-Fructose Syrup, Sugar), Candied	Sat	9.5	9.0
(V)	lemon peel paste (Lemon Peel, Glucose-Fructose Syrup, Sugar), Salt, Starch, Fruit preparation based on Ciaculli late mandarine (Ciacullii late mandarin, Sugar, Glucose Syrup, Lemon Juice), Honey, Stabilisers Sorbitols Syrup	Carbs	32.6	31.0
(1)	and Hydroxypropyl cellulose, Blueberries purée (Blueberries, Sugar), Gelling agent Pectins, Emulsifiers Lecithins (of	Sugar	17.7	16.8
	sunflower) and Mono- and diacetyl tartaric acid esters of mono and diglycerides of fatty acids, MILK Proteins,	Fibre	7.2	6.8
	Natural Flavourings, Exhausted vanilla beans powder. May contain other NUTS, MUSTARD, and SOYA.	Protein	6.4	6.0
		Salt	0.36	0.34
		Portion v	veight (g)	95
			per 100g	per portion (g)
		KJ	1659	1078
		Kcal	397	258
	Free Range Pasteurised Whole EGG, Caster Sugar, Gluten Free Flour (Rice, Tapioca, Potato, Thickener: Xanthan	Fat	21.5	14.0
	Gum; Black Cherry Jam (14%) [Sugar, Black Cherries, Gelling Agent: Citrus Pectin; Acidity Regulator: Citric Acid;	Sat	6.7	4.4
Loaf	Gum; Black Cherry Jam (14%) [Sugar, Black Cherries, Gelling Agent: Citrus Pectin; Acidity Regulator: Citric Acid; Rapeseed Oil, Desiccated Coconut (10%), MaizeFlour, Baking Powder (Raising Agents: Diphosphates, Sodium	Sat Carbs	6.7 46	4.4 30.0
	Gum; Black Cherry Jam (14%) [Sugar, Black Cherries, Gelling Agent: Citrus Pectin; Acidity Regulator: Citric Acid;	Sat Carbs Sugar	6.7 46 31.4	4.4 30.0 20.4
	Gum; Black Cherry Jam (14%) [Sugar, Black Cherries, Gelling Agent: Citrus Pectin; Acidity Regulator: Citric Acid; Rapeseed Oil, Desiccated Coconut (10%), MaizeFlour, Baking Powder (Raising Agents: Diphosphates, Sodium Carbonates; RiceFlour)], Golden Syrup (Invert Sugar Syrup), Humectant: Glycerine; Thickener:Xanthan Gum. May	Sat Carbs Sugar Fibre	6.7 46 31.4 1.9	4.4 30.0 20.4 1.3
Loaf	Gum; Black Cherry Jam (14%) [Sugar, Black Cherries, Gelling Agent: Citrus Pectin; Acidity Regulator: Citric Acid; Rapeseed Oil, Desiccated Coconut (10%), MaizeFlour, Baking Powder (Raising Agents: Diphosphates, Sodium Carbonates; RiceFlour)], Golden Syrup (Invert Sugar Syrup), Humectant: Glycerine; Thickener:Xanthan Gum. May	Sat Carbs Sugar	6.7 46 31.4	4.4 30.0 20.4

NUTRITIONAL GUIDE

MUFFINS & CUPCAKES

MUFFINS & CUPCAKES			
INGREDIENTS	٢	IUTRITION	AL INFO
		per 100g	per portion (g)
	KJ	1431	1502
WHEAT Flour (WHEAT Flour Calcium Carbonate Iron Niacin Thiamin) Sugar ECC Rapeseed Oil Blueberry (11%)	Kcal	342	359
Blueberry Puree (9%) (Blueberry, Sugar, Water, Modified Maize Starch, Preservative: Potassium sorbate; Natural	Fat	15.5	16.3
			1.9
Maize Starch, WHEAT Gluten, Preservative: Potassium sorbate, Emulsifiers: Mono-and diglycerides of fatty acids,			46.3 22.1
Polyglycerol esters of fatty acids; Stabiliser: Xanthan gum; Salt, Glucose Syrup, Lemon Oil, Acidity regulator: Citric			1.3
acia, Natural Havourings, Colour: Carotenes.	Protein	5.8	6.1
	Salt	0.44	0.46
	Portion		105
	KI		per portion (g)
WURAT Flow (WURAT Flow Colleges Collegeste Jace Missie Thioseic) Course FCC Descared Oil Civilian Lawrence			1561 372
			15.9
(SULPHITES), Potassium Metabisulphite (SULPHITES)), Gelling agent: Agar, Lemon Oil], Inulin, Lemon Zest (4%), Water,	Sat	2.2	2.3
	Carbs	50.0	52.5
Potassium sorbate, WHEAT Gluten, Emulsifiers: Mono- and diglycerides of fatty acids, Polyglycerol esters of fatty	Sugar	24.9	26.1
	Fibre		4.9
rieselvalive. Sodiom metablisolphile (Sournies), Colour. Calolenes.			5.2
			0.48
	- Chiori		per portion (g)
	КJ	1644	2697
Free Range EGG Albumen, Natural Flavour, Colour: Carotenes], Water, Green Coloured Vanilla Buttercream (15%)	Kcal	392	643
[Icing Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty	Fat	20.0	33.0
Acids; Havouring, Colouring: Annatto, Curcumin), Vanilla Havour (Water, Propylene Glycol, Caramelised Sugar Syrup, Thickener: Xanthan Gum; Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate), Moss Green	Sat	4.2	7.0
Colour (Humectant: Glycerol; Colours: Coppercomplexes of chlorophyll, Riboflavin)], Yellow Coloured Vanilla			92.0
			63.0
Caramelised Sugar Syrup, Thickener: Xanthan Gum; Acidity Regulator: Citric Acid; Preservative: Potassium			0.8 4.9
Sorbate), Yellow Natural Colour (Water, Emulsifier: Polysorbate 80, Mono Propylene Glycol; Colour: Turmeric)], Mixed Enuit Jam (Glycose Erystese Syrup, Mixed Enuits (Apples, Plyme, Phylorithe, SUPPHIES, Colour; Anthocyconies	Salt		1.10
Gelling Agent: Pectin; Citric Acid, Flavouring, Acidity Regulator: Sodium Citrates; Preservative: Potassium Sorbate;			164
Cacca Butter, Skimmed MILK Powder, Cocca Mass, Whole MILK Powder, Whey Powder (MILK), Butter Oil (MILK), Emulsifier: SOYA Lecithin; Flavouring), Sugar, Glazing Agents: Gum Arabic, Dextrinised Tapioca Starch; Colours: Curcumin, Anthocyanins, Plain Caramel, Carotenes, Capper Chlorophyllin, Beetroot Juice Concentrate, Spirulina Extract], Easter Themed Sugar Sprinkles (2.4%) [Sugar, Sunflower Oil, Potato Starch, Rice Flour, Colours: Safflower, Lemon, Radish, Blackcurrant, Apple, Spirulina; Flavouring (Natural Vanilla Flavouring)]. May contain other cereals containing GLUTEN and NUTS.			
	K I		per portion (g)
Pink Coloured Cupcake (Cake Flour [WHEAT Flour (with added Iron, Calcium, Thiamine, Niacin), Sugar, Whole			2624 625
	Fat	18.0	29.0
Vanilla Buttercream(10%) [lcing Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier: Mono-	Sat	4.0	7.0
and Diglycerides of Fatty Acids; Flavouring, Colouring: Annatto, Curcumin), Vanilla Flavour (Water, Propylene	Carbs	55.0	89.0
Sorbate), Purple Natural Colour (Water, Monopropylene Glycol, Colour: Carmine, Spirulina Extract; Preservative:	-		67.0
Citric Acid; Emulsifier: Polysorbate 80]], Mixed Fruit Jam [Glucose-Fructose Syrup, Mixed Fruits (Apples, Plums,			0.6
			4.0 0.60
Chocolate (2.4%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: Sunflower Lecithin; Natural Vanilla Flavouring, Paprika Extract, Colouring: Lutein], Pink Sugar Sprinkles (0.8%) (Sugar, Rice Flour, Sunflower Oil, Potato Starch, Colour: Radish, Lemon, Blackcurrant)),.			160
 Yellow Coloured Cupcake (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, Yellow Coloured Vanilla Buttercream (10%) [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: Potasium Sorbate), Yellow Natural Colour (Water, Emulsifier: Polysorbate 80, Mono Propylene Glycol; Colour: Iurmeric)], Mixed Fruit Jam (Glucose-Fructose Syrup, Mixed Fruits (Apples, Plums, Rhubarb), SULPHITES, Colour: Iurmeric)], Mixed Fruit Jam (Glucose-Fructose Syrup, Mixed Fruits (Apples, Plums, Rhubarb), SULPHITES, Colour: Anthocyanins; Gelling Agent: Pectin; Citric Acid; Ravouring, Acidity Regulator: Sodium Citrates; Preservative: Potasium Sorbate; Anti-oxidant: Ascorbic Acid], Rapeseed Diflover Shaped Chocolate (2.4%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocao Mass, Emulsifier: Sunflower Oil, Potato Starch, Rice Flour, Colour [Safflower, Lemon], Flavouring [Natural Vanilla Flavouring]). Orange Coloured Cupcake (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; Stimmed MILK Prowder, Cale Rayour, Notire Olaver, Colour, Carbonates; Stimmed MILK Prowder, Cale Rayour, Notired Tenzouring Natural Vanilla Flavouring; Stimmed MILK Powder, Cale Cale Albumen, Natural Vanilla Carbonates; Stimmed MILK Powder, Sodi Free-Gaubumen, Natural Vanilla Mayour, Colour; Carbonates; Stimmed MILK Powder, Cale Rayour, Nature Orange 			
Coloured Vanilla Buttercream (10%) [icing Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids; Flavouring, Colouring: Annato, Curcumin), Vanilla Flavour (Water, Propylene Glycol, Caramelised Sugar Syrup, Thickener: Xanthan Gum; Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate), Orange Natural Colour (Monopropylene Glycol, Water, Glycerine, Colour: Paprika; Emulsifier: Polysorbate 80, Sucrose Esters; Preservative: Alpha Tocopherols; Antioxidant: Ascorbyl Palmitate]), Mixed Fruit Jam (Glucose-Fructose Syrup, Mixed Fruits (Apples, Plums, Rhubarb), SULPHITES , Colour: Anthocyannis; Gelling Agent: Pectin: Citric Acid, Ravouring, Acidity Regulator: Sodium Citrates; Preservative: Potassium Sorbate; Anti-oxidant: Ascorbic Acid], Rapeseed Oil, Rower Shaped Chocolate (2.4%) [Sugar, Cocoa			
	HYEAT Flour (MHEAT Flour, Calcium Carbonale, Ion, Niach, Thamini, Sugar, FGG, Ropeseed OH, Bueberny (118), Bueberny Pues (PA), Bueberny, Sugar, Watek Madilea Maios Starth, Preservative: Totalatin schole, Inschaft Starther Pues (PA), Bueberny, Sugar, Watek Madilea Maios Starth, Preservative: Totalatin schole, Inschaft Starther Pues (PA), Bueberny, Sugar, Watek Madilea Maios Starth, Preservative: Potestaim schole, Inschaft Starther Material (PA), Bueservative: Potestaim schole, Inschaft Material Starth, Volter, Polydycerol esters of totty acids: Starther Material Starther, Modilea Maios Starther, Material Material, Starther, Material, Starther, Material, Bernardines, Staft, Material, Bernardines, Staft, Material, Materi	INCREDIENT Image: Source and the sou	NUMBER Protocol Status Protocol Protocol Protocol Status Protocol Protocol Protocol Protocol Status Protocol Protocol Protocol Protocol Protocol Protocol Protocol Protocol Protocol Pro

NUTRITIONAL GUIDE

TRA	YBA	KES

PRODUCT	INGREDIENTS	N	UTRITION	AL INFO
			per 100g	per portion (g)
		KJ	2133	1386
		Kcal	511	332
	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	Fat	30.3	19.7
Caramel Shortbread	Butter (MILK), Invert Sugar Syrup, Palm Oil, Salted Butter (MILK), Sugar, Salt, Emulsifier: Mono- and Di-Glycerides of	Sat	18.1	11.8
(V)	Fatty Acids; Stabiliser: Pectin; Natural Flavouring), Milk Chocolate (16%) (Sugar, Cocoa Butter, Whole MILK Powder,		54.0	35.1
	Cocoa Mass, Emulsifier: SOYA Lecithin, Natural Flavouring). May contain NUTS and EGG.	Sugar	30.5	19.8
		Protein	4.9	3.2
		Salt	0.62	0.40
		Portion v	veight (g)	65
		K I	per 100g	per portion (g)
		KJ Kcal	1941 464	1242 297
	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	Fat	30.0	19.2
	carbonate, iron, niacin, thiamin), apple puree, water, plant cream (lentil preparation (water, lentil protein),	Sat	22.0	14.1
Super Dark Brownie	vegetable oils (coconut, rapeseed), sugar, modified potato starch, emulsifier (polysorbate 60), stabiliser	Carbs	47.0	30.1
(Vg)	(methylcellulose, xanthan gum), acidity regulator (trisodium citrate), natural flavour, salt, colour (carotene)), fat-	Sugar	34.0	21.8
	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)). May	Fibre	3.4	2.2
	contain MILK, EGG, PEANUTS, NUTS, SULPHUR DIOXIDE and other cereals containing GLUTEN.	Protein	4.5	2.9
		Salt	0.71	0.45
			veight (g)	64
			per 100g	per portion (g)
	Free range EGG, dark chocolate 16% (cocoa mass, sugar, cocoa butter, emulsifier (SOYA lecithin), natural vanilla	KJ	2098	1322
	flavouring - contains cocoa solids 72%), coconut oil, soft light sugar, sugar, dark chocolate 7% (sugar, cocoa mass,	Kcal	504	317
	cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring - contains cocoa solids 47%, fat free cocoa	Fat	32.6	20.5
	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	Sat	21.4	13.5
ple Chocolate Brownie**	flour blend (rice, potato, tapioca, maize, buckwheat), rapeseed oil, double cream (MILK), salt, raising agent	Carbs	42.4	26.7
(V)	(mono calcium phosphate, corn starch, sodium bicarbonate), stabiliser (xanthan gum). May contain cereals	Sugar	37.0	23.3
	containing GLUTEN, NUTS and SULPHUR DIOXIDE.	Fibre	4.3	2.7
	**Although this product is made with gluten free flour, this may not be suitable for people with coeliac/gluten	Protein	6.2	3.9
	allergy due to manufacturing and instore handling methods.	Salt	0.36	0.23
	and gy doe to manoracioning and insidio handing monitods.		veight (g)	63
			per 100g	per portion (g)
		KJ	1704	2334
		Kcal	408	558
		Fat	21.2	29.0
Yoghurt Apple &	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	Sat	8.8	12.0
Blackcurrant Flapjack		Carbs	47.8	65.4
(V)	Powder, Yoghurt Powder [MILK], Emulsifier: Sunflower Lecithin, Citric Acid), Light Brown Soft Sugar, Blackcurrants (6%), Golden Syrup, Caster Sugar, Sunflower Oil, Thickener: Tapioca Starch. May contain SULPHUR DIOXIDE.	Sugar	27.2	37.2
		Fibre	3.0	4.1
		Protein	5.0	6.8
		Salt	0.20	0.27
		Portion v	veight (g)	137
			per 100g	per portion (g)
	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:	KJ	2204	1477
	SOYA Lecithin, Flavour), Biscuit Crumb (21%) (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin),	Kcal	529	354
	Wholemeal WHEAT Flour, Vegetable Oils (Palm Oil [SG], Rapeseed Oil), Sugar, Partially Inverted Sugar Syrup,	Fat	34.0	23.0
	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	Sat	17.0	11.0
	(WHEAT Flour, Calcium Carbonate, Iron, Nicotinamiae, Iniamine), wholemeal WHEAT Flour, vegetable shortening (Palm Oil [SG], Rapeseed Oil), Sugar, Partially Invert Sugar Syrup, Raising Agents (Sodium Carbonates, Ammonium	Carbs	49.0	31.0
Rocky Road	Carbonates), Salt), Golden Syrup (Invert Sugar Syrup), Caramel Pieces (2.5%) (Sugar, Sweetened Condensed	Sugar	30.0	20.0
	MILK, Glucose Syrup (SULPHITES), Palm Oil (MB, SG), Salt), White Chocolate Chips (Sugar, Cocoa Butter, Full Cream	Fibre	1.8	1.2
	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	Protein	5.6	3.8
	(0.8%) (Sugar, Glucose Syrup (Preservative: Sulphur Dioxide (SULPHITES), Palm Fat [SG], Sweetened Condensed	Salt	0.90	0.60
	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). May contain NUTS, and EGGS.	Portion v	veight (g)	67
			nor 100-	nor norther ()
			per 100g	per portion (g)
	Flapjack Base [Gluten Free OATS, Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Margarine	Kogl	1584	1442
	(Vegetable Oils (Sustainable Palm, Rapeseed), Water, Salt, Emulsifier: Polyglycerol Esters Of Fatty Acids; Colours:	Kcal Fat	379	345
akharry & Apple Courtele	Curcumin, Annatto Bixin; Flavourings), Light Brown Soft Sugar, Invert Sugar Syrup], Jam Filling (Apple (13%), Sugar,	Fat Sat	14.5 7.4	13.2 6.7
ckberry & Apple Crumble Jack**	Blackberries (9%), Gelling Agent: Pectin], Crumble [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Coconut Oil, Demerara Sugar, Gluten Free Jumbo OATS]. May contain cereals containing GLUTEN,		7.4 59.8	6.7 54.4
(Vg)	EGG, MILK, NUTS, PEANUTS, SESAME, SOYA and SULPHITES.	Carbs		
(.9)		Sugar	32.6	29.7
	**Although this product is made with gluten free flour, this may not be suitable for people with coeliac/gluten	Fibre	2.5	2.3
	allergy due to manufacturing and instore handling methods.	Protein Salt	3.4 0.22	3.1 0.20
		SUIL	U.22	0.20
			veight (g)	91

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TRAYBAKES

	TRAYBAKES			
PRODUCT	INGREDIENTS	١	NUTRITION	AL INFO
			per 100g	per portion (g
		KJ	1888	1718
		Kcal	451	410
	Flapjack (Gluten Free OATS (44%), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water,	Fat	18.7	17.0
Maple Syrup Flapjack	Sea Salt, Faba Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavourings, Colour: Carotenes), Soft Light	301	9.5	8.6
(Vg)	Brown Sugar, Invert Sugar Syrup, Maple Syrup (7%)). May contain cereals containing GLUTEN, EGG, MILK, NUTS,	Carbs	66.9	60.9
	PEANUTS, SESAME, SOYA, and SULPHITES.	Sugar	34.2	31.1
		Fibre	4.7	4.3
		Protein	6.0	5.5
		Salt	0.36 weight (g)	0.33
		Pomon	0 (0)	91
		KJ	per 100g 1809	per portion (g 1357
		Kcal	432	324
		Fat	26.3	19.7
	Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sour Cherries (15%), Salted Butter	Sat	16.0	12.0
Cherry Bakewell	(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,	Carbs	46.7	35.0
(V)	Rapeseed), Salt, Natural Flavouring), Raising Agents: Diphosphates, Sodium Carbonates. May contain cereals	Sugar	28.5	21.4
	containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.	Fibre	1.9	1.4
		Protein	5.3	4.0
		Salt	0.15	0.10
			weight (g)	75
	Biscuit Crumb and Pieces (34%) [WHEAT Flour (with added Calcium, Iron, Niacin, Thiamine), Wholemeal WHEAT		per 100g	per portion (g
	Biour, 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], Light Chocolate Coating (25%) [Sugar, Vegetable Fats (Palm Kernel, Palm), Fat Reduced Cocoa Powder, Cocoa Mass, Vegetable Oil (Rapeseed, Palm), Whey Powder (MILK), Emulsifiers: Sunflower Lecithin, Polyglycerol	KJ	1967	1751
		Kcal	543	483
		Fat	36.0	32.0
		Sat	18.0	16.0
Mini Egg Tiffin	Polyricinoleate, Sorbitan Tristearate; Natural Flavouring (Vanilla)], Margarine [Vegetable Oil (Palm, Rapeseed),	Carbs	50.0	44.0
(V)	Water, Salt, Emulsifier: Polyglycerol Esters of Fatty Acids; Colours: Curcumin, Lutein; Flavourings], MILK Chocolate	Sugar	32.0	29.0
	Egg Shaped Sweets (13%) [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:	Fibre	1.6	1.4
	Gum Arabic; Dextrinised Tapioca Starch, Colours: Curcumin, Anthocyanins, Plain Caramel, Carotenes, Copper	Protein	4.3	3.8
	Chlorophyllin, Beetroot Juice Concentrate, Spirulina Extract], Golden Syrup, White Chocolate Drizzle (1.5%) (Sugar,	Salt	0.70	0.60
	Vegetable Oil (Palm), Whey Powder (MILK), WHEAT Flour, Emulsifier: Sunflower Lecithin; Natural Flavouring]. May contain NUTS, EGG, and SULPHITES.	Portion	weight (g)	89
			per 100g	per portion (g
		KJ	1756	1264
		Kcal	420	302
	Sugar, Vegetable Fat [Vegetable Oils (Sunflower, Rapeseed), Coconut Oil, Water, Sea Salt, Faba Bean	Fat	27.5	19.8
	Preparation, Emulsifier: Sunflower Lecithin; Natural Flavouring, Colour: Carotenes], Ground ALMONDS (NUTS) (17%),	Sat	10.4	7.5
IEW Blackcurrant Bakewell (Vg)	Blackcurrants (13%), SOYA Drink (Water, SOYA Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Polenta, Flaked ALMONDS (NUTS) (2%), Raising	Carbs	39.9	28.7
(*9)	Agents: Diphosphates, Sodium Carbonates; Natural Flavouring, Salt. May contain cereals containing GLUTEN,	Sugar	22.4	16.1
	EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.	Fibre	3.0	2.2
		Protein	6.4	4.6
		Salt	0.51	0.37
		Portion	weight (g)	72
	TARTS			
				AL INFO

PRODUCT	INGREDIENTS	I	NUTRITION	AL INFO
		KJ	per 100g 1168	per portion (g) 759
		Kcal	278	181
	Sugar, MILK, WHEAT Flour, Water, Margarine (Sustainable Palm Oil, Water, Rapeseed Oil, Emulsifiers: Lecithin, Mono.	Fat	11.4	7.4
Portuguese Tarts	(V) Beta Carotene, Antioxidant: Alpha-tocopherol), EGG Yolk, Liquid EGG, Maize Starch, Salt, Natural Vanilla	Sat	5.2	3.4
(V)		Carbs	40.2	26.1
	Flavouring. May contain cereals containing GLUTEN, EGG, MILK, NUTS, SOYA, and SULPHITES.	Sugar	25.1	16.3
		Protein	4.1	2.7
		Salt	0.35	0.23
		Portion	weight (g)	65
	Pastry Tart (WHEAT Flour, Sugar, Flavouring (WHEAT), Salt, Raising Agents: Disodium Phosphate, Sodium Bicarbonate; Emulsifiers: Lactic Acid Esters of Mono- and Diglycerides of Fatty Acids, Propane-1,2-diol Esters of Fatty Acids; Dried Glucose Syrup, Skimmed MILK Powder, Vegetable Oil (Patlm & Rapeseed Oil), Water, Salt, Emulsifier: Mono- And Diglycerides Of Fatty Acids; Flavouring, Colour: Annatto Bixin, Curcumin], Cream (MILK), Tarte Citron Powder (Sugar, Modified Starches (Waxy Maize, Potato), EGG White Powder, Flavouring (Contains		per 100g	per portion (g)
		KJ	1577	1797
		Kcal	378	431
		Fat	20.9	23.8
NEW Tarte Au Citron		Sat	11.2	12.8
(V)	Lactose MILK), Acidity Regulator: Citric Acid; Colour: Beta Carotene], Sweet Snow (Dextrose, Sugar, Comflour,	Carbs	42.2	48.1
	Vegetable Oil (Palm)], Apricot Glaze [Glucose-Fructose Syrup, Water, Sugar, Apricot Puree, Gelling Agents:	Sugar	26.9	30.7
	Amidated Pectin, Carrageenan, Xanthan Gum; Acidity Regulators: Citric Acid, Trisodium Citrate, Tricalcium	Fibre	2.8	3.2
	Phosphate; Flavouring, Preservative: Potassium Sorbate; Firming Agent: Potassium Chloride; Colour: Paprika	Protein	3.8	4.3
	Extract], Lemon Juice Concentrate (1%). May contain cereals containing GLUTEN, and NUTS.	Salt	0.54	0.62
		Portion	weight (g)	114

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PRODUCT	DESSERTS			
PRODUCT	INGREDIENTS		NUTRITION	AL INFO
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 (Coca Mass, Sugar, Coca Buther, 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 Cocaa 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, Paim Oil, Fat Reduced Cocaa 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, Dired EGG Yolk, Salt, Raising Agent: Disodium Pyrophosphate; Rapeseed Oil, Invert Sugar Syrup, Dark Chocolate Shaving (Sugar, Cocaa Mass, Cocaa Butter, Natural Vanilla Flavour, Emulsifier: SOYA Lecithin), Cocaa Powder, Beef Gelatine, Concentrated Vanilla Flavour Liquid (Flavouring, Colour: Ammonia Caramel).	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion	per 100g 1962 479 34.1 11.4 35.7 17.1 2.1 5.5 0.59 weight (g)	per portion (g 3002 733 52.2 17.4 54.6 26.2 3.2 8.4 0.90 153
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 Lectifin), Acid (Clitric Acid), Pasteurised Liquid Whole EGG, Biscoff Crushed Caramelised Biscuit (14%) [WHEAT Flour, Sugar, Vegetable Oils (Palm & Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Soya Flour, Salt, Cinnamon], Sugar, Double Cream [MILK], Margarine [Vegetable Oils (Palm & Rapeseed), Water, Salt, Emulsifier (Polyglycerol Esters of Fatty Acids), Colours (Cucurmin, Annatto), Flavouring], Dark Chocolate [Sugar, Cacca Mass, Cocca Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring]. May contain NUTS.	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion	per 100g 1644 394 25.2 9.8 33.8 22.8 8.0 0.60 weight (g)	per portion (g 2334 560 35.7 14.0 48.0 32.4 11.3 0.86 142
NEW Cherry & Mascarpone Roulade (V)	EGG, Mascarpone (Cream, MILK Proteins), Cherries, Whipping Cream (MILK), Granulated Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Single Cream (MILK), Icing Sugar, White Chocolate Chips (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Natural Vanilla Flavouring, Emulsifier: SOYA Lecithin), Emulsifiers Blend (Water, Sugar, Emulsifiers: Polyglycerol Esters of Fatty Acids, Mono- And Diglycerides of Dietary Fatty Acids; Potassium Hydroxide), Natural Flavouring, Freeze Dried Cherries, Modified Waxy Maize Starch, Modified Starch, Modified Maize Starch, Modified Potato Starch, Acidity Regulator: Citric Acid; Gelling Agent: Agar-Agar; Thickener: Guar Gum; Stabiliser Blend (Locust Bean Gum, Xanthan Gum, Guar Gum), May contain NUTS.	Sugar Fibre Protein Salt	per 100g 1167 279 14.5 9.4 32.6 20.2 0.7 5.0 0.12 weight (g)	per portion (g 1004 240 12.4 8.1 28.0 17.4 0.6 4.3 0.10 86
Salted Caramel Slice	Cream (MILK), Digestive Crumb (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemed 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, Poylgercel 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, Calour: Beta- Carotene), Caramel Compound Paste (Glucose Syrup, Caramelised Sugar Syrup, Invert Sugar Syrup, Natural Flavouring)). Water, White Chocolate (Sugar, Cocca 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: Curumin, Annatho Bixin; Pavouring, 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; Solt), Invert Sugar Syrup, Beef Gelatine, Salt.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1840 442 28.8 9.7 40.2 24.0 0.8 5.5 0.99 weight (g)	per portion (c 2686 645 42.1 14.2 58.7 35.0 1.1 8.0 1.44 146
	SANDWICHES			
PRODUCT	INGREDIENTS		NUTRITION	AL INFO
NEW BLT	Malted Bread [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, Yeast, BARLEY Malt Flour, Emulsifier: Mono- and Diacetyltartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Salt, Preservative: Calcium Propionate; Buckwheat Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid], Tomato (24%), Smoked Streaky Bacon (15%) [Pork Belly, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nithite; Natural Flavouring, Natural Beechwood Smoke], Seasoned Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Sugar, Spirit Vinegar, Salt, Lemon Juice from Concentrate, Flavouring, Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract), Black Pepper, Salt], Mixed Leaf (4%). May contain MILK, MUSTARD, and SOYA.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1111 266 15.2 2.2 22.4 2.0 2.1 11.0 11.0 1.35	per portion (g 2222 532 30.4 4.4 44.8 4.0 4.2 22.0 2.70 200
NEW Farmhouse Cheddar Ploughman's (V)	Malted Bread [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, Yeast, BARLEY Malt Flour, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Salt, Preservative: Calcium Propionate; Buckwheat Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid], Farmhouse Cheddar Cheese (17%) (Pasteurised Cow's MILK), Tomato (12%), Sweet Pickle (10%) (Vegetables (Carrot, Rutabaga, Onion, Cauliflower), Sugar, BARLEY Malt Vinegar, Spirit Vinegar, Water, Tomato Purée, Date Paste (Date, Rice Flour), Apple Pulp, Salt, Modified Maize Starch, Colour: SULPHITE Ammonia Caramel: Onion Powder, Concentrated Lemon Juice, Spices, BARLEY Malt Extract, Herb and Spice Extracts], Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Sugar, Spirit Vinegar, Salt, Concentrated Lemon	KJ Kcal Fat	weight (g) per 100g 1065 254 12.2 4.1 27.9 5.3 2.3	200 per portion (g 2077 495 23.8 8.0 54.4 10.3 4.5

2.42 Portion weight (g) 195

18.3

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	PANINI			
PRODUCT	INGREDIENTS	N	UTRITION	AL INFO
	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT Semolina, Rapeseed Oil, Yeast, Sait, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Rour, Flour Treatment Agent: Ascorbic Acid], Brie Full Fat Soft Cheese (12%) (MILK), Chipotle Chili Jam (12%) (Sugar, Red Pepper, White Grape Vinegar, Water, Tomato Paste, Chipotle Chili I 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	КJ	per 100g 1255	per portion (g) 2071
		Kcal	298	492
		Fat	9.4	15.5
		Sat	4.6	7.6
Brie & Bacon Panini		Carbs	42.2	69.6
		Sugar	9.3	15.3
		Fibre	2.7	4.5
	Nitrite; Natural Beechwood Smoke]. May contain EGG and MUSTARD.	Protein	12.6	20.8
		Salt	0.89	1.47
		-	veight (g)	165
			per 100g	per portion (g)
		KJ	1203	2526
	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT,	Kcal	287	602
	Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment	Fat	13.3	28.0
	Agend: Ascobic 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	Sat	3.5	7.4
Chicken & Pesto Panini	(Basil, Sunflower, Oil, Salt, Antioxidant: Ascorbic Acid), Vegetable Oil (Sunflower Oil, Rapeseed Oil), Medium Fat	Carbs	25.9	54.5
	Hard Cheese (MILK), Extra Virgin Olive Oil, Garlic Purée, Acidity Regulator: Citric Acid), Mayonnaise (Rapeseed Oil,	Sugar	0.4	0.9
	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	Fibre	1.2	2.5
	(10%) (MILK). May contain MUSTARD.	Protein	15.3	32.2
		Salt	1.00	2.10
		Portion v	veight (g)	210
			per 100g	per portion (g)
		KJ	1053	2064
		Kcal	251	492
	Sourdough Panini (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil,	Fat	8.7 17.1	17.1
Mozzarella & Tomato Panini	urdough (Water, Fermented RYE , Salt), Salt, Yeast, Malted WHEAT Flour], Tomato (18%), Mozzarella Cheese (15%	Sat	4.0	7.8
(V)	(MILK), Cheese and Pesto [Mature Cheddar Cheese (MILK), Pesto (Basil Paste (Basil, Sunflower Oil, Salt,	Carbs	31.2	61.2
(1)	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.	Sugar	2.4	4.7
	Addity Regulator, ellite Addg. Mdy contain 200, and MostAkb.	Fibre	1.7	3.3
		Protein	11.0	21.6
		Salt	0.89	1.74
		Portion v	veight (g)	196
			per 100g	per portion (g)
		KJ	1145	2119
	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil,	Kcal	273	506
	Sourdough (Water, Fermented RYE, Salt), Salt, Yeast, Malted WHEAT Flour], Tuna Melt Mix [Pole and Line Caught	Fat	12.1	22.4
	Tuna (38%) (FISH) (Skipjack Tuna (Katsuwonus Pelamis), Water, Salt), Mayonnaise (Rapeseed Oil, Water, Pasteurised		2.1	3.9
Tuna Melt Panini	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,	Carbs	29.3	54.1
	Garlic, Oregano), Red Onion (4%), Parsley, Lemon Juice from Concentrate (Lemon Juice from Concentrate,	Sugar	2.5	4.7
	Preservative: Potassium Metabisulphite (SULPHITE))], Mature Cheddar Cheese (5%) (MILK). May contain MUSTARD.	Fibre	1.5	2.7
		Protein	12.7 0.90	23.4
		Salt Portion v	veight (g)	1.70
			per 100g	per portion (g)
		KJ	1068	1869
	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT	Kcal	254	445
	Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment	Fat	9.0	15.8
	Agent: Ascorbic Acid], Cheese Sauce Mix (23%) [White Sauce (Water, Rapeseed Oil, Modified Starch, Salt, Whey Brataia Concentrate (MIK) Sugar Vegetable theory (Salt Maltadaytia Yeagt Extract Sugar Vegetables (Opion	Sat	3.1	5.4
Ham Hock & Cheddar Panini	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,	Carbs	30.8	53.9
	Guar Gum; Preservative: Potassium Sorbate; Spices), Mature Cheddar Cheese (25%) (MILK, Potato Starch), Italian	Sugar	1.1	1.9
	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.	Fibre	2.0	3.5
		Protein	13.5	23.6
		Salt	1.17	2.05
			veight (g)	175

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	TOASTIES			
PRODUCT	INGREDIENTS	N	UTRITION	AL INFO
	Grilled Cheese Topped Bread [White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin),	KJ	per 100g 975	per portion (g) 1920
	Water, Yeast, Salt, SOYA Flour, Preservative: Calcium propionate; Emulsifiers: Mono- and diacetyltartaric acid esters of mono- and diglycerides of fatty acids; Rapeseed Oil, Flour Treatment Agent: Ascarotic Acid), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein (MLK), Sugar, Stock (CELERY), Acidity Regulator: Lactic acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Mature Cheddar Cheese (12%) (MLK), Mozzarella Cheese (12%) (MLK)), 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%) (MLK), Seasoned	Kcal	234	460
		Fat	11.2	22.1
		Sat	5.0	9.9
Ham & Cheese Toastie		Carbs	19.8	38.9
		Sugar Fibre	1.4 1.0	2.8 2.0
	White Sauce (White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein (MILK), Sugar, Stock	Protein	13.6	2.0
	(CELERY), Acidity Regulator: Lactic acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Cracked Black Pepper]. May contain EGG, and MUSTARD.	Salt	1.30	2.60
		-	veight (g)	197
			per 100g	per portion (g)
	Grilled White Bloomer Bread (White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin),	KJ	1005	1820
	Water, Yeast, Salt, SOYA Flour, Preservative; Calcium Propionate, Emulsifiers: Mono- And Diacetyl Tartaric Acid	Kcal	242	437
	Esters Of Mono- And Diglycerides Of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Mozzarella	Fat	12.6	22.8
Mushroom & Emmental	(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:	Sat	6.6	12.0
Toastie (V)	Xanthan Gum, Guar Gum; Spices, Preservative: Potassium Sorbate)], Mushroom and Emmental Mix (33%)	Carbs	20.9	37.9
(•)	[Emmental Cheese (30%) (MILK), Full Fat Soft Cheese (30%) (MILK), Roasted Chestnut Mushrooms (30%) (Chestnut	Sugar	1.7	3.2
	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	Fibre Protein	1.3 11.2	2.3
	Powder, Garlic, Parsley, Chive)]. May contain EGG, and MUSTARD.	Salt	1.10	1.90
		-	veight (g)	181
			per 100g	per portion (g)
	Grilled Cheese Topped Bread (White Bread (WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin),	KJ	1095	1949
	Water, Yeast, Salt, SOYA Flour, Preservative: Calcium Propionate: Emulsifiers; Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Dialycerides Of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Mozzarella	Kcal	261	465
	(17%) (MILK), Mature Cheddar Cheese (17%) (MILK), White Sauce (Water, Rapeseed Oil, Modified Potato Starch,	Fat	12.1	21.5
Cheese & Tomato Toastie	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 Tormato (7%) (Cherry Tormatoes (93%), Rapeseed Oil, Salt, Oregano, Garlic), Mascarpone and Tomatade Dressing (15%) (Mascarpone (50%) (Cream (MILK), Acidity Regulator: Citric Acid), Tomato Sauce (Tormato Purée, Salt, Sugar, Sunflower Oil, Oregano, Basil, White Pepper, Onion, Acidity Regulator: Citric Acid), Sunblush®Tormatade (3%) (Slow Roast Tomatoes, Tomatoe 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	Sat	6.4	11.3
Toastie		Carbs	28.4	50.6
(V)		Sugar	3.6	6.4
		Fibre	2.7	4.8
		Protein	11.1	19.8
	Oil, Salt, Oregano, Garlic). May contain EGG and MUSTARD.	Salt	0.94 veight (g)	1.67
				178
		КJ	per 100g 860	per portion (g) 2270
	Sourdough Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Malted	Kcal	205	541
	BARLEY, RYE Flour], Feta Cheese (11%) [Sheep MILK, Goats MILK], Red Pepper (11%), Semi Dried Marinated Tomato	Fat	6.5	17.2
eta and Tomato Sourdough	(8%) [Tomato, Sunflower Oil, Salt, Garlic, Oregano], Black Pepper Mayonnaise (Mayonnaise (Rapeseed Oil, Water,	Sat	2.5	6.5
Toastie	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:	Carbs	29.9	78.9
(V)	SULPHITES), Concentrated Grape Must, Colour: SULPHITE Ammonia Caramel), Concentrated Grape Must, Wine	Sugar	3.9	10.3
	Vinegar (Wine, Antioxidant: SULPHITES), Thickener: Modified Starch; Colour: SULPHITE Ammonia Caramel]. May	Fibre	1.8	4.8
	vinegar (wine, Annoxidani, Surmits), mickener, Modiled Statch, Colon, Surmits Annohid Caldiner, May contain MUSTARD.	Protein	7.5	19.8
			7.5	
		Salt	1.07	2.82
		Salt		
	BAPS	Salt	1.07	2.82
PRODUCT	BAPS	Salt Portion v	1.07	2.82 264
PRODUCT		Salt Portion v	1.07 veight (g) IUTRITION per 100g	2.82 264 AL INFO
PRODUCT		Salt Portion v N KJ	1.07 veight (g) UUTRITION per 100g 1520	2.82 264 AL INFO per portion (g) 1900
PRODUCT		Salt Portion v N KJ Kcal	1.07 veight (g) UUTRITION per 100g 1520 364	2.82 264 AL INFO per portion (g) 1900 455
PRODUCT	INGREDIENTS White Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt,	Salt Portion v N KJ Kcal Fat	1.07 veight (g) UUTRITION per 100g 1520 364 19.2	2.82 264 AL INFO per portion (g) 1900 455 24.0
	INGREDIENTS 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	Salt Portion v N KJ Kcal Fat Sat	1.07 veight (g) UUTRITION per 100g 1520 364 19.2 8.5	2.82 264 AL INFO per portion (g) 1900 455 24.0 10.6
PRODUCT Bacon Bap	INGREDIENTS White Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt,	Salt Portion v N KJ Kcal Fat Sat Carbs	1.07 veight (g) UTRITION per 100g 1520 364 19.2 8.5 30.1	2.82 264 AL INFO per portion (g) 1900 455 24.0 10.6 37.6
	INGREDIENTS 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	Salt Portion v KJ Kcal Fat Sat Carbs Sugar	1.07 veight (g) UTRITION per 100g 1520 364 19.2 8.5 30.1 2.4	2.82 264 AL INFO per portion (g) 1900 455 24.0 10.6 37.6 3.0
	INGREDIENTS 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	Salt Portion v KJ Kcal Fat Sat Carbs Sugar Fibre	1.07 veight (g) UTRITION per 100g 1520 364 19.2 8.5 30.1 2.4 2.8	2.82 264 AL INFO per portion (g) 1900 455 24.0 10.6 37.6 3.0 3.5
	INGREDIENTS 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	Salt Portion v KJ Kcal Fat Sat Carbs Sugar	1.07 veight (g) UTRITION per 100g 1520 364 19.2 8.5 30.1 2.4	2.82 264 AL INFO per portion (g) 1900 455 24.0 10.6 37.6 3.0
	INGREDIENTS 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	Salt Portion v N KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	1.07 veight (g) UTRITION per 100g 1520 364 19:2 8.5 30.1 2.4 2.8 19:0	2.82 264 AL INFO per portion (g) 1900 455 24.0 10.6 37.6 3.0 3.5 23.8
	INGREDIENTS 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	Salt Portion v KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion v	1.07 veight (g) UTRITION per 100g 1520 364 19.2 8.5 30.1 2.4 2.8 19.0 1.76 veight (g)	2.82 264 AL INFO per portion (g) 1900 455 24.0 10.6 37.6 3.0 3.5 23.8 2.20 125
	INGREDIENTS 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	Salt Portion v KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion v	1.07 veight (g) UTRITION per 100g 1520 364 19.2 8.5 30.1 2.4 2.8 19.0 1.76	2.82 264 AL INFO per portion (g) 1900 455 24.0 10.6 37.6 3.0 3.5 23.8 2.20 125
	INGREDIENTS 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	Salt Portion v N KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion v	1.07 veight (g) UTRITION per 100g 1520 364 19.2 8.5 30.1 2.4 2.8 19.0 1.76 veight (g) per 100g	2.82 264 AL INFO per portion (g) 1900 455 24.0 10.6 37.6 3.0 3.5 23.8 2.20 125 per portion (g)
	UNGREDIENTS 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: Ascarbic Acid], Beechwood Smoked Streaky Baccon (32%) [Pork, Salt, Anfoxidants: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite; Natural Beechwood Smoke], Butter (MILK). May contain EGG, and MUSTARD. Vienna Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt,	Salt Portion v KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion v KJ	1.07 veight (g) UTRITION per 100g 1520 364 19.2 8.5 30.1 2.4 2.8 19.0 1.76 veight (g) per 100g 1073	2.82 264 Per portion (g 1900 455 24.0 10.6 37.6 3.0 3.5 23.8 2.20 125 per portion (g 1717
	White Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, WHEAT Mall 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 Rosemany: Preservative: Sodium Nitrite; Natural Beechwood Smoke], Butter (MILK). May contain EGG, and MUSTARD. Vienna Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, WHEAT Flour, Bakery Improve: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, WHEAT Malt Flour, Bakery Improve: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Hour	Salt Portion v KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion v KJ Kcal	1.07 veight (g) UTRITION per 100g 1520 364 19.2 8.5 30.1 2.4 2.8 19.0 1.76 veight (g) per 100g 1073 255	2.82 264 Per portion (g) 1900 455 24.0 10.6 37.6 3.0 3.5 23.8 2.20 125 per portion (g) 1717 408
	INGREDIENTS 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. Vienna Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, WHEAT Flour, Bokery Improver: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Flour Vienna Roll [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, RYE Flour, Yeast, Salt, WHEAT Flour, Bokery Improver: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Mater, RYE Flour, Yeast, Salt, Salt, WHEAT Flour, Bokery Improver: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Flour	Salt Portion v N KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion v KJ Kcal Fat	1.07 veight (g) UTRITION per 100g 1520 364 19.2 8.5 30.1 2.4 2.8 19.0 1.76 veight (g) per 100g 1073 255 10.9	2.82 264 Per portion (g) 1900 455 24.0 10.6 37.6 3.0 3.5 23.8 2.20 125 per portion (g) 1717 408 17.4
Bacon Bap	White Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, WHEAT Mall 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 Rosemany: Preservative: Sodium Nitrite; Natural Beechwood Smoke], Butter (MILK). May contain EGG, and MUSTARD. Vienna Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, WHEAT Flour, Bakery Improve: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, WHEAT Malt Flour, Bakery Improve: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Hour	Salt Portion v KJ Kcal Fat Carbs Sugar Fibre Protein Salt Portion v KJ Kcal Fat Sat	1.07 veight (g) UTRITION per 100g 1520 364 19.2 8.5 30.1 2.4 2.8 19.0 1.76 veight (g) per 100g 1073 255 10.9 4.4 31.9 1.0	2.82 264 Per portion (g) 1900 455 24.0 10.6 37.6 3.0 3.5 23.8 2.20 125 per portion (g) 1717 408 17.4 7.0 51.0 1.6
Bacon Bap	INGREDIENTS 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: Ascarbic Acid], Beechwood Smoked Streaky Baccon (32%) [Pork, Salt, Anfioxidants: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite; Natural Beechwood Smoke], Butter (MILK). May contain EGG, and MUSTARD. Vienna Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, WHEAT Mult Flour, Bakery Improver: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Flour Treatment Agent: Ascarbic Acid], Pork and Lentil Sausage (46%) [Pork, Lentils, Potto Storb, Dextrose, Water, Salt, Rapesseed Oil, WHEAT Starch, Spices (White Pepper, Nutmeg, Ginger, Mace, Chilli Powder), Beef Collagen Casing.	Salt Portion v KJ Kcal Fat Carbs Sugar Fibre Protein Salt Portion v KJ Kcal Fat Sat Carbs	1.07 veight (g) per 100g 1520 364 19.2 8.5 30.1 2.4 2.8 19.0 1.76 veight (g) per 100g 1073 255 10.9 4.4 31.9 1.0 2.8	2.82 264 Per portion (g) 1900 455 24.0 10.6 37.6 3.0 3.5 23.8 2.20 125 per portion (g) 1717 408 17.4 7.0 51.0 1.6 4.5
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: Ascarbic Acid], Beechwood Smoked Streaky Baccon (32%) [Pork, Salt, Antioxidants: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite: Natural Beechwood Smoke), Butter (MILK). May contain EGG, and MUSTARD. 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), 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 Sousage (46%) [Pork, Lentils, Potato Starch, Destrose, Water, Salt, Rapessed OI, 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), Calcium)	Salt Portion v KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion v KJ Kcal Fat Sat Carbs Sugar Fibre Protein Fat	1.07 veight (g) UTRITION per 100g 1520 364 19.2 8.5 30.1 2.4 2.8 19.0 1.76 veight (g) per 100g 1073 255 10.9 4.4 31.9 1.0 2.8 9.7	2.82 264 Per portion (g) 1900 455 24.0 10.6 37.6 3.0 3.5 23.8 2.20 125 per portion (g) 1717 408 17.4 7.0 51.0 1.6 4.5 15.5
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: Ascarbic Acid], Beechwood Smoked Streaky Baccon (32%) [Pork, Salt, Antioxidants: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite: Natural Beechwood Smoke), Butter (MILK). May contain EGG, and MUSTARD. 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), 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 Sousage (46%) [Pork, Lentils, Potato Starch, Destrose, Water, Salt, Rapessed OI, 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), Calcium)	Salt Portion v KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Carbs Salt Carbs Salt Carbs Salt Carbs Salt Carbs Sat Carbs Sat Sat Sat Sat Sat Sat Sat Sat Sat Sat	1.07 veight (g) per 100g 1520 364 19.2 8.5 30.1 2.4 2.8 19.0 1.76 veight (g) per 100g 1073 255 10.9 4.4 31.9 1.0 2.8	2.82 264 AL INFO per portion (g) 1900 455 24.0 10.6 37.6 3.0 3.5 23.8 2.20 125 per portion (g) 1717 408 17.4 7.0 51.0 1.6 4.5

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WRAPS PRODUCT INGREDIENTS NUTRITIONAL INFO per 100a per portion (a) 1068 2211 KJ Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Kcal 255 528 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, Fat 11.0 22.8 Rapeseed Oil, WHEAT Starch, Beef Collagen Casing, Spices, Stobliser: Sodium Diphosphate, WHEAT Protein, Onion Powder, Rubbed Sage, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Scrambled Egg Sat 3.5 7.2 All Day Breakfast Wrap Carbs 30.5 63.1 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 Sugar 4.6 2.2 Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Fibre 1.4 2.9 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), Protein 9.1 18.8 Salt 1.15 2.38 Beechwood Smoked Streaky Bacon (6%) [Pork, Salt, Antioxidant: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite; Natural Beechwood Smoke]. May contain MUSTARD. Portion weight (g) 207 per 100g per portion (g) Tomato Tortilla (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Palm 993 K.I 2095 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 Kcal 237 500 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, 17.9 Fat 8.5 Sat 3.6 1.7 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, Falafel and Sweet Chilli Wrap Carbs 36.1 76.2 (Vg) Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate], Mediterranean Vegetable Mix (11%) [Grilled Sugar 11.9 25.1 Mixed Vegetables (Red Pepper, Yellow Pepper, Courgette, Aubergine), Coriander], Chilli Jam (7%) [Sugar, Red Fibre 9.1 4.3 Pepper, Grape Vinegar, Water, Tomato Paste, Chipotle Chilli Paste (Chipotle Chilli, Water, Tomato Paste, Sugar, Protein 12.9 6.1 Salt, Onion, Acidity Regulator: Acetic Acid), Dried Onion, Concentrated Lemon Juice, Salt, Garlic Purée], Rocket (7%), Cornflour Mix [Water, Comflour]. May contain CELERY, EGG, MILK, MUSTARD, SOYA, and SULPHITES. Salt 0.83 1.75 Portion weight (g) 211 **BISCUITS & SNACKS** PRODUCT INGREDIENTS NUTRITIONAL INFO per 100g per portion (g) KJ 1862 1583 443 377 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 Kcal Fat 20.0 17.0 (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, Chocolate Chip Mini Bean Sat 12.0 10.2 Cookie Carbs 53.6 63.0 Pumpkin, Radish, Lemon, Blackcurrant, Safflower, Purple Potato), Salt, Emulsifier (Sunflower Lecithin), Glucose (V)44.0 37.4 Syrup, Glazing Agents (Carnauba Wax, Bees Wax, Shellac)), Water, Whole **EGG** Powder, Starch, Vanilla Flavouring, Sodium Bicarbonate, Salt. Sugar 1.0 Fibre 1.2 Made in a factory that handles NUTS. Protein 4.9 4.2 Salt 0.20 0.20 Portion weight (g) 85 per 100g per portion (g) KJ 1,702 1447

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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%),	Kcal	408	347
		Fat	16.0	13.6
		Sat	9.0	7.7
		Carbs	63.0	53.6
	Sodium Bicarbonate, Salt. Made in a factory that handles NUTS.	Sugar	44.0	37.4
		Fibre	2.4	2.0
		Protein	4.0	3.4
		Salt	0.20	0.20
		Portion	weight (g)	85
			per 100g	per portion (g)
		KJ	1795	933
		Kcal	Kcal 427 222 Fat 16.9 8.7	
	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dark Chocolate (20%) [Cocoa Mass, Sugar,	Fat		
Ginger Dunkers	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 Dialycerides of Fatty	Sat 9.9 5.1		
(V)	Acids), Flavouring, Colours (Annatto Bixin, Curcumin)], Rolled OATS, Free Range Pasteurised Whole EGG,	Carbs	62.1	32.2
(1)	Crystalised Ginger (1.5%) (Ginger, Sugar), Ground Ginger (1%), Bicarbonate of Soda (E500ii), Ammonium	Sugar 37.4 19.4 Fibre 3.5 1.8	19.4	
	Bicarbonate (E503ii).			
		Protein	Protein 4.9	2.5
		Salt	0.56	0.31
		Portion	weight (g)	52
			per 100g	per portion (g)
		KJ	1630	962
		Kcal	386	228
	Fortified wheat Flour (WHEAT Flour, Iron, Thiamin, Nicotinic Acid, Calcium Carbonate), Sugar, Golden Syrup,	Fat	9.0	5.3

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 Kemel, – 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). May contain NUTS.

Formon weight (g) 52 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

0.06

60

Salt **0.10** Portion weight (g)

Gingerbread Man

(V)

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	BISCUITS & SNACKS			
PRODUCT	INGREDIENTS	N	IUTRITION	AL INFO
	WHEAT flour, sugar, vegetable oils, candy sugar syrup, raising agent (sodium hydrogen carbonate), SOYA flour, salt, cinnamon. May contain MILK. Kcal 484 12 Fat 19.0 4.1 Sat 8.8 2.1 Carbs 72.6 18 Sugar 38.1 9.1			
		-		508 121
		4.8		
Lotus Biscuits (V)		-		2.2
		-		18.2
				1.2
		Salt	0.91	0.23
		Portion v	veight (g) per 100g	25 per portion (g)
		KJ	1990	995
		Kcal	476	238
		Fat Sat		
Shortbread	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (31%) (Butter (MILK), Salt),	Carbs	57.7	28.8
(V)	Caster Sugar, Rice Flour, Corn Flour (Maize Starch).	Sugar	17.5	8.8
		Fibre	1.7 5.1	0.9
		Protein Salt	0.50	0.25
		Portion	weight (g)	50
		KJ	per 100g 1868	per portion (g) 1214
		Kcal	445	290
		Fat	16.4	10.0
Toffee Waffle	WHEAT flour (Calcium carbonate, Iron, Niacin, Thiamin), Glucose syrup, Sugar, Non-hydrogenated vegetable oils (Palm & Rapeseed), Butter (14%	Sat Carbs	7.7 70.9	5.0 46.0
(V)	of filling) (MILK), Free Range EGGS, Molasses, Emulsifier: SOYA Lecithin,	Sugar	33.7	22.0
	Raising agent: Sodium bicarbonate, Salt, Cinnamon.	Fibre	0.6	0.4
		Protein Salt	3.0 0.72	2.0 0.40
			veight (g)	65
			per 100g	per portion (g)
		KJ Kcal	2419 582	242 58
		Fat	40.0	4.0
Gianduiotto Mini Chocolate	Sugar, Hazelnuts, Cocoa Mass, Cocoa Butter, Soya Lecithins, natural vanilla flavouring. May contain MILK and other TREE NUTS.	Sat	15.0	1.5
(Vg)		Carbs Sugar	47.0 44.0	4.7
		Fibre	5.4	0.5
		Protein	5.7	0.8
		Salt	0.03 weight (g)	0.00
		1 officiti v	per 100g	per portion (g)
		KJ	1886	1131
		Kcal Fat	451 21.4	270 12.8
NEW Lowers Deliver	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (Butter (MILK), Salt), Caster	Sat	11.3	6.8
NEW Jammy Delight (V)	Sugar, Raspberry Seedless Jam (11%) (Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium Citrate), Rapeseed Oil. May contain EGG, NUTS and SOYA.	Carbs	58.1	34.8
		Sugar Fibre	26.0 1.9	15.6 1.1
		Protein	5.1	3.1
		Salt	0.39	0.23
		FOITION	veight (g) per 100g	60 per portion (g)
		KJ	1743	1133
		Kcal Fat	413 10.1	268 6.6
NEW Summer Design	Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Golden Syrup, Margarine	Sat	3.0	2.0
Gingerbread	(Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Diglycerides of Fatty Acids; Flavouring, Colours; Annatto, Curcumin), Water, Ginger, Raising Agent: Sodium Bicarbonate; Icing Sugar, Dried EGG White, Humectant:	Carbs	77.6	50.4
(V)	Glycerine; Cocoa Powder, Colours: Lutein, Beetroot Red.	Sugar Fibre	37.5 2.6	24.4 1.7
		Protein	4.3	2.8
		Salt	0.18	0.12
		Portion	veight (g) per 100g	65 per portion (g)
		KJ	1851	1388
		Kcal	441	331
NEW GF Caramel Jewel Bar (V/GF)	Gluten Free OATS (29%), Golden Syrup (Invert Sugar Syrup), Caramel (14%) (Sweetened Condensed Skimmed	Fat Sat	18.9 9.0	14.2 6.7
	acids; Stabiliser: Pectin; Salt, Natural Flavouring), Demerara Sugar, Margarine (Vegetable Oil (Palm, Rapeseed) water, Emulsifier: Mono- and Diglycerides of Fatty Acids), Salted Butter (Butter (MILK), Salt), Sweetened Dried	Carbs	64.2	48.1
(1/01)	Cranberries (4%) (Cranberries, Sugar, Sunflower Oil), Dark Chocolate(2%) (Cocoa Mass, Sugar, Cocoa Butter, Fat Reduced Cocoa Powder, Emulsifier: SOYA Lecithin), Pumpkin Seeds, Salt. May contain EGG and NUTS. Fibre 2.7	29.3		
		Protein	2.7 4.9	2.0

3.7

0.30

75

Protein

Salt

Portion weight (g)

4.9

0.40

Coffee#1

* = containing allergen P = cross contamination risk at mfg site

NUTRITIONAL GUIDE APRIL 2025

CRISPS & POPCORN

PRODUCT INGREDIENTS NUTRITIONA per 100g KJ 2139	
	mer nertien ()
	per portion (g) 856
Kcql 513	205
Fat 30.1	12.0
Sat 3.5	1.4
Kettle Sea Salt Crisps Select Potatoes Supflower Oil Sea Salt Crisps	20.6
(Vg/GF) Sugar 0.5	0.2
Fibre 6.5	2.6
Protein 5.8	2.3
Salt 0.90	0.36
Portion weight (g)	40
	per portion (g)
KJ 2125	850
Kcal 509	204
Fat 28.1	11.2
Kettle Sea Salt & Vinegar Select Potatoes, Sunflower Oil, Sea Salt and Balsamic Vinegar Seasoning (Sea Salt, Potato Maltodextrin, Dried	1.1
Crisps Balsamic Vineaar, Suaar, Acid: Citric Acid, Dried Red Wine Extract, Natural Flavourina),	22.3
(Vg/GF) Sugar 1.5	0.6
Fibre 4.9	2.0
Protein 5.7	2.3
Solt 1.40	0.60
Portion weight (g)	40
	per portion (g)
KJ 2106	842
Kcal 505	202
Fat 28.9	12.0
Kettle Cheddar & Onion Select Potatoes, Sunflower Oil, Mature Cheddar and Red Onion Seasoning (Dried Buttermilk, Dried Mature Sat 3.3 Crisps Cheddar Cheese (MILK), Dried Onion, Dried Red Onion, Sea Solt, Dried Yeast Extract, Dried Yeast, Dried Chives, Carbs 51.1	1.3
	1.0
(V/GF) Colour: Paprika Extract). Sugar 2.5 Fibre 6.2	2.5
Protein 7.1	2.5
Salt 1.10	0.40
Portion weight (g)	40
	per portion (g)
реп 1009 К.Ј. 1813	308
Kcal 432	73
Fat 16.7	2.8
Sat 1.1	0.2
Sweet 'n' Salt Popcorn Popped Butterfly Com (67%), Sweetening Blend (Sugar, Sweetener: Isomalt, Sweetener:	10.9
(Vg/GF) Steviol Glycosides), Rapeseed Oil, Salt. Sugar 11.1	1.9
Fibre 11.5	2.0
Protein 8.2	1.4
Salt 0.57	0.10
Portion weight (g)	17