

Within this guide you will find Allergen, Nutritional and Ingredient information as well as dietary suitability for our products.

Allergens can be found in **BOLD CAPITALS** within the Ingredient Declaration.
Information about allergens that may present within the product, are listed at the bottom of the ingredient list.
Nutritional information can be found to the right beside the ingredient declaration, per 100g and per product.

PRODUCT		INGREDIENTS		NUTRITIONAL INFO	
Apricot Croissant (V)	Pastry: 56% (WHEAT flour, butter 19% (MILK), water, yeast, sugar, EGGS , salt, WHEAT gluten enzymes (amylases, hemicellulases), flour treatment agent (E300)), Apricots 26%, Pastry cream 17% (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450iii, E339iii), colour (E160ai), flavouring), egg wash (EGGS , water)). <i>May contain NUTS and traces of SOYA.</i>		per 100g	per portion (g)	
		KJ	1701	1435	
		Kcal	407	343	
		Fat	21.1	17.8	
		Sat	9.0	7.6	
		Carbs	43.9	36.9	
		Sugar	13.7	11.6	
		Fibre	2.4	1.9	
		Protein	9.3	7.8	
		Salt	0.7	0.6	
		Portion weight (g)	84		

The allergens that are featured within this guide are in accordance with the EU Food Information Regulations:

- Cereals containing Gluten including Wheat, Rye, Barley, Oats
- Eggs
- Milk
- Tree Nuts including Almonds, Hazelnuts, Pistachios, Walnuts
- Peanuts
- Fish
- Soya
- Celery
- Sulphur Dioxide and Sulphites
- Mustard
- Lupin
- Crustaceans e.g. Prawns
- Sesame Seeds
- Molluscs e.g. Mussels

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

WE TAKE CARE TO LIST ALL INGREDIENTS IN OUR FOOD AND DRINKS, HOWEVER WE CANNOT GUARANTEE A 100% ALLERGEN FREE ENVIRONMENT AS WE USE SHARED EQUIPMENT TO DISPLAY, PREPARE AND SERVE

Key for Dietary Suitability:

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

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

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

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PASTIRES		
PRODUCT	INGREDIENTS	NUTRITIONAL INFO
Almond Croissant (V)	Dough: Wheat Flour (WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid), Water, Palm Fat, Yeast, Sugar, Butter (MILK), Rapeseed Oil, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Yeast, Flour Treatment Agent (Ascorbic Acid), Emulsifier (Mono- and diglycerides of fatty acids), Acidity Regulator (Citric Acid), Flavouring, EGG , ALMOND Filling (19%) (Sugar, ALMONDS (6.5%) (NUTS), EGG White, Inverted Sugar Syrup, Water, EGG Yolk, Invertase). Topping: ALMOND Flakes (4.2%) (NUTS), Icing Sugar (Dextrose, Cornflour, Vegetable Oil). <i>May contain other NUTS, SESAME and SOYA.</i>	per 100g
		per portion (g)
		KJ 1670
		Kcal 399
		Fat 21.1
		Sat 9.0
		Carbs 45.0
		Sugar 14.0
		Fibre 2.4
		Protein 9.7
		Salt 0.73
		Portion weight (g) 83
Butter Croissant (V)	Pastry: WHEAT flour, butter 22% (MILK), water, sugar, whole MILK pasteurized, yeast, EGGS , salt, WHEAT gluten, emulsifier : E322 (rape lecithin), flour treatment agent : E300, enzymes, egg wash (Free Range EGGS) 1.5g. <i>May contain NUTS, SESAME and SOYA.</i>	per 100g
		per portion (g)
		KJ 1840
		Kcal 440
		Fat 24.0
		Sat 15.0
		Carbs 46.7
		Sugar 8.0
		Fibre 2.6
		Protein 8.1
		Salt 1.20
		Portion weight (g) 50
Pain au Chocolat (V)	Pastry: (WHEAT flour , Butter (MILK), water, chocolate 10% (sugar, coca mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavour), sugar, whole MILK , yeast, EGGS , salt, WHEAT gluten, Emulsifier (rape lecithin), flour treatment agent (E300), enzymes (amylases, hemicellulases), egg wash (Free Range EGG). <i>May contain NUTS and SESAME SEEDS.</i>	per 100g
		per portion (g)
		KJ 1779
		Kcal 426
		Fat 23.0
		Sat 15.0
		Carbs 46.0
		Sugar 13.0
		Fibre 3.1
		Protein 8.3
		Salt 1.00
		Portion weight (g) 66
Pain au Raisin (V)	WHEAT flour, water, raisins 13%, Butter (MILK), sugar, yeast, corn starch, EGGS , salt, powdered whey (MILK), whole MILK powder, WHEAT gluten, EGG albumin powder, skimmed MILK powder, thickener (sodium alginate), emulsifier (rape lecithin), fruit and plant extract (turmeric and carrot), natural flavouring, acidity regulator (citric acid), flour treatment agent (ascorbic acid), enzymes (hemicellulases, amylases), egg wash (Free Range EGGS), Neutral glaze (water, glucose syrup, sugar, acidity regulators (E330, E332, E333), flavour, gelling agent (pectin), preservative (potassium sorbate)). <i>May contain NUTS, SESAME and SOYA.</i>	per 100g
		per portion (g)
		KJ 1400
		Kcal 334
		Fat 14.0
		Sat 9.1
		Carbs 47.5
		Sugar 19.0
		Fibre 2.1
		Protein 6.3
		Salt 0.81
		Portion weight (g) 96
Vegan Raspberry Croissant (Vg)	WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring), Raspberry Filling (16%) (Glucose Syrup, Raspberry Purée, Sugar, Raspberries (2%), Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator Tricalcium Citrate), Natural Flavouring, Preservative (Potassium Sorbate)), Sugar, Yeast, Decoration (3%) (Sugar, Non-Hydrogenated Palm Oil, Food Colours (Radish, Blackcurrant, Apple concentrate)), Spelt flour, WHEAT gluten Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid). <i>May contain MILK, SESAME SEEDS, SOYA, NUTS, EGGs.</i>	per 100g
		per portion (g)
		KJ 1572
		Kcal 375
		Fat 16
		Sat 8.3
		Carbs 49.8
		Sugar 18
		Fibre 2.6
		Protein 6.5
		Salt 0.52
		Portion weight (g) 79
Cinnamon Bun (Vg)	Cinnamon Bun Dough (65%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil)), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum))], Water, Sugar, Wholemeal WHEAT Flour, Sourdough Culture (RYE Flour), Orange Zest, Yeast, Salt, Madagascan Vanilla Extract, Emulsifier (Rapeseed Lecithin). Filling (15%) [Dark Brown Soft Sugar, Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil)), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum))), Invert Sugar Syrup, Orange Juice, Lemon Juice], Cinnamon Sugar (1%) [Caster Sugar, Ground Cinnamon (<1%)]. <i>May contain NUTS and SULPHUR DIOXIDE.</i>	per 100g
		per portion (g)
		KJ 1604
		Kcal 382
		Fat 15.6
		Sat 8.4
		Carbs 54.0
		Sugar 17.7
		Protein 5.2
		Salt 0.74
		Portion weight (g) 155
Mocha Bun (Vg)	Bun Dough [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Faba Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavouring, Colour: Carotenes), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Water, Sugar, Wholemeal WHEAT Flour, Sourdough (RYE), Orange Zest, Yeast, Salt, Vanilla Extract (Vanilla Extract, Sugar), Emulsifier: Rapeseed/Sunflower Lecithin], Glaze [Icing Sugar, Non Dairy Cream Alternative (Lentil Protein Preparation (Water, Lentil Flour), Rapeseed Oil, Coconut Fat, Sugar, Modified Potato Starch, Emulsifier: Polysorbate 60; Stabilisers: Methyl Cellulose, Xanthan Gum; Acidity Regulator: Trisodium Citrate; Natural Flavourings, Salt, Colour: Carotenes), Chocolate Flakes (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin; Flavouring), Water, Coffee], Cocoa Coffee Paste [Soft Light Brown Sugar, Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Faba Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavouring, Colour: Carotenes), Cocoa Powder (2%), Water, Rapeseed Oil, Coffee (<1%), Fat Reduced Cocoa Powder (<1%) (Fat Reduced Cocoa Powder, Acidity Regulators: Sodium Hydroxide, Ammonium Hydroxide)]. <i>May contain other cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME and SULPHITES.</i>	per 100g
		per portion (g)
		KJ 1545
		Kcal 369
		Fat 16.0
		Sat 8.1
		Carbs 55.2
		Sugar 24.9
		Fibre 2.7
		Protein 5.5
		Salt 0.82
		Portion weight (g) 150

PASTIRES

PRODUCT		INGREDIENTS		NUTRITIONAL INFO	
NEW Cherry Bun (Vg)	Bun Dough [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Faba Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavouring, Colour: Carotenes), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Water, Sugar, Wholemeal WHEAT Flour, Sourdough (RYE), Orange Zest, Yeast, Salt, Vanilla Extract (Vanilla Extract, Sugar), Emulsifier: Rapeseed/Sunflower Lecithin), 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, Natural Flavouring Substances, Beetroot Powder, Acidity Regulator: Citric Acid], Glaze [Icing Sugar, Non-Dairy 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 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.		per 100g		per portion (g)
		KJ	1576		3310
		Kcal	377		792
		Fat	14.7		30.9
		Sat	7.5		15.8
		Carbs	57.1		120
		Sugar	29.7		62.4
		Fibre	2.0		4.2
		Protein	4.6		9.7
		Salt	0.82		1.70
		Portion weight (g)		210	

PORRIDGE

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

PRODUCT		INGREDIENTS		NUTRITIONAL INFO	
Porridge Plain (V)	Whole MILK (83%), Porridge OATS (17%).	per 100g	per portion (g)		
		KJ	484	1163	
		Kcal	115	276	
		Fat	4.5	10.9	
		Sat	2.2	5.2	
		Carbs	14.7	35.2	
		Sugar	3.9	9.2	
		Fibre	1.1	2.7	
		Protein	4.6	11.1	
		Salt	0.09	0.22	
Portion weight (g)		240			
Porridge with Chocolate Chips (V)	Whole MILK (77%), Porridge OATS (15%), Chocolate Chips (8%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin (E322), Natural Vanilla Flavouring].	per 100g	per portion (g)		
		KJ	619	1609	
		Kcal	147	383	
		Fat	6.6	17.1	
		Sat	3.4	9.0	
		Carbs	17.8	46.3	
		Sugar	7.1	18.4	
		Fibre	1.4	3.6	
		Protein	4.8	12.4	
		Salt	0.09	0.22	
Portion weight (g)		260			
Porridge with Banana & Cinnamon (V)	Whole MILK (62%), Banana (19%), Porridge OATS (12%), Honey, Cinnamon.	per 100g	per portion (g)		
		KJ	521	1668	
		Kcal	124	396	
		Fat	3.4	11.0	
		Sat	1.7	5.3	
		Carbs	19.9	63.6	
		Sugar	11.3	36.0	
		Fibre	1.3	4.1	
		Protein	3.7	11.8	
		Salt	0.07	0.22	
Portion weight (g)		321			
Porridge with Blueberries, Seeds & Maple Syrup (V)	Whole MILK (66%), Porridge OATS (13%), Blueberries (10%), Maple Syrup (5%), Pumpkin Seeds (3%), Sunflower Seeds (3%).	per 100g	per portion (g)		
		KJ	620	1892	
		Kcal	148	451	
		Fat	6.8	20.7	
		Sat	2.2	6.8	
		Carbs	16.5	50.2	
		Sugar	7.2	21.8	
		Fibre	1.6	4.9	
		Protein	5.5	16.7	
		Salt	0.07	0.23	
Portion weight (g)		305			

TEACAKES

PRODUCT		INGREDIENTS		NUTRITIONAL INFO	
Teacake (Vg)	<p>WHEAT flour [with added calcium, iron, niacin, thiamin], Water, Sultanas (10%) [sunflower oil], Currants (5%) [sunflower oil], spiced bun concentrate [vegetable oil, dextrose, mono and diglycerides of fatty acids, diacetyl tartaric acid ester of mono diglycerides, flavouring, flour treatment agent, ascorbic acid, food enzymes, beta carotene], Sugar, Yeast.</p> <p>May containMILK, EGG and NUTS.</p>		per 100g	per portion (g)	
		KJ	940	1410	
		Kcal	221	332	
		Fat	0.7	1.1	
		Sat	0.1	0.2	
		Carbs	48.0	72.0	
		Sugar	15.3	23.0	
		Protein	6.4	9.6	
		Salt	0.01	0.02	
		Portion weight (g)		150	

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

GRANOLA & YOGHURT		
PRODUCT	INGREDIENTS	NUTRITIONAL INFO
Granola & Yogurt with Banana & Honey (V)	Natural Low Fat Yogurt (MILK) (55%), Granola (18%) [Jumbo Rolled OATS, Fructose (Fruit Sugar), Desiccated Coconut Copped, Mixed NUTS (PEANUTS, WALNUTS, ALMONDS) Pumpkin Seeds, SESAME SEEDS, Sunflower Seeds, Rapeseed Oil, Black Treacle (Molasses)], Banana (18%), Honey (5%), Pumpkin Seeds (2%), Sunflower Seeds (2%).	per 100g per portion (g)
		KJ 719 1581
		Kcal 171 376
		Fat 6.0 13.3
		Sat 1.4 3.1
		Carbs 21.7 47.7
		Sugar 11.6 25.5
		Fibre 2.4 5.4
		Protein 6.3 13.9
		Salt 0.17 0.36
Granola & Yogurt with Blueberry & Honey (V)	Natural Low Fat Yogurt (MILK) (55%), Granola (18%) [Jumbo Rolled OATS, Fructose (Fruit Sugar), Desiccated Coconut Copped, Mixed NUTS (PEANUTS, WALNUTS, ALMONDS) Pumpkin Seeds, SESAME SEEDS, Sunflower Seeds, Rapeseed Oil, Black Treacle (Molasses)], Blueberries (18%), Honey (5%), Pumpkin Seeds (2%), Sunflower Seeds (2%).	per 100g per portion (g)
		KJ 685 1507
		Kcal 163 359
		Fat 6.1 13.3
		Sat 1.4 3.1
		Carbs 19.7 43.3
		Sugar 10.0 21.9
		Fibre 2.5 5.4
		Protein 6.3 13.8
		Salt 0.17 0.37
Yogurt & Seeds with Banana (V)	Natural Low Fat Yogurt (MILK) (67%), Banana (22%), Honey (6%), Pumpkin Seeds (3%), Sunflower Seeds (3%).	per 100g per portion (g)
		KJ 663 1325
		Kcal 158 316
		Fat 7.9 15.7
		Sat 1.5 3.0
		Carbs 13.7 27.4
		Sugar 11.9 23.8
		Fibre 1.5 3.0
		Protein 7.4 14.8
		Salt 0.12 0.25
Yogurt & Seeds with Blueberry (V)	Natural Low Fat Yogurt (MILK) (67%), Blueberries (22%), Honey (6%), Pumpkin Seeds (3%), Sunflower Seeds (3%).	per 100g per portion (g)
		KJ 626 1251
		Kcal 149 299
		Fat 7.9 15.8
		Sat 1.5 3.0
		Carbs 11.5 23.1
		Sugar 10.1 20.2
		Fibre 1.5 3.1
		Protein 7.4 14.8
		Salt 0.13 0.25

EXTRAS		
PRODUCT	INGREDIENTS	NUTRITIONAL INFO
Preserve Blackcurrant (Vg)	Sugar, blackcurrants, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	per 100g per portion (g)
		KJ 1001 300
		Kcal 236 71
		Fat 0.0 0.0
		Sat 0.0 0.0
		Carbs 57.0 17.1
		Sugar 57.0 17.1
		Protein 0.4 0.1
		Salt 0.00 0.00
		Portion weight (g) 30
Preserve Strawberry (Vg)	Strawberries, sugar, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	per 100g per portion (g)
		KJ 1023 307
		Kcal 241 72
		Fat 0.1 0.0
		Sat 0.0 0.0
		Carbs 59.0 17.7
		Sugar 59.0 17.7
		Protein 0.4 0.1
		Salt 0.00 0.00
		Portion weight (g) 30
Lakeland Butter (V)	Butter: Cream (MILK), Salt.	per 100g per portion (g)
		KJ 3036 213
		Kcal 738 52
		Fat 81.4 5.7
		Sat 52.3 3.7
		Carbs 0.8 0.1
		Sugar 0.8 0.1
		Protein 0.6 0.04
		Salt 1.90 0.13
		Portion weight (g) 7
Rodda's Cornish Clotted Cream (V)	100% Cornish cows MILK.	per 100g per portion (g)
		KJ 2413 965
		Kcal 586 234
		Fat 63.7 25.5
		Sat 39.7 15.9
		Carbs 2.2 0.9
		Sugar 2.2 0.9
		Protein 1.6 0.6
		Salt 0.05 0.02
		Portion weight (g) 40
Flora (Vg)	Plant oils (rapeseed, palm, sunflower 1%, linseed), water, salt 1.35%, plant based emulsifier (lecithin), fava bean protein, natural flavourings, vitamin A	per 100g per portion (g)
		KJ 2636 185
		Kcal 630 44
		Fat 70.0 4.9
		Sat 16.0 1.1
		Carbs 0.5 0.0
		Sugar 0.5 0.0
		Protein 0.1 0.0
		Salt 1.40 0.10
		Portion weight (g) 7
Marmite (Vg)	Yeast extract (contains BARLEY, WHEAT, OATS, RYE), salt, vegetable juice concentrate, vitamins (thiamin, riboflavin, niacin, vitamin B12 and folic acid), natural flavouring (contains CELERY).	per 100g per portion (g)
		KJ 1100 330
		Kcal 260 78
		Fat 0.1 0.03
		Sat 0.05 0.02
		Carbs 30.0 9.0
		Sugar 1.2 0.4
		Protein 34.0 10.2
		Salt 10.80 3.24
		Portion weight (g) 8
Marmalade (Vg)	Sugar, bitter oranges, water, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	per 100g per portion (g)
		KJ 1017 305
		Kcal 240 72
		Fat 0.1 0.03
		Sat 0.0 0.0
		Carbs 59.0 17.7
		Sugar 59.0 17.7
		Protein 0.3 0.1
		Salt 0.00 0.00
		Portion weight (g) 30

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		
Banana & Chocolate Loaf Cake (Vg)	WHEAT flour (calcium carbonate, iron, niacin, thiamin), banana puree 23%, brown sugar, dark chocolate 14% (sugar, cocoa mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring), coconut oil, rapeseed oil, black treacle, water, corn starch, flax seeds, sodium bicarbonate, raising agent (diphosphates, sodium carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)), ground cinnamon, salt. <i>May contain cereals containing GLUTEN, MILK, EGG, SOYA, SULPHITES, and NUTS.</i>	per 100g	per portion (g)	
		KJ	1662	1629
		Kcal	369	362
		Fat	18.0	17.6
		Sat	8.9	8.7
		Carbs	55.5	54.4
		Sugar	32.9	32.2
		Fibre	3.0	2.9
		Protein	4.8	4.7
		Salt	0.69	0.68
Portion weight (g)		98		
Lemon Drizzle Cake (V)	Lemon Cake (93%) [Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk (MILK), Rapeseed Oil, 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, Preservatives: Sodium METBISULPHITE , Potassium METABISULPHITE), Lemon Oil, Gelling Agent: Agar), Lemon Zest (3%), Raising Agents: Diphosphates, Sodium Bicarbonate; Salt], Lemon Drizzle (7%) [Glucose Syrup (SULPHITES), Lemon Juice (2%), Icing Sugar (Sugar, Anticaking Agent: Calcium Phosphate; Dried Cornflower Petals). <i>May contain other cereals containing GLUTEN, EGG, MILK, SESAME, SOYA, SULPHITES, NUTS and PEANUTS.</i>	per 100g	per portion (g)	
		KJ	1477	1699
		Kcal	351	404
		Fat	12.7	14.6
		Sat	1.3	1.4
		Carbs	55.1	63.4
		Sugar	33.8	38.9
		Fibre	0.5	0.6
		Protein	4.6	5.3
		Salt	0.74	0.85
Portion weight (g)		115		
Ultimate Carrot Cake (Vg)	WHEAT flour (calcium carbonate, iron, niacin, thiamin), icing sugar, brown sugar, carrots 10%, oranges 9%, rapeseed oil, SOYA drink (water, SOYA beans, apple extract, acidity regulators (monopotassium phosphate, dipotassium phosphate), calcium carbonate, sea salt, gellan gum, vitamins B2, B12, D2), sultanas 4%, violife creamy (water, coconut oil, starch, sea salt, acidity regulator (glucono-delta-lactone), flavourings, olive extract, vitamin B12), WALNUTS 3%, plant butter (plant oils (sustainable palm, sunflower, rapeseed), water, sea salt, fava bean preparation, emulsifier (sunflower lecithin), natural flavourings), lemon juice, flax seeds, coconut 1%, raising agent (diphosphates, sodium carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)), mixed spices 1%, candied HAZELNUTS (sugar, HAZELNUTS), pumpkin seeds, sodium bicarbonate, salt, Madagascan vanilla paste, cornflower petals. <i>May contain MILK, EGGS, SULPHITES and PEANUTS.</i>	per 100g	per portion (g)	
		KJ	1502	1953
		Kcal	358	465
		Fat	15.0	19.5
		Sat	3.5	4.6
		Carbs	52.9	68.8
		Sugar	37	48.1
		Protein	3.0	3.9
		Salt	0.76	0.99
		Portion weight (g)		130
Welsh Cake (V)	WHEAT flour (calcium carbonate, iron, niacin, thiamine, raising agents E450, E500), vegetable oil (rapeseed, sustainable palm) sugar, vine fruits (13%)(currants, sultanas, sunflower oil), EGG , BUTTERMILK , water, salt, emulsifiers (E471, E481), colour (carotenes), natural flavouring, preservatives (E202, E282).	per 100g	per portion (g)	
		KJ	1548	464
		Kcal	370	111
		Fat	14.6	4.4
		Sat	4.9	1.5
		Carbs	65.1	19.5
		Sugar	23.3	7.0
		Protein	6.5	2.0
		Salt	1.30	0.39
		Portion weight (g)		30
Victoria Sponge Cake** (V)	Victoria Sponge Cake [Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG , Margarine (Vegetable Oils (Sustainable Palm Oil, Rapeseed Oil), Water, Salt, Emulsifier (Polyglycerol Esters Of Fatty Acids), Flavouring, Colours (Curcumin, Annatto Bixin)), MILK , Raising Agents (Mon Calcium Phosphates, Sodium Bicarbonate, Corn Starch), Thickener (Xanthan Gum), Natural Flavouring, Salt], Buttercream Icing [Icing Sugar, Salted Butter (Butter (MILK), Salt), Double Cream (MILK), Natural Flavouring], Jam [Sugar, Raspberries, Lemon Juice], Decoration [Caster Sugar]. <i>May contain Cereals containing GLUTEN, NUTS, PEANUTS, SESAME, SULPHITES, SOYA.</i>	per 100g	per portion (g)	
		KJ	1640	2247
		Kcal	392	537
		Fat	18.6	25.5
		Sat	8.7	11.9
		Carbs	52.7	72.2
		Sugar	36.5	50.0
		Fibre	0.5	0.7
		Protein	3	4.1
		Salt	0.33	0.45
Portion weight (g)		137		
**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.				

CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Caramel Chouxnut with Crème Pat (V)	Water, Powdered Fondant (Sugar, Dried Glucose Syrup), Whipping Cream (MILK), EGG , Icing Sugar, Speculoos Spread (Caramelised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: SOYA Lecithins; Acidity Regulator: Citric Acid), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Dark Chocoate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithins; Natural Vanilla Flavour), Speculoos Biscuit Crumb (Caramelised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Salt, Cinnamon)), Rapeseed Oil, Modified Potato Starch, Sugar, Natural Flavouring, Modified Maize Starch, Caramelised Sugar Syrup, Salt. <i>May contains NUTS.</i>	per 100g	per portion (g)
		KJ	1622
		Kcal	388
		Fat	21.5
		Sat	8.3
		Carbs	42.5
		Sugar	32.0
		Fibre	0.7
		Protein	5.8
		Salt	0.41
		Portion weight (g)	83
		per 100g	per portion (g)
		KJ	1869
Pecan Pie (Vg)	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Brown Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Natural Flavouring), PECAN NUTS , Invert Sugar Syrup, Water, Coconut Milk (Coconut Extract, Water), Sugar, Shortening (Palm Oil, Rapeseed Oil), Flax Seeds, Glucose Syrup, Modified Maize Starch, Natural Flavouring, Salt, Modified Potato Starch, Thickeners: Guar Gum, Agar; Pastry Stabiliser (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pastry Stabiliser: L-Cysteine), Gelling Agent: Pectin; Caramelised Sugar Syrup. <i>May contains EGG, MILK and SOYA.</i>	Kcal	448
		Fat	26.3
		Sat	7.9
		Carbs	47.1
		Sugar	28.4
		Fibre	2.6
		Protein	4.3
		Salt	0.33
		Portion weight (g)	114
		per 100g	per portion (g)
		KJ	1542
		Kcal	369
Sticky Ginger Loaf (V)	Sponge Cake (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Black Treacle, Whole MILK , Soft Light Brown Sugar, EGG , Candied Ginger (5%) (Candied Ginger (Ginger, Sugar), Icing Sugar), Margarine (Vegetable Oils (Sustainable Palm, Rapeseed), Water, Salt, Emulsifier: Polyglycerol Esters Of Fatty Acids; Colours: Curcumin, Annatto Bixin), Flavourings), Coconut Oil, Ground Ginger (1%), Raising Agent (Sodium Bicarbonate), Salt), Topping [Caramel (7%) (Sweetened Condensed MILK (MILK , Sugar), Salted Butter (Butter (MILK), Salt), Glucose Syrup, Water, Sugar, Stabiliser: Pectin), Crystallised Ginger (3%), Mixed Spice]. <i>May contain NUTS, PEANUTS, SESAME, SOYA and SULPHITES.</i>	Fat	12.9
		Sat	7.8
		Carbs	56.7
		Sugar	33.0
		Fibre	1.1
		Protein	4.2
		Salt	0.86
		Portion weight (g)	109
		per 100g	per portion (g)
		KJ	1674
		Kcal	400
Coffee and Caramel Cake (Vg)	Sponge (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar, Rapeseed Oil, SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum; Water, Apple Puree, Coffee (1%), Raising Agents: Diphosphates, Sodium Carbonates; Salt, Natural Flavouring), Frosting [Icing Sugar, Violife Creamy (Water, Coconut Oil, Potato Starch, Sea Salt, Acidity Regulator: Glucono Delta-Lactone; Natural Flavourings, Olive, Vitamin B12), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Fava Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavourings, Colour: Carotenes), Water, Coffee (<1%)), Topping [Caramel (2%) [Sugar, Glucose Syrup, Water, Vegetable Fat (Shea), Partially Inverted Refiners Syrup, Fava Bean Flour, Caramelised Sugar, Salt, Emulsifiers: Mono- and Di-Glycerides of Fatty Acids, Lecithins (Sunflower, Rapeseed); Natural Flavouring]. <i>May contain EGG, MILK, NUTS, PEANUTS, SESAME and SULPHITES.</i>	Fat	18.0
		Sat	3.2
		Carbs	57.5
		Sugar	37.5
		Fibre	1.1
		Protein	2.7
		Salt	0.71
		Portion weight (g)	144
		per 100g	per portion (g)
		KJ	1673
		Kcal	398
Chocolate Fudge Cake (V)	Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Buttermilk (MILK), Fat Reduced Cocoa Powder (7.2%), Water, EGG , Dried Glucose Syrup, Palm Oil, EGG Yolk, Raising Agent: Sodium Bicarbonate; Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids; Acidity Regulator: Potassium Hydroxide. <i>May contain NUTS.</i>	Fat	15.8
		Sat	1.8
		Carbs	60.5
		Sugar	49.4
		Fibre	2.6
		Protein	3.9
		Salt	0.51
		Portion weight (g)	110
		per 100g	per portion (g)
		KJ	1819
		Kcal	435
Battenberg Layer Cake (V)	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; 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 delta-lactone, Sodium carbonates, Potassium tartrate; Maize Starch), Vanilla Flavouring, Concentrated Lemon Juice, Marzipan Flavouring, Colour: Anthocyanins, Caramelised Sugar Syrup.	Fat	21.1
		Sat	3.5
		Carbs	55.6
		Sugar	37.8
		Fibre	0.9
		Protein	4.4
		Salt	0.49
		Portion weight (g)	132
		per 100g	per portion (g)
		KJ	1819
		Kcal	435

CAKES

PRODUCT		INGREDIENTS		NUTRITIONAL INFO	
NEW Carrot Cake (Vg)	Carrot Cake [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar (Sugar, Cane Molasses), Carrots (13%), Pasteurised Orange Comminute, Rapeseed Oil, SOYA Drink (Water, SOYA Beans, 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, Fennel, Clove, Cardamon), Ground Cinnamon, Salt], Icing [Icing Sugar, Vegetable Fat (Shea Butter, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Rapeseed/Sunflower Lecithin; Lemon Juice, Natural Flavouring), Food Preparation with Coconut Oil (Water, Coconut Oil, Potato Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone; Natural Flavouring, Olive Oil, Vitamin B12), Orange Oil], Decoration [Pumpkin Seeds, Dried Marigold Petals]. <i>May contain other cereals containing GLUTEN, EGG, MILK, other NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.</i>	per 100g	per portion (g)		
		KJ	1539	2093	
		Kcal	366	498	
		Fat	13.8	18.8	
		Sat	3.4	4.6	
		Carbs	58.1	79.0	
		Sugar	37.0	50.3	
		Fibre	1.9	2.6	
		Protein	3.4	4.6	
		Salt	0.80	1.09	
		Portion weight (g)	136		
NEW Deluxe Dark Chcolate Cake (Vg)	Chocolate Cake [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soya Drink (Water, SOYA 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, Sodium Carbonates; Salt], Chocolate Ganache [Non Dairy Cream Alternative (Lentil Protein Preparation (Water, Lentil Flour), Rapeseed Oil, Coconut Fat, Sugar, Modified Potato Starch, Emulsifier: Polysorbate 60; Stabilisers: Methyl Cellulose, Xanthan Gum; Acidity Regulator: Trisodium Citrate; Natural Flavourings, Salt, Colour: Carotenes; 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 Flavouring), Light Brown Soft Sugar (Sugar, Cane Molasses, Invert Sugar Syrup), Salt]. <i>May contain other cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.</i>	per 100g	per portion (g)		
		KJ	1440	1858	
		Kcal	344	444	
		Fat	16.5	21.3	
		Sat	4.4	5.7	
		Carbs	45.5	58.7	
		Sugar	24.4	31.5	
		Fibre	3.0	3.9	
		Protein	4.8	6.2	
		Salt	0.52	0.67	
		Portion weight (g)	129		
NEW Pistachio Cream Bun (V)	WHEAT Flour, Pasteurized fresh cream (MILK) (19.2%), Sugar, Raspberries Purée (9.9%) (Raspberries, Sugar), EGGS , MILK , Butter (MILK), Water, Natural Yeast (WHEAT Flour, Water), Vegetable fat (Palm), PISTACHIOS paste (NUTS) (1.4%), Dextrose, Yeast, Candied orange peel paste (Orange Peel, Glucose-Fructose Syrup, Sugar), Candied lemon peel paste (Lemon Peel, Glucose-Fructose Syrup, Sugar), Salt, Starch, Fruit preparation based on Ciaculli late mandarine (Ciaculli late mandarin, Sugar, Glucose Syrup, Lemon Juice), Honey, Stabilisers Sorbitols Syrup and Hydroxypropyl cellulose, Blueberries purée (Blueberries, Sugar), Gelling agent Pectins, Emulsifiers Lecithins (of sunflower) and Mono- and diacetyl tartaric acid esters of mono and diglycerides of fatty acids, MILK Proteins, Natural Flavourings, Exhausted vanilla beans powder. <i>May contain other NUTS, MUSTARD, and SOYA.</i>	per 100g	per portion (g)		
		KJ	1327	1261	
		Kcal	317	301	
		Fat	16.3	15.5	
		Sat	9.5	9.0	
		Carbs	32.6	31.0	
		Sugar	17.7	16.8	
		Fibre	7.2	6.8	
		Protein	6.4	6.0	
		Salt	0.36	0.34	
		Portion weight (g)	95		
NEW Cherry & Coconut Mini Loaf (V/GF)	Free Range Pasteurised Whole EGG , Caster Sugar, Gluten Free Flour (Rice, Tapioca, Potato, Thickener: Xanthan 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. <i>May contain other MILK, NUTS, and SOYA.</i>	per 100g	per portion (g)		
		KJ	1659	1078	
		Kcal	397	258	
		Fat	21.5	14.0	
		Sat	6.7	4.4	
		Carbs	46	30.0	
		Sugar	31.4	20.4	
		Fibre	1.9	1.3	
		Protein	4.4	2.9	
		Salt	0.62	0.40	
		Portion weight (g)	65		

MUFFINS & CUPCAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
Blueberry Muffin (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, EGG , Rapeseed Oil, Blueberry (11%), Blueberry Puree (9%) (Blueberry, Sugar, Water, Modified Maize Starch, Preservative: Potassium sorbate; Natural Flavouring, Acidity regulator: Citric acid), Water, Buttermilk (MILK) (2%), Raising Agents: Potassium carbonates, Sodium carbonates, Diphosphates, Calcium phosphates; Inulin, Palm Oil, MILK Proteins, WHEAT Starch, Modified Maize Starch, WHEAT Gluten, Preservative: Potassium sorbate, Emulsifiers: Mono-and diglycerides of fatty acids, Polyglycerol esters of fatty acids; Stabiliser: Xanthan gum; Salt, Glucose Syrup, Lemon Oil, Acidity regulator: Citric acid, Natural Flavourings, Colour: Carotenes.	KJ	1431
		Kcal	342
		Fat	15.5
		Sat	1.8
		Carbs	44.1
		Sugar	21.1
		Fibre	1.2
		Protein	5.8
		Salt	0.44
		Portion weight (g)	105
Sicilian Lemon Curd Muffin (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, EGG , Rapeseed Oil, Sicilian Lemon filling (9%) [Sugar, EGG , Butter (MILK), Water, Concentrated Lemon Juice (Lemon, Sodium Metabisulphite (SULPHITES), Potassium Metabisulphite (SULPHITES)), Gelling agent: Agar, Lemon Oil], Inulin, Lemon Zest (4%), Water, Buttermilk (MILK), Glucose Syrup, Raising Agents: Potassium carbonates, Sodium carbonates, Calcium phosphates, Diphosphates; Palm Oil, MILK Proteins, WHEAT Starch, Modified Maize Starch, Natural Flavourings, Preservative: Potassium sorbate, WHEAT Gluten, Emulsifiers: Mono- and diglycerides of fatty acids, Polyglycerol esters of fatty acids; Stabiliser: Xanthan gum, Salt, Humectants: Sorbitol syrup, Glycerol; Acidity regulator: Citric acid, Preservative: Sodium Metabisulphite (SULPHITES), Colour: Carotenes.	per 100g	per portion (g)
		KJ	1487
		Kcal	354
		Fat	15.1
		Sat	2.2
		Carbs	50.0
		Sugar	24.9
		Fibre	4.7
		Protein	5.0
		Salt	0.45
Mini Egg Cupcake (V)	Cake Flour (WHEAT Flour [with added Iron, Calcium, Thiamine, Niacin], Sugar, Whole Dried Free-range EGG Powder, Modified Maize Starch, Raising Agents: Diphosphates, Sodium Carbonates; Skimmed MILK Powder, Salt, Free Range EGG Albumen, Natural Flavour, Colour: Carotenes], Water, Green Coloured Vanilla Buttercream (15%) [Icing Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids; Flavouring, Colouring: Annatto, Curcumin), Vanilla Flavour (Water, Propylene Glycol, Caramelised Sugar Syrup, Thickener: Xanthan Gum; Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate), Moss Green Colour (Humectant: Glycerol; Colours: Coppercomplexes of chlorophyll, Riboflavin)], Yellow Coloured Vanilla Buttercream (15%) [Icing Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids; Flavouring, Colouring: Annatto, Curcumin), Vanilla Flavour (Water, Propylene Glycol, Caramelised Sugar Syrup, Thickener: Xanthan Gum; Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate), Yellow Natural Colour (Water, Emulsifier: Polysorbate 80, Mono Propylene Glycol; Colour: Turmeric)], Mixed Fruit Jam [Glucose-Fructose Syrup, Mixed Fruits (Apples, Plums, Rhubarb), SULPHITES , Colour: Anthocyanins; Gelling Agent: Pectin; Citric Acid, Flavouring, Acidity Regulator: Sodium Citrates; Preservative: Potassium Sorbate; Anti-oxidant: Ascorbic Acid], Rapeseed Oil, MILK Chocolate Egg Shaped Sweets (2.4%) [MILK Chocolate (Sugar, Cocoa Butter, Skimmed MILK Powder, Cocoa 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, Copper 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]]]. <i>May contain other cereals containing GLUTEN and NUTS.</i>	per 100g	per portion (g)
		KJ	1644
		Kcal	392
		Fat	20.0
		Sat	4.2
		Carbs	56.0
		Sugar	38.0
		Fibre	0.5
		Protein	3.0
		Salt	0.70
NEW Summer Cupcakes (V)	Pink 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, Pink 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: Potassium Sorbate), Purple Natural Colour (Water, Monopropylene Glycol, Colour: Carmine, Spirulina Extract; Preservative: Citric Acid; Emulsifier: Polysorbate 80)], Mixed Fruit Jam [Glucose-Fructose Syrup, Mixed Fruits (Apples, Plums, Rhubarb), SULPHITES , Colour: Anthocyanins; Gelling Agent: Pectin; Citric Acid, Flavouring, Acidity Regulator: Sodium Citrates; Preservative: Potassium Sorbate; Anti-oxidant: Ascorbic Acid], Rapeseed Oil, Flower Shaped 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]],..	per 100g	per portion (g)
		KJ	1640
		Kcal	391
		Fat	18.0
		Sat	4.0
		Carbs	55.0
		Sugar	42.0
		Fibre	0.5
		Protein	3.0
		Salt	0.40
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; Skimmed MILK Powder, Salt, Free Range EGG Albumen, Natural Flavour, Colour: Carotenes], Water, Orange 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: 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: Anthocyanins; Gelling Agent: Pectin; Citric Acid, Flavouring, Acidity Regulator: Sodium Citrates; Preservative: Potassium Sorbate; Anti-oxidant: Ascorbic Acid], Rapeseed Oil, Flower Shaped Chocolate (2.4%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: Sunflower Lecithin; Natural Vanilla Flavouring, Paprika Extract, Colouring: Lutein], Orange Sugar Sprinkles (0.8%) [Sugar, Rice Flour, Sunflower Oil, Potato starch, Colour: Safflower, Lemon, Radish, Blackcurrant]]. <i>May contain other cereals containing GLUTEN, NUTS and SOYA.</i>	per 100g	per portion (g)
		KJ	1640
		Kcal	391
		Fat	18.0
		Sat	4.0
		Carbs	55.0
		Sugar	42.0
		Fibre	0.5
		Protein	3.0
		Salt	0.40

TRAYBAKES			
PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Caramel Shortbread (V)	Shortbread (44%) (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (MILK), Sugar, Maize Starch, Salt), Caramel (40%) (Sweetened Condensed MILK , Glucose Syrup (SULPHITES), Unsalted Butter (MILK), Invert Sugar Syrup, Palm Oil, Salted Butter (MILK), Sugar, Salt, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Natural Flavouring), Milk Chocolate (16%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Natural Flavouring). <i>May contain NUTS and EGG.</i>	per 100g	per portion (g)
		KJ 2133	1386
		Kcal 511	332
		Fat 30.3	19.7
		Sat 18.1	11.8
		Carbs 54.0	35.1
		Sugar 30.5	19.8
		Protein 4.9	3.2
		Salt 0.62	0.40
		Portion weight (g)	65
Super Dark Brownie (Vg)	Dark chocolate 17% (cocoa mass, sugar, fat-reduced cocoa powder, emulsifier (sunflower lecithin), natural vanilla flavouring - contains cocoa solids 74%), coconut oil, dark brown sugar, sugar, WHEAT flour (calcium carbonate, iron, niacin, thiamin), apple puree, water, plant cream (lentil preparation (water, lentil protein), vegetable oils (coconut, rapeseed), sugar, modified potato starch, emulsifier (polysorbate 60), stabiliser (methylcellulose, xanthan gum), acidity regulator (trisodium citrate), natural flavour, salt, colour (carotene)), fat-reduced cocoa powder, cocoa nibs 3.5%, black treacle, flaxseeds, natural vanilla extract, sea salt flakes 0.5%, raising agent (diphosphates, sodium carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)). <i>May contain MILK, EGG, PEANUTS, NUTS, SULPHUR DIOXIDE and other cereals containing GLUTEN.</i>	per 100g	per portion (g)
		KJ 1941	1242
		Kcal 464	297
		Fat 30.0	19.2
		Sat 22.0	14.1
		Carbs 47.0	30.1
		Sugar 34.0	21.8
		Fibre 3.4	2.2
		Protein 4.5	2.9
		Salt 0.71	0.45
Triple Chocolate Brownie** (V)	Free range EGG , dark chocolate 16% (cocoa mass, sugar, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring - contains cocoa solids 72%), coconut oil, soft light sugar, sugar, dark chocolate 7% (sugar, cocoa mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring - contains cocoa solids 47%, fat free cocoa solids 14%), milk chocolate 7% (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier (SOYA lecithin), natural vanilla flavouring - contains cocoa solids 27%, milk solids 20%), fat-reduced cocoa powder, gluten-free flour blend (rice, potato, tapioca, maize, buckwheat), rapeseed oil, double cream (MILK), salt, raising agent (mono calcium phosphate, corn starch, sodium bicarbonate), stabiliser (xanthan gum). <i>May contain cereals containing GLUTEN, NUTS and SULPHUR DIOXIDE.</i>	per 100g	per portion (g)
		KJ 2098	1322
		Kcal 504	317
		Fat 32.6	20.5
		Sat 21.4	13.5
		Carbs 42.4	26.7
		Sugar 37.0	23.3
		Fibre 4.3	2.7
		Protein 6.2	3.9
		Salt 0.36	0.23
Yoghurt Apple & Blackcurrant Flapjack (V)	OATS (27%), Bramley Apples (16%), Pure Vegetable Margarine (Certified Sustainable Palm Oil, Rapeseed Oil, Salt), Yoghurt Flavoured Topping (13%) (Sugar, Hydrogenated Palm Kernel Oil, Whey Powder (MILK), Skimmed MILK Powder, Yoghurt Powder (MILK), Emulsifier: Sunflower Lecithin, Citric Acid), Light Brown Soft Sugar, Blackcurrants (6%), Golden Syrup, Caster Sugar, Sunflower Oil, Thickener: Tapioca Starch. <i>May contain SULPHUR DIOXIDE.</i>	per 100g	per portion (g)
		KJ 1704	2334
		Kcal 408	558
		Fat 21.2	29.0
		Sat 8.8	12.0
		Carbs 47.8	65.4
		Sugar 27.2	37.2
		Fibre 3.0	4.1
		Protein 5.0	6.8
		Salt 0.20	0.27
Rocky Road	Margarine (Palm Fat, Rapeseed Oil, Water, Salt, Emulsifier: Polyglycerol Esters of Fatty Acids, Colours: Curcumin, Annatto, Flavourings), Milk Chocolate (25%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Flavour), Biscuit Crumb (21%) (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Oils (Palm Oil [SG], Rapeseed Oil), Sugar, Partially Inverted Sugar Syrup, Raising Agents: Sodium Carbonates, Ammonium Carbonates, Salt), Biscuit Pieces (17%) (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine), Wholemeal WHEAT Flour, Vegetable Shortening (Palm Oil [SG], Rapeseed Oil), Sugar, Partially Invert Sugar Syrup, Raising Agents (Sodium Carbonates, Ammonium Carbonates), Salt), Golden Syrup (Invert Sugar Syrup), Caramel Pieces (2.5%) (Sugar, Sweetened Condensed MILK , Glucose Syrup (SULPHITES), Palm Oil [MB, SG], Salt), White Chocolate Chips (Sugar, Cocoa Butter, Full Cream MILK Powder, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Marshmallows (1.7%) (Glucose-fructose Syrup, Sugar, Water, Pork Gelatine, Anti-caking Agent: Maize Starch, Colour: Beetroot Red, Flavouring), Caramel Drizzle (0.8%) (Sugar, Glucose Syrup (Preservative: Sulphur Dioxide (SULPHITES), Palm Fat [SG], Sweetened Condensed MILK , Rapeseed Oil, Water, Salt, Flavouring, Emulsifiers: SOYA Lecithin, Colour: E100, E160b), White Chocolate Flavour Drizzle (Sugar, Palm Oil [MB], Whey Powder (MILK), Emulsifier: Sunflower Lecithin, Rapeseed Lecithin), Natural Flavouring). <i>May contain NUTS, and EGGS.</i>	per 100g	per portion (g)
		KJ 2204	1477
		Kcal 529	354
		Fat 34.0	23.0
		Sat 17.0	11.0
		Carbs 49.0	31.0
		Sugar 30.0	20.0
		Fibre 1.8	1.2
		Protein 5.6	3.8
		Salt 0.90	0.60
Blackberry & Apple Crumble Jack** (Vg)	Flapjack Base (Gluten Free OATS , Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Margarine (Vegetable Oils (Sustainable Palm, Rapeseed), Water, Salt, Emulsifier: Polyglycerol Esters Of Fatty Acids; Colours: Curcumin, Annatto Bixin; Flavourings), Light Brown Soft Sugar, Invert Sugar Syrup), Jam Filling (Apple (13%), Sugar, Blackberries (9%), Gelling Agent: Pectin), Crumble (Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Coconut Oil, Demerara Sugar, Gluten Free Jumbo OATS). <i>May contain cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA and SULPHITES.</i>	per 100g	per portion (g)
		KJ 1584	1442
		Kcal 379	345
		Fat 14.5	13.2
		Sat 7.4	6.7
		Carbs 59.8	54.4
		Sugar 32.6	29.7
		Fibre 2.5	2.3
		Protein 3.4	3.1
		Salt 0.22	0.20

TRAYBAKES		
PRODUCT	INGREDIENTS	NUTRITIONAL INFO
Maple Syrup Flapjack (Vg)	Flapjack (Gluten Free OATS (44%)), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Faba Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavourings, Colour: Carotenes), Soft Light Brown Sugar, Invert Sugar Syrup, Maple Syrup (7%)). <i>May contain cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.</i>	per 100g per portion (g)
		KJ 1888 1718
		Kcal 451 410
		Fat 18.7 17.0
		Sat 9.5 8.6
		Carbs 66.9 60.9
		Sugar 34.2 31.1
		Fibre 4.7 4.3
		Protein 6.0 5.5
		Salt 0.36 0.33
Cherry Bakewell (V)	Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sour Cherries (15%), Salted Butter (Butter (MILK), Salt), EGG , Coconut Oil, Ground ALMONDS (NUTS) (7%), Lemon Zest, Flaked ALMONDS (NUTS) (2%), Natural Flavouring Substances, Snow Dusting (Dextrose, WHEAT Starch, Vegetable Oil (Sustainable Palm, Rapeseed), Salt, Natural Flavouring), Raising Agents: Diphosphates, Sodium Carbonates. <i>May contain cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.</i>	per 100g per portion (g)
		KJ 1809 1357
		Kcal 432 324
		Fat 26.3 19.7
		Sat 16.0 12.0
		Carbs 46.7 35.0
		Sugar 28.5 21.4
		Fibre 1.9 1.4
		Protein 5.3 4.0
		Salt 0.15 0.10
Mini Egg Tiffin (V)	Biscuit Crumb and Pieces (34%) (WHEAT Flour (with added Calcium, Iron, Niacin, Thiamine), Wholemeal WHEAT Flour, Vegetable Oil (Palm[SG]), Sugar, Partially-inverted Sugar Syrup, Raising Agents: Sodium Bicarbonate, Malic Acid, Ammonium Bicarbonate, Disodium Diphosphate; Glucose-Fructose Syrup, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Fatty Acids; Dried Skimmed MILK , Dried Whey Powder (MILK), BARLEY Malt Extract], 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 Polyricinoleate, Sorbitan Tristearate; Natural Flavouring (Vanilla)], Margarine [Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier: Polyglycerol Esters of Fatty Acids; Colours: Curcumin, Lutein; Flavourings], MILK Chocolate 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: Gum Arabic; Dextrinised Tapioca Starch, Colours: Curcumin, Anthocyanins, Plain Caramel, Carotenes, Copper Chlorophyllin, Beetroot Juice Concentrate, Spirulina Extract], Golden Syrup, White Chocolate Drizzle (1.5%) [Sugar, Vegetable Oil (Palm), Whey Powder (MILK), WHEAT Flour, Emulsifier: Sunflower Lecithin; Natural Flavouring]. <i>May contain NUTS, EGG, and SULPHITES.</i>	per 100g per portion (g)
		KJ 1967 1751
		Kcal 543 483
		Fat 36.0 32.0
		Sat 18.0 16.0
		Carbs 50.0 44.0
		Sugar 32.0 29.0
		Fibre 1.6 1.4
		Protein 4.3 3.8
		Salt 0.70 0.60
NEW Blackcurrant Bakewell (Vg)	Sugar, Vegetable Fat [Vegetable Oils (Sunflower, Rapeseed)], Coconut Oil, Water, Sea Salt, Faba Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavouring, Colour: Carotenes), Ground ALMONDS (NUTS) (17%), 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 Agents: Diphosphates, Sodium Carbonates; Natural Flavouring, Salt. <i>May contain cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.</i>	per 100g per portion (g)
		KJ 1756 1264
		Kcal 420 302
		Fat 27.5 19.8
		Sat 10.4 7.5
		Carbs 39.9 28.7
		Sugar 22.4 16.1
		Fibre 3.0 2.2
		Protein 6.4 4.6
		Salt 0.51 0.37
Portuguese Tarts (V)	Sugar, MILK , WHEAT Flour, Water, Margarine (Sustainable Palm Oil, Water, Rapeseed Oil, Emulsifiers: Lecithin, Mono and Diglycerides of Fatty Acids, Poly Esters of Fatty Acids; Salt, Acidity Regulator; Citric Acid; Flavouring, Colour: Beta Carotene, Antioxidant: Alpha-tocopherol), EGG Yolk, Liquid EGG , Maize Starch, Salt, Natural Vanilla Flavouring. <i>May contain cereals containing GLUTEN, EGG, MILK, NUTS, SOYA, and SULPHITES.</i>	per 100g per portion (g)
		KJ 1168 759
		Kcal 278 181
		Fat 11.4 7.4
		Sat 5.2 3.4
		Carbs 40.2 26.1
		Sugar 25.1 16.3
		Protein 4.1 2.7
		Salt 0.35 0.23
		Portion weight (g) 65
NEW Tarte Au Citron (V)	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 (Palm & 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 Lactose MILK), Acidity Regulator: Citric Acid; Colour: Beta Carotene], Sweet Snow [Dextrose, Sugar, Cornflour, Vegetable Oil (Palm)], Apricot Glaze [Glucose-Fructose Syrup, Water, Sugar, Apricot Puree, Gelling Agents: Amidated Pectin, Carrageenan, Xanthan Gum; Acidity Regulators: Citric Acid, Trisodium Citrate, Tricalcium Phosphate; Flavouring, Preservative: Potassium Sorbate; Firming Agent: Potassium Chloride; Colour: Paprika Extract], Lemon Juice Concentrate (1%). <i>May contain cereals containing GLUTEN, and NUTS.</i>	per 100g per portion (g)
		KJ 1577 1797
		Kcal 378 431
		Fat 20.9 23.8
		Sat 11.2 12.8
		Carbs 42.2 48.1
		Sugar 26.9 30.7
		Fibre 2.8 3.2
		Protein 3.8 4.3
		Salt 0.54 0.62

DESSERTS				
PRODUCT	INGREDIENTS	NUTRITIONAL 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 (Cocoa Mass, Sugar, Cocoa Butter, Natural Vanilla Flavour, Emulsifier: SOYA Lecithin), Margarine (Vegetable Oil, Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids, Colour: Curcumin, Annatto Bixin; Flavouring), Water, Chocolate Muffin Sponge (Chocolate Muffin Sponge [Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Powdered EGG , Fat Reduced Cocoa Powder, Salt, Whey Solids (MILK), Modified Maize Starch, Vegetable Oil, Flavouring, Stabiliser: Xanthan Gum; Emulsifier: Sodium Stearoyl-2-Lactylate, Propylene Glycol Esters of Fatty Acids; Raising Agent: Diphosphates, Potassium Carbonates]), Oreo Cookies (WHEAT Flour, Sugar, Palm Oil, Fat Reduced Cocoa Powder, WHEAT Starch, Glucose-Fructose Syrup, Emulsifier: SOYA Lecithin; Salt, Raising Agent: Sodium Hydroxide, Ammonium Carbonates, Sodium Carbonates, Potassium Carbonates; Flavouring), Neutral Fond (Sugar, Dried Glucose Syrup, Beef Gelatine, Modified Starch, Dried EGG Yolk, Salt, Raising Agent: Disodium Pyrophosphate; Rapeseed Oil, Invert Sugar Syrup, Dark Chocolate Shaving [Sugar, Cocoa Mass, Cocoa Butter, Natural Vanilla Flavour, Emulsifier: SOYA Lecithin], Cocoa Powder, Beef Gelatine, Concentrated Vanilla Flavour Liquid (Flavouring, Colour: Ammonia Caramel).	per 100g	per portion (g)	
		KJ	1962	3002
		Kcal	479	733
		Fat	34.1	52.2
		Sat	11.4	17.4
		Carbs	35.7	54.6
		Sugar	17.1	26.2
		Fibre	2.1	3.2
		Protein	5.5	8.4
		Salt	0.59	0.90
		Portion weight (g)	153	
Lotus Biscoff Cheesecake (V)	Full Fat Soft Cheese (37%) [Skimmed MILK , Cream (MILK), Salt, Preservative (Potassium Sorbate), Lactic Culture (MILK), Microbial Rennet], Biscoff Paste (20% [Crushed Caramelised Biscuit (WHEAT Flour, Sugar, Vegetable Oils (Palm & Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), SOYA Flour, Salt, Cinnamon], Rapeseed Oil, Sugar, Emulsifier (SOYA Lecithin), Acid (Citric Acid), Pasteurised Liquid Whole EGG , Biscoff Crushed Caramelised Biscuit (14%) (WHEAT Flour, Sugar, Vegetable Oils (Palm & Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Soya Flour, Salt, Cinnamon), Sugar, Double Cream (MILK), Margarine [Vegetable Oils (Palm & Rapeseed), Water, Salt, Emulsifier (Polyglycerol Esters of Fatty Acids), Colours (Cucurmin, Annatto), Flavourings], Dark Chocolate [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring]. <i>May contain NUTS.</i>	per 100g	per portion (g)	
		KJ	1644	2334
		Kcal	394	560
		Fat	25.2	35.7
		Sat	9.8	14.0
		Carbs	33.8	48.0
		Sugar	22.8	32.4
		Protein	8.0	11.3
		Salt	0.60	0.86
		Portion weight (g)	142	
		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), Emulsifier 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). <i>May contain NUTS.</i>	per 100g
KJ	1167			1004
Kcal	279			240
Fat	14.5			12.4
Sat	9.4			8.1
Carbs	32.6			28.0
Sugar	20.2			17.4
Fibre	0.7			0.6
Protein	5.0			4.3
Salt	0.12			0.10
Portion weight (g)	86			
Salted Caramel Slice	Cream (MILK), Digestive Crumb (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Oil, Sugar, Partially Inverted Sugar Syrup, Raising Agents: Sodium Carbonates, Ammonium Carbonates; Salt), Caramel Muffin Sponge Pieces (Toffee Cream Cake Mix (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Demerara Sugar, Modified Maize Starch, Vegetable Oil, Flavouring, Salt, Powdered EGG , Natural Flavouring, WHEAT Gluten, Whey Solids (MILK), Colour: Carotenes, Ammonia Caramel; Raising Agents: Disodium Pyrophosphate, Sodium Carbonates; Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids, Propylene Glycol Esters of Fatty Acids), Liquid EGG , Rapeseed Oil), Banoffee Toffee Sauce (Condensed MILK (Sugar, Cream (MILK)), Margarine (Coconut Oil, Rapeseed Oil, Water, Shea Fat, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids; Flavouring, Colour: Beta-Carotene), Caramel Compound Paste (Glucose Syrup, Caramelised Sugar Syrup, Invert Sugar Syrup, Natural Flavouring)), Water, White Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier SOYA Lecithin, Natural Vanilla Flavour), Lotus Biscoff Crumb (WHEAT Flour, Sugar, Vegetable Oil, Sugar Syrup, Salt, Raising Agent: Sodium Bicarbonate; Cinnamon, SOYA Flour), Margarine (Vegetable Oil, Water, Salt, Colour: Curcumin, Annatto Bixin; Flavouring, Emulsifiers: Mono- and Diglycerides of Fatty Acids), Caramel Fudge Cubes (Sugar, Condensed MILK , Fondant (Sugar, Glucose, Water), Glucose Syrup, Palm Oil, Water, Salt), Neutral Fond (Sugar, Dried Glucose Syrup, Beef Gelatine, Modified Starch, Dried EGG Yolk, Acidity Regulator: Diphosphates; Salt), Invert Sugar Syrup, Beef Gelatine, Salt.	per 100g	per portion (g)	
		KJ	1840	2686
		Kcal	442	645
		Fat	28.8	42.1
		Sat	9.7	14.2
		Carbs	40.2	58.7
		Sugar	24.0	35.0
		Fibre	0.8	1.1
		Protein	5.5	8.0
		Salt	0.99	1.44
		Portion weight (g)	146	
SANDWICHES				
PRODUCT	INGREDIENTS	NUTRITIONAL 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 Diacetyl/tartaric 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 Nitrite; Natural Flavouring, Natural Beechwood Smoke], Seasoned Mayonnaise [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%). <i>May contain MILK, MUSTARD, and SOYA.</i>	per 100g	per portion (g)	
		KJ	1111	2222
		Kcal	266	532
		Fat	15.2	30.4
		Sat	2.2	4.4
		Carbs	22.4	44.8
		Sugar	2.0	4.0
		Fibre	2.1	4.2
		Protein	11.0	22.0
		Salt	1.35	2.70
		Portion weight (g)	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 Juice, Flavouring, Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract], Red Onion (5%), Mixed Leaf (4%). <i>May contain SOYA and MUSTARD.</i>	per 100g	per portion (g)	
		KJ	1065	2077
		Kcal	254	495
		Fat	12.2	23.8
		Sat	4.1	8.0
		Carbs	27.9	54.4
		Sugar	5.3	10.3
		Fibre	2.3	4.5
		Protein	9.4	18.3
		Salt	1.24	2.42
		Portion weight (g)	195	

PANINI			
PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Brie & Bacon Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Brie Full Fat Soft Cheese (12%) (MILK), Chipotle Chilli Jam (12%) [Sugar, Red Pepper, White Grape Vinegar, Water, Tomato Paste, Chipotle Chilli Paste (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acidity Regulator: Acetic Acid; Dried Onion, Concentrated Lemon Juice, Salt, Garlic Purée), Beechwood Smoked Bacon (12%) [Pork, Salt, Antioxidants: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite; Natural Beechwood Smoke]. May contain EGG and MUSTARD.	per 100g	per portion (g)
		KJ	1255
		Kcal	298
		Fat	9.4
		Sat	4.6
		Carbs	42.2
		Sugar	9.3
		Fibre	2.7
		Protein	12.6
		Salt	0.89
Chicken & Pesto Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT, Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Chicken Pesto Mix (40%) [Cooked Chicken (60%) (Chicken Breast, Cornflour, Potato Starch, Stabiliser: Triphosphate; Starch Blend (Tapioca Starch, Rice Starch, Bamboo Fibre), Salt)], Pesto (19%) (Basil Paste (Basil, Sunflower, Oil, Salt, Antioxidant: Ascorbic Acid), Vegetable Oil (Sunflower Oil, Rapeseed Oil), Medium Fat Hard Cheese (MILK), Extra Virgin Olive Oil, Garlic Purée, Acidity Regulator: Citric Acid), Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Spirit Vinegar, Salt, Sugar, Flavours, Lemon Juice Concentrate, Antioxidant: Calcium Disodium EDTA), Mature Cheddar Cheese (8%) (MILK)], Mozzarella Cheese (10%) (MILK). May contain MUSTARD.	per 100g	per portion (g)
		KJ	1203
		Kcal	287
		Fat	13.3
		Sat	3.5
		Carbs	25.9
		Sugar	0.4
		Fibre	1.2
		Protein	15.3
		Salt	1.00
Mozzarella & Tomato Panini (V)	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented RYE, Salt), Salt, Yeast, Malted WHEAT Flour], Tomato (18%), Mozzarella Cheese (15%) (MILK), Cheese and Pesto [Mature Cheddar Cheese (MILK), Pesto (Basil Paste (Basil, Sunflower Oil, Salt, Antioxidant: Ascorbic Acid), Vegetable Oil, Medium Fat Hard Cheese (MILK), Extra Virgin Olive Oil, Garlic Purée, Acidity Regulator; Citric Acid]. May contain EGG, and MUSTARD.	per 100g	per portion (g)
		KJ	1053
		Kcal	251
		Fat	8.7
		Sat	4.0
		Carbs	31.2
		Sugar	2.4
		Fibre	1.7
		Protein	11.0
		Salt	0.89
Tuna Melt Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented RYE, Salt), Salt, Yeast, Malted WHEAT Flour], Tuna Melt Mix [Pole and Line Caught Tuna (38%) (FISH) (Skipjack Tuna (Katsuwonus Pelamis), Water, Salt)], Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Spirit Vinegar, Salt, Sugar, Flavouring, Lemon Juice from Concentrate, Acidity Regulator: Calcium Disodium EDTA), Red Pepper (8%), Slow Roasted Tomato (6%) (Tomato, Rapeseed Oil, Salt, Garlic, Oregano), Red Onion (4%), Parsley, Lemon Juice from Concentrate (Lemon Juice from Concentrate, Preservative: Potassium Metabisulphite (SULPHITE))], Mature Cheddar Cheese (5%) (MILK). May contain MUSTARD.	per 100g	per portion (g)
		KJ	1145
		Kcal	273
		Fat	12.1
		Sat	2.1
		Carbs	29.3
		Sugar	2.5
		Fibre	1.5
		Protein	12.7
		Salt	0.90
Ham Hock & Cheddar Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Cheese Sauce Mix (23%) [White Sauce (Water, Rapeseed Oil, Modified Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock (Salt, Maltodextrin, Yeast Extract, Sugar, Vegetables (Onion, Parsnip), Carrot Extract, Rapeseed Oil, Tomato, Lovage), Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Mature Cheddar Cheese (25%) (MILK, Potato Starch), Italian Hard Cheese (24%) (MILK, Salt, Vegetarian Rennet, Lysozyme (EGG)], Dijon Mustard (Water, MUSTARD Seed, Spirit Vinegar, Salt, Preservative: Sodium Hydrogen SULPHITE)], Pulled Ham Hock (17%) [Pork, Brine (Water, Low Sodium Sea Salt, Preservatives: Sodium Nitrate, Sodium Nitrite)]. May contain other cereals containing GLUTEN.	per 100g	per portion (g)
		KJ	1068
		Kcal	254
		Fat	9.0
		Sat	3.1
		Carbs	30.8
		Sugar	1.1
		Fibre	2.0
		Protein	13.5
		Salt	1.17

TOASTIES			
PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Ham & Cheese Toastie	Grilled Cheese Topped Bread [White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, SOYA Flour, Preservative: Calcium propionate; Emulsifiers: Mono- and diacetyltartaric acid esters of mono- and diglycerides of fatty acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein (MILK), Sugar, Stock (CELERY), Acidity Regulator: Lactic acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Mature Cheddar Cheese (12%) (MILK), Mozzarella Cheese (12%) (MILK)], Cooked Dry Cured Formed Ham (18%) (Pork, Mineral Sea Salt, Brown Sugar, Stabilisers: Potassium Triphosphate, Sodium Triphosphate, Tetrapotassium Diphosphate; Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite], Mature Cheddar Cheese (10%) (MILK), Seasoned White Sauce [White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein (MILK), Sugar, Stock (CELERY), Acidity Regulator: Lactic acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Cracked Black Pepper]. <i>May contain EGG, and MUSTARD.</i>	per 100g	per portion (g)
		KJ	1920
		Kcal	460
		Fat	22.1
		Sat	9.9
		Carbs	38.9
		Sugar	2.8
		Fibre	2.0
		Protein	26.9
		Salt	2.60
		Portion weight (g)	197
		per 100g	per portion (g)
		KJ	1820
Mushroom & Emmental Toastie (V)	Grilled White Bloomer Bread [White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, SOYA Flour, Preservative: Calcium Propionate; Emulsifiers: Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Mozzarella (18%) (MILK), Mature Cheddar Cheese (18%) (MILK), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock (CELERY), Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Spices, Preservative: Potassium Sorbate)], Mushroom and Emmental Mix (33%) [Emmental Cheese (30%) (MILK), Full Fat Soft Cheese (30%) (MILK), Roasted Chestnut Mushrooms (30%) (Chestnut Mushrooms, Rapeseed Oil, Salt, Coarse Black Pepper), Mushroom and Porcini Tapenade (10%) (Grilled Mushrooms, Rapeseed Oil, Porcini Mushrooms, Concentrated Lemon Juice, Salt, Dehydrated Porcini Mushroom Powder, Garlic, Parsley, Chive)]. <i>May contain EGG, and MUSTARD.</i>	KJ	437
		Kcal	22.8
		Fat	12.0
		Sat	37.9
		Carbs	3.2
		Sugar	2.3
		Fibre	2.3
		Protein	20.3
		Salt	1.90
		Portion weight (g)	181
		per 100g	per portion (g)
		KJ	1949
Cheese & Tomato Toastie (V)	Grilled Cheese Topped Bread (White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, SOYA Flour, Preservative: Calcium Propionate; Emulsifiers: Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Mozzarella (17%) (MILK), Mature Cheddar Cheese (17%) (MILK), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock (CELERY), Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Spices, Preservative: Potassium Sorbate), Marinated Slow Roasted Cherry Tomato (7%) (Cherry Tomatoes (93%), Rapeseed Oil, Salt, Oregano, Garlic), Mascarpone and Tomatade Dressing (15%) [Mascarpone (50%) (Cream (MILK), Acidity Regulator: Citric Acid), Tomato Sauce (Tomato Purée, Salt, Sugar, Sunflower Oil, Oregano, Basil, White Pepper, Onion, Acidity Regulator: Citric Acid), Sunblush®Tomatade (3%) (Slow Roast Tomatoes, Tomato Concentrate, Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic), Parsley, Cracked Black Pepper], Mozzarella (8%) (MILK), Marinated Slow Roasted Cherry Tomato (7%) (Cherry Tomatoes, Rapeseed Oil, Salt, Oregano, Garlic). <i>May contain EGG and MUSTARD.</i>	KJ	465
		Kcal	21.5
		Fat	11.3
		Sat	50.6
		Carbs	6.4
		Sugar	4.8
		Fibre	2.7
		Protein	19.8
		Salt	1.67
		Portion weight (g)	178
		per 100g	per portion (g)
		KJ	2270
Feta and Tomato Sourdough Toastie (V)	Sourdough Bread [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Malted BARLEY , RYE Flour], Feta Cheese (11%) [Sheep MILK , Goats MILK], Red Pepper (11%), Semi Dried Marinated Tomato (8%) [Tomato, Sunflower Oil, Salt, Garlic, Oregano], Black Pepper Mayonnaise (Mayonnaise (Rapeseed Oil, Water, EGG , Spirit Vinegar, Salt, Sugar, Flavouring, Concentrated Lemon Juice, Antioxidant: Calcium Disodium EDTA), Black Pepper), Rocket (3%), Vinegar Glaze (2%) [Balsamic Vinegar (Wine Vinegar (Wine, Water, Antioxidant: SULPHITES), Concentrated Grape Must, Colour: SULPHITE Ammonia Caramel], Concentrated Grape Must, Wine Vinegar (Wine, Antioxidant: SULPHITES), Thickener: Modified Starch; Colour: SULPHITE Ammonia Caramel]. <i>May contain MUSTARD.</i>	KJ	541
		Kcal	17.2
		Fat	6.5
		Sat	6.5
		Carbs	78.9
		Sugar	10.3
		Fibre	4.8
		Protein	19.8
		Salt	2.82
		Portion weight (g)	264
		per 100g	per portion (g)
		KJ	1900
Bacon Bap	White Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, WHEAT Malt Flour, Bakery Improver: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin); Flour Treatment Agent: Ascorbic Acid], Beechwood Smoked Streaky Bacon (32%) [Pork, Salt, Antioxidants: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite; Natural Beechwood Smoke], Butter (MILK). <i>May contain EGG, and MUSTARD.</i>	KJ	455
		Kcal	24.0
		Fat	10.6
		Sat	37.6
		Carbs	3.0
		Sugar	3.5
		Fibre	2.8
		Protein	23.8
		Salt	2.20
		Portion weight (g)	125
		per 100g	per portion (g)
		KJ	1717
Sausage Bap	Vienna Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, WHEAT Malt Flour, Bakery Improver: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Flour Treatment Agent: Ascorbic Acid], Pork and Lentil Sausage (46%) [Pork, Lentils, Potato Starch, Dextrose, Water, Salt, Rapeseed Oil, WHEAT Starch, Spices (White Pepper, Nutmeg, Ginger, Mace, Chilli Powder), Beef Collagen Casing, Stabiliser: Sodium Diphosphate; WHEAT Protein, Onion Powder, Rubbed Sage, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Butter (MILK). <i>May contain EGG, and MUSTARD.</i>	KJ	408
		Kcal	17.4
		Fat	7.0
		Sat	51.0
		Carbs	1.6
		Sugar	4.5
		Fibre	2.8
		Protein	15.5
		Salt	2.10
		Portion weight (g)	160

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BISCUITS & SNACKS

PRODUCT		INGREDIENTS	NUTRITIONAL INFO	
Lotus Biscuits (V)	WHEAT flour, sugar, vegetable oils, candy sugar syrup, raising agent (sodium hydrogen carbonate), SOYA flour, salt, cinnamon. <i>May contain MILK.</i>		per 100g	per portion (g)
			KJ 2032	508
			Kcal 484	121
			Fat 19.0	4.8
			Sat 8.8	2.2
			Carbs 72.6	18.2
			Sugar 38.1	9.5
			Protein 4.9	1.2
			Salt 0.91	0.23
			Portion weight (g)	25
Shortbread (V)	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (31%) (Butter (MILK), Salt), Caster Sugar, Rice Flour, Corn Flour (Maize Starch).		per 100g	per portion (g)
			KJ 1990	995
			Kcal 476	238
			Fat 25.6	12.8
			Sat 16.8	8.4
			Carbs 57.7	28.8
			Sugar 17.5	8.8
			Fibre 1.7	0.9
			Protein 5.1	2.5
			Salt 0.50	0.25
Toffee Waffle (V)	WHEAT flour (Calcium carbonate, Iron, Niacin, Thiamin), Glucose syrup, Sugar, Non-hydrogenated vegetable oils (Palm & Rapeseed), Butter (14% of filling) (MILK), Free Range EGGS , Molasses, Emulsifier: SOYA Lecithin, Raising agent: Sodium bicarbonate, Salt, Cinnamon.		per 100g	per portion (g)
			KJ 1868	1214
			Kcal 445	290
			Fat 16.4	10.0
			Sat 7.7	5.0
			Carbs 70.9	46.0
			Sugar 33.7	22.0
			Fibre 0.6	0.4
			Protein 3.0	2.0
			Salt 0.72	0.40
Gianduiotto Mini Chocolate (Vg)	Sugar, Hazelnuts , Cocoa Mass, Cocoa Butter, SOYA Lecithins, natural vanilla flavouring. <i>May contain MILK and other TREE NUTS.</i>		per 100g	per portion (g)
			KJ 2419	242
			Kcal 582	58
			Fat 40.0	4.0
			Sat 15.0	1.5
			Carbs 47.0	4.7
			Sugar 44.0	4.4
			Fibre 5.4	0.5
			Protein 5.7	0.8
			Salt 0.03	0.00
NEW Jammy Delight (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (Butter (MILK), Salt), Caster Sugar, Raspberry Seedless Jam (11%) (Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium Citrate), Rapeseed Oil. <i>May contain EGG, NUTS and SOYA.</i>		per 100g	per portion (g)
			KJ 1886	1131
			Kcal 451	270
			Fat 21.4	12.8
			Sat 11.3	6.8
			Carbs 58.1	34.8
			Sugar 26.0	15.6
			Fibre 1.9	1.1
			Protein 5.1	3.1
			Salt 0.39	0.23
NEW Summer Design Gingerbread (V)	Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Golden Syrup, Margarine (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: Glycerine; Cocoa Powder, Colours: Lutein, Beetroot Red.		per 100g	per portion (g)
			KJ 1743	1133
			Kcal 413	268
			Fat 10.1	6.6
			Sat 3.0	2.0
			Carbs 77.6	50.4
			Sugar 37.5	24.4
			Fibre 2.6	1.7
			Protein 4.3	2.8
			Salt 0.18	0.12
NEW GF Caramel Jewel Bar (V/GF)	Gluten Free OATS (29%), Golden Syrup (Invert Sugar Syrup), Caramel (14%) (Sweetened Condensed Skimmed MILK , Glucose Syrup, Invert Sugar Syrup, Palm Oil, Butter (MILK), Sugar, Emulsifier: Mono- and diglycerides of fatty 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 Cranberries (4%) (Cranberries, Sugar, Sunflower Oil), Dark Chocolate(2%) (Cocoa Mass, Sugar, Cocoa Butter, Fat Reduced Cocoa Powder, Emulsifier: SOYA Lecithin), Pumpkin Seeds, Salt. <i>May contain EGG and NUTS.</i>		per 100g	per portion (g)
			KJ 1851	1388
			Kcal 441	331
			Fat 18.9	14.2
			Sat 9.0	6.7
			Carbs 64.2	48.1
			Sugar 39.1	29.3
			Fibre 2.7	2.0
			Protein 4.9	3.7
			Salt 0.40	0.30

CRISPS & POPCORN

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
Kettle Sea Salt Crisps (Vg/GF)	Select Potatoes, Sunflower Oil, Sea Salt.	KJ 2139	856
		Kcal 513	205
		Fat 30.1	12.0
		Sat 3.5	1.4
		Carbs 51.5	20.6
		Sugar 0.5	0.2
		Fibre 6.5	2.6
		Protein 5.8	2.3
		Salt 0.90	0.36
		Portion weight (g)	40
Kettle Sea Salt & Vinegar Crisps (Vg/GF)	Select Potatoes, Sunflower Oil, Sea Salt and Balsamic Vinegar Seasoning (Sea Salt, Potato Maltodextrin, Dried Balsamic Vinegar, Sugar, Acid: Citric Acid, Dried Red Wine Extract, Natural Flavouring).	per 100g	per portion (g)
		KJ 2125	850
		Kcal 509	204
		Fat 28.1	11.2
		Sat 2.8	1.1
		Carbs 55.8	22.3
		Sugar 1.5	0.6
		Fibre 4.9	2.0
		Protein 5.7	2.3
		Salt 1.40	0.60
Kettle Cheddar & Onion Crisps (V/GF)	Select Potatoes, Sunflower Oil, Mature Cheddar and Red Onion Seasoning (Dried Buttermilk, Dried Mature Cheddar Cheese (MILK), Dried Onion, Dried Red Onion, Sea Salt, Dried Yeast Extract, Dried Yeast, Dried Chives, Colour: Paprika Extract).	per 100g	per portion (g)
		KJ 2106	842
		Kcal 505	202
		Fat 28.9	12.0
		Sat 3.3	1.3
		Carbs 51.1	20.4
		Sugar 2.5	1.0
		Fibre 6.2	2.5
		Protein 7.1	2.8
		Salt 1.10	0.40
Sweet 'n' Salt Popcorn (Vg/GF)	Popped Butterfly Corn (67%), Sweetening Blend (Sugar, Sweetener: Isomalt, Sweetener: Steviol Glycosides), Rapeseed Oil, Salt.	per 100g	per portion (g)
		KJ 1813	308
		Kcal 432	73
		Fat 16.7	2.8
		Sat 1.1	0.2
		Carbs 60.9	10.9
		Sugar 11.1	1.9
		Fibre 11.5	2.0
		Protein 8.2	1.4
		Salt 0.57	0.10
		Portion weight (g)	17