

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

Allergens can be found in **BOLD CAPITALS** within the Ingredient Declaration.

Information about allergens that may present within the product, are listed at the bottom of the ingredient list.

Nutritional information can be found to the right beside the ingredient declaration, per 100g and per product.

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Apricot Croissant (V)	Pastry: 56% ( <b>WHEAT</b> flour, butter 19% ( <b>MILK</b> ), water, yeast, sugar, <b>EGGS</b> , salt, <b>WHEAT</b> gluten enzymes (amylases, hemicellulases), flour treatment agent (E300)), Apricots 26%, Pastry cream 17% (water, sugar, modified starch, powdered whey ( <b>MILK</b> ), skimmed <b>MILK</b> powder, stabilizers (E263, E450iii, E339ii), colour (E160ai), flavouring), egg wash ( <b>EGGS</b> , water). <i>May contain NUTS and traces of SOYA.</i>	KJ	1701	1435
		Kcal	407	343
		Fat	21.1	17.8
		Sat	9.0	7.6
		Carbs	43.9	36.9
		Sugar	13.7	11.6
		Fibre	2.4	1.9
		Protein	9.3	7.8
		Salt	0.7	0.6
		Portion weight (g)		84

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

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

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

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

**Key for Dietary Suitability:**

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

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

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

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PASTIRES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Almond Croissant (V)	Dough: Wheat Flour ( <b>WHEAT</b> Gluten, Flour Treatment Agent (Ascorbic Acid), Water, Palm Fat, Yeast, Sugar, Butter ( <b>MILK</b> ), Rapeseed Oil, Salt, Baking Improver ( <b>WHEAT</b> Gluten, <b>WHEAT</b> Flour, Yeast, Flour Treatment Agent (Ascorbic Acid), Emulsifier (Mono- and diglycerides of fatty acids), Acidity Regulator (Citric Acid), Flavouring, <b>EGG</b> , <b>ALMOND</b> Filling (19%) (Sugar, <b>ALMONDS</b> (6.5%) ( <b>NUTS</b> ), <b>EGG</b> White, Inverted Sugar Syrup, Water, <b>EGG</b> Yolk, Invertase). Topping: <b>ALMOND</b> Flakes (4.2%) ( <b>NUTS</b> ), Icing Sugar (Dextrose, Cornflour, Vegetable Oil). <i>May contain other NUTS, SESAME and SOYA.</i>	KJ	1670	1412
		Kcal	399	338
		Fat	21.1	17.5
		Sat	9.0	7.4
		Carbs	45.0	36.4
		Sugar	14.0	11.4
		Fibre	2.4	2.0
		Protein	9.7	7.7
		Salt	0.73	0.60
		Portion weight (g)		83
Butter Croissant (V)	Pastry: <b>WHEAT</b> flour, butter 22% ( <b>MILK</b> ), water, sugar, whole <b>MILK</b> pasteurized, yeast, <b>EGGS</b> , salt, <b>WHEAT</b> gluten, emulsifier : E322 (rape lecithin), flour treatment agent : E300, enzymes, egg wash (Free Range <b>EGGS</b> ) 1.5g. <i>May contain NUTS, SESAME and SOYA.</i>	per 100g	per portion (g)	
		KJ	1840	927
		Kcal	440	222
		Fat	24.0	11.8
		Sat	15.0	7.7
		Carbs	46.7	23.5
		Sugar	8.0	4.0
		Fibre	2.6	1.3
		Protein	8.1	4.4
		Salt	1.20	0.58
Portion weight (g)		50		
Pain au Chocolat (V)	Pastry: ( <b>WHEAT</b> flour, Butter ( <b>MILK</b> ), water, chocolate 10% (sugar, cocoa mass, cocoa butter, emulsifier ( <b>SOYA</b> lecithin), natural vanilla flavour), sugar, whole <b>MILK</b> , yeast, <b>EGGS</b> , salt, <b>WHEAT</b> gluten, Emulsifier (rape lecithin), flour treatment agent (E300), enzymes (amylases, hemicellulases), egg wash (Free Range <b>EGG</b> )). <i>May contain NUTS and SESAME SEEDS.</i>	per 100g	per portion (g)	
		KJ	1779	1174
		Kcal	426	281
		Fat	23.0	14.0
		Sat	15.0	7.7
		Carbs	46.0	30.0
		Sugar	13.0	8.0
		Fibre	3.1	1.9
		Protein	8.3	5.5
		Salt	1.00	0.61
Portion weight (g)		66		
Pain au Raisin (V)	<b>WHEAT</b> flour, water, raisins 13%, Butter ( <b>MILK</b> ), sugar, yeast, corn starch, <b>EGGS</b> , salt, powdered whey ( <b>MILK</b> ), whole <b>MILK</b> powder, <b>WHEAT</b> gluten, <b>EGG</b> albumin powder, skimmed <b>MILK</b> 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 <b>EGGS</b> ), Neutral glaze (water, glucose syrup, sugar, acidity regulators (E330, E332, E333), flavour, gelling agent (pectin), preservative (potassium sorbate)). <i>May contain NUTS, SESAME and SOYA.</i>	per 100g	per portion (g)	
		KJ	1400	1340
		Kcal	334	319
		Fat	14.0	14.0
		Sat	9.1	8.7
		Carbs	47.5	45.5
		Sugar	19.0	18.0
		Fibre	2.1	2.1
		Protein	6.3	6.1
		Salt	0.81	0.77
Portion weight (g)		96		
Vegan Raspberry Croissant (Vg)	<b>WHEAT</b> 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, <b>WHEAT</b> gluten Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid). <i>May contain MILK, SESAME SEEDS, SOYA, NUTS, EGGs.</i>	per 100g	per portion (g)	
		KJ	1572	1245
		Kcal	375	295
		Fat	16	13
		Sat	8.3	6.6
		Carbs	49.8	39.5
		Sugar	18	14.0
		Fibre	2.6	2.0
		Protein	6.5	5.1
		Salt	0.52	0.41
Portion weight (g)		79		
Cinnamon Bun (Vg)	Cinnamon Bun Dough (65%) [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), <b>SOYA</b> Drink (Water, <b>SOYA</b> Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Water, Sugar, Wholemeal <b>WHEAT</b> Flour, Sourdough Culture ( <b>RYE</b> Flour), Orange Zest, Yeast, Salt, Madagascar Vanilla Extract, Emulsifier (Rapeseed Lecithin), Filling (15%) (Dark Brown Soft Sugar, Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), Light Brown Soft Sugar, Ground Cinnamon ( <b>SOYA</b> Drink (Water, <b>SOYA</b> Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Invert Sugar Syrup, Orange Juice, Lemon Juice), Cinnamon Sugar (1%) (Caster Sugar, Ground Cinnamon (<1%))]. <i>May contain NUTS and SULPHUR DIOXIDE.</i>	per 100g	per portion (g)	
		KJ	1604	2486
		Kcal	382	592
		Fat	15.6	24.2
		Sat	8.4	13.0
		Carbs	54.0	83.7
		Sugar	17.7	27.4
		Protein	5.2	8.1
		Salt	0.74	1.15
		Portion weight (g)		155
Mocha Bun (Vg)	Bun Dough [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Fava Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavouring, Colour: Carotenes), <b>SOYA</b> Drink (Water, <b>SOYA</b> Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Water, Sugar, Wholemeal <b>WHEAT</b> Flour, Sourdough ( <b>RYE</b> ), 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: <b>SOYA</b> Lecithin; Flavouring), Water, Coffee], Cocoa Coffee Paste (Soft Light Brown Sugar, Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Fava 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	2318
		Kcal	369	554
		Fat	16.0	24.0
		Sat	8.1	12.2
		Carbs	55.2	82.8
		Sugar	24.9	37.4
		Fibre	2.7	4.1
		Protein	5.5	8.3
		Salt	0.82	1.23
Portion weight (g)		150		

PASTIRES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Cherry Bun (Vg)</b>	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). <i>May contain other cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.</i>	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		
		per 100g	per portion (g)	
<b>Porridge Plain (V)</b>	Whole MILK (83%), Porridge OATS (17%).	KJ	484	1163
		Kcal	115	276
		Fat	4.5	10.9
		Sat	2.2	5.2
		Carbs	14.7	35.2
		Sugar	3.9	9.2
		Fibre	1.1	2.7
		Protein	4.6	11.1
		Salt	0.09	0.22
		Portion weight (g)		240
		<b>Porridge with Chocolate Chips (V)</b>	Whole MILK (77%), Porridge OATS (15%), Chocolate Chips (8%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin (E322), Natural Vanilla Flavouring].	KJ
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
<b>Porridge with Banana &amp; Cinnamon (V)</b>	Whole MILK (62%), Banana (19%), Porridge OATS (12%), Honey, Cinnamon.			KJ
		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
		<b>Porridge with Blueberries, Seeds &amp; Maple Syrup (V)</b>	Whole MILK (66%), Porridge OATS (13%), Blueberries (10%), Maple Syrup (5%), Pumpkin Seeds (3%), Sunflower Seeds (3%).	KJ
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		
		per 100g	per portion (g)	
<b>Teacake (Vg)</b>	WHEAT flour [with added calcium, iron, niacin, thiamin], Water, Sultanas (10%) [sunflower oil], Currants (5%) [sunflower oil], spiced bun concentrate [vegetable oil, dextrose, mono and diglycerides of fatty acids, diacetyl tartaric acid ester of mono diglycerides, flavouring, flour treatment agent, ascorbic acid, food enzymes, beta carotene], Sugar, Yeast. <i>May contain MILK, EGG and NUTS.</i>	KJ	940	1410
		Kcal	221	332
		Fat	0.7	1.1
		Sat	0.1	0.2
		Carbs	48.0	72.0
		Sugar	15.3	23.0
		Protein	6.4	9.6
		Salt	0.01	0.02
		Portion weight (g)		150

TOAST

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

GRANOLA & YOGHURT

PRODUCT		INGREDIENTS	NUTRITIONAL INFO		
			per 100g	per portion (g)	
<b>Granola &amp; Yogurt with Banana &amp; Honey (V)</b>	Natural Low Fat Yogurt ( <b>MILK</b> ) (55%), Granola (18%) [Jumbo Rolled <b>OATS</b> , Fructose (Fruit Sugar), Desiccated Coconut Copped, Mixed NUTS ( <b>PEANUTS</b> , <b>WALNUTS</b> , <b>ALMONDS</b> ) Pumpkin Seeds, <b>SESAME SEEDS</b> , Sunflower Seeds, Rapeseed Oil, Black Treacle (Molasses)], Banana (18%), Honey (5%), Pumpkin Seeds (2%), Sunflower Seeds (2%).		KJ	719	1581
			Kcal	171	376
			Fat	6.0	13.3
			Sat	1.4	3.1
			Carbs	21.7	47.7
			Sugar	11.6	25.5
			Fibre	2.4	5.4
			Protein	6.3	13.9
			Salt	0.17	0.36
			Portion weight (g)		240
<b>Granola &amp; Yogurt with Blueberry &amp; Honey (V)</b>	Natural Low Fat Yogurt ( <b>MILK</b> ) (55%), Granola (18%) [Jumbo Rolled <b>OATS</b> , Fructose (Fruit Sugar), Desiccated Coconut Copped, Mixed NUTS ( <b>PEANUTS</b> , <b>WALNUTS</b> , <b>ALMONDS</b> ) Pumpkin Seeds, <b>SESAME SEEDS</b> , Sunflower Seeds, Rapeseed Oil, Black Treacle (Molasses)], Blueberries (18%), Honey (5%), Pumpkin Seeds (2%), Sunflower Seeds (2%).		per 100g	per portion (g)	
			KJ	685	1507
			Kcal	163	359
			Fat	6.1	13.3
			Sat	1.4	3.1
			Carbs	19.7	43.3
			Sugar	10.0	21.9
			Fibre	2.5	5.4
			Protein	6.3	13.8
			Salt	0.17	0.37
	Portion weight (g)		220		
<b>Yogurt &amp; Seeds with Banana (V)</b>	Natural Low Fat Yogurt ( <b>MILK</b> ) (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
	Portion weight (g)		200		
<b>Yogurt &amp; Seeds with Blueberry (V)</b>	Natural Low Fat Yogurt ( <b>MILK</b> ) (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
	Portion weight (g)		200		

## EXTRAS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
<b>Preserve Blackcurrant (Vg)</b>	Sugar, blackcurrants, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	<b>per 100g</b>	<b>per portion (g)</b>	
		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	
<b>Preserve Strawberry (Vg)</b>	Strawberries, sugar, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	<b>per 100g</b>	<b>per portion (g)</b>	
		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	
<b>Lakeland Butter (V)</b>	Butter: Cream (MILK), Salt.	<b>per 100g</b>	<b>per portion (g)</b>	
		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	
<b>Rodda's Cornish Clotted Cream (V)</b>	100% Cornish cows MILK.	<b>per 100g</b>	<b>per portion (g)</b>	
		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	
<b>Flora (Vg)</b>	Plant oils (rapeseed, palm, sunflower 1%, linseed), water, salt 1.35%, plant based emulsifier (lecithin), fava bean protein, natural flavourings, vitamin A	<b>per 100g</b>	<b>per portion (g)</b>	
		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	
<b>Marmite (Vg)</b>	Yeast extract (contains BARLEY, WHEAT, OATS, RYE), salt, vegetable juice concentrate, vitamins (thiamin, riboflavin, niacin, vitamin B12 and folic acid), natural flavouring (contains CELERY).	<b>per 100g</b>	<b>per portion (g)</b>	
		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	
<b>Marmalade (Vg)</b>	Sugar, bitter oranges, water, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	<b>per 100g</b>	<b>per portion (g)</b>	
		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		
		per 100g	per portion (g)	
Maple Syrup (Vg)	Maple Syrup.	KJ	1163	174
		Kcal	274	41
		Fat	0.4	0.1
		Sat	0.4	0.1
		Carbs	67.2	10.1
		Sugar	63.7	9.6
		Protein	0.1	0.0
		Salt	0.03	0.00
		Portion weight (g)		15

CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Banana & Chocolate Loaf Cake (Vg)	WHEAT flour (calcium carbonate, iron, niacin, thiamin), banana puree 23%, brown sugar, dark chocolate 14% (sugar, cocoa mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring), coconut oil, rapeseed oil, black treacle, water, corn starch, flax seeds, sodium bicarbonate, raising agent (diphosphates, sodium carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)), ground cinnamon, salt. <i>May contain cereals containing GLUTEN, MILK, EGG, SOYA, SULPHITES, and NUTS.</i>	KJ	1662	1629
		Kcal	369	362
		Fat	18.0	17.6
		Sat	8.9	8.7
		Carbs	55.5	54.4
		Sugar	32.9	32.2
		Fibre	3.0	2.9
		Protein	4.8	4.7
		Salt	0.69	0.68
		Portion weight (g)		98
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>	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>	KJ	1502	1953
		Kcal	358	465
		Fat	15.0	19.5
		Sat	3.5	4.6
		Carbs	52.9	68.8
		Sugar	37	48.1
		Protein	3.0	3.9
		Salt	0.76	0.99
		Portion weight (g)		130
		Welsh Cake (V)	WHEAT flour (calcium carbonate, iron, niacin, thiamine, raising agents E450, E500), vegetable oil (rapeseed, sustainable palm) sugar, vine fruits (13%) (currants, sultanas, sunflower oil), EGG, BUTTERMILK, water, salt, emulsifiers (E471, E481), colour (carotenes), natural flavouring, preservatives (E202, E282).	KJ
Kcal	370			111
Fat	14.6			4.4
Sat	4.9			1.5
Carbs	65.1			19.5
Sugar	23.3			7.0
Protein	6.5			2.0
Salt	1.30			0.39
Portion weight (g)				30
Victoria Sponge Cake** (V)	Victoria Sponge Cake [Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG, Margarine (Vegetable Oils (Sustainable Palm Oil, Rapeseed Oil), Water, Salt, Emulsifier (Polyglycerol Esters Of Fatty Acids), Flavouring, Colours (Curcumin, Annatto Bixin)), MILK, Raising Agents (Mon Calcium Phosphates, Sodium Bicarbonate, Corn Starch), Thickener (Xanthan Gum), Natural Flavouring, Salt], Buttercream Icing [Icing Sugar, Salted Butter (Butter (MILK), Salt), Double Cream (MILK), Natural Flavouring], Jam [Sugar, Raspberries, Lemon Juice], Decoration [Caster Sugar]. <i>May contain Cereals containing GLUTEN, NUTS, PEANUTS, SESAME, SULPHITES, SOYA.</i>			KJ
		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		
		per 100g	per portion (g)	
<b>Caramel Chouxnut with Crème Pat (V)</b>	Water, Powdered Fondant (Sugar, Dried Glucose Syrup), Whipping Cream ( <b>MILK</b> ), <b>EGG</b> , Icing Sugar, Speculoos Spread (Caramelised Biscuit ( <b>WHEAT</b> Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; <b>SOYA</b> Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: <b>SOYA</b> Lecithins; Acidity Regulator: Citric Acid), Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Dark Chocoate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: <b>SOYA</b> Lecithins; Natural Vanilla Flavour), Speculoos Biscuit Crumb (Caramelised Biscuit ( <b>WHEAT</b> Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Salt, Cinnamon)), Rapeseed Oil, Modified Potato Starch, Sugar, Natural Flavouring, Modified Maize Starch, Caramelised Sugar Syrup, Salt. <i>May contains NUTS.</i>	KJ	1622	1346
		Kcal	388	322
		Fat	21.5	17.9
		Sat	8.3	6.9
		Carbs	42.5	35.3
		Sugar	32.0	26.6
		Fibre	0.7	0.6
		Protein	5.8	4.8
		Salt	0.41	0.30
		Portion weight (g)		83
<b>Pecan Pie (Vg)</b>	Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Brown Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Natural Flavouring), <b>PECAN NUTS</b> , 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 ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pastry Stabiliser: L-Cysteine), Gelling Agent: Pectin; Caramelised Sugar Syrup. <i>May contains EGG, MILK and SOYA.</i>	per 100g	per portion (g)	
		KJ	1869	2131
		Kcal	448	511
		Fat	26.3	30.0
		Sat	7.9	9.0
		Carbs	47.1	53.7
		Sugar	28.4	32.4
		Fibre	2.6	3.0
		Protein	4.3	4.9
		Salt	0.33	0.38
Portion weight (g)		114		
<b>Sticky Ginger Loaf (V)</b>	Sponge Cake ( <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Black Treacle, Whole <b>MILK</b> , Soft Light Brown Sugar, <b>EGG</b> , 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 <b>MILK</b> ( <b>MILK</b> , Sugar), Salted Butter (Butter ( <b>MILK</b> ), Salt), Glucose Syrup, Water, Sugar, Stabiliser: Pectin), Crystallised Ginger (3%), Mixed Spice]. <i>May contain NUTS, PEANUTS, SESAME, SOYA and SULPHITES.</i>	per 100g	per portion (g)	
		KJ	1542	1681
		Kcal	369	402
		Fat	12.9	14.1
		Sat	7.8	8.5
		Carbs	56.7	61.8
		Sugar	33.0	36.0
		Fibre	1.1	1.2
		Protein	4.2	4.6
		Salt	0.86	0.90
Portion weight (g)		109		
<b>Coffee and Caramel Cake (Vg)</b>	Sponge ( <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar, Rapeseed Oil, <b>SOYA</b> Drink (Water, <b>SOYA</b> 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>	per 100g	per portion (g)	
		KJ	1674	2410
		Kcal	400	576
		Fat	18.0	25.9
		Sat	3.2	4.6
		Carbs	57.5	82.8
		Sugar	37.5	54.0
		Fibre	1.1	1.6
		Protein	2.7	3.9
		Salt	0.71	1.00
Portion weight (g)		144		
<b>Chocolate Fudge Cake (V)</b>	Sugar, <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Buttermilk ( <b>MILK</b> ), Fat Reduced Cocoa Powder (7.2%), Water, <b>EGG</b> , Dried Glucose Syrup, Palm Oil, <b>EGG</b> 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>	per 100g	per portion (g)	
		KJ	1673	1874
		Kcal	398	446
		Fat	15.8	17.7
		Sat	1.8	2.0
		Carbs	60.5	67.8
		Sugar	49.4	55.3
		Fibre	2.6	2.9
		Protein	3.9	4.4
		Salt	0.51	0.57
Portion weight (g)		110		
<b>Battenberg Layer Cake (V)</b>	Sugar, <b>WHEAT</b> Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Rapeseed Oil, Pasteurised Free Range <b>EGG</b> , 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 <b>MILK</b> 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.	per 100g	per portion (g)	
		KJ	1819	2401
		Kcal	435	574
		Fat	21.1	27.8
		Sat	3.5	4.6
		Carbs	55.6	73.4
		Sugar	37.8	49.9
		Fibre	0.9	1.2
		Protein	4.4	5.8
		Salt	0.49	0.65
Portion weight (g)		132		



CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
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>	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
Deluxe Dark Chocolate 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>	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
Pistachio Cream Bun (V)	WHEAT Flour, Pasteurised 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>	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
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%), Maize Flour, Baking Powder (Raising Agents: Diphosphates, Sodium Carbonates; Rice Flour)], Golden Syrup (Invert Sugar Syrup), Humectant: Glycerine; Thickener: Xanthan Gum. <i>May contain other MILK, NUTS, and SOYA.</i>	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)	<p><b>WHEAT</b> Flour (<b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, <b>EGG</b>, Rapeseed Oil, Blueberry (11%), Blueberry Puree (9%) (Blueberry, Sugar, Water, Modified Maize Starch, Preservative: Potassium sorbate; Natural Flavouring, Acidity regulator: Citric acid), Water, Buttermilk (<b>MILK</b>) (2%), Raising Agents: Potassium carbonates, Sodium carbonates, Diphosphates, Calcium phosphates; Inulin, Palm Oil, <b>MILK</b> Proteins, <b>WHEAT</b> Starch, Modified Maize Starch, <b>WHEAT</b> 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.</p>	KJ	1431	1502
		Kcal	342	359
		Fat	15.5	16.3
		Sat	1.8	1.9
		Carbs	44.1	46.3
		Sugar	21.1	22.1
		Fibre	1.2	1.3
		Protein	5.8	6.1
		Salt	0.44	0.46
		Portion weight (g)		105
Sicilian Lemon Curd Muffin (V)	<p><b>WHEAT</b> Flour (<b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, <b>EGG</b>, Rapeseed Oil, Sicilian Lemon filling (9%) [Sugar, <b>EGG</b>, Butter (<b>MILK</b>), Water, Concentrated Lemon Juice (Lemon, Sodium Metabisulphite (<b>SULPHITES</b>), Potassium Metabisulphite (<b>SULPHITES</b>)), Gelling agent: Agar, Lemon Oil], Inulin, Lemon Zest (4%), Water, Buttermilk (<b>MILK</b>), Glucose Syrup, Raising Agents: Potassium carbonates, Sodium carbonates, Calcium phosphates, Diphosphates; Palm Oil, <b>MILK</b> Proteins, <b>WHEAT</b> Starch, Modified Maize Starch, Natural Flavourings, Preservative: Potassium sorbate, <b>WHEAT</b> 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 (<b>SULPHITES</b>), Colour: Carotenes.</p>	KJ	1487	1561
		Kcal	354	372
		Fat	15.1	15.9
		Sat	2.2	2.3
		Carbs	50.0	52.5
		Sugar	24.9	26.1
		Fibre	4.7	4.9
		Protein	5.0	5.2
		Salt	0.45	0.48
		Portion weight (g)		105
Mini Egg Cupcake (V)	<p>Cake Flour (<b>WHEAT</b> Flour (with added Iron, Calcium, Thiamine, Niacin), Sugar, Whole Dried Free-range <b>EGG</b> Powder, Modified Maize Starch, Raising Agents: Diphosphates, Sodium Carbonates; Skimmed <b>MILK</b> Powder, Salt, Free Range <b>EGG</b> 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, Thickeners: 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, Thickeners: 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), <b>SULPHITES</b>, Colour: Anthocyanins; Gelling Agent: Pectin; Citric Acid, Flavouring, Acidity Regulator: Sodium Citrates; Preservative: Potassium Sorbate; Anti-oxidant: Ascorbic Acid], Rapeseed Oil, <b>MILK</b> Chocolate Egg Shaped Sweets (2.4%) [<b>MILK</b> Chocolate (Sugar, Cocoa Butter, Skimmed <b>MILK</b> Powder, Cocoa Mass, Whole <b>MILK</b> Powder, Whey Powder (<b>MILK</b>), Butter Oil (<b>MILK</b>), Emulsifier: <b>SOYA</b> 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></p>	KJ	1644	2697
		Kcal	392	643
		Fat	20.0	33.0
		Sat	4.2	7.0
		Carbs	56.0	92.0
		Sugar	38.0	63.0
		Fibre	0.5	0.8
		Protein	3.0	4.9
		Salt	0.70	1.10
		Portion weight (g)		164
Summer Cupcakes (V)	<p>Pink Coloured Cupcake [Cake Flour (<b>WHEAT</b> Flour (with added Iron, Calcium, Thiamine, Niacin), Sugar, Whole Dried Free-range <b>EGG</b> Powder, Modified Maize Starch, Raising Agents: Diphosphates, Sodium Carbonates; Skimmed <b>MILK</b> Powder, Salt, Free Range <b>EGG</b> 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, Thickeners: 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), <b>SULPHITES</b>, 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 <b>MILK</b> 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)].</p>	KJ	1640	2624
		Kcal	391	625
		Fat	18.0	29.0
		Sat	4.0	7.0
		Carbs	55.0	89.0
		Sugar	42.0	67.0
		Fibre	0.5	0.6
		Protein	3.0	4.0
		Salt	0.40	0.60
		Portion weight (g)		160
Summer Cupcakes (V)	<p>Yellow Coloured Cupcake [Cake Flour (<b>WHEAT</b> Flour (with added Iron, Calcium, Thiamine, Niacin), Sugar, Whole Dried Free-range <b>EGG</b> Powder, Modified Maize Starch, Raising Agents: Diphosphates, Sodium Carbonates; Skimmed <b>MILK</b> Powder, Salt, Free Range <b>EGG</b> 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, Thickeners: 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), <b>SULPHITES</b>, 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 <b>MILK</b> Powder, Cocoa Mass, Emulsifier: Sunflower Lecithin; Natural Vanilla Flavouring, Paprika Extract, Colouring: Lutein], Yellow Sugar Strands (0.8%) [Sugar, Sunflower Oil, Potato Starch, Rice Flour, Colour (Safflower, Lemon), Flavouring (Natural Vanilla Flavouring)].</p>	KJ	1640	2624
		Kcal	391	625
		Fat	18.0	29.0
		Sat	4.0	7.0
		Carbs	55.0	89.0
		Sugar	42.0	67.0
		Fibre	0.5	0.6
		Protein	3.0	4.0
		Salt	0.40	0.60
		Portion weight (g)		160
Summer Cupcakes (V)	<p>Orange Coloured Cupcake [Cake Flour (<b>WHEAT</b> Flour (with added Iron, Calcium, Thiamine, Niacin), Sugar, Whole Dried Free-range <b>EGG</b> Powder, Modified Maize Starch, Raising Agents: Diphosphates, Sodium Carbonates; Skimmed <b>MILK</b> Powder, Salt, Free Range <b>EGG</b> 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, Thickeners: 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), <b>SULPHITES</b>, 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 <b>MILK</b> 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></p>	KJ	1640	2624
		Kcal	391	625
		Fat	18.0	29.0
		Sat	4.0	7.0
		Carbs	55.0	89.0
		Sugar	42.0	67.0
		Fibre	0.5	0.6
		Protein	3.0	4.0
		Salt	0.40	0.60
		Portion weight (g)		160

TRAYBAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Caramel Shortbread (V)</b>	Shortbread (44%) (Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter ( <b>MILK</b> ), Sugar, Maize Starch, Salt), Caramel (40%) (Sweetened Condensed <b>MILK</b> , Glucose Syrup ( <b>SULPHITES</b> ), Unsalted Butter ( <b>MILK</b> ), Invert Sugar Syrup, Palm Oil, Salted Butter ( <b>MILK</b> ), Sugar, Salt, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Natural Flavouring), Milk Chocolate (16%) (Sugar, Cocoa Butter, Whole <b>MILK</b> Powder, Cocoa Mass, Emulsifier: <b>SOYA</b> Lecithin, Natural Flavouring). <i>May contain NUTS and EGG.</i>	KJ	2133	1386
		Kcal	511	332
		Fat	30.3	19.7
		Sat	18.1	11.8
		Carbs	54.0	35.1
		Sugar	30.5	19.8
		Protein	4.9	3.2
		Salt	0.62	0.40
		Portion weight (g)		65
		<b>Super Dark Brownie (Vg)</b>	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, <b>WHEAT</b> 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, <b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin)). <i>May contain MILK, EGG, PEANUTS, NUTS, SULPHUR DIOXIDE and other cereals containing GLUTEN.</i>	KJ
Kcal	464			297
Fat	30.0			19.2
Sat	22.0			14.1
Carbs	47.0			30.1
Sugar	34.0			21.8
Fibre	3.4			2.2
Protein	4.5			2.9
Salt	0.71			0.45
Portion weight (g)				64
<b>Triple Chocolate Brownie** (V)</b>	Free range <b>EGG</b> , dark chocolate 16% (cocoa mass, sugar, cocoa butter, emulsifier ( <b>SOYA</b> lecithin), natural vanilla flavouring - contains cocoa solids 72%), coconut oil, soft light sugar, sugar, dark chocolate 7% (sugar, cocoa mass, cocoa butter, emulsifier ( <b>SOYA</b> lecithin), natural vanilla flavouring - contains cocoa solids 47%, fat free cocoa solids 14%), milk chocolate 7% (sugar, whole <b>MILK</b> powder, cocoa butter, cocoa mass, emulsifier ( <b>SOYA</b> 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 ( <b>MILK</b> ), salt, raising agent (mono calcium phosphate, corn starch, sodium bicarbonate), stabiliser (xanthan gum). <i>May contain cereals containing GLUTEN, NUTS and SULPHUR DIOXIDE.</i>	KJ	2098	1322
		Kcal	504	317
		Fat	32.6	20.5
		Sat	21.4	13.5
		Carbs	42.4	26.7
		Sugar	37.0	23.3
		Fibre	4.3	2.7
		Protein	6.2	3.9
		Salt	0.36	0.23
		Portion weight (g)		63
**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.				
<b>Yoghurt Apple &amp; Blackcurrant Flapjack (V)</b>	<b>OATS</b> (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 ( <b>MILK</b> ), Skimmed <b>MILK</b> Powder, Yoghurt Powder ( <b>MILK</b> ), 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>	KJ	1704	2334
		Kcal	408	558
		Fat	21.2	29.0
		Sat	8.8	12.0
		Carbs	47.8	65.4
		Sugar	27.2	37.2
		Fibre	3.0	4.1
		Protein	5.0	6.8
		Salt	0.20	0.27
		Portion weight (g)		137
<b>Rocky Road</b>	Margarine (Palm Fat, Rapeseed Oil, Water, Salt, Emulsifier: Polyglycerol Esters of Fatty Acids, Colours: Curcumin, Annatto, Flavourings), Milk Chocolate (25%) (Sugar, Cocoa Butter, Whole <b>MILK</b> Powder, Cocoa Mass, Emulsifier: <b>SOYA</b> Lecithin, Flavour), Biscuit Crumb (21%) ( <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal <b>WHEAT</b> Flour, Vegetable Oils (Palm Oil [SG], Rapeseed Oil), Sugar, Partially Inverted Sugar Syrup, Raising Agents: Sodium Carbonates, Ammonium Carbonates, Salt), Biscuit Pieces (17%) (Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine), Wholemeal <b>WHEAT</b> 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 <b>MILK</b> , Glucose Syrup ( <b>SULPHITES</b> ), Palm Oil [MB, SG], Salt), White Chocolate Chips (Sugar, Cocoa Butter, Full Cream <b>MILK</b> Powder, Whey Powder ( <b>MILK</b> ), Emulsifier: <b>SOYA</b> 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 ( <b>SULPHITES</b> ), Palm Fat [SG], Sweetened Condensed <b>MILK</b> , Rapeseed Oil, Water, Salt, Flavouring, Emulsifiers: <b>SOYA</b> Lecithin, Colour: E100, E160b), White Chocolate Flavour Drizzle (Sugar, Palm Oil [MB], Whey Powder ( <b>MILK</b> ), Emulsifier: Sunflower Lecithin, Rapeseed Lecithin), Natural Flavouring). <i>May contain NUTS, and EGGS.</i>	KJ	2204	1477
		Kcal	529	354
		Fat	34.0	23.0
		Sat	17.0	11.0
		Carbs	49.0	31.0
		Sugar	30.0	20.0
		Fibre	1.8	1.2
		Protein	5.6	3.8
		Salt	0.90	0.60
		Portion weight (g)		67
<b>Blackberry &amp; Apple Crumble Jack** (Vg)</b>	Flapjack Base (Gluten Free <b>OATS</b> , 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 <b>OATS</b> ). <i>May contain cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA and SULPHITES.</i>	KJ	1584	1442
		Kcal	379	345
		Fat	14.5	13.2
		Sat	7.4	6.7
		Carbs	59.8	54.4
		Sugar	32.6	29.7
		Fibre	2.5	2.3
		Protein	3.4	3.1
		Salt	0.22	0.20
		Portion weight (g)		91
**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.				

## TRAYBAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Maple Syrup Flapjack (Vg)	Flapjack (Gluten Free <b>OATS</b> (44%)), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Faba Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavourings, Colour: Carotenes), Soft Light Brown Sugar, Invert Sugar Syrup, Maple Syrup (7%)). <i>May contain cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.</i>	KJ	1888	1718
		Kcal	451	410
		Fat	18.7	17.0
		Sat	9.5	8.6
		Carbs	66.9	60.9
		Sugar	34.2	31.1
		Fibre	4.7	4.3
		Protein	6.0	5.5
		Salt	0.36	0.33
		Portion weight (g)		91
Cherry Bakewell (V)	Sugar, <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sour Cherries (15%), Salted Butter (Butter ( <b>MILK</b> ), Salt), <b>EGG</b> , Coconut Oil, Ground <b>ALMONDS</b> ( <b>NUTS</b> ) (7%), Lemon Zest, Flaked <b>ALMONDS</b> ( <b>NUTS</b> ) (2%), Natural Flavouring Substances, Snow Dusting (Dextrose, <b>WHEAT</b> 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
Portion weight (g)		75		
Mini Egg Tiffin (V)	Biscuit Crumb and Pieces (34%) ( <b>WHEAT</b> Flour (with added Calcium, Iron, Niacin, Thiamine), Wholemeal <b>WHEAT</b> Flour, Vegetable Oil (Palm[S/G]), 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 <b>MILK</b> , Dried Whey Powder ( <b>MILK</b> ), <b>BARLEY</b> Malt Extract], Light Chocolate Coating (25%) [Sugar, Vegetable Fats (Palm Kernel, Palm), Fat Reduced Cocoa Powder, Cocoa Mass, Vegetable Oil (Rapeseed, Palm), Whey Powder ( <b>MILK</b> ), 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), <b>MILK</b> Chocolate Egg Shaped Sweets (13%) [ <b>MILK</b> Chocolate (Sugar, Cocoa Butter, Skimmed <b>MILK</b> Powder, Cocoa Mass, Whole <b>MILK</b> Powder, Whey Powder ( <b>MILK</b> ), Butteroil ( <b>MILK</b> ), Emulsifier: <b>SOYA</b> 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 ( <b>MILK</b> ), <b>WHEAT</b> 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
Portion weight (g)		89		
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 <b>ALMONDS</b> ( <b>NUTS</b> ) (17%), Blackcurrants (13%), <b>SOYA</b> Drink (Water, <b>SOYA</b> Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Polenta, Flaked <b>ALMONDS</b> ( <b>NUTS</b> ) (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
Portion weight (g)		72		

## TARTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Portuguese Tarts (V)	Sugar, <b>MILK</b> , <b>WHEAT</b> 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), <b>EGG</b> Yolk, Liquid <b>EGG</b> , 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
Tarte Au Citron (V)	Pastry Tart [ <b>WHEAT</b> Flour, Sugar, Flavouring ( <b>WHEAT</b> ), 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 <b>MILK</b> Powder, Vegetable Oil (Palm & Rapeseed Oil), Water, Salt, Emulsifier: Mono- And Diglycerides Of Fatty Acids; Flavouring, Colour: Annatto Bixin, Curcumin], Cream ( <b>MILK</b> ), Tarte Citron Powder [Sugar, Modified Starches (Waxy Maize, Potato), <b>EGG</b> White Powder, Flavouring (Contains Lactose <b>MILK</b> ), 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
Portion weight (g)		114		

DESSERTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Cookies & Cream Slice	Cream (MILK), Digestive Biscuit Crumb (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Fat, Sugar, Invert Sugar Syrup, Salt, Raising Agent: Sodium Carbonates, Ammonium Carbonates), Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Natural Vanilla Flavour, Emulsifier: SOYA Lecithin), Margarine (Vegetable Oil, Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids, Colour: Curcumin, Annatto Bixin; Flavouring), Water, Chocolate Muffin Sponge (Chocolate Muffin Sponge (Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Powdered EGG, Fat Reduced Cocoa Powder, Salt, Whey Solids (MILK), Modified Maize Starch, Vegetable Oil, Flavouring, Stabiliser: Xanthan Gum; Emulsifier: Sodium Stearoyl-2-Lactylate, Propylene Glycol Esters of Fatty Acids; Raising Agent: Diphosphates, Potassium Carbonates)), Oreo Cookies (WHEAT Flour, Sugar, Palm Oil, Fat Reduced Cocoa Powder, WHEAT Starch, Glucose-Fructose Syrup, Emulsifier: SOYA Lecithin; Salt, Raising Agent: Sodium Hydroxide, Ammonium Carbonates, Sodium Carbonates, Potassium Carbonates; Flavouring), Neutral Fond (Sugar, Dried Glucose Syrup, Beef Gelatine, Modified Starch, Dried EGG Yolk, Salt, Raising Agent: Disodium Pyrophosphate; Rapeseed Oil, Invert Sugar Syrup, Dark Chocolate Shaving (Sugar, Cocoa Mass, Cocoa Butter, Natural Vanilla Flavour, Emulsifier: SOYA Lecithin), Cocoa Powder, Beef Gelatine, Concentrated Vanilla Flavour Liquid (Flavouring, Colour: Ammonia Caramel).	KJ	1962	3002
		Kcal	479	733
		Fat	34.1	52.2
		Sat	11.4	17.4
		Carbs	35.7	54.6
		Sugar	17.1	26.2
		Fibre	2.1	3.2
		Protein	5.5	8.4
		Salt	0.59	0.90
		Portion weight (g)		153

Lotus Biscoff Cheesecake (V)	Full Fat Soft Cheese (37%) [Skimmed MILK, Cream (MILK), Salt, Preservative (Potassium Sorbate), Lactic Culture (MILK), Microbial Rennet], Biscoff Paste (20% {Crushed Caramelised Biscuit (WHEAT Flour, Sugar, Vegetable Oils (Palm & Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier (SOYA Lecithin), Acid (Citric Acid), Pasteurised Liquid Whole EGG, Biscoff Crushed Caramelised Biscuit (14%) (WHEAT Flour, Sugar, Vegetable Oils (Palm & Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Soya Flour, Salt, Cinnamon), Sugar, Double Cream (MILK), Margarine (Vegetable Oils (Palm & Rapeseed), Water, Salt, Emulsifier (Polyglycerol Esters of Fatty Acids), Colours (Curcumin, Annatto), Flavourings), Dark Chocolate [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring]. May contain NUTS.	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

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). May contain NUTS.	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.	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		
		per 100g	per portion (g)	
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%). May contain MILK, MUSTARD, and SOYA.	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

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%). May contain SOYA and MUSTARD.	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		
		per 100g	per portion (g)	
<b>Brie &amp; Bacon Panini</b>	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 Flavourings, Natural Beechwood Smoke]. <i>May contain EGG and MUSTARD.</i>	KJ	1186	1957
		Kcal	282	465
		Fat	8.4	13.9
		Sat	4.7	7.8
		Carbs	41.2	68.0
		Sugar	12.4	20.5
		Fibre	2.3	3.8
		Protein	11.5	19.0
		Salt	1.16	1.91
		Portion weight (g)		165
<b>Chicken &amp; Pesto Panini</b>	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium, 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 and Cheddar Mix (40%) [Steamed Chicken (60%) (Chicken Breast, Salt), Pesto (19%) (Basil Paste (Basil, Sunflower Oil, Salt, Antioxidant: Ascorbic Acid), Vegetable Oil (Sunflower Oil, Rapeseed Oil), Medium Fat Hard Cheese (MILK), Extra Virgin Olive Oil, Garlic Purée, Acidity Regulator: Citric Acid), Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Spirit Vinegar, Salt, Sugar, Flavourings, Lemon Juice Concentrate, Antioxidant: Calcium Disodium EDTA), Mature Cheddar Cheese (8%) (MILK)], Mozzarella Cheese (10%) (MILK). <i>May contain MUSTARD.</i>	KJ	1125	2363
		Kcal	269	565
		Fat	11.8	24.8
		Sat	3.1	6.5
		Carbs	28.3	59.4
		Sugar	2.0	4.2
		Fibre	3.8	8.0
		Protein	14.2	29.8
		Salt	0.89	1.87
		Portion weight (g)		210
<b>Mozzarella &amp; Tomato Panini (V)</b>	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], Tomato (18%), Mozzarella Cheese (15%) (MILK, Salt), Cheese and Pesto Mix (13%) [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)]. <i>May contain EGG, and MUSTARD.</i>	KJ	1053	2064
		Kcal	251	492
		Fat	8.7	17.1
		Sat	3.9	7.6
		Carbs	32.9	64.5
		Sugar	2.4	4.7
		Fibre	1.7	3.3
		Protein	11.0	21.6
		Salt	0.89	1.74
		Portion weight (g)		196
<b>Tuna Melt Panini</b>	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], Tuna Melt Mix (43%) [Tuna Chunks (Skipjack Tuna (Katsuwonus pelamis) (FISH), Water, Salt), Mayonnaise (20%) (Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Sugar, Spirit Vinegar, Salt, Lemon Juice from Concentrate, Flavourings, Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract), Mature Cheddar Cheese (19%) (MILK), Red Pepper (7%), Slow Roasted Marinated Tomato (5%) (Tomato, Sunflower Oil, Salt, Garlic, Oregano), Red Onion (3%), Lemon Juice (Lemon Juice from Concentrate, Preservative: Potassium metabisulphite (SULPHITES), Parsley)]. <i>May contain MUSTARD.</i>	KJ	1089	2015
		Kcal	260	481
		Fat	10.5	19.4
		Sat	1.4	2.5
		Carbs	32.3	59.8
		Sugar	1.7	3.1
		Fibre	2.8	5.2
		Protein	10.4	19.2
		Salt	0.76	1.41
		Portion weight (g)		185
<b>Ham Hock &amp; Cheddar Panini</b>	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)]. <i>May contain other cereals containing GLUTEN.</i>	KJ	1068	1869
		Kcal	254	445
		Fat	9.0	15.8
		Sat	3.1	5.4
		Carbs	30.8	53.9
		Sugar	1.1	1.9
		Fibre	2.0	3.5
		Protein	13.5	23.6
		Salt	1.17	2.05
		Portion weight (g)		175

TOASTIES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Ham & Cheese Toastie	Grilled Cheese Topped Bread [White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Mature Cheddar Cheese (18%) (MILK), Mozzarella Cheese (18%) (MILK)], White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), Cooked Gammon Ham (16%) [Pork, Salt, Stabiliser: Triphosphate; Demerara Sugar, 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 Concentrate (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Cracked Black Pepper]. May contain EGG, MUSTARD, and SOYA.	KJ	1040	1986
		Kcal	248	474
		Fat	11.0	21.0
		Sat	5.3	10.1
		Carbs	24.1	46.0
		Sugar	1.1	2.1
		Fibre	2.2	4.2
		Protein	14.3	27.3
		Salt	1.78	3.40
		Portion weight (g)		191
		Mushroom & Emmental Toastie (V)	Grilled Cheese Topped White Bloomer Bread [White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), Mature Cheddar Cheese (17%) (MILK), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Mozzarella Cheese (18%) (MILK)], Mushroom & Emmental Mix (25%) [Full Fat Soft Cheese (30%) (MILK), Emmental Cheese (30%) (MILK), Mushroom and Porcini Tapenade (10%) (Grilled Mushrooms, Rapeseed Oil, Porcini Mushrooms, Concentrated Lemon Juice, Salt, Dehydrated Porcini Mushroom Powder, Garlic, Parsley, Chive)], White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), Mushroom (8%) (Mushroom, Water, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid). May contain EGG, MUSTARD, and SOYA.	KJ
Kcal	271			491
Fat	14.0			25.3
Sat	7.9			14.3
Carbs	25.0			45.3
Sugar	1.8			3.3
Fibre	1.9			3.4
Protein	12.3			22.3
Salt	1.08			1.95
Portion weight (g)				181
Cheese & Tomato Toastie (V)	Grilled Cheese Topped White Bloomer Bread [White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), Mature Cheddar Cheese (17%) (MILK), Mozzarella Cheese (17%) (MILK), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Marinated Slow Roasted Cherry Tomato (7%) (Cherry Tomatoes (93%), Rapeseed Oil, Salt, Oregano, Garlic)], White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), Mascarpone and Tomatade Mix (15%) [Mascarpone Cheese (50%) (Cream (MILK), Acidity Regulator: Citric Acid), Tomato Sauce (Tomato, Salt, Sugar, Onion, Oregano, Basil, Spices), Sunblush® Tomatade (24%) (Slow Roast Tomatoes, Tomato Concentrate, Rapeseed Oil, Olive Oil, Oregano, Garlic, Sugar), Parsley, Black Pepper), Mozzarella Cheese (8%) (MILK). May contain EGG MUSTARD, and SOYA.			KJ
		Kcal	296	491
		Fat	15.0	24.9
		Sat	8.1	13.4
		Carbs	29.2	48.5
		Sugar	2.4	4.0
		Fibre	3.2	5.3
		Protein	12.7	21.1
		Salt	1.29	2.14
		Portion weight (g)		166
		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), Thickeners: Modified Starch; Colour: SULPHITE Ammonia Caramel). May contain MUSTARD.	KJ
Kcal	205			541
Fat	6.5			17.2
Sat	2.5			6.5
Carbs	29.9			78.9
Sugar	3.9			10.3
Fibre	1.8			4.8
Protein	7.5			19.8
Salt	1.07			2.82
Portion weight (g)				264

BAPS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Bacon Bap	Vienna Roll (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Potato Starch, Potato, Yeast, Sugar, Rapeseed Oil, Salt, WHEAT Flour, Emulsifiers: Sodium Stearoyl-2-lactylate, Mono- and Diglycerides of Fatty Acids; Flour Treatment Agent: Ascorbic Acid), Beechwood Smoked Streaky Bacon (32%) [Pork, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite; Natural Flavourings, Natural Beechwood Smoke], Butter (MILK, Salt). May contain EGG, and MUSTARD.	KJ	1256	1570
		Kcal	299	374
		Fat	12.2	15.3
		Sat	5.2	6.5
		Carbs	35.3	44.1
		Sugar	4.0	5.0
		Fibre	3.0	3.8
		Protein	13.6	17.0
		Salt	1.80	2.25
		Portion weight (g)		125
		Sausage Bap	Vienna Roll (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Potato Starch, Potato, Yeast, Sugar, Rapeseed Oil, Salt, WHEAT Flour, Emulsifiers: Sodium Stearoyl-2-lactylate, Mono- and Diglycerides of Fatty Acids; Flour Treatment Agent: Ascorbic Acid), Pork and Lentil Sausage (46%) [Pork, Lentils, Potato Starch, Dextrose, Water, Salt, Rapeseed Oil, WHEAT Starch, Beef Collagen Casing, Spices (White Pepper, Nutmeg, Ginger, Mace, Chilli Powder), Stabiliser: Diphosphate; WHEAT Protein, Onion Powder, Rubbed Sage, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Butter (MILK, Salt). May contain EGG, and MUSTARD.	KJ
Kcal	255			408
Fat	10.1			16.2
Sat	4.0			6.4
Carbs	32.0			51.2
Sugar	2.1			3.4
Fibre	4.4			7.0
Protein	11.3			18.1
Salt	1.12			1.79
Portion weight (g)				160

WRAPS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
All Day Breakfast Wrap	Plain Tortilla [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Carbonates, Malic Acid, Diphosphates; Sugar, Stabiliser: Sodium Carboxymethyl Cellulose; Salt], Pork and Lentil Sausage (24%) [Pork, Lentils, Potato Starch, Dextrose, Water, Salt, Rapeseed Oil, <b>WHEAT</b> Starch, Beef Collagen Casing, Spices (White Pepper, Nutmeg, Ground Ginger, Ground Mace, Chilli Powder), Stabiliser: Diphosphate; <b>WHEAT</b> Protein, Onion Powder, Rubbed Sage, <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Scrambled <b>EGG</b> Mix (14%) [Free Range Scrambled <b>EGG</b> (Pasteurised Free Range <b>EGG</b> , Water, Rapeseed Oil, Tapioca Starch, Skimmed <b>MILK</b> Powder, Lemon Juice, Salt, Ground White Pepper), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein ( <b>MILK</b> ), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Cracked Black Pepper], Baked Beans (12%) [White Bean, Tomato, Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract], Beechwood Smoked Streaky Bacon (6%) [Pork, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite; Natural Flavourings, Natural Beechwood Smoke], Cornflour Mix (Water, Cornflour). May contain <b>MUSTARD</b> .	KJ	1068	2211
		Kcal	255	528
		Fat	11.0	22.8
		Sat	3.5	7.2
		Carbs	30.5	63.1
		Sugar	2.2	4.6
		Fibre	1.4	2.9
		Protein	9.1	18.8
		Salt	1.15	2.38
		Portion weight (g)		210
		Falafel and Sweet Chilli Wrap (Vg)	Tomato Tortilla [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Palm Oil, Rapeseed Oil), Tomato Seasoning (Tomato Powder, Red Bell Pepper, Paprika, Basil), Raising Agent: Sodium Bicarbonate; Disodium Diphosphate), Sugar, Acidity Regulator: Malic Acid; Stabiliser: Sodium Carboxy Methyl Cellulose; Salt], Green Chickpea Falafel (21%) [Green Chickpeas, Chickpeas, Onion, <b>WHEAT</b> Flour, Bread Rusk ( <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast), Rapeseed Oil, Parsley, Salt, Kibbled Onion, Cumin, Coriander, Coriander Powder, Garlic Purée, Black Pepper, Raising Agent: Sodium Bicarbonate], Houmous (9%) [Chickpeas, Rapeseed Oil, Water, Tahini <b>SESAME</b> Seed Paste, Salt, Garlic Granules, Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate], Mediterranean Vegetable Mix (11%) [Grilled Mixed Vegetables (Red Pepper, Yellow Pepper, Courgette, Aubergine), Coriander], Chilli Jam (7%) [Sugar, Red Pepper, Grape Vinegar, Water, Tomato Paste, Chipotle Chilli Paste (Chipotle Chilli, Water, Tomato Paste, Sugar, Salt, Onion, Acidity Regulator: Acetic Acid), Dried Onion, Concentrated Lemon Juice, Salt, Garlic Purée], Rocket (7%), Cornflour Mix (Water, Cornflour). May contain <b>CELERY</b> , <b>EGG</b> , <b>MILK</b> , <b>MUSTARD</b> , <b>SOYA</b> , and <b>SULPHITES</b> .	KJ
Kcal	237			500
Fat	8.5			17.9
Sat	1.7			3.6
Carbs	36.1			76.2
Sugar	11.9			25.1
Fibre	4.3			9.1
Protein	6.1			12.9
Salt	0.83			1.75
Portion weight (g)				211

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Chocolate Chip Mini Bean Cookie (V)	Sugar, Wheat Flour ( <b>WHEAT</b> , Calcium Carbonate (E170), Iron, Niacin, Thiamine), Milk Chocolate Chunks (18%) (Sugar, Whole <b>MILK</b> Powder, Cocoa Butter, Cocoa Mass, Whey Powder ( <b>MILK</b> ), Skimmed <b>MILK</b> Powder, Emulsifier ( <b>SOYA</b> Lecithin), Vanilla Flavouring), Butter ( <b>MILK</b> ), Mini Chocolate Beans (7%) (Sugar, Whole <b>MILK</b> Powder, Cocoa Butter, Cocoa Mass, Rice Flour, Thickening Agent (Gum Arabic), Colourings (Concentrates of Algae, Apple, Pumpkin, Radish, Lemon, Blackcurrant, Safflower, Purple Potato), Salt, Emulsifier (Sunflower Lecithin), Glucose Syrup, Glazing Agents (Carnauba Wax, Bees Wax, Shellac)), Water, Whole <b>EGG</b> Powder, Starch, Vanilla Flavouring, Sodium Bicarbonate, Salt. <i>Made in a factory that handles NUTS.</i>	KJ	1862	1583
		Kcal	443	377
		Fat	20.0	17.0
		Sat	12.0	10.2
		Carbs	63.0	53.6
		Sugar	44.0	37.4
		Fibre	1.2	1.0
		Protein	4.9	4.2
		Salt	0.20	0.20
		Portion weight (g)		85
		Oat & Raisin Cookie (V)	Sugar, Raisins (19%) (Raisins, Sunflower Oil), Butter ( <b>MILK</b> ), Wheat Flour ( <b>WHEAT</b> , Calcium Carbonate (E170), Iron, Niacin, Thiamine), Rolled <b>OATS</b> (9.5%), Water, Whole <b>EGG</b> Powder, Starch, Vanilla Flavouring, Mixed Spice (0.3%), Sodium Bicarbonate, Salt. <i>Made in a factory that handles NUTS.</i>	KJ
Kcal	408			347
Fat	16.0			13.6
Sat	9.0			7.7
Carbs	63.0			53.6
Sugar	44.0			37.4
Fibre	2.4			2.0
Protein	4.0			3.4
Salt	0.20			0.20
Portion weight (g)				85
Ginger Dunkers (V)	Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dark Chocolate (20%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier ( <b>SOYA</b> Lecithin), Natural Vanilla Flavouring], Golden Syrup (Invert Sugar Syrup), Light Brown Sugar, Margarine [Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Colours (Annatto Bixin, Curcumin)], Rolled <b>OATS</b> , Free Range Pasteurised Whole <b>EGG</b> , Crystallised Ginger (1.5%) (Ginger, Sugar), Ground Ginger (1%), Bicarbonate of Soda (E500i), Ammonium Bicarbonate (E503ii).			KJ
		Kcal	427	222
		Fat	16.9	8.7
		Sat	9.9	5.1
		Carbs	62.1	32.2
		Sugar	37.4	19.4
		Fibre	3.5	1.8
		Protein	4.9	2.5
		Salt	0.56	0.31
		Portion weight (g)		52
		Gingerbread Man (V)	Fortified wheat Flour ( <b>WHEAT</b> Flour, Iron, Thiamin, Nicotinic Acid, Calcium Carbonate), Sugar, Golden Syrup, Margarine (Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Colours (Curcumin, Annatto Bixin)), Water, Chocolate compound (Sugar, Vegetable Fat (Palm Kernel, Palm), Skimmed <b>MILK</b> Powder, Fat Reduced Cocoa Powder, Whey Powder ( <b>MILK</b> ), Emulsifier ( <b>SOYA</b> Lecithin), Flavouring), Glucose Syrup, Ginger, Raising Agent (Sodium Bicarbonate), <b>EGG</b> White Powder, Humectant (Glycerine), Colour (Lutein). <i>May contain NUTS.</i>	KJ
Kcal	386			228
Fat	9.0			5.3
Sat	3.4			2.0
Carbs	71.4			42.1
Sugar	37.3			22.0
Fibre	1.6			0.9
Protein	4.1			2.4
Salt	0.10			0.06
Portion weight (g)				60



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
		Kcal	484
		Fat	19.0
		Sat	8.8
		Carbs	72.6
		Sugar	38.1
		Protein	4.9
		Salt	0.91
		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
		Kcal	476
		Fat	25.6
		Sat	16.8
		Carbs	57.7
		Sugar	17.5
		Fibre	1.7
		Protein	5.1
		Salt	0.50
Portion weight (g)	50		
Toffee Waffle (V)	WHEAT flour (Calcium carbonate, Iron, Niacin, Thiamin), Glucose syrup, Sugar, Non-hydrogenated vegetable oils (Palm & Rapeseed), Butter (14% of filling) (MILK), Free Range EGGS, Molasses, Emulsifier: SOYA Lecithin, Raising agent: Sodium bicarbonate, Salt, Cinnamon.	per 100g	per portion (g)
		KJ	1868
		Kcal	445
		Fat	16.4
		Sat	7.7
		Carbs	70.9
		Sugar	33.7
		Fibre	0.6
		Protein	3.0
		Salt	0.72
Portion weight (g)	65		
Gianduiotto Mini Chocolate (Vg)	Sugar, Hazelnuts, Cocoa Mass, Cocoa Butter, Soya Lecithins, natural vanilla flavouring. <i>May contain MILK and other TREE NUTS.</i>	per 100g	per portion (g)
		KJ	2419
		Kcal	582
		Fat	40.0
		Sat	15.0
		Carbs	47.0
		Sugar	44.0
		Fibre	5.4
		Protein	5.7
		Salt	0.03
Portion weight (g)	10		
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
		Kcal	451
		Fat	21.4
		Sat	11.3
		Carbs	58.1
		Sugar	26.0
		Fibre	1.9
		Protein	5.1
		Salt	0.39
Portion weight (g)	60		
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
		Kcal	413
		Fat	10.1
		Sat	3.0
		Carbs	77.6
		Sugar	37.5
		Fibre	2.6
		Protein	4.3
		Salt	0.18
Portion weight (g)	65		
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
		Kcal	441
		Fat	18.9
		Sat	9.0
		Carbs	64.2
		Sugar	39.1
		Fibre	2.7
		Protein	4.9
		Salt	0.40
Portion weight (g)	75		

## CRISPS &amp; POPCORN

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Kettle Sea Salt Crisps (Vg/GF)</b>	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
		<b>Kettle Sea Salt &amp; Vinegar Crisps (Vg/GF)</b>	Select Potatoes, Sunflower Oil, Sea Salt and Balsamic Vinegar Seasoning (Sea Salt, Potato Maltodextrin, Dried Balsamic Vinegar, Sugar, Acid: Citric Acid, Dried Red Wine Extract, Natural Flavouring).	KJ
Kcal	509			204
Fat	28.1			11.2
Sat	2.8			1.1
Carbs	55.8			22.3
Sugar	1.5			0.6
Fibre	4.9			2.0
Protein	5.7			2.3
Salt	1.40			0.60
Portion weight (g)				40
<b>Kettle Cheddar &amp; Onion Crisps (V/GF)</b>	Select Potatoes, Sunflower Oil, Mature Cheddar and Red Onion Seasoning (Dried Buttermilk, Dried Mature Cheddar Cheese ( <b>MILK</b> ), Dried Onion, Dried Red Onion, Sea Salt, Dried Yeast Extract, Dried Yeast, Dried Chives, Colour: Paprika Extract).			KJ
		Kcal	505	202
		Fat	28.9	12.0
		Sat	3.3	1.3
		Carbs	51.1	20.4
		Sugar	2.5	1.0
		Fibre	6.2	2.5
		Protein	7.1	2.8
		Salt	1.10	0.40
		Portion weight (g)		40
		<b>Sweet 'n' Salt Popcorn (Vg/GF)</b>	Popped Butterfly Corn (67%), Sweetening Blend (Sugar, Sweetener: Isomalt, Sweetener: Steviol Glycosides), Rapeseed Oil, Salt.	KJ
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