

# Coffee#1

CONTENTS			
ALLERGENS		NUTRITIONAL & INGREDIENTS	
HOW TO USE THIS GUIDE .....	3	HOW TO USE THIS GUIDE .....	9
PASTRIES .....	4	PASTRIES .....	10
PORRIDGE .....	4	PORRIDGE .....	11
TEACAKES .....	4	TEACAKES .....	11
TOAST .....	4	TOAST .....	12
GRANOLA & YOGHURTS .....	5	GRANOLA & YOGHURTS .....	12
CAKES .....	5	CAKES .....	13
MUFFINS & CUPCAKES .....	5	MUFFINS & CUPCAKES .....	15
TRAYBAKES .....	6	TRAYBAKES .....	16
TARTS .....	6	TARTS .....	18
DESSERTS .....	6	DESSERTS .....	18
SANDWICHES .....	6	SANDWICHES .....	19
PANINI .....	6	PANINI .....	19
TOASTIE .....	7	TOASTIE .....	20
BAPS .....	7	BAPS .....	21
WRAPS .....	7	WRAPS .....	21
BISCUITS & SNACKS .....	7	BISCUITS & SNACKS .....	22
CRISPS & POPCORN .....	8	CRISPS & POPCORN .....	24
EXTRAS .....	8	EXTRAS .....	24

## HOW TO USE THIS GUIDE

PASTRIES					This Product Contains									
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Almond Croissant	*	P	*	*										
Butter Croissant	*	*	*											
Cinnamon Swirl	*	*	*											

An \* in a box means that the product contains that allergen.  
 A 'P' in a box means that the product does not contain that allergen but has been made in a factory where the risk of that allergen cross contamination may be present.  
**E.G. the Almond Croissant above contains Gluten, Egg, Milk and Nuts.**  
**The Butter Croissant and Cinnamon Swirl contain Gluten, Egg and Milk.**

For pre-packaged food (e.g. panini & biscuits etc.), allergen information can be found on the product packaging.

**NEVER GUESS - Always use this guide to help answer any customer queries.**

The allergens that are featured in 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.**

## PASTRIES

This Product Contains																Suitable for...	
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs		Vegetarian	Vegan
Almond Croissant	*	*	*	*			P						P			*	
Croissant	*	*	*	P			P									*	
Pain au Chocolate	*	*	*	P			*									*	
Pain aux Raisin	*	*	*	P			P						P			*	
Raspberry Vegan Croissant	*	P	P	P			P						P			*	*
Cinnamon Bun	*			P			*		P							*	*
Cherry Bun	*	P	P	P	P		*		P				P			*	*

PORRIDGE  
(made with cow's milk)

This Product Contains																Suitable for...	
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs		Vegetarian	Vegan
Porridge with Banana & Cinnamon	*		*													*	
Porridge with Blueberries, Seeds & Maple Syrup	*		*													*	
Porridge with Chocolate Chips	*		*				*									*	
Plain Porridge	*		*													*	

## TEACAKES

This Product Contains																Suitable for...	
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs		Vegetarian	Vegan
Toasted Tea Cake	*			P									P			*	*
Toasted Tea Cake with butter	*		*	P									P			*	
Toasted Tea Cake with butter & jam/marmalade	*		*	P									P			*	
Toasted Tea Cake with flora	*			P					P				P			*	*
Toasted Tea Cake with flora & jam/marmalade	*			P					P				P			*	*

## TOAST

This Product Contains																Suitable for...	
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs		Vegetarian	Vegan
<b>NEW</b> Tinned White Bloomer	*	P	P	P			P									*	*
<b>NEW</b> Tinned Harvest Bloomer	*	P	P	P			P									*	*

## GRANOLA &amp; YOGHURTS

This Product Contains															Suitable for...	
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
<b>NEW</b> Granola & Yogurt with Blueberry & Honey	*		*	P	P										*	
<b>NEW</b> Granola & Yogurt with Banana & Honey	*		*	P	P										*	
<b>NEW</b> Yogurt & Seeds with Blueberry & Honey			*												*	
<b>NEW</b> Yogurt & Seeds with Banana & Honey			*												*	

## CAKES

This Product Contains															Suitable for...	
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
Banana & Chocolate Loaf	*	P	P	P			*		P						*	*
Lemon Drizzle Cake	*	*	*	P	P		P		*				P		*	
Welsh Cake	*	*	*												*	
Victoria Sponge Cake**	P	*	*	P	P		P		P				P		*	
Caramel Chouxnut with Crème Pat	*	*	*	P			*								*	
Pecan Pie	*	P	P	*			P								*	*
Sticky Ginger Loaf	*	*	*	P	P		P		P				P		*	
Coffee and Caramel Cake	*	P	P	P	P		*		P				P		*	*
Battenberg Layer Cake	*	*	*												*	
Carrot Cake	*	P	P	*	P		*		P				P		*	*
Deluxe Dark Chocolate Cake	*	P	P	P	P		*		P				P		*	*
Pistachio Cream Bun	*	*	*	*			P			P					*	
Cherry & Coconut Mini Loaf		*	P	P			P								*	

\*\*Victoria Sponge Cake is made with gluten free flour, this may not be suitable for people with coeliac/gluten allergy due to manufacturing and instore handling methods.

## MUFFINS &amp; CUPCAKES

This Product Contains															Suitable for...	
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
Blueberry Muffin	*	*	*												*	
Sicilian Lemon Curd Muffin	*	*	*						*						*	
Summer Cupcakes	*	*	*	P			P		*						*	

## TRAYBAKES

This Product Contains															Suitable for...	
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
Caramel Shortbread	*	P	*	P			*		*						*	
Super Dark Brownie	*		P	P	P		P		*						*	*
Triple Chocolate Brownie**	P	*	*	P	P		*		P						*	
Yoghurt Apple & Blackcurrant Flapjack	*		*						P						*	
Rocky Road	*	P	*				*		*							
Blackberry & Apple Crumble Jack (made with GF Oats)**	*	P	P	P	P		P		P				P		*	*
Maple Syrup Flapjack (made with GF Oats)**	*	P	P	P	P		P		P				P		*	*
Cherry Bakewell	*	*	*	*	P		P		P				P		*	
Blackcurrant Bakewell	*	P	P	*	P		*		P				P		*	*

\*\* Blackberry & Apple Crumble, and Maple Syrup Flapjack 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 coeliac disease/gluten allergy due to manufacturing processes and in-store handling methods.

\*\*Triple Chocolate Brownie is made with gluten free flour, this may not be suitable for people with coeliac/gluten allergy due to manufacturing and in-store handling methods.

## TARTS

This Product Contains															Suitable for...	
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
Portuguese Tart	*	*	*	P			P		P						*	
Tarte Au Citron	*	*	*	P											*	

## DESSERTS

This Product Contains															Suitable for...	
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
Cookies & Cream Slice	*	*	*	P			*								*	
Lotus Biscoff Cheesecake	*	*	*	P			*								*	
Salted Caramel Slice	*	*	*	P			*									
Cherry & Mascarpone Roulade	*	*	*	P			*								*	

## SANDWICHES

This Product Contains															Suitable for...	
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
BLT	*	*	P				P			P						
Farmhouse Cheddar Ploughman's	*	*	*				P		*	P					*	

## PANINI

This Product Contains															Suitable for...	
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
Brie & Bacon Panini	*	P	*							P						
Chicken & Pesto Panini	*	*	*							P						
Mozzarella & Tomato Panini	*	P	*							P					*	
Tuna Melt Panini	*	*	*			*			*	P						
Ham Hock & Cheddar Panini	*	*	*						*	*						

## TOASTIE

This Product Contains															Suitable for...	
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
Ham & Cheese Toastie	*	P	*				P			P						
Mushroom & Emmental Toastie	*	P	*				P			P					*	
Cheese & Tomato Toastie	*	P	*				P			P					*	
Feta and Tomato Sourdough Toastie	*	*	*						*	P					*	

## BAPS

This Product Contains															Suitable for...	
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
Bacon Bap	*	P	*							P						
Sausage Bap	*	P	*							P						

## WRAPS

This Product Contains															Suitable for...	
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
All Day Breakfast Wrap	*	*	*							P						
Falafel and Sweet Chilli Wrap	*	P	P				P	P	P	P			*		*	*

## BISCUITS &amp; SNACKS

This Product Contains															Suitable for...	
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
Chocolate Chip Mini Bean Cookie	*	*	*	P			*								*	
Oat & Raisin Cookie	*	*	*	P											*	
Ginger Dunkers	*	*					*								*	
Gingerbread Man	*	*	*	P			*								*	
Lotus Biscuit Twin Pack	*		P				*								*	*
Shortbread	*		*												*	
Toffee Waffle	*	*	*				*								*	
Gianduiotto Mini Chocolate			P	*			*								*	*
Jammy Delight	*	P	*	P			P								*	
Summer Design Gingerbread	*	*													*	
GF Caramel Jewel Bar (made with GF Oats)**	*	P	*	P			*								*	

\*\* Caramel Jewel Bar contains gluten free oats, we list OATS as an allergen as they contain protein called Avenin which some people are sensitive to.

CRISPS & POPCORN	This Product Contains															Suitable for...	
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
	Lightly Sea Salted Crisps															*	*
	Cider Vinegar & Sea Salt Crisps															*	*
	Cheddar & Onion Crisps			*												*	*
	Sweet 'n' Salt Popcorn															*	*

EXTRAS	This Product Contains															Suitable for...	
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
	Butter Portion			*												*	
	Honey															*	
	Maple Syrup															*	*
	Icing Sugar									*						*	*
	Maple Syrup															*	*
	Marmalade															*	*
	Marmite	*							*							*	*
	Preserve Blackcurrant															*	*
	Preserve Strawberry															*	*
	Rhoddas Clotted Cream			*												*	
	Flora															*	*
	Vegan Whipped Cream															*	*
	Whipping Cream			*												*	



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% ( <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, E339iii), colour (E160ai), flavouring), egg wash ( <b>EGGS</b> , 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.

PASTIRES		
PRODUCT	INGREDIENTS	NUTRITIONAL INFO
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>	per 100g per portion (g)
		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
		per 100g per portion (g)
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>	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
		per 100g per portion (g)
Pain au Chocolat (V)	Pastry: ( <b>WHEAT</b> flour , Butter ( <b>MILK</b> ), water, chocolate 10% (sugar, coca 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>	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
		per 100g per portion (g)
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>	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
		per 100g per portion (g)
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>	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
		per 100g per portion (g)
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, 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 ( <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>	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
		per 100g per portion (g)
Cherry 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, Faba 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), 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	
Porridge Plain (V)	Whole <b>MILK</b> (83%), Porridge <b>OATS</b> (17%).	per 100g	per portion (g)
		KJ	484
		Kcal	115
		Fat	4.5
		Sat	2.2
		Carbs	14.7
		Sugar	3.9
		Fibre	1.1
		Protein	4.6
		Salt	0.09
		Portion weight (g)	240
		per 100g	per portion (g)
Porridge with Chocolate Chips (V)	Whole <b>MILK</b> (77%), Porridge <b>OATS</b> (15%), Chocolate Chips (8%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: <b>SOYA</b> Lecithin (E322), Natural Vanilla Flavouring].	KJ	619
		Kcal	147
		Fat	6.6
		Sat	3.4
		Carbs	17.8
		Sugar	7.1
		Fibre	1.4
		Protein	4.8
		Salt	0.09
		Portion weight (g)	260
		per 100g	per portion (g)
Porridge with Banana & Cinnamon (V)	Whole <b>MILK</b> (62%), Banana (19%), Porridge <b>OATS</b> (12%), Honey, Cinnamon.	KJ	521
		Kcal	124
		Fat	3.4
		Sat	1.7
		Carbs	19.9
		Sugar	11.3
		Fibre	1.3
		Protein	3.7
		Salt	0.07
		Portion weight (g)	321
		per 100g	per portion (g)
Porridge with Blueberries, Seeds & Maple Syrup (V)	Whole <b>MILK</b> (66%), Porridge <b>OATS</b> (13%), Blueberries (10%), Maple Syrup (5%), Pumpkin Seeds (3%), Sunflower Seeds (3%).	KJ	620
		Kcal	148
		Fat	6.8
		Sat	2.2
		Carbs	16.5
		Sugar	7.2
		Fibre	1.6
		Protein	5.5
		Salt	0.07
		Portion weight (g)	305

TEACAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Teacake (Vg)	<b>WHEAT</b> 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>	per 100g	per portion (g)
		KJ	940
		Kcal	221
		Fat	0.7
		Sat	0.1
		Carbs	48.0
		Sugar	15.3
		Protein	6.4
		Salt	0.01
		Portion weight (g)	150

TOAST		
PRODUCT	INGREDIENTS	NUTRITIONAL INFO
NEW Tinned White Bloomer (Vg)	White <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Yeast, Salt. May contain other cereals containing GLUTEN, NUTS, MILK, EGG and SOYA.	per 100g per portion (g)
		KJ 898 368
		Kcal 215 88
		Fat 0.8 0.3
		Sat 0.2 0.1
		Carbs 47.8 19.6
		Sugar 0.4 0.2
		Fibre 2.1 0.9
		Protein 7.1 2.9
		Salt 1.11 0.46
		Portion weight (g) 41
		per 100g per portion (g)
NEW Tinned Harvest Bloomer (Vg)	White <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Malt (Malted <b>WHEAT</b> , <b>WHEAT</b> Gluten, <b>WHEAT</b> Flour, <b>RYE</b> , Crystal <b>BARLEY</b> ), Yeast, Salt, Coconut Oil. May contain other cereals containing GLUTEN, NUTS, MILK, EGG and SOYA.	KJ 965 396
		Kcal 231 95
		Fat 1.5 0.6
		Sat 1.0 0.4
		Carbs 48.9 20.0
		Sugar 1.1 0.5
		Fibre 3.0 1.2
		Protein 7.9 3.2
		Salt 1.24 0.50
		Portion weight (g) 41

GRANOLA & YOGHURT		
PRODUCT	INGREDIENTS	NUTRITIONAL INFO
NEW Granola & Yogurt with Blueberry & Honey (V)	Yoghurt (54.8%) [Low Fat Natural Yogurt ( <b>MILK</b> ), Live Cultures], Granola (18.9%) [Rolled <b>OATS</b> (55%), Sugar, Palm Oil, <b>WHEAT</b> Flour, Dried Coconut, Molasses, Salt, <b>BARLEY</b> Malt Extract, Cinnamon], Blueberries (17.5%), Honey (4.4%), Pumpkin Seeds (2.2%), Sunflower Seeds (2.2%). May contain NUTS and PEANUTS.	per 100g per portion (g)
		KJ 714 1629
		Kcal 170 388
		Fat 6.9 16.0
		Sat 2.7 6.3
		Carbs 20.0 46.0
		Sugar 11.0 24.0
		Fibre 2.0 4.5
		Protein 5.8 13.0
		Salt 0.50 1.10
		Portion weight (g) 228
		per 100g per portion (g)
NEW Granola & Yogurt with Banana & Honey (V)	Yoghurt (52.5%) [Low Fat Natural Yogurt ( <b>MILK</b> ), Live Cultures], Bananas (21%), Granola (18.1%) [Rolled <b>OATS</b> (55%), Sugar, Palm Oil, <b>WHEAT</b> Flour, Dried Coconut, Molasses, Salt, <b>BARLEY</b> Malt Extract, Cinnamon], Honey (4.2%), Pumpkin Seeds (2.1%), Sunflower Seeds (2.1%). May contain NUTS and PEANUTS.	KJ 734 1746
		Kcal 175 416
		Fat 6.6 16.0
		Sat 2.6 6.3
		Carbs 22.0 53.0
		Sugar 14.0 33.0
		Fibre 1.7 4.0
		Protein 5.7 14.0
		Salt 0.47 1.10
		Portion weight (g) 238
		per 100g per portion (g)
NEW Yogurt & Seeds with Blueberry & Honey (V)	Yoghurt (61%) [Low Fat Natural Yogurt ( <b>MILK</b> ), Live Cultures], Blueberries (19.5%), Pumpkin Seeds (7.3%), Sunflower Seeds (7.3%), Honey (4.9%).	KJ 625 1282
		Kcal 150 307
		Fat 7.9 16.0
		Sat 1.5 3.1
		Carbs 11.0 22.0
		Sugar 8.1 17.0
		Fibre 1.9 3.8
		Protein 7.7 16.0
		Salt 0.13 0.26
		Portion weight (g) 205
		per 100g per portion (g)
NEW Yogurt & Seeds with Banana & Honey (V)	Yoghurt (58.1%) [Low Fat Natural Yogurt ( <b>MILK</b> ), Live Cultures], Bananas (23.3%), Pumpkin Seeds (7%), Sunflower Seeds (7%), Honey (4.7%).	KJ 651 1400
		Kcal 156 334
		Fat 7.5 16.0
		Sat 1.4 3.1
		Carbs 14.0 29.0
		Sugar 12.0 26.0
		Fibre 1.5 3.3
		Protein 7.5 16.0
		Salt 0.12 0.26
		Portion weight (g) 215

CAKES		
PRODUCT	INGREDIENTS	NUTRITIONAL INFO
Banana & Chocolate Loaf Cake (Vg)	<b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin), banana puree 23%, brown sugar, dark chocolate 14% (sugar, cocoa mass, cocoa butter, emulsifier ( <b>SOYA</b> lecithin), natural vanilla flavouring), coconut oil, rapeseed oil, black treacle, water, corn starch, flax seeds, sodium bicarbonate, raising agent (diphosphates, sodium carbonates, <b>WHEAT</b> 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, <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk ( <b>MILK</b> ), Rapeseed Oil, Pasteurised Free Range <b>EGG</b> , Lemon Juice (3%), Lemon Curd (3%) (Sugar, Pasteurised Free Range <b>EGG</b> , Water, Salted Butter (Butter ( <b>MILK</b> ), Salt), Concentrated Lemon Juice (Concentrated Lemon Juice, Preservatives: Sodium <b>METBISULPHITE</b> , Potassium <b>METABISULPHITE</b> ), Lemon Oil, Gelling Agent: Agar), Lemon Zest (3%), Raising Agents: Diphosphates, Sodium Bicarbonate; Salt], Lemon Drizzle (7%) [Glucose Syrup ( <b>SULPHITES</b> ), 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
Welsh Cake (V)	<b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamine, raising agents E450, E500), vegetable oil (rapeseed, sustainable palm) sugar, vine fruits (13%)(currants, sulfates, sunflower oil), <b>EGG</b> , <b>BUTTERMILK</b> , 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, <b>EGG</b> , Margarine (Vegetable Oils (Sustainable Palm Oil, Rapeseed Oil), Water, Salt, Emulsifier (Polyglycerol Esters Of Fatty Acids), Flavouring, Colours (Curcumin, Annatto Bixin)), <b>MILK</b> , Raising Agents (Mon Calcium Phosphates, Sodium Bicarbonate, Corn Starch), Thickener (Xanthan Gum), Natural Flavouring, Salt], Buttercream Icing [Icing Sugar, Salted Butter (Butter ( <b>MILK</b> ), Salt), Double Cream ( <b>MILK</b> ), 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
Caramel Chouxnut with Crème Pat (V)	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 Chocolate (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>	per 100g per portion (g)
		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

CAKES		
PRODUCT	INGREDIENTS	NUTRITIONAL INFO
Pecan Pie (Vg)	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
		per 100g per portion (g)
Sticky Ginger Loaf (V)	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>	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
		per 100g per portion (g)
Coffee and Caramel Cake (Vg)	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>	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
		per 100g per portion (g)
Battenberg Layer Cake (V)	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.	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
		per 100g per portion (g)
Carrot Cake (Vg)	Carrot Cake [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar (Sugar, Cane Molasses), Carrots (13%), Pasteurised Orange Comminute, Rapeseed Oil, <b>SOYA</b> Drink (Water, <b>SOYA</b> Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Sultanas (2%), <b>WALNUTS</b> (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
		per 100g per portion (g)
Deluxe Dark Chcolate Cake (Vg)	Chocolate Cake [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soya Drink (Water, <b>SOYA</b> 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: <b>SOYA</b> Lecithin; Natural Vanilla Flavouring), Dark Chocolate Shavings (3%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: <b>SOYA</b> 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

CAKES

PRODUCT		INGREDIENTS		NUTRITIONAL INFO	
Pistachio Cream Bun (V)	<b>WHEAT</b> Flour, Pasteurized fresh cream ( <b>MILK</b> )(19.2%), Sugar, Raspberries Purée (9.9%)(Raspberries, Sugar), <b>EGGS</b> , <b>MILK</b> , Butter ( <b>MILK</b> ), Water, Natural Yeast ( <b>WHEAT</b> Flour, Water), Vegetable fat (Palm), <b>PISTACHIOS</b> paste ( <b>NUTS</b> )(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 mandarin (Ciaculli late mandarin, Sugar, Glucose Syrup, Lemon Juice), Honey, Stabilisers Sorbitals 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, <b>MILK</b> 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			
Cherry & Coconut Mini Loaf (V/GF)	Free Range Pasteurised Whole <b>EGG</b> , 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	
Blueberry Muffin (V)	<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.	per 100g	per portion (g)		
		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)	<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.	per 100g	per portion (g)		
		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			



MUFFINS & CUPCAKES			
PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
	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
		Portion weight (g)	160
Summer Cupcakes (V)	Yellow Coloured Cupcake (Cake Flour [WHEAT Flour (with added Iron, Calcium, Thiamine, Niacin), Sugar, Whole Dried Free-range EGG Powder, Modified Maize Starch, Raising Agents: Diphosphates, Sodium Carbonates; Skimmed MILK Powder, Salt, Free Range EGG Albumen, Natural Flavour, Colour: Carotenes], Water, Yellow Coloured Vanilla Buttercream (10%) [Icing Sugar, Margarine (Vegetable Oil (Palm, Rapeseed)), Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids; Flavouring, Colouring: Annatto, Curcumin], Vanilla Flavour (Water, Propylene Glycol, Caramelised Sugar Syrup, Thickener: Xanthan Gum; Acidity Regulator: Citric Acid; Preservative: 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, Flower Shaped Chocolate (2.4%) [Sugar, Cocoa Butter, Whole MILK 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])).		
	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>		
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
		Kcal	511
		Fat	30.3
		Sat	18.1
		Carbs	54.0
		Sugar	30.5
		Protein	4.9
		Salt	0.62
		Portion weight (g)	65
		Super Dark Brownie (Vg)	Dark chocolate 17% (cocoa mass, sugar, fat-reduced cocoa powder, emulsifier (sunflower lecithin), natural vanilla flavouring - contains cocoa solids 74%), coconut oil, dark brown sugar, sugar, WHEAT flour (calcium carbonate, iron, niacin, thiamin), apple puree, water, plant cream (lentil preparation (water, lentil protein), vegetable oils (coconut, rapeseed), sugar, modified potato starch, emulsifier (polysorbate 60), stabiliser (methylcellulose, xanthan gum), acidity regulator (trisodium citrate), natural flavour, salt, colour (carotene)), fat-reduced cocoa powder, cocoa nibs 3.5%, black treacle, flaxseeds, natural vanilla extract, sea salt flakes 0.5%, raising agent (diphosphates, sodium carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)). <i>May contain MILK, EGG, PEANUTS, NUTS, SULPHUR DIOXIDE and other cereals containing GLUTEN.</i>
KJ	1941		
Kcal	464		
Fat	30.0		
Sat	22.0		
Carbs	47.0		
Sugar	34.0		
Fibre	3.4		
Protein	4.5		
Salt	0.71		
Portion weight (g)	64		
Triple Chocolate Brownie** (V)	Free range EGG, dark chocolate 16% (cocoa mass, sugar, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring - contains cocoa solids 72%), coconut oil, soft light sugar, sugar, dark chocolate 7% (sugar, cocoa mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring - contains cocoa solids 47%, fat free cocoa solids 14%), milk chocolate 7% (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier (SOYA lecithin), natural vanilla flavouring - contains cocoa solids 27%, milk solids 20%), fat-reduced cocoa powder, gluten-free flour blend (rice, potato, tapioca, maize, buckwheat), rapeseed oil, double cream (MILK), salt, raising agent (mono calcium phosphate, corn starch, sodium bicarbonate), stabiliser (xanthan gum). <i>May contain cereals containing GLUTEN, NUTS and SULPHUR DIOXIDE.</i>	per 100g	per portion (g)
		KJ	2098
		Kcal	504
		Fat	32.6
		Sat	21.4
		Carbs	42.4
		Sugar	37.0
		Fibre	4.3
		Protein	6.2
		Salt	0.36
		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.			



TRAYBAKES		
PRODUCT	INGREDIENTS	NUTRITIONAL INFO
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, Flavours), 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; Flavours), 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
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 Flavours, 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
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

TARTS		
PRODUCT	INGREDIENTS	NUTRITIONAL INFO
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
DESSERTS		
PRODUCT	INGREDIENTS	NUTRITIONAL INFO
Cookies & Cream Slice	Cream ( <b>MILK</b> ), Digestive Biscuit Crumb (WHEAT Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal <b>WHEAT</b> 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: <b>SOYA</b> 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, <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Powdered <b>EGG</b> , Fat Reduced Cocoa Powder, Salt, Whey Solids ( <b>MILK</b> ), 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 ( <b>WHEAT</b> Flour, Sugar, Palm Oil, Fat Reduced Cocoa Powder, <b>WHEAT</b> Starch, Glucose-Fructose Syrup, Emulsifier: <b>SOYA</b> Lecithin; Salt, Raising Agent: Sodium Hydroxide, Ammonium Carbonates, Sodium Carbonates, Potassium Carbonates; Flavouring), Neutral Fond (Sugar, Dried Glucose Syrup, Beef Gelatine, Modified Starch, Dried <b>EGG</b> Yolk, Salt, Raising Agent: Disodium Pyrophosphate; Rapeseed Oil, Invert Sugar Syrup, Dark Chocolate Shaving [Sugar, Cocoa Mass, Cocoa Butter, Natural Vanilla Flavour, Emulsifier: <b>SOYA</b> 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
Lotus Biscoff Cheesecake (V)	Full Fat Soft Cheese (37%) [Skimmed <b>MILK</b> , Cream ( <b>MILK</b> ), Salt, Preservative (Potassium Sorbate), Lactic Culture ( <b>MILK</b> ), Microbial Rennet], Biscoff Paste [20% (Crushed Caramelised Biscuit [ <b>WHEAT</b> Flour, Sugar, Vegetable Oils (Palm & Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), <b>SOYA</b> Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier ( <b>SOYA</b> Lecithin), Acid (Citric Acid), Pasteurised Liquid Whole <b>EGG</b> , Biscoff Crushed Caramelised Biscuit (14%) ( <b>WHEAT</b> Flour, Sugar, Vegetable Oils (Palm & Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Soya Flour, Salt, Cinnamon), Sugar, Double Cream ( <b>MILK</b> ), 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 ( <b>SOYA</b> 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
Cherry & Mascarpone Roulade (V)	<b>EGG</b> , Mascarpone (Cream, <b>MILK</b> Proteins), Cherries, Whipping Cream ( <b>MILK</b> ), Granulated Sugar, <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Single Cream ( <b>MILK</b> ), Icing Sugar, White Chocolate Chips [Sugar, Whole <b>MILK</b> Powder, Cocoa Butter, Skimmed <b>MILK</b> Powder, Natural Vanilla Flavouring, Emulsifier: <b>SOYA</b> 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 per portion (g)
		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
Salted Caramel Slice	Cream ( <b>MILK</b> ), Digestive Crumb ( <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal <b>WHEAT</b> Flour, Vegetable Oil, Sugar, Partially Inverted Sugar Syrup, Raising Agents: Sodium Carbonates, Ammonium Carbonates; Salt), Caramel Muffin Sponge Pieces (Toffee Cream Cake Mix ( <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Demerara Sugar, Modified Maize Starch, Vegetable Oil, Flavouring, Salt, Powdered <b>EGG</b> , Natural Flavouring, <b>WHEAT</b> Gluten, Whey Solids ( <b>MILK</b> ), 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 <b>EGG</b> , Rapeseed Oil), Banoffee Toffee Sauce (Condensed <b>MILK</b> [Sugar, Cream ( <b>MILK</b> )], 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 <b>MILK</b> Powder, Emulsifier <b>SOYA</b> Lecithin, Natural Vanilla Flavour], Lotus Biscoff Crumb ( <b>WHEAT</b> Flour, Sugar, Vegetable Oil, Sugar Syrup, Salt, Raising Agent: Sodium Bicarbonate; Cinnamon, <b>SOYA</b> Flour), Margarine [Vegetable Oil, Water, Salt, Colour: Curcumin, Annatto Bixin; Flavouring, Emulsifiers: Mono- and Diglycerides of Fatty Acids), Caramel Fudge Cubes [Sugar, Condensed <b>MILK</b> , Fondant (Sugar, Glucose, Water), Glucose Syrup, Palm Oil, Water, Salt], Neutral Fond [Sugar, Dried Glucose Syrup, Beef Gelatine, Modified Starch, Dried <b>EGG</b> 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

SANDWICHES			
PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
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%) [Park 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
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
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%) [Park, Salt, Antioxidants: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite; Natural Flavourings, Natural Beechwood Smoke]. <i>May contain EGG and MUSTARD.</i>	per 100g	per portion (g)
		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
Chicken & Pesto Panini	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>	per 100g	per portion (g)
		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
Mozzarella & Tomato Panini (V)	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Mated 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>	per 100g	per portion (g)
		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
Tuna Melt 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], 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>	per 100g	per portion (g)
		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

PANINI				
PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Ham Hock & Cheddar Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Cheese Sauce Mix (23%) [White Sauce (Water, Rapeseed Oil, Modified Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock (Salt, Maltodextrin, Yeast Extract, Sugar, Vegetables (Onion, Parsnip), Carrot Extract, Rapeseed Oil, Tomato, Lovage), Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Mature Cheddar Cheese (25%) (MILK, Potato Starch), Italian Hard Cheese (24%) (MILK, Salt, Vegetarian Rennet, Lysozyme (EGG)), Dijon Mustard (Water, MUSTARD Seed, Spirit Vinegar, Salt, Preservative: Sodium Hydrogen SULPHITE)], Pulled Ham Hock (17%) [Pork, Brine (Water, Low Sodium Sea Salt, Preservatives: Sodium Nitrate, Sodium Nitrite)]. May contain other cereals containing GLUTEN.	per 100g	per portion (g)	
		KJ	1068	1869
		Kcal	254	445
		Fat	9.0	15.8
		Sat	3.1	5.4
		Carbs	30.8	53.9
		Sugar	1.1	1.9
		Fibre	2.0	3.5
		Protein	13.5	23.6
		Salt	1.17	2.05
		Portion weight (g)	175	
TOASTIES				
PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
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.	per 100g	per portion (g)	
		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 (18%) (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.	per 100g	per portion (g)	
		KJ	1135	2054
		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 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.	per 100g	per portion (g)	
		KJ	1239	2057
		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), Thickener: Modified Starch; Colour: SULPHITE Ammonia Caramel]. May contain MUSTARD.	per 100g	per portion (g)	
		KJ	860	2270
		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	
Bacon Bap	Vienna Roll <b>[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.</b>	per 100g	per portion (g)
		KJ	1256
		Kcal	299
		Fat	12.2
		Sat	5.2
		Carbs	35.3
		Sugar	4.0
		Fibre	3.0
		Protein	13.6
		Salt	1.80
		Portion weight (g)	125
		Sausage Bap	Vienna Roll <b>[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.</b>
KJ	1070		
Kcal	255		
Fat	10.1		
Sat	4.0		
Carbs	32.0		
Sugar	2.1		
Fibre	4.4		
Protein	11.3		
Salt	1.12		
Portion weight (g)	160		

WRAPS			
PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
All Day Breakfast Wrap	Plain Tortilla <b>[WHEAT Flour (WHEAT 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, WHEAT Starch, Beef Collagen Casing, Spices (White Pepper, Nutmeg, Ground Ginger, Ground Mace, Chilli Powder), Stabiliser: Diphosphate; WHEAT Protein, Onion Powder, Rubbed Sage, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Scrambled EGG Mix (14%) [Free Range Scrambled EGG (Pasteurised Free Range EGG, Water, Rapeseed Oil, Tapioca Starch, Skimmed MILK Powder, Lemon Juice, Salt, Ground White Pepper), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein (MILK), 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 MUSTARD.</b>	per 100g	per portion (g)
		KJ	1068
		Kcal	255
		Fat	11.0
		Sat	3.5
		Carbs	30.5
		Sugar	2.2
		Fibre	1.4
		Protein	9.1
		Salt	1.15
		Portion weight (g)	210
		Falafel and Sweet Chilli Wrap (Vg)	Tomato Tortilla <b>[WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Palm Oil, Rapeseed Oil), Tomato Seasoning (Tomato Powder, Red Bell Pepper, Paprika, Basil), Raising Agent: Sodium Bicarbonate; Disodium Diphosphate), Sugar, Acidity Regulator: Malic Acid; Stabiliser: Sodium Carboxy Methyl Cellulose; Salt], Green Chickpea Falafel (21%) [Green Chickpeas, Chickpeas, Onion, WHEAT Flour, Bread Rusk (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast), Rapeseed Oil, Parsley, Salt, Kibbled Onion, Cumin, Coriander, Coriander Powder, Garlic Purée, Black Pepper, Raising Agent: Sodium Bicarbonate], Houmous (9%) [Chickpeas, Rapeseed Oil, Water, Tahini SESAME Seed Paste, Salt, Garlic Granules, Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate], Mediterranean Vegetable Mix (11%) [Grilled Mixed Vegetables (Red Pepper, Yellow Pepper, Courgette, Aubergine), Coriander], Chilli Jam (7%) [Sugar, Red Pepper, Grape Vinegar, Water, Tomato Paste, Chipotle Chilli Paste (Chipotle Chilli, Water, Tomato Paste, Sugar, Salt, Onion, Acidity Regulator: Acetic Acid), Dried Onion, Concentrated Lemon Juice, Salt, Garlic Purée], Rocket (7%), Cornflour Mix (Water, Cornflour). May contain CELERY, EGG, MILK, MUSTARD, SOYA, and SULPHITES.</b>
KJ	993		
Kcal	237		
Fat	8.5		
Sat	1.7		
Carbs	36.1		
Sugar	11.9		
Fibre	4.3		
Protein	6.1		
Salt	0.83		
Portion weight (g)	211		

BISCUITS & SNACKS			
PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
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>	per 100g	per portion (g)
		KJ	1862
		Kcal	443
		Fat	20.0
		Sat	12.0
		Carbs	63.0
		Sugar	44.0
		Fibre	1.2
		Protein	4.9
		Salt	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>	per 100g	per portion (g)
		KJ	1,702
		Kcal	408
		Fat	16.0
		Sat	9.0
		Carbs	63.0
		Sugar	44.0
		Fibre	2.4
		Protein	4.0
		Salt	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 (E500ii), Ammonium Bicarbonate (E503ii).	per 100g	per portion (g)
		KJ	1795
		Kcal	427
		Fat	16.9
		Sat	9.9
		Carbs	62.1
		Sugar	37.4
		Fibre	3.5
		Protein	4.9
		Salt	0.56
		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>	per 100g	per portion (g)
		KJ	1630
		Kcal	386
		Fat	9.0
		Sat	3.4
		Carbs	71.4
		Sugar	37.3
		Fibre	1.6
		Protein	4.1
		Salt	0.10
		Portion weight (g)	60
Lotus Biscuits (V)	<b>WHEAT</b> flour, sugar, vegetable oils, candy sugar syrup, raising agent (sodium hydrogen carbonate), <b>SOYA</b> 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 ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (31%) (Butter ( <b>MILK</b> ), 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



BISCUITS & SNACKS		
PRODUCT	INGREDIENTS	NUTRITIONAL INFO
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
		Portion weight (g) 65
Gianduiotto Mini Chocolate (Vg)	Sugar, Hazelnuts, Cocoa Mass, Cocoa Butter, Soya Lecithins, natural vanilla flavouring. May contain MILK and other TREE NUTS.	per 100g per portion (g)
		KJ 2419 242
		Kcal 582 58
		Fat 40.0 4.0
		Sat 15.0 1.5
		Carbs 47.0 4.7
		Sugar 44.0 4.4
		Fibre 5.4 0.5
		Protein 5.7 0.8
		Salt 0.03 0.00
		Portion weight (g) 10
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. May contain EGG, NUTS and SOYA.	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
		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 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
		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. May contain EGG and NUTS.	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
		Portion weight (g) 75

CRISPS & POPCORN

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Kettle Sea Salt Crisps (Vg/GF)	Select Potatoes, Sunflower Oil, Sea Salt.	per 100g	per portion (g)
		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
		per 100g	per portion (g)
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).	KJ 2125	850
		Kcal 509	204
		Fat 28.1	11.2
		Sat 2.8	1.1
		Carbs 55.8	22.3
		Sugar 1.5	0.6
		Fibre 4.9	2.0
		Protein 5.7	2.3
		Salt 1.40	0.60
		Portion weight (g)	40
		per 100g	per portion (g)
Kettle Cheddar & Onion Crisps (Vg/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).	KJ 2106	842
		Kcal 505	202
		Fat 28.9	12.0
		Sat 3.3	1.3
		Carbs 51.1	20.4
		Sugar 2.5	1.0
		Fibre 6.2	2.5
		Protein 7.1	2.8
		Salt 1.10	0.40
		Portion weight (g)	40
		per 100g	per portion (g)
Sweet 'n' Salt Popcorn (Vg/GF)	Popped Butterfly Corn (67%), Sweetening Blend (Sugar, Sweetener: Isomalt, Sweetener: Steviol Glycosides), Rapeseed Oil, Salt.	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

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
		per 100g	per portion (g)
Preserve Strawberry (Vg)	Strawberries, sugar, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	KJ 1023	307
		Kcal 241	72
		Fat 0.1	0.0
		Sat 0.0	0.0
		Carbs 59.0	17.7
		Sugar 59.0	17.7
		Protein 0.4	0.1
		Salt 0.00	0.00
		Portion weight (g)	30
		per 100g	per portion (g)
Lakeland Butter (V)	Butter: Cream (MILK), Salt.	KJ 3036	213
		Kcal 738	52
		Fat 81.4	5.7
		Sat 52.3	3.7
		Carbs 0.8	0.1
		Sugar 0.8	0.1
		Protein 0.6	0.04
		Salt 1.90	0.13
		Portion weight (g)	7



EXTRAS		
PRODUCT	INGREDIENTS	NUTRITIONAL INFO
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
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