Allergens, Ingredients and Nutrition Guide

ALLERGEN, INGREDIENTS AND NUTRITIONAL GUIDE

2025

* = containing allergenP = cross contamination risk at mfg site

	CON	TENTS	
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 Pro	duct Co	ontains					
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Almond Croissant	*	Р	*	*										
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.

ALLERGEN GUIDE

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

							This I	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	*		*												*	
	Product Name Porridge with Banana & Cinnamon Porridge with Blueberries, Seeds & Maple Syrup Porridge with Chocolate Chips Plain Porridge	Porridge with Banana & Cinnamon*Porridge with Blueberries, Seeds & Maple Syrup*Porridge with Chocolate Chips*	Porridge with Banana & * Cinnamon * Porridge with Blueberries, Seeds * & Maple Syrup * Porridge with Chocolate Chips *	Porridge with Banana & * * Cinnamon * * Porridge with Blueberries, Seeds * * & Maple Syrup * * Porridge with Chocolate Chips * *	Porridge with Banana & * * Cinnamon * * Porridge with Blueberries, Seeds * * & Maple Syrup * * Porridge with Chocolate Chips * *	Porridge with Banana & * * Cinnamon * * Porridge with Blueberries, Seeds * * & Maple Syrup * * Porridge with Chocolate Chips * *	Porridge with Banana & * * Cinnamon * * Porridge with Blueberries, Seeds * * & Maple Syrup * * Porridge with Chocolate Chips * *	Product NameGlutenEggsMilkNutsPeanutsFishSoyaPorridge with Banana & Cinnamon********Porridge with Blueberries, Seeds & Maple Syrup*******Porridge with Chocolate Chips*******	Product NameGlutenEggsMilkNutsPeanutsFishSoyaCeleryPorridge with Banana & Cinnamon*********Porridge with Blueberries, Seeds & Maple Syrup********Porridge with Chocolate Chips********	Porridge with Banana & * * * Cinnamon * * Porridge with Blueberries, Seeds * * & Maple Syrup * * Porridge with Chocolate Chips * * *	Product NameGlutenEggsMilkNutsPeanutsFishSoyaCelerySulphitesMustardPorridge with Banana & Cinnamon**	Product NameGlutenEggsMilkNutsPeanutsFishSoyaCelerySulphitesMustardLupinPorridge with Banana & Cinnamon**<	Product NameGlutenEggsMilkNutsPeanutsFishSoyaCelerySulphitesMustardLupinCrustaceansPorridge with Banana & Cinnamon**<	Product NameGlutenEggsMilkNutsPeanutsFishSoyaCelerySulphitesMustardLupinCrustaceansSesamePorridge with Banana & Cinnamon***<	Product NameGlutenEggsMilkNutsPeanutsFishSoyaCelerySulphitesMustardLupinCrustaceansSesameMolluscsPorridge with Banana & Cinnamon*** <td>Product NameGlutenEggsMilkNutsPeanutsFishSoyaCelerySulphitesMustardLupinCrustaceansSesameMolluscsVegetarianPorridge with Banana & Cinnamon***</td>	Product NameGlutenEggsMilkNutsPeanutsFishSoyaCelerySulphitesMustardLupinCrustaceansSesameMolluscsVegetarianPorridge with Banana & Cinnamon***

								This l	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	*			Р									P		*	*
KES	Toasted Tea Cake with butter	*		*	Р									Р		*	
EACA	Toasted Tea Cake with butter & jam/marmalade	*		*	Р									Р		*	
-	Toasted Tea Cake with flora	*			Р					Р				Р		*	*
	Toasted Tea Cake with flora & jam/marmalade	*			P					Р				P		*	*

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

ALLERGEN GUIDE

2025

								This F	Product	Contains						Suitable	for
2	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame I	Molluscs	Vegetarian	Vegan
2 つ し り	NEW Granola & Yogurt with Blueberry & Honey	*		*	P	Р										*	
Č K	NEW Granola & Yogurt with Banana & Honey	*		*	Р	Р										*	
NULA	NEW Yogurt & Seeds with Blueberry & Honey			*												*	
و لا لا	NEW Yogurt & Seeds with Banana & Honey			*												*	

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

a S								This I	Product	Contains						Suitable	for
IS &	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
U III	Blueberry Muffin	*	*	*												*	
IJ Ū	Sicilian Lemon Curd Muffin	*	*	*						*						*	
< 0	Summer Cupcakes	*	*	*	Р			P		*						*	

ALLERGEN GUIDE

2025

							This I	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	*	Р			*		*						*	
Super Dark Brownie	*		P	Р	P		P		*						*	*
Triple Chocolate Brownie**	P	*	*	Р	P		*		P						*	
Yoghurt Apple & Blackcurrant Flapjack	*		*						Р						*	
Rocky Road	*	Р	*				*		*							
Blackberry & Apple Crumble Jack (made with GF Oats)**	*	P	Р	Р	Р		Р		Р				Р		*	*
Maple Syrup Flapjack (made with GF Oats)**	*	P	Р	Р	Р		Р		Р				Р		*	*
Cherry Bakewell	*	*	*	*	P		Р		P				Р		*	
Blackcurrant Bakewell	*	P	Р	*	P		*		P				Р		*	*

** 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 coeliacs 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 instore handling methods.

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

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

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

SANDWICHES

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

ALLERGEN GUIDE

2025

								This F	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	*	Ρ	*				Р			Р						
2	Mushroom & Emmental Toastie	*	Ρ	*				P			Р					*	
)	Cheese & Tomato Toastie	*	Ρ	*				Р			Р					*	
	Feta and Tomato Sourdough Toastie	*	*	*						*	P					*	

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

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

								This I	Product	Contains						Suitable	for
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
KS	Chocolate Chip Mini Bean	*	*	*	Б			*								*	
A	Cookie				r												
SN,	Oat & Raisin Cookie	*	*	*	Р											*	
٥ð	Ginger Dunkers	*	*					*								*	
III	Gingerbread Man	*	*	*	Р			*								*	
ក្ខ	Lotus Biscuit Twin Pack	*		P				*								*	*
BIS	Shortbread	*		*												*	
	Toffee Waffle	*	*	*				*								*	
	Gianduiotto Mini Chocolate			P	*			*								*	*
	Jammy Delight	*	Ρ	*	Р			P								*	
	Summer Design Gingerbread	*	*													*	
	GF Caramel Jewel Bar (made with GF Oats)**	*	P	*	Р			*								*	

** 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.

ALLERGEN GUIDE

								This I	Product	Contains						Suitable	for
~v ∑	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
ΣÖ	Lightly Sea Salted Crisps															*	*
RISPS	Cider Vinegar & Sea Salt Crisps															*	*
	Cheddar & Onion Crisps			*												*	
	Sweet 'n' Salt Popcorn															*	*
			'										1				

								This I	Product	Contains						Suitable	for
P	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
E	Butter Portion			*												*	
F	loney															*	
N	Maple Syrup															*	*
le	cing Sugar									*						*	*
N	Maple Syrup															*	*
٨	Marmalade															*	*
N	Marmite	*							*							*	*
F	Preserve Blackcurrant															*	*
F	Preserve Strawberry															*	*
F	Rhoddas Clotted Cream			*												*	
F	ilora															*	*
\	/egan Whipped Cream															*	*
٧	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
			per 100g	per portion (g)
		KJ	1701	1435
		Kcal	407	343
	Pastry: 56% (WHEAT flour, butter 19% (MILK), water, yeast, sugar, EGGS, salt,	Fat	21.1	17.8
Anniant Crainmat	WHEAT gluten enzymes (amylases, hemicellulases), flour treatment agent	Sat	9.0	7.6
Apricot Croissant (V)	(E300)), Apricots 26%, Pastry cream 17% (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450iii,	Carbs	43.9	36.9
(*)	E339ii), colour (E160ai), flavouring), egg wash (EGGS, water).	Sugar	13.7	11.6
	May contain NUTS and traces of SOYA.	Fibre	2.4	1.9
		Protein	9.3	7.8
		Salt	0.7	0.6
		Port	tion weight (g)	84

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

- Cereals containing Gluten including Wheat, Rye, Barley, Oats
- Eggs
- Milk
- Tree Nuts including Almonds, Hazelnuts, Pistachios, Walnuts
- Peanuts
- Fish
- Sova
- 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.

2025

PA	ST	IR	ES

Number of the constant (v)Postry WHEAT floor, builter 225, MARL; woder, suppr. whole MAR postented, word; EGGS, tot! WHEAT floor, builter 225, MARL; woder, suppr. whole MAR postented, word; EGGS, tot! WHEAT floor, builter 225, MARL; woder, suppr. whole MAR postented and postential floor builts. Stake and post. $\left \begin{array}{c} k_{1} & \frac{1660}{120} & \frac{1222}{160} & \frac{126}{160} & \frac$		FASTIRES			
Name (y)Description (NREAT forker, inc.) learnershow (Appender Cach, Note, Lebrin (1), These, Lebrin (2), These, Leb	PRODUCT	INGREDIENTS	N	UTRITION	AL INFO
Name (y)Description (NREAT forker, inc.) learnershow (Appender Cach, Note, Lebrin (1), These, Lebrin (2), These, Leb				Dor 100-	per portion (a)
Amond Column (y) Proglet Whort Fock / WEAT Colume, That The dimension of ages (state of bit Add), whore Port Fock Yould, Speech Rest, You Hand You Heart You Hea			KI		
Aimond Column () Findly, Wande Rour (Bellar Cubics, Bank Bellar B					
Almont Column (V) Multi, Respect of Link Link Improve (MULK) Units, Wulk In the Link Improve American Event (Link Improve American Improve Amerinter Improve American Improve American Improve America		Dough: Wheat Flour (WHFAT Gluten, Flour Treatment Agent (Ascorbic Acid), Water, Palm Fat, Yeast Sugar, Butter			
Alternal Cloisant (1) Altight multiple (and a model) provides and provides (add) recording (BC ALONG) bits (2009; ALOCO) 130(2000; Cloise (2000)) (2009; ALOCO) 130(2000; Cloise (2000)			-		
(1) Initial Linguige Automatic Scale with a Bale interview intervi					
Note a control or other NUIS. EEAkeE and SDV. Page 24 20 Protein are 24 20	(V)				
Protect 7.2 7.2 Settion 2.2 5.0 7.2 5.00 6.00 7.2 5.00 7.2 5.00 7.2 5.00 7.2 5.00 7.2 5.00 7.2 5.00 7.2 5.00 7.2 5.00 7.2 5.00 7.2 5.00 7.2 5.00 7.2 5.00 7.2 5.00 7.2			-		
Point or vision (v)					
Built: Colution1 (V) Patry: WREAT flox, built: 225, (MEL), woler, uppr, whice MRL pathenised, yeart 6005, soft WREAT (bits), modeline : 5322 loop electrical, flox in homen cignet : ES0, corpress, egg work flows forge 6065, in 1, Mark pathenised, in 1, 24, 24, 24, 24, 24, 24, 24, 24, 24, 24			Salt	0.73	0.60
Number of the constant (v)Postry WHEAT floor, builter 225, MARL; woder, suppr. whole MAR postented, word; EGGS, tot! WHEAT floor, builter 225, MARL; woder, suppr. whole MAR postented, word; EGGS, tot! WHEAT floor, builter 225, MARL; woder, suppr. whole MAR postented and postential floor builts. Stake and post. $\left \begin{array}{c} k_{1} & \frac{1660}{120} & \frac{1222}{160} & \frac{126}{160} & \frac$			Portion	weight (g)	83
Butter Colision1 (V) Pratry, WHEAT loci, butter 225, MUKL words: sigor: which MUK postenized, yeart, EGG is UK WHEAT (Soci, Butter, Social 16, 30, 200, 100, 1				per 100g	per portion (g)
Butter Croissont (V) Patry WHEAT flow, butter 225 (MRL), worke, sign, which & MLD potentied, work, EGGS, solt, WHEAT (potential), flaw theolment agent, 1530 (span technic), flaw theolment agent, 1540, maynes, egg work (flew Ronge EGG), flag Fig. 24.0 11.8 May contain AUTS, EEAAL and SOVA. Patry, WHEAT flow, butter, 1530 (span technic), flaw theolement agent, 1540, maynes, egg work (flew Ronge EGG), flag Fig. 24.0 11.8 Petric ou Chocolati Patry, WHEAT flow, 50 (flew (MEK), worker, chocolate 105 (spag, coco mas, socio ab uther, emailed (flow), flag Fig. 24.0 11.8 Petric ou Chocolati Patry, WHEAT flow, 50 (flew (MEK), worker, chocolate 105 (spag, coco mas, socio ab uther, emailed (flow), flag Fig. 24.0 11.8 Petric ou Chocolati Patry, WHEAT flow, 50 (flew (MEK), worker, Chocolate 105 (spag, coco mas, socio ab uther, emailed (flow), flag Fig. 24.0 11.8 Patry, WHEAT flow, 50 (flew (MEK), worker, SteGS, solt, WHEAT gluine, Breating (flew (flew (flew flew)), flag Fig. 24.0 11.4 Patry, WHEAT flow, 50 (flew (flew)), flag Fig. 24.0 11.4 Fig. 24.0 11.4 Patry, WHEAT flow, 50 (flew), flag Fig. 24.0 11.8 Fig. 24.0 11.8 Fig. 24.0 11.8 Patry, WHEAT flow, 50 (flew), flag Fig. 24.0 11.8 Fig. 24.0 11.8			KJ	1840	927
Butter Croksont (V) Pathy WEAT floar, blurk zolutier 228 (MLR) substanced, years LGGS, rott, WEAT (SGS), rott, May contain AUX, SEAAE and SOYA. Sol Support Sol Suppo			Kcal	440	222
Bullet Colstant (v) midular: 532 (page lachini, Fuß) argumes, agg wich thest targe target (GS) (13), May contain M/K, SKAA4- and SO/A. Carbon High, SKAA4- and SO/A. Pein curbing: Peint: (WHEAT flour, Bullet (MAK), weber, checklere to (S), May contain M/K, SKAA4- and SO/A. Peint (S), Peint (S), Peinter (S),			Fat	24.0	11.8
(v) emultifier: ES22 jools lectlinij, flour lectlinis, tESX, ensymble age with thes Ronge EGGS [15, 15, 16, 17, 120] Costs: 44.7 23.3 (v) More contain NUTS, SELANE and SOLA. Federa 2.4 13.3 (v) Point ou Chocolat (v) Point ou Chocolat Point ou Choc	Butter Croissant				
Vegan Rospbery Croisino Bun WHEAT flour, water, radies 138, Bafter (MLK), sugar, yead, con-starts, cooce bafter, emulatiler (DDTA) Sugar 30, 20, 20, 20, 20, 20, 20, 20, 20, 20, 2			-		
Protein 8.1 4.4 Protein 9.1 1.20 0.58 Pointon weight (g) 50 1.50 0.50 Mills Dowler, Wolke Mills, Note: Colors (MILL), weiler, chacolate 105 (page: colors mask, colors builts, filter (MILL), weiler, chacolate 105 (page: colors mask, colors (MILL), weiler, chacolate 105 (page: color mask, color ma		May contain NUIS, SESAME and SOTA.			
Vegon Rospbery Crossen (V) WHEAT floar, Worder, WHEAT floar, Burley MULR), worder, Accound Patien OV, Nether Handling, Barton Status, Barton Mull, Status, Barton Mull, Status, Barton Mull, Status, Barton, B					
Perin ou Chocolol (V) Perin velght (g) 59 Perin ou Chocolol (V) Perin velght (g) 100 perinter (MUR), weiter, chocoldte 105 (jugar, coop mas, coop butter, emulating FOTA is and space, whole MUK, yout, EGGS, soll, WHATA Julien, Emulating FOTA is and space, whole MUK, yout, EGGS, soll, WHATA Julien, Emulating FOTA is and space, whole MUK, yout, EGGS, soll, WHATA Julien, Emulating FOTA is and space, whole MUK and the space of the spa			-		
Point ou Chocotol (V) Pashty: (WHEAT flour, Butter (MUK), water, chocotate 10% [lapar, coop mas, coop butter envioler (SOA (V) Periodic (SOA (C) Pashty: (WHEAT flour, Butter (MUK), water, chocotate 10% [lapar, coop mas, coop butter, envioler (SOA (V) Soat 13.0 7.7 Point ou Chocotot (V) technini, notural vanital fravour), sagar, whole MUK, yeadt, ECGS, soft, WHEAT glour, MUKEr glour, Coop mas, coop butter, envioler (SOA (C) Soat 13.0 7.7 Cartos 4.6.0 30.0 Soat 13.0 8.0 7.7 Cartos 4.6.0 30.0 Soat 13.0 8.0 7.7 Cartos 4.6.0 30.0 Soat 13.0 8.0 7.7 Cartos 4.6.0 30.0 Sugar 13.0 8.0 Soat 13.0 8.0 Soat 10.0					
Poin su Chocoldt (V) Postsy: (WHEAT flour, Butter (MUK), woler, chocoldte 10%, [sugar, cocor most, cocor butter, emulifier (BOM), leadinin, natural vanila floward, sugar, whick MUK, yeard, EGGS, stati, WHEAT gutter, filmed (Ballen), natural sext MUK SEED). Frait 23.0 14.0 Poin su Chocoldt (V) Postsy: (WHEAT flour, Butter (MUK), woler, chocoldte 10%, [sugar, cocor most, cocor butter, emulifier (BOM), leadining, natural vanila, floward, sugar, which MUK, yeard, EGGS, indi, WHEAT Gutter, Bange (BGG), May continh MUK and SEXME SEED). Frait 23.0 14.0 Protein casa Sign (BGG), May continh MUK and SEXME SEED). Frait 23.0 1.0 0.0 WHEAT flour, whiter rains 13%, Butter (MUK), sugar, yeast, con ridorsh, BGGS, rait, powdered whey (MUK), whiter (V) Sign (BGG), May contain MUK and SEXME SEED). Frait 10.0 1.0 Contos Sign (BGG), Heart (Sign (BGG), Heart (BGG), Sign (BGG), Heart (Sign (BGG), Heart (Sign (BGG), Heart (Sign (BGG), Heart (Sign (BGG), Heart (BGG), Sign (BGG), Heart (BGG), Sign (BGG), Heart (Sign (BGG),			Portion	- (-,	
Poin ou Chocold (V) Pearty: (WHEAT flour, Butter (MLK), water, chocolate 10% [sugar, coco mais, cocoo butter, emultiler (tope lectiful), flour intertment agent (E30), enzymes (amylases, hamicellulates), eagy wath free Kange EGG). May contain NUTS and XEANLE SEEDS. Fore 32.0 14.0 Pearty: (WHEAT flour, Butter (MLK), water, chocolate 10% [sugar, coco mais, cocoo butter, emultiler (tope lectiful), flour intertment agent (E30), enzymes (amylases, hamicellulates), eagy wath free Kange EGG). May contain NUTS and XEANLE SEEDS. Fore 3.1 1.9 Peartor, (W) WHEAT flour, water, raiser 13%, Butter (MLK), sugar, yeast, con stacch, EGGs, soft, powdered whey (MLK), whete must be team), flour and point each childring in a contain the power of the cold in again top in a contain (V) WHEAT flour, water, raiser 13%, Butter (MLK), sugar, yeast, con stacch, EGGs, soft, powdered whey (MLK), whete must be team), flour door each childring in a contain the power of the cold in again top in a contain (V) WHEAT flour, water, raiser 13%, Butter (MLK), sugar, yeast, con stacch, EGGs, soft, powdered whey (MLK), whete must be team), flour door each childring in a contain the power of the cold in again (and in a contain grace (water, gluces year), sugar, cacter water, stammed MLK power of the cold in again (and in a cold in again (and in					per portion (g)
Painsy, WHEAT flour, Butter (MLK), water, chocolate 10% [sugar, coco mask, cacob butter, emulater (SVA lechtin), natural vanila flox-out, sugar, whole MLK, yeast, 565, sall, WHEAT gluten, Emulater (SVA and SEAME SEED). For 3.3.0 14.0. Painsy, WHEAT flour, Butter (MLK), water, chocolate 10% [sugar, coco mask, cacob butter, emulater (SVA and SEAME SEED). Sign 21.3.0 8.0. Painsy, WHEAT flour, Water, Vagets, See Stall, PMEAT gluten, Emulater (SVA and SEAME SEED). Sign 21.3.0 8.0. Pains ou Rolain (V) WHEAT flour, water, rolain 13%, Butter (MLK), sugar, yead, com stoch, SGGS, sall, powdered whey (MLK), whole (stalled and plant stoch cac)d, engine phenoietic land, glass (water, gluces stop, sage, acids) regulators (SGGS, Sall, powdered whey (MLK), whole (stalled and plant stoch cac)d, engine phenoietic land, glass (water, gluces stop, sage, acids) regulators (SGGS, Sall, powdered whey (MLK), whole (stalled and gluces stop, sage, acids) regulators (SGGS, Sall, powdered whey (MLK), whole (stalled and gluces stop, sage, acids) regulators (SGGS, Sall, powdered whey (MLK), whole (SGGS, Sall, Fundared SGVA, SGGS, SSL, SSL, SSL, SSL, SSL, SSL, SSL,			-		
Pains, WHEAT flow, Butler, MULLY, water, checklele 10% (logar, cocce a mask, acces butter, multiller (pote leadin), flow Sort 15.0 7.7 Vegan Rospberry Croisen (V) Vegan Rospberry Croisen (V) WHEAT flow, Water, Vegetabble Fol (175) Non-Hydrogenetide Data Non-Hydroge			-		
Pain au Checold (V) leatitein, nuturul vanila flavouri, sugar, whole MLK, yeast, EGGS, sut, WEAT glues, Frunklieffer (pae leatithe), flavouri, sugar, whole MLK, yeast, SEEDS.		Pastry: (WHEAT flour , Butter (MILK), water, chocolate 10% (sugar, coca mass, cocoa butter, emulsifier (SOYA			
(V) teadment agent (530), enzymes (amylace, henzymes (amylace, henzymes (amylace, henzymes (bar) and XEXAKE SEDS. Colors #4.00 40.00 (V) and XEXAKE SEDS. Protoken 8.3 5.5 Solid 1.00 0.61 Protoken WEAK SEDS. Protoken 8.3 5.5 Solid 1.00 0.61 Protoken WEAK 100x, where, rabins 13%, Buffer (MILK), sugar, yeast, con starch 50% soit, powdered where (MILK), where age learbin, find and plant extend (1) fumeric and caroning, acidity regulater (acid), early find (1) fumeric and caroning, acidity regulater (acid), early find (1) fumeric and caroning, acidity regulater (acid), early find (1) fumeric and caroning, acidity regulater (acid), early find (1) fumeric and caroning, acidity regulater (acid), early find (1) fumeric and caroning, acidity regulater (acid), early find (1) fumeric and caroning, find (1) fumeric and caroning, acidity regulater (acid), early find (1) find (1) fumeric and caroning, acidity regulater (acid), find (1) fi	Pain au Chocolat				
Yegon Rospberry Croisoni (Vg) WHEAT flour, water, vegetable Fot (1/%) Non-Hydrogended Palm QI, Water, Non Hydrogended Golos, Rodth, Gala Cacity, Acidy, Regulator (Edg), Reuth (Charlos Acidy, Acidy, Regulator (Edg), Non-Hydrogended Palm QI, Water, Non Hydrogended Cocont QI, Non Hydrogended Roppered Cite, Cacity, Regulator (Edg), Non-Hydrogended Cocont QI, Non Hydrogended Roppered Cite, Cacity, Regulator (Edg), Non-Hydrogended Cocont QI, Non Hydrogended Roppered Cite, Cacity, Regulator (Edg), Non-Hydrogended Cocont QI, Non Hydrogended Roppered Cite, Cacity, Regulator (Edg), Non-Hydrogended Cocont QI, Non Hydrogended Roppered Cite, Cacity, Regulator (Edg), Non-Hydrogended Cocont QI, Non Hydrogended Roppered Cite, Cacity, Regulator (Edg), Non-Hydrogended Cocont QI, Non Hydrogended Roppered Cite, Cacity, Regulator (Edg), Non-Hydrogended Cocont QI, Non Hydrogended Roppered Cite, Cacity, Regulator (Edg), Non-Hydrogended Cocont QI, Non Hydrogended Roppered Cite, Cacity, Regulator (Edg), Non-Hydrogended Cocont QI, Non Hydrogended Roppered Cite, Cacity, Regulator (Edg), Non-Hydrogended Cocont QI, Non Hydrogended Roppered Cite, Cacity, Regulator (Edg), Non-Hydrogended Cocont QI, Non Hydrogended Roppered Cite, Cacity, Regulator (Edg), Non-Hydrogended Cocont QI, Non Hydrogended Roppered Cite, Cacity, Regulator (Edg), Non-Hydrogended Cocont QI, Non Hydrogended Roppered Cite, Cacity, Regulator (Edg), Non-Hydrogended Cocont QI, Non Hydrogended Roppered Cite, Cacity, Regulator (Edg), Non-Hydrogended Cocont QI, Non Hydrogended Roppered Cite, No	(V)	treatment agent (E300), enzymes (amylases, hemicellulases)), egg wash (Free Range EGG). May contain NUTS	Carbs		
Vegan Raspberry Croisant (V) WHEAT flour, water, vegetable Fat (17%) Non-Hydrogenated Paint OI, Water, Kon Hydrogenated Coorum (14, 140, 140, 144, 140, 141, 141		and SESAME SEEDS.			
Vegan Rospberry Croison (Vg) WHEAT flour, water, Vegetable Fot (17%) Non-Hydrogenated Paim OJ, Water, Non Hydrogenated Cocorn O, Fot Mark Junes, June Participation, June Participatina, June Partic			-		
Vegan Rosphery Croisani (Vg) WHEAT flour, water, raisins 13%, Butter (MULK), sugar, yeast, con starch. EGGS, salt, powdered whey (MULK), whole MULK powder, WHEAT gluen, EGG albumin powder, skinmed MULK powder, filter, Salt, Mole glaze (water, glueces syste), sugar, caldity regulators (Salt, Salt, Salt, Feet Ange EGGS), Neurola glaze (water, glueces syste), sugar, caldity regulators (Salt, Salt, Salt, Mulkar, Salt,					
Vegon Rospberry Croisson (Vg) WHEAT flour, water, raisins 13%, Butter (MILK), sugar, yeast, com starch, EGGS, saft, powdered whey (MILK), whole MILK powder, WitEAT gluten, EGG albumin powder, skinmed MILK powder, thickener (sodum alginede), emulating (rope leiching, Hull and plant extract (turmeric and canon), natural flowouting, addity regulated [EGGS], Neutrility (rope leiching, Hull and plant extract (turmeric and canon), natural flowouting, addity regulated [EGGS], Neutrility (rope leiching, Hull and plant extract (turmeric and canon), perevrative (plantous), eggin van free Rompet (EGGS), Neutrility (rope leiching, Hull and plant extract (turmeric and canon), perevrative (plantous), eggin van free Rompet (EGGS), Neutrility (rope leiching, Hull and plant extract (turmeric and canon)), perevrative (plantous), eggin van free Rompet (EGGS), Neutrility (start), addition, NUIS, SESAME and SOYA. Soft 8.3.1 Early 1.3.2.3.3. Soft 8.3.1.2.1.3.3. Soft 0.8.1.1.2.1.3.3. Soft 0.8.1.1.2.1.3.3. Soft 0.8.1.1.2.3.3. Soft 0.8.1.1.2.3.3. Soft 0.8.1.1.2.3.3. Soft 0.8.3. Vegon Rospberry Croisson (Vg) WHEAT flour, Water, Vegetable Fatt [175], Non-Hydrogenated Patm OI, Water, Non Hydrogenated Cocorul OI, Non Hydrogenated Ropersed OI, Soft, Emulifier (Mono- and Dglycerides) of FAHA AddS, Soft Regulator (Fatt 16.4.1.3.4.4.di (Cific Acid), Acid), Rogoberry Piref. Solger Rosporter(25), Soft 0.8.3. Soft 0.8.3. Soft 0.8.3. Vegan Rospberery Croisson (Vg) Cinnamon Bun (Vg) Cinnamon Bun (Vg) Cinnamon Bun (Vg) Soft 0.8.1. Finatier (Acid Cific Acid), Acid), Rogoberry Find (Sig) (Sorty Nort-Hydrogenated Patm OI, Forde Rosewartive (Planton Wisporter), Sogar, Yeano Acid (Cific Acid), Acid), Rogoberry Find (Sig) (Sorty Nort-Hydrogenated Patm OI, Forde Rosewartive (Planton Wisporter), Sogar, Yeano Acid, Signar, Nort-Hydrogenated Pa			-		
Pain au Raisin (V) WHEAT flour, water, raisin 13%, Butter (MUK), sugar, yeast, com stach, EGGS, solt, powdered whey (MUK), whole MUK powder, witekar glutone, EGG albumin powder, skimmed MUK powder, thickner (podum alginate), employed and glutone), ender algo and the stack (lumenic and cared), natural flourouting, albumin, powder, skimmed MUK powder, thickner (podum alginate), employed and the stack (lumenic and cared), natural flourouting, albumin, powder, skimmed MUK powder, thickner (podum alginate), employed and the stack (lumenic and cared), natural flourouting, albumin, powder, skimmed MUK powder, thickner (podum alginate), employed and the stack (lumenic and cared), natural flourouting, albumin, powder, thickner (podum alginate), employed and the stack (lumenic and cared), natural flourouting, lasses (lumenic and stack), more stack (lumenic and stack), skimmed MUK powder, thickner (lumenic and cared), natural flourouting, lasses (lumenic and stack), more stack (lumenic and stack), skimmed MUK powder, thickner (lumenic and cared), natural flourouting, lasses (lumenic and stack), May contain NUTS, SESAME and SOYA. Vegan Raspberry Croissont (Vg) WHEAT flour, Water, Vegetable Fat (17%), Nan-Hydrogenated Palm Oli, Water, Nan Hydrogenated Caccount Oli, kater, Nan Hydrogenated Rober, Nan Hydrogenated Palm Oli, Water, Nan Hydrogenated Palm, Nan Kater, Nan Hydrogenated Palm Oli, Water, Nan Hydrogenated Caccount Oli, Kater, Nan Hydrogenated Caccount Oli, Kater, Nan Hydrogenated Palm, Nan Kater, Nan Hydrogenated Caccount Oli, Kater, Nan Hydrogenated Caccount Oli, Kater, Nan Hydrogenated Palm, Nan Kater, Sater, Sater, Kater, Nater, Nan Kater, Sater, Sater, Sater, Sater, Sater, Nater, Nan Hydr			1 officiti i		
Pain au Raisin (V) WHEAT flour, water, radius 13%, Butter (MULK), sugar, yeast, com starch, EGGS, salt, powdered whey (MULK), whole MULK powder. WHEAT (Judicen, EGG cilbumin powder, skimmed MULK powder, Michaer (stadium adjinate), emulisiter frage lectificit, floti and plant extract (turnetic and caroni), natural flovouring, acidity regulator (153), cast, 160, 160, 160, 160, 160, 160, 160, 160			KI	-	-
Vegan Raspbery Croisson (Vg) WHEAT liour, water, valer, radius 13%, Butter (MIK), sugar, yeast, com starch, EGGA using power, skimmed Mike powder, thickere regional origination, and the starce t (Jummeric and carrol), natural flavouring, acidity regulator (patic acid), forms (Hernicellulaces, and patient), acidity regulator (patic acid), forms (Hernicellulaces, and patient), natural flavouring, acidity regulator (patic acid), forms (Hernicellulaces, and patient), may acidity regulators (E33, E33), Bioson, gelling agent (pacchi), may entry (here Range EGGS), Neutral glaze (water, glucose synup, sugar, acidity regulators (E33, E33), Bioson, gelling agent (pacchi), may entry (here Range EGGS), Neutral (Pacouring), and the stract (Humeric and carrol), natural (Havouring, acidity regulators (E33, E33), Bioson, gelling agent (pacchi), May contain NUTS, SESAME and SOYA. Fat 14.0 14.0 Vegan Raspbery Croissont (Vg) WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Paim Oil, Water, Non Hydrogenated Coconu Oil, Carlo (Fat), Acid), Acidit Raouring, Raspberry Fling (14%) (Glucose Synup, Raspberry Parés, Sugar, Raspberrige (28), Sat 3.6 6.4 Clanamon Bun (Vg) Clina codi, Acid). May contain MIK, SESAME SEEDS, SOYA, NUTS, EGGS. Fat 16.1 13.0 Flore in Oil, Sulfower Oil, Rapeseed Oil, Sulf, Fundisfier (Mono- and Diglycerides of Faty Acids), Acidit Raouring, Page Partial Oil, Segar, Natural Browning, Stabilier (Edglian Curl), Nettor (Hera), Acid (100, Water, Fare Rae), ECDM, Nutral (Farouring), Stabilier (Edglian Curl), Nutral (Farouring), Stabilier (Edglian Curl), Nutral (Farouring), Stabilier (Edglian Curl), Nutral (Farouring), Stabilier (Fare Carl), Acid (100, Pare), Pa			-		
Pain ou Raisin (V) Sat 9.1 8.7 Pain ou Raisin (V) irpee leafinity, full and plant evaluating (functual flavouring, acidaty regulator (faince), faince faince), faince faince, faince faince, faince faince, fain			Eat		
Yean du kaisin (V) teatment agen (ascorbic acid, enzymes (hemicallulaies, anyloses), sag wash (free Range EGS), Neuhal glaze (water, glucose syrup, sugar, cacily reguloton glas), 1330, 133					
(V) glaze (water, glucces syrup, sugar, acidity regulators (E330, E332, E333), flavour, gelling agent (pactin), preservative (potassim sorbate)). May contain NUTS, SESAME and SOYA. Sugar 19.0 18.0 Piblic 2.1 2.1 2.1 2.1 May contain NUTS, SESAME and SOYA. Portein 6.3 6.1 Salt 0.81 0.777 Portion weight (g) 96 Vegan Raspberry Croissant (Vg) WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Paim Oi, Water, Non Hydrogenated Cocorut Oil, Non Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycatedes of Fatty Acids), Acidity Regulator (Fact 16 133 (Vg) (Lacic Acid), Natural Flouroing), Rospberry ITing (16%) (Clouces Syrup, Raspberry Profes, Sugar, Raspberris (27%) Satt 6.3 6.4 (Vg) Claric Acid (J, Natural Flouroing), Rospberring (17%) Intelling Agent (Pectin), Acid (Clitic Acid), Acidity Regulator flocalus (Radith, Regulator flocalus (Radith, Ragulator flocalus (Radith), Radith, Radith, Radith, Radith, Radith, Ragulator flocalus (-		
Vegan Raspberry Croissant (Vg) WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Cocconul Oil, Non Hydrogenated Ropeseed Oil, Salt, Emulsifier (Mono- and Dig/verides of Fathy Acids), Acidity Regulator (Vg) Fibre 2.1 2.1 WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Cocconul Oil, Non Hydrogenated Ropeseed Oil, Salt, Emulsifier (Mono- and Dig/verides of Fathy Acids), Acidity Regulator (Icaclic Acid), Natural Rovouring), Respensing (2%), Geling Agent (Pectin), Acid (Clitic Acid), Acidity Regulator friacioum Clittop), Natural Rovouring, Presenvative (Potassium Subctel)), Sugar, Yeast, Decoration (3%) [Sugar, Non-Hydrogenated Ropeser Altor (Potassium Subctel)), Sugar, Yeast, Decoration (3%) [Sugar, Non-Hydrogenated Ropeser Altor (Potassium Subctel)), Sugar, Yeast, Decoration (3%) [Sugar, Non-Hydrogenated Ropeser Altor (Potassium Subctel)), Sugar, Yeast, Decoration (3%) [Sugar, Non-Hydrogenated Ropeser Altor (Potassium Subctel)), Sugar, Yeast, Decoration (3%) [Sugar, Non-Hydrogenated Ropeser Altor (Potassium Subctel)), Sugar, Yeast, Decoration (3%) [Sugar, Non-Hydrogenated Ropeser Altor (Potassium Subctel)), Sugar, Yeast, Decoration (3%) [Sugar, Non-Hydrogenated Ropeser Altor (Potasium Vegetable Rot (Norter, Sugar, Non-Hydrogenated Roth, Notar, Thiomin), Plant Butter (Plant Olis (Potin Oli, Sunflower Oil, Ropeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecilitin), Notard Flovouring), SOYA Drink (Water, SOYA Bean, Sugar, Natural Rovouring, Stabilier (Celling Cum)), Water, Sugar (Fatt 15.6 24.2 Cinnamon Bun (Vg) Cinnamon Bun Dough (SKS) [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Plant Butter (Plant Olis (Patin Olis, Patin Nutre, SOYA Bean, Sugar, Natural Rovouring, Stabilier (Celing Cum)), Water, Sugar (Fatt 15.6 24.2 <	(V)				
Vegan Raspbery Croissant (Vg) WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconution, Non Hydrogenated Rapeseed Oil, Salt, Emulaifier (Mano- and Diglycerides of Fathy Acids), Acidity Regulator (Nan Hydrogenated Rapeseed Oil, Salt, Emulaifier (Mano- and Diglycerides of Fathy Acids), Acidity Regulator (Clactic Acid), Natural Ravouring, Raspberry Filing (15%) (Clacces Syup, Raspberry Purée, Sugar, Raspberris (25%), Gelling Agent (Pecini), Acidity Regulator Tricacium Citatol, Natural Ravouring, Preservative (Potasium Sobatel), Sugar, Yeast, Decoration (3%) (Sugar, Non-Hydrogenated Palm Oil, Food Colours (Radish, Blackcurant, Apple concentratel), Mary Contrain MILK, SESAME SEEDS, SOYA, NUTS, EGGS. Sait 8.3 6.4 6.4 Colours (Radish, Sugar 18 14.0 Fibre 2.4 2.6 2.6 2.0 Protein 6.5 5.1 Soit 0.52 0.41 Cinnamon Bun (Vg) Cinnamon Bun Dough (65%) (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Ravouring, ISOYA Drink (Water, SOYA Bean, Sugar, Natural Ravouring, Stebilier (Cellan Curm)), Water, Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Ravouring, Stebilier (Cellan Gurm)), Niver Sugar Syrup, Crange Juice, Lemon Juice, Lemon Juice, Contam Ray and SULPHUR DIOXIDE. Sait 8.4 13.0 Carbs 54.0 83.7 52 Cinnamon Bun Dough (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Sory Bean, Sugar, Natural Ravouring, Stabilier (Sunflower Lecithin), Natural Ravouring, Sory Danis Mutter (Plant Oils (Palm Oils, Sunflower Oil, Ropeseed Coll), Water, Foro Bean, Emulsifier (Sunflower Lecithin), Natural Ravouring, Sory A Drink (Water, Sory A Bean, Sugar, Natural Ravouring, Stabilier (Sunflower Oil, Ropeseed Coll),				2.1	2.1
Vegan Raspberry Croissant (Vg) WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconn U Oil, Non Hydrogenated Ropeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Ravouring), Rospberry Purée, Sugar, Raspberries (R2%), Gelling Agent (Pechni, Acid) (Cirk Acid), Acid (Kirk Acid), Acid (Kirk Acids), Acids, Kirk Acids), Acid (Kirk Acids), Acids, Kirk Acids, Acids, Kirk Acids, Acids, Kirk Acids, Acids, Kirk Acids,		May contain Nots, sesame and sota.	Protein	6.3	6.1
Vegan Raspberry Croissant (Vg) WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non Hydrogenated Rapeseed Oil, Sait, Emulsifier (Monc- and Diglycerides of Fath Acids), Acidity Regulator (Acid: Acid], Natural Flavouring), Raspberry Flior (16%) (Glucose Syrup, Raspberry Profes, Sugr. Raspberrise 728), Gelling Agent (Pectin), Acid (Clitric Acid), Acidity Regulator Tricalcium Citratel), Natural Flavouring, Preservative (Potosismi Sorbach), Sugar, Yeast, Decorration (15%) (Glucose Syrup, Raspberry Profes, Sugr.			Salt	0.81	0.77
Vegan Raspbery Croissant (Vg) WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fathy Acids), Acidity Regulator Non Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fathy Acids), Acidity Regulator (Vg) KL 1572 1245 WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Icactic Acid), Natural Flavouring, Raspberry Purde, Sugar, Raspberrise (2%), Gelling Agent (Pectin), Acid (Clific Acid), Acidity Regulator Tricacibum Citrate), Natural Flavouring, Preservative (Potassium Strotabl), Sugar, Yeast, Decoration (3%) (Sugar, Non-Hydrogenated Palm Oil, Food Colours (Radish, Blackcurant, Apple concentratel), Spett flour, WHEAT glour Facture Agents (Apho-Amylases, Hemicellulases, Ascorbic Acid). May contain MILK, SESAME SEEDS, SOYA, NUTS, EGGS. Sugar 18 14.0 Flore 2.6 2.0 Protein 6.5 5.1 Sait 0.52 0.41 Portion weight (g) 79 Pertion Weight (g) 79 Pertion Kcal 382 592 Flat 15.6 24.2 Sait 0.52 0.41 Hernicellulase, Surdough Culture (IYE Flour), Conge Zest, Yeast, Sait, Madagacan Vanille Kraci, Thiami), Plant Butter (Plant Oils (Palm Oil, Sunflower Icelthin), Rithoral Buter (Plant Butter (Plant Buter), Rithora Buter, Ground Cinnamon Sugar, Natural Havouring, Stabiliser (Gellan Gum)), Inveter, Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Havouring, Stabiliser Gellan Gum)), Inveter Sugar Syrup, Oran			Portion v	weight (g)	96
Vegan Raspberry Croissant (Vg) WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Nan Hydrogenated Cocount Oil, Nan Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mano- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring), Raspberry Fliing (16%) (Datoces Syrup, Raspberry Purée, Sugar, Raspberries (2%), Gelling Agent (Pectin), Acid (Clink Acid), Acidity Regulator Triacition: Clintae), Natural Ravouring, Preservation (Vg) Fat 16 13 Vegan Raspberry Croissant (Vg) Sat 8.4 6.4 Carbs 49.8 39.5 Sat 8.4 39.5 Sugar 18 14.0 Biackcurant, Apple concentrate)), Spelf flour, WHEAT gluten Salt, Rour Treatment Agents (Alpho-Amrylases, Hemicellulases, Ascorbic Acid). May contain MILK, SESAME SEEDS, SOYA, NUTS, EGGS. Protein 6.5 5.1 Protein 6.5 5.1 Salt 0.64 2486 (Vg) Cinnamon Bun Dough (65%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Ravouring), SOTA Drink (Water, SOTA Bean, Sugar, Natural Ravouring, Stabiliser (Gellan Gum)). Water, Sugar Ground Cinnamon (SOTA Drink (Water, SOTA Bean, Sugar, Natural Ravouring, Stabiliser (Gellan Gum)), Water, Sugar Ground Cinnamon (SOTA Drink (Water, SOTA Bean, Sugar, Ratural Ravouring, Stabiliser (Gellan Gum)), Net Sugar Srup, Orange Juice, Lemon Juice, Cinnamon Sugar, Natural Ravouring, Stabiliser (Gellan Gum)), Invet Sugar Srup, Orange Juice, Lemon Juice, SOTA Bean, Sugar, Natural Ravouring, Stabil				per 100g	per portion (g)
Vegan Raspberry Croissant (Vg) WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Rozenut Oli, Non Hydrogenated Ropeseed Oli, Satt, Emulsifier (Mono- and Digivocrides for Fatx Acids), Acidity Regulator (Lactic Acid), Natural Ravouring), Raspberry Filing (16%) (Glucose Syrup, Raspberry Purée, Sugar, Raspberries (2%), Gelling Agent (Pactin), Acid (Citric Acid), Acidity Regulator Tricatioum Citrate), Natural Ravouring, Preservative (Potsisum Sorbate)), Sugar, Yeas, Decaration (3%) (Sugar, Non-Hydrogenated Palm Oli, Rood Colours (Redish, Blackcurrant, Apple concentrate)). Spelt flour, WHEAT gluten Salt, Flour Treatment Agents (Alpha-Amylase, Hemiceliulases, Ascorbic Acid). May contain MILK, SESAME SEEDS, SOYA, NUTS, EGGS. Fat 16 13 Vegan Raspberry Croissant (Vg) Cinnamon Bun Dough (65%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Plant Butter [Plant Olis (Palm Oli, Sunflower Oli, Rapeseed Oli), Water, Fava Bean, Sugar, Natural Ravouring), Stabiliser (Gellan Gum)), Water, Sugar, Ground Cinnamon SOVA Dirink (Water, SOVA Bean, Sugar, Natural Ravouring), Stabiliser (Gellan Gum)), Water, Sugar, Ground Cinnamon SOVA Dirink (Water, SOVA Bean, Sugar, Natural Ravouring), Stabiliser (Gellan Gum)), Water, Sugar, Ground Cinnamon SOVA Dirink (Water, Soya Bean, Sugar, Natural Ravouring), Stabiliser (Gellan Gum)), Water, Sugar, Ground Cinnamon SOVA Dirink (Water, SOVA Bean, Sugar, Natural Ravouring), Stabiliser (Gellan Gum)), Water, Sugar Ground Cinnamon SOVA Dirink (Water, SOVA Bean, Sugar, Natural Ravouring), Stabiliser (Gellan Gum)), Water, Sagar, Ground Cinnamon SOVA Dirink (Water, SOVA Bean, Sugar, Ratural Ravouring), Stabiliser (Gellan Gum)), Water, Sagar Ground Cinnamon SOVA Dirink (Water, SOVA Bean, Sugar, Ratural Ravouring), Stabiliser (Gellan Gum)), Water, Sagar Sugar Syrup, Orange Juice, Lemon Juice), Cinnamon Sugar (1%) [Caster Sugar, Ground Cinnamon (<1%)]. Mater			KJ	1572	1245
Vegan Raspberry Croissant (Vg) Non Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Ravouring), Raspberry Filing (16%) (Glucose Syrup, Raspberry Purée, Sugar, Raspberre, Sugar, Raspberre, Sugar, Raspberre, Sugar, Raspberre, Sugar, Raspberre, Purée,		WUEAT flour Water Vegetable Eqt (179) Nep Hydrogeneted Palm Oil Water Nep Hydrogeneted Cocopyt Oil	Kcal	375	295
Vegan Raspberry Croissam (Vg) (Lactic Acid), Natural Flavouring), Raspberry Pirling (1/5%) (Glucose Syrup, Raspberry Purde, Sugar, Raspberris (2%), Gelling Agent (Pectin), Acid (Chitc Acid), Acidity Regulator Ticalcium Citrate), Natural Flavouring, Preservative (Potssium Sorbate)). Sugar, Yeast, Decoration (3%) (Sugar, Non-Hydrogenated Palm Oil, Food Colours (Radish, Blackcurrant, Apple concentrate)). Spelt flour, WHEAT gluten Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascarbic Acid). May contain MILK, SESAME SEEDS, SOYA, NUTS, EGGS. Sait 8.3 6.6 Cinnamon Bun (Vg) Cinnamon Bun Dough (65%) (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring). SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring). Stabiliser (Gellan Gum)). Water, Sugar, Molemed WHEAT Flour, Sord Agens, Sugar, Natural Flavouring). Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring). Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring). Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring). Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring). Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring). Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring). Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring). Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring). Light Brown Soft Sugar, Ground Cinnamo (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring), Sugat 17.7 Sugar 17.7 <			Fat	16	13
(Vg) Gelling Agent (rectin), Acid (Cittor Acid), Acid (Viggur, Non-Hydroling), Natiofal Hovouring), Reservative (Potassium Sorbach), Sugar, Yeast, Decoration (3%) (Sugar, Non-Hydrogeneted Paul Oil, Food Colours (Radish, Blackcurrant, Apple concentrate)), Spelt flour, WHEAT gluten Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid). May contain MILK, SESAME SEEDS, SOYA, NUTS, EGGS. Sugar 18 14.0 Cinnamon Bun Dough (65%) WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Plant Butter (Plant Oils (Palm Oil, Sourdough Culture (RY Flour), Calcium Carbonate, Iron, Niacin, Thiamin), Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Rovouring), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Water, Soura Bean, Emulsifier (Rapeseed Oil), Water, Fava Bean, Sugar, Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, SoYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Invert Sugar Syrup, Orange Juice, Lemon Juice), Cinnamon Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Invert Sugar Syrup, Orange Juice, Lemon Juice), Cinnamon Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Invert Sugar Syrup, Orange Juice, Lemon Juice), Cinnamon Sugar, Sugar, Ground Cinnamon (<1%)]. May contain NUTS and SULPHUR DIOXIDE. Sugar 17.7 Sugar Sugar 17.7 Bun Dough (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Satt, Faba Bean, Preparation, Emulsifier: Sunflower Lecithin; Natural Flavouring, Colour: Carotenes), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring). Weater Fat Spread Ku 1576 Satlo Sugar 377	Vegan Raspberry Croissant	(Lactic Acid), Natural Flavouring), Raspberry Filling (16%) (Glucose Syrup, Raspberry Purée, Sugar, Raspberries (2%)			
Cinnamon Bun (Yg) Cinnamon Bun Dough (65%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Plant Butter (Plant Oils Gradual), Sord Drink (Water, SOYA Bean, Sugar, Natural Flavouring), Stabiliser (Gellan Gum)), Water, Satu Sugar 18 14.0 Fibre 2.6 2.0 Protein 6.5 5.1 Satt 0.52 0.411 Portion weight (g) 79 per 100g per protion (KL 1604 2486 Kcall 382 592 Wholemeal WHEAT Flour, Sourdough Culture (RYE Flour), Crange Zest, Yeast, Satt, Madagascan Vanilla Extract, Emulsifier (Ropeseed Lecithin). Filing (15%) [Dark Brown Soft Sugar, Natural Flavouring), Light Frown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring), Stabiliser (Gellan Gum)), Water, Sugar Synup, Orange Juice, Lemon Juice), Cinnamon Sugar (1%) [Caster Sugar, Ground Cinnamon (<1%)]. May contain NUTS and SULPHUR DIOXIDE. Sugar 17.7 27.4 Protein 5.2 8.1 Satt 0.72 1.15 Satt 0.74 1.15 Satt 0.74 1.15 Portion weight (g) 155 Portion weight (g) 155 Portion weight (g) 155 Portion weight (g) 155					
Cinnamon Bun (Vg) Cinnamon Bun Dough (65%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Water, Sugar, Wholemeal WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat Spread (Vegetable Oils (Caconut, Rapeseed, Sunflower, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat Spread (Vegetable Oils (Caconut, Rapeseed, Sunflower, Water, Sea Solf, Faba Bean Preparation, Emulsifier (Sunflower Oil, Rapeseed, Sunflower, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Invert Sugar Syrup, Orange Juice, Leron Juice), Cinnamon Sugar (T%) (Caster Sugar, Ground Cinnamon (<1%)). Tortal Bun Dough (WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat Spread (Vegetable Oils (Caconut, Rapeseed, Sunflower), Water, Sea Solf, Faba Bean Preparation, Emulsifier (Sunflower Lecithin; Natural Flavouring, Colour: Carotenes), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring), Edit Brat Spread (Vegetable Oils (Caconut, Rapeseed, Sunflower), Water, Sea Solf, Faba Bean Preparation, Emulsifier (Sunflower Lecithin; Natural Flavouring, Colour: Carotenes), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring), Edit Brat Spread (Vegetable Oils (Caconut, Rapeseed, Sunflower), Water, Sea Solf, Faba Bean Preparation, Emulsifier (Sunflower Lecithin; Natural Flavouring, Colour: Carotenes), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring), Edit Brat Spread (Vegetable Oils (Caconut, Rapeseed, Sunflower), Water, Sea Solf, Faba Bean Preparation, Emulsifier (Sunflower Lecithin; Natural Flavouring, Colour: Carotenes), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring), Kcal 377 792					
Cinnamon Bun (Yg) Cinnamon Bun Dough (65%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring). SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Water, Sugar Wholemead WHEAT Flour, Sourdough Culture (RYE Flour), Orange Zest, Yeast, Salt, Madagascan Vanilla Extract, Emulsifier (Rapeseed Lecithin), Filling (15%) [Dark Brown Soft Sugar, Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring), Stabiliser (Gellan Gum)), Invert Sugar Syrup, Orange Juice, Lemon Juice), Cinnamon Sugar (Natural Flavouring), Stabiliser (Gellan Gum)), Invert Contain NUTS and SULPHUR DIOXIDE. Salt 0.52 0.41 Bun Dough (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat Spread (Vegetable Oils (Caconut, Rapeseed, Sunflower), Water, Sea Salt, Faba Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavouring, Colour: Carotenes), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Kcal 377 92					
Cinnamon Bun (Vg) Cinnamon Bun Dough (65%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Water, Sugar, Wholemead WHEAT Flour, Sourdough Culture (RYE Flour), Crange Sets, Yeast, Sath, Madagascan Vanilla Extract, Emulsifier (Rapeseed Lecithin). Filling (15%) [Dark Brown Soft Sugar, Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring), Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring), Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Ground Cinnamon (s1%)). Invert Sugar Syrup, Orange Juice, Lemon Juice), Cinnamon Sugar (1%) [Caster Sugar, Ground Cinnamon (s1%)]. Matr contain NUTS and SULPHUR DIOXIDE. Sugar 17.7 27.4 Bun Dough (WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat Spread (Vegetable Oils (Caconut, Rapeseed, Sunflower), Water, Sea Solt, Faba Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavouring, Colour: Carotenes), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Kcal 377 per 1000 Kcal 377			-		
Cinnamon Bun (Vg) Cinnamon Bun Dough (65%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring). SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Water, Sugar, Wholemead WHEAT Flour, Sourdough Culture (RY E Flour), Orange Zest, Yeast, Satt, Madagascan Vanilla Extract, Emulsifier (Rapeseed Lecithin). Filling (15%) [Dark Brown Soft Sugar, Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring), Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring), Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring), Stabiliser (Gellan Gum)), Invert Sugar Syrup, Orange Juice, Lemon Juice), Cinnamon Sugar (1%) [Caster Sugar, Ground Cinnamon (<1%)]. Mater, 52					
Cinnamon Bun (Vg) Cinnamon Bun Dough (65%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Water, Sugar, Wholemeal WHEAT Flour, Sourdough Culture (RYE Flour), Orange Zest, Yeast, Salt, Madagascan Vanilla Extract, Emulsifier (Rapeseed Lecithin), Filing (15%) [Dark Brown Soft Sugar, Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring, Stabiliser (Gellan Gum)), Invert Sugar Syrup, Orange Juice, Lemon Juice), Cinnamon Sugar (T%) (Caster Sugar, Ground Cinnamon (<1%)]. May <i>Contain NUTS and SULPHUR DIOXIDE</i> . KJ 1604 2486 Bun Dough (WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat Spread (Vegetable Oils (Caconut, Rapeseed, Sunflower), Water, Sea Solf, Faba Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavouring, Colour: Carotenes), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Mathematical Flavouring, Colour: Carotenes), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Mathematical Flavouring, Colour: Carotenes), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Mathematical Flavouring, Colour: Carotenes), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Mathematical Flavouring, Colour: Carotenes), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Kcal 377 KL			1 011011		
Cinnamon Bun (Vg) (Plant Oils (Plam Oil, Sunflower Oils), Water, Sava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Water, Sugar, Wholemeal WHEAT Flour, Sourdough Culture (NPE Flour), Orange Zest, Yeast, Salt, Madagascan Vanilla Extract, Emulsifier (Ropesced Lecithin), Fliling (15%) [Dark Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring), Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring), Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring), Light Brown Soft Sugar, Ground Cinnamon Sugar (1%) [Caster Sugar, Ground Cinnamon (<1%)]. May <i>Contain NUTS and SULPHUR DIOXIDE</i> . Satt 8.4 13.0 Bun Dough [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat Spread (Vegetable Oils (Caconut, Rapesed, Sunflower), Water, Sea Solt, Faba Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavouring, Colour: Carotenes), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Kcal 377 92			κı		-
Cinnamon Bun (Vg) Flavouring), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Water, Sugar, Wholemeal WHEAT Flour, Sourdough Culture (RYE Flour), Orange Zest, Yeast, Salt, Madagascan Vanilla Extracti, Emulsifier (Rapeseed Lecithin), Filling (15%) [Dark Brown Soft Sugar, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring), Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring), Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring), Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring), Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Caster Sugar, Ground Cinnamon (<1%)]. May <i>contain NUTS and SULPHUR DIOXIDE</i> . Fat 15.6 24.2 Bun Dough [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat Spread (Vegetable Oils (Caconut, Rapeseed, Sunflower), Water, Sea Salt, Faba Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavouring, Colour: Carotenes), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Kcal 377 792					
Cinnamon Bun (Vg) Wholemeal WHEAT Flour, Sourdough Culture (RYE Flour), Orange Zest, Yeast, Salt, Madagascan Vanilla Extract, Emulsifier (Rapeseed Lecithin), Elling (15%) [Oark Brown Soft Sugar, Plant Buther (Plant Olis, Gellan Gum)), Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring), Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stability (Gellan Gum)), Invert Sugar Syrup, Orange Juice, Lemon Juice), Cinnamon Sugar (1%) [Caster Sugar, Ground Cinnamon (<1%)]. May contain NUTS and SULPHUR DIOXIDE. Sait 0.74 1.15 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, Kcal 9r 100g per profion (KJ			-		
(Vg) Emulsifier (Kapessed Lecithin), Hilling (15%) [Dark Brown Soft Sugar, Plant Butter (Plant Oils (Plaim Oils, Sunflower Oil, Rapessed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring, Stabiliser (Gellan Gum)), Lipht Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Invert Sugar Syrup, Orange Juice, Lemon Juice), Cinnamon Sugar (1%) [Caster Sugar, Ground Cinnamon (<1%)]. May contain NUTS and SULPHUR DIOXIDE.	Cinnamon Bun	Wholemeal WHEAT Flour, Sourdough Culture (RYE Flour), Orange Zest, Yeast, Salt, Madagascan Vanilla Extract,	Sat		
Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Grund), Invert Sugar 17.7 27.4 Sugar Syrup, Orange Juice, Lemon Juice), Cinnamon Sugar (1%) [Caster Sugar, Ground Cinnamon (<1%)]. May contain NUTS and SULPHUR DIOXIDE. Sugar 17.7 27.4 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, Kcal 377 92			-		
Sugar Syrup, Orange Juice, Lemon Juice], Cinnamon Sugar (1%) [Caster Sugar, Ground Cinnamon (<1%)]. May	-				
contain NUTS and SULPHUR DIOXIDE. Salt 0.74 1.15 Portion weight (g) 155 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, Kcal 1576 3310		Sugar Syrup, Orange Juice, Lemon Juice], Cinnamon Sugar (1%) [Caster Sugar, Ground Cinnamon (<1%)]. May			
Bun Dough [WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat Spread per 100g per portion ([Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Faba Bean Preparation, Emulsifier: Sunflower KJ 1576 3310 Lecithin; Natural Flavouring, Colour: Carotenes), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, KCal 377 792		contain NUTS and SULPHUR DIOXIDE.			
Bun Dough [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Vegetable Fat Spread KJ 1576 3310 (Vegetable Oils (Cocont, Rapeseed, Sunflower), Water, Sea Sath, Faba Bean, Preparation, Emulsifier: Sunflower KJ 1576 3310 Lecithin; Natural Flavouring, Colour: Carotenes), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Kcal 377 792					
(Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Faba Bean Preparation, Emulsifier: Sunflower KJ 1576 3310 Lecithin; Natural Flavouring, Colour: Carotenes), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, KCal 377 792				per 100a	per portion (g)
Lecithin; Natural Flavouring, Colour: Carotenes), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Kcal 377 792				perioog	_
			KJ	-	3310
Stabiliser: Gellan Gum), Water, Sugar, Wholemeal WHEAT Flour, Sourdough (RYE), Orange Zest, Yeast, Salt, Vanilla Fat 14.7 30.9		(Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Faba Bean Preparation, Emulsifier: Sunflower	-	1576	
Extract (Vanilla Extract, Sugar), Emulsifier: Rapeseed/Sunflower Lecithin), Filling [Sugar, Vegetable Fat Spread Sat 7.5 15.8		(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	Kcal	1576 377	792
	Cham, Pu-	(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	Kcal Fat	1576 377 14.7	792 30.9
Natural Flavouring Substances, Beetroot Powder, Acidity Regulator: Citric Acid], Glaze [Icing Sugar, Non-Dairy Sugar 29.7 62.4	Cherry Bun (Va)	(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	Kcal Fat Sat	1576 377 14.7 7.5	792 30.9 15.8
Cream Alternative (Lentil Protein Preparation (Water, Lentil Flour), Rapeseed Oil, Coconut Fat, Sugar, Modified Fibre 2.0 4.2	Cherry Bun (Vg)	(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	Kcal Fat Sat Carbs	1576 377 14.7 7.5 57.1	792 30.9 15.8 120
Citrate: Natural Elavourings Salt Colour: Carotene). Freeze-Dried Sour Cherry Crumb Lemon Luice). May contain		(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 [Lcing Sugar, Non-Dairy Cream Alternative (Lentil Protein Preparation (Water, Lentil Flour), Rapeseed Oil, Coconut Fat, Sugar, Modified	Kcal Fat Sat Carbs Sugar	1576 377 14.7 7.5 57.1 29.7	792 30.9 15.8 120 62.4
		(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; Filing (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 [Leing Sugar, Mon-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: Tisodium	Kcal Fat Sat Carbs Sugar Fibre Protein	1576 377 14.7 7.5 57.1 29.7 2.0	792 30.9 15.8 120 62.4 4.2
other cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES. Solid U.32 1.70 Portion weight (g) 210		(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 [Leing Sugar, Non-Dairy Cream Alternative (Lentil Protein Preparation (Water, Lentil Flour), Rapeseed Oil, Coconut Fat, Sugar, Modified Potato Starch, Emulsifier: Polysorbate 60; Stabiliser: Methylcellulose, Xanthan Gum; Acidity Regulator: Trisodium Citrate; Natural Flavourings, Salt, Colour: Carotene), Freeze-Dried Sour Cherry Crumb, Lemon Juice]. May contain	Kcal Fat Sat Carbs Sugar Fibre Protein Salt	1576 377 14.7 7.5 57.1 29.7 2.0 4.6 0.82	792 30.9 15.8 120 62.4 4.2 9.7 1.70
		(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; Filing (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 [Leing Sugar, Mon-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: Tisodium	Kcal Fat Sat Carbs Sugar Fibre Protein	1576 377 14.7 7.5 57.1 29.7 2.0 4.6	792 30.9 15.8 120 62.4 4.2 9.7
other cereals containing GLUTEN, EGG, MILK, NUTS. PEANUTS. SESAME. SOYA, and SULPHITES. 301 0.62 1.70		(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 [Leing Sugar, Non-Dairy Cream Alternative (Lentil Protein Preparation (Water, Lentil Flour), Rapeseed Oil, Coconut Fat, Sugar, Modified Potato Starch, Emulsifier: Polysorbate 60; Stabiliser: Methylcellulose, Xanthan Gum; Acidity Regulator: Trisodium Citrate; Natural Flavourings, Salt, Colour: Carotene), Freeze-Dried Sour Cherry Crumb, Lemon Juice]. May contain	Kcal Fat Sat Carbs Sugar Fibre Protein	1576 377 14.7 7.5 57.1 29.7 2.0 4.6	792 30.9 15.8 120 62.4 4.2 9.7

INGREDIENT AND NUTRITIONAL GUIDE

2025

PORRIDGE

	Porridge is made with Whole Milk as standard. Other milk variants are available upon requ	vest.		
PRODUCT	INGREDIENTS	١	IUTRITION	AL INFO
Porridge Plain (V)	Whole MILK (83%), Porridge OATS (17%).	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion	per 100g 484 115 4.5 2.2 14.7 3.9 1.1 4.6 0.09 weight (g)	per portion (g) 1163 276 10.9 5.2 35.2 9.2 2.7 11.1 0.22 240
Porridge with Chocolate Chips (V)	Whole MILK (77%), Porridge OATS (15%), Chocolate Chips (8%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin (E322), Natural Vanilla Flavouring).	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 619 147 6.6 3.4 17.8 7.1 1.4 4.8 0.09 weight (g)	per portion (g) 1609 383 17.1 9.0 46.3 18.4 3.6 12.4 0.22 260
Porridge with Banana & Cinnamon (V)	Whole MILK (62%), Banana (19%), Porridge OATS (12%), Honey, Cinnamon.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion	per 100g 521 124 3.4 1.7 19.9 11.3 1.3 3.7 0.07 weight (g)	per portion (g) 1668 396 11.0 5.3 63.6 36.0 4.1 11.8 0.22 321
Porridge with Blueberries, Seeds & Maple Syrup (V)	Whole MILK (66%), Porridge OATS (13%), Blueberries (10%), Maple Syrup (5%), Pumpkin Seeds (3%), Sunflower Seeds (3%).	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g <u>620</u> 148 <u>6.8</u> 2.2 16.5 7.2 1.6 5.5 0.07 weight (g)	O21 per portion (g) 1892 451 20.7 6.8 50.2 21.8 4.9 16.7 0.23 305

TEACAKES

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

Coffee#1

PRODUCT	INGREDIENTS	1	UTRITION	AL INFO
		КJ	per 100g 898	per portion (g) 368
		Kcal	215	88
		Fat	0.8	0.3
		Sat	0.2	0.1
NEW Tinned White Bloomer	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Yeast, Salt. May contain other cereals containing GLUTEN, NUTS, MILK, EGG and SOYA.	Carbs	47.8	19.6
(Vg)	oner cereais containing GLUTEN, NUTS, MILK, EGG and SOTA.	Sugar	0.4	0.2
			2.1	0.9
		Protein	7.1	2.9
		Salt	1.11	0.46
		Portion	veight (g)	41
			per 100g	per portion (g
		KJ	965	396
		Kcal	231	95
		Fat	1.5	0.6
		Sat	1.0	0.4
EW Tinned Harvest Bloomer	Gluten, WHEAT Flour, RYE, Crystal BARLEY), Yeast, Salt, Coconut Oil. May contain other cereals containing GLUTEN,	Carbs	48.9	20.0
(Vg)	NUTS, MILK, EGG and SOYA.	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	١	UTRITION	AL INFO
			per 100g	per portion (g)
		KJ	714	1629
		Kcal	170	388
		Fat	6.9	16.0
IEW Granola & Yogurt with	Yoahurt (54.8%) (Low Fat Natural Yoaurt (MILK), Live Cultures), Granola (18.9%) (Rolled OATS (55%), Sugar, Palm Oil-			16.0 6.3
NEW Granola & Yogurt with Blueberry & Honey	Yoghurt (54.8%) [Low Fat Natural Yogurt (MILK), Live Cultures], Granola (18.9%) [Rolled OATS (55%), Sugar, Palm Oil, WHEAT Flour, Dried Coconut, Molasses, Salt, BARLEY Malt Extract, Cinnamon], Blueberries (17.5%), Honey (4.4%),		6.9	
		Sat	6.9 2.7	6.3
Blueberry & Honey	WHEAT Flour, Dried Coconut, Molasses, Salt, BARLEY Malt Extract, Cinnamon], Blueberries (17.5%), Honey (4.4%),	Sat Carbs	6.9 2.7 20.0	6.3 46.0
Blueberry & Honey	WHEAT Flour, Dried Coconut, Molasses, Salt, BARLEY Malt Extract, Cinnamon], Blueberries (17.5%), Honey (4.4%),	Sat Carbs Sugar	6.9 2.7 20.0 11.0	6.3 46.0 24.0
Blueberry & Honey	WHEAT Flour, Dried Coconut, Molasses, Salt, BARLEY Malt Extract, Cinnamon], Blueberries (17.5%), Honey (4.4%),	Sat Carbs Sugar Fibre	6.9 2.7 20.0 11.0 2.0	6.3 46.0 24.0 4.5
Blueberry & Honey	WHEAT Flour, Dried Coconut, Molasses, Salt, BARLEY Malt Extract, Cinnamon], Blueberries (17.5%), Honey (4.4%),	Sat Carbs Sugar Fibre Protein Salt	6.9 2.7 20.0 11.0 2.0 5.8	6.3 46.0 24.0 4.5 13.0
Blueberry & Honey	WHEAT Flour, Dried Coconut, Molasses, Salt, BARLEY Malt Extract, Cinnamon], Blueberries (17.5%), Honey (4.4%),	Sat Carbs Sugar Fibre Protein Salt	6.9 2.7 20.0 11.0 2.0 5.8 0.50	6.3 46.0 24.0 4.5 13.0 1.10 228
Blueberry & Honey	WHEAT Flour, Dried Coconut, Molasses, Salt, BARLEY Malt Extract, Cinnamon], Blueberries (17.5%), Honey (4.4%),	Sat Carbs Sugar Fibre Protein Salt	6.9 2.7 20.0 11.0 2.0 5.8 0.50 weight (g)	6.3 46.0 24.0 4.5 13.0 1.10 228
Blueberry & Honey	WHEAT Flour, Dried Coconut, Molasses, Salt, BARLEY Malt Extract, Cinnamon], Blueberries (17.5%), Honey (4.4%),	Sat Carbs Sugar Fibre Protein Salt Portion	6.9 2.7 20.0 11.0 2.0 5.8 0.50 weight (g) per 100g	6.3 46.0 24.0 4.5 13.0 1.10 228 per portion (g
Blueberry & Honey	WHEAT Flour, Dried Coconut, Molasses, Salt, BARLEY Malt Extract, Cinnamon], Blueberries (17.5%), Honey (4.4%),	Sat Carbs Sugar Fibre Protein Salt Portion	6.9 2.7 20.0 11.0 2.0 5.8 0.50 weight (g) per 100g 734	6.3 46.0 24.0 4.5 13.0 1.10 228 per portion (g) 1746

		Fat	6.6	16.0
NEW Granola & Yogurt with	Yoghurt (52.5%) [Low Fat Natural Yogurt (MILK), Live Cultures], Bananas (21%), Granola (18.1%) [Rolled OATS (55%),	Sat	2.6	6.3
Banana & Honey	Sugar, Palm Oil, WHEAT Flour, Dried Coconut, Molasses, Salt, BARLEY Malt Extract, Cinnamon], Honey (4.2%),	Carbs	22.0	53.0
(V)	Pumpkin Seeds (2.1%), Sunflower Seeds (2.1%). May contain NUTS and PEANUTS.	Sugar	14.0	33.0
		Fibre	1.7	4.0
		Protein	5.7	14.0
		Salt	0.47	1.10
		Portion v	veight (g)	238
			per 100g	per portion (g)
		KJ	625	1282
		Kcal	150	307
		Fat	7.9	16.0

		Kcal	150	307
		Fat	7.9	16.0
NEW Yogurt & Seeds with		Sat	1.5	3.1
Blueberry & Honey	Yoghurt (61%) [Low Fat Natural Yogurt (MILK), Live Cultures], Blueberries (19.5%), Pumpkin Seeds (7.3%), Sunflower Seeds (7.3%), Honey (4.9%).	Carbs	11.0	22.0
(V)		Sugar	8.1	17.0
		Fibre	1.9	3.8
		Protein	7.7	16.0
		Salt	0.13	0.26
		Portion v	veight (g)	205
			per 100g	per portion (g)
		KJ	651	1400
		Kcal	156	334
		Fat	7.5	16.0
NEW Yogurt & Seeds with		Sat	1.4	3.1
Banana & Honey	Yoghurt (58.1%) [Low Fat Natural Yogurt (MILK), Live Cultures], Bananas (23.3%), Pumpkin Seeds (7%), Sunflower Seeds (7%), Honey (4.7%).	Carbs	14.0	29.0
(V)		Sugar	12.0	26.0
		F 1		

Fibre

Salt

Portion weight (g)

Protein

1.5

7.5

0.12

3.3

16.0

0.26

215

_

Coffee#1

2025

	CAKES			
PRODUCT	INGREDIENTS	N	IUTRITION	AL INFO
		КJ	per 100g 1662	per portion (g) 1629
		Kcal	369	362
		Fat	18.0	17.6
Banana & Chocolate	WHEAT flour (calcium carbonate, iron, niacin, thiamin), banana puree 23%, brown sugar, dark chocolate 14% – (sugar, cocoa mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring), coconut oil, rapeseed oil, black treacle, water, com starch, flax seeds, sodium bicarbonate, raising agent (diphosphates, sodium		8.9	8.7
Loaf Cake		Carbs	55.5	54.4
(Vg)	carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)), ground cinnamon, salt. May contain cereals	Sugar	32.9	32.2
	containing GLUTEN, MILK, EGG, SOYA, SULPHITES, and NUTS.	Fibre	3.0	2.9
		Protein	4.8	4.7
		Salt	0.69	0.68
		Portion v	veight (g)	98
			per 100g	per portion (g)
		KJ	1477	1699
		Kcal	351	404
	Lemon Cake (93%) [Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butternilk (MILK), Rapeseed Oil, Pasteurised Free Range EGG, Lemon Juice (3%), Lemon Curd (3%) (Sugar, Pasteurised Free Range	Fat	12.7	14.6
	EGG, Water, Salted Butter (Butter (MILK), Salt), Concentrated Lemon Juice (Concentrated Lemon Juice,	Sat	1.3	1.4
Lemon Drizzle Cake	Preservatives: Sodium METBISULPHITE, Potassium METABISULPHITE), Lemon Oil, Gelling Agent: Agar), Lemon Zest	Carbs	55.1	63.4
(V)	(3%), Raising Agents: Diphosphates, Sodium Bicarbonate; Salt], Lemon Drizzle (7%) [Glucose Syrup (SULPHITES),	Sugar	33.8	38.9
	Lemon Juice (2%), Icing Sugar (Sugar, Anticaking Agent: Calcium Phosphate; Dried Cornflower Petals). May contain other cereals containing GLUTEN, EGG, MILK, SESAME, SOYA, SULPHITES, NUTS and PEANUTS.	Fibre	0.5	0.6
		Protein	4.6	5.3
		Salt	0.74	0.85
		Portion v	veight (g)	115
			per 100g	per portion (g)
	- 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 -	KJ	1548	464
		Kcal	370	111
		Fat	14.6	4.4
Welsh Cake		Sat	4.9	1.5
(V)	(E471, E481), colour (carotenes), natural flavouring, preservatives (E202, E282).	Carbs	65.1	19.5
		Sugar	23.3	7.0
		Protein	6.5	2.0
		Salt	1.30	0.39
			veight (g) per 100g	30 per portion (g)
		КJ	1640	2247
	Victoria Sponge Cake [Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG, Margarine (Vegetable		392	537
	Oils (Sustainable Palm Oil, Rapeseed Oil), Water, Salt, Emulsifier (Polyglycerol Esters Of Fatty Acids), Flavouring,	Fat	18.6	25.5
	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	Sat	8.7	11.9
Victoria Sponge Cake**	(MILK), Salt), Double Cream (MILK), Natural Flavouring), Jam (Sugar, Raspberries, Lemon Juice), Decoration	Carbs	52.7	72.2
(V)	[Caster Sugar]. May contain Cereals containing GLUTEN, NUTS, PEANUTS, SESAME, SULPHITES, SOYA.	Sugar	36.5	50.0
	**Althouse this product is pade with gluten free flour, this pay not be withold for people with peoples (gluten	Fibre	0.5	0.7
	**Although this product is made with gluten free flour, this may not be suitable for people with coeliac/gluten allergy due to manufacturing and instore handling methods.	Protein	3	4.1
		Salt	0.33	0.45
			veight (g)	137
			per 100g	per portion (g)
		KJ	1622	1346
	Water, Powdered Fondant (Sugar, Dried Glucose Syrup), Whipping Cream (MILK), EGG, Icing Sugar, Speculoos Spread (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising	Kcal	388	322
	Agent: Sodium Hydrogen Carbonate; SOYA Flour, Sult, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: SOYA	Fat	21.5	17.9
Caramel Chouxnut with	Lecithins; Acidity Regulator: Citric Acid), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin),	Sat	8.3	6.9
Crème Pat	Shortening (Palm Oil, Rapeseed Oil), Dark Chocoate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA	Carbs	42.5	35.3
(V)	Lecithins; Natural Vanilla Flavour), Speculoos Biscuit Crumb (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Salt, Cinnamon)),	Sugar	32.0	26.6
	Rapeseed Oil, Modified Potato Starch, Sugar, Natural Flavouring, Modified Maize Starch, Caramelised Sugar	Fibre	0.7	0.6
	Syrup, Salt. May contains NUTS.	Protein	5.8	4.8
		Salt	0.41	0.30
		Portion	veight (g)	83

Salt 0.41 Portion weight (g)

2025

С	Α	κ	ES	

	CAKES			
PRODUCT	INGREDIENTS		NUTRITION	AL INFO
Pecan Pie	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Brown Sugar, Margarine (Palm Oil, Rapessed Oil, Water, Natural Flavouring), PECAN NUTS, Invert Sugar Syrup, Water, Coconut Milk (Coconut Extract, Water), Sugar, Shortening (Palm Oil, Rapessed Oil), Flax Seeds, Glucose Syrup, Modified Maize Starch, Natural Ravouring, Salt, Modified Potato Starch, Thickeners: Guar Gum, Agar; Pastry Stabiliser (Wheat Flour, WHEAT Flour,	KJ Kcal Fat Sat Carbs	per 100g 1869 448 26.3 7.9 47.1	per portion (g) 2131 511 30.0 9.0 53.7
(Vg)	Calcium Carbonate, Iron, Niacin, Thiamin), Pastry Stabiliser, L-Cysteine), Gelling Agent: Pectin; Caramelised Sugar Syrup. May contains EGG, MILK and SOYA.	Sugar Fibre Protein Salt	28.4 2.6 4.3 0.33 weight (g)	32.4 3.0 4.9 0.38 114
Sticky Ginger Loaf (V)	Sponge Cake (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Black Treacle, Whole MILK, Soft Light Brown Sugar, EGG, Candied Ginger (S%) (Candied Ginger (Ginger, Sugar), Icing Sugar), Margarine (Vegetable Oils (Sustainable Palm, Rapeseed), Water, Salt, Emulisifier: Polyglycerol Esters Of Fatty Acids: Colours: Curcumin, Annatto Bixin), Flavourings), Coconut Oil, Ground Ginger (1%), Raising Agent (Sadium Bicarbonate), Salt), Topping [Caramel (7%) (Sweetened Condensed MILK (MILK, Sugar), Salted Butter (Butter (MILK), Salt), Glucose Syrup, Water, Sugar, Stabiliser: Pectin), Crystallised Ginger (3%), Mixed Spice]. May contain NUTS, PEANUTS, SESAME, SOYA and SULPHITES.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion	weight (g)	per portion (g) 1681 402 14.1 8.5 61.8 36.0 1.2 4.6 0.90 109
Coffee and Caramel Cake (Vg)	Sponge (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar, Rapeseed Oil, SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum; Water, Apple Puree, Coffee (1%), Raising Agents: Diphosphates, Sodium Carbonates; Salt, Natural Flavouring), Frosting [Icing Sugar, Violife Creamy (Water, Coconut Oil, Potato Starch, Sea Salt, Acidity Regulator: Glucono Delta-Lactone; Natural Flavourings, Olive, Vitamin B12), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Fava Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavourings, Colour: Carotenes), Water, Coffee (<1%)], Topping [Caramel (2%) [Sugar, Glucose Syrup, Water, Vegetable Fat (Shea), Partially Inverted Refiners Syrup, Fava Bean Flour, Caramelised Sugar, Salt, Emulsifiers: Mono- and Di-Glycerides of Fatty Acids, Lecithins (Sunflower, Rapeseed); Natural Flavouring]. May contain EGG, MILK, NUTS, PEANUTS, SESAME and SULPHITES.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion	per 100g 1674 400 18.0 3.2 57.5 37.5 1.1 2.7 0.71 weight (g)	per portion (g) 2410 576 25.9 4.6 82.8 54.0 1.6 3.9 1.00 144
Battenberg Layer Cake (V)	Sugar, WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Rapeseed Oil, Pasteurised Free Range EGG , Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Marganine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and diglycerides of fatty acids; Natural Flavouring), Skimmed MILK Powder, Baking Powder (Raising Agents: Glucono delta-lactone, Sodium carbonates, Potassium tartrate; Maize Starch), Vanilla Flavouring, Concentrated Lemon Juice, Marzipan Flavouring, Colour: Anthocyanins, Caramelised Sugar Syrup.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion	per 100g 1819 435 21.1 3.5 55.6 37.8 0.9 4.4 0.9 weight (g)	per portion (g) 2401 574 27.8 4.6 73.4 49.9 1.2 5.8 0.65 132
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), Sultancs (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), Liang [Liang Jugar, 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]. May contain other cereals containing GLUTEN, EGG, MILK, other NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.	Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1539 366 13.8 3.4 58.1 37.0 1.9 3.4 0.80 weight (g)	per portion (g) 2093 498 18.8 4.6 79.0 50.3 2.6 4.6 1.09 136
Deluxe Dark Chcolate Cake (Vg)	Chocolate Cake [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soya Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Light Brown Soft Sugar (Sugar, Cane Molasses), Apple Puree, Rapeseed Oil, Fat Reduced Cocca Powder (4%), Ground Flax Seeds, Raising Agents: Diphosphates, Sodium Carbonates; Salti), Chocolate Ganache [Non Dairy Cream Alternative [Lentil Protein Preparation [Water, Lentil Flour), Rapeseed Oil, Coconut Fat, Sugar, Modified Potato Starch, Emulsifier: Polysorbate 60; Stabiliser: Methyl Cellulose, Xanthan Gum; Acidity Regulator: Trisodium Citrate: Natural Flavourings, Salt, Colour: Carotenes; Dark Chocolate (%) [Sugar, Cocca Mass, Cocca Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Dark Chocolate (%) [Sugar, Cocca Mass, Cocca Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Light Brown Soft Sugar (Sugar, Cane Molasses, Invert Sugar Syrup), Salt]. May contain other cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion	per 100g 1440 344 16.5 4.4 45.5 24.4 3.0 4.8 0.52 weight (g)	per portion (g) 1858 444 21.3 5.7 58.7 31.5 3.9 6.2 0.67 129

2025

Coffee#1

CA	KFS	
C L	ILS.	

	CAKES			
PRODUCT	INGREDIENTS	I	NUTRITION	AL INFO
		КJ	per 100g 1327	per portion (g) 1261
	WHEAT Flour, Pasteurized fresh cream (MILK) (19.2%), Sugar, Raspberries Purée (9.9%) (Raspberries, Sugar), EGGS,	Kcal	317	301
	MILK, Butter (MILK), Water, Natural Yeast (WHEAT Flour, Water), Vegetable fat (Palm), PISTACHIOS paste	Fat	16.3	15.5
	(NUTS) (1.4%), Dextrose, Yeast, Candied orange peel paste (Orange Peel, Glucose-Fructose Syrup, Sugar), Candied		9.5	9.0
Pistachio Cream Bun	lemon peel paste (Lemon Peel, Glucose-Fructose Syrup, Sugar), Salt, Starch, Fruit preparation based on Ciaculli	Carbs	32.6	31.0
(V)	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	Sugar	17.7	16.8
	sunflower) and Mono- and diacetyl tartaric acid esters of mono and diglycerides of fatty acids, MILK Proteins,	Fibre	7.2	6.8
	Natural Flavourings, Exhausted vanilla beans powder. May contain other NUTS, MUSTARD, and SOYA.	Protein	6.4	6.0
		Salt	0.36	0.34
			weight (g)	95
			per 100g	per portion (g)
		КJ	1659	1078
		Kcal	397	258
	Free Range Pasteurised Whole EGG , Caster Sugar, Gluten Free Flour (Rice, Tapioca, Potato, Thickener: Xanthan	Fat	21.5	14.0
	Gum: Black Chemy Jam (14%) [Sugar Black Chemies Gelling Agent: Citrus Pectin: Acidity Pegulator: Citric Acid	Sat	6.7	4.4
Cherry & Coconut Mini Loaf	Rapeseed Oil, Desiccated Coconut (10%), MaizeFlour, Baking Powder (Raising Agents: Diphosphates, Sodium Carbonates; RiceFlour)], Golden Syrup (Invert Sugar Syrup), Humectant: Glycerine; Thickener:Xanthan Gum. May	Carbs	46	30.0
(V/GF)		Sugar	31.4	20.4
	contain other MILK, NUTS, and SOYA.	Fibre	1.9	1.3
		Protein	4.4	2.9
		Salt	0.62	0.40
			weight (g)	65
	MUFFINS & CUPCAKES			
PRODUCT	INGREDIENTS	1	NUTRITION	AL INFO
			per 100g	per portion (g)
		KJ	1431	1502
	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, EGG, Rapeseed Oil, Blueberry (11%),	Kcal	342	359
	Blueberry Puree (9%) (Blueberry, Sugar, Water, Modified Maize Starch, Preservative: Potassium sorbate; Natural	Fat	15.5	16.3
Blueberry Muffin	Flavouring, Acidity regulator: Citric acid), Water, Buttermilk (MILK) (2%), Raising Agents: Potassium carbonates,	Sat	1.8	1.9
(V)	Sodium carbonates, Diphosphates, Calcium phosphates; Inulin, Palm Oil, MILK Proteins, WHEAT Starch, Modified	Carbs	44.1	46.3
	Maize Starch, WHEAT Gluten, Preservative: Potassium sorbate, Emulsifiers: Mono-and diglycerides of fatty acids, Polyglycerol esters of fatty acids; Stabiliser: Xanthan gum; Salt, Glucose Syrup, Lemon Oil, Acidity regulator: Citric	Sugar	21.1	22.1
	acid, Natural Flavourings, Colour: Carotenes.	Fibre	1.2	1.3
		Protein	5.8	6.1
		Salt	0.44	0.46
		Portion	weight (g)	105
			per 100g	per portion (g)
		KJ	1487	1561
	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, EGG, Rapeseed Oil, Sicilian Lemon	Kcal	354	372
	filling (9%) (Sugar, EGG, Butter (MILK), Water, Concentrated Lemon Juice (Lemon, Sodium Metabisulphite (SULPHITES), Potassium Metabisulphite (SULPHITES)), Gelling agent: Agar, Lemon Oil), Inulin, Lemon Zest (4%), Water,	Fat	15.1	15.9
Sicilian Lemon Curd Muffin	(Surmics), Polassion Metablisoiphile (Surmics)), Geiling agent. Agar, Lemon Oilj, Inuin, Lemon Zesi (4%), Waler, Buttermilk (MILK), Glucose Syrup, Raising Agents: Potassium carbonates, Sodium carbonates, Calcium phosphates,	301	2.2	2.3
(V)	Diphosphates; Palm Oil, MILK Proteins, WHEAT Starch, Modified Maize Starch, Natural Flavourings, Preservative:	Carbs	50.0	52.5
	Potassium sorbate, WHEAT Gluten, Emulsifiers: Mono- and diglycerides of fatty acids, Polyglycerol esters of fatty	Sugar	24.9	26.1
	acids; Stabiliser: Xanthan gum, Salt, Humectants: Sorbitol syrup, Glycerol; Acidity regulator: Citric acid, Preservative: Sodium Metabisulphite (SULPHITES), Colour: Carotenes.	Fibre	4.7	4.9
	Preservative: soaium metabisuipnite (SULPHILES), Colour: Carotenes.	Protein	5.0	5.2
		Salt	0.45	0.48
			weight (g)	105

INGREDIENT AND NUTRITIONAL GUIDE

2025

MUFFINS & CUPCAKES

	MUFFINS & CUPCAKES			
PRODUCT	INGREDIENTS	N	UTRITION	AL INFO
			per 100g	per portion (g)
		KJ	1640	2624
	Pink Coloured Cupcake (Cake Flour (WHEAT Flour (with added Iron, Calcium, Thiamine, Niacin), Sugar, Whole	Kcal	391	625
	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	Eat	18.0	29.0
	Vanilla Buttercream(10%) [Icing Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier: Mono-		4.0	7.0
	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	Carbs	55.0	89.0
	Sorbate), Purple Natural Colour (Water, Monopropylene Glycol, Colour: Carmine, Spirulina Extract; Preservative:	Jugui	42.0	67.0
	Citric Acid; Emulsifier: Polysorbate 80)], Mixed Fruit Jam [Glucose-Fructose Syrup, Mixed Fruits (Apples, Plums,	Fibre	0.5	0.6
	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	Protein Salt	3.0 0.40	4.0 0.60
	Chocolate (2.4%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: Sunflower Lecithin; Natural		veight (g)	160
	Vanilla Flavouring, Paprika Extract, Colouring: Lutein], Pink Sugar Sprinkles (0.8%) (Sugar, Rice Flour, Sunflower Oil,	1 officiti v	(a)gin (g)	
	Potato Starch, Colour: Radish, Lemon, Blackcurrant)),.			
	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;			
Summer Cupcakes	Preservative: Potassium Sorbate), Yellow Natural Colour (Water, Emulsifier: Polysorbate 80, Mono Propylene			
(V)	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]). May contain other cereals containing GLUTEN, NUTS and SOYA.			
PRODUCT	Lemon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA. TRAYBAKES		UTRITION	AL INFO
PRODUCT	Lemon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA.	N	UTRITION	
PRODUCT	Lemon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA. TRAYBAKES	N	per 100g	per portion (g)
PRODUCT	Lemon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA. TRAYBAKES	N KJ	per 100g 2133	per portion (g) 1386
PRODUCT	Lemon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA. TRAYBAKES INGREDIENTS	KJ Kcal	per 100g 2133 511	per portion (g) 1386 332
PRODUCT Caramel Shortbread	Lemon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA. TRAYBAKES INGREDIENTS 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	KJ Kcal Fat	per 100g 2133 511 30.3	per portion (g) 1386 332 19.7
	Lemon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA. TRAYBAKES INGREDIENTS 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	KJ Kcal Fat Sat	per 100g 2133 511	per portion (g) 1386 332
Caramel Shortbread	Lemon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA. TRAYBAKES INGREDIENTS 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	KJ Kcal Fat Sat	per 100g 2133 511 30.3 18.1	per portion (g) 1386 332 19.7 11.8
Caramel Shortbread	Lemon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA. TRAYBAKES INGREDIENTS 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, Falm 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,	KJ Kcal Fat Sat Carbs	per 100g 2133 511 30.3 18.1 54.0	per portion (g) 1386 332 19.7 11.8 35.1
Caramel Shortbread	Lemon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA. TRAYBAKES INGREDIENTS 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, Falm 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,	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 2133 511 30.3 18.1 54.0 30.5 4.9 0.62	per portion (g) 1386 332 19.7 11.8 35.1 19.8 3.2 0.40
Caramel Shortbread	Lemon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA. TRAYBAKES INGREDIENTS 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, Falm 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,	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion v	per 100g 2133 511 30.3 18.1 54.0 30.5 4.9 0.62 veight (g)	per portion (g) 1386 332 19.7 11.8 35.1 19.8 3.2 0.40 65
Caramel Shortbread	Lemon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA. TRAYBAKES INGREDIENTS 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, Falm 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,	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion v	per 100g 2133 511 30.3 18.1 54.0 30.5 4.9 0.62 veight (g) per 100g	per portion (g) 1386 332 19.7 11.8 35.1 19.8 3.2 0.40 65 per portion (g)
Caramel Shortbread	Lemon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA. TRAYBAKES INGREDIENTS Shortbread (44%) (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (MILK), Sugar, Maize Starch, Salt), Caramel (40%) (Sweetened Condensed MILK, Glucase 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). May contain NUTS and EGG.	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion v KJ	per 100g 2133 511 30.3 18.1 54.0 30.5 4.9 0.62 veight (g) per 100g 1941	per portion (g) 1386 332 19.7 11.8 35.1 19.8 3.2 0.40 65 per portion (g) 1242
Caramel Shortbread	Lemon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA. TRAYBAKES INGREDIENTS 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). May contain NUTS and EGG. Dark chocolate 17% (cocoa mass, sugar, fat-reduced cocoa powder, emulsifier (sunflower lecithin), natural	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion v KJ Kcal	per 100g 2133 511 30.3 18.1 54.0 30.5 4.9 0.62 veight (g) per 100g 1941 464	per portion (g) 1386 332 19.7 11.8 35.1 19.8 3.2 0.40 65 per portion (g) 1242 297
Caramel Shortbread (V)	Lemon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA. TRAYBAKES INGREDIENTS 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, Cocca Butter, Whole MILK Powder, Cocca Mass, Emulsifier: SOYA Lecithin, Natural Flavouring). May contain NUTS and EGG. Dark chocolate 17% (cocca mass, sugar, fat-reduced cocca powder, emulsifier (sunflower lecithin), natural vanilla flavouring - contains cocca 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),	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion v KJ	per 100g 2133 511 30.3 18.1 54.0 30.5 4.9 0.62 veight (g) per 100g 1941 464 30.0	per portion (g) 1386 332 19.7 11.8 35.1 19.8 3.2 0.40 65 per portion (g) 1242 297 19.2
Caramel Shortbread (V) Super Dark Brownie	Lemon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA. TRAYBAKES INGREDIENTS 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, Cacca Butter, Whole MILK Powder, Cocca Mass, Emulsifier: SOYA Lecithin, Natural Flavouring). May contain NUTS and EGG. Dark chocolate 17% (cocca mass, sugar, fat-reduced cocca powder, emulsifier (sunflower lecithin), natural vanilia flavouring - contains cocca solids 74%), coccnut oil, dark brown sugar, sugar, WHEAT flour (calcium carbonate, iron, niacin, thiamin), apple puree, water, plant cream (lentil prepartion (water, lentil protein), vegetable oils (coconut, rapeseed), sugar, modified potato starch, emulsifier (polysorbate 60), stabiliser	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion v KJ Kcal Fat	per 100g 2133 511 30.3 18.1 54.0 30.5 4.9 0.62 veight (g) per 100g 1941 464	per portion (g) 1386 332 19.7 11.8 35.1 19.8 3.2 0.40 65 per portion (g) 1242 297
Caramel Shortbread (V)	Lemon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA. TRAYBAKES INGREDIENTS 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, Cocca Butter, Whole MILK Powder, Cocca Mass, Emulsifier: SOYA Lecithin, Natural Flavouring). May contain NUTS and EGG. Dark chocolate 17% (cocca mass, sugar, fat-reduced cocca powder, emulsifier (sunflower lecithin), natural vanilla flavouring - contains cocca 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),	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion v KJ Kcal Fat Sat	per 100g 2133 511 30.3 18.1 54.0 30.5 4.9 0.62 veight (g) per 100g 1941 464 30.0 22.0	per portion (g) 1386 332 19.7 11.8 35.1 19.8 3.2 0.40 65 per portion (g) 1242 297 19.2 14.1
Caramel Shortbread (V) Super Dark Brownie	Lemon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA. IRAYBAKES INGREDIENTS 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, Cacca Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Natural Flavouring). May contain NUTS and EGG. 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 cirate), natural vanilla extract, sea salt flakes 0.5%, raising agent (diphosphates, sodium carbonates. WHEAT flour (calcium carbonate, iron, niacin, thiamin). May	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion v KJ Kcal Fat Sat Carbs	per 100g 2133 511 30.3 18.1 54.0 30.5 4.9 0.62 veight (g) per 100g 1941 464 30.0 22.0 47.0	per portion (g) 1386 332 19.7 11.8 35.1 19.8 3.2 0.40 65 per portion (g) 1242 297 19.2 14.1 30.1
Caramel Shortbread (V) Super Dark Brownie	Lemon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA. TRAYBAKES INGREDIENTS 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, Cocca Butter, Whole MILK Powder, Cocca Mass, Emulsifier: SOYA Lecithin, Natural Flavouring). May contain NUTS and EGG. Dark chocolate 17% (cocca mass, sugar, fat-reduced cocca powder, emulsifier (sunflower lecithin), natural vanilla flavouring - contains cocca 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 (plysotate 60), stabiliser (methylcellulose, xanthan gum), acidity regulator (trisodum citrate), natural flavour, salt, colour (carbonate, S), stabiliser (methylcellulose, xanthan gum), acidity regulator (trisodum citrate), natural flavour, salt, colour (carbonate, 0), stabiliser (methylcellulose, xanthan gum), acidity regulator (trisodum citrate), natural flavour, salt, colour (carbonate, 0), stabiliser (methylcellulose, xanthan gum), acidity regulator (trisodum citrate), natural flavour, salt, colour (carbonate, 0), stabiliser (methylcellulose, xanthan gum), acidity regulator (trisodum citrate), natural flavour, salt, colour (carbonate, 0), stabiliser (methylcellulose, xanthan gum), acidity regulator (trisodum citrate), natural flavour, salt, colour (carbonate, 0), stabiliser (Matede, flaxseeds, natural vaniila extract, sea salt flakes 0.5%.	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion v KJ Kcal Fat Sat Carbs Sugar	per 100g 2133 511 30.3 18.1 54.0 30.5 4.9 0.62 veight (g) per 100g 1941 464 30.0 22.0 47.0 34.0	per portion (g) 1386 332 19.7 11.8 35.1 19.8 3.2 0.40 65 per portion (g) 1242 297 19.2 14.1 30.1 21.8
Caramel Shortbread (V) Super Dark Brownie	Lemon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA. IRAYBAKES INGREDIENTS 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, Cacca Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Natural Flavouring). May contain NUTS and EGG. 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 cirate), natural vanilla extract, sea salt flakes 0.5%, raising agent (diphosphates, sodium carbonates. WHEAT flour (calcium carbonate, iron, niacin, thiamin). May	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion v KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 2133 511 30.3 18.1 54.0 30.5 4.9 0.62 /eight (g) per 100g 1941 464 30.0 22.0 47.0 34.0 3.4 4.5 0.71	per portion (g) 1386 332 19.7 11.8 35.1 19.8 3.2 0.40 65 per portion (g) 1242 297 19.2 14.1 30.1 21.8 2.2 2.9 0.45
Caramel Shortbread (V) Super Dark Brownie	Lemon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA. IRAYBAKES INGREDIENTS 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, Cacca Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Natural Flavouring). May contain NUTS and EGG. 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 cirate), natural vanilla extract, sea salt flakes 0.5%, raising agent (diphosphates, sodium carbonates. WHEAT flour (calcium carbonate, iron, niacin, thiamin). May	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion v KJ Kcal Fat Sat Carbs Sat Carbs Sat Carbs Sat Sat Sat Sat Sat Sat Sat Sat Sat Sat	per 100g 2133 511 30.3 18.1 54.0 30.5 4.9 0.62 veight (g) per 100g 1941 464 30.0 22.0 47.0 34.0 3.4 0.5 0.71 veight (g)	per portion (g) 1386 332 19.7 11.8 35.1 19.8 3.2 0.40 65 per portion (g) 1242 297 19.2 14.1 30.1 21.8 2.2 2.9 0.45 64
Caramel Shortbread (V) Super Dark Brownie	Lemon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA. TRAYBAKES INGREDIENTS 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), Nuert 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, Cacaa Butter, Whole MILK Powder, Cocaa Mass, Emulsifier: SOYA Lecithin, Natural Flavouring). May contain NUTS and EGG. Dark chocolate 17% (cocaa mass, sugar, fat-reduced cocaa powder, emulsifier (sunflower lecithin), natural vanilla flavouring - contains cocaa solids 74%), cocanut 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 (polysothate 60), stabiliser (methylcellulose, xanthan gum), acidity regulator (trisodium citate), natural flavouri, salt, clour (carcienne)), 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)). May contain MILK, EGG, PEANUTS, NUTS, SULPHUR DIOXIDE and other cereads containing GLUTEN.	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion v KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion v	per 100g 2133 511 30.3 18.1 54.0 30.5 4.9 0.62 veight (g) per 100g 1941 464 30.0 22.0 47.0 34.0 34.0 34.0 34.0 34.0 97.0 9	per portion (g) 1386 1386 332 19.7 11.8 35.1 19.8 3.2 0.40 65 per portion (g) 1242 297 19.2 14.1 30.1 21.8 2.2 2.9 0.45 64 per portion (g)
Caramel Shortbread (V) Super Dark Brownie	Eemon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA. IRAYBAKES NGREDIENTS 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 Ravouring), Mik Chocolate (16%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Natural Flavouring). May contain NUTS and EGG. Dark chocolate 17% (cocoa mass, sugar, fat-reduced cocoa powder, emulsifier (sunflower lecithin), natural vonilla 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 (cocoau riss 3.5%, black treacle, flaxseeds, natural flavouri, colour (corotene)), fat-reduced cocoa powder, emulsifier (polysorbate 60), stabiliser (methylcelluluse, xanthan gum), ocidity regulator (thisodium cithate), natural flavouring colour, incorotene), fat-reduced cocoa powder, colour (corotene), fat-reduced cocoa powder, emulsifier (soufflower lecithin), natural vanilia extract, sea salt flakes 0.5%, raising agent (diphosphates, sodium carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)), apple puree, water, plant cream (lentil preparation (water, lentil protein), reduced cocoa powder, cocoa nibs 3.5%, black treacle, flaxseeds, natural vanilia extract, sea salt flakes 0.5%, raising agent (diphosphates, sodium carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)), May contain MILK, EGG, PEANUTS, NUTS, SULPHUR DIOXIDE and other cereals containing GLUTEN.	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion v KJ Carbs Sugar Fibre Protein Salt Carbs	per 100g 2133 511 30.3 18.1 54.0 30.5 4.9 0.62 veight (g) per 100g 22.0 47.0 34.0 34.0 34.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 34.0 34.0 22.0 47.0 34.0 35.0	per portion (g) 1386 332 19.7 11.8 35.1 19.8 3.2 0.40 65 9er portion (g) 1242 297 19.2 14.1 30.1 21.8 2.2 2.9 0.45 64 per portion (g) 1322
Caramel Shortbread (V) Super Dark Brownie	Lemon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA. IRAYBAKES INGREDIENTS Shortbread (44%) (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (MLK), Sugar, Naize Starch, Satt), Caramel (40%) (Sweetened Condensed MLK, Glucose Syrup (SULPHITES), Unsalted Butter (MLK), Sugar, Satt, Staltiser: Mono- and Di-Gycerides of Fatty Acids: Stabiliser: Pectin: Natural Flavouring). Milk Chocolate (16%) (Sugar, Cocoa Butter, Whole MLK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Natural Flavouring). May contain NUTS and EGG. Dark chocolate 17% (cocoa mass, sugar, fat-reduced cocoa powder, emulsifier (sunflower lecithin), natural ravouring). May contain NUTS and EGG. 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 pure, water, plant cream (lentil preparation (water, lentil protein), vegetable oits (coconut rapeseed), sugar, modified potato starch, emulsifier (polysorbate 60), stabiliser (methycellulose, xanthan gum), acidity regulator (fixodium citrate), natural flavouring of Lour (carbonate, iron, niacin, thiamin), apple pure, water, plant cream (lentil preparation (water, lentil protein), vegetable oits (cocoa nibs 3.5%, black treacle, flaxseeds, natural vanilla extract, sea satt flakes 0.5%, raising agent (diphosphates, sodium carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)). May contain MILK, EGG, PEANUTS, NUTS, SULPHUR DIOXIDE and other cereals containing GLUTEN. Kree range EGG, dark chocolate 16% (cocoa mass, sugar, cocoa butter, emulsifier (SOYA	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion v KJ Carbs Sugar Fibre Protein Salt Sugar Fibre Protein v KJ Kcal	per 100g 2133 511 30.3 18.1 54.0 30.5 4.9 0.62 /eight (g) per 100g 1941 464 30.0 22.0 47.0 34.0 34.0 3.4 4.5 0.71 /eight (g) per 100g 2098 504	per portion (g) 1386 332 19.7 11.8 35.1 19.8 3.2 0.40 65 per portion (g) 1242 297 19.2 14.1 30.1 21.8 2.2 2.9 0.45 64 per portion (g) 1322 317
Caramel Shortbread (V) Super Dark Brownie (Vg)	Lemon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA. IRAYBAKES INGREDIENTS Shortbread (44%) (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (MLK), Sugar, Naize Starch, Salt), Caramel (40%) (Sweetened Condensed MLK, Glucose Syrup (SULPHITES), Unsalted Butter (MLK), Invert Sugar Syrup, Palm Oil, Salted Butter (MLK), Sugar, Salt, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Natural Flavouring), Milk Chocolate (16%) (Sugar, Cocae Butter, Whole MLK Powder, Cocae Mass, Emulsifier: SOYA Lecithin, Natural Flavouring). May contain NUTS and EGG. Dark chocolate 17% (cocoa mass, sugar, fat-reduced cocoa powder, emulsifier (sunflower lecithin), natural vanilla flavouring). May contain NUTS and EGG. Dark chocolate 17% (cocoa mass, sugar, fat-reduced cocoa powder, emulsifier (polysorbate 60), stabiliser (methylceilulose, xanthan gum), acidity regulator (trisodium citrate), natural varial flavouring). Vary contain NUTS and EGG. Dark chocolate 17% (cocoa mass, sugar, fat-reduced cocoa powder, emulsifier (polysorbate 60), stabiliser (methylceilulose, xanthan gum), acidity regulator (trisodium citrate), natural variate, lentil protein), vegetable oils (coconut, rapeseed), sugar, modified potato starch, emulsifier (polysorbate 60), stabiliser (methylceilulose, xanthan gum), acidity regulator (trisodium citrate), natural vanilla extract, sea suff flakes 0.5%, raising agent (diphosphates, sodium carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamini)). May contain MILK, EGG, PEANUTS, NUTS, SULPHUR DIOXIDE and other cereals containing GLUTEN. Free range EGG, dark chocolate 16% (cocoa mass, sugar, cocoa butter,	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion v KJ Kcal Fibre Protein Sat Carbs	per 100g 2133 511 30.3 18.1 54.0 30.5 4.9 0.62 veight (g) per 100g 1941 464 30.0 22.0 47.0 34.0 34.0 34.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.9 50.4 30.5 6.2 1941 1945 1941 19	per portion (g) 1386 332 19.7 11.8 35.1 19.8 3.2 0.40 65 per portion (g) 1242 297 19.2 14.1 30.1 21.8 2.2 2.9 0.45 64 per portion (g) 1322 317 20.5
Caramel Shortbread (V) Super Dark Brownie (Vg) Triple Chocolate Brownie**	Lemon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA. IRAYBAKES INGREDIENTS Shortbread (44%) (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (MLK), Sugar, Maize Starch, Salt), Caramel (40%) (Sweetened Condensed MLK, Gluccose Synup (SULPHITES), Unsalted Butter (MLK), Invert Sugar Syrup, Palm Oil, Salted Butter (MLK), Sugar, Salt, Emulsifier, Kendister, Whole MLK Powder, Caramel (40%) (Sweetened Condensed MLK, Gluccose Synup (SULPHITES), Unsalted Butter (MLK), Invert Sugar Syrup, Palm Oil, Salted Butter (MLK), Sugar, Salt, Emulsifier, Kendister, Whole MLK Powder, Cacoa Mass, Emulsifier: SOYA Lecithin, Natural Ravouring). May contain NUTS and EGG. Dark chocolate 17% (cocca mass, sugar, fat-reduced cocca powder, emulsifier (sunflower lecithin), natural vanilla flavouring - contains cocca solids 74%), coconut oil, dark brown sugar, sugar, WHEAT flour (calcium carbonate, iron, niacin, thiamin), apple purse, water, plant cream (lentil preparation (water, lentil protein), vegetable oils (coconut, rapeseed), sugar, modified potato starch, emulsifier (polysorbate 60), stabiliser (methy/cellulose, xanthan gum), acidity regulator (trisodium citrate), natural flavouring of Lopovorte, ecoa niss 3.5%, black treacte, flaxseeds, natural vanilla extract, sea solt flakes 0.5%, raising agent (diphosphates, sodium carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)). May contain MILK, EGG, PEANUTS, NUTS, SULPHUR DIOXIDE and other cereals containing GLUTEN.	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion v KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion v KJ Kcal Fat Sat Sat Sat Carbs Sugar Fibre Fibre Fibre Sat Sat Carbs Sat Sat Carbs Sugar Fibre Fibre Sat Carbs Sat Sat Sat Carbs Sugar Sat Carbs Sat Sugar Fat Sat Carbs Sugar Fat Sat Carbs Sugar Fat Sat Carbs Sugar Fat Sat Carbs Sugar Fat Sat Sugar Fat Sat Carbs Sugar Fat Sat Carbs Sat Sugar Fat Sat Carbs Sat Sugar Fat Sat Carbs Sat Sugar Fat Sat Sugar Fibre Fat Sat Sugar Fibre Sat Sugar Fibre Fat Sat Sugar Fibre Fat Sat Sugar Fibre Sat Sugar Fibre Sat Sugar Fibre Fat Sat Sugar Fibre Sat Sugar Fibre Sat Sugar Fibre Sat Sugar Fibre Sat Sugar Fibre Sat Sugar Fibre Sat Sugar Fibre Sat Sat Sat Sat Sat Sat Sat Sat Sat Sat	per 100g 2133 511 30.3 18.1 54.0 30.5 4.9 0.62 veight (g) per 100g 1941 464 30.0 22.0 47.0 34.0 34.0 34.0 34.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 34.0 32.0 20.0 20.0 34.0 34.0 34.0 34.0 32.0 20.0 2	per portion (g) 1386 332 19.7 11.8 35.1 19.8 3.2 0.40 65 per portion (g) 1242 297 19.2 14.1 30.1 21.8 2.2 2.9 0.45 64 per portion (g) 1322 317 20.5 13.5
Caramel Shortbread (V) Super Dark Brownie (Vg)	Termon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA. IRAYBAKES INGREDIENTS Shortbread (44%) (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (MILK), Sugar, Maize Starch, Salt), Caramel (40%) (Sweetened Condensed MILK, Giucose Syrup (SULPHITES), Unsalted Butter (MILK), Invest System Syrup, Flaun OII, Salted Butter (MILK), Jogar, Salt, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser, Pectin; Natural Flavouring), Milk Chocolate (16%) (Sugar, Coccoa Butter, Whole MILK Powder, Coccoa Mass, Emulsifier: SOYA Lecithin, Natural Flavouring), May contain NUTS and EGG. Dark chocolate 17% (coccoa mass, sugar, fat-reduced cocca powder, emulsifier (sunflower lecithin), natural vanilla flavouring - contains cocca solids 74%), coccnut oil, dark brown sugar, sugar, WHEAT flour (calcium carbonate, iron, niacin, thiamin), apple puree, water, plant cream (lentil preparation (water, lentil protein)), vegetable oils (coccourt), rapesead, sugar, modified pottor starch, emulsifier (polysorbate 6.9), stabiliser (methylcellulose, xanthan gum), acidity regulator (trisodium citrate), natural flavour, salt, colour (carotene)), fat-reduced cocca powder, cocca nibs 3.5%, black treacle, flaxseeds, natural vanilla extract, sea salt flakes 0.5%, raising agent (laphosphates, sodium carbonates, WHEAT flour (calcium carbonate), iron, nick, thiomini)), May contain MILK, EGG, PEANUTS, NUTS, SULPHUR DIOXIDE and other cereals containing GLUTEN. Free range EGG, dark chocolate 16% (coccoa mass, sugar, coccoa butter, cerca mass, emulsifier (SOYA lecithin), natural vanilla flavouring - contains coccoa solids 72%), coccourt oil, soft light sugar, sugar, dark chocolate 7% (sugar, coccoa mass, sugar, caccoa butter, coccoa mas, emulsifier	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion v KJ Kcal Fibre Protein Sat Carbs	per 100g 2133 511 30.3 18.1 54.0 30.5 4.9 0.62 veight (g) per 100g 1941 464 30.0 22.0 47.0 34.0 34.0 34.0 34.0 22.0 47.0 34.0 22.0 47.0 34.0 22.0 47.0 34.9 50.4 30.5 6.2 1941 1945 1941 19	per portion (g) 1386 332 19.7 11.8 35.1 19.8 3.2 0.40 65 per portion (g) 1242 297 19.2 14.1 30.1 21.8 2.2 2.9 0.45 64 per portion (g) 1322 317 20.5
Caramel Shortbread (V) Super Dark Brownie (Vg) Triple Chocolate Brownie**	Termon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA. IRAYBAKES INGREDIENTS Shortbread (44%) (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (MILK), Sugar, Maize Starch, Salt), Caramel (40%) (Sweetened Condensed MILK, Glucose Synup (SULPHITES), Unsalted Butter (MILK), Invert Sugar Synup, Palm Oil, Salted Butter (MILK), Sugar, Salt, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Natural Flavouring). Milk Chocolate (16%) (Sugar, Cocca Butter, Whole MILK Powder, Cocca Mass, Emulsifier: SOYA Lecithin, Natural Flavouring). May contain NUTS and EGG. Dark chocolate 17% (cocca mass, sugar, fat-reduced cocca powder, emulsifier (sunflower lecithin), natural vanilla flavouring - contains cocco solids 74%), coconut oil, dark brown sugar, sugar, WHEAT flour (calcium carbonate, iron, niacin, thiamin), apple puree, water, plant cream (tentil preparation (water, lentil protein), vegetable oils (coccont), rapeseed), sugar, modified potato starch, emulsifier (polysoftade 60), stabiliser (methylcellulose, xanthan gum), acidity regulator (trisodium citrate), natural flavour and cocco powder, cocco nibs 35%, black threacle, flavseed, natural vanilla extract, sea suft flakes 0.5%, raising agent (diphosphates, sodium carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)), apple puree, water, plant area mulsifier (SOYA lecithin), natural vanilla flavouring - contains coccos abids 72%, occoonut oil, and there cereads containing GLUTEN. Free range EGG, dark chocolate 16% (coccoa mass, sugar, coccoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring - contains coccoa solids 72%, occoonut oil, soft light sugar, sugar, dark chocolate 7% (sugar, coccoa miss coccoa butter, emulsifier (KJ Kcal Fat Sat Carbs Salt Protein Salt Protein KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion v KJ Kcal Fat Sat Carbs	per 100g 2133 511 30.3 18.1 54.0 30.5 4.9 0.62 veight (g) per 100g 1941 464 30.0 22.0 47.0 34.0 34.0 34.0 34.4 4.5 0.71 veight (g) per 100g 2098 504 32.6 21.4 42.4	per portion (g) 1386 332 19.7 11.8 35.1 19.8 3.2 0.40 65 per portion (g) 1242 297 19.2 14.1 30.1 21.8 2.2 2.9 0.45 64 per portion (g) 1322 317 20.5 13.5 26.7
Caramel Shortbread (V) Super Dark Brownie (Vg) Triple Chocolate Brownie**	Termon, Radish, Blackcurrant)). May contain other cereals containing GLUTEN, NUTS and SOYA. IRAYBAKES INGREDIENTS Shortbread (44%) (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (MILK), Sugar, Maize Starch, Salt), Caramel (40%) (Sweetened Condensed MILK, Giucose Syrup (SULPHITES), Unsalted Butter (MILK), Invest System Syrup, Flaun OII, Salted Butter (MILK), Jogar, Salt, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser, Pectin; Natural Flavouring), Milk Chocolate (16%) (Sugar, Coccoa Butter, Whole MILK Powder, Coccoa Mass, Emulsifier: SOYA Lecithin, Natural Flavouring), May contain NUTS and EGG. Dark chocolate 17% (coccoa mass, sugar, fat-reduced cocca powder, emulsifier (sunflower lecithin), natural vanilla flavouring - contains cocca solids 74%), coccnut oil, dark brown sugar, sugar, WHEAT flour (calcium carbonate, iron, niacin, thiamin), apple puree, water, plant cream (lentil preparation (water, lentil protein)), vegetable oils (coccourt), rapesead, sugar, modified pottor starch, emulsifier (polysorbate 6.9), stabiliser (methylcellulose, xanthan gum), acidity regulator (trisodium citrate), natural flavour, salt, colour (carotene)), fat-reduced cocca powder, cocca nibs 3.5%, black treacle, flaxseeds, natural vanilla extract, sea salt flakes 0.5%, raising agent (laphosphates, sodium carbonates, WHEAT flour (calcium carbonate), iron, nick, thiomini)), May contain MILK, EGG, PEANUTS, NUTS, SULPHUR DIOXIDE and other cereals containing GLUTEN. Free range EGG, dark chocolate 16% (coccoa mass, sugar, coccoa butter, cerca mass, emulsifier (SOYA lecithin), natural vanilla flavouring - contains coccoa solids 72%), coccourt oil, soft light sugar, sugar, dark chocolate 7% (sugar, coccoa mass, sugar, caccoa butter, coccoa mas, emulsifier	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion v KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion v KJ Carbs Sugar	per 100g 2133 511 30.3 18.1 54.0 30.5 4.9 0.62 veight (g) per 100g 1941 464 30.0 22.0 47.0 34.0 3.4 4.5 0.71 veight (g) per 100g 2098 504 32.6 21.4 42.4 37.0	per portion (g) 1386 332 19.7 11.8 35.1 19.8 3.2 0.40 65 per portion (g) 1242 297 19.2 14.1 30.1 21.8 2.2 2.9 0.45 64 per portion (g) 1322 317 20.5 13.5 26.7 23.3
Caramel Shortbread (V) Super Dark Brownie (Vg) Triple Chocolate Brownie**	Lemon, Radish, Blackcurranti). May contain other cereals containing GLUTEN, NUTS and SOYA. IRAYBAKES INCREDIENTS 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 Oli, Salted Butter (MILK), Sugar, Satt, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin: Natural Flavouring), Milk Chocolate (16%) (Sugar, Cocca Butter, Whole MILK Powder, Cocca Mass, Emulsifier: SOYA Lecithin, Natural Flavouring). May contain NUTS and EGG. Dark chocolate 17% (cocca mass, sugar, fat-reduced cocca powder, emulsifier (sunflower lecithin), natural vanilia flavouring - contains cocca 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 (cocout, regosted), sugar, modified potato starch, emulsifier (polysothe 60), stabiliser (methycellulose, xanthan gum), acidity regulator (thizedium carbonate, iron, niacin, thiamin), apple puree, water, plant cream (lentil preparation (water, lentil protein), vegetable oils (cocout, regosted), sugar, modified potato starch, emulsifier (polysothe 60), stabiliser, radio gagent (diphosphates, sodium carbonates, indured vanila extract, sea salt flakes 0.5%, radio gaget (diphosphates, sodium carbonate, iron, niacin, filamin)). Apy contain MILK, EGG, PEANUTS, NUTS, SULPHUR DIOXIDE and other cereals containing GLUTEN. Feer range EGG, dark chocolate 16% (cocca mass, sugar, cocca butter, emulsifier (SOYA lecithin), natural vanila flavouring - contains cocca solids 47%, fot free cocca solids 47%, milk ch	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion v KJ Fat Sat Carbs Sugar Fibre Protein Salt Sugar Fibre Portion v KJ Kcal Sat Carbs Sugar Fibre Protein Salt Sat Sugar	per 100g 2133 511 30.3 18.1 54.0 30.5 4.9 0.62 veight (g) per 100g 1941 464 30.0 22.0 47.0 34.0 34.0 34.0 34.0 0.71 veight (g) per 100g 2098 504 32.6 21.4 42.4 37.0 4.3	per portion (g) 1386 332 19.7 11.8 35.1 19.8 3.2 0.40 65 per portion (g) 1242 297 19.2 14.1 30.1 21.8 0.45 64 per portion (g) 1322 317 20.5 13.5 26.7 2.3 2.7

Coffee#1

	TRAYBAKES			
PRODUCT	INGREDIENTS	N	UTRITION	AL INFO
		KJ	per 100g 1704	per portion (g) 2334
		Kcal	408	558
	OATS (27%), Bramley Apples (16%), Pure Vegetable Margarine (Certified Sustainable Palm Oil, Rapeseed Oil, Salt),	Fat Sat	21.2 8.8	29.0 12.0
Yoghurt Apple & Blackcurrant Flapjack	Yoghurt Flavoured Topping (13%) (Sugar, Hydrogenated Palm Kernel Oil, Whey Powder [MILK], Skimmed MILK	Carbs	47.8	65.4
(V)	Powder, Yoghurt Powder [MILK]. Emulsifier: Sunflower Lecithin, Citric Acid), Light Brown Soft Sugar, Blackcurrants (6%), Golden Syrup, Caster Sugar, Sunflower Oil, Thickener: Tapioca Starch. May contain SULPHUR DIOXIDE.	Sugar	27.2	37.2
	(,	Fibre	3.0	4.1
		Protein	5.0	6.8
		Salt	0.20 veight (g)	0.27
		TOMOTY	per 100g	per portion (g)
	Margarine (Palm Fat, Rapeseed Oil, Water, Salt, Emulsifier: Polyglycerol Esters of Fatty Acids, Colours: Curcumin, Annatto, Flavourings), Milk Chocolate (25%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier:	KJ	2204	1477
	SOYA Lecithin, Flavour), Biscuit Crumb (21%) (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin),	Kcal	529	354
	Wholemeal WHEAT Flour, Vegetable Oils (Palm Oil (SG), Rapeseed Oil), Sugar, Partially Inverted Sugar Syrup, Raising Agents: Sodium Carbonates, Ammonium Carbonates, Salt), Biscuit Pieces (17%) (Fortified WHEAT Flour	Fat	34.0	23.0
	(WHEAT Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine), Wholemeal WHEAT Flour, Vegetable Shortening	Sat Carbs	17.0 49.0	11.0 31.0
Rocky Road	(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	Sugar	30.0	20.0
	MILK, Glucose Syrup (SULPHITES), Palm Oil [MB, SG], Salt), White Chocolate Chips (Sugar, Cocoa Butter, Full Cream	Fibre	1.8	1.2
	MILK Powder, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Marshmallows (1.7%) (Glucose-fructose Syrup, Sugar, Water, Pork Gelatine, Anti-caking Agent: Maize Starch, Colour: Beetroot Red, Flavouring), Caramel Drizzle	Protein	5.6	3.8
	(0.8%) (Sugar, Glucose Syrup (Preservative: Sulphur Dioxide (SULPHITES), Palm Fat [SG], Sweetened Condensed	Salt	0.90	0.60
	MILK, Rapeseed Oil, Water, Salt, Flavouring, Emulsifiers: SOYA Lecithin, Colour: E100, E160b), White Chocolate Flavour Drizzle (Sugar, Palm Oil [MB], Whey Powder (MILK), Emulsifier: Sunflower Lecithin, Rapeseed Lecithin), Natural Flavouring). May contain NUTS, and EGGS.	Pomon	veight (g)	67
			per 100g	per portion (g)
		KJ	1584	1442
	Flapjack Base [Gluten Free OATS, Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Margarine	Kcal	379	345
	(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,	Fat	14.5	13.2
Blackberry & Apple Crumble Jack**	Blackberries (9%), Gelling Agent: Pectin], Crumble [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Coconut Oil, Demerara Sugar, Gluten Free Jumbo OATS]. May contain cereals containing GLUTEN,	Sat Carbs	7.4 59.8	6.7 54.4
(Vg)	EGG, MILK, NUTS, PEANUTS, SESAME, SOYA and SULPHITES.	Sugar	32.6	29.7
	**Although this product is made with gluten free flour, this may not be suitable for people with coeliac/gluten allergy due to manufacturing and instore handling methods.	Fibre	2.5	2.3
		Protein	3.4	3.1
		Salt Portion v	0.22 veight (g)	0.20
		1 official	per 100g	per portion (g)
		KJ	1888	1718
		Kcal	451 18.7	410
	Flapjack (Gluten Free OATS (44%), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water,	Fat Sat	9.5	8.6
Maple Syrup Flapjack	Sea Salt, Faba Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavourings, Colour: Carotenes), Soft Light Brown Sugar, Invert Sugar Syrup, Maple Syrup (7%)). May contain cereals containing GLUTEN, EGG, MILK, NUTS,	Carbs	66.9	60.9
(Vg)	PEANUTS, SESAME, SOYA, and SULPHTES.	Sugar	34.2	31.1
		Fibre	4.7	4.3
		Protein Salt	6.0 0.36	5.5 0.33
			veight (g)	91
			per 100g	per portion (g)
		KJ	1809	1357
		Kcal Fat	432 26.3	324
Cheme Balannell	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%),	Sat	16.0	12.0
Cherry Bakewell (V)	Natural Flavouring Substances, Snow Dusting (Dextrose, WHEAT Starch, Vegetable Oil (Sustainable Palm,	Carbs	46.7	35.0
	Rapeseed), Salt, Natural Flavouring), Raising Agents: Diphosphates, Sodium Carbonates. May contain cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.	Sugar	28.5	21.4
		Fibre Protein	1.9 5.3	4.0
		Salt	0.15	0.10
		Portion	veight (g)	75
		K I	per 100g	per portion (g)
		KJ Kcal	1756 420	1264 302
	Sugar, Vegetable Fat [Vegetable Oils (Sunflower, Rapeseed), Coconut Oil, Water, Sea Salt, Faba Bean	Fat	27.5	19.8
Blackcurrant Bakewell	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	Sat	10.4	7.5
(Vg)	Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Polenta, Flaked ALMONDS (NUTS) (2%), Raising	Carbs	39.9	28.7
	Agents: Diphosphates, Sodium Carbonates; Natural Flavouring, Salt. May contain cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.	Sugar	22.4 3.0	16.1 2.2
		Fibre Protein	3.0 6.4	4.6
		Salt	0.51	0.37
			veight (g)	

2025

т	Δ	R	т	9

	TARTS			
PRODUCT	INGREDIENTS	١	IUTRITION	AL INFO
			per 100g	per portion (g)
		KJ Kcal	1168 278	759
	Sugar NUK WURAT Flour Water Margarine (Sustainable Balm Oil Water Banessed Oil Fraulsifian Lepithin Mane	Eat	11.4	7.4
Portuguese Tarts	Sugar, MILK, WHEAT Flour, Water, Margarine (Sustainable Palm Oil, Water, Rapeseed Oil, Emulsifiers: Lecithin, Mon and Dialycerides of Fatty Acids, Poly Esters of Fatty Acids; Salt, Acidity Regulator: Citric Acid; Flavouring, Colour:	Sat	5.2	3.4
(V)	Beta Carotene, Antioxidant: Alpha-tocopherol), EGG Yolk, Liquid EGG, Maize Starch, Salt, Natural Vanilla	Carbs	40.2	26.1
	Flavouring. May contain cereals containing GLUTEN, EGG, MILK, NUTS, SOYA, and SULPHITES.	Sugar	25.1	16.3
		Protein Salt	4.1 0.35	2.7 0.23
		-	veight (g)	65
			per 100g	per portion (g)
	Pastry Tart (WHEAT Flour, Sugar, Flavouring (WHEAT), Salt, Raising Agents: Disodium Phosphate, Sodium	KJ	1577	1797
	Bicarbonate; Emulsifiers: Lactic Acid Esters of Mono- and Diglycerides of Fatty Acids, Propane-1,2-diol Esters of	Kcal	378	431
	Fatty Acids; Dried Glucose Syrup, Skimmed MILK Powder, Vegetable Oil (Palm & Rapeseed Oil), Water, Salt, Emulsifier: Mono- And Diglycerides Of Fatty Acids; Flavouring, Colour: Annatto Bixin, Curcumin), Cream (MILK),	Fat Sat	20.9 11.2	23.8
Tarte Au Citron	Tarte Citron Powder (Sugar, Modified Starches (Waxy Maize, Potato), EGG White Powder, Flavouring (Contains	Carbs	42.2	48.1
(V)	Lactose MILK), Acidity Regulator: Citric Acid; Colour: Beta Carotene], Sweet Snow [Dextrose, Sugar, Cornflour, Vegetable Oil (Palm)], Apricot Glaze [Glucose-Fructose Syrup, Water, Sugar, Apricot Puree, Gelling Agents:	Sugar	26.9	30.7
	Amidated Pectin, Carrageenan, Xanthan Gum; Acidity Regulators: Citric Acid, Trisodium Citrate, Tricalcium	Fibre	2.8	3.2
	Phosphate; Flavouring, Preservative: Potassium Sorbate; Firming Agent: Potassium Chloride; Colour: Paprika Extract], Lemon Juice Concentrate (1%). May contain cereals containing GLUTEN, and NUTS.	Protein	3.8	4.3
		Salt	0.54	0.62
		Portion	weight (g)	114
	DESSERTS			
PRODUCT	INGREDIENTS	١	IUTRITION	AL INFO
	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:	КJ	per 100g 1962	per portion (g) 3002
	SOYA Lecithin), Margarine (Vegetable Oil, Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids, Colour:	Kcal	479	733
	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,		34.1	52.2
Cookies & Cream Slice	Whey Solids (MILK), Modified Maize Starch, Vegetable Oil, Flavouring, Stabiliser: Xanthan Gum; Emulsifier: Sodium	Sat	11.4	17.4
Cookies & Credin Silce	Stearoyl-2-Lactylate, Propylene Glycol Esters of Fatty Acids; Raising Agent: Diphosphates, Potassium Carbonates)),	Carbs	35.7	54.6
	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,	Sugar	17.1	26.2
	Potassium Carbonates; Flavouring), Neutral Fond (Sugar, Dried Glucose Syrup, Beef Gelatine, Modified Starch,	Fibre Protein	2.1 5.5	<u>3.2</u> 8.4
	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).	Salt	0.59	0.90
			weight (g)	153
			per 100g	per portion (g)
	Full Fat Soft Cheese (37%) [Skimmed MILK, Cream [MILK], Salt, Preservative (Potassium Sorbate), Lactic Culture	KJ	1644	2334
	[MILK], Microbial Rennet], Biscoff Paste (20% (Crushed Caramelised Biscuit [WHEAT Flour, Sugar, Vegetable Oils	Kcal	394	560
	(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,	Fat Sat	25.2 9.8	35.7
Lotus Biscoff Cheesecake (V)	Biscoff Crushed Caramelised Biscuit (14%) [WHEAT Flour, Sugar, Vegetable Oils (Palm & Rapeseed), Candy Sugar	Carbs	33.8	48.0
	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	Sugar	22.8	32.4
	(Cucurmin, Annatto), Flavourings], Dark Chocolate [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin),	Protein	8.0	11.3
	Natural Vanilla Flavouring]. May contain NUTS.	Salt	0.60	0.86
		Portion	weight (g)	142
		KJ	per 100g 1167	per portion (g) 1004
	EGG, Mascarpone (Cream, MILK Proteins), Cherries, Whipping Cream (MILK), Granulated Sugar, WHEAT Flour	Kcal	279	240
	(WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Single Cream (MILK), Icing Sugar, White	Fat	14.5	12.4
Cherry & Mascarpone	Chocolate Chips (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Natural Vanilla Flavouring, Emulsifier: SOYA Lecithin), Emulsifier Blend (Water, Sugar, Emulsifiers: Polyalycerol Esters of Fatty Acids, Mono- And	Sat	9.4	8.1
Roulade	Diglycerides of Dietary Fatty Acids; Potassium Hydroxide), Natural Flavouring, Freeze Dried Cherries, Modified Waxy		32.6	28.0
(V)	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).	Sugar	20.2	17.4
	Gelling Agent: Agar-Agar; Inickener: Guar Gum; stabiliser Biend (Locust Bean Gum, Xanthan Gum, Guar Gum). May contain NUTS.	Fibre Protein	0.7 5.0	0.6 4.3
		Salt	0.12	0.10
			weight (g)	86
	Cream (MILK), Digestive Crumb (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholerneal WHEAT Flour, Vegetable Oil, Sugar, Partially Inverted Sugar Syrup, Raising Agents: Sodium Carbonates, Ammonium Carbonates; Satt), Caramel Mulfin Sponge Pieces (Toffee Cream Cake Mix (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Demerara Sugar, Modified Maize Starch, Vegetable Oil, Flavouring, Satt, Powdered EGG, Natural Flavouring, WHEAT Gluten, Whey Solids (MILK), Colour: Carotenes,		veight (g) per 100g 1840	86 per portion (g) 2686
	Ammonia Caramel; Raising Agents: Disodium Pyrophosphate, Sodium Carbonates; Emulsifiers: Mono- and	Kcal	442	645
	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,	Fat	28.8	42.1
Salted Caramel Slice	Rapeseed Oil), Banottee Tottee 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-	Sat	9.7	14.2
Salted Caramel Slice	Carotene), Caramel Compound Paste (Glucose Syrup, Caramelised Sugar Syrup, Invert Sugar Syrup, Natural	Carbs	40.2	58.7
Salted Caramel Slice			24.0	35.0
Salted Caramel Slice	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 Rhavour), Lotus Biscoff Crumb (WHEAT Flour, Sugar, Vegetable Oil, Sugar Syrup, Salt, Raising Agent: Sodium	Sugar	24.0 0.8	35.0 1.1
Salted Caramel Slice	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;		24.0 0.8 5.5	35.0 1.1 8.0
Salted Caramel Slice	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	Sugar Fibre	0.8	1.1

2025

SANDWICHES

	SANDWICHES			
PRODUCT	INGREDIENTS	١	UTRITION	AL INFO
			per 100g	per portion (g)
		KJ	1111	2222
	Malted Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes,	Kcal	266	532
	Yeast, BARLEY Malt Flour, Emulsifier: Mono- and Diacetyltartaric Acid Esters of Mono- and Diglycerides of Fatty	Fat	15.2	30.4
	Acids; Salt, Preservative: Calcium Propionate; Buckwheat Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic	Sat	2.2	4.4
BLT	Acid], Tomato (24%), Smoked Streaky Bacon (15%) [Pork Belly, Salt, Antioxidant: Sodium Ascorbate; Preservative:	Carbs	22.4	44.8
	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,	Sugar	2.0	4.0
	Flavouring, Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract), Black Pepper, Salt], Mixed Leaf (4%).	Fibre	2.1	4.2
	May contain MILK, MUSTARD, and SOYA.	Protein	11.0	22.0
		Salt	1.35	2.70
		Portion	weight (g)	200
			per 100g	per portion (g)
	Malted Bread [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes,	KJ	1065	2077
	Yeast, BARLEY Malt Flour, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty	Kcal	254	495
	Acids; Salt, Preservative: Calcium Propionate; Buckwheat Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic	Fat	12.2	23.8
Farmhouse Cheddar	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	501	4.1	8.0
Ploughman's	Paste (Date, Rice Flour), Apple Pulp, Salt, Modified Maize Starch, Colour: SULPHITE Ammonia Caramel; Onion	Carbs	27.9	54.4
(V)	Powder, Concentrated Lemon Juice, Spices, BARLEY Malt Extract, Herb and Spice Extracts], Mayonnaise	Sugar	5.3	10.3
	[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%).		2.3	4.5
	Juice, Havouning, Amioxidam. Calcium bisodium EDIA, Colour. Papilita Exitacij, ked Onion (5%), Mixed Leal (4%). May contain SOYA and MUSTARD.	Protein	9.4	18.3
		Salt	1.24	2.42
	DANINI	Portion	weight (g)	195
	PANINI			
PRODUCT	INGREDIENTS	١	NUTRITION	AL INFO
			per 100g	per portion (g)
		KJ	1186	1957
		Kcal	282	465
	Sourdough Panini (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT	Fat	8.4	13.9
	Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour, Flour, Flour, Flour, Flour, Flour, Flour, Antert 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]. May contain EGG and MUSTARD.	Sat	4.7	7.8
Brie & Bacon Panini		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
			per 100g	per portion (g)
		KJ	1125	2363
	Sourdough Panini (WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Water, Durum WHEAT Semolina,	Kcal	269	565
	Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment Agent:	Fat	11.8	24.8
	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),	Sat	3.1	6.5
Chicken & Pesto Panini	Medium Fat Hard Cheese (MILK), Extra Virgin Olive Oil, Garlic Purée, Acidity Regulator: Citric Acid), Mayonnaise	Carbs	28.3	59.4
	(Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Spirit Vinegar, Salt, Sugar, Flavourings, Lemon	Sugar	2.0	4.2
	Juice Concentrate, Antioxidant: Calcium Disodium EDTA), Mature Cheddar Cheese (8%) (MILK)], Mozzarella	Fibre	3.8	8.0
	Cheese (10%) (MILK). May contain MUSTARD.	Protein	14.2	29.8
		Salt	0.89	1.87
		Portion	weight (g)	210
			per 100g	per portion (g)
		KJ	1053	2064
		Kcal	251	492
	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Mated WHEAT Flour, Flour Treatment	Fat	8.7	17.1
Mozzarella & Tomato Panini		Sat	3.9	7.6
(V)	Cheddar Cheese (MILK), Pesto (Basil Paste (Basil, Sunflower Oil, Salt, Antioxidant: Ascorbic Acid), Vegetable Oil,	Carbs	32.9 2.4	64.5 4.7
	Medium Fat Hard Cheese (MILK), Extra Virgin Olive Oil, Garlic Purée, Acidity Regulator: Citric Acid)]. May contain EGG, and MUSTARD.	Sugar Fibre	2.4	4.7
		Protein	1.7	21.6
		Salt	0.89	1.74
			weight (g)	1.74
			per 100g	per portion (g)
		KJ	1089	2015
	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT	Kcal	260	481
	Sourdough Panini [WHEAT Hour, WHEAT Hour, Calcium Carbonate, Iron, Niacin, Iniamin], Water, Durum WHEAT Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment	Fat	10.5	19.4
	Agent: Ascorbic Acid], Tuna Melt Mix (43%) (Tuna Chunks (Skipjack Tuna (Katsuwonus pelamis) (FISH), Water, Salt),	Sat	1.4	2.5
Tuna Melt Panini	Mayonnaise (20%) (Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Sugar, Spirit Vinegar, Salt,	Carbs	32.3	59.8
	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,	Sugar	1.7	3.1
	Sunflower Oil, Salt, Garlic, Oregano), Red Onion (3%), Lemon Juice (Lemon Juice from Concentrate, Preservative:	Fibre	2.8	5.2
	Potassium metabisulphite (SULPHITES), Parsley]. May contain MUSTARD.	Protein	10.4	19.2
		Salt	0.76	1.41
			weight (g)	185
			3(9)	

2025

PRODUCT	FANINI			
PRODUCT	INGREDIENTS	١	UTRITION	AL INFO
			per 100g	per portion (g)
	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	KJ	1068	1869
		Kcal	254	445
	Agent: Ascorbic Acid], Cheese Sauce Mix (23%) [White Sauce (Water, Rapeseed Oil, Modified Starch, Salt, Whey	Fat	9.0	15.8
	Protein Concentrate (MILK), Sugar, Vegetable Stock (Salt, Maltodextrin, Yeast Extract, Sugar, Vegetables (Onion,	Sat	3.1	5.4
	Parsnip), Carrot Extract, Rapeseed Oil, Tomato, Lovage), Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum,	Carbs	30.8	53.9
	Guar Gum; Preservative: Potassium Sorbate; Spices), Mature Cheddar Cheese (25%) (MILK, Potato Starch), Italian	Sugar	1.1	1.9
	Hard Cheese (24%) (MILK, Salt, Vegetarian Rennet, Lysozyme (EGG)), Dijon Mustard (Water, MUSTARD Seed, Spirit Vinegar, Salt, Preservative: Sodium Hydrogen SULPHITE)], Pulled Ham Hock (17%) [Pork, Brine (Water, Low Sodium	Fibre	2.0	3.5
	Sea Salt, Preservatives: Sodium Nitrate, Sodium Nitrite)]. May contain other cereals containing GLUTEN.	Protein	13.5	23.6
		Salt	1.17	2.05
		Portion	weight (g)	175
	TOASTIES			
PRODUCT	INGREDIENTS	١	UTRITION	AL INFO
(Grilled Cheese Topped Bread [White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin),		per 100g	per portion (g)
· · · · · · · · · · · · · · · · · · ·	Water, Yeast, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids;	KJ	1040	1986
	Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), White Sauce (Water, Rapeseed Oil,	Kcal	248	474
	Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic	Fat	11.0	21.0
	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,	Sat	5.3	10.1
	Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides	Carbs	24.1	46.0
	of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid], Cooked Gammon Ham	Sugar	1.1	2.1
	(16%) [Pork, Salt, Stabiliser: Triphosphate; Demerara Sugar, Antioxidant: Sodium Ascorbate; Preservative: Sodium	Fibre	2.2	4.2
	Nitrite], Mature Cheddar Cheese (10%) [MILK], Seasoned White Sauce [White Sauce (Water, Rapeseed Oil,	Protein	14.3	27.3
	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.	Salt	14.3	3.40
,		-	veight (g)	3.40 191
		TOHIOTT		
	Grilled Cheese Topped White Bloomer Bread (White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron,	K I	per 100g	per portion (g)
	Niacin, Thiamin), Water, Yeast, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides	KJ	1135	2054
(of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), Mature Cheddar Cheese		271	491
	(18%) (MILK), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK),	Fat	14.0	25.3
Mushroom & Emmental	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	Sat	7.9	14.3
Toastie	Cheese (30%) (MILK), Emmental Cheese (30%) (MILK), Mushroom and Porcini Tapenade (10%) (Grilled Mushrooms,	Carbs	25.0	45.3
(V)	Rapeseed Oil, Porcini Mushrooms, Concentrated Lemon Juice, Salt, Dehydrated Porcini Mushroom Powder,	Sugar	1.8	3.3
· · · · · · · · · · · · · · · · · · ·	Garlic, Parsley, Chive)], White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water,	-	1.9	3.4
	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,	Protein	12.3	22.3
	Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid). May contain EGG, MUSTARD, and SOYA.	Salt	1.08	1.95
		Portion	weight (g)	181
	Grilled Cheese Topped White Bloomer Bread [White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron,		per 100g	per portion (g)
	Niacin, Thiamin), Water, Yeast, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides	KJ	1239	2057
0	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,	Kcal	296	491
	Whey Protein Concentrate (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Stabilisers: Xanthan	Fat	15.0	24.9
Cheese & Tomato Toastie	Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Marinated Slow Roasted Cherry Tomato (7%) (Cherry	Sat	8.1	13.4
	Tomatoes (93%), Rapeseed Oil, Salt, Oregano, Garlic)], White Bread (WHEAT Flour (WHEAT Flour, Calcium		29.2	48.5
Toastie		Carbs		
	Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono-	Sugar	2.4	4.0
Toastie (V)			2.4 3.2	5.3
Toastie (V)	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],	Sugar	2.4	
Toastie (V)	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],	Sugar Fibre Protein Salt	2.4 3.2 12.7 1.29	5.3
Toastie (V)	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	Sugar Fibre Protein Salt	2.4 3.2 12.7 1.29 weight (g)	5.3 21.1
Toastie (V)	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],	Sugar Fibre Protein Salt	2.4 3.2 12.7 1.29	5.3 21.1 2.14
Toastie (V)	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],	Sugar Fibre Protein Salt	2.4 3.2 12.7 1.29 weight (g)	5.3 21.1 2.14 166
Toastie (V)	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],	Sugar Fibre Protein Salt Portion	2.4 3.2 12.7 1.29 weight (g) per 100g	5.3 21.1 2.14 166 per portion (g)
Toastie (V)	Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulisifier: 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: Cliric 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. Sourdough Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Malted SARLEY, RYE Flour], Feta Cheese (11%) [Sheep MILK, Goats MILK], Red Pepper (11%), Semi Dried Marinated Tomato	Sugar Fibre Protein Salt Portion KJ Kcal Fat	2.4 3.2 12.7 1.29 weight (g) per 100g 860	5.3 21.1 2.14 166 per portion (g) 2270
Toastie (V)	Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulisifier: 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 Rosst Tomatoes, Tomato Concentrate, Rapeseed Oil, Olive Oil, Oregano, Garlic, Sugar), Parsley, Black Pepper], Mozzarella Cheese (8%) (MILK). May contain EGG MUSTARD, and SOYA. Sourdough Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Malted SARLEY, 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,	Sugar Fibre Protein Salt Portion KJ Kcal Fat	2.4 3.2 12.7 1.29 weight (g) per 100g 860 205	5.3 21.1 2.14 166 per portion (g) 2270 541
Toastie (V)	Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulisifier: 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 Rosst Tomatoes, Tomato Concentrate, Rapeseed Oil, Olive Oil, Oregano, Garlic, Sugar), Parsley, Black Pepper], Mozzarella Cheese (8%) (MILK). May contain EGG MUSTARD, and SOYA. Sourdough Bread [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Malted SARLEY, 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).	Sugar Fibre Protein Salt Portion KJ Kcal Fat	2.4 3.2 12.7 1.29 Weight (g) per 100g 860 205 6.5	5.3 21.1 2.14 166 per portion (g) 2270 541 17.2
Toastie (V) Feta and Tomato Sourdough	Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulisifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid], Mascaropone and Tomatade Mix (15%) [Mascaropone Cheese (50%) [Cream (MILK), Acidity Regulator: Cliric Acid, Tomato Sauce (Tomato, Salt, Sugar, Onion, Oregano, Basil, Spices), Sunblush® Tomatade (24%) (Slow Roast Tomatos, Tomato Concentrate, Rapeseed Oil, Olive Oil, Oregano, Garlic, Sugar), Parsley, Black Pepper], Mozzarella Cheese (8%) (MILK). May contain EGG MUSTARD, and SOYA. Sourdough Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Malted SARLEY, 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 (Rapeseed Oil, Water, EGG, Spirit Vinegar, Salt, Sugar, Ravouring, Concentrated Lemon Juice, Antioxidant: Calcium Eisodium EDTA), Black Pepper], Rocket (3%), Vinegar Glaze (2%) [Balsamic Vinegar (Wine Vine, Water, Antioxidant:	Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat	2.4 3.2 12.7 1.29 weight (g) per 100g 860 205 6.5 2.5	5.3 21.1 2.14 166 per portion (g) 2270 541 17.2 6.5
Toastie (V) Feta and Tomato Sourdough ⁽ Toastie	Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulisifier: 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 Rosst Tomatoes, Tomato Concentrate, Rapeseed Oil, Olive Oil, Oregano, Garlic, Sugar), Parsley, Black Pepper], Mozzarella Cheese (8%) (MILK). May contain EGG MUSTARD, and SOYA. Sourdough Bread [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Malted SARLEY, 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).	Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat Carbs	2.4 3.2 12.7 1.29 weight (g) per 100g 860 205 6.5 2.5 2.5 29.9	5.3 21.1 2.14 166 per portion (g) 2270 541 17.2 6.5 78.9
Toastie (V) Feta and Tomato Sourdough ⁽ Toastie	Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulisifier: 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, Gadic, Sugar), Parsley, Black Pepper], Mozzarella Cheese (8%) (MILK). May contain EGG MUSTARD, and SOYA. Sourdough Bread [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Malted SARLEY, 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 Claze (2%) [Balsamic Vinegar (Wine, Water, Antioxidant: SULPHITES), Concentrated Grape Must, Colou: SULPHITE Ammonia Caramel), Concentrated Grape Must, Wine	Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat Carbs Sugar Fibre	2.4 3.2 12.7 1.29 weight (g) per 100g 860 205 6.5 2.5 2.5 29.9 3.9 1.8	5.3 21.1 2.14 166 per portion (g) 2270 541 17.2 6.5 78.9 10.3 4.8
Toastie (V) Feta and Tomato Sourdough ⁽ Toastie	Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulisifier: 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 Rosst Tomatoes, Tomato Concentrate, Rapeseed Oil, Olive Oil, Oregano, Garlic, Sugar), Parsley, Black Pepper], Mozzarella Cheese (8%) (MILK). May contain EGG MUSTARD, and SOYA. Sourdough Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Malted SARLEY, 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, Water, Antioxidant: SULPHITES), Concentrated Grape Must, Colou:: SULPHITE Ammonia Caramel], Concentrated Grape Must, Mine Vinegar (Wine, Antioxidant: SULPHITES), Thickener: Modified Starch; Colou: SULPHITE Ammonia Caramel], May	Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat Carbs Sugar	2.4 3.2 12.7 1.29 weight (g) per 100g 860 205 6.5 2.5 2.5 29.9 3.9	5.3 21.1 2.14 166 per portion (g) 2270 541 17.2 6.5 78.9 10.3

2025

Coffee#1

	BAPS			
PRODUCT	INGREDIENTS	N	IUTRITION	AL INFO
		KJ	per 100g 1256	per portion (g) 1570
		Kcal	299	374
	Vienna Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Potato Starch,	Fat	12.2	15.3
Bacon Bap	Potato, Yeast, Sugar, Rapeseed Oil, Salt, WHEAT Flour, Emulsifiers: Sodium Stearoyl-2-lactylate, Mono- and	Sat	5.2	6.5
	Diglycerides of Fatty Acids; Flour Treatment Agent: Ascorbic Acid], Beechwood Smoked Streaky Bacon (32%) [Pork,	Carbs	35.3	44.1
	Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite; Natural Flavourings, Natural Beechwood	Sugar	4.0	5.0
	Smoke], Butter (MILK, Salt). May contain EGG, and MUSTARD.	Fibre	3.0	3.8
		Protein	13.6	17.0
		Salt	1.80	2.25
		Portion v	weight (g)	125
			per 100g	per portion (g)
		KJ	1070	1712
	Véran e Dell (MULEAT Flave (MULEAT Flave Collaires Code en de Jace Minsie Thiomis) Motor DVE Flave Detate Stevel	Kcal	255	408
	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	Fat	10.1	16.2
	Diglycerides of Fatty Acids; Flour Treatment Agent: Ascorbic Acid], Pork and Lentil Sausage (46%) [Pork, Lentils,	Sat	4.0	6.4
Sausage Bap	Potato Starch, Dextrose, Water, Salt, Rapeseed Oil, WHEAT Starch, Beef Collagen Casing, Spices (White Pepper,	Carbs	32.0	51.2
	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.	Sugar	2.1	3.4
		Fibre	4.4	7.0
		Protein	11.3	18.1
		Salt	1.12	1.79
	WRAPS	Portion	weight (g)	160
	WKAF 5			
PRODUCT	INGREDIENTS	Ν	IUTRITION	
PRODUCT	INGREDIENTS Plain Tortilla [WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm		per 100g	per portion (g)
PRODUCT	Plain Tortilla [WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Carbonates, Malic Acid, Diphosphates; Sugar, Stabiliser: Sodium	KJ	per 100g 1068	per portion (g) 2211
PRODUCT	Plain Tortilla [WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Carbonates, Malic Acid, Diphosphates; Sugar, Stabiliser: Sodium Carboxymethyl Cellulose; Salt), Pork and Lentil Sausage (24%) (Pork, Lentils, Potato Starch, Dextrose, Water, Salt,	KJ Kcal	per 100g 1068 255	per portion (g) 2211 528
PRODUCT	Plain Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Carbonates, Malic Acid, Diphosphates; Sugar, 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	KJ Kcal Fat	per 100g 1068 255 11.0	per portion (g) 2211 528 22.8
	Plain Tortilla [WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Carbonates, Malic Acid, Diphosphates; Sugar, Stabiliser: Sodium Carboxymethyl Cellulose; Salt), Pork and Lentil Sausage (24%) (Pork, Lentils, Potato Starch, Dextrose, Water, Salt,	KJ Kcal Fat Sat	per 100g 1068 255 11.0 3.5	per portion (g) 2211 528 22.8 7.2
PRODUCT All Day Breakfast Wrap	Plain Tortilla [WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Carbonates, Malic Acid, Diphosphates; Sugar, 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,	KJ Kcal Fat Sat Carbs	per 100g 1068 255 11.0 3.5 30.5	per portion (g) 2211 528 22.8 7.2 63.1
	Plain Tortilla [WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Carbonates, Malic Acid, Diphosphaters; 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, Topicca Starch, Skimmed MILK Powder, Lemon Juice, Solt, Ground White Pepper), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein (MILK),	KJ Kcal Fat Sat Carbs Sugar	per 100g 1068 255 11.0 3.5 30.5 2.2	per portion (g) 2211 528 22.8 7.2 63.1 4.6
	Plain Tortilla [WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Carbonates, Malic Acid, Diphosphates; Sugar, Stabiliser: Sodium Carboxymethyl Cellulose; Salt), Pork and Lentil Sausage (24%) [Pork, Lentils, Potatos 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 EGG, Water, Rapeseed Oil, Modified Potato Starch, Salt, Mery Protein (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum: Preservative:	KJ Kcal Fat Sat Carbs Sugar Fibre	per 100g 1068 255 11.0 3.5 30.5 2.2 1.4	per portion (g) 2211 528 22.8 7.2 63.1 4.6 2.9
	Plain Tortilla [WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Carbonates, Malic Acid, Diphosphaters; 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, Topicca Starch, Skimmed MILK Powder, Lemon Juice, Solt, Ground White Pepper), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein (MILK),	KJ Kcal Fat Sat Carbs Sugar Fibre Protein	per 100g 1068 255 11.0 3.5 30.5 2.2 1.4 9.1	per portion (g) 2211 528 22.8 7.2 63.1 4.6 2.9 18.8
	Plain Tortilla [WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Olis (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, Mhey 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 Comflour, Salt, Spice Extracts, Herb Extract], Beachwood Smoked Streaky Bacon (6%) [Pork, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite; Natural Flavourings, Natural Beechwood Smokel,	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1068 255 11.0 3.5 30.5 2.2 1.4 9.1 1.15	per portion (g) 2211 528 22.8 7.2 63.1 4.6 2.9
	Plain Tortilla [WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Carbonates, Malic Acid, Diphosphaters; 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; Stabiliser: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Cracked Black Pepper], Baked Beans (12%) [White Bean, Tomato, Water, Sugar, Syler, Salt, Vinegar, Modified Comflour, Salt, Spice Extracts, Herb Extract], Beechwood Smoked Streaky Bacon (6%) [Pork, Salt,	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1068 255 11.0 3.5 30.5 2.2 1.4 9.1	per portion (g) 2211 528 22.8 7.2 63.1 4.6 2.9 18.8 2.38
	Plain Tortilla [WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Olis (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Carbonates, Malic Acid, Diphosphates; Sugar, Stabiliser: Sodium Carboxymethyl Cellulose; Salt), Pork and Lentil Sausage (24%) [Pork, Lentils, Potatos Starch, Dextrose, Water, Salt, Rapeseed Oil, WHEAT Starch, Beet 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, Solt, Whey Protein (MILK), Sugar, Vegetable Stock, Acidity Regulator; Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum: Preservative: Potassium Sarbate; Spices), Cracked Black Pepper], Baked Beans (12%) [White Bean, Tomato, Water, Sugar, Spirit Vinegar, Modified Comflour, Salt, Spice Extracts, Herb Extract], Beechwood Smoked Streaky Bacon (6%) [Pork, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nithte; Natural Flavourings, Natural Beechwood Smoke], Comflour Mix (Water, Comflour). May contain MUSTARD.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1068 255 11.0 3.5 30.5 2.2 1.4 9.1 1.15 weight (g)	per portion (g) 2211 528 22.8 7.2 63.1 4.6 2.9 18.8 2.38 210
	 Plain Tortilla [WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Carbonates, Malic Acid, Diphosphates; Sugar, Stabiliser: Sodium Carboxymethyl Cellulose; Salt), Pork and Lentil Sausage (24%) [Pork, Lentils, Potatos 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; Stabiliser: Stanthan Gum, Guar Gum: Preservative: Potassium Sorbate; Spices), Cracked Black Pepper], Baked Beans (12%) [White Bean, Tomato, Water, Sugar, Spirit Vinegar, Modified Comflour, Salt, Spice Extracts, Herb Extract], Beechwood Smoked Streaky Bacon (6%) [Pork, Salt, Antioxidant: Sodium Ascrobate; Preservative: Sodium Nitrite; Natural Ravourings, Natural Beechwood Smoke], Comflour Mix (Water, Comflour), May contain MUSTARD. 	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1068 255 11.0 3.5 30.5 2.2 1.4 9.1 1.15 weight (g) per 100g	per portion (g) 2211 528 22.8 7.2 63.1 4.6 2.9 18.8 2.38 210 per portion (g)
	 Plain Tortilla [WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Carbonates, Malic Acid, Diphosphotate; 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, Thiamini)], Scrambled EGG Mix (14%) [Free Range Scrambled EGG (Pasteurised Free Range EGG, Water, Rapeseed Oil, Modified Potato Starch, Salt, Mhey Protein (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid: Stabiliser: Sinthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Cracked Black Pepper], Baked Beans (12%) [White Bean, Tomato, Water, Sugar, Sugar, Stabiliser: Sodium Nitrite; Natural Ravoud Smoked Strack Stark, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite; Natural Ravourings, Natural Beechwood Smoke], Comflour Mix (Water, Comflour). May contain MUSTARD. Tomato Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Water, Vegetable Oil (Palm Oil, Rapeseed Oil, Tomato Seasoning (Tomato Powder, Red Bell Pepper, Paprika, Basil), Raising Agent: Sodium 	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion	per 100g 1068 255 11.0 3.5 30.5 2.2 1.4 9.1 1.15 weight (g) per 100g 993	per portion (g) 2211 528 22.8 7.2 63.1 4.6 2.9 18.8 2.38 210 per portion (g) 2095
	 Plain Tortilla [WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Carbonates, Malic Acid, Diphosphates; Sugar, Stabiliser: Sodium Carboxymethyl Cellulose; Salt), Pork and Lentil Sausage (24%) [Pork, Lentils, Potatos 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; Stabiliser: Stanthan Gum, Guar Gum: Preservative: Potassium Sorbate; Spices), Cracked Black Pepper], Baked Beans (12%) [White Bean, Tomato, Water, Sugar, Spirit Vinegar, Modified Comflour, Salt, Spice Extracts, Herb Extract], Beechwood Smoked Streaky Bacon (6%) [Pork, Salt, Antioxidant: Sodium Ascrobate; Preservative: Sodium Nitrite; Natural Ravourings, Natural Beechwood Smoke], Comflour Mix (Water, Comflour), May contain MUSTARD. 	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal	per 100g 1068 255 11.0 3.5 30.5 2.2 1.4 9.1 1.15 veight (g) per 100g 993 237	per portion (g) 2211 528 22.8 7.2 63.1 4.6 2.9 18.8 2.38 210 per portion (g) 2095 500
All Day Breakfast Wrap	 Plain Tortilla [WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Carbonates, Malic Acid, Diphosphotate; 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 EGC, Water, Rapeseed Oil, Tapioca Starch, Sitmmed MLK Powder, Lemon Juice, Salt, Ground White Pepper), White Sauce (Water, Rapeseed Oil, Additied Potato Starch, Salt, Whey Protein (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Stabiliser: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Cracked Black Pepper], Baked Beans (12%) (White Bean, Tomato, Water, Sugar, Sylar, Shati Sadium, Sath, Shipe Extracts, Herb Extract], Beechwood Smoked Streaky Bacon (6%) (Pork, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nihrite; Natural Ravourings, Natural Beechwood Smoke), Comflour Mix (Water, Comflour), May contain MUSTARD. Tomato Tortilla (WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Palm Oil, Rapeseed Oil), Tomato Seasoning (Tomato Powder, Red Bell Pepper, Paprika, Basil), Raising Agent: Sodium Bicarbonate; Disodium Diphosphate), Sugar, Acidity Regulator: Malic Acid; Stabiliser: Sodium Carboxy Methyl Cellulose; Salt), Green Chickpea Faldel (21%) (Green Chickpeas, Onion, WHEAT Flour, Read Rusk (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeest), Rapeseed Nil, Parse Ausk 	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat	per 100g 1068 255 11.0 3.5 2.2 1.4 9.1 1.15 weight (g) per 100g 993 237 8.5	per portion (g) 2211 528 22.8 7.2 63.1 4.6 2.9 18.8 2.38 210 per portion (g) 2095 500 17.9
All Day Breakfast Wrap Falafel and Sweet Chilli Wrap	 Plain Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Carbonates, Malic Acid, Diphosphaters: 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 Mik (14%) [Free Range Scrambled EGG (Pasteurised Free Range EGG, Water, Rapeseed Oil, Modified Potato Starch, Salt, Mey Protein (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid: Stabiliser: Xanthan Gum, Guar Gum: Preservative: Potassium Sorbate; Spices), Cracked Black Pepper], Baked Beans (12%) [White Bean, Tomato, Water, Sugir, Matified Comflour, Salt, Spice Extracts, Herb Extract], Beechwood Smoked Streaky Bacon (6%) [Pork, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite; Natural Flavourings, Natural Beechwood Smoke], Comflour Mik (Water, Cornflour). May contain MUSTARD. Tomato Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Water, Vegetable Oil (Palm Oil, Rapeseed Oil), Tomato Seasoning (Tomato Powder, Red Bell Pepper, Paprika, Basil), Raising Agent: Sodium Bicarbonate; Disodium Diphosphate], Sugar, Acidity Regulator: Malic Acid; Stabiliser: Sodium Carboxy Methyl Cellulose; Salt], Green Chickpea Calidity [21%] (Green Chickpeas, Chickpeas, Chickpeas, Chickpeas, Colin, 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 Chickpeas, Chickpeas, Chickpeas, Ch	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat	per 100g 1068 255 11.0 3.5 2.2 1.4 9.1 1.15 weight (g) per 100g 993 237 8.5 1.7	per portion (g) 2211 528 22.8 7.2 63.1 4.6 2.9 18.8 2.38 210 per portion (g) 2095 500 17.9 3.6
All Day Breakfast Wrap	 Plain Tortilla [WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Olis (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, Beet Collagen Casing, Spices (White Pepper, Nutmeg, Ground Giaget, 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, MHEAT Flour, Calcium Carbonate, Iron, Niacin, Tajaioca Starch, Skimmed MILK Powder, Lemon Juice, Salt, Ground White Pepper), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Mey Protein (MILK), Sugar, Vegetable Stock, Acidity Regulator; Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum: Preservative: Potassium Sarbate; Spices), Cracked Black Pepper], Baked Beans (12%) [White Bean, Tomato, Water, Sugar, Spirit Vinegar, Modified Comflour, Salt, Spice Extracts, Herb Extract], Beechwood Smoked Streaky Bacon (6%) [Pork, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite; Natural Flavourings, Natural Beechwood Smokel, Comflour Mix (Water, Comflour). May contain MUSTARD. Tomato Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Water, Vegetable Oil (Palm Oil, Rapeseed Oil), Tomato Seasoning (Tomato Powder, Red Bell Pepper, Paprika, Basil), Raising Agent: Sodium Bicarbonate; Disodium 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 Carbonate, Iron, Niacin, Thiamin), Water, Yeegetable Oil (Palm Oil, Rapeseed Oil), Tomato Seasoning (Tomato Powder, Red Bell Pepper, Paprika, Basil), Raising Agent: Sodium Bicarbonate	KJ Kcal Fat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat Carbs	per 100g 1068 255 11.0 3.5 2.2 1.4 9.1 1.15 weight (g) 993 237 8.5 1.7 36.1	per portion (g) 2211 528 22.8 7.2 63.1 4.6 2.9 18.8 2.38 210 per portion (g) 2095 500 17.9 3.6 76.2
All Day Breakfast Wrap Falafel and Sweet Chilli Wrap	 Plain Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Carbonates, Malic Acid, Diphosphaters: 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 Mik (14%) [Free Range Scrambled EGG (Pasteurised Free Range EGG, Water, Rapeseed Oil, Modified Potato Starch, Salt, Mey Protein (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid: Stabiliser: Xanthan Gum, Guar Gum: Preservative: Potassium Sorbate; Spices), Cracked Black Pepper], Baked Beans (12%) [White Bean, Tomato, Water, Sugir, Matified Comflour, Salt, Spice Extracts, Herb Extract], Beechwood Smoked Streaky Bacon (6%) [Pork, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite; Natural Flavourings, Natural Beechwood Smoke], Comflour Mik (Water, Cornflour). May contain MUSTARD. Tomato Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Water, Vegetable Oil (Palm Oil, Rapeseed Oil), Tomato Seasoning (Tomato Powder, Red Bell Pepper, Paprika, Basil), Raising Agent: Sodium Bicarbonate; Disodium Diphosphate], Sugar, Acidity Regulator: Malic Acid; Stabiliser: Sodium Carboxy Methyl Cellulose; Salt], Green Chickpea Calidity [21%] (Green Chickpeas, Chickpeas, Chickpeas, Chickpeas, Colin, 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 Chickpeas, Chickpeas, Chickpeas, Ch	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat Carbs Sugar	per 100g 1068 255 11.0 3.5 2.2 1.4 9.1 1.15 weight (g) 993 237 8.5 1.7 36.1 11.9	per portion (g) 2211 528 22.8 7.2 63.1 4.6 2.9 18.8 2.38 210 per portion (g) 2095 500 17.9 3.6 76.2 25.1
All Day Breakfast Wrap Falafel and Sweet Chilli Wrap	 Plain Tortilla [WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Carbonates, Malic Acid, Diphosphaters; Sugar, Stabiliser: Sodium Carbonymethyl 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, Simmed MILK Powder, Lemon Juice, Salt, Ground White Pepper), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Satt, Whey Protein (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Stabiliser: Xanthan Gum, Guar Gum; Preservative: Potasium Sorbate; Spices), Cracked Black Pepper], Baked Beans (12%) (White Bean, Tomato, Water, Sugar, Sying, Vegetable Stock, Acidity Regulator: Lactic Acid; Stabiliser: Xanthan Gum, Guar Gum; Preservative: Sodium Nitrite; Natural Ravourings, Natural Beechwood Smokel, Comflour, Salt, Spice Extracts, Herb Extract], Beechwood Smoked Streaky Bacon (6%) (Pork, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite; Natural Ravourings, Natural Beechwood Smoke), Comflour Mix (Water, Comflour), May contain MUSTARD. Tomato Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Palm Oil, Rapeseed Oil), Tomato Seasoning (Tomato Powder, Red Bell Pepper, Paprika, Basil), Raising Agent: Sodium Bicarbonate; Disodium Diphosphate), Sugar, Acidity Regulator: Malic Acid; Stabiliser: Sodium Carboxy Methyl Cellulose; Salt], Green Chickpee a Foldel (21%) (Green Chickpeeas, Onion, WHEAT Flour, Read Rusk (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast), Rapeseed Oil, Parsley, Salt,	KJ Kcal Fat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat Carbs	per 100g 1068 255 11.0 3.5 2.2 1.4 9.1 1.15 weight (g) 993 237 8.5 1.7 36.1	per portion (g) 2211 528 22.8 7.2 63.1 4.6 2.9 18.8 2.38 210 per portion (g) 2095 500 17.9 3.6 76.2

Peoper, Grape Vinegar, Water, Tomato Paste, Chipotle Chilli Mater, Chipotle Chilli, Water, Tomato Paste, Sugar, Salt, Onion, Acidity Regulator: Acetic Acid), Dried Onion, Concentrated Lemon Juice, Salt, Carlic Purée), Rocket (7%), Comflour Mix [Water, Comflour]. May contain CELERY, EGG, MILK, MUSTARD, SOYA, and SULPHITES.

0.83 Portion weight (g) 211

1.75

2025

BISCUITS & SNACKS PRODUCT INGREDIENTS NUTRITIONAL INFO per 100g per portion (a) ΚI 1862 1583 443 377 Sugar, Wheat Flour (WHEAT, Calcium Carbonate (E170), Iron, Niacin, Thiamine), Milk Chocolate Chunks (18%) Kcal (Sugar, Whole MILK Powder, Cocoa Butter, Cocoa Mass, Whey Powder (MILK), Skimmed MILK Powder, Emulsifier (SOYA Lecithin), Vanilla Flavouring), Butter (MILK), Mini Chocolate Beans (7%) (Sugar, Whole MILK Powder, Cocoa Fat 20.0 17.0 Chocolate Chip Mini Bean Sat 12.0 10.2 Butter, Cocoa Mass, Rice Flour, Thickening Agent (Gum Arabic), Colourings (Concentrates of Algae, Apple, Cookie Carbs 63.0 53.6 Pumpkin, Radish, Lemon, Blackcurrant, Safflower, Purple Potato), Salt, Emulsifier (Sunflower Lecithin), Glucose (V) Syrup, Glazing Agents (Carnauba Wax, Bees Wax, Shellac)), Water, Whole EGG Powder, Starch, Vanilla Flavouring, Sugar 44.0 37.4 Sodium Bicarbonate, Salt. Fibre 1.2 1.0 Made in a factory that handles NUTS. 4.9 Protein 4.2 Salt 0.20 0.20 Portion weight (g) 85 per 100g portion (g) per 1,702 1447 KJ Kcal 408 347 Fat 13.6 16.0 Sugar, Raisins (19%) (Raisins, Sunflower Oil), Butter (MILK), Wheat Flour (WHEAT, Calcium Carbonate (E170), Iron, Niacin, Thiamine), Rolled OATS (9.5%), Water, Whole EGG Powder, Starch, Vanilla Flavouring, Mixed Spice (0.3%), Sat 9.0 7.7 Oat & Raisin Cookie Carbs 63.0 53 6 (∀) Sodium Bicarbonate, Salt. Made in a factory that handles NUTS. Sugar 44.0 37.4 Fibre 2.4 2.0 Protein 4.0 3.4 Salt 0.20 0.20 Portion weight (g) 85 per 100g portion (g) 1795 933 KJ 222 Kcal 427 Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dark Chocolate (20%) (Cocoa Mass, Sugar, Fat 16.9 8.7 Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Golden Syrup (Invert Sugar Syrup), Light Sat 9.9 5.1 **Ginger Dunkers** Brown Sugar, Margarine [Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Colours (Annatto Bixin, Curcumin)], Rolled OATS, Free Range Pasteurised Whole EGG, Carbs 62.1 32.2 (V) 37.4 19.4 Crystalised Ginger (1.5%) (Ginger, Sugar), Ground Ginger (1%), Bicarbonate of Soda (E500ii), Ammonium Bicarbonate (E503ii). Sugar 1.8 Fibre 3.5 Protein 4.9 2.5 Salt 0.56 0.31 Portion weight (g) 52 per 100g per portion (g) K.J 1630 962 Kcal 386 228 Fortified wheat Flour (WHEAT Flour, Iron, Thiamin, Nicotinic Acid, Calcium Carbonate), Sugar, Golden Syrup, Fat 9.0 5.3 Margarine (Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Mono - and Dialycerides of Fatty Acids) Sat 3.4 2.0 Gingerbread Man Flavouring, Colours (Curcumin, Annatto Bixin)), Water, Chocolate compound (Sugar, Vegetable Fat (Palm Kernel, Carbs 71.4 42.1 Palm), Skimmed MILK Powder, Fat Reduced Cocoa Powder, Whey Powder (MILK), Emulsifier (SOYA Lecithin), Flavouring), Glucose Syrup, Ginger, Raising Agent (Sodium Bicarbonate), EGG White Powder, Humectant (V) Sugar 37.3 22.0 (Glycerine), Colour (Lutein). May contain NUTS. Fibre 1.6 0.9 Protein 2.4 4.1 0.10 Salt 0.06 Portion weight (g) 60 per 100g portion (g) per КJ 2032 508 484 121 Kcal Fat 19.0 4.8 Lotus Biscuits WHEAT flour, sugar, vegetable oils, candy sugar syrup, raising agent (sodium hydrogen Sat 8.8 22 Carbs (V) carbonate), SOYA flour, salt, cinnamon, May contain MILK. 72.6 18.2 Sugar 38.1 9.5 4.9 1.2 Protein Salt 0.91 0.23 Portion weight (g) 25 per 100g per portion (g) 1990 995 ΚJ 238 Kcal 476 Fat 25.6 12.8 Sat 16.8 8.4 Shortbread Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (31%) (Butter (MILK), Salt), Carbs 57.7 28.8 (V) Caster Sugar, Rice Flour, Corn Flour (Maize Starch). Sugar 17.5 8.8 Fibre 1.7 0.9 Protein 5.1 2.5 Salt 0.50 0.25 50

Portion weight (g)

INGREDIENT AND NUTRITIONAL GUIDE

	BISCUITS & SNACKS			
PRODUCT	INGREDIENTS	N	UTRITION	AL INFO
		KJ	per 100g 1868	per portion (g) 1214 290 10.0 5.0 46.0 22.0 0.4 2.0 0.4 0.40
		Kcal	445	
		Fat	16.4	
	WHEAT flour (Calcium carbonate, Iron, Niacin, Thiamin), Glucose syrup,	Sat	7.7	
Toffee Waffle	Sugar, Non-hydrogenated vegetable oils (Palm & Rapeseed), Butter (14%	Carbs	70.9	46.0
(V)	of filling) (MILK), Free Range EGGS, Molasses, Emulsifier: SOYA Lecithin,	Sugar	33.7	22.0
	Raising agent: Sodium bicarbonate, Salt, Cinnamon.	Fibre	0.6	0.4
		Protein	3.0	2.0
		Salt	0.72	0.40
			veight (g)	
			per 100g	
		KJ	2419	
		Kcal	582	
		Fat	40.0	0.0 4.0 3.0 1.5 7.0 4.7 1.0 4.4 4 0.5 7 0.8 03 0.00
Gianduiotto Mini Chocolate	Sugar, Hazelnuts, Cocoa Mass, Cocoa Butter, Soya Lecithins, natural vanilla flavouring. May contain MILK and	Sat	15.0 47.0	
(Vg)	other TREE NUTS.	Carbs	47.0	
		Sugar Fibre	5.4	
		Protein	5.7	
		Salt	0.03	
		-	veight (g)	10
				per portion (g)
		KJ	1886	1131
		Kcal	451	270
		Fat	21.4	12.8
Jammy Delight	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (Butter (MILK), Salt), Caster	Sat	11.3	0.00 10 per portion (g) 1131 270 12.8 6.8
(V)	Sugar, Raspberry Seedless Jam (11%) (Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium Citrate), Rapeseed Oil. May contain EGG, NUTS and SOYA.	Carbs	58.1	34.8
	Cindiej, Rupesed Oil, May Contain 200, Nots and 307A.	Sugar	26.0	15.6
		Fibre Protein	1.9 5.1	1.1 3.1
		Salt	0.39	0.23
			veight (g)	60
			per 100g	per portion (g)
		KJ	1743	1133
		Kcal	413	268
		Fat	10.1	6.6
Summer Design	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,	Sat	3.0	2.0
Gingerbread	Curcumin), Water, Ginger, Raising Agent: Sodium Bicarbonate; Icing Sugar, Dried EGG White, Humectant:	Carbs	77.6	50.4
(V)	Glycerine; Cocoa Powder, Colours: Lutein, Beetroot Red.	Sugar	37.5	24.4
		Fibre	2.6	1.7
		Protein Salt	4.3 0.18	2.8
			veight (g)	65
			per 100g	per portion (g)
		KJ	1851	1388
		Kcal	441	331
	Gluten Free OATS (29%), Golden Syrup (Invert Sugar Syrup), Caramel (14%) (Sweetened Condensed Skimmed	Fat	18.9	14.2
GF Caramel Jewel Bar	MILK, Glucose Syrup, Invert Sugar Syrup, Palm Oil, Butter (MILK), Sugar, Emulsifier: Mono- and diglycerides of fatty	Sat	9.0	6.7
(V/GF)	acids; Stabiliser: Pectin; Salt, Natural Flavouring), Demerara Sugar, Margarine (Vegetable Oil (Palm, Rapeseed) water, Emulsifier: Mono- and Diglycerides of Fatty Acids), Salted Butter (Butter (MILK), Salt), Sweetened Dried	Carbs	64.2	48.1
(., .,	Cranberries (4%) (Cranberries, Sugar, Sunflower Oil), Dark Chocolate (2%) (Cocoa Mass, Sugar, Cocoa Butter, Fat	Sugar	39.1	29.3
	Reduced Cocoa Powder, Emulsifier: SOYA Lecithin), Pumpkin Seeds, Salt. May contain EGG and NUTS.	Fibre	2.7	2.0
		Protein	4.9	3.7
		Salt Portion w	0.40	0.30
		1 OHION V	veight (g)	75

2025

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

EXTRAS

PRODUCT	INGREDIENTS	N	UTRITION	AL INFO
		KJ	per 100g 1001	per portion (g) 300
Preserve Blackcurrant (Vg)		Kcal	236	71
		Fat	0.0	0.0
		Sat	0.0	0.0
	Sugar, blackcurrants, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	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) KJ 1023 307 Kcal 241 72	0.00	
		Portion v	/eight (g)	30
			per 100g	per portion (g)
		KJ	1023	307
		Kcal	241	72
		Fat	0.1	0.0
Preserve Strawberry	Strawberries, sugar, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	Sat	0.0	0.0
(Vg)	Sirdwoenies, sogur, brown curre sogur, concentrated terriori jaice, gening agent, iron pecifis.	Fat 0.1 0.0		
			17.7	
		-		0.1
		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)
		KJ	3036	213
		Kcal	738	52
		Fat	81.4	5.7
Lakeland Butter	Butter: Cream (MILK), Salt.	Sat	52.3	3.7
(V)		Carbs	0.8	0.1
		Sugar	0.8	0.1
		Protein	0.6	0.04
		Salt	1.90	0.13
		Portion w	eigni (g)	7

	EXTRAS			
PRODUCT	INGREDIENTS	r	NUTRITION	AL INFO
Rodda's Cornish Clotted Cream (V)	100% Cornish cows MILK .	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion	per 100g 2413 586 63.7 39.7 2.2 2.2 1.6 0.05 weight (g)	per portion (g) 965 234 25.5 15.9 0.9 0.9 0.6 0.6 0.02 40
Flora (Vg)	Plant oils (rapeseed, palm, sunflower 1%, linseed), water, salt 1.35%, plant based emulsifier (lecithin), fava bean protein, natural flavourings, vitamin A	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion	per 100g 2636 630 70.0 16.0 0.5 0.5 0.1 1.40 weight (g)	per portion (g) 185 44 4.9 1.1 0.0 0.0 0.0 0.10 7
Marmite (Vg)	Yeast extract (contains BARLEY, WHEAT, OATS, RYE), salt, vegetable juice concentrate, vitamins (thiamin, riboflavin, niacin, vitamin B12 and folic acid), natural flavouring (contains CELERY).	Carbs Sugar Protein Salt	per 100g 1100 260 0.1 0.05 30.0 1.2 34.0 10.80 weight (g)	per portion (g) 330 78 0.03 0.02 9.0 0.4 10.2 3.24 8
Marmalade (Vg)	Sugar, bitter oranges, water, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 1017 240 0.1 0.0 59.0 59.0 59.0 0.3 0.00 weight (g)	per portion (g) 305 72 0.03 0.0 17.7 17.7 0.1 0.00 30
Maple Syrup (Vg)	Maple Syrup.	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 1163 274 0.4 67.2 63.7 0.1 0.03 weight (g)	per portion (g) 174 41 0.1 10.1 9.6 0.0 0.00 15