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

2025

HOW TO USE THIS GUIDE

PASTRIES							This Pro	duct C	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 pox 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

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.

Issue date: 31/05/2025

^{**}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.

Coffee#1 Allergen Guide

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

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

PORRIDGE

_								This I	roduct	Contains						Suitable	for
Ę	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
's n	Porridge with Banana &	*		*												*	
ŏ	Cinnamon																
÷	Porridge with Blueberries, Seeds	*		*												*	
₹	& Maple Syrup																
de	Porridge with Chocolate Chips	*		*				*								*	
E E	Plain Porridge	*		*												*	

TEACAKES

							This I	Product	Contains						Suitable	for
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
Toasted Tea Cake	*			P									P		*	*
Toasted Tea Cake with butter	*		*	Р									P		*	
Toasted Tea Cake with butter	& *		*										ь		*	
jam/marmalade				Г									Г			
Toasted Tea Cake with flora	*			P					P				P		*	*
Toasted Tea Cake with flora 8	*			В					В				D		*	*
jam/marmalade				F					r				r			

TOAST

							This	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	*	P	P	P			P								*	*
NEW Tinned Harvest Bloomer	*	Р	Р	Р			Р								*	*

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							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 Granola & Yogurt with Blueberry & Honey	*		*	P	P										*	
NEW Granola & Yogurt with Banana & Honey	*		*	P	P										*	
NEW Yogurt & Seeds with Blueberry & Honey			*												*	
NEW Yogurt & Seeds with Banana & Honey			*												*	

							This	Product	Contains						Suitable f	for
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
Banana & Chocolate Loaf	*	P	Р	Р		'	*		Р						*	*
Lemon Drizzle Cake	*	*	*	P	P		P		*				P		*	
Welsh Cake	*	*	*			·				<u> </u>					*	1
Victoria Sponge Cake**	P	*	*	P	Р		Р		P				P		*	
Caramel Chouxnut with Crème Pat	*	*	*	Р			*								*	
Pecan Pie	*	P	Р	*			P								*	*
Sticky Ginger Loaf	*	*	*	P	P		Р		P				P		*	
Coffee and Caramel Cake	*	P	Р	P	P		*		P				P		*	*
Battenberg Layer Cake	*	*	*												*	
Carrot Cake	*	P	Р	*	P		*		P				P		*	*
Deluxe Dark Chocolate Cake	*	P	Р	P	P		*		P				P		*	*
Pistachio Cream Bun	*	*	*	*			Р			Р					*	
Cherry & Coconut Mini Loaf		*	Р	P			Р	T							*	

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

MUFFINS &

CAKES

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

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

^{**} Blackberry & Apple Crumble, and Maple Syrup Flapjack contain gluten free oats, we list OATS as an allergen as they contain protein called Avenin which some people are sensitive to. Also, they may not be suitable for people with 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
)	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
	Portuguese Tart	*	*	*	P			P		P						*	
:	Tarte Au Citron	*	*	*	P											*	

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

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

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

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TRAYBAKES

TARTS

DESSERTS

SANDWICHES

PANINI

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

							This	Product	Contains					Suitable ¹	for
Product Name	Gluten	Gluten Eggs Milk Nuts Peanuts Fish Soya Celery Sulphites Mustard Lupin Crustaceans Sesame Molluscs											Vegetarian	Vegan	
Bacon Bap	*	P	*							P					
Sausage Bap	*	P	*							Р					

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

		This Product Contains													Suitable	for
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
Chocolate Chip Mini Bean	*	*	*	D			*								*	1
Cookie				r												i
Oat & Raisin Cookie	*	*	*	P											*	
Ginger Dunkers	*	*					*								*	
Gingerbread Man	*	*	*	P			*								*	
Lotus Biscuit Twin Pack	*		P				*								*	*
Shortbread	*		*												*	
Toffee Waffle	*	*	*				*								*	
Gianduiotto Mini Chocolate			P	*			*								*	*
Jammy Delight	*	Р	*	P			P								*	
Summer Design Gingerbread	*	*													*	
GF Caramel Jewel Bar (made with GF Oats)**	*	P	*	P			*								*	

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

TOASTIE

BAPS

BISCUITS & SNACKS

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CRISPS	POPCO

EXTRAS

								Inis	rroauct	Contains						Suitable	tor
Z	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
ਨ੍	Lightly Sea Salted Crisps															*	*
ž	Cider Vinegar & Sea Salt Crisps															*	*
2	Cheddar & Onion Crisps			*												*	
	Sweet 'n' Salt Popcorn															*	*

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

INGREDIENT AND NUTRITIONAL GUIDE

2025

* = containing allergen = cross contamination risk at mfg site

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

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

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

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Key for Dietary Suitability:

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

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

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

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PASTIRES

PRODUCT INGREDIENTS NUTRITIONAL INFO per 100g per portion (g) 1670 1412 Kcal 399 338 Dough: Wheat Flour (WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid), Water, Palm Fat, Yeast, Sugar, Butter (MILK), Rapeseed Oil, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Yeast, Flour Treatment Agent (Ascorbic Fat 21.1 17.5 7.4 Acid), Emulsifier (Mono- and diglycerides of fatty acids), Acidity Regulator (Citric Acid), Flavouring, **EGG. ALMOND** Filling (19%) (Sugar, **ALMONDS** (6.5%) (**NUTS**), **EGG** White, Inverted Sugar Syrup, Water, **EGG** Yolk, Invertase). Almond Croissant Carbs 45.0 36.4 (V) 14.0 11.4 Topping: ALMOND Flakes (4.2%) (NUTS), Icing Sugar (Dextrose, Cornflour, Vegetable Oil). Sugar May contain other NUTS, SESAME and SOYA Fibre 2.4 2.0 Protein 9.7 7.7 Salt 0.73 0.60 Portion weight (g) 83 per 100g per portion (a) ΚI 1840 927 Kcal 440 222 24.0 11.8 15.0 7.7 Sat Pastry: WHEAT flour, butter 22% (MILK), water, sugar, whole MILK pasteurized, yeast, EGGS, salt, WHEAT gluten, **Butter Croissant** emulsifier: E322 (rape lecithin), flour treatment agent: E300, enzymes, egg wash (Free Range EGGS) 1,5q. 23.5 Carbs 46.7 (V) May contain NUTS, SESAME and SOYA Sugar 8.0 4.0 Fibre 2.6 1.3 Protein 8.1 4.4 Salt 0.58 1.20 Portion weight (g) 50 per 100g portion (g) 1174 1779 426 Kcal 281 Fat 23.0 14.0 Pastry: (WHEAT flour , Butter (MILK), water, chocolate 10% (sugar, coca mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavour), sugar, whole MILK, yeast, EGGS, salt, WHEAT gluten, Emulsifier (rape lecithin), flour Sat 15.0 7.7 Pain au Chocolat Carbs 30.0 46.0 treatment agent (E300), enzymes (amylases, hemicellulases)), egg wash (Free Range EGG). May contain NUTS (V) Sugar 13.0 8.0 and SESAME SEEDS. Fibre 1.9 3.1 Protein 8.3 5.5 Salt 1.00 0.61 Portion weight (g) 66 per 100g per portion (g) 1400 1340 K.I Kcal 334 319 WHEAT flour, water, raisins 13%, Butter (MILK), sugar, yeast, corn starch, EGGS, salt, powdered whey (MILK), whole Fat 14.0 14.0 $\textbf{MILK} \ powder, \textbf{WHEAT} \ gluten, \textbf{EGG} \ albumin \ powder, skimmed \ \textbf{MILK} \ powder, thickener \ (sodium \ alginate), emulsifier \ (s$ (rape lecithin), fruit and plant extract (turmeric and carrot), natural flavouring, acidity regulator (citric acid), flour Sat 9.1 8.7 Pain au Raisin treatment agent (ascorbic acid), enzymes (hemicellulases, amylases), egg wash (Free Range **EGGS**), Neutral glaze (water, glucose syrup, sugar, acidity regulators (E330, E332, E333), flavour, gelling agent (pectin), Carbs 47.5 45.5 (V) 19.0 18.0 Sugar preservative (potassium sorbate)). Fibre 2.1 2.1 May contain NUTS, SESAME and SOYA Protein 6.3 6.1 0.77 Salt 0.81 Portion weight (g) per 100g per portion (g) 1572 1245 Kcal 375 295 WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil 13 Non Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator Sat (Lactic Acid), Natural Flavouring), Raspberry Filling (16%) (Glucose Syrup, Raspberry Purée, Sugar, Raspberries (2%), Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator Tricalcium Citrate), Natural Flavouring, Preservative 6.6 Vegan Raspberry Croissant Carbs 49.8 39.5 (Vg) (Potassium Sorbate)), Sugar, Yeast, Decoration (3%) (Sugar, Non-Hydrogenated Palm Oil, Food Colours (Radish, Blackcurrant, Apple concentrate)), Spelt flour, **WHEAT** gluten Salt, Flour Treatment Agents (Alpha-Amylases, Sugar 18 14.0 Fibre 2.0 2.6 Hemicellulases, Ascorbic Acid). May contain MILK, SESAME SEEDS, SOYA, NUTS, EGGS. Protein 5.1 Salt 0.52 0.41 Portion weight (g) 79 per 100g portion (g) 1604 2486 Cinnamon Bun Dough (65%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Kcal 382 592 Flavouring), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Water, Sugar, Wholemeal WHEAT Flour, Sourdough Culture (RYE Flour), Orange Zest, Yeast, Salt, Madagascan Vanilla Extract, Fat 15.6 24.2 Sat 8.4 13.0 Cinnamon Bun Emulsifier (Rapeseed Lecithin). Filling (15%) [Dark Brown Soft Sugar, Plant Butter (Plant Oils (Palm Oil, Sunflower Oil (Vg) Carbs 54.0 83.7 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 17.7 27.4 Sugar Sugar Syrup, Orange Juice, Lemon Juice], Cinnamon Sugar (1%) [Caster Sugar, Ground Cinnamon (<1%)]. May Protein 5.2 8.1 contain NUTS and SULPHUR DIOXIDE. 0.74 Salt 1.15 Portion weight (g) 155 per 100g portion (g) Bun Dough (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapessed, Sunflower), Water, Sea Salt, Faba Bean Preparation, Emulsifier Sunflower Lecithin; Natural Flavouring, Colour: Carotenes), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, 1576 3310 Kcal 377 792 Stabiliser: Gellan Gum), Water, Sugar, Wholemeal WHEAT Flour, Sourdough (RYE), Orange Zest, Yeast, Salt, Vanilla Fat 14.7 30.9 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 Sat 7.5 15.8 Cherry Bun Carbs 57.1 120 Lecithin; Natural Flavouring, Colour: Carotenes), Invert Sugar Syrup, Natural Flavouring, Rapeseed Oil, Lemon Zest, Natural Flavouring Substances, Beetroot Powder, Acidity Regulator: Citric Acid], Glaze [Icing Sugar, Non-Dairy] (Vg) Sugar 29.7 62.4 Cream Alternative (Lentil Protein Preparation (Water, Lentil Flour), Rapeseed Oil, Coconut Fat, Sugar, Modified 4.2 Fibre 2.0 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 Protein 4.6 9.7 Salt 0.82 1.70 other cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES. Portion weight (g) 210

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PORRIDGE

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

Portidge Picin (Y)	PRODUCT	INGREDIENTS		UTRITION	AL INFO
Portidge Plain (V) Whole MILK (83%), Portidge OATS (17%). Carb 1.5 1.0				per 100g	per portion (g)
For idge Plain (V) Whole MILK 83% , Porridge OATS 17% . Sci 2.2 5.2 Corbs 1.47 35.2 Sugar 3.7 9.2 Fibre 1.1 2.7 Protein 4.6 11.1 Sugar 1.0 Sugar 1.0 For ide 4.6 11.1 For ide 4.6 For ide 4.6 11.1 For ide 4.6 11.1 For ide 4.6 For id			KJ	484	1163
Portidge Plain			Kcal	115	276
Portidge Pilati (Y) Whole MILK (83%), Portidge OATS (17%). Fortidge OATS (17%). Portidge OATS (15%). Chocolate Chips (8%) [Sugar. Cocoa Mass. Cocoa Butter. Emulsiller. SOM Ecilhin (E322), Natural Vanilla Flavouring). Portidge OATS (15%). Chocolate Chips (8%) [Sugar. Cocoa Mass. Cocoa Butter. Emulsiller. SOM Portidge OATS (15%). Chocolate Chips (8%) [Sugar. Cocoa Mass. Cocoa Butter. Emulsiller. SOM Portidge OATS (15%). Chocolate Chips (8%) [Sugar. Cocoa Mass. Cocoa Butter. Emulsiller. SOM Ecilhin (E322), Natural Vanilla Flavouring). Portidge OATS (15%). Chocolate Chips (8%) [Sugar. Cocoa Mass. Cocoa Butter. Emulsiller. SOM Ecilhin (E322), Natural Vanilla Flavouring). Portidge OATS (15%). Chocolate Chips (8%) [Sugar. Cocoa Mass. Cocoa Butter. Emulsiller. SOM Ecilhin (E322), Natural Vanilla Flavouring). Portidge OATS (15%). Chocolate Chips (8%) [Sugar. Cocoa Mass. Cocoa Butter. Emulsiller. SOM Ecilhin (E322), Natural Vanilla Flavouring). Portidge OATS (15%). Chocolate Chips (8%) [Sugar. Cocoa Mass. Cocoa Butter. Emulsiller. SOM Ecilhin (E322), Natural Vanilla Flavouring). Portidge OATS (15%). Chocolate Chips (8%) [Sugar. Cocoa Mass. Cocoa Butter. Emulsiller. SOM Ecilhin (E322), Natural Vanilla Flavouring). Portidge OATS (15%). Chocoa Mass. Cocoa Butter. Emulsiller. SOM Ecilhin (E322), Natural Vanilla Flavouring). Portidge OATS (15%). Cocoa Mass. Cocoa Butter. Emulsiller. SOM Ecilhin (E322), Natural Vanilla Flavouring). Portidge OATS (15%). Chocoa Mass. Cocoa Butter. Emulsiller. SOM Ecilhin (E322), Natural Vanilla Flavouring). Portidge OATS (15%). Chocoa Mass. Cocoa Butter. Emulsiller. SOM Ecilhin (E322), Natural Vanilla Flavouring). Portidge OATS (15%). Chocoa Mass. Cocoa Butter. Emulsiller. SOM Ecilhin (E322), Natural Vanilla Flavouring). Portidge OATS (15%). Chocoa Mass. Cocoa Butter. Emulsiller. SOM Ecilhin (E322), Natural Vanilla Fla			Fat	4.5	10.9
(v) whole MILK (878), Pointings OAIS (179). Pointings with Chocolate Chips (81) Sugar, Cocoa Mass, Cocoa Butter, Emulsifier SOY A Sugar 7, 1 18.4 17.1 18.4 17.4 18.5 17.8 18.5 17.5 18.5 17.8 18.5 17.5 18.5 17.8 18.5 17.8 18.5 17.8 18.5 17.8 18.5 17.8 18.5 17.8 18.5 17.8 18.5 17.8 18.5 17.8 18.5 17.8 18.5 17.8 18.5 17.8 18.5 17.8 18.5 17.8 18.5 17.8 18.5 17.8 18.5 17.8 18.5 17.8 18.5 17.5	Porridge Plain		Sat		
Porridge with Chocolate Chips (#35), Porridge OATS (15%), Chocolate Chips (#35), Sugar, Cocoa Mass, Cocoa Buther, Emulsilier, SO4 Fibre 1.0 1		Whole MILK (83%), Porridge OATS (17%).	Carbs		
Proteid Pro	(-)				
Porridge with Chocolate Chips (by Sugar, Cocoa Mass, Cocoa Butter, Emulsifier SOTA Sci 3.4 9.0 3.2 9.0 9.1 9.0 9.1 9.0 9.1 9.0 9.1 9.0 9.1 9.0 9.1 9.0 9.1 9.0 9.1 9.0 9.1 9.0 9.1 9.0 9.1 9.0 9.1 9.0 9.1 9.0 9.1 9.0					
Portiodge with Chocolate Chips (**) Whole MILK (*77%), Portidge OATS (15%), Chocolate Chips (\$%) [sugar, Cocoa Mass, Cocoa Butter, Emulsifier SOA					
Porridge with Chocolate Chips (PM) Fibre 1.00 1.0					
Porridge with Chocolate Chips (Providge OATS (15%), Chocolate Chips (\$%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier, SOYA (Chips (V)) Claim (E322), Natural Vanilla Flavouring). Claim (F322), N					
Porridge with Chocolate Chips (Profit Chi					
Fact S.6.6 17.1 Sact 3.4 9.0 17.0 Sact 3.4 9.0 17.0 18.4 17.0 18.4 17.0 18.4 17.0 18.4 18					
Portidge with Chocolate Chips (Providge OATS (15%), Chocolate Chips (\$%) [sugar, Cocoa Mass, Cocoa Butter, Emulsifier, SOYA (Protein 17.8)					
Chips (V) Chips (PMIK (77%), Porridge QATS (13%), Choccolde Chips (5%) [Sugar, Coccoa Mass, Coccoa Butter, Emulsifier, SOV 3					
Carris 1,78 46.3		Whole MILK (77%), Porridge OATS (15%), Chocolate Chips (8%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA			
Fibre 1.4 3.6 Protein 4.8 1.2 1.4 1.2 1.4 1.2 1.4 1.2 1.4 1.2 1.4 1.2 1.4 1.2 1.4 1.2 1.4 1.2 1.4 1.2 1.4 1.2 1.4 1.2					
Protein 4.8 12.4 1.24 1.26	(V)				
Salt 0.09 0.22 Portion weight 0.09 0.25 Portion weight 0.09 0.26 Portion weight 0.09 0.26 Per 100g 0.26 0.26 KJ 521 1668 Kaca 124 336 Fat 3.4 11.0 Fat 3.4 11.0 Salt 7.7 5.3 Cinnamon (V) (V) (Carbs 1.7) 63.6 Sugar 11.3 36.0 Fibre 3.7 11.8 Fortien 3.7 11.8 Salt 0.07 0.22 Portion weight 0.07 0.22					
Portion weight (s) 260 per 100g per portion (g) KJ 521 1668 521					
Porridge with Banana & Porridge with Bana					
Porridge with Banana & Carbs 17 1668 17 17 17 17 18 18 18 1					
Porridge with Banana & Clinamon Whole MILK (62%), Banana (19%), Porridge OATS (12%), Honey, Clinamon. Carbs 1.7 5.3				-	
Porridge with Banana & Sat 1.7 5.3 Cinnamon (V)					
Sat 1.7 5.3 Carbs 19.9 63.6 Sugar 11.3 36.0 Fibre 1.3 4.1 Protein 3.7 11.8 Sat 0.07 0.22 Portion weight (g) 1.3 Protein 3.7 11.8 Sat 0.07 0.22 Portion weight (g) 321 Protein 3.7 3.1 P					
Cinnamon (V) Whole MILK (62%), Banana (19%), Porridge OATS (12%), Honey, Cinnamon. Carbs 19.9 63.6 Sugar 11.3 36.0 Fibre 1.3 4.1 Protein 3.7 11.8 Salt 0.07 0.22 Portion weight (y) 321 Kg ber 100g per 100g Kg 4620 1892 Kg 4620 1892 Kg 568 20.7 Fat 6.8 20.7 Fat 6.8 20.7 Sat 2.2 6.8 Carbs 16.5 50.2 Sugar 7.2 21.8 Fibre 1.6 4.9					
(V)		VIII			
Fibre 1.3 4.1 Protein 3.7 11.8 Salt 0.07 0.22 Portion weight (g) 321 Fibre 1.3 4.1 Protein 3.7 11.8 Salt 0.07 0.22 Portion weight (g) 321 Fibre 1.6 4.9		whole Milk (62%), Bahana (19%), Pomage OAIS (12%), Honey, Cinnamon.			
Protein 3.7 11.8	(*)				
Salt 0.07 0.22 Portion weight (a) 321					
Portion weight (g) 321					
Portidge with Blueberries, Seeds & Maple Syrup (V) Sugar 7.2 1.6					
R 620 1892					
Kcal 148 451 Fat 6.8 20.7 Porridge with Blueberries, Seeds & Maple Syrup (V) (3%), Pumpkin Seeds (3%), Sunflower					
Fat 6.8 20.7					
Porridge with Blueberries, Seeds & Maple Syrup (V) Whole MILK (66%), Porridge OATS (13%), Blueberries (10%), Maple Syrup (5%), Pumpkin Seeds (3%), Sunflower Seeds Sat 2.2 6.8					
Seeds & Maple Syrup (V) Whole MILK (66%), Porridge OATS (13%), Blueberries (10%), Maple Syrup (5%), Pumpkin Seeds (3%), Sunflower Seeds Carbs 16.5 50.2	Dawidaa wille Divah'				
(V) Sugar 7.2 21.8 Fibre 1.6 4.9					
Fibre 1.6 4.9		(3%).			
	(.,				
Salt 0.07 0.23					
Portion weight (g) 305					

TEACAKES

	12710711120				
PRODUCT	INGREDIENTS	١	NUTRITIONAL INFO		
			per 100g	per portion (g)	
	carotene], Sugar, Yeast. May contain MILK, EGG and NUTS.	KJ	940	1410	
		Kcal	221	332	
		Fat	0.7	1.1	
Teacake		Sat	0.1	0.2	
(Vg)		Carbs	48.0	72.0	
		Sugar	15.3	23.0	
		Protein	6.4	9.6	
		Salt	0.01	0.02	
		Portion v	veight (g)	150	

TOAST

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

GRANOLA & YOGHURT

	GRANOLA & YOGHURT			
PRODUCT	INGREDIENTS	N	UTRITION	AL INFO
			per 100g	per portion (g)
		KJ	714	1629
		Kcal	170	388
		Fat	6.9	16.0
NEW Granola & Yogurt with	Yoghurt (54.8%) [Low Fat Natural Yogurt (MILK), Live Cultures], Granola (18.9%) [Rolled OATS (55%), Sugar, Palm Oil,	Sat	2.7	6.3
Blueberry & Honey	WHEAT Flour, Dried Coconut, Molasses, Salt, BARLEY Malt Extract, Cinnamon], Blueberries (17.5%), Honey (4.4%),	Carbs	20.0	46.0
(V)	Pumpkin Seeds (2.2%), Sunflower Seeds (2.2%). May contain NUTS and PEANUTS.	Sugar	11.0	24.0
		Fibre	2.0	4.5
		Protein	5.8	13.0
		Salt	0.50	1.10
		Portion w	- 1-1	228
		-	per 100g	per portion (g)
		KJ Kcal	734 175	1746 416
		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 w	eight (g)	238
			per 100g	per portion (g)
		KJ	625	1282
		Kcal	150	307
		Fat	7.9	16.0
NEW Yogurt & Seeds with	Yoghurt (61%) [Low Fat Natural Yogurt (MILK), Live Cultures], Blueberries (19.5%), Pumpkin Seeds (7.3%), Sunflower	Sat	1.5	3.1
Blueberry & Honey (V)	Seeds (7.3%), Honey (4.9%).	Carbs	11.0	22.0
(4)		Sugar	8.1	17.0
		Fibre Protein	1.9 7.7	3.8 16.0
		Salt	0.13	0.26
		Portion w		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)	55565 (170), HONGY (47770).	Sugar	12.0	26.0
		Fibre	1.5	3.3
		Protein	7.5	16.0
		Salt	0.12	0.26
		Portion w	eight (g)	215

FXTRAS

	EXTRAS			
PRODUCT	INGREDIENTS	١	IUTRITION.	AL INFO
Preserve Blackcurrant (Vg)	Sugar, blackcurrants, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 1001 236 0.0 0.0 57.0 57.0 0.4 0.00 weight (g)	per portion (g) 300 71 0.0 0.0 17.1 17.1 0.1 0.00 30
Preserve Strawberry (Vg)	Strawberries, sugar, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	KJ Kcal Fat Sat Carbs Sugar Protein Salt		per portion (g) 307 72 0.0 0.0 17.7 17.7 0.1 0.00 30
Lakeland Butter (V)	Butter: Cream (MILK), Salt.	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 3036 738 81.4 52.3 0.8 0.8 0.6 1.90 weight (g)	per portion (g) 213 52 5.7 3.7 0.1 0.1 0.04 0.13 7
Rodda's Cornish Clotted Cream (V)	100% Comish cows MILK .	KJ Kcal Fat Sat Carbs Sugar Protein Salt	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 0.6 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	2636 630 70.0 16.0 0.5	per portion (g) 185 44 4.9 1.1 0.0 0.0 0.0 0.10 7
Marmite (Vg)	Yeast extract (contains BARLEY, WHEAT, OATS, RYE), salt, vegetable juice concentrate, vitamins (thiamin, riboflavin, niacin, vitamin B12 and folic acid), natural flavouring (contains CELERY).	KJ Kcal Fat Sat Carbs Sugar Protein Salt	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 0.3 0.00 weight (g)	per portion (g) 305 72 0.03 0.0 17.7 17.7 0.1 0.00 30

EXTRAS

PRODUCT	INGREDIENTS	N	JTRITION.	AL INFO
		,	er 100g	per portion (g)
		KJ	1163	174
		Kcal	274	41
		Fat	0.4	0.1
Maple Syrup	Maple Syrup.	Sat	0.4	0.1
(Vg)	марге зугор.	Carbs	67.2	10.1
		Sugar	63.7	9.6
		Protein	0.1	0.0
		Salt	0.03	0.00
		Portion w	eight (g)	15

NORREDIENTS NORREDIENTS NUMBER		CAKES			
### WHAT Item (calcium cothorate ion, nicon, thisming, bonama pure 70%, tream puge, don't choodate 16, cell 349 362	PRODUCT	INGREDIENTS	N	IUTRITION	AL INFO
######################################					
WHIAT Flow (colcium controllers in vicinity in filter in the person agent gives controllers (Fig. 1) Fig. 1 18.0 17.6 17.6 18.0 18.0 18.0 17.6 18.0 18.0 18.0 18.0 18.0 18.0 18.0 18.0 17.6 18.0 18.0 18.0 18.0 18.0 18.0 18.0 18.0 17.6 18.0					
Seanana & Checolate Lod Cacke (Vg) WHEAT floor (collation cathonate, million) Lemon Ditzle Cabe (V) Weish Cake (V) Weish C					
Lemon Dizzle Cabe	Ranana & Choco				
Corbonales. WHEAT floor [colculm carbonate, Iron, nicon, hisramin], ground clinicmens, talt, May contain cereal containing CLUFRN, MLK, EGG, SOYA, SLEPHIES, and NUTS. Fine 3, 0 2, 9 70, 12 70, 1		(
Lemon Drizzle Cake Wilder Cardinating GLI/TEN, MBK, F.G.G., SOYA, SULPHITES, and NUTS. Fifter 3.0 2.9 Protein 4.8 4.7 5.01 0.98 0.48 Protein 4.8 4.7 1.5 1.0 1.5 1.0 1.5 1.0 1.5 1.0		carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)), ground cinnamon, salt. May contain cereals			
Lemon Ditzle Cabe Lemon Ditzle Cabe Lemon Ditzle Cabe Cy Determined from Report Cy State Cy Person weight Cy Reposed Oil, Patientised free Renge EGG, Lemon Aube; (S)3, Lemon Cutor (3/3) (Sugar, Postateuted Free Renge EGG, Lemon Aube; (S)3, Lemon Cutor (3/3) (Sugar, Postateuted Free Renge EGG, Visitor, Saled buttle; (Butter (MILK), Soft). Concentrational Lemon Aube; (S)3, Lemon Cutor (3/3) (Sugar, Postateuted Free Renge EGG, Visitor, Saled buttle; (Butter (MILK), Soft). Concentrational Lemon Aube; (S)3, Lemon Cutor (3/3) (Sugar, Postateuted Free Renge EGG. Visitor, Saled buttle; (Butter (MILK), Soft). Concentrational Lemon Aube; (S)3, Lemon Cate (3/3) (Sugar, Postateuted Free Renge EGG. Visitor, Saled butter, Soft). Authority (S)4, Soft). Aug. (S)4, Soft)		containing GLUTEN, MILK, EGG, SOYA, SULPHITES, and NUTS.			
Portion weight G 98 Portion weight G 97 1699 KC 351 404 1607 1699 1608 1			Protein	4.8	4.7
Lemon Cake (%3%) Sugar, WHEAT flour, (WHEAT flour, Calcium Carbonate, iron, Nacin, Thiamin), Bultemilk (MILK, 1477 1679 1679 1679 1679 1670			Salt	0.69	0.68
Lemon Drizzle Cake			Portion v	veight (g)	98
Lemon Drizzle Cake (V) Lemon Maca (78), Subgray American (MILK), Sath, Concented Lemon Julica, Preservatives; Sodium METASSULPHITE, Indoor, METASSULPHITE, Lemon OLI, Cellarg Agent, Agort, Lemon Julica, Preservatives; Sodium METASSULPHITE, Lemon OLI, Cellarg Agent, Agort, Lemon Julica, 1873, Noting Agents; Diphosphotes, Sodium Bioconsolices Sath, Lemon Drizzle (78); (Slouzos Suburities), Julica (78), Noting Agents; Diphosphotes, Sodium Bioconsolices Sath, Lemon Drizzle (78); (Slouzos Suburities), Julica (78), Lemon				per 100g	per portion (g)
Lemon Drizzle Cake Lemon Drizzle Cake Lemon Drizzle Cake (V) Represend Ui, Prosture of Free Range EGG, Lemon Juice (SS), Lemon Card (SS), Supern Carde Free Range EGG, Water, Sate Egg, Lemon Laver (SS), Lemon Card (SS), Supern Card (SS), Super			KJ	1477	1699
Lemon Drizzle Cake (V) Lemon Drizzle Cake (V) Repeared livers: Sodium MERBSULPHIE, Potassium MERABSULPHIE), Lemon O.II. (Celling Agent: Agor), Lemon Juice, Perservalives: Sodium MERBSULPHIE, Potassium MERABSULPHIE, Lemon O.II. (Celling Agent: Agor), Lemon Juice, Perservalives: Sodium MERBSULPHIE, Lemon O.II. (Celling Agent: Agor), Lemon Juice, Perservalives: Sodium MERABSULPHIE, Lemon O.II. (Celling Agent: Agor), Lemon Juice, Perservalives: Sodium MERABSULPHIE, Lemon O.II. (Celling Agent: Agor), Lemon Juice, Perservalives: Sodium MERABSULPHIE, Lemon O.II. (Celling Agent: Agor), Lemon Juice, Perservalives: Sodium MERABSULPHIE, Lemon D.II. (Celling Agent: Agor), Lemon Juice, Perservalives: Sodium MERABSULPHIE, Lemon O.II. (Celling Agent: Agor), Lemon Juice, Perservalives: Sodium MERABSULPHIE, Lemon D.II. (Celling Agent: Agor), Lemon Juice, Perservalives: Sodium MERABSULPHIE, Lemon Juice, Perservalives: Sodium MERABSULPHIE, Lemon D.II. (Celling Agent: Agor), Lemon Juice, Perservalives: Sodium MERABSULPHIE, Lemon D.II. (Celling Agent: Agor), Lemon Juice, Perservalives: Sodium MERABSULPHIE, Lemon D.II. (Celling Agent: Agor), Lemon Juice, Perservalives: Sodium MERABSULPHIE, Lemon D.II. (Celling Agent: Agor), Lemon Juice, Perservalives: Sodium MERABSULPHIE, Lemon D.II. (Celling Agent: Age		Lance Color (COT) (Consequential Color (MILEAT Classes Color and Aller Allinois This are in Debta and It (AND)	Kcal	351	404
Lemon Drizzle Cake (V) EGG, Water, Salted Butler (MUIK), Salt), Concentrated termon Juice, Concentrated termon Juice, Salt 1,3 1,4 Carbas Sci 1,3 1,4 Carbas Sci 1,3 1,5 Carbas Sci 1,3 1,5 Carbas Sci 1,3 Carbas Sci 1,3 Salt 1,3 Sugar 3,3,8 Salt 1,3 Sugar 3,3,8 Fibre 0,5 O,6 Protein 4,6 S,3 Salt 0,74 O,8 Fibre 0,5 Salt 0,74 O,8 Salt 0,74 O,8 Fibre 0,5 Salt 0,74 O,8 Salt 0,74 O,8 Fibre 0,5 Salt 0,74 O,8 Salt 0,7 O,8 Salt 0,7 S			Fat	12.7	14.6
Prieservolves: Sodium MetaBaturHiti, Fortissum MetaBaturHiti, Lemon On Judie (78), Robing against: Epidophotes, Sodium Ricarbooneries stiff, Lemon Drizzie (78), Robing against: Epidophotes, Sodium Ricarbooneries stiff, Lemon Drizzie (78), Robing against: Epidophotes, Sodium Ricarbooneries stiff, Lemon Drizzie (78), Robing against: Epidophotes, Sodium Ricarbooneries stiff, Lemon Drizzie (78), Robing against: Padri, Lemon Lemon Robing against: Calcium Phosphote: Dried Comflower Petals), May Conflain other cereats containing GLUTEN. EGG, MILK, SESAME, SOTA, SULPHIES, NUTS and PEANUTS. Weish Cake (V) WHEAT flour (calcium carbonate, iron, nicoin, thiomine, robing agents E450, E500), vegetable oil (rapessed. Kcal. 370 1111 Fort 14.6 4.4 Scal. 0.74 0.85 Portion weight (g) Priotin Add. 4.4 Scal. 1.74 Fort 14.6 4.4 Scal. 4.9 1.5 Carbs 65.1 19.5 Sugar 23.3 7.0 Priotin 6.5 2.0 Sustainable palm) sugar, vine fluits (13%)(currents, sulfanas, sunflower oil), EGG. BUTERMILK, water, satt, emulatiers (E47, E481), colour (caratenes), natural flavouring, preservatives (E202, E822). Victoria Sponge Cake** (V) Victoria Sponge Cake (Flour Blend (Rice, Potato, Tapiaca, Moize, Buckwheat), Sugar, EGG, Margarine (Vegetable Colours (Curcumin, Annato) 8xin), MILK, Robing Agents, Solar (Malk), Edg. Licing Sugar, Solar (Buttle Butter (Mulk), Staty), Duble Cream (Mulk), Ricarboonate, Con. Scalar (Scalar), Flouring, Carbs Scalar 8.7 Victoria Sponge Cake** (V) Victoria Sponge Cake (Flour Blend (Rice, Potato, Tapiaca, Moize, Buckwheat), Sugar, EGG, Margarine (Vegetable Colours (Curcumin, Annato) 8xin), MILK, Robing Agents, Malk Caking Agents, Solar (Scalar), Flouring, Solar	Lemon Drizzle Co	EGG, Water, Salted Butter (Butter (MILK), Salt), Concentrated Lemon Juice (Concentrated Lemon Juice,			
Welsh Cake (Y) Welsh Cake (Y) Wictoria Sponge Cake Flour Blend Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG, Marganine Vegetable Colors Sponge Cake Flour Blend Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG, Marganine Vegetable Victoria Sponge Cake Flour Blend Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG, Marganine Vegetable Victoria Sponge Cake Flour Blend Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG, Marganine Vegetable Victoria Sponge Cake Flour Blend Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG, Marganine Vegetable Victoria Sponge Cake Flour Blend Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG, Marganine Vegetable Victoria Sponge Cake Flour Blend Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG, Marganine Vegetable Victoria Sponge Cake Flour Blend Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG, Marganine Vegetable Victoria Sponge Cake Flour Blend Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG, Marganine Vegetable Victoria Sponge Cake Flour Blend Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG, Marganine Vegetable Victoria Sponge Cake Flour Blend Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG, Marganine Vegetable Victoria Sponge Cake Flour Blend Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG, Marganine Vegetable Victoria Sponge Cake Flour Blend Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG, Marganine Vegetable Victoria Sponge Cake Flour Blend Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG, Marganine Vegetable Victoria Sponge Cake Flour Blend Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG, Marganine Vegetable Victoria Sponge Cake Flour Blend Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG, Marganine Vegetable Victoria Sponge Cake Flour Blend Rice, Potato, Tapioca, Maize, Buckwheat, Sugar, Sede Butker Ruthwall Victoria Sponge Cake Flour Blend Rice, Potato, Tapioca, Maiz		Preservatives: Sodium METBISULPHITE, Potassium METABISULPHITE), Lemon Oil, Gelling Agent: Agar), Lemon Zest	Carbs	55.1	63.4
Weish Cake (Y) WifeAT flour (calcium carbonate, iron, niacin, thiamine, raising agents £450, £500), vegetable all [rapesseed, sustainable palm) sugar, vine fruits [13%](currants, sulfnance, sunflower all), £GG, BUTERMILK, water, soil, emulsifier [v) WifeAT flour (calcium carbonate, iron, niacin, thiamine, raising agents £450, £500), vegetable all [rapesseed, sustainable palm) sugar, vine fruits [13%](currants, sulfnance, sunflower all), £GG, BUTERMILK, water, soil, emulsifier [vol. 1548] WifeAT flour (calcium carbonate, iron, niacin, thiamine, raising agents £450, £500), vegetable all [rapesseed, sustainable palm) sugar, vine fruits [13%](currants, sulfnance, sunflower all), £GG, BUTERMILK, water, soil, emulsifier [vol. 1540] WifeAT flour (calcium carbonate, iron, niacin, thiamine, raising agents £450, £500), vegetable all [rapesseed] WifeAT flour (calcium carbonate, iron, niacin, thiamine, raising agents £450, £500), vegetable all [rapesseed] WifeAT flour (calcium carbonate, iron, niacin, thiamine, raising agents £450, £500), vegetable all [rapesseed] WifeAT flour (calcium carbonate, iron, niacin, thiamine, raising agents £450, £500), vegetable all [rapesseed] WifeAT flour (calcium carbonate, iron, niacin, thiamine, raising agents £450, £500), vegetable all [rapesseed] WifeAT flour (calcium carbonate, iron, niacin, thiamine, raising agents £450, £500), vegetable all [rapesseed] Water, E471, £481], calour (calcium flouroum), properties flour flouroum), and the flour flouroum flour	. ,				
Welsh Cake (V) WHEAT flour (calcium carbonate, iron, niacin, lihiamine, raising agents E450, E500), vegetable oil (rapeseed (V) K. 1548 444 462 464					
Welsh Cake (V) WHEAT flour (calcium catbonate, iron, niacin, finiamine, raising agents £450, £500), vegetable oil (rapeseed (V) Fortion weight (g) 115 per 1000g per portion (g)					
Welsh Cake (V) WHEAT flour (calcium carbonate, iron, niacin, thiamine, raising agents E450, E500), vegetable oil (rapeseed, sustainable palm) sugar, vine fruits (13%)(currants, sulfavor oil), EGG, BUTTERMILK, voler, salt, emulsifiers (E471, E481), colour (carotenes), natural flavouring, preservatives (E202, E282). Wictoria Sponge Cake [Flour Blend [Rice, Potato, Tapiaca, Maize, Buckwheat), Sugar, EGG, Margarine (Vegetable) Victoria Sponge Cake [Flour Blend [Rice, Potato, Tapiaca, Maize, Buckwheat), Sugar, EGG, Margarine (Vegetable) Victoria Sponge Cake [Flour Blend [Rice, Potato, Tapiaca, Maize, Buckwheat), Sugar, EGG, Margarine (Vegetable) Victoria Sponge Cake [Flour Blend [Rice, Potato, Tapiaca, Maize, Buckwheat), Sugar, EGG, Margarine (Vegetable) Colurs (Curcumin, Annato Biskin), MILK, Raiding Agents (Mon Calcium Phosphate, Sadium Bicarobante, Com-Storch), Thickmer (Ranthan Gurm), Natural Brovauring, Self), Buttercream laing [Icing Sugar, Salted Butter (Butter (MILK), Satt), Double Cream (MILK), Natural Brovauring, Self), Buttercream laing [Icing Sugar, Salted Butter (Butter (MILK), Satt), Double Cream (MILK), Natural Brovauring, Self), Buttercream laing [Icing Sugar, Salted Butter (Butter (MILK), Satt), Double Cream (MILK), Natural Brovauring, Self), Buttercream laing [Icing Sugar, Salted Butter (Butter (MILK), Satt), Double Cream (MILK), Self), Indicate (Satt), Trainable (Satt), Tra					
Welsh Cake (V) WHEAT flour (calcium carbonate, iron, niacin, thiamine, raising agents E450, E500), vegetable oil (rapeseed, sustainable palm) sugar, vine fruits (13%)(currants, sultanas, suntlower oil), EGG, BUTTERMILK, water, salt, emulsifiers (E471, E481), colour (carotenes), natural flavouring, preservatives (E202, E282). Wictoria Spange Cake (Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG, Margarine (Vegetable Oils (Sustainable Palm Oil), Rapeseed Oil), Water, Salt, Emulsifier (Polyglycerol Esters Of Fathy Acids), Enovaring Colours (Curcumin, Annatio Bshir), MILK, Rading Agents (Mon Calcium Prosphates, Saldum Bicarbonate, Con Starch), Thickener (Romthan Gum), Natural Ravouring, Salt), Buttercream (sing [cling Sugar, Salted Butter (Butter (Mults), Sult), Double Cream (MILK), Natural Ravouring, Salt), Buttercream (sing [cling Sugar, Salted Butter (Butter (Mults), Sult), Double Cream (MILK), Natural Ravouring, Salt), Buttercream (sing [cling Sugar, Salted Butter (Butter (Butter), Sult), Double Cream (MILK), Natural Ravouring, Salt), Buttercream (sing [cling Sugar, Salted Butter (Butter (Butter), Sult), Double Cream (MILK), Natural Ravouring, Salt), Buttercream (sing [cling Sugar, Salted Butter (Butter), Sult), Buttercream (sing [cling Sugar, Salted Butter (Butter), Sult), Buttercream (sing [cling Sugar, Salted Butter), Butter (Butter), Butter, Butter), Butter, B					
Welsh Cake (Y) WHEAT flour (calcium carbonate, iron, niacin, thiamine, raising agents E450, E500), vegetable oil (rapeseed, Y) Fot 14.6 4.4 4.4 4.4 5.1 5.5 5.5 5.1 5.5 5.5 5.1 5.5					
Welsh Cake (Y) Wheat flour (calcium carbonate, iron, niocin, thiomine, raising agents E450, E500), vegetable oil (rapeseed. Sat 4,9 1.5 and 4,9 1.5 a					
Welsh Cake (V) WHEAT flour (calcium carbonate, iron, niccin, thilamine, raising agents E450, E500), vegetable oil (propseed, strainable palm) sugar, vene fults) (13%) (carbonate, iron, niccin, thilamine, raising agents E450, E500), vegetable oil (propseed, strainable palm) sugar, vene fults) (13%) (E471, E481), colour (carotenes), natural flavouring, preservatives (E202, E282). Victoria Sponge Cake [Flour Blend (Rice, Potato, Tapiaca, Maize, Buckwheat), Sugar, EGG, Margarine (Vegetable Colours, Curcumin, Annaton Bixhi), MML, Raising Agents (MILK), Sath, Enulsifier (Polyglycerol Esters Of Fathy Acids), Flavouring, Colours (Curcumin, Annaton Bixhi), MML, Raising Agents (Non Colcium Potaheta, Sath Emulsifier (Polyglycerol Esters Of Fathy Acids), Flavouring, Sath (MILK), Sath, Double Cream (MILK), Natural Flavouring, Sath), Jun (Sugar, Raspberiels, Lenem Juice), Decoration (Carbonate Sugar, Carbonate), European (Carbonate), Carbonate Sugar, Carbonate, Sath Carbonate, Iron, Niccin, Iniamin), Sath Carbonate, Sath Carbonate, Sath Carbonate, Sath Carbonate, Sath Carbonate, Iron, Niccin, Iniamin), Sath Carbonate, Sath Carbonate, Sath Carbonate, Sath Carbonate, Iron, Niccin, Iniamin), Sath Carbonate, Sa					
(V) sustainable paim) sugar, vine fruits (13%)(currants, sulfanas, sunflower all, EGG, BUTTERMILK, water, saft, emulsities (EA7), E481), colour (carotenes), natural flavouring, preservatives (E202, E282). Carb 5.1 19.5 Sugar 23.3 7.0 Protein 6.5 2.0 Soit 1.30 0.39 Portion weight (g) per 100g per portion (g) KJ 1640 2247 KOLOI 1.30 2.34 Fortion weight (g) Colours (Curcumin, Annatto Bixin)], Mulk, Raising Agents (Man Calcium Phosphates, Sodium Bicarbonate, Corn Starch), Thickener (Konthan Curn), Natural Flavouring, Salt), Buttercreas, Salted Butter (Butter (MILK), Salt), Double Cream (MILK), Natural Flavouring, Salt), Buttercreas, Salted Butter (Butter (MILK), Salt), Double Cream (MILK), Natural Flavouring, Jam (Sugar, Raspberfies, Lemon Juice), Decoration (Caster Sugar), May contain Cereats containing GLUTEN, NUTS, PEANUTS, SESAME, SULPHITES, SOYA. **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. Value, Per 100g	Welsh Cake				
Victoria Sponge Cake* (Y) Victoria Sponge Cake* (N) Victoria Sponge Cake*					
Victoria Sponge Cake** (V) Victoria Sponge Cake [Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG, Margarine (Vegetable Colls (Sustainable Palm Oil, Rapeseed Oil,) Water, Salt, Emulsifier (Polyglycerol Esters Of Fatty Acids), Flavouring, Colours (Curcumin, Annatra Bixinj). MILK, Raising Agents (Mon Calcium Phosphates, Sodium Bicarbonate, Com Starch), Thickener (Konthana Gum), Natural Flavouring, Salt), Buttercream laing [Licing Sugar, Sated Butter (Butter (W)). Milk, Salt), Double Cream (MILK), Natural Flavouring, Salt), Buttercream laing [Licing Sugar, Sated Butter (Butter (W)). Mater (Sated Sugar), May contain Cereals containing GBLITEN, NUTS, PEANUTS, SESAME, SUPHITES, SOYA. **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. *Water, Powdered Fondant (Sugar, Dried Glucose Syrup), Whipping Cream (MILK), EGG, Icing Sugar, Speculoss Spread (Caramalised Bisculi (WHEAT Flour, Sugar, Vegetable Oil, Plalm Oil, Rapeseed Oil, Sugar (Emulsifier: SOYA) *Water, Powdered Fondant (Sugar, Dried Glucose Syrup), Whipping Cream (MILK), EGG, Icing Sugar, Speculoss Spread (Caramalised Bisculi (WHEAT Flour, Sugar, Vegetable Oil, Plalm Oil, Rapeseed Oil, Sugar (Emulsifier: SOYA) **Caramal Chouxnut with Creme Pat (V) **Caramal Chouxnut with	• •	(E471, E481), Colour (carotenes), natural flavouring, preservatives (E202, E282).			
Victoria Sponge Cake** (V) Victoria Sponge Cake [Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EdG, Margarine (Vegetable Contogration (Sugar, State Butter (Butter) (MILK), Salt), Double Cream (MILK), Natural Ravouring, Salt), Butterream Leing (Ling Sugar, State Butter (Butter) (Caster Sugar), Moy contain Cereals containing GLUTEN, NUTS, PEANUTS, SESAME, SULPHITES, SCYA. (Carlos S.7 Victoria Sponge Cake* (MILK), Salt), Double Cream (MILK), Natural Ravouring, Salt), Butterream Leing (Ling Sugar, State Butter (Butter) (Caster Sugar), Moy contain Cereals containing GLUTEN, NUTS, PEANUTS, SESAME, SULPHITES, SCYA. Sugar 3.5, 50.00 Fibre 0.5 Victoria Sponge Cake* (V) Vater, Callos Margarine (Vegetable Contogration (MILK), Regetable Contogratio					
Victoria Sponge Cake [Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG, Margarine (Vegetable Colls (Sustainable Palm Oil, Rapesseed Oil), Water, Salt, Emulsifier (Polygyteverol Esters OI Fathy Acids), Ravouring, Fat 18.6 (22.47 (Colours (Curcumin, Annatto Bishin)), MILK, Raising Agents (Mon Calcium Phosphates), Sodium Bisacrbonate, Corn Starch), Thickner (Xanthan Gurn), Natural Flavouring, Jam (Sugar, Raspberries, Lemon Juice), Decoration (Caster Sugar). May contain Cereals containing GLUTEN, NUTS, PEANUTS, SESAME, SULPHIFES, SOYA. **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. **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. **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. **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. **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. **Water, Powdered Fondant (Sugar, Dried Glucose Syrup), Whipping Cream (MILK), EGG, Icing Sugar, Speculoos Spread (Caramalised Biscuif (WHEAT Flour, Sugar, Vegetable Oil, Palm Oil, Rapessed Oil), Sugar, Syrup, Raising Agent: Sodium Hydrogen Corbonate, Iron, Niccin, Thiamini), Shortering (Palm Oil, Rapesseed Oil), Dark Chocoate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier; SOYA Lecithins; Natural Vanilla Flavour), Speculoos Biscuit Crumb (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapesseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Corbonate; Iron, Niccin, Thiaminn), Rapessed Oil, Modified Pot					
Victoria Sponge Cake [Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG, Margarine (Vegetable Oils (Sustainable Palm Oil, Rapessed Oil), Water, Salt, Emulsifier (Polyglycerol Esters Of Fatty Acids), Flavouring, Colours (Curcumin, Annatto Bixin)), Mults, Raising Agents (Mon Calcium Phosphates, Sodium Bicarbonate, Corn Starch), Thickener (Xanthan Gum), Natural Flavouring, Salt), Buttercream Icing Ilcing Sugar, Salted Butter (Butter (MILK), Salt), Double Cream (MILK), Natural Flavouring, Jam (Sugar, Respberries, Lemon Juice), Decoration (Caster Sugar), May contain Cereals containing GLUTEN, NUTS, PEANUTS, SESAME, SULPHITES, SOYA. **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. **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. **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. **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. **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. **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. **Although this product is made with gluten free flour, Nulls, EGG, Icing Sugar, Speculoos Spread (Caramalised Bisculf WHEAT Flour, Sugar, Sugar, Speculoos Spread (Caramalised Bisculf WHEAT Flour, Sugar, Flauris Flaur, Sugar, Speculoos Bisculf WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Sot					
Victoria Sponge Cake [Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG, Margarine [Vegetable Oils (Sustainable Palm Oil, Rapeseed Oil), Water, Salt, Emulsifier (Polyglycerol Esters Of Fatty Acids), Flavouring, Colours (Curcumin, Annatho Bixin)), MILK, Raising Agents (Mon Calcium Phosphates, Sodium Bicarbonate, Com Starch), Thickener (Xanthan Gum), Natural Flavouring, Salt), Buttercream Icing [Icing Sugar, Salted Butter (Butter (MILK), Salt)), Double Cream (MILK), Natural Flavouring), Jam (Sugar, Raspberries, Lemon Juice), Decoration (Caster Sugar), May contain Cereals containing GLUTEN, NUTS, PEANUTS, SESAME, SULPHITES, SOYA. **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. *Water, Powdered Fondant (Sugar, Dried Glucose Syrup), Whipping Cream (MILK), EGG, Icing Sugar, Speculoos Spread (Caramalised Bisculf (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar, Emulsifier: SOYA Lecithins; Acidity Regulator: Citric Acid), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Dark Chocoate (Cocoa Muster, Emulsifier: SOYA Edithins; Natural Vanilla Flavour), Speculos Sisculf Curam (Coramalised Bisculf (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Salt, Cinnamon)), Rapeseed Oil, Modified Potato Starch, Sugar, Natural Flavouring, Modified Maize Starch, Caramelised Sugar Salt Out Out Out Out Out Out Out Out Out Ou				per 100g	per portion (g)
Victoria Sponge Cake** (Y) Victoria Sponge Cake** (V) Vi			KJ	1640	2247
Victoria Sponge Cake** (V) 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 (Butter (Butter (Butter (Butter))))) (MILK), Salt), Double Cream (MILK), Natural Flavouring, Salt), Buttercream Icing (Icing Sugar, Sarberries, Lemon Juice), Decoration (Caster Sugar). May contain Cereals containing GLUTEN, NUTS, PEANUTS, SESAME, SULPHITES, SOYA. **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. **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. **Water, Powdered Fondant (Sugar, Dried Glucose Syrup), Whipping Cream (MILK), EGG, Icing Sugar, Speculoos Syread (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: SOYA Lecithins; Acidity Regulator: Citic Acid), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Dark Chocoate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithins; Natural Vanilla Flavour), Speculoos Biscuit (Cumb (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Salt, Cinnamon)), Rapeseed Oil, Modified Potato Starch, Sugar, Natural Flavouring, Modified Maize Starch, Caramelised Sugar Salt Unit Date Oil, Protein 5.8 4.8 Salt 0.41 0.30			Kcal	392	537
(V) (MILK), Salt), Double Cream (MILK), Natural Flavouring), Jam [Sugar, Raspberries, Lemon Juice], Decoration [Caster Sugar]. May contain Cereals containing GLUTEN, NUTS, PEANUTS, SESAME, SULPHITES, SOYA. **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. **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. **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. **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 0.5 0.7 Protein 3 4.1 Salt 0.33 0.45 Portion weight (g) 137 per 100g per portion (g) KJ 1622 1346 Kcal 388 322 Fot 21.5 17.9 Sat 8.3 6.9 Carbs 42.5 35.3 Sugar 32.0 26.6 Protein 3 4.1 Salt 0.41 Sat 8.3 6.9 Carbs 42.5 Sigar 32.0 26.6 Protein 5.8 4.8 Salt 0.41 0.30			Fat	18.6	25.5
(V) (MILK), Sallt, Double Cream (MILK), Natural Havouring, Jam (Sugar, Raspberries, Lemon Juice), Decoration [Caster Sugar]. May contain Cereals containing GLUTEN, NUTS, PEANUTS, SESAME, SULPHITES, SOYA. **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. 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 Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: SOYA Eactithins; Natural Vanilla Flavour), Speculoos Biscuit Crumb (Caramalised Biscuit (WHEAT Flour, Calclum Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Rapeseed Oil, Naugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Modified Potato Starch, Sugar, Natural Flavouring, Modified Maize Starch, Caramelised Sugar Syrup, Salt. May contains NUTS. (V) (V) (Caramel Chouxnut with Caramalised Biscuit (WHEAT Flour, Calclum Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Nodified Potato Starch, Sugar, Natural Flavouring, Modified Maize Starch, Caramelised Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Salt, Cinnamon)), Rapeseed Oil, Modified Potato Starch, Sugar, Natural Flavouring, Modified Maize Starch, Caramelised Sugar Syrup, Salt. May contains NUTS.	Victoria Sponae C				
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. **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. **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. **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. **Although this product is made with gluten free flour, this may not be suitable for people with coeliac/gluten **Although this product is made with gluten free flour, this may not be suitable for people with coeliac/gluten **Although this product is made with gluten free flour, this may not be suitable for people with coeliac/gluten **Although this product is made with gluten free flour, this may not be suitable for people with coeliac/gluten **Although this product is made with gluten free flour, this may not be suitable for people with coeliac/gluten **Although this product is made with gluten free flour, this may not be suitable for people with coeliac/gluten **Although this product is fible **0.3 **0.45 **Protein **3 **4.1 **Salt **0.33 **0.45** **Portion weight (g) **Explored **Call **Salt **0.1 **1.62** **Explored **O.1 **Although fible **O.2 **O		(MILK), Salt), Double Cream (MILK), Natural Havouring), Jam (Sugar, Raspberries, Lemon Juice), Decoration			
Allergy due to manufacturing and instore handling methods. Protein 3 4.1 Sult 0.33 0.45 Portion weight (g) 137 per 100g per portion (g) KJ 1622 1346 Kcal 388 322 Same Spread (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Lecithins; Acidity Regulator: Citric Acid), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Dark Chocoate (Cacoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithins; Natural Vanilla Flavouri, Speculoos Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SoYA Lecithins; Natural Vanilla Flavouri, Speculoos Biscuit Crumb (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Sotl, Cinnamon), Rapeseed Oil, Modified Potato Starch, Sugar, Natural Flavouring, Modified Maize Starch, Caramelised Sugar		(Casio, Cogar), may comain corous comaining ocores, noto, i crisoto, sconice, soe mico, sonic.			
Salt 0.33 0.45 Portion weight (g) 137 per 100g per portion (g) KJ 1622 1346 Kcal 388 322 Fat 21.5 17.9 Caramel Chouxnut with Crème Pat (V) (V) Cipilon Sill, Rapeseed Oil), Dark Chocoate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithins; Natural Vanilla Flavour), Speculose Biscuit (WHEAT Flour, Sugar, Natural Flavouring, Modified Maize Starch, Caramelised Sugar Syrup, Salt. May contains NUTS.					
Water, Powdered Fondant (Sugar, Dried Glucose Syrup), Whipping Cream (MILK), EGG, Icing Sugar, Speculoss Spread (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: SOYA Lecithins; Acidity Regulator: Citric Acid), Wheat Flour, Calcium Carbonate, Iron, Niccin, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Dark Chocade (Cocao Mass, Sugar, Cocao Butter, Emulsifier: SOYA Lecithins; Natural Vanilla Flavour), Speculoss Biscuit Crumb (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SoYA Lecithins; Natural Vanilla Flavour), Speculoss Biscuit Crumb (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Salt, Cinnamon)), Rapeseed Oil, Modified Potato Starch, Sugar, Natural Flavouring, Modified Maize Starch, Caramelised Sugar Syrup, Salt. May contains NUTS.		allergy due to manufacturing and instore handling methods.			
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 Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: SOYA Lecithins; Acidify Regulator: Citric Acid), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Dark Chocote (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA 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; Solt, Cinnamon)), Rapeseed Oil, Modified Potato Starch, Sugar, Natural Flavouring, Modified Maize Starch, Caramelised Sugar Syrup, Salt. May contains NUTS.					
Water, Powdered Fondant (Sugar, Dried Glucose Syrup), Whipping Cream (MILK), EGG, Icing Sugar, Speculoos Spread (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapessed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapessed Oil, Sugar, Emulsifier: SOYA Lecithins; Acidity Regulator: Citric Acid), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Shortening (Palm Oil, Rapessed Oil), Dark Chocoate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithins; Natural Vanilla Flavour), Speculoos Biscuit Crumb (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapessed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Salt, Cinnamon)), Rapessed Oil, Modified Potato Starch, Sugar, Natural Flavouring, Modified Maize Starch, Caramelised Sugar Syrup, Salt. May contains NUTS. KZ 1622 3388 322					
Water, Powdered Fondant (Sugar, Dried Glucose Syrup), Whipping Cream (MILK), EGG, Icing Sugar, Speculoss Spread (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: SOYA Lecithirs; Acidify Regulator: Citric Acid), Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Dark Chocoate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithirs; 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)), Rapeseed Oil, Modified Potato Starch, Sugar, Natural Flavouring, Modified Maize Starch, Caramelised Sugar Syrup, Salt. May contains NUTS. Kcal 388 322 Fat 21.5 17.9 Carbs 42.5 35.3 Sugar 32.0 26.6 Fibre 0.7 0.6 Fibre 0.7 0.6 Frotein 5.8 4.8 Salt 0.41 0.30					
Spread (Caramalised Biscuit (MHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapesseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapesseed Oil, Sugar, Emulsifier: SOYA Lecithirs; Acidity Regulator: Citric Acid), Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Shortening (Palm Oil, Rapesseed Oil), Dark Chocoate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithirs; Natural Vanilla Flavour), Speculoos Biscuit Crumb (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapesseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Salt, Cinnamon)), Rapesseed Oil, Modified Potato Starch, Sugar, Natural Flavouring, Modified Moize Starch, Caramelised Sugar Syrup, Salt. May contains NUTS. Fot 21.5 17.9 Carbs 42.5 35.3 Sugar 32.0 26.6 Fibre 0.7 0.6 Frotein 5.8 4.8 Salt 0.41 0.30					
Caramel Chouxnut with Crème Pat (V) Lecithiris; Acidify Regulator: Citric Acid), Wheat Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Dark Chocoate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithiris; 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)), Rapeseed Oil, Modified Potato Starch, Sugar, Natural Flavouring, Modified Maize Starch, Caramelised Sugar Syrup, Salt. May contains NUTS. Salt 8.3 6.9 Carbs 42.5 Sugar 32.0 26.6 Fibre 0.7 0.6 Protein 5.8 4.8 Salt 0.41 0.30					
Crème Pat (V) Shortening (Palm Oil, Rapeseed Oil), Dark Chocoate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithins; Natural Vanilla Flavour), Speculoos Biscuit Crumb (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Salt, Cinnamon)), Rapeseed Oil, Modified Potato Starch, Sugar, Natural Flavouring, Modified Maize Starch, Caramelised Sugar Syrup, Salt. May contains NUTS. Carbs 42.5 Sugar 32.0 26.6 Fibre 0.7 0.6 Protein 5.8 4.8 Salt 0.41 0.30	Caramel Chouxnu				
Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Salt, Cinnamon)), Rapeseed Oil, Modified Potato Starch, Sugar, Natural Flavouring, Modified Maize Starch, Caramelised Sugar Syrup, Salt. May contains NUTS. Fibre 0.7 0.6 Protein 5.8 4.8 Salt 0.41 0.30	Crème Pat	Shortening (Palm Oil, Rapeseed Oil), Dark Chocoate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA			
Rapeseed Oil, Modified Potato Starch, Sugar, Natural Flavouring, Modified Maize Starch, Caramelised Sugar Syrup, Salt. May contains NUTS. Protein 5.8 4.8 Salt 0.41 0.30	(V)		Sugar	32.0	26.6
Syrup, Salt. May contains NUTS. Protein 5.8 4.8 Salt 0.41 0.30			Fibre	0.7	0.6
			Protein	5.8	4.8
Portion weight (g) 83					0.30
			Portion v	veight (g)	83

CAKES

	CAKES			
PRODUCT	INGREDIENTS	1	NUTRITION.	AL INFO
		KJ	per 100g 1869	per portion (g) 2131
		Kcal	448	511
	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Brown Sugar, Margarine (Palm Oil,	Fat	26.3	30.0
Pecan Pie	Rapeseed Oil, Water, Natural Flavouring), PECAN NUTS , Invert Sugar Syrup, Water, Coconut Milk (Coconut Extract, Water), Sugar, Shortening (Palm Oil, Rapeseed Oil), Flax Seeds, Glucose Syrup, Modified Maize Starch, Natural	Sat	7.9	9.0
(Vg)	Flavouring, Salt, Modified Potato Starch, Thickeners: Guar Gum, Agar; Pastry Stabiliser (Wheat Flour, Wallow)	Carbs	47.1	53.7
(3)	Calcium Carbonate, Iron, Niacin, Thiamin), Pastry Stabiliser: L-Cysteine), Gelling Agent: Pectin; Caramelised Sugar	Sugar	28.4	32.4
	Syrup. May contains EGG, MILK and SOYA.	Fibre	2.6	3.0
		Protein	4.3	4.9
		Salt	0.33 weight (g)	0.38 114
		1 0111011	per 100g	per portion (g)
		KJ	1542	1681
	Sponge Cake (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Black Treacle, Whole	Kcal	369	402
	MILK, Soft Light Brown Sugar, EGG, Candied Ginger (5%) (Candied Ginger (Ginger, Sugar), Icing Sugar),	Fat	12.9	14.1
Sticky Ginger Loaf	Margarine (Vegetable Oils (Sustainable Palm, Rapeseed), Water, Salt, Emulisifier: Polyglycerol Esters Of Fatty	Sat	7.8	8.5
(V)	Acids; Colours: Curcumin, Annatto Bixin), Flavourings), Coconut Oil, Ground Ginger (1%), Raising Agent (Sodium Bicarbonate), Salt], Topping [Caramel (7%) (Sweetened Condensed MILK (MILK, Sugar), Salted Butter (Butter	Carbs	56.7	61.8
	(MILK), Salt), Glucose Syrup, Water, Sugar, Stabiliser: Pectin), Crystallised Ginger (3%), Mixed Spice]. May contain	Sugar	33.0	36.0
	NUTS, PEANUTS, SESAME, SOYA and SULPHITES.	Fibre Protein	1.1 4.2	1.2 4.6
		Salt	0.86	0.90
			weight (g)	109
			per 100g	per portion (g)
	Sponge (WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar, Rapeseed	KJ	1674	2410
	Oil, SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum; Water, Apple Puree, Coffee	Kcal	400	576
	(1%), Raising Agents: Diphosphates, Sodium Carbonates; Salt, Natural Flavouring], Frosting [Icing Sugar, Violife	Fat	18.0	25.9
Coffee and Caramel Cake	Creamy (Water, Coconut Oil, Potato Starch, Sea Salt, Acidity Regulator: Glucono Delta-Lactone; Natural Flavourings, Olive, Vitamin B12), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water,	Sat	3.2	4.6
(Vg)	Sea Salt, Fava Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavourings, Colour: Carotenes), Water,	Carbs	57.5	82.8
	Coffee (<1%)], Topping [Caramel (2%) [Sugar, Glucose Syrup, Water, Vegetable Fat (Shea), Partially Inverted Refiners Syrup, Fava Bean Flour, Caramelised Sugar, Salt, Emulsifiers: Mono- and Di-Glycerides of Fatty Acids,	Sugar Fibre	37.5 1.1	54.0 1.6
	Lecithins (Sunflower, Rapeseed); Natural Flavouring]. May contain EGG, MILK, NUTS, PEANUTS, SESAME and	Protein	2.7	3.9
	SULPHITES.	Salt	0.71	1.00
		Portion	weight (g)	144
		Portion	weight (g) per 100g	per portion (g)
		KJ	per 100g 1819	per portion (g) 2401
		KJ Kcal	per 100g 1819 435	per portion (g) 2401 574
	Sugar, WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Rapeseed Oil, Pasteurised Free Range EGG , Water, Anicot Irom (8%) (Chucose-Fructose Syrup, Anicot Puree, Acidity Regulators: Citric Acid Trisodium Citrate:	KJ Kcal Fat	per 100g 1819 435 21.1	per portion (g) 2401 574 27.8
Battenberg Layer Cake	Sugar, WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Rapeseed Oil, Pasteurised Free Range EGG , Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and	KJ Kcal Fat Sat	per 100g 1819 435 21.1 3.5	per portion (g) 2401 574 27.8 4.6
Battenberg Layer Cake (V)	Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and diglycerides of fatty acids; Natural Flavouring), Skimmed MILK Powder, Baking Powder (Raising Agents: Glucono	KJ Kcal Fat Sat Carbs	per 100g 1819 435 21.1 3.5 55.6	per portion (g) 2401 574 27.8 4.6 73.4
	Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm 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	KJ Kcal Fat Sat Carbs	per 100g 1819 435 21.1 3.5	per portion (g) 2401 574 27.8 4.6 73.4 49.9
	Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and diglycerides of fatty acids; Natural Flavouring), Skimmed MILK Powder, Baking Powder (Raising Agents: Glucono	KJ Kcal Fat Sat Carbs	per 100g 1819 435 21.1 3.5 55.6 37.8	per portion (g) 2401 574 27.8 4.6 73.4
	Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm 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	KJ Kcal Fat Sat Carbs Sugar Fibre	per 100g 1819 435 21.1 3.5 55.6 37.8 0.9	per portion (g) 2401 574 27.8 4.6 73.4 49.9
	Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and diglycerides of fatty acids; Natural Flavouring), Skimmed Milk Powder, Baking Powder (Raising Agents: Glucono delta-lactone, Sodium carbonates, Potassium tartrate; Maize Starch), Vanilla Flavouring, Concentrated Lemon	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1819 435 21.1 3.5 55.6 37.8 0.9 4.4	per portion (g) 2401 574 27.8 4.6 73.4 49.9 1.2 5.8 0.65
	Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and diglycerides of fatty acids; Natural Flavouring), Skimmed Milk Powder, Baking Powder (Raising Agents: Glucono delta-lactone, Sodium carbonates, Potassium tartrate; Maize Starch), Vanilla Flavouring, Concentrated Lemon	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1819 435 21.1 3.5 55.6 37.8 0.9 4.4 0.49 weight (g) per 100g	per portion (g) 2401 574 27.8 4.6 73.4 49.9 1.2 5.8 0.65 132 per portion (g)
	Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and diglycerides of fatty acids; Natural Flavouring), Skimmed MILK Powder, Baking Powder (Raising Agents: Glucono delta-lactone, Sodium carbonates, Potassium tartrate; Maize Starch), Vanilla Flavouring, Concentrated Lemon Juice, Marzipan Flavouring, Colour: Anthocyanins, Caramelised Sugar Syrup. Carrot Cake (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar (Sugar,	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 0.49 weight (g) per 100g 1539	per portion (g) 2401 574 27.8 4.6 73.4 49.9 1.2 5.8 0.65 132 per portion (g) 2093
	Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and diglycerides of fatty acids; Natural Flavouring), Skimmed Milk Powder, Baking Powder (Raising Agents: Glucono delta-lactone, Sodium carbonates, Potassium tartrate; Maize Starch), Vanilla Flavouring, Concentrated Lemon Juice, Marzipan Flavouring, Colour: Anthocyanins, Caramelised Sugar Syrup. 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,	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal	per 100g 1819 435 21.1 3.5 55.6 37.8 0.9 4.4 0.49 weight (g) per 100g 1539 366	per portion (g) 2401 574 27.8 4.6 73.4 49.9 1.2 5.8 0.65 132 per portion (g) 2093 498
(V)	Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and diglycerides of fatty acids; Natural Flavouring), Skimmed MILK Powder, Baking Powder (Raising Agents: Glucono delta-lactone, Sodium carbonates, Potassium tartrate; Maize Starch), Vanilla Flavouring, Concentrated Lemon Juice, Marzipan Flavouring, Colour: Anthocyanins, Caramelised Sugar Syrup. Carrot Cake (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar (Sugar,	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat	per 100g 1819 435 21.1 3.5 55.6 37.8 0.9 4.4 0.49 weight (g) per 100g 1539 366 13.8	per portion (g) 2401 574 27.8 4.6 73.4 49.9 1.2 5.8 0.65 132 per portion (g) 2093 498 18.8
(V) Carrot Cake	Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and 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. Carrot Cake [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar (Sugar, Cane Molasses), Carrots (13%), Pasteurised Orange Comminute, Rapeseed Oil, SOYA Drink (Water, SOYA Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Sultanas (2%), WALNUTS (2%), Raising Agents: Sodium Bicarbonate, Diphosphates; Lemon Juice, Ground Flax Seeds, Mixed Spices (Coriander, Cassia, Ginger, Nutmeg, Fennel, Clove, Cardamon), Ground Cinnamon, Salt), Ling [Icing Sugar, Vegetable Fat (Shea Butter, Water,	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat	per 100g 1819 435 21.1 3.5 55.6 37.8 0.9 4.4 0.49 weight (g) per 100g 1539 366 13.8 3.4	per portion (g) 2401 574 27.8 4.6 73.4 49.9 1.2 5.8 0.65 132 per portion (g) 2093 498 18.8 4.6
(V)	Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and diglycerides of fatty acids; Natural Flavouring), Skimmed MILK Powder, Baking Powder (Rasing Agents: Glucono delta-lactone, Sodium carbonates, Potassium tartrate; Maize Starch), Vanilla Flavouring, Concentrated Lemon Juice, Marzipan Flavouring, Colour: Anthocyanins, Caramelised Sugar Syrup. Carrot Cake (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar (Sugar, Cane Molasses), Carrots (13%), Pasteurised Orange Comminute, Rapeseed Oil, SOYA Drink (Water, SOYA Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Sultanas (2%), WALNUTS (2%), Raising Agents: Sodium Bicarbonate, Diphosphates; Lemon Juice, Ground Flax Seeds, Mixed Spices (Coriander, Cassia, Ginger, Nutmeg,	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat Carbs	per 100g 1819 435 21.1 3.5 55.6 37.8 0.9 4.4 0.49 weight (g) per 100g 1539 366 13.8	per portion (g) 2401 574 27.8 4.6 73.4 49.9 1.2 5.8 0.65 132 per portion (g) 2093 498 18.8
(V) Carrot Cake	Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and diglycerides of fathy 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. Carrot Cake [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar (Sugar, Cane Molasses), Carrots (13%), Pasteurised Orange Comminute, Rapeseed Oil, SOYA Drink (Water, SOYA Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Sultanas (2%), WALNUTS (2%), Raising Agents: Sodium Bicarbonate, Diphosphates; Lemon Juice, Ground Flax Seeds, Mixed Spices (Coriander, Cassia, Ginger, Nutmeg, Fennel, Clove, Cardamon), Ground Cinnamon, Salt), Icing (Icing Sugar, Vegetable Fat (Shea Butter, Water, Caconut 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,	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat	per 100g 1819 435 21.1 3.5 55.6 0.9 4.4 0.49 weight (g) per 100g 1539 366 13.8 3.4 58.1	per portion (g) 2401 574 27.8 4.6 73.4 49.9 1.2 5.8 0.65 132 per portion (g) 2093 498 18.8 4.6 79.0
(V) Carrot Cake	Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and 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. Carrot Cake (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar (Sugar, Cane Molasses), Carrots (13%), Pasteurised Orange Comminute, Rapeseed Oil, SOYA Drink (Water, SOYA Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Sultanas (2%), WALNUTS (2%), Raising Agents: Sodium Bicarbonate, Diphosphates; Lemon Juice, Ground Flax Seeds, Mixed Spices (Coriander, Cassia, Ginger, Nutmeg, Fennel, Clove, Cardamon), Ground Cinnamon, Salt), Loing (Icing Sugar, Vegetable Fat (Shea Butter, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Rapeseed/Sunflower Lecithin; Lemon Juice, Natural Flavouring), Food Preparation with Coconut Oil (Water, Coconut Oil, Potato Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone; Natural Flavouring, Olive Oil, Vitamin B12), Orange Oil), Des Salt, Acidity Regulator: Glucono-Delta-Lactone; Natural Flavouring, Olive Oil, Vitamin B12), Orange Oil), Des Salt, Acidity Regulator: Suced Marigold Petals). May contain other cereals containing GLUTEN, EGG, MILK, other NUTS, PEANUTS, SESAME,	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat Carbs Sugar	per 100g 1819 435 21.1 3.5 55.6 0.9 4.4 0.49 weight (g) per 100g 1539 366 13.8 3.4 58.1 37.0	per portion (g) 2401 574 27.8 4.6 73.4 49.9 1.2 5.8 0.65 132 per portion (g) 2093 498 18.8 4.6 79.0 50.3
(V) Carrot Cake	Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and diglycerides of fathy 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. Carrot Cake [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar (Sugar, Cane Molasses), Carrots (13%), Pasteurised Orange Comminute, Rapeseed Oil, SOYA Drink (Water, SOYA Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Sultanas (2%), WALNUTS (2%), Raising Agents: Sodium Bicarbonate, Diphosphates; Lemon Juice, Ground Flax Seeds, Mixed Spices (Coriander, Cassia, Ginger, Nutmeg, Fennel, Clove, Cardamon), Ground Cinnamon, Salt), Icing (Icing Sugar, Vegetable Fat (Shea Butter, Water, Caconut 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,	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Fat Sat Carbs	per 100g 1819 435 21.1 3.5 55.6 37.8 0.9 4.4 0.49 weight (g) per 100g 1539 366 13.8 3.4 58.1 37.0 1.9	per portion (g) 2401 574 27.8 4.6 73.4 49.9 1.2 5.8 0.65 132 per portion (g) 2093 498 18.8 4.6 79.0 50.3 2.6 4.6 1.09
(V) Carrot Cake	Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and 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. Carrot Cake (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar (Sugar, Cane Molasses), Carrots (13%), Pasteurised Orange Comminute, Rapeseed Oil, SOYA Drink (Water, SOYA Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Sultanas (2%), WALNUTS (2%), Raising Agents: Sodium Bicarbonate, Diphosphates; Lemon Juice, Ground Flax Seeds, Mixed Spices (Coriander, Cassia, Ginger, Nutmeg, Fennel, Clove, Cardamon), Ground Cinnamon, Salt), Loing (Icing Sugar, Vegetable Fat (Shea Butter, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Rapeseed/Sunflower Lecithin; Lemon Juice, Natural Flavouring), Food Preparation with Coconut Oil (Water, Coconut Oil, Potato Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone; Natural Flavouring, Olive Oil, Vitamin B12), Orange Oil), Des Salt, Acidity Regulator: Glucono-Delta-Lactone; Natural Flavouring, Olive Oil, Vitamin B12), Orange Oil), Des Salt, Acidity Regulator: Suced Marigold Petals). May contain other cereals containing GLUTEN, EGG, MILK, other NUTS, PEANUTS, SESAME,	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Fat Sat Carbs	per 100g 1819 435 21.1 3.5 55.6 37.8 0.9 4.4 0.49 weight (g) 1539 366 13.8 3.4 58.1 37.0 1.9 3.4 0.80 weight (g)	per portion (g) 2401 574 27.8 4.6 73.4 49.9 1.2 5.8 0.65 132 per portion (g) 2093 498 18.8 4.6 79.0 50.3 2.6 4.6 1.09
(V) Carrot Cake	Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and 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. Carrot Cake [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar (Sugar, Cane Molasses), Carrots (13%), Pasteurised Orange Comminute, Rapeseed Oil, SOYA Drink (Water, SOYA Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Sultanas (2%), WALNUTS (2%), Raising Agents: Sodium Bicarbonate, Diphosphates; Lemon Juice, Ground Flax Seeds, Mixed Spices (Coriander, Cassia, Ginger, Nutmeg, Fennel, Clove, Cardamon), Ground Cinnamon, Salt), Ling [Ling Sugar, Vegetable Fat (Shea Butter, Water, Caconut 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.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat Carbs Sugar Fibre Protein Satl Fat Satl Carbs Sugar Fibre Protein	per 100g 1819 435 21.1 3.5 55.6 0.9 4.4 0.49 weight [g] per 100g 1539 3.6 13.8 3.4 58.1 37.0 1.9 3.4 0.80 weight [g] per 100g	per portion (g) 2401 574 27.8 4.6 73.4 49.9 1.2 5.8 0.65 132 per portion (g) 2093 498 18.8 4.6 79.0 50.3 2.6 4.6 1.09 136 per portion (g)
(V) Carrot Cake	Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and 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. Carrot Cake (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar (Sugar, Cane Molasses), Carrots (13%), Pasteurised Orange Comminute, Rapeseed Oil, SOYA Drink (Water, SOYA Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Sultanas (2%), WALNUTS (2%), Raising Agents: Sodium Bicarbonate, Diphosphates; Lemon Juice, Ground Flax Seeds, Mixed Spices (Coriander, Cassia, Ginger, Nutmeg, Fennel, Clove, Cardamon), Ground Cinnamon, Salt), Icing Ilcing Sugar, Vegetable Fat (Shea Butter, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Rapeseed/Sunflower Lecithin; Lemon Juice, Natural Flavouring), Food Preparation with Coconut Oil (Water, Coconut Oil, Potato Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone; Natural Flavouring, Olive Oil, Vitamin B12), Orange Oil), Decoration (Pumpkin Seeds, Dried Marigold Petals). May contain other cereals containing GLUTEN, EGG, MILK, other NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Carbs Sugar Fibre Protein Sat Carbs KJ Kal	per 100g 1819 435 21.1 3.5 55.6 0.9 4.4 0.49 weight (g) per 100g 1539 366 13.8 3.4 58.1 37.0 1.9 3.4 0.80 weight (g) per 100g	per portion (g) 2401 574 27.8 4.6 73.4 49.9 1.2 5.8 0.65 132 per portion (g) 2093 498 18.8 4.6 79.0 50.3 2.6 4.6 1.09 136 per portion (g)
(V) Carrot Cake	Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and 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. Carrot Cake [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar (Sugar, Cane Molasses), Carrots (13%), Pasteurised Orange Comminute, Rapeseed Oil, SOYA Drink (Water, SOYA Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Sultanas (2%), WALNUTS (2%), Raising Agents: Sodium Bicarbonate, Diphosphates; Lemon Juice, Ground Flax Seeds, Mixed Spices (Coriander, Cassia, Ginger, Nutmeg, Fennel, Clove, Cardamon), Ground Cinnamon, Salt), Ling [Ling Sugar, Vegetable Fat (Shea Butter, Water, Caconut 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.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat Carbs Sugar Fibre Protein Satl Fat Satl Carbs Sugar Fibre Protein	per 100g 1819 435 21.1 3.5 55.6 0.9 4.4 0.49 weight [g] per 100g 1539 3.6 13.8 3.4 58.1 37.0 1.9 3.4 0.80 weight [g] per 100g	per portion (g) 2401 574 27.8 4.6 73.4 49.9 1.2 5.8 0.65 132 per portion (g) 2093 498 18.8 4.6 79.0 50.3 2.6 4.6 1.09 136 per portion (g)
Carrot Cake (Vg)	Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and diglycerides of fatty acids; Natural Flavouring), Skimmed Milk Powder, Baking Powder (Raising Agents: Glucono delta-lactone, Sodium carbonates, Potassium tartrate; Maize Starch), Vanilla Flavouring, Concentrated Lemon Juice, Marzipan Flavouring, Colour: Anthocyanins, Caramelised Sugar Syrup. Carrot Cake (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar (Sugar, Cane Molasses), Carrots (13%), Pasteurised Orange Comminute, Rapeseed Oil, SOYA Drink (Water, SOYA Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Sultanas (2%), WALNUTS (2%), Raising Agents: Sodium Bicarbonate, Diphosphates; Lemon Juice, Ground Flax Seeds, Misused Spices (Coriander, Cassia, Ginger, Nutmeg, Fennel, Clove, Cardamon), Ground Cinnamon, Salt), Loing (Icing Sugar, Vegetable Fat (Shea Butter, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Rapeseed/Sunflower Lecithin; Lemon Juice, Natural Flavouring), Food Preparation with Coconut Oil (Water, Coconut Oil, Potato Starch, Sea Salt), Acidity Regulator: Glucono-Delta-Lactone; Natural Flavouring, Olive Oil, Vitamin B12), Orange Oil), Decoration (Pumphin Seeds, Dried Marigold Petals). May contain other cereals containing GLUTEN, EGG, MILK, other NUTS, PEANUTS, SESAME, SOYA, and SULPHITES. Chocolate Cake (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soya Drink (Water, SOYA Bean, Sugar, Natural Ravouring, Stabiliser: Gellan Gum), Light Brown Soft Sugar (Sugar, Cane Molasses), Apple Puree, Rapeseed Oil, Fat Reduced Cocoa Powder (4%), Ground Flax Seeds, Raising Agents: Diphosphates, Sodium Carbonates; Salt), Chocolate Ganache (Non Doily Cream Alternative (Lentil Protein Preparation (Water,	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Carbs Sugar Fibre Protein Salt Carbs Sugar Fibre Frotein Salt Carbs Sugar Fibre Rotein Salt Fortion	per 100g 1819 435 21.1 3.5 55.6 37.8 0.9 4.4 0.49 weight (g) per 100g 1539 366 13.8 3.4 58.1 37.0 1.9 3.4 0.80 weight (g) per 100g	per portion (g) 2401 574 27.8 4.6 73.4 49.9 1.2 5.8 0.65 132 per portion (g) 2093 498 18.8 4.6 79.0 50.3 2.6 4.6 1.09 136 per portion (g) 1858 444
Carrot Cake (Vg) Deluxe Dark Chcolate Cake	Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and diglycerides of fatty acids; Natural Flavouring), Skimmed MILK Powder, Raking Powder (Raking Agents: Glucono delta-lactone, Sodium carbonates, Polassium tartrate; Maize Starch), Vanilla Flavouring, Concentrated Lemon Juice, Marzipan Flavouring, Colour: Anthocyanins, Caramelised Sugar Syrup. Carrot Cake (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar (Sugar, Cane Molasses), Carrots (13%), Pasteurised Orange Comminute, Rapeseed Oil, SOYA Drink (Water, SOYA Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Sultanas (2%), WALNUTS (2%), Raising Agents: Sodium Bicarbonate, Diphosphates; Lemon Juice, Ground Flax Seeds, Mixed Spices (Coriander, Cassia, Ginger, Nutmeg, Fennel, Clove, Cardamon), Ground Cinnamon, Salt), Laing (Icing Sugar, Vegetable Fat (Shea Butter, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Rapeseed/Sunflower Lecithin; Lemon Juice, Natural Flavouring), Food Preparation with Coconut Oil (Water, Coconut Oil, Potato Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone; Natural Flavouring, Olive Oil, Vitamin B12), Orange Oil), Decoration (Pumpkin Seeds, Dried Marigold Petals). May contain other cereals containing GLUTEN, EGG, MILK, other NUTS, PEANUTS, SESAME, SOYA, and SULPHITES. Chocolate Cake (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soya Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Light Brown Soft Sugar (Sugar, Cane Molasses), Apple Puree, Rapeseed Oil, Fat Reduced Cocoa Powder (4%), Ground Flax Seeds, Raising Agents: Diphosphates, Sodium Carbonates; Salt), Chocolate Ganache (Non Dainy Cream Alternative (Lentil Protein Preparation (Water, Lentil Flour), Rapeseed Oil, Coconut Fat, Sugar, Modified Potato Starch, Emulsifier: Polysorbate 60; Stabil	KJ Kcal Fat Sat Carbs Sugar Fibre Protein KJ Kcal Fat Satt Carbs Sugar Fibre Protein Sugar Fibre Frotein Salt Carbs Sugar Fibre Frotein Salt Fat Carbs Fibre Frotein Fat	per 100g 1819 435 21.1 3.5 55.6 37.8 0.9 4.4 0.49 weight (g) per 100g 1539 366 13.8 3.4 58.1 37.0 1.9 3.4 0.80 weight (g) per 100g 1440 344 16.5	per portion (g) 2401 574 27.8 4.6 73.4 49.9 1.2 5.8 0.65 132 per portion (g) 2093 498 18.8 4.6 79.0 50.3 2.6 4.6 1.09 136 per portion (g) 1858 444 21.3
Carrot Cake (Vg)	Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and diglycerides of fatty acids; Natural Flavouring), Skimmed Milk Powder, Baking Powder (Raising Agents: Glucono delta-lactone, Sodium carbonates, Potassium tartrate; Maize Starch), Vanilla Flavouring, Concentrated Lemon Juice, Marzipan Flavouring, Colour: Anthocyanins, Caramelised Sugar Syrup. Carrot Cake [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar (Sugar, Cane Molasses), Carrots (13%), Pasteurised Orange Comminute, Rapeseed Oil, SOYA Drink (Water, SOYA Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Sultanas (2%), WALNUTS (2%), Raising Agents: Sodium Bicarbonate, Diphosphates; Lemon Juice, Ground Flax Seeds, Mixed Spices (Coriander, Cassia, Ginger, Nutmeg, Fennel, Clove, Cardamon), Ground Cinnamon, Salt), Loing [lcing Sugar, Vegetable Fat (Shea Butter, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Rapeseed/Sunflower Lecithin; Lemon Juice, Natural Flavouring), Food Preparation with Coconut Oil (Water, Coconut Oil, Potato Starch, Sea Salt), Acidity Regulator: Glucono-Delta-Lactone; Natural Flavouring, Olive Oil, Vitamin B12), Orange Oill, Decoration (Pumphin Seeds, Dried Marigold Petals). May contain other cereals containing GLUTEN, EGG, MILK, other NUTS, PEANUTS, SESAME, SOYA, and SULPHITES. Chocolate Cake [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soya Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Light Brown Soft Sugar (Sugar, Cane Molasses), Apple Puree, Rapeseed Oil, Fat Reduced Cocoa Powder (4%), Ground Flax Seeds, Raising Agents: Diphosphates, Sodium Carbonates; Salt), Chocolate Ganache (Non Dairy Cream Alternative (Lentil Protein Preparation (Water, Lentil Flour), Rapeseed Oil, Coconut Fat, Sugar, Modified Potato Starch, Emulsifier: Polysorbace Oil Stab	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat Carbs Sugar Fibre Protein Sugar Fibre Frotein Salt Carbs Sugar Fibre Frotein Salt Fortion Salt Fortion Salt Fortion KJ	per 100g 1819 435 21.1 3.5 55.6 37.8 0.9 4.4 0.49 weight (g) per 100g 1539 366 13.8 3.4 58.1 37.0 1.9 3.4 0.80 weight (g) per 100g 1440 344 16.5 4.4	per portion (g) 2401 574 27.8 4.6 73.4 49.9 1.2 5.8 0.65 132 per portion (g) 2093 498 18.8 4.6 79.0 50.3 2.6 4.6 1.09 136 per portion (g) 1858 444 21.3 5.7
Carrot Cake (Vg) Deluxe Dark Chcolate Cake	Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and diglycerides of fatty acids; Natural Flavouring), Skimmed Milk Powder, Raking Powder (Raking Agents: Glucono delta-lactone, Sodium carbonates, Potassium tartrate; Maize Starch), Vanilla Flavouring, Concentrated Lemon Juice, Marzipan Flavouring, Colour: Anthocyanins, Caramelised Sugar Syrup. Carrot Cake (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar (Sugar, Cane Molasses), Carrots (13%), Pasteurised Orange Comminute, Rapeseed Oil, SOYA Drink (Water, SOYA Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Sultanas (2%), WALNUTS (2%), Raising Agents: Sodium Bicarbonate, Diphosphates; Lemon Juice, Ground Flax Seeds, Mixed Spices (Coriander, Cassia, Ginger, Nutmeg, Fennel, Clove, Cardamon), Ground Cinnamon, Salt), Icing (Icing Sugar, Vegetable Fot Shae Butter, Water, Coconut Oil, Rapeseed Oil, Solt, 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. Chocolate Cake (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soya Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Light Brown Soft Sugar (Sugar, Cane Molasses), Apple Puree, Rapeseed Oil, Fat Reduced Cocoa Powder (4%), Ground Flax Seeds, Raising Agents: Diphosphates, Sodium Carbonates; Saltl), Chocolate Ganache (Non Dairy Cream Alternative (Lentil Protein Preparation (Water, Lentil Flour), Rapeseed Oil, Coconut Fat, Sugar, Modified Potato Starch, Emulsifier: Polysorbate 60; Stabil	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Fat Sat Carbs Sugar Fibre Frotein Sat Sat Carbs Sugar Fibre Frotein Sugar Fibre Frotein Sugar Fibre Sugar Fibre Sugar Fibre Sugar Fibre Sugar Fibre Fat Sugar Fibre Fat Sugar Fibre	per 100g 1819 435 21.1 3.5 55.6 37.8 0.9 4.4 0.49 weight [g] per 100g 1539 366 13.8 3.4 58.1 37.0 1.9 3.4 0.80 weight [g] per 100g 1440 344 16.5 24.4 3.0	per portion (g) 2401 574 27.8 4.6 73.4 49.9 1.2 5.8 0.65 132 per portion (g) 2093 498 18.8 4.6 79.0 50.3 2.6 4.6 1.09 136 per portion (g) 1858 444 21.3 5.7 58.7 31.5
Carrot Cake (Vg) Deluxe Dark Chcolate Cake	Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and 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. Carrot Cake [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar (Sugar, Cane Molasses), Carrots (13%), Pasteurised Orange Comminute, Rapeseed Oil, SOYA Drink (Water, SOYA Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Sultanas (2%), WALNUTS (2%), Raising Agents: Sodium Bicarbonate, Diphosphates; Lemon Juice, Ground Flax Seeds, Mixed Spices (Coriander, Cassia, Ginger, Nutmeg, Fennel, Clove, Cardamon), Ground Cinnamon, Salt), Loing [lcing Sugar, Vegetable Fat (Shea Butter, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Rapeseed/Sunflower Lecithin; Lemon Juice, Natural Flavouring), Food Preparation with Coconut Oil (Water, Coconut Oil, Potato Starch, Sea Salt), Acidity Regulator: Glucono-Delta-Lactone; Natural Flavouring, Olive Oil, Vitamin B12), Orange Oill, Decoration (Pumphin Seeds, Dried Marigold Petals). May contain other cereals containing GLUTEN, EGG, MILK, other NUTS, PEANUTS, SESAME, SOYA, and SULPHITES. Chocolate Cake [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soya Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Light Brown Soft Sugar (Sugar, Cane Molasses), Apple Puree, Rapeseed Oil, Fat Reduced Cocoa Powder (4%), Ground Flax Seeds, Raising Agents: Diphosphates, Sodium Carbonates; Salt), Chocolate Ganache (Non Dairy Cream Alternative (Lentil Protein Preparation (Water, Lentil Flour), Rapeseed Oil, Coconut Fat, Sugar, Modified Potato Starch, Emulsifier: Polysorbace Oil Stab	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat Carbs Sugar Fibre Protein KJ Kcal Fat Carbs Sugar Fibre Fibre Fortion KJ Kcal Fat Satt Portion KJ Kcal Fat Sugar Fibre Frotein Fat Satt Carbs	per 100g 1819 435 21.1 3.5 55.6 37.8 0.9 4.4 0.49 weight (g) per 100g 1539 366 13.8 3.4 58.1 37.0 1.9 3.4 0.80 weight (g) per 100g 1440 344 16.5 4.4 3.0 4.8	per portion (g) 2401 574 27.8 4.6 73.4 49.9 1.2 5.8 0.65 132 per portion (g) 2093 498 18.8 4.6 79.0 50.3 2.6 4.6 1.09 136 per portion (g) 1858 444 21.3 5.7 58.7 31.5 3.9 6.2
Carrot Cake (Vg) Deluxe Dark Chcolate Cake	 Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent; Pectin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and diglycerides of fathy 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. Carrot Cake [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar (Sugar, Cane Molasses), Carrots (13%), Pasteurised Orange Comminute, Rapeseed Oil, SOYA Drink (Water, SOYA Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Sultanas (2%), WALNUTS (2%), Raising Agents: Sodium Bicarbonate, Diphosphates; Lemon Juice, Ground Flax Seeds, Mixed Spices (Coriander, Cassia, Ginger, Nutmeg, Fennel, Clove, Cardamon), Ground Cinnamon, Salt), Icing [Icing Sugar, Vegetable Fat (Shea Butter, Water, Caconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Rapeseed/Sunflower Lecithin; Lemon Juice, Natural Flavouring), Food Preparation with Coconut Oil (Water, Coconut Oil, Potato Starch, Sa 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. Chocolate Cake [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soya Drink (Water, SOYA, and SULPHITES. Chocolate Cake [Oil, Coconut Fat, Sugar, Modified Potato Starch, Emulsifier: Polysorbate 60; Stabilisers: Stabiliser: Gellan Gum), Light Brown Soft Sugar, Cane Molasses), Apple Puree, Rapeseed Oil, Coconut Fat, Sugar, Modified Potato Starch, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Dark Chocolate Shavings (3%) (Sugar, Cocoa Mass, Cocoa Butter, E	KJ Kcal Fat Sat Carbs Sugar Fibre Protein KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat Carbs Sugar Fibre Fat Sat Carbs Sugar Fibre Sat Carbs Sugar Fibre	per 100g 1819 435 21.1 3.5 55.6 37.8 0.9 4.4 0.49 weight [g] per 100g 1539 366 13.8 3.4 58.1 37.0 1.9 3.4 0.80 weight [g] per 100g 1440 344 16.5 24.4 3.0	per portion (g) 2401 574 27.8 4.6 73.4 49.9 1.2 5.8 0.65 132 per portion (g) 2093 498 18.8 4.6 79.0 50.3 2.6 4.6 1.09 136 per portion (g) 1858 444 21.3 5.7 58.7 31.5

CAKES

PRODUCT INGREDIENTS NUTRITIONAL INFO per 100g per portion (g) 1327 1261 WHEAT Flour, Pasteurized fresh cream (MILK) (19.2%), Sugar, Raspberries Purée (9.9%) (Raspberries, Sugar), EGGS, MILK, Butter (MILK), Water, Natural Yeast (WHEAT Flour, Water), Vegetable fat (Palm), PISTACHIOS paste (NUTS) (1.4%), Dextrose, Yeast, Candied orange peel paste (Orange Peel, Glucose-Fructose Syrup, Sugar), Candied lemon peel paste (Lemon Peel, Glucose-Fructose Syrup, Sugar), Salt, Starch, Fruit preparation based on Ciaculli late mandarine (Ciacullii late mandarin, Sugar, Glucose Syrup, Lemon Juice), Honey, Stabilisers Sorbitols Syrup 317 Kcal 301 Fat 16.3 15.5 9.0 Pistachio Cream Bun 31.0 Carbs (V) and Hydroxypropyl cellulose, Blueberries purée (Blueberries, Sugar), Gelling agent Pectins, Emulsifiers Lecithins (of sunflower) and Mono- and diacetyl tartaric acid esters of mono and diglycerides of fatty acids, **MILK** Proteins, Sugar 17.7 16.8 Fibre 7.2 6.8 Natural Flavourings, Exhausted vanilla beans powder. May contain other NUTS, MUSTARD, and SOYA. Protein 6.4 6.0 Salt 0.36 0.34 Portion weight (g) 95 per 100g per portion (g) 1659 1078 Kcal 397 258 21.5 14.0 Free Range Pasteurised Whole **EGG**, Caster Sugar, Gluten Free Flour (Rice, Tapioca, Potato, Thickener: Xanthan Fat Gum; Black Cherry Jam (14%) [Sugar, Black Cherries, Gelling Agent: Citrus Pectin; Acidity Regulator: Citric Acid; Sat 6.7 44 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 Portion weight (g) 65 MILELINS & CILPCAKES

PRODUCT	INGREDIENTS	N	UTRITION.	AL INFO
		KJ	per 100g 1431	per portion (g) 1502
		Kcal	342	359
	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, EGG, Rapeseed oil, Blueberry (11%), — Blueberry Puree (9%) (Blueberry, Sugar, Water, Modified Maize Starch, Preservative: Potassium sorbate; Natural Flavouring, Acidity regulator: Citric acid), Water, Buttermilk (MILK) (2%), Raising Agents: Potassium carbonates,	Fat	15.5	16.3
Blueberry Muffin		Sat	1.8	1.9
(V)	Sodium carbonates, Diphosphates, Calcium phosphates; Inulin, Palm Oil, MILK Proteins, WHEAT Starch, Modified	Carbs	44.1	46.3
(-7	Maize Starch, WHEAT Gluten, Preservative: Potassium sorbate, Emulsifiers: Mono-and diglycerides of fatty acids, Polyglycerol esters of fatty acids; Stabiliser: Xanthan gum; Salt, Glucose Syrup, Lemon Oil, Acidity regulator: Citric acid, Natural Flavourings, Colour: Carotenes.	Sugar	21.1	22.1
		Fibre	1.2	1.3
		Protein	5.8	6.1
		Salt	0.44	0.46
			veight (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	Fat	15.1	15.9
cilian Lemon Curd Muffin	(SULPHITES), Potassium Metabisulphite (SULPHITES)), Gelling agent: Agar, Lemon Oil], Inulin, Lemon Zest (4%), Water,	Sat	2.2	2.3
(V)	Buttermilk (MILK), Glucose Syrup, Raising Agents: Potassium carbonates, Sodium carbonates, Calcium phosphates, Diphosphates; Palm Oil, MILK Proteins, WHEAT Starch, Modified Maize Starch, Natural Flavourings, Preservative:	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,	Fibre	4.7	4.9
	Preservative: Sodium Metabisulphite (SULPHITES), Colour: Carotenes.	Protein	5.0	5.2
		Salt	0.45	0.48

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.	Fat	18.0	29.0
	Vanilla Buttercream(10%) (Icing Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier: Mono-	Sat	4.0	7.0
	and Diglycerides of Fatty Acids; Flavouring, Colouring: Annatto, Curcumin), Vanilla Flavour (Water, Propylene	Carbs	55.0	89.0
	Glycol, Caramelised Sugar Syrup, Thickener: Xanthan Gum; Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate), Purple Natural Colour (Water, Monopropylene Glycol, Colour: Carmine, Spirulina Extract; Preservative:	Sugar	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 Chocolate (2.4%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: Sunflower Lecithin; Natural Vanilla Flavouring, Paprika Extract, Colouring; Lutein], Pink Sugar Sprinkles (0.8%) [Sugar, Rice Flour, Sunflower Oil,	Protein	3.0	4.0
		Salt	0.40	0.60
		Portion w	veight (g)	160
	Potato Starch, Colour: Radish, Lemon, Blackcurrant)),.			
Summer Cupcakes (V)	Glycol: Colour: Lurmeric II Mixed Fruit Jam (Glucose-Fructose Syrup Mixed Fruits (Apples Plums Rhubarb			
	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%) [Licing Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Orange Coloured Vanilla Buttercream (10%) [Licing 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.			
	TDAVRAKES			

TRAYBAKES

PRODUCT	INGREDIENTS	N	UTRITION.	AL INFO
			per 100g	per portion (g)
		KJ	2133	1386
	Shortbread (44%) (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (MILK),	Kcal	511	332
		Fat	30.3	19.7
Caramel Shortbread	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	Sat	18.1	11.8
(V)	Fatty Acids; Stabiliser: Pectin; Natural Flavouring), Milk Chocolate (16%) (Sugar, Cocoa Butter, Whole MILK Powder,	Carbs	54.0	35.1
Cocoa Mass, Emulsifier: SOYA Lecithin, Natural Flavouring). May contain NUTS and EGG.	Sugar	30.5	19.8	
		Protein	4.9	3.2
		Salt	0.62	0.40
		Portion v	veight (g)	65
			per 100g	per portion (g)
		KJ	1941	1242
	Dark chocolate 17% (cocoa mass, sugar, fat-reduced cocoa powder, emulsifier (sunflower lecithin), natural	Kcal	464	297
carbonate, iron, niacin, thiamin), apple puree, water, plant cream (lentil preparation	vanilla flavouring - contains cocoa solids 74%), coconut oil, dark brown sugar, sugar, WHEAT flour (calcium	Fat	30.0	19.2
	carbonate, Iron, niacin, thiaminj, apple puree, water, plant cream (lentil preparation (water, lentil protein), vegetable oils (coconut, rapeseed), sugar, modified potato starch, emulsifier (polysorbate 60), stabiliser	Sat	22.0	14.1
(Vg)	(methylcellulose, xanthan gum), acidity regulator (trisodium citrate), natural flavour, salt, colour (carotene)), fat-	Carbs	47.0	30.1
(3,	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 cereals containing GLUTEN.	Sugar	34.0	21.8
		Fibre	3.4	2.2
		Protein	4.5	2.9
		Salt	0.71	0.45
		Portion weight (g)		64
			per 100g	per portion (g)
	Free range EGG, dark chocolate 16% (cocoa mass, sugar, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring - contains cocoa solids 72%), coconut oil, soft light sugar, sugar, dark chocolate 7% (sugar, cocoa mass,	KJ	2098	1322
	cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring - contains cocoa solids 47%, fat free cocoa	Kcal	504	317
	solids 14%), milk chocolate 7% (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier (SOYA lecithin),	Fat	32.6	20.5
Triple Chocolate Brownie**	natural vanilla flavouring - contains cocoa solids 27%, milk solids 20%), fat-reduced cocoa powder, gluten-free	Sat	21.4	13.5
(V)	flour blend (rice, potato, tapioca, maize, buckwheat), rapeseed oil, double cream (MILK), salt, raising agent (mono calcium phosphate, corn starch, sodium bicarbonate), stabiliser (xanthan gum). May contain cereals	Carbs	42.4	26.7
	containing GLUTEN, NUTS and SULPHUR DIOXIDE.	Sugar	37.0	23.3
		Fibre	4.3	2.7
	**Although this product is made with gluten free flour, this may not be suitable for people with coeliac/gluten	Protein	6.2	3.9
	allergy due to manufacturing and instore handling methods.	Salt	0.36	0.23
		Portion v	veight (g)	63

TRAYBAKES

	TRAYBAKES				
PRODUCT	INGREDIENTS	N	UTRITION.	AL INFO	
				per portion (g)	
		KCal	1704 408	2334 558	
		Fat	21.2	29.0	
Yoghurt Apple &	OATS (27%), Bramley Apples (16%), Pure Vegetable Margarine (Certified Sustainable Palm Oil, Rapeseed Oil, Salt),	Sat	8.8	12.0	
Blackcurrant Flapjack	Yoghurt Flavoured Topping (13%) (Sugar, Hydrogenated Palm Kernel Oil, Whey Powder [MILK], Skimmed MILK Powder, Yoghurt Powder [MILK], Emulsifier: Sunflower Lecithin, Citric Acid], Light Brown Soft Sugar, Blackcurrants	Carbs	47.8	65.4	
(V)	(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)	0.27 137	
			per 100g	per portion (g)	
	Margarine (Palm Fat, Rapeseed Oil, Water, Salt, Emulsifier: Polyglycerol Esters of Fatty Acids, Colours: Curcumin,	KJ	2204	1477	
	Annatto, Flavourings), Milk Chocolate (25%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Flavour), Biscuit Crumb (21%) (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin),	Kcal	529	354	
	Wholemeal WHEAT Flour, Vegetable Oils (Palm Oil (SG), Rapeseed Oil), Sugar, Partially Inverted Sugar Syrup,	Fat	34.0	23.0	
	Raising Agents: Sodium Carbonates, Ammonium Carbonates, Salt), Biscuit Pieces (17%) (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine), Wholemeal WHEAT Flour, Vegetable Shortening	Sat	17.0	11.0	
	(Palm Oil [SG], Rapeseed Oil), Sugar, Partially Invert Sugar Syrup, Raising Agents (Sodium Carbonates, Ammonium	Carbs	49.0	31.0	
Rocky Road	Carbonates), Salt), Golden Syrup (Invert Sugar Syrup), Caramel Pieces (2.5%) (Sugar, Sweetened Condensed MILK, Glucose Syrup (SULPHITES), Palm Oil [MB, SG], Salt), White Chocolate Chips (Sugar, Cocoa Butter, Full Cream	Sugar Fibre	30.0 1.8	1.2	
	MILK, Glucose Syrup (Sutphiles), Palm Oil (MB, SG), Sait), White Chocolate Chips (Sugar, Cocoa Butter, Full Cream MILK Powder, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Marshmallows (1.7%) (Glucose-fructose Syrup,	Protein	5.6	3.8	
	Sugar, Water, Pork Gelatine, Anti-caking Agent: Maize Starch, Colour: Beetroot Red, Flavouring), Caramel Drizzle	Salt	0.90	0.60	
(0.8%) (Sugar, Glucose Syrup (Preservative: Sulphur Dioxide (SULPHITES), Palm Fat [SG], Sweetened Condensed MILK, Rapeseed Oil, Water, Salt, Flavouring, Emulsifiers: SOYA Lecithin, Colour: E100, E160b), White Chocolate Flavour Drizzle (Sugar, Palm Oil [MB], Whey Powder (MILK), Emulsifier: Sunflower Lecithin, Rapeseed Lecithin), Natural Flavouring). May contain NUTS, and EGGS.		veight (g)	67		
			per 100g	per portion (g)	
	Flapjack Base (Gluten Free OATS, Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Margarine	KJ	1584	1442	
	(Vegetable Oils (Sustainable Palm, Rapeseed), Water, Salt, Emulsifier: Polyglycerol Esters Of Fatty Acids; Colours:	Kcal Fat	379 14.5	345 13.2	
Blackberry & Apple Crumble	Curcumin, Annatto Bixin; Flavourings), Light Brown Soft Sugar, Invert Sugar Syrup], Jam Filling [Apple (13%), Sugar, Blackberries (9%), Gelling Agent: Pectin], Crumble [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize,	Sat	7.4	6.7	
Jack**	Buckwheat), Coconut Oil, Demerara Sugar, Gluten Free Jumbo OATS]. May contain cereals containing GLUTEN,	Carbs	59.8	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	Fibre	2.5	2.3	
	allergy due to manufacturing and instore handling methods.	Protein	3.4	3.1	
		Salt	0.22	0.20	
			veight (g) per 100g	91 per portion (g)	
		KJ	1888	1718	
		Kcal	451	410	
		Fat	18.7	17.0	
Maple Syrup Flapjack	Flapjack (Gluten Free OATS (44%), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Faba Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavourings, Colour: Carotenes), Soft Light	Sat	9.5	8.6	
(Vg)	Brown Sugar, Invert Sugar Syrup, Maple Syrup (7%)). May contain cereals containing GLUTEN, EGG, MILK, NUTS,	Carbs	66.9	60.9	
	PEANUTS, SESAME, SOYA, and SULPHITES.	Sugar	34.2 4.7	31.1 4.3	
		Fibre Protein	6.0	5.5	
		Salt	0.36	0.33	
		Portion v	veight (g)	91	
			per 100g	per portion (g)	
		KJ	1809	1357	
		Kcal	432	324	
	Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sour Cherries (15%), Salted Butter	Fat Sat	26.3 16.0	19.7 12.0	
Cherry Bakewell	(Butter (MILK), Salt), EGG, Coconut Oil, Ground ALMONDS (NUTS) (7%), Lemon Zest, Flaked ALMONDS (NUTS) (2%), Natural Flavouring Substances, Snow Dusting (Dextrose, WHEAT Starch, Vegetable Oil (Sustainable Palm,	Carbs	46.7	35.0	
(V)	Rapeseed), Salt, Natural Flavouring), Raising Agents: Diphosphates, Sodium Carbonates. May contain cereals	Sugar	28.5	21.4	
	containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.	Fibre	1.9	1.4	
			Protein	5.3	4.0
		Salt	0.15	0.10	
		Salt Portion v	veight (g)	75	
		Salt Portion v	veight (g) per 100g	75 per portion (g)	
		Salt Portion v	veight (g) per 100g 1756	75 per portion (g) 1264	
	Sugar, Vegetable Fat [Vegetable Oils (Sunflower, Rapeseed), Coconut Oil, Water, Sea Salt, Faba Bean	Salt Portion v	veight (g) per 100g	75 per portion (g)	
Nacional Science	Preparation, Emulsifier: Sunflower Lecithin; Natural Flavouring, Colour: Carotenes], Ground ALMONDS (NUTS) (17%),	Salt Portion v KJ Kcal	veight (g) per 100g 1756 420	75 per portion (g) 1264 302	
Blackcurrant Bakewell (Va)	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	Salt Portion v KJ Kcal Fat	veight (g) per 100g 1756 420 27.5	75 per portion (g) 1264 302 19.8	
Blackcurrant Bakewell (Vg)	Preparation, Emulsifier: Sunflower Lecithin; Natural Flavouring, Colour: Carotenes], Ground ALMONDS (NUTS) (17%), Blackcurrants (13%), SOYA Drink (Water, SOYA Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Polenta, Flaked ALMONDS (NUTS) (25%), Raising Agents: Diphosphates, Sodium Carbonates; Natural Flavouring, Salt. May contain cereals containing GLUTEN,	Salt Portion v KJ Kcal Fat Sat	veight (g) per 100g 1756 420 27.5 10.4 39.9 22.4	75 per portion (g) 1264 302 19.8 7.5 28.7	
	Preparation, Emulsifier: Sunflower Lecithin; Natural Flavouring, Colour: Carotenes], Ground ALMONDS (NUTS) (17%), Blackcurrants (13%), SOYA Drink (Water, SOYA Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Polenta, Flaked ALMONDS (NUTS) (2%), Raising	Salt Portion v KJ Kcal Fat Sat Carbs Sugar Fibre	veight (g) per 100g 1756 420 27.5 10.4 39.9 22.4 3.0	75 per portion (g) 1264 302 19.8 7.5 28.7 16.1 2.2	
	Preparation, Emulsifier: Sunflower Lecithin; Natural Flavouring, Colour: Carotenes], Ground ALMONDS (NUTS) (17%), Blackcurrants (13%), SOYA Drink (Water, SOYA Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Polenta, Flaked ALMONDS (NUTS) (25%), Raising Agents: Diphosphates, Sodium Carbonates; Natural Flavouring, Salt. May contain cereals containing GLUTEN,	Salt Portion v KJ Kcal Fat Sat Carbs Sugar Fibre Protein	veight (g) per 100g 1756 420 27.5 10.4 39.9 22.4 3.0 6.4	75 per portion (g) 1264 302 19.8 7.5 28.7 16.1 2.2 4.6	
	Preparation, Emulsifier: Sunflower Lecithin; Natural Flavouring, Colour: Carotenes], Ground ALMONDS (NUTS) (17%), Blackcurrants (13%), SOYA Drink (Water, SOYA Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Polenta, Flaked ALMONDS (NUTS) (25%), Raising Agents: Diphosphates, Sodium Carbonates; Natural Flavouring, Salt. May contain cereals containing GLUTEN,	Salt Portion v KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	veight (g) per 100g 1756 420 27.5 10.4 39.9 22.4 3.0	75 per portion (g) 1264 302 19.8 7.5 28.7 16.1 2.2	

TARTS

PRODUCT	INGREDIENTS	N	IUTRITION	AL INFO
		KJ	per 100g 1168	per portion (g) 759
		Kcal	278	181
	Sugar, MILK, WHEAT Flour, Water, Margarine (Sustainable Palm Oil, Water, Rapeseed Oil, Emulsifiers: Lecithin, Mono	Fat	11.4	7.4
ortuguese Tarts	and Diglycerides 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	4.1	2.7
		Salt	0.35	0.23
		Portion v	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,	Fat	20.9	23.8
Tarte Au Citron	Emulsifier: Mono- And Diglycerides Of Fatty Acids; Flavouring, Colour: Annatto Bixin, Curcumin], Cream (MILK), Tarte Citron Powder (Sugar, Modified Starches (Waxy Maize, Potato), EGG White Powder, Flavouring (Contains	Sat	11.2	12.8
(V)	Lactose MILK), Acidity Regulator: Citric Acid; Colour: Beta Carotenel, Sweet Snow [Dextrose, Sugar, Cornflour,	Carbs	42.2	48.1
(-7	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
	Extractly, Lethiori Joice Concentrate (1/6). May Contain Cereals Containing GLUTEN, and Nots.	Salt	0.54	0.62
		Portion v	veight (g)	114

	DESSERTS			
PRODUCT	INGREDIENTS	١	IUTRITION	AL INFO
Cookies & Cream Slice	Cream (MILK), Digestive Biscuit Crumb (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Fat, Sugar, Invert Sugar Syrup, Salt, Raising Agent: Sodium Carbonates, Ammonium Carbonates), Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Natural Vanilla Flavour, Emulsifier: SOYA Lecithin), Margarine (Vegetable Oil, Water, Salt, Emulsifier: Mono- and Diglycerides of Fathy Acids, Colour: Curcumin, Annatto Bixin; Flavouring), Water, Chocolate Muffin Sponge (Chocolate Muffin Sponge (Sugar, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Powdered EGG, Fat Reduced Cocoa Powder, Salt, Whey Solids (MILK), Modified Maize Starch, Vegetable Oil, Flavouring, Stabiliser: Xanthan Gum; Emulsifier: Sodium Stearoyl-2-Lactylate, Propylene Glycol Esters of Fathy Acids; Raising Agent: Diphosphates, Potassium Carbonates)), Oreo Cookies (WHEAT Flour, Sugar, Palm Oil, Fat Reduced Cocoa Powder, WHEAT Starch, Clucose-Fructose Syrup, Emulsifier: SOYA Lecithin; Salt, Raising Agent: Sodium Hydroxide, Ammonium Carbonates, Sodium Carbonates, Potassium Carbonates; Flavouring), Neutral Fond (Sugar, Dried Glucose Syrup, Beef Gelatine, Modified Starch, Dried EGG Yolk, Salt, Raising Agent: Disodium Pyrophosphate; Rapeseed Oil, Invert Sugar Syrup, Dark Chocolate Shaving (Sugar, Cocoa Mass, Cocoa Butter, Natural Vanilla Flavouring, Colour: Ammonia Caramel).	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1962 479 34.1 11.4 35.7 17.1 2.1 5.5 0.59	per portion (g) 3002 733 52.2 17.4 54.6 26.2 3.2 8.4 0.90 153
Lotus Biscoff Cheesecake (V)	Full Fat Soft Cheese (37%) [Skimmed MILK, Cream [MILK], Salt, Preservative (Potassium Sorbate), Lactic Culture [MILK], Microbial Rennet], Biscoff Paste (20% (Crushed Caramelised Biscuit (WHEAT Flour, Sugar, Vegetable Oils (Palm & Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), SOYA Flour, Salt, Cinnamon], Rapeseed Oil, Sugar, Emulsifier (SOYA Lecithin), Acid (Citric Acid), Posteurised Liquid Whole EGG, Biscoff Crushed Caramelised Biscuit (14%) [WHEAT Flour, Sugar, Vegetable Oils (Palm & Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Soya Flour, Salt, Cinnamon], Sugar, Double Cream [MILK], Margarine [Vegetable Oils (Palm & Rapeseed), Water, Salt, Emulsifier (Polyglycerol Esters of Fatty Acids), Colours (Cucurmin, Annatto), Flavourings], Dark Chocolate [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring]. May contain NUTS.	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 1644 394 25.2 9.8 33.8 22.8 8.0 0.60 veight (g)	per portion (g) 2334 560 35.7 14.0 48.0 32.4 11.3 0.86 142
Cherry & Mascarpone Roulade (V)	EGG, Mascarpone (Cream, MILK Proteins), Cherries, Whipping Cream (MILK), Granulated Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Single Cream (MILK), Icing Sugar, White Chocolate Chips (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Natural Yanilla Flavouring, Emulsifier: SOYA Lecithin), Emulsifier Blend (Water, Sugar, Emulsifiers: Polyglycerol Esters of Fatty Acids, Mono- And Diglycerides of Dietary Fatty Acids; Potassium Hydroxide), Natural Flavouring, Freeze Dried Cherries, Modified Waxy Maize Starch, Modified Starch, Modified Maize Starch, Modified Potato Starch, Acidity, Regulator: Citric Acid; Gelling Agent: Agar-Agar; Thickener: Guar Gum; Stabiliser Blend (Locust Bean Gum, Xanthan Gum, Guar Gum). May contain NUTS.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1167 279 14.5 9.4 32.6 20.2 0.7 5.0 0.12 veight (g)	per portion (g) 1004 240 12.4 8.1 28.0 17.4 0.6 4.3 0.10 86

Cream (MILK), Digestive Crumb (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Oil, Sugar, Partially Inverted Sugar Syrup, Raising Agents: Sodium Carbonates, Ammonium Carbonates; Salt), Caramel Muffin Sponge Pieces (Toffee Cream Cake Mix (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Demerara Sugar, Modified Maize Starch, Vegetable Oil, Flavouring, Salt, Powdered **EGG**, Natural Flavouring, **WHEAT** Gluten, Whey Solids (**MILK**), Colour: Carotenes, Ammonia Caramel; Raising Agents: Disodium Pyrophosphate, Sodium Carbonates; Emulsifiers: Mono- and Vanilla Flavouring, Individual Sugar, Vegetable Oil, Sugar Syrup, Salt, Raising Agent: Sodium Bicarbonate; Cinnamon, SOYA Flouri, Margarine (Vegetable Oil, Water, Salt, Colour: Curcumin, Annatro Bixin; Flavouring, Emulsifiers: Mono- and Diglycerides of Fatty Acids), Caramel Fudge Cubes (Sugar, Condensed MILK, Fondant (Sugar, Glucose, Water), Glucose Syrup, Palm Oil, Water, Salt), Neutral Fond (Sugar, Dried Glucose Syrup, Beef Gelatine, Modified Starch, Dried EGG Yolk, Acidity Regulator: Diphosphates; Salt), Invert Sugar Syrup, Beef Gelatine, Salt.

Kcal Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids, Propylene Glycol Esters of Fatty Acids), Liquid EGG, Fat Rapeseed Oil), Banoffee Toffee Sauce (Condensed **MILK** (Sugar, Cream (**MILK**)), Margarine (Coconut Oil, Rapeseed Oil, Water, Shea Fat, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids; Flavouring, Colour: Beta-Sat Carbs 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 Sugar Portion weight (g)

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Salted Caramel Slice

per 100g

1840

442

28.8

9.7

40.2

24.0

0.8

5.5 0.99 per portion (g)

2686

645

42.1

14.2

58.7

35.0

1.1

8.0

1.44

146

SANDWICHES

PRODUCT	INGREDIENTS	NUTRITIONAL 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 Acid], Tomato (24%), Smoked Streaky Bacon (15%) [Pork Belly, Salt, Antioxidant: Sodium Ascorbate; Preservative:	Sat	2.2	4.4
BLT	Sodium Nitrite; Natural Flavouring, Natural Beechwood Smoke), Seasoned Mayonnaise (Mayonnaise (Rapeseed	Carbs	22.4	44.8
	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%). May contain MILK, MUSTARD, and SOYA.	Fibre	2.1	4.2
		Protein	11.0	22.0
		Salt	1.35	2.70
		Portion	weight (g)	200
	Malted Bread [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, Yeast, BARLEY Malt Flour, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Salt, Preservative: Calcium Propionate; Buckwheat Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid], Farmhouse Cheddar Cheese (17%) [Pasteurised Cow's MILK), Tomato (12%), Sweet Pickle (10%) [Vegetables (Carrot, Rutabaga, Onion, Cauliflower), Sugar, BARLEY Malt Vinegar, Spirit Vinegar, Water, Tomato Purée, Date Poste (Date, Rice Flour), Apple Pulp, Salt, Modified Maize Starch, Colour: SULPHITE Ammonia Caramel; Onion Powder, Concentrated Lemon Juice, Spices, BARLEY Malt Extract, Herb and Spice Extracts], Mayonnaise [Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Sugar, Spirit Vinegar, Salt, Concentrated Lemon Juice, Flavouring, Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract), Red Onion (5%), Mixed Leaf (4%). May contain SOYA and MUSTARD.		per 100g	per portion (g)
			1065	2077
		Kcal	254	495
		Fat	12.2	23.8
armhouse Cheddar		Sat	4.1	8.0
Ploughman's (V)		Carbs	27.9	54.4
		Sugar	5.3	10.3
		Fibre	2.3	4.5
		Protein	9.4	18.3
		Salt	1.24	2.42
	PANINI	Portion	weight (g)	195

	May contain SOYA and MUSTARD.	1101011	77	10.0
	May Collidit 301A dila Mustand.	Salt	1.24	2.42
		Portion w	eight (g)	195
	PANINI			
PRODUCT	INGREDIENTS	N	UTRITION	AL INFO
1 2 2 2 2 1				
			per 100g	per portion (g)
		KJ	1186	1957
	Sourdough Panini (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT	Kcal	282	465
	Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment	Fat	8.4	13.9
	Agent: Ascorbic Acid], Brie Full Fat Soft Cheese (12%) (MILK), Chipotle Chilli Jam (12%) [Sugar, Red Pepper, White	Sat	4.7	7.8
Brie & Bacon Panini	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	Carbs	41.2	68.0
	Smoked Bacon (12%) [Pork, Salt, Antioxidants: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite;	Sugar	12.4	20.5
	Natural Flavourings, Natural Beechwood Smoke]. May contain EGG and MUSTARD.	Fibre	2.3	3.8
		Protein	11.5	19.0
		Salt	1.16	1.91
		Portion w	- 1-7	165
		KJ	per 100g	per portion (g)
			1125 269	2363 565
	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Water, Durum WHEAT Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment Agent:	Kcal Fat	11.8	24.8
	Ascorbic Acid], Chicken Pesto and Cheddar Mix (40%) [Steamed Chicken (60%) (Chicken Breast, Salt), Pesto (19%)	Sat	3.1	6.5
Chicken & Pesto Panini	(Basil Paste (Basil, Sunflower Oil, Salt, Antioxidant: Ascorbic Acid), Vegetable Oil (Sunflower Oil, Rapeseed Oil),	Carbs	28.3	59.4
Chicken a resionalini	Medium Fat Hard Cheese (MILK), Extra Virgin Olive Oil, Garlic Purée, Acidity Regulator: Citric Acid), Mayonnaise	Sugar	2.0	4.2
	(Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Spirit Vinegar, Salt, Sugar, Flavourings, Lemon Juice Concentrate, Antioxidant: Calcium Disodium EDTA), Mature Cheddar Cheese (8%) (MILK), Mozzarella Cheese (10%) (MILK). May contain MUSTARD.	Fibre	3.8	8.0
		Protein	14.2	29.8
		Salt	0.89	1.87
		Portion w		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	Fat	8.7	17.1
Marravalla 9 Tamaka Danini	Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Mated WHEAT Flour, Treatment	Sat	3.9	7.6
Mozzarella & Tomato Panini (V)	Agent: Ascorbic Acid], Tomato (18%), Mozzarella Cheese (15%) (MILK, Salt), Cheese and Pesto Mix (13%) [Mature Cheddar Cheese (MILK), Pesto (Basil Paste (Basil, Sunflower Oil, Salt, Antioxidant: Ascorbic Acid), Vegetable Oil,	Carbs	32.9	64.5
(.,	Medium Fat Hard Cheese (MILK), Extra Virgin Olive Oil, Garlic Purée, Acidity Regulator: Citric Acid)]. May contain	Sugar	2.4	4.7
	EGG, and MUSTARD.	Fibre	1.7	3.3
		Protein	11.0	21.6
		Salt	0.89	1.74
		Portion w	- 1-7	196
			per 100g	per portion (g)
		KJ	1089	2015
	Sourdough Panini (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT	Kcal	260	481
	Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment Agent: Ascorbic Acid), Tuna Melt Mix (43%) [Tuna Chunks (Skipjack Tuna (Katsuwonus pelamis) (FISH), Water, Salt),	Fat	10.5	19.4
Town or A4 of the Downston's	Mayonnaise (20%) (Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Sugar, Spirit Vinegar, Salt,	Sat	1.4	2.5
Tuna Melt Panini	Lemon Juice from Concentrate, Flavourings, Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract),	Carbs	32.3	59.8
s	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: Potassium metabisulphite (SULPHITES), Parsley]. May contain MUSTARD.	Fibre	2.8	5.2
		Protein	10.4	19.2
		Salt	0.76	1.41
		Portion w	eigni (g)	185

PANINI

PRODUCT **INGREDIENTS** NUTRITIONAL INFO per 100g per portion (g) 1869 1068 Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Cheese Sauce Mix (23%) [White Sauce (Water, Rapeseed Oil, Modified Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock (Salt, Maltodextrin, Yeast Extract, Sugar, Vegetables (Onion, Sat Parsnip), Carrot Extract, Rapeseed Oil, Tomato, Lovage), Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Carbs Guar Gum; Preservative: Potassium Sorbate; Spices), Mature Cheddar Cheese (25%) [MILK, Potato Starch), Italian Hard Cheese (24%) [MILK, Salt, Vegetarian Rennet, Lysozyme (EGG)], Dijon Mustard (Water, MUSTARD Seed, Spirit Fibre Widter), Law Sodium Fibre 445 254 9.0 15.8 3.1 5.4 Ham Hock & Cheddar Panini 30.8 53.9 1.1 1.9

	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 v	veight (g)	175
	TOASTIES			
PRODUCT	INGREDIENTS	N	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, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock, Acidity Regulator; Lactic	Kcal	248	474
	Acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Mature Cheddar Cheese	Fat	11.0	21.0
	(18%) (MILK), Mozzarella Cheese (18%) (MILK)], White Bread [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron,	Sat	5.3	10.1
Ham & Cheese Toastie	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 (16%) [Pork, Salt, Stabiliser: Triphosphate; Demerara Sugar, Antioxidant: Sodium Ascorbate; Preservative: Sodium	Sugar	1.1	2.1
	Nitrite], Mature Cheddar Cheese (10%) [MILK], Seasoned White Sauce [White Sauce (Water, Rapeseed Oil,	Fibre	2.2	4.2
	Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic	Protein	14.3	27.3
	Acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Cracked Black Pepper]. May	Salt	1.78	3.40
	contain EGG, MUSTARD, and SOYA.	Portion v	veight (g)	191
	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	1135	2054
	of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), Mature Cheddar Cheese	Kcal	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), Mustroom and Porcini Tapenade (10%) (Grilled Mushrooms, Rapeseed Oil, Porcini Mushrooms, Concentrated Lemon Juice, Salt, Dehydrated Porcini Mushroom Powder, Garlic, Parsley, Chive)), White Bread (WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono-and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), Mushroom (8%) (Mushroom, Water, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid). May contain EGG, MUSTARD, and SOYA.	Carbs	25.0	45.3
(V)		Sugar	1.8	3.3
		Fibre	1.9	3.4
		Protein	12.3	22.3
		Salt	1.08	1.95
			veight (g)	181
	$ \textit{Grilled Cheese Topped White Bloomer Bread [White Bread (\textbf{WHEAT} Flour (\textbf{WHEAT} Flour, Calcium Carbonate, Iron, Cal$		per 100g	per portion (g)
	Niacin, Thiamin), Water, Yeast, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), Mature Cheddar Cheese	KJ	1239	2057
	(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
Toastie (V)	Tomatoes (93%), Rapeseed Oil, Salt, Oregano, Garlic]], White Bread [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono-	Carbs	29.2	48.5
(*)	and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid],	Sugar	2.4	4.0
	Mascarpone and Tomatade Mix (15%) [Mascarpone Cheese (50%) (Cream (MILK), Acidity Regulator: Citric Acid),	Fibre	3.2	5.3
	Tomato Sauce (Tomato, Salt, Sugar, Onion, Oregano, Basil, Spices), Sunblush® Tomatade (24%) (Slow Roast	Protein	12.7 1.29	21.1
	Tomatoes, Tomato Concentrate, Rapeseed Oil, Olive Oil, Oregano, Garlic, Sugar), Parsley, Black Pepper], Mozzarella Cheese (8%) (MILK), May contain EGG MUSTARD, and SOYA.	Salt	veight (g)	2.14 166
			per 100g	per portion (g)
		KJ	860	2270
		Kcal	205	541
	Sourdough Bread [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Malted BARLEY, RYE Flour), Feta Cheese (11%) [Sheep MILK, Goats MILK], Red Pepper (11%), Semi Dried Marinated Tomato	Fat	6.5	17.2
Feta and Tomato Sourdough	(00) IT-seeks Configure Cil Colt Config Conserval Black Bonnes Management (Name and Cil Market	Sat	2.5	6.5
Toastie	EGG, Spirit Vinegar, Salt, Sugar, Flavouring, Concentrated Lemon Juice, Antioxidant: Calcium Disodium EDTA),	Carbs	29.9	78.9
(V)	Black Pepper), Rocket (3%), Vinegar Glaze (2%) [Balsamic Vinegar (Wine Vinegar (Wine, Water, Antioxidant:	Sugar	3.9	10.3
	SULPHITES), Concentrated Grape Must, Colour: SULPHITE Ammonia Caramel), Concentrated Grape Must, Wine Vinegar (Wine, Antioxidant: SULPHITES), Thickener: Modified Starch; Colour: SULPHITE Ammonia Caramel), May	Fibre	1.8	4.8
	Vinegar (Wine, Antioxidant: SULPHITES), Inickener: Modified Starch; Colour: SULPHITE Ammonia Caramel]. May contain MUSTARD.	Protein	7.5	19.8
		Salt	1.07	2.82
			veight (g)	264
		. Official v	. 5.9 (9)	207

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Salt

Portion weight (g)

0.83

1.75

211

2025

BAPS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
			per 100g	per portion (g)
		KJ	1256	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
	Potato, Yeast, Sugar, Rapeseed Oil, Salt, WHEAT Flour, Emulsifiers: Sodium Stearoyl-2-lactylate, Mono- and	Sat	5.2	6.5
Bacon Bap	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 Smokel, Butter (MILK, Salt), May contain EGG, and MUSTARD.	Sugar	4.0	5.0
	smokej, витег (міш. , saitj. мау contain EGG, and мизтакід.	Fibre	3.0	3.8
		Protein	13.6	17.0
		Salt	1.80	2.25
		Portion v	veight (g)	125
	Vienna Roll (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Potato Starch,		per 100g	per portion (g)
		KJ	1070	1712
		Kcal	255	408
	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	Sugar	2.1	3.4
	MUSTARD.	Fibre	4.4	7.0
		Protein	11.3	18.1
		Salt	1.12 veight (g)	1.79
				160
	WRAPS			

Plain Tortilla (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil Roneseed Oil), Raising Agents: Sodium Carbonates, Malic Acid Diphosphates: Sugar Stabiliser: Sodium	weight (g)	160
Plain Tortilla (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil Roneseed Oil), Raising Agents: Sodium Carbonates, Malic Acid Diphosphates: Sugar Stabiliser: Sodium		
Oil Rapeseed Oil) Raising Agents: Sodium Carbonates, Malic Acid, Diphosphates: Sugar, Stabiliser: Sodium	NUTRITION	AL INFO
All Day Breakfast Wrap All Day Breakfast Wrap Carboxymethyl Cellulose; Salt], Park and Lentil Sausage (24%) [Park, Lentils, Potato Starch, Dextrose, Water, Salt, Rapeseed Oil, WHEAT Starch, Beef Collagen Casing, Spices (White Pepper, Nutmeg, Ground Ginger, Ground Mace, Chillil 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, Acidify 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], Beechwood Smoked Streaky Bacon (6%) [Pork, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite; Natural Flavourings, Natural Beechwood Smoke], Comflour Mix (Water, Comflour). May contain MUSTARD.	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
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; Satlt), Green Chickpea Faldefel (21%) (Green Chickpeas, Chickpeas, Onion, WHEAT Flour, Bread Rusk (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast), Rapeseed Oil, Parsley, Salt, Kibbled Onion, Cumin, Coriander, Coriander Powder, Garlic Purée, Black Pepper, Raising Agent: Sodium Bicarbonate], Houmous (9%) (Chickpeas, Rapeseed Oil, Water, Tahini SESAME Seed Paste, Salt, Garlic Granules, Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate], Medifierranean Vegetable Mix (11%) (Grilled Mixed Vegetables (Red Pepper, Yellow Pepper, Corjette, Aubergine), Coriander], Chilli Jam (7%) (Sugar, Red Protein Pepper, Grape Vinegar, Water, Tomato Paste, Chipotle Chilli; Water, Tomato Paste, Sugar, Protein	per 100g 993 237 8.5 1.7 36.1 11.9 4.3	per portion (g) 2095 500 17.9 3.6 76.2 25.1 9.1

Salt, Onion, Acidity Regulator: Acetic Acid), Dried Onion, Concentrated Lemon Juice, Salt, Garlic Puréej, Rocket (7%), Cornflour Mix [Water, Cornflour]. May contain CELERY, EGG, MILK, MUSTARD, SOYA, and SULPHITES.

BISCUITS & SNACKS

	BISCUITS & SNACKS			
PRODUCT	INGREDIENTS	N	IUTRITION.	AL INFO
		KJ	per 100g 1862	per portion (g) 1583
	Sugar, Wheat Flour (WHEAT, Calcium Carbonate (E170), Iron, Niacin, Thiamine), Milk Chocolate Chunks (18%)	Kcal	443	377
	(Sugar, Whole MILK Powder, Cocoa Butter, Cocoa Mass, Whey Powder (MILK), Skimmed MILK Powder, Emulsifier	Fat	20.0	17.0
Chocolate Chip Mini Bean	(SOYA Lecithin), Vanilla Flavouring), Butter (MILK), Mini Chocolate Beans (7%) (Sugar, Whole MILK Powder, Cocoa	Sat	12.0	10.2
Cookie	Butter, Cocoa Mass, Rice Flour, Thickening Agent (Gum Arabic), Colourings (Concentrates of Algae, Apple, Pumpkin, Radish, Lemon, Blackcurrant, Safflower, Purple Potato), Salt, Emulsifier (Sunflower Lecithin), Glucose	Carbs	63.0	53.6
(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.	Protein	4.9	4.2
		Salt	0.20	0.20
		Portion v	veight (g)	85
			per 100g	per portion (g)
		KJ	1,702	1447
		Kcal	408	347
		Fat	16.0	13.6
Oat & Raisin Cookie	Sugar, Raisins (19%) (Raisins, Sunflower Oil), Butter (MILK), Wheat Flour (WHEAT, Calcium Carbonate (E170), Iron,	Sat	9.0	7.7
(V)	Niacin, Thiamine), Rolled OATS (9.5%), Water, Whole EGG Powder, Starch, Vanilla Flavouring, Mixed Spice (0.3%), Sodium Bicarbonate, Salt. Made in a factory that handles NUTS.	Carbs	63.0	53.6
	-	Sugar	44.0	37.4
		Fibre Protein	2.4 4.0	3.4
	·	Salt	0.20	0.20
			veight (g)	85
			per 100g	per portion (g)
		KJ	1795	933
		Kcal	427	222
	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dark Chocolate (20%) [Cocoa Mass, Sugar,	Fat	16.9	8.7
Cinner Bunkers	Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Golden Syrup (Invert Sugar Syrup), Light	Sat	9.9	5.1
Ginger Dunkers (V)	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
(-7	Crystalised Ginger (1.5%) (Ginger, Sugar), Ground Ginger (1%), Bicarbonate of Soda (E500ii), Ammonium Bicarbonate (E503ii).	Sugar	37.4	19.4
		Fibre	3.5	1.8
		Protein	4.9	2.5
		Salt	0.56	0.31
		Portion v	veight (g)	52
		V.I	per 100g	per portion (g)
		KJ Kcal	1630 386	962 228
	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 Diglycerides 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
(V)	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	Sugar	37.3	22.0
	(Glycerine), Colour (Lutein). May contain NUTS.	Fibre	1.6	0.9
		Protein	4.1	2.4
		Salt	0.10	0.06
		Portion v	veight (g)	60
			per 100g	per portion (g)
		KJ	2032	508
		Kcal	484	121
Lakes BY W		Fat	19.0	4.8
Lotus Biscuits (V)	WHEAT flour, sugar, vegetable oils, candy sugar syrup, raising agent (sodium hydrogen carbonate), SOYA flour, salt, cinnamon. May contain MILK.	Sat	8.8	2.2
(V)	Canonialej, 30 i A 1100i, 3an, annamon, May Contain Mile.	Carbs	72.6	18.2
		Sugar Protein	38.1 4.9	9.5 1.2
		Salt	0.91	0.23
			veight (g)	25
			per 100g	per portion (g)
		KJ	1990	995
		Kcal	476	238
		Fat	25.6	12.8
Charlbra		Sat	16.8	8.4
Shortbread (V)	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (31%) (Butter (MILK), Salt),	Carbs	57.7	28.8
(*)	Caster Sugar, Rice Flour, Com Flour (Maize Starch).	Sugar	17.5	8.8
		Fibre	1.7	0.9
		Protein	5.1	2.5
		0.50	0.25	
		Portion v	veight (g)	50

BISCUITS & SNACKS

BISCUITS & SNACKS					
PRODUCT	INGREDIENTS	N	IUTRITION	AL INFO	
			per 100g 1868	per portion (g) 1214	
		KCal	445	290	
		Fat	16.4	10.0	
	WHEAT flour (Calcium carbonate, Iron, Niacin, Thiamin), Glucose syrup,	Sat	7.7	5.0	
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	
		Portion v	veight (g)	65	
			per 100g	per portion (g)	
		KJ	2419	242	
		Kcal	582	58	
		Fat	40.0	4.0	
Gianduiotto Mini Chocolate	Sugar, Hazelnuts , Cocoa Mass, Cocoa Butter, Soya Lecithins, natural vanilla flavouring. <i>May contain MILK and</i>	Sat	15.0	1.5	
(Vg)	other TREE NUTS.	Carbs	47.0	4.7	
(6)		Sugar	44.0	4.4	
		Fibre	5.4	0.5	
		Protein	5.7	0.8	
		Salt	0.03	0.00	
			veight (g)	10	
		KJ	per 100g 1886	per portion (g) 1131	
		Kcal	451	270	
		Fat	21.4	12.8	
	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (Butter (MILK), Salt), Caster Sugar, Raspberry Seedless Jam (11%) (Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium Citrate), Rapeseed Oil. May contain EGG, NUTS and SOYA.	Sat	11.3	6.8	
Jammy Delight		Carbs	58.1	34.8	
(V)		Sugar	26.0	15.6	
		Fibre	1.9	1.1	
		Protein	5.1	3.1	
		Salt	0.39	0.23	
		Portion v	veight (g)	60	
			-	per portion (g)	
		KJ	1743	1133	
		Kcal	413	268	
	Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Golden Syrup, Margarine	Fat	10.1	6.6	
Summer Design	(Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Diglycerides of Fatty Acids; Flavouring, Colours; Annatto,	Sat	3.0	2.0 50.4	
Gingerbread (V)	Curcumin), Water, Ginger, Raising Agent: Sodium Bicarbonate; Icing Sugar, Dried EGG White, Humectant:	Carbs Sugar	77.6 37.5	24.4	
(-)	Glycerine; Cocoa Powder, Colours: Lutein, Beetroot Red.	Fibre	2.6	1.7	
		Protein	4.3	2.8	
		Salt	0.18	0.12	
			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	
(., 0.)	water, Emulsiner: Mono- and Digitycendes of Fatry Acias), Salted Butter (Butter (MILK), Salt), Sweetened Dried Cranberries (4%) (Cranberries, Sugar, Sunflower Oil), Dark Chocolate (2%) (Cocoa Mass, Sugar, Cocoa Butter, Fat Reduced Cocoa Powder, Emulsifier: SOYA Lecithin), Pumpkin Seeds, Salt. May contain EGG and NUTS.	Sugar	39.1	29.3	
		Fibre	2.7	2.0	
		Protein	4.9	3.7	
		Salt	0.40	0.30	
		POITION V	veight (g)	75	

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

CRISPS & POPCORN

	CRISPS & POPCORN			
PRODUCT	INGREDIENTS	N	UTRITION	AL INFO
				per portion (g)
		KJ	2139	856
		Kcal	513	205
		<u>Fat</u>	30.1	12.0
Kettle Sea Salt Crisps	Select Potatoes, Sunflower Oil, Sea Salt.	Sat Carbs	3.5 51.5	20.6
(Vg/GF)	select rotatoes, sufficient Oil, sea sait.	Sugar	0.5	0.2
		Fibre	6.5	2.6
		Protein	5.8	2.3
		Salt	0.90	0.36
			veight (g)	40
			per 100g	per portion (g)
		KJ	2125	850
		Kcal	509	204
		Fat	28.1	11.2
Kettle Sea Salt & Vinegar	Select Potatoes, Sunflower Oil, Sea Salt and Balsamic Vinegar Seasoning (Sea Salt, Potato Maltodextrin, Dried	Sat	2.8	1.1
Crisps (Vg/GF)	Balsamic Vinegar, Sugar, Acid: Citric Acid, Dried Red Wine Extract, Natural Flavouring).	Carbs	55.8 1.5	22.3 0.6
(Vg/GI)		Sugar Fibre	4.9	2.0
		Protein	5.7	2.3
		Salt	1.40	0.60
			veight (g)	40
			per 100g	per portion (g)
		KJ	2106	842
		Kcal	505	202
		Fat	28.9	12.0
Kettle Cheddar & Onion	Select Potatoes, Sunflower Oil, Mature Cheddar and Red Onion Seasoning (Dried Buttermilk, Dried Mature	Sat	3.3	1.3
Crisps	Cheddar Cheese (MILK), Dried Onion, Dried Red Onion, Sea Salt, Dried Yeast Extract, Dried Yeast, Dried Chives,	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 veight (g)	0.40 40
			per 100g	per portion (g)
		KJ	1813	308
		Kcal	432	73
		Fat	16.7	2.8
		Sat	1.1	0.2
Sweet 'n' Salt Popcorn (Vg/GF)	Popped Butterfly Com (67%), Sweetening Blend (Sugar, Sweetener: Isomalt, Sweetener: Steviol Glycosides), Rapeseed Oil, Salt.	Carbs	60.9	10.9
(vg/Gr)	sierioi orycosidesj, kaposeca oii, sain.	Sugar	11.1	1.9
		Fibre	11.5	2.0
		Protein	8.2	1.4
		Salt	0.57	0.10
		Portion v	veight (g)	17