

HOW TO USE THIS GUIDE

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

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

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

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

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

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

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

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

PASTRIES

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

PORRIDGE
(made with cow's milk)

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

TEACAKES

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

TOAST

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

GRANOLA & YOGHURTS

	This 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			*												*	

CAKES

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

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

MUFFINS & CUPCAKES

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

TRAYBAKES

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

** Blackberry & Apple Crumble, and Maple Syrup Flapjack contain gluten free oats, we list OATS as an allergen as they contain protein called Avenin which some people are sensitive to. Also, they may not be suitable for people with coeliac disease/gluten allergy due to manufacturing processes and in-store handling methods.

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

TARTS

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

DESSERTS

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

SANDWICHES

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

PANINI

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

TOASTIE

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

BAPS

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

WRAPS

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

BISCUITS & SNACKS

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

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

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

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

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

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

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

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

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

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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
Almond Croissant (V)	Dough: Wheat Flour (WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid), Water, Palm Fat, Yeast, Sugar, Butter (MILK), Rapeseed Oil, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Yeast, Flour Treatment Agent (Ascorbic Acid), Emulsifier (Mono- and diglycerides of fatty acids), Acidity Regulator (Citric Acid), Flavouring, EGG , ALMOND Filling (19%) (Sugar, ALMONDS (6.5%) (NUTS), EGG White, Inverted Sugar Syrup, Water, EGG Yolk, Invertase). Topping: ALMOND Flakes (4.2%) (NUTS), Icing Sugar (Dextrose, Cornflour, Vegetable Oil). <i>May contain other NUTS, SESAME and SOYA.</i>	per 100g
		per portion (g)
		KJ 1670
		Kcal 399
		Fat 21.1
		Sat 9.0
		Carbs 45.0
		Sugar 14.0
		Fibre 2.4
		Protein 9.7
		Salt 0.73
		Portion weight (g) 83
Butter Croissant (V)	Pastry: WHEAT flour, butter 22% (MILK), water, sugar, whole MILK pasteurized, yeast, EGGS , salt, WHEAT gluten, emulsifier : E322 (rape lecithin), flour treatment agent : E300, enzymes, egg wash (Free Range EGGS) 1.5g. <i>May contain NUTS, SESAME and SOYA.</i>	per 100g
		per portion (g)
		KJ 1840
		Kcal 440
		Fat 24.0
		Sat 15.0
		Carbs 46.7
		Sugar 8.0
		Fibre 2.6
		Protein 8.1
		Salt 1.20
		Portion weight (g) 50
Pain au Chocolat (V)	Pastry: (WHEAT flour , Butter (MILK), water, chocolate 10% (sugar, coca mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavour), sugar, whole MILK , yeast, EGGS , salt, WHEAT gluten, Emulsifier (rape lecithin), flour treatment agent (E300), enzymes (amylases, hemicellulases), egg wash (Free Range EGG). <i>May contain NUTS and SESAME SEEDS.</i>	per 100g
		per portion (g)
		KJ 1779
		Kcal 426
		Fat 23.0
		Sat 15.0
		Carbs 46.0
		Sugar 13.0
		Fibre 3.1
		Protein 8.3
		Salt 1.00
		Portion weight (g) 66
Pain au Raisin (V)	WHEAT flour, water, raisins 13%, Butter (MILK), sugar, yeast, corn starch, EGGS , salt, powdered whey (MILK), whole MILK powder, WHEAT gluten, EGG albumin powder, skimmed MILK powder, thickener (sodium alginate), emulsifier (rape lecithin), fruit and plant extract (turmeric and carrot), natural flavouring, acidity regulator (citric acid), flour treatment agent (ascorbic acid), enzymes (hemicellulases, amylases), egg wash (Free Range EGGS), Neutral glaze (water, glucose syrup, sugar, acidity regulators (E330, E332, E333), flavour, gelling agent (pectin), preservative (potassium sorbate)). <i>May contain NUTS, SESAME and SOYA.</i>	per 100g
		per portion (g)
		KJ 1400
		Kcal 334
		Fat 14.0
		Sat 9.1
		Carbs 47.5
		Sugar 19.0
		Fibre 2.1
		Protein 6.3
		Salt 0.81
		Portion weight (g) 96
Vegan Raspberry Croissant (Vg)	WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring), Raspberry Filling (16%) (Glucose Syrup, Raspberry Purée, Sugar, Raspberries (2%), Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator Tricalcium Citrate), Natural Flavouring, Preservative (Potassium Sorbate)), Sugar, Yeast, Decoration (3%) (Sugar, Non-Hydrogenated Palm Oil, Food Colours (Radish, Blackcurrant, Apple concentrate)), Spelt flour, WHEAT gluten Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid). <i>May contain MILK, SESAME SEEDS, SOYA, NUTS, EGGs.</i>	per 100g
		per portion (g)
		KJ 1572
		Kcal 375
		Fat 16
		Sat 8.3
		Carbs 49.8
		Sugar 18
		Fibre 2.6
		Protein 6.5
		Salt 0.52
		Portion weight (g) 79
Cinnamon Bun (Vg)	Cinnamon Bun Dough (65%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil)), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Water, Sugar, Wholemeal WHEAT Flour, Sourdough Culture (RYE Flour), Orange Zest, Yeast, Salt, Madagascan Vanilla Extract, Emulsifier (Rapeseed Lecithin). Filling (15%) [Dark Brown Soft Sugar, Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil)), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum))), Invert Sugar Syrup, Orange Juice, Lemon Juice], Cinnamon Sugar (1%) [Caster Sugar, Ground Cinnamon (<1%)]. <i>May contain NUTS and SULPHUR DIOXIDE.</i>	per 100g
		per portion (g)
		KJ 1604
		Kcal 382
		Fat 15.6
		Sat 8.4
		Carbs 54.0
		Sugar 17.7
		Protein 5.2
		Salt 0.74
		Portion weight (g) 155
Cherry Bun (Vg)	Bun Dough [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Faba Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavouring, Colour: Carotenes), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Water, Sugar, Wholemeal WHEAT Flour, Sourdough (RYE), Orange Zest, Yeast, Salt, Vanilla Extract (Vanilla Extract, Sugar), Emulsifier: Rapeseed/Sunflower Lecithin), Filling [Sugar, Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Faba Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavouring, Colour: Carotenes), Invert Sugar Syrup, Natural Flavouring, Rapeseed Oil, Lemon Zest, Natural Flavouring Substances, Beetroot Powder, Acidity Regulator: Citric Acid], Glaze [Icing Sugar, Non-Dairy Cream Alternative (Lentil Protein Preparation (Water, Lentil Flour), Rapeseed Oil, Coconut Fat, Sugar, Modified Potato Starch, Emulsifier: Polysorbate 60; Stabiliser: Methylcellulose, Xanthan Gum; Acidity Regulator: Trisodium Citrate; Natural Flavourings, Salt, Colour: Carotene), Freeze-Dried Sour Cherry Crumb, Lemon Juice]. <i>May contain other cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.</i>	per 100g
		per portion (g)
		KJ 1576
		Kcal 377
		Fat 14.7
		Sat 7.5
		Carbs 57.1
		Sugar 29.7
		Fibre 2.0
		Protein 4.6
		Salt 0.82
		Portion weight (g) 210

PORRIDGE

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

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

TEACAKES

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

TOAST

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

GRANOLA & YOGHURT

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

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

EXTRAS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Maple Syrup (Vg)	Maple Syrup.	per 100g	per portion (g)	
		KJ	1163	174
		Kcal	274	41
		Fat	0.4	0.1
		Sat	0.4	0.1
		Carbs	67.2	10.1
		Sugar	63.7	9.6
		Protein	0.1	0.0
		Salt	0.03	0.00
		Portion weight (g)	15	

CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Banana & Chocolate Loaf Cake (Vg)	WHEAT flour (calcium carbonate, iron, niacin, thiamin), banana puree 23%, brown sugar, dark chocolate 14% (sugar, cocoa mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring), coconut oil, rapeseed oil, black treacle, water, corn starch, flax seeds, sodium bicarbonate, raising agent (diphosphates, sodium carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)), ground cinnamon, salt. <i>May contain cereals containing GLUTEN, MILK, EGG, SOYA, SULPHITES, and NUTS.</i>	per 100g	per portion (g)	
		KJ	1662	1629
		Kcal	369	362
		Fat	18.0	17.6
		Sat	8.9	8.7
		Carbs	55.5	54.4
		Sugar	32.9	32.2
		Fibre	3.0	2.9
		Protein	4.8	4.7
		Salt	0.69	0.68
Portion weight (g)	98			

Lemon Drizzle Cake (V)	Lemon Cake (93%) [Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk (MILK), Rapeseed Oil, Pasteurised Free Range EGG , Lemon Juice (3%), Lemon Curd (3%) (Sugar, Pasteurised Free Range EGG , Water, Salted Butter (Butter (MILK), Salt), Concentrated Lemon Juice (Concentrated Lemon Juice, Preservatives: Sodium METBISULPHITE , Potassium METABISULPHITE), Lemon Oil, Gelling Agent: Agar), Lemon Zest (3%), Raising Agents: Diphosphates, Sodium Bicarbonate; Salt], Lemon Drizzle (7%) [Glucose Syrup (SULPHITES), Lemon Juice (2%), Icing Sugar (Sugar, Anticaking Agent: Calcium Phosphate; Dried Cornflower Petals). <i>May contain other cereals containing GLUTEN, EGG, MILK, SESAME, SOYA, SULPHITES, NUTS and PEANUTS.</i>	per 100g	per portion (g)	
		KJ	1477	1699
		Kcal	351	404
		Fat	12.7	14.6
		Sat	1.3	1.4
		Carbs	55.1	63.4
		Sugar	33.8	38.9
		Fibre	0.5	0.6
		Protein	4.6	5.3
		Salt	0.74	0.85
Portion weight (g)	115			

Welsh Cake (V)	WHEAT flour (calcium carbonate, iron, niacin, thiamine, raising agents E450, E500), vegetable oil (rapeseed, sustainable palm) sugar, vine fruits (13%)(currants, sultanas, sunflower oil), EGG , BUTTERMILK , water, salt, emulsifiers (E471, E481), colour (carotenes), natural flavouring, preservatives (E202, E282).	per 100g	per portion (g)	
		KJ	1548	464
		Kcal	370	111
		Fat	14.6	4.4
		Sat	4.9	1.5
		Carbs	65.1	19.5
		Sugar	23.3	7.0
		Protein	6.5	2.0
		Salt	1.30	0.39
		Portion weight (g)	30	

Victoria Sponge Cake** (V)	Victoria Sponge Cake [Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG , Margarine (Vegetable Oils (Sustainable Palm Oil, Rapeseed Oil), Water, Salt, Emulsifier (Polyglycerol Esters Of Fatty Acids), Flavouring, Colours (Curcumin, Annatto Bixin)), MILK , Raising Agents (Mon Calcium Phosphates, Sodium Bicarbonate, Corn Starch), Thickener (Xanthan Gum), Natural Flavouring, Salt], Buttercream Icing [Icing Sugar, Salted Butter (Butter (MILK), Salt), Double Cream (MILK), Natural Flavouring], Jam [Sugar, Raspberries, Lemon Juice], Decoration [Caster Sugar]. <i>May contain Cereals containing GLUTEN, NUTS, PEANUTS, SESAME, SULPHITES, SOYA.</i>	per 100g	per portion (g)	
		KJ	1640	2247
		Kcal	392	537
		Fat	18.6	25.5
		Sat	8.7	11.9
		Carbs	52.7	72.2
		Sugar	36.5	50.0
		Fibre	0.5	0.7
		Protein	3	4.1
		Salt	0.33	0.45
Portion weight (g)	137			

Caramel Chouxnut with Crème Pat (V)	Water, Powdered Fondant (Sugar, Dried Glucose Syrup), Whipping Cream (MILK), EGG , Icing Sugar, Speculoos Spread (Caramelised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: SOYA Lecithins; Acidity Regulator: Citric Acid), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Dark Chocoate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithins; Natural Vanilla Flavour), Speculoos Biscuit Crumb (Caramelised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Salt, Cinnamon)), Rapeseed Oil, Modified Potato Starch, Sugar, Natural Flavouring, Modified Maize Starch, Caramelised Sugar Syrup, Salt. <i>May contains NUTS.</i>	per 100g	per portion (g)	
		KJ	1622	1346
		Kcal	388	322
		Fat	21.5	17.9
		Sat	8.3	6.9
		Carbs	42.5	35.3
		Sugar	32.0	26.6
		Fibre	0.7	0.6
		Protein	5.8	4.8
		Salt	0.41	0.30
Portion weight (g)	83			

CAKES		
PRODUCT	INGREDIENTS	NUTRITIONAL INFO
Pecan Pie (Vg)	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Brown Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Natural Flavouring), PECAN NUTS , Invert Sugar Syrup, Water, Coconut Milk (Coconut Extract, Water), Sugar, Shortening (Palm Oil, Rapeseed Oil), Flax Seeds, Glucose Syrup, Modified Maize Starch, Natural Flavouring, Salt, Modified Potato Starch, Thickeners: Guar Gum, Agar; Pastry Stabiliser (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pastry Stabiliser: L-Cysteine), Gelling Agent: Pectin; Caramelised Sugar Syrup. <i>May contains EGG, MILK and SOYA.</i>	per 100g per portion (g)
		KJ 1869 2131
		Kcal 448 511
		Fat 26.3 30.0
		Sat 7.9 9.0
		Carbs 47.1 53.7
		Sugar 28.4 32.4
		Fibre 2.6 3.0
		Protein 4.3 4.9
		Salt 0.33 0.38
		Portion weight (g) 114
		per 100g per portion (g)
		KJ 1542 1681
Sticky Ginger Loaf (V)	Sponge Cake (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Black Treacle, Whole MILK , Soft Light Brown Sugar, EGG , Candied Ginger (5%) (Candied Ginger (Ginger, Sugar), Icing Sugar), Margarine (Vegetable Oils (Sustainable Palm, Rapeseed), Water, Salt, Emulsifier: Polyglycerol Esters Of Fatty Acids; Colours: Curcumin, Annatto Bixin), Flavourings), Coconut Oil, Ground Ginger (1%), Raising Agent (Sodium Bicarbonate), Salt], Topping [Caramel (7%) (Sweetened Condensed MILK (MILK , Sugar), Salted Butter (Butter (MILK), Salt), Glucose Syrup, Water, Sugar, Stabiliser: Pectin), Crystallised Ginger (3%), Mixed Spice]. <i>May contain NUTS, PEANUTS, SESAME, SOYA and SULPHITES.</i>	Kcal 369 402
		Fat 12.9 14.1
		Sat 7.8 8.5
		Carbs 56.7 61.8
		Sugar 33.0 36.0
		Fibre 1.1 1.2
		Protein 4.2 4.6
		Salt 0.86 0.90
		Portion weight (g) 109
		per 100g per portion (g)
		KJ 1674 2410
		Kcal 400 576
Coffee and Caramel Cake (Vg)	Sponge [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar, Rapeseed Oil, SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum; Water, Apple Puree, Coffee (1%), Raising Agents: Diphosphates, Sodium Carbonates; Salt, Natural Flavouring), Frosting [Icing Sugar, Violife Creamy (Water, Coconut Oil, Potato Starch, Sea Salt, Acidity Regulator: Glucono Delta-Lactone; Natural Flavourings, Olive, Vitamin B12), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Fava Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavourings, Colour: Carotenes), Water, Coffee (<1%]], Topping [Caramel (2%) [Sugar, Glucose Syrup, Water, Vegetable Fat (Shea), Partially Inverted Refiners Syrup, Fava Bean Flour, Caramelised Sugar, Salt, Emulsifiers: Mono- and Di-Glycerides of Fatty Acids, Lecithins (Sunflower, Rapeseed); Natural Flavouring]. <i>May contain EGG, MILK, NUTS, PEANUTS, SESAME and SULPHITES.</i>	Fat 18.0 25.9
		Sat 3.2 4.6
		Carbs 57.5 82.8
		Sugar 37.5 54.0
		Fibre 1.1 1.6
		Protein 2.7 3.9
		Salt 0.71 1.00
		Portion weight (g) 144
		per 100g per portion (g)
		KJ 1819 2401
		Kcal 435 574
		Fat 21.1 27.8
Battenberg Layer Cake (V)	Sugar, WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Rapeseed Oil, Pasteurised Free Range EGG , Water, Apricot Jam (8%) (Glucose-Fructose Syrup, Apricot Puree, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent: Pectin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and diglycerides of fatty acids; Natural Flavouring), Skimmed MILK Powder, Baking Powder (Raising Agents: Glucono delta-lactone, Sodium carbonates, Potassium tartrate; Maize Starch), Vanilla Flavouring, Concentrated Lemon Juice, Marzipan Flavouring, Colour: Anthocyanins, Caramelised Sugar Syrup.	Sat 3.5 4.6
		Carbs 55.6 73.4
		Sugar 37.8 49.9
		Fibre 0.9 1.2
		Protein 4.4 5.8
		Salt 0.49 0.65
		Portion weight (g) 132
		per 100g per portion (g)
		KJ 1539 2093
		Kcal 366 498
		Fat 13.8 18.8
		Sat 3.4 4.6
Carrot Cake (Vg)	Carrot Cake [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar (Sugar, Cane Molasses), Carrots (13%), Pasteurised Orange Comminute, Rapeseed Oil, SOYA Drink (Water, SOYA Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Sultanas (2%), WALNUTS (2%), Raising Agents: Sodium Bicarbonate, Diphosphates; Lemon Juice, Ground Flax Seeds, Mixed Spices (Coriander, Cassia, Ginger, Nutmeg, Fennel, Clove, Cardamon), Ground Cinnamon, Salt], Icing [Icing Sugar, Vegetable Fat (Shea Butter, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Rapeseed/Sunflower Lecithin; Lemon Juice, Natural Flavouring), Food Preparation with Coconut Oil (Water, Coconut Oil, Potato Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone; Natural Flavouring, Olive Oil, Vitamin B12), Orange Oil], Decoration [Pumpkin Seeds, Dried Marigold Petals]. <i>May contain other cereals containing GLUTEN, EGG, MILK, other NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.</i>	Carbs 58.1 79.0
		Sugar 37.0 50.3
		Fibre 1.9 2.6
		Protein 3.4 4.6
		Salt 0.80 1.09
		Portion weight (g) 136
		per 100g per portion (g)
		KJ 1440 1858
		Kcal 344 444
		Fat 16.5 21.3
		Sat 4.4 5.7
Deluxe Dark Chcolate Cake (Vg)	Chocolate Cake [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soya Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Light Brown Soft Sugar (Sugar, Cane Molasses), Apple Puree, Rapeseed Oil, Fat Reduced Cocoa Powder (4%), Ground Flax Seeds, Raising Agents: Diphosphates, Sodium Carbonates; Salt], Chocolate Ganache [Non Dairy Cream Alternative (Lentil Protein Preparation (Water, Lentil Flour), Rapeseed Oil, Coconut Fat, Sugar, Modified Potato Starch, Emulsifier: Polysorbate 60; Stabilisers: Methyl Cellulose, Xanthan Gum; Acidity Regulator: Trisodium Citrate; Natural Flavourings, Salt, Colour: Carotenes; Dark Chocolate (9%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Dark Chocolate Shavings (3%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Light Brown Soft Sugar (Sugar, Cane Molasses, Invert Sugar Syrup), Salt]. <i>May contain other cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.</i>	Carbs 45.5 58.7
		Sugar 24.4 31.5
		Fibre 3.0 3.9
		Protein 4.8 6.2
		Salt 0.52 0.67
		Portion weight (g) 129

CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Pistachio Cream Bun (V)	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 mandarin (Ciaculli late mandarin, Sugar, Glucose Syrup, Lemon Juice), Honey, Stabilisers Sorbitals Syrup and Hydroxypropyl cellulose, Blueberries purée (Blueberries, Sugar), Gelling agent Pectins, Emulsifiers Lecithins (of sunflower) and Mono- and diacetyl tartaric acid esters of mono and diglycerides of fatty acids, MILK Proteins, Natural Flavourings, Exhausted vanilla beans powder. <i>May contain other NUTS, MUSTARD, and SOYA.</i>	per 100g	per portion (g)
		KJ 1327	1261
		Kcal 317	301
		Fat 16.3	15.5
		Sat 9.5	9.0
		Carbs 32.6	31.0
		Sugar 17.7	16.8
		Fibre 7.2	6.8
		Protein 6.4	6.0
		Salt 0.36	0.34
Portion weight (g)	95		
Cherry & Coconut Mini Loaf (V/GF)	Free Range Pasteurised Whole EGG , Caster Sugar, Gluten Free Flour (Rice, Tapioca, Potato, Thickener: Xanthan Gum; Black Cherry Jam (14%) [Sugar, Black Cherries, Gelling Agent: Citrus Pectin;Acidity Regulator: Citric Acid; Rapeseed Oil, Desiccated Coconut (10%), MaizeFlour, Baking Powder (Raising Agents: Diphosphates, Sodium Carbonates; RiceFlour)], Golden Syrup (Invert Sugar Syrup), Humectant: Glycerine; Thickener:Xanthan Gum. <i>May contain other MILK, NUTS, and SOYA.</i>	per 100g	per portion (g)
		KJ 1659	1078
		Kcal 397	258
		Fat 21.5	14.0
		Sat 6.7	4.4
		Carbs 46	30.0
		Sugar 31.4	20.4
		Fibre 1.9	1.3
		Protein 4.4	2.9
		Salt 0.62	0.40
Portion weight (g)	65		

MUFFINS & CUPCAKES

PRODUCT		INGREDIENTS		NUTRITIONAL INFO	
Blueberry Muffin (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, EGG , Rapeseed Oil, Blueberry (11%), Blueberry Puree (9%) (Blueberry, Sugar, Water, Modified Maize Starch, Preservative: Potassium sorbate; Natural Flavouring, Acidity regulator: Citric acid), Water, Buttermilk (MILK) (2%), Raising Agents: Potassium carbonates, Sodium carbonates, Diphosphates, Calcium phosphates; Inulin, Palm Oil, MILK Proteins, WHEAT Starch, Modified Maize Starch, WHEAT Gluten, Preservative: Potassium sorbate, Emulsifiers: Mono-and diglycerides of fatty acids, Polyglycerol esters of fatty acids; Stabiliser: Xanthan gum; Salt, Glucose Syrup, Lemon Oil, Acidity regulator: Citric acid, Natural Flavourings, Colour: Carotenes.	per 100g	per portion (g)		
		KJ 1431	1502		
		Kcal 342	359		
		Fat 15.5	16.3		
		Sat 1.8	1.9		
		Carbs 44.1	46.3		
		Sugar 21.1	22.1		
		Fibre 1.2	1.3		
		Protein 5.8	6.1		
		Salt 0.44	0.46		
Portion weight (g)		105			
Sicilian Lemon Curd Muffin (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, EGG , Rapeseed Oil, Sicilian Lemon filling (9%) [Sugar, EGG , Butter (MILK), Water, Concentrated Lemon Juice (Lemon, Sodium Metabisulphite (SULPHITES), Potassium Metabisulphite (SULPHITES))], Gelling agent: Agar, Lemon Oil], Inulin, Lemon Zest (4%), Water, Buttermilk (MILK), Glucose Syrup, Raising Agents: Potassium carbonates, Sodium carbonates, Calcium phosphates, Diphosphates; Palm Oil, MILK Proteins, WHEAT Starch, Modified Maize Starch, Natural Flavourings, Preservative: Potassium sorbate, WHEAT Gluten, Emulsifiers: Mono- and diglycerides of fatty acids, Polyglycerol esters of fatty acids; Stabiliser: Xanthan gum, Salt, Humectants: Sorbitol syrup, Glycerol; Acidity regulator: Citric acid, Preservative: Sodium Metabisulphite (SULPHITES), Colour: Carotenes.	per 100g	per portion (g)		
		KJ 1487	1561		
		Kcal 354	372		
		Fat 15.1	15.9		
		Sat 2.2	2.3		
		Carbs 50.0	52.5		
		Sugar 24.9	26.1		
		Fibre 4.7	4.9		
		Protein 5.0	5.2		
		Salt 0.45	0.48		
Portion weight (g)		105			

MUFFINS & CUPCAKES			
PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Summer Cupcakes (V)	Pink Coloured Cupcake (Cake Flour [WHEAT Flour (with added Iron, Calcium, Thiamine, Niacin), Sugar, Whole Dried Free-range EGG Powder, Modified Maize Starch, Raising Agents: Diphosphates, Sodium Carbonates; Skimmed MILK Powder, Salt, Free Range EGG Albumen, Natural Flavour, Colour: Carotenes], Water, Pink Coloured Vanilla Buttercream(10%) [Icing Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids; Flavouring, Colouring: Annatto, Curcumin), Vanilla Flavour (Water, Propylene Glycol, Caramelised Sugar Syrup, Thickener: Xanthan Gum; Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate), Purple Natural Colour (Water, Monopropylene Glycol, Colour: Carmine, Spirulina Extract; Preservative: Citric Acid; Emulsifier: Polysorbate 80)], Mixed Fruit Jam [Glucose-Fructose Syrup, Mixed Fruits (Apples, Plums, Rhubarb), SULPHITES, Colour: Anthocyanins; Gelling Agent: Pectin; Citric Acid, Flavouring, Acidity Regulator: Sodium Citrates; Preservative: Potassium Sorbate; Anti-oxidant: Ascorbic Acid], Rapeseed Oil, Flower Shaped Chocolate (2.4%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: Sunflower Lecithin; Natural Vanilla Flavouring, Paprika Extract, Colouring: Lutein], Pink Sugar Sprinkles (0.8%) (Sugar, Rice Flour, Sunflower Oil, Potato Starch, Colour: Radish, Lemon, Blackcurrant)]..	per 100g	per portion (g)
		KJ	1640
		Kcal	391
		Fat	18.0
		Sat	4.0
		Carbs	55.0
		Sugar	42.0
		Fibre	0.5
		Protein	3.0
		Salt	0.40
		Portion weight (g)	160
	Yellow Coloured Cupcake (Cake Flour [WHEAT Flour (with added Iron, Calcium, Thiamine, Niacin), Sugar, Whole Dried Free-range EGG Powder, Modified Maize Starch, Raising Agents: Diphosphates, Sodium Carbonates; Skimmed MILK Powder, Salt, Free Range EGG Albumen, Natural Flavour, Colour: Carotenes], Water, Yellow Coloured Vanilla Buttercream (10%) [Icing Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids; Flavouring, Colouring: Annatto, Curcumin), Vanilla Flavour (Water, Propylene Glycol, Caramelised Sugar Syrup, Thickener: Xanthan Gum; Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate), Yellow Natural Colour (Water, Emulsifier: Polysorbate 80, Mono Propylene Glycol; Colour: Turmeric)], Mixed Fruit Jam [Glucose-Fructose Syrup, Mixed Fruits (Apples, Plums, Rhubarb), SULPHITES, Colour: Anthocyanins; Gelling Agent: Pectin; Citric Acid, Flavouring, Acidity Regulator: Sodium Citrates; Preservative: Potassium Sorbate; Anti-oxidant: Ascorbic Acid], Rapeseed Oil, Flower Shaped Chocolate (2.4%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: Sunflower Lecithin; Natural Vanilla Flavouring, Paprika Extract, Colouring: Lutein], Yellow Sugar Strands (0.8%) (Sugar, Sunflower Oil, Potato Starch, Rice Flour, Colour [Safflower, Lemon], Flavouring [Natural Vanilla Flavouring])).	per 100g	per portion (g)
		KJ	1640
		Kcal	391
		Fat	18.0
		Sat	4.0
		Carbs	55.0
		Sugar	42.0
		Fibre	0.5
		Protein	3.0
		Salt	0.40
	Orange Coloured Cupcake (Cake Flour [WHEAT Flour (with added Iron, Calcium, Thiamine, Niacin), Sugar, Whole Dried Free-range EGG Powder, Modified Maize Starch, Raising Agents: Diphosphates, Sodium Carbonates; Skimmed MILK Powder, Salt, Free Range EGG Albumen, Natural Flavour, Colour: Carotenes], Water, Orange Coloured Vanilla Buttercream (10%) [Icing Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids; Flavouring, Colouring: Annatto, Curcumin), Vanilla Flavour (Water, Propylene Glycol, Caramelised Sugar Syrup, Thickener: Xanthan Gum; Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate), Orange Natural Colour (Monopropylene Glycol, Water, Glycerine, Colour: Paprika; Emulsifier: Polysorbate 80, Sucrose Esters; Preservative: Alpha Tocopherols; Antioxidant: Ascorbyl Palmitate)], Mixed Fruit Jam [Glucose-Fructose Syrup, Mixed Fruits (Apples, Plums, Rhubarb), SULPHITES, Colour: Anthocyanins; Gelling Agent: Pectin; Citric Acid, Flavouring, Acidity Regulator: Sodium Citrates; Preservative: Potassium Sorbate; Anti-oxidant: Ascorbic Acid], Rapeseed Oil, Flower Shaped Chocolate (2.4%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: Sunflower Lecithin; Natural Vanilla Flavouring, Paprika Extract, Colouring: Lutein], Orange Sugar Sprinkles (0.8%) (Sugar, Rice Flour, Sunflower Oil, Potato starch, Colour: Safflower, Lemon, Radish, Blackcurrant)). <i>May contain other cereals containing GLUTEN, NUTS and SOYA.</i>	per 100g	per portion (g)
		KJ	1640
		Kcal	391
		Fat	18.0
		Sat	4.0
		Carbs	55.0
		Sugar	42.0
		Fibre	0.5
		Protein	3.0
		Salt	0.40
	Shortbread (44%) (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (MILK), Sugar, Maize Starch, Salt), Caramel (40%) (Sweetened Condensed MILK, Glucose Syrup (SULPHITES), Unsalted Butter (MILK), Invert Sugar Syrup, Palm Oil, Salted Butter (MILK), Sugar, Salt, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Natural Flavouring), Milk Chocolate (16%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Natural Flavouring)). <i>May contain NUTS and EGG.</i>	per 100g	per portion (g)
		KJ	2133
		Kcal	511
		Fat	30.3
		Sat	18.1
		Carbs	54.0
		Sugar	30.5
		Protein	4.9
		Salt	0.62
		Portion weight (g)	65
Caramel Shortbread (V)	Dark chocolate 17% (cocoa mass, sugar, fat-reduced cocoa powder, emulsifier (sunflower lecithin), natural vanilla flavouring - contains cocoa solids 74%), coconut oil, dark brown sugar, sugar, WHEAT flour (calcium carbonate, iron, niacin, thiamin), apple puree, water, plant cream (lentil preparation (water, lentil protein), vegetable oils (coconut, rapeseed), sugar, modified potato starch, emulsifier (polysorbate 60), stabiliser (methylcellulose, xanthan gum), acidity regulator (trisodium citrate), natural flavour, salt, colour (carotene)), fat-reduced cocoa powder, cocoa nibs 3.5%, black treacle, flaxseeds, natural vanilla extract, sea salt flakes 0.5%, raising agent (diphosphates, sodium carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)). <i>May contain MILK, EGG, PEANUTS, NUTS, SULPHUR DIOXIDE and other cereals containing GLUTEN.</i>	per 100g	per portion (g)
		KJ	1941
		Kcal	464
		Fat	30.0
		Sat	22.0
		Carbs	47.0
		Sugar	34.0
		Fibre	3.4
		Protein	4.5
		Salt	0.71
Super Dark Brownie (Vg)	Free range EGG, dark chocolate 16% (cocoa mass, sugar, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring - contains cocoa solids 72%), coconut oil, soft light sugar, sugar, dark chocolate 7% (sugar, cocoa mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring - contains cocoa solids 47%, fat free cocoa solids 14%), milk chocolate 7% (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier (SOYA lecithin), natural vanilla flavouring - contains cocoa solids 27%, milk solids 20%), fat-reduced cocoa powder, gluten-free flour blend (rice, potato, tapioca, maize, buckwheat), rapeseed oil, double cream (MILK), salt, raising agent (mono calcium phosphate, corn starch, sodium bicarbonate), stabiliser (xanthan gum). <i>May contain cereals containing GLUTEN, NUTS and SULPHUR DIOXIDE.</i>	per 100g	per portion (g)
		KJ	2098
		Kcal	504
		Fat	32.6
		Sat	21.4
		Carbs	42.4
		Sugar	37.0
		Fibre	4.3
		Protein	6.2
		Salt	0.36
Triple Chocolate Brownie** (V)	**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.	per 100g	per portion (g)
		KJ	1322
		Kcal	317
		Fat	20.5
		Sat	13.5
		Carbs	26.7
		Sugar	23.3
		Fibre	2.7
		Protein	3.9
		Salt	0.23
		Portion weight (g)	63

TRAYBAKES			
PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
Yoghurt Apple & Blackcurrant Flapjack (V)	OATS (27%), Bramley Apples (16%), Pure Vegetable Margarine (Certified Sustainable Palm Oil, Rapeseed Oil, Salt), Yoghurt Flavoured Topping (13%) (Sugar, Hydrogenated Palm Kernel Oil, Whey Powder (MILK), Skimmed MILK Powder, Yoghurt Powder (MILK), Emulsifier: Sunflower Lecithin, Citric Acid), Light Brown Soft Sugar, Blackcurrants (6%), Golden Syrup, Caster Sugar, Sunflower Oil, Thickener: Tapioca Starch. <i>May contain SULPHUR DIOXIDE.</i>	KJ	1704
		Kcal	408
		Fat	21.2
		Sat	8.8
		Carbs	47.8
		Sugar	27.2
		Fibre	3.0
		Protein	5.0
		Salt	0.20
		Portion weight (g)	137
Rocky Road	Margarine (Palm Fat, Rapeseed Oil, Water, Salt, Emulsifier: Polyglycerol Esters of Fatty Acids, Colours: Curcumin, Annatto, Flavours), Milk Chocolate (25%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Flavour), Biscuit Crumb (21%) (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Oils (Palm Oil (SG), Rapeseed Oil), Sugar, Partially Inverted Sugar Syrup, Raising Agents: Sodium Carbonates, Ammonium Carbonates, Salt), Biscuit Pieces (17%) (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine), Wholemeal WHEAT Flour, Vegetable Shortening (Palm Oil (SG), Rapeseed Oil), Sugar, Partially Invert Sugar Syrup, Raising Agents (Sodium Carbonates, Ammonium Carbonates), Salt), Golden Syrup (Invert Sugar Syrup), Caramel Pieces (2.5%) (Sugar, Sweetened Condensed MILK, Glucose Syrup (SULPHITES), Palm Oil (MB, SG), Salt), White Chocolate Chips (Sugar, Cocoa Butter, Full Cream MILK Powder, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Marshmallows (1.7%) (Glucose-fructose Syrup, Sugar, Water, Pork Gelatine, Anti-caking Agent: Maize Starch, Colour: Beetroot Red, Flavouring), Caramel Drizzle (0.8%) (Sugar, Glucose Syrup (Preservative: Sulphur Dioxide (SULPHITES), Palm Fat (SG), Sweetened Condensed MILK, Rapeseed Oil, Water, Salt, Flavouring, Emulsifiers: SOYA Lecithin, Colour: E100, E160b), White Chocolate Flavour Drizzle (Sugar, Palm Oil (MB), Whey Powder (MILK), Emulsifier: Sunflower Lecithin, Rapeseed Lecithin), Natural Flavouring). <i>May contain NUTS, and EGGS.</i>	per 100g	per portion (g)
		KJ	2204
		Kcal	529
		Fat	34.0
		Sat	17.0
		Carbs	49.0
		Sugar	30.0
		Fibre	1.8
		Protein	5.6
		Salt	0.90
Blackberry & Apple Crumble Jack** (Vg)	Flapjack Base (Gluten Free OATS, Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Margarine (Vegetable Oils (Sustainable Palm, Rapeseed), Water, Salt, Emulsifier: Polyglycerol Esters Of Fatty Acids; Colours: Curcumin, Annatto Bixin; Flavours), Light Brown Soft Sugar, Invert Sugar Syrup), Jam Filling (Apple (13%), Sugar, Blackberries (9%), Gelling Agent: Pectin), Crumble (Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Coconut Oil, Demerara Sugar, Gluten Free Jumbo OATS). <i>May contain cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA and SULPHITES.</i>	per 100g	per portion (g)
		KJ	1584
		Kcal	379
		Fat	14.5
		Sat	7.4
		Carbs	59.8
		Sugar	32.6
		Fibre	2.5
		Protein	3.4
		Salt	0.22
Maple Syrup Flapjack (Vg)	Flapjack (Gluten Free OATS (44%), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Faba Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavours, Colour: Carotenes), Soft Light Brown Sugar, Invert Sugar Syrup, Maple Syrup (7%)). <i>May contain cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.</i>	per 100g	per portion (g)
		KJ	1888
		Kcal	451
		Fat	18.7
		Sat	9.5
		Carbs	66.9
		Sugar	34.2
		Fibre	4.7
		Protein	6.0
		Salt	0.36
Cherry Bakewell (V)	Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sour Cherries (15%), Salted Butter (Butter (MILK), Salt), EGG, Coconut Oil, Ground ALMONDS (NUTS) (7%), Lemon Zest, Flaked ALMONDS (NUTS) (2%), Natural Flavouring Substances, Snow Dusting (Dextrose, WHEAT Starch, Vegetable Oil (Sustainable Palm, Rapeseed), Salt, Natural Flavouring), Raising Agents: Diphosphates, Sodium Carbonates. <i>May contain cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.</i>	per 100g	per portion (g)
		KJ	1809
		Kcal	432
		Fat	26.3
		Sat	16.0
		Carbs	46.7
		Sugar	28.5
		Fibre	1.9
		Protein	5.3
		Salt	0.15
Blackcurrant Bakewell (Vg)	Sugar, Vegetable Fat [Vegetable Oils (Sunflower, Rapeseed), Coconut Oil, Water, Sea Salt, Faba Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavouring, Colour: Carotenes), Ground ALMONDS (NUTS) (17%), Blackcurrants (13%), SOYA Drink (Water, SOYA Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Polenta, Flaked ALMONDS (NUTS) (2%), Raising Agents: Diphosphates, Sodium Carbonates; Natural Flavouring, Salt. <i>May contain cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.</i>	per 100g	per portion (g)
		KJ	1756
		Kcal	420
		Fat	27.5
		Sat	10.4
		Carbs	39.9
		Sugar	22.4
		Fibre	3.0
		Protein	6.4
		Salt	0.51

TARTS		
PRODUCT	INGREDIENTS	NUTRITIONAL INFO
Portuguese Tarts (V)	Sugar, MILK , WHEAT Flour, Water, Margarine (Sustainable Palm Oil, Water, Rapeseed Oil, Emulsifiers: Lecithin, Mono and Diglycerides of Fatty Acids, Poly Esters of Fatty Acids; Salt, Acidity Regulator: Citric Acid; Flavouring, Colour: Beta Carotene, Antioxidant: Alpha-tocopherol), EGG Yolk, Liquid EGG , Maize Starch, Salt, Natural Vanilla Flavouring. <i>May contain cereals containing GLUTEN, EGG, MILK, NUTS, SOYA, and SULPHITES.</i>	per 100g per portion (g)
		KJ 1168 759
		Kcal 278 181
		Fat 11.4 7.4
		Sat 5.2 3.4
		Carbs 40.2 26.1
		Sugar 25.1 16.3
		Protein 4.1 2.7
		Salt 0.35 0.23
		Portion weight (g) 65
Tarte Au Citron (V)	Pastry Tart [WHEAT Flour, Sugar, Flavouring (WHEAT), Salt, Raising Agents: Disodium Phosphate, Sodium Bicarbonate; Emulsifiers: Lactic Acid Esters of Mono- and Diglycerides of Fatty Acids, Propane-1,2-diol Esters of Fatty Acids; Dried Glucose Syrup, Skimmed MILK Powder, Vegetable Oil (Palm & Rapeseed Oil), Water, Salt, Emulsifier: Mono- And Diglycerides Of Fatty Acids; Flavouring, Colour: Annatto Bixin, Curcumin], Cream (MILK), Tarte Citron Powder [Sugar, Modified Starches (Waxy Maize, Potato), EGG White Powder, Flavouring (Contains Lactose MILK), Acidity Regulator: Citric Acid; Colour: Beta Carotene], Sweet Snow [Dextrose, Sugar, Cornflour, Vegetable Oil (Palm)], Apricot Glaze [Glucose-Fructose Syrup, Water, Sugar, Apricot Puree, Gelling Agents: Amidated Pectin, Carrageenan, Xanthan Gum; Acidity Regulators: Citric Acid, Trisodium Citrate, Tricalcium Phosphate; Flavouring, Preservative: Potassium Sorbate; Firming Agent: Potassium Chloride; Colour: Paprika Extract], Lemon Juice Concentrate (1%). <i>May contain cereals containing GLUTEN, and NUTS.</i>	per 100g per portion (g)
		KJ 1577 1797
		Kcal 378 431
		Fat 20.9 23.8
		Sat 11.2 12.8
		Carbs 42.2 48.1
		Sugar 26.9 30.7
		Fibre 2.8 3.2
		Protein 3.8 4.3
		Salt 0.54 0.62
Portion weight (g) 114		
DESSERTS		
PRODUCT	INGREDIENTS	NUTRITIONAL INFO
Cookies & Cream Slice	Cream (MILK), Digestive Biscuit Crumb (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Fat, Sugar, Invert Sugar Syrup, Salt, Raising Agent: Sodium Carbonates, Ammonium Carbonates), Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Natural Vanilla Flavour, Emulsifier: SOYA Lecithin), Margarine (Vegetable Oil, Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids, Colour: Curcumin, Annatto Bixin; Flavouring), Water, Chocolate Muffin Sponge (Chocolate Muffin Sponge [Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Powdered EGG , Fat Reduced Cocoa Powder, Salt, Whey Solids (MILK), Modified Maize Starch, Vegetable Oil, Flavouring, Stabiliser: Xanthan Gum; Emulsifier: Sodium Stearoyl-2-Lactylate, Propylene Glycol Esters of Fatty Acids; Raising Agent: Diphosphates, Potassium Carbonates]), Oreo Cookies [WHEAT Flour, Sugar, Palm Oil, Fat Reduced Cocoa Powder, WHEAT Starch, Glucose-Fructose Syrup, Emulsifier: SOYA Lecithin; Salt, Raising Agent: Sodium Hydroxide, Ammonium Carbonates, Sodium Carbonates, Potassium Carbonates; Flavouring), Neutral Fond (Sugar, Dried Glucose Syrup, Beef Gelatine, Modified Starch, Dried EGG Yolk, Salt, Raising Agent: Disodium Pyrophosphate; Rapeseed Oil, Invert Sugar Syrup, Dark Chocolate Shaving [Sugar, Cocoa Mass, Cocoa Butter, Natural Vanilla Flavour, Emulsifier: SOYA Lecithin], Cocoa Powder, Beef Gelatine, Concentrated Vanilla Flavour Liquid (Flavouring, Colour: Ammonia Caramel)].	per 100g per portion (g)
		KJ 1962 3002
		Kcal 479 733
		Fat 34.1 52.2
		Sat 11.4 17.4
		Carbs 35.7 54.6
		Sugar 17.1 26.2
		Fibre 2.1 3.2
		Protein 5.5 8.4
		Salt 0.59 0.90
Portion weight (g) 153		
Lotus Biscoff Cheesecake (V)	Full Fat Soft Cheese (37%) [Skimmed MILK , Cream (MILK), Salt, Preservative (Potassium Sorbate), Lactic Culture (MILK), Microbial Rennet], Biscoff Paste (20% [Crushed Caramelised Biscuit [WHEAT Flour, Sugar, Vegetable Oils (Palm & Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), SOYA Flour, Salt, Cinnamon], Rapeseed Oil, Sugar, Emulsifier (SOYA Lecithin), Acid (Citric Acid), Pasteurised Liquid Whole EGG , Biscoff Crushed Caramelised Biscuit (14%) (WHEAT Flour, Sugar, Vegetable Oils (Palm & Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Soya Flour, Salt, Cinnamon), Sugar, Double Cream (MILK), Margarine [Vegetable Oils (Palm & Rapeseed), Water, Salt, Emulsifier (Polyglycerol Esters of Fatty Acids), Colours (Cucumin, Annatto), Flavourings], Dark Chocolate [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring]. <i>May contain NUTS.</i>	per 100g per portion (g)
		KJ 1644 2334
		Kcal 394 560
		Fat 25.2 35.7
		Sat 9.8 14.0
		Carbs 33.8 48.0
		Sugar 22.8 32.4
		Protein 8.0 11.3
		Salt 0.60 0.86
		Portion weight (g) 142
Cherry & Mascarpone Roulade (V)	EGG , Mascarpone (Cream, MILK Proteins), Cherries, Whipping Cream (MILK), Granulated Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Single Cream (MILK), Icing Sugar, White Chocolate Chips [Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Natural Vanilla Flavouring, Emulsifier: SOYA Lecithin], Emulsifier Blend (Water, Sugar, Emulsifiers: Polyglycerol Esters of Fatty Acids, Mono- And Diglycerides of Dietary Fatty Acids; Potassium Hydroxide), Natural Flavouring, Freeze Dried Cherries, Modified Waxy Maize Starch, Modified Starch, Modified Maize Starch, Modified Potato Starch, Acidity Regulator: Citric Acid; Gelling Agent: Agar-Agar; Thickener: Guar Gum; Stabiliser Blend (Locust Bean Gum, Xanthan Gum, Guar Gum). <i>May contain NUTS.</i>	per 100g per portion (g)
		KJ 1167 1004
		Kcal 279 240
		Fat 14.5 12.4
		Sat 9.4 8.1
		Carbs 32.6 28.0
		Sugar 20.2 17.4
		Fibre 0.7 0.6
		Protein 5.0 4.3
		Salt 0.12 0.10
Portion weight (g) 86		
Salted Caramel Slice	Cream (MILK), Digestive Crumb (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Oil, Sugar, Partially Inverted Sugar Syrup, Raising Agents: Sodium Carbonates, Ammonium Carbonates; Salt), Caramel Muffin Sponge Pieces (Toffee Cream Cake Mix [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Demerara Sugar, Modified Maize Starch, Vegetable Oil, Flavouring, Salt, Powdered EGG , Natural Flavouring, WHEAT Gluten, Whey Solids (MILK), Colour: Carotenes, Ammonia Caramel; Raising Agents: Disodium Pyrophosphate, Sodium Carbonates; Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids, Propylene Glycol Esters of Fatty Acids], Liquid EGG , Rapeseed Oil), Banoffee Toffee Sauce (Condensed MILK [Sugar, Cream (MILK)], Margarine (Coconut Oil, Rapeseed Oil, Water, Shea Fat, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids; Flavouring, Colour: Beta-Carotene), Caramel Compound Paste [Glucose Syrup, Caramelised Sugar Syrup, Invert Sugar Syrup, Natural Flavouring]), Water, White Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier SOYA Lecithin, Natural Vanilla Flavour), Lotus Biscoff Crumb [WHEAT Flour, Sugar, Vegetable Oil, Sugar Syrup, Salt, Raising Agent: Sodium Bicarbonate; Cinnamon, SOYA Flour], Margarine (Vegetable Oil, Water, Salt, Colour: Curcumin, Annatto Bixin; Flavouring, Emulsifiers: Mono- and Diglycerides of Fatty Acids), Caramel Fudge Cubes [Sugar, Condensed MILK , Fondant [Sugar, Glucose, Water], Glucose Syrup, Palm Oil, Water, Salt], Neutral Fond [Sugar, Dried Glucose Syrup, Beef Gelatine, Modified Starch, Dried EGG Yolk, Acidity Regulator: Diphosphates; Salt], Invert Sugar Syrup, Beef Gelatine, Salt.	per 100g per portion (g)
		KJ 1840 2686
		Kcal 442 645
		Fat 28.8 42.1
		Sat 9.7 14.2
		Carbs 40.2 58.7
		Sugar 24.0 35.0
		Fibre 0.8 1.1
		Protein 5.5 8.0
		Salt 0.99 1.44
Portion weight (g) 146		

SANDWICHES			
PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
BLT	Malted Bread [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, Yeast, BARLEY Malt Flour, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Salt, Preservative: Calcium Propionate; Buckwheat Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid], Tomato (24%), Smoked Streaky Bacon (15%) [Pork Belly, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite; Natural Flavouring, Natural Beechwood Smoke], Seasoned Mayonnaise [Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Sugar, Spirit Vinegar, Salt, Lemon Juice from Concentrate, Flavouring, Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract)], Black Pepper, Salt], Mixed Leaf (4%). <i>May contain MILK, MUSTARD, and SOYA.</i>	per 100g	per portion (g)
		KJ 1111	2222
		Kcal 266	532
		Fat 15.2	30.4
		Sat 2.2	4.4
		Carbs 22.4	44.8
		Sugar 2.0	4.0
		Fibre 2.1	4.2
		Protein 11.0	22.0
		Salt 1.35	2.70
Farmhouse Cheddar Ploughman's (V)	Malted Bread [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, Yeast, BARLEY Malt Flour, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Salt, Preservative: Calcium Propionate; Buckwheat Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid], Farmhouse Cheddar Cheese (17%) (Pasteurised Cow's MILK), Tomato (12%), Sweet Pickle (10%) [Vegetables (Carrot, Rutabaga, Onion, Cauliflower), Sugar, BARLEY Malt Vinegar, Spirit Vinegar, Water, Tomato Purée, Date Paste (Date, Rice Flour), Apple Pulp, Salt, Modified Maize Starch, Colour: SULPHITE Ammonia Caramel; Onion Powder, Concentrated Lemon Juice, Spices, BARLEY Malt Extract, Herb and Spice Extracts], Mayonnaise [Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Sugar, Spirit Vinegar, Salt, Concentrated Lemon Juice, Flavouring, Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract], Red Onion (5%), Mixed Leaf (4%). <i>May contain SOYA and MUSTARD.</i>	per 100g	per portion (g)
		KJ 1065	2077
		Kcal 254	495
		Fat 12.2	23.8
		Sat 4.1	8.0
		Carbs 27.9	54.4
		Sugar 5.3	10.3
		Fibre 2.3	4.5
		Protein 9.4	18.3
		Salt 1.24	2.42
PANINI	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Brie Full Fat Soft Cheese (12%) (MILK), Chipotle Chilli Jam (12%) [Sugar, Red Pepper, White Grape Vinegar, Water, Tomato Paste, Chipotle Chilli Paste (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acidity Regulator: Acetic Acid; Dried Onion, Concentrated Lemon Juice, Salt, Garlic Purée), Beechwood Smoked Bacon (12%) [Pork, Salt, Antioxidants: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite; Natural Flavourings, Natural Beechwood Smoke]. <i>May contain EGG and MUSTARD.</i>	per 100g	per portion (g)
		KJ 1186	1957
		Kcal 282	465
		Fat 8.4	13.9
		Sat 4.7	7.8
		Carbs 41.2	68.0
		Sugar 12.4	20.5
		Fibre 2.3	3.8
		Protein 11.5	19.0
		Salt 1.16	1.91
Brie & Bacon Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Chicken Pesto and Cheddar Mix (40%) [Steamed Chicken (60%) (Chicken Breast, Salt), Pesto (19%) (Basil Paste (Basil, Sunflower Oil, Salt, Antioxidant: Ascorbic Acid), Vegetable Oil (Sunflower Oil, Rapeseed Oil), Medium Fat Hard Cheese (MILK), Extra Virgin Olive Oil, Garlic Purée, Acidity Regulator: Citric Acid), Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Spirit Vinegar, Salt, Sugar, Flavourings, Lemon Juice Concentrate, Antioxidant: Calcium Disodium EDTA), Mature Cheddar Cheese (8%) (MILK)], Mozzarella Cheese (10%) (MILK). <i>May contain MUSTARD.</i>	per 100g	per portion (g)
		KJ 1125	2363
		Kcal 269	565
		Fat 11.8	24.8
		Sat 3.1	6.5
		Carbs 28.3	59.4
		Sugar 2.0	4.2
		Fibre 3.8	8.0
		Protein 14.2	29.8
		Salt 0.89	1.87
Chicken & Pesto Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Tomato (18%), Mozzarella Cheese (15%) (MILK, Salt), Cheese and Pesto Mix (13%) [Mature Cheddar Cheese (MILK), Pesto (Basil Paste (Basil, Sunflower Oil, Salt, Antioxidant: Ascorbic Acid), Vegetable Oil, Medium Fat Hard Cheese (MILK), Extra Virgin Olive Oil, Garlic Purée, Acidity Regulator: Citric Acid)]. <i>May contain EGG, and MUSTARD.</i>	per 100g	per portion (g)
		KJ 1053	2064
		Kcal 251	492
		Fat 8.7	17.1
		Sat 3.9	7.6
		Carbs 32.9	64.5
		Sugar 2.4	4.7
		Fibre 1.7	3.3
		Protein 11.0	21.6
		Salt 0.89	1.74
Mozzarella & Tomato Panini (V)	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Tuna Melt Mix (43%) [Tuna Chunks (Skipjack Tuna (Katsuwonus pelamis) (FISH), Water, Salt), Mayonnaise (20%) (Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Sugar, Spirit Vinegar, Salt, Lemon Juice from Concentrate, Flavourings, Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract), Mature Cheddar Cheese (19%) (MILK), Red Pepper (7%), Slow Roasted Marinated Tomato (5%) (Tomato, Sunflower Oil, Salt, Garlic, Oregano), Red Onion (3%), Lemon Juice (Lemon Juice from Concentrate, Preservative: Potassium metabisulphite (SULPHITES), Parsley)]. <i>May contain MUSTARD.</i>	per 100g	per portion (g)
		KJ 1089	2015
		Kcal 260	481
		Fat 10.5	19.4
		Sat 1.4	2.5
		Carbs 32.3	59.8
		Sugar 1.7	3.1
		Fibre 2.8	5.2
		Protein 10.4	19.2
		Salt 0.76	1.41
Tuna Melt Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Tuna Melt Mix (43%) [Tuna Chunks (Skipjack Tuna (Katsuwonus pelamis) (FISH), Water, Salt), Mayonnaise (20%) (Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Sugar, Spirit Vinegar, Salt, Lemon Juice from Concentrate, Flavourings, Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract), Mature Cheddar Cheese (19%) (MILK), Red Pepper (7%), Slow Roasted Marinated Tomato (5%) (Tomato, Sunflower Oil, Salt, Garlic, Oregano), Red Onion (3%), Lemon Juice (Lemon Juice from Concentrate, Preservative: Potassium metabisulphite (SULPHITES), Parsley)]. <i>May contain MUSTARD.</i>	per 100g	per portion (g)
		KJ 1089	2015
		Kcal 260	481
		Fat 10.5	19.4
		Sat 1.4	2.5
		Carbs 32.3	59.8
		Sugar 1.7	3.1
		Fibre 2.8	5.2
		Protein 10.4	19.2
		Salt 0.76	1.41

PANINI				
PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Ham Hock & Cheddar Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Cheese Sauce Mix (23%) [White Sauce (Water, Rapeseed Oil, Modified Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock (Salt, Maltodextrin, Yeast Extract, Sugar, Vegetables (Onion, Parsnip), Carrot Extract, Rapeseed Oil, Tomato, Lovage), Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Mature Cheddar Cheese (25%) (MILK, Potato Starch), Italian Hard Cheese (24%) (MILK, Salt, Vegetarian Rennet, Lysozyme (EGG)), Dijon Mustard (Water, MUSTARD Seed, Spirit Vinegar, Salt, Preservative: Sodium Hydrogen SULPHITE)], Pulled Ham Hock (17%) [Pork, Brine (Water, Low Sodium Sea Salt, Preservatives: Sodium Nitrate, Sodium Nitrite)]. May contain other cereals containing GLUTEN.	per 100g	per portion (g)	
		KJ	1068	1869
		Kcal	254	445
		Fat	9.0	15.8
		Sat	3.1	5.4
		Carbs	30.8	53.9
		Sugar	1.1	1.9
		Fibre	2.0	3.5
		Protein	13.5	23.6
		Salt	1.17	2.05
		Portion weight (g)	175	
TOASTIES				
PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Ham & Cheese Toastie	Grilled Cheese Topped Bread [White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Mature Cheddar Cheese (18%) (MILK), Mozzarella Cheese (18%) (MILK)], White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), Cooked Gammon Ham (16%) [Pork, Salt, Stabiliser: Triphosphate; Demerara Sugar, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite], Mature Cheddar Cheese (10%) (MILK), Seasoned White Sauce [White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Cracked Black Pepper]. May contain EGG, MUSTARD, and SOYA.	per 100g	per portion (g)	
		KJ	1040	1986
		Kcal	248	474
		Fat	11.0	21.0
		Sat	5.3	10.1
		Carbs	24.1	46.0
		Sugar	1.1	2.1
		Fibre	2.2	4.2
		Protein	14.3	27.3
		Salt	1.78	3.40
		Portion weight (g)	191	
Mushroom & Emmental Toastie (V)	Grilled Cheese Topped White Bloomer Bread [White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), Mature Cheddar Cheese (18%) (MILK), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Mozzarella Cheese (18%) (MILK)], Mushroom & Emmental Mix (25%) [Full Fat Soft Cheese (30%) (MILK), Emmental Cheese (30%) (MILK), Mushroom and Porcini Tapenade (10%) (Grilled Mushrooms, Rapeseed Oil, Porcini Mushrooms, Concentrated Lemon Juice, Salt, Dehydrated Porcini Mushroom Powder, Garlic, Parsley, Chive)], White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), Mushroom (8%) (Mushroom, Water, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid). May contain EGG, MUSTARD, and SOYA.	per 100g	per portion (g)	
		KJ	1135	2054
		Kcal	271	491
		Fat	14.0	25.3
		Sat	7.9	14.3
		Carbs	25.0	45.3
		Sugar	1.8	3.3
		Fibre	1.9	3.4
		Protein	12.3	22.3
		Salt	1.08	1.95
		Portion weight (g)	181	
Cheese & Tomato Toastie (V)	Grilled Cheese Topped White Bloomer Bread [White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), Mature Cheddar Cheese (17%) (MILK), Mozzarella Cheese (17%) (MILK), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Marinated Slow Roasted Cherry Tomato (7%) (Cherry Tomatoes (93%), Rapeseed Oil, Salt, Oregano, Garlic)], White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), Mascarpone and Tomatade Mix (15%) [Mascarpone Cheese (50%) (Cream (MILK), Acidity Regulator: Citric Acid), Tomato Sauce (Tomato, Salt, Sugar, Onion, Oregano, Basil, Spices), Sunblush® Tomatade (24%) (Slow Roast Tomatoes, Tomato Concentrate, Rapeseed Oil, Olive Oil, Oregano, Garlic, Sugar), Parsley, Black Pepper], Mozzarella Cheese (8%) (MILK). May contain EGG MUSTARD, and SOYA.	per 100g	per portion (g)	
		KJ	1239	2057
		Kcal	296	491
		Fat	15.0	24.9
		Sat	8.1	13.4
		Carbs	29.2	48.5
		Sugar	2.4	4.0
		Fibre	3.2	5.3
		Protein	12.7	21.1
		Salt	1.29	2.14
		Portion weight (g)	166	
Feta and Tomato Sourdough Toastie (V)	Sourdough Bread [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Malted BARLEY, RYE Flour], Feta Cheese (11%) [Sheep MILK, Goats MILK], Red Pepper (11%), Semi Dried Marinated Tomato (8%) [Tomato, Sunflower Oil, Salt, Garlic, Oregano], Black Pepper Mayonnaise (Mayonnaise (Rapeseed Oil, Water, EGG, Spirit Vinegar, Salt, Sugar, Flavouring, Concentrated Lemon Juice, Antioxidant: Calcium Disodium EDTA), Black Pepper), Rocket (3%), Vinegar Glaze (2%) [Balsamic Vinegar (Wine Vinegar (Wine, Water, Antioxidant: SULPHITES), Concentrated Grape Must, Colour: SULPHITE Ammonia Caramel), Concentrated Grape Must, Wine Vinegar (Wine, Antioxidant: SULPHITES), Thickener: Modified Starch; Colour: SULPHITE Ammonia Caramel). May contain MUSTARD.	per 100g	per portion (g)	
		KJ	860	2270
		Kcal	205	541
		Fat	6.5	17.2
		Sat	2.5	6.5
		Carbs	29.9	78.9
		Sugar	3.9	10.3
		Fibre	1.8	4.8
		Protein	7.5	19.8
		Salt	1.07	2.82
		Portion weight (g)	264	

BAPS				
PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Bacon Bap	Vienna Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Potato Starch, Potato, Yeast, Sugar, Rapeseed Oil, Salt, WHEAT Flour, Emulsifiers: Sodium Stearoyl-2-lactylate, Mono- and Diglycerides of Fatty Acids; Flour Treatment Agent: Ascorbic Acid], Beechwood Smoked Streaky Bacon (32%) [Pork, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite; Natural Flavourings, Natural Beechwood Smoke], Butter (MILK, Salt). May contain EGG, and MUSTARD.	per 100g	per portion (g)	
		KJ	1256	1570
		Kcal	299	374
		Fat	12.2	15.3
		Sat	5.2	6.5
		Carbs	35.3	44.1
		Sugar	4.0	5.0
		Fibre	3.0	3.8
		Protein	13.6	17.0
		Salt	1.80	2.25
		Portion weight (g)	125	
		Sausage Bap	Vienna Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Potato Starch, Potato, Yeast, Sugar, Rapeseed Oil, Salt, WHEAT Flour, Emulsifiers: Sodium Stearoyl-2-lactylate, Mono- and Diglycerides of Fatty Acids; Flour Treatment Agent: Ascorbic Acid], Pork and Lentil Sausage (46%) [Pork, Lentils, Potato Starch, Dextrose, Water, Salt, Rapeseed Oil, WHEAT Starch, Beef Collagen Casing, Spices (White Pepper, Nutmeg, Ginger, Mace, Chilli Powder), Stabiliser: Diphosphate; WHEAT Protein, Onion Powder, Rubbed Sage, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Butter (MILK, Salt). May contain EGG, and MUSTARD.	per 100g
KJ	1070			1712
Kcal	255			408
Fat	10.1			16.2
Sat	4.0			6.4
Carbs	32.0			51.2
Sugar	2.1			3.4
Fibre	4.4			7.0
Protein	11.3			18.1
Salt	1.12			1.79
Portion weight (g)	160			

WRAPS				
PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
All Day Breakfast Wrap	Plain Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Carbonates, Malic Acid, Diphosphates; Sugar, Stabiliser: Sodium Carboxymethyl Cellulose; Salt], Pork and Lentil Sausage (24%) [Pork, Lentils, Potato Starch, Dextrose, Water, Salt, Rapeseed Oil, WHEAT Starch, Beef Collagen Casing, Spices (White Pepper, Nutmeg, Ground Ginger, Ground Mace, Chilli Powder), Stabiliser: Diphosphate; WHEAT Protein, Onion Powder, Rubbed Sage, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Scrambled EGG Mix (14%) [Free Range Scrambled EGG (Pasteurised Free Range EGG, Water, Rapeseed Oil, Tapioca Starch, Skimmed MILK Powder, Lemon Juice, Salt, Ground White Pepper), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Cracked Black Pepper], Baked Beans (12%) [White Bean, Tomato, Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract], Beechwood Smoked Streaky Bacon (6%) [Pork, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite; Natural Flavourings, Natural Beechwood Smoke], Cornflour Mix (Water, Cornflour). May contain MUSTARD.	per 100g	per portion (g)	
		KJ	1068	2211
		Kcal	255	528
		Fat	11.0	22.8
		Sat	3.5	7.2
		Carbs	30.5	63.1
		Sugar	2.2	4.6
		Fibre	1.4	2.9
		Protein	9.1	18.8
		Salt	1.15	2.38
		Portion weight (g)	210	
		Falafel and Sweet Chilli Wrap (Vg)	Tomato Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Palm Oil, Rapeseed Oil), Tomato Seasoning (Tomato Powder, Red Bell Pepper, Paprika, Basil), Raising Agent: Sodium Bicarbonate; Disodium Diphosphate), Sugar, Acidity Regulator: Malic Acid; Stabiliser: Sodium Carboxy Methyl Cellulose; Salt], Green Chickpea Falafel (21%) [Green Chickpeas, Chickpeas, Onion, WHEAT Flour, Bread Rusk (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast), Rapeseed Oil, Parsley, Salt, Kibbled Onion, Cumin, Coriander, Coriander Powder, Garlic Purée, Black Pepper, Raising Agent: Sodium Bicarbonate], Houmous (9%) [Chickpeas, Rapeseed Oil, Water, Tahini SESAME Seed Paste, Salt, Garlic Granules, Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate], Mediterranean Vegetable Mix (11%) [Grilled Mixed Vegetables (Red Pepper, Yellow Pepper, Courgette, Aubergine), Coriander], Chilli Jam (7%) [Sugar, Red Pepper, Grape Vinegar, Water, Tomato Paste, Chipotle Chilli Paste (Chipotle Chilli, Water, Tomato Paste, Sugar, Salt, Onion, Acidity Regulator: Acetic Acid), Dried Onion, Concentrated Lemon Juice, Salt, Garlic Purée], Rocket (7%), Cornflour Mix (Water, Cornflour). May contain CELERY, EGG, MILK, MUSTARD, SOYA, and SULPHITES.	per 100g
KJ	993			2095
Kcal	237			500
Fat	8.5			17.9
Sat	1.7			3.6
Carbs	36.1			76.2
Sugar	11.9			25.1
Fibre	4.3			9.1
Protein	6.1			12.9
Salt	0.83			1.75
Portion weight (g)	211			

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

BISCUITS & SNACKS		
PRODUCT	INGREDIENTS	NUTRITIONAL INFO
Toffee Waffle (V)	WHEAT flour (Calcium carbonate, Iron, Niacin, Thiamin), Glucose syrup, Sugar, Non-hydrogenated vegetable oils (Palm & Rapeseed), Butter (14% of filling) (MILK), Free Range EGGS, Molasses, Emulsifier: SOYA Lecithin, Raising agent: Sodium bicarbonate, Salt, Cinnamon.	per 100g per portion (g)
		KJ 1868 1214
		Kcal 445 290
		Fat 16.4 10.0
		Sat 7.7 5.0
		Carbs 70.9 46.0
		Sugar 33.7 22.0
		Fibre 0.6 0.4
		Protein 3.0 2.0
		Salt 0.72 0.40
		Portion weight (g) 65
Gianduiotto Mini Chocolate (Vg)	Sugar, Hazelnuts, Cocoa Mass, Cocoa Butter, Soya Lecithins, natural vanilla flavouring. May contain MILK and other TREE NUTS.	per 100g per portion (g)
		KJ 2419 242
		Kcal 582 58
		Fat 40.0 4.0
		Sat 15.0 1.5
		Carbs 47.0 4.7
		Sugar 44.0 4.4
		Fibre 5.4 0.5
		Protein 5.7 0.8
		Salt 0.03 0.00
		Portion weight (g) 10
Jammy Delight (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (Butter (MILK), Salt), Caster Sugar, Raspberry Seedless Jam (11%) (Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium Citrate), Rapeseed Oil. May contain EGG, NUTS and SOYA.	per 100g per portion (g)
		KJ 1886 1131
		Kcal 451 270
		Fat 21.4 12.8
		Sat 11.3 6.8
		Carbs 58.1 34.8
		Sugar 26.0 15.6
		Fibre 1.9 1.1
		Protein 5.1 3.1
		Salt 0.39 0.23
		Portion weight (g) 60
Summer Design Gingerbread (V)	Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Golden Syrup, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Diglycerides of Fatty Acids; Flavouring, Colours; Annatto, Curcumin), Water, Ginger, Raising Agent: Sodium Bicarbonate; Icing Sugar, Dried EGG White, Humectant: Glycerine; Cocoa Powder, Colours: Lutein, Beetroot Red.	per 100g per portion (g)
		KJ 1743 1133
		Kcal 413 268
		Fat 10.1 6.6
		Sat 3.0 2.0
		Carbs 77.6 50.4
		Sugar 37.5 24.4
		Fibre 2.6 1.7
		Protein 4.3 2.8
		Salt 0.18 0.12
		Portion weight (g) 65
GF Caramel Jewel Bar (V/GF)	Gluten Free OATS (29%), Golden Syrup (Invert Sugar Syrup), Caramel (14%) (Sweetened Condensed Skimmed MILK, Glucose Syrup, Invert Sugar Syrup, Palm Oil, Butter (MILK), Sugar, Emulsifier: Mono- and diglycerides of fatty acids; Stabiliser: Pectin; Salt, Natural Flavouring), Demerara Sugar, Margarine (Vegetable Oil (Palm, Rapeseed) water, Emulsifier: Mono- and Diglycerides of Fatty Acids), Salted Butter (Butter (MILK), Salt), Sweetened Dried Cranberries (4%) (Cranberries, Sugar, Sunflower Oil), Dark Chocolate(2%) (Cocoa Mass, Sugar, Cocoa Butter, Fat Reduced Cocoa Powder, Emulsifier: SOYA Lecithin), Pumpkin Seeds, Salt. May contain EGG and NUTS.	per 100g per portion (g)
		KJ 1851 1388
		Kcal 441 331
		Fat 18.9 14.2
		Sat 9.0 6.7
		Carbs 64.2 48.1
		Sugar 39.1 29.3
		Fibre 2.7 2.0
		Protein 4.9 3.7
		Salt 0.40 0.30
		Portion weight (g) 75

CRISPS & POPCORN

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