Coffee#1

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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	*	P	*	*										
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.

^{**}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.

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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
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						*	*
NEW Salted Caramel Bun	*	P	P	P	P		*		P				P		*	*

PORRIDGE

_								This I	Product	Contains						Suitable	for
Ě	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
's n	Porridge with Banana &	*		*												*	
Š.	Cinnamon																
Ļ	Porridge with Blueberries, Seeds	*		*												*	
₹	& Maple Syrup			-												_	
ge	Porridge with Chocolate Chips	*		*			-	*								*	
E	Plain Porridge	*		*												*	

ACAKES

							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	*		*	P									P		*	
Toasted Tea Cake with butter &	*		*	ь									ь		*	
jam/marmalade				Г									r		_	
Toasted Tea Cake with flora	*			P					P				P		*	*
Toasted Tea Cake with flora &	*			В					Ь				D		*	*
jam/marmalade				r					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
Tinned White Bloomer	*	P	P	P			P								*	*
Tinned Harvest Bloomer	*	Р	Р	Р			Р								*	*

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

							This	Product	Contains						Suitable	for
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
Banana & Chocolate Loaf	*	Р	P	P			*		P						*	*
Lemon Drizzle Cake	*	*	*	P	P		Р		*				P		*	
Welsh Cake	*	*	*												*	
Victoria Sponge Cake**	P	*	*	P	P		P		P				P		*	
Pecan Pie	*	Р	Р	*			Р								*	*
Coffee and Caramel Cake	*	P	Р	P	P		*		P				P		*	*
Carrot Cake	*	Р	P	*	P		*		Р				P		*	*
Deluxe Dark Chocolate Cake	*	P	Р	P	P		*		P				P		*	*
Pistachio Cream Bun	*	*	*	*			Р			Р					*	
Cherry & Coconut Mini Loaf		*	Р	P			Р								*	
NEW Sticky Toffee Loaf		*	*	P											*	
NEW Pistachio Chouxnut	*	*	*	*			*								*	
**\/intoria Connan Caka is mada wit	halutan fr	oo flour	this may		: tarbla far			line a lade of		1 4		an analizatera b	مر به مالئه مر به			

^{**}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.

n								This I	Product	Contains						Suitable	for
Ä	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
3	Blueberry Muffin	*	*	*												*	
5	Sicilian Lemon Curd Muffin	*	*	*						*						*	
ر	NEW Speculoos Cupcake	*	*	*	Р			*		Р						*	

								This I	Product	Contains						Suitable	for
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
	NEW Caramel Shortbread	*	P	*	Р			*								*	
	Triple Chocolate Brownie**	P	*	*	P	P		*		Р						*	
KES	Yoghurt Apple & Blackcurrant Flapjack	*		*						Р						*	
β.	Rocky Road	*	Р	*				*		*							
TRAYBA	Blackberry & Apple Crumble Jack (made with GF Oats)**	*	Р	P	Р	P		P		P				Р		*	*
	Maple Syrup Flapjack (made with GF Oats)**	*	Р	P	P	P		P		P				Р		*	*
	Blackcurrant Bakewell	*	Р	P	*	P		*		P				P		*	*
	NEW Blackberry Bakewell	*	Р	P	*	P		*		P				P		*	*
	** Blackberry & Apple Crumble, and may not be suitable for people with **Triple Chocolate Brownie is made v	coeliacs o	disease/	gluten al	lergy du	e to manut	acturing	process	es and ir	n-store hand	dling metho	ods.		·	·		lso, they
								This	Product	Contains						Suitable	for
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
PIES	Portuguese Tart	*	*	*	Р			P		P						*	
oŏ	NEW Apple Cinnamon Tart	*	*	P	Р			Р								*	
S	NEW Apple Cippamon Tart with																

	TOUGHT HUITIC	Cioicii	993	741111	14013	i canon	11311	50,4	CCICITY	Joipinics	Mosiaia	LOPIII	Ciosiaccans	Jesunie	Monoses	regeranan	vegan
Р	Portuguese Tart	*	*	*	Р			Р		P						*	
N	NEW Apple Cinnamon Tart	*	*	P	P			P							<u>'</u>	*	
	NEW Apple Cinnamon Tart with Whipped Cream	*	*	*	Р			P								*	
N	NEW Pecan Pie	*	Р	P	*			P							,	*	*
					·	·	•	·		,	,	,	·	•			
								This	Product	t Contains						Suitable	for

		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			*									1	
Cherry & Mascarpone Roulade	*	*	*	Р			*								*		

							This	Product	Contains						Suitable for		
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan	
NEW Coronation Chicken	*	*	P				P			P							
NEW Free Range Egg Mayo	*	*	P				P			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
Brie & Bacon Panini	*	P	*							P						
Chicken & Pesto Panini	*	*	*							P						
Mozzarella & Tomato Panini	*	P	*							P					*	
Tuna Melt Panini	*	*	*			*			*	P						

SANDWICHES

PANINI

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							This	Product	Contains						Suitable	for
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vega
New Chorizo & Red Pepper Focaccia	*	*	*				Р			P						
			•						•				•			
							This	Product	Contains						Suitable	for
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vega
Ham & Cheese Toastie	*	P	*				P			P						
Mushroom & Emmental Toastie	*	P	*				P			P					*	
Cheese & Tomato Toastie	*	P	*				P			P					*	
							Thio	Draduat	Contains						Suitable	for
Due des de Marine	Chalan	F	AA!II.	Nissis	Danmada	Et ala				Marriannal	lte	Consideration	C	Mallana		
Product Name	Gluten *	Eggs P	Milk *	NUTS	Peanuts	Fish	Soya	Celery	Sulpnites	Mustara	LUDIN	Crustaceans	sesame	MOIIUSCS	vegetarian	vega
Bacon Bap	*	•	*							P 2						
Sausage Bap	T	P	*						ļ	P						
							This	Duaduak	Cantaina						واطساندو	for
									Contains						Suitable	
Product Name	Gluten *		Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vega
All Day Breakfast Wrap	*	*	*				_	_	_	P			*		*	*
Falafel and Sweet Chilli Wrap	*	P	P				P	P	P	P			•		*	•
							This	Product	Contains						Suitable	for
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish				Mustard	Lupin	Crustaceans	Sesame	Molluscs		
Chocolate Chip Mini Bean	*	*	*	P			*								*	
Cookie		-	-	r												
Oat & Raisin Cookie	*	*	*	P											*	
Ginger Dunkers	*	*					*								*	
Gingerbread Man	*	*	*	P			*								*	
Lotus Biscuit Twin Pack	*		Р				*								*	*
Shortbread	*		*												*	
Toffee Waffle	*	*	*				*								*	
Gianduiotto Mini Chocolate			P	*			*								*	*
NEW Gianduiotti			Р	*			*								*	*
Jammy Delight	*	Р	*	Р			Р								*	
Summer Design Gingerbread	*	*													*	
GF Caramel Jewel Bar (made				i e												

^{**} 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.

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with GF Oats)**

CRISPS & POPCORN

EXTRAS

								This I	Product	Contains						Suitable [•]	for
Z	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
হ্	Lightly Sea Salted Crisps															*	*
ž	Cider Vinegar & Sea Salt Crisps															*	*
7	Cheddar & Onion Crisps			*												*	
	NEW Sweet & Salty 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			*												*	

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

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

Key for Dietary Suitability:

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

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

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

^{**}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.

PASTIRES

### Prior or Chocold Prior or Chocold (Y)		PASTIRES			
Discuss - Windows Column	PRODUCT	INGREDIENTS	١	IUTRITION	AL INFO
Discuss - Windows Column				per 100a	per portion (g)
County Final and Colescent			KJ	- 1	
Maintain Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisional Colisiona					
Almond Crisison Almond Cri		Dough: Wheat Flour (WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid), Water, Palm Fat, Yeast, Sugar, Butter			
Print Pril Supus Authorities 1875 MRSS 1876 Complete	Almond Cusinous		Sat	9.0	7.4
Internal Authority (1-4) 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1144 1			Carbs	45.0	36.4
Potion or Relating (**) Print or Control (**)	(*)		Sugar		
New Sale Common Bun New All Four word 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 10		May contain other NUTS, SESAME and SOYA.			
Pain ou Chocolat (Y) Print					
Sulfer Crisional (Y)					
Pathy WHAT flox. butter 225 (MILC) wider approvide MAX post-wared years 1565; poll WHAT got a multifer 1522 stock leafterly, but recommendation open 1505, where approvide MAX post-wared years 1565; poll WHAT got a multifer 1522 stock leafterly, but recommendation open 1505, where a post wider is 500 and 1500 and 15			TOTIOTT		
Pathy WHAT four before 222 (Inpole schiller), Sour Indiamed cognit (200, engines edg and), Pres Rorge (604) 1.52, 501 1.50 1.50 1.50 1.50 1.50 1.50 1.50			KJ		
Suffer Croisson (V)					
### Column			Fat	24.0	11.8
Point ou Chocolat	Buttor Croissant	Pastry: WHEAT flour, butter 22% (MILK), water, sugar, whole MILK pasteurized, yeast, EGGS, salt, WHEAT gluten,	Sat	15.0	7.7
Point ou Chacolat (V) Protect 2.1 3.3 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7.77 7			Carbs		
Protein 3.1 4.4		may contain NUIS, SESAME and SOYA.			
Solid 1,20 0.58 Pertino veget					
Polin ou Chocolat Pastly: (WHEAT flour, Sulfer (MBLE), worder, chaccascle 105 (bugar, coco mios, cocoo buffer, emulsifier (301A scellars), motars is smoot, sugar, wides MRLE, years (505A str), WHEAT growth, motars for smoot, sugar, wides MRLE, years (505A str), WHEAT growth, motars for smoot, sugar, wides MRLE, years (505A str), WHEAT growth is menulsifier type electrical. Pastly: (WHEAT flour, Sulfer (MBLE), worder, coco abusin free skinge (501A provided whey MBLE), which was strongly (105A) and \$15A str. Pastly (105A) and \$15A str					
Poin au Chocolet (V)					
Poin au Chocolat Pastry					
Point au Chocolat Posity, WHEAT flour, Jurier (MLD, water, chocolate 10% (sugar, zoco mast, cocoo buller, emusifier (207) 140 150 150 7.7 150 150 1.50 7.7 150 150 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.			KJ	- 1	
Polin ou Chocolot Inchmisting Color Month Mo					
Fain au Chacolat		2 200727	Fat	23.0	14.0
(V) ### Tibur, woter, with a gluter, 150, better MBLK1, suppr. years, 1 per 1005 Per in our Rollin (V) ### Tibur, woter, with a gluter, 150 Suther MBLK1, suppr. years, 1 per 1005 MBLK provider, With a gluter, 150 Suther MBLK1, suppr. years, 1 per 1005 MBLK provider, With a gluter, 150 Suther MBLK1, suppr. years, 1 per 1005 MBLK provider, With a gluter, 150 Suther MBLK1, suppr. years, 1 per 1005 MBLK provider, With a gluter, 150 Suther MBLK1, suppr. years, 1 per 1005 MBLK provider, With a gluter, 150 Suther MBLK1, suppr. years, 1 per 1005 MBLK provider, With a gluter, 150 Suther MBLK1, suppr. years, 1 per 1005 MBLK provider, With a gluter, 150 Suther MBLK1, powder, fliciteder (podum alganate), emulsifier (proje scientin), final onal plant extract (provider), suppr. years, 1 per 1005 MBLK provider, With a gluter, 150 Suther, 1 per 1005 MBLK provider, With a gluter, 150 Suther, 1 per 1005 MBLK provider, With a gluter, 150 Suther, 1 per 1005 MBLK provider, With a gluter, 150 Suther, 1 per 1005 MBLK provider, With a gluter, 150 Suther, 1 per 1005 MBLK provider, With a gluter, 150 Suther, 1 per 1005 MBLK provider, With a gluter, 150 Suther, 1 per 1005 MBLK provider, With a gluter, 150 Suther, 1 per 1005 MBLK provider, 1 per	Pain au Checolat				
WHEAT flour, woter, raisrs 13%, Buffer (MILK), sugar, yeast, com starch, EGGS, salt, powdered whey (MILK), whole MILK powder, WHEAT gluen, EGG altowing powder, seismed MILK powder, incitence (goding milgringle), buffer (Y) white flour depth of storch (the mildred powders), buffer (peop leading, buff or god), short of southern (people of people powders), buffer (people of people, buffer), buffer (people of people, buffer), buffer (people of people), buffer (people of people, buffer), buffer (people of people), buffer (people of people), buffer (people of people), buffer (people of people people people people people people (people people					
Profession 8.3 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5.5		NUTS and SESAME SEEDS.			
WHEAT flour, worter, rollins 13%, butter (MILK), sugar, yead, com starch, £GGS, sall, powdered whey (MILK), whole per 100g, pe					
WHEAT flour, worder, rosins 13%, Buller (MILK), sugar, yeast, corn starch, EGGs, selt, powdered whey (MILK), whole MILK (powder, WHEAT flour, rosins 13%, Buller (MILK), sugar, yeast, corn starch, EGGs, selt, powdered whey (MILK), whole MILK (powder, WHEAT flour, rosins 13%, Buller (MILK), sugar, yeast, corn starch, EGGs, selt, powdered whey (MILK), whole MILK (powder, WHEAT flour, Wilk of port electrinary flour, entry flower, and powder, stimmed MILK powder, Bickner (podum originate), emulated (poet leverties, premiser) and pont extract (pursues and pont extract) (pursues and ponte					
WHEAT flour, worder, rolines 13%, Butter (MILK), suger, yeast, corn starch, EGGS, solt, powdered whey (MILK), whole MILK powder, WHEAT gluden, EGG albumin powder, stimmed MILK powder, thickner (podium alginate), emulatifier (pole leichlin), fivil and plant extract (turmed and cornol), nothural flavouring, ocidity regulators (included and plant extract), and plant extract (turmed and cornol), nothural flavouring, ocidity regulators (included and plant extract), and plant extract (turmed and cornol), nothural flavouring, ocidity regulators (included and plant extract), and plant extractions (policipism cortically). Neutral flaur, worder, vegetable Fait (17%), Non-Hydrogenated Age and 207A. WHEAT flour, Water, Vegetable Fait (17%), Non-Hydrogenated Paim Oil, Water, Non-Hydrogenated Coconut Oil, Soil, 1572 (1245). WHEAT flour, Water, Vegetable Fait (17%), Non-Hydrogenated Paim Oil, Water, Non-Hydrogenated Coconut Oil, Soil, 1572 (1245). WHEAT flour, Water, Vegetable Fait (17%), Non-Hydrogenated Paim Oil, Water, Non-Hydrogenated Coconut Oil, Soil, 1572 (1245). WHEAT flour, water, Vegetable Fait (17%), Non-Hydrogenated Paim Oil, Water, Non-Hydrogenated Coconut Oil, Soil, 1572 (1245). WHEAT flour, water, Vegetable Fait (17%), Non-Hydrogenated Paim Oil, Water, Non-Hydrogenated Coconut Oil, King 1572 (1245). White flour, water, Vegetable Fait (17%), Non-Hydrogenated Paim Oil, Water, Non-Hydrogenated Paim Oil, Fordion Non-Hydrogenated Pa					
WHEAT flour, water, ration 13%, Butter (MILK), sugar, yeast, com stanch, EGGS, selt, powdered whey (MILK), whole foliation of the manufacture of t				per 100g	per portion (g)
WHEAT flour, water, rains 13%, buffer (MMLK), sugar, yead, com stach, EGGS, solt, powdered whey (MMLK), wild milk powder, withfall guiter, EGG outburn powder, sharmed MML powder, which relicantly continued and point extract flurametic and combi, natural relevanting, acidity regulator (class). (Colors 477.5 d. 45.5 m.) and the proposed of the propos			KJ	1400	1340
MILK powder, WHEAT gluter, EGG albumin powder, skimmed MILK powder, thickener (podium alginate), and under the ment and correctly and the control (the control correctly), and the control correctly), and the control correctly and the control correctly (the control correctly), and the control correctly (the control correctly), and the control correctly (the control correctly), and the correctly (the control correctly), and the correctly (the correctly), and the correctly), and the correctly (the correctly), and the correctly (the correctly), and the correctly), and the correctly (the correctly), and the correctly (the correctly), and the correctly), and the correctly (the correctly), and the correctly (the correctly), and the correctly), and the correctly (the correctly), and the correctly (the correctly), and the correctly), and the correctly (the correctly), and the correctly), and the correctly (the correctly), and the correctly (the correctly), and the correctly), and the correctly (the correctly), and the correctly (the correctly), and the correctly), and the correctly (the correctly), and the correctly), and the correctly (the correctly), and the correctly), and the correctly (the correctly), and the correctly (the correctly), and the correctly (the correctly), and the correctly), and the correctly (the correctly), and the co		WHFAT flour water raisins 13% Butter (MILK) sugar yeast corn starch FGGS salt powdered whey (MILK) whole			
Crinamon Bun Crinamon Bun Dough (65%) WHEAT Rour, Culcium Carbonate, Inc., Water, Standards, Response (15%) Crinamon Bun Dough (65%) WHEAT Rour, Culcium Carbonate, Inc., Water, Standards, Response (15%) Crinamon Bun (15%)					
Neutral glaze (water, glucose syrup. sugar. oxidity regulators (E330, E332, E333), flovour, gelling agent (pecin), preservative (potossism storbale). May contain NUTS, SESAME and SOYA. WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Active Non-Hydrogenated Coconut Cili, Solt 0.81 0.777 Profrior weight (g) 96 per 100g per portion (g) 15 1572 1245 WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm OI, Water, Non Hydrogenated Coconut Cili, Non Hydrogenated Ropesed OI, Solt, Emulsifier (Mono- and Diglycerides of Fathy Acids), Acidsty Regulator (Cilicac Acid), Natural Risovaria, Stopphery Pilling (18%) (Riscose Syrup, Rospbery Hydrogenated Ropesed OI, Solt, Emulsifier (Mono- and Diglycerides of Fathy Acids), Acidsty Regulator (Cilicac Acid), Acids (Riscose Syrup, Rospbery Hydrogenated Ropesed OI), Solt, Emulsifier (Mono- and Diglycerides of Fathy Acids), Acidsty Regulator (Cilicac Acid), Acids (Riscose Syrup, Rospbery Hydrogenated Coconut Cilicac Acid), Acids (Riscose Syrup, Rospbery Hydrogenated Ropesed Cilicac Acid), Acids (Riscose Syrup, Rospbery Hydrogenated Ropesed Cilicac Acid), Acids (Riscose Syrup, Rospbery Hydrogenated Rospbery Cilicac Syrup, Rospbery Hydrogenated Rospbery Cilicac Syrup, Rospbery Hydrogenated Rospberg Cilicac Syrup, Rospberg Hydrogenated Rospberg Cilicac Rospberg Cilicac Syrup Rospberg Hydrogenated Rospberg Cilicac Syrup Rospberg Hydrogenated Rospberg Cilicac Rospberg Cilicac Rosp	Pain au Raisin				
Protect Prot	(V)				
Vegan Raspberry Croiscant (Vg) WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Falm Oil, Water, Non Hydrogenated Coconut Oil, Kuller Stord Beach, Robert (18%) (Robert Stord Beach Stord Coconut Oil, Kuller Stord Beach Stord (18%) (Robert Stord Beach Stord Coconut Oil, Kuller Stord Beach Stord (18%) (Robert Stord Beach Stord (18%) (Robert Stord Beach Stord (18%)) (Robert Stord Beach					
Vegan Raspberry Croissant (Vg) WHEAT flour, Water, Vegetable Fat [17%] Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non Hydrogenated Rapseed Oil, Sait, Emulsifier (Mono- and Digbycerides of Fathy Acids), Acidiny Regulator (Locicia Acid), Natural Floravouring, Rospberry Filling (15%) (Cloicos oxy), Expospheries (Cloicos, Sugar, Raspberries), Sugar, Raspberry (Pedissum Sorbacial), Sugar, Verant (16%) (Natural Cloicouring), Rospberry Filling (15%) (Cloicos oxy), Rospberries (Cloicos, Sugar, Raspberries), Sugar, Natural Floravouring), Proservative (Pedissum Sorbacial), Sugar, Verant (16%), Rothural Floravouring, Proservative (Pedissum Sorbacial), Sugar, Verant (16%), Sugar, Nan-Hydrogenated Palm Oil, Poed Colous (Rodds), Blackcurrant, Apple concentrated), Spett flour, WHEAT gluten Sait, Flour (Teathens), Hapter (Pedissum Sorbacial), Sugar, Verant (16%), Sugar, Nan-Hydrogenated Palm Oil, Poed Colous (Rodds), Blackcurrant, Apple concentrated), Spett flour, WHEAT gluten Sait, Flour (Teathens), Hapter (Pedissum Sorbacial), Sugar, Yeard, December (16%), Sugar, Nan-Hydrogenated Palm Oil, Poed Colous (Rodds), Blackcurrant, Apple concentrated), Spett flour, WHEAT Glour, WHEAT Glour, WHEAT Glour, WHEAT Glour, WHEAT Glour, WHEAT Glour, Sorbales (Pedian Gurni), Water, Sugar, Nan-Hydrogenated Palm Oil, Sundrewer (16%), Sugar, Verant (16%), Spett flouring, Stobilister (Cellen Gurni), Water, Sugar, Nan-Hydrogenated Palm Oil, Sundrewer (16%), Spett flouring, Stobilister (Cellen Gurni), Water, Sugar, Nan-Hydrogenated Palm Oil, Sundrewer (16%), Spett flouring, Stobilister (Cellen Gurni), Water, Sugar, Nan-Hydrogenated Palm Oil, Sundrewer (16%), Spett flouring, Stobilister (Cellin Gurni), Water, Sugar, Natural Flouring, Stobilister (Cellin Gurni), Water, Sugar, Stobilister, Stobilister, Inchilister, Glean Gurni), Water, Sugar, Stobilister, Stobilister, Inchilister, Glean Gurni), Water, Sugar, Stobilister, Inchilister, Glean Gurni), Water, Sugar, Stobilister, Inchilister, Reposeed Oil, Solic, Clarot Juice, Emul		May contain NUIS, SESAME and SOYA.			
Vegan Raspberry Croissant (Vg) WHEAT flour, Water, Vegetable Fat [17%] Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Rob Hydrogenated Rapessed Oil, Salt, Emulsifier (Mone- and Diglycerides of Fathy Acids), Acidity Regulator (2%), Cellary Agent (Peclin), Acid (Clink Acid), Aci			Salt	0.81	0.77
Vegan Raspberry Croissant (Vg) WHEAT flour, Water, Vegetable Fot (17%) Non-Hydragenated Paim Oil, Water, Non Hydragenated Cocount Oil, Non Hydragenated Rapeseed Oil, Solf, Emulsifier (Mono- and Diglycerides of Fathy Acids), Acidity Regulator (Lacid: Acid), Natural Revovaring, Raspberry Fliring (16%) (Glucose Syrup, Raspberry Purée, Sugar, Raspberries (2%), Gelling Agent (Pechilia), Acid (Clific Acid), Acid) (Raped In Acid) (Fathy Acid), Acid (Slife, Acid), Acid) (Regulator Friacidium City), Natural Revovaring, Cards 49,8 39,5 (2%), Amylases, Hemicellulases, Ascorbic Acid), May confain MUK, SESAME SEEDS, SOYA, NUTS, EGGS. Sugar 18 14.0			Portion	weight (g)	
Vegan Raspberry Croissant (Vg) Vegan Raspberry (Vg) (Vg) Vegan Raspberry (Vg) (Vg) Vegan Raspberry (Vg) (Vg) Vegan Raspberry (
Vegan Raspberry Croissant (Vg) Vegan Raspberry Purise (Clack Acid), Natural Flavouring), Raspberry Fliling (18%) (Gluccese Syrup, Raspberry Purise Sugar, Raspberries (2%), Gellium Agent (Pedas), Acid (Flite Acid), Acid					
Vegan Raspberry Croissant (Vg) Wegan Raspberry Croissant (Vg) Colour (Raddis, Blackcurrant), Apple concentrately, Sapit flour, WitEat Rajuluctor (WitEat Rajuluctor) (Wegan Raspberry Croissant (Vg) Colour (Raddis, Blackcurrant), Apple concentrately), Sapit flour, WitEat Rajuluctor, WitEat Rajuluctor, Wegan Rajuluctor,		WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil,			
(Vg) Carbs Preservative (Potassium Sarbatel), Sugar, Yead, Decoration (Six) (Sugar, Non-Hydrogenated Palm Oil, Food Colours (Radaish, Biackcurrant, Apple concentrately), Spell flour, WHEAT gluten Salt, Rour freatment Agents (Apha-Amylases, Hemiceliulases, Ascorbic Acid). May contain MILR, SESAME SEEDS, SOYA, NUTS, EGGS. Carbs 49.8 39.5					
Preservotive (Potassium Sorbatel), Sugar, Yeast, Decoration (38) (Sugar, Non-Hydrogenated Palm Oil, Food Colours (Radish, Blackzurannt, Apple concentrate)), Spett flour, WHEAT gluen soft, Rour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascarbic Acid). May contain MILK, SESAME SEEDS, SOYA, NUTS, EGGS. Amylases, Hemicellulases, Ascarbic Acid). May contain MILK, SESAME SEEDS, SOYA, NUTS, EGGS. Cinnamon Bun Dough (65%) (WHEAT Flour, Calcium Carbonate, Iron, Nilacin, Thiamin), Plant Butter (Plant Oils, Palm Oil, Sunflower Oil, Rapesseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), SOYA Birisk (Water, SOYA Bean, Sugar, Natural Flavouring), Stabiliser (Gellan Gumi), Water, Sugar, Wholemeal WHEAT Flour, Sourdough Culture (RYE Flour), Orange Zest, Yeast, Sott, Madagascon Vanilla Extract, Sugar, Stabiliser (Sellan Gumi), Irivath Sugar Syrup, Orange Juice, Lemon Juice, Clinamon Sugar, Natural Flavouring), Stabiliser (Gellan Gumi), Irivath Sugar Syrup, Orange Juice, Lemon Juice, Clinamon Sugar (1%) Caste Sugar, Cound Cinnamon (C1%)), May Carbonate, Iron, Nilacin, Thiamin), Vegetable Fat (Shea Fat, Sugar, Water, Caconut Oil, Rapesseed Oil, Satt, Carot Juice, Emulsifier: Lecithins, Rapesseed, Sunflower), Lemon Juice, Sugar, Suga					
Amylases, Hemicellulases, Ascorbic Acid]. May contain MILK, \$E\$AME SEED\$, \$OYA, NUTS, EGGS. Fibre 2.6 2.0 Portion weight (g) 79 Portion weight (g) 79 Portion 79 Por	(Vg)	Preservative (Potassium Sorbate)), Sugar, Yeast, Decoration (3%) (Sugar, Non-Hydrogenated Palm Oil, Food	Sugar		
Cinnamon Bun Dough (65%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Plant Butter (Plant Oils (Palm Oils, Sunflower Oil (Repessed Coil), Water, Fova Bean, Emulsifier (Sunflower Lectithin), Natural Flour (WHEAT Flour, Sourdough Culture (RYE Flour), Orange Zest, Yeast, Salt, Madagascan Vanilla Extract, Vanilla Extract, Caround Cinnamon (SVDA) Drink (Water, SOYA Bean, Sugar, Natural Ravouring, Stabiliser (Gellan Gum)), Water, Sugar, Natural Flour, Sourdough Culture (RYE Flour), Orange Zest, Yeast, Salt, Madagascan Vanilla Extract, Salt, Brown Soft Sugar, Salt, Madagascan Vanilla Extract, Frou (Plant Oils, Plant Butter (Plant Oils) (Plant Oils, Plant Butter, Plant Oils), Plant Butter (Plant Oils), Plant Butter, Plant Oils (Plant Oils, Plant Butter, Plant Oils), Plant Butter, Plant Oils, Plant Plant, Plant Butter, Plant Oils, Plant Butter, Plant Oils, Plant Plant, Plan			Fibre	2.6	2.0
Cinnamon Bun (Vg) Cinnamon Cinnamon (Cinnamon (Cinn		Allylidads, Hornicollolados, Adocidio Acidy. May comain Miles, 363 Mile 36683, 30 FA, 11010, 6000.	Protein	6.5	5.1
Cinnamon Bun (Vg) Cinnamon (SoYA Bean, Sugar, Natural Flavouring, Stabiliser (Cellan Gum), Junet (Vg) Cinnamon Sugar (Ngar, Cane Malasses), Nan Dolly (WHEAT Flour, RYE Sourdough (Natural Flavouring, Stabiliser) Cinnamon Bun (Vg) Cinnamon (SoYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Cellan Gum), Water, Solt Bun (Vg) Cinnamon (SoYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Cellan Gum), Water, Solt Bun (Carla Set 4.2 Salt 15.6 Salt 15.6 Salt 0.74 Protein 5.2 8.1 Fortein 6.8 KCal 372 681 Fortein 6.8 Kcal 372 681 Fortein 8.6 Kcal 372 681 Fortein 9.6 Kcal 38.4 13.0 Carbs 59.4 Protein 9.6					
Cinnamon Bun Dough (65%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Plant Butter (Plant Oils (Plant Oils, Sprathower Oil, Rapessed Oil), Water, Favos Bean, Emulsifier (Sunflower Lectithin), Natural Flavouring), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring), Stobiliser (Gellan Gum)), Water, Sugar, Wholemedi WHEAT Flour, Sourdough Culture (RYE Flour), Orange Zest, Yeast, Sait, Madagascan Vanilla Extract, Emulsifier (Rapessed Lectithin), Filling (15%) [Dark Brown Soft Sugar, Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapessed Oil), Water, Fava Bean, Emulsifier (Sunflower Lectithin), 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%)]. May contain NUTS and SULPHUR DIOXIDE. Bun Dough [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat (Shea Fat, Water, Coconut Oil, Rapessed Oil, Salt, Carrot Juice, Emulsifier: Lecithins (Rapessed, Sunflower), Lemon Juice, Natural Flavouring), Stoliker: Gellan Gum), Water, Sugar, Wholemeal WHEAT Flour, Križ Sourdough (Sourdough Krize, RYE Flour), Orange Zest, Yeast, Salt, Vanilla Extract (Vanilla Extract, Sugar), Emulsifiers: Lecithins (Sunflower, Repessed Oil, Salt, Carrot Juice, Emulsifier: Lecithins (Sugar, Cane Molasses), Non Doiry Cream Alternative (Lentil Protein Preparation (Water, RYE Flour), Sapar, Cane Molasses), Non Doiry Cream Alternative (Lentil Protein Preparation (Water, Lentil Flour), Rapessed Oil, Salt, Carrot Juice, Emulsifier: Polysorbate 60; Stabilisers: Methyl Cellulose, Xanthan Gum; Acidity Regulator, Trisodium Citrate; Natural Flavourings, Salt, Colour: Caratenes), Honeycomb (Sugar, Glucose Syrup, Palm Oil, Raising Agent: Sodium Carbonate; Rice Flour), Invert Sugar Syrup, Salt), Sugar Paste [Light Brown Soft Sugar (Sugar, Cane Molasses), Repessed Oil, Salt), May contain other cereals con			Portion v	- 1-7	
Plant Oils (Plant 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, Natural Flavouring, Stabiliser (Gellan Gum), Water, Sugar, Natural Flavouring, Stabiliser (Gellan Gum), Water, Sugar, Ford Bas, Sugar, Natural Flavouring, Stabiliser (Flant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), Light Brown Soft Sugar, Ford Bas, Sugar, Sugar, Sugar, Natural Flavouring, Stabiliser (Gellan Gum), Invert Sugar Syrup, Orange Juice, Lemon Juice), Cinnamon Sugar (1%) [Caster Sugar, Ground Cinnamon (<1%)]. May Contain NUTS and SULPHUR DIOXIDE. Bun Dough (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat (Shea Fat, Water, Coconut Oil, Rapeseed Oil, Sat), Carrot Juice, Emulsifier: Lecithinis (Rapeseed, Sunflower), Lemon Juice, Natural Flavouring), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Cellan Gum), Water, Varier, Varier, Water, Coconut Oil, Rapeseed Oil, Sath, Carrot Juice, Emulsifier: Lecithinis (Rapeseed, Sunflower), Lemon Juice, Natural Flavouring), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Cellan Gum), Water, Varier, Water, Varier, Va			K.I	- 1	
Cinnamon Bun (Vg) Riavouring), 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 (Repessed Lecithin), Filling (1788), [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%)]. May contain NUTS and SULPHUR DIOXIDE. Bun Dough (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat (Shea Fat, Water, Cocconut Oil, Rapesseed Oil, Sunflower), Lemon Juice, Emulsifier: Lecithins (Rapesseed, Sunflower), Lemon Juice, Sugar, Wholemeal WHEAT Flour, Rey Sourdough (Sourdough (Water, RYE Flour, Starter Culture), Acids: Lactic Acid, Acetic Acid; BARLEY Malt Extract, Malted WHEAT Flour), Orange Zest, Yeast, Salt, Vanilla Extract (Vanilla Extract), Salt,					
Wholemeal WHEAT Flour, Sourdough Culture (RYE Flour), Orange Zest, Yeast, Salt, Madagascan Vanilla Extract, Emulsifier (Rapeseed Clerithin), Filling (15%) [Dark Brown Soft Sugar, Plant Butter (Plant Oils (Plant 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%)]. May contain NUTS and SULPHUR DIOXIDE. Bun Dough (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat (Shea Fat, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Lecithinis (Rapeseed, Sunflower), Lemon Juice, Natural Flavouring), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Water, Sugar, Wholemeal WHEAT Flour, RYE Sourdough (Water, RYE Flour, Starter Culture), Acids: Lactic Acid. Acelic Acid; BARLEY Malt Extract, Malted WHEAT Flour), Orange Zest, Yeast, Salt, Vanilla Extract, Sugar, Emulsifier: Lecithinis (Sunflower, Rapeseed)), Glaze Light Brown Soft Sugar, Cane Molasses), Non Dairy Cream Alternative (Lentil Protein Preparation (Water, Lentil Flour), Rapeseed Oil, Cocconut Fat, Sugar, Path Oil, Rapeseed Oil, Salt, Colon: Cardenes), Honeycomb (Sugar, Cane Molasses), Vegetable Fat (Shea Fat, Water, Coconut Oil, Rapeseed Oil, Salt, Corrot Juice, Emulsifier: Lecithins (Rapeseed, Sunflower), Lemon Juice, Natural Flavouring), Dark Brown Soft Sugar (Sugar, Cane Molasses), Vegetable Fat (Shea Fat, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Lecithins (Rapeseed, Sunflower), Lemon Juice, Natural Flavouring), Dark Brown Soft Sugar (Sugar, Cane Molasses), Vegetable Fat (Shea Fat, Water, Coconut Oil, Rapeseed Oil, Salt, Corrot Juice, Emulsifier: Lecithins (Rapeseed, Sunflower), Lemon Juice, Natural Flavouring), Dark Brown Soft Sugar (Sugar, Cane Molasses), Vegetable Fat (Shea Fa					
Rapeseed Dij, Water, Favo Bean, Emulsifier (Sunflower) Lecithin), Natural Flavouring), Light Brown Soft Sugar, Sorund Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Invert Sugar Syrup, Orange Juice, Lemon Juice), Cinnamon Sugar (1%) [Caster Sugar, Ground Cinnamon (<1%)]. May Contain NUTS and SULPHUR DIOXIDE. Bun Dough [WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat (Shea Fat, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Lecithins (Rapeseed, Sunflower), Lemon Juice, Natural Flavouring), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Water, Sugar, Mnolemeal WHEAT Flour, RYE Sourdough (Water, RYE Flour, Starter Culture), Acids: Lactic Acid, Acetic Acid; BARLEY Malt Extract, Malted WHEAT Flour, Orange Zest, Yeast, Salt, Vanilla Extract (Vanilla Extract (Vanilla Extract), Sugar, Emulsifiers: Lecithins (Sunflower, Rapeseed)], Claze (Light Brown Soft Sugar, Cane Molasses), Non Dairy Cream Alternative (Lentil Protein Preparation (Water, Lentil Flour), Rapeseed Oil, Coconuf Fat, Sugar, Modified Potato Starch, Emulsifier: Polysorbate 60: Stabilisers: Methyl Cellulose, Xanthan Gum; Acidity Regulator: Trisodium Citrate; Natural Flavourings, Salt, Colour: Carotenes), Honeycomb (Sugar, Glucose Syrup, Polm Oil, Raising Agent: Sodium Carbonate; Rice Flour), Invert Sugar Syrup, Salt], Sugar Paste [Light Brown Soft Sugar (Sugar, Cane Molasses), Wegefable Fat (Shea Fat, Water, Coconut Oil, Rapeseed Oil, Salt, Carot Juice, Emulsifier: Lecithins (Rapeseed Oil, Salt), May contain other cereals containing GLUTEN, EGGS, MILK, NUTS, PEANUTS,	Cinnamon Bun	Wholemeal WHEAT Flour, Sourdough Culture (RYE Flour), Orange Zest, Yeast, Salt, Madagascan Vanilla Extract,			
Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Invert Sugar Syrup, Orange Juice, Lemon Juice), Cinnamon Sugar (1%) [Caster Sugar, Ground Cinnamon (<1%)]. May contain NUTS and SULPHUR DIOXIDE. Bun Dough [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat (Shea Fat, Water, Coconut Oil, Rapesseed Oil, Salt, Carrot Juice, Emulsifier: Lecithins (Rapesseed, Sunflower), Lemon Juice, Natural Flavouring), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Water, Sugar, Wholemeal WHEAT Flour, RYE Sourdough (Water, RYE Flour, Starter Culture), Acids: Lactic Acid; BARLEY Malt Extract, Malted WHEAT Flour), Orange Zest, Yeast, Salt, Vanilla Extract (Vanilla Extract, Sugar), Emulsifiers: Lecithins (Sunflower, Rapesseed)), Claze (Light Brown Soft Sugar (Sugar, Cane Molasses), Non Dairy Cream Alternative (Lenti) Protein Preparation (Water, Lentil Flour), Rapesseed Oil, Coconut Fat, Sugar Modified Potato Starch, Emulsifier: Polysorbate 60; Stabilisers: Methyl Cellulose, Xanthan Gum; Acidity Regulator: Trisodium Citrate; Natural Flavourings, Salt, Colour: Carotenes), Honeycomb (Sugar, Glucose Syrup, Palm Oil, Raising Agent: Sodium Carbonate; Rice Flour), Invert Sugar Syrup, Salt), Sugar Paste (Light Brown Soft Sugar (Sugar, Cane Molasses), Vegetable Fat (Shea Fat, Water, Coconut Oil, Rapesseed Oil, Salt), Carrot Juice, Emulsifier: Lecithins (Rapesseed, Sunflower), Lemon Juice, Natural Flavouring, Dark Brown Soft Sugar (Sugar, Cane Molasses), Rapesseed Oil, Salt). May contain other cereals containing GLUTEN, EGGS, MILK, NUTS, PEANUTS,					
Bun Dough [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat (Shea Fat, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Lecithins (Rapeseed, Sunflower), Lemon Juice, Natural Flavouring, SOYA Bran, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Water, Sugar, Wholemeal WHEAT Flour, RYE Sourdough (Sourdough (Fundamental Flavouring), SOYA Bran, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Water, Sugar, Wholemeal WHEAT Flour, RYE Sourdough (Sourdough (Fundamental Flavouring), SoYA Bran, Sugar, Varial Extract, Varialla Extract (Varialla Extract, Acetic Acid, Acetic Acid, BARLEY Malt Extract, Malted WHEAT Flour), Orange Zest, Yeast, Salt, Vanilla Extract (Varialla Extract, Sugar), Emulsifiers: Lecithins (Sunflower, Rapeseed)], Glaze [Light Brown Soft Sugar (Sugar, Cane Molasses), 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: Triscalium Citrate; Natural Flavourings, Salt, Colour: Carotenes), Honeycomb (Sugar, Glucose Syrup, Palm Oil, Raising Agent: Sadium Carbonate; Rice Flour), Invert Sugar Syrup, Salt], Sugar Paste [Light Brown Soft Sugar Sugar, Cane Molasses), Vegetable Fat (Shea Fat, Water, Coconut Oil, Rapeseed Oil, Salt), Carrot Juice, Emulsifier: Lecithins (Rapeseed, Sunflower), Lemon Juice, Natural Flavouring), Dark Brown Soft Sugar (Sugar, Cane Molasses), Rapeseed Oil, Salt], May contain other cereals containing GLUTEN, EGGS, MILK, NUTS, PEANUTS, Police Vision (Adams).		Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Invert	Sugar	17.7	27.4
Bun Dough [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat (Shea Fat, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Lecithins (Rapeseed, Sunflower), Lemon Juice, Natural Flavouring), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Water, Sugar, Wholemeal WHEAT Flour, RYE Sourdough (Water, RYE Flour, Starter Culture), Acids: Lactic Acid, Acelic Acid; BARLEY Malt Extract, Malted WHEAT Flour), Orange Zest, Yeast, Salt, Vanilla Extract, Cacid Sugar, Cane Molasses), 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: Carolenes), Honeycomb (Sugar, Glucose Syrup, Palm Oil, Raising Agent: Sodium Carbonate; Rice Flour), Invert Sugar Syrup, Salt], Sugar Paste (Light Brown Soft Sugar (Sugar, Cane Molasses), Vegetable Fat (Shea Fat, Water, Coconut Oil, Rapeseed Oil, Salt). Lemon Juice, Natural Flavouring), Dark Brown Soft Sugar (Sugar, Cane Molasses), Rapeseed Oil, Salt). May contain other cereals containing GLUTEN, EGGS, MILK, NUTS, PEANUTS,					
Bun Dough [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat (Shea Fat, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Lecithins (Rapeseed, Sunflower), Lemon Juice, Natural Flavouring), SOYA Drink (Water, SOYA Baan, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Water, Sugar, Wholemeal WHEAT Flour, FYE Sourdough (Sourdough (Water, RYE Flour, Starter Culture), Acids: Lactic Acid, Acetic Acid; BARLEY Malt Extract, Malted WHEAT Flour), Orange Zest, Yeast, Salt, Vanilla Extract (Vanilla Extract, Sugar), Emulsifiers: Lecithins (Sunflower, Rapeseed)], Glaze [Light Brown Soft Sugar (Sugar, Cane Molasses), 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 Ciltrate; Natural Flavourings, Salt, Colour: Carotenes), Honeycomb (Sugar, Glucose Syrup, Palm Oil, Raising Agent: Sadium Carbonate; Rice Flour), Invert Sugar Syrup, Salt), Sugar Paste [Light Brown Soft Sugar Fibre 1.7 3.1] Protein 4.6 8.4 Salt 0.95 1.74 Batica vuriebt (s)		Commit NOTS and SOLITION DIONIDE.			
Water, Coconut Oil, Rapesseed Oil, Salt, Carrot Juice, Emulsifier: Lecithins (Rapesseed, Sunflower), Lemon Juice, Natural Flavouring), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Water, Sugar, Wholemeal WHEAT Flour, RYE Sourdough (Sourdough (Water, RYE Flour, Starter Culture), Acids: Lactic Acid, Acetic Acid; BARLEY Malt Extract, Malted WHEAT Flour), Orange Zest, Yeast, Salt, Vanilla Extract (Vanilla Extract, Sugar), Emulsifiers: Lecithins (Sunflower, Rapeseed)], Glaze [Light Brown Soft Sugar, Cane Molasses), Non Dairy Cream Alternative (Lentil Protein Preparation (Water, Lentil Flour), Rapesseed Oil, Coconut Fat, Sugar, Modified Potato Starch, Emulsifier: Polysorbate 60; Stabilisers: Methyl Cellulose, Xanthan Gum; Acidity Regulator: Trisodium Citrate; Natural Flavourings, Salt, Colour: Carolenes), Honeycomb (Sugar, Glucose Syrup, Palm Oil, Raising Agent: Sodium Carbonate; Rice Flour), Invert Sugar Syrup, Salt], Sugar Paste (Light Brown Soft Sugar (Sugar, Cane Molasses), Vegetable Fat (Shea Fat, Water, Coconut Oil, Rapesseed Oil, Salt). Carrot Juice, Emulsifier: Lecithins (Rapesseed, Sunflower), Lemon Juice, Natural Flavouring), Dark Brown Soft Sugar (Sugar, Cane Molasses), Rapesseed Oil, Salt). May contain other cereals containing GLUTEN, EGGS, MILK, NUTS, PEANUTS,			Portion v	weignt (g)	155
Water, Coconut Oil, Rapesseed Oil, Salt, Carrot Juice, Emulsifier: Lecithins (Rapesseed, Sunflower), Lemon Juice, Natural Flavouring), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Water, Sugar, Wholemeal WHEAT Flour, RYE Sourdough (Sourdough (Water, RYE Flour, Starter Culture), Acids: Lactic Acid, Acetic Acid; BARLEY Malt Extract, Malted WHEAT Flour), Orange Zest, Yeast, Salt, Vanilla Extract (Vanilla Extract, Sugar), Emulsifiers: Lecithins (Sunflower, Rapeseed)], Glaze [Light Brown Soft Sugar, Cane Molasses), Non Dairy Cream Alternative (Lentil Protein Preparation (Water, Lentil Flour), Rapesseed Oil, Coconut Fat, Sugar, Modified Potato Starch, Emulsifier: Polysorbate 60; Stabilisers: Methyl Cellulose, Xanthan Gum; Acidity Regulator: Trisodium Citrate; Natural Flavourings, Salt, Colour: Carolenes), Honeycomb (Sugar, Glucose Syrup, Palm Oil, Raising Agent: Sodium Carbonate; Rice Flour), Invert Sugar Syrup, Salt], Sugar Paste (Light Brown Soft Sugar (Sugar, Cane Molasses), Vegetable Fat (Shea Fat, Water, Coconut Oil, Rapesseed Oil, Salt). Carrot Juice, Emulsifier: Lecithins (Rapesseed, Sunflower), Lemon Juice, Natural Flavouring), Dark Brown Soft Sugar (Sugar, Cane Molasses), Rapesseed Oil, Salt). May contain other cereals containing GLUTEN, EGGS, MILK, NUTS, PEANUTS,		Day David Dilling Dilling Chilling Chil		per 100a	per portion (a)
Natural Flavouring), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Water, Sugar, Wholemeal WHEAT Flour, RYE Sourdough (Water, RYE Flour, Starter Culture), Acidis: Lactic Acid; L			KJ	-	
Sugar, Wholemeal WHEAT Flour, RYE Sourdough (Water, RYE Flour, Starter Culture), Acids: Lactic, Acid, Acetic Acid; BARLEY Malt Extract, Malted WHEAT Flour, Orange Zest, Yeast, Salt, Vanilla Extract (Vanilla Extract, Cyanilla Ext		Natural Flavouring), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Water,			
Sugar), Emulsifiers: Lecithins (Sunflower, Rapeseed)], Glaze [Light Brown Soft Sugar (Sugar, Cane Molasses), Non Dairy Cream Alternative (Lentill 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: Carolenes), Honeycomb (Sugar, Glucose Syrup, Palm Oil, Raising Agent: Sodium Carbonate; Rice Flour), Invert Sugar Syrup, Salt], Sugar Paste [Light Brown Soft Sugar Fiber 1.7] [Sugar, Cane Molasses), Vegetable Fat (Shea Fat, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Lecithins (Rapeseed, Sunflower), Lemon Juice, Natural Flavouring), Dark Brown Soft Sugar (Sugar, Cane Molasses), Rapeseed Oil, Salt]. May contain other cereals containing GLUTEN, EGGS, MILK, NUTS, PEANUTS,					
NEW Sattled Caramel Bun (Vg) Dairy Cream Alternative (Lentil Protein Preparation (Water, Lentil Flour), Rapeseed Oil, Coconut Fat, Sugar, Modified Potato Starch, Emulsifier: Polysorbate 60; Stabilisers: Methyl Cellulose, Xanthana Gum; Acidity Regulator: Trisodium Citrate; Natural Flavourings, Salt, Colouc: Carotenes), Honeycomb (Sugar, Glucose Syrup, Palm Oil, Raising Agent: Sodium Carbonate; Rice Flour), Invert Sugar Syrup, Salt], Sugar Paste (Light Brown Soft Sugar (Sugar, Cane Molasses), Vegetable Fat (Shea Fat, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Lecithins (Rapeseed, Sunflower), Lemon Juice, Natural Flavouring), Dark Brown Soft Sugar (Sugar, Cane Molasses), Rapeseed Oil, Salt]. May contain other cereals containing GLUTEN, EGGS, MILK, NUTS, PEANUTS,			Sat	6.5	11.9
Trisodium Citrate; Natural Flavourings, Salt, Colour: Carotenes), Honeycomb (Sugar, Glucose Syrup, Palm Oil, Raising Agent: Sodium Carbonate; Rice Flour), Invert Sugar Syrup, Salt1, Sugar Paste [Light Brown Soft Sugar [Sugar, Cane Molasses], Vegetable Fat (Shea Fat, Water, Cocconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Lecithins (Rapeseed, Sunflower), Lemon Juice, Natural Flavouring), Dark Brown Soft Sugar (Sugar, Cane Molasses), Rapeseed Oil, Salt1). May contain other cereals containing GLUTEN, EGGS, MILK, NUTS, PEANUTS,		Dairy Cream Alternative (Lentil Protein Preparation (Water, Lentil Flour), Rapeseed Oil, Coconut Fat, Sugar,			
Raising Agent: Sodium Carbonate; Rice Flour), Invert Sugar Syrup, Salt), Sugar Paste (Light Brown Soft Sugar (Sugar, Cane Molasses), Vegetable Fat (Shea Fat, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Lecithins (Rapeseed, Sunflower), Lemon Juice, Natural Flavouring), Dark Brown Soft Sugar (Sugar, Cane Molasses), Rapeseed Oil, Salt). May contain other cereals containing GLUTEN, EGGS, MILK, NUTS, PEANUTS,	(Vg)				
Lecithins (Rapeseed, Sunflower), Lemon Juice, Natural Flavouring), Dark Brown Soft Sugar (Sugar, Cane Molasses), Rapeseed Oil, Salt). May contain other cereals containing GLUTEN, EGGS, MILK, NUTS, PEANUTS, Postion unsight (a) 102		Raising Agent: Sodium Carbonate; Rice Flour), Invert Sugar Syrup, Salt], Sugar Paste [Light Brown Soft Sugar			
Molasses), Rapeseed Oil, Salt). May contain other cereals containing GLUTEN, EGGS, MILK, NUTS, PEANUTS,					
SESAME, SOYA and SULPHUR DIOXIDE. Portion weight (g) 183					
		SESAME, SOYA and SULPHUR DIOXIDE.	Portion \	weignt (g)	183

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

PRODUCT	Porridge is made with Whole Milk as standard. Other milk variants are available upon required in the control of		UTRITION	AL INFO
		KJ	per 100g 484	per portion (g) 1163
		Kcal	115	276
		Fat	4.5	10.9
		Sat	2.2	5.2
Porridge Plain	Whole MILK (83%), Porridge OATS (17%).	Carbs	14.7	35.2
(V)	Thiolo Milk (60/0), Folloge OAIS (17/0).	Sugar	3.9	9.2
		Fibre	1.1	2.7
		Protein	4.6	11.1
		Salt	0.09	0.22
		Portion w		240
			per 100g	per portion (g)
		KJ	619	1609
		Kcal	147	383
		Fat	6.6	17.1
Porridge with Chocolate	Whole MILK (779) Devides OATS (159) Changlets China (09) Sugar Cooks Mass Cooks Butter Equilifier	Sat	3.4	9.0
Chips	Whole MILK (77%), Porridge OATS (15%), Chocolate Chips (8%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin (E322), Natural Vanilla Flavouring].	Carbs	17.8	46.3
(V)	· · · · · · · · · · · · · · · · · · ·	Sugar	7.1	18.4
		Fibre	1.4	3.6
		Protein	4.8	12.4
		Salt	0.09	0.22
		Portion w	- 1-7	260
			per 100g	per portion (g)
		KJ	521	1668
		Kcal	124	396
		Fat	3.4	11.0
Porridge with Banana &	Whate MIK (100) Decrease (100) Decides 047 (100) Hanne Cinners	Sat	1.7	5.3
Cinnamon (V)	Whole MILK (62%), Banana (19%), Porridge OATS (12%), Honey, Cinnamon.	Carbs	19.9 11.3	63.6 36.0
(-7		Sugar Fibre	1.3	4.1
		Protein	3.7	11.8
		Salt	0.07	0.22
		Portion w		321
			per 100g	per portion (g)
		KJ	620	1892
		Kcal	148	451
		Fat	6.8	20.7
Porridge with Blueberries,		Sat	2.2	6.8
Seeds & Maple Syrup	Whole MILK (66%), Porridge OATS (13%), Blueberries (10%), Maple Syrup (5%), Pumpkin Seeds (3%), Sunflower Seeds (3%).	Carbs	16.5	50.2
(V)	U%).	Sugar	7.2	21.8
		Fibre	1.6	4.9
		Protein	5.5	16.7
		Salt	0.07	0.23
		Portion w	veight (g)	305

TEACAKES

	12.10.11.2			
PRO	JCT INGREDIENTS	١	IUTRITION	AL INFO
		K.J	per 100g	per portion (g)
		NJ	940	1410
		Kcal	221	332
	WHEAT flour (with added calcium, iron, niacin, thiamin), Water, Sultanas (10%) (sunflower oil), Currants (5%)	Fat	0.7	1.1
Tead		Sat	0.1	0.2
(V		Carbs	48.0	72.0
	carotene], Sugar, Yeast. May contain MILK, EGG and NUTS.	Sugar	15.3	23.0
		Protein	6.4	9.6
		Salt	0.01	0.02
		Portion v	veight (g)	150

TOAST

PRODUCT	INGREDIENTS	N	IUTRITION	AL INFO
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 Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 898 215 0.8 0.2 47.8 0.4 2.1 7.1	368 88 0.3 0.1 19.6 0.2 0.9 2.9 0.46
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.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	veight (g) per 100g 965 231 1.5 1.0 48.9 1.1 3.0 7.9 1.24 veight (g)	41 per portion (g) 396 95 0.6 0.4 20.0 0.5 1.2 3.2 0.50 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
Granola & Yogurt with	Yoghurt (54.8%) [Low Fat Natural Yogurt (MILK), Live Cultures], Granola (18.9%) [Rolled OATS (55%), Sugar, Palm	Sat	2.7	6.3
Blueberry & Honey	Oil, WHEAT Flour, Dried Coconut, Molasses, Salt, BARLEY Malt Extract, Cinnamon], Blueberries (17.5%), Honey	Carbs	20.0	46.0
(V)	(4.4%), 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		228
			per 100g	per portion (g)
		KJ_	734 175	1746
		Kcal Fat	6.6	416 16.0
Correction & Volument of the		Sat	2.6	6.3
Granola & Yogurt with Banana & Honey	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%),	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
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	Seeds (7.3%), Honey (4.9%).	Carbs	11.0	22.0
(V)		Sugar	8.1	17.0
		Fibre	1.9	3.8
		Protein	7.7	16.0
		Salt	0.13	0.26
		Portion w		205
			per 100g	per portion (g)
		Kcal Kcal	651 156	1400 334
		Fat	7.5	16.0
Vogust & Soods with Panana		Sat	1.4	3.1
ogurt & Seeds with Banana & Honey (V)	Yoghurt (58.1%) [Low Fat Natural Yogurt (MILK), Live Cultures], Bananas (23.3%), Pumpkin Seeds (7%), Sunflower	Carbs	14.0	29.0
	Seeds (7%), Honey (4.7%).	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

CAKES

	CAKES			
PRODUCT	INGREDIENTS	ا	NUTRITION	AL INFO
			per 100g	per portion (g)
		KJ	1662	1629
		Kcal	369	362
	WIFET (and a state of the state	Fat	18.0	17.6
Banana & Chocolate	WHEAT flour (calcium carbonate, iron, niacin, thiamin), banana puree 23%, brown sugar, dark chocolate 14% (sugar, cocoa mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring), coconut oil, rapeseed	Sat	8.9	8.7
Loaf Cake	oil, black treacle, water, com starch, flax seeds, sodium bicarbonate, raising agent (diphosphates, sodium	Carbs	55.5	54.4
(Vg)	carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)), ground cinnamon, salt. May contain cereals	Sugar	32.9	32.2
	containing GLUTEN, MILK, EGG, SOYA, SULPHITES, and NUTS.	Fibre	3.0	2.9
		Protein	4.8	4.7
		Salt	0.69	0.68
		Portion	weight (g)	98
			per 100g	per portion (g)
		KJ	1477	1699
	Lemon Cake (93%) [Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk (MILK),	Kcal	351	404
	Rapeseed Oil, Pasteurised Free Range EGG , Lemon Juice (3%), Lemon Curd (3%) (Sugar, Pasteurised Free Range	Fat	12.7	14.6
Lemon Drizzle Cake	EGG, Water, Salted Butter (Butter (MILK), Salt), Concentrated Lemon Juice (Concentrated Lemon Juice,	Sat	1.3	1.4
(V)	Preservatives: Sodium METBISULPHITE, Potassium METABISULPHITE), Lemon Oil, Gelling Agent: Agar), Lemon Zest	Carbs	55.1	63.4
	(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). May	Sugar	33.8	38.9
	contain other cereals containing GLUTEN, EGG, MILK, SESAME, SOYA, SULPHITES, NUTS and PEANUTS.	Fibre	0.5	0.6
		Protein	4.6	5.3
		Salt	0.74 weight (g)	0.85
		i OHION	per 100g	115
		V.I		per portion (g)
		KJ Kcal	1548 370	464 111
		Fat	14.6	4.4
Welsh Cake	WHEAT flour (calcium carbonate, iron, niacin, thiamine, raising agents E450, E500), vegetable oil (rapeseed,	Sat	4.9	1.5
(V)	sustainable palm) sugar, vine fruits (13%) (currants, sultanas, sunflower oil), EGG, BUTTERMILK, water, salt, emulsifiers (E471, E481), colour (carotenes), natural flavouring, preservatives (E202, E282).	Carbs	65.1	19.5
	(E471, E401), Colour (Calolettas), Hatara illavooriilg, piasarvalivas (E202, E202).	Sugar	23.3	7.0
		Protein	6.5	2.0
		Salt	1.30	0.39
			weight (g)	30
			per 100g	per portion (g)
	Victoria Sponge Cake [Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG, Margarine	KJ	1640	2247
	(Vegetable Oils (Sustainable Palm Oil, Rapeseed Oil), Water, Salt, Emulsifier (Polyglycerol Esters Of Fatty Acids),	Kcal	392	537
	Flavouring, Colours (Curcumin, Annatto Bixin)), MILK, Raising Agents (Mon Calcium Phosphates, Sodium	Fat	18.6	25.5
Victoria Sponge Cake**	Bicarbonate, Com Starch), Thickener (Kanthan 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.	Sat	8.7	11.9
(V)		Carbs	52.7	72.2
		Sugar	36.5	50.0
		Fibre	0.5	0.7
		Protein	3	4.1
		Salt	0.33 weight (g)	0.45 137
		TOHIOH	per 100g	per portion (g)
		KJ	1869	2131
		Kcal	448	511
	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Brown Sugar, Margarine (Palm Oil,	Fat	26.3	30.0
Doom Die	Rapeseed Oil, Water, Natural Flavouring), PECAN NUTS, Invert Sugar Syrup, Water, Coconut Milk (Coconut Extract,	Sat	7.9	9.0
Pecan Pie (Vg)	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,	Carbs	47.1	53.7
(*9)	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	0.38
		Portion	weight (g)	114
		VI	per 100g	per portion (g)
	Sponge (WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar, Rapeseed	Kcal	1674 400	2410 576
	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	Kcal Fat	18.0	25.9
	Creamy (Water, Coconut Oil, Potato Starch, Sea Salt, Acidity Regulator: Glucono Delta-Lactone; Natural	Sat	3.2	4.6
Coffee and Caramel Cake	Flavourings, Olive, Vitamin B12), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water,	Carbs	57.5	82.8
(Vg)	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	Sugar	37.5	54.0
	Refiners Syrup, Fava Bean Flour, Caramelised Sugar, Salt, Emulsifiers: Mono- and Di-Glycerides of Fatty Acids,	Fibre	1.1	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
			per 100g	per portion (g)
	Carrot Cake [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar (Sugar,	KJ	1539	2093
	Cane Molasses), Carrots (13%), Pasteurised Orange Comminute, Rapeseed Oil, SOYA Drink (Water, SOYA Beans,	Kcal	366	498
	Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Sultanas (2%), WALNUTS (2%), Raising Agents: Sodium	Fat	13.8	18.8
Carrot Cake	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,	Sat	3.4	4.6
(Vg)	Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Rapeseed/Sunflower Lecithin; Lemon Juice, Natural	Carbs	58.1	79.0
, 5/	Flavouring), Food Preparation with Coconut Oil (Water, Coconut Oil, Potato Starch, Sea Salt, Acidity Regulator:	Sugar	37.0	50.3
	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,	TAINING CLUTTEN FCC ANN Other NUTS PEANUTS STANKE	1.9	2.6
	SOYA, and SULPHITES.	Protein	3.4	4.6
		Salt	0.80	1.09
		Portion	weight (g)	136

CAKES

PRODUCT	INGREDIENTS	N	IUTRITION.	AL INFO
			per 100g	per portion (g)
	Chocolate Cake [WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soya Drink (Water, SOYA	KJ	1440	1858
	Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Light Brown Soft Sugar (Sugar, Cane Molasses), Apple	Kcal	344	444
	Puree, Rapeseed Oil, Fat Reduced Cocoa Powder (4%), Ground Flax Seeds, Raising Agents: Diphosphates,	Fat	16.5	21.3
Dalama Danis Charleta Cala	Sodium Carbonates; Salt], Chocolate Ganache [Non Dairy Cream Alternative (Lentil Protein Preparation (Water,	Sat	4.4	5.7
Deluxe Dark Chcolate Cake	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;	Carbs	45.5	58.7
(Vg)	Dark Chocolate (9%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring),	Sugar	24.4	31.5
	Dark Chocolate Shavings (3%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla	Fibre	3.0	3.9
	Flavouring), Light Brown Soft Sugar (Sugar, Cane Molasses, Invert Sugar Syrup), Salt]. May contain other cereals	Protein	4.8	6.2
	containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.	Salt	0.52	0.67
		Portion v	veight (g)	129
			per 100g	per portion (g)
		KJ	1327	1261
	WHEAT Flour, Pasteurized fresh cream (MILK) (19.2%), Sugar, Raspberries Purée (9.9%) (Raspberries, Sugar), EGGS,	Kcal	317	301
	MILK, Butter (MILK), Water, Natural Yeast (WHEAT Flour, Water), Vegetable fat (Palm), PISTACHIOS paste	Fat	16.3	15.5
Pistachio Cream Bun	(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	Sat	9.5	9.0
(V)	Ciaculli late mandarine (Ciaculli late mandarin, Sugar, Glucose Syrup, Lemon Juice), Honey, Stabilisers Sorbitols	Carbs	32.6	31.0
(4)	Syrup and Hydroxypropyl cellulose, Blueberries purée (Blueberries, Sugar), Gelling agent Pectins, Emulsifiers	Sugar	17.7	16.8
	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. May contain other NUTS, MUSTARD, and SOYA.	Fibre	7.2	6.8
		Protein	6.4	6.0
		Salt	0.36	0.34
				95
			per 100g	per portion (g)
		KJ	1659	1078
		Kcal	397	258
	Free Range Pasteurised Whole EGG , Caster Sugar, Gluten Free Flour (Rice, Tapioca, Potato, Thickener: Xanthan	Fat	21.5	14.0
Cherry & Coconut Mini Loaf	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. May contain other MILK, NUTS, and SOYA.	Sat	6.7	4.4
(V/GF)		Carbs	46	30.0
		Sugar	31.4	20.4
		Fibre	1.9	1.3
		Protein	4.4	2.9
		Salt	0.62	0.40
			veight (g)	65
		KJ	per 100g 1748	per portion (g) 1398
		Kcal	418	334
	Rice Flour (Rice Flour, Tapioca, Potato, Thickener: Xanthan gum), Dark Brown Soft Sugar, Liquid EGG , Butter (MILK)	Fat	20.4	16.3
	(Butter (MILK), Salt), Caramel (Caramel (Sugar, Glucose Syrup, Condensed Skimmed MILK, Water, Butter (MILK),	Sat	9.9	7.9
NEW Sticky Toffee Loaf	Invert Sugar Syrup, Palm Oil, Salt, Emulsifier: Rapeseed Lecithins, Sunflower Lecithins, Sorbitan monostearate),	Carbs	54.3	43.4
(V/GF)	Natural Flavour), Salt, Water, Glucose Syrup), Rapeseed Oil, Date Puree (Date Paste, Water), Black Treacle,	Sugar	35.0	28.0
	Raising Agent: Sodium Bicarbonate, Demerara Sugar, Natural Flavour, Thickener: Xanthan gum. May contain other cereals containing NUTS.	Fibre	1.1	0.9
	• • • • • • • • • • • • • • • • • • • •	Protein	3.9	3.1
		Salt	0.98	0.78
			veight (g)	80
			per 100g	per portion (g)
	Dry Fondant Leing (Sugar, Dried Glucose Syrup), Whipping Cream (MILK), Water, Single Cream (MILK), Free Range	KJ	1691	1353
	EGG, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Shortening (Palm Oil, Rapeseed Oil),	Kcal	405	324
	${\it Toffee Sauce (Water, Glucose Syrup, Golden Syrup, Sugar, Condensed Skimmed {\it MILK}, Salted Butter ({\it MILK}), Native {\it MILK}, {\it $	Fat	24.5	19.6
NEW Distriction Charment	Starch, Natural Flavouring, Burnt Sugar Syrup, Sea Salt, Mono- and Diglycerides of Fatty Acids), Speculoos Spread	Sat	11.0	8.8
NEW Pistachio Chouxnut	(Caramelised Biscuits (WHEAT Flour, Sugar, Vegetable Oils (Palm Oil, Rapeseed Oil), Candy Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: SOYA	Carbs	41.7	33.3
(V)	Lecithin; Citric Acid), Icing Sugar, Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin;	Sugar	25.6	20.5
	Natural Vanilla Flavouring), Sweetened Condensed MILK (MILK, Sugar), Rapeseed Oil, PISTACHIO NUTS, Sugar,	Fibre	1.2	1.0
	Natural Flavouring, Salt, Modified Potato Starch, Modified Maize Starch, Acidity Regulator: Citric Acid;	Protein	5.1	4.1
	Caramelised Sugar Syrup, Colours: Curcumin, Copper Chlorophyllin. May contain other NUTS.	Salt	0.08	0.06
			veight (g)	80

MUFFINS & CUPCAKES

PRODUCT	INGREDIENTS	1	IUTRITION	AL INFO
			per 100g	per portion (g)
		KJ	1431	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	Fat	15.5	16.3
D	Flavouring, Acidity regulator: Citric acid), Water, Buttermilk (MILK) (2%), Raising Agents: Potassium carbonates,	Sat	1.8	1.9
Blueberry Muffin (V)	Sodium carbonates, Diphosphates, Calcium phosphates; Inulin, Palm Oil, MILK Proteins, WHEAT Starch, Modified	Carbs	44.1	46.3
(V)	Maize Starch, WHEAT Gluten, Preservative: Potassium sorbate, Emulsifiers: Mono-and diglycerides of fatty acids,	Sugar	21.1	22.1
	Polyglycerol esters of fatty acids; Stabiliser: Xanthan gum; Salt, Glucose Syrup, Lemon Oil, Acidity regulator: Citric acid, Natural Flavourings, Colour: Carotenes.	Fibre	1.2	1.3
	acia, National Havourings, Colour. Carolenes.	Protein	5.8	6.1
		Salt	0.44	0.46
		Portion v	weight (g)	105
			per 100g	per portion (g)
		KJ	1487	1561
	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	Kcal	354	372
		Fat	15.1	15.9
Sicilian Lemon Curd Muffin		Sat	2.2	2.3
(V)		Carbs	50.0	52.5
		Sugar	24.9	26.1
		Fibre	4.7	4.9
	acid, Preservative: Sodium Metabisulphite (SULPHITES), Colour: Carotenes.	Protein	5.0	5.2
		Salt	0.45	0.48
		Portion	weight (g)	105
	Cake Flour (WHEAT Flour (with added Iron, Calcium, Thiamine, Niacin), Sugar, Whole Dried Free-range EGG		per 100g	per portion (g)
	Powder, Modified Maize Starch, Raising Agents: Diphosphates, Sodium Carbonates; Skimmed MILK Powder, Salt, Free Range EGG Albumen, Natural Flavour, Colour: Carotenes], Biscoff Flavoured Buttercream (29%) [Icing Sugar,	KJ	1724	2758
	Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids;	Kcal	412	659
	Flavouring, Colouring: Annatto, Curcumin), Biscoff Cream (Original Caramelised Biscuits [WHEAT Flour, Sugar,	Fat	22.0	35.0
NEW Speculoos Cupcake	Vegetable Oils (Palm Oil, Rapeseed Oil), Candy Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA	Sat	6.0	9.6
(V)	Flour, Salt, Cinnamon], Rapeseed Oil, Sugar, Emulsifier: SOYA Lecithin; Acid: Citric Acid)], Water, Caramel Cream Filling (Sugar, Water, Vegetable Palm Oil, Modified Maize Starch, Acidifier: Glucono Delta-lactone; Gelling	Carbs	52.0	83.0
	Agents: Gellan Gum, Sodium Alginate; Colourings: Ammonia Caramel, Paprika Extract; Caramel Flavouring, Salt,	Sugar	40.0	64.0
	Preservative: Potassium Sorbate; Acidity Regulator: Calcium Chloride; Emulsifier: Polyoxyethylene Sorbitan Mono-	Fibre	0.6	0.7
	oleate], Rapeseed Oil, Biscoff Biscuit (3.8%) [WHEAT Flour, Sugar, Vegetable Oils (Palm Oil, Rapeseed Oil), Candy	Protein	3.4	5.4
	Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon]. May contain other cereals containing GLUTEN, NUTS and SULPHITES.	Salt	0.20	0.30
	Colouis Containing October, Note and Soci Titles.	Portion \	weight (g)	160

TRAYBAKES

PRODUCT	INGREDIENTS	N	UTRITION.	AL INFO
			per 100g	per portion (g)
		KJ	2014	1309
		Kcal	482	313
	Shortcake Base (54%) (WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Salted Butter (Butter (MILK),	Fat	25.4	16.5
NEW Caramel Shortbread	Salt), Sugar, Cornflour, Water, Salt), Caramel (31%) (Sweetened Condensed Milk (Whole MILK, Sugar), Salted Butter (MILK), Salt), Light Brown Sugar (Sugar, Cane Molasses), Invert Sugar Syrup), Milk Chocolate (14%)	Sat	15.5	10.1
(V)	(Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (Lecithins (SOYA)), Natural Vanilla Flavouring).	Carbs	59.4	38.6
	May contain NUTS and EGG.	Sugar	37.3	24.2
		Protein	4.8	3.1
		Salt	0.60	0.40
		Portion v	veight (g)	65
			per 100g	per portion (g)
	Free range EGG , dark chocolate 16% (cocoa mass, sugar, cocoa butter, emulsifier (SOYA lecithin), natural vanilla	KJ	2098	1322
	flavouring - contains cocoa solids 72%), cocoaut oil, soft light sugar, sugar, dark chocolate 7% (sugar, cocoa mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring - contains 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 (frice, potato, tapioco, maize, buckwheat), rapesseed oil, double cream (MILK), salt, raising agent (mono calcium phosphate, corn starch, sodium bicarbonate), stabiliser (kanthan gum). May contain cereals containing GLUTEN, NUTS and SULPHUR DIOXIDE. **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.	Kcal	504	317
		Fat	32.6	20.5
Triple Chocolate Brownie**		Sat	21.4	13.5
(V)		Carbs	42.4	26.7
(.,		Sugar	37.0	23.3
		Fibre	4.3	2.7
		Protein	6.2	3.9
		Salt	0.36	0.23
		Portion v	veight (g)	63
			per 100g	per portion (g)
		KJ	1704	2334
		Kcal	408	558
		Fat	21.2	29.0
Yoghurt Apple &	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	Sat	8.8	12.0
Blackcurrant Flapjack	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	0.27
		Portion v	veight (g)	137

TRAYBAKES

	TRAYBAKES			
PRODUCT	INGREDIENTS	N	IUTRITION	AL INFO
Rocky Road	Margarine (Palm Fat, Rapeseed Oil, Water, Salt, Emulsifier: Polyglycerol Esters of Fatty Acids, Colours: Curcumin, Annatto, Flavourings), Milk Chocolate (25%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: 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, Wegetable Oils (Palm Oil (SG), Rapeseed Oil), Sugar, Partially Invert Sugar Syrup, Roising Agents (Sodium Carbonates, Sodium Carbonates, Salt), Biscuit Pieces (17%) (Fortified WHEAT Flour, Wegetable Shortening (Palm Oil (SG), Rapeseed Oil), Sugar, Partially Invert Sugar Syrup, Roising 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%) (Glucosefructose 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, Emulsifier: 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.		per 100g 2204 529 34.0 17.0 49.0 30.0 1.8 5.6 0.90 veight (g)	per portion (g) 1477 354 23.0 11.0 31.0 20.0 1.2 3.8 0.60 67
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; Flovourings), 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]. May contain cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA and SULPHITES. **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.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1584 379 14.5 7.4 59.8 32.6 2.5 3.4 0.22 veight (g)	per portion (g) 1442 345 13.2 6.7 54.4 29.7 2.3 3.1 0.20 91
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 Flavourings, Colour: Carotenes), Soft Light Brown Sugar, Invert Sugar Syrup, Maple Syrup (7%)). May contain cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1888 451 18.7 9.5 66.9 34.2 4.7 6.0 0.36 veight (g)	per portion (g) 1718 410 17.0 8.6 60.9 31.1 4.3 5.5 0.33 91
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. May contain cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1756 420 27.5 10.4 39.9 22.4 3.0 6.4 0.51 veight (g)	per portion (g) 1264 302 19.8 7.5 28.7 16.1 2.2 4.6 0.37 72
NEW Blackberry Bakewell (Vg)	Vegetable Fat (Shea Butter, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Lecithins (Rapeseed Oil, Sunflower Oil), Lemon Juice, Natural Flavouring), Sugar, Ground ALMONDS (NUTS) (17%), Blackberries (13%), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Polenta, Flaked ALMONDS (NUTS) (3%), Raising Agents: Diphosphates, Sodium Carbonates; Natural Flavouring, Salt. May contain cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	- 1-7	per portion (g) 1244 297 19.4 6.1 28.2 15.8 2.0 4.7 0.50 72

	TARTS & PIES			
PRODUCT	INGREDIENTS	N	IUTRITION.	AL INFO
			per 100g	per portion (g)
		KJ Kcal	1168 278	759 181
	Sugar, MILK, WHEAT Flour, Water, Margarine (Sustainable Palm Oil, Water, Rapeseed Oil, Emulsifiers: Lecithin,	Fat	11.4	7.4
Portuguese Tarts	Mono and Diglycerides of Fatty Acids, Poly Esters of Fatty Acids; Salt, Acidity Regulator: Citric Acid; Flavouring,	Sat	5.2	3.4
(V)	Colour: Beta Carotene, Antioxidant: Alpha-tocopherol), EGG Yolk, Liquid EGG, Maize Starch, Salt, Natural Vanilla Flavouring, May contain cereals containing GLUTEN, EGG, MILK, NUTS, SOYA, and SULPHITES.	Carbs	40.2	26.1
		Sugar Protein	25.1 4.1	16.3 2.7
		Salt	0.35	0.23
			veight (g) per 100g	65 per portion (g)
		KJ	1176	1658
		Kcal	280	394
	Bramley Apple (Bramley Apple, Preservative: Ascorbic Acid), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Dark Brown Sugar (White Sugar, Cane Molasses), Margarine (Palm Oil, Rapeseed Oil,	Fat Sat	11.8 4.0	16.6 5.6
NEW Apple Cinnamon Tart (V)	Water, Natural Flavouring), Water, Sultanas (Sultanas, Sunflower Oil), Shortening (Palm Oil, Rapeseed Oil), Free Range EGG , Sugar, Light Brown Sugar (White Sugar, Cane Molasses), Modified Maize Starch, Ground Cassia,	Carbs	41.1	57.0
(*)	Pastry Stabiliser (WHEAT Flour, WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Flour Treatment Agent: L-	Sugar	21.1	29.8
	Cysteine), Salt. May contain other NUTS, MILK, and SOYA.	Fibre Protein	1.7 3.3	4.7
		Salt	0.25	0.35
			veight (g)	141
		KJ	per 100g 1290	per portion (g) 2400
		Kcal	309	575
	Apple Cinnamon Tart (Bramley Apple (Bramley Apple, Preservative: Ascorbic Acid), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Dark Brown Sugar (White Sugar, Cane Molasses), Margarine (Palm	Fat	18.6	34.6
NEW Apple Cinnamon Tart with Whipped Cream	Oil, Rapeseed Oil, Water, Natural Flavouring), Water, Sultanas (Sultanas, Sunflower Oil), Shortening (Palm Oil,	Sat Carbs	9.1 32.0	16.9 59.0
(V)	Rapeseed Oil), Free Range EGG , Sugar, Light Brown Sugar (White Sugar, Cane Molasses), Modified Maize Starch, Ground Cassia, Pastry Stabiliser (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Flour Treatment Agent: L-Cysteine), Salt), Whipped Cream (MILK). May contain other NUTS and SOYA.	Sugar	17.0	31.0
		Fibre	1.3	2.4
		Protein Salt	3.0 0.20	5.5 0.38
		Portion w		186
	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Brown Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Natural Flavouring), PECAN NUTS (11.2%), 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, May contain cereals containing EGG, MILK, and SOYA.		per 100g	per portion (g)
		KJ Kcal	1869 448	2131 511
		Fat	26.3	30.0
NEW Pecan Pie		Sat	7.9	9.0
(Vg)		Carbs Sugar	47.1 28.4	53.7 32.4
		Fibre	2.6	3.0
		Protein Salt	4.3 0.33	0.38
			veight (g)	114
	DESSERTS			
PRODUCT	INGREDIENTS	N	IUTRITION.	AL INFO
	Cream (MILK), Digestive Biscuit Crumb (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin),		nor 100a	nor nortion (a)
	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:	KJ	per 100g 1962	per portion (g) 3002
	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	Kcal	479	733
	Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Powdered EGG, Fat Reduced Cocoa Powder, Salt,	Fat Sat	34.1 11.4	52.2 17.4
Cookies & Cream Slice	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)),	Carbs	35.7	54.6
	Oreo Cookies (WHEAT Flour, Sugar, Palm Oil, Fat Reduced Cocoa Powder, WHEAT Starch, Glucose-Fructose Syrup, Emulsifier: SOYA Lecithin; Salt, Raising Agent: Sodium Hydroxide, Ammonium Carbonates, Sodium Carbonates,	Sugar	17.1	26.2
	Potassium Carbonates; Flavouring), Neutral Fond (Sugar, Dried Glucose Syrup, Beef Gelatine, Modified Starch, Dried EGG Yolk, Salt, Raising Agent: Disodium Pyrophosphate; Rapeseed Oil, Invert Sugar Syrup, Dark Chocolate	Fibre Protein	2.1 5.5	3.2 8.4
	Shaving (Sugar, Cocoa Mass, Cocoa Butter, Natural Vanilla Flavour, Emulsifier: SOYA Lecithin), Cocoa Powder,	Salt	0.59	0.90
	Beef Gelatine, Concentrated Vanilla Flavour Liquid (Flavouring, Colour: Ammonia Caramel).	Portion v	veight (g)	153
			per 100g	per portion (g)
	Full Fat Soft Cheese (37%) [Skimmed MILK, Cream [MILK], Salt, Preservative (Potassium Sorbate), Lactic Culture	KJ	1644	2334
	[MILK], Microbial Rennet], Biscoff Paste (20% (Crushed Caramelised Biscuit [WHEAT Flour, Sugar, Vegetable Oils	Kcal	394	560
Lotus Biscoff Cheesecake	(Palm & Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier (SOYA Lecithin), Acid (Citric Acid), Pasteurised Liquid Whole EGG,	Fat Sat	25.2 9.8	35.7 14.0
(V)	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],	Carbs	33.8	48.0
	Margarine [Vegetable Oils (Palm & Rapeseed), Water, Salt, Emulsifier (Polyglycerol Esters of Fatty Acids), Colours	Sugar	22.8	32.4
	(Cucurmin, Annatto), Flavourings], Dark Chocolate [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring]. May contain NUTS.	Protein Salt	8.0 0.60	0.86
			veight (a)	1/12

Portion weight (g)

142

DESSERTS

PRODUCT	INGREDIENTS	N	UTRITION	AL INFO
			per 100g	per portion (g)
		KJ	1167	1004
	EGG, Mascarpone (Cream, MILK Proteins), Cherries, Whipping Cream (MILK), Granulated Sugar, WHEAT Flour	Kcal	279	240
	(WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Single Cream (MILK), Icing Sugar, White Chocolate Chips (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Natural Vanilla Flavouring,	Fat	14.5	12.4
Cherry & Mascarpone		Sat	9.4	8.1
Roulade	Emulsifier: SOYA Lecithin), Emulsifier Blend (Water, Sugar, Emulsifiers: Polyglycerol Esters of Fatty Acids, Mono- And Dialycerides of Dietary Fatty Acids; Potassium Hydroxide), Natural Flavouring, Freeze Dried Cherries, Modified	Carbs 32.6 Sugar 20.2	28.0	
(V)	Waxy Maize Starch, Modified Starch, Modified Maize Starch, Modified Potato Starch, Acidity Regulator: Citric		17.4	
	cid; Gelling Agent: Agar-Agar; Thickener: Guar Gum; Stabiliser Blend (Locust Bean Gum, Xanthan Gum, Guar	Fibre	0.7	0.6
	Gum). May contain NUTS.	Protein 5.0	4.3	
		Salt	0.12	0.10
		Portion w	eight (g)	86

Salted Caramel Slice

Cream (MILK), Digestive Crumb (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, 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: Monoand Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids, Propylene Glycol Esters of Fatty Acids, Emulsifiers: Monoand Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids, Propylene Glycol Esters of Fatty Acids, Equation (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 Flavouri, 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, Annato 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

		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
ıl	Sugar	24.0	35.0
1	Fibre	0.8	1.1
	Protein	5.5	8.0
	Salt	0.99	1.44
	Portion	weight (g)	146

SANDWICHES

PRODUCT	INGREDIENTS	N	UTRITION	AL INFO
NEW Coronation Chicken	Malted Bread [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, Yeast, BARLEY Malt Flour, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatly Acids; Salt, Preservative: Calcium Propionate; Buckwheat Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid], Coronation Chicken Mix (42%) [British Chicken [53%) [Chicken Breast, Water, Salt, Pea Starch, Stabilisers: Triphosphates, Diphosphates; Gelling Agent: Carrageenan), 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), Coronation Mayonnaise (10%) (Rapeseed Oil, Pasteurised Liquid EGG, Water, Acidity Regulator: Acetic Acid; Sugar, Korma Spices (Turmeric Powder, Ground Cumin Seeds, Cayenne Chilli Powder, Coriander Powder, Ground Pimento, Chilli Powder, Ground Cinnamon, Black Pepper, Salt, Conflour, Garlic Powder, Herbs (Oregano, Marjoram, Ground Bay Leaves), Colours: Paprika Extract, Turmeric Extract), Tomato, Salt, Worcester Sauce (Malt Vinegar (BARLEY), Water, Spirit Vinegar, Tamarind Paste, Sugar, Colour: Caramel; Onion Powder, Garlic Powder, White Pepper, Clove, Paprika), Stabiliser: Xanthan Gum; Curry Flavouring, Preservative: Potassium Sorbate; Stabiliser: Guar Gum, Spice Extracts), Mango Chutney (Sugar, Mango, Salt, Acidity Regulator: Acetic Acid, Garlic, Cumin Seeds, Spices, Fenugreek Seeds, Nigella Seeds, Herb), Red Onion, Sultanas (Sultanas, Sunflower Oill), Spinach (5%), Coriander. May contain MILK, MUSTARD and SOYA.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	981 233 7.1 0.6 32.8 3.7 2.6 10.8 1.02 veight (g)	per portion (g) 1619 384 11.7 1.0 54.1 6.1 4.3 17.8 1.68

NEW Free Range Egg Mayo
(V)

Malted Bread [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flokes, Yeast, BARLEY Malt Flour, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fathy Acids: Preservotive: Calcium Propionate; Buckwheat Flour, Rapesed Oil, Flour Treatment Agent: Ascorbic Acid]. EGG Mayonnaise (22%) [Free Range Hard Boiled EGG (77%) (EGG, Water, Preservative: Citric Acid, Trisodium Citrate), 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), Salt, Cracked Black Pepper], Free Range Hard Boiled EGG (16%) [EGG, Water, Preservative: Citric Acid, Trisodium Citrate), 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), Spinach (4%). May contain MILK, MUSTARD and SOYA.

		per 100g	per portion (g)
	KJ	1094	1991
	Kcal	262	477
	Fat	14.6	26.6
	Sat	1.6	2.9
	Carbs	25.6	46.6
S	ugar	0.7	1.3
	Fibre	2.3	4.2
Pre	otein	8.2	14.9
	Salt	0.88	1.60
Pc	rtion	weight (g)	182

PANINI

	PANINI			
PRODUCT	INGREDIENTS	ı	NUTRITION	AL INFO
		KI	per 100g	
		KJ Kcal	1186 282	1957 465
	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT	Fat	8.4	13.9
	Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment	Sat	4.7	7.8
Brie & Bacon Panini	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,	Carbs	41.2	68.0
2.10 & 2400	Onion, Acidity Regulator: Acetic Acid; Dried Onion, Concentrated Lemon Juice, Salt, Garlic Purée], Beechwood	Sugar	12.4	20.5
	Smoked Bacon (12%) [Pork, Salt, Antioxidants: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium	Fibre	2.3	3.8
	Nitrite; Natural Flavourings, Natural Beechwood Smoke]. May contain EGG and MUSTARD.	Protein	11.5	19.0
		Salt	1.16	1.91
		Portion	weight (g)	165
			per 100g	per portion (g
		KJ	1125	2363
	Sourdough Panini (WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Water, Durum WHEAT Semolina,	Kcal	269	565
	Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment Agent:	Fat	11.8	24.8
	Ascorbic Acid], Chicken Pesto and Cheddar Mix (40%) [Steamed Chicken (60%) (Chicken Breast, Salt), Pesto (19%) (Basil Paste (Basil, Sunflower Oil, Salt, Antioxidant: Ascorbic Acid), Vegetable Oil (Sunflower Oil, Rapeseed Oil),	Sat	3.1	6.5
Chicken & Pesto Panini	Medium Fat Hard Cheese (MILK), Extra Virgin Olive Oil, Garlic Purée, Acidity Regulator: Citric Acid), Mayonnaise	Carbs	28.3	59.4
	(Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Spirit Vinegar, Salt, Sugar, Flavourings, Lemon Juice Concentrate, Antioxidant: Calcium Disodium EDTA), Mature Cheddar Cheese (8%) (MILK)], Mozzarella Cheese (10%) (MILK). May contain MUSTARD.	Sugar	2.0	4.2
		Fibre	3.8	8.0
		Protein	14.2	29.8
		Salt	0.89	1.87
		Portion	weight (g)	210
		17.1	per 100g	per portion (g
		KJ_	1053	2064
	Sourdough Panini (WHEAT Flour (WHEAT Flour Calaium Carbonata Iron Niggin Thiamin), Water Durum WHEAT	Kcal	251	492
	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Mated WHEAT Flour, Flour Treatment	Fat Sat	8.7 3.9	17.1 7.6
lozzarella & Tomato Panini	Agent: Ascorbic Acid], Tomato (18%), Mozzarella Cheese (15%) (MILK, Salt), Cheese and Pesto Mix (13%) [Mature	Carbs	32.9	64.5
(V)	Cheddar Cheese (MILK), Pesto (Basil Paste (Basil, Sunflower Oil, Salt, Antioxidant: Ascorbic Acid), Vegetable Oil,	Sugar	2.4	4.7
	Medium Fat Hard Cheese (MILK), Extra Virgin Olive Oil, Garlic Purée, Acidity Regulator: Citric Acid)]. May contain EGG, and MUSTARD.	Fibre	1.7	3.3
		Protein	11.0	21.6
		Salt	0.89	1.74
			weight (g)	196
			per 100g	per portion (g)
		KJ	1089	2015
	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT	Kcal	260	481
	Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment	Fat	10.5	19.4
	Agent: Ascorbic Acid], Tuna Melt Mix (43%) [Tuna Chunks (Skipjack Tuna (Katsuwonus pelamis) (FISH), Water, Salt), Mayoppairo (20%) (Panassad Oil Mater, Party vised Frog Panas FCC and FCC Valk Sugar, Sairit Visagar, Salt	Sat	1.4	2.5
Tuna Melt Panini	Mayonnaise (20%) (Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Sugar, Spirit Vinegar, Salt, Lemon Juice from Concentrate, Flavourings, Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract),	Carbs	32.3	59.8
	Mature Cheddar Cheese (19%) (MILK), Red Pepper (7%), Slow Roasted Marinated Tomato (5%) (Tomato,	Sugar	1.7	3.1
	Sunflower Oil, Salt, Garlic, Oregano), Red Onion (3%), Lemon Juice (Lemon Juice from Concentrate, Preservative:	Fibre	2.8	5.2
	Potassium metabisulphite (SULPHITES), Parsley]. May contain MUSTARD.	Protein	10.4	19.2
		Salt	0.76	1.41
		Portion	weight (g)	185

FOCACCIA

PRODUCT	INGREDIENTS	N	UTRITION.	AL INFO
			per 100g	per portion (g)
		KJ	1219	2462
	Rosemary and Sea Salt Focaccia (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water,	Kcal	292	590
	Yeast, Olive Oil, Salt, Rosemary, Sea Salt], Red Pesto Mayonnaise (15%) [Mayonnaise (Rapeseed Oil, Water, Pasteurised EGG and EGG Yolk, Sugar, Spirit Vinegar, Salt, Lemon Juice from Concentrate, Flavouring,	Fat	15.3	30.9
NEW Charles & Bad Barrer	Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract), Red Pesto (Rehydrated Sun-dried Tomato,	Sat	2.5	5.1
NEW Chorizo & Red Pepper Focaccia	Rapeseed Oil, Extra Virgin Olive Oil, Medium Fat Cheese (MILK), Semi Dried Tomato, Sugar, Vinegar, Dried Herbs	Carbs	31.4	63.4
rocaccia	and Spices, Garlic Purée, Salt)], Chorizo (12%) [Pork, Salt, MILK Protein, Paprika, Maltodextrin, Garlic, Dextrose,	Sugar 2.2	4.4	
	Flavouring, Herbs and Spices, Stabilisers: Diphosphates, Polyphosphates; Antioxidant: Sodium Ascorbate; — Preservatives: Sodium Nitrite, Potassium Nitrate, Colours: Carminic Acid, Paprika Extract; Preservatives: Potassium — Sorbate, Natamycini, Red Pepper (7%), Rocket (5%). May contain MUSTARD and SOYA.	Fibre	3.6	7.3
		Protein	8.9	18.0
		Salt	1.55	3.13
		Portion w	eight (g)	202

TOASTIES

	TOASTIES			
PRODUCT	INGREDIENTS	١	IUTRITION	AL INFO
	Grilled Cheese Topped Bread [White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin,		per 100g	per portion (g)
	Thiamin), Water, Yeast, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty	KJ	1040	1986
	Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), White Sauce (Water, Rapeseed	Kcal	248	474
	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	Fat	11.0	21.0
	Cheese (18%) (MILK), Mozzarella Cheese (18%) (MILK)], White Bread (WHEAT Flour (WHEAT Flour, Calcium	Sat	5.3	10.1
Ham & Cheese Toastie	Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono-	Carbs	24.1	46.0
	and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid],	Sugar	1.1	2.1
	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	Fibre	2.2	4.2
	Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable	Protein	14.3	27.3
	Stock, Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate;	Salt	1.78	3.40
	Spices), Cracked Black Pepper]. May contain EGG, MUSTARD, and SOYA.	Portion v	weight (g)	191
	College Change Tannard White Bloomer Broad DWhite Broad (MUEAT Flour (MUEAT Flour Code) up Code angle Iron		per 100g	per portion (g)
	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 Dialycerides	KJ	1135	2054
	of Fathy 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	Kcal	271	491
		Fat	14.0	25.3
Mushroom & Emmental		Sat	7.9	14.3
Toastie		Carbs	25.0	45.3
(V)	Mushrooms, Rapeseed Oil, Porcini Mushrooms, Concentrated Lemon Juice, Salt, Dehydrated Porcini Mushroom	Sugar	1.8	3.3
	Powder, Garlic, Parsley, Chive)], White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin,	Fibre	1.9	3.4
	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.	Protein	12.3	22.3
		Salt	1.08	1.95
		Portion v	weight (g)	181
	Grilled Cheese Topped White Bloomer Bread [White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron,		per 100g	per portion (g)
	Niacin, Thiamin), Water, Yeast, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides		1239	2057
	of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), Mature Cheddar	Kcal	296	491
	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:	Fat	15.0	24.9
Cheese & Tomato Toastie	Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Marinated Slow Roasted Cherry Tomato (7%)	Sat	8.1	13.4
Toastie	(Cherry Tomatoes (93%), Rapeseed Oil, Salt, Oregano, Garlic)], White Bread [WHEAT Flour (WHEAT Flour, Calcium	Carbs	29.2	48.5
(V)	Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono-	Sugar	2.4	4.0
	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),	Fibre	3.2	5.3
	Tomato Sauce (Tomato, Salt, Sugar, Onion, Oregano, Basil, Spices), Sunblush® Tomatade (24%) (Slow Roast	Protein	12.7	21.1
	Tomatoes, Tomato Concentrate, Rapeseed Oil, Olive Oil, Oregano, Garlic, Sugar), Parsley, Black Pepper],	Salt	1.29	2.14
	Mozzarella Cheese (8%) (MILK). May contain EGG MUSTARD, and SOYA.	Portion v	weight (g)	166
	BAPS			

	BAPS			
PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		KJ	per 100g 1256	per portion (g) 1570
		Kcal	299	374
	Vienna Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Potato Starch,	Fat	12.2	15.3
	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%)	Carbs	35.3	44.1
	[Pork, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite; Natural Flavourings, Natural Beechwood Smoke], Butter (MILK, Salt). May contain EGG, and MUSTARD.	Sugar	4.0	5.0
		Fibre	3.0	3.8
		Protein	13.6	17.0
		Salt	1.80	2.25
		Portion v	weight (g)	125
			per 100g	per portion (g)
		KJ	1070	1712
	Vienna Roll (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Potato Starch,	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
	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Butter (MILK, Salt). May contain EGG, and MUSTARD.	Sugar	2.1	3.4
		Fibre	4.4	7.0
		Protein	11.3	18.1
		Salt	1.12	1.79
		Portion v	weight (g)	160

WRAPS

	WKAF3			
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 (While 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 Gurn, Gurn: 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 Rievovings, Natural Beechwood Smokel, Comflour Mix (Water, Conflour), May contain MUSTARD.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein	per 100g 1068 255 11.0 3.5 30.5 2.2 1.4 9.1	per portion (g) 2211 528 22.8 7.2 63.1 4.6 2.9
		Salt Portion v	1.15 veight (g)	2.38 210
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, Gelcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast), Rapeseed Oil, Parsley, Salt, Kibbled Onion, Cumin, Coriander, Coriander Powder, Garlic Purée, Black Pepper, Raising Agent: Sodium Bicarbonate], Hourmous (9%) (Chickpeas, Rapeseed Oil, Water, Tahini SESAME Seed Paste, Salt, Garlic Granules, Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate), Mediterranean Vegetable Mik (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, Comflour). May contain CELERY, EGG, MILK, MUSTARD, SOYA, and SULPHITES.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 993 237 8.5 1.7 36.1 11.9 4.3 6.1 0.83	per portion (g) 2095 500 17.9 3.6 76.2 25.1 9.1 12.9 1.75 211

	BISCUITS & SNACKS			
PRODUCT	INGREDIENTS	N	IUTRITION	AL INFO
		KJ	per 100g 1862	per portion (g)
	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 (SOYA Lecithin), Vanilla Flavouring), Butter (MILK), Mini Chocolate Beans (7%) (Sugar, Whole MILK Powder, Cocoa	<u>Fat</u>	20.0	17.0
Chocolate Chip Mini Bean	Butter, Cocoa Mass, Rice Flour, Thickening Agent (Gum Arabic), Colourings (Concentrates of Algae, Apple,	Sat	12.0	10.2
Cookie (V)	Pumpkin, Radish, Lemon, Blackcurrant, Safflower, Purple Potato), Salt, Emulsifier (Sunflower Lecithin), Glucose	Carbs	63.0	53.6
(*)	Syrup, Glazing Agents (Carnauba Wax, Bees Wax, Shellac)), Water, Whole EGG Powder, Starch, Vanilla Flavouring, Sodium Bicarbonate, Salt.	Sugar	44.0	37.4
	Made in a factory that handles NUTS.	Fibre	1.2 4.9	1.0 4.2
	······································	Protein Salt	0.20	0.20
			veight (g)	85
		1 Official v	per 100g	per portion (g)
		KJ	1,702	1447
		Kcal	408	347
		Fat	16.0	13.6
	Sugar, Raisins (19%) (Raisins, Sunflower Oil), Butter (MILK), Wheat Flour (WHEAT, Calcium Carbonate (E170), Iron,	Sat	9.0	7.7
Oat & Raisin Cookie	Niacin, Thiamine), Rolled OATS (9.5%), Water, Whole EGG Powder, Starch, Vanilla Flavouring, Mixed Spice (0.3%),	Carbs	63.0	53.6
(V)	Sodium Bicarbonate, Salt. Made in a factory that handles NUTS.	Sugar	44.0	37.4
		Fibre	2.4	2.0
		Protein	4.0	3.4
		Salt	0.20	0.20
		Portion v	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
Ginger Dunkers	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	Sat	9.9	5.1
(V)	Fatty Acids), Flavouring, Colours (Annatto Bixin, Curcumin)], Rolled OATS , Free Range Pasteurised Whole EGG ,	Carbs	62.1	32.2
. ,	Crystalised Ginger (1.5%) (Ginger, Sugar), Ground Ginger (1%), Bicarbonate of Soda (E500ii), Ammonium	Sugar	37.4	19.4
	Bicarbonate (E503ii).	Fibre	3.5	1.8
		Protein	4.9	2.5
		Salt	0.56	0.31
		Portion v	veight (g)	52
			per 100g	
		KJ	1630	962
		Kcal	386	228
	Fortified wheat Flour (WHEAT Flour, Iron, Thiamin, Nicotinic Acid, Calcium Carbonate), Sugar, Golden Syrup, Margarine (Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Mono - and Dialycerides of Fatty Acids),	Fat	9.0	5.3
Gingerbread Man	Flavouring, Colours (Curcumin, Annatto Bixin)), Water, Chocolate compound (Sugar, Vegetable Fat (Palm Kernel,	Sat	3.4	2.0
(V)	Palm), Skimmed MILK Powder, Fat Reduced Cocoa Powder, Whey Powder (MILK), Emulsifier (SOYA Lecithin),	Carbs	71.4	42.1
	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

BISCUITS & SNACKS

	BISCUITS & SNACKS			
PRODUCT	INGREDIENTS	N	UTRITION.	AL INFO
				per portion (g)
		KJ	2032	508
		Kcal	484	121
Labora Dia andia		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
(*)	carbonale), 301A 11001, 3aii, cii ilanton. Way comain wiizk.	Carbs	72.6	18.2
		Sugar	38.1	9.5
		Protein	4.9	1.2
		Salt	0.91	0.23
		Portion w		25
			per 100g	per portion (g)
		KJ	1990 476	995 238
		Kcal	25.6	12.8
		Fat Sat	16.8	8.4
Shortbread	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (31%) (Butter (MILK), Salt),	Carbs	57.7	28.8
(V)	Caster Sugar, Rice Flour, Corn Flour (Maize Starch).	_	17.5	8.8
		Sugar Fibre	1.7	0.9
		Protein	5.1	2.5
		Salt	0.50	0.25
		Portion w		50
			per 100g	per portion (g)
		KJ	1868	1214
		Kcal	445	290
		Fat	16.4	10.0
	WUEAT flour (Coloium perhandia Iran Missia Thirmsia) Channa	Sat	7.7	5.0
Toffee Waffle	WHEAT flour (Calcium carbonate, Iron, Niacin, Thiamin), Glucose syrup, 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 w		65
			per 100g	per portion (g)
		KJ	2419	242
		Kcal	582	58
		Fat	40.0	4.0
		Sat	15.0	1.5
	Sugar, Hazelnuts , Cocoa Mass, Cocoa Butter, Soya Lecithins, natural vanilla flavouring. May contain MILK and other TREE NUTS.	Carbs	47.0	4.7
(Vg)		Sugar	44.0	4.4
		Fibre	5.4	0.5
		Protein	5.7	0.8
		Salt	0.03	0.00
		Portion w		10
			per 100g	per portion (g)
		KJ	2433	243
		Kcal	585	59
		Fat	40.9	4.1
		Sat	14.0	1.4
NEW Gianduiotti	Sugar, HAZELNUTS 32,2%, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin, Natural Vanilla Flavor. May	Carbs	43.1	4.3
(Vg)	contain MILK and other TREE NUTS.	Sugar	42.1	4.2
		Fibre	5.9	0.6
		Protein	8.1	0.8
		Salt	0.03	0.00
		Portion w		10
			per 100g	per portion (g)
		KJ	1886	1131
		Kcal	451	270
		Fat	21.4	12.8
	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (Butter (MILK), Salt), Caster	Sat	11.3	6.8
Jammy Delight	Sugar, Raspberry Seedless Jam (11%) (Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium		58.1	34.8
(V)	Citrate), Rapeseed Oil. May contain EGG, NUTS and SOYA.	Sugar	26.0	15.6
		Fibre	1.9	1.1
		Protein	5.1	3.1
		Salt	0.39	0.23
		Portion w		60
			per 100g	per portion (g)
		KJ	1743	1133
		Kcal	413	268
		Fat	10.1	6.6
Summer Design Gingerbread (V)	Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Golden Syrup, Margarine	Sat	3.0	2.0
	(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:	Carbs	77.6	50.4
	Glycerine; Cocoa Powder, Colours: Lutein, Beetroot Red.	Sugar	37.5	24.4
		Fibre	2.6	1.7
		Protein	4.3	2.8
		Salt	0.18	0.12
		Portion w		65
		2	J (9)	-

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		KJ	per 100g 1851	per portion (g) 1388
		Kcal	441	331
	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.	Fat	18.9	14.2
		Sat	9.0	6.7
GF Caramel Jewel Bar		Carbs	64.2	48.1
(V/GF)		Sugar	39.1	29.3
		Fibre	2.7	2.0
		Protein	4.9	3.7
		Salt	0.40	0.30
		Portion v	veight (g)	75

CRISPS & POPCORN

	CRISPS & POPCORN			
PRODUCT	INGREDIENTS	N	UTRITION.	AL INFO
			per 100g	per portion (g)
		KJ	2139	856
		Kcal	513	205
		Fat	30.1	12.0
Kettle Sea Salt Crisps		Sat	3.5	1.4
(Vg/GF)	Select Potatoes, Sunflower Oil, Sea Salt.	Carbs	51.5	20.6
		Sugar	0.5	0.2
		Fibre	6.5 5.8	2.6
		Protein Salt	0.90	0.36
			veight (g)	40
		1 0111011 1	per 100g	per portion (g)
		KJ	2125	850
		Kcal	509	204
		Fat	28.1	11.2
Kettle Sea Salt & Vinegar		Sat	2.8	1.1
Crisps	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).	Carbs	55.8	22.3
(Vg/GF)	balsamie vinogar, sogar, nola. elille nela, biloa kea viino Exilaer, valoral na voolingi.	Sugar	1.5	0.6
		Fibre	4.9	2.0
		Protein	5.7	2.3
		Salt	1.40	0.60
		Portion v	veight (g)	40
		KJ	per 100g 2106	per portion (g) 842
		Kcal	505	202
		Fat	28.9	12.0
Kettle Cheddar & Onion	Calant Datatan Conflance Oil Materia Charletin and Bad Onica Consuling (Dried Buttons III) Dried Materia	Sat	3.3	1.3
Crisps	Select Potatoes, Sunflower Oil, Mature Cheddar and Red Onion Seasoning (Dried Buttermilk, Dried Mature Cheddar Cheese (MUK), 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	0.40
		Portion v	veight (g)	40
			per 100g	per portion (g)
		KJ	1944	583
		Kcal	465	139
		Fat	20.4	6.1
NEW Sweet & Salty Popcorn	Wholegrain Corn (63%), Rapeseed Oil, Demerara Sugar, Glazing Agent	Sat	1.7	0.5
(Vg/GF)	(Isomalt), Sea Salt.	Carbs	56.5 11.3	17.0 3.4
		Sugar	11.3	3.4
		Fibre Protein	7.6	2.3
		Salt	0.66	0.20
			veight (g)	30
		1 OFFICITIV	, oigi ii (g)	30

EXTRAS

EXTRAS				
PRODUCT	INGREDIENTS	NUTRITION	AL INFO	
		Kcal 236 7	300 71	
Preserve Blackcurrant (Vg)	Sugar, blackcurrants, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	Fat 0.0 Sat 0.0 Carbs 57.0 Sugar 57.0 Protein 0.4 Salt 0.00 Portion weight (g)	0.0 0.0 17.1 17.1 0.1 0.00	
Preserve Strawberry (Vg)	Strawberries, sugar, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	Per 100g KJ 1023 Kcal 241 Fat 0.1 Sat 0.0 Carbs 59.0 Sugar 59.0 Protein 0.4 Salt 0.00 Portion weight (g)	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.	Per 100g KJ 3036 Kcal 738 Fat 81.4 Sat 52.3 Carbs 0.8 Sugar 0.6 Salt 1.90 Portion weight (g)	9 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 .	per 100g KJ 2413 Kcal 586 Fat 63.7 Sat 39.7 Carbs 2.2 Sugar 2.2 Protein 1.6 Salt 0.05 Portion weight (g)	965 234 25.5 15.9 0.9 0.6 0.02	
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 KJ 2636 Kcal 630 Fat 70.0 Sat 16.0 Carbs 0.5 Protein 0.1 Salt 1.40 Portion weight (g)	per portion (g) 185 44 4.9 1.1 0.0 0.0 0.0 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).	Fer 100g KJ 1100 Kcal 260 Fat 0.1 Sat 0.05 Carbs 30.0 Sugar 1.2 Protein 34.0 Salt 10.80 Portion weight (g)	per portion (g) 330 78 0.03 0.02 9.0 0.4 10.2 3.24	
Marmalade (Vg)	Sugar, bitter oranges, water, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	Per 100g	per portion (g) 305 72 0.03 0.0 17.7 17.7 0.1 0.00 30	

EXTRAS

PRODUCT	INGREDIENTS	1	NUTRITION	AL INFO
			per 100g	per portion (g)
Maple Syrup		KJ	1163	174
		Kcal	274	41
	Maple Syrup - - -	Fat	0.4	0.1
		Sat	0.4	0.1
(Vg)		Carbs	67.2	10.1
		Sugar	63.7	9.6
		Protein	0.1	0.0
		Salt	0.03	0.00
		Portion	weight (g)	15