

Coffee#1

CONTENTS			
ALLERGENS		NUTRITIONAL & INGREDIENTS	
HOW TO USE THIS GUIDE	3	HOW TO USE THIS GUIDE	9
PASTRIES	4	PASTRIES	10
PORRIDGE	4	PORRIDGE	11
TEACAKES	4	TEACAKES	11
TOAST	4	TOAST	12
GRANOLA & YOGHURTS	5	GRANOLA & YOGHURTS	12
CAKES	5	CAKES	13
MUFFINS & CUPCAKES	5	MUFFINS & CUPCAKES	15
TRAYBAKES	6	TRAYBAKES	15
TARTS	6	TARTS	17
DESSERTS	6	DESSERTS	17
PANINI	6	PANINI	19
TOASTIE	6	TOASTIE	19
BAPS	6	BAPS	20
WRAPS	7	WRAPS	20
BISCUITS & SNACKS	7	BISCUITS & SNACKS	21
CRISPS & POPCORN	8	CRISPS & POPCORN	23
EXTRAS	8	EXTRAS	24

HOW TO USE THIS GUIDE

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

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

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

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

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

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

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

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

PASTRIES	This Product Contains																Suitable for...	
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan	
	Almond Croissant	*	*	*	*			P						P		*		
	Croissant	*	*	*	P			P								*		
	Pain au Chocolate	*	*	*	P			*								*		
	Pain aux Raisin	*	*	*	P			P						P		*		
	Raspberry Vegan Croissant	*	P	P	P			P						P		*	*	
	Cinnamon Bun	*			P			*		P						*	*	
Salted Caramel Bun	*	P	P	P	P		*		P				P		*	*		
PORRIDGE (made with cow's milk)	This Product Contains																Suitable for...	
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan	
	Porridge with Banana & Cinnamon	*		*												*		
	Porridge with Blueberries, Seeds & Maple Syrup	*		*												*		
	Porridge with Chocolate Chips	*		*				*								*		
	Plain Porridge	*		*												*		
TEACAKES	This Product Contains																Suitable for...	
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan	
	Toasted Tea Cake	*			P									P		*	*	
	Toasted Tea Cake with butter	*		*	P									P		*		
	Toasted Tea Cake with butter & jam/marmalade	*		*	P									P		*		
	Toasted Tea Cake with flora	*			P					P				P		*	*	
Toasted Tea Cake with flora & jam/marmalade	*			P					P				P		*	*		
TOAST	This Product Contains																Suitable for...	
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan	
	Tinned White Bloomer	*	P	P	P			P								*	*	
Tinned Harvest Bloomer	*	P	P	P			P									*	*	

Allergens, Ingredients and Nutrition Guide

GRANOLA & YOGHURTS

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

CAKES

	This Product Contains														Suitable for...	
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
Banana & Chocolate Loaf	*	P	P	P			*		P						*	*
Lemon Drizzle Cake	*	*	*	P	P		P		*				P		*	
Welsh Cake	*	*	*												*	
Victoria Sponge Cake**	P	*	*	P	P		P		P				P		*	
Coffee and Caramel Cake	*	P	P	P	P		*		P				P		*	*
Carrot Cake	*	P	P	*	P		*		P				P		*	*
Deluxe Dark Chocolate Cake	*	P	P	P	P		*		P				P		*	*
Pistachio Cream Bun	*	*	*	*			P			P					*	
Sticky Toffee Loaf (Gluten Free)		*	*	P											*	
Pistachio Chouxnut	*	*	*	*			*								*	

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

MUFFINS & CUPCAKES

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

Allergens, Ingredients and Nutrition Guide

	This Product Contains															Suitable for...	
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
TRAYBAKES	Caramel Shortbread	*	P	*	P			*								*	
	Triple Chocolate Brownie**	P	*	*	P	P		*		P						*	
	Yoghurt Apple & Blackcurrant Flapjack	*		*						P						*	
	Rocky Road	*	P	*				*		*							
	Blackberry & Apple Crumble Jack (made with GF Oats)**	*	P	P	P	P		P		P				P		*	*
	Maple Syrup Flapjack (made with GF Oats)**	*	P	P	P	P		P		P				P		*	*
	Blackberry Bakewell	*	P	P	*	P		*		P				P		*	*
** Blackberry & Apple Crumble, and Maple Syrup Flapjack contain gluten free oats, we list OATS as an allergen as they contain protein called Avenin which some people are sensitive to. Also, they may not be suitable for people with coeliacs disease/gluten allergy due to manufacturing processes and in-store handling methods.																	
**Triple Chocolate Brownie is made with gluten free flour, this may not be suitable for people with coeliac/gluten allergy due to manufacturing and instore handling methods.																	
	This Product Contains															Suitable for...	
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
TARTS & PIES	Portuguese Tart	*	*	*	P			P		P						*	
	Apple Cinnamon Tart	*	*	P	P			P								*	
	Apple Cinnamon Tart with Whipped Cream	*	*	*	P			P								*	
	Pecan Pie	*	P	P	*			P								*	*
	This Product Contains															Suitable for...	
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
DESSERTS	Lotus Biscoff Cheesecake	*	*	*	P			*								*	
	Salted Caramel Slice	*	*	*	P			*									
	This Product Contains															Suitable for...	
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
PANINI	Brie & Bacon Panini	*	P	*							P						
	Chicken & Pesto Panini	*	*	*							P						
	Mozzarella & Tomato Panini	*	P	*							P					*	
	Tuna Melt Panini	*	*	*			*			*	P						
	This Product Contains															Suitable for...	
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
TOASTIE	Ham & Cheese Toastie	*	P	*				P			P						
	Mushroom & Emmental Toastie	*	P	*				P			P					*	
	Cheese & Tomato Toastie	*	P	*				P			P					*	
	This Product Contains															Suitable for...	
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
BAPS	Bacon Bap	*	P	*							P						
	Sausage Bap	*	P	*							P						

WRAPS

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

BISCUITS & SNACKS

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

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

CRISPS & POPCORN

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

EXTRAS

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

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

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

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

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

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

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Key for Dietary Suitability:

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

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

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

PASTIRES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Almond Croissant (V)	Dough: Wheat Flour (WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid), Water, Palm Fat, Yeast, Sugar, Butter (MILK), Rapeseed Oil, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Yeast, Flour Treatment Agent (Ascorbic Acid), Emulsifier (Mono- and diglycerides of fatty acids), Acidity Regulator (Citric Acid), Flavouring, EGG . ALMOND Filling (19%) (Sugar, ALMONDS (6.5%) (NUTS), EGG White, Inverted Sugar Syrup, Water, EGG Yolk, Invertase). Topping: ALMOND Flakes (4.2%) (NUTS), Icing Sugar (Dextrose, Cornflour, Vegetable Oil). <i>May contain other NUTS, SESAME and SOYA.</i>	per 100g	per portion (g)
		KJ	1670
		Kcal	399
		Fat	21.1
		Sat	9.0
		Carbs	45.0
		Sugar	14.0
		Fibre	2.4
		Protein	9.7
		Salt	0.73
		Portion weight (g)	83
Butter Croissant (V)	Pastry: WHEAT flour, butter 22% (MILK), water, sugar, whole MILK pasteurized, yeast, EGGS , salt, WHEAT gluten, emulsifier : E322 (rape lecithin), flour treatment agent : E300, enzymes, egg wash (Free Range EGGS) 1,5g. <i>May contain NUTS, SESAME and SOYA.</i>	per 100g	per portion (g)
		KJ	1840
		Kcal	440
		Fat	24.0
		Sat	15.0
		Carbs	46.7
		Sugar	8.0
		Fibre	2.6
		Protein	8.1
		Salt	1.20
		Portion weight (g)	50
Pain au Chocolat (V)	Pastry: (WHEAT flour , Butter (MILK), water, chocolate 10% (sugar, coca mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavour), sugar, whole MILK , yeast, EGGS , salt, WHEAT gluten, Emulsifier (rape lecithin), flour treatment agent (E300), enzymes (amylases, hemicellulases)), egg wash (Free Range EGG). <i>May contain NUTS and SESAME SEEDS.</i>	per 100g	per portion (g)
		KJ	1779
		Kcal	426
		Fat	23.0
		Sat	15.0
		Carbs	46.0
		Sugar	13.0
		Fibre	3.1
		Protein	8.3
		Salt	1.00
		Portion weight (g)	66
Pain au Raisin (V)	WHEAT flour, water, raisins 13%, Butter (MILK), sugar, yeast, corn starch, EGGS , salt, powdered whey (MILK), whole MILK powder, WHEAT gluten, EGG albumin powder, skimmed MILK powder, thickener (sodium alginate), emulsifier (rape lecithin), fruit and plant extract (turmeric and carrot), natural flavouring, acidity regulator (citric acid), flour treatment agent (ascorbic acid), enzymes (hemicellulases, amylases), egg wash (Free Range EGGS), Neutral glaze (water, glucose syrup, sugar, acidity regulators (E330, E332, E333), flavour, gelling agent (pectin), preservative (potassium sorbate)). <i>May contain NUTS, SESAME and SOYA.</i>	per 100g	per portion (g)
		KJ	1400
		Kcal	334
		Fat	14.0
		Sat	9.1
		Carbs	47.5
		Sugar	19.0
		Fibre	2.1
		Protein	6.3
		Salt	0.81
		Portion weight (g)	96
Vegan Raspberry Croissant (Vg)	WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring), Raspberry Filling (16%) (Glucose Syrup, Raspberry Purée, Sugar, Raspberries (2%), Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator Tricalcium Citrate), Natural Flavouring, Preservative (Potassium Sorbate)), Sugar, Yeast, Decoration (3%) (Sugar, Non-Hydrogenated Palm Oil, Food Colours (Radish, Blackcurrant, Apple concentrate)), Spelt flour, WHEAT gluten Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid). <i>May contain MILK, SESAME SEEDS, SOYA, NUTS, EGGS.</i>	per 100g	per portion (g)
		KJ	1572
		Kcal	375
		Fat	16
		Sat	8.3
		Carbs	49.8
		Sugar	18
		Fibre	2.6
		Protein	6.5
		Salt	0.52
		Portion weight (g)	79
Cinnamon Bun (Vg)	Cinnamon Bun Dough (65%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Water, Sugar, Wholemeal WHEAT Flour, Sourdough Culture (RYE Flour), Orange Zest, Yeast, Salt, Madagascan Vanilla Extract, Emulsifier (Rapeseed Lecithin). Filling (15%) [Dark Brown Soft Sugar, Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Invert Sugar Syrup, Orange Juice, Lemon Juice], Cinnamon Sugar (1%) [Caster Sugar, Ground Cinnamon (<1%)]. <i>May contain NUTS and SULPHUR DIOXIDE.</i>	per 100g	per portion (g)
		KJ	1604
		Kcal	382
		Fat	15.6
		Sat	8.4
		Carbs	54.0
		Sugar	17.7
		Protein	5.2
		Salt	0.74
		Portion weight (g)	155
Salted Caramel Bun (Vg)	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 (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 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, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Lecithins (Rapeseed, Sunflower), Lemon Juice, Natural Flavouring), Dark Brown Soft Sugar (Sugar, Cane Molasses), Rapeseed Oil, Salt]. <i>May contain other cereals containing GLUTEN, EGGS, MILK, NUTS, PEANUTS, SESAME, SOYA and SULPHUR DIOXIDE.</i>	per 100g	per portion (g)
		KJ	1558
		Kcal	372
		Fat	14.6
		Sat	6.5
		Carbs	59.4
		Sugar	28.2
		Fibre	1.7
		Protein	4.6
		Salt	0.95
		Portion weight (g)	183

PORRIDGE

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

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

TEACAKES

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

TOAST

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
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.	per 100g	per portion (g)
		KJ	898
		Kcal	215
		Fat	0.8
		Sat	0.2
		Carbs	47.8
		Sugar	0.4
		Fibre	2.1
		Protein	7.1
		Salt	1.11
		Portion weight (g)	41
		per 100g	per portion (g)
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	965
		Kcal	231
		Fat	1.5
		Sat	1.0
		Carbs	48.9
		Sugar	1.1
		Fibre	3.0
		Protein	7.9
		Salt	1.24
		Portion weight (g)	41
		per 100g	per portion (g)

GRANOLA & YOGHURT

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

CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Banana & Chocolate Loaf Cake (Vg)	WHEAT flour (calcium carbonate, iron, niacin, thiamin), banana puree 23%, brown sugar, dark chocolate 14% (sugar, cocoa mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring), coconut oil, rapeseed oil, black treacle, water, corn starch, flax seeds, sodium bicarbonate, raising agent (diphosphates, sodium carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)), ground cinnamon, salt. <i>May contain cereals containing GLUTEN, MILK, EGG, SOYA, SULPHITES, and NUTS.</i>	per 100g	per portion (g)
		KJ	1662
		Kcal	369
		Fat	18.0
		Sat	8.9
		Carbs	55.5
		Sugar	32.9
		Fibre	3.0
		Protein	4.8
		Salt	0.69
Lemon Drizzle Cake (V)	Lemon Cake (93%) [Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk (MILK), Rapeseed Oil, Pasteurised Free Range EGG , Lemon Juice (3%), Lemon Curd (3%) (Sugar, Pasteurised Free Range EGG , Water, Salted Butter (Butter (MILK), Salt), Concentrated Lemon Juice (Concentrated Lemon Juice, Preservatives: Sodium METBISULPHITE , Potassium METABISULPHITE), Lemon Oil, Gelling Agent: Agar), Lemon Zest (3%), Raising Agents: Diphosphates, Sodium Bicarbonate; Salt], Lemon Drizzle (7%) [Glucose Syrup (SULPHITES), Lemon Juice (2%), Icing Sugar (Sugar, Anticaking Agent: Calcium Phosphate; Dried Cornflower Petals). <i>May contain other cereals containing GLUTEN, EGG, MILK, SESAME, SOYA, SULPHITES, NUTS and PEANUTS.</i>	per 100g	per portion (g)
		KJ	1477
		Kcal	351
		Fat	12.7
		Sat	1.3
		Carbs	55.1
		Sugar	33.8
		Fibre	0.5
		Protein	4.6
		Salt	0.74
Welsh Cake (V)	WHEAT flour (calcium carbonate, iron, niacin, thiamine, raising agents E450, E500), vegetable oil (rapeseed, sustainable palm) sugar, vine fruits (13%)(currants, sultanas, sunflower oil), EGG , BUTTERMILK , water, salt, emulsifiers (E471, E481), colour (carotenes), natural flavouring, preservatives (E202, E282).	per 100g	per portion (g)
		KJ	1548
		Kcal	370
		Fat	14.6
		Sat	4.9
		Carbs	65.1
		Sugar	23.3
		Protein	6.5
		Salt	1.30
		Portion weight (g)	30
Victoria Sponge Cake** (V)	Victoria Sponge Cake [Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG , Margarine (Vegetable Oils (Sustainable Palm Oil, Rapeseed Oil), Water, Salt, Emulsifier (Polyglycerol Esters Of Fatty Acids), Flavouring, Colours (Curcumin, Annatto Bixin)), MILK , Raising Agents (Mon Calcium Phosphates, Sodium Bicarbonate, Corn Starch), Thickener (Xanthan Gum), Natural Flavouring, Salt], Buttercream Icing [Icing Sugar, Salted Butter (Butter (MILK), Salt), Double Cream (MILK), Natural Flavouring], Jam [Sugar, Raspberries, Lemon Juice], Decoration [Caster Sugar]. <i>May contain Cereals containing GLUTEN, NUTS, PEANUTS, SESAME, SULPHITES, SOYA.</i>	per 100g	per portion (g)
		KJ	1640
		Kcal	392
		Fat	18.6
		Sat	8.7
		Carbs	52.7
		Sugar	36.5
		Fibre	0.5
		Protein	3
		Salt	0.33
Coffee and Caramel Cake (Vg)	Sponge [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar, Rapeseed Oil, SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum; Water, Apple Puree, Coffee (1%), Raising Agents: Diphosphates, Sodium Carbonates; Salt, Natural Flavouring], Frosting [Icing Sugar, Violife Creamy (Water, Coconut Oil, Potato Starch, Sea Salt, Acidity Regulator: Glucono Delta-Lactone; Natural Flavourings, Olive, Vitamin B12), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Fava Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavourings, Colour: Carotenes), Water, Coffee (<1%]], Topping [Caramel (2%) [Sugar, Glucose Syrup, Water, Vegetable Fat (Shea), Partially Inverted Refiners Syrup, Fava Bean Flour, Caramelised Sugar, Salt, Emulsifiers: Mono- and Di-Glycerides of Fatty Acids, Lecithins (Sunflower, Rapeseed); Natural Flavouring]. <i>May contain EGG, MILK, NUTS, PEANUTS, SESAME and SULPHITES.</i>	per 100g	per portion (g)
		KJ	1674
		Kcal	400
		Fat	18
		Sat	3.2
		Carbs	57.5
		Sugar	37.5
		Fibre	1.1
		Protein	2.70
		Salt	0.71
Carrot Cake (Vg)	Carrot Cake [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar (Sugar, Cane Molasses), Carrots (13%), Pasteurised Orange Commminute, Rapeseed Oil, SOYA Drink (Water, SOYA Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Sultanas (2%), WALNUTS (2%), Raising Agents: Sodium Bicarbonate, Diphosphates; Lemon Juice, Ground Flax Seeds, Mixed Spices (Coriander, Cassia, Ginger, Nutmeg, Fennel, Clove, Cardamon), Ground Cinnamon, Salt], Icing [Icing Sugar, Vegetable Fat (Shea Butter, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Rapeseed/Sunflower Lecithin; Lemon Juice, Natural Flavouring), Food Preparation with Coconut Oil (Water, Coconut Oil, Potato Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone; Natural Flavouring, Olive Oil, Vitamin B12), Orange Oil], Decoration [Pumpkin Seeds, Dried Marigold Petals]. <i>May contain other cereals containing GLUTEN, EGG, MILK, other NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.</i>	per 100g	per portion (g)
		KJ	1539
		Kcal	366
		Fat	13.8
		Sat	3.4
		Carbs	58.1
		Sugar	37.0
		Fibre	1.9
		Protein	3.4
		Salt	0.80

CAKES

PRODUCT		INGREDIENTS		NUTRITIONAL INFO		
Deluxe Dark Chcolate Cake (Vg)	Chocolate Cake [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soya Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Light Brown Soft Sugar (Sugar, Cane Molasses), Apple Puree, Rapeseed Oil, Fat Reduced Cocoa Powder (4%), Ground Flax Seeds, Raising Agents: Diphosphates, Sodium Carbonates; Salt], Chocolate Ganache [Non Dairy Cream Alternative (Lentil Protein Preparation (Water, Lentil Flour), Rapeseed Oil, Coconut Fat, Sugar, Modified Potato Starch, Emulsifier: Polysorbate 60; Stabilisers: Methyl Cellulose, Xanthan Gum; Acidity Regulator: Trisodium Citrate; Natural Flavourings, Salt, Colour: Carotenes; Dark Chocolate (9%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Dark Chocolate Shavings (3%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Light Brown Soft Sugar (Sugar, Cane Molasses, Invert Sugar Syrup), Salt]. May contain other cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.		per 100g	per portion (g)		
		KJ	1440	1858		
		Kcal	344	444		
		Fat	16.5	21.3		
		Sat	4.4	5.7		
		Carbs	45.5	58.7		
		Sugar	24.4	31.5		
		Fibre	3.0	3.9		
		Protein	4.8	6.2		
		Salt	0.52	0.67		
		Portion weight (g)		129		
Pistachio Cream Bun (V)	WHEAT Flour, Pasteurized fresh cream (MILK) (19.2%), Sugar, Raspberries Purée (9.9%)(Raspberries, Sugar), EGGS, MILK, Butter (MILK), Water, Natural Yeast (WHEAT Flour, Water), Vegetable fat (Palm), PISTACHIOS paste (NUTS) (1.4%), Dextrose, Yeast, Candied orange peel paste (Orange Peel, Glucose-Fructose Syrup, Sugar), Candied lemon peel paste (Lemon Peel, Glucose-Fructose Syrup, Sugar), Salt, Starch, Fruit preparation based on Ciaculli late mandarine (Ciacullli late mandarin, Sugar, Glucose Syrup, Lemon Juice), Honey, Stabilisers Sorbitols Syrup and Hydroxypropyl cellulose, Blueberries purée (Blueberries, Sugar), Gelling agent Pectins, Emulsifiers Lecithins (of sunflower) and Mono- and diacetyl tartaric acid esters of mono and diglycerides of fatty acids, MILK Proteins, Natural Flavourings, Exhausted vanilla beans powder. May contain other NUTS, MUSTARD, and SOYA.		per 100g	per portion (g)		
		KJ	1327	1261		
		Kcal	317	301		
		Fat	16.3	15.5		
		Sat	9.5	9.0		
		Carbs	32.6	31.0		
		Sugar	17.7	16.8		
		Fibre	7.2	6.8		
		Protein	6.4	6.0		
		Salt	0.36	0.34		
		Portion weight (g)		95		
Sticky Toffee Loaf (V/GF)	Rice Flour (Rice Flour, Tapioca, Potato, Thickener: Xanthan gum), Dark Brown Soft Sugar, Liquid EGG, Butter (MILK) (Butter (MILK), Salt), Caramel (Caramel (Sugar, Glucose Syrup, Condensed Skimmed MILK, Water, Butter (MILK), Invert Sugar Syrup, Palm Oil, Salt, Emulsifier: Rapeseed Lecithins, Sunflower Lecithins, Sorbitan monostearate), Natural Flavour), Salt, Water, Glucose Syrup), Rapeseed Oil, Date Puree (Date Paste, Water), Black Treacle, Raising Agent: Sodium Bicarbonate, Demerara Sugar, Natural Flavour, Thickener: Xanthan gum. May contain other cereals containing NUTS.		per 100g	per portion (g)		
		KJ	1748	1398		
		Kcal	418	334		
		Fat	20.4	16.3		
		Sat	9.9	7.9		
		Carbs	54.3	43.4		
		Sugar	35.0	28.0		
		Fibre	1.1	0.9		
		Protein	3.9	3.1		
		Salt	0.98	0.78		
		Portion weight (g)		80		
Pistachio Chouxnut (V)	Dry Fondant Icing (Sugar, Dried Glucose Syrup), Whipping Cream (MILK), Water, Single Cream (MILK), Free Range EGG, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Toffee Sauce (Water, Glucose Syrup, Golden Syrup, Sugar, Condensed Skimmed MILK, Salted Butter (MILK), Native Starch, Natural Flavouring, Burnt Sugar Syrup, Sea Salt, Mono- and Diglycerides of Fatty Acids), Speculoos Spread (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 Lecithin; Citric Acid), Icing Sugar, Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Sweetened Condensed MILK (MILK, Sugar), Rapeseed Oil, PISTACHIO NUTS, Sugar, Natural Flavouring, Salt, Modified Potato Starch, Modified Maize Starch, Acidity Regulator: Citric Acid; Caramelised Sugar Syrup, Colours: Curcumin, Copper Chlorophyllin. May contain other NUTS.		per 100g	per portion (g)		
		KJ	1691	1353		
		Kcal	405	324		
		Fat	24.5	20		
		Sat	11	8.8		
		Carbs	41.7	33.3		
		Sugar	25.6	20.5		
		Fibre	1.2	1.0		
		Protein	5.1	4.1		
		Salt	0.08	0.1		
		Portion weight (g)		80.00		

MUFFINS & CUPCAKES

PRODUCT		INGREDIENTS		NUTRITIONAL INFO	
Blueberry Muffin (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, EGG , Rapeseed Oil, Blueberry (11%), Blueberry Puree (9%) (Blueberry, Sugar, Water, Modified Maize Starch, Preservative: Potassium sorbate; Natural Flavouring, Acidity regulator: Citric acid), Water, Buttermilk (MILK) (2%), Raising Agents: Potassium carbonates, Sodium carbonates, Diphosphates, Calcium phosphates; Inulin, Palm Oil, MILK Proteins, WHEAT Starch, Modified Maize Starch, WHEAT Gluten, Preservative: Potassium sorbate, Emulsifiers: Mono-and diglycerides of fatty acids, Polyglycerol esters of fatty acids; Stabiliser: Xanthan gum; Salt, Glucose Syrup, Lemon Oil, Acidity regulator: Citric acid, Natural Flavourings, Colour: Carotenes.	per 100g	per portion (g)		
		KJ	1431	1502	
		Kcal	342	359	
		Fat	15.5	16.3	
		Sat	1.8	1.9	
		Carbs	44.1	46.3	
		Sugar	21.1	22.1	
		Fibre	1.2	1.3	
		Protein	5.8	6.1	
		Salt	0.44	0.46	
		Portion weight (g)	105		
Sicilian Lemon Curd Muffin (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, EGG , Rapeseed Oil, Sicilian Lemon filling (9%) [Sugar, EGG , Butter (MILK), Water, Concentrated Lemon Juice (Lemon, Sodium Metabisulphite (SULPHITES), Potassium Metabisulphite (SULPHITES))], Gelling agent: Agar, Lemon Oil], Inulin, Lemon Zest (4%), Water, Buttermilk (MILK), Glucose Syrup, Raising Agents: Potassium carbonates, Sodium carbonates, Calcium phosphates, Diphosphates; Palm Oil, MILK Proteins, WHEAT Starch, Modified Maize Starch, Natural Flavourings, Preservative: Potassium sorbate, WHEAT Gluten, Emulsifiers: Mono- and diglycerides of fatty acids, Polyglycerol esters of fatty acids; Stabiliser: Xanthan gum, Salt, Humectants: Sorbitol syrup, Glycerol; Acidity regulator: Citric acid, Preservative: Sodium Metabisulphite (SULPHITES), Colour: Carotenes.	per 100g	per portion (g)		
		KJ	1487	1561	
		Kcal	354	372	
		Fat	15.1	15.9	
		Sat	2.2	2.3	
		Carbs	50.0	52.5	
		Sugar	24.9	26.1	
		Fibre	4.7	4.9	
		Protein	5.0	5.2	
		Salt	0.45	0.48	
		Portion weight (g)	105		
NEW Speculoos Cupcake (V)	Cake Flour [WHEAT Flour (with added Iron, Calcium, Thiamine, Niacin), Sugar, Whole Dried Free-range EGG Powder, Modified Maize Starch, Raising Agents: Diphosphates, Sodium Carbonates; Skimmed MILK Powder, Salt, Free Range EGG Albumen, Natural Flavour, Colour: Carotenes], Biscoff Flavoured Buttercream (29%) [Icing Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids; Flavouring, Colouring: Annatto, Curcumin), Biscoff Cream (Original 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 Lecithin; Acid: Citric Acid)], Water, Caramel Cream Filling [Sugar, Water, Vegetable Palm Oil, Modified Maize Starch, Acidifier: Glucono Delta-lactone; Gelling Agents: Gellan Gum, Sodium Alginate; Colourings: Ammonia Caramel, Paprika Extract; Caramel Flavouring, Salt, Preservative: Potassium Sorbate; Acidity Regulator: Calcium Chloride; Emulsifier: Polyoxyethylene Sorbitan Mono-oleate], Rapeseed Oil, Biscoff Biscuit (3.8%) [WHEAT Flour, Sugar, Vegetable Oils (Palm Oil, Rapeseed Oil), Candy Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon]. <i>May contain other cereals containing GLUTEN, NUTS and SULPHITES.</i>	per 100g	per portion (g)		
		KJ	1724	2758	
		Kcal	412	659	
		Fat	22.0	35.0	
		Sat	6.0	9.6	
		Carbs	52.0	83.0	
		Sugar	40.0	64.0	
		Fibre	0.6	0.7	
		Protein	3.4	5.4	
		Salt	0.20	0.30	
		Portion weight (g)	160		
TRAYBAKES					
PRODUCT		INGREDIENTS		NUTRITIONAL INFO	
Caramel Shortbread (V)	Shortcake Base (54%) (WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Salted Butter (Butter (MILK), Salt), Sugar, Cornflour, Water, Salt), Caramel (31%) (Sweetened Condensed Milk (Whole MILK , Sugar), Salted Butter (Butter (MILK), Salt), Light Brown Sugar (Sugar, Cane Molasses), Invert Sugar Syrup), Milk Chocolate (14%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (Lecithins (SOYA))), Natural Vanilla Flavouring). <i>May contain NUTS and EGG.</i>	per 100g	per portion (g)		
		KJ	2014	1309	
		Kcal	482	313	
		Fat	25.4	16.5	
		Sat	15.5	10.1	
		Carbs	59.4	38.6	
		Sugar	37.3	24.2	
		Protein	4.8	3.1	
		Salt	0.60	0.40	
		Portion weight (g)	65		
Triple Chocolate Brownie** (V)	Free range EGG , dark chocolate 16% (cocoa mass, sugar, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring - contains cocoa solids 72%), coconut oil, soft light sugar, sugar, dark chocolate 7% (sugar, cocoa mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring - contains cocoa solids 47%, fat free cocoa solids 14%), milk chocolate 7% (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier (SOYA lecithin), natural vanilla flavouring - contains cocoa solids 27%, milk solids 20%), fat-reduced cocoa powder, gluten-free flour blend (rice, potato, tapioca, maize, buckwheat), rapeseed oil, double cream (MILK), salt, raising agent (mono calcium phosphate, corn starch, sodium bicarbonate), stabiliser (xanthan gum). <i>May contain cereals containing GLUTEN, NUTS and SULPHUR DIOXIDE.</i>	per 100g	per portion (g)		
		KJ	2098	1322	
		Kcal	504	317	
		Fat	32.6	20.5	
		Sat	21.4	13.5	
		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 weight (g)	63		
Yoghurt Apple & Blackcurrant Flapjack (V)	OATS (27%), Bramley Apples (16%), Pure Vegetable Margarine (Certified Sustainable Palm Oil, Rapeseed Oil, Salt), Yoghurt Flavoured Topping (13%) (Sugar, Hydrogenated Palm Kernel Oil, Whey Powder [MILK], Skimmed MILK Powder, Yoghurt Powder [MILK], Emulsifier: Sunflower Lecithin, Citric Acid), Light Brown Soft Sugar, Blackcurrants (6%), Golden Syrup, Caster Sugar, Sunflower Oil, Thickener: Tapioca Starch. <i>May contain SULPHUR DIOXIDE.</i>	per 100g	per portion (g)		
		KJ	1704	2334	
		Kcal	408	558	
		Fat	21.2	29.0	
		Sat	8.8	12.0	
		Carbs	47.8	65.4	
		Sugar	27.2	37.2	
		Fibre	3.0	4.1	
		Protein	5.0	6.8	
		Salt	0.20	0.27	
		Portion weight (g)	137		

TRAYBAKES

PRODUCT	INGREDIENTS	NUTRITIONAL 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 (WHEAT Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine), Wholemeal WHEAT Flour, Vegetable Shortening (Palm Oil [SG], Rapeseed Oil), Sugar, Partially Invert Sugar Syrup, Raising Agents (Sodium Carbonates, Ammonium Carbonates), Salt), Golden Syrup (Invert Sugar Syrup), Caramel Pieces (2.5%) (Sugar, Sweetened Condensed MILK , Glucose Syrup (SULPHITES), Palm Oil [MB, SG], Salt), White Chocolate Chips (Sugar, Cocoa Butter, Full Cream MILK Powder, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Marshmallows (1.7%) (Glucose-fructose Syrup, Sugar, Water, Pork Gelatine, Anti-caking Agent: Maize Starch, Colour: Beetroot Red, Flavouring), Caramel Drizzle (0.8%) (Sugar, Glucose Syrup (Preservative: Sulphur Dioxide (SULPHITES), Palm Fat [SG], Sweetened Condensed MILK , Rapeseed Oil, Water, Salt, Flavouring, Emulsifiers: SOYA Lecithin, Colour: E100, E160b), White Chocolate Flavour Drizzle (Sugar, Palm Oil [MB], Whey Powder (MILK), Emulsifier: Sunflower Lecithin, Rapeseed Lecithin), Natural Flavouring). <i>May contain NUTS, and EGGS.</i>	per 100g	per portion (g)			
		KJ	2204	1477		
		Kcal	529	354		
		Fat	34.0	23.0		
		Sat	17.0	11.0		
		Carbs	49.0	31.0		
		Sugar	30.0	20.0		
		Fibre	1.8	1.2		
		Protein	5.6	3.8		
		Salt	0.90	0.60		
		Portion weight (g)		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; Flavourings), Light Brown Soft Sugar, Invert Sugar Syrup], Jam Filling [Apple (13%), Sugar, Blackberries (9%), Gelling Agent: Pectin], Crumble [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Coconut Oil, Demerara Sugar, Gluten Free Jumbo OATS]. <i>May contain cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA and SULPHITES.</i>	per 100g	per portion (g)	
				KJ	1584	1442
Kcal	379			345		
Fat	14.5			13.2		
Sat	7.4			6.7		
Carbs	59.8			54.4		
Sugar	32.6			29.7		
Fibre	2.5			2.3		
Protein	3.4			3.1		
Salt	0.22			0.20		
Portion weight (g)				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%)). <i>May contain cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.</i>			per 100g	per portion (g)	
				KJ	1888	1718
		Kcal	451	410		
		Fat	18.7	17.0		
		Sat	9.5	8.6		
		Carbs	66.9	60.9		
		Sugar	34.2	31.1		
		Fibre	4.7	4.3		
		Protein	6.0	5.5		
		Salt	0.36	0.33		
		Portion weight (g)		91		
		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. <i>May contain cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.</i>	per 100g	per portion (g)	
				KJ	1728	1244
Kcal	413			297		
Fat	27.0			19.4		
Sat	8.5			6.1		
Carbs	39.2			28.2		
Sugar	22.0			15.8		
Fibre	2.8			2.0		
Protein	6.5			4.7		
Salt	0.70			0.50		
Portion weight (g)				72		

TARTS & PIES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Portuguese Tarts (V)	Sugar, MILK , WHEAT Flour, Water, Margarine (Sustainable Palm Oil, Water, Rapeseed Oil, Emulsifiers: Lecithin, Mono and Diglycerides of Fatty Acids, Poly Esters of Fatty Acids; Salt, Acidity Regulator: Citric Acid; Flavouring, Colour: Beta Carotene, Antioxidant: Alpha-tocopherol), EGG Yolk, Liquid EGG , Maize Starch, Salt, Natural Vanilla Flavouring. <i>May contain cereals containing GLUTEN, EGG, MILK, NUTS, SOYA, and SULPHITES.</i>	per 100g	per portion (g)	
		KJ	1168	759
		Kcal	278	181
		Fat	11.4	7.4
		Sat	5.2	3.4
		Carbs	40.2	26.1
		Sugar	25.1	16.3
		Protein	4.1	2.7
		Salt	0.35	0.23
		Portion weight (g)	65	
Apple Cinnamon Tart (V)	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, 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, Pastry Stabiliser (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Flour Treatment Agent: L-Cysteine), Salt. <i>May contain other NUTS, MILK, and SOYA.</i>	per 100g	per portion (g)	
		KJ	1176	1658
		Kcal	280	394
		Fat	11.8	16.6
		Sat	4.0	5.6
		Carbs	41.1	57.0
		Sugar	21.1	29.8
		Fibre	1.7	2.4
		Protein	3.3	4.7
		Salt	0.25	0.35
Apple Cinnamon Tart with Whipped Cream (V)	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 Oil, Rapeseed Oil, 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, Pastry Stabiliser (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Flour Treatment Agent: L-Cysteine), Salt), Whipped Cream (MILK). <i>May contain other NUTS and SOYA.</i>	per 100g	per portion (g)	
		KJ	1290	2400
		Kcal	309	575
		Fat	18.6	34.6
		Sat	9.1	16.9
		Carbs	32.0	59.0
		Sugar	17.0	31.0
		Fibre	1.3	2.4
		Protein	3.0	5.5
		Salt	0.20	0.38
Pecan Pie (Vg)	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. <i>May contain cereals containing EGG, MILK, and SOYA.</i>	per 100g	per portion (g)	
		KJ	1869	2131
		Kcal	448	511
		Fat	26.3	30.0
		Sat	7.9	9.0
		Carbs	47.1	53.7
		Sugar	28.4	32.4
		Fibre	2.6	3.0
		Protein	4.3	4.9
		Salt	0.33	0.38
Portion weight (g)	114			

DESSERTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Lotus Biscoff Cheesecake (V)	Full Fat Soft Cheese (37%) [Skimmed MILK , Cream [MILK], Salt, Preservative (Potassium Sorbate), Lactic Culture [MILK], Microbial Rennet], Biscoff Paste (20% {Crushed Caramelised Biscuit [WHEAT Flour, Sugar, Vegetable Oils (Palm & Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), SOYA Flour, Salt, Cinnamon], Rapeseed Oil, Sugar, Emulsifier (SOYA Lecithin), Acid (Citric Acid), Pasteurised Liquid Whole EGG , Biscoff Crushed Caramelised Biscuit (14%) [WHEAT Flour, Sugar, Vegetable Oils (Palm & Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Soya Flour, Salt, Cinnamon], Sugar, Double Cream [MILK], Margarine [Vegetable Oils (Palm & Rapeseed), Water, Salt, Emulsifier (Polyglycerol Esters of Fatty Acids), Colours (Cucurmin, Annatto), Flavourings], Dark Chocolate [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring]. <i>May contain NUTS.</i>		per 100g	per portion (g)
		KJ	1644	2334
		Kcal	394	560
		Fat	25.2	35.7
		Sat	9.8	14.0
		Carbs	33.8	48.0
		Sugar	22.8	32.4
		Protein	8.0	11.3
		Salt	0.6	0.9
		Portion weight (g)	142.00	
Salted Caramel Slice	Cream (MILK), Digestive Crumb (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Oil, Sugar, Partially Inverted Sugar Syrup, Raising Agents: Sodium Carbonates, Ammonium Carbonates; Salt), Caramel Muffin Sponge Pieces (Toffee Cream Cake Mix (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Demerara Sugar, Modified Maize Starch, Vegetable Oil, Flavouring, Salt, Powdered EGG , Natural Flavouring, WHEAT Gluten, Whey Solids (MILK), Colour: Carotenes, Ammonia Caramel; Raising Agents: Disodium Pyrophosphate, Sodium Carbonates; Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids, Propylene Glycol Esters of Fatty Acids), Liquid EGG , Rapeseed Oil), Banoffee Toffee Sauce (Condensed MILK (Sugar, Cream (MILK)), Margarine (Coconut Oil, Rapeseed Oil, Water, Shea Fat, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids; Flavouring, Colour: Beta-Carotene), Caramel Compound Paste (Glucose Syrup, Caramelised Sugar Syrup, Invert Sugar Syrup, Natural Flavouring)), Water, White Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier SOYA Lecithin, Natural Vanilla Flavour), Lotus Biscoff Crumb (WHEAT Flour, Sugar, Vegetable Oil, Sugar Syrup, Salt, Raising Agent: Sodium Bicarbonate; Cinnamon, SOYA Flour), Margarine (Vegetable Oil, Water, Salt, Colour: Curcumin, Annatto Bixin; Flavouring, Emulsifiers: Mono- and Diglycerides of Fatty Acids), Caramel Fudge Cubes (Sugar, Condensed MILK , Fondant (Sugar, Glucose, Water), Glucose Syrup, Palm Oil, Water, Salt), Neutral Fond (Sugar, Dried Glucose Syrup, Beef Gelatine, Modified Starch, Dried EGG Yolk, Acidity Regulator: Diphosphates; Salt), Invert Sugar Syrup, Beef Gelatine, Salt.		per 100g	per portion (g)
		KJ	1840	2686
		Kcal	442	645
		Fat	28.8	42.1
		Sat	9.7	14.2
		Carbs	40.2	58.7
		Sugar	24.0	35.0
		Fibre	0.8	1.1
		Protein	5.5	8.0
		Salt	0.99	1.44
Portion weight (g)	146			

PANINI			
PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Brie & Bacon Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Brie Full Fat Soft Cheese (12%) (MILK), Chipotle Chilli Jam (12%) [Sugar, Red Pepper, White Grape Vinegar, Water, Tomato Paste, Chipotle Chilli Paste (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acidity Regulator: Acetic Acid; Dried Onion, Concentrated Lemon Juice, Salt, Garlic Purée), Beechwood Smoked Bacon (12%) [Pork, Salt, Antioxidants: Sodium Ascorbate,Extracts of Rosemary; Preservative: Sodium Nitrite; Natural Flavourings, Natural Beechwood Smoke]. May contain EGG and MUSTARD.	per 100g	per portion (g)
		KJ	1186
		Kcal	282
		Fat	8.4
		Sat	4.7
		Carbs	41.2
		Sugar	12.4
		Fibre	2.3
		Protein	11.5
		Salt	1.16
		Portion weight (g)	165
		per 100g	per portion (g)
Chicken & Pesto Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Water, Durum WHEAT Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Chicken Pesto and Cheddar Mix (40%) [Steamed Chicken (60%) (Chicken Breast, Salt), Pesto (19%) (Basil Paste (Basil, Sunflower Oil, Salt, Antioxidant: Ascorbic Acid), Vegetable Oil (Sunflower Oil, Rapeseed Oil), Medium Fat Hard Cheese (MILK), Extra Virgin Olive Oil, Garlic Purée, Acidity Regulator: Citric Acid), Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Spirit Vinegar, Salt, Sugar, Flavourings, Lemon Juice Concentrate, Antioxidant: Calcium Disodium EDTA), Mature Cheddar Cheese (8%) (MILK)], Mozzarella Cheese (10%) (MILK). May contain MUSTARD.	KJ	1125
		Kcal	269
		Fat	11.8
		Sat	3.1
		Carbs	28.3
		Sugar	2.0
		Fibre	3.8
		Protein	14.2
		Salt	0.89
		Portion weight (g)	210
		per 100g	per portion (g)
Tuna Melt Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Tuna Melt Mix (43%) [Tuna Chunks (Skipjack Tuna (Katsuwonus pelamis) (FISH), Water, Salt), Mayonnaise (20%) (Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Sugar, Spirit Vinegar, Salt, Lemon Juice from Concentrate, Flavourings, Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract), Mature Cheddar Cheese (19%) (MILK), Red Pepper (7%), Slow Roasted Marinated Tomato (5%) (Tomato, Sunflower Oil, Salt, Garlic, Oregano), Red Onion (3%), Lemon Juice (Lemon Juice from Concentrate, Preservative: Potassium metabisulphite (SULPHITES), Parsley]. May contain MUSTARD.	KJ	1089
		Kcal	260
		Fat	10.5
		Sat	1.4
		Carbs	32.3
		Sugar	1.7
		Fibre	2.8
		Protein	10.4
		Salt	0.76
		Portion weight (g)	185
		per 100g	per portion (g)
Mozzarella & Tomato Panini (V)	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Mated WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Tomato (18%), Mozzarella Cheese (15%) (MILK, Salt), Cheese and Pesto Mix (13%) [Mature Cheddar Cheese (MILK), Pesto (Basil Paste (Basil, Sunflower Oil, Salt, Antioxidant: Ascorbic Acid), Vegetable Oil, Medium Fat Hard Cheese (MILK), Extra Virgin Olive Oil, Garlic Purée, Acidity Regulator: Citric Acid)]. May contain EGG, and MUSTARD.	KJ	1053
		Kcal	251
		Fat	8.7
		Sat	3.9
		Carbs	32.9
		Sugar	2.4
		Fibre	1.7
		Protein	11.0
		Salt	0.89
		Portion weight (g)	196
		per 100g	per portion (g)
Ham & Cheese Toastie	Grilled Cheese Topped Bread [White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Mature Cheddar Cheese (18%) (MILK), Mozzarella Cheese (18%) (MILK)], White Bread [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid], Cooked Gammon Ham (16%) [Pork, Salt, Stabiliser: Triphosphate; Demerara Sugar, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite], Mature Cheddar Cheese (10%) (MILK), Seasoned White Sauce [White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Cracked Black Pepper]. May contain EGG, MUSTARD, and SOYA.	per 100g	per portion (g)
		KJ	1040
		Kcal	248
		Fat	11.0
		Sat	5.3
		Carbs	24.1
		Sugar	1.1
		Fibre	2.2
		Protein	14.3
		Salt	1.78
		Portion weight (g)	191
		per 100g	per portion (g)
Mushroom & Emmental Toastie (V)	Grilled Cheese Topped White Bloomer Bread [White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), Mature Cheddar Cheese (18%) (MILK), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Mozzarella Cheese (18%) (MILK)], Mushroom & Emmental Mix (25%) [Full Fat Soft Cheese (30%) (MILK), Emmental Cheese (30%) (MILK), Mushroom and Porcini Tapenade (10%) (Grilled Mushrooms, Rapeseed Oil, Porcini Mushrooms, Concentrated Lemon Juice, Salt, Dehydrated Porcini Mushroom Powder, Garlic, Parsley, Chive)], White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), Mushroom (8%) (Mushroom, Water, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid). May contain EGG, MUSTARD, and SOYA.	KJ	1135
		Kcal	271
		Fat	14.0
		Sat	7.9
		Carbs	25.0
		Sugar	1.8
		Fibre	1.9
		Protein	12.3
		Salt	1.08
		Portion weight (g)	181
		per 100g	per portion (g)
Cheese & Tomato Toastie (V)	Grilled Cheese Topped White Bloomer Bread [White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), Mature Cheddar Cheese (17%) (MILK), Mozzarella Cheese (17%) (MILK), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Marinated Slow Roasted Cherry Tomato (7%) (Cherry Tomatoes (93%), Rapeseed Oil, Salt, Oregano, Garlic)], White Bread [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid], Mascarpone and Tomatade Mix (15%) [Mascarpone Cheese (50%) (Cream (MILK), Acidity Regulator: Citric Acid), Tomato Sauce (Tomato, Salt, Sugar, Onion, Oregano, Basil, Spices), Sunblush® Tomatade (24%) (Slow Roast Tomatoes, Tomato Concentrate, Rapeseed Oil, Olive Oil, Oregano, Garlic, Sugar), Parsley, Black Pepper], Mozzarella Cheese (8%) (MILK). May contain EGG MUSTARD, and SOYA.	KJ	1239
		Kcal	296
		Fat	15.0
		Sat	8.1
		Carbs	29.2
		Sugar	2.4
		Fibre	3.2
		Protein	12.7
		Salt	1.29
		Portion weight (g)	166

BAPS

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

WRAPS

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

BISCUITS & SNACKS

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

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Lotus Biscuits (V)	WHEAT flour, sugar, vegetable oils, candy sugar syrup, raising agent (sodium hydrogen carbonate), SOYA flour, salt, cinnamon. May contain MILK.	per 100g	per portion (g)
		KJ 2032	508
		Kcal 484	121
		Fat 19.0	4.8
		Sat 8.8	2.2
		Carbs 72.6	18.2
		Sugar 38.1	9.5
		Protein 4.9	1.2
		Salt 0.91	0.23
		Portion weight (g)	25
Shortbread (V)	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (31%) (Butter (MILK), Salt), Caster Sugar, Rice Flour, Corn Flour (Maize Starch).	per 100g	per portion (g)
		KJ 1990	995
		Kcal 476	238
		Fat 25.6	12.8
		Sat 16.8	8.4
		Carbs 57.7	28.8
		Sugar 17.5	8.8
		Fibre 1.7	0.9
		Protein 5.1	2.5
		Salt 0.50	0.25
Toffee Waffle (V)	WHEAT flour (Calcium carbonate, Iron, Niacin, Thiamin), Glucose syrup, Sugar, Non-hydrogenated vegetable oils (Palm & Rapeseed), Butter (14% of filling) (MILK), Free Range EGGS, Molasses, Emulsifier: SOYA Lecithin, Raising agent: Sodium bicarbonate, Salt, Cinnamon.	per 100g	per portion (g)
		KJ 1868	1214
		Kcal 445	290
		Fat 16.4	10.0
		Sat 7.7	5.0
		Carbs 70.9	46.0
		Sugar 33.7	22.0
		Fibre 0.6	0.4
		Protein 3.0	2.0
		Salt 0.72	0.40
Gianduiotto Mini Chocolate (Vg)	Sugar, Hazelnuts, Cocoa Mass, Cocoa Butter, Soya Lecithins, natural vanilla flavouring. May contain MILK and other TREE NUTS.	per 100g	per portion (g)
		KJ 2419	242
		Kcal 582	58
		Fat 40.0	4.0
		Sat 15.0	1.5
		Carbs 47.0	4.7
		Sugar 44.0	4.4
		Fibre 5.4	0.5
		Protein 5.7	0.8
		Salt 0.03	0.00
NEW Gianduiotti (Vg)	Sugar, HAZELNUTS 32,2%, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin, Natural Vanilla Flavor. May contain MILK and other TREE NUTS.	per 100g	per portion (g)
		KJ 2433	243
		Kcal 585	59
		Fat 40.9	4.1
		Sat 14.0	1.4
		Carbs 43.1	4.3
		Sugar 42.1	4.2
		Fibre 5.9	0.6
		Protein 8.1	0.8
		Salt 0.03	0.00
Jammy Delight (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (Butter (MILK), Salt), Caster Sugar, Raspberry Seedless Jam (11%) (Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium Citrate), Rapeseed Oil. May contain EGG, NUTS and SOYA.	per 100g	per portion (g)
		KJ 1886	1131
		Kcal 451	270
		Fat 21.4	12.8
		Sat 11.3	6.8
		Carbs 58.1	34.8
		Sugar 26.0	15.6
		Fibre 1.9	1.1
		Protein 5.1	3.1
		Salt 0.39	0.23
GF Caramel Jewel Bar (V/GF)	Gluten Free OATS (29%), Golden Syrup (Invert Sugar Syrup), Caramel (14%) (Sweetened Condensed Skimmed MILK, Glucose Syrup, Invert Sugar Syrup, Palm Oil, Butter (MILK), Sugar, Emulsifier: Mono- and diglycerides of fatty acids; Stabiliser: Pectin; Salt, Natural Flavouring), Demerara Sugar, Margarine (Vegetable Oil (Palm, Rapeseed) water, Emulsifier: Mono- and Diglycerides of Fatty Acids), Salted Butter (Butter (MILK), Salt), Sweetened Dried Cranberries (4%) (Cranberries, Sugar, Sunflower Oil), Dark Chocolate(2%) (Cocoa Mass, Sugar, Cocoa Butter, Fat Reduced Cocoa Powder, Emulsifier: SOYA Lecithin), Pumpkin Seeds, Salt. May contain EGG and NUTS.	per 100g	per portion (g)
		KJ 1851	1388
		Kcal 441	331
		Fat 18.9	14.2
		Sat 9.0	6.7
		Carbs 64.2	48.1
		Sugar 39.1	29.3
		Fibre 2.7	2.0
		Protein 4.9	3.7
		Salt 0.40	0.30
		per 100g	per portion (g)
		KJ 1851	1388
		Kcal 441	331
		Fat 18.9	14.2
		Sat 9.0	6.7
		Carbs 64.2	48.1
		Sugar 39.1	29.3
		Fibre 2.7	2.0
		Protein 4.9	3.7
		Salt 0.40	0.30
		per 100g	per portion (g)
		KJ 1851	1388
		Kcal 441	331
		Fat 18.9	14.2
		Sat 9.0	6.7
		Carbs 64.2	48.1
		Sugar 39.1	29.3
		Fibre 2.7	2.0
		Protein 4.9	3.7
		Salt 0.40	0.30
		per 100g	per portion (g)
		KJ 1851	1388
		Kcal 441	331
		Fat 18.9	14.2
		Sat 9.0	6.7
		Carbs 64.2	48.1
		Sugar 39.1	29.3
		Fibre 2.7	2.0
		Protein 4.9	3.7
		Salt 0.40	0.30
		per 100g	per portion (g)
		KJ 1851	1388
		Kcal 441	331
		Fat 18.9	14.2
		Sat 9.0	6.7
		Carbs 64.2	48.1
		Sugar 39.1	29.3
		Fibre 2.7	2.0
		Protein 4.9	3.7
		Salt 0.40	0.30
		per 100g	per portion (g)
		KJ 1851	1388
		Kcal 441	331
		Fat 18.9	14.2
		Sat 9.0	6.7
		Carbs 64.2	48.1
		Sugar 39.1	29.3
		Fibre 2.7	2.0
		Protein 4.9	3.7
		Salt 0.40	0.30

CRISPS & POPCORN

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Kettle Sea Salt Crisps (Vg/GF)	Select Potatoes, Sunflower Oil, Sea Salt.	per 100g	per portion (g)
		KJ 2139	856
		Kcal 513	205
		Fat 30.1	12.0
		Sat 3.5	1.4
		Carbs 51.5	20.6
		Sugar 0.5	0.2
		Fibre 6.5	2.6
		Protein 5.8	2.3
		Salt 0.90	0.36
		Portion weight (g)	40
Kettle Sea Salt & Vinegar Crisps (Vg/GF)	Select Potatoes, Sunflower Oil, Sea Salt and Balsamic Vinegar Seasoning (Sea Salt, Potato Maltodextrin, Dried Balsamic Vinegar, Sugar, Acid: Citric Acid, Dried Red Wine Extract, Natural Flavouring).	per 100g	per portion (g)
		KJ 2125	850
		Kcal 509	204
		Fat 28.1	11.2
		Sat 2.8	1.1
		Carbs 55.8	22.3
		Sugar 1.5	0.6
		Fibre 4.9	2.0
		Protein 5.7	2.3
		Salt 1.40	0.60
		Portion weight (g)	40
Kettle Cheddar & Onion Crisps (V/GF)	Select Potatoes, Sunflower Oil, Mature Cheddar and Red Onion Seasoning (Dried Buttermilk, Dried Mature Cheddar Cheese (MILK), Dried Onion, Dried Red Onion, Sea Salt, Dried Yeast Extract, Dried Yeast, Dried Chives, Colour: Paprika Extract).	per 100g	per portion (g)
		KJ 2106	842
		Kcal 505	202
		Fat 28.9	12.0
		Sat 3.3	1.3
		Carbs 51.1	20.4
		Sugar 2.5	1.0
		Fibre 6.2	2.5
		Protein 7.1	2.8
		Salt 1.10	0.40
		Portion weight (g)	40
NEW Sweet & Salty Popcorn (Vg/GF)	Wholegrain Corn (63%), Rapeseed Oil, Demerara Sugar, Glazing Agent (Isomalt), Sea Salt.	per 100g	per portion (g)
		KJ 1944	583
		Kcal 465	139
		Fat 20.4	6.1
		Sat 1.7	0.5
		Carbs 56.5	17.0
		Sugar 11.3	3.4
		Fibre 12.6	3.8
		Protein 7.6	2.3
		Salt 0.66	0.20
		Portion weight (g)	30

EXTRAS		
PRODUCT	INGREDIENTS	NUTRITIONAL INFO
Preserve Blackcurrant (Vg)	Sugar, blackcurrants, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	per 100g per portion (g)
		KJ 1001 300
		Kcal 236 71
		Fat 0.0 0.0
		Sat 0.0 0.0
		Carbs 57.0 17.1
		Sugar 57.0 17.1
		Protein 0.4 0.1
		Salt 0.00 0.00
		Portion weight (g) 30
Preserve Strawberry (Vg)	Strawberries, sugar, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	per 100g per portion (g)
		KJ 1023 307
		Kcal 241 72
		Fat 0.1 0.0
		Sat 0.0 0.0
		Carbs 59.0 17.7
		Sugar 59.0 17.7
		Protein 0.4 0.1
		Salt 0.00 0.00
		Portion weight (g) 30
Lakeland Butter (V)	Butter: Cream (MILK), Salt.	per 100g per portion (g)
		KJ 3036 213
		Kcal 738 52
		Fat 81.4 5.7
		Sat 52.3 3.7
		Carbs 0.8 0.1
		Sugar 0.8 0.1
		Protein 0.6 0.04
		Salt 1.90 0.13
		Portion weight (g) 7
Rodda's Cornish Clotted Cream (V)	100% Cornish cows MILK.	per 100g per portion (g)
		KJ 2413 965
		Kcal 586 234
		Fat 63.7 25.5
		Sat 39.7 15.9
		Carbs 2.2 0.9
		Sugar 2.2 0.9
		Protein 1.6 0.6
		Salt 0.05 0.02
		Portion weight (g) 40
Flora (Vg)	Plant oils (rapeseed, palm, sunflower 1%, linseed), water, salt 1.35%, plant based emulsifier (lecithin), fava bean protein, natural flavourings, vitamin A	per 100g per portion (g)
		KJ 2636 185
		Kcal 630 44
		Fat 70.0 4.9
		Sat 16.0 1.1
		Carbs 0.5 0.0
		Sugar 0.5 0.0
		Protein 0.1 0.0
		Salt 1.40 0.10
		Portion weight (g) 7
Marmite (Vg)	Yeast extract (contains BARLEY, WHEAT, OATS, RYE), salt, vegetable juice concentrate, vitamins (thiamin, riboflavin, niacin, vitamin B12 and folic acid), natural flavouring (contains CELERY).	per 100g per portion (g)
		KJ 1100 330
		Kcal 260 78
		Fat 0.1 0.03
		Sat 0.05 0.02
		Carbs 30.0 9.0
		Sugar 1.2 0.4
		Protein 34.0 10.2
		Salt 10.80 3.24
		Portion weight (g) 8
Marmalade (Vg)	Sugar, bitter oranges, water, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	per 100g per portion (g)
		KJ 1017 305
		Kcal 240 72
		Fat 0.1 0.03
		Sat 0.0 0.0
		Carbs 59.0 17.7
		Sugar 59.0 17.7
		Protein 0.3 0.1
		Salt 0.00 0.00
		Portion weight (g) 30
Maple Syrup (Vg)	Maple Syrup.	per 100g per portion (g)
		KJ 1163 174
		Kcal 274 41
		Fat 0.4 0.1
		Sat 0.4 0.1
		Carbs 67.2 10.1
		Sugar 63.7 9.6
		Protein 0.1 0.0
		Salt 0.03 0.00
		Portion weight (g) 15

