

Coffee# 1

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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.

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
PASTRIES	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						*	*
	Pistachio Croissant	*	P	*	*			*			P			P		*	
	Sticky Toffee Bun	*	P	*	P	P		*		P				P		*	
	Cardamom & Orange Bun	*	P	P	P	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
PORRIDGE (made with cow's milk)	Porridge with Banana & Cinnamon	*		*												*	
	Porridge with Blueberries, Seeds & Maple Syrup	*		*												*	
	Porridge with Chocolate Chips	*		*				*								*	
	Plain Porridge	*		*												*	

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

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GRANOLA & YOGHURTS

Product Name	This Product Contains														Suitable for...	
	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

Product Name	This Product Contains														Suitable for...	
	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					*	
Pistachio and Cherry Bakewell	*	*	*	*	P		P		P				P		*	
Chocolate & Orange Jaffa Slice	*	P	P	P	P		*		P				P		*	*
Sticky Toffee Loaf (Gluten Free)		*	*	P											*	

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

MUFFINS

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

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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	Vegan
TRAYBAKES	NEW Caramel Shortbread	*	P	*	P			*		*						*	
	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		*	*
<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.</p> <p>**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.</p>																	
		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			*								*	
	Dubai Style Chocolate Torte	*		*	*			*									
	Milk Chocolate Torte Topped	*		*	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					*	

Allergens, Ingredients and Nutrition Guide

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

SANDWICHES	This Product Contains															Suitable for...	
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
	Free Range Egg Mayo Sandwich	*	*	P				P			P					*	
	Ham & Celariac Sandwich	*	*	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						
	Vegan 'Meatball' Wrap	*	P	P						*	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
	Triple Chocolate Cookie	*	P	*	P			*		P						*	
	Milk Chocolate Cookie	*	P	*	P					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)	*	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.

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CRISPS & POPCORN

Product Name	This Product Contains														Suitable for...	
	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

Product Name	This Product Contains														Suitable for...	
	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															*	*
Hazelnut Chocolate Spread			*	*											*	
Rhoddas Clotted Cream			*												*	
Flora															*	*
Vegan Whipped Cream															*	*
Whipping Cream			*												*	

Allergens, Ingredients and Nutrition Guide

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). <i>May contain NUTS and traces of SOYA.</i>	KJ	1701	1435
		Kcal	407	343
		Fat	21.1	17.8
		Sat	9.0	7.6
		Carbs	43.9	36.9
		Sugar	13.7	11.6
		Fibre	2.4	1.9
		Protein	9.3	7.8
		Salt	0.7	0.6
		Portion weight (g)		84

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

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

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Key for Dietary Suitability:

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

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

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

PASTIRES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
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>	KJ	1670	1412
		Kcal	399	338
		Fat	21.1	17.5
		Sat	9.0	7.4
		Carbs	45.0	36.4
		Sugar	14.0	11.4
		Fibre	2.4	2.0
		Protein	9.7	7.7
		Salt	0.73	0.60
		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
KJ	1840			927
Kcal	440			222
Fat	24.0			11.8
Sat	15.0			7.7
Carbs	46.7			23.5
Sugar	8.0			4.0
Fibre	2.6			1.3
Protein	8.1			4.4
Salt	1.20			0.58
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	1174
		Kcal	426	281
		Fat	23.0	14.0
		Sat	15.0	7.7
		Carbs	46.0	30.0
		Sugar	13.0	8.0
		Fibre	3.1	1.9
		Protein	8.3	5.5
		Salt	1.00	0.61
		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	1340
		Kcal	334	319
		Fat	14.0	14.0
		Sat	9.1	8.7
		Carbs	47.5	45.5
		Sugar	19.0	18.0
		Fibre	2.1	2.1
		Protein	6.3	6.1
		Salt	0.81	0.77
		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> <i>*Vegan products may not be suitable for customers with allergies</i>	per 100g	per portion (g)	
		KJ	1572	1245
		Kcal	375	295
		Fat	16	13
		Sat	8.3	6.6
		Carbs	49.8	39.5
		Sugar	18	14.0
		Fibre	2.6	2.0
		Protein	6.5	5.1
		Salt	0.52	0.41
		Portion weight (g)		79
Pistachio Croissant (V)	WHEAT Flour, Vegetable Margarine [Vegetable Fat (Palm), Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acid, Acidity Regulator: Citric Acid], Water, Pistachio Cream Filling (17%) [Sugar, PISTACHIO Paste(15%) (NUTS), Vegetable Oils (Sunflower, Coconut), Lactose (MILK), Vegetable Fat (Palm), Whole MILK Powder, Modified Starch, Emulsifier: Lecithin's (SOYA), Salt], Sugar, Yeast, WHEAT Gluten, Salt, Emulsifiers: Lecithin's (Sunflower); Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Flavourings, Colourings: Copper Complexes of Chlorophyll and Chlorophyllin's; Carotenes, Fat Reduced Cocoa, Sunflower Oil, Modified Corn Starch, Flour Treatment Agent: Ascorbic Acid	per 100g	per portion (g)	
		KJ	1786	1526
		Kcal	425	363
		Fat	24	20
		Sat	12.0	10
		Carbs	45	38
		Sugar	12	10.0
		Fibre	1.6	1.3
		Protein	7.1	6.1
		Salt	0.66	0.56
		Portion weight (g)		86

PORRIDGE

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

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Porridge Plain (V)	Whole MILK (83%), Porridge OATS (17%).	KJ	484	1163
		Kcal	115	276
		Fat	4.5	10.9
		Sat	2.2	5.2
		Carbs	14.7	35.2
		Sugar	3.9	9.2
		Fibre	1.1	2.7
		Protein	4.6	11.1
		Salt	0.09	0.22
		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].	KJ
Kcal	147			383
Fat	6.6			17.1
Sat	3.4			9.0
Carbs	17.8			46.3
Sugar	7.1			18.4
Fibre	1.4			3.6
Protein	4.8			12.4
Salt	0.09			0.22
Portion weight (g)				260
Porridge with Banana & Cinnamon (V)	Whole MILK (62%), Banana (19%), Porridge OATS (12%), Honey, Cinnamon.			KJ
		Kcal	124	396
		Fat	3.4	11.0
		Sat	1.7	5.3
		Carbs	19.9	63.6
		Sugar	11.3	36.0
		Fibre	1.3	4.1
		Protein	3.7	11.8
		Salt	0.07	0.22
		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%).	KJ
Kcal	148			451
Fat	6.8			20.7
Sat	2.2			6.8
Carbs	16.5			50.2
Sugar	7.2			21.8
Fibre	1.6			4.9
Protein	5.5			16.7
Salt	0.07			0.23
Portion weight (g)				305

TEACAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
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> *Vegan products may not be suitable for customers with allergies	KJ	940	1410		
		Kcal	221	332		
		Fat	0.7	1.1		
		Sat	0.1	0.2		
		Carbs	48.0	72.0		
		Sugar	15.3	23.0		
		Protein	6.4	9.6		
		Salt	0.01	0.02		
		Portion weight (g)		150		
		NEW Teacake (Vg)	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Water, Sultanas (Sultanas, Sunflower Oil), Spiced Bun Paste (Vegetable Oils (Rapeseed, RSPO Palm Oil), Dextrose, Salt, Mono- and diglycerides of Fatty Acids, Flavouring, Flour Treatment Agent (Ascorbic Acid), Food Enzyme (WHEAT), Colour (Beta Carotene)), Sugar, Currants (Currants, Sunflower Oil), Mixed Peel (Orange Peel, Sugar, Glucose Fructose Syrup, Lemon Peel, Acidity Regulator: Citric Acid), SOYA Flour, Yeast, Plant Based Fat (Vegetable Oils and Fats (Shea, Coconut, Sunflower), Water, Natural Flavour), Salt. <i>May contain: EGG and MILK.</i> *Vegan products may not be suitable for customers with allergies	KJ	1133	1814
				Kcal	271	433
Fat	5.09			26.7		
Sat	2.31			3.9		
Carbs	52.1			83.3		
Sugar	16.7			16.7		
Protein	6.44			10.3		
Salt	1.43			2.29		
Portion weight (g)				160		

TOAST

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
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. *Vegan products may not be suitable for customers with allergies	KJ	898	368
		Kcal	215	88
		Fat	0.8	0.3
		Sat	0.2	0.1
		Carbs	47.8	19.6
		Sugar	0.4	0.2
		Fibre	2.1	0.9
		Protein	7.1	2.9
		Salt	1.11	0.46
		Portion weight (g)		41
		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. *Vegan products may not be suitable for customers with allergies	KJ
Kcal	231			95
Fat	1.5			0.6
Sat	1.0			0.4
Carbs	48.9			20.0
Sugar	1.1			0.5
Fibre	3.0			1.2
Protein	7.9			3.2
Salt	1.24			0.50
Portion weight (g)				41

GRANOLA & YOGHURT

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Granola & Yogurt with Blueberry & Honey (V)	Yoghurt (54.8%) [Low Fat Natural Yogurt (MILK), Live Cultures], Granola (18.9%) [Rolled OATS (55%), Sugar, Palm Oil, WHEAT Flour, Dried Coconut, Molasses, Salt, BARLEY Malt Extract, Cinnamon], Blueberries (17.5%), Honey (4.4%), Pumpkin Seeds (2.2%), Sunflower Seeds (2.2%). May contain NUTS and PEANUTS.	KJ	714	1629
		Kcal	170	388
		Fat	6.9	16.0
		Sat	2.7	6.3
		Carbs	20.0	46.0
		Sugar	11.0	24.0
		Fibre	2.0	4.5
		Protein	5.8	13.0
		Salt	0.50	1.10
		Portion weight (g)		228
		Granola & Yogurt with Banana & Honey (V)	Yoghurt (52.5%) [Low Fat Natural Yogurt (MILK), Live Cultures], Bananas (21%), Granola (18.1%) [Rolled OATS (55%), Sugar, Palm Oil, WHEAT Flour, Dried Coconut, Molasses, Salt, BARLEY Malt Extract, Cinnamon], Honey (4.2%), Pumpkin Seeds (2.1%), Sunflower Seeds (2.1%). May contain NUTS and PEANUTS.	KJ
Kcal	175			416
Fat	6.6			16.0
Sat	2.6			6.3
Carbs	22.0			53.0
Sugar	14.0			33.0
Fibre	1.7			4.0
Protein	5.7			14.0
Salt	0.47			1.10
Portion weight (g)				238
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
		Kcal	150	307
		Fat	7.9	16.0
		Sat	1.5	3.1
		Carbs	11.0	22.0
		Sugar	8.1	17.0
		Fibre	1.9	3.8
		Protein	7.7	16.0
		Salt	0.13	0.26
		Portion weight (g)		205
		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
Kcal	156			334
Fat	7.5			16.0
Sat	1.4			3.1
Carbs	14.0			29.0
Sugar	12.0			26.0
Fibre	1.5			3.3
Protein	7.5			16.0
Salt	0.12			0.26
Portion weight (g)				215

CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
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>	KJ	1662	1629	
		Kcal	369	362	
		Fat	18.0	17.6	
		Sat	8.9	8.7	
		Carbs	55.5	54.4	
		Sugar	32.9	32.2	
		Fibre	3.0	2.9	
		Protein	4.8	4.7	
		Salt	0.69	0.68	
		Portion weight (g)		98	
			*Vegan products may not be suitable for customers with allergies		
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>	KJ	1477	1699	
		Kcal	351	404	
		Fat	12.7	14.6	
		Sat	1.3	1.4	
		Carbs	55.1	63.4	
		Sugar	33.8	38.9	
		Fibre	0.5	0.6	
		Protein	4.6	5.3	
		Salt	0.74	0.85	
		Portion weight (g)		115	
Welsh Cake (V)	WHEAT flour (calcium carbonate, iron, niacin, thiamine, raising agents E450, E500), vegetable oil (rapeseed, sustainable palm) sugar, vine fruits (13%)(currants, sultanas, sunflower oil), EGG , BUTTERMILK , water, salt, emulsifiers (E471, E481), colour (carotenes), natural flavouring, preservatives (E202, E282).	KJ	1548	464	
		Kcal	370	111	
		Fat	14.6	4.4	
		Sat	4.9	1.5	
		Carbs	65.1	19.5	
		Sugar	23.3	7.0	
		Protein	6.5	2.0	
		Salt	1.30	0.39	
		Portion weight (g)		30	
		Victoria Sponge Cake** (V)	Victoria Sponge Cake [Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG , Margarine (Vegetable Oils (Sustainable Palm Oil, Rapeseed Oil), Water, Salt, Emulsifier (Polyglycerol Esters Of Fatty Acids), Flavouring, Colours (Curcumin, Annatto Bixin)), MILK , Raising Agents (Mon Calcium Phosphates, Sodium Bicarbonate, Corn Starch), Thickener (Xanthan Gum), Natural Flavouring, Salt], Buttercream Icing [Icing Sugar, Salted Butter (Butter (MILK), Salt), Double Cream (MILK), Natural Flavouring], Jam [Sugar, Raspberries, Lemon Juice], Decoration [Caster Sugar]. <i>May contain Cereals containing GLUTEN, NUTS, PEANUTS, SESAME, SULPHITES, SOYA.</i>	KJ	1640
Kcal	392			537	
Fat	18.6			25.5	
Sat	8.7			11.9	
Carbs	52.7			72.2	
Sugar	36.5			50.0	
Fibre	0.5			0.7	
Protein	3			4.1	
Salt	0.33			0.45	
Portion weight (g)				137	
	**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.				
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>	KJ	1674	2410	
		Kcal	400	576	
		Fat	18	25.9	
		Sat	3.2	4.6	
		Carbs	57.5	82.8	
		Sugar	37.5	54.0	
		Fibre	1.1	1.6	
		Protein	2.70	3.90	
		Salt	0.71	1.00	
		Portion weight (g)		144	
			*Vegan products may not be suitable for customers with allergies		
Carrot Cake (Vg)	Carrot Cake [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar (Sugar, Cane Molasses), Carrots (13%), Pasteurised Orange Comminute, Rapeseed Oil, SOYA Drink (Water, SOYA Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Sultanas (2%), WALNUTS (2%), Raising Agents: Sodium Bicarbonate, Diphosphates; Lemon Juice, Ground Flax Seeds, Mixed Spices (Coriander, Cassia, Ginger, Nutmeg, Fennel, Clove, Cardamon), Ground Cinnamon, Salt], Icing [Icing Sugar, Vegetable Fat (Shea Butter, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Rapeseed/Sunflower Lecithin; Lemon Juice, Natural Flavouring), Food Preparation with Coconut Oil (Water, Coconut Oil, Potato Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone; Natural Flavouring, Olive Oil, Vitamin B12), Orange Oil], Decoration [Pumpkin Seeds, Dried Marigold Petals]. <i>May contain other cereals containing GLUTEN, EGG, MILK, other NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.</i>	KJ	1539	2093	
		Kcal	366	498	
		Fat	13.8	18.8	
		Sat	3.4	4.6	
		Carbs	58.1	79.0	
		Sugar	37.0	50.3	
		Fibre	1.9	2.6	
		Protein	3.4	4.6	
		Salt	0.80	1.09	
		Portion weight (g)		136	
			*Vegan products may not be suitable for customers with allergies		

CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Deluxe Dark Chocolate Cake (Vg)	Chocolate Cake [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soya Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Light Brown Soft Sugar (Sugar, Cane Molasses), Apple Puree, Rapeseed Oil, Fat Reduced Cocoa Powder (4%), Ground Flax Seeds, Raising Agents: Diphosphates, Sodium Carbonates; Salt], Chocolate Ganache [Non Dairy Cream Alternative (Lentil Protein Preparation (Water, Lentil Flour), Rapeseed Oil, Coconut Fat, Sugar, Modified Potato Starch, Emulsifier: Polysorbate 60; Stabilisers: Methyl Cellulose, Xanthan Gum; Acidity Regulator: Trisodium Citrate; Natural Flavourings, Salt, Colour: Carotenes; Dark Chocolate (9%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Dark Chocolate Shavings (3%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Light Brown Soft Sugar (Sugar, Cane Molasses, Invert Sugar Syrup), Salt]. <i>May contain other cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.</i> *Vegan products may not be suitable for customers with allergies	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
Cherry & Pistachio Bakewell (V)	Cherry & Pistachio Bakewell [Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Sour Cherries (14%), Salted Butter (Butter (MILK), Salt), Pasteurised Free Range EGG , Coconut Oil, Ground ALMONDS (NUTS) (7%), Lemon Zest, Flaked PISTACHIO NUTS (2%), Natural Flavouring, Raising Agents: Diphosphates, Sodium Carbonates]	per 100g	per portion (g)	
		KJ	1806	1246
		Kcal	432	298
		Fat	26.2	18.1
		Sat	16	11.0
		Carbs	47.1	32.5
		Sugar	28.3	19.5
		Fibre	2.1	1.4
		Protein	5.4	3.7
		Salt	0.19	0.10
Portion weight (g)		69		
Chocolate and Orange Jaffa Slice (Vg)*	Jaffa Slice [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Coconut Oil, Sugar, SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Pasteurised Orange Comminute (7%), Apple and Orange Jelly Pieces (7%) (Concentrated Apple Puree, Concentrated Orange Juice, Humectant: Glycerol; Fructose-Glucose Syrup, Glucose Syrup, WHEAT Fibre, Sugar, Rice Starch, Sustainable Palm Fat, Gelling Agent: Pectin; Acidity Regulator: Citric Acid; Natural Orange Flavouring, Antioxidant: Ascorbic Acid; Colour: Curcumin), Orange Zest (2%), Ground Flaxseed, Salt, Raising Agents: Diphosphates, Sodium Carbonates], Topping [Dark Chocolate (15%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Rapeseed Oil, Dried Marigold Petals, Orange Oil]. *Vegan products may not be suitable for customers with allergies	per 100g	per portion (g)	
		KJ	1849	1322
		Kcal	442	316
		Fat	25.8	18.4
		Sat	18.7	13.4
		Carbs	53.3	38.1
		Sugar	27.5	19.7
		Fibre	3.4	2.4
		Protein	3.6	2.6
		Salt	0.42	0.30
Portion weight (g)		72		
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. <i>May contain other cereals containing NUTS.</i>	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		

MUFFINS & CUPCAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
NEW Blueberry Muffin (V)	Sugar, WHEAT Flour [WHEAT Flour, Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin], Vegetable Oil [Rapeseed, Sunflower], Blueberries (13%), EGG , Blueberry Sauce (6%) [Sugar, Glucose Syrup, Water, Blueberry Purée, Concentrated Blueberry Juice, Maize Starch, Gelling Agent: Pectin, Acidity Regulators: Citric Acid; Sodium Citrates, Natural Flavouring, Colour: Anthocyanins, Preservative: Potassium Sorbate], Buttermilk (MILK), Humectant: Glycerine, Wholemeal WHEAT Flour, Modified Maize Starch, Raising Agents: Diphosphates; Potassium Carbonates; Calcium Phosphates, Vegetable Oils [Palm, Rapeseed], Emulsifiers: Mono- and Diglycerides of Fatty Acids; Sodium Stearoyl-2-Lactylate; Polyglycerol Esters of Fatty Acids, Demerara Sugar, Margarine [Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Diglycerides of Fatty Acids], Natural Flavouring, Dextrose, Maize Flour, Preservative: Potassium Sorbate, Rice Starch, Salt, Acidity Regulator: Citric Acid, Yeast, WHEAT Gluten, Whey Powder (MILK), Dried EGG . <i>May contain: Other CEREALS, NUTS, and SOYA.</i>	KJ	1573	1919		
		Kcal	375	458		
		Fat	17.0	21.0		
		Sat	2.0	2.4		
		Carbs	50.0	61.0		
		Sugar	29.0	36.0		
		Fibre	0.8	1.0		
		Protein	4.0	4.9		
		Salt	0.51	0.62		
		Portion weight (g)		122		
		NEW Sicilian Lemon Curd Muffin (V)	Sugar, WHEAT Flour [WHEAT Flour, Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin], EGG , Vegetable Oils [Rapeseed, Sunflower], Sicilian Lemon Curd (7%) [Sugar, EGG , Salted Butter (Butter (MILK), Salt), Water, Concentrated Lemon Juice (Concentrated Lemon Juice, Preservative: Sodium Metabisulphite (SULPHITES)), Gelling Agent: Agar, Lemon Oil], Buttermilk (MILK), Humectant: Glycerine, Coated Lemon Flavoured Sugar Nibs (3%) [Sugar, Palm Fat, Natural Flavouring], Modified Maize Starch, Maize Polenta, Lemon Zest, Natural Flavouring, Raising Agents: Diphosphates; Potassium Carbonates; Calcium Phosphates, Emulsifiers: Mono- and Diglycerides of Fatty Acids; Sodium Stearoyl-2-Lactylate; Polyglycerol Esters of Fatty Acids, Preservative: Potassium Sorbate, Rice Starch, Acidity Regulator: Citric Acid, Colour: Lutein. <i>May Contain: Other CEREALS, NUTS and SOYA.</i>	KJ	1661	1927
Kcal	396			460		
Fat	19.0			22.0		
Sat	2.7			3.1		
Carbs	51.7			60.0		
Sugar	31.5			36.5		
Fibre	0.6			0.7		
Protein	4.4			5.1		
Salt	0.47			0.55		
Portion weight (g)				116		
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. <i>MAY CONTAIN: SOYA</i>			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.	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		
TRAYBAKES						
PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
NEW Caramel Shortbread (V)	Shortbread (44%) (Wheat Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamine), Butter (MILK), Sugar, Maize Starch, Salt), Caramel (40%) (Condensed Skimmed MILK , Glucose Syrup (SULPHUR DIOXIDE), Invert Sugar Syrup, Palm Oil, Butter (MILK), Sugar, Emulsifier: Mono- and Di-Glycerides of Fatty Acids, Stabiliser: Pectins, Salt, Flavouring), Milk Chocolate (16%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithins, Natural Vanilla Flavour), Salt.. <i>May Contain: NUTS and EGG</i>	KJ	1937	1259		
		Kcal	463	301		
		Fat	24.8	16.1		
		Sat	15.2	9.9		
		Carbs	55.1	35.8		
		Sugar	37.1	24.1		
		Protein	4.8	3.1		
		Salt	0.59	0.40		
		Portion weight (g)		61		
		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>	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	0.6			0.4		
Portion weight (g)				65.00		
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>			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		

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

TRAYBAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
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 (1.7%) (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> PLEASE NOTE: This product contains beef gelatine; therefore, it is not suitable for Vegetarians.	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		
		Yoghurt Apple & Blackcurrant Flapjack (V)	OATS (27%), Bramley Apples (16%), Pure Vegetable Margarine (Certified Sustainable Palm Oil, Rapeseed Oil, Salt), Yoghurt Flavoured Topping (13%) (Sugar, Hydrogenated Palm Kernel Oil, Whey Powder (MILK), Skimmed MILK Powder, Yoghurt Powder (MILK), Emulsifier: Sunflower Lecithin, Citric Acid), Light Brown Soft Sugar, Blackcurrants (6%), Golden Syrup, Caster Sugar, Sunflower Oil, Thickener: Tapioca Starch. <i>May contain SULPHUR DIOXIDE.</i>	KJ	1704	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			4.1		
Protein	5			6.8		
Salt	0.20			0.27		
Portion weight (g)				137		
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> **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. *Vegan products may not be suitable for customers with allergies			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> *Vegan products may not be suitable for customers with allergies	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		

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
Portion weight (g)	141			
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
Portion weight (g)	186			
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> *Vegan products may not be suitable for customers with allergies	per 100g	per portion (g)	
		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)	
		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	
		Dubai Style Chocolate Torte	Cream (MILK), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), All Vegetable Shortening (Shea, Coconut), Sugar, Wholemeal WHEAT Flour, Partially Invert Sugar Syrup, Raising Agent: Sodium Bicarbonate, Ammonium Bicarbonate, Sugar, Vegetable Fat (Sunflower, Olive), White Chocolate (9%) (Sugar, Cocoa Butter, Whole MILK Powder, Skimmed MILK Powder), Skimmed MILK Powder, Whole MILK Powder, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring, Pistachio (6%) (NUTS), Vegetable Oil (Rapeseed, Coconut and Shea Butter), Water, Salt, Emulsifier : Mono- and Diglycerides Of Fatty Acids, Flavouring, Colour: Beta Carotene, Vitamin D2, Invert Sugar Syrup, Dark Chocolate (2%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring, Beef Gelatine, Fat Reduced Cocoa Powder, Acidity Regulator: Potassium Carbonate, Colour: Safflower and Spirulina. <i>PLEASE NOTE: This product contains beef gelatine; therefore, it is not suitable for Vegetarians.</i>	per 100g
KJ	2053			2156
Kcal	499			524
Fat	36.7			38.6
Sat	12.2			12.8
Carbs	34.6			36.4
Sugar	23.1			24.2
Fibre	1.3			1.4
Protein	7.5			7.8
Salt	0.19			0.20
Portion weight (g)	105			
Milk Chocolate Torte with Chocolate Bar	Cream, Biscuit Crumb (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat, Sugar, Wholemeal WHEAT Flour, Partially Inverted Sugar Syrup, E500, E503ii), Milk Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, SOYA Lecithins, Natural Vanilla Flavour), White Chocolate Flavouring Compound (Sugar, Vegetable Fat, Skimmed MILK Powder, SOYA Lecithins, Natural Vanilla Flavour), Chocolate Bar (Milk Chocolate 40%) (Sugar, Whole MILK Powder, Cocoa Butter, Cocoa Mass, SOYA Lecithins, Natural Vanilla Flavour, Sugar, Skimmed MILK Powder, Palm Oil, Butter (MILK), SOYA Lecithins, Natural Vanilla Flavour), Margarine (Vegetable Oil, Water, Salt, Mono- and diglycerides of fatty acids, Flavouring, E160a Carotenes, Vitamin D Preparation), Water, Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, SOYA Lecithins, Natural Vanilla Flavour), Golden Syrup, Beef Gelatine, Icing Sugar, Cocoa Powder, Carrageenan, White Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, Skimmed MILK Powder), Potassium Carbonate <i>May Contain: Cereals and Nuts</i> <i>PLEASE NOTE: This product contains beef gelatine; therefore, it is not suitable for Vegetarians.</i>	per 100g	per portion (g)	
		KJ	2018	2482
		Kcal	490	603
		Fat	36.2	44.5
		Sat	14.1	17.4
		Carbs	34.1	42
		Sugar	23.9	29.3
		Fibre	1.1	1.4
		Protein	6.6	8.1
		Salt	0.21	0.26
Portion weight (g)	123			

PANINI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
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]. <i>May contain EGG and MUSTARD.</i>	KJ	1186	1957
		Kcal	282	465
		Fat	8.4	13.9
		Sat	4.7	7.8
		Carbs	41.2	68.0
		Sugar	12.4	20.5
		Fibre	2.3	3.8
		Protein	11.5	19.0
		Salt	1.16	1.91
		Portion weight (g)		165
		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). <i>May contain MUSTARD.</i>	KJ
Kcal	269			565
Fat	11.8			24.8
Sat	3.1			6.5
Carbs	28.3			59.4
Sugar	2.0			4.2
Fibre	3.8			8.0
Protein	14.2			29.8
Salt	0.89			1.87
Portion weight (g)				210
Tuna Melt Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Tuna Melt Mix (43%) [Tuna Chunks (Skipjack Tuna (Katsuwonus pelamis) (FISH), Water, Salt), Mayonnaise (20%) (Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Sugar, Spirit Vinegar, Salt, Lemon Juice from Concentrate, Flavourings, Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract), Mature Cheddar Cheese (19%) (MILK), Red Pepper (7%), Slow Roasted Marinated Tomato (5%) (Tomato, Sunflower Oil, Salt, Garlic, Oregano), Red Onion (3%), Lemon Juice (Lemon Juice from Concentrate, Preservative: Potassium metabisulphite (SULPHITES), Parsley]. <i>May contain MUSTARD.</i>			KJ
		Kcal	260	481
		Fat	10.5	19.4
		Sat	1.4	2.5
		Carbs	32.3	59.8
		Sugar	1.7	3.1
		Fibre	2.8	5.2
		Protein	10.4	19.2
		Salt	0.76	1.41
		Portion weight (g)		185
		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)]. <i>May contain EGG, and MUSTARD.</i>	KJ
Kcal	251			492
Fat	8.7			17.1
Sat	3.9			7.6
Carbs	32.9			64.5
Sugar	2.4			4.7
Fibre	1.7			3.3
Protein	11.0			21.6
Salt	0.89			1.74
Portion weight (g)				196

TOASTIES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		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]. <i>May contain EGG, MUSTARD, and SOYA.</i>	KJ	1040	1986
		Kcal	248	474
		Fat	11.0	21.0
		Sat	5.3	10.1
		Carbs	24.1	46.0
		Sugar	1.1	2.1
		Fibre	2.2	4.2
		Protein	14.3	27.3
		Salt	1.78	3.40
		Portion weight (g)		191
		Mushroom & Emmental Toastie (V)	Grilled Cheese Topped White Bloomer Bread [White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), Mature Cheddar Cheese (18%) (MILK), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Mozzarella Cheese (18%) (MILK)], Mushroom & Emmental Mix (25%) [Full Fat Soft Cheese (30%) (MILK), Emmental Cheese (30%) (MILK), Mushroom and Porcini Tapenade (10%) (Grilled Mushrooms, Rapeseed Oil, Porcini Mushrooms, Concentrated Lemon Juice, Salt, Dehydrated Porcini Mushroom Powder, Garlic, Parsley, Chive)], White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), Mushroom (8%) (Mushroom, Water, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid). <i>May contain EGG, MUSTARD, and SOYA.</i>	KJ
Kcal	271			491
Fat	14.0			25.3
Sat	7.9			14.3
Carbs	25.0			45.3
Sugar	1.8			3.3
Fibre	1.9			3.4
Protein	12.3			22.3
Salt	1.08			1.95
Portion weight (g)				181
Cheese & Tomato Toastie (V)	Grilled Cheese Topped White Bloomer Bread [White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), Mature Cheddar Cheese (17%) (MILK), Mozzarella Cheese (17%) (MILK), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Marinated Slow Roasted Cherry Tomato (7%) (Cherry Tomatoes (93%), Rapeseed Oil, Salt, Oregano, Garlic)], White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), Mascarpone and Tomatade Mix (15%) [Mascarpone Cheese (50%) (Cream (MILK), Acidity Regulator: Citric Acid), Tomato Sauce (Tomato, Salt, Sugar, Onion, Oregano, Basil, Spices), Sunblush® Tomatade (24%) (Slow Roast Tomatoes, Tomato Concentrate, Rapeseed Oil, Olive Oil, Oregano, Garlic, Sugar), Parsley, Black Pepper], Mozzarella Cheese (8%) (MILK). <i>May contain EGG MUSTARD, and SOYA.</i>			KJ
		Kcal	296	491
		Fat	15.0	24.9
		Sat	8.1	13.4
		Carbs	29.2	48.5
		Sugar	2.4	4.0
		Fibre	3.2	5.3
		Protein	12.7	21.1
		Salt	1.29	2.14
		Portion weight (g)		166

BAPS

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

SANDWICHES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Free Range Egg Mayo Sandwich (V)	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 Fatty Acids; Preservative: Calcium Propionate; Buckwheat Flour, Rapeseed 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%). <i>May Contain: Milk, Mustard, and Soya</i>	KJ	1094	1991
		Kcal	262	477
		Fat	14.6	26.6
		Sat	1.6	2.9
		Carbs	25.6	46.6
		Sugar	0.7	1.3
		Fibre	2.3	4.2
		Protein	8.2	14.9
		Salt	0.88	1.60
		Portion weight (g)		182
Ham & Celeriac Sandwich	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 Fatty Acids; Preservative: Calcium Propionate; Buckwheat Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid], Celeriac Slaw (22%) [Celeriac (CELERY), 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), Lemon Juice from Concentrate (Lemon Juice from Concentrate, Preservative: Potassium MetabiSULPHITE), Dijon Mustard (Water, MUSTARD Seed, Spirit Vinegar, Salt, Preservative: Sodium Hydrogen SULPHITE; Parsley, Honey, Cornflour, Cracked Black Pepper, Salt), Cooked Gammon Ham (16%) [Pork, Salt, Stabiliser: Triphosphate; Demerara Sugar, Antioxidant: Sodium Ascorbate; Preservative: Sodium Hydrogen SULPHITE], Mayonnaise (13%) [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%). <i>May Contain: Milk and Soya</i>	KJ	1062	1975
		Kcal	254	472
		Fat	13.8	25.7
		Sat	1.1	2.0
		Carbs	26.0	48.4
		Sugar	2.4	4.5
		Fibre	3.1	5.8
		Protein	8.1	15.1
		Salt	1.32	2.46
		Portion weight (g)		186

WRAPS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
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 .	KJ	1068	2211
		Kcal	255	528
		Fat	11.0	22.8
		Sat	3.5	7.2
		Carbs	30.5	63.1
		Sugar	2.2	4.6
		Fibre	1.4	2.9
		Protein	9.1	18.8
		Salt	1.15	2.38
		Portion weight (g)		210
		Vegan 'Meatball' Wrap (Vg)*	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], Vegan Wheatball (14%) [Mushroom, Borlotti Beans, WHEAT Gluten, Rusk (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Stabiliser: Ammonium Carbonates), Onion, Water, Avocado (Avocado, Salt, Antioxidant: Ascorbic Acid, Acidity Regulator Citric Acid), Brown Rice, Rapeseed Oil, Seasoning Blend (Salt, Pepper, Fennel, Red Pepper, Garlic Powder), Apple (Dehydrated Apple, SULPHITES), Potato Starch, Fennel, Lemon Juice, Garlic Powder, Basil, Thyme], Red Pepper, Vegan Mozzarella Style Cheese Alternative (11%) [Water, Coconut Oil, Modified Potato Starch, OAT Fibre, Maize Starch, Salt, Thickeners: Carrageenan, Guar Gum; Natural Flavourings, Modified Maize Starch, Acidity Regulators: Lactic Acid, Sodium Lactate), Tricalcium Citrate, Colour: Carotenes], Red Pepper Tapenade (5%) [Red Pepper, Rapeseed Oil, Tomato Paste, Salt, Garlic Purée, Acidity Regulator: Citric Acid; Paprika Oil], Tomato Sauce (5%) [Tomato, Salt, Sugar, Onion, Oregano, Basil, Spices], Semi Dried Marinated Tomato (Tomato, Sunflower Oil, Salt, Garlic, Oregano), Cornflour Mix (Water, Cornflour), Black Pepper. <i>May Contain: Egg, Milk, Mustard</i> *Vegan products may not be suitable for customers with allergies	KJ
Kcal	252			446
Fat	10.7			18.9
Sat	4.0			7.2
Carbs	34.6			61.2
Sugar	3.6			6.4
Fibre	3.7			6.5
Protein	6.2			11.0
Salt	0.88			1.56
Portion weight (g)				177
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]. <i>May contain CELERY, EGG, MILK, MUSTARD, SOYA, and SULPHITES.</i> *Vegan products may not be suitable for customers with allergies			KJ
		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		
		per 100g	per portion (g)	
Triple Chocolate Cookie (V)	WHEAT Flour (WHEAT Flour, Calcium, Niacin, Iron, Folic Acid, Thiamin), Plant-Based Butter (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (Polyglycerol esters of fatty acids), Flavouring, Colour), Light Brown Soft Sugar, Sugar, Milk Chocolate Pieces (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithins), Flavouring), White Chocolate Pieces (Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier (SOYA Lecithins), Flavouring), Dark Chocolate Pieces (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithins), Flavouring), Water, WHEAT Fibre, Cocoa Powder, Fat Reduced Cocoa Powder, Raising Agent (Sodium Bicarbonate), Flavouring, Salt, Raising Agent (Disodium Diphosphate).	KJ	1943	1554
		Kcal	464	371
		Fat	22.7	18.1
		Sat	11.5	9.2
		Carbs	55.9	44.7
		Sugar	38.9	31.1
		Fibre	4.8	3.8
		Protein	4.4	3.5
		Salt	0.97	0.77
		Portion weight (g)		80
		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>	KJ
Kcal	386			228
Fat	9			5.3
Sat	3.4			2.0
Carbs	71.4			42.1
Sugar	37.3			22.0
Fibre	1.6			0.9
Protein	4.1			2.4
Salt	0.1			0.06
Portion weight (g)				60

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Lotus Biscuits (V)	WHEAT flour, sugar, vegetable oils, candy sugar syrup, raising agent (sodium hydrogen carbonate), SOYA flour, salt, cinnamon. <i>May contain MILK.</i>	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
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
Portion weight (g)	50			
Toffee Waffle (V)	WHEAT flour (Calcium carbonate, Iron, Niacin, Thiamin), Glucose syrup, Sugar, Non-hydrogenated vegetable oils (Palm & Rapeseed), Butter (14% of filling) (MILK), Free Range EGGS, Molasses, Emulsifier: SOYA Lecithin, Raising agent: Sodium bicarbonate, Salt, Cinnamon.	per 100g	per portion (g)	
		KJ	1868	1214
		Kcal	445	290
		Fat	16.4	10.0
		Sat	7.7	5.0
		Carbs	70.9	46.0
		Sugar	33.7	22.0
		Fibre	0.6	0.4
		Protein	3.0	2.0
		Salt	0.72	0.40
Portion weight (g)	65			
Gianduiotti (Vg)	Sugar, HAZELNUTS 32,2%, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin, Natural Vanilla Flavor. <i>May contain MILK and other TREE NUTS.</i>	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
Portion weight (g)	10			
Jammy Delight (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (Butter (MILK), Salt), Caster Sugar, Raspberry Seedless Jam (11%) (Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium Citrate), Rapeseed Oil. <i>May contain EGG, NUTS and SOYA.</i>	per 100g	per portion (g)	
		KJ	1886	1131
		Kcal	451	270
		Fat	21.4	12.8
		Sat	11.3	6.8
		Carbs	58.1	34.8
		Sugar	26.0	15.6
		Fibre	1.9	1.1
		Protein	5.1	3.1
		Salt	0.39	0.23
Portion weight (g)	60			
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. <i>May contain EGG and NUTS.</i>	per 100g	per portion (g)	
		KJ	1851	1388
		Kcal	441	331
		Fat	18.9	14.2
		Sat	9.0	6.7
		Carbs	64.2	48.1
		Sugar	39.1	29.3
		Fibre	2.7	2.0
		Protein	4.9	3.7
		Salt	0.40	0.30
Portion weight (g)	75			

CRISPS & POPCORN

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
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		
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

EXTRAS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Hazelnut Chocolate Spread (V)	Sugar, HAZELNUTS 20%, Vegetable Oil (Sunflower, rapeseed), Skimmed MILK Powder, Fat Reduced Cocoa Powder 5.55 Cocoa Butter, Emulsifier: Sunflower, Lecithin, Vanilla Extract <i>May Contain: Other Nuts</i>	Kcal	551	138	
		Fat	34.0	8.5	
		Sat	5.2	1.3	
		Carbs	53.0	13.3	
		Sugar	51.0	12.8	
		Protein	6.7	1.7	
		Salt	0.10	0.03	
		Portion weight (g)		25	
				per 100g	per portion (g)
				KJ	3036
Lakeland Butter (V)	Butter: Cream (MILK), Salt.	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	0.0	
		Salt	1.90	0.13	
		Portion weight (g)		7	
				per 100g	per portion (g)
				KJ	2413
Rodda's Cornish Clotted Cream (V)	100% Cornish cows MILK .	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	
				per 100g	per portion (g)
				KJ	2636
Flora (Vg)	Plant oils (rapeseed, palm, sunflower 1%, linseed), water, salt 1.35%, plant based emulsifier (lecithin), fava bean protein, natural flavourings, vitamin A	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	
				per 100g	per portion (g)
				KJ	1100
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).	Kcal	260	78	
		Fat	0.1	0.0	
		Sat	0.1	0.0	
		Carbs	30.0	9.0	
		Sugar	1.2	0.4	
		Protein	34.0	10.2	
		Salt	10.80	3.24	
		Portion weight (g)		8	
				per 100g	per portion (g)
				KJ	1163
Marmalade (Vg)	Sugar, bitter oranges, water, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	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	
				per 100g	per portion (g)
				KJ	1163
Maple Syrup (Vg)	Maple Syrup.	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	