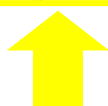


Coffee#1

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Allergens, Ingredients and Nutrition Guide

Y - Product suitable for Vegetarian/Vegan Diet																									
* - The allergen is present in the product																									
Product Name	Product suitable for Vegetarians	Product suitable for a vegan diet	Cereals containing Gluten					Milk (Lactose)	Egg	Soya	Fish	Sulphites	Sesame	Tree Nuts							Peanuts	Mustard	Celery	Crustaceans	Lupin
			Wheat	Barley	Oat	Rye	Spelt							Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio					
PASTRIES																									
Almond Croissant	Y		*					*						*											
Croissant	Y		*					*						*											
Pain Au Chocolat	Y		*					*		*				*											
Pain Aux Raisin	Y		*					*						*											
Raspberry Vegan Croissant	Y	Y	*					*						*											



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.

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			Wheat	Barley	Oat	Rye	Spelt							Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut						
PASTRIES																											
Almond Croissant	Y		*					*	*					*													
Croissant	Y		*					*	*																		
Pain Au Chocolat	Y		*					*	*	*																	
Pain Aux Raisin	Y		*					*	*																		
Raspberry Vegan Croissant	Y	Y	*																								
Cinnamon Bun	Y	Y	*	*		*				*																	
Pistachio Croissant	Y		*					*	*	*									*								
Cardmom & Orange Bun	Y	Y	*	*		*				*																	
PORRIDGE																											
Porridge with Banana & Cinnamon	Y				*			*																			
Porridge with Blueberries, Seeds & Maple Syrup	Y				*			*																			
Porridge with Chocolate Chips	Y				*			*		*																	
Plain Porridge	Y				*			*																			
TEACAKES																											
Toasted Teacake	Y	Y	*					*		*																	
Toasted Teacake with butter	Y		*					*		*																	
Toasted Teacake with butter & jam	Y		*					*		*																	
Toasted Teacake with flora	Y	Y	*							*																	
Toasted teacake with flora & jam/marmalade	Y	Y	*							*																	
TOAST																											
Tinned White Bloomer with Butter	Y		*					*																			
Tinned Harvest Bloomer with Butter	Y		*	*		*		*																			
Tinned White Bloomer with Flora	Y	Y	*																								
Tinned Harvest Bloomer with Flora	Y	Y	*	*		*																					

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			Wheat	Barley	Oat	Rye	Spelt							Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut						
GRANOLA & YOGHURTS																											
Granola & Yogurt with Blueberry & Honey	Y		*	*	*			*																			
Granola & Yogurt with Banana & Honey	Y		*	*	*			*																			
Yogurt & Seeds with Blueberry & Honey	Y							*																			
Yogurt & Seeds with Banana & Honey	Y							*																			
CAKES																											
NEW Ginger Cake	Y							*	*																		
Banana & Chocolate Loaf	Y	Y	*							*																	
Lemon Drizzle Cake	Y		*					*	*			*															
Welsh Cake	Y		*					*	*																		
Victoria Sponge Cake**	Y							*	*																		
Coffee and Caramel Cake	Y	Y	*							*																	
Carrot Cake	Y	Y	*							*											*						
Deluxe Dark Chocolate Cake	Y	Y	*							*																	
Raspberry Coconut Cake	Y		*					*	*																		
MUFFINS																											
Blueberry Muffin	Y		*					*	*																		
Sicilian Lemon Curd Muffin	Y		*					*	*			*															
**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																											

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			Wheat	Barley	Oat	Rye	Spelt							Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut						
TRAYBAKES																											
NEW Speculoos Blondie	Y		*					*	*	*																	
NEW Salted Caramel Brownie	Y		*					*	*	*																	
Caramel Shortbread	Y		*					*		*		*															
Triple Chocolate Brownie**	Y							*	*	*																	
Yoghurt Apple & Blackcurrant Flapjack	Y				*			*																			
Rocky Road			*					*		*		*															
Blackberry & Apple Crumble Jack (made with GF Oats)***	Y	Y			*																						
Maple Syrup Flapjack (made with GF Oats)***	Y	Y			*																						

**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
 *** 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.

TARTS & PIES																										
Portuguese Tart	Y		*					*	*																	
Lemon Meringue Pie	Y		*					*	*																	
Passionfruit & Mango Tart	Y		*					*				*														
Bakewell Tart	Y	Y	*									*		*												
NEW Almond & Cherry Bakewell Tart	Y	Y	*							*				*												
DESSERTS																										
NEW Sticky Toffee Pudding	Y		*					*	*	*		*														
NEW Sticky Toffee Pudding with Whipped Cream	Y		*					*	*	*		*														
NEW Caramel Apple Crumble Pie	Y		*					*	*																	
NEW Caramel Apple Crumble Pie with whipped cream	Y		*					*	*																	
NEW Cookies & Cream Slice			*					*	*	*																
Lotus Biscoff Cheesecake			*					*	*	*																
Strawberries & Clotted Cream Slice			*					*		*																
Salted Caramel Slice			*					*	*	*																

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Product Name	Product suitable for Vegetarians	Product suitable for a vegan diet	Cereals containing Gluten					Milk (Lactose)	Egg	Soya	Fish	Sulphites	Sesame	Tree Nuts								Peanuts	Mustard	Celery	Crustaceans	Lupin	Molluscs
			Wheat	Barley	Oat	Rye	Spelt							Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut						
BISCUITS & SNACKS																											
NEW Pistachio Crème Cookie	Y		*					*		*										*							
Triple Chocolate Cookie	Y		*					*		*																	
Milk Chocolate Cookie	Y		*					*		*																	
Ginger Dunkers	Y		*						*	*																	
Gingerbread Man	Y		*					*	*	*																	
Lotus Biscuit Twin Pack	Y	Y	*							*																	
Shortbread	Y		*					*																			
Toffee Waffle	Y		*					*	*	*																	
Gianduiotto Mini Chocolate	Y	Y								*							*										
Jammy Delight	Y		*					*																			
GF Caramel Jewel Bar (made with GF Oats)**	Y				*			*		*																	
**Caramel Jewel bar Contain gluten free oats, we list OATS as an allergen as they contain protein called Avenin which some people are sensitive to.																											
CRISPS & POPCORN																											
Lightly Sea Salted Crisps	Y	Y																									
Cider Vinegar & Sea Salt Crisps	Y	Y																									
Cheddar & Onion Crisps	Y	Y						*																			
Sweet & Salty Popcorn	Y	Y																									
EXTRAS																											
Butter Portion	Y							*																			
Honey	Y																										
Maple Syrup	Y	Y																									
Icing Sugar	Y	Y									*																
Marmalade	Y	Y																									
Marmite	Y	Y	*	*	*	*																*					
Preserve Blackcurrant	Y	Y																									
Preserve Strawberry	Y	Y																									
Hazelnut Chocolate Spread	Y							*									*										
Flora	Y	Y																									
Vegan Whipped Cream	Y	Y																									
Whipping Cream	Y							*																			

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.

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PASTIRES			
PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Almond Croissant (V)	Dough: Wheat Flour (WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid), Water, Palm Fat, Yeast, Sugar, Butter (MILK), Rapeseed Oil, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Yeast, Flour Treatment Agent (Ascorbic Acid), Emulsifier (Mono- and diglycerides of fatty acids), Acidity Regulator (Citric Acid), Flavouring, EGG . ALMOND Filling (19%) (Sugar, ALMONDS (6.5%) (NUTS), EGG White, Inverted Sugar Syrup, Water, EGG Yolk, Invertase). Topping: ALMOND Flakes (4.2%) (NUTS), Icing Sugar (Dextrose, Cornflour, Vegetable Oil). <i>May contain other NUTS, SESAME and SOYA.</i>	per 100g	per portion (g)
		KJ	1670
		Kcal	399
		Fat	21.1
		Sat	9.0
		Carbs	45.0
		Sugar	14.0
		Fibre	2.4
		Protein	9.7
		Salt	0.73
		Portion weight (g)	83
Butter Croissant (V)	Pastry: WHEAT flour, butter 22% (MILK), water, sugar, whole MILK pasteurized, yeast, EGGS , salt, WHEAT gluten, emulsifier : E322 (rape lecithin), flour treatment agent : E300, enzymes, egg wash (Free Range EGGS) 1,5g. <i>May contain NUTS, SESAME and SOYA.</i>	per 100g	per portion (g)
		KJ	1840
		Kcal	440
		Fat	24.0
		Sat	15.0
		Carbs	46.7
		Sugar	8.0
		Fibre	2.6
		Protein	8.1
		Salt	1.20
		Portion weight (g)	50
Pain au Chocolat (V)	Pastry: (WHEAT flour , Butter (MILK), water, chocolate 10% (sugar, coca mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavour), sugar, whole MILK , yeast, EGGS , salt, WHEAT gluten, Emulsifier (rape lecithin), flour treatment agent (E300), enzymes (amylases, hemicellulases)), egg wash (Free Range EGG). <i>May contain NUTS and SESAME SEEDS.</i>	per 100g	per portion (g)
		KJ	1779
		Kcal	426
		Fat	23.0
		Sat	15.0
		Carbs	46.0
		Sugar	13.0
		Fibre	3.1
		Protein	8.3
		Salt	1.00
		Portion weight (g)	66
Pain au Raisin (V)	WHEAT flour, water, raisins 13%, Butter (MILK), sugar, yeast, corn starch, EGGS , salt, powdered whey (MILK), whole MILK powder, WHEAT gluten, EGG albumin powder, skimmed MILK powder, thickener (sodium alginate), emulsifier (rape lecithin), fruit and plant extract (turmeric and carrot), natural flavouring, acidity regulator (citric acid), flour treatment agent (ascorbic acid), enzymes (hemicellulases, amylases), egg wash (Free Range EGGS), Neutral glaze (water, glucose syrup, sugar, acidity regulators (E330, E332, E333), flavour, gelling agent (pectin), preservative (potassium sorbate)). <i>May contain NUTS, SESAME and SOYA.</i>	per 100g	per portion (g)
		KJ	1400
		Kcal	334
		Fat	14.0
		Sat	9.1
		Carbs	47.5
		Sugar	19.0
		Fibre	2.1
		Protein	6.3
		Salt	0.81
		Portion weight (g)	96
Vegan Raspberry Croissant (Vg)	WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring), Raspberry Filling (16%) (Glucose Syrup, Raspberry Purée, Sugar, Raspberries (2%), Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator Tricalcium Citrate), Natural Flavouring, Preservative (Potassium Sorbate)), Sugar, Yeast, Decoration (3%) (Sugar, Non-Hydrogenated Palm Oil, Food Colours (Radish, Blackcurrant, Apple concentrate)), Spelt flour, WHEAT gluten Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid). <i>May contain MILK, SESAME SEEDS, SOYA, NUTS, EGGS.</i> <i>*Vegan products may not be suitable for customers with allergies</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
Pistachio Croissant (V)	WHEAT Flour, Vegetable Margarine [Vegetable Fat (Palm), Water, Salt,Emulsifier: Mono- and Diglycerides of Fatty Acid, Acidity Regulator: CitricAcid], 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 FattyAcids, 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
		Kcal	425
		Fat	24
		Sat	12.0
		Carbs	45
		Sugar	12
		Fibre	1.6
		Protein	7.1
		Salt	0.66
		Portion weight (g)	86

Allergens, Ingredients and Nutrition Guide

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BUNS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Cardamom and Orange Bun (Vg)*	Bun Dough [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, 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 Beans, 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), Emulsifier: Lecithins (Sunflower, Rapeseed)], Sugar Paste [Light Brown Soft Sugar (Sugar, Cane Molasses), Invert Sugar Syrup, Vegetable Fat (Shea Fat, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Lecithins (Rapeseed, Sunflower), Lemon Juice, Natural Flavouring), Rapeseed Oil, Cardamom, Cardamom Seeds, Cinnamon, Orange Oil], Glaze [Light Brown Soft Sugar (Sugar, Cane Molasses), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Sugar, Invert Sugar Syrup, Concentrated Orange Juice, Lemon Juice]		per 100g	per portion (g)
		KJ	1571	2529
		Kcal	376	605
		Fat	3.4	21.6
		Sat	6.1	9.8
		Carbs	56.3	87.1
		Sugar	29.6	47.7
		Fibre	2.2	3.5
		Protein	5	8.1
		Salt	0.65	1.05
		Portion weight (g)	161	
		*Vegan products may not be suitable for customers with allergies		

Cinnamon Bun* (Vg)	Cinnamon Bun Dough [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Vegetable Fat (Shea Butter, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Lecithins (Rapeseed, Sunflower), Lemon Juice, Natural Flavouring), SOYA Drink (Water, SOYA Beans, 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, Roasted WHEAT Malt Flour), Orange Zest, Yeast, Salt, Vanilla Extract (Vanilla Extract, Sugar), Emulsifier: Lecithins (Sunflower, Rapeseed)], Glaze [Soft Light Brown Sugar (Sugar, Cane Molasses), SOYA Drink (Water, SOYA Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Invert Sugar Syrup, Concentrated Orange Juice, Lemon Juice], Sugar Paste [Soft Dark Brown Sugar (Sugar, Cane Molasses), Vegetable Fat (Shea Butter, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier: Lecithins (Rapeseed, Sunflower), Lemon Juice, Natural Flavouring), Soft Light Brown Sugar (Sugar, Cane Molasses), Ground Cinnamon, Rapeseed Oil], Cinnamon Sugar [Caster Sugar, Ground Cinnamon]. May Contain: NUTS and SULPHITES *New recipe, allergen change now containing Barley		per 100g	per portion (g)
		KJ	1544	2393
		Kcal	369	572
		Fat	13.6	21.08
		Sat	6.3	9.77
		Carbs	57.6	89.28
		Sugar	29.6	45.9
		Fibre	2.2	3.41
		Protein	4.8	7.4
		Salt	0.7	1.1
		Portion weight (g)	155	
		*Vegan products may not be suitable for customers with allergies		

IN ADDITON, PLEASE BE AWARE THAT THESE PRODUCTS MAY BE MANUFACTURED IN FACITLIES WHERE OTHER ALLERGENS ARE PRESENT, EVEN IF THOSE ALLERGENS ARE NOT IN THE PRODUCT INGREDIENTS THEMSELVES.

Allergens, Ingredients and Nutrition Guide

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PORRIDGE

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

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Porridge Plain (V)	Whole MILK (83%), Porridge OATS (17%).	per 100g	per portion (g)
		KJ	484
		Kcal	115
		Fat	4.5
		Sat	2.2
		Carbs	14.7
		Sugar	3.9
		Fibre	1.1
		Protein	4.6
		Salt	0.09
		Portion weight (g)	240
		per 100g	per portion (g)
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	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
		per 100g	per portion (g)
		KJ	521
Porridge with Banana & Cinnamon (V)	Whole MILK (62%), Banana (19%), Porridge OATS (12%), Honey, Cinnamon.	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
		per 100g	per portion (g)
		KJ	620
		Kcal	148
Porridge with Blueberries, Seeds & Maple Syrup (V)	Whole MILK (66%), Porridge OATS (13%), Blueberries (10%), Maple Syrup (5%), Pumpkin Seeds (3%), Sunflower Seeds (3%).	Fat	6.8
		Sat	2.2
		Carbs	16.5
		Sugar	7.2
		Fibre	1.6
		Protein	5.5
		Salt	0.07
		Portion weight (g)	305

TEACAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Teacake (Vg)	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>	per 100g	per portion (g)
		KJ	1133
		Kcal	271
		Fat	5.09
		Sat	2.31
		Carbs	52.1
		Sugar	16.7
		Protein	6.44
		Salt	1.43
		Portion weight (g)	160
		per 100g	per portion (g)
		KJ	1133

**Vegan products may not be suitable for customers with allergies*

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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. *Vegan products may not be suitable for customers with allergies	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
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	per 100g
		per portion (g)
		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

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
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>	per 100g
		per portion (g)
		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
Yogurt & Seeds with Blueberry & Honey (V)	Yoghurt (61%) [Low Fat Natural Yogurt (MILK), Live Cultures], Blueberries (19.5%), Pumpkin Seeds (7.3%), Sunflower Seeds (7.3%), Honey (4.9%).	per 100g
		per portion (g)
		KJ 625
		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
Yogurt & Seeds with Banana & Honey (V)	Yoghurt (58.1%) [Low Fat Natural Yogurt (MILK), Live Cultures], Bananas (23.3%), Pumpkin Seeds (7%), Sunflower Seeds (7%), Honey (4.7%).	per 100g
		per portion (g)
		KJ 651
		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

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CAKES			
PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
NEW Ginger Cake** (V)	Dark Brown Sugar, EGG , Rice Flour, margarine, Icing Sugar, Ginger, Black Treacle, Greek Style Yogurt, Butter (MILK), Mascarpone Full Fat Soft Cheese (MILK), Ginger Powder, Lemon Juice, E500(ii) Sodium Bicarbonate, Cinnamon Powder, Spice(s), Concentrated Lemon Juice, Stabiliser, Ginger Extract **Although this product is made with gluten free flour, this may not be suitable for people with coeliac/gluten allergy due to manufacturing and instore handling methods.	per 100g	per portion (g)
		KJ	1658
		Kcal	395
		Fat	16.9
		Sat	7.5
		Carbs	56.6
		Sugar	42.9
		Fibre	0.9
		Protein	4.0
		Salt	0.87
		Portion weight (g)	100
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> *Vegan products may not be suitable for customers with allergies	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
		Portion weight (g)	98
Lemon Drizzle Cake (V)	Lemon Cake (93%) [Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk (MILK), Rapeseed Oil, Pasteurised Free Range EGG , Lemon Juice (3%), Lemon Curd (3%) (Sugar, Pasteurised Free Range EGG , Water, Salted Butter (Butter (MILK), Salt), Concentrated Lemon Juice (Concentrated Lemon Juice, Preservatives: Sodium METBISULPHITE , Potassium METABISULPHITE), Lemon Oil, Gelling Agent: Agar), Lemon Zest (3%), Raising Agents: Diphosphates, Sodium Bicarbonate; Salt], Lemon Drizzle (7%) [Glucose Syrup (SULPHITES), Lemon Juice (2%), Icing Sugar (Sugar, Anticaking Agent: Calcium Phosphate; Dried Cornflower Petals]. <i>May contain other cereals containing GLUTEN, EGG, MILK, SESAME, SOYA, SULPHITES, NUTS and PEANUTS.</i>	per 100g	per portion (g)
		KJ	1477
		Kcal	351
		Fat	12.7
		Sat	1.3
		Carbs	55.1
		Sugar	33.8
		Fibre	0.5
		Protein	4.6
		Salt	0.74
		Portion weight (g)	115
Welsh Cake (V)	WHEAT flour (calcium carbonate, iron, niacin, thiamine, raising agents E450, E500), vegetable oil (rapeseed, sustainable palm) sugar, vine fruits (13%)(currants, sultanas, sunflower oil), EGG , BUTTERMILK , water, salt, emulsifiers (E471, E481), colour (carotenes), natural flavouring, preservatives (E202, E282).	per 100g	per portion (g)
		KJ	1548
		Kcal	370
		Fat	14.6
		Sat	4.9
		Carbs	65.1
		Sugar	23.3
		Fibre	2.3
		Protein	6.5
		Salt	1.30
		Portion weight (g)	30
Victoria Sponge Cake** (V)	Sugar, Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Pasteurised Free Range EGG , Vegetable Margarine [Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Natural Flavouring], Icing (12%) [Icing Sugar, Salted Butter [Butter (MILK), Salt], Raspberry Jam (9%) [Glucose-Fructose Syrup, Raspberry Puree, Sugar, Gelling Agent (Pectin), Acid (Citric Acid), Colour (Anthocyanins), Acidity Regulator (Sodium Citrates)], Baking Powder [Raising Agents (Glucono Delta Lactone, Sodium Bicarbonate, MonoPotassium Tartrate, Maize Starch], Skimmed MILK Powder, Stabiliser (Xanthan Gum), Caramelised Sugar Syrup. May Contain: NUTS **Although this product is made with gluten free flour, this may not be suitable for people with coeliac/gluten allergy due to manufacturing and instore handling methods.	per 100g	per portion (g)
		KJ	1714
		Kcal	409
		Fat	19.4
		Sat	7.8
		Carbs	54.9
		Sugar	36.7
		Fibre	0.3
		Protein	3.8
		Salt	0.71
		Portion weight (g)	108
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> *Vegan products may not be suitable for customers with allergies	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
		Portion weight (g)	144
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> *Vegan products may not be suitable for customers with allergies	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
		Portion weight (g)	136
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CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
NEW Speculoos Blondie (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin) (Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Caster Sugar, White Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, SOYA Lecithin, Natural Flavouring), Margarine (Rapeseed Oil, Palm Oil, Water, E471 Mono- and diglycerides of fatty acids), Liquid EGG , Speculoos Biscoff spread (Caramelized Biscuit , Sugar, Palm Oil, Rapeseed Oil, Sugar Syrup, Sodium Hydrogen Carbonate, SOYA Flour, Light Brown Sugar, Citric acid, SOYA Lecithin), Condensed MILK (Sucrose, MILK), Speculoos Crumb (WHEAT Flour, Cinnamon, Salt, Sodium Hydrogen Carbonate, Sugar Syrup, Palm Oil, Rapeseed Oil, Sugar), Salt , Natural Flavouring, Baking powder (Sodium Acid Pyrophosphate, Rice Flour), WHEAT Flour, Salt, Rapeseed Oil, Sugar, SOYA Lecithin, Citric acid, Sodium Bicarbonate.	per 100g	per portion (g)
		KJ	1879
		Kcal	478
		Fat	24.9
		Sat	11.8
		Carbs	52.0
		Sugar	35.9
		Fibre	0.9
		Protein	5.1
		Salt	0.49
		Portion weight (g)	65
		per 100g	per portion (g)
Raspberry & Coconut Cake (V)	Coconut Sponge [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Sugar, Buttermilk (MILK), Pasteurised Free Range EGG , Rapeseed Oil, Coconut Oil, Desiccated Coconut (3%), Whole MILK , Raising Agents: Diphosphates, Sodium Carbonates; Natural Flavouring, Salt, Madagascan Vanilla Powder], Topping [Raspberry Jam (16%) (Raspberries, Sugar), Desiccated Coconut].	KJ	1564
		Kcal	374
		Fat	15.9
		Sat	7.4
		Carbs	55.8
		Sugar	32.8
		Fibre	2.3
		Protein	5.3
		Salt	0.61
		Portion weight (g)	100
		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>	KJ	1440
		Kcal	344
		Fat	16.5
		Sat	4.4
		Carbs	45.5
		Sugar	24.4
		Fibre	3.0
		Protein	4.8
		Salt	0.52
		Portion weight (g)	129
		per 100g	per portion (g)
		KJ	1858
		Kcal	444
		Fat	21.3
		Sat	5.7
		Carbs	58.7
		Sugar	31.5
		Fibre	3.9
		Protein	6.2
		Salt	0.67
		Portion weight (g)	129

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MUFFINS				
PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
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, GlucoseSyrup, Water, Blueberry Purée, Concentrated Blueberry Juice, Maize Starch, GellingAgent: Pectin, Acidity Regulators: Citric Acid; Sodium Citrates, Natural Flavouring,Colour: Anthocyanins, Preservative: Potassium Sorbate], Buttermilk (MILK),Humectant: Glycerine, Wholemeal WHEAT Flour, Modified MaizeStarch, Raising Agents: Diphosphates; Potassium Carbonates; Calcium Phosphates,Vegetable Oils [Palm, Rapeseed], Emulsifiers: Mono- and Diglycerides of FattyAcids; Sodium Stearoyl-2-Lactylate; Polyglycerol Esters of Fatty Acids, DemeraraSugar, Margarine [Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- andDiglycerides 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>	per 100g	per portion (g)	
		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	
		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>	per 100g
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			
TRAYBAKES				
PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
NEW Salted Caramel Brownie (V)	Soft Light Brown Soft Sugar (Sugar, Cane Molasses), Caramel (16%) (Sweetened Condensed MILK (MILK , Sugar), Salted Butter (MILK), Salt), Glucose Syrup, Water, Sugar, Stabiliser: Pectin), Dark Chocolate (16%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Pasteurised Free Range EGG , Coconut Oil, Salted Butter (Butter (MILK), Salt), Water, Fat Reduced Cocoa Powder (1%), Sea Salt.	per 100g	per portion (g)	
		KJ	1979	1544
		Kcal	473	369
		Fat	27.5	21.5
		Sat	19.3	15.1
		Carbs	53.6	41.8
		Sugar	38.4	30.0
		Fibre	2.3	1.8
		Protein	4.9	3.8
		Salt	0.63	0.49
		Portion weight (g)	78	
		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>	per 100g
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
Fibre	1.1			0.7
Protein	4.8			3.1
Salt	0.59			0.40
Portion weight (g)	61			
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
		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 instore handling methods.		

Allergens, Ingredients and Nutrition Guide

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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> PLEASE NOTE: This product contains beef gelatine; therefore, it is not suitable for Vegetarians.	per 100g	per portion (g)
		KJ	1477
		Kcal	354
		Fat	23.0
		Sat	11.0
		Carbs	31.0
		Sugar	20.0
		Fibre	1.2
		Protein	3.8
		Salt	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>	per 100g	per portion (g)
		KJ	2334
		Kcal	558
		Fat	29.0
		Sat	12.0
		Carbs	65.4
		Sugar	37.2
		Fibre	4.1
		Protein	6.8
		Salt	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	per 100g	per portion (g)
		KJ	1442
		Kcal	345
		Fat	13.2
		Sat	6.7
		Carbs	54.4
		Sugar	29.7
		Fibre	2.3
		Protein	3.1
		Salt	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	per 100g	per portion (g)
		KJ	1718
		Kcal	410
		Fat	17.0
		Sat	8.6
		Carbs	60.9
		Sugar	31.1
		Fibre	4.3
		Protein	5.5
		Salt	0.33
		Portion weight (g)	91

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TARTS & PIES			
PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Mango & Passionfruit Tart (V)	Cream (MILK), Sweet Short Pastry (WHEAT Flour, Sugar, Flavouring (WHEAT), Salt, Disodium Phosphate, Sodium Bicarbonate, Emulsifier: Lactic Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Dried Glucose Syrup, Skimmed MILK Powder), Neutral Mirror Glaze (Glucose Syrup (SULPHITES), Water, Gelling Agent: Amidated Pectin, Sodium alginate, Carrageenan, Xanthan gum, Acidity Regulator: Citric acid, Trisodium Citrate, Tricalcium Phosphate, Preservative: Potassium sorbate, Firming Agent: Potassium chloride, Natural Flavour), Tarte Citron Powder (Sugar, Modified Maize Starch: Acetylated distarch adipate, Acetylated Starch, Dried EGG White, Flavouring, Acidity Regulator: Citric acid, Colour: Carotenes), Margarine (Rapeseed Oil, Palm Oil, Water, Salt, Emulsifier: Mono- and diglycerides of fatty acids, Flavouring, Colour: Annatto bixin, Curcumin), Water, Mango Puree 8% (Mango, Sugar Syrup, Acidity Regulator:Citric acid), Passion Fruit Puree 2%	per 100g	per portion (g)
		KJ	1514
		Kcal	362
		Fat	19.2
		Sat	6.4
		Carbs	43.2
		Sugar	26.2
		Fibre	0.5
		Protein	3.6
		Salt	0.53
		Portion weight (g)	140
Bakewell Tart (Vg)	Almond Flavoured Sponge (56%) [Vegan Cake Flour (Sugar, WHEAT Flour, WHEAT Starch, SOYA Protein Concentrate, Raising Agents: Diphosphates, SodiumCarbonates; Dextrose, Salt, Thickener: Xanthan Gum; Natural Vanilla Flavouring,Spice), Water, Rapeseed Oil, Almond Flavour (Flavouring Substances, Water,Sunflower Oil, Thickener: Xanthan Gum; Acidity Regulator: Citric Acid;Preservative: Potassium Sorbate)], Sweet Pastry Case (WHEAT Flour [Calcium Carbonate,Iron, Niacin, Thiamin), Maize Flour, Cake Margarine [Palm Oil, Rapeseed Oil,Water, Emulsifier: Mono- and Diglycerides of Fatty Acids], Sugar, Water), MixedFruit Jam (13%) (Glucose-Fructose Syrup, Mixed Fruits [Apples, Plums, Rhubarb]. SULPHITES , Colour: Anthocyanins, Gelling Agent: Pectins, Citric Acid,Flavouring, Acidity Regulator: Sodium Citrates, Preservative: Potassium Sorbate,Anti-oxidant: Ascorbic Acid), Flaked ALMONDS (3.4%).	per 100g	per portion (g)
		KJ	1563
		Kcal	373
		Fat	18.0
		Sat	3.8
		Carbs	46.0
		Sugar	23.0
		Fibre	
		Protein	6.2
		Salt	0.60
		Portion weight (g)	148
Lemon Merringue Pie (V)	Sugar, Reconstituted Lemon Juice (16.17%), WHEAT Flour, EGGS , EGG White (7.62%), Vegetable Palm Fat, Modified Corn Starch, Sunflower Oil, Butter (MILK), Natural Lemon Flavouring, Skimmed MILK Powder, Water, Concentrated Lemon Juice, Thickener: Xanthan Gum.	per 100g	per portion (g)
		KJ	1363
		Kcal	324
		Fat	9.7
		Sat	4.0
		Carbs	54.8
		Sugar	39.0
		Fibre	0.8
		Protein	4.7
		Salt	0.10
		Portion weight (g)	100
Portuguese Tarts (V)	MILK , Water, Sugar, WHEAT Flour, Vegetable Fat [(RSPO SG Palm Oil, Sunflower Oil, in varying proportions), Flavouring], Free Range EGG Yolk, Free Range Whole Liquid EGG , Corn Starch, Salt, Vanilla Flavouring. May Contain: SOYA	per 100g	per portion (g)
		KJ	1168
		Kcal	278
		Fat	11.3
		Sat	5.8
		Carbs	40.2
		Sugar	22.3
		Fibre	1.5
		Protein	4.7
		Salt	0.62
		Portion weight (g)	65
NEW Caramel Apple Crumble Pie (V)	Bramley Apple Slices (22%) (Bramley Apples, Preservative: Ascorbic Acid), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Toffee Sauce (11%) (Glucose Syrup, Invert Sugar Syrup, Sweetened Condensed MILK , Sugar, Butter Oil (MILK), Water, Colour: Plain Caramel; Stabiliser: Pectins; Natural Flavouring), Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Sugar, Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Single Cream (MILK), Shortening (Palm Oil, Rapeseed Oil), Brown Sugar (Sugar, Cane Molasses), Free Range EGG , Full Cream MILK Powder, Invert Sugar Syrup, Modified Maize Starch, Dextrose Monohydrate, Natural Vanilla Flavouring, Natural Flavouring, Salt, Caramelised Sugar Syrup, Pastry Stabiliser (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Flour Treatment Agent: L- Cysteine), Ground Cassia, Stabilisers: Xanthan Gum, Locust Bean Gum, Guar Gum	per 100g	per portion (g)
		KJ	1296
		Kcal	309
		Fat	12.6
		Sat	4.8
		Carbs	45.1
		Sugar	23.8
		Fibre	1.5
		Protein	3.0
		Salt	0.36
		Portion weight (g)	161
NEW Caramel Apple Crumble Pie with Whipped Cream (V)	Bramley Apple Slices (22%) (Bramley Apples, Preservative: Ascorbic Acid), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Toffee Sauce (11%) (Glucose Syrup, Invert Sugar Syrup, Sweetened Condensed MILK , Sugar, Butter Oil (MILK), Water, Colour: Plain Caramel; Stabiliser: Pectins; Natural Flavouring), Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Sugar, Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Single Cream (MILK), Shortening (Palm Oil, Rapeseed Oil), Brown Sugar (Sugar, Cane Molasses), Free Range EGG , Full Cream MILK Powder, Invert Sugar Syrup, Modified Maize Starch, Dextrose Monohydrate, Natural Vanilla Flavouring, Natural Flavouring, Salt, Caramelised Sugar Syrup, Pastry Stabiliser (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Flour Treatment Agent: L- Cysteine), Ground Cassia, Stabilisers: Xanthan Gum, Locust Bean Gum, Guar Gum, Whipped Cream (MILK)	per 100g	per portion (g)
		KJ	1355
		Kcal	325
		Fat	18.6
		Sat	9.2
		Carbs	35.8
		Sugar	19.2
		Fibre	1.2
		Protein	2.8
		Salt	0.01
		Portion weight (g)	206
NEW Almond & Cherry Bakewell Tart (Vg)	Almond Flavoured Sponge (55%) (Vegan Cake Flour (Sugar, WHEAT Flour, WHEAT Starch, SOYA Protein Concentrate, Raising Agents: Diphosphates, Sodium Carbonates, Dextrose, Salt, Thickener: Xanthan Gum, Natural Vanilla Flavouring, Spice), Water, Rapeseed Oil, Almond Flavouring (Water, Sunflower Oil, Thickener: Xanthan Gum, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate, Flavouring Components: Flavouring Substances)), Pastry Shell (WHEAT Flour, Margarine (Palm Fat, Water, Rapeseed Oil, Salt, Emulsifier: E471, Acid: E330), Dark Cherry Fruit Filling (13%) (Black Cherry, Water, Sugar, Thickener: Modified Maize Starch, Acidity Regulator: Citric Acid, Natural Flavouring, Preservative: Potassium Sorbate), Flaked ALMONDS (NUTS) (3.3%), Sweet Snow Dusting (Dextrose, WHEAT Starch, Vegetable Oils (Palm, Rapeseed), Salt, Natural Flavouring).	per 100g	per portion (g)
		KJ	1482
		Kcal	354
		Fat	17.0
		Sat	3.7
		Carbs	42.0
		Sugar	19.7
		Fibre	0.0
		Protein	6.1
		Salt	0.60
		Portion weight (g)	151

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DESSERTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
NEW Sticky Toffee Pudding with whipped cream (V)	Water, Fortified Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamine), Date (Dates, Rice Flour), Caramel (Caramel (Glucose Syrup (Preservative: SULPHUR DIOXIDE); Sugar; Palm Oil; Sweetened Condensed MILK (MILK ; Sugar); Brown Sugar; Rapeseed Oil; Water;Salt; Flavouring; Emulsifier: SOYA Lecithin), Dark Brown Soft Sugar (Sugar, Cane Molasses), Liquid EGG , Vegetable Fat (Vegetable Oil (Palm, Rapeseed)), Water, Salt (2.0%), Emulsifier (E475), Flavourings, Colour (E100, E160b(l))), Caster Sugar (Sugar (Sucrose)), Double Cream (Cows' MILK), Cocoa Solids (Sugar, Cocoa Butter, Whole MILK Powder,Cocoa Mass, Whey Powder (MILK), Lactose(MILK), SOYA Lecithin, Vanilla Extract), Sodium Bicarbonate, Butter ((MILK) Cow's MILK Minimum Fat 80%, Salt), Invert Sugar Syrup, Whipped Cream (MILK)	per 100g	per portion (g)	
		KJ	1392	2297
		Kcal	333	550
		Fat	19.4	28.4
		Sat	10.0	19.0
		Carbs	36.9	73.8
		Sugar	0.7	39.5
		Fibre	0.9	2.4
		Protein	2.3	5.7
		Salt	0.76	1.25
		Portion weight (g)		120
NEW Sticky Toffee Pudding (V)	Water, Fortified Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamine), Date (Dates, Rice Flour), Caramel (Caramel (Glucose syrup (Preservative: SULPHUR DIOXIDE); Sugar; Palm oil; Sweetened condensed MILK (MILK ; Sugar); Brown sugar; Rapeseed oil; Water;Salt; Flavouring; Emulsifier: SOYA lecithin), Dark Brown Soft Sugar (Sugar, Cane Molasses), Liquid EGG , Vegetable Fat (Vegetable Oil (Palm, Rapeseed)), Water, Salt (2.0%), Emulsifier (E475), Flavourings, Colour (E100, E160b(i))), Caster Sugar (Sugar (Sucrose)), Double Cream (Cows' MILK), Cocoa Solids (Sugar, Cocoa butter, Whole MILK powder,Cocoa mass, Whey powder (MILK), Lactose(MILK), SOYA Lecithin, Vanilla extract), Sodium Bicarbonate, Butter ((MILK) Cow's MILK Minimum Fat 80%, Salt), Invert Sugar Syrup.	per 100g	per portion (g)	
		KJ	1293	1552
		Kcal	309	371
		Fat	11.6	14.0
		Sat	4.4	5.0
		Carbs	49.7	59.7
		Sugar	34.8	41.8
		Fibre	1.2	1.5
		Protein	2.4	2.9
		Salt	1.02	1.22
		Portion weight (g)		120
NEW Cookies & Cream Slice	Cream (41%) (MILK), Digestive Crumb[Fortified WHEAT Flour (WHEAT Flour, CalciumCarbonate, Niacin, Iron, Folic Acid, Thiamine), Wholemeal WHEAT Flour,Vegetable Shortening (Palm Oil , Rapeseed Oil), Sugar, Invert Sugar Syrup,Raising Agents; Sodium Bicarbonate, Ammonium Bicarbonate, Salt], Dark Chocolate[Cocoa Mass, Sugar, Cocoa Butter, Emulsifier; SOYA Lecithin,Natural Vanilla Flavouring], Chocolate Muffin Base [Fortified WHEAT Flour(WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid,Thiamine), Sugar, Whole EGG Powder, Fat Reduced Cocoa Powder,Modified Starch; Maize, Raising Agents; Disodium Diphosphate, PotassiumBicarbonate, Emulsifiers; Propylene Glycol Esters of Fatty Acids, SodiumStearoyl-2- Lactylate, Whey Solids (MILK), Salt, Vegetable Oils; Palm,Rapeseed, Stabiliser; Xanthan Gum, Flavouring].. Oreo Biscuits (8%) [WHEAT Flour,Sugar, Palm Oil, Rapeseed Oil, Fat Reduced Cocoa Powder, WHEAT Starch,Glucose-Fructose Syrup, Raising Agents; Ammonium Carbonates, PotassiumCarbonates, Sodium Carbonates, Salt, Emulsifier; SOYA Lecithins,Acidity Regulator; Sodium Hydroxide, Flavouring].. Margarine [Vegetable Oil; Palm& Rapeseed Oil, Water, Salt, Emulsifier; Mono- And Diglycerides Of FattyAcids, Flavouring, Colouring; Annatto Bixin, Curcumin], Rapeseed Oil, IcingSugar, Golden Syrup [Invert Sugar Syrup], Beef Gelatine, Fat Reduced CocoaPowder [Cocoa Beans, Acidity Regulator: Potassium Carbonate], Vanilla Flavour[Vanilla Flavourings, Colour; AmmoniaCaramel], Stabiliser; Carrageenan. PLEASE NOTE: This product contains beef gelatine; therefore, it is not suitable for Vegetarians.	per 100g	per portion (g)	
		KJ	1958	2486
		Kcal	471	598
		Fat	34.3	43.5
		Sat	11.5	14.6
		Carbs	34.3	43.5
		Sugar	18.0	22.9
		Fibre	2.2	2.8
		Protein	5.2	6.6
		Salt	0.52	0.66
		Portion weight (g)		127
Salted Caramel Slice	Cream (MILK), Digestive Crumb [Wheat Flour (WHEAT Flour, Calcium Carbonate (Firming Agent), Niacin, Iron, Folic Acid, Thiamine), Wholemeal Flour (WHEAT), Vegetable Oil, Sugar, Partially Inverted Sugar Syrup, Raising Agents (Sodium Carbonates, Ammonium Carbonates), Salt], Caramel Muffin Sponge Pieces [Toffee Cream Cake Mix [Modified Maize Starch, Wheat Flour (WHEAT Flour, Calcium Carbonate (Firming Agent), Niacin, Iron, Folic Acid, Thiamine), Sugar, Vegetable Oil, Demerara Sugar, WHEAT Gluten, Salt, Natural Flavouring, Powdered EGG , Flavouring, Whey Solids (MILK), Colour (Ammonia Caramel), Colour (Carotenes), Raising Agent (Disodium Diphosphate), Raising Agent (Sodium Carbonate), Emulsifier (Propylene Glycol Esters of Fatty Acids), Emulsifier (Mono- and Diglycerides of Fatty Acids), Emulsifier (Polyglycerol Esters of Fatty Acids)], Liquid EGG , Rapeseed Oil], Banoffee Toffee Sauce [Condensed MILK (Cream (MILK), Sugar), Margarine [Rapeseed Oil, Coconut Oil, Water, Shea Fat, Salt, Emulsifier (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, SOYA Lecithins (Emulsifier), Natural Vanilla Flavour], Lotus Biscoff Crumb [Wheat Flour, Sugar, Vegetable Oil, Sugar Syrup, Raising Agent (Sodium Carbonate), SOYA Flour, Salt, Cinnamon], Margarine [Vegetable Oil, Water, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Colour (Annatto Bixin), Colour (Curcumin)], Caramel Fudge Cubes [Sugar, Condensed MILK , Glucose Syrup, Fondant (Glucose, Sugar, Water), Palm Oil, Salt, Butter (MILK)], Neutral Fond [Sugar, Dried Glucose Syrup, Beef Gelatine, Modified Starch, Dried EGG Yolk, Raising Agent (Diphosphates), Salt], Invert Sugar Syrup, Beef Gelatine, Salt, Natural Flavouring. PLEASE NOTE: This product contains beef gelatine; therefore, it is not suitable for Vegetarians.	per 100g	per portion (g)	
		KJ	1883	2328
		Kcal	440	559
		Fat	28.8	36.6
		Sat	9.9	12.6
		Carbs	39.3	50
		Sugar	24.1	30.7
		Fibre	0.9	1.2
		Protein	5.4	6.9
		Salt	1.0	1.27
		Portion weight (g)		127
Starwberries & Clotted Cream Slice	Cream (MILK), Digestive Biscuit Crumb [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Wholemeal WHEAT Flour, Palm Oil, Rapeseed Oil, Sugar, Partially Inverted Sugar Syrup, Raising Agent: Sodium Bicarbonate, Ammonium Carbonate, Salt]], Low Fat Soft Cheese [(Skimmed MILK , Cream (MILK), Skimmed MILK Powder (MILK), Preservative: Lactic acid, Salt, MILK Proteins, Preservative: Potassium sorbate), Water,] Margarine [(Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and diglycerides of fatty acids, Flavouring, Colour: Annatto bixin Curcumin)], Strawberry Fruit Filling (5%) [(Strawberry, Water, Sugar, Modified Starch, Acidity Regulator: Citric acid, Elderberry Concentrate, Natural Flavouring, Preservative: Potassium sorbate)], Strawberry Jam (5%) [(Granulated Sugar, Glucose Syrup, Strawberry Puree, Gelling agent: Pectin, Colour: Anthocyanins, Algal carotenes, Acidity Regulator: Citric acid, Trisodium Citrate, Flavouring)], Granulated Sugar, Devon Clotted Cream (3%) [(MILK), White chocolate shavings (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithins, Natural Vanilla Flavour), Invert Sugar Syrup, Beef Gelatine, Icing Sugar (Anticaking agent: Tricalcium Phosphate), Sweet snow [(Dextrose, Sugar, Cornflour, Palm Oil)], Vanilla Flavouring [(Vanilla Flavouring, Stabiliser: Ammonia caramel)], Stabiliser: Carrageenan. PLEASE NOTE: This product contains beef gelatine; therefore, it is not suitable for Vegetarians.	per 100g	per portion (g)	
		KJ	1574	1845
		Kcal	379	444
		Fat	26.7	31.5
		Sat	10.1	11.9
		Carbs	28.8	32.7
		Sugar	16.5	19.6
		Fibre	0.9	1
		Protein	5.9	6.9
		Salt	0.43	0.49
		Portion weight (g)		118

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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	2057
		Kcal	394	493
		Fat	25.2	31.6
		Sat	9.8	12.4
		Carbs	33.8	42.0
		Sugar	22.8	32.4
		Fibre	0.4	0.5
		Protein	8.0	10.0
		Salt	0.6	0.7
Portion weight (g)		125.00		

BISCUITS & SNACKS

PRODUCT		INGREDIENTS		NUTRITIONAL INFO	
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).		per 100g	per portion (g)	
		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			
Milk Chocolate Cookie (V)	WHEAT Flour (WHEAT Flour, Calcium, Niacin, Iron, Folic Acid, Thiamin), Milk Chocolate Pieces (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithins), Flavouring), Plant-Based Butter (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (Polyglycerol esters of fatty acids), Flavouring, Colour), Light Brown Soft Sugar, Sugar, Water, WHEAT Fibre, Raising Agent (Sodium Bicarbonate), Flavouring, Salt, Raising Agent (Disodium Diphosphate)		per 100g	per portion (g)	
		KJ	1956	1565	
		Kcal	466	373	
		Fat	21.6	17.3	
		Sat	10.9	8.7	
		Carbs	52.9	42.4	
		Sugar	38.1	30.5	
		Fibre	3.6	2.9	
		Protein	4.3	3.5	
		Salt	0.89	0.72	
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>		per 100g	per portion (g)	
		KJ	1630	962	
		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			
NEW Pistachio Crème Cookie	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Pistachio creme (20%) (Vegetable Oil (Palm), Sugar, PISTACHIO NUTS , Skimmed MILK Powder, Whey Powder (MILK), Lactose (MILK), Emulsifier (SOYA Lecithin), Flavouring), Soft Light Brown Sugar, Vegetable Fat (Shea Fat, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier (Lecithins (Rapeseed, Sunflower)), Lemon Juice, Natural Flavouring), Butter (Butter, Salt) (MILK), Dark Brown Soft Sugar (Sugar, Molasses), Whole MILK , Cornflour, Nibbed PISTACHIO NUTS (2%), Roasted PISTACHIO NUTS (1%), Spinach Powder, Raising Agents (Diphosphates, Sodium Hydrogen Carbonate), Salt.		per 100g	per portion (g)	
		KJ	2000	1980	
		Kcal	476	471	
		Fat	24.7	24.4	
		Sat	11.5	11.3	
		Carbs	61.2	60.6	
		Sugar	33.9	33.6	
		Fibre	1.6	1.6	
		Protein	5.5	5.5	
		Salt	0.83	0.82	
Portion weight (g)		99			

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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. <i>May contain MILK.</i>	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
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
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
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

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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
			Kcal	513
			Fat	30.1
			Sat	3.5
			Carbs	51.5
			Sugar	0.5
			Fibre	6.5
			Protein	5.8
			Salt	0.90
			Portion weight (g)	40
			per 100g	per portion (g)
Kettle Sea Salt & Vinegar Crisps (Vg/GF)	Select Potatoes, Sunflower Oil, Sea Salt and Balsamic Vinegar Seasoning (Sea Salt, Potato Maltodextrin, Dried Balsamic Vinegar, Sugar, Acid: Citric Acid, Dried Red Wine Extract, Natural Flavouring).		KJ	2125
			Kcal	509
			Fat	28.1
			Sat	2.8
			Carbs	55.8
			Sugar	1.5
			Fibre	4.9
			Protein	5.7
			Salt	1.40
			Portion weight (g)	40
			per 100g	per portion (g)
			KJ	2106
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).		Kcal	505
			Fat	28.9
			Sat	3.3
			Carbs	51.1
			Sugar	2.5
			Fibre	6.2
			Protein	7.1
			Salt	1.10
			Portion weight (g)	40
			per 100g	per portion (g)
			KJ	1944
			Kcal	465
Sweet & Salty Popcorn (Vg/GF)	Wholegrain Corn (63%), Rapeseed Oil, Demerara Sugar, Glazing Agent (Isomalt), Sea Salt.		Fat	20.4
			Sat	1.7
			Carbs	56.5
			Sugar	11.3
			Fibre	12.6
			Protein	7.6
			Salt	0.66
			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
			Kcal	236
			Fat	0.0
			Sat	0.0
			Carbs	57.0
			Sugar	57.0
			Protein	0.4
			Salt	0.00
			Portion weight (g)	30
			per 100g	per portion (g)
			KJ	1023
Preserve Strawberry (Vg)	Strawberries, sugar, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.		Kcal	241
			Fat	0.1
			Sat	0.0
			Carbs	59.0
			Sugar	59.0
			Protein	0.4
			Salt	0.00
			Portion weight (g)	30

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EXTRAS			
PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Hazelnut Chocolate Spread (V)	Sugar, HAZELNUTS 20%, Vegetable Oil (Sunflower, rapseed), Skimmed MILK Powder, Fat Reduced Cocoa Powder 5,55 Cocoa Butter, Emulsifier: Sunflower, Lecithin, Vanilla Extract <i>May Contain: Other Nuts</i>		
		per 100g	per portion (g)
		KJ	2299
		Kcal	551
		Fat	34.0
		Sat	5.2
		Carbs	53.0
		Sugar	51.0
		Protein	6.7
		Salt	0.10
Lakeland Butter (V)	Butter: Cream (MILK), Salt.		
		per 100g	per portion (g)
		KJ	3036
		Kcal	738
		Fat	81.4
		Sat	52.3
		Carbs	0.8
		Sugar	0.8
		Protein	0.6
		Salt	1.90
Rodda's Cornish Clotted Cream (V)	100% Cornish cows MILK .		
		per 100g	per portion (g)
		KJ	2413
		Kcal	586
		Fat	63.7
		Sat	39.7
		Carbs	2.2
		Sugar	2.2
		Protein	1.6
		Salt	0.05
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
		Kcal	630
		Fat	70.0
		Sat	16.0
		Carbs	0.5
		Sugar	0.5
		Protein	0.1
		Salt	1.40
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
		Kcal	260
		Fat	0.1
		Sat	0.1
		Carbs	30.0
		Sugar	1.2
		Protein	34.0
		Salt	10.80
Marmalade (Vg)	Sugar, bitter oranges, water, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.		
		per 100g	per portion (g)
		KJ	1163
		Kcal	274
		Fat	0.4
		Sat	0.4
		Carbs	67.2
		Sugar	63.7
		Protein	0.1
		Salt	0.03
Maple Syrup (Vg)	Maple Syrup.		
		per 100g	per portion (g)
		KJ	1163
		Kcal	274
		Fat	0.4
		Sat	0.4
		Carbs	67.2
		Sugar	63.7
		Protein	0.1
		Salt	0.03

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SAVOURY



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