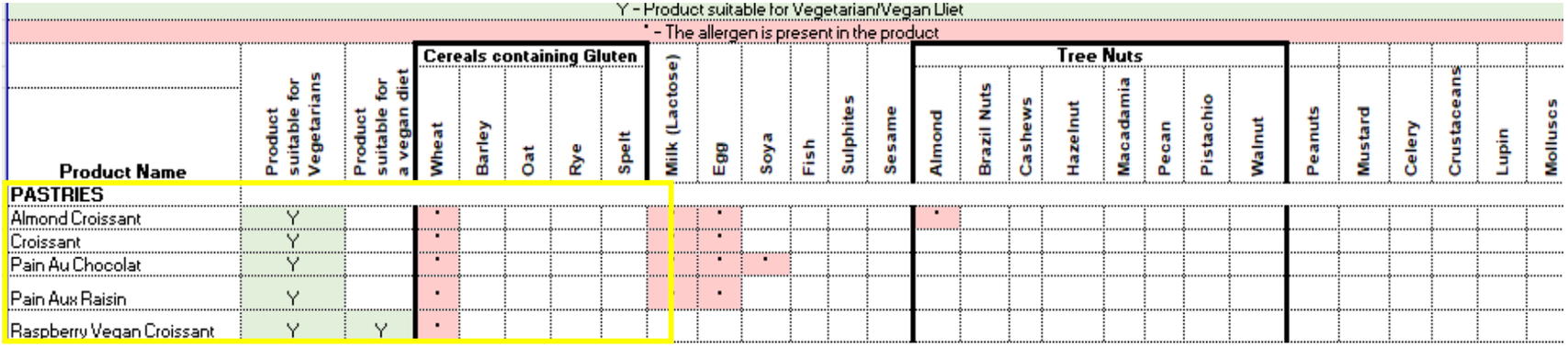
Coffee#1

CONTENTS

ALLERGENS		NUTRITIONAL & INGREDIENTS	
HOW TO USE THIS GUIDE	3	HOW TO USE THIS GUIDE	8
PASTRIES & BUNS	4	PASTRIES & BUNS	9
PORRIDGE	4	PORRIDGE	11
TEACAKES	4	TEACAKES	11
TOAST	4	TOAST	12
GRANOLA & YOGHURTS	5	GRANOLA & YOGHURTS	12
CAKES	5	CAKES	13
MUFFINS	5	MUFFINS	15
TRAYBAKES	6	TRAYBAKES	15
TARTS	6	TARTS	17
DESSERTS	6	DESSERTS	18
BISCUITS & SNACKS	7	BISCUITS & SNACKS	19
CRISPS & POPCORN	7	CRISPS & POPCORN	21
EXTRAS	7	EXTRAS	21



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	Molluscs
			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	*																								

An * in a box means that the product contains that allergen.
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		*					*	*			*																

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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			*																						
TARTS & PIES																											
Portuguese Tart	Y		*					*	*																		
Lemon Merringue 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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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				*			*		*																	
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							*																			

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

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

PRODUCT	INGREDIENTS	NUTRITIONAL 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 NUTS and traces of SOYA.*	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**

EXAMPLE

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

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

BUNS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	per 100g	per portion (g)
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]	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

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	per 100g	per portion (g)
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].	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**

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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].		**per 100g**	**per portion (g)**
		KJ	**619**	**1609**
		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.		**per 100g**	**per portion (g)**
		KJ	**521**	**1668**
		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%).		**per 100g**	**per portion (g)**
		KJ	**620**	**1892**
		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)	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. **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**

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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.	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. *Vegan products may not be suitable for customers with allergies		**per 100g**	**per portion (g)**
		KJ	**965**	**396**
		Kcal	**231**	**95**
		Fat	**1.5**	**0.6**
		Sat	**1.0**	**0.4**
		Carbs	**48.9**	**20.0**
		Sugar	**1.1**	**0.5**
		Fibre	**3.0**	**1.2**
		Protein	**7.9**	**3.2**
		Salt	**1.24**	**0.50**
		Portion weight (g)		**41**

GRANOLA & YOGHURT

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	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%).	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%).		**per 100g**	**per portion (g)**
		KJ	**734**	**1746**
		Kcal	**175**	**416**
		Fat	**6.6**	**16.0**
		Sat	**2.6**	**6.3**
		Carbs	**22.0**	**53.0**
		Sugar	**14.0**	**33.0**
		Fibre	**1.7**	**4.0**
		Protein	**5.7**	**14.0**
		Salt	**0.47**	**1.10**
		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**	**1282**
		Kcal	**150**	**307**
		Fat	**7.9**	**16.0**
		Sat	**1.5**	**3.1**
		Carbs	**11.0**	**22.0**
		Sugar	**8.1**	**17.0**
		Fibre	**1.9**	**3.8**
		Protein	**7.7**	**16.0**
		Salt	**0.13**	**0.26**
		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**	**1400**
		Kcal	**156**	**334**
		Fat	**7.5**	**16.0**
		Sat	**1.4**	**3.1**
		Carbs	**14.0**	**29.0**
		Sugar	**12.0**	**26.0**
		Fibre	**1.5**	**3.3**
		Protein	**7.5**	**16.0**
		Salt	**0.12**	**0.26**
		Portion weight (g)		**215**

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CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	per 100g	per portion (g)
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	KJ	**1658**	**1658**
		Kcal	**395**	**395**
		Fat	**16.9**	**16.9**
		Sat	**7.5**	**7.5**
		Carbs	**56.6**	**56.6**
		Sugar	**42.9**	**42.9**
		Fibre	**0.9**	**0.9**
		Protein	**4.0**	**4.0**
		Salt	**0.87**	**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. *Vegan products may not be suitable for customers with allergies		**per 100g**	**per portion (g)**
		KJ	**1662**	**1629**
		Kcal	**369**	**362**
		Fat	**18.0**	**17.6**
		Sat	**8.9**	**8.7**
		Carbs	**55.5**	**54.4**
		Sugar	**32.9**	**32.2**
		Fibre	**3.0**	**2.9**
		Protein	**4.8**	**4.7**
		Salt	**0.69**	**0.68**
		Portion weight (g)		**98**
Lemon Drizzle Cake (V)	Lemon Cake (93%) [Sugar, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk (**MILK**), Rapeseed Oil, Pasteurised Free Range **EGG**, Lemon Juice (3%), Lemon Curd (3%) (Sugar, Pasteurised Free Range **EGG**, Water, Salted Butter (Butter (**MILK**), Salt), Concentrated Lemon Juice (Concentrated Lemon Juice, Preservatives: Sodium **METBISULPHITE**, Potassium **METABISULPHITE**), Lemon Oil, Gelling Agent: Agar), Lemon Zest (3%), Raising Agents: Diphosphates, Sodium Bicarbonate; Salt], Lemon Drizzle (7%) [Glucose Syrup (**SULPHITES**), Lemon Juice (2%), Icing Sugar (Sugar, Anticaking Agent: Calcium Phosphate; Dried Cornflower Petals].		**per 100g**	**per portion (g)**
		KJ	**1477**	**1699**
		Kcal	**351**	**404**
		Fat	**12.7**	**14.6**
		Sat	**1.3**	**1.4**
		Carbs	**55.1**	**63.4**
		Sugar	**33.8**	**38.9**
		Fibre	**0.5**	**0.6**
		Protein	**4.6**	**5.3**
		Salt	**0.74**	**0.85**
		Portion weight (g)		**115**
Welsh Cake (V)	**WHEAT** flour (calcium carbonate, iron, niacin, thiamine, raising agents E450, E500), vegetable oil (rapeseed, sustainable palm) sugar, vine fruits (13%)(currants, sultanas, sunflower oil), **EGG**, **BUTTERMILK**, water, salt, emulsifiers (E471, E481), colour (carotenes), natural flavouring, preservatives (E202, E282).		**per 100g**	**per portion (g)**
		KJ	**1548**	**464**
		Kcal	**370**	**111**
		Fat	**14.6**	**4.4**
		Sat	**4.9**	**1.5**
		Carbs	**65.1**	**19.5**
		Sugar	**23.3**	**7.0**
		Fibre	**2.3**	**0.8**
		Protein	**6.5**	**2.0**
		Salt	**1.30**	**0.39**
		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.		**per 100g**	**per portion (g)**
		KJ	**1714**	**1851**
		Kcal	**409**	**441**
		Fat	**19.4**	**21.0**
		Sat	**7.8**	**8.4**
		Carbs	**54.9**	**59.3**
		Sugar	**36.7**	**39.6**
		Fibre	**0.3**	**0.3**
		Protein	**3.8**	**4.1**
		Salt	**0.71**	**0.77**
		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]. *Vegan products may not be suitable for customers with allergies		**per 100g**	**per portion (g)**
		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**
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]. *Vegan products may not be suitable for customers with allergies		**per 100g**	**per portion (g)**
		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**

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CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
			per 100g	**per portion (g)**
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.	KJ	**1879**	**1315**
		Kcal	**478**	**334**
		Fat	**24.9**	**17.4**
		Sat	**11.8**	**8.3**
		Carbs	**52.0**	**36.4**
		Sugar	**35.9**	**25.1**
		Fibre	**0.9**	**0.6**
		Protein	**5.1**	**3.6**
		Salt	**0.49**	**0.34**
		Portion weight (g)		**65**
			per 100g	**per portion (g)**
Raspberry & Coconut Cake (V)	Coconut Sponge [**WHEA**T 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**	**1564**
		Kcal	**374**	**374**
		Fat	**15.9**	**15.9**
		Sat	**7.4**	**7.4**
		Carbs	**55.8**	**55.8**
		Sugar	**32.8**	**32.8**
		Fibre	**2.3**	**2.3**
		Protein	**5.3**	**5.3**
		Salt	**0.61**	**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]. *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**

MUFFINS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	per 100g	per portion (g)
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**.	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.		**per 100g**	**per portion (g)**
		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	per 100g	per portion (g)
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.	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.		**per 100g**	**per portion (g)**
		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).		**per 100g**	**per portion (g)**
		KJ	**2098**	**1322**
		Kcal	**504**	**317**
		Fat	**32.6**	**20.5**
		Sat	**21.4**	**13.5**
		Carbs	**42.4**	**26.7**
		Sugar	**37.0**	**23.3**
		Fibre	**4.3**	**2.7**
		Protein	**6.2**	**3.9**
		Salt	**0.36**	**0.23**
		Portion weight (g)		**63**

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 (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). 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.		**per 100g**	**per portion (g)**
		KJ	**1704**	**2334**
		Kcal	**408**	**558**
		Fat	**21.2**	**29.0**
		Sat	**8.8**	**12.0**
		Carbs	**47.8**	**65.4**
		Sugar	**27.2**	**37.2**
		Fibre	**3**	**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**]. **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	**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%)). *Vegan products may not be suitable for customers with allergies		**per 100g**	**per portion (g)**
		KJ	**1888**	**1718**
		Kcal	**451**	**410**
		Fat	**18.7**	**17.0**
		Sat	**9.5**	**8.6**
		Carbs	**66.9**	**60.9**
		Sugar	**34.2**	**31.1**
		Fibre	**4.7**	**4.3**
		Protein	**6.0**	**5.5**
		Salt	**0.36**	**0.33**
		Portion weight (g)		**91**

TARTS & PIES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	per 100g	per portion (g)
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%	KJ	**1514**	**2119**
		Kcal	**362**	**507**
		Fat	**19.2**	**26.9**
		Sat	**6.4**	**9.0**
		Carbs	**43.2**	**60.5**
		Sugar	**26.2**	**36.7**
		Fibre	**0.5**	**0.7**
		Protein	**3.6**	**5.0**
		Salt	**0.53**	**0.74**
		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**	**2326**
		Kcal	**373**	**555**
		Fat	**18.0**	**27.0**
		Sat	**3.8**	**5.7**
		Carbs	**46.0**	**69.0**
		Sugar	**23.0**	**34.0**
		Fibre		
		Protein	**6.2**	**9.2**
		Salt	**0.60**	**0.90**
		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**	**1363**
		Kcal	**324**	**324**
		Fat	**9.7**	**9.7**
		Sat	**4.0**	**4.0**
		Carbs	**54.8**	**54.8**
		Sugar	**39.0**	**39.0**
		Fibre	**0.8**	**0.8**
		Protein	**4.7**	**4.7**
		Salt	**0.10**	**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.		**per 100g**	**per portion (g)**
		KJ	**1168**	**759**
		Kcal	**278**	**181**
		Fat	**11.3**	**7.3**
		Sat	**5.8**	**3.8**
		Carbs	**40.2**	**26.1**
		Sugar	**22.3**	**14.5**
		Fibre	**1.5**	**1.0**
		Protein	**4.7**	**3.1**
		Salt	**0.62**	**0.40**
		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**	**2087**
		Kcal	**309**	**497**
		Fat	**12.6**	**20.0**
		Sat	**4.8**	**7.7**
		Carbs	**45.1**	**72.6**
		Sugar	**23.8**	**38.3**
		Fibre	**1.5**	**2.4**
		Protein	**3.0**	**4.8**
		Salt	**0.36**	**0.58**
		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**	**2791**
		Kcal	**325**	**668**
		Fat	**18.6**	**38.4**
		Sat	**9.2**	**19.0**
		Carbs	**35.8**	**73.8**
		Sugar	**19.2**	**39.5**
		Fibre	**1.2**	**2.4**
		Protein	**2.8**	**5.7**
		Salt	**0.01**	**0.03**
		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**	**2249**
		Kcal	**354**	**537**
		Fat	**17.0**	**29.0**
		Sat	**3.7**	**5.6**
		Carbs	**42.0**	**64.0**
		Sugar	**19.7**	**29.9**
		Fibre	**0.0**	**0.0**
		Protein	**6.1**	**9.3**
		Salt	**0.60**	**0.90**
		Portion weight (g)		**151**

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

Allergens, Ingredients and Nutrition Guide

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.

DESSERTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	per 100g	per portion (g)
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(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, Whipped Cream (**MILK**)	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].

	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).

	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 (V)

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.		**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**
		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.		**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.		**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.		**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		
			per 100g	**per portion (g)**
Kettle Sea Salt Crisps (Vg/GF)	Select Potatoes, Sunflower Oil, Sea Salt.	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**
			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**	**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**
			per 100g	**per portion (g)**
Kettle Cheddar & Onion Crisps (V/GF)	Select Potatoes, Sunflower Oil, Mature Cheddar and Red Onion Seasoning (Dried Buttermilk, Dried Mature Cheddar Cheese (**MILK**), Dried Onion, Dried Red Onion, Sea Salt, Dried Yeast Extract, Dried Yeast, Dried Chives, Colour: Paprika Extract).	KJ	**2106**	**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**
			per 100g	**per portion (g)**
Sweet & Salty Popcorn (Vg/GF)	Wholegrain Corn (63%), Rapeseed Oil, Demerara Sugar, Glazing Agent (Isomalt), Sea Salt.	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		
			per 100g	**per portion (g)**
Preserve Blackcurrant (Vg)	Sugar, blackcurrants, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	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**
			per 100g	**per portion (g)**
Preserve Strawberry (Vg)	Strawberries, sugar, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	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**

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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		**per 100g**	**per portion (g)**
		KJ	**2299**	**575**
		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**
Lakeland Butter (V)	Butter: Cream (**MILK**), Salt.		**per 100g**	**per portion (g)**
		KJ	**3036**	**213**
		Kcal	**738**	**52**
		Fat	**81.4**	**5.7**
		Sat	**52.3**	**3.7**
		Carbs	**0.8**	**0.1**
		Sugar	**0.8**	**0.1**
		Protein	**0.6**	**0.0**
		Salt	**1.90**	**0.13**
		Portion weight (g)		**7**
Rodda's Cornish Clotted Cream (V)	100% Cornish cows **MILK**.		**per 100g**	**per portion (g)**
		KJ	**2413**	**965**
		Kcal	**586**	**234**
		Fat	**63.7**	**25.5**
		Sat	**39.7**	**15.9**
		Carbs	**2.2**	**0.9**
		Sugar	**2.2**	**0.9**
		Protein	**1.6**	**0.6**
		Salt	**0.05**	**0.02**
		Portion weight (g)		**40**
Flora (Vg)	Plant oils (rapeseed, palm, sunflower 1%, linseed), water, salt 1.35%, plant based emulsifier (lecithin), fava bean protein, natural flavourings, vitamin A		**per 100g**	**per portion (g)**
		KJ	**2636**	**185**
		Kcal	**630**	**44**
		Fat	**70.0**	**4.9**
		Sat	**16.0**	**1.1**
		Carbs	**0.5**	**0.0**
		Sugar	**0.5**	**0.0**
		Protein	**0.1**	**0.0**
		Salt	**1.40**	**0.10**
		Portion weight (g)		**7**
Marmite (Vg)	Yeast extract (contains **BARLEY**, **WHEAT**, **OATS**, **RYE**), salt, vegetable juice concentrate, vitamins (thiamin, riboflavin, niacin, vitamin B12 and folic acid), natural flavouring (contains **CELERY**).		**per 100g**	**per portion (g)**
		KJ	**1100**	**330**
		Kcal	**260**	**78**
		Fat	**0.1**	**0.0**
		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**
Marmalade (Vg)	Sugar, bitter oranges, water, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.			
Maple Syrup (Vg)	Maple Syrup.		**per 100g**	**per portion (g)**
		KJ	**1163**	**174**
		Kcal	**274**	**41**
		Fat	**0.4**	**0.1**
		Sat	**0.4**	**0.1**
		Carbs	**67.2**	**10.1**
		Sugar	**63.7**	**9.6**
		Protein	**0.1**	**0.0**
		Salt	**0.03**	**0.00**
		Portion weight (g)		**15**

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.

SAVOURY

PLEASE REFER TO BACK OF PACK FOR SAVOURY NUTRITIONAL & ALLERGEN INFORMATION

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.