

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	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 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			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				*			*		*																	
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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			Wheat	Barley	Oat	Rye	Spelt							Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut						
CIABATTA																											
NEW Chicken Pesto Ciabatta			*					*	*																		
NEW Tuna Melt Ciabatta			*					*	*		*																
NEW Italian Antipasti Ciabatta	Y	Y	*																								
TOASTIES																											
NEW Cheese & Chutney Toastie	Y		*					*																			
NEW Mozzarella & Tomato Toastie	Y		*					*	*																		
NEW Ham & Cheese Toastie			*					*																			
BREAKFAST																											
NEW Ham & Cheese Croissant			*					*	*																		
NEW Breakfast Bagel			*						*													*					
NEW Sausage Bap			*					*															*				
NEW Bacon Bap			*					*																			
FLATBREAD																											
NEW Chicken Tikka Flatbread			*					*	*			*															
FOCACCIA																											
NEW Chicken Focaccia			*						*																		

Allergens, Ingredients and Nutrition Guide

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

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

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
Apricot Croissant (V)	Pastry: 56% (WHEAT flour, butter 19% (MILK), water, yeast, sugar, EGGS , salt, WHEAT gluten enzymes (amylases, hemicellulases), flour treatment agent (E300)), Apricots 26%, Pastry cream 17% (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450iii, E339ii), colour (E160ai), flavouring), egg wash (EGGS , water). 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

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

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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.

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].			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				

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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)
		KJ	619
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].	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
		Kcal	124
Porridge with Banana & Cinnamon (V)	Whole MILK (62%), Banana (19%), Porridge OATS (12%), Honey, Cinnamon.	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.	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
		Kcal	271
		Fat	5.09
		Sat	2.31
		Carbs	52.1
		Sugar	16.7
		Protein	6.44
		Salt	1.43
		Portion weight (g)	160

*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.	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. *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%).	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%).	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	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
Banana & Chocolate Loaf Cake (Vg)	*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
Lemon Drizzle Cake (V)	*Vegan products may not be suitable for customers with allergies	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
Welsh Cake (V)	*Vegan products may not be suitable for customers with allergies	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
Victoria Sponge Cake (V)	*Vegan products may not be suitable for customers with allergies	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
Coffee and Caramel Cake (Vg)	*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
Carrot Cake (Vg)	*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

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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 100gper portion (g)
		KJ18791315
		Kcal478334
		Fat24.917.4
		Sat11.88.3
		Carbs52.036.4
		Sugar35.925.1
		Fibre0.90.6
		Protein5.13.6
		Salt0.490.34
		Portion weight (g)65
		per 100gper portion (g)
		KJ15641564
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 [Rasperry Jam (16%) (Raspberries, Sugar), Desiccated Coconut].	KJ15641564
		Kcal374374
		Fat15.915.9
		Sat7.47.4
		Carbs55.855.8
		Sugar32.832.8
		Fibre2.32.3
		Protein5.35.3
		Salt0.610.61
		Portion weight (g)100
		per 100gper portion (g)
		KJ14401858
		Kcal344444
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	KJ14401858
		Kcal344444
		Fat16.521.3
		Sat4.45.7
		Carbs45.558.7
		Sugar24.431.5
		Fibre3.03.9
		Protein4.86.2
		Salt0.520.67
		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 .		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.	
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.	
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).			
		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		

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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).	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
		PLEASE NOTE: This product contains beef gelatine; therefore, it is not suitable for Vegetarians.	
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	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]. **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 Flavours, 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	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
		per 100g	per portion (g)
		KJ	1563
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%).	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
		per 100g	per portion (g)
		KJ	1363
		Kcal	324
Lemon Meringue 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.	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
		per 100g	per portion (g)
		KJ	1168
		Kcal	278
		Fat	11.3
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.	Sat	5.8
		Carbs	40.2
		Sugar	22.3
		Fibre	1.5
		Protein	4.7
		Salt	0.62
		Portion weight (g)	65
		per 100g	per portion (g)
		KJ	1296
		Kcal	309
		Fat	12.6
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	Sat	4.8
		Carbs	45.1
		Sugar	23.8
		Fibre	1.5
		Protein	3.0
		Salt	0.36
		Portion weight (g)	161
		per 100g	per portion (g)
		KJ	1355
		Kcal	325
		Fat	18.6
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)	Sat	9.2
		Carbs	35.8
		Sugar	19.2
		Fibre	1.2
		Protein	2.8
		Salt	0.01
		Portion weight (g)	206
		per 100g	per portion (g)
		KJ	1482
		Kcal	354
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).	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
		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
		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
		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
		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
		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
		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
		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
		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
		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
		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
		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
		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
		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
		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
		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
		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
		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
		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
		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.

Allergens, Ingredients and Nutrition Guide

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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
		per 100g	per portion (g)	
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.	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
		per 100g	per portion (g)	
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.	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
		per 100g	per portion (g)	
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.	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
		per 100g	per portion (g)	
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.	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
		per 100g	per portion (g)	

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.

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		per 100g	per portion (g)
		KJ	2057
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].	Kcal	493
		Fat	31.6
		Sat	12.4
		Carbs	42.0
		Sugar	32.4
		Fibre	0.5
		Protein	10.0
		Salt	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	1554
		Kcal	371
		Fat	18.1
		Sat	9.2
		Carbs	44.7
		Sugar	31.1
		Fibre	3.8
		Protein	3.5
		Salt	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	1565
		Kcal	373
		Fat	17.3
		Sat	8.7
		Carbs	42.4
		Sugar	30.5
		Fibre	2.9
		Protein	3.5
		Salt	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	962
		Kcal	228
		Fat	5.3
		Sat	2.0
		Carbs	42.1
		Sugar	22.0
		Fibre	0.9
		Protein	2.4
		Salt	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	1980
		Kcal	471
		Fat	24.4
		Sat	11.3
		Carbs	60.6
		Sugar	33.6
		Fibre	1.6
		Protein	5.5
		Salt	0.82
		Portion weight (g)	99

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Allergens, Ingredients and Nutrition Guide

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CRISPS & POPCORN		
PRODUCT	INGREDIENTS	NUTRITIONAL INFO
Kettle Sea Salt Crisps (Vg/GF)	Select Potatoes, Sunflower Oil, Sea Salt.	per 100gper portion (g)
		KJ2139856
		Kcal513205
		Fat30.112.0
		Sat3.51.4
		Carbs51.520.6
		Sugar0.50.2
		Fibre6.52.6
		Protein5.82.3
		Salt0.900.36
		Portion weight (g)40
Kettle Sea Salt & Vinegar Crisps (Vg/GF)	Select Potatoes, Sunflower Oil, Sea Salt and Balsamic Vinegar Seasoning (Sea Salt, Potato Maltodextrin, Dried Balsamic Vinegar, Sugar, Acid: Citric Acid, Dried Red Wine Extract, Natural Flavouring).	per 100gper portion (g)
		KJ2125850
		Kcal509204
		Fat28.111.2
		Sat2.81.1
		Carbs55.822.3
		Sugar1.50.6
		Fibre4.92.0
		Protein5.72.3
		Salt1.400.60
		Portion weight (g)40
Kettle Cheddar & Onion Crisps (V/GF)	Select Potatoes, Sunflower Oil, Mature Cheddar and Red Onion Seasoning (Dried Buttermilk, Dried Mature Cheddar Cheese (MILK), Dried Onion, Dried Red Onion, Sea Salt, Dried Yeast Extract, Dried Yeast, Dried Chives, Colour: Paprika Extract).	per 100gper portion (g)
		KJ2106842
		Kcal505202
		Fat28.912.0
		Sat3.31.3
		Carbs51.120.4
		Sugar2.51.0
		Fibre6.22.5
		Protein7.12.8
		Salt1.100.40
		Portion weight (g)40
Sweet & Salty Popcorn (Vg/GF)	Wholegrain Corn (63%), Rapeseed Oil, Demerara Sugar, Glazing Agent (Isomalt), Sea Salt.	per 100gper portion (g)
		KJ1944583
		Kcal465139
		Fat20.46.1
		Sat1.70.5
		Carbs56.517.0
		Sugar11.33.4
		Fibre12.63.8
		Protein7.62.3
		Salt0.660.20
		Portion weight (g)30

EXTRAS		
PRODUCT	INGREDIENTS	NUTRITIONAL INFO
Preserve Blackcurrant (Vg)	Sugar, blackcurrants, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	per 100gper portion (g)
		KJ1001300
		Kcal23671
		Fat0.00.0
		Sat0.00.0
		Carbs57.017.1
		Sugar57.017.1
		Protein0.40.1
		Salt0.000.00
		Portion weight (g)30
Preserve Strawberry (Vg)	Strawberries, sugar, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	per 100gper portion (g)
		KJ1023307
		Kcal24172
		Fat0.10.0
		Sat0.00.0
		Carbs59.017.7
		Sugar59.017.7
		Protein0.40.1
		Salt0.000.00
		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
		Kcal	551
		Fat	34.0
		Sat	5.2
		Carbs	53.0
		Sugar	51.0
		Protein	6.7
		Salt	0.10
		Portion weight (g)	25
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
		Portion weight (g)	7
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
		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
		Kcal	630
		Fat	70.0
		Sat	16.0
		Carbs	0.5
		Sugar	0.5
		Protein	0.1
		Salt	1.40
		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
		Kcal	260
		Fat	0.1
		Sat	0.1
		Carbs	30.0
		Sugar	1.2
		Protein	34.0
		Salt	10.80
		Portion weight (g)	8
Marmalade (Vg)	Sugar, bitter oranges, water, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	per 100g	per portion (g)
		KJ	1163
		Kcal	274
		Fat	0.4
		Sat	0.4
		Carbs	67.2
		Sugar	63.7
		Protein	0.1
		Salt	0.03
		Portion weight (g)	15
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
		Portion weight (g)	15

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BREAKFAST					
PRODUCT		INGREDIENTS		NUTRITIONAL INFO	
Ham & Cheese Croissant	Croissant (53%) (WHEAT Flour, Butter (MILK), Water, Yeast, Sugar, Pasteurised Whole EGGS , Salt, WHEAT Gluten, Flour Treatment Agent (Amylases, Hemicellulases, Ascorbic Acid), EGG Wash (EGG , Water)), British Smoked Flavoured Ham (30%) (Pork (85%), Water, Salt, Potato Starch, Yeast Extract, Dextrose, Demerara Sugar, Brown Sugar, Granulated Sugar, Stabiliser (Sodium Triphosphates, Diphosphates, Polyphosphates), Antioxidant (Sodium Ascorbate), Preservatives (Sodium Nitrite, Sodium Nitrate, Potassium Nitrate), Pork Protein, Smoke Flavour), West Country Cheddar Cheese (MILK) (18%).		per 100g		per portion (g)
		KJ	1577		1798
		Kcal	378.0		431.0
		Fat	23.7		27.0
		Sat	14.3		16.3
		Carbs	25.8		29.5
		Sugar	4.7		5.3
		Fibre	1.7		1.9
		Protein	14.6		16.6
		Salt	1.50		1.70
		Portion weight (g)		114	
		Breakfast Bagel	Bagel (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), WHEAT Gluten, Sugar, Salt, Malted WHEAT Flour, Yeast, Water, Emulsifiers (Mono- and Diacetyl tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, SG Sodium Stearoyl-2-lactylate), Flour Treatment Agent (Ascorbic Acid), Rapeseed Oil), EGG Mayonnaise (25%) (Free Range Boiled EGG , Mayonnaise (Rapeseed Oil, Water, Free Range Pasteurised EGG Yolk, Modified Starch, Sugar, Salt, Preservative (Acetic Acid), Stabilisers (Xanthan Gum, Guar Gum), Natural Colour (Beta-Carotene)), EGG White, Modified Starch, Black Pepper, Salt), Ballymaloe Original Relish (Tomatoes, Vinegar, Sugar, Onions, Sultanas, Tomato Puree, Sea Salt, MUSTARD Seed, Spices), British Streaky Bacon (31%) (Pork Belly, Water, Salt, Preservatives (Sodium Nitrite, Sodium Nitrate, Potassium Nitrite), Sugar, Antioxidant (Sodium Ascorbate), Honey, Smoked Water, Stabiliser (Triphosphates))).		per 100g
KJ	1069				1711
Kcal	254				406
Fat	7.3				11.7
Sat	1.3				2.1
Carbs	34.4				55.0
Sugar	6.5				10.5
Fibre	2.3				3.7
Protein	11.6				18.6
Salt	1.10				1.70
Portion weight (g)				160	
Sausage Bap	Rustic Ciabatta Roll (Fortified WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Folic Acid, Thiamin), Water, Yeast, Rapeseed Oil, Fermented WHEAT Flour, Salt, Sugar), Pork Lentil Sausage (46%) (Pork (73%), Lentil (14%) , Potato Starch, Dextrose, Water, Salt, Rapeseed Oil, WHEAT Starch, Spices (White Pepper, Nutmeg, Ground Ginger, Ground Mace, Chilli Powder), WHEAT Protein, Onion Powder, WHEAT Flour, Dried Sage), Butter (MILK) (3%).				per 100g
		KJ	1199		1942
		Kcal	287		464
		Fat	13.8		22.4
		Sat	5.0		8.1
		Carbs	28.0		45.3
		Sugar	1.4		2.3
		Fibre	2.3		3.7
		Protein	11.4		18.5
		Salt	1.10		1.80
		Portion weight (g)		162	
		Bacon Bap	Rustic Ciabatta Roll (Fortified WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Folic Acid, Thiamin), Water, Yeast, Rapeseed Oil, Fermented WHEAT Flour, Salt, Sugar), British Streaky Bacon (31%) (Pork Belly (90.94%), Water, Salt, Sugar, Stabiliser (Triphosphates), Honey, Antioxidant (Sodium Ascorbate), Smoked Water, Preservatives (Sodium Nitrite, Sodium Nitrate, Potassium Nitrite)), Butter (MILK) (4%) .		per 100g
KJ	1270				1613
Kcal	303				384
Fat	11.1				14.1
Sat	3.3				4.2
Carbs	31.1				39.5
Sugar	2.0				2.5
Fibre	1.6				2.0
Protein	18.9				24.0
Salt	1.90				2.40
Portion weight (g)				127	

FLATBREAD

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Chicken Tikka Flatbread	Flatbread (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Rapeseed Oil, WHEAT Gluten, WHEAT Fibre, Yeast, Spirit Vinegar, Raising Agent (Diphosphates, Sodium Carbonates, Calcium Phosphates), Stabiliser (Sodium Carboxy Methyl Cellulose), Preservative (Calcium Propionate), Salt, Acidity Regulator (Citric Acid), WHEAT Starch, WHEAT Flour), Chicken Tikka Mix (37%) (Chicken Breast (63%) (Chicken Breast Fillet, Water, Salt, Starch, Stabilisers (Sodium Citrates, Sodium Carbonates)), Pulled Chicken (36%) (Chicken Breast, Water, Salt), Greek Style Yoghurt (MILK), Mayonnaise (Rapeseed Oil, Water, Free Range Pasteurised EGG Yolk, Modified Starch, Sugar, Salt, Preservative (Acetic Acid), Stabilisers (Xanthan Gum, Guar Gum), Natural Colour (Beta-Carotene)), Mango Chutney (Sugar, Mango, Salt, Acidity Regulator (Acetic Acid), Garlic, Cumin Seeds, Mixed Spices, Fenugreek Seeds, Nigella Seeds, Herb), Tikka Powder (5%) (Spices (Cumin, Coriander, Turmeric, Cayenne (SULPHITES), Ginger), Sugar (SULPHITES), Tomato Powder (SULPHITES), Garlic Powder (SULPHITES), Garam Masala (Coriander, Cumin, Black Pepper, All Spice, Cardamom, Nutmeg, Turmeric, Ginger, Bay, Clove, Cassia, Cayenne (SULPHITES), Coriander Leaf, Paprika Extract), Sriracha Sauce (Water, Chilli, Tomato Paste, Vinegar, Sugar, Modified Starch, Salt, Garlic, Paprika Extract))), Pickled Slaw (11%) (Red Cabbage, Carrot, White Wine Vinegar (SULPHITES))), Yoghurt & Mint Mayonnaise (11%) (Mayonnaise (Water, Rapeseed Oil, Modified Starch, Sugar, Salt, Free Range Pasteurised EGG Yolk, Preservative (Acetic Acid), Stabilisers (Xanthan Gum, Guar Gum), Natural Colour (Beta-Carotene)), Greek Style Yoghurt (MILK), Fruit Syrup (Natural Fruit Extracts (Apples, Grapes, Carob)), Mint Sauce (Mint, Spirit Vinegar, Water, Salt, Colour (Copper Chlorophyll))))	per 100g	per portion (g)	
		KJ	862	1638
		Kcal	205.0	390.0
		Fat	5.8	11.0
		Sat	1.1	2.0
		Carbs	23.6	44.8
		Sugar	5.9	11.2
		Fibre	4.4	8.4
		Protein	12.4	23.5
		Salt	0.70	1.30
		Portion weight (g)	190	

FOCACCIA

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Chicken & Pepper Focaccia	Rosemary Focaccia (Fortified WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Folic Acid, Thiamin), Water, Extra Virgin Olive Oil, Salt, Sea Salt, Rosemary, Fermented WHEAT Flour, Yeast, WHEAT Flour), Chicken Breast (23%) (Chicken, Water, Salt, Starch, Dextrose, D-xylose, Acidity Regulator (Sodium Citrates, Sodium Carbonates)), Tomato & Piquillo Pepper Mayonnaise (18%) (Mayonnaise (Water, Rapeseed Oil, Modified Starch, Sugar, Salt, Free Range Pasteurised EGG Yolk, Preservative (Acetic Acid), Stabilisers (Xanthan Gum, Guar Gum), Natural Colour (Beta-Carotene)), Tomato & Piquillo Pepper Sauce (Ground Tomato (Tomato, Salt), Piquillo Pepper (Piquillo Pepper, Water, Sugar, Salt), Concentrated Tomato, Diced Onion, White Wine Vinegar, Extra Virgin Olive Oil, Garlic, Sea Salt, Paprika, Cayenne Pepper)), Roasted Red Peppers (9%) (Red Peppers, Water, Salt), Rocket (4%).	per 100g	per portion (g)	
		KJ	784	1710
		Kcal	186.0	406.0
		Fat	5.4	11.8
		Sat	1.0	2.2
		Carbs	22.3	48.6
		Sugar	1.7	3.8
		Fibre	1.6	3.4
		Protein	11.3	24.6
		Salt	1.10	2.50
		Portion weight (g)		218

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