

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						
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						
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						
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	*							*										*						
MUFFINS																										
Blueberry Muffin	Y		*					*	*																	
Sicilian Lemon Curd Muffin	Y		*					*	*			*														

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Product Name			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		*					*	*																		
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			*					*	*	*																	
Salted Caramel Slice			*					*	*	*																	
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			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							*																			
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						
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	
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 .		per 100g		per portion (g)
		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		

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- 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

PASTIRES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Almond Croissant (V)	Dough: Wheat Flour (WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid), Water, Palm Fat, Yeast, Sugar, Butter (MILK), Rapeseed Oil, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Yeast, Flour Treatment Agent (Ascorbic Acid), Emulsifier (Mono- and diglycerides of fatty acids), Acidity Regulator (Citric Acid), Flavouring, EGG , ALMOND Filling (19%) (Sugar, ALMONDS (6.5%) (NUTS), EGG White, Inverted Sugar Syrup, Water, EGG Yolk, Invertase). Topping: ALMOND Flakes (4.2%) (NUTS), Icing Sugar (Dextrose, Cornflour, Vegetable Oil).	per 100g	per portion (g)
		KJ	1670
		Kcal	399
		Fat	21.1
		Sat	9.0
		Carbs	45.0
		Sugar	14.0
		Fibre	2.4
		Protein	9.7
		Salt	0.73
		Portion weight (g)	83
Butter Croissant (V)	Pastry: WHEAT flour, butter 22% (MILK), water, sugar, whole MILK pasteurized, yeast, EGGS , salt, WHEAT gluten, emulsifier : E322 (rape lecithin), flour treatment agent : E300, enzymes, egg wash (Free Range EGGS) 1.5g.	per 100g	per portion (g)
		KJ	1840
		Kcal	440
		Fat	24.0
		Sat	15.0
		Carbs	46.7
		Sugar	8.0
		Fibre	2.6
		Protein	8.1
		Salt	1.20
		Portion weight (g)	50
Pain au Chocolat (V)	Pastry: (WHEAT flour , Butter (MILK), water, chocolate 10% (sugar, coca mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavour), sugar, whole MILK , yeast, EGGS , salt, WHEAT gluten, Emulsifier (rape lecithin), flour treatment agent (E300), enzymes (amylases, hemicellulases)), egg wash (Free Range EGG).	per 100g	per portion (g)
		KJ	1779
		Kcal	426
		Fat	23.0
		Sat	15.0
		Carbs	46.0
		Sugar	13.0
		Fibre	3.1
		Protein	8.3
		Salt	1.00
		Portion weight (g)	66
Pain au Raisin (V)	WHEAT flour, water, raisins 13%, Butter (MILK) , sugar, yeast, corn starch, EGGS , salt, powdered whey (MILK), whole MILK powder, WHEAT gluten, EGG albumin powder, skimmed MILK powder, thickener (sodium alginate), emulsifier (rape lecithin), fruit and plant extract (turmeric and carrot), natural flavouring, acidity regulator (citric acid), flour treatment agent (ascorbic acid), enzymes (hemicellulases, amylases), egg wash (Free Range EGGS), Neutral glaze (water, glucose syrup, sugar, acidity regulators (E330, E332, E333), flavour, gelling agent (pectin), preservative (potassium sorbate)).	per 100g	per portion (g)
		KJ	1400
		Kcal	334
		Fat	14.0
		Sat	9.1
		Carbs	47.5
		Sugar	19.0
		Fibre	2.1
		Protein	6.3
		Salt	0.81
		Portion weight (g)	96
Vegan Raspberry Croissant (Vg)	WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring), Raspberry Filling (16%) (Glucose Syrup, Raspberry Purée, Sugar, Raspberries (2%), Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator Tricalcium Citrate), Natural Flavouring, Preservative (Potassium Sorbate)), Sugar, Yeast, Decoration (3%) (Sugar, Non-Hydrogenated Palm Oil, Food Colours (Radish, Blackcurrant, Apple concentrate)), Spelt flour, WHEAT gluten Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid).	per 100g	per portion (g)
		KJ	1572
		Kcal	375
		Fat	16
		Sat	8.3
		Carbs	49.8
		Sugar	18
		Fibre	2.6
		Protein	6.5
		Salt	0.52
		Portion weight (g)	79
Pistachio Croissant (V)	WHEAT Flour, Vegetable Margarine [Vegetable Fat (Palm), Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acid, Acidity Regulator: Citric Acid], Water, Pistachio Cream Filling (17%) [Sugar, PISTACHIO Paste(15%) (NUTS), Vegetable Oils (Sunflower, Coconut), Lactose (MILK), Vegetable Fat (Palm), Whole MILK Powder, Modified Starch, Emulsifier: Lecithin's (SOYA), Salt], Sugar, Yeast, WHEAT Gluten, Salt, Emulsifiers: Lecithin's (Sunflower); Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Flavourings, Colourings: Copper Complexes of Chlorophyll and Chlorophyllin's; Carotenes, Fat Reduced Cocoa, Sunflower Oil, Modified Corn Starch, Flour Treatment Agent: Ascorbic Acid	per 100g	per portion (g)
		KJ	1786
		Kcal	425
		Fat	24
		Sat	12.0
		Carbs	45
		Sugar	12
		Fibre	1.6
		Protein	7.1
		Salt	0.66
		Portion weight (g)	86

*Vegan products may not be suitable for customers with allergies

Allergens, Ingredients and Nutrition Guide

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	
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		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	
Porridge Plain (V)	Whole MILK (83%), Porridge OATS (17%).	per 100g	per portion (g)		
		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			

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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	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		
*Vegan products may not be suitable for customers with allergies					

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
		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

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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	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)
			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
			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
			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
			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
			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
			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
			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
		Kcal	478
		Fat	24.9
		Sat	11.8
		Carbs	52.0
		Sugar	35.9
		Fibre	0.9
		Protein	5.1
		Salt	0.49
		Portion weight (g)	65

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, Glucose Syrup, Water, Blueberry Purée, Concentrated Blueberry Juice, Maize Starch, Gelling Agent: Pectin, Acidity Regulators: Citric Acid; Sodium Citrates, Natural Flavouring, Colour: Anthocyanins, Preservative: Potassium Sorbate], Buttermilk (MILK), Humectant: Glycerine, Wholemeal WHEAT Flour, Modified Maize Starch, Raising Agents: Diphosphates; Potassium Carbonates; Calcium Phosphates, Vegetable Oils [Palm, Rapeseed], Emulsifiers: Mono- and Diglycerides of Fatty Acids; Sodium Stearoyl-2-Lactylate; Polyglycerol Esters of Fatty Acids, Demerara Sugar, Margarine [Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Diglycerides of Fatty Acids], Natural Flavouring, Dextrose, Maize Flour, Preservative: Potassium Sorbate, Rice Starch, Salt, Acidity Regulator: Citric Acid, Yeast, WHEAT Gluten, Whey Powder (MILK), Dried EGG .	KJ	1573
		Kcal	375
		Fat	17.0
		Sat	2.0
		Carbs	50.0
		Sugar	29.0
		Fibre	0.8
		Protein	4.0
		Salt	0.51
		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
		Kcal	396
		Fat	19.0
		Sat	2.7
		Carbs	51.7
		Sugar	31.5
		Fibre	0.6
		Protein	4.4
		Salt	0.47
		Portion weight (g)	116

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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
		Kcal	473
		Fat	27.5
		Sat	19.3
		Carbs	53.6
		Sugar	38.4
		Fibre	2.3
		Protein	4.9
		Salt	0.63
		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
		Kcal	463
		Fat	24.8
		Sat	15.2
		Carbs	55.1
		Sugar	37.1
		Fibre	1.1
		Protein	4.8
		Salt	0.59
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
		Kcal	504
		Fat	32.6
		Sat	21.4
		Carbs	42.4
		Sugar	37.0
		Fibre	4.3
		Protein	6.2
		Salt	0.36
		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). PLEASE NOTE: This product contains beef gelatine; therefore, it is not suitable for Vegetarians.	per 100g	per portion (g)	
			KJ	2204	1477
			Kcal	529	354
			Fat	34.0	23.0
			Sat	17.0	11.0
			Carbs	49.0	31.0
			Sugar	30.0	20.0
			Fibre	1.8	1.2
			Protein	5.6	3.8
			Salt	0.90	0.60
			Portion weight (g)	67	
			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
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 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	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				

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TARTS & PIES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
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
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
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
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

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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(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)	per 100g	per portion (g)		
		KJ	1392	2297	
		Kcal	333	550	
		Fat	19.4	28.4	
		Sat	10.0	19.0	
		Carbs	36.9	73.8	
		Sugar	0.7	39.5	
		Fibre	0.9	2.4	
		Protein	2.3	5.7	
		Salt	0.76	1.25	
Portion weight (g)		120			
NEW Sticky Toffee Pudding (V)	Water, Fortified Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamine), Date (Dates, Rice Flour), Caramel (Caramel (Glucose syrup (Preservative: SULPHUR DIOXIDE); Sugar; Palm oil; Sweetened condensed MILK (MILK ; Sugar); Brown sugar; Rapeseed oil; Water;Salt; Flavouring; Emulsifier: SOYA lecithin), Dark Brown Soft Sugar (Sugar, Cane Molasses), Liquid EGG , Vegetable Fat (Vegetable Oil (Palm, Rapeseed), Water, Salt (2.0%), Emulsifier (E475), Flavourings, Colour (E100, E160b(I))), Caster Sugar (Sugar (Sucrose)), Double Cream (Cows' MILK), Cocoa Solids (Sugar, Cocoa butter, Whole MILK powder,Cocoa mass, Whey powder (MILK), Lactose(MILK), SOYA Lecithin, Vanilla extract), Sodium Bicarbonate, Butter ((MILK) Cow's MILK Minimum Fat 80%, Salt), Invert Sugar Syrup.	per 100g	per portion (g)		
		KJ	1293	1552	
		Kcal	309	371	
		Fat	11.6	14.0	
		Sat	4.4	5.0	
		Carbs	49.7	59.7	
		Sugar	34.8	41.8	
		Fibre	1.2	1.5	
		Protein	2.4	2.9	
		Salt	1.02	1.22	
Portion weight (g)		120			
NEW Cookies & Cream Slice	Cream (41%) (MILK), Digestive Crumb[Fortified WHEAT Flour (WHEAT Flour, CalciumCarbonate, Niacin, Iron, Folic Acid, Thiamine), Wholemeal WHEAT Flour,Vegetable Shortening (Palm Oil , Rapeseed Oil), Sugar, Invert Sugar Syrup,Raising Agents; Sodium Bicarbonate, Ammonium Bicarbonate, Salt], Dark Chocolate[Cocoa Mass, Sugar, Cocoa Butter, Emulsifier; SOYA Lecithin,Natural Vanilla Flavouring], Chocolate Muffin Base [Fortified WHEAT Flour(WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid,Thiamine), Sugar, Whole EGG Powder, Fat Reduced Cocoa Powder,Modified Starch; Maize, Raising Agents; Disodium Diphosphate, PotassiumBicarbonate, Emulsifiers; Propylene Glycol Esters of Fatty Acids, SodiumStearoyl-2-Lactylate, Whey Solids (MILK), Salt, Vegetable Oils; Palm,Rapeseed, Stabiliser; Xanthan Gum, Flavouring], Oreo Biscuits (8%) [WHEAT Flour,Sugar, Palm Oil, Rapeseed Oil, Fat Reduced Cocoa Powder, WHEAT Starch,Glucose-Fructose Syrup, Raising Agents; Ammonium Carbonates, PotassiumCarbonates, Sodium Carbonates, Salt, Emulsifier; SOYA Lecithins,Acidity Regulator; Sodium Hydroxide, Flavouring],, Margarine [Vegetable Oil; Palm& Rapeseed Oil, Water, Salt, Emulsifier; Mono- And Diglycerides Of FattyAcids, Flavouring, Colouring; Annatto Bixin, Curcumin], Rapeseed Oil, IcingSugar, Golden Syrup [Invert Sugar Syrup], Beef Gelatine, Fat Reduced CocoaPowder [Cocoa Beans, Acidity Regulator; Potassium Carbonate], Vanilla Flavour[Vanilla Flavourings, Colour; AmmoniaCaramel], Stabiliser; Carrageenan. PLEASE NOTE: This product contains beef gelatine; therefore, it is not suitable for Vegetarians.	per 100g	per portion (g)		
		KJ	1958	2486	
		Kcal	471	598	
		Fat	34.3	43.5	
		Sat	11.5	14.6	
		Carbs	34.3	43.5	
		Sugar	18.0	22.9	
		Fibre	2.2	2.8	
		Protein	5.2	6.6	
		Salt	0.52	0.66	
Portion weight (g)		127			
Salted Caramel Slice	Cream (MILK), Digestive Crumb [Wheat Flour (WHEAT Flour, Calcium Carbonate (Firming Agent), Niacin, Iron, Folic Acid, Thiamine), Wholemeal Flour (WHEAT), Vegetable Oil, Sugar, Partially Inverted Sugar Syrup, Raising Agents (Sodium Carbonates, Ammonium Carbonates), Salt], Caramel Muffin Sponge Pieces [Toffee Cream Cake Mix [Modified Maize Starch, Wheat Flour (WHEAT Flour, Calcium Carbonate (Firming Agent), Niacin, Iron, Folic Acid, Thiamine), Sugar, Vegetable Oil, Demerara Sugar, WHEAT Gluten, Salt, Natural Flavouring, Powdered EGG , Flavouring, Whey Solids (MILK), Colour (Ammonia Caramel), Colour (Carotenes), Raising Agent (Disodium Diphosphate), Raising Agent (Sodium Carbonate), Emulsifier (Propylene Glycol Esters of Fatty Acids), Emulsifier (Mono- and Diglycerides of Fatty Acids), Emulsifier (Polyglycerol Esters of Fatty Acids)], Liquid EGG , Rapeseed Oil], Banoffee Toffee Sauce [Condensed MILK (Cream (MILK), Sugar), Margarine [Rapeseed Oil, Coconut Oil, Water, Shea Fat, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Colour (Beta-Carotene)], Caramel Compound Paste [Glucose Syrup, Caramelised Sugar Syrup, Invert Sugar Syrup, Natural Flavouring]], Water, White Chocolate [Sugar, Cocoa Butter, Whole MILK Powder, SOYA Lecithins (Emulsifier), Natural Vanilla Flavour], Lotus Biscoff Crumb [Wheat Flour, Sugar, Vegetable Oil, Sugar Syrup, Raising Agent (Sodium Carbonate), SOYA Flour, Salt, Cinnamon], Margarine [Vegetable Oil, Water, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Colour (Annatto Bixin), Colour (Curcumin)], Caramel Fudge Cubes [Sugar, Condensed MILK , Glucose Syrup, Fondant (Glucose, Sugar, Water), Palm Oil, Salt, Butter (MILK)], Neutral Fond [Sugar, Dried Glucose Syrup, Beef Gelatine, Modified Starch, Dried EGG Yolk, Raising Agent (Diphosphates), Salt], Invert Sugar Syrup, Beef Gelatine, Salt, Natural Flavouring. PLEASE NOTE: This product contains beef gelatine; therefore, it is not suitable for Vegetarians.	per 100g	per portion (g)		
		KJ	1883	2328	
		Kcal	440	559	
		Fat	28.8	36.6	
		Sat	9.9	12.6	
		Carbs	39.3	50	
		Sugar	24.1	30.7	
		Fibre	0.9	1.2	
		Protein	5.4	6.9	
		Salt	1.0	1.27	
Portion weight (g)		127			
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			

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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
		Kcal	513
		Fat	30.1
		Sat	3.5
		Carbs	51.5
		Sugar	0.5
		Fibre	6.5
		Protein	5.8
		Salt	0.90
		Portion weight (g)	40
Kettle Sea Salt & Vinegar Crisps (Vg/GF)	Select Potatoes, Sunflower Oil, Sea Salt and Balsamic Vinegar Seasoning (Sea Salt, Potato Maltodextrin, Dried Balsamic Vinegar, Sugar, Acid: Citric Acid, Dried Red Wine Extract, Natural Flavouring).	per 100g	per portion (g)
		KJ	2125
		Kcal	509
		Fat	28.1
		Sat	2.8
		Carbs	55.8
		Sugar	1.5
		Fibre	4.9
		Protein	5.7
		Salt	1.40
Kettle Cheddar & Onion Crisps (V/GF)	Select Potatoes, Sunflower Oil, Mature Cheddar and Red Onion Seasoning (Dried Buttermilk, Dried Mature Cheddar Cheese (MILK), Dried Onion, Dried Red Onion, Sea Salt, Dried Yeast Extract, Dried Yeast, Dried Chives, Colour: Paprika Extract).	per 100g	per portion (g)
		KJ	2106
		Kcal	505
		Fat	28.9
		Sat	3.3
		Carbs	51.1
		Sugar	2.5
		Fibre	6.2
		Protein	7.1
		Salt	1.10
Sweet & Salty Popcorn (Vg/GF)	Wholegrain Corn (63%), Rapeseed Oil, Demerara Sugar, Glazing Agent (Isomalt), Sea Salt.	per 100g	per portion (g)
		KJ	1944
		Kcal	465
		Fat	20.4
		Sat	1.7
		Carbs	56.5
		Sugar	11.3
		Fibre	12.6
		Protein	7.6
		Salt	0.66
		Portion weight (g)	30

EXTRAS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
Preserve Blackcurrant (Vg)	Sugar, blackcurrants, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	KJ	1001
		Kcal	236
		Fat	0.0
		Sat	0.0
		Carbs	57.0
		Sugar	57.0
		Protein	0.4
		Salt	0.00
		Portion weight (g)	30
Preserve Strawberry (Vg)	Strawberries, sugar, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	per 100g	per portion (g)
		KJ	1023
		Kcal	241
		Fat	0.1
		Sat	0.0
		Carbs	59.0
		Sugar	59.0
		Protein	0.4
		Salt	0.00
		Portion weight (g)	30

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EXTRAS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Hazelnut Chocolate Spread (V)	Sugar, HAZELNUTS 20%, Vegetable Oil (Sunflower, rapeseed), 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.	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
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

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CIABATTA			
PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Chicken Pesto Ciabatta	Wildfarmed Ciabatta (Wildfarmed WHEAT Flour (WHEAT Flour, Calcium, Niacin, Iron, Folic Acid, Thiamin), Fortified WHEAT Flour (WHEAT Flour, Calcium, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Rapeseed Oil, WHEAT Gluten, Preservative (Calcium Propionate), WHEAT Flour), Sliced Chicken Breast (22%) (Chicken, Water, Salt, Starch, Dextrose, D-xylose, Acidity Regulator (Sodium Citrates, Sodium Carbonates)), Basil 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)), Basil Paste (Basil, Sunflower Oil, Salt)), Mozzarella & Cheddar Cheese (Mozzarella Cheese (MILK), Cheddar Cheese (30%) (MILK), Anti Caking Agent (Potato Starch)), Spinach (4%).	per 100g	per portion (g)
		KJ	920
		Kcal	219
		Fat	7.5
		Sat	1.9
		Carbs	25.1
		Sugar	1.8
		Fibre	1.8
		Protein	12.0
		Salt	1.40
		Portion weight (g)	225
		per 100g	per portion (g)
Tuna Melt Ciabatta	Wildfarmed Ciabatta (Wildfarmed WHEAT Flour (WHEAT Flour, Calcium, Niacin, Iron, Folic Acid, Thiamin), Fortified WHEAT Flour (WHEAT Flour, Calcium, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Rapeseed Oil, WHEAT Gluten, Preservative (Calcium Propionate), WHEAT Flour), Tuna Mayonnaise, Cheese & Onion (38%) (Tuna (Tuna (FISH), Water, Salt), Mozzarella & Cheddar Cheese (Mozzarella Cheese (MILK), Cheddar Cheese (MILK), Anti Caking Agent (Potato Starch)), Toastie Sauce (Water, Rapeseed Oil, Modified Starch, Salt, Sugar, Lactic Acid, Flavouring, Natural Colour (Beta-Carotene)), 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)), Red Onion), West Country Mature Cheddar Cheese (MILK) (10%).	KJ	1084
		Kcal	258.0
		Fat	9.2
		Sat	2.9
		Carbs	30.0
		Sugar	1.3
		Fibre	2.1
		Protein	12.8
		Salt	1.20
		Portion weight (g)	200
		per 100g	per portion (g)
Italian Antipasti Ciabatta (Vg)	Wildfarmed Ciabatta (Wildfarmed WHEAT Flour (WHEAT Flour, Calcium, Niacin, Iron, Folic Acid, Thiamin), Fortified WHEAT Flour (WHEAT Flour, Calcium, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Rapeseed Oil, WHEAT Gluten, Preservative (Calcium Propionate), WHEAT Flour), Antipasti Mix (32%) (Roasted Red Peppers (Red Peppers, Water, Salt, Citric Acid), Chickpeas (Chickpeas, Water, Salt), Grilled Artichokes (Artichokes, Sunflower Seeds Oil, Salt, Sugar, Herbs, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid)), Basil Paste (Basil, Sunflower Oil, Salt), Vegan Mayonnaise (Water, Rapeseed Oil, Modified Starch, Sugar, Salt, Preservative (Acetic Acid), Stabilisers (Xanthan Gum, Guar Gum), Natural Colour (Beta-Carotene)), Dried Oregano), Vegan Mature Cheddar Style Slice (11%) (Water, Coconut Oil, Modified Potato Starch, Tricalcium Citrate, Maize Starch, Fructose, Sea Salt, Natural Flavourings, Modified Maize Starch, Thickeners (Carrageenan, Guar Gum), Yeast Extract, Acidity Regulators (Lactic Acid, Sodium Lactate, Citric Acid), Colour (Carotenes)), Spinach (3%).	KJ	928
		Kcal	221
		Fat	6.4
		Sat	1.8
		Carbs	32.5
		Sugar	1.5
		Fibre	2.5
		Protein	6.9
		Salt	1.20
		Portion weight (g)	190

TOASTIES			
PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Cheese & Chutney Toastie (V)	Cheese Topped Bloomer (White Bloomer Bread (Fortified WHEAT Flour (Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Vegetable Oils (Rapeseed Oil, Palm Oil), Salt, Dextrose, WHEAT Protein, Spirit Vinegar, Emulsifiers (Mono-and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Palm Fat, Flour Treatment Agent (Ascorbic Acid), WHEAT Flour), Mozzarella & Cheddar Cheese (Mozzarella Cheese (MILK) (15%), Cheddar Cheese (MILK) (6%), Anti Caking Agent (Potato Starch)), Toastie Sauce (Water, Rapeseed Oil, Modified Starch, Salt, Sugar, Lactic Acid, Flavouring, Natural Colour (Beta-Carotene))), White Bloomer Bread (Fortified WHEAT Flour (Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Vegetable Oils (Rapeseed Oil, Palm Oil), Salt, Dextrose, WHEAT Protein, Spirit Vinegar, Emulsifiers (Mono-and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Palm Fat, Flour Treatment Agent (Ascorbic Acid), WHEAT Flour), Three Cheese Mix (20%) (Toastie Sauce (Water, Rapeseed Oil, Modified Starch, Salt, Sugar, Lactic Acid, Flavouring, Natural Colour (Beta-Carotene)), Mozzarella & Cheddar Cheese (Mozzarella Cheese (MILK) (26%), Cheddar Cheese (MILK) (11%), Anti Caking Agent (Potato Starch)), Grated Red Cheddar Cheese (12%) (MILK , Annatto Norbixin, Potato Starch)), Caramelised Onion Chutney (10%) (Red Onion (50%), Sugar, Red Wine Vinegar, Muscovado Sugar, Modified Maize Starch, Dried Onion, Salt, Black Pepper).	per 100g	per portion (g)
		KJ	1238
		Kcal	296.0
		Fat	14.0
		Sat	3.2
		Carbs	31.1
		Sugar	6.3
		Fibre	2.0
		Protein	10.2
		Salt	1.30
		Portion weight (g)	201
		per 100g	per portion (g)
Mozzarella & Tomato Toastie (V)	Cheese Topped Bloomer (White Bloomer Bread (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Vegetable Oils (Rapeseed Oil, Palm Oil), Salt, Dextrose, WHEAT Protein, Spirit Vinegar, Emulsifiers (Mono-and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Palm Fat, Flour Treatment Agent (Ascorbic Acid), WHEAT Flour), Mozzarella & Cheddar Cheese (21%) (Mozzarella Cheese (MILK) (70%), Cheddar Cheese (MILK) (30%), Anti Caking Agent (Potato Starch)), Toastie Sauce (Water, Rapeseed Oil, Modified Starch, Salt, Sugar, Lactic Acid, Flavouring, Natural Colour (Beta-Carotene))), White Bloomer Bread (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Vegetable Oils (Rapeseed Oil, Palm Oil), Salt, Dextrose, WHEAT Protein, Spirit Vinegar, Emulsifiers (Mono-and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Palm Fat, Flour Treatment Agent (Ascorbic Acid), WHEAT Flour), Cream Cheese & Tomato (30%) (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)), Grated Mature Cheddar Cheese (16%) (Mature Cheddar Cheese (MILK), Anti Caking Agent (Potato Starch)), Grated Red Cheddar Cheese (16%) (MILK , Annatto Norbixin, Potato Starch), Soft Cheese (16%) (Cream (MILK), Skimmed MILK , Skimmed MILK Powder, Modified Starch (Hydroxy Propyl Distarch Phosphate)), Semi Dried Tomato).	KJ	1365
		Kcal	327
		Fat	18.4
		Sat	4.9
		Carbs	29.3
		Sugar	3.7
		Fibre	2.6
		Protein	11.0
		Salt	1.20
		Portion weight (g)	201
		per 100g	per portion (g)
Ham & Cheese Toastie (V)	Cheese Topped Bloomer (White Bloomer Bread (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Vegetable Oils (Rapeseed, Palm), Salt, Dextrose, WHEAT Protein, Spirit Vinegar, Emulsifiers (Mono-and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Palm Fat, Flour Treatment Agent (Ascorbic Acid), WHEAT Flour), Mozzarella & Cheddar Cheese (21%) (Mozzarella Cheese (MILK) (70%), Cheddar Cheese (MILK) (30%), Anti Caking Agent (Potato Starch)), Toastie Sauce (Water, Rapeseed Oil, Modified Starch, Salt, Sugar, Lactic Acid, Flavouring, Natural Colour (Beta-Carotene))), White Bloomer Bread (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Vegetable Oils (Rapeseed, Palm), Salt, Dextrose, WHEAT Protein, Spirit Vinegar, Emulsifiers (Mono-and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Palm Fat, Flour Treatment Agent (Ascorbic Acid),	KJ	1252
		Kcal	299.0
		Fat	15.1
		Sat	4.1
		Carbs	28.0
		Sugar	3.2
		Fibre	2.1
		Protein	12.0
		Portion weight (g)	23.2
		per 100g	per portion (g)

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WHEAT Flour), British Ham (16%) (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, Potassium Nitrate)), Pork Protein, Smoke Flavour), Toastie Sauce (Water, Rapeseed Oil, Modified Starch, Salt, Sugar, Lactic Acid, Flavouring, Natural Colour (Beta-Carotene)), West Country Cheddar (MILK) (9%).	Salt	1.40	2.80
	Portion weight (g)		215

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BREAKFAST

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
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%).	KJ	1577
		Kcal	378.0
		Fat	23.7
		Sat	14.3
		Carbs	25.8
		Sugar	4.7
		Fibre	1.7
		Protein	14.6
		Salt	1.50
		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)).	KJ	1069
		Kcal	254
		Fat	7.3
		Sat	1.3
		Carbs	34.4
		Sugar	6.5
		Fibre	2.3
		Protein	11.6
		Salt	1.10
		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%).	KJ	1199
		Kcal	287
		Fat	13.8
		Sat	5.0
		Carbs	28.0
		Sugar	1.4
		Fibre	2.3
		Protein	11.4
		Salt	1.10
		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%).	KJ	1270
		Kcal	303
		Fat	11.1
		Sat	3.3
		Carbs	31.1
		Sugar	2.0
		Fibre	1.6
		Protein	18.9
		Salt	1.90
		Portion weight (g)	127

FLATBREAD

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
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, Onion 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))))	KJ	862
		Kcal	205.0
		Fat	5.8
		Sat	1.1
		Carbs	23.6
		Sugar	5.9
		Fibre	4.4
		Protein	12.4
		Salt	0.70
		Portion weight (g)	190

FOCACCIA

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
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%).	KJ	784
		Kcal	186.0
		Fat	5.4
		Sat	1.0
		Carbs	22.3
		Sugar	1.7
		Fibre	1.6
		Protein	11.3
		Salt	1.10
		Portion weight (g)	218

