

HOW TO USE THIS GUIDE

PASTRIES	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Almond Croissant	*	*	*	*										
Butter Croissant	*	*	*											
Cinnamon Swirl	*	*	*											



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.), the Allergen information can be found on the product's 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

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.

PASTRIES

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Almond Croissant	*	*	*	*										
Apricot Croissant	*	*	*											
Butter Croissant	*	*	*											
Chocolate Twist	*	*	*				*							
Cinnamon Swirl	*	*	*											
Pain au Chocolat	*	*	*				*							
Pain au Raisin	*	*	*											
Vegan Raspberry Croissant	*													

MUFFINS & SCONES

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Belgian Chocolate Muffin	*	*	*				*		*					
Blueberry Muffin	*	*	*											
Sicilian Lemon Curd Muffin	*	*	*						*					
Fruit Scone	*	*	*											

WHOLE CAKES

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Belgian Chocolate Fudge Cake	*	*	*				*							
Carrot Cake	*	*	*	*										
Luxury Blackforest Roulade	*	*	*				*							
Billionaires Cake	*	*	*				*							

LOAF CAKES

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Banana & Walnut Loaf Cake	*	*	*	*										
Sicilian Lemon Drizzle Loaf Cake	*	*	*											

BROWNIES & SHORTBREAD

		This Product Contains												
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Caramel Shortbread	*		*				*							
Belgian Chocolate Brownie	*	*	*				*							
Caramel and Sea Salt Brownie	*	*	*				*							

CHEESECAKE

		This Product Contains												
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Sicilian Lemon Cheesecake	*	*	*											
Salted Caramel & Chocolate Vegan Cheesecake	*						*							

COOKIES
SWEET

		This Product Contains												
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Belgian Chocolate Chunk Cookie	*	*	*				*							
Caramel Chocolate Cookie	*	*	*				*							
Oat & Raisin Cookie	*	*												

INDIVIDUAL CAKES

		This Product Contains												
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Cherry Bakewell Crumble Cake	*	*	*	*										
Mini Cappuccino Cake	*	*	*											
Raspberry & Amaretti Crumble Cake	*	*	*											
Mince Pies	*													

GRAB & GO CHOCOLATE

		This Product Contains												
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Chocolate Coin			*				*							
Gianduja Chocolate				*			*							

PORRIDGE

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Porridge with semi-skimmed or skimmed milk	*		*											
Porridge with Alpro Soya milk	*						*							
Porridge with Alpro Coconut milk	*						*							
Porridge with Alpro Oat milk	*													

SAVOURY ROLLS

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Pork & Pancetta Sausage Roll	*	*	*											
Sourdough Bread Roll	*													
Vegan Vegetable 'Sausage' Roll	*													

PARCELS

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Roasted Vegetable & Spanish Chorizo Parcel	*	*	*											
Italian Tomato & Caramelised Onion Parcel with Mozzarella	*	*	*											

SAUCES

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Heinz Ketchup Sauce	*													
HP Sauce Sachet	*													

HOT DRINKS - COFFEE

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Espresso			*											
Espresso Macchiato			*											
Espresso Ristretto			*											
Espresso Con Panna			*											
Cappuccino			*											
Caffe Latte			*											
Caffe Mocha (served with whipped cream)			*											
Americano (if served with milk)			*											
Cortado			*											
Flat White			*											

BEVERAGE
HOT DRINKS - TEA, HOT CHOCOLATE & SPECIALITY

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Tea (if served with milk)			*											
Herbal Tea														
Hot Chocolate (served with whipped cream)			*				*							
Hot Chocolate Milano (served with whipped cream)			*				*							
Chai Latte			*											
White Chocolate Mocha (served with whipped cream)			*				*							
Caramelatte (served with whipped cream)			*											

NON DAIRY MILK

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Alpro Coconut							*							
Alpro Oat	*													
Alpro Soya							*							

BEVERAGE

ICED DRINKS

This Product Contains

Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Belgian Mocha Frappe Latte			*				*							
Frappe Latte			*											
Frappe Crème - Belgian triple Chocolate			*				*							
Frappe Crème - Espresso & Caramel			*											
Frappe Crème - Salted Caramel & Pistachio			*											
Fruit Booster - Alphonso Mango & Passionfruit														
Fruit Booster - Raspberry & Italian Peach														
Iced Cappuccino			*											
Iced Coconut Latte							*							
Iced Latte			*											
Milkshake - Belgian Chocolate			*											
Milkshake - Strawberry			*											
Milkshake - Vanilla			*											
Original Espresso & Tonic														
Ultimate Espresso & Tonic														

EXTRAS

This Product Contains

Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Whipped Cream			*											
Marshmallows														
Caramel Sauce														

SYRUPS

This Product Contains

Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Amaretto (Monin)				*										
Hazelnut (Monin)				*										
Hazelnut - Sugar Free (Monin)				*										

All other syrups (Monin & Caffè Nero branded) do not contain any allergens.

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.

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Almond Croissant (V)	Pastry: Wheat Flour (WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid E300)), Water, Palm Fat, Yeast, Sugar, Butter (MILK) 2%, Rapeseed Oil, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Yeast, Flour Treatment Agent (Ascorbic Acid E300)), Emulsifier (Mono- and diglycerides of fatty acids E471), Acidity Regulator (Citric Acid E330), Flavouring, EGG . Almond Filling (19%) (Sugar, Almonds (7%) (NUTS), EGG White, Inverted Sugar Syrup, Water, EGG Yolk, Invertase E1103). Topping: Almond Flakes (4.2%) (NUTS).	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)		

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

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.

Key for Dietary Suitability:

- DF** = Dairy-Free
- GF** = Gluten-Free
- V** = Vegetarian
- Vg** = Vegan

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For our stores in Northern Ireland the nutritional and ingredient information for Scones, Panini, Tostati, Sandwiches, Crisps and some Snacks, is different than the information for the rest of the UK. Please refer to the information on pages 16-19 for products sold in NI stores.

PASTIRES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Almond Croissant (V)	Pastry: Wheat Flour (WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid E300)), Water, Palm Fat, Yeast, Sugar, Butter (MILK) 2%, Rapeseed Oil, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Yeast, Flour Treatment Agent (Ascorbic Acid E300)), Emulsifier (Mono- and diglycerides of fatty acids E471), Acidity Regulator (Citric Acid E330). Flavouring: EGG, ALMOND Filling (19%) (Sugar, ALMONDS (7%) (NUTS), EGG White, Inverted Sugar Syrup, Water, EGG Yolk, Invertase E1103). Topping: ALMOND Flakes (4.2%) (NUTS). May contain traces of other NUTS (Hazelnuts).	KJ	1701	1435
		Kcal	407	343
		Fat	21.1	17.8
		Sat	9.0	7.6
		Carbs	43.9	36.9
		Suagr	13.7	11.6
		Fibre	2.4	1.9
		Protein	9.3	7.8
		Salt	0.7	0.6
		Portion weight (g)		84
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 24%, Pastry cream 17% (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450ii, E339ii), colour (E160ai), flavouring), egg wash (EGGS, water). May contain: traces of NUTS and traces of SOYA.	per 100g		per portion (g)
		KJ	1081	1113
		Kcal	258	266
		Fat	11	11.3
		Sat	6.7	6.9
		Carbs	34	35
		Suagr	11	11.3
		Fibre	2	2.1
		Protein	4.7	4.8
		Salt	0.7	0.7
Portion weight (g)		115		
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. May contain: traces of NUTS and traces of SOYA.	per 100g		per portion (g)
		KJ	1792	915
		Kcal	429	219
		Fat	23	11.8
		Sat	15	7.7
		Carbs	46	23.2
		Suagr	6.8	3.5
		Fibre	2.6	1.3
		Protein	8.1	4.3
		Salt	1.2	0.6
Portion weight (g)		60		
Chocolate Twist (V)	Pastry: WHEAT flour, butter (MILK), water, yeast, sugar, EGGs, salt, WHEAT gluten, enzymes (amylases, hemicellulases, flour treatment agent (E300)), Pastry cream (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450ii, E339ii), colour (E160ai), flavouring), Chocolate 15.6% (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier (E322 (SOYA lecithin)), natural vanilla flavour), egg wash (EGGS, water), Icing sugar (Glucose, cornflour, vegetable oil). May contain: traces of NUTS.	per 100g		per portion (g)
		KJ	1512	1176
		Kcal	361	281
		Fat	16	11.9
		Sat	9.6	7.4
		Carbs	47	37.9
		Suagr	21	17.4
		Fibre	3	2.3
		Protein	5.7	4.3
		Salt	0.8	0.6
Portion weight (g)		90		
Cinnamon Swirl (V)	WHEAT Flour, Fine Butter (MILK) (19%), Water, Sugar, Yeast, EGG, Cinnamon (1.4%), Maize Starch, WHEAT Gluten, Salt, Whey Powder (MILK), Whole MILK Powder, Skimmed MILK Powder, Thickener (Sodium Alginate), EGG Albumin Powder, Turmeric Extract, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), Natural Flavouring, Acidity Regulator (Citric Acid), Carrot Extract. May contain: traces of SESAME SEEDS, NUTS, SOYA.	per 100g		per portion (g)
		KJ	1706	1467
		Kcal	407	350
		Fat	18.6	16
		Sat	12	10.3
		Carbs	51.2	44
		Suagr	21.8	18.7
		Fibre	2.78	2.4
		Protein	6.7	5.8
		Salt	0.6	0.5
Portion weight (g)		86		
Pain au Chocolat (V)	Pastry: (WHEAT flour, Butter (MILK), water, chocolate 10% (sugar, cocoa 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). May contain: traces of NUTS.	per 100g		per portion (g)
		KJ	1786	1120
		Kcal	427	268
		Fat	23	14.3
		Sat	15	9.3
		Carbs	46	29.1
		Suagr	12	8.1
		Fibre	3	1.9
		Protein	7.6	4.8
		Salt	1	0.6
Portion weight (g)		75		
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)). May contain: traces of NUTS and traces of SOYA.	per 100g		per portion (g)
		KJ	1417	1245
		Kcal	338	296
		Fat	14	10.8
		Sat	9.1	6.8
		Carbs	46	43.2
		Suagr	19	17.1
		Fibre	2.3	2.3
		Protein	5.8	5.4
		Salt	0.8	0.6
Portion weight (g)		110		
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). May contain: traces of MILK, SESAME SEEDS, SOYA, NUTS, EGGs.	per 100g		per portion (g)
		KJ	1589	1239
		Kcal	379	296
		Fat	16.3	12.7
		Sat	8.2	6.4
		Carbs	50.7	39.5
		Suagr	18.5	14.4
		Fibre	2.7	2.1
		Protein	6.4	5
		Salt	0.5	0.4
Portion weight (g)		110		

MUFFINS & SCONES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Belgian Chocolate Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, thiamin), sugar, water, liquid EGG , vegetable oil rapeseed, 9% filling (sugar, vegetable fats palm, fat-reduced cocoa, cocoa mass, fat reduced cocoa powder, emulsifier E322 (SOYA), natural vanilla flavouring), 3% Belgian dark chocolate chunks (sugar, cocoa mass, cocoa butter, emulsifier E322 (SOYA), natural vanilla flavouring), 3% Belgian milk chocolate chunks (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier E322 (SOYA), natural vanilla flavouring), buttermilk (MILK), 1.8% chocolate shavings curled mix (sugar, cocoa mass, cocoa butter, whole MILK powder, Lactose (MILK), whey powder (MILK), butter oil (MILK), emulsifier E322 (SOYA), natural vanilla flavouring), 1.4% large dark slabs (sugar, cocoa mass, cocoa butter, natural vanilla flavouring, emulsifier E322 (SOYA)), 1.4% large MILK slabs (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier E322 (SOYA), natural vanilla flavouring), raising agents (E341, E450, E501), inulin, glucose syrup, WHEAT starch, MILK protein, modified corn starch, humectants (E420, E422), emulsifiers (E471, E475), WHEAT flour, preservatives (E202, E223 (Contains SULPHITES)), stabiliser E415, natural flavouring, WHEAT Gluten, salt, acidity regulator E330, anti-caking agents (E470a, E551), rapeseed oil.	KJ	1702	1872	
		Kcal	407	448	
		Fat	22	24	
		Sat	5	6	
		Carbs	45	49	
		Suagr	29	32	
		Fibre	2	2	
		Protein	6	7	
		Salt	0.4	0.4	
		Portion weight (g)		110	
		KJ	1431	1547	
		Kcal	342	376	
Fat	16	17			
Sat	2	2			
Carbs	44	49			
Suagr	21	23			
Fibre	1.2	1			
Protein	6	6			
Salt	0.4	0.4			
Portion weight (g)		110			
Blueberry Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, thiamin), sugar, liquid EGG , 10% blueberries, water, 9% blueberry filling (water, blueberries, sugar, dextrose, glucose syrup, acidity regulators (E330, E331), gelling agent E440, natural flavouring, thickener E415, preservative E202), buttermilk (MILK), raising agents (E341, E450, E501), palm oil, inulin, MILK protein, WHEAT starch, emulsifiers (E471, E475), modified corn starch, WHEAT Gluten, WHEAT flour, preservative E202, glucose syrup, stabiliser E415, salt, acidity regulator E330, natural flavouring, colouring E160a, rapeseed oil.	KJ	1517	1649	
		Kcal	362	398	
		Fat	16	17	
		Sat	2	3	
		Carbs	50	55	
		Suagr	26	28	
		Fibre	1	1	
		Protein	5	6	
		Salt	0.4	0.5	
		Portion weight (g)		110	
		KJ	1281	1204	
		Kcal	305	287	
Fat	10.7	10.1			
Sat	0.8	0.8			
Carbs	46.1	43.3			
Suagr	14.3	13.4			
Fibre	1.2	1.1			
Protein	6.4	6			
Salt	1.2	1.15			
Portion weight (g)		94			
Sicilian Lemon Curd Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, thiamin), sugar, liquid EGG , water, 9% Sicilian lemon curd (sugar, liquid EGG , butter (MILK), water, concentrated lemon juice (lemon juice concentrate, preservatives (E223 (Contains SULPHITES), E224 (Contains SULPHITES)), lemon oil, thickener E406, salt), inulin, 4% lemon zest, 3% streusel (WHEAT flour (calcium carbonate, iron, niacin, thiamin), coarse granulated sugar, margarine (vegetable oils (rapeseed, palm), water, salt, natural flavouring), natural flavouring), buttermilk (MILK), 1.8% sweet snow (dextrose, palm oil, cornflour), 0.9% lemon strip (lemon peel, sugar, glucose-fructose syrup, acidity regulator E330), raising agents (E341, E450, E501), glucose syrup, palm oil, WHEAT starch, MILK protein, emulsifiers (E471, E475), humectants (E420, E422), natural flavouring, modified com starch, WHEAT flour, preservatives (E202, E223 (Contains SULPHITES)), WHEAT Gluten, stabiliser E415, salt, acidity regulator E330, colouring E160a, rapeseed oil.	KJ	1517	1649	
		Kcal	362	398	
		Fat	16	17	
		Sat	2	3	
		Carbs	50	55	
		Suagr	26	28	
		Fibre	1	1	
		Protein	5	6	
		Salt	0.4	0.5	
		Portion weight (g)		110	
		KJ	1281	1204	
		Kcal	305	287	
Fat	10.7	10.1			
Sat	0.8	0.8			
Carbs	46.1	43.3			
Suagr	14.3	13.4			
Fibre	1.2	1.1			
Protein	6.4	6			
Salt	1.2	1.15			
Portion weight (g)		94			
Fruit Scone (Scotland, England & Wales) (V)	Scone: WHEAT Flour (contains Calcium carbonate, Iron, Niacin & Thiamin), Milk, Butter (MILK) (10%), Sultanas (9%), EGG , Sugar, Raising Agents (E450, E500), Sunflower Oil.	KJ	1281	1204	
		Kcal	305	287	
		Fat	10.7	10.1	
		Sat	0.8	0.8	
		Carbs	46.1	43.3	
		Suagr	14.3	13.4	
		Fibre	1.2	1.1	
		Protein	6.4	6	
		Salt	1.2	1.15	
		Portion weight (g)		94	

EXTRAS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Raspberry Jam (Vg)	Raspberry Jam: Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium Citrate	KJ	1016	305	
		Kcal	239	72	
		Fat	0.2	0.06	
		Sat	0	0	
		Carbs	57	17.1	
		Suagr	57	17.1	
		Protein	0.7	0.2	
		Salt	0	0	
		Portion weight (g)		30	
		KJ	1023	307	
		Kcal	241	72	
		Fat	0.1	0.03	
Sat	0	0			
Carbs	59	17.7			
Suagr	59	17.7			
Protein	0.4	0.12			
Salt	0	0			
Portion weight (g)		30			
Strawberry Jam (Vg)	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid	KJ	1016	305	
		Kcal	239	72	
		Fat	0.2	0.06	
		Sat	0	0	
		Carbs	57	17.1	
		Suagr	57	17.1	
		Protein	0.7	0.2	
		Salt	0	0	
		Portion weight (g)		30	
		KJ	1023	307	
		Kcal	241	72	
		Fat	0.1	0.03	
Sat	0	0			
Carbs	59	17.7			
Suagr	59	17.7			
Protein	0.4	0.12			
Salt	0	0			
Portion weight (g)		30			
Lakeland Butter (V)	Butter: Cream (MILK), Salt	KJ	3036	213	
		Kcal	738	52	
		Fat	81.4	5.7	
		Sat	52.3	3.7	
		Carbs	0.8	0.1	
		Suagr	0.8	0.1	
		Protein	0.6	0.04	
		Salt	1.9	0.1	
		Portion weight (g)		7	
		KJ	2413	965	
		Kcal	586	234	
		Fat	63.7	25.5	
Sat	39.7	15.9			
Carbs	2.2	0.9			
Suagr	2.2	0.9			
Protein	1.6	0.6			
Salt	0.05	0.0			
Portion weight (g)		40			
Rodda's Cornish Clotted Cream (V)	100% Cornish cows MILK	KJ	2413	965	
		Kcal	586	234	
		Fat	63.7	25.5	
		Sat	39.7	15.9	
		Carbs	2.2	0.9	
		Suagr	2.2	0.9	
		Protein	1.6	0.6	
		Salt	0.05	0.0	
		Portion weight (g)		40	

PORRIDGE & TOPPINGS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Porridge made with Semi Skimmed Milk (V)	Quaker Rolled OATS, Semi Skimmed MILK	KJ	426	1022
		Kcal	102	244
		Fat	2.8	6.7
		Sat	1.2	2.8
		Carbs	13.7	32.8
		Sugar	4.1	9.8
		Fibre	1.5	3.5
		Protein	4.7	11.4
		Salt	0.1	0.2
		Portion weight (g)	240	
Porridge made with Skimmed Milk (V)	Quaker Rolled OATS, Skimmed MILK.	per 100g		per portion (g)
		KJ	383	918
		Kcal	91	219
		Fat	1.6	3.8
		Sat	0.4	0.9
		Carbs	13.8	33
		Sugar	4.2	10.0
		Fibre	1.5	3.5
		Protein	4.7	11.4
		Salt	0.1	0.2
Portion weight (g)	240			
Porridge made with Whole Milk (V)	Quaker Rolled OATS, Whole MILK.	per 100g		per portion (g)
		KJ	484	1161
		Kcal	116	277
		Fat	4.4	10.6
		Sat	2.2	5.3
		Carbs	13.6	32.6
		Sugar	4.0	9.6
		Fibre	1.5	3.5
		Protein	4.7	11.2
		Salt	0.1	0.2
Portion weight (g)	240			
Porridge made with Soya Milk (Vg)	Quaker Rolled OATS, Alpro Soya Milk: Water, Hulled SOYA beans (8.7%), Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2).	per 100g		per portion (g)
		KJ	414	993
		Kcal	99	238
		Fat	3.0	7.1
		Sat	0.5	1.2
		Carbs	12.4	29.7
		Sugar	2.7	6.5
		Fibre	2.0	4.8
		Protein	4.7	11.2
		Salt	0.0	0.0
Portion weight (g)	240			
Porridge made with Coconut Milk (Vg)	Quaker Rolled OATS, Alpro Coconut Milk: SOYA base (Water, Hulled SOYA beans (2.9%)), Coconut milk (3.5%) (Coconut cream, Water), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Flavouring, Stabiliser (Gellan gum).	per 100g		per portion (g)
		KJ	376	901
		Kcal	90	215
		Fat	2.5	6.0
		Sat	0.9	2.0
		Carbs	12.6	30.3
		Sugar	3.0	7.3
		Fibre	1.6	3.9
		Protein	3.1	7.4
		Salt	0.0	0.0
Portion weight (g)	278			
Porridge made with Oat Milk (Vg)	Quaker Rolled OATS, Alpro Oat Milk: OAT base (Water, OAT (10%)), Sunflower oil, Pea protein, Sea salt, Vitamins (B2, B12, D2).	per 100g		per portion (g)
		KJ	428	1026
		Kcal	102	244
		Fat	2.4	5.8
		Sat	0.7	1.6
		Carbs	16.8	40.3
		Sugar	3.6	8.5
		Fibre	2.2	5.2
		Protein	2.1	4.9
		Salt	0.0	0.0
Portion weight (g)	278			
Seeds & Fruit Mix Topper (V)	Toasted pumpkin seeds (20%), Toasted sunflower seeds (20%), Golden raisins (20%) (Raisins, Sunflower oil, Preservative: SULPHUR DIOXIDE), Dried sweetened cranberries (20%) (Sugar, Cranberries, Sunflower oil), Brown inseed (20%), May contain traces of PEANUTS and NUTS.	per 100g		per portion (g)
		KJ	1934	483
		Kcal	462	115
		Fat	22.5	5.6
		Sat	2.6	0.7
		Carbs	46.5	11.6
		Sugar	27.9	7.0
		Fibre	13.5	3.4
		Protein	11.7	2.9
		Salt	0.05	0.0
Portion weight (g)	25			
Fruit Mix Topper (Vg, DF)	Golden raisins (30%) (Raisins, Sunflower oil, Preservative: SULPHUR DIOXIDE), Dried sweetened cranberries (30%) (Sugar, Cranberries, Sunflower oil), Raisins (30%) (Raisins, Sunflower oil), Dried sweetened blueberries (10%) (Blueberries, Sugar, Sunflower oil).	per 100g		per portion (g)
		KJ	1336	334
		Kcal	319	80
		Fat	0.5	0.1
		Sat	0.2	0.0
		Carbs	75.1	18.8
		Sugar	67.4	16.8
		Fibre	4.4	1.1
		Protein	1.5	0.4
		Salt	0.10	0.0
Portion weight (g)	25			

WHOLE CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Belgian Chocolate Fudge Cake (V)	Cake (67%) (EGG, Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Chocolate (7%) (Cocoa Mass, Sugar, Cocoa Butter, SOYA Lecithin, Flavouring), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier [E471]), Greek Style Natural Yoghurt (MILK), Rapeseed Oil, Water, Fat Reduced Cocoa Powder, Glycerine, Skimmed MILK Powder, Emulsifiers [E477, E471, E475], Raising Agents [E450, E501]), Icing (Icing Sugar, Full Fat Soft Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: E202), Butter (MILK) (4%), Fat Reduced Cocoa Powder, Water, Emulsifiers [E477, E471, E475], Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, SOYA Lecithin, Flavouring), Chocolate Chips (Sugar, Cocoa Mass, Cocoa Butter, SOYA Lecithin, Flavouring), May contain NUTS, MUSTARD and SESAME SEEDS).	KJ	1660	1759
		Kcal	396	420
		Fat	18.7	19.9
		Sat	8.4	8.9
		Carbs	51.1	54.2
		Suagr	34.2	36.3
		Fibre	1.1	1.2
		Protein	5.3	5.6
		Salt	0.3	0.4
		Portion weight (g)		106
Carrot Cake (V)	Cake (73%) (Brown Sugar, Carrot (11%), EGG, Rapeseed Oil, Wholemeal WHEAT Flour, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Date Paste (Dates, Rice flour), Pineapple Pulp, Water, Walnuts (NUTS), Raising Agents (E500, E450, E501), Cinnamon, Salt, Mixed Spice, Thickeners (E415)), Frosting (25%) (Icing Sugar, Full Fat Soft Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: E202), Butter (MILK) (4%), Fat Reduced Cocoa Powder, Water, Emulsifiers [E477, E471]), Skimmed MILK Powder, Modified Maize Starch, Emulsifiers [E477, E471, E475], Flavouring, Stabiliser (E410)), Walnuts (NUTS), Pistachios (NUTS), May contain traces of SOYA and other NUTS.	KJ	1590	2274
		Kcal	379	541
		Fat	16.8	24.1
		Sat	3.4	4.9
		Carbs	51.5	73.7
		Suagr	31.3	44.7
		Fibre	1.8	2.5
		Protein	3.3	4.7
		Salt	0.6	0.8
		Portion weight (g)		143
Luxury Blackforest Roulade (V)	Single Cream (MILK), Sugar, Icing Sugar, Reduced Fat Soft Cheese (Skimmed Milk, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Black Cherry Pie Filling (Water, 11% Black Cherries, Sugar, Modified Tapioca Starch, Acidity Regulator: Citric Acid; Natural Cherry Flavour, Preservative: Potassium Sorbate) (4%), White Chocolate Buttons (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin) (4%), Water, Free Range EGG, Rapeseed Oil, Buttermilk (Skimmed MILK, Skimmed MILK Solids, MILK Protein Concentrate), Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Fat Reduced Cocoa Powder, Belgian Chocolate Chips (Cocoa Mass, Sugar, Dextrose, Emulsifier: SOYA Lecithin) (3%), Dark Chocolate Flavoured Pieces (Sugar, Palm Oil, Fat Reduced Cocoa Powder, Whey Powder (MILK), Stabiliser: Sorbitan Tristearate; Emulsifier: SOYA Lecithin), Condensed Milk (MILK, Granulated Sugar), Modified Potato Starch, Modified Waxy Maize Starch, Raising Agent: Sodium Bicarbonate, Flavouring, Raising Agent (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; WHEAT Flour), Salt, Thickener Blend (Thickeners: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose).	KJ	1305	1621
		Kcal	311	386
		Fat	16.3	19.0
		Sat	7.0	8.3
		Carbs	37.3	48.3
		Suagr	26.7	35.5
		Fibre	1.9	2.5
		Protein	3.7	5.1
		Salt	0.4	0.5
		Portion weight (g)		131
Billionaires Cake (V)	Chocolate Sponge (48%) (Sugar, WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Pasteurised Free Range EGG, Rapeseed Oil, Water, Fat Reduced Cocoa Powder (4.8%), Humectant (Vegetable Glycerine), Skimmed MILK Powder, Raising Agents (Bicarbonate of Soda, E450, E501)), Toffee Buttercream (25%) (Sugar, Butter (MILK), Natural Flavouring, Salt (0.5%), Colour (Caramel)), Toffee Sponge (24%) (WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Toffee Sauce (13%) (Glucose Syrup, Invert Sugar Syrup, Sweetened Condensed Skimmed MILK, Sugar, Butter Oil (MILK), Water, Colour (Caramel), Stabiliser (Pectin), Natural Flavouring), Water, Pasteurised Free Range EGG, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier [E471]), Natural Flavouring, Colours (Annatto, Curcumin)), Humectant (Vegetable Glycerine), Skimmed MILK Powder, Raising Agents (E450, E501), Natural Flavouring), Gold Dusted Chocolate-Coated Malted Cereal Balls (1.1%) (MILK Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Skimmed MILK Powder, Emulsifiers (E-322, E476), Natural Flavouring), Malted Cereal Balls (Rice Flour, WHEAT Flour, Powder Milk, Sugar, Salt), Thickener [E414], Gold Edible Glitter (Anti-Caking Agent (E555), Colours (E171, E172))), Belgian Dark Chocolate (0.3%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), May contain Traces of NUTS.	KJ	1748	2321
		Kcal	418	555
		Fat	20.5	27.3
		Sat	7.7	10.3
		Carbs	54.8	72.9
		Suagr	38.6	51.3
		Fibre	1.7	2.3
		Protein	4.3	5.7
		Salt	0.7	0.9
		Portion weight (g)		123

LOAF CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Banana & Walnut Loaf Cake (V)	Banana Puree (17%) (Banana Puree, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, EGG, Walnuts (6%) (NUTS), Wholemeal Flour (Wholemeal WHEAT Flour, WHEAT Gluten), Water, Brown Sugar, Dried Coconut, Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglyceride of Fatty acids, Sodium Stearoyl-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; WHEAT protein), Glycerine, Cinnamon, Raising Agent: Sodium Bicarbonate, Disodium Diphosphate, Potassium Hydrogen Carbonate; Mixed Spice, Salt, Flavouring, Stabiliser: Xanthan Gum.	KJ	1650	1444
		Kcal	394	345
		Fat	21.6	18.9
		Sat	2.8	2.4
		Carbs	46.2	40.4
		Suagr	23.7	20.7
		Fibre	1.9	1.7
		Protein	6.6	5.8
		Salt	0.6	0.5
		Portion weight (g)		88
Sicilian Lemon Drizzle Loaf Cake (V)	Cake (Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG, Rapeseed Oil, Water, Cake concentrate (Modified Maize Starch, WHEAT Starch, Raising agent: Disodium Diphosphate, Potassium Bicarbonate; Wheat Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Emulsifier: Mono- and Diglyceride of fatty acids, Propane 1,2 diol esters of fatty acid, Sodium stearoyl-2-lactylate), Rapeseed Oil, Dextrose, Preservative: Potassium Sorbate; WHEAT Gluten, Acidity Regulator: Citric acid; Stabiliser: Xanthan Gum), Sicilian Lemon Juice (3%), Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglyceride of Fatty acids, Sodium Stearoyl-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; WHEAT protein), Glycerine, Flavouring, Raising Agent: Disodium Diphosphate, Potassium Hydrogen Carbonate) Fondant (Sugar, Glucose Syrup, Water, Rapeseed Oil, Palm Oil, Dextrose, Fructose, Cornflour, Emulsifier: Mono- and Diglyceride of fatty acids; Sucrose esters of fatty acids; Humectant: Glycerine; Rice Starch, Acidity Regulator: Citric acid), Caramelised Lemon zest (1%) (Sugar, Lemon Zest, Water), Dextrose, Cornflour, Palm Oil.	KJ	1643	1561
		Kcal	391	372
		Fat	16.6	15.8
		Sat	1.7	1.6
		Carbs	55.1	52.3
		Suagr	29	27.6
		Fibre	1.1	1.0
		Protein	4.8	4.6
		Salt	0.6	0.5
		Portion weight (g)		95

BROWNIES & SHORTBREAD

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Caramel Shortbread (V)	Shortbread Base (44%) [WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Butter (MILK), Sugar, Cornflour], Caramel (40%) [Sweetened Condensed MILK, Butter (MILK), Light Brown Sugar, Golden Syrup], Milk Chocolate (14%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Dark Chocolate (1.5%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring]. May contain traces of NUTS and EGG.	KJ	2099	1574		
		Kcal	502	377		
		Fat	28.3	21.2		
		Sat	16.8	12.4		
		Carbs	56.6	42.5		
		Suagr	41	30.8		
		Fibre	1.5	1.1		
		Protein	4.7	3.5		
		Salt	0.5	0.4		
		Portion weight (g)		75		
		Belgian Chocolate Brownie (V)	Sugar, Belgian Dark Chocolate Chips (20%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Flavouring], Butter (MILK), Pasteurised Free Range EGG, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Salt.	KJ	1868	1009
				Kcal	447	241
				Fat	23.5	12.7
Sat	14.2			7.7		
Carbs	51.6			27.9		
Suagr	41.4			22.4		
Fibre	2.6			1.4		
Protein	5.9			3.2		
Salt	0.5			0.3		
Portion weight (g)				54		
Caramel & Sea Salt Brownie (V)	Sugar, Caramel (18%) [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], Belgian Dark Chocolate (16%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Butter (MILK), Pasteurised Free Range EGG, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Salt.			KJ	1851	1074
				Kcal	442	257
				Fat	22.4	13.0
		Sat	13.7	7.9		
		Carbs	54.1	31.4		
		Suagr	41.5	24.1		
		Fibre	2.2	1.3		
		Protein	5.1	3.0		
		Salt	1	0.6		
		Portion weight (g)		58		

CHEESECAKE

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Salted Caramel & Chocolate Vegan Cheesecake (Vg)	Coconut Milk (Coconut Extract, Water), Bourbon Biscuit Crumb (21%) [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Rapeseed Oil, Sugar, Cocoa Powder, Inverted Sugar Syrup, Raising Agent: Sodium Bicarbonate, Salt], Non-Dairy Soft Cheese (15%) [Water, Coconut Oil, Stabiliser Blend (Potato Starch, Maize Starch, Modified Potato Starch, Carob Bean Gum), Coconut, Salt, Natural Flavouring, Acidity Regulator: Tri-Calcium Phosphate, Citric Acid; Colour: Carot Juice Concentrate; Vitamin D2, Vitamin B12], Dark Couverture Chocolate (11%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring], Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Lemon Juice, Natural Vanilla Flavouring), Stabiliser Blend (Sugar, Maltodextrin, Modified Starch, Thickener: Carageenan), Cornflour (Maize), Cocoa Butter, Stabiliser Mix (Water, Sugar, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids), Water, Speculoos Spread (Caramelised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: SOYA Lecithin; Acidity Regulator: Citric Acid), Modified Potato Starch, Low Sodium Salt (0.34%) (Potassium Chloride, Sodium Chloride, Magnesium Carbonate), Glazing Agent: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose, Cream Cheese Flavouring, Natural Vanilla Flavouring, Salt (0.03%).	KJ	1467	1473		
		Kcal	351	353		
		Fat	22.1	22.2		
		Sat	13.8	13.8		
		Carbs	35.3	35.4		
		Suagr	19.9	19.9		
		Fibre	1.9	1.9		
		Protein	2.4	2.4		
		Salt	0.2	0.2		
		Portion weight (g)		100		
		Sicilian Lemon Cheesecake (V)	Single Cream (MILK), Digestive Biscuit Crumb (WHEAT) (Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar, Invert Sugar Syrup, Raising Agents: Sodium Bicarbonate, Ammonium Bicarbonate; Salt), Full Fat Soft Cheese (13.2%) (Skimmed MILK, Cream (MILK), Permeate (MILK), Salt, Modified Tapioca Starch, Stabilisers (Xanthan Gum, Locust Bean Gum), Bacterial Starter Culture), Lemon Curd (12%) [Glucose Syrup, Water, Sugar, Salted Butter (MILK), Lemon Concentrate, Modified Waxy Maize Starch, Free Range Whole EGG Powder, Gelling Agent: Pectin; Acidity Regulator: Citric Acid; Emulsifier: Sunflower Lecithin; Lemon Oil, Colour: Lutein], Condensed Milk (MILK, Granulated Sugar), Margarine (Palm Oil, Rapeseed Oil, Water, Lemon Juice, Natural Vanilla Flavouring), Whipping Cream (MILK), Stabiliser Blend (Dextrose, Sugar, Modified Maize Starch), Free Range Whole EGG, Sugar, Sicilian Lemon Juice (2.2%) (From Concentrate), Stabiliser Blend (Sugar, Maltodextrin, Modified Starch, Thickener: Carageenan), Lemon Zest, Acidity Regulator: Citric Acid.	KJ	1346	1561
				Kcal	322	374
				Fat	19.1	22.1
Sat	9.9			11.2		
Carbs	33.4			38.7		
Suagr	21.3			24.8		
Fibre	0.6			0.7		
Protein	4.3			5.0		
Salt	0.4			0.4		
Portion weight (g)				116		

COOKIES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Belgian Chocolate Chunk Cookie (V)	Fortified Wheat Flour (WHEAT Flour, Raising Agent (Sodium Bicarbonate), Acid (Calcium Phosphate), Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Chocolate Filling (13%) (Dark (17%) and MILK (8.5%) Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Whole MILK Powder, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Humectants (Sorbitol, Glycerol), Dextrose, Water, Sweetened Condensed Skimmed MILK, Sugar, Thickeners (Sodium Alginate, Microcrystalline Cellulose, Carboxymethylcellulose), Modified Maize Starch, Salt, Acidity Regulator (Tartaric Acid), Preservative (Potassium Sorbate), Emulsifier (Polyglycerol Esters of Fatty Acids)), Belgian Dark Chocolate (10%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Pasteurised Free Range EGG, Butter (MILK), Glucose Syrup, Natural Flavouring, Raising Agent (Sodium Carbonates), Salt.	KJ	1803	1361		
		Kcal	430	314		
		Fat	16.5	12.1		
		Sat	8.1	5.9		
		Carbs	68.8	50.2		
		Suagr	36.4	26.6		
		Fibre	2.3	1.7		
		Protein	5.3	3.9		
		Salt	0.9	0.7		
		Portion weight (g)		78		
		Caramel Chocolate Cookie (V)	Sugar, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Chocolate Filling (13%) (Dark (17%) and MILK (8.5%) Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Whole MILK Powder, Emulsifier (SOYA Lecithin), Natural Flavouring), Humectant (Sorbitol), Glycerol, Dextrose, Water, Sweetened Condensed Skimmed MILK, Sugar, Thickeners (Sodium Alginate, Microcrystalline Cellulose, Carboxymethylcellulose), Modified Maize Starch, Salt, Acidity Regulator (Tartaric Acid), Preservative (Potassium Sorbate), Emulsifier (Polyglycerol Esters of Fatty Acids)), Fudge Pieces (9%) (Sugar, Condensed MILK, Fondant (Sugar, Glucose, Water), Glucose Syrup, Palm Oil, Water, Emulsifier (SOYA Lecithin)), Butter (MILK), Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Pasteurised Free Range EGG, Fat Reduced Cocoa Powder, Glucose Syrup, Natural Flavouring, Raising Agent (Sodium Carbonates), Salt.	KJ	1775	1384
				Kcal	423	330
Fat	16.9			13.2		
Sat	9.0			7.0		
Carbs	66.2			51.6		
Suagr	41.6			32.4		
Fibre	2.5			2.0		
Protein	4.9			3.8		
Salt	0.7			0.5		
Portion weight (g)				72		
Oat & Raisin Cookie (V)	Sugar, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Seeds (17%) (Pumpkin, Sunflower, Chia), OATS, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Raisins (13%), Pasteurised Free Range EGG, Glucose Syrup, Raising Agent (Sodium Carbonates), Cinnamon, Natural Flavouring, Salt.			KJ	1910	1261
				Kcal	457	301
		Fat	21	14		
		Sat	6.0	4.0		
		Carbs	59.9	39.5		
		Suagr	30.1	19.8		
		Fibre	4	2.6		
		Protein	8.4	5.7		
		Salt	0.5	0.3		
		Portion weight (g)		70		

INDIVIDUAL CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Cherry Bakewell Crumble Cake (V)	Sugar, Cherry Filling (19%) (Dark Cherry, Sugar, Water, Modified Starch, Elderberry Concentrate, Flavouring, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate)), Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Free Range Pasteurised EGG, Rapeseed Oil, White Fudge Icing (Sugar, Glucose Syrup, Palm Oil, Rapeseed Oil, Water, Emulsifiers (Mono- and Di Glycerides of Fatty Acids, Sodium Stearoyl-2 Lactylate), Salt, Stabiliser (Agar), Preservative (Potassium Sorbate), Colour (Titanium Dioxide)), Butter (MILK), Water, Amaretti Biscuit (3%) (Sugar, Apricot Kernels, EGG White, Corn Flour, WHEAT flour, Rice Flour, Wholemeal WHEAT Flour, Raising Agents (Sodium Carbonate Acid, Ammonium Carbonate Acid), Natural Flavouring), Almond Flakes (3%) (NUTS), Potato Starch, WHEAT Gluten, Natural Flavouring Substances, Whey Powder (MILK), Salt, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Acidity Regulator (Citric Acid).	KJ	1618	1489		
		Kcal	386	357		
		Fat	17	15.9		
		Sat	4.2	3.9		
		Carbs	52.8	49.5		
		Suagr	34.9	32.6		
		Fibre	1.2	1.1		
		Protein	4.8	4.5		
		Salt	0.6	0.6		
		Portion weight (g)		94		
		Mini Cappuccino Cake	Cake (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG, Sugar, Rapeseed Oil, Cake Concentrate (Modified Starch, WHEAT Starch, Raising agent: Sodium Phosphate, Potassium Bicarbonate; Wheat Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Emulsifier: Mono- and Diglyceride of fatty acids, Propane 1,2 diol esters of fatty acid, Sodium stearyl-2-lactylate; Palm Oil, Dextrose, Preservative: Potassium Sorbate; WHEAT Gluten, Acidity Regulator; Citric acid; Stabiliser: Xanthan Gum), Glycerine, Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglyceride of Fatty acids, Sodium Stearyl-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; WHEAT protein), Coffee (2.5%), Raising Agent: Disodium Diphosphate, Potassium Hydrogen Carbonate), Frosting (Icing Sugar, Butter (MILK), Full Fat Soft Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: Potassium Sorbate), Coffee, Flavouring, Emulsifier (Propane- 1, 2 - diol esters of fatty acids, mono- and diglycerides of fatty acids, polyglycerol esters of fatty acids)), Cocoa Powder, Decoration (Sugar, Cocoa Mass, Cocoa Butter, Coffee, Emulsifier: Sunflower Lecithin; Palm Oil, Rapeseed Oil, Glazing agent: Shetlac, Gum Arabic; Flavouring).	KJ	1960	2313
				Kcal	468	553
Fat	25.4			30.0		
Sat	7.6			8.9		
Carbs	54.2			64		
Suagr	34.6			40.8		
Fibre	1.6			1.9		
Protein	5			5.9		
Salt	0.4			0.4		
Portion weight (g)				122		
Raspberry & Amaretti Crumble Cake (V)	Raspberries (27%), Sugar, Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pasteurised Free Range EGG, Rapeseed Oil, Water, Butter (MILK), Amaretti Biscuit (2.5%) (Sugar, Apricot Kernels, EGG White, Corn Flour, WHEAT Flour, Rice Flour, Wholemeal WHEAT Flour, Raising Agents (Sodium Carbonate Acid, Ammonium Carbonate Acid), Natural Flavouring), Modified Potato Starch, WHEAT Gluten, Whey Powder (MILK), Salt, Raising Agents (Disodium Phosphates, Sodium Carbonates), Natural Flavourings, Acidity Regulator (Citric Acid).			KJ	1351	1419
				Kcal	322	338
		Fat	14	14.7		
		Sat	3.3	3.5		
		Carbs	43.7	45.9		
		Suagr	28.9	30.3		
		Fibre	2.8	3.0		
		Protein	3.9	4.1		
		Salt	0.5	0.6		
		Portion weight (g)		105		
		Mince Pies (Vg)	Mincemeat (55%) (Sugar, Apple Puree, Raisins (Raisins, Sunflower Oil), Sultanas (Sultanas, Sunflower Oil), Currants (Currants, Sunflower Oil), Glucose Syrup, Mixed Peel (Orange Peel, Glucose Fructose Syrup, Lemon Peel, Sugar, Acidity Regulator: Citric Acid), Vegetable Suet (Palm Oil, Rice Flour, Sunflower Oil), Modified Starch, Mixed Spice, Acidity Regulator: Acetic Acid; Colour: Plain Caramel, Orange Oil, Lemon Oil), Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono-and diglycerides of Fatty Acids), Sugar, Water, Sugar Dusting (Dextrose, Cornflour, Palm Oil), Salt, Colour: Plain Caramel.	KJ	1567	1489
				Kcal	373	354
Fat	10.5			9.9		
Sat	3.7			3.5		
Carbs	63.7			60.5		
Suagr	35.5			33.8		
Fibre	4.3			4.1		
Protein	3.8			3.6		
Salt	0.2			0.2		
Portion weight (g)				95		

SAVOURY PASTRIES & ROLLS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Vegan Vegetable Sausage Roll (Vg)	Mixed Roast Vegetables (38%) (Butternut Squash, Courgette, Red Onion, Sweet Potato), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Tomato Passata (14%), Palm Oil, Roast Tomatoes (5%), Palm Fat, Rapeseed Oil, Potato Starch, Salt, Poppy Seeds, Tomato Concentrate, Basil, Cornflour, Sunflower Oil, Garlic, Olive Oil, Rosemary, Cracked Black Pepper, Dried Oregano, Emulsifier: E471, Sugar, Garlic Powder, Yeast, Lemon Juice.	KJ	1133	1473
		Kcal	272	354
		Fat	16	20.8
		Sat	7.9	10.3
		Carbs	26.5	34.5
		Suagr	4.8	6.2
		Fibre	2.4	3.1
		Protein	4.2	5.5
		Salt	0.9	1.2
		Portion weight (g)		130
Pork & Pancetta Sausage Roll	British Pork (33%), Wheatflour contains Gluten (with WHEAT FLOUR, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (13%) (MILK), Caramelised Onion (Onions, Rapeseed Oil, Cracked Black Pepper), Reggato Cheese (MILK), Breadcrumbs (WHEAT FLOUR (Gluten), Water, Salt, Yeast), Smoked Pancetta (3%) (Pork Belly (97%), Salt, Herbs, Spices, Antioxidant: Sodium Ascorbate, Preservatives: Sodium Nitrite, Potassium Nitrate), Smoked Bacon Lardons (British Pork (94%), Curing Salt (Salt, Preservative: Sodium Nitrite, Sodium Nitrate)), Sugar, Antioxidant: Sodium Ascorbate), Pasteurised Free Range EGG, White Wine Vinegar, Honey, Pork Cracking (Pork Rind, Sea Salt), Paprika Flakes, Salt, Sage, Cracked Black Pepper, Dried Oregano, Rosemary, Garlic, Ground Fennel, Rapeseed Oil.	KJ	1499	1949
		Kcal	359	467
		Fat	22.6	29.4
		Sat	12.1	15.7
		Carbs	23.4	30.4
		Suagr	2.3	3.0
		Fibre	1.4	1.8
		Protein	14.9	19.4
		Salt	1.1	1.4
		Portion weight (g)		130
Italian Tomato & Caramelised Onion Parcel with Mozzarella (V)	Caramelised Onions (31%) (Onion, Rapeseed Oil, Sugar, Salt, Thyme), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Tomatoes (18%), Unsalted Butter (MILK) (15%), Mature Cheddar Cheese (MILK) (5%), Mozzarella Cheese (MILK) (5%), Pasteurised Free Range EGG, White Wine Vinegar, Salt, Dried Parsley.	KJ	1245	1556
		Kcal	299	374
		Fat	19.8	24.8
		Sat	11.6	14.5
		Carbs	21.9	27.4
		Suagr	3.6	4.5
		Fibre	2	2.5
		Protein	7.3	9.1
		Salt	0.9	1.1
		Portion weight (g)		125
Roasted Vegetable & Spanish Chorizo Parcel	Mixed Roast Vegetables (28%) (Butternut Squash, Courgette, Red Onion, Sweet Potato), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (MILK) (15%), Tomato Passata (10%), Diced Chorizo (8%) (Pork (90%), Salt, Paprika, Dried MILK, Dextrose, Garlic, Antioxidant: Sodium Ascorbate, Nutmeg, Preservatives: Sodium Nitrite, Potassium Nitrate, Oregano), Mozzarella Cheese (MILK) (3%), Tomatoes, Pasteurised Free Range EGG, Onion Seeds, White Wine Vinegar, Oaksmoked Water, Rapeseed Oil, Salt, Tomato Concentrate, Basil, Garlic, Sunflower Oil, Olive Oil, Rosemary, Cracked Black Pepper, Dried Oregano, Sugar, Yeast.	KJ	1302	1628
		Kcal	312	390
		Fat	19.6	24.5
		Sat	10.7	13.4
		Carbs	25.3	31.6
		Suagr	4.0	5.0
		Fibre	2.4	3.0
		Protein	7.5	9.4
		Salt	1.4	1.8
		Portion weight (g)		125
Ham & Cheese Croissant (England, Scotland & Wales Only)	Croissant (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MILK), Water, Sugar, Whole EGG, Yeast, Skimmed MILK Powder, Salt, Inactive WHEAT Sourdough, Flour Treatment Agent: Ascorbic Acid, Acids: Acetic Acid, Lactic Acid), British Formed Honey Roast Ham (29%) (Pork, Honey, Salt, Brown Sugar, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite), West Country Cheddar Cheese (MILK) (19%).	KJ	1328	1355
		Kcal	318	325
		Fat	17.5	17.9
		Sat	11.5	11.7
		Carbs	24.5	25
		Suagr	3.4	3.5
		Fibre	1.0	1.0
		Protein	15.6	15.9
		Salt	1.3	1.4
		Portion weight (g)		102
Sourdough Bread Roll (Vg)	WHEAT flour, water, sourdough (WHEAT), salt, yeast, dehydrated WHEAT sourdough, WHEAT gluten, deactivated yeast, malted WHEAT flour, flour treatment agent (ascorbic acid).	KJ	1315	811
		Kcal	309	191
		Fat	0.7	0.4
		Sat	0.2	0.1
		Carbs	63.6	39.2
		Suagr	1.6	0.9
		Fibre	3.7	2.3
		Protein	10.4	6.4
		Salt	1.6	0.9
		Portion weight (g)		74

The following nutritional information for Panini, Tostati, Sandwiches, Salads, Breakfast Rolls and Festive Savoury is for products sold from our stores in Scotland, England and Wales. For our stores in Northern Ireland, you can find the nutritional information for Panini, Tostati, Sandwiches and Festive Savoury on pages 16-18.

PANINI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Pole & Line Tuna Melt Panini	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Tuna Melt Mix [Pole and Line Caught Tuna (20%) (Skipjack Tuna (FISH), Water, Salt), Mayonnaise (Rapeseed Oil, Water, Free Range Salted Egg Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon Mustard (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Red Pepper (3%), Slow Roast Tomato (2%) (Tomato, Sunflower Oil, Salt, Garlic, Oregano), Red Onion (1%), Parsley, Lemon Juice, Cornflour, Black Pepper), Cheddar Cheese (MILK) (7%)].	KJ	1103	2151
		Kcal	262	513
		Fat	11.3	22.1
		Sat	2.5	4.9
		Carbs	26.4	51.5
		Suagr	3.1	6.1
		Fibre	1.8	3.5
		Protein	13.1	25.6
		Salt	0.9	1.7
		Portion weight (g)		195
Ham & Mozzarella Panini	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], British Honey Roast Ham (22%) [Pork, Honey, Salt, Brown Sugar, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Mozzarella & Cheddar Cheese [Mozzarella Cheese (MILK) (6%), Cheddar Cheese (MILK) (4%)], Seasoned Béchamel [Béchamel Sauce (MILK, Single Cream (MILK), Water, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Cornflour, Salt, Preservative: Potassium Sorbate, Nutmeg Oleoresin), Black Pepper].	KJ	967	1740
		Kcal	230	414
		Fat	5.9	10.6
		Sat	2.8	5
		Carbs	28.8	51.8
		Suagr	3.5	6.2
		Fibre	1.7	3
		Protein	14.5	26
		Salt	1.0	1.9
		Portion weight (g)		180
Mozzarella & Tomato Panini (V)	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Mozzarella Cheese (MILK) (16%), Cheese & Basil Pesto [Cheddar Cheese (MILK) (8%), Green Pesto (Basil Paste (Basil, Sunflower Oil, Salt), Sunflower Oil, Vegetarian Medium Fat Hard Cheese (MILK), Garlic, Acidity Regulator: Citric Acid), Tomato (13%)].	KJ	1095	2014
		Kcal	261	480
		Fat	11	20.3
		Sat	4.8	8.8
		Carbs	26.9	49.6
		Suagr	2.7	5
		Fibre	1.7	3.1
		Protein	12.7	23.4
		Salt	1.2	2.1
		Portion weight (g)		184

TOSTATI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Cotto Ham & Cheese Tostati Melt	Grilled Cheese Topped Bread [White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, SOYA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Mozzarella Cheese (MILK) (8%), Cheddar Cheese (MILK) (5%)], Mascarpone Cheese Béchamel [Mascarpone Full Fat Soft Cheese (MILK) (9%), Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Mozzarella Cheese (MILK) (8%), Semi Dried Cherry Tomato (6%), Cheddar Cheese (MILK) (5%)], Regato Cheese (MILK) (2%) [Regato Cheese, Anti-caking Agent: Potato Starch], Parmigiano Reggiano Shavings (MILK) (<1%), Cracked Black Pepper], Cooked Formed Cured Ham with Sage & Rosemary (17%) [Pork, Water, Salt, Brown Sugar, Stabiliser: Sodium Tripolyphosphate, Sage, Rosemary, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite].	KJ	911	1594
		Kcal	218	382
		Fat	8.8	15.4
		Sat	5.1	9
		Carbs	22.3	39
		Suagr	2.2	3.8
		Fibre	1.1	1.9
		Protein	12	21
		Salt	1.3	2.2
		Portion weight (g)		175
Mozzarella & Tomato Tostati Melt (V)	Grilled Cheese and Tomato Topped Bread [White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, SOYA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Mozzarella Cheese (MILK) (8%), Semi Dried Cherry Tomato (6%), Cheddar Cheese (MILK) (5%)], Mascarpone & Tomato Tomatade Dressing (15%) [Mascarpone Full Fat Soft Cheese (MILK) (7%), Sunblush Tomatade (3%) [Slow Roast Tomato, Tomato Concentrate, Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic], Tomato and Onion Sauce (3%) [Water, Tomato Paste, Chopped Tomato, Rapeseed Oil, Sugar, White Wine Vinegar, Cornflour, Garlic Puree, Concentrated Lemon Juice, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), Diced Onion, Soft Dark Brown Sugar, Basil, Salt, Oregano, Cracked Black Pepper], Modified Maize Starch, Cracked Black Pepper, Parsley], Mozzarella Cheese (MILK) (11%)].	KJ	930	1691
		Kcal	236	406
		Fat	10.4	17.9
		Sat	5.7	9.8
		Carbs	24.3	41.8
		Suagr	3.7	6.4
		Fibre	1.3	2.3
		Protein	11	19
		Salt	1.0	1.7
		Portion weight (g)		172
Roasted Mushroom & Mascarpone Tostati Melt (V)	Grilled Cheese & Mushroom Topped Bread [White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, SOYA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Mozzarella Cheese (MILK) (8%), Roast Seasoned Chestnut Mushrooms (8%) [Chestnut Mushroom, Olive Oil, Salt, Black Pepper], Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Mozzarella Cheese (MILK) (5%)], Mushroom & Mascarpone Dressing [Roast Seasoned Chestnut Mushrooms (7%) [Chestnut Mushroom, Olive Oil, Salt, Black Pepper], Mushroom Mayonnaise (6%) [Water, Rapeseed Oil, Olive Oil, Pasteurised Salted EGG Yolk, Cornflour, White Wine Vinegar, Coarse Black Pepper, Concentrated Lemon Juice, Salt, Mushroom Stock (Mushroom Juice Concentrate, Salt), Sugar, Rapeseed Oil, Salt, Mushroom Powder (Maltodextrin, Mushroom Juice Concentrate)], Dijon MUSTARD (Water, Brown MUSTARD Seeds, Spirit Vinegar, Salt)], Mascarpone Full Fat Soft Cheese (MILK) (5%), Full Fat Soft Cheese (MILK) (3%)], Mushroom and Porcini Tapenade (3%) [Grilled Mushrooms, Rapeseed Oil, Porcini, Concentrated Lemon Juice, Salt, Dehydrated Porcini Powder, Garlic, Parsley, Chive], Cornflour, Thyme].	KJ	921	1612
		Kcal	222	388
		Fat	10.9	19.1
		Sat	4.6	8
		Carbs	22.5	39.3
		Suagr	2.0	3.4
		Fibre	1.5	2.6
		Protein	8.4	14.7
		Salt	0.9	1.5
		Portion weight (g)		175
Roasted Tomato & Pesto Tostati Melt (Vg)	Tomato Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Tomato Flakes, Tomato Powder, Yeast, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, SOYA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid, Palm Fat], Vegan Tomato Mayonnaise [Vegan Mayonnaise (Water, Rapeseed Oil, Cornflour, Preservative: Pectin, Sugar, Spirit Vinegar, Dijon MUSTARD (Water, Brown MUSTARD Seeds, Spirit Vinegar, Salt), Pea Protein, Salt, Concentrated Lemon Juice), Sunblush Tomatade (3%) [Slow Roast Tomato, Tomato Concentrate, Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic], Slow Roast Tomato (1%) (Tomato, Sunflower Oil, Salt, Garlic, Oregano), Black Pepper], Pesto (12%) [Basil, Sunflower Oil, Salt, Garlic Puree, Acidity Regulator: Citric Acid], Mozzarella Flavor Plant Based Cheese (9%) [Water, Modified Potato Starch, Coconut Oil, Sea Salt, Olive Fruit Extract, Natural Flavourings, Colour: Natural Beta Carotene], Semi Dried Cherry Tomato (9%), Spinach.	KJ	975	1511
		Kcal	233	362
		Fat	11.1	17.1
		Sat	3.1	4.8
		Carbs	32.7	50.6
		Suagr	5.0	7.7
		Fibre	2.0	3.0
		Protein	4.9	7.6
		Salt	1.3	1.9
		Portion weight (g)		155

BREAKFAST ROLLS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Coffee Cured Bacon Ciabatta	Ciabatta Roll [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, Malted WHEAT Flour, Improver (WHEAT Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed Oil, Enzyme)], Coffee Cured British Bacon (32%) [Pork Belly, Sugar, Salt, Cold Brewed Coffee, Stabiliser: Sodium Triphosphate, Maltodextrin, Natural Flavouring, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Butter (MILK)	KJ	1180	1464		
		Kcal	281	348		
		Fat	12.3	15.2		
		Sat	5.8	7.1		
		Carbs	31.2	38.7		
		Suagr	1.7	2.1		
		Fibre	1.3	1.6		
		Protein	13.1	16.2		
		Salt	1.7	2.1		
		Portion weight (g)		124		
		Butcher's Sausage ciabatta	Ciabatta Roll [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, Malted WHEAT Flour, Improver (WHEAT Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed Oil, Enzyme)], Pork Sausage in Beef Collagen Casing (46%) [Pork, Potato Starch, Water, Dextrose, Salt, Rapeseed Oil, WHEAT Starch, Beef Collagen Casing, Spices (Ground White Pepper, Ground Nutmeg, Ground Ginger, Ground Mace, Chilli Powder), Stabiliser: Sodium Diphosphate, WHEAT Protein, Onion Powder, Rubbed Sage, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MILK)].	KJ	1076	1732
				Kcal	256	413
				Fat	12.9	20.7
Sat	5.1			8.3		
Carbs	26.7			42.9		
Suagr	1.0			1.6		
Fibre	1.6			2.5		
Protein	10.2			16.4		
Salt	1.1			1.8		
Portion weight (g)				161		

SALADS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Italian Styled Chicken & Mozzarella Salad	Mixed Leaves (33%) (Spinach, Lettuce, Salanova), British Chicken (18%) (Chicken Breast, Salt, Cornflour), Pesto Dressing (14%) (Water, Basil Flavoured Sunflower Oil (Sunflower Oil, Flavouring), White Wine Vinegar, Basil Purée (Sunflower Oil, Basil, Salt, Acidity Regulator (Citric Acid)), Basil, Pumpkin Seeds, Sunflower Seeds, Rapeseed Oil, Lemon Juice, Mint, Roasted Garlic Purée, Cornflour, Salt, Black Pepper), Tomatoes (12%), Mozzarella Pearls (MILK) (11%), Grilled Mixed Peppers (10%) (Red Peppers, Yellow Peppers), Roasted Pine Kernels (2%)	KJ	487	1023		
		Kcal	117	246		
		Fat	8.5	18		
		Sat	2.3	4.8		
		Carbs	1.4	2.9		
		Suagr	1.3	2.7		
		Fibre	1.0	2.1		
		Protein	8.4	18		
		Salt	0.4	0.9		
		Portion weight (g)		210		
		Falafel, Red Pepper Humous & Super Grain Salad (Vg)	Mixed Leaves (21%) (Spinach, Lettuce, Salanova), Falafel (20%) (Chick Peas, Onions, Water, Rapeseed Oil, Bread Crumbs (Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Self-Raising Flour (Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents (Monocalcium Phosphate, Sodium Hydrogen Carbonate)), Parsley, Coriander Powder, Cumin Powder, Sodium Bicarbonate, Cumin Seeds, Garlic, Black Pepper), Cabbage and Beetroot Slaw (17%) (Cabbage, Beetroot, Mango Dressing (Mango Chutney (Mango, Sugar, Spirit Vinegar, Glucose Syrup, Salt, Ground Cardamom, Ground Coriander, Ground Cumin, Ground Paprika), White Wine Vinegar, Stabiliser (Xanthan Gum), Salt), Onions), Mixed Grains (17%) (Bulgur WHEAT, Couscous (Half Hard WHEAT Flour, Water), WHEATBERRIES, Red Quinoa, Red Peppers, Lemon Juice, Salt, Black Pepper), Red Pepper Humous (15%) (Chick Peas, Grilled Red Peppers, Tahini SESAME SEED Paste, Rapeseed Oil, Water, Concentrated Lemon Juice, Olive Oil, Garlic Purée, Salt, Colour (Paprika Extract)), Tahini Dressing (10%) (Chick Peas, Water, Garlic and Chilli Sauce (Water, Tomato Paste, Onions, Spirit Vinegar, Garlic Purée, Chilli Purée, Cornflour, Rapeseed Oil, Sugar, Concentrated Lemon Juice, Paprika, Salt, Lemon Zest, Cayenne Pepper, Chilli, Gelling Agent (Pectin)), Tahini SESAME SEED Paste, Rapeseed Oil, Concentrated Lemon Juice, Salt, Red Wine Vinegar, Garlic Purée).	KJ	535	1273
				Kcal	128	305
				Fat	6.5	15
Sat	0.7			1.7		
Carbs	11			26		
Suagr	3.2			7.6		
Fibre	4.1			9.8		
Protein	4.2			10		
Salt	0.5			1.1		
Portion weight (g)				238		

SOUPS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Italian Tomato & Basil Soup (Vg)	Water, Tomatoes (22%), Tomato Purée (9%), Onion, Fennel (5%), Carrot, Rapeseed Oil, Vegetable Stock (Chicory Extract, Carrot Extract, Onion Powder, Tomato Powder, Salt, Yeast Extracts, Sunflower Oil, Natural Flavouring), Blended Oil (Sunflower Oil, Olive Oil), Garlic, Sugar, Basil (0.26%), Salt, Basil in Oil (Basil, Sunflower Oil, Salt), White Pepper, Acidity Regulator: Citric Acid	KJ	196	687.1		
		Kcal	47	164.9		
		Fat	2.8	9.7		
		Sat	0.3	1		
		Carbs	5.2	18.2		
		Suagr	3.5	12.3		
		Fibre	1.2	4.2		
		Protein	1	3.5		
		Salt	0.7	2.3		
		Portion weight (g)				
		Supergreen Soup (Vg)	Water, Peas (20%), Courgette (8%), Borlotti Beans (7%), Onion, Spinach (3.3%), Tofu (Water, SOYA, Nigari), Rapeseed Oil, Kale (1.6%), Fennel, Leek, Basil in Sunflower Oil (Basil, Sunflower Oil, Salt), Cornflour, Vegetable Stock (Chicory Extract, Carrot Extract, Onion Powder, Tomato Powder, Salt, Yeast Extracts, Sunflower Oil, Natural Flavouring), Garlic, Salt, Mint, Black Pepper, Acidity Regulator: Ascorbic Acid.	KJ	254	887
				Kcal	61	213
				Fat	2.7	9.3
Sat	0.2			0.7		
Carbs	7.9			27.7		
Suagr	1.7			6.0		
Fibre	2.8			9.8		
Protein	2.7			9.5		
Salt	0.7			2.6		
Portion weight (g)				350		
Chicken & Rice Soup	Water, Onion, MILK, Broccoli (7%), Chicken (5%), Leek, Whipping Cream (MILK), Camaroli Rice (2.7%), Rapeseed Oil, Cornflour, Black Venere Rice (1.1%), Garlic, Grana Padano (MILK, Lysozyme (EGG), Chicken Stock (Flavouring (contains EGG)), Chicory Extract, Salt, Yeast Extract, Chicken Bone Stock), Lemon Juice, Roast Chicken Stock (Roast Chicken, Rehydrated Potato Flake, Water, Yeast Extract, Salt, Chicken Fat), Salt, Black Pepper, Sage, Bay Leaf.			KJ	338	1183
				Kcal	81	284
				Fat	4.5	15.9
		Sat	1.3	4.6		
		Carbs	6.8	23.8		
		Suagr	1.3	4.6		
		Fibre	1.6	5.6		
		Protein	4.1	14.4		
		Salt	0.7	2.5		
		Portion weight (g)		350		

SANDWICHES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Free Range Egg Mayo Sandwich (V)	OATMEAL Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, OATMEAL, WHEAT Bran, Yeast, Salt, WHEAT Protein, Spirit Vinegar, Emulsifiers: Mono and Diglycerides of Fatty Acids, Mono- and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fatty Acids], Vegetable Oils (Rapeseed, Palm), Malted BARLEY Flour, Flour Treatment Agent: Ascorbic Acid, Palm Fat, WHEAT Starch], Free Range EGG Mayonnaise [Hard Boiled EGG (27%), Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Dijon MUSTARD (Water, Spirit Vinegar, Yellow MUSTARD Flour, MUSTARD Flour, Salt, Ground Yellow MUSTARD Bran, Ground Turmeric, Ground Black Pepper, Pimento, Ground Cinnamon, Ground Cloves), Black Pepper, Salt], Free Range Hard Boiled EGG (21%).	per 100g	per portion (g)
		KJ 917	1852
Chargrilled Chicken Salad Sandwich	Malted Brown Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT Protein, Yeast, Malted BARLEY Flour, Salt, Emulsifiers: Mono and Diglycerides of Fatty Acids, Mono- and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fatty Acids, Spirit Vinegar, Malted WHEAT Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid, Palm Fat, Palm Oil, WHEAT Starch], British Chargrilled Chicken Breast (25%) [Chicken Breast, Salt, Cornflour], Black Pepper Mayonnaise [Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Black Pepper], Tomato (7%), Cucumber (5%), Lettuce (4%).	per 100g	per portion (g)
		KJ 896	1820
Classic BLT Sandwich	Malted Brown Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT Protein, Yeast, Malted BARLEY Flour, Salt, Emulsifiers: Mono and Diglycerides of Fatty Acids, Mono- and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fatty Acids, Spirit Vinegar, Malted WHEAT Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid, Palm Fat, Palm Oil, WHEAT Starch], Coffee Cured British Bacon (15%) [Pork Belly, Sugar, Salt, Cold Brewed Coffee, Stabiliser: Sodium Triphosphate, Maltodextrin, Natural Flavouring, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Tomato (13%), Black Pepper Mayonnaise [Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Black Pepper], Lettuce (5%).	per 100g	per portion (g)
		KJ 1162	2044
Tuna, Red Pepper & Rocket Sandwich	Malted Brown Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT Protein, Yeast, Salt, Malted BARLEY Flour, Emulsifiers: Mono and Diglycerides of Fatty Acids, Mono- and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fatty Acids, Spirit Vinegar, Malted WHEAT Flour, Vegetable Oils (Rapeseed Oil, Palm Oil), Flour Treatment Agent: Ascorbic Acid, Palm Fat, WHEAT Starch], Pole and Line Caught Tuna (FISH) (24%) [Skipjack Tuna (FISH), Water, Salt], Horseradish Mayonnaise [Horseradish Sauce (Water, Single Cream (MILK), Spirit Vinegar, Rapeseed Oil, Sugar, Horseradish Flakes, Cornflour, Dried EGG Powder, MUSTARD Flour, Skimmed MILK Powder, Salt, Horseradish Powder), Mayonnaise (Water, Rapeseed Oil, Pasteurised EGG Yolk (EGG Yolk, Salt), Cornflour, Spirit Vinegar, Sugar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar)], Red Pepper (7%), Rocket (4%).	per 100g	per portion (g)
		KJ 726	1373

FESTIVE SAVOURY

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Turkey Feast Panini	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Butter Basted Turkey (14%) [Turkey Breast, Unsalted Butter (MILK), Salt, Cornflour], Stuffing Mayonnaise (15%) [Mayonnaise with Turkey and Chicken Stock (7%) (Rapeseed Oil, Water, Pasteurised Whole EGG, Turkey Stock [Turkey Stock (Antioxidant: Rosemary Extract), Chicken Stock, Yeast Extract, Salt)], Cornflour, Spirit Vinegar, Concentrated Lemon Juice, White Pepper, Salt, Sugar, Rosemary, MUSTARD Flour, Thyme], Pork, Cranberry & Apricot Stuffing (7%) [British Pork, Dried Cranberries, Dried Apricots, Rusk [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt], Bread Rusk [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Yeast], Onion, Rapeseed Oil, Salt, Rubbed Herbs (Rosemary, Sage, Thyme)], Cranberry Sauce (9%) [Cranberries, Diced Plums, Water, Sugar, Red Wine Vinegar, Cornflour, Plum Juice Concentrate, Dried Cranberries (Sugar, Cranberries, Sunflower Oil)], British Beechwood Smoked Streaky Bacon (5%) [Pork, Pork Fat, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite], Spinach.	per 100g	per portion (g)
		KJ 1007	2065
Vegan Festive Feast Panini (Vg)	Sourdough Panini [Sourdough Panini (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent: Ascorbic Acid), Seasoned SOYA Protein and WHEAT Gluten Shred (16%) [Hydrated SOY Protein & WHEAT Gluten (SOY Protein, WHEAT Gluten, Salt, SOYABEAN Oil, Natural Flavours), Stock Powder (Yeast Extract, Chicory Extract, Salt, Sunflower Oil, Carrot Extract, Onion Powder, Tomato Powder), Yeast Extract (Yeast Extract, Salt), Sage, Black Pepper], Apricot and Orange Vegan Stuffing (12%) [Bread Rusk [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Yeast], Water, Onion, Apricots (Apricots, Rice Flour, Preservative: SULPHUR DIOXIDE), Rapeseed Oil, Mandarins (Mandarins, Water, Sugar), Parsley, Orange Zest, Salt, Cinnamon, White Pepper, Ginger, Clove], Cranberry Sauce (9%) [Cranberries, Diced Plums, Water, Sugar, Red Wine Vinegar, Cornflour, Plum Juice Concentrate, Dried Cranberries (Sugar, Cranberries, Sunflower Oil)], Vegan Sage and Onion Mayonnaise [Water, Rapeseed Oil, Cornflour, Sugar, Spirit Vinegar, Sage, Onion Powder, Pea Protein (Pea Protein, Dextrose), Salt, Concentrated Lemon Juice], Spinach (3%).	per 100g	per portion (g)
		KJ 884	1837
Figs On Blankets Tostati	Cheese & Cranberry Topped Bread [White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono and Diglycerides of Fatty Acids, Mono and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, SOYA Flour, Preservative: Calcium Propionate), Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid], Mozzarella Cheese (MILK) (6%), Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Cheddar Cheese (MILK) (4%), Sugar Infused Cranberries (3%) [Sugar, Cranberries, Sunflower Oil], Rosemary], British Pork Sausage in Beef Collagen Casing (20%) [British Pork, Potato Starch, Water, Dextrose, Salt, Rapeseed Oil, WHEAT Starch, Beef Collagen Casing, Spices (Ground White Pepper, Ground Nutmeg, Ground Ginger, Ground Mace, Chili Powder), Stabiliser: Sodium Diphosphate, WHEAT Protein, Onion Powder, Rubbed Sage, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin)], Mascarpone Full Fat Soft Cheese (MILK) (12%), Cranberry Sauce (8%) [Cranberries, Diced Plums, Water, Sugar, Red Wine Vinegar, Cornflour, Plum Juice Concentrate, Dried Cranberries (Sugar, Cranberries, Sunflower Oil)], British Beechwood Smoked Streaky Bacon (5%) [British Pork, Pork Fat, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite].	per 100g	per portion (g)
		KJ 1046	2437
Brie, Bacon & Cranberry Panini	Sourdough Panini [Sourdough Panini (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent: Ascorbic Acid), Brie (MILK) (21%), Cranberry Sauce (13%) [Cranberries, Diced Plums, Water, Sugar, Red Wine Vinegar, Cornflour, Plum Juice Concentrate, Dried Cranberries (Sugar, Cranberries, Sunflower Oil)], British Beechwood Smoked Streaky Bacon (10%) [Pork, Pork Fat, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite].	per 100g	per portion (g)
		KJ 1184	2249

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Almond Biscotti (V)	WHEAT flour, sugar, ALMONDS (15%), EGG, EGG yolk, butter, honey, partly skimmed MILK, raising agent: E 503 (ammonium bicarbonate), salt, natural flavour (orange), flavours.	KJ	1841	618
		Kcal	440	130
		Fat	14.45	3
		Sat	2.71	1
		Carbs	66.5	22
		Sugar	31.0	11
		Fibre	2.7	0
		Protein	9.6	3.0
		Salt	1.6	0.05
		Portion weight (g)		37
Caramel Waffle (V)	Glucose fructose syrup, wheat flour, sugar, palm fat, concentrated butter (MILK), sugar syrup, SOYA flour, rapeseed oil, salt, dextrin (WHEAT), emulsifiers (SOYA lecithin, mono- and diglycerides of fatty acids), raising agent (sodium carbonates), cinnamon, acidity regulator (citric acid), natural Bourbon vanilla.	per 100g		per portion (g)
		KJ	1786	1411
		Kcal	425	336
		Fat	16	12.6
		Sat	9	7.1
		Carbs	66	52.1
		Sugar	38	30
		Fibre	1.5	1.2
		Protein	3.5	2.8
		Salt	0.6	0.5
Portion weight (g)		37		
Chocolate Coated Coffee Beans (Vg)	Sugar, Cocoa paste, Roasted coffee beans, Cocoa butter, Cocoa powder, Emulsifier: SOYA lecithin, Thickener: Arabic gum, Flavours. (Cocoa minimum 56%). May contain traces of: WHEAT, MILK and NUTS.	per 100g		per portion (g)
		KJ	2276	569
		Kcal	546	136
		Fat	32	8.0
		Sat	19	4.7
		Carbs	56	14.0
		Sugar	41.0	10.2
		Fibre	4.7	1.7
		Protein	6.1	1.5
		Salt	0.04	0.01
Portion weight (g)		25.0		
Dark Chocolate & Hazelnut Chocolate Bar (V)	Dark chocolate 57% (sugar, cocoa mass, cocoa butter, emulsifier: SOY lecithin, natural vanilla flavour), hazelnut cream 43% [sugar, vegetable fats (coconut, palm kernel oil, shea butter in variable proportions), HAZELNUTS (14%), skimmed cocoa powder, whey powder (contains MILK), emulsifier: SOY lecithin, natural vanilla flavour, ribbed HAZELNUTS (11.5%)]	per 100g		per portion (g)
		KJ	2338	409
		Kcal	562	98
		Fat	38	6.7
		Sat	24	4.2
		Carbs	48	8.4
		Sugar	46.0	8.1
		Fibre	5.8	1.0
		Protein	4.5	0.8
		Salt	0.1	0.02
Portion weight (g)		17.5		
Fruit Teacake (Vg)	Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sulfanas (9.5%) (Sulfanas, Water, Sunflower Oil, Preservative (E202)), Raisins (9.5%) (Raisins, Water, Sunflower Oil, Preservative (E202)), Citrus Peel (6%) (Glucose Syrup, Orange Peel, Lemon Peel, Fructose Syrup, Acidity Regulator (E330), Preservatives: (SULPHUR DIOXIDE, E202)), Sweetened Dried Cranberries (5%) (Cranberries, Sugar, Sunflower Oil), Sugar, Yeast, Humectant (Glucose Syrup, Water, Acidity Regulator (E260)), Bread Fat (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471)), Dough Conditioner (Calcium Sulphate, SOYA Flour, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Emulsifier (E472e), Flour Treatment Agent (E300), Enzymes), Water, Emulsifiers (E471, E472e), Acidity Regulators (E260, E525), Salt.	per 100g		per portion (g)
		KJ	1200	1152
		Kcal	283	272
		Fat	2.5	2.4
		Sat	0.8	0.7
		Carbs	56.2	53.9
		Sugar	22.0	21.1
		Fibre	3.8	3.6
		Protein	7.3	7.0
		Salt	0.2	0.2
Portion weight (g)		96		
Gianduja Chocolate (V)	Sugar, HAZELNUTS (30%), cocoa mass, cocoa butter, emulsifier: SOY lecithin, natural vanilla flavour. Cocoa solids: 23% min. May contain traces of MILK.	per 100g		per portion (g)
		KJ	2416	242
		Kcal	581	58
		Fat	40	4.0
		Sat	15	1.5
		Carbs	47	4.7
		Sugar	44.0	4.4
		Protein	5.7	0.6
		Salt	0.03	0.0
		Portion weight (g)		10
Gino Gingerbread Man (V, DF)	WHEAT Flour (contains Calcium carbonate, Iron, Niacin and Thiamin), Sugar, Margarine (Palm Oil, Water, Palm Stearin, Rapeseed Oil, Salt, Lemon Juice concentrate), Golden Syrup (Partially Inverted Refiners Syrup), Glucose Syrup, Icing (Sugar, Palm Fat, Glucose Syrup, Water, Icing Sugar, Emulsifiers (Sunflower Lecithin, Polysorbate 60), Natural Colour (Titanium dioxide), Acid (Acetic acid), Preservative (Potassium Sorbate), Natural Flavouring, Gelling Agent (Pectin)), Humectant (Glycerine), EGG, Molasses, Rice Starch, Ground Ginger, Ground Mixed Spice (Cinnamon, Coriander, Ginger, Allspice, Nutmeg, Cloves), Ground Cassia, Thickener (Xanthan Gum), Raising Agent (Bicarbonate of Soda), Natural Colours (Curcumin, Beetroot Extract, Spirulina), Butter Flavouring.	per 100g		per portion (g)
		KJ	1711	1249
		Kcal	406	296
		Fat	9.9	7.2
		Sat	4.5	3.3
		Carbs	72.8	53.1
		Sugar	29.5	21.5
		Fibre	1.9	1.4
		Protein	5.4	3.9
		Salt	0.5	0.3
Portion weight (g)		73		
Leone Mints (Vg, GF, DF)	Sugar, Thickening agents: Arabic gum, tragacanth; Piedmont peppermint essential oil.	per 100g		per portion (g)
		KJ	1663	499
		Kcal	391	117
		Fat	0	0
		Sat	0	0
		Carbs	97	29
		Sugar	97	29
		Protein	0.2	0
		Salt	0.0	0
		Portion weight (g)		30
Lockker Creamkakao (V)	Crispy wafer filled with cocoa cream (75%), WHEAT flour, coconut oil, glucose syrup, sugar, fat reduced cocoa 9% in the cream, dextrose, sweet whey powder, SOYA flour, skimmed MILK powder, malt extract, salt, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier SOYA lecithin, HAZELNUTS, vanilla pods (Bourbon). May contain ALMONDS.	per 100g		per portion (g)
		KJ	2136	964
		Kcal	511	231
		Fat	26	12
		Sat	22	10
		Carbs	59	26
		Sugar	28.0	13.0
		Protein	7.7	3.5
		Salt	0.3	0.1
		Portion weight (g)		45
Lockker Napolitaner (V)	Crispy wafer filled with HAZELNUT cream (75% cream). Ingredients: WHEAT flour, coconut oil, glucose syrup, sugar, hazelnut 9% in the cream, sweet whey powder, SOYA flour, skimmed MILK powder, fat reduced cocoa, diphosphate) emulsifier SOYA lecithin, vanilla pods (bourbon). May contain ALMONDS.	per 100g		per portion (g)
		KJ	2169	978
		Kcal	519	234
		Fat	27	12
		Sat	20	8.9
		Carbs	59	27
		Sugar	26	12
		Protein	8.1	3.6
		Salt	0.3	0.2
		Portion weight (g)		45

DF = Dairy-Free
GF = Gluten-Free
V = Vegetarian
Vg = Vegan

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Locker Vanille (V)	Crispy wafer filled with vanilla cream (75% cream). Ingredients: WHEAT flour, coconut oil, glucose syrup, sugar, skimmed MILK powder, dextrose, SOYA flour, malt extract, sugar, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier SOYA lecithin, vanilla pods (bourbon), HAZELNUT . May contain ALMONDS.	KJ	2188	
		Kcal	523	
		Fat	27	
		Sat	23	
		Carbs	61	
		Sugar	31	
		Protein	7.8	
		Salt	0.4	
		Portion weight (g)		45
		per 100g		per portion (g)
KJ	1997	339		
Kcal	476	81		
Fat	19.3	3.3		
Sat	11.1	1.9		
Carbs	66.9	11.4		
Sugar	31.4	5.3		
Fibre	1.9	0.3		
Protein	6	1.0		
Salt	0.1	0.02		
Portion weight (g)		17.0		
Metcalfes® Chocolate Rice Cakes (V)	Milk Chocolate (60%)[Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring], Rice Cake (40%) (Wholegrain Brown Rice, Rice), (Minimum Cocoa Solids 39%).	KJ	2380	
		Kcal	572	
		Fat	39	
		Sat	24	
		Carbs	47	
		Sugar	46.0	
		Fibre	3.7	
		Protein	6.6	
		Salt	0.2	
		Portion weight (g)		17.5
Milk Chocolate Stracciatella Bar (V)	Milk chocolate 57% [sugar, MILK powder, cocoa butter, cocoa mass, emulsifier: SOY lecithin, natural vanilla flavour], milk cream 43% [vegetable fats (coconut, palm kernel oil, shea butter in variable proportions), sugar, skimmed MILK powder, whey powder (contains MILK), emulsifier: SOY lecithin, natural vanilla flavour, cocoa chips (11.5%)]	KJ	1548	
		Kcal	368	
		Fat	14	
		Sat	8.5	
		Carbs	52	
		Sugar	28.0	
		Fibre	1.4	
		Protein	7.9	
		Salt	0.5	
		Portion weight (g)		100
Panettone (V)	WHEAT flour, sultanas, fresh EGGS , butter (MILK), sugar, candied orange peels (orange peels, glucose-fructose syrup, sugar, acidity regulator, citric acid), MILK , fresh EGG yolk, natural yeast (WHEAT), emulsifiers: mono and diglycerides of fatty acids, glucose syrup, flavourings, cocoa butter, salt. <i>May contain traces of NUTS and SOY.</i>	KJ	1882	
		Kcal	449	
		Fat	17.7	
		Sat	6.2	
		Carbs	69.6	
		Sugar	46.0	
		Fibre	4.7	
		Protein	4.6	
		Salt	0.7	
		Portion weight (g)		60
Vegan Fruit Flapjack (Vg)	OATS (31%), Soft Brown Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono - and - Diglycerides of Fatty Acids)), Golden Syrup, Raisins (8%) (Raisins, Sunflower Oil), Mixed Peel (6%) (Orange peel, Lemon Peel, Glucose Fructose Syrup, Sugar, Acidity Regulator (Citric acid)), Cranberries (4%) (cranberries, Sugar, Sunflower Oil), PISTACHIO NUTS (1%), Salt. <i>May contain traces of other NUTS.</i>	KJ	1853	
		Kcal	440	
		Fat	14.2	
		Sat	5.6	
		Carbs	72.3	
		Sugar	37.7	
		Protein	4.9	
		Salt	0.6	
		Portion weight (g)		30
		Vegan Stem Ginger Biscuit (Vg)	WHEAT flour (WHEAT flour, Calcium carbonate, Iron, Niacin, Thiamin), Partially inverted refiners syrup, Sugar, Margarine (Palm oil, Rapeseed oil, Salt, Colours (Annatto, Curcumin), Natural flavouring), Stem Ginger (4.6%)(Ginger, Sugar), Ground ginger, Raising Agent (Sodium bicarbonate, Ammonium bicarbonate).	KJ
Kcal	505			
Fat	31.5			
Sat	7.4			
Carbs	47.6			
Sugar	28.4			
Fibre	3.8			
Protein	5.7			
Salt	0.1			
Portion weight (g)				50
Wrapped Gluten Free Chocolate Brownie Bar (V, DF, GF)	EGG , Dark Chocolate (19%) (Cocoa Solids, Sugar, Emulsifier: Sunflower Lecithin), Sugar, Rapeseed Oil, Ground ALMONDS , Chocolate Chips (6%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Sunflower Lecithin), White Rice Flour, Citrus Fibre (Maize, Maize Starch, Citrus Fibre), Tapioca Starch, Humectant (Glucose Syrup, Water, Acid Regulator: E260), Water, Acid: Ascorbic Acid; Preservative: Potassium Sorbate; Raising Agents: E341, E500.	KJ	1787	
		Kcal	427	
		Fat	20.7	
		Sat	13.2	
		Carbs	55.2	
		Sugar	30.5	
		Fibre	6.3	
		Protein	1.9	
		Salt	0.2	
		Portion weight (g)		58
Wrapped Raspberry & Coconut Slice (Vg, GF)	Raspberry Jam (23%) (Glucose-Fructose Syrup, Seedless Raspberry Concentrate, Sugar, Gelling Agent: Pectin; Acidity Regulator: Citric Acid, Sodium Citrates; Colour: Anthocyanin; Flavouring, Preservative: Potassium Sorbate), Desiccated Coconut (15%), Coconut Milk, White Rice Flour, Sugar, Sultanas (7%) (Sultanas, Sunflower Oil), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: E471), Tapioca Starch, Cranberries (6%) (Cranberries, Sugar, Sunflower Oil), Water, Humectant (Glucose Syrup, Water, Acidity Regulator: E260), Glucose Syrup, Oligofructose, Cornflour, Raising Agents: E341, E500; Thickeners: E464, E415; Salt, Colour: E150.	KJ	2199	
		Kcal	526	
		Fat	28.2	
		Sat	18.6	
		Carbs	62.3	
		Sugar	22.9	
		Protein	5.4	
		Salt	0.7	
		Portion weight (g)		25
		Wrapped Shortbread (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (33%)(MILK), Icing Sugar, Light Brown Sugar (Sugar, Molasses).	KJ
Kcal	126			
Fat	7.1			
Sat	4.7			
Carbs	15.6			
Sugar	5.7			
Protein	1.4			
Salt	0.2			
Portion weight (g)				25

CRISPS & POPCORN

Please note that the crisps sold from our stores in Northern Ireland are different than those sold in the rest of the UK. Please refer to page 19 for NI crisp information.

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Sea Salt Crisps (Vg)	Select Potatoes, Sunflower Oil, Sea Salt.	KJ	2139	856	
		Kcal	513	205	
		Fat	30.1	12	
		Sat	3.5	1.4	
		Carbs	51.5	20.6	
		Suagr	0.5	0.2	
		Fibre	6.5	2.6	
		Protein	5.8	2.3	
		Salt	0.9	0.4	
		Portion weight (g)		40	
		Sea Salt & Vinegar Crisps (Vg)	Select Potatoes, Sunflower Oil, Sea Salt and Balsamic Vinegar Seasoning (Sea Salt, Potato Maltodextrin, Dried Balsamic Vinegar, Sugar, Acid: Citric Acid, Dried Red Wine Extract, Natural Flavouring).	KJ	2125
Kcal	509			204	
Fat	28.1			11.2	
Sat	2.8			1.1	
Carbs	55.8			22.3	
Suagr	1.5			0.6	
Fibre	4.9			2.0	
Protein	5.7			2.3	
Salt	1.4			0.6	
Portion weight (g)				40	
Cheddar & Onion Crisps (V)	Select Potatoes, Sunflower Oil, Mature Cheddar and Red Onion Seasoning (Dried Buttermilk, Dried Mature Cheddar Cheese (MILK), Dried Onion, Dried Red Onion, Sea Salt, Dried Yeast Extract, Dried Yeast, Dried Chives, Colour: Paprika Extract).			KJ	2106
		Kcal	505	202	
		Fat	28.9	12	
		Sat	3.3	1.3	
		Carbs	51.1	20.4	
		Suagr	2.5	1.0	
		Fibre	6.2	2.5	
		Protein	7.1	2.8	
		Salt	1.1	0.4	
		Portion weight (g)		40	
		Metcalfe's® Charity Popcorn Sea Salt (Vg)	Popped Butterfly Corn (75%), Rapeseed Oil, Sea Salt.	KJ	1833
Kcal	437			87	
Fat	16.3			3.3	
Sat	1.2			0.2	
Carbs	55.1			11	
Suagr	0.8			0.8	
Fibre	12.7			2.5	
Protein	11.2			2.2	
Salt	1			0.2	
Portion weight (g)				20	
Metcalfe's Skinny Popcorn® Sweet 'n Salt (Vg)	Popped Butterfly Corn (64%), Rapeseed Oil, Sweetening Blend (Sugar, Sweetener: Isomalt, Sweetener: Steviol Glycosides), Salt.			KJ	1908
		Kcal	455	114	
		Fat	17.8	4.5	
		Sat	1.3	0.3	
		Carbs	60.5	15.1	
		Suagr	15.9	4.0	
		Fibre	9.6	2.4	
		Protein	8.6	2.2	
		Salt	0.5	0.1	
		Portion weight (g)		25	

NORTHERN IRELAND PRODUCTS

The following nutritional information for Panini, Tostati, Sandwiches, Festive Savoury, Crisps, Yoghurts and Scones is for those products sold from our stores in Northern Ireland.

PANINI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
All Day Breakfast	Sourdough Panini (61%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Scrambled EGG & Cheese (23%) [Scrambled EGG (EGG , Water, Rapeseed Oil, Buttermilk Powder (MILK), Cornflour, Salt, White Pepper, Antioxidant (Citric Acid), Thickener (Xanthan Gum), Preservative (Lactic Acid)], Bechamel Sauce (Skimmed MILK , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Maize Starch, Salt, Emulsifier (SOYA Lecithin)), Cheddar Cheese (MILK), Black Pepper, Salt], WHEAT Starch, Calcium Carbonate, Iron, Thiamin, Niacin, Salt], WHEAT Starch, Rapeseed Oil, Parsley, Salt, Dextrose, Sage, Beef Collagen Casing, Fortified WHEAT Flour, Stabiliser (Sodium Triphosphate), WHEAT Protein, Spice & Spice Herb Extracts (Pepper, Nutmeg, Chilli, Clove, Coriander Sage, Thyme, Pimento)], Coffee Bacon (7%) [Pork Belly, Sugar, Salt, Cold Brewed Coffee, Stabiliser (Sodium Triphosphate), Maltodextrin, Natural Flavouring, Anticaking Agent (Calcium Silicate), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)].	KJ	1024	1772
		Kcal	245	424
		Fat	8.1	14
		Sat	2.8	4.9
		Carbs	30	52
		Sugar	3.5	6
		Protein	12	21
		Salt	1.0	1.7
		Portion weight (g)		173
		Chargrilled Chicken & Pesto Panini	Sourdough Panini (49%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Chargrilled Chicken (18%) [Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Emulsifier (Sodium Triphosphate), Potato Starch, Whey Protein (MILK), Stabiliser (Guar Gum), Salt, Vinegar, Yeast Extract), Basil Pesto (7.7%) [Basil Puree (Basil, Sunflower Oil, Salt), Sunflower Oil, Medium Fat Hard Cheese (MILK)], Bechamel (Skimmed (MILK), Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Palm Oil, Butter (MILK), modified Maize Starch, Salt, Emulsifier (Lecithin) (SOYA)], Tomato, Spinach, Regato Cheese (MILK).	KJ
Kcal	214			456
Fat	7.4			16
Sat	2			4.3
Carbs	24			52
Sugar	2.5			5.3
Protein	11			24
Salt	1.2			2.6
Portion weight (g)				213
Ham & Mozzarella Panini	Sourdough Panini (58%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Ham (22%) [Pork, Water, Glucose Syrup, Emulsifiers (Triphosphates, Diphosphates), Salt, Antioxidant (Sodium Ascorbate), Dextrose, Spice Extracts, Preservative (Sodium Nitrite)], Mozzarella (11%) Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Palm Oil, Butter (MILK), Modified Maize Starch, Salt, Emulsifier (Lecithin) (SOYA)], Mature Cheddar Cheese (3%) (MILK).			KJ
		Kcal	233	419
		Fat	6.8	12
		Sat	3.3	5.9
		Carbs	28	50
		Sugar	3.2	5.8
		Protein	14	25
		Salt	1.3	2.3
		Portion weight (g)		180
		Mozzarella & Tomato Panini (V)	Sourdough Panini (54%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Mozzarella (21%) (MILK), Tomato (12%), Cheddar Cheese (MILK), Basil Pesto (6.4%) [Basil, Sunflower Oil, Salt), Sunflower Oil, Medium Fat Hard Cheese (MILK)].	KJ
Kcal	263			510
Fat	12			23
Sat	2.1			4.1
Carbs	27			52
Sugar	2.5			4.9
Protein	12			23
Salt	1.0			2.0
Portion weight (g)				194
Tuna Melt Panini	Sourdough Panini (50%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Tuna Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG , Free Range EGG Yolk, Spirit Vinegar, Salt, Sugar, Flavouring, Lemon Juice Concentrate, Antioxidant (Calcium Disodium EDTA)], Red Pepper, Slow Roast Tomatoes (8%) [Slow Roast Tomatoes, Rapeseed Oil, Salt, Garlic, Oregano], Red Onion, Cornflour, Parsley, Lemon Zest, Cracked Black Pepper], Cheddar Cheese (12%) (MILK).			KJ
		Kcal	284	596
		Fat	14	29
		Sat	3.3	6.9
		Carbs	26	55
		Sugar	2.7	5.7
		Protein	12	25
		Salt	0.9	1.8
		Portion weight (g)		210

TOSTATI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Chicken & Bacon Tostati Melt	Sourdough Bread (45%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture (RYE , SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers [E472(e), E481], Flour Treatment Agent (E300)], Chicken and Bacon Filling (38%) [Bechamel (Skimmed MILK , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Maize Starch, Salt, Emulsifier (E322) (SOYA)), Chicken (20%) (Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Stabiliser [E451], Potato Starch, Whey Protein (MILK), Emulsifier [E412], Salt, Vinegar, Yeast Extract), Formed Diced Bacon Pieces (8%) [Pork, Water, Salt, Preservative (E250), Stabiliser (E450), Antioxidant (E301)], Cheddar Cheese (MILK), Mozzarella (MILK), Mayonnaise (Rapeseed Oil, Water, Free Range Pasteurised EGG & EGG Yolk, Spirit Vinegar, Sugar, Salt, Lemon Juice, Antioxidant (E385), Flavouring, Paprika Extract), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330)), Topping (18%) [Cheddar Cheese (MILK), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MILK Protein, Cheddar Cheese (MILK), Yeast Extract, Acidity Regulator (E330), Spice, Stabilisers [E412, E415], Preservative [E202], Colour [E161b]), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330)), Smoked Paprika, Dried Chives].	KJ	1003	2008
		Kcal	240	480
		Fat	9.9	20
		Sat	4.6	9.3
		Carbs	27	53
		Sugar	1.2	2.4
		Protein	10	20
		Salt	1.4	2.7
		Portion weight (g)		200
		Ham, Cheese & Mustard Tostati Melt	Sourdough Bread (49%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture (RYE , SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers [E472(e), E481], Flour Treatment Agent (E300)], Ham (22%) [Pork, Water, Glucose Syrup, Emulsifiers (E451, E450), Salt, Antioxidant (E301), Dextrose, Spice Extracts, Preservative (E250), Potato Starch, Pea Fibre], Cheese and Mustard Topping (19%) [Cheddar Cheese (MILK), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MILK Protein, Cheddar Cheese (MILK), Yeast Extract, Acidity Regulator (E330), Spice, Stabilisers [E412, E415], Preservative [E202], Colour [E161b]), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330)), Wholegrain MUSTARD (Water, MUSTARD Seed, White Wine Vinegar, Glucose-Fructose Syrup, MUSTARD Flour, Salt, Acidity Regulator (E260), Cinnamon, Pimento, Turmeric)], Cheddar Cheese (11%) (MILK).	KJ
Kcal	252			466
Fat	10			19
Sat	4.8			8.8
Carbs	27			50
Sugar	0.7			1.2
Protein	13			23
Salt	1.6			2.9
Portion weight (g)				185
Mushroom & Mascarpone Tostati Melt (V)	Sourdough Bread (50%) [Fortified WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture (RYE , SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers [E472(e), E481], Flour Treatment Agent (E300)], Cheese and Mustard Topping (19%) [Cheddar Cheese (MILK), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MILK Protein, Cheddar Cheese (MILK), Yeast Extract, Acidity Regulator (E330), Spice, Stabilisers [E412, E415], Preservative [E202], Colour [E161b]), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330)), Roasted Mushroom and Mascarpone Filling (17%) [Roasted Mushrooms, Mascarpone (Cream (MILK), MILK , Acidity Regulator (E330), Preservative [E202, E234]), Bechamel (Bechamel Sauce (Skimmed MILK , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Starch (Waxy Maize), Salt, Emulsifier (Lecithin) (SOYA)), Dried Thyme], Cheddar Cheese (11%) (MILK), Roasted Mushrooms (2.8%).			KJ
		Kcal	267	481
		Fat	13	23
		Sat	6.6	12
		Carbs	28	50
		Sugar	0.6	1.1
		Protein	9.9	18
		Salt	0.9	1.6
		Portion weight (g)		180

CROISSANT

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Ham & Cheese Croissant	Butter Croissant (51%) [WHEAT Flour, Butter (MILK), Water, Sugar, MILK, Yeast, EGG, Salt, WHEAT Gluten, Emulsifier (Lecithin), Flour Treatment Agent (Ascorbic Acid), Enzymes], Ham formed from select cuts of pork (29%) [Pork (95%), Water, Glucose Syrup, Emulsifier (Triphosphates, Diphosphates), Salt, Antioxidant (Sodium ascorbate), Dextrose, Spice Extracts, Preservative (Sodium Nitrite)], Mature Cheddar Cheese (20%) (MILK).	KJ	1401	1429
		Kcal	335	342
		Fat	20	21
		Sat	13	13
		Carbs	23	24
		Sugar	4.3	4.4
		Protein	15	15
		Salt	0.8	1
		Portion weight (g)	102	

SANDWICHES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Chargrilled Chicken Salad Sandwich	Malted Bread [WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (Mono and diglycerides of fatty acids, Acetic acid esters of mono and diglycerides of fatty acid, Sodium stearyl lactylate), WHEAT Protein, Vegetable Oils (Palm, Rapeseed), Malt Extract (BARLEY), Malted WHEAT, Preservative (Calcium propionate), WHEAT Bran, Malted BARLEY, Flour Treatment Agent (Ascorbic Acid)], Chargrilled Chicken (23%) [Chicken, Brine, Water, Sugar, Starch, Whey Protein (MILK), Stabiliser (Guar Gum), Salt, Vinegar, Yeast Extract, Parmesan Mayonnaise [Mayonnaise [Rapeseed Oil, Water, Free Range Pasteurised EGG and EGG Yolk, Spirit Vinegar, Salt, Sugar, Lemon Juice Concentrate, Antioxidant (Calcium disodium EDTA), Flavouring, Paprika Extract], Parmesan (MILK), Preservative (Lysozyme (EGG)], Tomato, Cucumber, Apollo Leaf.	KJ	784	1514
		Kcal	187	362
		Fat	6.1	12
		Sat	1.3	2.5
		Carbs	2.4	4.6
		Sugar	1.5	2.9
		Protein	10	20
		Salt	0.7	1.4
		Portion weight (g)	193	

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Chicken & Stuffing Sandwich	Malted Bread [WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (E471, E472, E481), WHEAT Protein, Vegetable Oils (Palm, Rapeseed), Malt Extract (BARLEY), Malted WHEAT, Preservative (E282), WHEAT Bran, Malted BARLEY, Flour Treatment Agent (E300)], Chicken (24%) [Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Stabiliser (E541), Potato Starch, Whey Protein (MILK), Emulsifier (E412), Salt, Vinegar, Yeast Extract), Sage & Onion Stuffing (12%) [Breadcrumb (WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt), Water, Rapeseed Oil, Onion, Sage, Parsley, Salt, Pepper]], Mayonnaise [Water, Rapeseed Oil, Modified Maize Starch, Pasteurised EGG, EGG Yolk, Spirit Vinegar, Sugar, Salt, Cream Powder (MILK), Citrus Fibre, Preservative (E202), Stabilisers (E412, E415), MUSTARD Powder, Lemon Juice Concentrate, Paprika Extracts, Antioxidant (E385)], Vegetable Fat Spread [Vegetable Oils in varying proportions (Rapeseed, Palm, Sunflower), Water, Salt, BUTTERMILK, Preservative (E202), Acidity Regulator (E300), Emulsifier (E471), Flavouring Colour (E106a), Vitamins A and D].	KJ	1232	2020
		Kcal	294	483
		Fat	13	22
		Sat	3.1	5.1
		Carbs	2.5	4.2
		Sugar	1.7	2.8
		Protein	11	19
		Salt	1.1	1.8
		Portion weight (g)	164	

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Classic BLT Sandwich	Malted Bread [WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (E471, E472e, E481), WHEAT Protein, Vegetable Oils (Palm, Rapeseed), Malt Extract (BARLEY), Malted BARLEY, Flour Treatment Agent (E300)], Coffee Cured Bacon (16%), [Pork Belly, Sugar, Salt, Cold Brewed Coffee, Stabiliser (E451), Maltodextrin, Natural Flavouring, Anticaking Agent (E552), Antioxidant (E301), Preservative (E250)], Tomato (16%), Pepper Mayonnaise (11%) [Mayonnaise [Rapeseed Oil, Water Free Range Pasteurised EGG and EGG Yolk, Spirit Vinegar, Salt, Sugar, Lemon Juice Concentrate, Antioxidant (E385), Flavouring, Colouring (E160a)], Cracked Black Pepper], Apollo Leaf.	KJ	1112	1957
		Kcal	266	468
		Fat	14	25
		Sat	3.3	5.9
		Carbs	2.7	4.8
		Sugar	2.3	4.0
		Protein	9.1	16
		Salt	1.2	2.2
		Portion weight (g)	176	

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Free Range Egg Mayo Sandwich (V)	Oatmeal Bread [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, OATS, WHEAT Bran, Yeast, Malt Flour (BARLEY), WHEAT Gluten, Salt, Vegetable Oils (Palm, Rapeseed), Emulsifiers (Mono and diacetyl tartaric esters of mono and diglycerides of fatty acids, Sodium stearyl lactylate, Mono and diglycerides of fatty acids), Preservative (Calcium propionate), Flour Treatment Agent (Ascorbic Acid)], EGG Mayonnaise (40%) [(Free Range EGG (60%), Mayonnaise [Rapeseed Oil, Water, Free Range Pasteurised EGG and EGG Yolk, Spirit Vinegar, Sugar, Salt, Lemon Juice, Antioxidant (Calcium disodium EDTA), Flavouring, Paprika Extract], Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (Citric Acid)), Cornflour, Cracked Black Pepper], Free Range EGG (2.1%).	KJ	1087	2196
		Kcal	260	525
		Fat	17	34
		Sat	2.4	4.8
		Carbs	1.9	3.8
		Sugar	1.5	3.0
		Protein	9.2	19
		Salt	0.6	1.2
		Portion weight (g)	202	

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Tuna, Red Pepper & Rocket Sandwich	Malted Bread (47%) [WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (Mono and diglycerides of fatty acids, Acetic acid esters of mono and diglycerides of fatty acids, Sodium stearyl lactylate), WHEAT Protein, Vegetable Oils (Palm, Rapeseed), Malt Extract (BARLEY), Malted WHEAT, Preservative (Calcium propionate), WHEAT Bran, Malted BARLEY, Flour Treatment Agent (Ascorbic Acid)], Tuna Mayonnaise (42%) [Tuna (59%) (Tuna (FISH), Water, Salt)], Mayonnaise [Rapeseed Oil, Water, Pasteurised Free Range EGG, Free Range EGG Yolk, Spirit Vinegar, Salt, Sugar, Flavouring, Lemon Juice Concentrate, Antioxidant (Calcium disodium EDTA)], Horseradish Sauce [Water, Rapeseed Oil, Dried Horseradish, Sugar, Acidity Regulator (Acetic Acid), Salt, Spirit Vinegar, Stabiliser (Xanthan Gum)], Dried EGG Yolk, Modified Maize Starch, MUSTARD Flour, Preservative (Potassium Sorbate)], Lemon Juice, Lemon Zest, Cracked Black Pepper, Glucose Syrup], Red Pepper (7.3%), Rocket (4.2%).	KJ	1008	1935
		Kcal	241	462
		Fat	12	22
		Sat	1.5	2.9
		Carbs	2.5	4.7
		Sugar	1.9	3.7
		Protein	11	21
		Salt	0.9	1.7
		Portion weight (g)	192	

FESTIVE SAVOURY

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Brie, Bacon & Cranberry Panini	Sourdough Panini (58%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (E300)], Brie (22%) (MILK), Cranberry Sauce (11%) [Sugar Syrup, Cranberries, Water, Gelling Agent (E440), Acidity Regulator (E331, E333), Preservative (E202)], Smoked Bacon (8.3%) [Pork Belly, Salt, Antioxidant (E301), Preservative (E250)].	KJ	2111	2179	
		Kcal	289	521	
		Fat	11	20	
		Sat	6.2	11	
		Carbs	32	57	
		Sugar	7.1	13.0	
		Protein	15	26	
		Salt	1.2	2.2	
		Portion weight (g)		165	
		Pigs On Blankets Toasti	Bloomer bread (36%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Vegetable Fat, Emulsifier (Mono and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyl Tartaric Esters of Mono- and Di-Glycerides of Fatty Acids), SOYA Flour, Vinegar, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid)], Pork Chipolatas (19%) [Pork (85%), Potato Starch, Water, Dextrose, Salt, Rapeseed Oil, WHEAT Starch, Beef Collagen Casing, Spices (Ground White Pepper, Ground Nutmeg, Ground Ginger, Ground Mace, Chilli Powder), Sodium Diphosphate, WHEAT Protein, Onion Powder, Rubbed Sage, WHEAT Flour (with Calcium, Iron, Niacin, Thiamin)], Cheese Topping (16%) [Bechamel Sauce (Skimmed (MILK), Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Palm Oil, Butter (MILK), Modified Maize Starch, Salt, Emulsifier (E322), (SOYA)), Mozzarella Cheese (MILK), Cheddar Cheese (MILK), Dried rosemary], Mascarpone Cheese (12%) (Cream, MILK proteins, Skim MILK Powder, Citric Acid, potassium Sorbate, Nisin), Cranberry Sauce (8%) [Cranberries, Sugar, Water], Beechwood Smoked Bacon (5%) [Pork, Salt, Antioxidant: Sodium Ascorbate Preservative: Sodium Nitrite], Dried Cranberries (4%) [Cranberries, Sugar, Sunflower Oil].	KJ	1082
Kcal	258			646	
Fat	14			34	
Sat	7.2			18	
Carbs	26			64	
Sugar	7.8			19.0	
Protein	8.2			21	
Salt	0.9			2.3	
Portion weight (g)				250	
Turkey Feast Panini	Sourdough Panini (51%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent: Ascorbic Acid), Butter Basted Turkey (14.5%) [Turkey, Water, Brine Mix (Salt, Dextrose, MILK Protein, Gelling agent: Carrageenan Stabilisers: Triphosphates, Polyphosphates), Yeast Extract, Pea Starch, Preservative: Sodium Lactate, Butter Emulsion (Water, Propylene glycol, Dextrose, Natural Flavourings (MILK), Acacia Gum, Acetic Acid, Xanthan Gum), Stuffing & Mayonnaise Mix (14.5%) [Stuffing (Pork (55%), Dried Cranberries, Dried Apricots, Rusk (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Bread Rusk (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Yeast), Onion, Rapeseed Oil, Salt, Rubbed Herbs (Rosemary, Sage, Thyme)), Mayonnaise (Rapeseed Oil, Pasteurised Liquid EGG , Acidity Regulator, Acetic Acid, Sugar, Water, Salt, Spice, (MUSTARD)), Stabilisers: Guar Gum, Xanthan Gum], Turkey Stock (Turkey, Chicken fat, Yeast extract, Salt, Natural Flavouring, Maltodextrin, Sugar, Lemon Juice Concentrate, Dried Onion)], Cranberry Sauce (10%) [Cranberries 60%, Sugar, Water], Beechwood Smoked Bacon (6%) [Pork, Salt, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Spinach (4%).			KJ	941
		Kcal	225	461	
		Fat	6.7	14	
		Sat	1.1	2.3	
		Carbs	31	64	
		Sugar	6.3	13.0	
		Protein	10	2.1	
		Salt	0.8	1.7	
		Portion weight (g)		205	
		Vegan Festive Feast Panini (Vg)	Sourdough Panini (52%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent: Ascorbic Acid), Seasoned SOYA Protein (15%) [Water, Textured SOYA Protein (SOY Protein, WHEAT Gluten, Salt, SOYBEAN Oil, Natural Flavours), Vegan Stock Powder (Yeast Extract, Chicory Extract, Salt, Sunflower Oil, Carrot, Onion Powder, Tomato Powder), Yeast Extract (Yeast Extract, Salt), Black Pepper, Onion Powder], Vegan Apricot & Orange Stuffing (12%) [Bread Rusk (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Yeast), Water, Onion, Apricots (Apricots, Rice flour, Preservatives: E220), Rapeseed Oil, Mandarins (Mandarins, Water, Sugar), Parsley, Orange Zest, Salt, Cinnamon, White Pepper, Ginger, Clove], Cranberry Sauce (10%) [Cranberries, Sugar, Water], Vegan Mayonnaise Mix (7%) [Vegan Mayonnaise (Rapeseed Oil, Water, Sugar, Spirit Vinegar, Salt, Modified Waxy Maize Starch, Stabiliser, Xanthan Gum, Flavouring Colour, Carotene, Antioxidant: Calcium Disodium (EDTA)], Sage & Onion Stuffing (Breadcrumbs (WHEAT Flour, WHEAT Flour fortified with Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt), Water, Rapeseed Oil, Onion, Sage, Parsley, Salt, Pepper], Spinach (4%).	KJ	1023
Kcal	244			496	
Fat	6.6			13	
Sat	0.7			1.4	
Carbs	36			74	
Sugar	8.0			16.0	
Protein	9			18	
Salt	0.9			1.9	
Portion weight (g)				203	

SCONES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Fruit Scone (V)	WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Water, Sultanas (12%), Vegetable Margarine [Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471), Natural Flavouring, Colours (Annatto, Curcumin)], Sugar, Raising Agents (E450, E501), Skimmed MILK Powder. <i>May contain traces of EGG and NUTS.</i>	KJ	1308	1700
		Kcal	311	404
		Fat	9.4	12
		Sat	3.4	4
		Carbs	52	68
		Sugar	17.8	23
		Fibre	1.7	2
		Protein	5.5	7
		Salt	0.8	1
		Portion weight (g)		130
Plain Scone (V)	WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Water, Vegetable Margarine [Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471), Natural Flavouring, Colours (Annatto, Curcumin)], Sugar, Raising Agents (E450, E501), Skimmed MILK Powder. <i>May contain traces of EGG and NUTS.</i>	KJ	1320	1584
		Kcal	313	376
		Fat	10.7	13
		Sat	3.9	5
		Carbs	49.6	60
		Sugar	11.4	14
		Fibre	1.7	2
		Protein	6	7
		Salt	0.9	1
		Portion weight (g)		120

YOGHURTS & FRUIT POTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
Clandeboye Strawberry Yoghurt	Yoghurt (86%) (MILK), Strawberry Preparation (13%) (Strawberry Puree, Sugar, Flavouring), Sugar.	KJ	418
		Kcal	100
		Fat	3.9
		Sat	1.6
		Carbs	12.9
		Sugar	11.1
		Protein	3.1
		Salt	0.1
		Portion weight (g)	150
		Clandeboye Toffee Yoghurt	Yoghurt (86%) (MILK), Toffee Sauce (13%), (Water, Sugar, Glucose Syrup, Stabiliser (Maize Starch), Sweetened Condensed MILK (MILK, Sugar), Salted Butter (MILK, Salt), Sugar Syrup, Flavouring, Salt, Preservative (Potassium Sorbate), Acidity Regulator (Lactic Acid)), Sugar.
Kcal	108		
Fat	4.7		
Sat	2.2		
Carbs	12.7		
Sugar	10.3		
Protein	3.6		
Salt	0.1		
Portion weight (g)	150		
Clandeboye Mango Snack Pot	Greek Style Yoghurt (64%) (MILK, Cultures), Mango Compote (18%) (Mango, Sugar, Water, Starch (Waxy Maize), Stabiliser (Pectin), Natural Flavouring), Granola (18%) (OATS (GLUTEN) Flakes, BARLEY (BARLEY) Flakes, Sugar, Rapeseed Oil, Black Treacle, Sunflower Seeds).□		
		Kcal	166
		Fat	6.8
		Sat	3.5
		Carbs	20.6
		Sugar	10.7
		Protein	4.6
		Salt	0.1
		Portion weight (g)	140
		Seasonal Fruit Salad (Vg)	Pineapple (28%), Apple (20%), Cantaloupe Melon (18%), Mango (18%), Kiwi (10%), Blueberries (5%).
Kcal	45.7		
Fat	0.3		
Sat	0.0		
Carbs	10.8		
Sugar	9.2		
Protein	0.7		
Salt	0.0		
Portion weight (g)	247		

CRISPS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
O'Donnell's Salt & Vinegar Crisps (V)	Potato, Sunflower Oil, Irish Cider Vinegar and Sea Salt Flavour (Flavourings, Sea Salt, Maltodextrin, Yeast Extract, Sugar, Dehydrated Apple, The Apple Farm Cider Vinegar Powder). <i>May contain traces of MILK.</i>	KJ	2142
		Kcal	513
		Fat	29.9
		Sat	2.5
		Carbs	54.2
		Sugar	1.2
		Protein	5.2
		Salt	2.3
		Portion weight (g)	50
		O'Donnell's Cheese & Onion Crisps (V, GF)	Potato, Sunflower Oil, Mature Irish Cheese & Red Onion Flavour (Onion Powder, Sugar, Yeast Extract, Cheese Powder (MILK), Salt, Butter MILK Powder, Flavourings, Irish Cheddar Cheese Powder (MILK), Colour (Paprika Extract)).
Kcal	511		
Fat	28.8		
Sat	2.4		
Carbs	55.7		
Sugar	4.9		
Protein	5.8		
Salt	1.3		
Portion weight (g)	50		
O'Donnell's Sweet Chilli Crisps (V, GF)	Potatoes, Sunflower Oil, Sweet Chilli Flavour (Sugar, Rice Flour, Salt, Yeast Extract, Onion Powder, Spices, Tomato Powder, Garlic Powder, Herb, Colour (Paprika Extract), Flavouring). <i>May contain traces of MILK.</i>		
		Kcal	517
		Fat	29.4
		Sat	2.4
		Carbs	55.9
		Sugar	4.1
		Protein	5.5
		Salt	1
		Portion weight (g)	50