# TOTAL ALLERGEN GUIDE (UK)

NERO

Effective 6th January 2021

# HOW TO USE THIS GUIDE



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.

SWEET

# TOTAL ALLERGEN GUIDE (UK)

Effective 6th January 2021

PASTRIES						T	his Prod	uct Cont	ains					
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Almond Croissant	*	*	*	*										
Apricot Croissant	*	*	*											
Butter Croissant	*	*	*											
Chocolate Twist	*	*	*	1			*	1						
Cinnamon Swirl	*	*	*											
Pain au Chocolat	*	*	*	1			*	1						
Pain aux Raisin	*	*	*											
Vegan Raspberry Croissant	*													

	<b>MUFFINS &amp; SCONES</b>						T	his Produ	uct Cont	ains					
P	roduct Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
В	elgian Chocolate Muffin	*	*	*				*		*					
В	lueberry Muffin	*	*	*											
Si	icilian Lemon Curd Muffin	*	*	*						*					
Fi	ruit Scone	*	*	*											

WHOLE CAKES						T	his Produ	uct Cont	ains					
Product Name	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						T	his Produ	Jct Cont	ains					
Product Name	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	*	*	*											

Version 9

Issued: 06/01/21

# TOTAL ALLERGEN GUIDE (UK)

Version 9 Issued: 06/01/21

Effective 6th January 2021

<b>BROWNIES &amp; SHORTBREAD</b>						T	his Produ	uct Cont	ains					
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Caramel Shortbread	*		*				*							
Belgian Chocolate Brownie	*	*	*				*							
Caramel & Sea Salt Brownie	*	*	*				*							

CHEESECAKE						T	his Produ	uct Cont	ains					
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						T	his Produ	uct Cont	ains					
Ë	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Ξ	Belgian Chocolate Chunk Cookie	*	*	*				*							
S	Caramel Chocolate Cookie	*	*	*				*							
	Oat & Raisin Cookie	*	*												

INDIVIDUAL CAKES						T	his Produ	uct Cont	ains					
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Cherry Bakewell Crumble Cake	*	*	*	*										
Raspberry & Amaretti Crumble Cake	*	*	*											
Mince Pies	*													

GRAB & GO CHOCOLATE						T	his Produ	uct Cont	ains				
Product Name	Gluten	n Eggs Milk Nuts Peanuts Fish Soya Celery Sulphur Dioxide Mustard Lupin Crustaceans Sesame seeds Molluscs											
Chocolate Coin			*				*						
Gianduja Chocolate				*			*						



# TOTAL ALLERGEN GUIDE (UK)

Effective 6th January 2021

PORRIDGE						T	his Produ	Jct Cont	ains					
Product Name	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						T	his Produ	uct Cont	ains					
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
	Pork & Pancetta Sausage Roll	*	*	*											
	Sourdough Bread Roll	*													
5	Vegan Vegetable 'Sausage' Roll	*													

Tork a l'ancona sausago Ron														
Sourdough Bread Roll	*													
Vegan Vegetable 'Sausage' Roll	*													
PARCELS						T	his Produ	uct Cont	ains					
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Mollus
Roasted Vegetable & Spanish Chorizo Parcel	*	*	*											
Italian Tomato & Caramelised Onion Parcel with Mozzarella	*	*	*											

SAUCES						T	his Produ	uct Cont	ains					
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Heinz Ketchup Sauce	*							*						
HP Sauce Sachet	*													

# TOTAL ALLERGEN GUIDE (UK)

Effective 6th January 2021

HOT DRINKS - COFFEE						T	his Produ	uct Cont	ains					
Product Name	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			*											

1	HOT DRINKS - TEA, HOT CHOCOLATE & SPECIALITY						Т	his Produ	uct Cont	ains					
) [	Product Name	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		This Product Contains												
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Alpro Coconut							*							
Alpro Oat	*													
Alpro Soya							*							

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.

5 of 6

# TOTAL ALLERGEN GUIDE (UK)

Version 9 Issued: 06/01/21

Effective 6th January 2021

ICED DRINKS						T	his Produ	uct Cont	ains					
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			*											

EXTRAS						T	his Produ	uct Cont	ains					
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
All Caffe Nero Syrups														



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	N	UTRITION	AL INFO
			per 100g	per portion (g)
		KJ	1701	1435
	Pastry: Wheat Flour (WHEAT Gluten, Flour Treatment Agent	Kcal	407	343
	(Ascorbic Acid E300)), Water, Palm Fat, Yeast, Sugar, Butter (MILK)	Fat	21.1	17.8
	2%, Rapeseed Oil, Salt, Baking Improver (WHEAT Gluten, WHEAT	Sat	9.0	7.6
Almond Croissant (V)	Flour, Yeast, Flour Treatment Agent (Ascorbic Acid E300)), Emulsifier (Mono- and diglycerides of fatty acids E471), Acidity Regulator	Carbs	43.9	36.9
(•)	(Citric Acid E330), Flavouring, <b>EGG</b> . Almond Filling (19%) (Sugar,	Sugar	13.7	11.6
	Almonds (7%) (NUTS), EGG White, Inverted Sugar Syrup, Water, EGG	Fibre	2.4	1.9
	Yolk, Invertase E1103). Topping: Almond Flakes (4.2%) (NUTS).	Protein	9.3	7.8
		Salt	0.7	0.6
		Portion w	eight (g)	84

# The allergens that are featured within this guide are in accordance with the EU Food Information Regulations:

- Cereals containing gluten including wheat, rye, barley, oats
- Eggs
- Milk
- Tree nuts including almonds, hazelnuts, pistachios, walnuts
- Peanuts
- Fish
- Soya
- Celery
- Sulphur dioxide and Sulphites
- Mustard
- Lupin
- Crustaceans e.g. prawns
- Sesame seeds
- Molluscs e.g. mussels

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

# Nutritional & Ingredient Guide

Effective 6th January 2021



CONTENTS	
PASTRIES	3
MUFFINS & SCONES	4
EXTRAS	4
PORRIDGE & TOPPINGS	5
WHOLE CAKES	6
	6
BROWNIES & SHORTBREAD	7
CHEESECAKE	7
COOKIES	8
INDIVIDUAL CAKES	8
SAVOURY PASTRIES & ROLLS	9
PANINI	10
TOASTATI	11
BREAKFAST ROLLS	11
SALAD	12
BREAKFAST BOXES	12
SOUPS	12
SANDWICHES	13
BISCUITS & SNACKS	14 -15
CRISPS & POPCORN	16
YOGHURTS & GRANOLA POT	16
Products only sold in Northern Ireland stores	
	17
TOASTATI	17
CROISSANT	18
SANDWICHES	18
SCONES	19
YOGHURTS & FRUIT	19
CRISPS	20

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 **17-20** for products sold in NI stores.

# Nutritional & Ingredient Guide Effective 6th January 2021



	PASTIRES			
PRODUCT	INGREDIENTS	NU	TRITIONAL INFO	c
		КJ	per 100g 1701	per portion (g) 1435
		Kcal	407	343
	Pastry: Wheat Flour (WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid E300)), Water, Palm Fat, Yeast, Sugar, Butter (MILK) 2%,	Fat	21.1	17.8
Almond Croissant	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%)	Sat Carbs	9.0 43.9	7.6 36.9
(V)	(NUTS), EGG White, Inverted Sugar Syrup, Water, EGG Yolk, Invertase E1103). Topping: ALMOND Flakes (4.2%) (NUTS). May contain traces	Sugar	13.7	11.6
	of other NUTS (Hazelnuts).	Fibre	2.4	1.9
		Protein	9.3	7.8
		Salt Por	0.7 tion weight (g)	0.6 84
			per 100g	per portion (g)
		KJ	1081	1113
	—	Kcal Fat	258 11	266
Apricot Croissant	Pastry: 56% (WHEAT flour, butter 19% (MILK), water, yeast, sugar, EGGS, salt, WHEAT gluten enzymes (amylases, hemicellulases), flour treatment agent (E300)), Apricots 26%, Pastry cream 17% (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder,	Sat	6.7	6.9
(V)	stabilizers (E263, E450iii, E339ii), colour (E160ai), flavouring), egg wash (EGGS, water).	Carbs	34	35
	May contain: traces of NUTS and traces of SOYA.	Sugar Fibre	11 2	2.1
		Protein	4.7	4.8
		Salt	0.7	0.7
		Po	rtion weight (g) per 100g	115 per portion (g)
		KJ	1792	915
		Kcal	429	219
		Fat	23	11.8
Butter Croissant	Pastry: WHEAT flour, butter 22% (MILK), water, sugar, whole MILK pasteurized, yeast, EGGS, salt, WHEAT gluten, emulsifier : E322 (rape	Sat Carbs	15 46	7.7 23.2
(V)	May contain: traces of NUTS and traces of SOYA.	Sugar	6.8	3.5
		Fibre	2.6	1.3
		Protein Salt	8.1	4.3 0.6
	—		rtion weight (g)	60
			per 100g	per portion (g)
		KJ Kcal	1512 361	1176 281
	—	Fat	16	11.9
Chocolate Twist	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, E450iii, E339ii),	Sat	9.6	7.4
(V)	colour (E160aii), flavouring), Chocolate 15.6% (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier (E322 (SOYA	Carbs	47	37.9
	lecithin)), natural vanilla flavour), egg wash (EGGS, water), Icing sugar (Glucose, comflour, vegetable oil). May contain: traces of NUTS.	Sugar Fibre	21 3	17.4 2.3
		Protein	5.7	4.3
		Salt	0.8	0.6
		Po	rtion weight (g) per 100g	90 per portion (g)
		KJ	1706	1467
		Kcal	407	350
	WHEAT Flour, Fine Butter (MILK) (19%), Water, Sugar, Yeast, EGG, Cinnamon (1.4%), Maize Starch, WHEAT Gluten, Salt, Whey Powder	Fat Sat	18.6	16 10.3
Cinnamon Swirl	(MILK), Whole MILK Powder, Skimmed MILK Powder, Thickener (Sodium Alginate), EGG Albumin Powder, Turmeric Extract, Flour Treatment Agents (Alpha-Amylases, Herricellulases, Ascorbic Acid), Natural Flavouring, Acidity Regulator (Citric Acid), Carrot Extract. May contain:	Carbs	51.2	44
(V)	Agenis (Alpha-Arriylases, Hemiceliulases, Ascorbic Acia), Natural Havouring, Acially Regulator (Clinc Acia), Carlot Exitact. May contrain:	Sugar	21.8	18.7
		Fibre Protein	2.78 6.7	2.4 5.8
	—	Salt	0.6	0.5
			rtion weight (g)	86
		KI	per 100g	per portion (g)
	—	Kcal	1786 427	1120 268
		Fat	23	14.3
Pain au Chocolat	Pastry: (WHEAT flour, Butter (MILK), water, chocolate 10% (sugar, coca mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla	Sat	15	9.3
(V)	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.	Carbs Sugar	46	29.1 8.1
		Fibre	3	1.9
		Protein	7.6	4.8
		Salt Po	1 rtion weight (g)	0.6 75
			per 100g	per portion (g)
		KJ	1417	1245
	WHEAT flour, water, raisins 13%, Butter (MILK), sugar, yeast, corn starch, EGGS, salt, powdered whey (MILK), whole MILK powder, WHEAT	Kcal Fat	338 14	296 10.8
Rain and Prisin	gluten, EGG albumin powder, skimmed MILK powder, thickener (sodium alginate), emulsifier (rape lecithin), fruit and plant extract	Sat	9.1	6.8
Pain aux Raisin (V)	(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	Carbs	46	43.2
	agent (pectin), preservative (potassium sorbate)).	Sugar Fibre	19 2.3	17.1
	May contain: traces of NUTS and traces of SOYA.	Protein	5.8	5.4
		Salt	0.8	0.6
		Po	rtion weight (g)	110
		KJ	per 100g 1589	per portion (g) 1239
	WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non Hydrogenated	Kcal	379	296
	Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring), Raspberry	Fat	16.3	12.7
Vegan Raspberry Croissant	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	Sat Carbs	8.2 50.7	6.4 39.5
(Vg, DF)	Oil, Food Colours (Radish, Blackcurrant, Apple concentrate)), Spelt flour, WHEAT gluten Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid).	Sugar	18.5	14.4
	May contain: traces of MILK, SESAME SEEDS, SOYA, NUTS, EGGS.	Fibre Protein	2.7 6.4	2.1
	—	Salt	0.5	0.4
			rtion weight (g)	110

 Salt
 0.5
 0.4

 Portion weight (g)
 110



PRODUCT	INGREDIENTS	NU	TRITIONAL INFO	<b>&gt;</b>
	WHEAT flour (calcium carbonate, iron, niacin, thiamin), sugar, water, liquid EGG, vegetable oli rapeseed, 9% filing (sugar, vegetable fats	КJ	per 100g 1702	per portion (g) 1872
	mitter nou could in could on the second seco	Kcal	407	448
	chocolate chunks (sugar, cocoa mass, cocoa butter, emulsifier E322 (SOYA), natural vanilla flavouring), 3% Belgian milk chocolate	Fat	22	24
Delaise Observisies Malfin	chunks (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier E322 (SOYA), natural vanilla flavouring), buttermik (MILK), 1,8%	Sat	5	6
Belgian Chocolate Muffin (V)	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	Carbs	45	49
(*)	(mixe), entosine E322 (SOTA)), 1,44 large MLK slabs (sugar, whole MLK powder, occoa butter, occoa mass, emulsifier E322 (SOTA),	Sugar	29	32
	natural vanilla flavouring), raising agents (E341, E450, E501), inulin, glucose syrup, WHEAT starch, MILK protein, modified corn starch,	Fibre	2	2
	humectants (E420, E422), emulsifiers (E471, E475), WHEAT flour, preservatives (E202, E223 (Contains SULPHITES)), stabiliser E415, natural	Protein	6	7
	flavouring, WHEAT Gluten, salt, acidity regulator E330, anti-caking agents (E470a, E551), rapeseed oil.	Salt	0.4	0.4
		Por	rtion weight (g)	110
		КJ	per 100g 1431	per portion (g) 1547
	—	Kcal	342	376
		Fat	16	17
	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),	Sat	2	2
Blueberry Muffin	buttermik (MIK), raising agents [E34]. E450. E501), palm oil, inuin, MIK protein, WHEAT starch, emulsifiers [E47]. E475), modified com	Carbs	44	49
(V)	starch, WHEAT Gluten, WHEAT flour, preservative E202, glucose syrup, stabiliser E415, salt, acidity regulator E330, natural flavouring,	Sugar	21	23
	colouring E160a, rapeseed oil.	Fibre	1.2	1
	—	Protein	6	6
	—	Salt	0.4	0.4
		Por	rtion weight (g)	110
		КJ	per 100g 1517	per portion (g) 1669
	WHEAT flour (calcium carbonate, iron, niacin, thiamin), sugar, liquid EGG, water, 9% Sicilian lemon curd (sugar, liquid EGG, butter (MILK),	Kcal	362	398
	water, concentrated lemon juice (lemon juice concentrate, preservatives (E223 (Contains SULPHITES), E224 (Contains SULPHITES)), lemon	Fat	16	17
	oil, thickener E406, salt), inulin, 4% lemon zest, 3% streusel (WHEAT flour (calcium carbonate, iron, niacin, thiamin), coarse granulated	Sat	2	3
Sicilian Lemon Curd Muffin	sugar, margarine (vegetable oils (rapeseed, palm), water, salt, natural flavouring), natural flavouring), buttermilik (MILK), 1,8% sweet snow	Carbs	50	55
(V)	(dextrose, palm oil, cornflour), 0,9% lemon strip (lemon peel, sugar, glucose-fructose syrup, acidity regulator E330), raising agents (E341,	Sugar	26	28
	modified com starch, wHEAT flour, presentatives (EQ2, E223 (Contains SulPHTES)), wHEAT stabilise E415, salt, acidity regulator	Fibre	1	1
	E330, colouring E160a, rapeseed oil.	Protein	5	6
	—	Salt	0.4	0.5
		Por	rtion weight (g)	110
			per 100g	per portion (g)
		KJ	1281	1204
		Kcal	305	287
		Fat	10.7	10.1
Fruit Scone	Sonnoi WHEAT Flour (constraint Coloium combanate loon Nicein & Thiomin) Mile Putter (MILK) (1091) Suiter - (1091) FOO Surre Dublic	Sat	0.8	0.8
(Scotland, England & Wales)	Scone: WHEAT Flour (contains Calcium carbonate, Iron, Niacin & Thiamin), Milk, Butter (MILK) (10%), Sultanas (9%), EGG, Sugar, Raising Agents (E450, E500), Sunflower Oil.	Carbs	46.1	43.3
(V)	· @···· [- ··· ] · ··· · · · · · · · · · · · · ·	Sugar	14.3	13.4
		Fibre	1.2	1.1
		Protein	6.4	6
		Salt	1.2	1.15
		Por	rtion weight (g)	94

PRODUCT	INGREDIENTS	NL	TRITIONAL INFO	<b>D</b>
			per 100g	per portion (g)
		KJ	1016 239	305
		Kcal Fat	0.2	72
Raspberry Jam		Sat	0.2	0.08
(Vg, GF, DF)	Raspberry Jam: Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium Citrate	Carbs	57	17.1
		Sugar	57	17.1
		Protein	0.7	0.2
		Salt	0	0
			Portion weight (g)	30
			per 100g	per portion (g)
		KJ	1023	307
		Kcal	241	72
		Fat	0.1	0.03
Strawberry Jam	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid	Sat	0	0
(Vg, GF, DF)	Sharbon y Santi Sugar, Sharbonnos, Soming Agarn, Sinds Fosmi, Aciany Rogalator, Sinic Acia	Carbs	59	17.7
		Sugar	59	17.7
		Protein	0.4	0.12
		Salt	0	0
			Portion weight (g)	
			per 100g	per portion (g)
		KJ Kcal	3036 738	213 52
		Fat	81.4	5.7
Lakeland Butter		Sat	52.3	3.7
(V, GF)	Butter: Cream (MILK), Salt	Carbs	0.8	0.1
(1) -1)		Sugar	0.8	0.1
		Protein	0.6	0.04
		Salt	1.9	0.1
			Portion weight (g)	7
			per 100g	per portion (g)
		КJ	2413	965
		Kcal	586	234
Rodda's Cornish		Fat	63.7	25.5
Clotted Cream	100% Cornish cows MILK	Sat	39.7	15.9
(V, GF)		Carbs	2.2	0.9
		Sugar	2.2	0.9
		Protein	1.6	0.6
		Salt	0.05	0.0



PORRIDGE & TOPPINGS

	PORRIDGE & TOPPINGS			
PRODUCT	INGREDIENTS	NUT	RITIONAL INFO	>
			per 100g	per portion (g)
		KJ	426	1022
		Kcal Fat	102 2.8	244 6.7
Porridge made with	ada with	Sat	1.2	2.8
Semi Skimmed Milk	Quaker Rolled OATS, Semi Skimmed MILK	Carbs	13.7	32.8
(V)		Sugar	4.1	9.8
		Fibre Protein	1.5 4.7	3.5 11.4
		Salt	0.1	0.2
			ion weight (g)	240
			per 100g	per portion (g)
		KJ Kcal	383 91	918 219
		Fat	1.6	3.8
Porridge made with		Sat	0.4	0.9
Skimmed Milk (V)	Quaker Rolled OATS, Skimmed MILK.	Carbs	13.8 4.2	33 10.0
(•)		Sugar Fibre	4.2	3.5
		Protein	4.7	11.4
		Salt	0.1	0.2
		Port	ion weight (g) per 100g	240
		КJ	484	per portion (g) 1161
		Kcal	116	277
		Fat	4.4	10.6
Porridge made with Whole Milk	Quaker Rolled OATS, Whole MILK.	Sat Carbs	2.2	5.3 32.6
(V)	QUERO NORCE UNIS, THUR MILE.	Sugar	4.0	9.6
		Fibre	1.5	3.5
		Protein	4.7	11.2
		Salt	0.1 ion weight (g)	0.2 240
			per 100g	per portion (g)
		KJ	414	993
	Quaker Rolled OATS. Alpro Soya Milic: Water, Hulled SOYA beans (8.7%), Apple extract, Acidity regulators (Monopolassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea solt, Stabiliser (Gelan gum), Vitamins (Riboflavin (82), 812, D2).	Kcal	99	238
Porridge made with		Fat Sat	3.0 0.5	7.1
Soya Milk		Carbs	12.4	29.7
(Vg, DF)		Sugar	2.7	6.5
		Fibre	2.0	4.8
		Protein Salt	4.7 0.0	0.0
		Port	ion weight (g)	240
			per 100g	per portion (g)
	Quaker Ralled <b>OATS</b> , Alpro Caconut Milk: SOYA base (Water, Hulled <b>SOYA</b> beans (2.9%)), Coconut milk (3.5%) (Caconut cream, Water), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Flavouring, Stabiliser (Gelian gum),	KJ Kcal	376 90	901 215
		Fat	2.5	6.0
Porridge made with		Sat	0.9	2.0
Coconut Milk (Vg, DF)		Carbs	12.6	30.3
(vg, bi)		Sugar Fibre	3.0	7.3
		Protein	3.1	7.4
		Salt	0.0	0.0
		Port	ion weight (g)	278
		KJ	per 100g 428	per portion (g) 1026
		Kcal	102	244
<b>.</b>		Fat	2.4	5.8
Porridge made with Oat Milk	Quaker Rolled OATS, Alpro Oat Milk: OAT base (Water, OAT (10%)), Sunflower oil, Pea protein, Sea salt, Vitamins (B2, B12, D2).	Sat Carbs	0.7	1.6 40.3
(Vg, DF)		Sugar	3.6	8.5
		Fibre	2.2	5.2
		Protein	2.1	4.9
		Salt Porti	0.0 ion weight (g)	278
		101	per 100g	per portion (g)
		KJ	1934	483
		Kcal	462	115
		Fat Sat	22.5	5.6 0.7
Seeds & Fruit Mix Topper (Vg, DF, GF)	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 linseed (20%). May contain traces of PEANUTS and NUTS.	Carbs	46.5	11.6
(vg, br, Gr)	שמער און איז	Sugar	27.9	7.0
		Fibre	13.5	3.4
		Protein	11.7 0.05	2.9 0.0
			ortion weight (g)	25
			per 100g	per portion (g)
		KJ	1336	334 80
		Kcal Fat	319 0.5	0.1
Fruit Mix Topper		Sat	0.2	0.0
(Vg, DF, GF)	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).	Carbs	75.1	18.8
· ·		Sugar Fibre	67.4 4.4	16.8
		Protein	4.4	0.4
		Salt	0.10	0.0
		Pc	ortion weight (g)	25

### WHOLE CAKES

	WHOLE CAKES			
PRODUCT	INGREDIENTS	NU	TRITIONAL INF	0
			per 100g	per portion (g)
		KJ	1660	1759
	Cake (/77) (ECC Sugar What Eleur (NUEST Eleur Calairm Cathanata Iron Marin Thiomin) Chapelata (77) (Capag Mari Sugar	Kcal	396	420
	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	Fat	18.7	19.9
Belgian Chocolate	Yoghurt (MILK), Ropseed Oil, Water, Foll Reduced Cocon Powder, Glycerine, Skimmed MILK Powder, Emulating (Purt SAT, E471, E475), Raising Agents (E450, E501)), Icing (Icing Sugar, Full Fat Soft Cheese (Full Fat Soft Cheese (MILK), Sait, Preservative: E202), Butter (MILK) (4%),	Sat	8.4	8.9
Fudge Cake		Carbs	51.1	54.2
(V)	Fot Reduced Cocoa Powder, Water, Emulsifiers (E477, E471), E475), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, SOYA	Sugar	34.2	36.3
	Lecithin, Flavouring), Chocolate Chips (Sugar, Cocoa Mass, Cocoa Butter, SOYA Lecithin, Flavouring). May contain NUTS, MUSTARD and SESAME SEEDS.	Fibre	1.1	1.2
	SESAURE SEEDS .	Protein	5.3	5.6
	—	Salt	0.3	0.4
	—	Pc	rtion weight (g)	106
			per 100g	per portion (g)
		KJ	1590	2274
	—	Kcal	379	541
	Cake (73%) (Brown Sugar, Carrot (11%), EGG, Rapeseed Oil, Wholemeal WHEAT Flour, Wheat Flour (WHEAT Flour, Calcium Carbonate,	Fat	16.8	24.1
	Iron, Niacin, Thiamin), Date Paste (Dates, Rice flour), Pineapple Pulp, Water, Walnuts (NUTS), Raising Agents (E500, E450, E501), Cinnamon,	Sat	3.4	4.9
Carrot Cake	Soft, Mixed Spice, Thickener [E415]), Frosting [25%] (Icing Sugar, Full Fat Soft Cheese [Full Fat Soft Cheese (MLK), Soft, Preservative: E202),	Carbs	51.5	73.7
(V)	Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)), Skimmed MILK Powder, Modified Maize Starch, Emulsifiers (E477,	Sugar	31.3	44.7
	E471, E475), Flavouring, Stabiliser (E410)), Walnuts (NUTS), Pistachios (NUTS). May contain traces of SOYA and other NUTS.	Fibre	1.8	2.5
	—	Protein	3.3	4.7
	—	Salt	0.6	0.8
	—		rtion weight (g)	143
			per 100g	per portion (g)
		K.I	1305	1621
	Single Cream (MULK), Sugar, Icing Sugar, Reduced Fat Soft Cheese (Skimmed Mik, Cream (MULK), Mary Solids (MULK), Satt, Madfiled Topicos Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), WHEAT Flow (Calcium Carbonate, Niacin, Iron, Thianin), Black Cherry Pie Filling (Water, 11% Black Cherries, Sugar, Madfiled Topicos Starch, Acidity Regulator: Citric Acid; Natural Cherry Flowour, Preservative: Potossium Sorbatel (S), White Checolate Buttors (Sugar, Palm Oil: Whey Powder (MULK), Emulatier: SOTA Lecitihin) (S), Water, Free Range EGG, Ropesed Oil, Buttermik (Skimmed MULK), Satims duff Korlatin, Vorder (MULK), Emulatier: Sorta Lecitihin) (S), Water, Free Range God, Ropesed Oil, Buttermik (Skimmed MULK) Solitz, MULK Portein Concentrate), Margarine (Pohn Oil, Ropesed Oil), Water, Ravouring), Fat Reduced Cocco Powder, Beigian Chocolate Chips (Cocco Nass, Sugar, Dextros, Emulatier: Sorta Lecitihin) (S3), Dark: Checolate Ravoured Pieces (Sugar, Pohn Oil, Fat Reduced Cocco Powder, Whey Powder (MULK), Stabilier: Sorta Lecitihin) (S3), Dark: Checolate Ravoured Pieces (Sugar, Pohn Oil, Fat Reduced Cocco Powder, Whey Powder (MULK), Stabilier: Sorta Incentrate;	Kcal	311	386
		Fat	16.3	19.0
		Sat	7.0	8.3
Luxury Blackforest Roulade		Carbs	37.3	48.3
(V)		Sugar	26.7	35.5
	Emulsifier: SOYA Lecithin), Condensed Milk (MILK, Granulated Sugar), Modified Potato Starch, Modified Waxy Maize Starch, Raising	Fibre	1.9	2.5
	Agent: Sodium Bicarbonate, Flavouring, Raising Agent (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; WHEAT Flour), Sati,	Protein	3.7	5.1
	Thickener Blend (Thickeners: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose).	Salt	0.4	0.5
	—		rtion weight (g)	131
			per 100g	per portion (g)
	Chocolate Sponge (48%) [Sugar, WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Pasteurised Free Range EGG, Rapeseed	KJ	1748	2321
	Oil, Water, Fat Reduced Cocoa Powder (4.8%), Humectant (Vegetable Glycerine), Skimmed MILK Powder, Raising Agents (Bicarbonate	Kcal	418	555
	of Soda, E450, E501]], Toffee Buttercream (25%) [Sugar, Butter (MILK), Natural Flavouring, Salt (0.5%), Colour [Caramel]], Toffee Sponge	Fat	20.5	27.3
	(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,	Sat	7.7	10.3
Billionaires Cake	sweeteried condensed skinning mitch again, borie on (mitch, water, conconcentration and search and a search again and a search again and a search again again and a search again ag	Carbs	54.8	72.9
(V)	(Annatto, Curcumin)], Humectant (Vegetable Glycerine), Skimmed MILK Powder, Raising Agents (E450, E501), Natural Flavouring), Gold	Sugar	38.6	51.3
	Dusted Chocolate-Coated Matted Cereal Balls (1.1%) [MILK Chocolate [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass,	Fibre	1.7	2.3
	Skimmed MILK Powder, Emulsitiers (E-322, E476), Natural Flavouring), Malted Cereal Balls [Rice Flour, WHEAT Flour, Powder Malt, Sugar,	Protein	4.3	5.7
	Salt), Thickener (E414), Gold Edible Glitter [Anti-Caking Agent (E555), Colours (E171, E172)]], Belgian Dark Chocolate (0.3%) [Cocoa Mass,	Salt	0.7	0.9
			rtion weight (g)	123
	LOAF CAKES			
	LOAF CAKES			
PRODUCT	INGREDIENTS	NU	TRITIONAL INF	0
			100 -	
			per 100g	per portion (g)
		KJ	1650	1444
	Banana Puree (17%) (Banana Puree, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Sugar, Wheat Flour,	Kcal	394	345
_	Banana Puree (17%) (Banana Puree, Aciaity Regulator: Citric Acia; Antioxidant: Ascorbic Acia), Sugar, wheat Hour (WHEAT Hour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, EGG, Walnuts (6%) (NUTS), Wholemeal Flour (Wholemeal WHEAT Flour, WHEAT	Fat	21.6	18.9
Banana & Walnut Loaf Cake	Calcular, Calcular, Inden in Inden in Inden in Kapesee or is 60, Marias (ski) (Maria), Moreinea inden inden inden index	Sat	2.8	2.4
	Fatty acids, Sodium Stearoul-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; WHEAT protein), Glycerine, Cinnamon,	Carbs	46.2	40.4
(V)	Raising Agent: Sodium Bicarbonate, Disodium Diphospahte, Potassium Hydrogen Carbonate; Mixed Spice, Salt, Flavouring, Stabiliser:	Sugar	23.7	20.7
	Xanthan Gum.	Fibre	1.9	1.7
		Protein	6.6	5.8
		Salt	0.6	0.5
		Pc	rtion weight (g)	88
			per 100g	per portion (g)
	Cake (Sugar Wheat Flour (WHEAT Flour Calcium Carbonate Iron Niacin Thiamin) FGG. Rapeseed Oil Water Cake concentrate	KJ	1643	1561

Cake (Sugar, Wheat Rour (WHEAT Rour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG, Rapeseed Oil, Water, Cake concentrate (Modified Maize Starch, WHEAT Starch, Raising agent: Disodium Diphosphrate, Potassium Bicarbonate: Wheat Rour (WHEAT Rour, Calcium, Iron, Niacin, Thiamin), Emulifier: Mano- and Dighyceide of Irdhy acids, Propane 1.2 dial estes of farthy acids, Sadium Bicarbonate: Wheat Starch, West Proventier, Potassium Bicarbonate: Wheat Starch, Vance, Preservative: Potassium Sarbate: WHEAT Guiden, Acidit Regulator: Citic acid: Stabiliser: Xanhan Guidy, Sicilian Lemon Juice (5%), Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifier: Mono- and Dighyceide of Fathy acids, Sodium Diphosphrate, Potassium Hydrogen Carbonate) Fondant (Sugar, Glucose Syrup, Water, Rapeseed Oil, Pathrose, Fructose, Conflour, Fundifier: Mono- and Dighyceide of fathy acids; Surces estes of fathy acids; Yametant, Rapeseed Oil, Pathrose, Turclose, Conflour, Fundifier: Mono- and Dighyceide of fathy acids; Surgers estes of fathy acids; Yametant, Rapeseed Oil, Pathrose, Functose, Conflour, Fundifier: Mono- and Dighyceide of fathy acids; Surgers estes of fathy acids; Humetant, Ghyceine; Rice Starch, Acidity Regulator: Citic acid), Caramelised Lemon zest (1%) (Sugar, Lemon Zest, Water), Dextrose, Conflour, Pathrosin, Fundifier, Mono-

Sicilian Lemon Drizzle Loaf Cake (V) 391 16.6 1.7

55.1 29

1.1

4.8

0.6

Portion weight (g)

Kcal Fat

Sc

Carbs Sugar Fibre

Protein

Salt

372 15.8

1.6

52.3 27.6

1.0

4.6 0.5

95



### **BROWNIES & SHORTBREAD**

PRODUCT	INGREDIENTS	NU	ITRITIONAL INF	0
			per 100g	per portion (g)
		KJ	2099	1574
	Shortbread Base (44%) [WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Butter (MILK), Sugar, Comflour], Caramet (40%)	Kcal	502	377
		Fat	28.3	21.2
		Sat	16.8	12.6
Caramel Shortbread	[Sweetened Condensed MILK, Butter (MILK), Light Brown Sugar, Golden Syrup], Milk Chocolate (14%) [Sugar, Cocoa Butter, Whole MILK	Carbs	56.6	42.5
(V)	Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring).	Sugar	41	30.8
	May contain traces of NUTS and EGG.	Fibre	1.5	1.1
	—	Protein	4.7	3.5
	——————————————————————————————————————	Salt	0.5	0.4
		ortion weight (g)		
			per 100g	
Belgian Chocolate Brownie (V)	Sugar, Belgian Dark Chocolate Chips (20%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier ( <b>SOYA</b> Lecithin), Flavouring), Butter ( <b>MILK</b> ), Pasteurised Free Range <b>EGG</b> , Fortified Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Salt.	КJ	1868	per portion (g) 1009
		Kcal	447	241
		Fat	23.5	12.7
		Sat	14.2	7.7
		Carbs	51.6	27.9
		Sugar	41.4	22.4
		Fibre	2.6	1.4
		Protein	5.9	3.2
		Salt	0.5	0.3
		Pc	ortion weight (g	54
			per 100g	per portion (g)
		KJ	1851	1074
		Kcal	442	257
	Sugar, Caramel (18%) (Sweetened Condensed Skimmed MILK, Glucose Syrup, Invert Sugar Syrup, Palm Oil, Butter (MILK), Sugar, Emulsifier	Fat	22.4	13.0
Caramel & Sea Salt Brownie	aggar, durine (row) weeter tea condensed sammed muck, clocose sylp, inversi sugar synp, rouni cin, conte (muck), sugar, chrosiner (Mono- and Diglycerides of Fatty Acids). Stabiliser (Pecifin), Sati, Natural Rayouring, Belgian Dark Chocolate (14%) (Sugar, Cocoa Mass,	Sat	13.7	7.9
(V)	Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Butter (MILK), Pasteurised Free Range EGG, Fortified Wheat Flour	Carbs	54.1	31.4
	(WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Salt.	Sugar	41.5	24.1
		Fibre	2.2	1.3
	—	Protein	5.1	3.0
		Salt	ntion weight (g)	0.6
		10	inon weigin (g	50
	CHEESECAKE			
PRODUCT	INGREDIENTS	NU	ITRITIONAL INF	o
	Consolid Milly (Consolid Extract Water). Bouchon Binglift County (019) AMHEAT Elour (Colorium Carbonato, Ison 18-nin, Tricovic). Bolar O'		per 100g	per portion (g)
	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%)	KJ	1467	1473
	(Water, Coconut Oil, Stabiliser Blend (Potato Starch, Maize Starch, Modified Potato Starch, Carob Bean Gun), Coconut, Salt, Natural	Kcal	351	353
	_			

Kapeseed Oil, Sugar, Cocca Powder, Inverted sugar Syup, Kasing Agent: Sadium Bicarbonate, Salti, Non-Dary Soft Cheese (15%) – – – – – – – – – – – – – – – – – – –	
(water, Cocontri Oil, Stabiliser biena (norato stanch, Maize Statch, Modilled Polato Statch, Catob Bean Gum), Cocontri, Sali, Natural Kcali K	351 353
	2.1 22.2
Salted Caramel & Chocolate Vegan Couverture Chocolate (11%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Plavouring), Sugar, Margarine Sat	3.8 13.8
Cheesecake (Plan Oil, Rapeseed Oil, Water, Leman Juice, Natural Vanila Flavouring), Stabiliser Biend (Sugar, Mattodextrin, Modified Starch, Inickener, Carageenan), Corribuint, Water, Juan Corace Stater, Stabiliser, Kenner, Ken	5.3 35.4
(Vg, DF) Polygiverol Esters of Forty Acids). Water, Speculos Spread (Caramelised Biscuil WHEAT Rour, Sugar, Vegetable) (II Panholise). Rapeseed Sugar 1	9.9 19.9
	1.9 1.9
	2.4 2.4
	0.2 0.2
Vanilla Flavouring, Salt (0.03%). Portion v	/eight (g) 100
per	100g per portion (g)
KJ 1	346 1561
Single Cream (MLK), Digestive Biscuit Crumb (WHEAT) (Colcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Oil Kcal	322 374
(Palm Oi), Rapeseed Oi), Sugar, Invert Sugar Syup, Rosiang Agents: Sadium Bicarbonate, Ammonium Bicarbonate; Sal), Full Fart Sat Cheese (13,25) (Skinmed Milk, Cream Milk), Permotel (Milk), Sai, Modified Tapico Starch, Stabilisers (Xanthan Grum, Locus Bean Fat	9.1 22.1
Cum) Restarial Starter Cultural Lamon Curd (1297) (Churges Suruh Water Surger Satted Rutter (MUK) Lamon Consentiate Medified	9.9 11.2
Sicilian Lemon Cheese cake Umay Maiae Starch, Free Rongel Whole GGP Works, Geling Agent, Pedin, Addiff Saled Samer, Markala, Lemon Coll.cembler, Mulande Carlos 20 (V) Waxy Maiae Starch, Free Rongel Whole GGP Works, Geling Agent, Pedin, Addiff Segulator, Cliff Addit, Emulifier, Mulande Carlos 2	3.4 38.7
2 Element oli, Colour. Element, Condensed Milk (Milk, Oranolated Sugar), Marganne (Paint Oli, Rapesed Oli, Water, Lemont Juice, Natoral Sugar 2	1.3 24.8
Vanila Flavouring), Mhipping Cream (Mulk), Stabiliser Blend (Dextose, Sugar, Modified Maize Starch), Free Range Whole EGC, Sugar, Sicilian Lemon Juice (12:8) (From Concentrale), Stabiliser Blend (Sugar, Matidaetkini, Modified Starch, Thickener, Carrageann), Lemon — Fibre (1	0.6 0.7
Scian Lemon Juice (2.2%) (nom Concerning), Jacobien Berto Sugari, Manodemin, Modilied starch, Inickereit: Canageenan, Lemon Zest, Acidity Regulator: Catic Acid.  Protein	4.3 5.0
	0.4 0.4



PRODUCT	INGREDIENTS	NU	TRITIONAL INF	0
		KJ	per 100g 1803	per portion (g) 1361
	Fortified Wheat Flour (WHEAT Flour, Raising Agent (Sodium Bicarbonate), Acid (Calcium Phosphate), Calcium Carbonate, Iron, Niacin,	Kcal	430	314
	Toimined whech hold winter holds, kalang agent jocation laced borkers, acta (caladam Hospitale), caladam caladam int, niadam, Thiamini, Sugar, Chocolate Filling (13%) (Dark (17%) and MLK (8.5%) Chocolate (Sugar, Cocca Mass, Cacca Butter, Whole MLK Powder,	Fat	16.5	12.1
Belaian Chocolate	Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Humectants (Sorbitol, Glycerol), Dextrose, Water, Sweetened Condensed Skimmed	Sat	8.1	5.9
Chunk Cookie	MILK, Sugar, Thickeners (Sodium Alginate, Microcrystalline Cellulose, Carboxymethylcellulose), Modified Maize Starch, Salt, Acidity	Carbs	68.8	50.2
(V)	Regulator (Tartaric Acid), Preservative (Potassium Sorbate), Emulsifier (Polyglycerol Esters of Fatty Acids)), Belgian Dark Chocolate	Sugar	36.4	26.6
	(10%) (Sugar, Calcola Bone, Ernosiner (Sona Lechnin), realizational variate rayvolming), Marganne (rainto in variate ra	Fibre	2.3	1.7
	Raisi, Elizabilia (mar), according a contract and a	Protein	5.3	3.9
		Salt	0.9	0.7
		Poi	rtion weight (g)	78
			per 100g	per portion (g)
	Sugar, Fortfiled Wheat Rour (WHEAT Rour, Calcium Carbonate, Iron, Niacin, Thiamin), Chocolate Filing (13%) (Dark (17%) and MILK (8.5%) Chocolate (Sugar, Cacca Mass, Cacca Butter, Whole MILK Powder, Emulsifier (SOYA Lecithin), Natural Ravouring), Humectant (Sorbitol), Glycerol, Dextrose, Water, Sweetened Condensed Skimmed MILK, Sugar, Thickeners (Sodium Aginate, Natural Ravouring), Humectant (Sorbitol), Carbooymethylcellulose), Modified Mates Starch, Sait, Acidatily Regulator (Infartia Acid), Preservative (Potassim Sorbate), Emulsifier (Polydycerol Esters of Fathy Acids), Fudge Pieces (P%) (Sugar, Condensed MILK, Fondant (Sugar, Gucaes, Water), Glucose Syrup, Palm Oil, Water, Emulsifier (SOrt, Lecithin), Butter (MILK), Margarine (Palm) (R. Spessed Oil, Water, Emulsifier (Mone, and Diglycerides of Fathy Acids)), Posteurised Free Range EGG, Fat Reduced Cocca Powder, Glucose Syrup, Natural Flavouring, Raising Agent (Sodium Carbonate), Sait.	KJ	1775	1384
		Kcal	423	330
		Fat	16.9	13.2
		Sat	9.0	7.0
aramel Chocolate Cookie (V)		Carbs	66.2	51.6
(•)		Sugar	41.6	32.4
		Fibre	2.5	2.0
		Protein	4.9	3.8
		Salt	0.7	0.5
	—	Poi	rtion weight (g)	72
			per 100g	per portion (g)
		KJ	1910	1261
		Kcal	457	301
		Fat	21	14
Oat & Raisin Cookie	Sugar, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Seeds (17%) (Pumpkin, Sunflower, Chia), OATS,	Sat	6.0	4.0
(V)	Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mon- and Diglycerides of Fatty Acids)), Raisins (13%), Pasteurised Free Range EGG,	Carbs	59.9	39.5
(*)	Glucose Syrup, Raising Agent (Sodium Carbonates), Cinnamon, Natural Flavouring, Salt	Sugar	30.1	19.8
		Fibre	4	2.6
	—	Protein	8.6	5.7
		Salt	0.5	0.3

### INDIVIDUAL CAKES

PRODUCT	INGREDIENTS	NU	TRITIONAL INFO	c
		KJ	per 100g 1618	per portion (g) 1489
	Sugar, Cherry Filing (19%) [Dark Cherry, Sugar, Water, Modified Starch, Elderberry Concentrate, Ravouring, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate)), Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Free Range	Kcal	386	357
		Fat	17	15.9
Cherry Bakewell Crumble Cake	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	Sat	4.2	3.9
(V)	Dioxide)), Butter (MILK), Water, Amaretti Biscuit (3%) ( Sugar, Apricot Kernels, EGG White, Corn Flour, WHEAT flour, Rice Flour, Wholemeal	Carbs	52.8	49.5
(*)	WHEAT Flour, Raising Agents (Sodium Carbonate Acid, Ammonium Carbonate Acid), Natural Flavouring), Almond Flakes (3%) (NUTS),	Sugar	34.9	32.6
	Potato Starch, WHEAT Gluten, Natural Flavouring Substances, Whey Powder (MILK). Salt, Raising Agents (Disodium Diphosphate, Sodium	Fibre	1.2	1.1
	Bicarbonate), Acidity Regulator (Citric Acid).	Protein	4.8	4.5
		Salt	0.6	0.6
		Po	rtion weight (g)	94
	Raspberries (27%), Sugar, Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pasteurised Free Range EGG, Rapeseed Oli, Water, Butter (MILK), Amaretti Biscuit (2,5%) (Sugar, Apricot Kernels, EGG White, Carn Flour, WHEAT Flour, Rice Flour, Wholemeed WHEAT Flour, Risigin Agents (Sadium Carbonate Acid, Ammonium Carbonate Acid), Natural Flourouning, Madified Potato Starch, WHEAT Gluten, Whey Powder (MILK), Salt, Raising Agents (Disodium Phosphates, Sodium Carbonates), Natural Flavourings, Acidity Regulator (Citric Acid).	KJ	per 100g 1351	per portion (g) 1419
		Kcal	322	338
		Fat	14	14.7
Raspberry & Amaretti		Sat	3.3	3.5
Crumble Cake		Carbs	43.7	45.9
(V)		Sugar	28.9	30.3
		Fibre	2.8	3.0
		Protein	3.9	4.1
		Salt	0.5	0.6
		Po	rtion weight (g)	105
		KJ	per 100g 1567	per portion (g) 1489
		Kcal	373	354
	Mincemeat (55%) (Sugar, Apple Puree, Raisins (Raisins, Sunflower Oil), Sultanas (Sultanas, Sunflower Oil), Currants (Currants, Sunflower Oil),	Fat	10.5	9.9
Mince Pies	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 Soice, Acidity Regulator: Acetic Acid: Colour: Plain Caramel: Orange Oil,	Sat	3.7	3.5
(Vg, DF)	(ram Oil, kice nour, somiower oil), moainea siarch, nixea spice, Aciany wegularo: Acienc Acia; Colour: nain Catarrer, orange Oil, Lemon Oil), Fortified WHEAT Hour (WHEAT Hour, Calcium Carbonate, Iron, Nicain, Thiamin), Vegetable Margarine (Palm Oil), Ropeseed Oil,	Carbs	63.7	60.5
(19,01)	Water, Emulsfiler: Mono-and diglycerides of Fatty Acids), Sugar Dusting (Dextrose, Comflour, Palm Oil), Satt, Colour: Plain	Sugar	35.5	33.8
	Caramel.	Fibre	4.3	4.1
		Protein	3.8	3.6
		Salt	0.2	0.2
		Po	rtion weight (g)	95



### **SAVOURY PASTRIES & ROLLS** PRODUCT INGREDIENTS NUTRITIONAL INFO per 1000 r portion (g) 1473 1133 КJ 272 354 20.8 Fat 16 7.9 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, Ropeseed Oil, Potato Starch, Sait, Poppy Seeds, Tomato Concentrate, Basil, Comflour, Sunflower Oil, Garice, Oilve Oil, Rosemay, Cracked Black Pepper, Dried Oregano, Emulsifier: E471, -Sugar, Gartic Powder, Yeast, Lemon Juice. Vegan Vegetable 'Sausage' Roll (Vg, DF) Sc 26.5 34.5 4.8 Sugar 6.2 3.1 2.4 5.5 4.2 Salt 0.9 1.2 130 Por per 100g per portion (g) ĸ 1499 1949 359 467 British Pork (33%), Wheat flour contains Gluten (with WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (13%) (MULK), Carametised Onion (Onions, Rapeseed Oli, Cracked Black Pepper), Regatto Cheese (MULK), Breadcrumbs (WHEAT FLOUR (Gluten), Water, Salt, Veast), Smaked Bancetta (3%) (Pork Belly (7%), Salt, Heats, Salt, Antoxidant: Sodium Ascabate, Preservatives: Sodium Nitrite, Potasium Nitrate), Smaked Baccan Lardons (British Pork (P4%), Curing Salt (Salt, Preservative: Sodium Mittels), Stage, Antioxidant: Sodium Ascabate), Posteutised Free Range EGG, White Wine Vinegar, Honey, Park Crackling (Pork Rind, Sea Salt), Paprika Rakes, Salt, Sage, Cracked Black Pepper, Died Oregano, Rosemary, Garlic, Ground Fernel, Rapesed Oli, Fat 22.6 12.1 29.4 Pork & Pancetta 23.4 30.4 Sausage Roll 3.0 1.8 Sugar 2.3 Fibre 14 9 19.4 Proteir 1.4 130 1.1 Sa per 100g portion (g) 1245 1556 Kcal 299 374 Fat 19.8 24.8 Italian Tomato & Caramelised Onion Parcel with Mozzarella (V) Caramelsed 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%), Mazarella Cheese (MILK) (5%), Pasteurise Free Range EGG, White Wine gar, Salt, Dried Parsley. 11.6 14.5 Sa Carbs 21.9 27.4 Sugar 3.6 4.5 Fibre 2.5 9.1 roteir Salt 0.9 Portion weight (g) 125 per 100g per portion (g) 1628 KI 1302 Кса 312 390 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 Sadium Ascarbate, Nutmeg, Preservatives: Sadium Nithite, Potasium Nithate, Progeno), Mazarele Cheese (MILK) (3%), Cumatos, Posteurised Free Range EGG, Onion Secto, White Wine Vinegar, Oak smoked Water, Rapeseed OII, Salt, Tamata Concentrate, Basil, Garlic, Sunflower Oil, Olive Oil, Rosemary, Cracked Black Pepper, Dried Oregano, Sugar, Yeast. 19.6 24.5 Fc Sat 10.7 13.4 Roasted Vegetable & Spanish Chorizo Parcel Carb 25.3 31.6 4.0 2.4 5.0 3.0 Sugar Fibre Proteir 7.5 9.4 1.4 1.8 125 per 100g r portion (g) 1355 1328 KI 318 17.5 325 17.9 Fat Croissant [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Butler (MILK), Water, Sugar, Whole EGG, Yeast, Skimmed MILK Powder, Salt, Inactive WHEAT Sourdough, Flour Treatment Agent: Accorbic Acid, Acids: Acetic Acid, Lactic Acid, British Formed Hon Roast Ham (29%) [Pork, Honey, Salt, Brown Sugar, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nihrite], West Country Chedo 11.5 11.7 Sat Ham & Cheese Croissant 24.5 25 Cheese (MILK) (19%). Sugar 3.4 3.5 Fibre 1.0 1.0 15.9 15. Salt 1.3 1.4 Portion weight (g 102 per 100g n (g) 1315 811 30 191 Кса Fa 0.7 0.4 0.2 0.1 39.2 Sc Sourdough Bread Roll (Vg, DF) WHEAT flour, water, sourdough (WHEAT), sait, yeast, dehydrated WHEAT sourdough, WHEAT gluten, deactivated yeast, malted WHEAT 63.6 flour, flour treatment agent (ascorbic acid) Sugar Fibre 1.6 0.9 3.7 10.4 6.4 Proteir 1.6 0.9 Salt 7/



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 17-19.
PANINI

	PANINI			
PRODUCT	INGREDIENTS	NU		c
			per 100g	per portion (g)
		KJ	1103	2151
	Sourdough Panini (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough	Kcal Fat	262	513 22.1
	Water, Fermented RYE Rour, Salt), WHEAT Gluten, Malter WHEAT Rour, Sunflower Oil, Fermented WHEAT Rour, Flour Treatment Agent:	Sat	2.5	4.9
Pole & Line Tuna Melt Panini	Ascorbic Acid), Tuna Melt Mix (Pole and Line Caught Tuna (20%) (Skipjack Tuna (FISH), Water, Salt), Mayonnaise (Rapeseed Oil, Water,	Carbs	26.4	51.5
	Free Range Satted Egg Yolk (EGG Yolk, Satt), Spirit Vinegar, Dijon Mustard (Water, MUSTARD Seeds, Spirit Vinegar, Satt), White Wine Vinegar, Cornflour, Sugar), Red Pepper (3%), Slow Roast Tomato (2%) (Tomato, Sunflower Oil, Satt, Garlic, Oregano), Red Onion (1%),	Sugar	3.1	6.1
	Parsley, Lemon Juice, Cornflour, Black Pepper], Cheddar Cheese (MILK) (7%).	Fibre	1.8	3.5
		Protein	13.1	25.6
	—	Salt	0.9 ortion weight (g)	1.7 195
		10	per 100g	per portion (g)
		КJ	967	1740
		Kcal	230	414
	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough	Fat	5.9	10.6
	(Water, Fermented RYE Flour, Satt). 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	Sat	2.8	5
Ham & Mozzarella Panini	Nitrite], Mozzarella & Cheddar Cheese [Mozzarella Cheese (MILK) (6%), Cheddar Cheese (MILK)(4%)], Seasoned Béchamel [Béchamel	Carbs	28.8 3.5	51.8 6.2
	Sauce (MILK, Single Cream (MILK), Water, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Comflour, Salt, Preservative: Potassium Sorbate, Nutmeg Oleoresin), Black Pepper].	Fibre	3.5	6.2 3
	Solutia, kuinteg Oleoresini, auck rieppenj.	Protein	14.5	26
	—	Salt	1.0	1.9
	—	Pc	ortion weight (g)	180
			per 100g	per portion (g)
		KJ	1095	2014
		Kcal	261	480
	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iran, 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:	Fat Sat	11 4.8	20.3 8.8
Mozzarella & Tomato Panini		Carbs	26.9	49.6
(V)	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%).	Sugar	2.7	5
		Fibre	1.7	3.1
		Protein	12.7	23.4
	—	Salt	1.2	2.1
		PC	per 100g	184
		КJ	927	per portion (g) 1928
	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough	Kcal	220	458
	Water, Fermented RYE Rour, Salt), WHEAT Gluten, Malter WHEAT Rour, Sunflower Oil, Fermented WHEAT Rour, Flour Treatment Agent:			
	Ascorbic Acid], Vegan Ragu & Cheese Sauce [Tomato Ragu Sauce (Water, Tomato Paste, Crushed Tomato, Onion, White Wine Vinegar, 🗕	Fat Sat	6.6 1.4	13.7 2.9
Vegan Meatball Panini	Comflour, Carrot, Sugar, Extra Virgin Olive Oil, Salt, Basil, Rosemary, Thyme, Parsley, Garlic, Black Pepper), Mozzarella Flavour Plant Based Cheese (4%) (Water, Modified Potato Starch, Coconut Oil, Sea Salt, Olive Fruit Extract, Natural Flavourings, Colour: Natural Beta			
(Vg, DF)	Carotene)], Vegan Wheatballs (19%) [Mushroom, Borlotti Beans, WHEAT Gluten, Rusk (WHEAT Flour (Calcium Carbonate, Iron, Niacin,	Carbs	35.8	74.5
	Thiamin), Solf), Ropeseed Oil, Onion, Avocado (Avocado, Antioxidant: Ascorbic Acid, Acidity Regulator: Citric Acid, Solf), Brown Rice,	Sugar	3.9	8.1
	Apple (Apple, Preservative: Sadium Metabsulphile), Potato Starch, Fennel, Salt, Lemon Juice, Garili Cowder, Black Pepper, Dried Red Pepper, Basil, Thyme], Vegan Mayonnaise (4%) [Water, Rapeseed Oil, Comflour, Preservative: Peclin, Sugar, Spirit Vinegar, Dijon MUSTARD [Water, Brown MUSTARD Seeds, Spirit Vinegar, Salt), Pea Protein, Salt, Concentrated Lemon Juice], Spinach (3%).	Fibre	2.5	5.2
		Protein	3.2	6.6
		Salt	1.0	2.1
		Pc	ortion weight (g)	208
			per 100g	per portion (g)
	—	KJ	1174	2231
	—	Kcal Fat	279	530 20.1
	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:	Sat	4.9	9.3
Brie and Bacon Panini	Ascorbic Acid]], Brie (MILK) (21%), Balsamic Onion Chutney (13%) [Red Onion, Sugar, Balsamic Vinegar (Wine Vinegar, Grape Must),	Carbs	32.6	61.9
	White Wine Vinegar, Water, Molasses, Cornflour, Salt, Garlic, Ginger, Black Pepper], British Beechwood Smodel Streaky Bacon (10%)	Sugar	6.4	12.2
	[British Pork, Pork Fat, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite].	Fibre	1.4	2.7
		Protein	12.7	24.1
		Salt	1.2 ortion weight (g)	2.2
		FC	per 100g	190 per portion (g)
	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough	KJ	992	per portion (g) 1805
	(Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent:	Kcal	236	430
	Ascorbic Acid], Scrambled EGG & Béchamel Sauce [Scrambled EGG (19%) [Free Range Pasteurised Whole EGG, Water, Sunflower Oil,	Fat	7.1	12.9
	Skimmed MILK Powder, Lemon Juice, Salt, Pepper], Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Comflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Black Pepper], British Pork Sausage with Beef Collagen	Sat	2.2	4
All Day Breakfast Panini	Casing (10%) [British Pork, Potato Starch, Rusk (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Dextrose, Salt, WHEAT Starch,	Carbs	29.5	53.7
	Rapeseed Oil, Beef Collagen Casing, Spices (Ground White Pepper, Ground Nutmeg, Ground Ginger, Ground Mace, Chilli Powder),	Sugar Fibre	2.8	5.1 3.8
	WHEAT Protein, Sodium Diphosphate, Onion Powder, Rubbed Sage, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin)), British Beechwood Smoked Streaky Bacon (6%) [British Pork, Pork Fat, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate,	Protein	12.4	3.8
	Sodium Nitrite].	Salt	12.4	1.8
		Pc	ortion weight (g)	182



	TOSTATI			
PRODUCT	INGREDIENTS	NUT		c
	Grilled Cheese Topped Bread (White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono-	KJ Kcal	per 100g 911 218	per portion (g) 1594 382
	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	Fat	8.8	15.4
Cotto Ham & Cheese	(MILK), Water, Conflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Mozzarella	Sat	5.1	9
Tostati Melt	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,	Carbs	22.3	39
	Preservative: Potassium Sorbate), Regato Cheese (MILK), Valier, Cornidur, VHEAL Hour (Calcium Carbonale, Iron, Nilacini, Iniamin), sair,	Sugar	2.2	3.8
	Shavings (MILK) (<1%), Cracked Black Pepper], Cooked Formed Cured Ham with Sage & Rosemary (17%) [Pork, Water, Salt, Brown Sugar,	Fibre Protein	1.1 12	1.9 21
	Stabiliser: Sodium Tripolyphosphate, Sage, Rosemary, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite].	Salt	1.3	2.2
	—	Por	tion weight (g)	175
			per 100g	per portion (g)
	Grilled Cheese and Tomato Topped Bread [White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt,	KJ	930	1691
	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	Kcal Fat	236 10.4	406
Mozzarella & Tomato	Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate),	Sat	5.7	9.8
Tostati Melt	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%), Sun blush Tomatade (3%) (Slow Roast Tomato, Tomato Concentrate,	Carbs	24.3	41.8
(V)	Sunflower Oil, Olive Oil, Satt, Oregano, Sugar, Garlic), Tomato and Onion Sauce (3%) (Water, Tomato Paste, Chopped Tomato,	Sugar	3.7	6.4
	Rapeseed Oil, Sugar, White Wine Vinegar, Cornflour, Garlic Puree, Concentrated Lemon Juice, Dijon MUSTARD (Water, MUSTARD Seeds,	Fibre	1.3	2.3
	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%).	Protein	11	19
		Salt	1.0 tion weight (g)	1.7 172
		10.	per 100g	per portion (g)
	Grilled Cheese & Mushroom Topped Bread [White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt,	KJ	921	1612
	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	Kcal	222	388
	Seasoned Chestnut Mushrooms (8%) (Chestnut Mushroom, Olive Oil, Salt, Black Pepper), Béchamel Sauce (Whole MILK, Single Cream	Fat	10.9	19.1
Roasted Mushroom & Mascarpone Tostati	(MILK), Water, Comflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Cheddar Cheese (MILK) (5%)], Mushroom & Mascarpone Dressing [Roast Seasoned Chestnut Mushrooms (7%) (Chestnut Mushroom, Olive Oil, Salt,	Sat Carbs	4.6 22.5	8 39.3
Melt	Black Pepper), Mushroom Mayonnaise (6%) (Water, Rapeseed Oil, Olive Oil, Pasteurised Salted EGG Yolk, Comflour, White Wine Vinegar,	Sugar	22.5	37.3
(V)	Coarse Black Pepper, Concentrated Lemon Juice, Salt, Mushroom Stock (Mushroom Stock (Mushroom Juice Concentrate, Salt), Sugar,	Fibre	1.5	2.6
	Spirit Vinegar, Satt), Mascarpone Full Fat Soft Cheese (MILK) (5%), Full Fat Soft Cheese (MILK) (3%), Mushroom and Porcini Tapenade (3%)	Protein	8.4	14.7
	(Grilled Mushrooms, Rapeseed Oil, Porcini, Concentrated Lenon Juice, Salt, Dehydrated Porcini Powder, Garlic, Parsley, Chive),	Salt	0.9	1.5
	Cornflour, Thyme].		tion weight (g)	175
			per 100g	per portion (g)
	Tomato Bread [WHEAT Flour (Calaium Carbonate, Iron, Niacin, Thiamin), Water, Tomato Flakes, Tomato Powder, Yeast, Salt, Emulsifiers: Mono-and Diacelyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, Mono-and Diglycerides of Fatty Acids, SOTA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Foru Treatment Agent: Accotic Acid, Poin Fatl, Vegan Tomato Mayonnaise (Vegan Mayonnaise (Water, Rapeseed Oil, Cornellur, Preservative: Pecifix, Syar, Spair) Witspar, Dijon MUSTARD (Water, Rown MUSTARD Seeds, Spiit Vinegar, Salt), Pea Pratein, Salt, Cancentrated Lemon Juice), Sun blush Tomatode (3%) [Slow Roast Tomato (D.; Suntlawer Ol, Olive Oil, Sut, Oregons, Syar, Garicki, Slow Roast Tomato (1%) (Tomato, Suntlower Oil, Salt, Garic, Cregona), Black Pepper], Pesto (12%) [Basil, Suntlower Oil, Salt, Garice Puree, Acidity Regulator: Citic Acidj, Mazarella Flavour Plant Based Cheese (9%) [Water, Modified Potato Starch, Coconut Oil, Sea Salt, Olive Fuil Extract, Natural Flavourings, Colour: Natural Beta Carotene], Semi Dried Cherry Tomato (9%), Spinach.	KJ	975	1511
		Kcal	233	362
		Fat	11.1	17.1
Roasted Tomato & Pesto		Sat	3.1	4.8
Tostati		Carbs	32.7	50.6
(Vg, DF)		Sugar	5.0	7.7
		Fibre	2.0	3.0
		Protein	4.9	7.6
	_	Salt	1.3	1.9
		Por	tion weight (g)	155
			per 100g	per portion (g)
	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,	KJ	1005	1708
	Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Béchamel Sauce (Whole MILK, Single Cream	Kcal	239	406
	(MILK), Water, Comflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Mozzarella Cheese (MILK) (8%), Cheddar Cheese (MILK) (5%)], Chicken, Béchamel Sauce, Cheese & Bacon Mix (British Chicken Breast (8%) (Chicken	Fat	8.9	15.1
Chicken & Bacon	Breats (all Chicken Stock (Water, Chicken Carcass), Comflour), Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Comflour,	Sat	4.9	8.2
Tostati Melt	WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Mozzarella Cheese (MILK) (5%), Cheddar	Carbs	23.5	39.9
	Cheese (MILK) (2%), Regato Cheese (MILK) (2%) (Anti-caking Agent: Potato Starch), Chicken Gravy (2%) (Water, Roasted Chicken Stock (Chicken Stock, Salt, Onion Juice Concentrate, Carrot Extract, Tomato Paste), Cornflour, Sugar, Lemon Juice Concentrate, Onion	Sugar Fibre	2.4	4.1
	Powder, Tomato Paste, White Wine Vinegar, Garlic Purée, Salt, White Pepper), Chopped British Beechwood Smoked Streaky Bacon (1%)	Protein	15.5	26.3
	(British Pork, Pork Fat, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), Black Pepper].	Salt	1.0	1.8
	MUSTARD Seeds, Spirit Vinegar, Salt), Black Pepper].			170
		Por	tion weight (g)	
	BREAKFAST ROLLS	Por	tion weight (g)	
PRODUCT	BREAKFAST ROLLS			
PRODUCT	BREAKFAST ROLLS INGREDIENTS			
PRODUCT				
PRODUCT				þ
PRODUCT			RITIONAL INFO	D per portion (g)
PRODUCT	INGREDIENTS	<b>NU</b> T KJ	RITIONAL INFO per 100g 1180	D per portion (g) 1464
	Ciabatta Roll [WHEAT Flour (Colcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, Malted WHEAT Flour, Improver     [WHEAT Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed Oil, Enzyme]), Cottee Cured British Bacon (32%) [Pork Bely, Sugar, Salt,	KJ Kcal Fat Sat	RITIONAL INFO per 100g 1180 281 12.3 5.8	D per portion (g) 1464 348 15.2 7.1
PRODUCT Coffee Cured Bacon Clabatta	INGREDIENTS  Clobatta Roll [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Triamin), Water, RYE Flour, Yeast, Salt, Malted WHEAT Flour, Improver [WHEAT Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed OIL Enzyme]), Coffee Cured British Bacon (325) [Pork Bely, Sugar, Salt, Cold Breved Coffee, Stability Floursophete, Maltocatrin, Natural Pravuring, Antioxidant: Sadum Arbate, Preservotive:	KJ Kcal Fat Sat Carbs	RITIONAL INFO per 100g 1180 281 12.3 5.8 31.2	D per portion (g) 1464 348 15.2 7.1 38.7
	Ciabatta Roll [WHEAT Flour (Colcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, Malted WHEAT Flour, Improver     [WHEAT Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed Oil, Enzyme]), Cottee Cured British Bacon (32%) [Pork Bely, Sugar, Salt,	KJ Kcal Fat Sat Carbs Sugar	(RITIONAL INFO per 100g 1180 281 12.3 5.8 31.2 1.7	per portion (g) 1464 348 15.2 7.1 38.7 2.1
	INGREDIENTS  Clobatta Roll [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Triamin), Water, RYE Flour, Yeast, Salt, Malted WHEAT Flour, Improver [WHEAT Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed OIL Enzyme]), Coffee Cured British Bacon (325) [Pork Bely, Sugar, Salt, Cold Breved Coffee, Stability Floursophete, Maltocatrin, Natural Pravuring, Antioxidant: Sadum Arbate, Preservotive:	KJ Kcal Fat Sat Carbs Sugar Fibre	(RITIONAL INFO per 100g 1180 281 12.3 5.8 31.2 1.7 1.3	D per portion (g) 1464 348 15.2 7.1 38.7 2.1 1.6
	INGREDIENTS  Clobatta Roll [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Triamin), Water, RYE Flour, Yeast, Salt, Malted WHEAT Flour, Improver [WHEAT Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed OIL Enzyme]), Coffee Cured British Bacon (325) [Pork Bely, Sugar, Salt, Cold Breved Coffee, Stability Floursophete, Maltocatrin, Natural Pravuring, Antioxidant: Sadum Arbate, Preservotive:	KJ Kcal Fat Sat Carbs Sugar	(RITIONAL INFO per 100g 1180 281 12.3 5.8 31.2 1.7	per portion (g) 1464 348 15.2 7.1 38.7 2.1
	INGREDIENTS  Clobatta Roll [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Triamin), Water, RYE Flour, Yeast, Salt, Malted WHEAT Flour, Improver [WHEAT Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed OIL Enzyme]), Coffee Cured British Bacon (325) [Pork Bely, Sugar, Salt, Cold Breved Coffee, Stability Floursophete, Maltocatrin, Natural Pravuring, Antioxidant: Sadum Arbate, Preservotive:	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	RITIONAL INF( per 100g 1180 281 12.3 5.8 31.2 1.7 1.3 13.1 1.7 fion weight (g)	per portion (g) 1464 348 15.2 7.1 38.7 2.1 1.6 16.2
	INGREDIENTS  Clobatta Roll [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Triamin), Water, RYE Flour, Yeast, Salt, Malted WHEAT Flour, Improver [WHEAT Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed OIL Enzyme]), Coffee Cured British Bacon (325) [Pork Bely, Sugar, Salt, Cold Breved Coffee, Stability Floursophete, Maltocatrin, Natural Pravuring, Antioxidant: Sadum Arbate, Preservotive:	KJ Kcal Fat Sat Carbs Sugar Fibre Frotein Sat Por	RITIONAL INFO per 100g 1180 281 12.3 5.8 31.2 1.7 1.3 13.1 1.7 10 weight (g) per 100g	D per portion (g) 1464 348 15.2 7.1 38.7 2.1 1.6 1.6 2.1 1.6 2.1 124 per portion (g)
	INGREDIENTS  Clobatta Roll [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Triamin), Water, RYE Flour, Yeast, Salt, Malted WHEAT Flour, Improver [WHEAT Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed OIL Enzyme]), Coffee Cured British Bacon (325) [Pork Bely, Sugar, Salt, Cold Breved Coffee, Stability Floursophete, Maltocatrin, Natural Pravuring, Antioxidant: Sadum Arbate, Preservotive:	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Por KJ	RITIONAL INFO per 100g 1180 281 12.3 5.8 31.2 1.7 1.3 13.1 1.7 fion weight (g) per 100g 1076	per portion (g) 1464 348 15.2 7.1 38.7 2.1 1.6 16.2 2.1 124 per portion (g) 1732
	INGREDIENTS  Clabatta 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, Erzyme)], Coffee Cured Ritish Baccon (32%) [Pork Bely, Sugar, Salt, Cold Brewed Coffee, Stabiliser: Sodium Triphosphate, Maltodextrin, Natural Rovauring, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Butter (MULK)	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Por Salt KJ Kcal	RITIONAL INFO per 100g 1180 281 12.3 5.8 31.2 1.7 1.3 13.1 1.7 fion weight [g] per 100g 1076 256	Per portion (g) 1464 348 15.2 7.1 38.7 2.1 1.6 16.2 2.1 124 per portion (g) 1732 413
	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, Enzymei), Cottee Cured British Bacon (32%) [Pork Belty, Sugar, Salt, Cold Brewed Coffee, Stabiliser: Sodium Triphosphate, Maltodextin, Natural Rovouring, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Butter (MILK) Clabatta Roll [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, Malted WHEAT Flour, Improver	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Por KJ Kcal Fat	Introduction           per 100g           1180           281           12.3           5.8           31.2           1.7           1.3           13.1           1.7           tion weight (g)           per 100g           1076           226           12.9	D per portion (g) 1464 348 15.2 7.1 38.7 2.1 1.6 1.6 2.1 124 per portion (g) 1732 413 20.7
	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 Betty, Sugar, Salt, Cold Brewed Coffee, Stabiliser: Sodium Tiphosphate, Maltodathin, Natural Riveruing, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Butter (MILK) 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)], Fork Sausage in Beet Collagen Caing (46%) [Pork, Potato Starch, Water, Dextrose, Salt, Rapeseed Oil, MHEAT Storl, Beet Collagen Caing, Spices (Sround White Pepper, Ground Nutime],	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Por Salt KJ Kcal	RITIONAL INFO per 100g 1180 281 12.3 5.8 31.2 1.7 1.3 13.1 1.7 fion weight [g] per 100g 1076 256	Per portion (g) 1464 348 15.2 7.1 38.7 2.1 1.6 16.2 2.1 124 per portion (g) 1732 413
Coffee Cured Bacon Ciabatta	Clobatta Roll [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, Matted WHEAT Flour, Improver (WHEAT Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed Oil, Enzyme)), Coffee Cured British Bacon (32%) (Pork Bely, Sugar, Salt, Cold Brewed Coffee, Stabiliser: Sodium Triphosphate, Mallocatrin, Natural Horouring, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite), Butter (MLK) Clabatta Roll (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, Matted WHEAT Flour, Improver (WHEAT Flour, Rour Treatment Agent: Ascorbic Acid, Rapeseed Oil, Enzyme)), Fork Sausage in Beef Collagen Casing (46%) (Fork, Potato Starch, Water, Devrice, Chill Powder), Stabiliser: Sodium Diphosphate, WHEAT Flour, Nibed Sage, WHEAT	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Sat Por KJ Kcal Fat Fat	RITIONAL INFO per 100g 1180 281 12.3 5.8 31.2 1.7 1.3 13.1 1.7 107 tion weight (g) per 100g 1076 256 12.9 5.1	per portion (g) 1464 348 15.2 7.1 38.7 2.1 1.6 16.2 2.1 124 per portion (g) 1732 413 20.7 8.3
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 Betty, Sugar, Salt, Cold Brewed Coffee, Stabiliser: Sodium Tiphosphate, Maltodathin, Natural Riveruing, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Butter (MILK) 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)], Fork Sausage in Beet Collagen Caing (46%) [Pork, Potato Starch, Water, Dextrose, Salt, Rapeseed Oil, MHEAT Storl, Beet Collagen Caing, Spices (Sround White Pepper, Ground Nutime],	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Satt Por KJ Kcal Fat Sat Sugar Fibre	RITIONAL INFO per 100g 1180 281 12.3 5.8 31.2 1.7 1.3 13.1 1.7 fion weight (g) per 100g 1076 256 12.9 5.1 26.7 1.0 1.6	per portion (g) 1464 348 15.2 7.1 38.7 2.1 1.6 16.2 2.1 124 per portion (g) 1732 413 20.7 8.3 42.9 1.6 2.5
Coffee Cured Bacon Ciabatta	Clobatta Roll [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, Matted WHEAT Flour, Improver (WHEAT Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed Oil, Enzyme)), Coffee Cured British Bacon (32%) (Pork Bely, Sugar, Salt, Cold Brewed Coffee, Stabiliser: Sodium Triphosphate, Mallocatrin, Natural Horouring, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite), Butter (MLK) Clabatta Roll (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, Matted WHEAT Flour, Improver (WHEAT Flour, Rour Treatment Agent: Ascorbic Acid, Rapeseed Oil, Enzyme)), Fork Sausage in Beef Collagen Casing (46%) (Fork, Potato Starch, Water, Devrice, Chill Powder), Stabiliser: Sodium Diphosphate, WHEAT Flour, Nibed Sage, WHEAT	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Por KJ Kcal Fat Sat Carbs Sugar	Introduction           per 100g           1180           281           12.3           5.8           31.2           1.7           1.3           13.1           1.7           1076           226           12.9           5.1           26.7           1.0	D per portion (g) 1464 348 15.2 7.1 38.7 2.1 1.6 16.2 2.1 124 per portion (g) 1732 413 20.7 8.3 42.9 1.6



	SALAD			
PRODUCT	INGREDIENTS	NU	TRITIONAL INFO	þ
	Mixed Leaves (21%) (Spinach, Lettuce, Salanova), Falafel (20%) (Chick Peas, Onions, Water, Rapeseed Oil, Bread Crumbs (Fortified		per 100g	per portion (g)
	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Self-Raising Flour (Fortified Wheat Flour (WHEAT	KJ Kcal	535 128	1273 305
	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%)	Fat	6.5	305
Falafel, Red Pepper Houmous & Super Grain	(Cabbage, Beetroot, Mango Dressing (Mango Chutney (Mango, Sugar, Spirit Vinegar, Glucose Syrup, Salt, Ground Cardamom, Ground	Sat	0.7	13
Salad	Coriander, Ground Cumin, Ground Paprika), White Wine Vinegar, Stabiliser (Xanthan Gum), Satt), Onions), Mixed Grains (17%) (Bulgur	Carbs	11	26
(Vg, DF)	WHEAT, Couscous (Half Hard WHEAT Flour, Water), WHEATBERRIES, Red Quinoa, Red Peppers, Lemon Juice, Salt, Black Pepper), Red Pepper Houmous (15%) (Chick Peas, Grilled Red Peppers, Tahini SESAME SEED Paste, Rapeseed Oil, Water, Concentrated Lemon Juice,	Sugar	3.2	7.6
	Olive Oil, Garlic Purée, Salt, Colour (Paprika Extract)), Tahini Dressing (10%) (Chick Peas, Water, Garlic and Chilli Sauce (Water, Tomato	Fibre	4.1	9.8
	Paste, Onions, Spirit Vinegar, Garlic Purée, Chilli Purée, Cornflour, Rapeseed Oil, Sugar, Concentrated Lemon Juice, Paprika, Salt, Lemon	Protein	4.2	10
	Zest, Cayenne Pepper, Chilli, Gelling Agent (Pectin)), Tahini SESAME SEED Paste, Rapeseed Oil, Concentrated Lemon Juice, Sait, Red Wine Vinegar, Garlic Purée).	Salt	0.5	1.1
	Wine Winegul, Guile Leice).	Pc	rtion weight (g)	238
	BREAKFAST BOXES			
PRODUCT	INGREDIENTS	NU	TRITIONAL INFO	c
			per 100g	per portion (g)
		KJ	584	1168
		Kcal	140	280
	Baked Beans (59%) [Haricot Beans, Chopped Tomato, White Onion, Tomato Paste, Rapeseed Oil, White Sugar, Salt, Black Pepper], Scrambled EGG & Béchamel Sauce [Free Range Scrambled EGG (19%) [Free Range Pasteurised Whole EGG, Water, Sunflower Oil,	Fat	7.9	15.8
All Day Breakfast Box	Skimmed MILK Powder, Lemon Juice, Salt, Pepper), Bechamel Sauce (Whole MILK, Single Cream (MILK), Water, Comflour, WHEAT Flour	Sat	2.0	3.9
	(Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Black Pepper], Seasoned Mushrooms (7%) [Chestnut	Carbs Sugar	7.3	14.6 5.0
	Mushroom, Olive Oil, Salt, Black Pepper], British Beechwood Smoked Streaky Bacon (5%) [British Pork, Pork Fat, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite], Toasted Pumpkin Seeds.	Fibre	2.5	5.0 4.0
	Ascorbare, meservarives, morassion nimare, sodiom nime), todsted Pompkin Seeds.	Protein	8.9	17.8
		Salt	0.9	1.8
		Pc	rtion weight (g)	200
			per 100g	per portion (g)
	Baked Beans (53%) [Haricot Beans, Chopped Tomato, While Onion, Tomato Paste, Rapeseed Oll, While Sugar, Salt, Black Pepper], Scrambled EGG & Béchamel Sauce [Free Range Scrambled EGG [21%] [Free Range Pasteurised Whole EGG, Water, Sunflower Oll, Skimmed MLK Powder, Lemon Juice, Salt, Pepper], Béchamel Sauce (Whole MLK, Single Cream (MLK), Water, Comflour, WHEAT Flour [Calcium Carbonate, Iron, Niacin, Thiamin], Salt, Preservative Patasium Schotely, Black Pepper], Semi Dried Cherry tomato (10%), Spinach (7%), Toasted Pumpkin Seeds.	KJ	511	961
		Kcal	122	229
		Fat	5.9	11.1
Vegetarian Brekfast Box		Sat	1.3	2.4
(V)		Carbs	8.9	16.7
		Sugar	3.5	6.6
		Fibre	2.1	4.0
		Protein	7.0	13.1
		Salt	0.72	1.36
	001100	Pc	rtion weight (g)	188
PRODUCT	SOUPS			-
PRODUCT	INGREDIENIS	NU	TRITIONAL INFO	5
			per 100g	per portion (g)
		KJ	196	687
	—	Kcal	47	165
	—	Fat	2.8	7.0
Italian Tomato & Basil Soup	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), Garic,	Sat Carbs	0.3	1 18.2
(Vg, DF)	Sugar, Basil (0.28%), Salt, Basil in Oil (Basil, Sunflower Oil, Salt), White Pepper, Acidity Regulator: Citric Acid	Sugar	3.5	18.2
		Fibre	1.2	4.2
	—	Protein	1	3.5
	—	Salt	0.7	2.3
		Pc	rtion weight (g)	
			per 100g	per portion (g)
		KJ	254	887
		Kcal	61	213
		Fat	2.7	9.3 0.7
Supergreen Soup	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), Comflour, Vegetable Stock (Chicory Extract, Carrot Extract, Onion Powder,	Sat Carbs	0.2	0.7
(Vg, DF)	Tomato Powder, Salt, Yeast Extracts, Sunflower Oil, Natural Flavouring), Garlic, Salt, Mint, Black Pepper, Acidity Regulator: Ascorbic Acid.	Sugar	1.7	6.0
		Fibre	2.8	9.8
		Protein	2.7	9.5
		Salt	0.7	2.6
		Pc	rtion weight (g)	350
			per 100g	per portion (g)
		KJ	338	1183
		Kcal	81	284
	Water, Onion, MILK, Broccoli (7%), Chicken (5%), Leek, Whipping Cream (MILK), Carnaroli Rice (2.7%), Rapeseed Oil, Comflour, Black	Fat	4.5	15.9
Chicken & Pice Soup	Venere Rice (1.1%), Garlic, Grana Padano (MILK, Lysozyme (EGG), Chicken Stock (Flavouring (contains EGG)), Chicory Extract, Salt, Yeast	Sat Carbs	1.3 6.8	4.6 23.8
Chicken & Rice Soup	Extract, Chicken Bone Stock), Lemon Juice, Roast Chicken Stock (Roast Chicken, Rehydrated Potato Flake, Water, Yeast Extract, Salt,		6.8 1.3	23.8
	Chicken Fat), Salt, Black Pepper, Sage, Bay Leaf.	Sugar		
	Chicken Fat), Salt, Black Pepper, Sage, Bay Leaf.	Sugar Fibre	1.3	5.6
	Chicken Fat), Salt, Black Pepper, Sage, Bay Leaf.			
	Chicken Fat), Salt, Black Pepper, Sage, Bay Leaf.	Fibre	1.6	5.6



	SANDWICHES			
PRODUCT	INGREDIENTS	NU	TRITIONAL INFO	b
		KJ	per 100g 917	per portion (g) 1852
	OATMEAL Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, OATMEAL, WHEAT Bran, Yeast, Sall, 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	Kcal	222	449
		Fat	11.1	22.4
	Acids), Vegetable Olis (Rapesed, Palm), Malted BARLEY Flour, Flour Treatment Agent: Ascrobic Acid, Palm Fat, WHEAT Starch), Free	Sat	2	4.1
Free Range Egg Mayo Sandwich (V)	Range EGG Mayonnaise [Hard Boiled EGG (27%), Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk, EGG Yolk, Salt), Spirit	Carbs	19	38.3
(v)	Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Dijon MUSTARD (Water, Spirit	Sugar	0.3	0.6
	Vinegar, Yellow MUSTARD Flour, MUSTARD Flour, Salt, Ground Yellow MUSTARD Bran, Ground Turmeric, Ground Black Pepper, Pimento,	Fibre	2.0	4.0
	Ground Cinnamon, Ground Cloves), Black Pepper, Salt], Free Range Hard Boiled EGG (21%).	Protein	11	22.2
	—	Salt	0.7	1.5
	—	Po	rtion weight (g)	202
			per 100g	per portion (g)
		KJ	896	1820
		Kcal	217	441
	Malted Brown Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT Protein,	Fat	9.7	19.6
Chargrilled Chicken Salad Sandwich	Yeast, Malted BARLEY Flour, Salt, Ernuklisilien: Nono-and Diglycerides of Fatty Acids, Mono - and Di-aceyl Yataric Acid Esters of Mano and Di-Glycerides of Fatty Acids, Spiril Vinegar, Whate WHEAT Rour Rapesed OL, Ikour Teathanet Agent: Ascorbic Acid, Path Fat, Patho WHEAT Starch), British Chargilied Chicken Breast (25%) [Chicken Breast, Salt, Comflour], Black Pepper Mayonnaise (Mayonnaise (Rapesed OL, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Comflour, Sugar), Black Pepper], Tomato (7%), Cucumber (5%), Lettuce (4%).	Sat	1.1	2.2
		Carbs	19.8	40.1
		Sugar	0.9	1.9
		Fibre	1.9	3.9
		Protein	11.6	23.5
		Salt	0.7	1.4
	—	Po	rtion weight (g)	203
			per 100g	per portion (g)
	_	КJ	1162	2044
		Kcal	282	496
	Malted Brown Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT Protein,	Fat	15.4	27.1
	Yeast, Malled BARLEY Flour, Salt, Emultifiers: Mano-and Diglycerides of Fathy Acids, Mono-and Di-acetyl Tratraic Acid Esters of Mono and Di-glycerides of Fathy Acids, Spiril Vinegar, Nalded WHEAT Nour, Rapesed OL, Ibaur Teathman Agent. Ascorbic Acid, Path Fat, Pathi WHEAT Starch), Cooked Beechwood Smoted Streaky Bacon (15%) [Pork, Pork Fat, Salt, Antioxidant: Sodium Ascarbote, Preservative: Potassium Nitrate, Sodium Nitrihej, Biock Pepper Moyonnaise (Mayannaise (Rapesed Ol, Water, Free Range Salted EGG Vak (EGG Yak, Salt), Spiril Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spiril Vinegar, Salt), White Wine Vinegar, Comflour, Sugar),	Sat	2.8	4.9
Classic BLT Sandwich		Carbs	22.9	40.4
		Sugar	1.3	2.3
		Fibre	2.6	4.5
	Black Pepper], Lettuce (5%).	Protein	11.7	20.5
	—	Salt	0.5	0.9
	—	Po	rtion weight (g)	176
			per 100g	per portion (g)
		KJ	726	1373
	Malted Brown Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT Protein,	Kcal	176	333
	Yeast, Salt, Malted BARLEY Flour, Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono-and Di-acetyl Tartaric Acid Esters of Mono and	Fat	2.8	5.2
	Di-glycerides of Fatty Acids, Spirit Vinegar, Malted WHEAT Flour, Vegetable Oils (Rapeseed Oil, Palm Oil), Flour Treatment Agent: Ascorbic	Sat	0.7	1.4
Tuna, Red Pepper	Acid, Palm Fat, WHEAT Starch), Pole and Line Caught Tuna (FISH) (26%) [Skipjack Tuna (FISH), Water, Salt], Horseradish Mayonnaise	Carbs	24.7	46.7
& Rocket Sandwich	[Horseradish Sauce (Water, Single Cream (MILK), Spirit Vinegar, Rapeseed Oil, Sugar, Horseradish Flakes, Comflour, Dried EGG Powder,	Sugar	1.7	3.2
	mustraku hori, skiritnied mitk rowder, sail, noiseidalah rowder), Mayoninase (water, kapesed aut, rosieutaet bed roik, jede roik,	Fibre	2.5	4.8
	sanj, connost, spin megar, sigar, sig	Protein	11.8	22.3
		Salt	0.7	1.3
			rtion weight (g)	189



	BISCUITS & SNACKS			
PRODUCT	INGREDIENTS	NU		о
			per 100g	per portion (g)
	-	KJ Kcal	1841 440	618 130
	-	Fat	14.45	3
Almond Biscotti	d Biscotti WHEAT flour, sugar, ALMONDS (15%), EGG ,EGG yolk, butter, honey, partly skimmed MILK, raising agent: E 503 (ammonium bicarbonate),	Sat Carbs	2.71 66.5	1 22
(V)	salt, natural flavour (orange), flavours.	Sugar	31.0	11
		Fibre	2.7	0
	-	Protein Salt	9.6 1.6	3.0 0.05
	-		rtion weight (g)	37
		KI	per 100g 1786	per portion (g) 1411
	-	Kcal	425	336
		Fat	16	12.6
Caramel Waffle	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	Sat Carbs	9 66	7.1 52.1
(V)	regulator (citric acid), natural Bourbon vanilla.	Sugar	38	30
	-	Fibre Protein	1.5 3.5	1.2 2.8
	-	Salt	0.6	0.5
		Pc	rtion weight (g)	
		КJ	per 100g 2276	per portion (g) 569
		Kcal	546	136
	-	Fat Sat	32 19	8.0 4.7
Chocolate Coated Coffee Beans	Sugar, Cocoa paste, Roasted coffee beans, Cocoa butter, Cocoa powder, Emulsifier: SOYA lecithin, Thickener: Arabic gum, Flavours. (Cocoa minimum 56%). May contains traces of: WHEAT, MILK and NUTS.	Carbs	56	4.7
(Vg, DF)	Cocco minimum 30/9). Muy contains naces of, wheAl, MILK and NUIS.	Sugar	41.0	10.2
	-	Fibre Protein	6.7	1.7
	-	Salt	0.04	0.01
		Pc	rtion weight (g) per 100g	25.0
		KJ	2338	per portion (g) 409
Dark Chocolate & Hazelnut Chocolate Bar (V)		Kcal	562	98
	Dark chocolate 57% (sugar, cocca mass, cocca butter, emulsifier: SOY lecithin, natural vanilla flavour), hazelnut cream 43% (sugar, vegetable fats (coccnut, patm kernet oil, shea butter in variable proportions), HAZELNUTS (1/4%), skimmed cocca powder, whey powder [contains MLK), emulsifier: SOY lecithin, natural vanilla flavour, nibbed HAZELNUTS (1/1,5%)]           Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiomin), Water, Sutlanas (9.5%) (Sutlanas, Water, Sunflower OII, Preservative (E202)), Rokins (9.5%) (Rokins, Water, Sunflower OII, Preservative (E202)), Cithus Peel (6%) (Glucose Syrup, Orange Peel, Leron Peel, Fructose Syrup, Acidity Regulator (E330), Preservatives; (SULPHIK POINTE, E202)), Sweetened Dired Canberries; (5%) (Caraberries, Sugar, Your), Water, South Regulator (10, Rapesed OI, Water, Sout, Fortified Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiomin), Water, Fourtified Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiomin), Water, Suthanas (9.5%), Sudtanas, Water, Sunflower OII, Preservative; (2020)), Cithus Peel (6%) (Caraberries, Sugar, Your), Water, Sattified Peel, Leron Peel, Leron Peel, Fructose Syrup, Acidity Regulator (E330), Preservative; (2020), Eacol), Sweetened Dired Caraberries; (5%) (Caraberries, Sugar, Your), Water, Sattified Peel, Leron Dired, Caraberries, Sugar, Youry, Water, Sattified Peel, Leron Dired, Caraberries, Sugar, Youry, Water, Sattified Regulator (10, Rapesed OI, Rapesed OI, Water, Satti, Enulsifier (E47)), Dough Conditioner (Caclium Suphate, SOY Flour, Fortified Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiomin), Water, Enulsifier (E47), Laryee, Acidity Regulators (E320), Escore), Water, Enulsifier (E47), Laryee, Acidity Regulators (E32), South	Fat Sat	38 24	6.7 4.2
		Carbs	48	8.4
		Sugar Fibre	46.0 5.8	8.1
		Protein	4.5	0.8
		Salt	0.1	0.02
		Po	rtion weight (g) per 100g	17.5 per portion (g)
		KJ	1200	1152
		Kcal	283	272
For the Forest state		Fat Sat	2.5 0.8	2.4 0.7
Fruit Teacake (Vg, DF)		Carbs	56.2	53.9
		Sugar Fibre	22.0 3.8	21.1 3.6
		Protein	7.3	7.0
	-	Salt	0.2 rtion weight (g)	0.2 96
		TC	per 100g	per portion (g)
		KJ	2416	242
	-	Kcal Fat	581 40	58 4.0
Gianduja Chocolate	Sugar, HAZELNUTS (30%), cocoa mass, cocoa butter, emulsifier: SOY lecithin, natural vanilla flavour.	Sat	15	1.5
(V)	Cocoa solids: 23% min. May contain traces of MILK.	Carbs	47	4.7
		Sugar Protein	44.0 5.7	4.4 0.6
		Salt	0.03	0.0
		Po	rtion weight (g) per 100g	10 per portion (g)
	<u> </u>	KJ	1711	1249
	WHEAT Flour (contains Calcium carbonate, Iron, Niacin and Thiamin), Sugar, Margarine (Palm Oil, Water, Palm Stearin, Rapeseed Oil, Satt,	Kcal Fat	406 9.9	296 7.2
Cine and Cine's Classifiers	Lemon Juice concentrate), Golden Syrup (Partially Inverted Refiners Syrup), Glucose Syrup, Icing [Sugar, Palm Fat, Glucose Syrup, Water, 🗌	Sat	4.5	3.3
Gino and Ginnie Gingerbread (V, DF)	Icing Sugar, Emultifiers (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 –	Carbs	72.8	53.1
	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.	Sugar Fibre	29.5 1.9	21.5 1.4
		Protein	5.4	3.9
	-	Salt Pc	0.5 rtion weight (g)	0.3 73
		FC	per 100g	per portion (g)
		KJ	1663	499
		Kcal Fat	391 0	117 0
Leone Mints	Sugar, Thickening agents: Arabic gum, tragacanth; Piedmont peppermint essential oil.	Sat	0	0
(Vg, GF, DF)		Carbs Sugar	97 97	29 29
		Sugar Protein	9/ 0.2	29 0
		Salt	0.0	0
		Pc	rtion weight (g) per 100g	30 per portion (g)
		KJ	2136	964
	-	Kcal	511	231
Loacker Creamkakao	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 power, malt extract, salt, raising agents (sodium hydrogen carbonate,	Fat Sat	26 22	12 10
(V)	disodium diphosphate) emulsifier SOYA lecithin, HAZELNUTS, vanilla pods (Bourbon).	Carbs	59	26
(V)	May contain ALMONDS.	Sugar	28.0	13.0
		Protein	77	35
		Protein Salt	7.7 0.3 rtion weight (g)	3.5 0.1



	BISCUITS & SNACKS			
PRODUCT	INGREDIENTS	NU	TRITIONAL INF	
	_	KJ	per 100g 2169	per portion (g) 978
	-	Kcal Fat	519 27	234 12
Loacker Napolitaner	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	Sat	20	8.9
(V)	(bourbon). May contain ALMONDS.	Carbs Sugar	59 26	27 12
		Protein	8.1	3.6 0.2
	—	Salt Po	0.3 rtion weight (g)	45
		KI	per 100g 2188	per portion (g) 985
		Kcal	523	235
Loacker Vanille	Crispy wafer filled with vanilla cream (75% cream). Ingredients: WHEAT flour, coconut oil, glucose syrup, sugar, skimmed MILK powder,	Fat Sat	27 23	12
(V)	dextrose, SOYA flour, malt extract, sugar, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier SOYA lecithin, vanilla pods (bourbon), HAZELNUT. May contain ALMONDS	Carbs	61	28
	—	Sugar Protein	31 7.8	14 3.5
	_	Salt	0.4 rtion weight (g)	0.2 45
			per 100g	per portion (g)
	-	KJ Kcal	1997 476	339 81
		Fat	19.3	3.3
Metcalfe's® Chocolate Rice Cakes	Milk Chocolate (60%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring), Rice	Sat Carbs	11.1 66.9	1.9
(V)	Cake (40%) (Wholegrain Brown Rice, Rice). (Minimum Cocoa Solids 39%).	Sugar	31.4	5.3
	—	Fibre Protein	1.9 6	0.3
		Salt	0.1 rtion weight (g)	0.02
			per 100g	per portion (g)
	—	KJ Kcal	2380 572	417 100
		Fat	39	6.8
Milk Chocolate Stracciatella Bar	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	Sat Carbs	24 47	4.2 8.2
(V)	MILK), emulsifier: SOY lecithin, natural vanilla flavour, cocoa chips (11,5%)]	Sugar	46.0	8.1
	_	Fibre Protein	3.7 6.6	0.6
		Salt	0.2 rtion weight (g)	0.0 17.5
		10	per 100g	per portion (g)
	—	KJ Kcal	1548 368	1548 368
	WHEAT flour, sultanas, fresh EGGS, butter (MILK), sugar, candied arange peek (arange peek, glucose-fructose syrup, sugar, acidity regulator: citric acid), MILK, fresh EGG volk, natural yeast (WHEAT), emultiliters: mono and diglycerides of fatty acids, glucose syrup, flavourings, cocoa butter, salt. May contain traces of NUTS and SOY.	Fat	14	14
Panettone		Sat Carbs	8.5 52	8.5 52
(V)		Sugar	28.0	28.0
		Fibre Protein	1.4 7.9	1.4 7.9
		Salt	0.5	0.5
		FU	rtion weight (g) per 100g	100 per portion (g)
	=	KJ Kcal	1882 449	1321 315
		Fat	17.7	12.4
Vegan Fruit Flapjack	OATS (31%), Soft Brown Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono - and - Diglycerides of Fatty Acids)), Golden	Sat Carbs	6.2 69.6	4.4 48.9
(Vg, DF)	(Citric acid)), Cranberries (4%) (cranberries, Sugar, Sunflower Oil), PISTACHIO NUTS (1%), Salt. May contain traces of other NUTS.	Sugar	46.0	32.3
	_	Fibre Protein	4.7	3.3 3.2
		Salt	0.7 rtion weight (g)	0.5
		10	per 100g	60 per portion (g)
	—	KJ Kcal	1853 440	558 133
	WUEAT Bour (NUEAT Bour Calcium cathonata Iran Ningia Thiomia). Bartialu isuartad rafiaan amus Suagr Margarian (Balm ail	Fat	14.2	4.3
Vegan Stem Ginger Biscuit (Vg, DF)	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	Sat Carbs	5.6 72.3	1.7 21.7
	(Sodium bicarbonate, Ammonium bicarbonate).	Sugar	37.7	11.3
	—	Protein Salt	4.9 0.6	1.5 0.2
		Po	rtion weight (g) per 100g	
	_	KJ	2103	per portion (g) 1052
	=	Kcal Fat	505 31.5	252 15.8
Wrapped Gluten Free Chocolate Brownie	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	Sat	7.4	3.7
Bar (V, DF, GF)	Fibre), Tapiaca Starch, Humectant (Glucose Syrup, Water, Acid Regulator: E240), Water, Acid: Ascorbic Acid; Preservative: Potassium	Carbs Sugar	47.6 28.4	23.8 14.2
		Fibre	3.8	1.9
	—	Protein Salt	5.7 0.1	2.9 0.1
		Po	rtion weight (g) per 100g	50 per portion (g)
		KJ	1787	1036
	Bencham Jam (2001) (Chuana England Sing) San Jam Paratan Granatata Gran S. K. S.	Kcal Fat	427 20.7	248 12
Wrapped Raspberry & Coconut Slice	Raspberry Jam (23%) (Glucose-Fructose Syrup, Seedless Raspberry Concentrate, Sugar, Gelling Agent: Pectin; Acidity Regulator: Citric	Sat	13.2	7.7
(Vg, GF)	White Rice Flour, Sugar, Sultanas (7%) (Sultanas, Sunflower Oil), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: E471), Tapiaca Starch, Cranberries (6%) (Cranberries, Sugar, Sunflower Oil), Water, Humectant (Glucose Syrup, Water, Acidity Regulator: E260),	Carbs Sugar	55.2 30.5	32 17.7
	Glucose Syrup, Oligofructose, Comflour, Raising Agents: E341, E500; Thickeners: E464, E415; Salt, Colour: E150.	Fibre	6.3	3.6
	—	Protein Salt	1.9 0.2	1.1 0.1
			rtion weight (g)	
		КJ	per 100g 2199	per biscuit (g) 550
	=	Kcal Eat	526 28.2	132 7.1
Wrapped Shortbread	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (33%) (MILK), Icing Sugar, Light Brown Sugar (Sugar,	Fat Sat	28.2 18.6	7.1 4.7
Wrapped Shortbread (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (33%) (MILK), Icing Sugar, Light Brown Sugar (Sugar, Molasses).	Fat	28.2	7.1
		Fat Sat Carbs	28.2 18.6 62.3	7.1 4.7 15.6



### CRISPS & POPCORN

PRODUCT	INGREDIENTS	NU	TRITIONAL INF	0
			per 100g	per portion (g
		KJ	2139	856
	—	Kcal	513	205
	—	Fat	30.1	12
	—	Sat	3.5	1.4
Kettle Sea Salt Crisps	Select Potatoes, Sunflower Oil, Sea Salt.	Carbs	51.5	20.6
(Vg, DF)		Sugar	0.5	0.2
		Fibre	6.5	2.6
	—	Protein	5.8	2.8
	—	Salt	0.9	0.4
				40
		PO	rtion weight (g)	
			per 100g	per portion (
		KJ	2125	850
		Kcal	509	204
		Fat	28.1	11.2
attle See Selt & Vine ser Crises		Sat	2.8	1.1
ettle Sea Salt & Vinegar Crisps (Vg, DF)	Select Potatoes, Sunflower Oil, Sea Salt and Balsamic Vinegar Seasoning (Sea Salt, Potato Maltodextrin, Dried Balsamic Vinegar, Sugar,	Carbs	55.8	22.3
(*9, 51)		Sugar	1.5	0.6
	—	Fibre	4.9	2.0
	—	Protein	5.7	2.3
	—	Salt	1.4	0.6
	—		rtion weight (g)	40
			per 100g	per portion (
		KJ	2106	842
	—	Kcal	505	202
		Fat	28.9	12
ettle Cheddar & Onion Crisps	Select Potatoes, Sunflower Oil, Mature Cheddar and Red Onion Seasoning (Dried Buttermilk, Dried Mature Cheddar Cheese (MILK),	Sat	3.3	1.3
(V)	Dried Onion, Dried Red Onion, Sea Salt, Dried Yeast Extract, Dried Yeast, Dried Chives, Colour: Paprika Extract).	Carbs	51.1	20.4
		Sugar	2.5	1.0
		Fibre	6.2	2.5
		Protein	7.1	2.8
		Salt	1.1	0.4
		Po	rtion weight (g)	40
			per 100g	per portion (
	Popped Butterfly Corn (75%), Rapeseed Oil, Sea Sait.	KJ	1833	367
		Kcal	437	87
		Fat	16.3	3.3
Metcalfe's® Charity		Sat	1.2	0.2
Popcorn Sea Salt		Carbs	55.1	11
(Vg, DF)		Sugar	0.8	0.8
(-3//		Fibre	12.7	2.5
		Protein	11.2	2.3
	—	Salt	1	0.2
	—		rtion weight (g)	
		FU		20
		<i>K</i> :	per 100g	per portion
	—	KJ	1908	477
		Kcal	455	114
		Fat	17.8	4.5
Metcalfe's Skinny Popcorn®		Sat	1.3	0.3
Sweet 'n Salt	Popped Butterfly Corn (64%), Rapeseed Oil, Sweetening Blend (Sugar, Sweetener: Isomalt, Sweetener: Steviol Glycosides), Sait.	Carbs	60.5	15.1
(Vg, DF)		Sugar	15.9	4.0
	—	Fibre	9.6	2.4
	—	Protein	8.6	2.2
		Salt	0.5	0.1
			rtion weight (g)	25

## YOGHURTS & GRANOLA POT

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Berry Granola Pot (V)	Greek Style Yogurt (MILK) (64%), Summer Beny Compole (22%) (Sugar, Strawberries, Water, Blackberries, Blueberries, Redcurrants, Camiliour, Leman Julice, Natural Flavouring, Gelling Agent: Pectin], Dried Cranberry Granola (11%) (DAT Flakes, Sweetened Dried Cranberries (1%) (Cranberries, Sugar, Sunflower Oil), Sunflower Seeds, Pumpkin Seeds, Gluccose Syrup, Water, Brown Rice Flour, Quinoa, Freeze Dried Raspberries, Natural Flavouring].	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 704 168 9.2 4.6 15.9 10.7 0.8 5.1 0.9 ortion weight (g)	per portion (g) 1197 286 15.6 7.8 27.0 18.2 1.4 8.6 1.6 170
Tim's Raspberry Yoghurt (V)	Greek Style Natural Yogurt ( <b>MIUK</b> ), Sugar, Raspberries (6%), Comflour, Natural Flavouring, Citric Acid.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 594 142 8.4 5.2 12.2 11.8 0.4 4.9 0.2 ortion weight (g)	175 per portion (g) 1040 249 14.7 9.1 21.4 20.7 0.7 8.6 0.4 175
Tim's Honey Yoghurt (V)	Greek Style Natural Yogurt (MILK), Brown Sugar, Cane Sugar, Honey (4.5%), Rice Starch, Natural Flavouring, Lemon Juice Concentrate	KJ Kcal Sat Carbs Sugar Fibre Protein Salt Pc	per 100g <u>632</u> 151 8.5 5.5 14.2 12.3 0.1 4.9 0.2 ortion weight (g)	per portion (g) 1106 264 14.9 9.6 24.9 21.5 0.2 8.6 0.4 175



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.

	INGREDIENTS		NUTRITIONAL	
			per 100g	per portion (g
	Sourdough Panini (61%) [Fortified WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil,	KJ	1024	1772 1772
All Day Breakfast	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, _	Kcal	245	424
	Buttermilk Powder (MILK), Comflour, Salt, White Pepper, Antioxidant (Citric Acid), Thickener (Xanthan Gum), Preservative	Fat	8.1	14
	(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 —	Sat	2.8	4.9
	Cheese (MILK), Black Pepper, Salt], WHEAT Starch, Calcium Carbonate, Iron, Thiamin, Niacin), Salt), WHEAT Starch, Rapeseed _	Carbs	30	52
	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	3.5	6
	Sugar, Salt, Cold Brewed Coffee, Stabiliser (Sodium Triphosphate), Maltodextrin, Natural Flavouring, Anticaking Agent (Calcium	Protein	12	21
	Silicate), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)].	Salt	1.0	1.7
		Portic	per 100g	173 per portion (g
		КJ	895	1906 1901
	Sourdough Panini (49%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil,	Kcal	214	456
	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,	Fat	7.4	16
nargrilled Chicken & Pesto Panini	Emulsifier (Sodium Triphosphate), Potato Starch, Whey Protein (MILK), Stabiliser (Guar Gum), Salt, Vinegar, Yeast Extract), Basil 🗕	Sat Carbs	2 24	43 52
	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),	Sugar	2.5	5.3
	modified Maize Starch, Salt, Emulsifier (Lecithin) (SOYA)], Tomato, Spinach, Regato Cheese (MILK).	Protein	11	24
	-	Salt	1.2	2.6
		Portic	per 100g	213
		КJ	974	per portion ( 1753
	- Sourdough Panini (58%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, -	Kcal	233	419
	Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT _	Fat	6.8	12
Ham & Mozzarella Panini	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,	Sat Carbs	3.3 28	5.9 50
	Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Palm Oil, Butter (MILK), Modified Maize Starch, 🗕	Sugar	3.2	5.8
	Salt, Emulsifier (Lecithin) (SOYA)], Mature Cheddar Cheese (3%) (MILK).	Protein	14	25
		Salt	1.3	2.3
		Portic	on weight (g)	180
		КJ	per 100g 1101	per portion 2136
	-	Kcal	263	510
	– Sourdough Panini (54%) (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, _	Fat	12	23
Mozzarella & Tomato Panini	Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT	Sat	2.1	4.1
(V)	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)].	Carbs Sugar	27 2.5	52 4.9
	-	Protein	12	23
	=	Salt	1.0	2.0
		Portic	on weight (g)	194
		КJ	per 100g 1187	per portion ( 2493
		Kcal	284	596
	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	Fat	14	29
Tuna Melt Panini	Flour, Flour Treatment Agent (Ascorbic Acid)], Tuna Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG, Free	Sat	3.3	6.9
	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,	Carbs	26 2.7	55 5.7
	Lemon Zest, Cracked Black Pepper], Cheddar Cheese (12%) MILK).	Sugar Protein	12	25
	· · · · · · · · · · · · · · · · · · ·	Salt	0.9	1.8
		Portic	on weight (g)	210
	ITATIOT			
	TOSTATI			
PRODUCT	INGREDIENTS		NUTRITIONAL	LINFO
			per 100g	per portion (
	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)],	KJ	1003	2008
	Chicken and Bacon Filling (38%) [Bechamel (Skimmed MILK, Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable	Kcal	240	480
	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	Fat	9.9	20
Chicken & Bacon Tostati Melt	(MILK), Emulsifier (E412), Salt, Vinegar, Yeast Extract), Formed Diced Bacon Pieces (8%) [Pork, Water, Salt, Preservative (E250), _	Sat	4.6	9.3
	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	Carbs	27	53
	MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330)]], Topping (18%) [Cheddar Cheese (MILK),	Sugar	1.2	2.4
	Cheese Sauce (Water, Rapeseed Oli, Modified Maize Starch, Sugar, Sait, MILK Protein, Chedar Cheese (MILK), Yeast Extract, Acidity Regulator (E330), Spice, Stabilisers (E412,E415), Preservative (E202), Colour (E161b)), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Sait, Acidity Regulator (E330)), Smoked Paprika, Dried Chives).	Protein	10	20
		Salt	1.4	2.7
	seeus, spini vinegui, suii, Aciaity kegulator (Essu)), smoked Paprika, Drea Chivesj.	Portic	on weight (g)	200
	שישט, אוויו אוויפעטי, אטוי, אכומוץ גפטונזטר (באטון), אווטגפט Paprika, Died Chivesj.			per portion ( 1951
	שפיט, אוווי אוויפעטי, אטוו, אכומוץ גפטומזטי (באטון), אזוטגפט Paprika, Unea Chivesj.	K I	per 100g	
	Sourdough Bread (49%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, 🗕	KJ Kcal	1054	
	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 —	KJ Kcal Fat		466
Ham, Cheese & Mustard	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), E48)), 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,	Kcal Fat Sat	1054 252 10 4.8	466 19 8.8
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)], Harm – (22%) [Pork, Water, Glucose Syrup, Emulsifiers (E451, E450), Solt, 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,	Kcal Fat Sat Carbs	1054 252 10 4.8 27	466 19 8.8 50
	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), E48), Flour Treatment Agent (E300)], Ham (22%) [Pork, Water, Glucose Syrup, Emulsifiers (E451, E450), Salt, Antioxidant (E301), Dextrose, Spice Extracts, Preservative (E250), Potato Starch, Pea Flibre], 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,	Kcal Fat Sat Carbs Sugar	1054 252 10 4.8 27 0.7	466 19 8.8 50 1.2
	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%) [Pok, Water, Glucces Syrup, Emulsifiers [E431, E430), Salt, Antioxidant [E301), Dextrose, Spice Extracts, Preservative [E250), Pototo Starch, Pea Fibre], Cheese and Mustard Topping (1%) [Cheddar Cheese (MILR), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MILK Protein, Cheddar Cheese (MILK), Yeast Extract, Acidity Regulator (E330), Spice, Stabilises [E412,E415], Preservative (E202), Colour (E161b)], Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity	Kcal Fat Sat Carbs	1054 252 10 4.8 27	466 19 8.8 50
	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), E48), Flour Treatment Agent (E300)], Ham (22%) [Pork, Water, Glucose Syrup, Emulsifiers (E451, E450), Salt, Antioxidant (E301), Dextrose, Spice Extracts, Preservative (E250), Potato Starch, Pea Flibre], 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,	Kcal Fat Sat Carbs Sugar Protein Salt	1054 252 10 4.8 27 0.7 13	466 19 8.8 50 1.2 23
	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), E48), Flour Treatment Agent (E300)], Ham (22%) [Pork, Water, Glucose Syrup, Emulsifiers (E451, E450), Salt, Antioxidant (E301), Dextrose, Spice Extracts, Preservative (E250), Potato Starch, Pea Flibre], 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,	Kcal Fat Sat Carbs Sugar Protein Salt Portic	1054 252 10 4.8 27 0.7 13 1.6 on weight (g) per 100g	466 19 8.8 50 1.2 23 2.9 185 per portion
	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%) [Pok, Water, Glucces Syrup, Emulsifiers [E47], E450), Solt, Antioxidant [E301), Dextrose, Spice Extracts, Preservative [E250), Potato Starch, Peo Fibre], Cheese and Mustard Topping (19%) [Cheddar Cheese (MLK), Veast Extract, Areasevative (E250), Modified Maize Starch, Sugar, Salt, MLK Protein, Cheddar Cheese (MLK), Yeast Extract, Arease Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MLK Protein, Cheddar Cheese (MLK), 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).	Kcal Fat Sat Carbs Sugar Protein Salt Portic KJ	1054 252 10 4.8 27 0.7 13 1.6 on weight (g) per 100g 1117	466 19 8.8 50 1.2 23 2.9 185 per portion 2010
Tostati Melt	Sourdough Bread (49%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture ( <b>RYE</b> ), SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers (E472(e), E481), Flour Treatment Agent (E300)], Ham- (22%) [Fork, Water, Gluccase Syrup, Emulsifiers (E451, E450), Salt, Antioxidant (E301), Dextrose, Spice Extracts, Preservative (E250), Potato Starch, Pea Fibre], Cheese and Mustard Topping (19%) [Cheddar Cheese (MLK), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MLK Protein, Cheddar Cheese (MLK), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MLK Protein, Cheddar Cheese (MLK), Veast Extract, Acidity Regulator (E330), Spice. Stabilisers (E412,E415), Preservative (E202), Colour (E161b)), Dijon <b>MUSTARD</b> (Water, <b>MUSTARD</b> Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330)), Wholegrain <b>MUSTARD</b> (Water, <b>MUSTARD</b> Seed, While Wine Vinegar, Glucose-Fructose Syrup, <b>MUSTARD</b> Flour, Salt, Acidity Regulator (E260), Cinnamon, Pimento, Turmeric]], Cheddar Cheese (11%) ( <b>MLK</b> ).	Kcal Fat Sat Carbs Sugar Protein Salt Portic KJ Kcal	1054 252 10 4.8 27 0.7 13 1.6 on weight (g) per 100g 1117 267	466 19 8.8 50 1.2 23 2.9 185 per portion 2010 481
Tostati Melt Mushroom & Mascarpone	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%) [Pok, Water, Glucces Syrup, Emulsifiers [E431, E430), Salt, Antioxidant [E301), Dextrose, Spice Extracts, Preservative (E250), Pototo Starch, Peo Fibre], Cheese and Mustard Topping (19%) [Cheddar Cheese (MLK), Veast Extracts, Preservative (E250), Modified Maize Starch, Sugar, Salt, MLK Protein, Cheddar Cheese (MLK), 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%) (MIK). 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 (MIK), Yeast Extract, Acidity Regulator (E30)], Spice, Stabilisers [E412,E415], Dires (Starch, Cheddar Cheese (MIK), Yeast Extract, Acidity Reserved (Starch, Sugar, Salt, Acidity Regulator (E260), Cinnamon, Pimento, Turmeric]), Chedsar Cheese (Starch, Sourdough Bread (50%) [Fortified WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture (RYE), Soy A Flour, Vegetable Oil (Rapeseed), Emulsifiers [E472(e), E481), Flour Treatment Agent (E300)], Cheese and Mustard Topping (19%) [Cheddar Cheese (MIK), Yeast Extract, Acidity Regulator (E330), Spice, Stabilisers [E412,E415),	Kcal Fat Sat Carbs Sugar Protein Salt Portic KJ	1054 252 10 4.8 27 0.7 13 1.6 on weight (g) per 100g 1117	466 19 8.8 50 1.2 23 2.9 185 per portion 2010
Tostati Melt Mushroom & Mascarpone Tostati Melt	Sourdough Bread (49%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture ( <b>RYE</b> ), SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers (E472(e), E481), Flour Treatment Agent (E300)], Ham- (22%) [Fork, Water, Gluccase Syrup, Emulsifiers (E451, E450), Salt, Antioxidant (E301), Dextrose, Spice Extracts, Preservative (E250), Potato Starch, Pea Fibre], Cheese and Mustard Topping (19%) [Cheddar Cheese (MLK), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MLK Protein, Cheddar Cheese (MLK), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MLK Protein, Cheddar Cheese (MLK), Veast Extract, Acidity Regulator (E330), Spice. Stabilisers (E412,E415), Preservative (E202), Colour (E161b)), Dijon <b>MUSTARD</b> (Water, <b>MUSTARD</b> Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330)), Wholegrain <b>MUSTARD</b> (Water, <b>MUSTARD</b> Seed, While Wine Vinegar, Glucose-Fructose Syrup, <b>MUSTARD</b> Flour, Salt, Acidity Regulator (E260), Cinnamon, Pimento, Turmeric]], Cheddar Cheese (11%) ( <b>MLK</b> ).	Kcal Fat Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs	1054 252 10 4.8 27 0.7 13 1.6 on weight (g) per 100g 1117 267 13 6.6 28	466 19 8.8 50 1.2 23 2.9 185 per portion 2010 481 23 12 50
Tostati Melt Mushroom & Mascarpone	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%) [Pok, Water, Glucces Syrup, Emulsifiers [E47], E450), Solt, Antioxidant [E301), Dextrose, Spice Extracts, Preservative (E250), Potato Starch, Peo Fibre], Cheese and Mustard Topping (19%) [Cheddar Cheese (MLK), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MLK Protein, Cheddar Cheese (MLK), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MLK Protein, Cheddar Cheese (MLK), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MLK Protein, Cheddar Cheese (MLK), 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).	Kcal Fat Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs Sugar	1054 252 10 4.8 27 0.7 13 1.6 n weight (g) per 100g 1117 267 13 6.6 28 0.6	466 19 8.8 50 1.2 23 2.9 185 per portion ( 2010 481 23 12 50 1.1
Tostati Melt Mushroom & Mascarpone 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 (E500), Potato Starch, Pead Fibre), Cheese and Mustard Topping (19%) [Cheddar Cheese (MLK), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MLK Protein, Cheddar Cheese (MLK), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MLK Protein, Cheddar Cheese (MLK), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MLK Protein, Cheddar Cheese (MLK), Cheese Sauce (Water, Rapeseed Oil, Regulator (E330)), Wholegrain MUSTARD (Water, MUSTARD Seed, White Wine Vinegar, Glucose-Fructose Syrup, MUSTARD Rour, Salt, Acidity Regulator (E260), Cinnamon, Pimento, Turmeric)], Cheddar Cheese (11%) (MLK). Sourdough Bread (50%) [Fortified WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Bread (50%) [Fortified WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Bread (50%) [Fortified WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Bread (50%) [Fortified WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture (RYE), SOYA Flour, Vegetable Oil (Ropeseed), Emulsifiers (E472(e), E481), Flour Treatment Agent (E300)], Cheese and Mustard Topping (17%) [Cheddar Cheese (MLK), Yeast Extract, Acidity Regulator (E330), Spice, Stabilisers (E4126), Dipon MUSTARD (Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MLK Protein, Cheddar Cheese (MLK), Yeast Extract, Acidity Regulator (E330), Spice, Stabilisers (E4126, I)], 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 (MLK), MLK, Acidity Regulator (E330)],	Kcal Fat Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs	1054 252 10 4.8 27 0.7 13 1.6 on weight (g) per 100g 1117 267 13 6.6 28	466 19 8.8 50 1.2 23 2.9 185 per portion ( 2010 481 23 12 50



### CROISSANT PRODUCT INGREDIENTS NUTRITIONAL INFO per portion (g) per 100g 1401 1429 Kca 335 342 21 20 Butter Croissant (51%) [WHEAT Flour, Butter (MILK), Water, Sugar, MILK, Yeast, EGG, Salt, WHEAT Gluten, Emulsifier (Lecithin), Flou Treatment (gent (Ascarbic Acid), Enzymes), Han formed from select cuts of park (29%) (Pork (29%), Water, Glucose Syrup, Emulsifier (Triphosphates), Diphosphates), Salt, Antioxidant (Sodium ascarbate), Dextrose, Spice Extracts, Preservative (Sodium Sat 13 13 Ham & Cheese Croissant Carbo 23 24 Nitrite)], Mature Cheddar Cheese (20%) (MILK), Sugar 4.3 4.4 Protein 15 15 Salt 0.8 1 weight (g) 102 SANDWICHES PRODUCT INGREDIENTS NUTRITIONAL INFO per 100g per portion (g) 1514 784 Malted Bread (WHEAT Flour, WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers 197 Kcal 362 Mono and diglycerides of fatty acids, Acetic acid esters of mono and diglycerides of fatty acid, Sodium stearoyl lactylate) WHEAT Protein, Vegetable Oils (Palm, Rapeseed), Malt Extract (BARLEY), Malted WHEAT, Preservative (Calcium propionate), 61 12 Chargrilled Chicken Salad Sandvich WHEAT Bran, Mailed BARLEY, Flour Teatment Agent (Ascorbic Acid)), Chargrilled Chicken (25%) (Chicken, Brine, Water, Sugar, Starch, Whey Protein (MILK), Stabiliser (Guar Gum), Salt, Vinegar, Yeast Extract, Parmesan Mayonnaise (Mayonnaise (Rapeseed Oil, Water, Free Range Postewised EeG and EGG and EGG Visk, Spirit Vinegar, Salt, Sugar, Lemon Juice Concentrate, Antioxidant (Calcium disodium EDTA), Flavouring, Paprika Extract), Parmesan ((MILK), Preservative [Lysozyme (EGG)], Tomato, Cucumber, Sat 13 2.5 Carbs 24 46 Sugar 1.5 2.9 Protein 10 20 Apollo Leaf. 0.7 1.4 Salt Portion weight (g) 193 per 100g portion (g) 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 ĸ 1232 2020 483 Кса 294 Strup, Stabiliser (ES41), Poton Headmen Agent (Eaco)), Chicker (242), Saft Vinegar, Yeast Extractly, Saft Colors Starch, Whey Protein (MULL), Emulsifier (E412), Saft, Vinegar, Yeast ExtraCl, Sage & Onion Stuffing (12%) [Breadcrumb (WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Saft), Water, Rapseed Oil, Onion, Sage, Parsley, Saft, Pepper]), Mayonnaise (Water, Rapseed Oil, Modified Maize Starch, Parstenised EGE, EGG Yolk, Spirit Vinegar, Sugar, Saft, Cream Powder (MILK), Citrus Fibre, Preservative (E202), Stabilisers (E412, E415), MUSTARD Powder, Fat 13 22 Sat 3.1 5.1 Chicken & Stuffing Sandwich Carbs 25 42 1.7 2.8 Sugar Lemon Juice Concentrate, Paprika Extracts, Antioxidant (E385)), Vegetable Fat Spread (Vegetable Oils in varying proportions Protein 11 19 (Rapeseed, Palm, Sunflower), Water, Salt, BUTTERMIK, Preservative (E202), Acidity Regulator (E300), Emulsifier (E471), Flavouring Colour (E106a), Vitamins A and D]. Salt 1.1 1.8 Portior 164 weight (g) per 100g portion (g) кı 1112 1957 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 Baccon (16%), [Pork Belly, Sugar, Salt, Cold Brewed Coffee, Stabiliser (E451), Maltodextrin, Natural Flavouring, Anticaking Agent (E552), Antioxidant (E301), Preservative (E250)], Tomato (16%), Pepper Mayonnaise [Mayonnaise (Rapeseed Oil, Water Free Range Pasteurised EGG and EGG Yolk, Spiril Vinegar, Salt, Sugar, Lemon Juice Concentrate, Antioxidant (E385), Flavouring, Colouring (E160a)), Cracked Black Pepper], Apollo Leaf. Kcal 266 468 14 Fat 25 3.3 5.9 Sat Classic BLT Sandwich Carbs 27 48 Sugar 2.3 4.0 9.1 Protein 16 2.2 Salt 1.2 Portion weight (g) 176 per 100g per portion (a) 1087 2196 K. 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 stearoyl lactylate, Mono and diglycerides of fatty acids), Preservative (Calcium Кса 260 525 17 34 Free Range Egg Mayo Sandwich Sat 2.4 4.8 Digrocinate in the second state in the second (V) 19 38 Carbs 1.5 3.0 Suga Cornflour, Cracked Black Pepper], Free Range EGG (2.1%). Protein 9.2 19 Salt 0.6 1.2 Portior 202 eight (g per 100g portion (g) Matted 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 stearoyl ĸ 1008 1935 Kcal 241 462 Landbiales (which are digited as an and a set of mining and a set of mining and agreed as a set of mining agreed Fat 12 22 Tuna, Red Pepper & Rocket Sat 15 29 Sandwich Carbs 25 47 Dried Horserdsh, 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 Pepp Glucose Syrup), Red Pepper (7.3%), Rocket (4.2%). Sugar 1.9 3.7 11 Proteir 21 Salt 0.9 17

Portion weight (g)

192



## SCONES

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

## YOGHURTS & FRUIT POTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Clandeboye Strawberry Yoghurt	Yoghurt (86%) (MILK), Strawberry Preparation (13%) {Strawberry Puree, Sugar, Flavouring}, Sugar.	KJ Kcal Fat Sat Carbs Sugar	per 100g 418 100 3.9 1.6 12.9 11.1	per portion (g) 627 150 5.9 2.4 19.4 16.7 4,7
	-	Protein Salt Portion	3.1 0.1 n weight (g)	0.2 150
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.	Carbs Sugar Protein Salt	per 100g 452 108 4.7 2.2 12.7 10.3 3.6 0.1 n weight (g)	per portion (g) 678 162 7.1 3.3 19.1 15.5 5.4 0.2 150
Clandeboye Mango Snack Pot	Greek Style Yoghurt (64%) [ <b>MILK</b> , Cultures], Mango Compote (18%) [Mango, Sugar, Water, Starch (Waxy Maize), Stabiliser (Pectin), Natural Flavouring], Granola (18%) [ <b>OATS</b> (GLUTEN) Flakes, BARLEY ( <b>BARLEY</b> ) Flakes, Sugar, Rapeseed Oil, Black Treacle, Sunflower Seeds],□	Carbs Sugar Protein Salt	per 100g 695 166 6.8 3.5 20.6 10.7 4.6 0.1 n weight (g)	per portion (g) 973 232 9.5 4.9 28.8 15.0 6.4 0.1 140
Seasonal Fruit Salad (Vg)	Pineapple (28%), Apple (20%), Cantaloupe Melon (18%), Mango (18%), Kiwi (10%), Blueberries (5%).	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 192 45.7 0.3 0.0 10.8 9.2 0.7 0.7 0.0 n weight (g)	per portion (g) 472 113 0.7 0.1 26.6 22.7 1.6 0.0 247

## Nutritional Ingredient Guide

Effective 06th January 2021



	CRISPS			
PRODUCT	INGREDIENTS		NUTRITIONAL	L INFO
O'Donnell's Satt & 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). May contain traces of MILK.	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portia	per 100g 2142 513 29.9 2.5 54.2 1.2 5.2 2.3 n weight (g)	per portion (g) 1071 257 15 1.2 27.1 0.6 2.6 1.1 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)).	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portio	per 100g 2136 511 28.8 2.4 55.7 4.9 5.8 1.3 n weight (g)	per portion (g) 1068 256 14.4 1.2 27.8 2.5 2.9 0.7 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). May contain traces of MILK.	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portia	per 100g 2160 517 29.4 2.4 55.9 4.1 5.5 1 n weight (g)	per portion (g) 1080 259 14.7 1.2 28 2.1 2.8 0.6 50