

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

Allergens can be found in **BOLD CAPITALS** within the Ingredient Declaration.

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

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

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

We take care to list all ingredients in our food and drinks, however we cannot guarantee a 100% allergen free environment as we use shared equipment to display, prepare and serve.

Key for Dietary Suitability:

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

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For our stores in Northern Ireland the nutritional and ingredient information for Scones, Panini, Tostati, Sandwiches, Crisps and some Snacks, is different than the information for the rest of the UK. Please refer to the information on pages 17-20 for products sold in NI stores.

PASTIRES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Almond Croissant (V)	Pastry: WHEAT Flour (WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid E300)), Water, Palm Fat, Yeast, Sugar, Butter (MILK) 2%, Rapeseed Oil, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Yeast, Flour Treatment Agent (Ascorbic Acid E300)), Emulsifier (Mono- and diglycerides of fatty acids E471), Acidity Regulator (Citric Acid E330), Flavouring, EGG, ALMOND Filling (19%) (Sugar, ALMONDS (7%) (NUTS), EGG White, Inverted Sugar Syrup, Water, EGG Yolk, Invertase E1103). Topping: ALMOND Flakes (4.2%) (NUTS). May contain traces of other NUTS (Hazelnuts).	KJ	1701	1435		
		Kcal	407	343		
		Fat	21.1	17.8		
		Sat	9.0	7.6		
		Carbs	43.9	36.9		
		Sugar	13.7	11.6		
		Fibre	2.4	1.9		
		Protein	9.3	7.8		
		Salt	0.7	0.6		
		Portion weight (g)		84		
				per 100g	per portion (g)	
				KJ	1081	1113
				Kcal	258	266
		Fat	11	11.3		
		Sat	6.7	6.9		
		Carbs	34	35		
		Sugar	11	11.3		
		Fibre	2	2.1		
		Protein	4.7	4.8		
		Salt	0.7	0.7		
Portion weight (g)		115				
Butter Croissant (V)	Pastry: WHEAT flour, butter 22% (MILK), water, sugar, whole MILK pasteurized, yeast, EGGS, salt, WHEAT gluten, emulsifier : E322 (rape lecithin), flour treatment agent : E300, enzymes, egg wash (Free Range EGGS) 1.5g. May contain: traces of NUTS and traces of SOYA.	KJ	1792	915		
		Kcal	429	219		
		Fat	23	11.8		
		Sat	15	7.7		
		Carbs	46	23.2		
		Sugar	6.8	3.5		
		Fibre	2.6	1.3		
		Protein	8.1	4.3		
		Salt	1.2	0.6		
		Portion weight (g)		60		
				per 100g	per portion (g)	
				KJ	1512	1176
				Kcal	361	281
		Fat	16	11.9		
		Sat	9.6	7.4		
		Carbs	47	37.9		
		Sugar	21	17.4		
		Fibre	3	2.3		
		Protein	5.7	4.3		
		Salt	0.8	0.6		
Portion weight (g)		90				
Chocolate Twist (V)	Pastry: WHEAT flour, butter (MILK), water, yeast, sugar, EGGS, salt, WHEAT gluten, enzymes (amylases, hemicellulases, flour treatment agent (E300)), Pastry cream (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450iii, E339i), colour (E160aii), flavouring), Chocolate 15.6% (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier (E322 (SOYA lecithin)), natural vanilla flavour), egg wash (EGGS, water), Icing sugar (Glucose, cornflour, vegetable oil). May contain: traces of NUTS.	KJ	1706	1467		
		Kcal	407	350		
		Fat	18.6	16		
		Sat	12	10.3		
		Carbs	51.2	44		
		Sugar	21.8	18.7		
		Fibre	2.78	2.4		
		Protein	6.7	5.8		
		Salt	0.6	0.5		
		Portion weight (g)		86		
				per 100g	per portion (g)	
				KJ	1786	1120
				Kcal	427	268
		Fat	23	14.3		
		Sat	15	9.3		
		Carbs	46	29.1		
		Sugar	12	8.1		
		Fibre	3	1.9		
		Protein	7.6	4.8		
		Salt	1	0.6		
Portion weight (g)		75				
Cinnamon Swirl (V)	WHEAT Flour, Fine Butter (MILK) (19%), Water, Sugar, Yeast, EGG, Cinnamon (1.4%), Maize Starch, WHEAT Gluten, Salt, Whey Powder (MILK), Whole MILK Powder, Skimmed MILK Powder, Thickener (Sodium Alginate), EGG Albumin Powder, Turmeric Extract, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), Natural Flavouring, Acidity Regulator (Citric Acid), Carrot Extract. May contain: traces of SESAME SEEDS, NUTS, SOYA.	KJ	1417	1245		
		Kcal	338	296		
		Fat	14	10.8		
		Sat	9.1	6.8		
		Carbs	46	43.2		
		Sugar	19	17.1		
		Fibre	2.3	2.3		
		Protein	5.8	5.4		
		Salt	0.8	0.6		
		Portion weight (g)		110		
				per 100g	per portion (g)	
				KJ	1589	1239
				Kcal	379	296
		Fat	16.3	12.7		
		Sat	8.2	6.4		
		Carbs	50.7	39.5		
		Sugar	18.5	14.4		
		Fibre	2.7	2.1		
		Protein	6.4	5		
		Salt	0.5	0.4		
Portion weight (g)		110				
Pain au Chocolat (V)	Pastry: (WHEAT flour, Butter (MILK), water, chocolate 10% (sugar, cocoa mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavour), sugar, whole MILK, yeast, EGGS, salt, WHEAT gluten, Emulsifier (rape lecithin), flour treatment agent (E300), enzymes (amylases, hemicellulases)), egg wash (Free Range EGG). May contain: traces of NUTS.	KJ	1417	1245		
		Kcal	338	296		
		Fat	14	10.8		
		Sat	9.1	6.8		
		Carbs	46	43.2		
		Sugar	19	17.1		
		Fibre	2.3	2.3		
		Protein	5.8	5.4		
		Salt	0.8	0.6		
		Portion weight (g)		110		
				per 100g	per portion (g)	
				KJ	1417	1245
				Kcal	338	296
		Fat	14	10.8		
		Sat	9.1	6.8		
		Carbs	46	43.2		
		Sugar	19	17.1		
		Fibre	2.3	2.3		
		Protein	5.8	5.4		
		Salt	0.8	0.6		
Portion weight (g)		110				
Pain aux Raisin (V)	WHEAT flour, water, raisins 13%, Butter (MILK), sugar, yeast, corn starch, EGGS, salt, powdered whey (MILK), whole MILK powder, WHEAT gluten, EGG albumin powder, skimmed MILK powder, thickener (sodium alginate), emulsifier (rape lecithin), fruit and plant extract (turmeric and carrot), natural flavouring, acidity regulator (citric acid), flour treatment agent (ascorbic acid), enzymes (hemicellulases, amylases), egg wash (Free Range EGGS). Neutral glaze (water, glucose syrup, sugar, acidity regulators (E330, E332, E333), flavour, gelling agent (pectin), preservative (potassium sorbate)). May contain: traces of NUTS and traces of SOYA.	KJ	1417	1245		
		Kcal	338	296		
		Fat	14	10.8		
		Sat	9.1	6.8		
		Carbs	46	43.2		
		Sugar	19	17.1		
		Fibre	2.3	2.3		
		Protein	5.8	5.4		
		Salt	0.8	0.6		
		Portion weight (g)		110		
				per 100g	per portion (g)	
				KJ	1589	1239
				Kcal	379	296
		Fat	16.3	12.7		
		Sat	8.2	6.4		
		Carbs	50.7	39.5		
		Sugar	18.5	14.4		
		Fibre	2.7	2.1		
		Protein	6.4	5		
		Salt	0.5	0.4		
Portion weight (g)		110				
Vegan Raspberry Croissant (Vg, DF)	WHEAT flour, Water, Vegetable Fat (17% Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring), Raspberry Filling (16%) (Glucose Syrup, Raspberry Purée, Sugar, Raspberries (2%), Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator Tricalcium Citrate), Natural Flavouring, Preservative (Potassium Sorbate)), Sugar, Yeast, Decoration (3%) (Sugar, Non-Hydrogenated Palm Oil, Food Colours (Radish, Blackcurrant, Apple concentrate)), Spelt flour, WHEAT gluten Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid). May contain: traces of MILK, SESAME SEEDS, SOYA, NUTS, EGGS.	KJ	1589	1239		
		Kcal	379	296		
		Fat	16.3	12.7		
		Sat	8.2	6.4		
		Carbs	50.7	39.5		
		Sugar	18.5	14.4		
		Fibre	2.7	2.1		
		Protein	6.4	5		
		Salt	0.5	0.4		
		Portion weight (g)		110		

MUFFINS & SCONES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Belgian Chocolate Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, thiamin), sugar, water, liquid EGG, vegetable oil rapeseed, 9% filling (sugar, vegetable fats palm, fat-reduced cocoa, cocoa mass, fat reduced cocoa powder, emulsifier E322 (SOYA), natural vanilla flavouring), 3% Belgian dark chocolate chunks (sugar, cocoa mass, cocoa butter, emulsifier E322 (SOYA), natural vanilla flavouring), 3% Belgian milk chocolate chunks (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier E322 (SOYA), natural vanilla flavouring), buttermilk (MILK), 1.8% chocolate shavings curdled milk (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 stabs (sugar, cocoa mass, cocoa butter, natural vanilla flavouring, emulsifier E322 (SOYA)), 1.4% large MILK stabs (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier E322 (SOYA), natural vanilla flavouring), raising agents (E341, E450, E501), inulin, glucose syrup, WHEAT starch, MILK protein, modified corn starch, humectants (E420, E422), emulsifiers (E471, E475), WHEAT flour, preservatives (E202, E223 (Contains SULPHITES)), stabiliser E415, natural flavouring, WHEAT Gluten, salt, acidity regulator E330, anti-caking agents (E470a, E551), rapeseed oil.	KJ	1702	1872
		Kcal	407	448
		Fat	22	24
		Sat	5	6
		Carbs	45	49
		Sugar	29	32
		Fibre	2	2
		Protein	6	7
		Salt	0.4	0.4
		Portion weight (g)	110	
Blueberry Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, thiamin), sugar, liquid EGG, 10% blueberries, water, 9% blueberry filling (water, blueberries, sugar, dextrose, glucose syrup, acidity regulators (E330, E331), gelling agent E440, natural flavouring, thickener E415, preservative E202), buttermilk (MILK), raising agents (E341, E450, E501), palm oil, inulin, MILK protein, WHEAT starch, emulsifiers (E471, E475), modified corn starch, WHEAT Gluten, WHEAT flour, preservative E202, glucose syrup, stabiliser E415, salt, acidity regulator E330, natural flavouring, colouring E160a, rapeseed oil.	KJ	1431	1547
		Kcal	342	376
		Fat	16	17
		Sat	2	2
		Carbs	44	49
		Sugar	21	23
		Fibre	1.2	1
		Protein	6	6
		Salt	0.4	0.4
		Portion weight (g)	110	
Sicilian Lemon Curd Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, thiamin), sugar, liquid EGG, water, 9% Sicilian lemon curd (sugar, liquid EGG, butter (MILK), water, concentrated lemon juice (lemon juice concentrate, preservatives (E223 (Contains SULPHITES), E224 (Contains SULPHITES))), lemon oil, thickener E406, salt), inulin, 4% lemon zest, 3% streusel (WHEAT flour (calcium carbonate, iron, niacin, thiamin), coarse granulated sugar, margarine (vegetable oils (rapeseed, palm), water, salt, natural flavouring), natural flavouring), buttermilk (MILK), 1.8% sweet snow (dextrose, palm oil, cornflour), 0.9% lemon strip (lemon peel, sugar, glucose-fructose syrup, acidity regulator E330), raising agents (E341, E450, E501), glucose syrup, palm oil, WHEAT starch, MILK protein, emulsifiers (E471, E475), humectants (E420, E422), natural flavouring, modified corn starch, WHEAT flour, preservatives (E202, E223 (Contains SULPHITES)), WHEAT Gluten, stabiliser E415, salt, acidity regulator E330, colouring E160a, rapeseed oil.	KJ	1517	1669
		Kcal	362	398
		Fat	16	17
		Sat	2	3
		Carbs	50	55
		Sugar	26	28
		Fibre	1	1
		Protein	5	6
		Salt	0.4	0.5
		Portion weight (g)	110	
Fruil Scone (Scotland, England & Wales) (V)	Scone: WHEAT Flour (contains Calcium carbonate, Iron, Niacin & Thiamin), Milk, Butter (MILK) (10%), Sultanas (9%), EGG, Sugar, Raising Agents (E450, E500), Sunflower Oil.	KJ	1281	1204
		Kcal	305	287
		Fat	10.7	10.1
		Sat	0.8	0.8
		Carbs	46.1	43.3
		Sugar	14.3	13.4
		Fibre	1.2	1.1
		Protein	6.4	6
		Salt	1.2	1.15
		Portion weight (g)	94	

EXTRAS

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

PORRIDGE & TOPPINGS

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

WHOLE CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Belgian Chocolate Fudge Cake (V)	Cake (67%) (EGG, Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Chocolate (7%) (Cocoa Mass, Sugar, Cocoa Butter, SOYA Lecithin, Flavouring), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)), Greek Style Natural Yoghurt (MILK), Rapeseed Oil, Water, Fat Reduced Cocoa Powder, Glycerine, Skimmed MILK Powder, Emulsifiers (E477, E471, E475), Raising Agents (E450, E501)), Icing (Icing Sugar, Full Fat Soft Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: E202), Butter (MILK) (4%), Fat Reduced Cocoa Powder, Water, Emulsifiers (E477, E471, E475), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, SOYA Lecithin, Flavouring), Chocolate Chips (Sugar, Cocoa Mass, Cocoa Butter, SOYA Lecithin, Flavouring)). May contain NUTS, MUSTARD and SESAME SEEDS.	KJ	1660	1759
		Kcal	396	420
		Fat	18.7	19.9
		Sat	8.4	8.9
		Carbs	51.1	54.2
		Sugar	34.2	36.3
		Fibre	1.1	1.2
		Protein	5.3	5.6
		Salt	0.3	0.4
		Portion weight (g)		106
Carrot Cake (V)	Cake (73%) (Brown Sugar, Carrot (11%), EGG, Rapeseed Oil, Wholemeal WHEAT Flour, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Date Paste (Dates, Rice flour), Pineapple Pulp, Water, Walnuts (NUTS), Raising Agents (E500, E450, E501), Cinnamon, Salt, Mixed Spice, Thickener (E415)), Frosting (25%) (Icing Sugar, Full Fat Soft Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: E202), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)), Skimmed MILK Powder, Modified Maize Starch, Emulsifiers (E477, E471, E475), Flavouring, Stabiliser (E410)), Walnuts (NUTS), Pistachios (NUTS)). May contain traces of SOYA and other NUTS.	KJ	1590	2274
		Kcal	379	541
		Fat	16.8	24.1
		Sat	3.4	4.9
		Carbs	51.5	73.7
		Sugar	31.3	44.7
		Fibre	1.8	2.5
		Protein	3.3	4.7
		Salt	0.6	0.8
		Portion weight (g)		143
Luxury Blackforest Routade (V)	Single Cream (MILK), Sugar, Icing Sugar, Reduced Fat Soft Cheese (Skimmed Milk, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Black Cherry Pie Filling (Water, 11% Black Cherries, Sugar, Modified Tapioca Starch, Acidity Regulator: Citric Acid, Natural Cherry Flavour, Preservatives: Potassium Sorbate) (5), White Chocolate Buttons (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin) (5), Water, Free Range EGG, Rapeseed Oil, Buttermilk (Skimmed MILK, Skimmed MILK Solids, MILK Protein Concentrate), Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Fat Reduced Cocoa Powder, Belgian Chocolate Chips (Cocoa Mass, Sugar, Dextrose, Emulsifier: SOYA Lecithin) (3%), Dark Chocolate Flavoured Pieces (Sugar, Palm Oil, Fat Reduced Cocoa Powder, Whey Powder (MILK), Stabiliser: Sorbitan Tristearate, Emulsifier: SOYA Lecithin), Condensed Milk (MILK, Granulated Sugar), Modified Potato Starch, Modified Waxy Maize Starch, Raising Agent: Sodium Bicarbonate, Flavouring, Raising Agent (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate: WHEAT Flour), Salt, Thickener Blend (Thickeners: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose).	KJ	1305	1621
		Kcal	311	386
		Fat	16.3	19.0
		Sat	7.0	8.3
		Carbs	37.3	48.3
		Sugar	26.7	35.5
		Fibre	1.9	2.5
		Protein	3.7	5.1
		Salt	0.4	0.5
		Portion weight (g)		131
Billionaires Cake (V)	Chocolate Sponge (48%) [Sugar, WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Pasteurised Free Range EGG, Rapeseed Oil, Water, Fat Reduced Cocoa Powder (4.8%), Humectant (Vegetable Glycerine), Skimmed MILK Powder, Raising Agents (Bicarbonate of Soda, E450, E501)], Toffee Buttercream (25%) [Sugar, Butter (MILK), Natural Flavouring, Salt (0.5%), Colour (Caramel)], Toffee Sponge (24%) [WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Toffee Sauce (13%) [Glucose Syrup, Invert Sugar Syrup, Sweetened Condensed Skimmed MILK, Sugar, Butter Oil (MILK), Water, Colour (Caramel), Stabiliser (Pectin), Natural Flavouring), Water, Pasteurised Free Range EGG, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471), Natural Flavouring, Colours (Annatto, Curcumin)], Humectant (Vegetable Glycerine), Skimmed MILK Powder, Raising Agents (E450, E501), Natural Flavouring], Gold Dusted Chocolate-Coated Malted Cereal Balls (1.1%) [MILK Chocolate [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Skimmed MILK Powder, Emulsifiers (E-322, E474), Natural Flavouring], Malted Cereal Balls (Rice Flour, WHEAT Flour, Powder Malt, Sugar, Salt), Thickener (E414), Gold Edible Glitter [Anti-Caking Agent (E555), Colours (E171, E172)]], Belgian Dark Chocolate (0.3%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring]]. May contain Traces of NUTS.	KJ	1748	2321
		Kcal	418	555
		Fat	20.5	27.3
		Sat	7.7	10.3
		Carbs	54.8	72.9
		Sugar	38.6	51.3
		Fibre	1.7	2.3
		Protein	4.3	5.7
		Salt	0.7	0.9
		Portion weight (g)		123

LOAF CAKES

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

BROWNIES & SHORTBREAD

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Caramel Shortbread (V)	Shortbread Base (44%) [WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Butter (MILK), Sugar, Cornflour], Caramel (40%) [Sweetened Condensed MILK, Butter (MILK), Light Brown Sugar, Golden Syrup], Milk Chocolate (14%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Dark Chocolate (1.5%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring]. May contain traces of NUTS and EGG.	KJ	2099	1574
		Kcal	502	377
		Fat	28.3	21.2
		Sat	16.8	12.6
		Carbs	56.6	42.5
		Sugar	41	30.8
		Fibre	1.5	1.1
		Protein	4.7	3.5
		Salt	0.5	0.4
		Portion weight (g)	75	
Belgian Chocolate Brownie (V)	Sugar, Belgian Dark Chocolate Chips (20%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Flavouring], Butter (MILK), Pasteurised Free Range EGG, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Salt.	KJ	1868	1009
		Kcal	447	241
		Fat	23.5	12.7
		Sat	14.2	7.7
		Carbs	51.6	27.9
		Sugar	41.4	22.4
		Fibre	2.6	1.4
		Protein	5.9	3.2
		Salt	0.5	0.3
		Portion weight (g)	54	
Caramel & Sea Salt Brownie (V)	Sugar, Caramel (18%) [Sweetened Condensed Skimmed MILK, Glucose Syrup, Invert Sugar Syrup, Palm Oil, Butter (MILK), Sugar, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabiliser (Pectin), Salt, Natural Flavouring], Belgian Dark Chocolate (16%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Butter (MILK), Pasteurised Free Range EGG, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Salt.	KJ	1851	1074
		Kcal	442	257
		Fat	22.4	13.0
		Sat	13.7	7.9
		Carbs	54.1	31.4
		Sugar	41.5	24.1
		Fibre	2.2	1.3
		Protein	5.1	3.0
		Salt	1	0.6
		Portion weight (g)	58	

CHEESECAKE

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

COOKIES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Belgian Chocolate Chunk Cookie (V)	Fortified Wheat Flour (WHEAT Flour, Raising Agent (Sodium Bicarbonate), Acid (Calcium Phosphate), Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Chocolate Filling (13%) (Dark (17%) and MILK (8.5%) Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Whole MILK Powder, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Humectants (Sorbitol, Glycerol), Dextrose, Water, Sweetened Condensed Skimmed MILK, Sugar, Thickeners (Sodium Alginate, Microcrystalline Cellulose, Carboxymethylcellulose), Modified Maize Starch, Salt, Acidity Regulator (Tartaric Acid), Preservative (Potassium Sorbate), Emulsifier (Polyglycerol Esters of Fatty Acids)), Belgian Dark Chocolate (10%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Pasteurised Free Range EGG, Butter (MILK), Glucose Syrup, Natural Flavouring, Raising Agent (Sodium Carbonates), Salt.	KJ	1803	1361
		Kcal	430	314
		Fat	16.5	12.1
		Sat	8.1	5.9
		Carbs	68.8	50.2
		Sugar	36.4	26.6
		Fibre	2.3	1.7
		Protein	5.3	3.9
		Salt	0.9	0.7
		Portion weight (g)		78
Caramel Chocolate Cookie (V)	Sugar, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Chocolate Filling (13%) (Dark (17%) and MILK (8.5%) Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Whole MILK Powder, Emulsifier (SOYA Lecithin), Natural Flavouring), Humectant (Sorbitol), Glycerol, Dextrose, Water, Sweetened Condensed Skimmed MILK, Sugar, Thickeners (Sodium Alginate, Microcrystalline Cellulose, Carboxymethylcellulose), Modified Maize Starch, Salt, Acidity Regulator (Tartaric Acid), Preservative (Potassium Sorbate), Emulsifier (Polyglycerol Esters of Fatty Acids)), Fudge Pieces (9%) (Sugar, Condensed MILK, Fondant (Sugar, Glucose, Water), Glucose Syrup, Palm Oil, Water, Emulsifier (SOYA Lecithin)), Butter (MILK), Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Pasteurised Free Range EGG, Fat Reduced Cocoa Powder, Glucose Syrup, Natural Flavouring, Raising Agent (Sodium Carbonates), Salt.	KJ	1775	1384
		Kcal	423	330
		Fat	16.9	13.2
		Sat	9.0	7.0
		Carbs	66.2	51.6
		Sugar	41.6	32.4
		Fibre	2.5	2.0
		Protein	4.9	3.8
		Salt	0.7	0.5
		Portion weight (g)		72
Oat & Raisin Cookie (V)	Sugar, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Seeds (17%) (Pumpkin, Sunflower, Chia), OATS, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mon- and Diglycerides of Fatty Acids)), Raisins (13%), Pasteurised Free Range EGG, Glucose Syrup, Raising Agent (Sodium Carbonates), Cinnamon, Natural Flavouring, Salt	KJ	1910	1261
		Kcal	457	301
		Fat	21	14
		Sat	6.0	4.0
		Carbs	59.9	39.5
		Sugar	30.1	19.8
		Fibre	4	2.6
		Protein	8.6	5.7
		Salt	0.5	0.3
		Portion weight (g)		70

INDIVIDUAL CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Cherry Bakewell Crumble Cake (V)	Sugar, Cherry Filling (19%) (Dark Cherry, Sugar, Water, Modified Starch, Elderberry Concentrate, Flavouring, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate)), Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Free Range Pasteurised EGG, Rapeseed Oil, White Fudge Icing (Sugar, Glucose Syrup, Palm Oil, Rapeseed Oil, Water, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl - 2 Lactylate), Salt, Stabiliser (Agar), Preservative (Potassium Sorbate), Colour (Titanium Dioxide)), Butter (MILK), Water, Amaretti Biscuit (3%) (Sugar, Apricot Kernels, EGG White, Corn Flour, WHEAT flour, Rice Flour, Wholemeal WHEAT Flour, Raising Agents (Sodium Carbonate Acid, Ammonium Carbonate Acid), Natural Flavouring), Almond Flakes (3%) (NUTS), Potato Starch, WHEAT Gluten, Natural Flavouring Substances, Whey Powder (MILK), Salt, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Acidity Regulator (Citric Acid).	KJ	1618	1489
		Kcal	386	357
		Fat	17	15.9
		Sat	4.2	3.9
		Carbs	52.8	49.5
		Sugar	34.9	32.6
		Fibre	1.2	1.1
		Protein	4.8	4.5
		Salt	0.6	0.6
		Portion weight (g)		94
Raspberry & Amaretti Crumble Cake (V)	Raspberries (27%), Sugar, Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pasteurised Free Range EGG, Rapeseed Oil, Water, Butter (MILK), Amaretti Biscuit (2.5%) (Sugar, Apricot Kernels, EGG White, Corn Flour, WHEAT Flour, Rice Flour, Wholemeal WHEAT Flour, Raising Agents (Sodium Carbonate Acid, Ammonium Carbonate Acid), Natural Flavouring), Modified Potato Starch, WHEAT Gluten, Whey Powder (MILK), Salt, Raising Agents (Disodium Phosphates, Sodium Carbonates), Natural Flavourings, Acidity Regulator (Citric Acid).	KJ	1351	1419
		Kcal	322	338
		Fat	14	14.7
		Sat	3.3	3.5
		Carbs	43.7	45.9
		Sugar	28.9	30.3
		Fibre	2.8	3.0
		Protein	3.9	4.1
		Salt	0.5	0.6
		Portion weight (g)		105
Mince Pies (Vg, DF)	Minced meat (55%) (Sugar, Apple Puree, Raisins (Raisins, Sunflower Oil), Sultanas (Sultanas, Sunflower Oil), Currants (Currants, Sunflower Oil), Glucose Syrup, Mixed Peel (Orange Peel, Glucose Fructose Syrup, Lemon Peel, Sugar, Acidity Regulator: Citric Acid), Vegetable Suet (Palm Oil, Rice Flour, Sunflower Oil), Modified Starch, Mixed Spice, Acidity Regulator: Acetic Acid; Colour: Plain Caramel Orange Oil, Lemon Oil), Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono-and diglycerides of Fatty Acids), Sugar, Water, Sugar Dusting (Dextrose, Cornflour, Palm Oil), Salt, Colour: Plain Caramel.	KJ	1567	1489
		Kcal	373	354
		Fat	10.5	9.9
		Sat	3.7	3.5
		Carbs	63.7	60.5
		Sugar	35.5	33.8
		Fibre	4.3	4.1
		Protein	3.8	3.6
		Salt	0.2	0.2
		Portion weight (g)		95

SAVOURY PASTRIES & ROLLS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Vegan Vegetable 'Sausage' Roll (Vg, DF)	Mixed Roast Vegetables (38%) (Butternut Squash, Courgette, Red Onion, Sweet Potato), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Tomato Passata (14%), Palm Oil, Roast Tomatoes (5%), Palm Fat, Rapeseed Oil, Potato Starch, Salt, Poppy Seeds, Tomato Concentrate, Basil, Cornflour, Sunflower Oil, Garlic, Olive Oil, Rosemary, Cracked Black Pepper, Dried Oregano, Emulsifier: E471, Sugar, Garlic Powder, Yeast, Lemon Juice.	KJ	1133	1473
		Kcal	272	354
		Fat	16	20.8
		Sat	7.9	10.3
		Carbs	26.5	34.5
		Sugar	4.8	6.2
		Fibre	2.4	3.1
		Protein	4.2	5.5
		Salt	0.9	1.2
		Portion weight (g)		130
		Pork & Pancetta Sausage Roll	British Pork (33%), Wheat flour contains Gluten (with WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (13%) (MILK), Caramelised Onion (Onions, Rapeseed Oil, Cracked Black Pepper), Reggato Cheese (MILK), Breadcrumbs (WHEAT FLOUR (Gluten), Water, Salt, Yeast), Smoked Pancetta (3%) (Pork Belly (7%), Salt, Herbs, Spices, Antioxidant: Sodium Ascorbate, Preservatives: Sodium Nitrite, Potassium Nitrate), Smoked Bacon Lardons (British Pork (94%), Curing Salt (Salt, Preservative: Sodium Nitrite, Sodium Nitrate)), Sugar, Antioxidant: Sodium Ascorbate), Pasteurised Free Range EGG, White Wine Vinegar, Honey, Pork Cracking (Pork Rind, Sea Salt), Paprika Flakes, Salt, Sage, Cracked Black Pepper, Dried Oregano, Rosemary, Garlic, Ground Fennel, Rapeseed Oil.	KJ
Kcal	359			467
Fat	22.6			29.4
Sat	12.1			15.7
Carbs	23.4			30.4
Sugar	2.3			3.0
Fibre	1.4			1.8
Protein	14.9			19.4
Salt	1.1			1.4
Portion weight (g)				130
Italian Tomato & Caramelised Onion Parcel with Mozzarella (V)	Caramelised Onions (31%) (Onion, Rapeseed Oil, Sugar, Salt, Thyme), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Tomatoes (18%), Unsalted Butter (MILK) (15%), Mature Cheddar Cheese (MILK) (5%), Mozzarella Cheese (MILK) (5%), Pasteurised Free Range EGG, White Wine Vinegar, Salt, Dried Parsley.			KJ
		Kcal	299	374
		Fat	19.8	24.8
		Sat	11.6	14.5
		Carbs	21.9	27.4
		Sugar	3.6	4.5
		Fibre	2	2.5
		Protein	7.3	9.1
		Salt	0.9	1.1
		Portion weight (g)		125
		Roasted Vegetable & Spanish Chorizo Parcel	Mixed Roast Vegetables (28%) (Butternut Squash, Courgette, Red Onion, Sweet Potato), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (MILK) (15%), Tomato Passata (10%), Diced Chorizo (8%) (Pork (90%), Salt, Paprika, Dried MILK, Dextrose, Garlic, Antioxidant: Sodium Ascorbate, Nutmeg, Preservatives: Sodium Nitrite, Potassium Nitrate, Oregano), Mozzarella Cheese (MILK) (3%), Tomatoes, Pasteurised Free Range EGG, Onion Seeds, White Wine Vinegar, Oak smoked Water, Rapeseed Oil, Salt, Tomato Concentrate, Basil, Garlic, Sunflower Oil, Olive Oil, Rosemary, Cracked Black Pepper, Dried Oregano, Sugar, Yeast.	KJ
Kcal	312			390
Fat	19.6			24.5
Sat	10.7			13.4
Carbs	25.3			31.6
Sugar	4.0			5.0
Fibre	2.4			3.0
Protein	7.5			9.4
Salt	1.4			1.8
Portion weight (g)				125
Ham & Cheese Croissant	Croissant (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MILK), Water, Sugar, Whole EGG, Yeast, Skimmed MILK Powder, Salt, Inactive WHEAT Sourdough, Flour Treatment Agent: Ascorbic Acid, Acids: Acetic Acid, Lactic Acid), British Formed Honey Roast Ham (29%) (Pork, Honey, Salt, Brown Sugar, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite), West Country Cheddar Cheese (MILK) (19%).			KJ
		Kcal	318	325
		Fat	17.5	17.9
		Sat	11.5	11.7
		Carbs	24.5	25
		Sugar	3.4	3.5
		Fibre	1.0	1.0
		Protein	15.6	15.9
		Salt	1.3	1.4
		Portion weight (g)		102
		Sourdough Bread Roll (Vg, DF)	WHEAT flour, water, sourdough (WHEAT), salt, yeast, dehydrated WHEAT sourdough, WHEAT gluten, deactivated yeast, malted WHEAT flour, flour treatment agent (ascorbic acid).	KJ
Kcal	309			191
Fat	0.7			0.4
Sat	0.2			0.1
Carbs	63.6			39.2
Sugar	1.6			0.9
Fibre	3.7			2.3
Protein	10.4			6.4
Salt	1.6			0.9
Portion weight (g)				74

The following nutritional information for Panini, Tostati, Sandwiches, Salads, Breakfast Rolls and Festive Savoury is for products sold from our stores in Scotland, England and Wales. For our stores in Northern Ireland, you can find the nutritional information for Panini, Tostati, Sandwiches and Festive Savoury on pages 17-19.

PANINI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Pole & Line Tuna Melt Panini	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Tuna Melt Mix (Pole and Line Caught Tuna (20%) [Skipjack Tuna (FISH), Water, Salt], Mayonnaise (Rapeseed Oil, Water, Free Range Salted Egg Yolk [EGG Yolk, Salt], Spirit Vinegar, Dijon Mustard (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Red Pepper (3%), Slow Roast Tomato (2%) [Tomato, Sunflower Oil, Salt, Garlic, Oregano], Red Onion (1%), Parsley, Lemon Juice, Cornflour, Black Pepper], Cheddar Cheese (MILK) (7%).	KJ	1103	2151
		Kcal	262	513
		Fat	11.3	22.1
		Sat	2.5	4.9
		Carbs	26.4	51.5
		Sugar	3.1	6.1
		Fibre	1.8	3.5
		Protein	13.1	25.6
		Salt	0.9	1.7
		Portion weight (g)	195	
Ham & Mozzarella Panini	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], British Honey Roast Ham (22%) [Pork, Honey, Salt, Brown Sugar, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Mozzarella & Cheddar Cheese [Mozzarella Cheese (MILK) (6%), Cheddar Cheese (MILK) (4%)], Seasoned Béchamel [Béchamel Sauce (MILK, Single Cream (MILK), Water, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Cornflour, Salt, Preservative: Potassium Sorbate, Nutmeg Oleoresin), Black Pepper].	KJ	967	1740
		Kcal	230	414
		Fat	5.9	10.6
		Sat	2.8	5
		Carbs	28.8	51.8
		Sugar	3.5	6.2
		Fibre	1.7	3
		Protein	14.5	26
		Salt	1.0	1.9
		Portion weight (g)	180	
Mozzarella & Tomato Panini (V)	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Mozzarella Cheese (MILK) (16%), Cheese & Basil Pesto [Cheddar Cheese (MILK) (8%), Green Pesto (Basil Paste (Basil, Sunflower Oil, Salt), Sunflower Oil, Vegetarian Medium Fat Hard Cheese (MILK), Garlic, Acidity Regulator: Citric Acid), Tomato (13%).	KJ	1095	2014
		Kcal	261	480
		Fat	11	20.3
		Sat	4.8	8.8
		Carbs	26.9	49.6
		Sugar	2.7	5
		Fibre	1.7	3.1
		Protein	12.7	23.4
		Salt	1.2	2.1
		Portion weight (g)	184	
Vegan Meatball Panini (Vg, DF)	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Vegan Ragù & Cheese Sauce [Tomato Ragù Sauce (Water, Tomato Paste, Crushed Tomato, Onion, White Wine Vinegar, Cornflour, 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 Carotene)], Vegan Wheatballs (19%) [Mushroom, Borlotti Beans, WHEAT Gluten, Rusk (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Rapeseed Oil, Onion, Avocado (Avocado, Antioxidant: Ascorbic Acid, Acidity Regulator: Citric Acid, Salt), Brown Rice, Apple (Apple, Preservative: Sodium Metabisulphite), Potato Starch, Fennel, Salt, Lemon Juice, Garlic Powder, Black Pepper, Dried Red Pepper, Basil, Thyme), Vegan Mayonnaise (4%) (Water, Rapeseed Oil, Cornflour, Preservative: Pectin, Sugar, Spirit Vinegar, Dijon MUSTARD (Water, Brown MUSTARD Seeds, Spirit Vinegar, Salt), Pea Protein, Salt, Concentrated Lemon Juice), Spinach (3%).	KJ	927	1928
		Kcal	220	458
		Fat	6.6	13.7
		Sat	1.4	2.9
		Carbs	35.8	74.5
		Sugar	3.9	8.1
		Fibre	2.5	5.2
		Protein	3.2	6.6
		Salt	1.0	2.1
		Portion weight (g)	208	
Brie and Bacon Panini	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent: Ascorbic Acid)], Brie (MILK) (21%), Balsamic Onion Chutney (13%) [Red Onion, Sugar, Balsamic Vinegar (Wine Vinegar, Grape Must), White Wine Vinegar, Water, Molasses, Cornflour, Salt, Garlic, Ginger, Black Pepper], British Beechwood Smoked Streaky Bacon (10%) [British Pork, Pork Fat, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite].	KJ	1174	2231
		Kcal	279	530
		Fat	10.6	20.1
		Sat	4.9	9.3
		Carbs	32.6	61.9
		Sugar	6.4	12.2
		Fibre	1.4	2.7
		Protein	12.7	24.1
		Salt	1.2	2.2
		Portion weight (g)	190	
All Day Breakfast Panini	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Scrambled EGG & Béchamel Sauce [Scrambled EGG (19%) (Free Range Pasteurised Whole EGG, Water, Sunflower Oil, Skimmed MILK Powder, Lemon Juice, Salt, Pepper), Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Black Pepper], British Pork Sausage with Beef Collagen Casing (10%) [British Pork, Potato Starch, Rusk (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Dextrose, Salt, WHEAT Starch, Rapeseed Oil, Beef Collagen Casing, Spices (Ground White Pepper, Ground Nutmeg, Ground Ginger, Ground Mace, Chill Powder), 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, Sodium Nitrite].	KJ	992	1805
		Kcal	236	430
		Fat	7.1	12.9
		Sat	2.2	4
		Carbs	29.5	53.7
		Sugar	2.8	5.1
		Fibre	2.1	3.8
		Protein	12.4	22.6
		Salt	1.0	1.8
		Portion weight (g)	182	

TOSTATI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Cotto Ham & Cheese Tostati Melt	Grilled Cheese Topped Bread [White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, SOYA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Mozzarella Cheese (MILK) (8%), Cheddar Cheese (MILK) (5%), Mascarpone Cheese Béchamel (Mascarpone Full Fat Soft Cheese (MILK) (9%), Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Regato Cheese (MILK) (2%) [Regato Cheese, Anti-caking Agent: Potato Starch], Parmigiano Reggiano Shavings (MILK) (<1%), Cracked Black Pepper], Cooked Formed Cured Ham with Sage & Rosemary (17%) [Pork, Water, Salt, Brown Sugar, Stabiliser: Sodium Triphosphate, Sage, Rosemary, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite].	KJ	911	1594
		Kcal	218	382
		Fat	8.8	15.4
		Sat	5.1	9
		Carbs	22.3	39
		Sugar	2.2	3.8
		Fibre	1.1	1.9
		Protein	12	21
		Salt	1.3	2.2
		Portion weight (g)		
Mozzarella & Tomato Tostati Melt (V)	Grilled Cheese and Tomato Topped Bread [White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, SOYA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Mozzarella Cheese (MILK) (8%), Semi Dried Cherry Tomato (6%), Cheddar Cheese (MILK) (5%), Mascarpone & Tomato Tomatade Dressing (15%) [Mascarpone Full Fat Soft Cheese (MILK) (7%), Sun blush Tomatade (3%), Slow Roast Tomato, Tomato Concentrate, Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic], Tomato and Onion Sauce (3%) [Water, Tomato Paste, Chopped Tomato, Rapeseed Oil, Sugar, White Wine Vinegar, Cornflour, Garlic Puree, Concentrated Lemon Juice, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), Diced Onion, Soft Dark Brown Sugar, Basil, Salt, Oregano, Cracked Black Pepper], Modified Maize Starch, Cracked Black Pepper, Parsley], Mozzarella Cheese (MILK) (11%).	KJ	930	1691
		Kcal	236	406
		Fat	10.4	17.9
		Sat	5.7	9.8
		Carbs	24.3	41.8
		Sugar	3.7	6.4
		Fibre	1.3	2.3
		Protein	11	19
		Salt	1.0	1.7
		Portion weight (g)		
Roasted Mushroom & Mascarpone Tostati Melt (V)	Grilled Cheese & Mushroom Topped Bread [White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, SOYA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Mozzarella Cheese (MILK) (8%), Roast Seasoned Chestnut Mushrooms (8%) [Chestnut Mushroom, Olive Oil, Salt, Black Pepper], Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Cheddar Cheese (MILK) (5%)], Mushroom & Mascarpone Dressing [Roast Seasoned Chestnut Mushrooms (7%) [Chestnut Mushroom, Olive Oil, Salt, Black Pepper], Mushroom Mayonnaise (6%) [Water, Rapeseed Oil, Olive Oil, Pasteurised Salted EGG Yolk, Cornflour, White Wine Vinegar, Coarse Black Pepper, Concentrated Lemon Juice, Salt, Mushroom Stock (Mushroom Stock (Mushroom Juice Concentrate, Salt), Sugar, Rapeseed Oil, Salt, Mushroom Powder (Maltodextrin, Mushroom Juice Concentrate)], Dijon MUSTARD (Water, Brown MUSTARD Seeds, Spirit Vinegar, Salt), Mascarpone Full Fat Soft Cheese (MILK) (5%), Full Fat Soft Cheese (MILK) (3%), Mushroom and Porcini Tapenade (3%) [Grilled Mushrooms, Rapeseed Oil, Porcini, Concentrated Lemon Juice, Salt, Dehydrated Porcini Powder, Garlic, Parsley, Chive], Cornflour, Thyme].	KJ	921	1612
		Kcal	222	388
		Fat	10.9	19.1
		Sat	4.6	8
		Carbs	22.5	39.3
		Sugar	2.0	3.4
		Fibre	1.5	2.6
		Protein	8.4	14.7
		Salt	0.9	1.5
		Portion weight (g)		
Roasted Tomato & Pesto Tostati (Vg, DF)	Tomato Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Tomato Flakes, Tomato Powder, Yeast, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, SOYA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid, Palm Fat], Vegan Tomato Mayonnaise [Vegan Mayonnaise (Water, Rapeseed Oil, Cornflour, Preservative: Pectin, Sugar, Spirit Vinegar, Dijon MUSTARD (Water, Brown MUSTARD Seeds, Spirit Vinegar, Salt), Pea Protein, Salt, Concentrated Lemon Juice), Sun blush Tomatade (3%), Slow Roast Tomato, Tomato Concentrate, Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic, Slow Roast Tomato (1%) [Tomato, Sunflower Oil, Salt, Garlic, Oregano], Black Pepper], Pesto (12%) [Basil, Sunflower Oil, Salt, Garlic Puree, Acidity Regulator: Citric Acid], Mozzarella Flavour Plant Based Cheese (9%) [Water, Modified Potato Starch, Coconut Oil, Sea Salt, Olive Fruit Extract, Natural Flavourings, Colour: Natural Beta Carotene], Semi Dried Cherry Tomato (9%)], Spinach.	KJ	975	1511
		Kcal	233	362
		Fat	11.1	17.1
		Sat	3.1	4.8
		Carbs	32.7	50.6
		Sugar	5.0	7.7
		Fibre	2.0	3.0
		Protein	4.9	7.6
		Salt	1.3	1.9
		Portion weight (g)		
Chicken & Bacon Tostati Melt	Grilled Cheese Topped Bread [White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, SOYA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Mozzarella Cheese (MILK) (8%), Cheddar Cheese (MILK) (5%), Chicken, Béchamel Sauce, Cheese & Bacon Mix [British Chicken Breast (8%), Chicken Breast, Salt, Chicken Stock (Water, Chicken Carcass), Cornflour], Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Mozzarella Cheese (MILK) (5%), Cheddar 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 Powder, Tomato Paste, White Wine Vinegar, Garlic Puree, Salt, White Pepper], Chopped British Beechwood Smoked Streaky Bacon (1%) [British Pork, Pork Fat, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite], Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), Black Pepper].	KJ	1005	1708
		Kcal	239	406
		Fat	8.9	15.1
		Sat	4.9	8.2
		Carbs	23.5	39.9
		Sugar	2.4	4.1
		Fibre	1.6	2.7
		Protein	15.5	26.3
		Salt	1.0	1.8
		Portion weight (g)		

BREAKFAST ROLLS

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

SALAD

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Falafel, Red Pepper Houmous & Super Grain Salad (Vg, DF)	Mixed Leaves (21%) [Spinach, Lettuce, Salanova], Falafel (20%) [Chick Peas, Onions, Water, Rapeseed Oil, Bread Crumbs (Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Self-Raising Flour (Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents (Monocalcium Phosphate, Sodium Hydrogen Carbonate)), Parsley, Coriander Powder, Cumin Powder, Sodium Bicarbonate, Cumin Seeds, Garlic, Black Pepper], Cabbage and Beetroot Slaw (17%) [Cabbage, Beetroot, Mango Dressing (Mango Chutney (Mango, Sugar, Spirit Vinegar, Glucose Syrup, Salt, Ground Cardamom, Ground Coriander, Ground Cumin, Ground Paprika), White Wine Vinegar, Stabiliser (Xanthan Gum), Salt), Onions), Mixed Grains (17%) (Bulgur WHEAT, Couscous (Half Hard WHEAT Flour, Water), WHEATBERRIES, Red Quinoa, Red Peppers, Lemon Juice, Salt, Black Pepper), Red Pepper Houmous (15%) [Chick Peas, Grilled Red Peppers, Tahini SESAME SEED Paste, Rapeseed Oil, Water, Concentrated Lemon Juice, Olive Oil, Garlic Purée, Salt, Colour (Paprika Extract)], Tahini Dressing (10%) [Chick Peas, Water, Garlic and Chili Sauce (Water, Tomato Paste, Onions, Spirit Vinegar, Garlic Purée, Chili Purée, Cornflour, Rapeseed Oil, Sugar, Concentrated Lemon Juice, Paprika, Salt, Lemon Zest, Cayenne Pepper, Chili, Gelling Agent (Pectin)], Tahini SESAME SEED Paste, Rapeseed Oil, Concentrated Lemon Juice, Salt, Red Wine Vinegar, Garlic Purée).	KJ	535	1273
		Kcal	128	305
		Fat	6.5	15
		Sat	0.7	1.7
		Carbs	11	26
		Sugar	3.2	7.6
		Fibre	4.1	9.8
		Protein	4.2	10
		Salt	0.5	1.1
		Portion weight (g)		238

BREAKFAST BOXES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
All Day Breakfast Box	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, Skimmed MILK Powder, Lemon Juice, Salt, Pepper), Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Black Pepper), Seasoned Mushrooms (7%) [Chestnut Mushroom, Olive Oil, Salt, Black Pepper], British Beechwood Smoked Steak Bacon (5%) [British Pork, Pork Fat, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite], Toasted Pumpkin Seeds.	KJ	584	1168
		Kcal	140	280
		Fat	7.9	15.8
		Sat	2.0	3.9
		Carbs	7.3	14.6
		Sugar	2.5	5.0
		Fibre	2.0	4.0
		Protein	8.9	17.8
		Salt	0.9	1.8
		Portion weight (g)		200

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Vegetarian Brekfast Box (V)	Baked Beans (53%) [Haricot Beans, Chopped Tomato, White Onion, Tomato Paste, Rapeseed Oil, White Sugar, Salt, Black Pepper], Scrambled EGG & Béchamel Sauce (Free Range Scrambled EGG (21%) (Free Range Pasteurised Whole EGG, Water, Sunflower Oil, Skimmed MILK Powder, Lemon Juice, Salt, Pepper), Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Black Pepper), Semi Dried Cherry tomato (10%), Spinach (7%), Toasted Pumpkin Seeds.	KJ	511	961
		Kcal	122	229
		Fat	5.9	11.1
		Sat	1.3	2.4
		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
		Portion weight (g)		188

SOUPS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Italian Tomato & Basil Soup (Vg, DF)	Water, Tomatoes (22%), Tomato Purée (9%), Onion, Fennel (5%), Carrot, Rapeseed Oil, Vegetable Stock (Chicory Extract, Carrot Extract, Onion Powder, Tomato Powder, Salt, Yeast Extracts, Sunflower Oil, Natural Flavouring), Blended Oil (Sunflower Oil, Olive Oil), Garlic, Sugar, Basil (0.28%), Salt, Basil in Oil (Basil, Sunflower Oil, Salt), White Pepper, Acidity Regulator: Citric Acid	KJ	196	687
		Kcal	47	165
		Fat	2.8	9.7
		Sat	0.3	1
		Carbs	5.2	18.2
		Sugar	3.5	12.3
		Fibre	1.2	4.2
		Protein	1	3.5
		Salt	0.7	2.3
		Portion weight (g)		350

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Supergreen Soup (Vg, DF)	Water, Peas (20%), Courgette (8%), Borlotti Beans (7%), Onion, Spinach (3.3%), Tofu (Water, SOYA, Nigari), Rapeseed Oil, Kale (1.6%), Fennel, Leek, Basil in Sunflower Oil (Basil, Sunflower Oil, Salt), Cornflour, Vegetable Stock (Chicory Extract, Carrot Extract, Onion Powder, Tomato Powder, Salt, Yeast Extracts, Sunflower Oil, Natural Flavouring), Garlic, Salt, Mint, Black Pepper, Acidity Regulator: Ascorbic Acid.	KJ	254	887
		Kcal	61	213
		Fat	2.7	9.3
		Sat	0.2	0.7
		Carbs	7.9	27.7
		Sugar	1.7	6.0
		Fibre	2.8	9.8
		Protein	2.7	9.5
		Salt	0.7	2.6
		Portion weight (g)		350

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Chicken & Rice Soup	Water, Onion, MILK, Broccoli (7%), Chicken (5%), Leek, Whipping Cream (MILK), Carnaroli Rice (2.7%), Rapeseed Oil, Cornflour, Black Venere Rice (1.1%), Garlic, Grana Padano (MILK, Lysozyme (EGG), Chicken Stock (Flavouring (contains EGG)), Chicory Extract, Salt, Yeast Extract, Chicken Bone Stock), Lemon Juice, Roast Chicken Stock (Roast Chicken, Rehydrated Potato Flake, Water, Yeast Extract, Salt, Chicken Fat), Salt, Black Pepper, Sage, Bay Leaf.	KJ	338	1183
		Kcal	81	284
		Fat	4.5	15.9
		Sat	1.3	4.6
		Carbs	6.8	23.8
		Sugar	1.3	4.6
		Fibre	1.6	5.6
		Protein	4.1	14.4
		Salt	0.7	2.5
		Portion weight (g)		350

SANDWICHES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Free Range Egg Mayo Sandwich (V)	OATMEAL Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, OATMEAL, WHEAT Bran, Yeast, Salt, WHEAT Protein, Spirit Vinegar, Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono- and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fatty Acids], Vegetable Oils (Rapeseed, Palm), Malted BARLEY Flour, Flour Treatment Agent: Ascorbic Acid, Palm Fat, WHEAT Starch], Free Range EGG Mayonnaise [Hard Boiled EGG (27%), Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk [EGG Yolk, Salt], Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Dijon MUSTARD (Water, Spirit Vinegar, Yellow MUSTARD Flour, MUSTARD Flour, Salt, Ground Yellow MUSTARD Bran, Ground Turmeric, Ground Black Pepper, Pimento, Ground Cinnamon, Ground Cloves), Black Pepper, Salt], Free Range Hard Boiled EGG (21%).	KJ	917	1852
		Kcal	222	449
		Fat	11.1	22.4
		Sat	2	4.1
		Carbs	19	38.3
		Sugar	0.3	0.6
		Fibre	2.0	4.0
		Protein	11	22.2
		Salt	0.7	1.5
			Portion weight (g)	202
Chargrilled Chicken Salad Sandwich	Malted Brown Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT Protein, Yeast, Malted BARLEY Flour, Salt, Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono- and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fatty Acids, Spirit Vinegar, Malted WHEAT Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid, Palm Fat, Palm Oil, WHEAT Starch], British Chargrilled Chicken Breast (25%) [Chicken Breast, Salt, Cornflour], Black Pepper Mayonnaise [Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk [EGG Yolk, Salt], Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Black Pepper], Tomato (7%), Cucumber (5%), Lettuce (4%).	KJ	896	1820
		Kcal	217	441
		Fat	9.7	19.6
		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
			Portion weight (g)	203
Classic BLT Sandwich	Malted Brown Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT Protein, Yeast, Malted BARLEY Flour, Salt, Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono-and Di-acetyl Tartaric Acid Esters of Mono and Di-glycerides of Fatty Acids, Spirit Vinegar, Malted WHEAT Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid, Palm Fat, Palm Oil, WHEAT Starch], Cooked Beechwood Smoked Streaky Bacon (15%) [Pork, Pork Fat, Salt, Antioxidant: Sodium Ascorbate, Preservative: Potassium Nitrate, Sodium Nitrite], Tomato (13%), Black Pepper Mayonnaise [Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk [EGG Yolk, Salt], Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Black Pepper], Lettuce (5%).	KJ	1162	2044
		Kcal	282	496
		Fat	15.4	27.1
		Sat	2.8	4.9
		Carbs	22.9	40.4
		Sugar	1.3	2.3
		Fibre	2.6	4.5
		Protein	11.7	20.5
		Salt	0.5	0.9
			Portion weight (g)	174
Tuna, Red Pepper & Rocket Sandwich	Malted Brown Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT Protein, Yeast, Salt, Malted BARLEY Flour, Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono-and Di-acetyl Tartaric Acid Esters of Mono and Di-glycerides of Fatty Acids, Spirit Vinegar, Malted WHEAT Flour, Vegetable Oils (Rapeseed Oil, Palm Oil), Flour Treatment Agent: Ascorbic Acid, Palm Fat, WHEAT Starch], Pole and Line Caught Tuna (FISH) (26%) [Skipjack Tuna (FISH), Water, Salt], Horseradish Mayonnaise [Horseradish Sauce (Water, Single Cream (MILK), Spirit Vinegar, Rapeseed Oil, Sugar, Horseradish Flakes, Cornflour, Dried EGG Powder, MUSTARD Flour, Skimmed MILK Powder, Salt, Horseradish Powder), Mayonnaise (Water, Rapeseed Oil, Pasteurised EGG Yolk [EGG Yolk, Salt], Cornflour, Spirit Vinegar, Sugar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar)], Red Pepper (7%), Rocket (4%).	KJ	726	1373
		Kcal	176	333
		Fat	2.8	5.2
		Sat	0.7	1.4
		Carbs	24.7	46.7
		Sugar	1.7	3.2
		Fibre	2.5	4.8
		Protein	11.8	22.3
		Salt	0.7	1.3
			Portion weight (g)	189

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
Almond Biscotti (V)	WHEAT flour, sugar, ALMONDS (15%), EGG, EGG yolk, butter, honey, partly skimmed MILK, raising agent: E 503 (ammonium bicarbonate), salt, natural flavour (orange), flavours.	KJ	1841
		Kcal	440
		Fat	14.45
		Sat	2.71
		Carbs	66.5
		Sugar	31.0
		Fibre	2.7
		Protein	9.4
		Salt	1.6
		Portion weight (g)	37
Caramel Waffle (V)	Glucose fructose syrup, wheat flour, sugar, palm fat, concentrated butter (MILK), sugar syrup, SOYA flour, rapeseed oil, salt, dextrin (WHEAT), emulsifiers (SOYA lecithin, mono- and diglycerides of fatty acids), raising agent (sodium carbonates), cinnamon, acidity regulator (citric acid), natural Bourbon vanilla.	KJ	1786
		Kcal	425
		Fat	16
		Sat	9
		Carbs	66
		Sugar	38
		Fibre	1.5
		Protein	3.5
		Salt	0.6
		Portion weight (g)	37
Chocolate Coated Coffee Beans (Vg, DF)	Sugar, Cocoa paste, Roasted coffee beans, Cocoa butter, Cocoa powder, Emulsifier: SOYA lecithin, Thickener: Arabic gum, Flavours. (Cocoa minimum 56%). May contain traces of: WHEAT, MILK and NUTS.	KJ	2276
		Kcal	546
		Fat	32
		Sat	19
		Carbs	56
		Sugar	41.0
		Fibre	6.7
		Protein	6.1
		Salt	0.04
		Portion weight (g)	25.0
Dark Chocolate & Hazelnut Chocolate Bar (V)	Dark chocolate 57% (sugar, cocoa mass, cocoa butter, emulsifier: SOY lecithin, natural vanilla flavour), hazelnut cream 43% (sugar, vegetable fats (coconut, palm kernel oil, shea butter in variable proportions), HAZELNUTS (14%), skimmed cocoa powder, whey powder (contains MILK), emulsifier: SOY lecithin, natural vanilla flavour, nibbed HAZELNUTS (11.5%))	KJ	2338
		Kcal	562
		Fat	38
		Sat	24
		Carbs	48
		Sugar	46.0
		Fibre	5.8
		Protein	4.5
		Salt	0.1
		Portion weight (g)	17.5
Fruit Teacake (Vg, DF)	Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sultanas (9.5%) (Sultanas, Water, Sunflower Oil, Preservative (E202)), Raisins (9.5%) (Raisins, Water, Sunflower Oil, Preservative (E202)), Citrus Peel (6%) (Glucose Syrup, Orange Peel, Lemon Peel, Fructose Syrup, Acidity Regulator (E330), Preservatives: SULPHUR DIOXIDE, E202)), Sweetened Dried Cranberries (5%) (Cranberries, Sugar, Sunflower Oil), Sugar, Yeast, Humectant (Glucose Syrup, Water, Acidity Regulator (E240)), Bread Fat (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471)), Dough Conditioner (Calcium Sulphate, SOYA Flour, Fortified Wheat flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Emulsifier (E472e), Flour Treatment Agent (E300), Enzymes), Water, Emulsifiers (E471, E472e), Acidity Regulators (E240, E525), Salt.	KJ	1200
		Kcal	283
		Fat	2.5
		Sat	0.8
		Carbs	56.2
		Sugar	22.0
		Fibre	3.8
		Protein	7.3
		Salt	0.2
		Portion weight (g)	96
Gianduja Chocolate (V)	Sugar, HAZELNUTS (30%), cocoa mass, cocoa butter, emulsifier: SOY lecithin, natural vanilla flavour. Cocoa solids: 23% min. May contain traces of MILK.	KJ	2416
		Kcal	581
		Fat	40
		Sat	15
		Carbs	47
		Sugar	44.0
		Protein	5.7
		Salt	0.03
		Portion weight (g)	10
		Gino and Ginie Gingerbread (V, DF)	WHEAT Flour (contains Calcium carbonate, Iron, Niacin and Thiamin), Sugar, Margarine (Palm Oil, Water, Palm Stearin, Rapeseed Oil, Salt, Lemon Juice concentrate), Golden Syrup (Partially Inverted Refiners Syrup), Glucose Syrup, Icing Sugar, Palm Fat, Glucose Syrup, Water, Icing Sugar, Emulsifiers (Sunflower Lecithin, Polysorbate 60), Natural Colour (Titanium dioxide), Acid (Acetic acid), Preservative (Potassium Sorbate), Natural Flavouring, Gelling Agent (Pectin), Humectant (Glycerine), EGG, Molasses, Rice Starch, Ground Ginger, Ground Mixed Spice (Cinnamon, Coriander, Ginger, Allspice, Nutmeg, Cloves), Ground Cassia, Thickener (Xanthan Gum), Raising Agent (Bicarbonate of Soda), Natural Colours (Curcumin, Beetroot Extract, Spirulina), Butter Flavouring.
Kcal	406		
Fat	9.9		
Sat	4.5		
Carbs	72.8		
Sugar	29.5		
Fibre	1.9		
Protein	5.4		
Salt	0.5		
Portion weight (g)	73		
Leone Mints (Vg, GF, DF)	Sugar, Thickening agents: Arabic gum, tragacanth; Piedmont peppermint essential oil.	KJ	1663
		Kcal	391
		Fat	0
		Sat	0
		Carbs	97
		Sugar	97
		Protein	0.2
		Salt	0.0
		Portion weight (g)	30
		Locker Creamkakao (V)	Crispy wafers filled with cocoa cream (75%), WHEAT flour, coconut oil, glucose syrup, sugar, fat reduced cocoa 9% in the cream, dextrose, sweet whey powder, SOYA flour, skimmed MILK powder, malt extract, salt, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier SOYA lecithin, HAZELNUTS, vanilla pods (Bourbon). May contain ALMONDS.
Kcal	511		
Fat	26		
Sat	22		
Carbs	59		
Sugar	28.0		
Protein	7.7		
Salt	0.3		
Portion weight (g)	45		

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
Loacker Napolitaner (V)	Crispy wafer filled with HAZELNUT cream (75% cream). Ingredients: WHEAT flour, coconut oil, glucose syrup, sugar, hazelnut 9% in the cream, sweet whey powder, SOYA flour, skimmed MILK powder, fat reduced cocoa, phosphate) emulsifier SOYA lecithin, vanilla pods (bourbon). May contain ALMONDS .	KJ	2169
		Kcal	519
		Fat	27
		Sat	20
		Carbs	59
		Sugar	26
		Protein	8.1
		Salt	0.3
		Portion weight (g)	45
		KJ	2188
		Kcal	523
		Fat	27
		Sat	23
		Carbs	61
		Sugar	31
		Protein	7.8
		Salt	0.4
		Portion weight (g)	45
Loacker Vanille (V)	Crispy wafer filled with vanilla cream (75% cream). Ingredients: WHEAT flour, coconut oil, glucose syrup, sugar, skimmed MILK powder, dextrose, SOYA flour, malt extract, sugar, raising agents (sodium hydrogen carbonate, disodium phosphate) emulsifier SOYA lecithin, vanilla pods (bourbon), HAZELNUT . May contain ALMONDS .	KJ	1997
		Kcal	476
		Fat	19.3
		Sat	11.1
		Carbs	66.9
		Sugar	31.4
		Fibre	1.9
		Protein	6
		Salt	0.1
		Portion weight (g)	17.0
		per 100g	per portion (g)
		KJ	2380
		Kcal	572
		Fat	39
		Sat	24
		Carbs	47
		Sugar	46.0
		Fibre	3.7
		Protein	6.6
		Salt	0.2
		Portion weight (g)	17.5
Metcalle's® Chocolate Rice Cakes (V)	Milk Chocolate (60%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring), Rice Cake (40%) (Wholegrain Brown Rice, Rice), (Minimum Cocoa Solids 39%).	KJ	1548
		Kcal	368
		Fat	14
		Sat	8.5
		Carbs	52
		Sugar	28.0
		Fibre	1.4
		Protein	7.9
		Salt	0.5
		Portion weight (g)	100
		per 100g	per portion (g)
		KJ	1882
		Kcal	449
		Fat	17.7
		Sat	6.2
		Carbs	69.6
		Sugar	46.0
		Fibre	4.7
		Protein	4.6
		Salt	0.7
		Portion weight (g)	60
Milk Chocolate Stracciatella Bar (V)	Milk chocolate 57% (sugar, MILK powder, cocoa butter, cocoa mass, emulsifier: SOY lecithin, natural vanilla flavour), milk cream 43% (vegetable fats (coconut, palm kernel oil, shea butter in variable proportions), sugar, skimmed MILK powder, whey powder (contains MILK), emulsifier: SOY lecithin, natural vanilla flavour, cocoa chips (11.5%)]	KJ	1853
		Kcal	440
		Fat	14.2
		Sat	5.6
		Carbs	72.3
		Sugar	37.7
		Protein	4.9
		Salt	0.6
		Portion weight (g)	30
		KJ	2103
		Kcal	505
		Fat	31.5
		Sat	7.4
		Carbs	47.6
		Sugar	28.4
		Fibre	3.8
		Protein	5.7
		Salt	0.1
		Portion weight (g)	50
Vegan Fruit Flapjack (Vg, DF)	OATS (31%), Soft Brown Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and - Diglycerides of Fatty Acids)), Golden Syrup, Raisins (8%) (Raisins, Sunflower Oil), Mixed Peel (6%) (Orange peel, Lemon Peel, Glucose Fructose Syrup, Sugar, Acidity Regulator (Citric Acid)), Cranberries (4%) (cranberries, Sugar, Sunflower Oil), PISTACHIO NUTS (1%), salt. May contain traces of other NUTS .	KJ	1787
		Kcal	427
		Fat	20.7
		Sat	13.2
		Carbs	55.2
		Sugar	30.5
		Fibre	6.3
		Protein	1.9
		Salt	0.2
		Portion weight (g)	58
		per 100g	per portion (g)
		KJ	2199
		Kcal	526
		Fat	28.2
		Sat	18.6
		Carbs	62.3
		Sugar	22.9
		Protein	5.4
		Salt	0.7
		Portion weight (g)	25
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 (Sodium bicarbonate, Ammonium bicarbonate).	KJ	1787
		Kcal	427
		Fat	20.7
		Sat	13.2
		Carbs	55.2
		Sugar	30.5
		Fibre	6.3
		Protein	1.9
		Salt	0.2
		Portion weight (g)	58
		per 100g	per portion (g)
		KJ	2199
		Kcal	526
		Fat	28.2
		Sat	18.6
		Carbs	62.3
		Sugar	22.9
		Protein	5.4
		Salt	0.7
		Portion weight (g)	25
Wrapped Gluten Free Chocolate Brownie Bar (V, DF, GF)	EGG , Dark Chocolate (19%) (Cocoa Solids, Sugar, Emulsifier: Sunflower Lecithin), Sugar, Rapeseed Oil, Ground ALMONDS , Chocolate Chips (6%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Sunflower Lecithin), White Rice Flour, Citrus Fibre (Maize, Matze Starch, Citrus Fibre), Tapioca Starch, Humectant (Glucose Syrup, Water, Acid Regulator: E260), Water, Acid: Ascorbic Acid; Preservative: Potassium Sorbate; Raising Agents: E341, E500.	KJ	1787
		Kcal	427
		Fat	20.7
		Sat	13.2
		Carbs	55.2
		Sugar	30.5
		Fibre	6.3
		Protein	1.9
		Salt	0.2
		Portion weight (g)	58
		per 100g	per portion (g)
		KJ	2199
		Kcal	526
		Fat	28.2
		Sat	18.6
		Carbs	62.3
		Sugar	22.9
		Protein	5.4
		Salt	0.7
		Portion weight (g)	25
Wrapped Raspberry & Coconut Slice (Vg, GF)	Raspberry Jam (23%) (Glucose-Fructose Syrup, Seedless Raspberry Concentrate, Sugar, Gelling Agent: Pectin; Acidity Regulator: Citric Acid, Sodium Citrates; Colour: Anthocyanin; Flavouring, Preservative: Potassium Sorbate), Desiccated Coconut (15%), Coconut Milk, White Rice Flour, Sugar, Sultanas (7%) (Sultanas, Sunflower Oil), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: E471), Tapioca Starch, Cranberries (6%) (Cranberries, Sugar, Sunflower Oil), Water, Humectant (Glucose Syrup, Water, Acidity Regulator: E260), Glucose Syrup, Oligofructose, Cornflour, Raising Agents: E341, E500; Thickeners: E464, E415; Salt, Colour: E150.	KJ	1787
		Kcal	427
		Fat	20.7
		Sat	13.2
		Carbs	55.2
		Sugar	30.5
		Fibre	6.3
		Protein	1.9
		Salt	0.2
		Portion weight (g)	58
		per 100g	per portion (g)
		KJ	2199
		Kcal	526
		Fat	28.2
		Sat	18.6
		Carbs	62.3
		Sugar	22.9
		Protein	5.4
		Salt	0.7
		Portion weight (g)	25
Wrapped Shortbread (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (33%) (MILK), Icing Sugar, Light Brown Sugar (Sugar, Molasses).	KJ	1787
		Kcal	427
		Fat	20.7
		Sat	13.2
		Carbs	55.2
		Sugar	30.5
		Fibre	6.3
		Protein	1.9
		Salt	0.2
		Portion weight (g)	58

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

CRISPS & POPCORN

Please note that the crisps sold from our stores in Northern Ireland are different than those sold in the rest of the UK. Please refer to page 20 for NI crisp information.

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

YOGHURTS & GRANOLA POT

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
Berry Granola Pot (V)	Greek Style Yogurt (MILK) (64%), Summer Berry Compote (23%) [Sugar, Strawberries, Water, Blackberries, Blueberries, Redcurrants, Cornflour, Lemon Juice, Natural Flavouring, Gelling Agent: Pectin], Dried Cranberry Granola (11%) [OAT Flakes, Sweetened Dried Cranberries (1%) (Cranberries, Sugar, Sunflower Oil), Sunflower Seeds, Pumpkin Seeds, Glucose Syrup, Water, Brown Rice Flour, Quinoa, Freeze Dried Raspberries, Natural Flavouring].	per 100g	per portion (g)
		KJ	704
		Kcal	168
		Fat	9.2
		Sat	4.6
		Carbs	15.9
		Sugar	10.7
		Fibre	0.8
		Protein	5.1
		Salt	0.9
Portion weight (g)		170	
Tim's Raspberry Yoghurt (V)	Greek Style Natural Yogurt (MILK), Sugar, Raspberries (6%), Cornflour, Natural Flavouring, Citric Acid.	per 100g	per portion (g)
		KJ	594
		Kcal	142
		Fat	8.4
		Sat	5.2
		Carbs	12.2
		Sugar	11.8
		Fibre	0.4
		Protein	4.9
		Salt	0.2
Portion weight (g)		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	per 100g	per portion (g)
		KJ	632
		Kcal	151
		Fat	8.5
		Sat	5.5
		Carbs	14.2
		Sugar	12.3
		Fibre	0.1
		Protein	4.9
		Salt	0.2
Portion weight (g)		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.

PANINI

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

TOSTATI

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

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

CROISSANT

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

SANDWICHES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Chargrilled Chicken Salad Sandwich	Malted Bread [WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY , Salt, Emulsifiers (Mono and diglycerides of fatty acids, Acetic acid esters of mono and diglycerides of fatty acid, Sodium stearyl lactylate), WHEAT Protein, Vegetable Oils (Palm, Rapeseed), Malt Extract (BARLEY), Malted WHEAT , Preservative (Calcium propionate), WHEAT Bran, Malted BARLEY , Flour Treatment Agent (Ascorbic Acid)], Chargrilled Chicken (23%) [Chicken, Brine, Water, Sugar, Starch, Whey Protein (MILK), Stabiliser (Guar Gum), Salt, Vinegar, Yeast Extract, Parmesan Mayonnaise [Mayonnaise [Rapeseed Oil, Water, Free Range Pasteurised EGG and EGG Yolk, Spirit Vinegar, Salt, Sugar, Lemon Juice Concentrate, Antioxidant (Calcium disodium EDTA), Flavouring, Paprika Extract], Parmesan (MILK), Preservative [Lysozyme (EGG)], Tomato, Cucumber, Apollo Leaf.	KJ	784	1514
		Kcal	187	362
		Fat	61	12
		Sat	13	2.5
		Carbs	24	46
		Sugar	1.5	2.9
		Protein	10	20
		Salt	0.7	1.4
		Portion weight (g)		193

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Chicken & Stuffing Sandwich	Malted Bread [WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY , Salt, Emulsifiers (E471, E472, E481), WHEAT Protein, Vegetable Oils (Palm, Rapeseed), Malt Extract (BARLEY), Malted WHEAT , Preservative (E282), WHEAT Bran, Malted BARLEY , Flour Treatment Agent (E300)], Chicken (24%) [Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Stabiliser (E541), Potato Starch, Whey Protein (MILK), Emulsifier (E412), Salt, Vinegar, Yeast Extract), Sage & Onion Stuffing (12%) [Breadcrumbs (WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt), Water, Rapeseed Oil, Onion, Sage, Parsley, Salt, Pepper]], Mayonnaise [Water, Rapeseed Oil, Modified Maize Starch, Pasteurised EGG , EGG Yolk, Spirit Vinegar, Sugar, Salt, Cream Powder (MILK), Citrus Fibre, Preservative (E202), Stabilisers (E412, E415), MUSTARD Powder, Lemon Juice Concentrate, Paprika Extracts, Antioxidant (E385)], Vegetable Fat Spread [Vegetable Oils in varying proportions (Rapeseed, Palm, Sunflower), Water, Salt, BUTTERMILK , Preservative (E202), Acidity Regulator (E300), Emulsifier (E471), Flavouring Colour (E106a), Vitamins A and D].	KJ	1232	2020
		Kcal	294	483
		Fat	13	22
		Sat	3.1	5.1
		Carbs	25	42
		Sugar	1.7	2.8
		Protein	11	19
		Salt	1.1	1.8
		Portion weight (g)		164

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Classic BLT Sandwich	Malted Bread [WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY , Salt, Emulsifiers (E471, E472e, E481), WHEAT Protein, Vegetable Oils (Palm, Rapeseed), Malt Extract (BARLEY), Malted BARLEY , Flour Treatment Agent (E300)], Coffee Cured Bacon (16%), [Pork Belly, Sugar, Salt, Cold Brewed Coffee, Stabiliser (E451), Maltodextrin, Natural Flavouring, Anticaking Agent (E552), Antioxidant (E301), Preservative (E250)], Tomato (16%), Pepper Mayonnaise (11%) [Mayonnaise [Rapeseed Oil, Water Free Range Pasteurised EGG and EGG Yolk, Spirit Vinegar, Salt, Sugar, Lemon Juice Concentrate, Antioxidant (E385), Flavouring, Colouring (E160a)], Cracked Black Pepper], Apollo Leaf.	KJ	1112	1957
		Kcal	266	468
		Fat	14	25
		Sat	3.3	5.9
		Carbs	27	48
		Sugar	2.3	4.0
		Protein	9.1	16
		Salt	1.2	2.2
		Portion weight (g)		176

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Free Range Egg Mayo Sandwich (V)	Oatmeal Bread [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, OATS , WHEAT Bran, Yeast, Malt Flour (BARLEY), WHEAT Gluten, Salt, Vegetable Oils (Palm, Rapeseed), Emulsifiers (Mono and diacetyl tartaric esters of mono and diglycerides of fatty acids, Sodium stearyl lactylate, Mono and diglycerides of fatty acids), Preservative (Calcium propionate), Flour Treatment Agent (Ascorbic Acid)], EGG Mayonnaise (40%) [(Free Range EGG (60%), Mayonnaise [Rapeseed Oil, Water, Free Range Pasteurised EGG and EGG Yolk, Spirit Vinegar, Sugar, Salt, Lemon Juice, Antioxidant (Calcium disodium EDTA), Flavouring, Paprika Extract], Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (Citric Acid)), Cornflour, Cracked Black Pepper], Free Range EGG (2.1%).	KJ	1087	2196
		Kcal	260	525
		Fat	17	34
		Sat	2.4	4.8
		Carbs	19	38
		Sugar	1.5	3.0
		Protein	9.2	19
		Salt	0.6	1.2
		Portion weight (g)		202

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Tuna, Red Pepper & Rocket Sandwich	Malted Bread (47%) [WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY , Salt, Emulsifiers (Mono and diglycerides of fatty acids, Acetic acid esters of mono and diglycerides of fatty acids, Sodium stearyl lactylate), WHEAT Protein, Vegetable Oils (Palm, Rapeseed), Malt Extract (BARLEY), Malted WHEAT , Preservative (Calcium propionate), WHEAT Bran, Malted BARLEY , Flour Treatment Agent (Ascorbic Acid)], Tuna Mayonnaise (42%) [Tuna (59%) (Tuna (FISH), Water, Salt)], Mayonnaise [Rapeseed Oil, Water, Pasteurised Free Range EGG , Free Range EGG Yolk, Spirit Vinegar, Salt, Sugar, Flavouring, Lemon Juice Concentrate, Antioxidant (Calcium disodium EDTA)], Horseradish Sauce (Water, Rapeseed Oil, Dried Horseradish, Sugar, Acidity Regulator (Acetic Acid), Salt, Spirit Vinegar, Stabiliser (Xanthan Gum), Dried EGG Yolk, Modified Maize Starch, MUSTARD Flour, Preservative (Potassium Sorbate)], Lemon Juice, Lemon Zest, Cracked Black Pepper, Glucose Syrup), Red Pepper (7.3%), Rocket (4.2%).	KJ	1008	1935
		Kcal	241	462
		Fat	12	22
		Sat	1.5	2.9
		Carbs	25	47
		Sugar	1.9	3.7
		Protein	11	21
		Salt	0.9	1.7
		Portion weight (g)		192

SCONES

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

YOGHURTS & FRUIT POTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Clandeboy Strawberry Yoghurt	Yoghurt (86%) (MILK), Strawberry Preparation (13%) (Strawberry Puree, Sugar, Flavouring), Sugar.	KJ	418	
		Kcal	100	
		Fat	3.9	
		Sat	1.6	
		Carbs	12.9	
		Sugar	11.1	
		Protein	3.1	
		Salt	0.1	
		Portion weight (g)	150	
			per 100g	per portion (g)
			KJ	452
			Kcal	108
			Fat	4.7
	Sat	2.2		
	Carbs	12.7		
	Sugar	10.3		
	Protein	3.6		
	Salt	0.1		
	Portion weight (g)	150		
Clandeboy 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.	KJ	452	
		Kcal	108	
		Fat	4.7	
		Sat	2.2	
		Carbs	12.7	
		Sugar	10.3	
		Protein	3.6	
		Salt	0.1	
		Portion weight (g)	150	
			per 100g	per portion (g)
			KJ	695
			Kcal	166
			Fat	6.8
	Sat	3.5		
	Carbs	20.6		
	Sugar	10.7		
	Protein	4.6		
	Salt	0.1		
	Portion weight (g)	140		
Clandeboy Mango Snack Pot	Greek Style Yoghurt (64%) (MILK , Cultures), Mango Compote (18%) (Mango, Sugar, Water, Starch (Waxy Maize), Stabiliser (Pectin), Natural Flavouring), Granola (18%) [OATS (GLUTEN) Flakes, BARLEY (BARLEY) Flakes, Sugar, Rapeseed Oil, Black Treacle, Sunflower Seeds].□	KJ	695	
		Kcal	166	
		Fat	6.8	
		Sat	3.5	
		Carbs	20.6	
		Sugar	10.7	
		Protein	4.6	
		Salt	0.1	
		Portion weight (g)	140	
			per 100g	per portion (g)
			KJ	192
			Kcal	45.7
			Fat	0.3
	Sat	0.0		
	Carbs	10.8		
	Sugar	9.2		
	Protein	0.7		
	Salt	0.0		
	Portion weight (g)	247		
Seasonal Fruit Salad (Vg)	Pineapple (28%), Apple (20%), Cantaloupe Melon (18%), Mango (18%), Kiwi (10%), Blueberries (5%).	KJ	192	
		Kcal	45.7	
		Fat	0.3	
		Sat	0.0	
		Carbs	10.8	
		Sugar	9.2	
		Protein	0.7	
		Salt	0.0	
		Portion weight (g)	247	
			per 100g	per portion (g)
			KJ	192
			Kcal	45.7
			Fat	0.3
	Sat	0.0		
	Carbs	10.8		
	Sugar	9.2		
	Protein	0.7		
	Salt	0.0		
	Portion weight (g)	247		

CRISPS

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