

HOW TO USE THIS GUIDE

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



An * in a box means that the product contains that allergen.

**E.G. the Almond Croissant above contains Gluten, Egg, Milk and Nuts.
The Butter Croissant and Cinnamon Swirl contain Gluten, Egg and Milk.**

For pre-packaged food (e.g. panini & biscuits etc.), the Allergen information can be found on the product's packaging.

NEVER GUESS - Always use this guide to help answer any customer queries.

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

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

WE TAKE CARE TO LIST ALL INGREDIENTS IN OUR FOOD AND DRINKS, HOWEVER WE CANNOT GUARANTEE A 100% ALLERGEN FREE ENVIRONMENT AS WE USE SHARED EQUIPMENT TO DISPLAY, PREPARE AND SERVE.

SWEET

PASTRIES

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

MUFFINS & SCONES

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Belgian Chocolate Muffin	*	*	*				*		*					
Blueberry Muffin	*	*	*											
Sicilian Lemon Curd Muffin	*	*	*						*					
Fruit Scone (Mainland only)	*	*	*											
Plain Scone (NI only)	*	*	*											
Fruit Scone (NI only)	*	*	*											
Cranberry & Orange Scone (NI only)	*	*	*											

WHOLE CAKES

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

LOAF CAKES

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

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BROWNIES & SHORTBREAD

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

* We have improved the recipe for our brownies. The updated brownies will appear visually different and have different nutritional and ingredient information than the previous recipe. There are no allergen changes to this product. If you require accurate ingredient and nutritional information please check with the team in store which brownie they have in stock.

TRAYBAKES

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Belgian Chocolate & Caramel Crispy	*		*				*		*					
White Chocolate & Lemon Blondie	*	*	*	*			*							
Vegan Granola Flapjack	*			*					*					

CHOUXNUT

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Caramelised Biscuit Chouxnut	*	*	*				*							
Raspberry & White Chocolate Chouxnut	*	*	*				*							

CHEESECAKE

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

COOKIES

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

INDIVIDUAL CAKES

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

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GRAB & GO

GRAB & GO CHOCOLATE

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

YOGHURTS & PORRIDGE

YOGHURTS (NI only)

		This Product Contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs	
Yoghurt & Blueberry Compote			*												
Yoghurt & Blueberry Compote with Cranberry, Coconut & Chia Seed Granola			*												

PORRIDGE

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

SAVOURY ROLLS

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

SAVOURY

SAVOURY PASTRIES

		This Product Contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs	
Chicken & Pesto Lattice	*	*	*												
Mozzarella & Tomato Pastry	*	*	*												

SALADS

		This Product Contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs	
Rainbow Slaw Side Salad		*	*							*					

For Allergen information for Iced Beverages, please refer to the 'Caffè Nero Summer 2021 Iced Beverage Nutritional & Allergen Information'.

BEVERAGES

HOT DRINKS - COFFEE

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

*served with whipped cream

HOT DRINKS - TEA, HOT CHOCOLATE & SPECIALITY

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

*served with whipped cream

NON DAIRY MILK

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

EXTRAS

EXTRAS

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Chocolate Chips							*							
Heinz Ketchup								*						
Honey														
HP Sauce	*													
Marshmallows														
Raspberry Jam														
Rhoddas Clotted Cream			*											
Strawberry Jam														
Whipped Cream			*											

SYRUPS

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
All Caffè Nero Syrups														
Caramel Sauce														
White Chocolate Sauce			*				*							

Within this guide you will find the Allergen and Nutritional information for our iced beverages with all milk variants and milk alternatives that we offer.

FRAPPE LATTE - Our classico espresso blended smooth with milk, ice and our frappe mix.

PRODUCT	ALLERGENS	Per 100ml										Per product							
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt
Frappe Latte - Semi Skimmed Milk	MILK	336	79	1.2	0.7	14.4	8.8	0.1	2.5	0.1	929	220	3.4	2.0	39.9	24.5	0.3	7.0	0.3
Frappe Latte - Skimmed Milk	MILK	302	71	0.3	0.1	14.5	8.9	0.1	2.5	0.1	837	198	0.8	0.2	40.1	24.7	0.3	7.0	0.3
Frappe Latte - Whole Milk	MILK	380	90	2.5	1.5	14.3	9.8	0.1	2.4	0.1	1053	250	6.9	4.2	39.7	24.3	0.3	6.8	0.3
Frappe Latte - Soya Milk	SOYA	297	70	1.0	0.5	13.6	8.0	0.2	1.2	0.1	822	194	2.8	1.3	37.6	22.3	0.7	3.4	0.1
Frappe Latte - Coconut Milk	SOYA	322	76	1.4	0.2	13.2	7.5	0.5	2.4	0.1	892	211	3.8	0.6	36.5	20.8	1.4	6.8	0.3
Frappe Latte - Oat Milk	OAT	337	79	1.0	0.3	16.8	8.4	0.6	0.4	0.0	933	220	2.6	0.9	46.5	23.4	1.8	1.2	0.1

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 allergens in our drinks, however we cannot guarantee a 100% allergen free environment as we use shared equipment to display, prepare and serve.

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FRAPPES

FRAPPE LATTE

Our classico espresso blended smooth with milk, ice and our frappe mix. *Nutritional & Allergen information does not include whipped cream.*

PRODUCT	ALLERGENS	Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Frappe Latte - Semi Skimmed Milk	MILK	336	79	1.2	0.7	14.4	8.8	0.1	2.5	0.1	929	220	3.4	2	39.9	24.5	0.3	7	0.3		
Frappe Latte - Skimmed Milk	MILK	302	71	0.3	0.1	14.5	8.9	0.1	2.5	0.1	837	198	0.8	0.2	40.1	24.7	0.3	7	0.3		
Frappe Latte - Whole Milk	MILK	380	90	2.5	1.5	14.3	8.8	0.1	2.4	0.1	1053	250	6.9	4.2	39.7	24.3	0.3	6.8	0.3		
Frappe Latte - Coconut Milk	SOYA	297	70	1.0	0.5	13.6	8.0	0.2	1.2	0.1	822	194	2.8	1.3	37.6	22.3	0.7	3.4	0.1		
Frappe Latte - Soya Milk	SOYA	322	76	1.4	0.2	13.2	7.5	0.5	2.4	0.1	892	211	3.8	0.6	36.5	20.8	1.4	6.8	0.3		
Frappe Latte - Oat Milk	OAT	337	79	1	0.3	16.8	8.4	0.6	0.4	0.04	933	220	2.6	0.9	46.5	23.4	1.8	1.2	0.1		

MOCHA FRAPPE

Our classico espresso blended with Belgian chocolate Milano, milk, ice and frappe mix. *Nutritional & Allergen information does not include whipped cream.*

PRODUCT	ALLERGENS	Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Mocha Frappe - Semi Skimmed Milk	MILK, SOYA	407	97	1.6	0.9	17.7	10.9	0.5	2.5	0.1	1027	243	3.9	2.3	44.5	27.6	1.3	6.2	0.3		
Mocha Frappe - Skimmed Milk	MILK, SOYA	386	91	0.9	0.5	17.7	11.0	0.5	2.5	0.1	972	230	2.4	1.3	44.6	27.7	1.3	6.2	0.3		
Mocha Frappe - Whole Milk	MILK, SOYA	437	104	2.4	1.5	17.6	10.9	0.5	2.4	0.1	1100	261	6	3.7	44.4	27.5	1.3	6.1	0.3		
Mocha Frappe - Coconut Milk	MILK, SOYA	382	90	1.4	0.8	17.1	10.4	0.6	1.6	0.1	963	228	3.6	1.9	43.2	26.3	1.5	4.1	0.3		
Mocha Frappe - Soya Milk	MILK, SOYA	399	94	1.6	0.6	16.9	10.1	0.8	2.4	0.1	1005	238	4.1	1.5	42.5	25.4	2	6.1	0.3		
Mocha Frappe - Oat Milk	MILK, SOYA, OAT	408	97	1.4	0.7	19.2	10.7	0.9	1.1	0.1	1029	243	3.5	1.7	48.5	26.9	2.2	2.8	0.3		

FRAPPE LATTE

Our classico espresso blended smooth with milk, ice and our frappe mix topped with whipped cream.

PRODUCT	ALLERGENS	Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Frappe Latte with cream - Semi Skimmed Milk	MILK	507	121	6.7	4.1	12.7	8	0.1	2.4	0.1	1634	391	21.5	13.3	41	25.7	0.3	7.9	0.3		
Frappe Latte with cream - Skimmed Milk	MILK	479	115	5.9	3.6	12.8	8	0.1	2.4	0.1	1542	369	18.9	11.5	41.2	25.8	0.3	7.9	0.3		
Frappe Latte with cream - Whole Milk	MILK	546	131	7.8	4.8	12.7	7.9	0.1	2.4	0.1	1758	421	25	15.5	40.9	25.5	0.3	7.7	0.3		
Frappe Latte with cream - Coconut Milk	MILK, SOYA	474	113	6.5	3.9	12.1	7.3	0.2	1.3	0.04	1527	365	20.9	12.6	38.8	23.4	0.7	4.3	0.1		
Frappe Latte with cream - Soya Milk	MILK, SOYA	496	119	6.8	3.7	11.7	6.8	0.4	2.4	0.1	1597	382	21.8	11.9	37.7	22	1.4	7.7	0.3		
Frappe Latte with cream - Oat Milk	MILK, OAT	509	121	6.4	3.8	14.8	7.6	0.6	0.7	0.03	1638	391	20.7	12.2	47.7	24.5	1.8	2.1	0.1		

MOCHA FRAPPE

Our classico espresso blended with Belgian chocolate Milano, milk, ice and frappe mix topped with whipped cream.

PRODUCT	ALLERGENS	Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Mocha Frappe with cream - Semi Skimmed Milk	MILK, SOYA	583	140	7.4	4.6	15.4	9.7	0.4	2.4	0.1	1731	414	22	13.6	45.7	28.8	1.3	7.1	0.3		
Mocha Frappe with cream - Skimmed Milk	MILK, SOYA	564	135	6.9	4.2	15.4	9.7	0.4	2.4	0.1	1676	401	20.5	12.6	45.8	28.9	1.3	7.1	0.3		
Mocha Frappe with cream - Whole Milk	MILK, SOYA	608	145	8.1	5	15.3	9.7	0.4	2.4	0.1	1805	432	24.1	15	45.6	28.7	1.3	7	0.3		
Mocha Frappe with cream - Coconut Milk	MILK, SOYA	561	134	7.3	4.4	14.9	9.2	0.5	1.7	0.1	1688	399	21.7	13.2	44.3	27.5	1.5	5	0.3		
Mocha Frappe with cream - Soya Milk	MILK, SOYA	576	138	7.5	4.3	14.7	8.9	0.7	2.4	0.1	1709	409	22.2	12.8	43.7	26.6	2	7	0.3		
Mocha Frappe with cream - Oat Milk	MILK, SOYA, OAT	584	140	7.3	4.4	16.7	9.5	0.7	1.2	0.1	1734	414	21.6	13	49.6	28.1	2.2	3.7	0.3		

FRAPPE CRÈMES (with whipped cream)
ESPRESSO & CARAMEL FRAPPE CRÈME

A mix of our signature espresso and caramel, blended with milk and ice, topped with whipped cream and caramel sauce.

PRODUCT	ALLERGENS	Per 100ml									Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt
Espresso & Caramel - Semi Skimmed Milk	MILK	509	121	6	3.7	14.8	12.7	0	2	0.1	1782	425	21.1	13	52	44.3	0.2	7	0.4
Espresso & Caramel - Skimmed Milk	MILK	486	116	5.4	3.3	14.9	12.7	0	2	0.1	1702	406	18.8	11.5	52.1	44.4	0.2	7	0.4
Espresso & Caramel - Whole Milk	MILK	540	129	6.9	4.3	14.8	12.6	0	2	0.1	1889	451	24.1	15	51.8	44.1	0.2	6.9	0.4
Espresso & Caramel - Coconut Milk	MILK, SOYA	483	115	5.9	3.5	14.3	12.1	0.1	1.1	0.1	1689	403	20.6	12.4	50	42.4	0.5	4	0.3
Espresso & Caramel - Soya Milk	MILK, SOYA	500	119	6.1	3.4	14	11.7	0.3	2	0.1	1750	417	21.4	11.8	49.1	41.1	1.1	6.9	0.4
Espresso & Caramel - Oat Milk	MILK, OAT	510	121	5.8	3.5	16.5	12.4	0.4	0.6	0.1	1785	425	20.4	12.1	57.7	43.3	1.4	2.1	0.2

RASPBERRY & WHITE CHOCOLATE FRAPPE CRÈME

White chocolate sauce and raspberry puree blended with milk and ice, topped with whipped cream and raspberry sauce.

PRODUCT	ALLERGENS	Per 100ml									Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt
Raspberry & White Chocolate - Semi Skimmed Milk	MILK, SOYA	591	141	7.1	4.4	17	15.3	0.2	2.3	0.1	1773	424	21.3	13.3	51	46	0.7	6.9	0.2
Raspberry & White Chocolate - Skimmed Milk	MILK, SOYA	564	135	6.3	3.9	17	15.4	0.2	2.3	0.1	1693	404	19	11.8	51.1	46.1	0.7	6.8	0.2
Raspberry & White Chocolate - Whole Milk	MILK, SOYA	627	150	8.1	5.1	16.9	15.3	0.2	2.2	0.1	1881	449	24.3	15.2	50.8	45.8	0.7	6.7	0.2
Raspberry & White Chocolate - Coconut Milk	MILK, SOYA	560	134	6.9	4.2	16.4	14.7	0.4	1.3	0.0	1681	401	20.8	12.7	49.1	44.1	1.1	3.8	0.1
Raspberry & White Chocolate - Soya Milk	MILK, SOYA	580	139	7.2	4	16	14.3	0.6	2.2	0.1	1741	416	21.6	12	48.1	42.8	1.7	6.7	0.2
Raspberry & White Chocolate - Oat Milk	MILK, SOYA, OAT	592	141	6.9	4.1	18.9	15	0.7	0.6	0.01	1777	424	20.6	12.4	56.7	45	2	1.9	0.04

HAZELNUT & CHOCOLATE FRAPPE CRÈME

Belgian chocolate Milano and Hazelnut syrup blended with ice, topped with whipped cream and chocolate chips.

PRODUCT	ALLERGENS	Per 100ml									Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt
Hazelnut & Chocolate - Semi Skimmed Milk	MILK, SOYA	663	159	8.5	5.3	17.5	16.1	0.9	2.4	0.1	1841	441	23.6	14.8	48.6	44.8	2.5	6.7	0.2
Hazelnut & Chocolate - Skimmed Milk	MILK, SOYA	654	157	8.3	5.1	17.5	16.2	0.9	2.4	0.1	1816	435	22.9	14.3	48.6	44.8	2.5	6.7	0.2
Hazelnut & Chocolate - Whole Milk	MILK, SOYA	676	162	8.8	5.5	17.5	16.1	0.9	2.4	0.1	1875	449	24.6	15.4	48.5	44.7	2.5	6.6	0.2
Hazelnut & Chocolate - Coconut Milk	MILK, SOYA	653	156	8.5	5.3	17.3	15.9	0.9	2.1	0.1	1812	434	23.5	14.6	48	44.2	2.6	5.7	0.2
Hazelnut & Chocolate - Soya Milk	MILK, SOYA	660	158	8.5	5.2	17.2	15.8	1	2.4	0.1	1831	438	23.7	14.4	47.7	43.8	2.8	6.6	0.2
Hazelnut & Chocolate - Oat Milk	MILK, SOYA, OAT	664	159	8.4	5.2	18.2	16	1	1.8	0.1	1842	441	23.4	14.5	50.4	44.5	2.9	5.1	0.2

SALTED CARAMEL & PISTACHIO FRAPPE CRÈME

Salted caramel & pistachio sauce blended with milk and ice, topped with whipped cream and caramel sauce.

PRODUCT	ALLERGENS	Per 100ml									Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt
Salted Caramel & Pistachio - Semi Skimmed Milk	MILK, SOYA	609	146	7.4	4.6	17.5	15.2	0.1	2.3	0.3	1780	425	21.5	13.5	51.2	44.3	0.2	6.7	0.8
Salted Caramel & Pistachio - Skimmed Milk	MILK, SOYA	582	139	6.6	4.1	17.6	15.2	0.1	2.3	0.3	1700	406	19.2	12	51.4	44.4	0.2	6.7	0.8
Salted Caramel & Pistachio - Whole Milk	MILK, SOYA	646	154	8.4	5.3	17.5	15.1	0.1	2.2	0.3	1887	451	24.5	15.4	51.1	44.1	0.2	6.5	0.8
Salted Caramel & Pistachio - Coconut Milk	MILK, SOYA	578	138	7.2	4.4	16.9	14.5	0.2	1.2	0.2	1687	403	21	12.9	49.3	42.3	0.5	3.6	0.6
Salted Caramel & Pistachio - Soya Milk	MILK, SOYA	598	143	7.5	4.2	16.6	14.1	0.4	2.2	0.2	1748	417	21.8	12.2	48.4	41.1	1.1	6.5	0.7
Salted Caramel & Pistachio - Oat Milk	MILK, SOYA, OAT	611	146	7.1	4.3	19.5	14.8	0.5	0.6	0.2	1783	425	20.8	12.5	57	43.3	1.4	1.7	0.6

FRAPPE CRÈMES (without whipped cream)
ESPRESSO & CARAMEL FRAPPE CRÈME

A mix of our signature espresso and caramel, blended with milk and ice. *Nutritional & Allergen information does not include whipped cream.*

PRODUCT	ALLERGENS	Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Espresso & Caramel - Semi Skimmed Milk	MILK	353	83	1.0	0.6	16.7	14.1	0.1	2.0	0.1	1077	254	3	1.7	50.8	43.1	0.2	6.1	0.4		
Espresso & Caramel - Skimmed Milk	MILK	327	77	0.2	0.1	16.7	14.2	0.1	2.0	0.1	997	235	0.7	0.2	51	43.3	0.2	6.1	0.4		
Espresso & Caramel - Whole Milk	MILK	388	92	2	1.2	16.6	14.1	0.1	2.0	0.1	1184	280	6	3.7	50.6	42.9	0.2	6.0	0.4		
Espresso & Caramel - Coconut Milk	SOYA	323	76	0.8	0.4	16.0	13.5	0.2	1.0	0.1	984	232	2.5	1.1	48.9	41.2	0.5	3.1	0.3		
Espresso & Caramel - Soya Milk	SOYA	343	81	1.1	0.2	15.7	13.1	0.4	2.0	0.1	1045	246	3.3	0.5	47.9	39.9	1.1	6.0	0.4		
Espresso & Caramel - Oat Milk	OAT	354	83	0.8	0.3	18.5	13.8	0.5	0.4	0.1	1080	254	2.3	0.8	56.6	42.1	1.4	1.2	0.2		

RASPBERRY & WHITE CHOCOLATE FRAPPE CRÈME

White chocolate sauce and raspberry puree blended with milk and ice. *Nutritional & Allergen information does not include whipped cream.*

PRODUCT	ALLERGENS	Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Raspberry & White Chocolate - Semi Skimmed Milk	MILK, SOYA	419	99	1.2	0.8	19.5	17.6	0.3	2.3	0.1	1069	252	3.2	2	49.8	44.8	0.7	6	0.2		
Raspberry & White Chocolate - Skimmed Milk	MILK, SOYA	388	91	0.4	0.2	19.6	17.6	0.3	2.3	0.1	989	233	0.9	0.5	50	45	0.7	6	0.2		
Raspberry & White Chocolate - Whole Milk	MILK, SOYA	461	109	2.4	1.5	19.5	17.5	0.3	2.3	0.1	1176	278	6.2	3.9	49.6	44.6	0.7	5.8	0.2		
Raspberry & White Chocolate - Coconut Milk	MILK, SOYA	383	90	1.1	0.5	18.8	16.8	0.4	1.1	0.03	976	230	2.7	1.4	47.9	42.9	1.1	2.9	0.1		
Raspberry & White Chocolate - Soya Milk	MILK, SOYA	407	96	1.4	0.3	18.4	16.3	0.7	2.3	0.1	1037	245	3.5	0.7	46.9	41.6	1.7	5.8	0.2		
Raspberry & White Chocolate - Oat Milk	MILK, SOYA, OAT	420	99	1	0.4	21.8	17.2	0.8	0.4	0.02	1072	252	2.5	1.1	55.6	43.8	2	1	0.04		

HAZELNUT & CHOCOLATE FRAPPE CRÈME

Belgian chocolate Milano and Hazelnut syrup blended with ice, topped with chocolate chips. *Nutritional & Allergen information does not include whipped cream.*

PRODUCT	ALLERGENS	Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Hazelnut & Chocolate - Semi Skimmed Milk	MILK, SOYA	489	116	2.4	1.5	20.4	18.8	1.1	2.5	0.1	1136	270	5.5	3.5	47.4	43.6	2.5	5.8	0.2		
Hazelnut & Chocolate - Skimmed Milk	MILK, SOYA	478	113	2.1	1.3	20.4	18.8	1.1	2.5	0.1	1111	264	4.8	3	47.4	43.7	2.5	5.8	0.2		
Hazelnut & Chocolate - Whole Milk	MILK, SOYA	503	119	2.8	1.8	20.4	18.7	1.1	2.5	0.1	1170	278	6.5	4.1	47.3	43.6	2.5	5.7	0.2		
Hazelnut & Chocolate - Coconut Milk	MILK, SOYA	476	113	2.3	1.4	20.1	18.5	1.1	2.1	0.1	1107	263	5.4	3.3	46.8	43	2.6	4.8	0.2		
Hazelnut & Chocolate - Soya Milk	MILK, SOYA	484	115	2.4	1.3	20	18.3	1.2	2.5	0.1	1126	267	5.6	3.1	46.5	42.6	2.8	5.7	0.2		
Hazelnut & Chocolate - Oat Milk	MILK, SOYA, OAT	489	116	2.3	1.4	21.2	18.6	1.2	1.8	0.1	1137	270	5.3	3.2	49.2	43.3	2.9	4.2	0.2		

SALTED CARAMEL & PISTACHIO FRAPPE CRÈME

Salted caramel & pistachio sauce blended with milk and ice. *Nutritional & Allergen information does not include whipped cream.*

PRODUCT	ALLERGENS	Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Salted Caramel & Pistachio - Semi Skimmed Milk	MILK, SOYA	435	103	1.4	0.9	20.3	17.4	0.1	2.3	0.3	1075	254	3.4	2.2	50.1	43.1	0.2	5.8	0.8		
Salted Caramel & Pistachio - Skimmed Milk	MILK, SOYA	403	95	0.5	0.3	20.3	17.5	0.1	2.3	0.3	995	235	1.2	0.7	50.2	43.2	0.2	5.8	0.8		
Salted Caramel & Pistachio - Whole Milk	MILK, SOYA	479	113	2.6	1.7	20.2	17.4	0.1	2.3	0.3	1182	280	6.4	4.1	49.9	42.9	0.2	5.6	0.8		
Salted Caramel & Pistachio - Coconut Milk	MILK, SOYA	398	94	1.2	0.6	19.5	16.7	0.2	1.1	0.3	982	232	2.9	1.6	48.2	41.2	0.5	2.7	0.6		
Salted Caramel & Pistachio - Soya Milk	MILK, SOYA	422	100	1.5	0.4	19.1	16.1	0.5	2.3	0.3	1043	246	3.7	0.9	47.2	39.9	1.1	5.6	0.7		
Salted Caramel & Pistachio - Oat Milk	MILK, SOYA, OAT	436	103	1.1	0.5	22.6	17.1	0.6	0.3	0.2	1078	254	2.8	1.2	55.8	42.1	1.4	0.8	0.6		

MILKSHAKES (with whipped cream)
VANILLA MILKSHAKE

A creamy milkshake blended with milk, vanilla syrup and ice topped with whipped cream.

PRODUCT	ALLERGENS	Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Vanilla Milkshake with cream - Semi Skimmed Milk	MILK	478	114	6.7	4.2	10.9	10.7	0	2.6	0.1	1553	372	21.8	13.6	35.4	34.8	0.1	8.4	0.4		
Vanilla Milkshake with cream - Skimmed Milk	MILK	444	106	5.8	3.6	11	10.8	0	2.6	0.1	1443	346	18.8	11.6	35.6	35	0.1	8.4	0.4		
Vanilla Milkshake with cream - Whole Milk	MILK	523	125	8	5	10.8	10.6	0	2.5	0.1	1701	407	26	16.3	35.2	24.6	0.1	8.2	0.4		
Vanilla Milkshake with cream - Coconut Milk	MILK, SOYA	439	105	6.5	3.9	10.1	9.9	0.2	1.3	0.1	1426	341	21.2	12.8	32.7	32.1	0.6	4.2	0.2		
Vanilla Milkshake with cream - Soya Milk	MILK, SOYA	464	111	6.9	3.7	9.7	9.3	0.4	2.5	0.1	1509	361	22.3	12	31.4	30.4	1.4	8.2	0.3		
Vanilla Milkshake with cream - Oat Milk	MILK, OAT	479	114	6.4	3.8	13.3	10.3	0.6	0.5	0.1	1558	372	21	12.4	43.3	33.5	1.9	1.6	0.2		

CHOCOLATE MILKSHAKE

Milk and ice blended with chocolate base, topped with whipped cream.

PRODUCT	ALLERGENS	Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Chocolate Milkshake with cream - Semi Skimmed Milk	MILK	557	133	6.9	4.3	14.1	12.7	1	3.3	0.1	1845	441	22.8	14.3	46.6	42.1	3.3	10.9	0.3		
Chocolate Milkshake with cream - Skimmed Milk	MILK	524	125	6	3.7	14.2	12.8	1	3.3	0.1	1735	415	19.8	12.2	46.8	42.3	3.3	10.9	0.3		
Chocolate Milkshake with cream - Whole Milk	MILK	602	144	8.2	5.1	14	12.6	1	3.2	0.1	1992	477	27	17	46.4	41.9	3.3	10.7	0.3		
Chocolate Milkshake with cream - Coconut Milk	MILK, SOYA	519	124	6.7	4.1	13.3	11.9	1.1	2	0.1	1717	411	22.2	13.5	44	39.4	3.7	6.7	0.3		
Chocolate Milkshake with cream - Soya Milk	MILK, SOYA	544	130	7	3.8	12.9	11.4	1.4	3.2	0.1	1801	430	23.3	12.6	42.7	37.7	4.6	10.7	0.2		
Chocolate Milkshake with cream - Oat Milk	MILK, OAT	559	133	6.6	3.9	16.5	12.3	1.5	1.2	0.1	1849	441	22	13	54.5	40.8	5	4.1	0.2		

STRAWBERRY MILKSHAKE

Milk and ice blended with our natural strawberry base, topped with whipped cream.

PRODUCT	ALLERGENS	Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Strawberry Milkshake with cream - Semi Skimmed Milk	MILK	524	127	6.8	4.3	13.3	12.4	0	2.6	0.1	1672	406	21.8	13.6	42.4	39.7	0.1	8.4	0.3		
Strawberry Milkshake with cream - Skimmed Milk	MILK	490	119	5.9	3.6	13.4	12.5	0	2.6	0.1	1562	380	18.8	11.6	42.6	39.9	0.1	8.4	0.3		
Strawberry Milkshake with cream - Whole Milk	MILK	570	138	8.2	5.1	13.2	12.4	0	2.6	0.1	1819	442	26	16.3	42.2	39.5	0.1	8.2	0.3		
Strawberry Milkshake with cream - Coconut Milk	MILK, SOYA	484	118	6.6	4	12.5	11.6	0.2	1.3	0.03	1544	376	21.2	12.8	39.8	37.1	0.6	4.2	0.1		
Strawberry Milkshake with cream - Soya Milk	MILK, SOYA	510	124	7	3.7	12	11.1	0.5	2.6	0.1	1628	395	22.3	12	38.4	35.3	1.4	8.2	0.2		
Strawberry Milkshake with cream - Oat Milk	MILK, OAT	526	127	6.6	3.9	15.8	12	0.6	0.5	0.01	1676	406	21	12.4	50.3	38.4	1.9	1.6	0.04		

MILKSHAKES (without whipped cream)
VANILLA MILKSHAKE

A creamy milkshake blended with milk, vanilla syrup and ice.

PRODUCT	ALLERGENS	Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Vanilla Milkshake - Semi Skimmed Milk	MILK	303	72	1.3	0.8	12.2	12	0	2.7	0.1	849	201	3.7	2.4	34.2	33.6	0.1	7.5	0.4		
Vanilla Milkshake - Skimmed Milk	MILK	264	62	0.2	0.1	12.3	12.1	0	2.7	0.1	739	175	0.7	0.3	34.4	33.8	0.1	7.5	0.4		
Vanilla Milkshake - Whole Milk	MILK	356	84	2.8	1.8	12.1	11.9	0	2.6	0.1	996	236	7.9	5	34	33.4	0.1	7.3	0.1		
Vanilla Milkshake - Coconut Milk	SOYA	258	61	1.1	0.6	11.3	11.1	0.2	1.2	0.1	721	170	3.1	1.5	31.6	31	0.6	3.3	0.2		
Vanilla Milkshake - Soya Milk	SOYA	287	68	1.5	0.2	10.8	10.4	0.5	2.6	0.1	805	190	4.2	0.7	30.2	29.2	1.4	7.3	0.3		
Vanilla Milkshake - Oat Milk	OAT	305	72	1.0	0.4	15	11.5	0.7	0.2	0.1	853	201	2.9	1.1	42.1	32.3	1.9	0.7	0.2		

CHOCOLATE MILKSHAKE

Milk and ice blended with chocolate base.

PRODUCT	ALLERGENS	Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Chocolate Milkshake - Semi Skimmed Milk	MILK	399	95	1.7	1	15.9	14.3	1.1	3.5	0.1	1140	270	4.7	3	45.5	40.9	3.3	10	0.3		
Chocolate Milkshake - Skimmed Milk	MILK	360	85	0.6	0.3	16	14.4	1.1	3.5	0.1	1030	244	1.7	0.9	45.7	41.1	3.3	10	0.3		
Chocolate Milkshake - Whole Milk	MILK	450	107	3.1	2	15.8	14.2	1.1	3.4	0.1	1288	306	8.9	5.7	45.2	40.7	3.3	9.8	0.3		
Chocolate Milkshake - Coconut Milk	SOYA	354	84	1.4	0.8	15	13.4	1.3	2	0.1	1013	240	4.1	2.2	42.8	38.3	3.7	5.8	0.3		
Chocolate Milkshake - Soya Milk	SOYA	383	91	1.8	0.5	14.5	12.8	1.6	3.4	0.1	1096	259	5.2	1.3	41.5	36.5	4.6	9.8	0.2		
Chocolate Milkshake - Oat Milk	OAT	400	95	1.4	0.6	18.7	13.8	1.8	1.1	0.1	1145	270	3.9	1.7	53.4	39.6	5	3.2	0.2		

STRAWBERRY MILKSHAKE

Milk and ice blended with our natural strawberry base.

PRODUCT	ALLERGENS	Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Strawberry Milkshake - Semi Skimmed Milk	MILK	353	86	1.4	0.9	15	14.1	0	2.7	0.1	967	235	3.7	2.4	41.2	38.5	0.1	7.5	0.3		
Strawberry Milkshake - Skimmed Milk	MILK	313	76	0.2	0.1	15.1	14.1	0	2.7	0.1	857	209	0.7	0.3	41.4	38.7	0.1	7.5	0.3		
Strawberry Milkshake - Whole Milk	MILK	407	99	2.9	1.8	15	14	0	2.6	0.1	1115	271	7.9	5	41	38.3	0.1	7.3	0.3		
Strawberry Milkshake - Coconut Milk	SOYA	306	75	1.1	0.6	14.1	13.1	0.2	1.2	0.03	840	205	3.1	1.5	38.6	35.9	0.6	3.3	0.1		
Strawberry Milkshake - Soya Milk	SOYA	337	82	1.5	0.2	13.6	12.5	0.5	2.6	0.1	923	224	4.2	0.7	37.3	34.1	1.4	7.3	0.2		
Strawberry Milkshake - Oat Milk	OAT	355	86	1	0.4	17.9	13.6	0.7	0.2	0.01	972	235	2.9	1.1	49.1	37.2	1.9	0.7	0.04		

ICED COFFEES
ICED LATTE

Nero Classico espresso and milk, poured over ice

PRODUCT	ALLERGENS	Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Iced Latte - Semi Skimmed Milk	MILK	162	39	1.3	0.8	3.8	3.5	0	2.8	0.1	356	85	3	1.7	8.3	7.7	0	6.1	0.2		
Iced Latte - Skimmed Milk	MILK	125	30	0.3	0.1	3.9	3.6	0	2.8	0.1	276	66	0.7	0.2	8.5	7.8	0	6.1	0.2		
Iced Latte - Whole Milk	MILK	211	50	2.7	1.7	3.7	3.4	0	2.7	0.1	463	110	6	3.7	8.2	7.5	0	5.9	0.2		
Iced Latte - Coconut Milk	SOYA	120	28	1.1	0.5	2.9	2.6	0.1	1.4	0.02	263	62	2.5	1.1	6.4	5.8	0.3	3.1	0.03		
Iced Latte - Soya Milk	SOYA	147	35	1.5	0.2	2.5	2	0.4	2.7	0.1	324	77	3.3	0.5	5.5	4.5	1	5.9	0.1		
Iced Latte - Oat Milk	OAT	163	39	1.1	0.4	6.4	3.1	0.6	0.5	0	359	85	2.3	0.8	14.1	6.7	1.3	1.1	0.0		

ICED FLAT WHITE

Foamed Nero classico espresso poured over iced milk

PRODUCT	ALLERGENS	Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Iced Flat White - Semi Skimmed Milk	MILK	162	39	1.3	0.8	3.8	3.5	0	2.8	0.1	356	85	3	1.7	8.3	7.7	0	6.1	0.2		
Iced Flat White - Skimmed Milk	MILK	125	30	0.3	0.1	3.9	3.6	0	2.8	0.1	276	66	0.7	0.2	8.5	7.8	0	6.1	0.2		
Iced Flat White - Whole Milk	MILK	211	50	2.7	1.7	3.7	3.4	0	2.7	0.1	463	110	6	3.7	8.2	7.5	0	5.9	0.2		
Iced Flat White - Coconut Milk	SOYA	120	28	1.1	0.5	2.9	2.6	0.1	1.4	0.0	263	62	2.5	1.1	6.4	5.8	0.3	3.1	0.0		
Iced Flat White - Soya Milk	SOYA	147	35	1.5	0.2	2.5	2	0.4	2.7	0.1	324	77	3.3	0.5	5.5	4.5	1	5.9	0.1		
Iced Flat White - Oat Milk	OAT	163	39	1.1	0.4	6.4	3.1	0.6	0.5	0.0	359	85	2.3	0.8	14.1	6.7	1.3	1.1	0.0		

ICED CAPPUCCINO

Nero Classico espresso over ice with a light, smooth and creamy skimmed milk foam and a sprinkle of sweet cocoa powder.

PRODUCT	ALLERGENS	Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Iced Cappuccino	MILK	132	31	0.3	0.1	4.2	3.8	0	2.8	0.1	292	69	0.7	0.2	9.3	8.5	0.1	6.2	0.2		

ICED AMERICANO

Nero Classico espresso over ice.

PRODUCT	ALLERGENS	Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Iced Americano		19	4	0.1	0	0.5	0.2	0	0.3	0	41	10	0.2	0	1.1	0.5	0	0.7	0		

ESPRESSO & TONIC

Fever Tree Indian Tonic Water poured over our Classico espresso. Add ginger syrup for our Ultimate Espresso & Tonic.

PRODUCT	ALLERGENS	Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Original Espresso & Tonic		157	37	0.1	0	9	8	0	0.3	0	362	84	0.2	0	20	19.1	0	0.7	0		
Ultimate Espresso & Tonic		106	25	0.1	0	6	5	0	0.3	0	222	52	0.2	0	11.8	11.1	0	0.7	0		

FRUIT BOOSTERS

Fruit puree blended with ice.

PRODUCT	ALLERGENS	Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Mango & Passionfruit		281	66	0.1	0	16	13	0.8	0	0.01	688	162	0.2	0	39.2	31.8	2	0	0.01		
Raspberry & Italian Peach		318	75	0	0	18	14	1	0	0.3	779	184	0	0	44.1	34.3	2.4	0	0.7		
Green Booster		321	78	0	0	18	17	0.5	0.5	0.02	786	191	0	0	44.1	41.6	1.2	1.2	0.04		

LEMONADES

Lemonade poured over ice with added flavour

PRODUCT	ALLERGENS	Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Sicilian Lemonade		192	45	0	0	11	10.8	0.2	0.1	0.01	307	72	0	0	17.5	17.2	0.4	0.2	0.02		
Crushed Raspberry Lemonade		201	47	0	0	11.3	11	0.6	0.2	0.01	342	81	0	0	19.1	18.7	0.9	0.3	0.02		
Garden Mint Lemonade		261	62	0	0	15.2	14.9	0.2	0.1	0.01	470	111	0	0	27.3	26.8	0.4	0.2	0.02		

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)		84

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

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

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

Key for Dietary Suitability:

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

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For our stores in Northern Ireland the nutritional and ingredient information for Scones, Panini, Tostati, Sandwiches, Salads, Crisps and some Snacks is different than the information for the rest of the UK. Please refer to the information on pages **19-23** 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
		Apricot Croissant (V)	Pastry: 56% (WHEAT flour, butter 19% (MILK), water, yeast, sugar, EGGS, salt, WHEAT gluten enzymes (amylases, hemicellulases), flour treatment agent (E300)), Apricots 26%, Pastry cream 17% (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers [E263, E450ii, E339ii], colour [E160ai], flavouring), egg wash (EGGS, water). May contain: traces of NUTS and traces of SOYA.	KJ
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
		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
		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, E339ii], colour [E160aii], flavouring), Chocolate 15.6% (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier [E322 (SOYA lecithin)], natural vanilla flavouring), egg wash (EGGS, water), Icing sugar (Glucose, cornflour, vegetable oil). May contain: traces of NUTS.	KJ
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
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
		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
		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
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
Pain aux Raisins (V, DF)	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
		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
		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, Decorafon (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
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		
Belgian Chocolate Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, thiamin), sugar, water, liquid EGG, vegetable oil rapeseed, 9% filling (sugar, vegetable fats palm, fat-reduced cocoa, cocoa mass, fat reduced cocoa powder, emulsifier E322 (SOYA), natural vanilla flavouring), 3% Belgian dark chocolate chunks (sugar, cocoa mass, cocoa butter, emulsifier E322 (SOYA), natural vanilla flavouring), 3% Belgian milk chocolate chunks (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier E322 (SOYA), natural vanilla flavouring), buttermilk (MILK), 1.8% chocolate shavings curled mix (sugar, cocoa mass, cocoa butter, whole MILK powder, Lactose (MILK), whey powder (MILK), butter oil (MILK), emulsifier E322 (SOYA), natural vanilla flavouring), 1.4% large dark slabs (sugar, cocoa mass, cocoa butter, natural vanilla flavouring, emulsifier E322 (SOYA)), 1.4% large MILK slabs (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier E322 (SOYA), natural vanilla flavouring), raising agents (E341, E450, E501), inulin, glucose syrup, WHEAT starch, MILK protein, modified corn starch, humectants (E420, E422), emulsifiers (E471, E475), WHEAT flour, preservatives (E202, E223 (Contains SULPHITES)), stabiliser E415, natural flavouring, WHEAT Gluten, salt, acidity regulator E330, anti-caking agents (E470a, E551), rapeseed oil.	per 100g	per portion (g)	
		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.	per 100g
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.			per 100g
		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	
		Fruit Scone (Scotland, England & Wales only) (V)	Scone: WHEAT Flour (contains Calcium carbonate, Iron, Niacin & Thiamin), Milk, Butter (MILK) (10%), Sultanas (9%), EGG, Sugar, Raising Agents (E450, E500), Sunflower Oil.	per 100g
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			1.2
Portion weight (g)	94			

EXTRAS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
Raspberry Jam (Vg, GF, DF)	Raspberry Jam: Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium Citrate	per 100g	per portion (g)		
		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	per 100g	per portion (g)
				KJ	1023
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			per 100g	per portion (g)
				KJ	3036
		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	per 100g	per portion (g)
				KJ	2413
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	1022	
		Kcal	244	
		Fat	6.7	
		Sat	2.8	
		Carbs	32.8	
		Sugar	9.8	
		Fibre	3.5	
		Protein	11.4	
		Salt	0.2	
		Portion weight (g)		240
		per 100g		per portion (g)
KJ	918			
Kcal	219			
Fat	3.8			
Sat	0.9			
Carbs	33			
Sugar	10.0			
Fibre	3.5			
Protein	11.4			
Salt	0.2			
Portion weight (g)		240		
Porridge made with Skimmed Milk (V)	Quaker Rolled OATS, Skimmed MILK.	KJ	1161	
		Kcal	277	
		Fat	10.6	
		Sat	5.3	
		Carbs	32.6	
		Sugar	9.6	
		Fibre	3.5	
		Protein	11.2	
		Salt	0.2	
		Portion weight (g)		240
		per 100g		per portion (g)
KJ	993			
Kcal	238			
Fat	7.1			
Sat	1.2			
Carbs	29.7			
Sugar	6.5			
Fibre	4.8			
Protein	11.2			
Salt	0.0			
Portion weight (g)		240		
Porridge made with Whole Milk (V)	Quaker Rolled OATS, Whole MILK.	KJ	484	
		Kcal	116	
		Fat	4.4	
		Sat	2.2	
		Carbs	13.6	
		Sugar	4.0	
		Fibre	1.5	
		Protein	4.7	
		Salt	0.1	
		Portion weight (g)		240
		per 100g		per portion (g)
KJ	414			
Kcal	99			
Fat	3.0			
Sat	0.5			
Carbs	12.4			
Sugar	2.7			
Fibre	2.0			
Protein	4.7			
Salt	0.0			
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	484	
		Kcal	116	
		Fat	4.4	
		Sat	2.2	
		Carbs	13.6	
		Sugar	4.0	
		Fibre	1.5	
		Protein	4.7	
		Salt	0.1	
		Portion weight (g)		240
		per 100g		per portion (g)
KJ	414			
Kcal	99			
Fat	3.0			
Sat	0.5			
Carbs	12.4			
Sugar	2.7			
Fibre	2.0			
Protein	4.7			
Salt	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	
		Fat	2.5	
		Sat	0.9	
		Carbs	12.6	
		Sugar	3.0	
		Fibre	1.6	
		Protein	3.1	
		Salt	0.0	
		Portion weight (g)		278
		per 100g		per portion (g)
KJ	315			
Kcal	215			
Fat	6.0			
Sat	2.0			
Carbs	30.3			
Sugar	7.3			
Fibre	3.9			
Protein	7.4			
Salt	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	
		Fat	2.4	
		Sat	0.7	
		Carbs	16.8	
		Sugar	3.6	
		Fibre	2.2	
		Protein	2.1	
		Salt	0.0	
		Portion weight (g)		278
		per 100g		per portion (g)
KJ	1026			
Kcal	244			
Fat	5.8			
Sat	1.6			
Carbs	40.3			
Sugar	8.5			
Fibre	5.2			
Protein	4.9			
Salt	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	
		Fat	22.5	
		Sat	2.6	
		Carbs	46.5	
		Sugar	27.9	
		Fibre	13.5	
		Protein	11.7	
		Salt	0.05	
		Portion weight (g)		25
		per 100g		per portion (g)
KJ	334			
Kcal	80			
Fat	0.1			
Sat	0.0			
Carbs	18.8			
Sugar	16.8			
Fibre	1.1			
Protein	0.4			
Salt	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	
		Fat	0.5	
		Sat	0.2	
		Carbs	75.1	
		Sugar	67.4	
		Fibre	4.4	
		Protein	1.5	
		Salt	0.10	
		Portion weight (g)		25
		per 100g		per portion (g)
KJ	334			
Kcal	80			
Fat	0.1			
Sat	0.0			
Carbs	18.8			
Sugar	16.8			
Fibre	1.1			
Protein	0.4			
Salt	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
Billionaires Cake (V)	Chocolate Sponge (48%) [Sugar, WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Pasteurised Free Range EGG, Rapeseed Oil, Water, Fat Reduced Cocoa Powder (4.8%), Humectant (Vegetable Glycerine), Skimmed MILK Powder, Raising Agents (Bicarbonate of Soda, E450, E501)], Toffee Buttercream (25%) [Sugar, Butter (MILK), Natural Flavouring, Salt (0.5%), Colour (Caramel)], Toffee Sponge (24%) [WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Toffee Sauce (13%) [Glucose Syrup, Invert Sugar Syrup, Sweetened Condensed Skimmed MILK, Sugar, Butter Oil (MILK), Water, Colour (Caramel), Stabiliser (Pectin), Natural Flavouring), Water, Pasteurised Free Range EGG, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471)), Natural Flavouring, Colours (Annatto, Curcumin)], Humectant (Vegetable Glycerine), Skimmed MILK Powder, Raising Agents (E450, E501), Natural Flavouring], Gold Dusted Chocolate-Coated Malted Cereal Balls (1.1%) [MILK Chocolate [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Skimmed MILK Powder, Emulsifiers (E-322, E476), Natural Flavouring], Malted Cereal Balls [Rice Flour, WHEAT Flour, Powder 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
Cappuccino Cake (V)	Coffee Sponge (67%) [Sugar, WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Pasteurised Free Range EGG, Rapeseed Oil, Water, Humectant (Vegetable Glycerine), Coffee Powder (1.1%), Raising Agents (E450, E501), Skimmed MILK Powder], Coffee Icing (29%) [Icing Sugar, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471)), Natural Flavouring, Colours (Annatto Bixin, Curcumin)], Skimmed MILK Powder, Full Fat Soft Cheese [Full Fat Soft Cheese (MILK), Thickener (Guar Gum)], Ground Caffè Nero Coffee Powder (1.4%), Coffee Flavouring (0.5%), Coffee Drizzle (2.4%) [Brewed Caffè Nero Coffee, Coffee Flavouring], Dark Chocolate Coffee Bean Decorations (1.5%) [Sugar, Cocoa Mass, Cocoa Butter, Coffee, Emulsifier (Sunflower Lecithin), Natural Flavourings, Glazing Agents (Shellac, Acacia Gum)], Milk Chocolate (0.1%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Fat Reduced Cocoa Powder (0.02%).	KJ	1656	1888
		Kcal	394	449
		Fat	20.1	22.9
		Sat	4.4	5.0
		Carbs	50.3	57.4
		Sugar	35.6	40.5
		Fibre	0.9	1.1
		Protein	4.1	4.7
		Salt	0.5	0.5
		Portion weight (g)		114
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 Roulade (V)	Single Cream (MILK), Sugar, Icing Sugar, Reduced Fat Soft Cheese (Skimmed Milk, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Black Cherry Pie Filling (Water, 11% Black Cherries, Sugar, Modified Tapioca Starch, Acidity Regulator: Citric Acid; Natural Cherry Flavour, Preservative: Potassium Sorbate) (%), White Chocolate Buttons (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin) (%), 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 Trisearate; 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
Raspberry Ripple Roulade (V)	Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Raspberries (16%), Sugar, Free Range EGG, Self-Raising Flour (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphate, Sodium Hydrogen Carbonate), Reduced Fat Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), White Chocolate Buttons (6%) (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Icing Sugar, Single Cream (MILK), White Chocolate Shavings (2%) (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Raspberry Jam (2%) (Glucose Fructose Syrup, Raspberry Concentrate, Sugar, Gelling Agent: Pectin; Acidity Regulators: Citric Acid, Sodium Citrates; Natural Raspberry Flavouring), White Chocolate (2%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), White Chocolate Curls (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Flavouring, Modified Potato Starch, Modified Waxy Maize Starch, Raising Agent (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate: WHEAT Flour), Freeze Dried Raspberries, Thickener Blend (Thickeners: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose), Natural Colour (Red Beetroot Juice Concentrate, Maltodextrin, Acidity Regulator: Citric Acid)	KJ	1428	1656
		Kcal	342	396
		Fat	20.1	23.4
		Sat	9.1	10.6
		Carbs	36.6	42.5
		Sugar	27.1	31.4
		Fibre	1	1.1
		Protein	4	4.7
		Salt	0.3	0.3
		Portion weight (g)		116
Nero Coffee & Caramel Cappuccino Cake (V)	Cake (62%) [Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG, Greek Style Natural Yoghurt (MILK), Rapeseed Oil, Water, Humectant (Glucose, Water, Acidity Regulator: Acetic Acid), Cake Concentrate (Modified Maize Starch, Modified Potato Starch, Wheat Starch, Raising Agents: Disodium Diphosphate, Potassium Bicarbonate; WHEAT Flour (Calcium, Iron, Niacin, Thiamin), Emulsifiers: Mono- and Diglycerides of Fatty Acids, Propane-1,2-diol Esters of Fatty Acids, Sodium Stearoyl-2-lactylate; Rapeseed Oil, Dextrose, Preservative: Potassium Sorbate; WHEAT Gluten, Acidity Regulator: Citric Acid; Stabiliser: Xanthan Gum), Nero Coffee Grounds (1%), Instant Coffee Powder (1%), Colour: Plain Caramel; Raising Agents: Disodium Diphosphate, Potassium Hydrogen Carbonate, Sodium Bicarbonate; Salt], Coffee Frosting (29%) [Icing Sugar, Full Fat Cream Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: Potassium Sorbate), Butter (MILK), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Diglycerides of Fatty Acids), Water, Skimmed MILK Powder, Modified Waxy Maize Starch, Nero Coffee Grounds (0.3%), Emulsifiers: Propylene Glycol Ester of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Polyglycerol Ester of Fatty Acids; Flavouring], Caramel Frosting (8%) [Icing Sugar, Luxury Caramel (2%) (Sweetened Condensed Skimmed MILK, Glucose Syrup (SULPHITES), Invert Sugar Syrup, Palm Oil, Butter (MILK), Sugar, Emulsifier: Mono- and Diglycerides of Fatty Acids; Stabiliser: Pectin; Salt, Natural Flavouring), Full Fat Cream Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: Potassium Sorbate), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Diglycerides of Fatty Acids), Emulsifiers: Propylene Glycol Ester of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Polyglycerol Ester of Fatty Acids; Water, Salt, Colour: Plain Caramel).	KJ	1590	1876
		Kcal	379	447
		Fat	16.2	19.1
		Sat	5.5	6.5
		Carbs	53.7	63.3
		Sugar	37.6	44.4
		Fibre	1.07	1.3
		Protein	4.13	4.9
		Salt	0.5	0.5
		Portion weight (g)		118

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, Desiccated 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		
				per 100g	per portion (g)	
				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		
Sicilian Lemon Drizzle Loaf Cake (V)	Cake (Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG , Rapeseed Oil, Water, Cake concentrate (Modified Maize Starch, WHEAT Starch, Raising agent: Disodium Diphosphate, Potassium Bicarbonate; Wheat Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Emulsifier: Mono- and Diglyceride of fatty acids, Propane 1,2 diol esters of fatty acid, Sodium stearoyl-2-lactylate; Rapeseed Oil, Dextrose, Preservative: Potassium Sorbate; WHEAT Gluten, Acidity Regulator: Citric acid; Stabiliser: Xanthan Gum), Sicilian Lemon Juice (3%), Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglyceride of Fatty acids, Sodium Stearoyl-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; WHEAT protein), Glycerine, Flavouring, Raising Agent: Disodium Diphosphate, Potassium Hydrogen Carbonate) Fondant (Sugar, Glucose Syrup, Water, Rapeseed Oil, Palm Oil, Dextrose, Fructose, Cornflour, Emulsifier: Mono- and Diglyceride of fatty acids; Sucrose esters of fatty acids; Humectant: Glycerine; Rice Starch, Acidity Regulator: Citric acid), Caramelised Lemon zest (1%) (Sugar, Lemon Zest, Water), Dextrose, Cornflour, Palm Oil.	KJ	1643	1561		
		Kcal	391	372		
		Fat	16.6	15.8		
		Sat	1.7	1.6		
		Carbs	55.1	52.3		
		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		
				per 100g	per portion (g)	
				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		
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	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		
				per 100g	per portion (g)	
				KJ	2019	1350
				Kcal	485	324
		Fat	26.6	17.8		
		Sat	16.1	10.8		
		Carbs	55.5	37.1		
		Sugar	46.6	31.2		
		Fibre	4	2.7		
		Protein	6	4		
		Salt	0.5	0.3		
		Portion weight (g)		67		
NEW RECIPE Belgian Chocolate Chunk Brownie* (V)	Belgian Dark Chocolate (27%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Butter (MILK), Pasteurised Free Range EGG , Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Salt.	KJ	2012	1382		
		Kcal	483	332		
		Fat	26.3	18.1		
		Sat	16	11		
		Carbs	55.8	38.4		
		Sugar	46.9	32.3		
		Fibre	3.9	2.7		
		Protein	5.9	4		
		Salt	0.5	0.4		
		Portion weight (g)		69		
		NEW RECIPE Salted Caramel Chocolate Brownie* (V)	Belgian Dark Chocolate (26.5%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Butter (MILK), Pasteurised Free Range EGG , Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Caramel (3%) (Sugar, Glucose Syrup, Sweetened Condensed MILK (MILK), Sugar, Lactose (MILK), Water, Unsalted Butter (MILK), Golden Syrup, Palm Oil, Salt, Emulsifiers (Rapeseed Lecithin, Sorbitan Monostearate), Natural Flavouring), Salt.	KJ	2012	1382
				Kcal	483	332
				Fat	26.3	18.1
Sat	16			11		
Carbs	55.8			38.4		
Sugar	46.9			32.3		
Fibre	3.9			2.7		
Protein	5.9			4		
Salt	0.5			0.4		
Portion weight (g)				69		

* We have improved the recipe for our brownies. The updated brownies will appear visually different and have different nutritional and ingredient information than the previous recipe. There are no allergen changes to this product. If you require accurate ingredient and nutritional information please check with the team in store which brownie they have in stock.

TRAYBAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Belgian Chocolate & Caramel Crispy (V)	Milk Chocolate (40%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, SOYA Lecithin, Flavouring), Crisped Rice (17%) (Rice Flour, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Whey Powder (MILK), BARLEY Malt Flour, Salt, Rapeseed Oil, Emulsifier: SOYA Lecithin), Caramel (16%) (Sweetened Condensed MILK , Glucose Syrup (SULPHITES), Invert Sugar Syrup, Palm Oil, Salted Butter (MILK), Sugar, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Salt, Flavouring), Golden Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), White Chocolate Flavour Coating (3%) (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Unsalted Butter (MILK), Cocoa Powder, Concentrated Grape Juice (Concentrated Grape Juice, Rice Starch). <i>May contain as made in an environment that handles Egg and Nuts.</i>	per 100g	per portion (g)	
		KJ	2070	1159
		Kcal	495	277
		Fat	26	14.6
		Sat	14.7	8.2
		Carbs	58.9	33
		Sugar	33.1	18.5
		Fibre	1.6	0.9
		Protein	5.4	3.0
		Salt	0.4	0.2
Portion weight (g)		56		
White Chocolate & Lemon Blondie (V)	Brown Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MILK), White Chocolate (14%) (Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier: SOYA Lecithin; Flavouring), Free Range EGG , Lemon Curd (2%) (Water, Glucose Syrup, Sugar, Butter (MILK), Lemon Concentrate, Modified Maize Starch, Dried Free Range EGG , Thickener: Pectins; Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Acidity Regulator: Acetic Acid; Flavouring, Lemon Oil, Colours: Lutein, Carotenes), White Chocolate Flavour Coating (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin), PISTACHIO NUTS (2%), Water, Lemon Juice, Flavourings, Preservative: Potassium Sorbate; Salt.	per 100g	per portion (g)	
		KJ	1850	1110
		Kcal	442	265
		Fat	22.4	13.4
		Sat	13.9	8.3
		Carbs	55.6	33.4
		Sugar	33.9	20.3
		Fibre	0.8	0.5
		Protein	4	2.4
		Salt	0.2	0.1
Portion weight (g)		60		
Vegan Granola Flapjack (V)	OATS (31%), Golden Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), Pumpkin Seeds (8%), Flaked ALMONDS (7%), Brown Sugar, Glucose Syrup (SULPHITES), Black Treacle, Sugar, OAT Flour, Water, Flavourings, Salt.	per 100g	per portion (g)	
		KJ	1920	1344
		Kcal	458	321
		Fat	22.2	15.5
		Sat	6	4.2
		Carbs	50.8	35.6
		Sugar	22.3	15.6
		Fibre	4.5	3.2
		Protein	11.5	8.1
		Salt	0.2	0.1
Portion weight (g)		50		

CHOUXNUT

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Caramelised Biscuit Chouxnut (V)	Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Single Cream (MILK), Free Range EGG , White Chocolate (6%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Buttermilk (Skimmed MILK , Skimmed MILK Solids, MILK Protein Concentrate), 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), Belgian Chocolate Chips (5%) (Cocoa Mass, Sugar, Dextrose, Emulsifier: SOYA Lecithin), Speculoos Spread (5%) (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), Shortening (Palm Oil, Rapeseed Oil), Speculoos Biscuit Crumb (4%) (Caramelised Biscuit (WHEAT Flour, Sugar (Sugar, Sugar Syrup), Vegetable Oil (Palm Oil, Rapeseed Oil), Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon)), Sugar, Rapeseed Oil, Modified Waxy Maize Starch, Modified Potato Starch, Salt, Colour: Ammonia Caramel	per 100g	per portion (g)	
		KJ	1313	1155
		Kcal	313	276
		Fat	15.3	13.5
		Sat	6.4	5.6
		Carbs	39.8	35.0
		Sugar	30.2	26.6
		Fibre	0.8	0.7
		Protein	4.5	4.0
		Salt	0.3	0.3
Portion weight (g)		88		
Raspberry & White Chocolate Chouxnut (V)	Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Raspberries (11%), Single Cream (MILK), Free Range EGG , White Chocolate (7%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Buttermilk (Skimmed MILK , Skimmed MILK Solids, MILK Protein Concentrate), 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), Shortening (Palm Oil, Rapeseed Oil), Sugar, Stabiliser Blend (Dextrose, Sugar, Modified Maize Starch), Glucose Syrup, Rapeseed Oil, White Chocolate Curds (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Freeze Dried Raspberries, Modified Waxy Maize Starch, Modified Potato Starch, Salt, Natural Colour (Red Beetroot Juice Concentrate, Maltodextrin, Acidity Regulator: Citric Acid), Natural Strawberry Flavouring	per 100g	per portion (g)	
		KJ	1128	1094
		Kcal	269	261
		Fat	12	11.6
		Sat	5.3	5.1
		Carbs	37	35.9
		Sugar	28.5	27.7
		Fibre	0.6	0.5
		Protein	4	3.9
		Salt	0.3	0.3
Portion weight (g)		97		

CHEESECAKE

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
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, Thickeners: 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%).	per 100g	per portion (g)	
		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, Thickeners: Carrageenan), Lemon Zest, Acidity Regulator: Citric Acid.	per 100g	per portion (g)	
		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		
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.	per 100g	per portion (g)	
		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.	per 100g	per portion (g)	
		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 (Mono- and Diglycerides of Fatty Acids)), Raisins (13%), Pasteurised Free Range EGG, Glucose Syrup, Raising Agent (Sodium Carbonates), Cinnamon, Natural Flavouring, Salt.	per 100g	per portion (g)	
		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		
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).	per 100g	per portion (g)	
		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).	per 100g	per portion (g)	
		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		

SAVOURY PASTRIES & ROLLS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Chicken & Pesto Lattice	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), British Chicken Thigh (24%), Unsalted Butter (MILK) (16%), Whole MILK , Basil, Rapeseed Oil, Pumpkin Seeds, Regato Cheese (MILK), Pasteurised Free Range EGG , White Wine Vinegar, Lemon Juice, Salt, Sugar, Garlic Puree, Cornflour, Cracked Black Pepper, Ground White Pepper.	KJ	1461	1899
		Kcal	351	456
		Fat	23	29.9
		Sat	11.4	14.8
		Carbs	24.2	31.5
		Sugar	3.4	4.4
		Fibre	1.2	1.6
		Protein	11.1	14.4
		Salt	0.8	1
		Portion weight (g)	130	
		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			
Mozzarella & Tomato Pastry (V)	Tomato (31%), Wheat Flour contains Gluten (with WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (MILK) (14%), Mozzarella Cheese (MILK) (12%), Regato Cheese (MILK), Slow Roasted Tomatoes, Pasteurised Free Range EGG , Pumpkin Seeds, Tomato Concentrate, Basil, Cornflour, White Wine Vinegar, Sunflower Oil, Salt, Olive Oil, Yeast Extract, Cracked Black Pepper, Dried Oregano, Garlic Powder, Sugar.			KJ
		Kcal	330	330
		Fat	20.5	20.5
		Sat	12.2	12.2
		Carbs	25.3	25.3
		Sugar	3.4	3.4
		Fibre	2.4	2.4
		Protein	9.8	9.8
		Salt	1.1	1.1
		Portion weight (g)	100	
		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), Regato Cheese (MILK), Breadcrumbs (WHEAT FLOUR (Gluten), Water, Salt, Yeast), Smoked Pancetta (3%) (Pork Belly (97%), Salt, Herbs, Spices, Antioxidant: Sodium Ascorbate, Preservatives: Sodium Nitrite, Potassium Nitrate), Smoked Bacon Lardons (British Pork (94%), Curing Salt (Salt, Preservative: Sodium Nitrite, Sodium Nitrate)), Sugar, Antioxidant: Sodium Ascorbate), Pasteurised Free Range EGG , White Wine Vinegar, Honey, Pork Crackling (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			
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	
		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
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			

For our stores in Northern Ireland the nutritional and ingredient information for Scones, Panini, Toasts, Sandwiches, Salads, Crisps and some Snacks is different than the information for the rest of the UK. Please refer to the information on pages 19-23 for products sold in NI stores.

PANINI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
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, Chilli 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].	per 100g	per portion (g)
		KJ	1805
		Kcal	430
		Fat	12.9
		Sat	4
		Carbs	53.7
		Sugar	5.1
		Fibre	3.8
		Protein	22.6
		Salt	1.8
Portion weight (g)		182	
Brie & 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].	per 100g	per portion (g)
		KJ	2231
		Kcal	530
		Fat	20.1
		Sat	9.3
		Carbs	61.9
		Sugar	12.2
		Fibre	2.7
		Protein	24.1
		Salt	2.2
Portion weight (g)		190	
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) (4%), 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].	per 100g	per portion (g)
		KJ	1740
		Kcal	414
		Fat	10.6
		Sat	5
		Carbs	51.8
		Sugar	6.2
		Fibre	3
		Protein	26
		Salt	1.9
Portion weight (g)		180	
Limited Edition Milano Salami & Red Pepper Panini	Seeded Panini [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Mixed Seeds (7%) (Pumpkin, Sunflower, Linseeds), Rapeseed Oil, WHEAT Flour, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Milano Salami (13%) [Pork (96%), Sea Salt, Flavouring, Black Pepper, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite], Basil Pesto Mayonnaise Mix (11%) [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), Basil Pesto (Basil Paste (Basil, Sunflower Oil, Salt), Sunflower Oil, Vegetarian Medium Fat Hard Cheese (MILK), Garlic Puree, Acidity Regulator: Citric Acid), Cornflour, Red Pepper (11%) Spinach (4%)].	per 100g	per portion (g)
		KJ	1931
		Kcal	460
		Fat	18.4
		Sat	3.5
		Carbs	57.2
		Sugar	6.5
		Protein	16.8
		Salt	2
		Portion weight (g)	
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%)].	per 100g	per portion (g)
		KJ	2014
		Kcal	480
		Fat	20.3
		Sat	8.8
		Carbs	49.6
		Sugar	5
		Fibre	3.1
		Protein	23.4
		Salt	2.1
Portion weight (g)		184	
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%)].	per 100g	per portion (g)
		KJ	2151
		Kcal	513
		Fat	22.1
		Sat	4.9
		Carbs	51.5
		Sugar	6.1
		Fibre	3.5
		Protein	25.6
		Salt	1.7
Portion weight (g)		195	
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 Ragu & Cheese Sauce [Tomato Ragu 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%)].	per 100g	per portion (g)
		KJ	1928
		Kcal	458
		Fat	13.7
		Sat	2.9
		Carbs	74.5
		Sugar	8.1
		Fibre	5.2
		Protein	6.6
		Salt	2.1
Portion weight (g)		208	

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PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (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 Purée, 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)		170
Colto 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)		175
Mozzarella & Tomato Tostati Melt (V)	Grilled Cheese and Tomato Topped Bread [White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono-and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, SOYA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Mozzarella Cheese (MILK) (8%), Semi Dried Chery 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)		172
Roasted Mushroom & Mascarpone Tostati Melt (V)	Grilled Cheese & Mushroom Topped Bread [White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono-and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, SOYA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Mozzarella Cheese (MILK) (8%), Roast Seasoned Chestnut Mushrooms (8%) (Chestnut Mushroom, Olive Oil, Salt, Black Pepper), Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), 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)		175

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)		124
Butcher's Sausage ciabatta	Ciabatta Roll [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, Malted WHEAT Flour, Improver (WHEAT Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed Oil, Enzyme)], Pork Sausage in Beef Collagen Casing (46%) (Pork, Potato Starch, Water, Dextrose, Salt, Rapeseed Oil, WHEAT Starch, Beef Collagen Casing, Spices (Ground White Pepper, Ground Nutmeg, Ground Ginger, Ground Mace, Chilli Powder), Stabiliser: Sodium Diphosphate, WHEAT Protein, Onion Powder, Rubbed Sage, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MILK).	KJ	1076	1732
		Kcal	256	413
		Fat	12.9	20.7
		Sat	5.1	8.3
		Carbs	26.7	42.9
		Sugar	1.0	1.6
		Fibre	1.6	2.5
		Protein	10.2	16.4
		Salt	1.1	1.8
		Portion weight (g)		161

FOCACCIA

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Brie & Vine Ripened Tomato Focaccia (V)	Rosemary and Rock Salt Focaccia [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, WHEAT Fibre, Fermented WHEAT Flour, Rosemary (1.9%), Yeast, Salt, WHEAT Gluten, BARLEY Malt Vinegar, Rock Salt, WHEAT Flour, Waxy Maize Starch, Flour Treatment Agent: Ascorbic Acid, Malted WHEAT Flour, Sunflower Oil], Brie (MILK) (18%), Tomato (17%), Smoked Chilli Relish (11%) (Sugar, Red Pepper, Water, Red Onion, Red Chilli Purée, Concentrated Lemon Juice, Chillies, Smoked Chillies, Smoked Salt, Thickening Agent: Pectin), Spinach (4%).	KJ	970	2047	
		Kcal	231	487	
		Fat	7.3	15.4	
		Sat	3.6	7.6	
		Carbs	30	63.3	
		Sugar	9.7	20.5	
		Protein	11.7	24.7	
		Salt	1	2.1	
		Portion weight (g)		211	
		Spicy Chicken & Red Pepper Focaccia	Rosemary and Rock Salt Focaccia [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, WHEAT Fibre, Fermented WHEAT Flour, Rosemary (1.9%), Yeast, Salt, WHEAT Gluten, BARLEY Malt Vinegar, Rock Salt, WHEAT Flour, Waxy Maize Starch, Flour Treatment Agent: Ascorbic Acid, Malted WHEAT Flour, Sunflower Oil], Nduja Mayonnaise Chicken Mix (35%) (Mayonnaise (15%) (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), British Chicken Breast (14%) (Chicken Breast (99%), Salt, Chicken Stock (Water, Chicken Carcass), Cornflour), Nduja Paste (4%) (Pork (63%), Extra Virgin Olive Oil, Calabrian Hot Pepper Paste (10%) (Red Hot Pepper, Salt, Acidity Regulator: Citric Acid, Antioxidant: Ascorbic Acid), Paprika, Salt, Dextrose, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite), Cornflour), Red Pepper (10%), Spinach (5%).	KJ	1165
Kcal	278			556	
Fat	13.9			27.8	
Sat	1.8			3.6	
Carbs	26.9			53.8	
Sugar	1.8			3.6	
Protein	10.2			20.4	
Salt	1.1			2.1	
Portion weight (g)				200	

SALADS & ANTIPASTI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
Chargrilled Chicken, Mixed Grain & Pesto Salad (DF)	Dressed Grains (41%) (Bulgur WHEAT , Turmeric Rice (Long Grain Rice, Water, Ground Turmeric), Pink Cabbage, Roasted Vegetables (Red Pepper, Yellow Pepper, Onion, Courgette, Rapeseed Oil), Chickpeas, Cous Cous (WHEAT), Black Beluga® Lentils, Red Quinoa, Concentrated Lemon Juice, Mint, Chives, Parsley, Lemon Infused Rapeseed Oil (Rapeseed Oil, Flavouring), Garlic Purée, Salt), Mixed Leaves (19%) (Spinach, Lettuce), Cooked British Chicken Breast (18%) (Chicken, Salt, Cornflour), Basil Pesto (12%) (Water, Basil Flavouring, Sunflower Oil (Sunflower Oil, Flavouring), White Wine Vinegar, Basil Purée (Sunflower Oil, Basil, Salt, Acidity Regulator (Citric Acid))), Basil, Pumpkin Seeds, Sunflower Seeds, Rapeseed Oil, Lemon Juice, Mint, Garlic Purée, Cornflour, Salt, Black Pepper), Red Pepper (6%), SunBlush® Marinated Tomatoes (3%) (Slow Roasted Tomatoes, Rapeseed Oil, Salt, Garlic, Oregano).	KJ	1111
		Kcal	265
		Fat	11
		Sat	1.4
		Carbs	21.7
		Sugar	5.1
		Fibre	3.4
		Protein	18.1
		Salt	1.4
		Portion weight (g)	245
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), WHEAT BERRIES, 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 Chilli Sauce (Water, Tomato Paste, Onions, Spirit Vinegar, Garlic Purée, Chilli Purée, Cornflour, Rapeseed Oil, Sugar, Concentrated Lemon Juice, Paprika, Salt, Lemon Zest, Cayenne Pepper, Chilli, Gelling Agent (Pectin))), Tahini SESAME SEED Paste, Rapeseed Oil, Concentrated Lemon Juice, Salt, Red Wine Vinegar, Garlic Purée).	KJ	1273
		Kcal	305
		Fat	15
		Sat	1.7
		Carbs	26
		Sugar	7.6
		Fibre	9.8
		Protein	10
		Salt	1.1
		Portion weight (g)	238
Cheese & Olive Antipasti (V)	Sundried Tomato Dip (36%) (Tomatoes (57%), Passata (Tomato), Salt, White Wine Vinegar, Sugar, Preservative: Sodium Metabisulphite (SULPHUR DIOXIDE); Garlic Purée, Oregano, Rosemary, Marinated Gouda Cheese (29%) (Gouda Cheese (MILK), Sunflower Oil, Paprika) Marinated Olives (25%) (Mixed Olives (96%) (Manzanilla Olives (Pitted Manzanilla Olives, Salt, Acidity Regulators (Lactic Acid, Citric Acid)), Kalamata Olives (Pitted Kalamata Olives, Salt, Red Wine Vinegar), Sunflower Oil.) Breadsticks (10%) WHEAT Flour, Sunflower Oil, Tomato, Salt, Extra Virgin Olive Oil, Yeast, WHEAT Malt Extract, Oregano, Onion.	KJ	1213
		Kcal	292
		Fat	20.8
		Sat	7.1
		Carbs	13.3
		Sugar	4.4
		Protein	10.4
		Salt	2.5
		Portion weight (g)	122
		Chorizo Antipasti	Chorizo (38%) – Pork (95%), Salt, Paprika, Dextrose, Garlic, Rosemary Extract, Sodium Nitrite. Cheese (MILK) (37%) Toasts (25%) – Flour (WHEAT), Malted WHEAT , Flour Treatment Agents: Ascorbic Acid, Glucose-Fructose Syrup, Yeast, Salt, Vegetable Fat, Emulsifier Mixture (Sugar, Emulsifier: Mono- and Diacetyl-Tartrate Acid Esters of Mono- and Diglycerides of Fatty Acids), Emulsifier: Lecithin, Raising Agent: Sodium Carbonates.
Kcal	240		
Fat	14.5		
Sat	7.3		
Carbs	13.3		
Sugar	1.3		
Protein	13.7		
Salt	1.9		
Portion weight (g)	64		
Rainbow Slaw Bowl Salad (V)	Slaw Mix (100%) (Citrus Yogurt Dressing (Mayonnaise (Rapeseed Oil, Water, Free Range Pasteurised Salted EGG (EGG Yolk, Salt), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), Spirit Vinegar, Sugar, Thickeners (Xanthan Gum, Guar Gum), Salt, MUSTARD Flour, Concentrated Lemon Juice, White Pepper), Reduced Fat Greek Style Yogurt (MILK), Orange Juice from Concentrate, White Wine Vinegar, Mint, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (Citric Acid)), Lemon Juice, Salt, Sugar, Mint Flavour Olive Oil (Olive 011, Flavouring), Black Pepper, Stabilisers (Guar Gum, Xanthan Gum)), Carrot, Pink Cabbage, Butternut Squash, Sugar Snap Peas, White Cabbage, Kale, Pumpkin Seeds, Yellow Pepper, Red Pepper, Chives, Orange Zest).		
		Kcal	73
		Fat	5.1
		Sat	0.6
		Carbs	4.2
		Sugar	3.5
		Fibre	1.2
		Protein	2
		Salt	0.4
		Average Scoop weight (g)	80

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 S streaky Bacon (5%) [British Pork, Pork Fat, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite], Toasted Pumpkin Seeds.	KJ	1168
		Kcal	280
		Fat	15.8
		Sat	3.9
		Carbs	14.6
		Sugar	5.0
		Fibre	4.0
		Protein	17.8
		Salt	1.8
		Portion weight (g)	200
Vegetarian Breakfast 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	961
		Kcal	229
		Fat	11.1
		Sat	2.4
		Carbs	16.7
		Sugar	6.6
		Fibre	4.0
		Protein	13.1
		Salt	1.4
		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	
		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
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	
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
		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
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
		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)		176	

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Almond Biscotti (V)	WHEAT flour, sugar, ALMONDS (15%), EGG, EGG yolk, butter, honey, partly skimmed MILK, raising agent: E 503 (ammonium bicarbonate), salt, natural flavour (orange), flavours.	KJ	1841	618	
		Kcal	440	130	
		Fat	14.45	3	
		Sat	2.71	1	
		Carbs	66.5	22	
		Sugar	31.0	11	
		Fibre	2.7	0	
		Protein	9.6	3.0	
		Salt	1.6	0.05	
		Portion weight (g)		37	
				per 100g	per pack (g)
		KJ	1786	1411	
		Kcal	425	336	
		Fat	16	12.6	
		Sat	9	7.1	
		Carbs	66	52.1	
		Sugar	38	30	
		Fibre	1.5	1.2	
		Protein	3.5	2.8	
		Salt	0.6	0.5	
		Portion weight (g)		78	
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	2276	569	
		Kcal	546	136	
		Fat	32	8.0	
		Sat	19	4.7	
		Carbs	56	14.0	
		Sugar	41.0	10.2	
		Fibre	6.7	1.7	
		Protein	6.1	1.5	
		Salt	0.04	0.01	
		Portion weight (g)		25	
				per 100g	per portion (g)
		KJ	2338	409	
		Kcal	562	98	
		Fat	38	6.7	
		Sat	24	4.2	
		Carbs	48	8.4	
		Sugar	46.0	8.1	
		Fibre	5.8	1.0	
		Protein	4.5	0.8	
		Salt	0.1	0.02	
		Portion weight (g)		17.5	
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	1830	823	
		Kcal	438	197	
		Fat	21.5	9.7	
		Sat	9.6	4.3	
		Carbs	49.2	22.1	
		Sugar	30.7	13.8	
		Fibre	6.9	3.1	
		Protein	8.5	3.8	
		Salt	0.1	0.0	
		Portion weight (g)		45	
				per 100g	per portion (g)
		KJ	2063	929	
		Kcal	496	223	
		Fat	30	13.5	
		Sat	15.3	6.9	
		Carbs	40.4	18.2	
		Sugar	22.4	10.1	
		Protein	11.9	5.4	
		Fibre	7.8	3.5	
		Salt	0.14	0.1	
		Portion weight (g)		45	
Dark Chocolate & Hazelnut Chocolate Bar (V)	Dark chocolate 57% (sugar, cocoa mass, cocoa butter, emulsifier: SOY lecithin, natural vanilla flavour), hazelnut cream 43% (sugar, vegetable fats (coconut, palm kernel oil, shea butter in variable proportions), HAZELNUTS (14%), skimmed cocoa powder, whey powder (contains MILK), emulsifier: SOY lecithin, natural vanilla flavour, ribbed HAZELNUTS (11.5%))	KJ	1200	1152	
		Kcal	283	272	
		Fat	2.5	2.4	
		Sat	0.8	0.7	
		Carbs	56.2	53.9	
		Sugar	22.0	21.1	
		Fibre	3.8	3.6	
		Protein	7.3	7.0	
		Salt	0.2	0.2	
		Portion weight (g)		96	
				per 100g	per portion (g)
		KJ	1200	1152	
		Kcal	283	272	
		Fat	2.5	2.4	
		Sat	0.8	0.7	
		Carbs	56.2	53.9	
		Sugar	22.0	21.1	
		Fibre	3.8	3.6	
		Protein	7.3	7.0	
		Salt	0.2	0.2	
		Portion weight (g)		96	
Eat Natural Dark Choc & Sea Salt Bar (V)	Dark chocolate (20%) (cocoa mass, sugar, cocoa butter, emulsifier: SOYA lecithin), glucose syrup, PEANUTS 12%, crisped rice (rice, sugar), figs 8% (figs, rice flour), dried apricots 8% (apricots, rice flour), honey, sultanas 7% (sultanas, sunflower oil), shredded coconut, ALMONDS 6%, cocoa powder, sea salt.	KJ	2416	242	
		Kcal	581	58	
		Fat	40	4.0	
		Sat	15	1.5	
		Carbs	47	4.7	
		Sugar	44.0	4.4	
		Protein	5.7	0.6	
		Salt	0.03	0.0	
		Portion weight (g)		10	
				per 100g	per portion (g)
				KJ	1200
		Kcal	283	272	
		Fat	2.5	2.4	
		Sat	0.8	0.7	
		Carbs	56.2	53.9	
		Sugar	22.0	21.1	
		Fibre	3.8	3.6	
		Protein	7.3	7.0	
		Salt	0.2	0.2	
		Portion weight (g)		96	
Eat Natural Vegan Bar (Vg, DF)	Dark chocolate 20% (cocoa mass, sugar, cocoa butter, emulsifier: SOYA lecithin), PEANUTS 18%, shredded coconut 14%, dried apricots 12%, glucose syrup, coconut blossom nectar 6%, pumpkin seeds, crisped rice (rice, sugar), sunflower seeds, roasted chickpeas.	KJ	1200	1152	
		Kcal	283	272	
		Fat	2.5	2.4	
		Sat	0.8	0.7	
		Carbs	56.2	53.9	
		Sugar	22.0	21.1	
		Fibre	3.8	3.6	
		Protein	7.3	7.0	
		Salt	0.2	0.2	
		Portion weight (g)		96	
				per 100g	per portion (g)
		KJ	1200	1152	
		Kcal	283	272	
		Fat	2.5	2.4	
		Sat	0.8	0.7	
		Carbs	56.2	53.9	
		Sugar	22.0	21.1	
		Fibre	3.8	3.6	
		Protein	7.3	7.0	
		Salt	0.2	0.2	
		Portion weight (g)		96	
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 (E260)), Bread Fat (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471)), Dough Conditioner (Calcium Sulphate, SOYA Flour, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Emulsifier (E472e), Flour Treatment Agent (E300), Enzymes), Water, Emulsifiers (E471, E472e), Acidity Regulators (E260, E525), Salt.	KJ	2416	242	
		Kcal	581	58	
		Fat	40	4.0	
		Sat	15	1.5	
		Carbs	47	4.7	
		Sugar	44.0	4.4	
		Protein	5.7	0.6	
		Salt	0.03	0.0	
		Portion weight (g)		10	
				per 100g	per portion (g)
				KJ	2416
		Kcal	581	58	
		Fat	40	4.0	
		Sat	15	1.5	
		Carbs	47	4.7	
		Sugar	44.0	4.4	
		Protein	5.7	0.6	
		Salt	0.03	0.0	
		Portion weight (g)		10	
Ganduja 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	242	
		Kcal	581	58	
		Fat	40	4.0	
		Sat	15	1.5	
		Carbs	47	4.7	
		Sugar	44.0	4.4	
		Protein	5.7	0.6	
		Salt	0.03	0.0	
		Portion weight (g)		10	
				per 100g	per portion (g)
				KJ	2416
		Kcal	581	58	
		Fat	40	4.0	
		Sat	15	1.5	
		Carbs	47	4.7	
		Sugar	44.0	4.4	
		Protein	5.7	0.6	
		Salt	0.03	0.0	
		Portion weight (g)		10	

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
Gino & 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.	per 100g	per portion (g)			
		KJ	1711	1249		
		Kcal	406	296		
		Fat	9.9	7.2		
		Sat	4.5	3.3		
		Carbs	72.8	53.1		
		Sugar	29.5	21.5		
		Fibre	1.9	1.4		
		Protein	5.4	3.9		
		Salt	0.5	0.3		
		Portion weight (g)		73		
		Leone Mints (Vg, GF, DF)	Sugar, Thickening agents: Arabic gum, tragacanth; Piedmont peppermint essential oil.	per 100g	per portion (g)	
				KJ	1663	499
Kcal	391			117		
Fat	0			0		
Sat	0			0		
Carbs	97			29		
Sugar	97			29		
Protein	0.2			0		
Salt	0.0			0		
Portion weight (g)				30		
Locker Creamkakao (V)	Crispy wafer filled with cocoa cream (75%). WHEAT flour, coconut oil, glucose syrup, sugar, fat reduced cocoa 9% in the cream, dextrose, sweet whey powder, SOYA flour, skimmed MILK powder, malt extract, salt, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier SOYA lecithin, HAZELNUTS, vanilla pods (Bourbon). May contain ALMONDS.			per 100g	per portion (g)	
				KJ	2136	964
				Kcal	511	231
		Fat	26	12		
		Sat	22	10		
		Carbs	59	26		
		Sugar	28.0	13.0		
		Protein	7.7	3.5		
		Salt	0.3	0.1		
		Portion weight (g)		45		
		Locker Napolitaner (V)	Crispy wafer filled with HAZELNUT cream (75% cream). Ingredients: WHEAT flour, coconut oil, glucose syrup, sugar, hazelnut 9% in the cream, sweet whey powder, SOYA flour, skimmed MILK powder, fat reduced cocoa, diphosphate) emulsifier SOYA lecithin, vanilla pods (bourbon). May contain ALMONDS.	per 100g	per portion (g)	
				KJ	2169	978
				Kcal	519	234
Fat	27			12		
Sat	20			8.9		
Carbs	59			27		
Sugar	26			12		
Protein	8.1			3.6		
Salt	0.3			0.2		
Portion weight (g)				45		
Locker Vanille (V)	Crispy wafer filled with vanilla cream (75% cream). Ingredients: WHEAT flour, coconut oil, glucose syrup, sugar, skimmed MILK powder, dextrose, SOYA flour, malt extract, sugar, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier SOYA lecithin, vanilla pods (bourbon), HAZELNUT. May contain ALMONDS.			per 100g	per portion (g)	
				KJ	2188	985
				Kcal	523	235
		Fat	27	12		
		Sat	23	11		
		Carbs	61	28		
		Sugar	31	14		
		Protein	7.8	3.5		
		Salt	0.4	0.2		
		Portion weight (g)		45		
		Metcalfe'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%).	per 100g	per portion (g)	
				KJ	1997	339
				Kcal	476	81
Fat	19.3			3.3		
Sat	11.1			1.9		
Carbs	66.9			11.4		
Sugar	31.4			5.3		
Fibre	1.9			0.3		
Protein	6			1.0		
Salt	0.1			0.02		
Portion weight (g)				17.0		
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%))			per 100g	per portion (g)	
				KJ	2380	417
		Kcal	572	100		
		Fat	39	6.8		
		Sat	24	4.2		
		Carbs	47	8.2		
		Sugar	46.0	8.1		
		Fibre	3.7	0.6		
		Protein	6.6	1.2		
		Salt	0.2	0.0		
		Portion weight (g)		17.5		
		Panettone (V)	WHEAT flour, sulfanas, fresh EGGS, butter (MILK), sugar, candied orange peels (orange peels, glucose-fructose syrup, sugar, acidity regulator: citric acid), MILK, fresh EGG yolk, natural yeast (WHEAT), emulsifiers: mono and diglycerides of fatty acids, glucose syrup, flavourings, cocoa butter, salt. May contain traces of NUTS and SOY.	per 100g	per portion (g)	
				KJ	1548	1548
Kcal	368			368		
Fat	14			14		
Sat	8.5			8.5		
Carbs	52			52		
Sugar	28.0			28.0		
Fibre	1.4			1.4		
Protein	7.9			7.9		
Salt	0.5			0.5		
Portion weight (g)				100		

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
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	1882	1321	
		Kcal	449	315	
		Fat	17.7	12.4	
		Sat	6.2	4.4	
		Carbs	69.6	48.9	
		Sugar	46.0	32.3	
		Fibre	4.7	3.3	
		Protein	4.6	3.2	
		Salt	0.7	0.5	
		Portion weight (g)		60	
				per 100g	per portion (g)
				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			
Wrapped Gluten Free Chocolate Brownie Bar (V, DF, GF)	EGG , Dark Chocolate (19%) (Cocoa Solids, Sugar, Emulsifier: Sunflower Lecithin), Sugar, Rapeseed Oil, Ground ALMONDS , Chocolate Chips (6%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Sunflower Lecithin), White Rice Flour, Citrus Fibre (Maize, Maize Starch, Citrus Fibre), Tapioca Starch, Humectant (Glucose Syrup, Water, Acid Regulator: E260), Water, Acid: Ascorbic Acid; Preservative: Potassium Sorbate; Raising Agents: E341, E500.	KJ	2103	1052	
		Kcal	505	252	
		Fat	31.5	15.8	
		Sat	7.4	3.7	
		Carbs	47.6	23.8	
		Sugar	28.4	14.2	
		Fibre	3.8	1.9	
		Protein	5.7	2.9	
		Salt	0.1	0.1	
		Portion weight (g)		50	
				per 100g	per biscuit (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	2199	550	
		Kcal	526	132	
		Fat	28.2	7.1	
		Sat	18.6	4.7	
		Carbs	62.3	15.6	
		Sugar	22.9	5.7	
		Protein	5.4	1.4	
		Salt	0.7	0.2	
		Portion weight (g)		25	

CRISPS & POPCORN

Please note that the crisps sold from our stores in Northern Ireland are different than those sold in the rest of the UK. Please refer to page 22 for NI crisp information.

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Kettle Sea Salt Crisps (Vg, DF)	Select Potatoes, Sunflower Oil, Sea Salt.	per 100g	per portion (g)
		KJ	856
		Kcal	205
		Fat	12
		Sat	1.4
		Carbs	20.6
		Sugar	0.2
		Fibre	2.6
		Protein	2.3
		Salt	0.4
Portion weight (g)		40	
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	850
		Kcal	204
		Fat	11.2
		Sat	1.1
		Carbs	22.3
		Sugar	0.6
		Fibre	2.0
		Protein	2.3
		Salt	0.6
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	842
		Kcal	202
		Fat	12
		Sat	1.3
		Carbs	20.4
		Sugar	1.0
		Fibre	2.5
		Protein	2.8
		Salt	0.4
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	367
		Kcal	87
		Fat	3.3
		Sat	0.2
		Carbs	11
		Sugar	0.8
		Fibre	2.5
		Protein	2.2
		Salt	0.2
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	477
		Kcal	114
		Fat	4.5
		Sat	0.3
		Carbs	15.1
		Sugar	4.0
		Fibre	2.4
		Protein	2.2
		Salt	0.1
Portion weight (g)		25	

YOGHURTS & GRANOLA POT

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
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	1197
		Kcal	286
		Fat	15.6
		Sat	7.8
		Carbs	27.0
		Sugar	18.2
		Fibre	1.4
		Protein	8.6
		Salt	1.6
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	1040
		Kcal	249
		Fat	14.7
		Sat	9.1
		Carbs	21.4
		Sugar	20.7
		Fibre	0.7
		Protein	8.6
		Salt	0.4
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	1106
		Kcal	264
		Fat	14.9
		Sat	9.6
		Carbs	24.9
		Sugar	21.5
		Fibre	0.2
		Protein	8.6
		Salt	0.4
Portion weight (g)		175	

NORTHERN IRELAND PRODUCTS

The following nutritional information for Panini, Tostati, Sandwiches, Salads, 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	
				per 100g	per portion (g)
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	895	1906	
		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	
				per 100g	per portion (g)
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	974	1753	
		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	
				per 100g	per portion (g)
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	1101	2136	
		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	
				per 100g	per portion (g)
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	1187	2493	
		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	
				per 100g	per portion (g)
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)], 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	1054	1951	
		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	
				per 100g	per portion (g)
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	1117	2010	
		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

SANDWICHES & FLATBREAD

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Chicken & Pesto Flatbread	Spinach wrap (32%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin(B3), Thiamin (B1)), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Spinach, Parsley, Sugar, Raising Agents: Sodium Carbonate (E500), Malic Acid (E296), Diphosphates (E450), Salt], Chicken (21%) [Chicken Breast, Salt, Starch, Glucose syrup, Stabilisers: Triphosphates: (E451), Guar gum (E412), Potato Starch, Natural Chicken Stock (Chicken, Salt), Vinegar], Mozzarella (16%) [MILK], Tomato (13%), Green Pesto (11%) [Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian media fat hard cheese (MILK)], Rocket (6%), Starch.	KJ	950	1795
		Kcal	227	429
		Fat	12	22
		Sat	1.9	3.6
		Carbs	18	34
		Sugar	1.2	2.2
		Protein	12	23
		Salt	1.5	2.8
		Portion weight (g)		189
		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 (E341), 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
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
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 stearoyl 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
		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
		Milano Salami & Provolone Cheese Flatbread	Tortilla Wrap (34%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Tomato Seasoning (Tomato Powder, Red Pepper, Paprika, Basil), Raising Agents: Sodium Carbonate (E500), Malic acid (E296), Diphosphates (E450), Sugar, Stabiliser: Carboxymethyl cellulose (E466), Salt], Salami(17%) [Pork, Salt, Dextrose, Flavourings (Garlic Extract), Spices (Ground Black Pepper), Antioxidant: Sodium Ascorbate (E301), Preservatives: Sodium Nitrite (E250), Potassium Nitrate (E252)], Provolone (18%) [MILK , Salt, Rennet], Yellow Pepper (15%), Relish & Red pepper Mix (12%) [Ballymaloe relish (Tomatoes, Vinegar, Sugar, Onions, Sultanas, Tomato Puree, Sea Salt, Mustard Seed, Spices), Red pepper tapenade (SunBlush® peppers, sunflower oil, tomato concentrate, olive oil, salt, concentrated lemon juice, garlic, sugar), Rocket (9%), Starch.	KJ
Kcal	250			448
Fat	14			24
Sat	6.5			12
Carbs	21			38
Sugar	4.6			8.2
Protein	11			19
Salt	1.4			2.5
Portion weight (g)				179
Red Pepper & Scamorza Cheese Flatbread	Wrap (44%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Humectant: Glycerine (E422), Raising Agents: Diphosphates (E450), Sodium Carbonate (E500), Malic Acid (E296), Acid: Citric Acid (E330), Stabilisers: Guar Gum (E412), Sodium Carboxy Methyl Cellulose (E466), Preservatives: Potassium Sorbate (E202), Calcium Propionate (E282), Emulsifier: Mono- & Diglycerides of Fatty Acids (E471), Dextrose, Flavouring, Salt], Scamorza (30%) [MILK , salt, rennet, bacterial culture: Acid: citric acid (E330)], Relish & Pepper mix (15%) [Ballymaloe Relish (Tomatoes, Vinegar, Sugar, Onions, Sultanas, Tomato Puree, Sea Salt, MUSTARD Seed, Spices), Red pepper Tapenade (SunBlush® peppers, sunflower oil, tomato concentrate, olive oil, salt, concentrated lemon juice, garlic, sugar), Starch], Spinach (9%), Starch, Pepper cheek [Pepper, water, salt, citric acid (E-330)], Basil.			KJ
		Kcal	263	356
		Fat	12	16
		Sat	6.9	9.4
		Carbs	28	38
		Sugar	5.4	7.3
		Protein	11	15
		Salt	1.8	2.5
		Portion weight (g)		150
		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 stearoyl 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
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

CROISSANT & CIABATTA ROLL

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	
		Bacon Ciabatta Roll	Vienna Roll (54%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, RYE Flour, Yeast, Salt (Anti-Caking Agent: E535), Malted WHEAT Flour, Improver (WHEAT Flour, Emulsifier: E472e, Ascorbic Acids, Sunflower Oil, Enzymes), Improver IBIS (Fortified WHEAT Flour, Enzymes, Sunflower Oil)], Bacon* (31%) [Pork Belly, Salt, Rosemary Extract, Antioxidant: Sodium Ascorbate (E301), Preservative: Sodium Nitrite (E250)], Ballymaloe Relish (12%) [Tomatoes (41%), Vinegar, Sugar, Onions, Sultanas, Tomato Puree (5%) Sea Salt, MUSTARD Seed, Spices], Spread (3%) [Vegetable Oils (Rapeseed, Palm), Water, Reconstituted Butter/ MILK (3%), Salt (1.5%), Emulsifier (Mono and Di Glyceride of Fatty Acids), Stabiliser (Sodium Alginate), Preservative (Potassium Sorbate), Vitamin A & D, Flavouring, Colour (Carotenes)].	KJ	1038
Kcal	248			323	
Fat	9.3			12	
Sat	2.5			3.3	
Carbs	28			37	
Sugar	4.1			5.3	
Protein	12			16	
Salt	1.9			2.5	
Portion weight (g)				133	

SALADS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Pesto Orzo Pasta with Houmous & Roasted Veg (V)	Orzo Mix (73%) [Cooked Orzo Pasta (Durum WHEAT Semolina), Green Pesto (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian media fat hard cheese (MILK))], Dressed Veg Mix (18%) [Veg (red peppers, yellow peppers, courgette, onion), Green Pesto (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian media fat hard cheese (MILK))], Red pepper & Houmous Mix (9%) [Red pepper Tapenade (SunBlush® peppers, sunflower oil, tomato concentrate, olive oil, salt, concentrated lemon juice, garlic, sugar), Houmous (Chick Peas (68%), Water, Sunflower Oil, Salt, Garlic, Citric Acid)].	KJ	835	1838	
		Kcal	200	439	
		Fat	11	24	
		Sat	1.7	3.7	
		Carbs	20	44	
		Sugar	1	2.1	
		Protein	5	11	
		Salt	0.9	2	
		Portion weight (g)		220	
		Sweet Potato Three Layered Salad (VG, DF)	Veg Puree Mix (39%) [Sweet Potato (Sweet Potatoes 100%), Cannellini Beans (Cannellini Beans, Water, Salt, Ascorbic Acid), Lemon juice (Lemon Juice from Concentrate, Preservative (Potassium Metabisulphite (SULPHITES))), Olive Oil, Fresh coriander, Starch, Turmeric], Grain Mix (29%) [Green lentils (Soaked dry lentils, water, salt, natural onion and garlic flavour), Brown rice (Cooked Brown Rice (100%)), French dressing (Water, Rapeseed Oil, Acidity Regulator: Acetic Acid (E260), Sugar, White Wine Vinegar, Salt, French MUSTARD (Water, Spirit Vinegar, MUSTARD Flour, Cane Molasses, Colour (Plain Caramel), Thickeners: Xanthan Gum (E415), Pimento, Clove), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), MUSTARD Seeds, Herbs), Starch], Slaw Mix (29%) [Butternut squash, Carrot, White cabbage, Red cabbage], Spinach (3%), Fresh Coriander (1%).	KJ	329
Kcal	79			204	
Fat	1.9			5	
Sat	0.3			0.7	
Carbs	12			31	
Sugar	2.2			5.8	
Protein	2.3			6	
Salt	0.3			0.7	
Portion weight (g)				259	
Supergreen Three Layered Salad (VG, DF)	Veg Puree Mix (38%) [Peas, Cannellini beans (Cannellini Beans, Water, Salt, Ascorbic Acid), Spinach, Starch, Harissa Paste (Red pepper, garlic, coriander, Carvi, salt), Lemon juice (Lemon Juice from Concentrate, Preservative (Potassium Metabisulphite (SULPHITES)) (E223)), Salt, Pepper], Grain Mix (29%) [Red Quinoa, White Quinoa, Red pepper Tapenade (SunBlush® peppers, sunflower oil, tomato concentrate, olive oil, salt, concentrated lemon juice, garlic, sugar), Ballymaloe relish (Tomatoes, Vinegar, Sugar, Onions, Sultanas, Tomato Puree, Sea Salt, MUSTARD Seed, Spices), Starch], Slaw Mix (29%) [White Cabbage, Red Cabbage, Carrot], Spinach (4%).			KJ	300
		Kcal	72	186	
		Fat	1.3	3.4	
		Sat	0.1	0.4	
		Carbs	11	29	
		Sugar	3.1	8.2	
		Protein	3.1	8.1	
		Salt	0.3	0.9	
		Portion weight (g)		260	

SCONES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Plain Scone (V)	WHEAT Flour (WHEAT flour, calcium carbonate, iron, nicotinamide, thiamin), Buttermilk (24.8%) (MILK), sugar, non-hydrogenated vegetable oil (palm, rapeseed), free range EGG , raising agents (E450, E501), glaze(2%) (water, vegetable Protein (pea), dextrose), salt, emulsifier E475, natural flavouring, colour E160a.	per 100g	
		KJ	1198
		Kcal	284
		Fat	6.2
		Sat	2.1
		Carbs	47.2
		Sugar	10.5
		Protein	8.9
		Salt	1.0
		Portion weight (g)	100g
Fruit Scone (V)	WHEAT Flour (WHEAT flour, calcium carbonate, iron, nicotinamide, thiamin), Buttermilk (21.7%) (MILK), sultanas(13%)sultanas, cottonseed oil), sugar, non-hydrogenated vegetable oil (palm, rapeseed), free range EGG , raising agents (E450, E501), glaze (2%) (water, vegetable Protein (pea), dextrose), salt, emulsifier E475, natural flavouring.	per 100g	
		KJ	1260
		Kcal	299
		Fat	6.3
		Sat	2.2
		Carbs	52.0
		Sugar	20.5
		Protein	7.6
		Salt	1.1
		Portion weight (g)	100g
Cranberry & Orange Scone (V)	WHEAT Flour (WHEAT flour, calcium carbonate, iron, nicotinamide, thiamin), Buttermilk (11.8%) (MILK), sugar, cranberries (9%), Free range liquid EGG , palm oil, raising agents (E450, E501), glaze (2%) (Water, Vegetable Protein (Pea), Dextrose), sugar pearls (2%), rapeseed oil, orange zest (0.4%), orange fruit icing (0.4%)(sugar, water, orange peel, orange juice concentrate, orange oil, colours (E160c , E160a(iv)), gelling agent E440, stabiliser E412 guar, preservative (E300, E202), acidity regulator: E330), salt, natural flavourings, emulsifier E475, colour E160a	per 100g	
		KJ	1254
		Kcal	297
		Fat	6.4
		Sat	2.2
		Carbs	50.8
		Sugar	12.5
		Protein	8.2
		Salt	1.0
		Portion weight (g)	100g

YOGHURTS & FRUIT POTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Apple, Cranberry & Mango Bircher	Soaked Oats Mix (86%) (MILK , Porridge Oats (Wholegrain rolled OATS (GLUTEN), Mango puree (Mango, cane sugar), Cranberries (Cranberries, Sugar, Sunflower), Chia seeds, Pumpkin seeds, Green apple, Cinnamon), Mango puree (10%) [Mango, cane sugar], Dried cranberries (4%) [Cranberries, Sugar, Sunflower].	per 100g	
		KJ	471
		Kcal	113
		Fat	2.8
		Sat	0.6
		Carbs	14
		Sugar	13
		Protein	2.5
		Salt	0.01
		Portion weight (g)	185
Clandeboyne 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),□	per 100g	
		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
Seasonal Fruit Salad (Vg)	Pineapple (28%), Apple (20%), Cantaloupe Melon (18%), Mango (18%), Kiwi (10%), Blueberries (5%).	per 100g	
		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
Yoghurt & Blueberry Compote (V)	Greek Yoghurt (86%) (MILK), Blueberry Compote (14%) [Whole Blueberries (58%), Sugar, Water, Pectin (Sucrose), Citric Acid].	per 100g	
		KJ	431
		Kcal	103
		Fat	5.5
		Sat	3.6
		Carbs	9.8
		Sugar	8.3
		Protein	3.7
		Salt	0.1
		Portion weight (g)	175
Yoghurt & Blueberry Compote with Cranberry, Coconut & Chia Seed Granola (V)	Greek Yoghurt (MILK), Blueberry Compote (Whole Blueberries, Sugar, Water, Pectin (Sucrose), Citric Acid). With Granola added at the bar. Granola (Gluten Free Oats, Cranberries,(Sugar, Vegetable Oil), Desiccated Coconut, Pumpkin Seeds, Sunflower Seeds, Rapeseed Oil, Honey, Chia Seeds, Natural Vanilla).	per 100g	
		KJ	4097
		Kcal	977
		Fat	53
		Sat	26
		Carbs	94
		Sugar	56
		Protein	30
		Salt	0.4
		Portion weight (g)	210

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	1071
		Kcal	513	257
		Fat	29.9	15
		Sat	2.5	1.2
		Carbs	54.2	27.1
		Sugar	1.2	0.6
		Protein	5.2	2.6
		Salt	2.3	1.1
		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)).	per 100g
KJ	2136			1068
Kcal	511			256
Fat	28.8			14.4
Sat	2.4			1.2
Carbs	55.7			27.8
Sugar	4.9			2.5
Protein	5.8			2.9
Salt	1.3			0.7
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>	per 100g		per portion (g)
		KJ	2160	1080
		Kcal	517	259
		Fat	29.4	14.7
		Sat	2.4	1.2
		Carbs	55.9	28
		Sugar	4.1	2.1
		Protein	5.5	2.8
		Salt	1	0.6
		Portion weight (g)		50