

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	*	*	*											
Praline Ditto (NI only)	*	*	*	*			*							
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 (England, Scotland & Wales only)	*	*	*											
Plain Scone (NI only)	*	*	*											
Fruit Scone (NI only)	*	*	*											
Cranberry & Orange Scone (NI only)	*	*	*											

SWEET
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	*	*	*											

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

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 Chunk Brownie	*	*	*				*							
Salted Caramel Chocolate Brownie	*	*	*				*							

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	*	*	*				*							

DESSERTS

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	*						*							
Tiramisu (England, Scotland & Wales only)	*	*	*				*							

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	*	*	*											

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 & PASTRIES

SAVOURY

		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 (England, Scotland & Wales only)	*	*	*												
Sourdough Bread Roll	*														
Pork & Pancetta Sausage Roll (NI only)	*		*												
Vegan Vegetable 'Sausage' Roll	*														
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	
Beetroot, Raisin & Cranberry Cous Cous Salad	*														
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														
Vegan Creamy Topping														
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			*				*							

PASTIRES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
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).	per 100g	per portion (g)	
		KJ	1701	1435
		Kcal	407	343
		Fat	21.1	17.8
		Sat	9.0	7.6
		Carbs	43.9	36.9
		Sugar	13.7	11.6
		Fibre	2.4	1.9
		Protein	9.3	7.8
		Salt	0.7	0.6
Portion weight (g)		84		
Apricot Croissant (V)	Pastry: 56% (WHEAT flour, butter 19% (MILK), water, yeast, sugar, EGGS, salt, WHEAT gluten enzymes (amylases, hemicellulases), flour treatment agent (E300)), Apricots 26%, Pastry cream 17% (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450iii, E339i), colour (E160ai), flavouring), egg wash (EGGS, water). May contain: traces of NUTS and traces of SOYA.	per 100g	per portion (g)	
		KJ	1081	1113
		Kcal	258	266
		Fat	11.0	11.3
		Sat	6.7	6.9
		Carbs	34.0	35.0
		Sugar	11.0	11.3
		Fibre	2.0	2.1
		Protein	4.7	4.8
		Salt	0.7	0.7
Portion weight (g)		115		
Butter Croissant (V)	Pastry: WHEAT flour, butter 22% (MILK), water, sugar, whole MILK pasteurized, yeast, EGGS, salt, WHEAT gluten, emulsifier : E322 (rape lecithin), flour treatment agent : E300, enzymes, egg wash (Free Range EGGS) 1.5g. May contain: traces of NUTS and traces of SOYA.	per 100g	per portion (g)	
		KJ	1792	915
		Kcal	429	219
		Fat	23.0	11.8
		Sat	15.0	7.7
		Carbs	46.0	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, E339i), colour (E160ai), flavouring), Chocolate 15.6% (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier (E322 (SOYA lecithin)), natural vanilla flavour), egg wash (EGGS, water), Icing sugar (Glucose, cornflour, vegetable oil). May contain: traces of NUTS.	per 100g	per portion (g)	
		KJ	1512	1176
		Kcal	361	281
		Fat	16.0	11.9
		Sat	9.6	7.4
		Carbs	47.0	37.9
		Sugar	21.0	17.4
		Fibre	3.0	2.3
		Protein	5.7	4.3
		Salt	0.8	0.6
Portion weight (g)		90		
Cinnamon Swirl (V)	WHEAT Flour, Fine Butter (MILK) (19%), Water, Sugar, Yeast, EGG, Cinnamon (1.4%), Maize Starch, WHEAT Gluten, Salt, Whey Powder (MILK), Whole MILK Powder, Skimmed MILK Powder, Thickener (Sodium Alginate), EGG Albumin Powder, Turmeric Extract, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), Natural Flavouring, Acidity Regulator (Citric Acid), Carrot Extract. May contain: traces of SESAME SEEDS, NUTS, SOYA.	per 100g	per portion (g)	
		KJ	1706	1467
		Kcal	407	350
		Fat	18.6	16.0
		Sat	12.0	10.3
		Carbs	51.2	44.0
		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.	per 100g	per portion (g)	
		KJ	1786	1120
		Kcal	427	268
		Fat	23.0	14.3
		Sat	15.0	9.3
		Carbs	46.0	29.1
		Sugar	12.0	8.1
		Fibre	3.0	1.9
		Protein	7.6	4.8
		Salt	1	0.6
Portion weight (g)		75		
Pain aux Raisins (V)	WHEAT flour, water, raisins 13%, Butter (MILK), sugar, yeast, corn starch, EGGS, salt, powdered whey (MILK), whole MILK powder, WHEAT gluten, EGG albumin powder, skimmed MILK powder, thickener (sodium alginate), emulsifier (rape lecithin), fruit and plant extract (turmeric and carrot), natural flavouring, acidity regulator (citric acid), flour treatment agent (ascorbic acid), enzymes (hemicellulases, amylases), egg wash (Free Range EGGS), Neutral glaze (water, glucose syrup, sugar, acidity regulators (E330, E332, E333), flavour, gelling agent (pectin), preservative (potassium sorbate)). May contain: traces of NUTS and traces of SOYA.	per 100g	per portion (g)	
		KJ	1417	1245
		Kcal	338	296
		Fat	14.0	10.8
		Sat	9.1	6.8
		Carbs	46.0	43.2
		Sugar	19.0	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 (Calcium Citrate), Natural Flavouring, Preservative (Potassium Sorbate)), Sugar, Yeast, Decoration (3%) (Sugar, Non-Hydrogenated Palm Oil, Food Colours (Reddish, Blackcurrant, Apple concentrate)), Spelt flour, WHEAT gluten Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid). May contain: traces of MILK, SESAME SEEDS, SOYA, NUTS, EGGS.	per 100g	per portion (g)	
		KJ	1589	1239
		Kcal	379	296
		Fat	16.3	12.7
		Sat	8.2	6.4
		Carbs	50.7	39.5
		Sugar	18.5	14.4
		Fibre	2.7	2.1
		Protein	6.4	5.0
		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	22.2	24.0	
		Sat	5.1	6.0	
		Carbs	44.7	49.0	
		Sugar	29.0	32.0	
		Fibre	2.1	2.0	
		Protein	6.0	7.0	
		Salt	0.4	0.4	
		Portion weight (g)		110	
		per 100g	per portion (g)		
		KJ	1431	1547	
Kcal	342	376			
Fat	15.5	17.0			
Sat	1.8	2.0			
Carbs	44.1	49.0			
Sugar	21.1	23.0			
Fibre	1.2	1.0			
Protein	5.8	6.0			
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	per portion (g)		
		KJ	1517	1669	
		Kcal	362	398	
		Fat	15.5	17.0	
		Sat	2.4	3.0	
		Carbs	49.8	55.0	
		Sugar	25.9	28.0	
		Fibre	1.0	1.0	
		Protein	5.3	6.0	
		Salt	0.4	0.5	
		Portion weight (g)		110	
		per 100g	per portion (g)		
		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	6.0			
Salt	1.2	1.2			
Portion weight (g)		94			
Sicilian Lemon Curd Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, thiamin), sugar, liquid EGG , water, 9% Sicilian lemon curd (sugar, liquid EGG , butter (MILK), water, concentrated lemon juice (lemon juice concentrate, preservatives (E223 (Contains SULPHITES), E224 (Contains SULPHITES))), lemon oil, thickener E406, salt), inulin, 4% lemon zest, 3% streusel (WHEAT flour (calcium carbonate, iron, niacin, thiamin), coarse granulated sugar, margarine (vegetable oils (rapeseed, palm), water, salt, natural flavouring), natural flavouring), buttermilk (MILK), 1.8% sweet snow (dextrose, palm oil, cornflour), 0.9% lemon strip (lemon peel, sugar, glucose-fructose syrup, acidity regulator E330), raising agents (E341, E450, E501), glucose syrup, palm oil, WHEAT starch, MILK protein, emulsifiers (E471, E475), humectants (E420, E422), natural flavouring, modified corn starch, WHEAT flour, preservatives (E202, E223 (Contains SULPHITES))), WHEAT Gluten, stabiliser E415, salt, acidity regulator E330, colouring E160a, rapeseed oil.	per 100g	per portion (g)		
		KJ	1517	1669	
		Kcal	362	398	
		Fat	15.5	17.0	
		Sat	2.4	3.0	
		Carbs	49.8	55.0	
		Sugar	25.9	28.0	
		Fibre	1.0	1.0	
		Protein	5.3	6.0	
		Salt	0.4	0.5	
		Portion weight (g)		110	
		per 100g	per portion (g)		
		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	6.0			
Salt	1.2	1.2			
Portion weight (g)		94			
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	per portion (g)		
		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	6.0	
		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	57.0	17.1	
		Sugar	57.0	17.1	
		Protein	0.7	0.2	
		Salt	0.0	0.0	
		Portion weight (g)		30	
		per 100g	per portion (g)		
		KJ	1023	307	
		Kcal	241	72	
Fat	0.1	0.03			
Sat	0	0			
Carbs	59.0	17.7			
Sugar	59.0	17.7			
Protein	0.4	0.12			
Salt	0.0	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	3036	213	
		Kcal	738	52	
		Fat	81.4	5.7	
		Sat	52.3	3.7	
		Carbs	0.8	0.1	
		Sugar	0.8	0.1	
		Protein	0.6	0.04	
		Salt	1.9	0.1	
		Portion weight (g)		7	
		per 100g	per portion (g)		
		KJ	2413	965	
		Kcal	586	234	
Fat	63.7	25.5			
Sat	39.7	15.9			
Carbs	2.2	0.9			
Sugar	2.2	0.9			
Protein	1.6	0.6			
Salt	0.05	0.0			
Portion weight (g)		40			
Lakeland Butter (V, GF)	Butter: Cream (MILK), Salt.	per 100g	per portion (g)		
		KJ	3036	213	
		Kcal	738	52	
		Fat	81.4	5.7	
		Sat	52.3	3.7	
		Carbs	0.8	0.1	
		Sugar	0.8	0.1	
		Protein	0.6	0.04	
		Salt	1.9	0.1	
		Portion weight (g)		7	
		per 100g	per portion (g)		
		KJ	2413	965	
		Kcal	586	234	
Fat	63.7	25.5			
Sat	39.7	15.9			
Carbs	2.2	0.9			
Sugar	2.2	0.9			
Protein	1.6	0.6			
Salt	0.05	0.0			
Portion weight (g)		40			
Rodda's Cornish Clotted Cream (V, GF)	100% Cornish cows MILK .	per 100g	per portion (g)		
		KJ	2413	965	
		Kcal	586	234	
		Fat	63.7	25.5	
		Sat	39.7	15.9	
		Carbs	2.2	0.9	
		Sugar	2.2	0.9	
		Protein	1.6	0.6	
		Salt	0.05	0.0	
		Portion weight (g)		40	

PORRIDGE & TOPPINGS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
Porridge made with Semi Skimmed Milk (V)	Quaker Rolled OATS, Semi Skimmed MILK	KJ	426
		Kcal	102
		Fat	2.8
		Sat	1.2
		Carbs	13.7
		Sugar	4.1
		Fibre	1.5
		Protein	4.7
		Salt	0.1
		Portion weight (g)	240
		Porridge made with Skimmed Milk (V)	Quaker Rolled OATS, Skimmed MILK.
Kcal	91		
Fat	1.6		
Sat	0.4		
Carbs	13.8		
Sugar	4.2		
Fibre	1.5		
Protein	4.7		
Salt	0.1		
Portion weight (g)	240		
Porridge made with Whole Milk (V)	Quaker Rolled OATS, Whole MILK.		
		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
		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).
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).		
		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
		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).
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		
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.		
		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
		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).
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		

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) (6%), White Chocolate Buttons (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin) (6%), Water, Free Range EGG, Rapeseed Oil, Buttermilk (Skimmed MILK, Skimmed MILK Solids, MILK Protein Concentrate), Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Fat Reduced Cocoa Powder, Belgian Chocolate Chips (Cocoa Mass, Sugar, Dextrose, Emulsifier: SOYA Lecithin) (3%), Dark Chocolate Flavoured Pieces (Sugar, Palm Oil, Fat Reduced Cocoa Powder, Whey Powder (MILK), Stabiliser: Sorbitan Tristearate; Emulsifier: SOYA Lecithin), Condensed Milk (MILK, Granulated Sugar), Modified Potato Starch, Modified Waxy Maize Starch, Raising Agent: Sodium Bicarbonate, Flavouring, Raising Agent (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; WHEAT Flour), Salt, Thickener Blend (Thickeners: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose).	KJ	1305	1621
		Kcal	311	386
		Fat	16.3	19.0
		Sat	7.0	8.3
		Carbs	37.3	48.3
		Sugar	26.7	35.5
		Fibre	1.9	2.5
		Protein	3.7	5.1
		Salt	0.4	0.5
		Portion weight (g)		131
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	1.0	1.1
		Protein	4.0	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

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

LOAF CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Banana & Walnut Loaf Cake (V)	Banana Puree (17%) (Banana Puree, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, EGG , Walnuts (6%) (NUTS), Wholemeal Flour (Wholemeal WHEAT Flour, WHEAT Gluten), Water, Brown Sugar, Dried Coconut, Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglyceride of Fatty acids, Sodium Stearoyl-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; WHEAT protein), Glycerine, Cinnamon, Raising Agent: Sodium Bicarbonate, Disodium Diphosphate, Potassium Hydrogen Carbonate; Mixed Spice, Salt, Flavouring, Stabiliser: Xanthan Gum.	KJ	1650	1444		
		Kcal	394	345		
		Fat	21.6	18.9		
		Sat	2.8	2.4		
		Carbs	46.2	40.4		
		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	29.0	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 stearyl-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	29.0	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	41.0	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	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	4.0	2.7		
		Protein	6.0	4.0		
		Salt	0.5	0.3		
		Portion weight (g)		67		
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, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Salt.	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	4.0	2.7		
		Protein	6.0	4.0		
		Salt	0.5	0.3		
		Portion weight (g)		67		
				per 100g	per portion (g)	
				KJ	2012	1382
				Kcal	483	332
		Fat	26.3	18.1		
		Sat	16.0	11.0		
		Carbs	55.8	38.4		
		Sugar	46.9	32.3		
		Fibre	3.9	2.7		
		Protein	5.9	4.0		
		Salt	0.5	0.4		
		Portion weight (g)		69		
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, 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	16.0	11.0		
		Carbs	55.8	38.4		
		Sugar	46.9	32.3		
		Fibre	3.9	2.7		
		Protein	5.9	4.0		
		Salt	0.5	0.4		
		Portion weight (g)		69		

TRAYBAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
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). May contain as made in an environment that handles Egg and Nuts.	KJ	2070	1159		
		Kcal	495	277		
		Fat	26.0	14.6		
		Sat	14.7	8.2		
		Carbs	58.9	33.0		
		Sugar	33.1	18.5		
		Fibre	1.4	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.	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	4.0			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.			KJ	1920	1344
				Kcal	458	321
				Fat	22.2	15.5
		Sat	6.0	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				
		per 100g	per portion (g)			
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.	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 Curd (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.	KJ	1128	1094
				Kcal	269	261
				Fat	12.0	11.6
Sat	5.3			5.1		
Carbs	37.0			35.9		
Sugar	28.5			27.7		
Fibre	0.6			0.5		
Protein	4.0			3.9		
Salt	0.3			0.3		
Portion weight (g)	97					

DESSERTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Salted Caramel & Chocolate Vegan Cheesecake (Vg, DF)	Coconut Milk (Coconut Extract, Water), Bourbon Biscuit Crumb (21%) (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Rapeseed Oil, Sugar, Cocoa Powder, Inverted Sugar Syrup, Raising Agent: Sodium Bicarbonate, Salt), Non-Dairy Soft Cheese (15%) (Water, Coconut Oil, Stabiliser Blend (Potato Starch, Maize Starch, Modified Potato Starch, Carob Bean Gum), Coconut, Salt, Natural Flavouring, Acidity Regulator: Tri-Calcium Phosphate, Citric Acid, Colour: Carrot Juice Concentrate; Vitamin D2, Vitamin B12), Dark Couverture Chocolate (11%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Lemon Juice, Natural Vanilla Flavouring), Stabiliser Blend (Sugar, Maltodextrin, Modified Starch, Thickener: Carrageenan), Cornflour (Maize), Cocoa Butter, Stabiliser Mix (Water, Sugar, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids), Water, Speculoos Spread (Caramelised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil)), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: SOYA Lecithin; Acidity Regulator: Citric Acid), Modified Potato Starch, Low Sodium Salt (0.34%) (Potassium Chloride, Sodium Chloride, Magnesium Carbonate), Glazing Agent: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose, Cream Cheese Flavouring, Natural Vanilla Flavouring, Salt (0.03%).	KJ	1467	1473
		Kcal	351	353
		Fat	22.1	22.2
		Sat	13.8	13.8
		Carbs	35.3	35.4
		Sugar	19.9	19.9
		Fibre	1.9	1.9
		Protein	2.4	2.4
		Salt	0.2	0.2
		Portion weight (g)		100
Sicilian Lemon Cheesecake (V)	Single Cream (MILK), Digestive Biscuit Crumb (WHEAT) (Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar, Invert Sugar Syrup, Raising Agents: Sodium Bicarbonate, Ammonium Bicarbonate; Salt), Full Fat Soft Cheese (13.2%) (Skimmed MILK , Cream (MILK), Permeate (MILK), Salt, Modified Tapioca Starch, Stabilisers (Xanthan Gum, Locust Bean Gum), Bacterial Starter Culture), Lemon Curd (12%) (Glucose Syrup, Water, Sugar, Salted Butter (MILK), Lemon Concentrate, Modified Waxy Maize Starch, Free Range Whole EGG Powder, Gelling Agent: Pectin; Acidity Regulator: Citric Acid; Emulsifier: Sunflower Lecithin; Lemon Oil, Colour: Lutein), Condensed Milk (MILK , Granulated Sugar), Margarine (Palm Oil, Rapeseed Oil, Water, Lemon Juice, Natural Vanilla Flavouring), Whipping Cream (MILK), Stabiliser Blend (Dextrose, Sugar, Modified Maize Starch), Free Range Whole EGG , Sugar, Sicilian Lemon Juice (2.2%) (From Concentrate), Stabiliser Blend (Sugar, Maltodextrin, Modified Starch, Thickener: Carrageenan), Lemon Zest, Acidity Regulator: Citric Acid.	KJ	1346	1561
		Kcal	322	374
		Fat	19.1	22.1
		Sat	9.9	11.2
		Carbs	33.4	38.7
		Sugar	21.3	24.8
		Fibre	0.6	0.7
		Protein	4.3	5.0
		Salt	0.4	0.4
		Portion weight (g)		116
Tiramisu (England, Scotland & Wales Only) (V)	Water, Whipping Cream (MILK), Savoiardi Biscuits (12%) (WHEAT Flour, Sugar, EGG , Raising Agents: Sodium Carbonate, Ammonium Carbonate; Glucose Syrup, Natural Flavouring, Salt), Single Cream (MILK), Mascarpone (8%) (Cream (MILK), MILK Protein Concentrate, Acidity Regulator: Citric Acid), Sugar, Icing Sugar, Coffee (3%), Free Range EGG , Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Self-Raising Flour (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphate, Sodium Hydrogen Carbonate), Glucose Syrup, Dark Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Natural Vanilla Flavouring, Emulsifier: SOYA Lecithin), Modified Potato Starch, Natural Flavourings, Modified Waxy Maize Starch, Fat Reduced Alkalised Cocoa Powder, Flavouring, Raising Agent (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; WHEAT Flour), Thickener Blend (Thickeners: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose), Thickener: Guar Gum. ADDITIONAL INFORMATION: Does not contain alcohol.	KJ	1083	1603
		Kcal	259	384
		Fat	15.3	22.6
		Sat	8.7	12.9
		Carbs	27.5	40.7
		Sugar	18.5	27.3
		Fibre	0.7	1.0
		Protein	2.7	4.1
		Salt	0.1	0.16
		Portion weight (g)		148

COOKIES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Belgian Chocolate Chunk Cookie (V)	Fortified Wheat Flour (WHEAT Flour, Raising Agent (Sodium Bicarbonate), Acid (Calcium Phosphate), Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Chocolate Filling (13%) (Dark (17%) and MILK (8.5%) Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Whole MILK Powder, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Humectants (Sorbitol, Glycerol), Dextrose, Water, Sweetened Condensed Skimmed MILK , Sugar, Thickeners (Sodium Alginate, Microcrystalline Cellulose, Carboxymethylcellulose), Modified Maize Starch, Salt, Acidity Regulator (Tartaric Acid), Preservative (Potassium Sorbate), Emulsifier (Polyglycerol Esters of Fatty Acids)), Belgian Dark Chocolate (10%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Pasteurised Free Range EGG , Butter (MILK), Glucose Syrup, Natural Flavouring, Raising Agent (Sodium Carbonates), Salt.	KJ	1803	1361
		Kcal	430	314
		Fat	16.5	12.1
		Sat	8.1	5.9
		Carbs	68.8	50.2
		Sugar	36.4	26.6
		Fibre	2.3	1.7
		Protein	5.3	3.9
		Salt	0.9	0.7
		Portion weight (g)		78
Caramel Chocolate Cookie (V)	Sugar, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Chocolate Filling (13%) (Dark (17%) and MILK (8.5%) Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Whole MILK Powder, Emulsifier (SOYA Lecithin), Natural Flavouring), Humectant (Sorbitol), Glycerol, Dextrose, Water, Sweetened Condensed Skimmed MILK , Sugar, Thickeners (Sodium Alginate, Microcrystalline Cellulose, Carboxymethylcellulose), Modified Maize Starch, Salt, Acidity Regulator (Tartaric Acid), Preservative (Potassium Sorbate), Emulsifier (Polyglycerol Esters of Fatty Acids)), Fudge Pieces (9%) (Sugar, Condensed MILK , Fondant (Sugar, Glucose, Water), Glucose Syrup, Palm Oil, Water, Emulsifier (SOYA Lecithin)), Butter (MILK), Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Pasteurised Free Range EGG , Fat Reduced Cocoa Powder, Glucose Syrup, Natural Flavouring, Raising Agent (Sodium Carbonates), Salt.	KJ	1775	1384
		Kcal	423	330
		Fat	16.9	13.2
		Sat	9.0	7.0
		Carbs	66.2	51.6
		Sugar	41.6	32.4
		Fibre	2.5	2.0
		Protein	4.9	3.8
		Salt	0.7	0.5
		Portion weight (g)		72
Oat & Raisin Cookie (V)	Sugar, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Seeds (17%) (Pumpkin, Sunflower, Chia), OATS , Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Raisins (13%), Pasteurised Free Range EGG , Glucose Syrup, Raising Agent (Sodium Carbonates), Cinnamon, Natural Flavouring, Salt.	KJ	1910	1261
		Kcal	457	301
		Fat	21.3	14.0
		Sat	6.0	4.0
		Carbs	59.9	39.5
		Sugar	30.1	19.8
		Fibre	4.0	2.6
		Protein	8.6	5.7
		Salt	0.5	0.3
		Portion weight (g)		70

INDIVIDUAL CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Cherry Bakewell Crumble Cake (V)	Sugar, Cherry Filling (19%) (Dark Cherry, Sugar, Water, Modified Starch, Elderberry Concentrate, Flavouring, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate)), Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Free Range Pasteurised EGG , Rapeseed Oil, White Fudge Icing (Sugar, Glucose Syrup, Palm Oil, Rapeseed Oil, Water, Emulsifiers (Mono- and Di Glycerides of Fatty Acids, Sodium Stearoyl - 2 Lactylate), Salt, Stabiliser (Agar), Preservative (Potassium Sorbate), Colour (Titanium Dioxide)), Butter (MILK), Water, Amaretti Biscuit (3%) (Sugar, Apricot Kernel, EGG White, Corn Flour, WHEAT flour, Rice Flour, Wholemeal WHEAT Flour, Raising Agents (Sodium Carbonate Acid, Ammonium Carbonate Acid), Natural Flavouring), Almond Flakes (3%) (NUTS), Potato Starch, WHEAT Gluten, Natural Flavouring Substances, Whey Powder (MILK), Salt, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Acidity Regulator (Citric Acid).	KJ	1618	1489
		Kcal	386	357
		Fat	17.0	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	0.4	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 Kernel, EGG White, Corn Flour, WHEAT Flour, Rice Flour, Wholemeal WHEAT Flour, Raising Agents (Sodium Carbonate Acid, Ammonium Carbonate Acid), Natural Flavouring), Modified Potato Starch, WHEAT Gluten, Whey Powder (MILK), Salt, Raising Agents (Disodium Phosphates, Sodium Carbonates), Natural Flavourings, Acidity Regulator (Citric Acid).	KJ	1351	1419
		Kcal	322	338
		Fat	14.0	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	23.0	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	1.0
		Portion weight (g)	130	
		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 (England, Scotland & Wales only)	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, 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.

PANINI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
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, Chili Powder), WHEAT Protein, Sodium Diphosphate, Onion Powder, Rubbed Sage, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin)], British Beechwood Smoked Streaky Bacon (6%) [British Pork, Pork Fat, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite].	KJ	992	1805
		Kcal	236	430
		Fat	7.1	12.9
		Sat	2.2	4.0
		Carbs	29.5	53.7
		Sugar	2.8	5.1
		Fibre	2.1	3.8
		Protein	12.4	22.6
		Salt	1.0	1.8
		Portion weight (g)		182
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].	KJ	1174	2231
		Kcal	279	530
		Fat	10.6	20.1
		Sat	4.9	9.3
		Carbs	32.6	61.9
		Sugar	6.4	12.2
		Fibre	1.4	2.7
		Protein	12.7	24.1
		Salt	1.2	2.2
		Portion weight (g)		190
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 Dry Cured Ham (22%) [British Pork, Sea Salt, Brown Sugar, Stabilisers: Potassium Triphosphate, Sodium Triphosphate, Tetrapotassium Diphosphate, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Mozzarella & Cheddar Cheese [Mozzarella Cheese (MILK) (6%), Cheddar Cheese (MILK) (4%)], Seasoned Béchamel [Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Black Pepper].	KJ	903	1626
		Kcal	241	434
		Fat	4.8	8.6
		Sat	1.8	3.3
		Carbs	27.6	49.7
		Sugar	2.5	4.5
		Fibre	2.1	3.8
		Protein	14.1	25.4
		Salt	1.0	1.9
		Portion weight (g)		180
Limited Edition Chorizo & Sweet Pepper Panini	Seeded Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sunflower Seeds, Pumpkin Seeds, Fermented WHEAT Flour, Malted WHEAT Flour, Salt, Yeast, Waxy Maize Starch], Roasted Red and Yellow Peppers (14%) [Red Pepper, Yellow Pepper, Sunflower Oil], Paprika Mayonnaise (11%) [Water, Rapeseed Oil, Pasteurised Free Range EGG Yolk (EGG Yolk, Salt), White Wine Vinegar, Cornflour, Sugar, Citrus Fibre, Concentrated Lime Juice, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), Coriander, Red Jalapeno Pepper, Smoked Paprika, Lemon Zest, Salt, Thyme, Thickening Agent: Pectin], Chorizo (11%) [Pork, Salt, Paprika, Dextrose, Garlic, Antioxidant: Rosemary Extract, Preservative: Sodium Nitrite], Spinach (4%).	KJ	1010	1797
		Kcal	241	428
		Fat	9.0	16.0
		Sat	1.7	3.1
		Carbs	29.5	52.5
		Sugar	3.5	6.2
		Fibre	2.2	4.0
		Protein	9.2	16.4
		Salt	1.1	1.9
		Portion weight (g)		180
Mozzarella & Tomato Panini (V)	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Mozzarella Cheese (MILK) (16%), Cheese & Basil Pesto [Cheddar Cheese (MILK) (8%), Green Pesto (Basil Paste (Basil, Sunflower Oil, Salt), Sunflower Oil, Vegetarian Medium Fat Hard Cheese (MILK), Garlic, Acidity Regulator: Citric Acid), Tomato (13%).	KJ	1095	2014
		Kcal	261	480
		Fat	11.0	20.3
		Sat	4.8	8.8
		Carbs	26.9	49.6
		Sugar	2.7	5.0
		Fibre	1.7	3.1
		Protein	12.7	23.4
		Salt	1.2	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%).	KJ	1103	2151
		Kcal	262	513
		Fat	11.3	22.1
		Sat	2.5	4.9
		Carbs	26.4	51.5
		Sugar	3.1	6.1
		Fibre	1.8	3.5
		Protein	13.1	25.6
		Salt	0.9	1.7
		Portion weight (g)		195
Vegan Meatball Panini (Vg, DF)	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Vegan Ragù & Cheese Sauce [Tomato Ragù Sauce (Water, Tomato Paste, Crushed Tomato, Onion, White Wine Vinegar, Cornflour, Carrot, Sugar, Extra Virgin Olive Oil, Salt, Basil, Rosemary, Thyme, Parsley, Garlic, Black Pepper), Mozzarella Flavour Plant Based Cheese (4%) [Water, Modified Potato Starch, Coconut Oil, Sea Salt, Olive Fruit Extract, Natural Flavourings, Colour: Natural Beta Carotene)], Vegan Wheatballs (19%) [Mushroom, Barlefi Beans, WHEAT Gluten, Rusk (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Rapeseed Oil, Onion, Avocado (Avocado, Antioxidant: Ascorbic Acid, Acidity Regulator: Citric Acid, Salt), Brown Rice, Apple (Apple, Preservative: Sodium Metabisulphite), Potato Starch, Fennel, Salt, Lemon Juice, Garlic Powder, Black Pepper, Dried Red Pepper, Basil, Thyme], Vegan Mayonnaise (4%) [Water, Rapeseed Oil, Cornflour, Preservative: Pectin, Sugar, Spirit Vinegar, Dijon MUSTARD (Water, Brown MUSTARD Seeds, Spirit Vinegar, Salt), Pea Protein, Salt, Concentrated Lemon Juice], Spinach (3%).	KJ	927	1928
		Kcal	220	458
		Fat	6.6	13.7
		Sat	1.4	2.9
		Carbs	35.8	74.5
		Sugar	3.9	8.1
		Fibre	2.5	5.2
		Protein	3.2	6.6
		Salt	1.0	2.1
		Portion weight (g)		208

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

TOSTATI

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
Cotto Ham & Cheese Tostati Melt	Grilled Cheese Topped Bread [White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, SOYA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Mozzarella Cheese (MILK) (8%), Cheddar Cheese (MILK) (5%), Mascarpone Cheese Béchamel (Mascarpone Full Fat Soft Cheese (MILK) (9%), Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Regato Cheese (MILK) (2%) (Regato Cheese, Anti-caking Agent: Potato Starch), Parmigiano Reggiano Shavings (MILK) (<1%), Cracked Black Pepper), Cooked Formed Cured Ham with Sage & Rosemary (17%) (Pork, Water, Salt, Brown Sugar, Stabiliser: Sodium Triphosphate, Sage, Rosemary, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite).	KJ	911	1594
		Kcal	218	382
		Fat	8.8	15.4
		Sat	5.1	9.0
		Carbs	22.3	39.0
		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 Cherry Tomato (6%), Cheddar Cheese (MILK) (5%), Mascarpone & Tomato Tomatade Dressing (15%) (Mascarpone Full Fat Soft Cheese (MILK) (7%), Sun Dried Tomato (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 Purée, 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	11.0	19.0
		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 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 Pancini Tapenade (3%) (Grilled Mushrooms, Rapeseed Oil, Pancini, Concentrated Lemon Juice, Salt, Dehydrated Pancini Powder, Garlic, Parsley, Chive), Cornflour, Thyme).	KJ	921	1612
		Kcal	222	388
		Fat	10.9	19.1
		Sat	4.6	8.0
		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, Chill 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 Chili Relish (11%) [Sugar, Red Pepper, Water, Red Onion, Red Chili 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	

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

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 Flavoured Sunflower Oil (Sunflower Oil, Flavouring), White Wine Vinegar, Basil Purée (Sunflower Oil, Basil, Salt, Acidity Regulator (Citric Acid)), Basil, Pumpkin Seeds, Sunflower Seeds, Rapeseed Oil, Lemon Juice, Mint, Garlic Purée, Cornflour, Salt, Black Pepper), Red Pepper (6%), SunBlush® Marinated Tomatoes (3%) (Slow Roasted Tomatoes, Rapeseed Oil, Salt, Garlic, Oregano).	KJ	454	1111	
		Kcal	108	265	
		Fat	4.5	11	
		Sat	0.6	1.4	
		Carbs	8.9	21.7	
		Sugar	2.1	5.1	
		Fibre	1.4	3.4	
		Protein	7.4	18.1	
		Salt	0.6	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 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 Chili Sauce (Water, Tomato Paste, Onions, Spirit Vinegar, Garlic Purée, Chili Purée, Cornflour, Rapeseed Oil, Sugar, Concentrated Lemon Juice, Paprika, Salt, Lemon Zest, Cayenne Pepper, Chili, Gelling Agent (Pectin)), Tahini SESAME SEED Paste, Rapeseed Oil, Concentrated Lemon Juice, Salt, Red Wine Vinegar, Garlic Purée).	KJ	535	1273	
		Kcal	128	305	
		Fat	6.5	15	
		Sat	0.7	1.7	
		Carbs	11	26	
		Sugar	3.2	7.6	
		Fibre	4.1	9.8	
		Protein	4.2	10	
		Salt	0.5	1.1	
		Portion weight (g)		238	
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	998	1213	
		Kcal	240	292	
		Fat	17.0	20.8	
		Sat	5.9	7.1	
		Carbs	11.0	13.3	
		Sugar	3.6	4.4	
		Protein	8.6	10.4	
		Salt	2.1	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-Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Emulsifier: Lecithin, Raising Agent: Sodium Carbonates.	KJ	1562
Kcal	375			240	
Fat	22.7			14.5	
Sat	11.4			7.3	
Carbs	20.7			13.3	
Sugar	2.0			1.3	
Protein	21.4			13.7	
Salt	2.9			1.9	
Portion weight (g)				64	
Beetroot, Raisin & Cranberry Cous Cous Salad (Vg, DF)	Salad Mix (100%) (Giant Cous Cous (WHEAT), Beetroot, Dressing (Sherry Vinegar, Maple Syrup, Sugar, Salt, Orange Zest, Mint, Thyme, Black Pepper, Stabiliser (Xanthan Gum)), Raisins (Raisins, Sunflower Oil), Spinach, Chives, Dried Sweetened Cranberries (Sugar, Cranberries, Sunflower Oil), Rapeseed Oil).			KJ	511
		Kcal	121	96	
		Fat	1.0	0.8	
		Sat	0.1	0.1	
		Carbs	24.3	19.4	
		Sugar	12.3	9.9	
		Fibre	1.3	1.1	
		Protein	3.0	2.4	
		Salt	0.38	0.30	
		Average Scoop weight (g)		80	
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).	KJ	379	303	
		Kcal	91	73	
		Fat	6.4	5.1	
		Sat	0.8	0.6	
		Carbs	5.2	4.2	
		Sugar	4.4	3.5	
		Fibre	1.5	1.2	
		Protein	2.4	2	
		Salt	0.5	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 Streaky Bacon (5%) (British Pork, Pork Fat, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite), Toasted Pumpkin Seeds.	KJ	584	1168
		Kcal	140	280
		Fat	7.9	15.8
		Sat	2.0	3.9
		Carbs	7.3	14.6
		Sugar	2.5	5.0
		Fibre	2.0	4.0
		Protein	8.9	17.8
		Salt	0.9	1.8
		Portion weight (g)		200
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	511	961
		Kcal	122	229
		Fat	5.9	11.1
		Sat	1.3	2.4
		Carbs	8.9	16.7
		Sugar	3.5	6.6
		Fibre	2.1	4.0
		Protein	7.0	13.1
		Salt	0.7	1.4
		Portion weight (g)		188

SOUPS

		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	1.0
		Carbs	5.2	18.2
		Sugar	3.5	12.3
		Fibre	1.2	4.2
		Protein	1.0	3.5
		Salt	0.7	2.3
		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	1183
		Kcal	81	284
		Fat	4.5	15.9
		Sat	1.3	4.6
		Carbs	6.8	23.8
		Sugar	1.3	4.6
		Fibre	1.6	5.6
		Protein	4.1	14.4
		Salt	0.7	2.5
		Portion weight (g)		350

MEAL POTS

		per 100g	per portion (g)	
Italian Sausage Pasta	Italian Tomatoes (36%) (Tomatoes, Acidity Regulator: Citric Acid), Water, Tortiglì Pasta (14.1%) (Durum Flour (WHEAT), Water), Red Onion, Salsicciame Sausage Mince (5.7%) (Pork Meat, Sea Salt, Dextrose, Sucrose, Natural Flavour, Black Pepper, Acidity Regulator: E262, Antioxidant: E300), Kale, Blended Oil (Sunflower Oil, Extra Virgin Olive Oil), Grana Padano (MILK, Salt, Animal Rennet, Lysozyme (EGG)), Cornflour, WHEAT Flour, Chicken Stock (Flavouring (contains EGG), Chicory Extract, Salt, Yeast Extract, Chicken Bone Stock), Salt, Fennel, Rosemary, Black Pepper, Dried Red Chilli, Bay Leaf.	KJ	465	1624
		Kcal	111	387
		Fat	3.7	12.9
		Sat	0.8	2.8
		Carbs	15.1	52.9
		Sugar	2.6	9.0
		Protein	3.5	12.1
		Salt	0.6	2.1
		Portion weight (g)		350
		Macaroni Cheese (V)	Water, MILK (22%), Tortiglì pasta (14%) (Durum Flour (WHEAT), Water), Spinach (5.9%), Cheddar (5%) (MILK), Mozzarella (2.6%) (MILK), Mascarpone Cheese (1.8%) (MILK), Vegetarian Hard Cheese (MILK, Salt, Microbial Rennet, Starter Culture, Firming Agent: Calcium Chloride) (1.7%), Cornflour, WHEAT flour, Salt, Rosemary.	KJ
Kcal	131			459
Fat	5.0			17.5
Sat	3.0			10.6
Carbs	15.1			52.8
Sugar	1.6			5.8
Protein	6.1			21.4
Salt	0.9			3.3
Portion weight (g)				350

SANDWICHES

		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	2.0	4.1
		Carbs	19	38.3
		Sugar	0.3	0.6
		Fibre	2.0	4.0
		Protein	11.0	22.2
		Salt	0.7	1.5
		Portion weight (g)		202
Chargrilled Chicken Salad Sandwich	Malted Brown Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT Protein, Yeast, Malted BARLEY Flour, Salt, Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono - and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fatty Acids, Spirit Vinegar, Malted WHEAT Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid, Palm Fat, Palm Oil, WHEAT Starch), British Chargrilled Chicken Breast (25%) (Chicken Breast, Salt, Cornflour), Black Pepper Mayonnaise (Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Black Pepper), Tomato (7%), Cucumber (5%), Lettuce (4%).	KJ	896	1820
		Kcal	217	441
		Fat	9.7	19.6
		Sat	1.1	2.2
		Carbs	19.8	40.1
		Sugar	0.9	1.9
		Fibre	1.9	3.9
		Protein	11.6	23.5
		Salt	0.7	1.4
		Portion weight (g)		203
Classic BLT Sandwich	Malted Brown Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT Protein, Yeast, Malted BARLEY Flour, Salt, Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono - and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fatty Acids, Spirit Vinegar, Malted WHEAT Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid, Palm Fat, Palm Oil, WHEAT Starch), Cooked Beechwood Smoked Streaky Bacon (15%) (Pork, Pork Fat, Salt, Antioxidant: Sodium Ascorbate, Preservative: Potassium Nitrate, Sodium Nitrite), Tomato (13%), Black Pepper Mayonnaise (Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Black Pepper), Lettuce (5%).	KJ	1162	2044
		Kcal	282	496
		Fat	15.4	27.1
		Sat	2.8	4.9
		Carbs	22.9	40.4
		Sugar	1.3	2.3
		Fibre	2.6	4.5
		Protein	11.7	20.5
		Salt	0.5	0.9
		Portion weight (g)		176

BISCUITS & SNACKS

		per 100g	per portion (g)	
Almond Biscotti (V)	WHEAT flour, sugar, ALMONDS (15%), EGG, EGG yolk, butter, honey, partly skimmed MILK, raising agent: E 503 (ammonium bicarbonate), salt, natural flavour (orange), flavours.	KJ	1841	
		Kcal	440	
		Fat	14.45	
		Sat	2.71	
		Carbs	66.5	
		Sugar	31.0	
		Fibre	2.7	
		Protein	9.6	
		Salt	1.6	
		Portion weight (g)		37
Caramel Waffle (V)	Glucose fructose syrup, wheat flour, sugar, palm fat, concentrated butter (MILK), sugar syrup, SOYA flour, rapeseed oil, salt, dextrin (WHEAT), emulsifiers (SOYA lecithin, mono- and diglycerides of fatty acids), raising agent (sodium carbonates), cinnamon, acidity regulator (citric acid), natural Bourbon vanilla.	per 100g	per pack (g)	
		KJ	1786	1411
		Kcal	425	336
		Fat	16.0	12.6
		Sat	9.0	7.1
		Carbs	66.0	52.1
		Sugar	38.0	30.0
		Fibre	1.5	1.2
		Protein	3.5	2.8
		Salt	0.6	0.5
Portion weight (g)		78		
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.	per 100g	per portion (g)	
		KJ	2276	569
		Kcal	546	136
		Fat	32.0	8.0
		Sat	19.0	4.7
		Carbs	56.0	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		
Chocolate & Yoghurt Covered Raisins (V, GF)	Milk Chocolate Raisins (50%) (MILK Chocolate Coating (Sugar, MILK Powder, Cocoa Butter, Cocoa Mass, Palm Oil, Whey (MILK), Emulsifier: Sunflower Lecithin, Glazing Agents: Gum Arabic, Shellac), Raisins (Raisins, Sunflower Oil)), Yoghurt Coated Raisins (50%) (Yoghurt Flavoured Coating (Sugar, Palm Oil, Whey Powder (MILK), Rice Flour, Yoghurt Powder (3% (MILK), Emulsifier: Sunflower Lecithin, Glazing Agents: Shellac, Gum Arabic), Raisins (Raisins, Sunflower Oil)).	per 100g	per portion (g)	
		KJ	1829	695
		Kcal	437	166
		Fat	18.0	6.8
		Sat	11.2	4.3
		Carbs	64.7	24.6
		Sugar	63.3	24.1
		Fibre	1.0	0.4
		Protein	3.6	1.4
		Salt	0.30	0.09
Portion weight (g)		40		
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 (1.4%), skimmed cocoa powder, whey powder (contains MILK), emulsifier: SOY lecithin, natural vanilla flavour, nibbed HAZELNUTS (11.5%)).	per 100g	per portion (g)	
		KJ	2338	409
		Kcal	562	98
		Fat	38.0	6.7
		Sat	24.0	4.2
		Carbs	48.0	8.4
		Sugar	46.0	8.1
		Protein	4.5	0.8
		Salt	0.1	0.02
		Portion weight (g)		17.5
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.	per 100g	per portion (g)	
		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		
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.	per 100g	per portion (g)	
		KJ	2063	929
		Kcal	496	223
		Fat	30.0	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		
Fruit & Nut Mix (Vg, DF, GF)	Almonds (NUTS) (30%), Pistachios (NUTS) (25%), Dried Sweetened Cranberries (20%) (Sugar, Cranberries, Sunflower Oil), Golden raisins (15%) (Raisins, Sunflower Oil, Preservative: SULPHUR DIOXIDE), Cashew NUTS (10%).	per 100g	per portion (g)	
		KJ	2093	837
		Kcal	500	200
		Fat	32.7	13.1
		Sat	3.6	1.4
		Carbs	34.5	13.8
		Sugar	28.7	11.5
		Fibre	6.8	2.7
		Protein	13.6	5.4
		Salt	0.0	0.0
Portion weight (g)		40		
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, E529), Salt.	per 100g	per portion (g)	
		KJ	1200	1152
		Kcal	283	272
		Fat	2.5	2.4
		Sat	0.8	0.7
		Carbs	56.2	53.9
		Sugar	22.0	21.1
		Fibre	3.8	3.6
		Protein	7.3	7.0
		Salt	0.2	0.2
Portion weight (g)		96		

BISCUITS & SNACKS

Gianduja Chocolate (V)	Sugar, HAZELNUTS (30%), cocoa mass, cocoa butter, emulsifier: SOY lecithin, natural vanilla flavour. Cocoa solids: 23% min. May contain traces of MILK .	per 100g	per portion (g)	
		KJ	2416	242
Gino & Ginnie 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	0.0
		Sat	0.0	0.0
		Carbs	97.0	29.1
		Sugar	97.0	29.1
		Protein	0.2	0.0
		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
KJ	2136			964
Kcal	511			231
Fat	26.0			12.0
Sat	22.0			10.0
Carbs	59.0			26.0
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
		KJ	2169	978
		Kcal	519	234
		Fat	27.0	12.0
		Sat	20.0	8.9
		Carbs	59.0	27.0
		Sugar	26.0	12.0
		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
KJ	2188			985
Kcal	523			235
Fat	27.0			12.0
Sat	23.0			11.0
Carbs	61.0			28.0
Sugar	31.0			14.0
Protein	7.8			3.5
Salt	0.4			0.2
Portion weight (g)	45			
Melcalfe'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
		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	39.0	6.8
		Sat	24.0	4.2
		Carbs	47.0	8.2
		Sugar	46.0	8.1
		Protein	6.6	1.2
		Salt	0.2	0.0
		Portion weight (g)	17.5	
		Panettone (V)	WHEAT flour, sultanas, fresh EGGS , butter (MILK), sugar, candied orange peels (orange peels, glucose-fructose syrup, sugar, acidity regulator: citric acid), MILK , fresh EGG yolk, natural yeast (WHEAT), emulsifiers: mono and diglycerides of fatty acids, glucose syrup, flavourings, cocoa butter, salt. May contain traces of NUTS and SOY .	per 100g
KJ	1548			1548
Kcal	368			368
Fat	14.0			14.0
Sat	8.5			8.5
Carbs	52.0			52.0
Sugar	28.0			28.0
Fibre	1.4			1.4
Protein	7.9			7.9
Salt	0.5			0.5
Portion weight (g)	100			
Totally Nutty (Vg, DF, GF)	Almonds (NUTS) (35%), Cashew NUTS (30%), Pecan NUTS (20%), Hazelnuts (NUTS) (15%).	per 100g	per portion (g)	
		KJ	2656	1063
		Kcal	635	254
		Fat	56.2	22.5
		Sat	5.7	2.3
		Carbs	12.5	5.0
		Sugar	4.7	1.9
		Fibre	5.5	2.2
		Protein	16.8	6.7
		Salt	0.0	0.0
		Portion weight (g)	40.0	

BISCUITS & SNACKS

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.	per 100g	per portion (g)			
		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		
		Vegan Stem Ginger Biscuit (Vg, DF)	WHEAT flour (WHEAT flour, Calcium carbonate, Iron, Niacin, Thiamin), Partially inverted refiners syrup, Sugar, Margarine (Palm oil, Rapeseed oil, Salt, Colours (Annatto, Curcumin), Natural Flavouring), Stem Ginger (4.6%)(Ginger, Sugar), Ground ginger, Raising Agent (Sodium bicarbonate, Ammonium bicarbonate).	per 100g	per portion (g)	
				KJ	1853	558
Kcal	440			133		
Fat	14.2			4.3		
Sat	5.6			1.7		
Carbs	72.3			21.7		
Sugar	37.7			11.3		
Protein	4.9			1.5		
Salt	0.6			0.2		
Portion weight (g)				30		
Vegan & Gluten Free Chocolate Brownie (Vg, GF, DF)	Dark Chocolate (23%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Sunflower Lecithin), Sugar, Chick Pea Flour, Rapeseed Oil, Water, Chick pea, Cocoa Powder, Chocolate drops (2%) (Cocoa Mass, Sugar, Cocoa Butter), Flavourings, Hydroxypropyl methyl cellulose, Raising agents (Calcium Phosphate, Sodium Hydrogen Carbonate), Preservative (Potassium Sorbate), Salt.			per 100g	per portion (g)	
				KJ	1973	947
				Kcal	473	227
		Fat	27.7	13.3		
		Sat	6.9	3.3		
		Carbs	48.4	23.2		
		Sugar	32.0	15.4		
		Fibre	2.7	1.3		
		Protein	6.1	2.9		
		Salt	0.3	0.1		
		Portion weight (g)		48		
		Wrapped Flapjack (Vg)	OATS (39%), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), Golden Syrup, Brown Sugar, Glucose Syrup (SULPHITES), Black Treacle, Pumpkin Seeds (3%), OAT Flour, Sunflower Seeds (2%), Dark Chocolate (2%) (Cocoa Solids, Sugar, Emulsifier: Sunflower Lecithin), Natural Flavourings, Salt.	per 100g	per portion (g)	
				KJ	1890	945
Kcal	451			226		
Fat	20.9			10.4		
Sat	7.3			3.6		
Carbs	55.4			27.7		
Sugar	22.8			11.4		
Fibre	3.9			2.0		
Protein	8.3			4.2		
Salt	0.2			0.1		
Portion weight (g)				50		
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.			per 100g	per portion (g)	
				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		
		Wrapped Shortbread (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (33%)(MILK), Icing Sugar, Light Brown Sugar (Sugar, Molasses).	per 100g	per biscuit (g)	
				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 23 for NI crisp information.

Kettle Sea Salt Crisps (Vg, DF)	Select Potatoes, Sunflower Oil, Sea Salt.	per 100g	per portion (g)	
		KJ	2139	856
		Kcal	513	205
		Fat	30.1	12.0
		Sat	3.5	1.4
		Carbs	51.5	20.6
		Sugar	0.5	0.2
		Fibre	6.5	2.6
		Protein	5.8	2.3
		Salt	0.9	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
KJ	2125			850
Kcal	509			204
Fat	28.1			11.2
Sat	2.8			1.1
Carbs	55.8			22.3
Sugar	1.5			0.6
Fibre	4.9			2.0
Protein	5.7			2.3
Salt	1.4			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
		KJ	2106	842
		Kcal	505	202
		Fat	28.9	12
		Sat	3.3	1.3
		Carbs	51.1	20.4
		Sugar	2.5	1.0
		Fibre	6.2	2.5
		Protein	7.1	2.8
		Salt	1.1	0.4
		Portion weight (g)	40	
		Metcalfe's® Charity Popcorn Sea Salt (Vg, DF)	Popped Butterfly Corn (75%), Rapeseed Oil, Sea Salt.	per 100g
KJ	1833			367
Kcal	437			87
Fat	16.3			3.3
Sat	1.2			0.2
Carbs	55.1			11.0
Sugar	0.8			0.8
Fibre	12.7			2.5
Protein	11.2			2.2
Salt	1.0			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
		KJ	1908	477
		Kcal	455	114
		Fat	17.8	4.5
		Sat	1.3	0.3
		Carbs	60.5	15.1
		Sugar	15.9	4.0
		Fibre	9.6	2.4
		Protein	8.6	2.2
		Salt	0.5	0.1
		Portion weight (g)	25	

YOGHURTS & GRANOLA POT

Berry Granola Pot (V)	Greek Style Yogurt (MILK) (64%), Summer Berry Compote (23%) (Sugar, Strawberries, Water, Blackberries, Blueberries, Redcurrants, Cornflour, Lemon Juice, Natural Flavouring, Gelling Agent: Pectin), Dried Cranberry Granola (11%) (OAT Flakes, Sweetened Dried Cranberries (1%) (Cranberries, Sugar, Sunflower Oil), Sunflower Seeds, Pumpkin Seeds, Glucose Syrup, Water, Brown Rice Flour, Quinoa, Freeze Dried Raspberries, Natural Flavouring).	per 100g	per portion (g)	
		KJ	704	1197
		Kcal	168	286
		Fat	9.2	15.6
		Sat	4.6	7.8
		Carbs	15.9	27.0
		Sugar	10.7	18.2
		Fibre	0.8	1.4
		Protein	5.1	8.6
		Salt	0.9	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
KJ	594			1040
Kcal	142			249
Fat	8.4			14.7
Sat	5.2			9.1
Carbs	12.2			21.4
Sugar	11.8			20.7
Fibre	0.4			0.7
Protein	4.9			8.6
Salt	0.2			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
		KJ	632	1106
		Kcal	151	264
		Fat	8.5	14.9
		Sat	5.5	9.6
		Carbs	14.2	24.9
		Sugar	12.3	21.5
		Fibre	0.1	0.2
		Protein	4.9	8.6
		Salt	0.2	0.4
		Portion weight (g)	175	