

**HOW TO USE THIS GUIDE**

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



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

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

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

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

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

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

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

**PASTRIES**

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Almond Croissant	*	*	*	*										
Apricot Croissant	*	*	*											
Butter Croissant	*	*	*											
Chocolate Twist	*	*	*				*							
Cinnamon Swirl	*	*	*											
Pain au Chocolat	*	*	*				*							
Pain 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	*	*	*				*							
Salted Caramel Billionaire's Cake	*	*	*				*							
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	*	*	*											

**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	*		*				*							
Chocolate Brownie	*	*	*				*							
Salted Caramel Chocolate Brownie	*	*	*				*							
NEW Belgian Chocolate Brownie*	*	*	*				*							
NEW Salted Caramel Cookie Brownie*	*	*	*				*		*					

\* Please note that we have changed our supplier of brownies. The new brownies have different Allergen, Nutritional and Ingredient information than the existing brownies. Some of our stores may still sell through the old stock. Please check in store to see which brownies they have in stock before purchase.

**TRAYBAKES**
**SWEET**

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	*	*	*				*							
Chocolate Orange 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)	*	*	*				*							
Tiramisu (Northern Ireland only)	*	*	*				*							

**SWEET**

**COOKIES**

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

\* We have introduced new cookies in our stores. The new cookies have different ingredients, allergens and nutritional information as the previous cookies. Some of our stores still may sell previous stock of cookies. Please check in store which stock they have before purchasing.

**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 & Almond Crumble Cake	*	*	*	*										

**GRAB &  
GO**

**GRAB & GO CHOCOLATE**

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

**YOGHURTS (NI only)**

Product Name	This Product Contains													
	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			*											

**YOGHURTS & PORRIDGE**

**PORRIDGE**

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

**SAVOURY**

SAVOURY ROLLS & PASTRIES		This Product Contains												
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Chicken & Pesto Lattice	*	*	*											
Mozzarella & Tomato Pastry	*	*	*											
Pork & Pancetta Sausage Roll (England, Scotland & Wales only)	*	*	*											
Pork & Pancetta Sausage Roll (NI only)	*		*											
Sourdough Bread Roll	*													
Vegan Vegetable 'Sausage' Roll	*													

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		*	*							*				

**DRINKS**

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

\*served with whipped cream

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

\*served with whipped cream

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

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

\* PLEASE NOTE: Our previous stock of Marshmallows contain beef gelatine. Please check with barista which stock they have in store before purchase.

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

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

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

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

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

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

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

**Key for Dietary Suitability:**

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

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



**PASTIRES**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
<b>Almond Croissant (V)</b>	Pastry: WHEAT Flour ( <b>WHEAT</b> Gluten, Flour Treatment Agent (Ascorbic Acid E300)), Water, Palm Fat, Yeast, Sugar, Butter ( <b>MILK</b> ) 2%, Rapeseed Oil, Salt, Baking Improver ( <b>WHEAT</b> Gluten, <b>WHEAT</b> Flour, Yeast, Flour Treatment Agent (Ascorbic Acid E300)), Emulsifier (Mono- and diglycerides of fatty acids E471), Acidity Regulator (Citric Acid E330), Flavouring, <b>EGG</b> , <b>ALMOND</b> Filling (19%) (Sugar, <b>ALMONDS</b> (7%) ( <b>NUTS</b> ), <b>EGG</b> White, Inverted Sugar Syrup, Water, <b>EGG</b> Yolk, Invertase E1103), Topping: <b>ALMOND</b> Flakes (4.2%) ( <b>NUTS</b> ). <i>May contain traces of other NUTS (Hazelnuts).</i>	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		
<b>Apricot Croissant (V)</b>	Pastry: 56% ( <b>WHEAT</b> flour, butter 19% ( <b>MILK</b> ), water, yeast, sugar, <b>EGGS</b> , salt, <b>WHEAT</b> gluten enzymes (amylases, hemicellulases), flour treatment agent (E300)), Apricots 26%, Pastry cream 17% (water, sugar, modified starch, powdered whey ( <b>MILK</b> ), skimmed <b>MILK</b> powder, stabilizers (E263, E450iii, E339i), colour (E160ai), flavouring), egg wash ( <b>EGGS</b> , water). <i>May contain: traces of NUTS and traces of SOYA.</i>	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		
<b>Butter Croissant (V)</b>	Pastry: <b>WHEAT</b> flour, butter 22% ( <b>MILK</b> ), water, sugar, whole <b>MILK</b> pasteurized, yeast, <b>EGGS</b> , salt, <b>WHEAT</b> gluten, emulsifier : E322 (rape lecithin), flour treatment agent : E300, enzymes, egg wash (Free Range <b>EGGS</b> ) 1.5g. <i>May contain: traces of NUTS and traces of SOYA.</i>	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		
<b>Chocolate Twist (V)</b>	Pastry: <b>WHEAT</b> flour, butter ( <b>MILK</b> ), water, yeast, sugar, <b>EGGS</b> , salt, <b>WHEAT</b> gluten, enzymes (amylases, hemicellulases, flour treatment agent (E300)), Pastry cream (water, sugar, modified starch, powdered whey ( <b>MILK</b> ), skimmed <b>MILK</b> powder, stabilizers (E263, E450iii, E339i), colour (E160ai), flavouring), Chocolate 15.6% (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier (E322 ( <b>SOYA</b> lecithin)), natural vanilla flavour), egg wash ( <b>EGGS</b> , water), Icing sugar (Glucose, cornflour, vegetable oil). <i>May contain: traces of NUTS.</i>	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		
<b>Cinnamon Swirl (V)</b>	<b>WHEAT</b> Flour, Fine Butter ( <b>MILK</b> ) (19%), Water, Sugar, Yeast, <b>EGG</b> , Cinnamon (1.4%), Maize Starch, <b>WHEAT</b> Gluten, Salt, Whey Powder ( <b>MILK</b> ), Whole <b>MILK</b> Powder, Skimmed <b>MILK</b> Powder, Thickener (Sodium Alginate), <b>EGG</b> Albumin Powder, Turmeric Extract, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), Natural Flavouring, Acidity Regulator (Citric Acid), Carrot Extract. <i>May contain: traces of SESAME SEEDS, NUTS, SOYA.</i>	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		
<b>Pain au Chocolat (V)</b>	Pastry: ( <b>WHEAT</b> flour, butter ( <b>MILK</b> ), water, chocolate 10% (sugar, cocoa mass, cocoa butter, emulsifier ( <b>SOYA</b> lecithin), natural vanilla flavour), sugar, whole <b>MILK</b> , yeast, <b>EGGS</b> , salt, <b>WHEAT</b> gluten, Emulsifier (rape lecithin), flour treatment agent (E300), enzymes (amylases, hemicellulases)), egg wash (Free Range <b>EGG</b> ). <i>May contain: traces of NUTS.</i>	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		
<b>Pain aux Raisins (V)</b>	<b>WHEAT</b> flour, water, raisins 13%, Butter ( <b>MILK</b> ), sugar, yeast, corn starch, <b>EGGS</b> , salt, powdered whey ( <b>MILK</b> ), whole <b>MILK</b> powder, <b>WHEAT</b> gluten, <b>EGG</b> albumin powder, skimmed <b>MILK</b> 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 <b>EGGS</b> ), Neutral glaze (water, glucose syrup, sugar, acidity regulators (E330, E332, E333), flavour, gelling agent (pectin), preservative (potassium sorbate)). <i>May contain: traces of NUTS and traces of SOYA.</i>	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		
<b>Vegan Raspberry Croissant (Vg, DF)</b>	<b>WHEAT</b> flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring), Raspberry Filling (16%) (Glucose Syrup, Raspberry Purée, Sugar, Raspberries (2%), Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator tricalcium Citrate), Natural Flavouring, Preservative (Potassium Sorbate)), Sugar, Yeast, Decoration (3%) (Sugar, Non-Hydrogenated Palm Oil, Food Colours (Radish, Blackcurrant, Apple concentrate)), Spell flour, <b>WHEAT</b> gluten Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid). <i>May contain: traces of MILK, SESAME SEEDS, SOYA, NUTS, EGGs.</i>	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 curd 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		
		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	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		
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 E404, 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	1649
		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		
		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		
<b>EXTRAS</b>						
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		
		Strawberry Jam (Vg, GF, DF)	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid.	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		
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		
		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		
NEW Vegan Marshmallows (Vg)	Sugar, Glucose-Fructose Syrup, Water, Maize Starch, Dextrose, Tapioca Starch, Gelling agent: Carrageenan, Hydrolysed Rice Protein, Natural Flavouring, Colour: E162.  PLEASE NOTE: Our previous stock of Marshmallows contain beef gelatine. Please check with barista which stock they have in store before purchase.			per 100g	per portion (g)	
				KJ	1351	81
				Kcal	323	19
		Fat	0.5	0.03		
		Sat	0.1	0.01		
		Carbs	79.0	4.74		
		Sugar	71.0	4.26		
		Fibre	0.0	0.0		
		Protein	0.5	0.03		
		Salt	0.1	0.01		
		Portion weight (g)		6		

**PORRIDGE & TOPPINGS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Porridge made with Semi Skimmed Milk (V)	Quaker Rolled OATS, Semi Skimmed MILK	KJ	426	1022
		Kcal	102	244
		Fat	2.8	6.7
		Sat	1.2	2.8
		Carbs	13.7	32.8
		Sugar	4.1	9.8
		Fibre	1.5	3.5
		Protein	4.7	11.4
		Salt	0.1	0.2
		Portion weight (g)	240	
Porridge made with Skimmed Milk (V)	Quaker Rolled OATS, Skimmed MILK.	KJ	383	918
		Kcal	91	219
		Fat	1.6	3.8
		Sat	0.4	0.9
		Carbs	13.8	33.0
		Sugar	4.2	10.0
		Fibre	1.5	3.5
		Protein	4.7	11.4
		Salt	0.1	0.2
		Portion weight (g)	240	
Porridge made with Whole Milk (V)	Quaker Rolled OATS, Whole MILK.	KJ	484	1161
		Kcal	116	277
		Fat	4.4	10.6
		Sat	2.2	5.3
		Carbs	13.6	32.6
		Sugar	4.0	9.6
		Fibre	1.5	3.5
		Protein	4.7	11.2
		Salt	0.1	0.2
		Portion weight (g)	240	
Porridge made with Soya Milk (Vg, DF)	Quaker Rolled OATS, Alpro Soya Milk: Water, Hulled SOYA beans (8.7%), Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2).	KJ	414	993
		Kcal	99	238
		Fat	3.0	7.1
		Sat	0.5	1.2
		Carbs	12.4	29.7
		Sugar	2.7	6.5
		Fibre	2.0	4.8
		Protein	4.7	11.2
		Salt	0.0	0.0
		Portion weight (g)	240	
Porridge made with Coconut Milk (Vg, DF)	Quaker Rolled OATS, Alpro Coconut Milk: SOYA base (Water, Hulled SOYA beans (2.9%), Coconut milk (3.5%) (Coconut cream, Water), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Flavouring, Stabiliser (Gellan gum).	KJ	376	901
		Kcal	90	215
		Fat	2.5	6.0
		Sat	0.9	2.0
		Carbs	12.6	30.3
		Sugar	3.0	7.3
		Fibre	1.6	3.9
		Protein	3.1	7.4
		Salt	0.0	0.0
		Portion weight (g)	240	
Porridge made with Oat Milk (Vg, DF)	Quaker Rolled OATS, Alpro Oat Milk: OAT base (Water, OAT (10%)), Sunflower oil, Pea protein, Sea salt, Vitamins (B2, B12, D2).	KJ	428	1026
		Kcal	102	244
		Fat	2.4	5.8
		Sat	0.7	1.6
		Carbs	16.8	40.3
		Sugar	3.6	8.5
		Fibre	2.2	5.2
		Protein	2.1	4.9
		Salt	0.0	0.0
		Portion weight (g)	278	
Seeds & Fruit Mix Topper (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 Inseed (20%). May contain traces of PEANUTS and NUTS.	KJ	1934	483
		Kcal	462	115
		Fat	22.5	5.6
		Sat	2.6	0.7
		Carbs	46.5	11.6
		Sugar	27.9	7.0
		Fibre	13.5	3.4
		Protein	11.7	2.9
		Salt	0.05	0.0
		Portion weight (g)	25	
Fruit Mix Topper (Vg, DF, GF)	Golden raisins (30%) (Raisins, Sunflower oil, Preservative: SULPHUR DIOXIDE), Dried sweetened cranberries (30%) (Sugar, Cranberries, Sunflower oil), Raisins (30%) (Raisins, Sunflower oil), Dried sweetened blueberries (10%) (Blueberries, Sugar, Sunflower oil).	KJ	1336	334
		Kcal	319	80
		Fat	0.5	0.1
		Sat	0.2	0.0
		Carbs	75.1	18.8
		Sugar	67.4	16.8
		Fibre	4.4	1.1
		Protein	1.5	0.4
		Salt	0.10	0.0
		Portion weight (g)	25	

**WHOLE CAKES**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Belgian Chocolate Fudge Cake (V)	Cake (67%) (EGG, Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Chocolate (7%) (Cocoa Mass, Sugar, Cocoa Butter, SOYA Lecithin, Flavouring), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)), Greek Style Natural Yoghurt (MILK), Rapeseed Oil, Water, Fat Reduced Cocoa Powder, Glycerine, Skimmed MILK Powder, Emulsifiers (E477, E471, E475)), Raising Agents (E450, E501)), Icing (Icing Sugar, Full Fat Soft Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: E202), Butter (MILK) (4%), Fat Reduced Cocoa Powder, Water, Emulsifiers (E477, E471, E475), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, SOYA Lecithin, Flavouring), Chocolate Chips (Sugar, Cocoa Mass, Cocoa Butter, SOYA Lecithin, Flavouring), May contain NUTS, MUSTARD and SESAME SEEDS.	KJ	1660	1759
		Kcal	396	420
		Fat	18.7	19.9
		Sat	8.4	8.9
		Carbs	51.1	54.2
		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, Colour (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, Colour (Annatto Bixin, Curcumin)], Skimmed MILK Powder, Full Fat Soft Cheese (Full Fat Soft Cheese (MILK), Thickener (Guar Gum)], Ground Caffe Nero Coffee Powder (1.4%), Coffee Flavouring (0.5%)], Coffee Drizzle (2.4%) [Brewed Caffe 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) (5%), White Chocolate Buttons (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin) (8%), 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 Triacetate; 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
Salted Caramel Billionaire's Cake (V)	Sponge (79%) [Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG, Rapeseed Oil, Water, Cake Concentrate (Modified Maize Starch, WHEAT Starch, Raising Agent: Disodium Diphosphate, Potassium Bicarbonate; WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Emulsifier: Mono- and Diglyceride of fatty acids, Propane 1,2 diol esters of fatty acid, Sodium stearoyl-2-lactylate; Rapeseed Oil, Dextrose, Preservative: Potassium Sorbate; WHEAT GLUTEN, Acidity Regulator: Citric Acid; Stabiliser: Xanthan Gum), Humectant (Glucose Syrup, Water, Acid: Acetic acid), Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglyceride of Fatty acids, Sodium Stearoyl-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; WHEAT protein) Cocoa Powder, Raising Agents: Disodium Diphosphate, Potassium Hydrogen Carbonate, Flavouring), Frosting (11%) [Luxury Caramel (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)], Icing Sugar, Full Fat Cream Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: E202), Butter (MILK), Emulsifier Mix (Water, Humectant: Glycerol; Emulsifier: Mono- and diglycerides of fatty acids; Acidity Regulator: Sodium hydroxide), Salt, Water, Colour: Plain Caramel], Injectable Caramel (2%) [Glucose Syrup (SULPHITES), Sugar, Sweetened Condensed Skimmed MILK, Water, Palm Oil, Butter (MILK), Invert Sugar Syrup, Salt, Stabiliser: Pectin; Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Preservative: Potassium Sorbate), Chocolate Ganache (5%) (Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithins, Natural Flavouring), Golden Syrup, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and diglycerides of fatty acids), Butter (MILK)), Malt Cereal Balls (Milk Chocolate (Sugar, Cocoa Butter, Cocoa Mass, Skimmed MILK Powder, MILK Sugar, Whey Powder (MILK), Anhydrous MILK Fat, Emulsifier: SOYA Lecithin), Malt Cereals (2%) (Glucose Syrup, Whey Powder (MILK), Malted MILK Powder (WHEAT Flour, Malted Barley Flour (BARLEY), Whole MILK Solids, Raising Agent: E500ii; Salt), Sugar, Malt Extract (BARLEY), Coconut Oil, Emulsifier E471), Glazing Agent (Stabiliser: E414; Sucrose, Honey), Dark Chocolate Curls (1%) (Cocoa Mass, Sugar, Cocoa Butter, MILK Fat, Emulsifier: SOYA Lecithins; Natural Flavouring), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithins; Flavouring), Colour: Titanium Dioxide, Iron Oxide and Hydroxide.	KJ	1767	2050
		Kcal	422	490
		Fat	21.8	25.3
		Sat	5.7	6.6
		Carbs	51.4	59.6
		Sugar	31.8	36.9
		Fibre	1.1	1.3
		Protein	4.5	5.2
		Salt	0.5	0.6
		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)	
<b>Banana &amp; Walnut Loaf Cake (V)</b>	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-lachylate; 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
<b>Sicilian Lemon Drizzle Loaf Cake (V)</b>	Cake (Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG, Rapeseed Oil, Water, Cake concentrate (Modified Maize Starch, WHEAT Starch, Raising agent: Disodium Diphosphate, Potassium Bicarbonate; Wheat Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Emulsifier: Mono- and Diglyceride of fatty acids, Propene 1,2 diol esters of fatty acid, Sodium stearyl-2-lachylate; 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-lachylate; 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)	
<b>Caramel Shortbread (V)</b>	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
<b>Chocolate Brownie (V)</b>	Belgian Dark Chocolate (27%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Butter (MILK), Pasteurised Free Range EGG, Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Salt.	KJ	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
<b>Salted Caramel Chocolate Brownie (V)</b>	Belgian Dark Chocolate (26.5%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Butter (MILK), Pasteurised Free Range EGG, Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Caramel (3%) (Sugar, Glucose Syrup, Sweetened Condensed MILK (MILK, Sugar, Lactose (MILK), Water, Unsalted Butter (MILK), Golden Syrup, Palm Oil, Salt, Emulsifiers (Rapeseed Lecithin, Sorbitan Monostearate), Natural Flavouring), Salt.	KJ	2012	1382
		Kcal	483	332
		Fat	26.3	18.1
		Sat	16.0	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
<b>NEW Belgian Chocolate Brownie* (V)</b>	Dark Belgian Chocolate (27%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Flavouring), Sugar, Unsalted Butter (MILK), Free Range EGG, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Cocoa Powder, Salt.	KJ	1933	1314
		Kcal	462	314
		Fat	26.1	17.7
		Sat	15.6	10.6
		Carbs	50.4	34.3
		Sugar	35.7	24.3
		Fibre	1.4	1.0
		Protein	5.7	3.9
		Salt	0.5	0.3
		Portion weight (g)		68
<b>NEW Salted Caramel Cookie Brownie* (V)</b>	Brownie (74%) (Sugar, Dark Chocolate (17%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Flavouring), Free Range EGG, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (MILK), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), Cocoa Powder, Salt), Salted Caramel Topping (26%) (Caramel (Sweetened Condensed MILK, Glucose Syrup (SULPHITES), Invert Sugar Syrup, Palm Oil, Butter (MILK), Sugar, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Salt, Natural Flavouring), White Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier: SOYA Lecithin; Natural Flavouring), Cookie Crumb (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Palm Oil, Rapeseed Oil, Cocoa Powder, Vegetable Fat (Shea Kernel Oil, Palm Oil, Emulsifier: Sunflower Lecithin), Salt, Raising Agent: Sodium Bicarbonate), White Chocolate Flavour Coating (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Water, Salt, Colour: Plain Caramel).	KJ	1900	1330
		Kcal	454	318
		Fat	24.8	17.4
		Sat	13.5	9.5
		Carbs	52.3	36.6
		Sugar	40.0	28.0
		Fibre	1.8	1.3
		Protein	4.6	3.2
		Salt	0.5	0.4
		Portion weight (g)		70

\* Please note that we have changed our supplier of brownies. The new brownies have different Allergen, Nutritional and Ingredient information than the existing brownies. Some of our stores may still sell through the old stock. Please check in store to see which brownies they have in stock before purchase.

**TRAYBAKES**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
<b>Belgian Chocolate &amp; Caramel Crispy (V)</b>	Milk Chocolate (40%) [Sugar, Cocoa Butter, Whole <b>MILK</b> Powder, Cocoa Mass, <b>SOYA</b> Lecithin, Flavouring], Crisped Rice (17%) [Rice Flour, Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Whey Powder ( <b>MILK</b> ), <b>BARLEY</b> Malt Flour, Salt, Rapeseed Oil, Emulsifier: <b>SOYA</b> Lecithin], Caramel (1.6%) [Sweetened Condensed <b>MILK</b> , Glucose Syrup ( <b>SULPHITES</b> ), Invert Sugar Syrup, Palm Oil, Salted Butter ( <b>MILK</b> ), 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 ( <b>MILK</b> ), Emulsifier: <b>SOYA</b> Lecithin], Unsalted Butter ( <b>MILK</b> ), Cocoa Powder, Concentrated Grape Juice (Concentrated Grape Juice, Rice Starch). <i>May contain as made in an environment that handles Egg and Nuts.</i>	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	1.6	0.9		
		Protein	5.4	3.0		
		Salt	0.4	0.2		
		Portion weight (g)		56		
		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)		61				
<b>White Chocolate &amp; Lemon Blondie (V)</b>	Brown Sugar, Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter ( <b>MILK</b> ), White Chocolate (14%) [Sugar, Cocoa Butter, Whole <b>MILK</b> Powder, Emulsifier: <b>SOYA</b> Lecithin; Flavouring], Free Range <b>EGG</b> , Lemon Curd (2%) [Water, Glucose Syrup, Sugar, Butter ( <b>MILK</b> ), Lemon Concentrate, Modified Maize Starch, Dried Free Range <b>EGG</b> , 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 ( <b>MILK</b> ), Emulsifier: <b>SOYA</b> Lecithin], <b>PISTACHIO NUTS</b> (2%), Water, Lemon Juice, Flavourings, Preservative: Potassium Sorbate; 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		
		<b>Vegan Granola Flapjack (V)</b>	<b>OATS</b> (31%), Golden Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), Pumpkin Seeds (8%), Flaked <b>ALMONDS</b> (7%), Brown Sugar, Glucose Syrup ( <b>SULPHITES</b> ), Black Treacle, Sugar, <b>OAT</b> 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)			
<b>Caramelised Biscuit Chouxnut (V)</b>	Powdered Fondant [Sugar, Dried Glucose Syrup], Water, Single Cream ( <b>MILK</b> ), Free Range <b>EGG</b> , White Chocolate (6%) [Sugar, Whole <b>MILK</b> Powder, Cocoa Butter, Skimmed <b>MILK</b> Powder, Emulsifier: <b>SOYA</b> Lecithin; Natural Vanilla Flavouring], Buttermilk [Skimmed <b>MILK</b> , Skimmed <b>MILK</b> Solids, <b>MILK</b> Protein Concentrate], Reduced Fat Soft Cheese [Skimmed <b>MILK</b> , Cream ( <b>MILK</b> ), Whey Solids ( <b>MILK</b> ), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum], <b>WHEAT</b> Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Belgian Chocolate Chips (5%) [Cocoa Mass, Sugar, Dextrose, Emulsifier: <b>SOYA</b> Lecithin], Speculoos Spread (5%) [Caramelised Biscuit ( <b>WHEAT</b> Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil)), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; <b>SOYA</b> Flour, Salt, Cinnamon], Rapeseed Oil, Sugar, Emulsifier: <b>SOYA</b> Lecithin; Acidity Regulator: Citric Acid, Shortening (Palm Oil, Rapeseed Oil), Speculoos Biscuit Crumb (4%) [Caramelised Biscuit ( <b>WHEAT</b> Flour, Sugar [Sugar, Sugar Syrup], Vegetable Oil (Palm Oil, Rapeseed Oil), Raising Agent: Sodium Hydrogen Carbonate; <b>SOYA</b> Flour, Salt, Cinnamon)], Sugar, Rapeseed Oil, Modified Waxy Maize Starch, Modified Potato Starch, Salt, Colour: Ammonia Caramel.	KJ	1313	1155		
		Kcal	313	274		
		Fat	15.3	13.5		
		Sat	4.4	5.6		
		Carbs	39.8	35.0		
		Sugar	30.2	26.4		
		Fibre	0.8	0.7		
		Protein	4.5	4.0		
		Salt	0.3	0.3		
		Portion weight (g)		88		
		<b>Chocolate Orange Chouxnut (V)</b>	Powdered Fondant [Sugar, Dried Glucose Syrup], Water, White Chocolate (13%) [Sugar, Whole <b>MILK</b> Powder, Cocoa Butter, Skimmed <b>MILK</b> Powder, Emulsifier: <b>SOYA</b> Lecithin; Natural Vanilla Flavouring], Free Range <b>EGG</b> , Buttermilk [Skimmed <b>MILK</b> , Skimmed <b>MILK</b> Solids, <b>MILK</b> Protein Concentrate], Reduced Fat Soft Cheese [Skimmed <b>MILK</b> , Cream ( <b>MILK</b> ), Whey Solids ( <b>MILK</b> ), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum], <b>WHEAT</b> Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Single Cream ( <b>MILK</b> ), Shortening (Palm Oil, Rapeseed Oil), Sugar, Candied Orange Slices (2%) [Orange Peel, Sucrose, Fructose, Dextrose, Maltose, Preservative: Potassium Sorbate, Sodium Metabisulphite; Acid: Citric Acid], Fat Reduced Alkalised Cocoa Powder, Natural Orange Flavouring, Rapeseed Oil, White Chocolate Stars [Sugar, Cocoa Butter, Whole <b>MILK</b> Powder, Emulsifier: Sunflower Lecithin], Modified Waxy Maize Starch, Modified Potato Starch, Salt, Acidity Regulator: Citric Acid; Colour: Curcumin; Natural Colour (Red Beetroot Juice Concentrate, Maltodextrin, Acidity Regulator: Citric Acid)	KJ	1297	1050
				Kcal	309	250
				Fat	11.9	9.6
Sat	5.4			4.4		
Carbs	46.4			37.6		
Sugar	38.9			31.5		
Fibre	0.9			0.8		
Protein	4.8			3.9		
Salt	0.3			0.2		
Portion weight (g)				81		
<b>Raspberry &amp; White Chocolate Chouxnut (V)</b>	Powdered Fondant [Sugar, Dried Glucose Syrup], Water, Raspberries (11%), Single Cream ( <b>MILK</b> ), Free Range <b>EGG</b> , White Chocolate (7%) [Sugar, Whole <b>MILK</b> Powder, Cocoa Butter, Skimmed <b>MILK</b> Powder, Emulsifier: <b>SOYA</b> Lecithin; Natural Vanilla Flavouring], Buttermilk [Skimmed <b>MILK</b> , Skimmed <b>MILK</b> Solids, <b>MILK</b> Protein Concentrate], Reduced Fat Soft Cheese [Skimmed <b>MILK</b> , Cream ( <b>MILK</b> ), Whey Solids ( <b>MILK</b> ), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum], <b>WHEAT</b> 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 Curis [Sugar, Whole <b>MILK</b> Powder, Cocoa Butter, Emulsifier: <b>SOYA</b> 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)			
<b>Salted Caramel &amp; Chocolate Vegan Cheesecake (Vg, DF)</b>	Coconut Milk (Coconut Extract, Water), Bourbon Biscuit Crumb (21%) [ <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Rapeseed Oil, Sugar, Cocoa Powder, Invert Sugar Syrup, Raising Agent: Sodium Bicarbonate, Ammonium 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: <b>SOYA</b> 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 ( <b>WHEAT</b> Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil)), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; <b>SOYA</b> Flour, Salt, Cinnamon], Rapeseed Oil, Sugar, Emulsifier: <b>SOYA</b> 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		
		<b>Sicilian Lemon Cheesecake (V)</b>	Single Cream ( <b>MILK</b> ), Digestive Biscuit Crumb [ <b>WHEAT</b> (Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal <b>WHEAT</b> 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 <b>MILK</b> , Cream ( <b>MILK</b> ), Permeate ( <b>MILK</b> ), Salt, Modified Tapioca Starch, Stabilisers (Xanthan Gum, Locust Bean Gum), Bacterial Starter Culture], Lemon Curd (12%) [Glucose Syrup, Water, Sugar, Salted Butter ( <b>MILK</b> ), Lemon Concentrate, Modified Waxy Maize Starch, Free Range Whole <b>EGG</b> Powder, Gelling Agent: Pectin; Acidity Regulator: Citric Acid; Emulsifier: Sunflower Lecithin; Lemon Oil, Colour: Lutein], Condensed Milk ( <b>MILK</b> , Granulated Sugar), Margarine (Palm Oil, Rapeseed Oil, Water, Lemon Juice, Natural Vanilla Flavouring), Whipping Cream ( <b>MILK</b> ), Stabiliser Blend (Dextrose, Sugar, Modified Maize Starch), Free Range Whole <b>EGG</b> , 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		
<b>Tiramisu (England, Scotland &amp; Wales Only) (V)</b>	Water, Whipping Cream ( <b>MILK</b> ), Savoiardi Biscuits (12%) [ <b>WHEAT</b> Flour, Sugar, <b>EGG</b> , Raising Agents: Sodium Carbonate, Ammonium Carbonate; Glucose Syrup, Natural Flavouring, Salt], Single Cream ( <b>MILK</b> ), Mascarpone (8%) [Cream ( <b>MILK</b> ), <b>MILK</b> Protein Concentrate, Acidity Regulator: Citric Acid], Sugar, Icing Sugar, Coffee (3%), Free Range <b>EGG</b> , Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Self-Raising Flour [ <b>WHEAT</b> 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: <b>SOYA</b> Lecithin], Modified Potato Starch, Natural Flavourings, Modified Waxy Maize Starch, Fat Reduced Alkalised Cocoa Powder, Flavouring, Raising Agent [Raising Agents: Dicalcium Diphosphate, Sodium Bicarbonate; <b>WHEAT</b> Flour], Thickener Blend [Thickeners: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose], Thickener: Guar Gum. <i>ADDITIONAL INFORMATION: Does not contain alcohol.</i>			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		
<b>Oat, Raisin &amp; Pumpkin Seed Cookie *</b> (Vg)	Sugar, Fortified Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), <b>OATS</b> (14%), Raisins (13%), Pumpkin Seeds (11%), Palm Oil, Water, Rapeseed Oil, Glucose-fructose Syrup, Raising Agent (Sodium Bicarbonate), <b>WHEAT</b> Fibre, Invert Sugar, Cinnamon, Mixed Spice, Sunflower Oil.	per 100g	per portion (g)	
		KJ	1766	1289
		Kcal	421	307
		Fat	17.6	12.9
		Sat	5.5	4.0
		Carbs	55.4	40.4
		Sugar	30.6	22.3
		Fibre	4.0	2.9
		Protein	8.2	6.0
		Salt	1.0	0.7
Portion weight (g)		73		
<b>Belgian Chocolate Cookie *</b> (V)	Fortified wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), sugar, palm oil, milk chocolate (11%) (sugar, cocoa mass, whole <b>MILK</b> powder, cocoa butter, emulsifier ( <b>SOYA</b> lecithin), natural vanilla flavouring), dark chocolate (11%) (cocoa mass, sugar, cocoa butter, emulsifier ( <b>SOYA</b> lecithin), natural vanilla flavouring), free range whole <b>EGG</b> , butter ( <b>MILK</b> ), rapeseed oil, glucose-fructose syrup, <b>WHEAT</b> fibre, raising agents (monocalcium phosphate, potassium hydrogen carbonate), lactose powder ( <b>MILK</b> ), invert sugar, whey powder ( <b>MILK</b> ), natural flavouring, salt.	per 100g	per portion (g)	
		KJ	2037	1487
		Kcal	487	356
		Fat	25.8	18.8
		Sat	12.5	9.1
		Carbs	56.6	41.3
		Sugar	32.2	23.5
		Fibre	2.8	2.0
		Protein	5.7	4.2
		Salt	0.1	0.1
Portion weight (g)		73		
<b>Dark Chocolate &amp; Almond Cookie *</b> (Vg)	Fortified Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Brown Sugar, Dark Chocolate (14%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (Sunflower Lecithins), Flavouring), Glucose-Fructose Syrup, Almond Butter (6%) ( <b>ALMOND</b> , Sea Salt), Sugar, Coconut Oil, <b>ALMOND</b> (3.5%), Invert Sugar, Cocoa Powder, <b>WHEAT</b> Fibre, Sea Salt.	per 100g	per portion (g)	
		KJ	1837	1580
		Kcal	438	377
		Fat	18.0	15.5
		Sat	9.0	7.7
		Carbs	59.2	50.9
		Sugar	36.5	31.4
		Fibre	4.0	3.4
		Protein	7.8	6.7
		Salt	0.8	0.7
Portion weight (g)		86		
<b>Milk Chocolate Chunk Cookie *</b> (V)	Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, <b>MILK</b> Chocolate Chunks (20%) (Sugar, Whole <b>MILK</b> Powder, Cocoa Butter, Cocoa Mass, Emulsifier ( <b>SOYA</b> Lecithin), Natural Vanilla Flavouring), Glucose-Fructose Syrup, Unsalted Butter ( <b>MILK</b> ), Palm Oil, Water, <b>WHEAT</b> Fibre, Rapeseed Oil, Lactose Powder ( <b>MILK</b> ), Raising Agents (Sodium Bicarbonate, Diphosphates, Calcium Dihydrogen Phosphate), Vegetarian Whey Powder ( <b>MILK</b> ), Black Treacle, Salt, Natural Flavouring.	per 100g	per portion (g)	
		KJ	1830	1208
		Kcal	434	286
		Fat	16.8	11.1
		Sat	8.9	5.9
		Carbs	67	44.2
		Sugar	42.4	28
		Fibre	2.6	1.7
		Protein	4.9	3.2
		Salt	0.5	0.3
Portion weight (g)		66		
<b>Oat &amp; Raisin Cookie *</b> (V)	Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raisins (21%), Sugar, <b>OATS</b> (9%), Butter ( <b>MILK</b> ), Palm Oil, Water, Glucose-Fructose Syrup, Rapeseed Oil, Raising Agents (Disodium Diphosphate, Potassium Hydrogen Carbonate), Natural Flavouring, <b>WHEAT</b> Fibre, Lactose Powder ( <b>MILK</b> ), Vegetarian Whey Powder ( <b>MILK</b> ), Mixed Spice, Cinnamon, Salt	per 100g	per portion (g)	
		KJ	1723	1137
		Kcal	410	271
		Fat	14.0	9.2
		Sat	6.5	4.3
		Carbs	64.9	42.8
		Sugar	40.1	26.4
		Fibre	2.8	1.8
		Protein	4.8	3.2
		Salt	0.4	0.3
Portion weight (g)		66		

\* We have introduced new cookies in our stores. The new cookies have different ingredients, allergens and nutritional information as the previous cookies. Some of our stores still may sell previous stock of cookies. Please check in store which stock they have before purchasing.

**INDIVIDUAL CAKES**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
<b>Cherry Bakewell Crumble Cake</b> (V)	Sugar, Cherry Filling (19%) (Dark Cherry, Sugar, Water, Modified Starch, Elderberry Concentrate, Flavouring, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate)), Fortified Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Free Range Pasteurised <b>EGG</b> , 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 ( <b>MILK</b> ), Water, Amaretti Biscuit (3%) (Sugar, Apricot Kernels, <b>EGG</b> White, Corn Flour, <b>WHEAT</b> flour, Rice Flour, Wholemeal <b>WHEAT</b> Flour, Raising Agents (Sodium Carbonate Acid, Ammonium Carbonate Acid), Natural Flavouring), Almond Flakes (3%) ( <b>NUTS</b> ), Potato Starch, <b>WHEAT</b> Gluten, Natural Flavouring Substances, Whey Powder ( <b>MILK</b> ), Salt, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Acidity Regulator (Citric Acid).	per 100g	per portion (g)	
		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	0.6	0.6
Portion weight (g)		94		
<b>Raspberry &amp; Almond Crumble Cake</b> (V)	Wheat Flour ( <b>WHEAT</b> flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Raspberries (15%), Rapeseed Oil, Free Range <b>EGG</b> , Water, Humectant (Glucose Syrup, Water, Acidity Regulator: Acetic Acid), Butter ( <b>MILK</b> ), Ground <b>ALMONDS</b> , Demerara Sugar, Baking Powder (Raising Agents: Disodium Diphosphates, Potassium Hydrogen Carbonate), Natural Flavourings, Preservative: Potassium Sorbate: Salt.	per 100g	per portion (g)	
		KJ	1723	1378
		Kcal	413	330
		Fat	22.0	17.6
		Sat	3.6	2.9
		Carbs	46.6	37.3
		Sugar	20.7	16.6
		Fibre	1.9	1.5
		Protein	5.9	4.7
		Salt	0.3	0.3
Portion weight (g)		80		

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) (1.6%), 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		
				per 100g	per portion (g)	
				KJ	1374	
		Kcal	330			
		Fat	20.5			
		Sat	12.2			
		Carbs	25.3			
		Sugar	3.4			
		Fibre	2.4			
		Protein	9.8			
		Salt	1.1			
		Portion weight (g) 100				
Mozzarella & Tomato Pastry (V)	Tomato (31%), Wheat Flour contains Gluten (with WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (MILK) (1.4%), 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	1499	1949		
		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		
				per 100g	per portion (g)	
				KJ	1315	
		Kcal	309			
		Fat	0.7			
		Sat	0.2			
		Carbs	63.6			
		Sugar	1.6			
		Fibre	3.7			
		Protein	10.4			
		Salt	1.6			
		Portion weight (g) 74				
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 (1.3%) (MILK), Caramelised Onion (Onions, Rapeseed Oil, Cracked Black Pepper), Regatto Cheese (MILK), Breadcrumbs (WHEAT FLOUR (Gluten), Water, Salt, Yeast), Smoked Pancetta (3%) (Pork Belly (97%), Salt, Herbs, Spices, Antioxidant: Sodium Ascorbate, Preservatives: Sodium Nitrite, Potassium Nitrate), Smoked Bacon Lardons (British Pork (94%), Curing Salt (Salt, Preservative: Sodium Nitrite, Sodium Nitrate)), Sugar, Antioxidant: Sodium Ascorbate), Pasteurised Free Range EGG, White Wine Vinegar, Honey, Pork Cracking (Pork Rind, Sea Salt), Paprika Flakes, Salt, Sage, Cracked Black Pepper, Dried Oregano, Rosemary, Garlic, Ground Fennel, Rapeseed Oil.	KJ	1133	1473		
		Kcal	272	354		
		Fat	16	20.8		
		Sat	7.9	10.3		
		Carbs	26.5	34.5		
		Sugar	4.8	6.2		
		Fibre	2.4	3.1		
		Protein	4.2	5.5		
		Salt	0.9	1.2		
		Portion weight (g)		130		
		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	1133	1473
				Kcal	272	354
Fat	16			20.8		
Sat	7.9			10.3		
Carbs	26.5			34.5		
Sugar	4.8			6.2		
Fibre	2.4			3.1		
Protein	4.2			5.5		
Salt	0.9			1.2		
Portion weight (g)				130		
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 (1.4%), Palm Oil, Roast Tomatoes (5%), Palm Fat, Rapeseed Oil, Potato Starch, Salt, Poppy Seeds, Tomato Concentrate, Basil, Cornflour, Sunflower Oil, Garlic, Olive Oil, Rosemary, Cracked Black Pepper, Dried Oregano, Emulsifier: E471, Sugar, Garlic Powder, Yeast, Lemon Juice.			KJ	1133	1473
				Kcal	272	354
		Fat	16	20.8		
		Sat	7.9	10.3		
		Carbs	26.5	34.5		
		Sugar	4.8	6.2		
		Fibre	2.4	3.1		
		Protein	4.2	5.5		
		Salt	0.9	1.2		
		Portion weight (g)		130		



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

**PANINI**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
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	
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)	178	
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	
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, Red Pepper (3%), Slow Roast Tomato (2%) (Tomato, Sunflower Oil, Salt, Garlic, Oregon), 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	
THIS Plant Based 'Chicken' Arabbiata Panini (Vg)	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Seasoned SOYA Pieces (17%) (Water, SOYA Protein Concentrate, Sunflower Oil, Flavouring, Pea Protein Isolate, Potato Starch, Salt, Pea Fibre, Rapeseed Oil, Maltodextrin, Sea Salt and Black Pepper Seasoning [Maltodextrin, Black Pepper, Sugar, Yeast Extract Powder, Natural Flavouring, Sea Salt]), Tomato Ragù Sauce (16%) (Water, Tomato Paste, Crushed Tomatoes, Onions, White Wine Vinegar, Cornflour, Carrot, Sugar, Extra Virgin Olive Oil, Salt, Basil, Rosemary, Thyme, Parsley, Garlic, Black Pepper), Lemon Juice, Chargrilled Red Chili Puree [Chargrilled Red Chili Puree, Red Chili, Olive Oil], Basil, Spinach (4%).	KJ	832	1481
		Kcal	197	351
		Fat	3.2	5.7
		Sat	0.4	0.7
		Carbs	29.3	52.2
		Sugar	3.8	6.8
		Fibre	4.0	7.2
		Protein	10.7	19
		Salt	0.8	1.5
		Portion weight (g)	178	

**TOSTATI**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Chicken & Bacon Toastati 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) (5%), 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) (5%), Regato Cheese (MILK) (2%) (Regato Cheese (MILK) (2%) (Anti-caking Agent: Potato Starch), Chicken Gravy (2%) (Water, Roasted Chicken Stock (Chicken Stock, Salt, Onion Juice, Concentrate, Carrot Extract), Tomato Paste), Cornflour, Sugar, Lemon Juice Concentrate, Onion Powder, Tomato Paste, White Wine Vinegar, Garlic Puree, Salt, White Pepper), Chopped British Beechwood Smoked Streaky Bacon (1%) (British Pork, Pork Fat, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), Black Pepper].	KJ	1005	1708
		Kcal	239	406
		Fat	8.9	15.1
		Sat	4.9	8.2
		Carbs	23.5	39.9
		Sugar	2.4	4.1
		Fibre	1.6	2.7
		Protein	15.5	26.3
		Salt	1.0	1.8
		Portion weight (g)	170	
Cotto Ham & Cheese Toastati 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) (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 & Roasted Tomato Toastati Melt (V)	Grilled Cheese Tomato Topped White Bread [White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono-and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, SOYA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Mozzarella Cheese (MILK) (8%), Semi Dried Cherry Tomato (6%), Cheddar Cheese (MILK) (5%), Mascarpone & Tomato Tomatade Dressing (15%) (Mascarpone Full Fat Soft Cheese (MILK) (7%), SunBlush Tomatade (3%) (Slow Roast Tomato, Tomato Concentrate, Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic), Tomato and Onion Sauce (3%) (Water, Tomato Paste, Chopped Tomato, Rapeseed Oil, Sugar, White Wine Vinegar, Cornflour, Garlic Puree, Concentrated Lemon Juice, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), Diced Onion, Soft Dark Brown Sugar, Basil, Salt, Oregano, Cracked Black Pepper), Modified Maize Starch, Cracked Black Pepper, Parsley], Mozzarella Cheese (MILK) (11%).	KJ	983	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 Toastati 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), Béchamel Sauce (Whole MILK, Single Cream (MILK) (8%), Roast Seasoned Chestnut Mushrooms (8%) (Chestnut Mushrooms, Olive Oil, Salt, Black Pepper), Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Cheddar Cheese (MILK) (5%)], Mushroom & Mascarpone Dressing [Roast Seasoned Chestnut Mushrooms (7%) (Chestnut Mushroom, Olive Oil, Salt, Black Pepper), Mushroom Mayonnaise (6%) (Water, Rapeseed Oil, Olive Oil, Pasteurised Salted EGG Yolk, Cornflour, White Wine Vinegar, Coarse Black Pepper, Concentrated Lemon Juice, Salt, Mushroom Stock (Mushroom Stock (Mushroom Juice Concentrate, Salt), Sugar, Rapeseed Oil, Salt, Mushroom Powder (Maltodextrin, Mushroom Juice Concentrate)), Dijon MUSTARD (Water, Brown MUSTARD Seeds, Spirit Vinegar, Salt)], Mascarpone Full Fat Soft Cheese (MILK) (5%), Full Fat Soft Cheese (MILK) (3%), Mushroom and Porcini Tapenade (3%) (Grilled Mushrooms, Mushroom, Rapeseed Oil, Porcini, Concentrated Lemon Juice, Salt, Dehydrated Porcini Powder, Garlic, Parsley, Chive), Cornflour, Thyme].	KJ	921	1612
		Kcal	222	388
		Fat	10.9	19.1
		Sat	4.6	8.0
		Carbs	22.5	39.3
		Sugar	2.0	3.4
		Fibre	1.5	2.4
		Protein	8.4	14.7
		Salt	0.9	1.5
		Portion weight (g)	175	

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

**SANDWICHES**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Free Range Egg Mayo Sandwich (V)	OATMEAL Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, OATMEAL, WHEAT Bran, Yeast, Salt, WHEAT Protein, Spirit Vinegar, Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono - and Di-acetyl Tartaric Acid Esters of Mono and Di-glycerides of Fatty Acids], Vegetable Oils (Rapeseed, Palm), Malted BARLEY Flour, Flour Treatment Agent: Ascorbic Acid, Palm Fat, WHEAT Starch], Free Range EGG Mayonnaise (Hard Boiled EGG (27%), Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Dijon MUSTARD (Water, Spirit Vinegar, Yellow MUSTARD Flour, MUSTARD Flour, Salt, Ground Yellow MUSTARD Bran, Ground Turmeric, Ground Black Pepper, Pimento, Ground Cinnamon, Ground Cloves), Black Pepper, Salt], Free Range Hard Boiled EGG (21%).	per 100g	per portion (g)	
		KJ	917	1852
		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%).	per 100g	per portion (g)	
		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%).	per 100g	per portion (g)	
		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		

**BREAKFAST ROLLS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Bacon Roll	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).	per 100g	per portion (g)	
		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 Roll	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).	per 100g	per portion (g)	
		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		
Beechwood Bacon Roll	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)], Cooked Beechwood Smoked Streaky Bacon (32%) [Pork, Pork Fat, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite].	per 100g	per portion (g)	
		KJ	1167	1423
		Kcal	277	338
		Fat	9.9	12.1
		Sat	3.7	4.5
		Carbs	30.9	37.7
		Sugar	0.7	0.8
		Fibre	1.9	2.3
		Protein	17.8	21.7
		Salt	0.6	0.7
Portion weight (g)		122		
THIS Plant Based 'Sausage' Ciabatta (Vg)	Ciabatta Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, Malted WHEAT Flour, WHEAT Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed Oil], Plant Based Sausage (47%) [Mushrooms, Water, Pea Flour, Onions, Rapeseed Oil, Stabilisers: Processed Eucheuma Seaweed, Methyl Cellulose, Palm Oil, Pea Fibre, Pea Protein, Pea Starch, Rice Flour, Sugar, Flavouring, Maize Flour, Yeast Extract, Salt, Dried Onion, Textured Pea Protein, Parsley, Sodium Alginate Casing, Porcini Mushroom Powder, Cracked Black Pepper, Maize Starch, Colour: Plain Caramel, Sage, Preservative: Sodium METABISULPHITE, Ground Mace, Dextrose, White Pepper.	per 100g	per portion (g)	
		KJ	847	1330
		Kcal	200	314
		Fat	2.1	3.2
		Sat	0.7	1.1
		Carbs	33.6	52.7
		Sugar	2.6	4.1
		Fibre	6.3	9.8
		Protein	8.8	13.8
		Salt	1.3	2.0
Portion weight (g)		157		

**FOCACCIA**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Brie &amp; Vine Ripened Tomato Focaccia (V)</b>	Rosemary and Rock Salt Focaccia ( <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, <b>WHEAT</b> Fibre, Fermented <b>WHEAT</b> Flour, Rosemary (1.9%), Yeast, Salt, <b>WHEAT</b> Gluten, <b>BARLEY</b> Malt Vinegar, Rock Salt, <b>WHEAT</b> Flour, Waxy Maize Starch, Flour Treatment Agent: Ascorbic Acid, Malted <b>WHEAT</b> Flour, Sunflower Oil), Brie ( <b>MILK</b> ) (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
		<b>Spicy Chicken &amp; Red Pepper Focaccia</b>	Rosemary and Rock Salt Focaccia ( <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, <b>WHEAT</b> Fibre, Fermented <b>WHEAT</b> Flour, Rosemary (1.9%), Yeast, Salt, <b>WHEAT</b> Gluten, <b>BARLEY</b> Malt Vinegar, Rock Salt, <b>WHEAT</b> Flour, Waxy Maize Starch, Flour Treatment Agent: Ascorbic Acid, Malted <b>WHEAT</b> Flour, Sunflower Oil), Nduja Mayonnaise Chicken Mix (35%) [Mayonnaise (15%) [Rapeseed Oil, Water, Free Range Salted <b>EGG</b> Yolk ( <b>EGG</b> Yolk, Salt), Spirit Vinegar, Dijon <b>MUSTARD</b> (Water, <b>MUSTARD</b> 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
Kcal	278			556
Fat	13.9			27.8
Sat	1.8			3.6
Carbs	26.9			53.8
Sugar	1.8			3.6
Protein	10.2			20.4
Salt	1.1			2.1
Portion weight (g)				200

**SALADS & ANTIPASTI**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Chargrilled Chicken, Mixed Grain &amp; Pesto Salad (DF)</b>	Dressed Grains (41%) (Bulgur <b>WHEAT</b> , Turmeric Rice (Long Grain Rice, Water, Ground Turmeric), Pink Cabbage, Roasted Vegetables (Red Pepper, Yellow Pepper, Onion, Courgette, Rapeseed Oil), Chickpeas, Cous Cous ( <b>WHEAT</b> ), Black Beluga Lentils, Red Quinoa, Concentrated Lemon Juice, Mini, Chives, Parsley, Lemon Infused Rapeseed Oil (Rapeseed Oil, Flavouring), Garlic Purée, Salt), Mixed Leaves (19%) (Spinach, Lettuce), Cooked British Chicken Breast (18%) (Chicken, Salt, Cornflour), Basil Pesto (12%) (Water, Basil Flavouring Sunflower Oil (Sunflower Oil, Flavouring), White Wine Vinegar, Basil Purée (Sunflower Oil, Basil, Salt, Acidity Regulator (Citric Acid)), Basil, Pumpkin Seeds, Sunflower Seeds, Rapeseed Oil, Lemon Juice, Mint, Garlic Purée, Cornflour, Salt, Black Pepper), Red Pepper (6%), SunBlush® Marinated Tomatoes (3%) (Slow Roasted Tomatoes, Rapeseed Oil, Salt, Garlic, Oregano).	KJ	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
<b>Falafel, Red Pepper Houmous &amp; Super Grain Salad (Vg, DF)</b>	Mixed Leaves (21%) (Spinach, Lettuce, Salanova), Falafel (20%) (Chick Peas, Onions, Water, Rapeseed Oil, Bread Crumbs (Fortified Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Self-Raising Flour (Fortified Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents (Monocalcium Phosphate, Sodium Hydrogen Carbonate)), Parsley, Coriander Powder, Cumin Powder, Sodium Bicarbonate, Cumin Seeds, Garlic, Black Pepper), Cabbage and Beetroot Slaw (17%) (Cabbage, Beetroot, Mango Dressing (Mango Chutney (Mango, Sugar, Spirit Vinegar, Glucose Syrup, Salt, Ground Cardamom, Ground Coriander, Ground Cumin, Ground Paprika), White Wine Vinegar, Stabiliser (Xanthan Gum), Salt), Onions), Mixed Grains (17%) (Bulgur <b>WHEAT</b> , Couscous (Half Hard <b>WHEAT</b> Flour, Water), <b>WHEAT</b> BERRIES, Red Quinoa, Red Peppers, Lemon Juice, Salt, Black Pepper), Red Pepper Houmous (15%) (Chick Peas, Grilled Red Peppers, Tahini <b>SESAME SEED</b> 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 <b>SESAME SEED</b> 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
<b>Cheese &amp; Olive Antipasti (V)</b>	Sundried Tomato Dip (36%) (Tomatoes (57%), Passata (Tomato), Salt, White Wine Vinegar, Sugar, Preservative: Sodium Metabisulphite ( <b>SULPHUR DIOXIDE</b> ); Garlic Purée, Oregano, Rosemary). Marinated Gouda Cheese (29%) (Gouda Cheese ( <b>MILK</b> ), 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%) <b>WHEAT</b> Flour, Sunflower Oil, Tomato, Salt, Extra Virgin Olive Oil, Yeast, <b>WHEAT</b> 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
		<b>Chorizo Antipasti</b>	Chorizo (38%) – Pork (95%), Salt, Paprika, Dextrose, Garlic, Rosemary Extract, Sodium Nitrite. Cheese ( <b>MILK</b> ) (37%) Toasts (25%) - Flour ( <b>WHEAT</b> ), Malted <b>WHEAT</b> 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
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
<b>Beetroot, Raisin &amp; Cranberry Cous Cous Salad (Vg, DF)</b>	Salad Mix (100%) (Giant Cous Cous ( <b>WHEAT</b> ), 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
		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
		verage Scoop weight (g)		80
<b>Rainbow Slaw Bowl Salad (V)</b>	Slaw Mix (100%) (Citrus Yogurt Dressing (Mayonnaise (Rapeseed Oil, Water, Free Range Pasteurised Salted <b>EGG</b> ( <b>EGG</b> Yolk, Salt), Dijon <b>MUSTARD</b> (Water, <b>MUSTARD</b> Seeds, Spirit Vinegar, Salt), Spirit Vinegar, Sugar, Thickeners (Xanthan Gum, Guar Gum), Salt, <b>MUSTARD</b> Flour, Concentrated Lemon Juice, White Pepper), Reduced Fat Greek Style Yogurt ( <b>MILK</b> ), Orange Juice from Concentrate, White Wine Vinegar, Mint, Dijon <b>MUSTARD</b> (Water, <b>MUSTARD</b> Seeds, Spirit Vinegar, Salt, Acidity Regulator (Citric Acid)), Lemon Juice, Salt, Sugar, Mint Flavour Olive Oil (Olive Oil, 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
		verage Scoop weight (g)		80

**SOUPS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Italian Tomato &amp; Basil Soup (Vg, DF)</b>	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
		<b>Chicken &amp; Rice Soup</b>	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
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**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
<b>Italian Sausage Pasta</b>	Italian Tomatoes (36%) (Tomatoes, Acidity Regulator: Citric Acid), Water, Tortigli Pasta (14.1%) (Durum Flour (WHEAT), Water), Red Onion, Salsiciamo 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 Chili, 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		
		<b>Macaroni Cheese (V)</b>	Water, MILK (22%), Tortigli 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	550	1926
				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		

**BISCUITS & SNACKS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Almond Biscotti (V)	WHEAT flour, sugar, ALMONDS (15%), EGG, EGG yolk, butter, honey, partly skimmed MILK, raising agent: E 503 (ammonium bicarbonate), salt, natural flavour (orange), flavours.	KJ	1841	618
		Kcal	440	130
		Fat	14.45	3.0
		Sat	2.71	1.0
		Carbs	66.5	22.0
		Sugar	31.0	11.0
		Fibre	2.7	0.0
		Protein	9.6	3.0
		Salt	1.6	0.05
		Portion weight (g)		37
Caramel Waffle (V)	Glucose fructose syrup, wheat flour, sugar, palm fat, concentrated butter (MILK), sugar syrup, SOYA flour, rapeseed oil, salt, dextrin (WHEAT), emulsifiers (SOYA lecithin, mono- and diglycerides of fatty acids), raising agent (sodium carbonates), cinnamon, acidity regulator (citric acid), natural Bourbon vanilla.	per 100g		per 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 (14%), 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, sulfanas 7% (sulfanas, 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	3.5
		Fibre	7.8	5.4
		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, Sulfanas (9.5%) (Sulfanas, Water, Sunflower Oil, Preservative (E202)), Raisins (9.5%) (Raisins, Water, Sunflower Oil, Preservative (E202)), Citrus Peel (6%) (Glucose Syrup, Orange Peel, Lemon Peel, Fructose Syrup, Acidity Regulator (E330), Preservatives: (SULPHUR DIOXIDE, E202)), Sweetened Dried Cranberries (5%) (Cranberries, Sugar, Sunflower Oil), Sugar, Yeast, Humectant (Glucose Syrup, Water, Acidity Regulator (E260)), Bread Fat (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471)), Dough Conditioner (Calcium Sulphate, SOYA Flour, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Emulsifier (E472e), Flour Treatment Agent (E300), Enzymes), Water, Emulsifiers (E471, E472e), Acidity Regulators (E260, E525), Salt.	per 100g		per portion (g)
		KJ	1200	1152
		Kcal	283	272
		Fat	2.5	2.4
		Sat	0.8	0.7
		Carbs	56.2	53.9
		Sugar	22.0	21.1
		Fibre	3.8	3.6
		Protein	7.3	7.0
		Salt	0.2	0.2
Portion weight (g)		96		

**BISCUITS & SNACKS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
Gianduja Chocolate (V)	Sugar, <b>HAZELNUTS</b> (30%), cocoa mass, cocoa butter, emulsifier: <b>SOY</b> lecithin, natural vanilla flavour. Cocoa solids: 23% min. <i>May contain traces of MILK.</i>	KJ	2416
		Kcal	581
		Fat	40.0
		Sat	15.0
		Carbs	47.0
		Sugar	44.0
		Protein	5.7
		Salt	0.03
		Portion weight (g)	10
		per 100g	per portion (g)
		KJ	1711
Kcal	406		
Fat	9.7		
Sat	4.5		
Carbs	72.8		
Sugar	29.5		
Fibre	1.9		
Protein	5.4		
Salt	0.5		
Portion weight (g)	73		
Gino & Giniee Gingerbread (V, DF)	<b>WHEAT</b> 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), <b>EGG</b> , 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 Colour (Curcumin, Beetroot Extract, Spirulina), Butter Flavouring.	KJ	1663
		Kcal	391
		Fat	0.0
		Sat	0.0
		Carbs	97.0
		Sugar	97.0
		Protein	0.2
		Salt	0.0
		Portion weight (g)	30
		per 100g	per portion (g)
		KJ	2136
Kcal	511		
Fat	26.0		
Sat	22.0		
Carbs	59.0		
Sugar	28.0		
Protein	7.7		
Salt	0.3		
Portion weight (g)	45		
Leone Mints (Vg, GF, DF)	Sugar, Thickening agents: Arabic gum, tragacanth; Piedmont peppermint essential oil.	KJ	2169
		Kcal	519
		Fat	27.0
		Sat	20.0
		Carbs	59.0
		Sugar	26.0
		Protein	8.1
		Salt	0.3
		Portion weight (g)	45
		per 100g	per portion (g)
		KJ	2188
Kcal	523		
Fat	27.0		
Sat	23.0		
Carbs	61.0		
Sugar	31.0		
Protein	7.8		
Salt	0.4		
Portion weight (g)	45		
Locker Creamkakao (V)	Crispy wafer filled with cocoa cream (75%). <b>WHEAT</b> flour, coconut oil, glucose syrup, sugar, fat reduced cocoa 9% in the cream, dextrose, sweet whey powder, <b>SOYA</b> flour, skimmed <b>MILK</b> powder, malt extract, salt, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier <b>SOYA</b> lecithin, <b>HAZELNUTS</b> , vanilla pods (bourbon). <i>May contain ALMONDS.</i>	KJ	2188
		Kcal	523
		Fat	27.0
		Sat	23.0
		Carbs	61.0
		Sugar	31.0
		Protein	7.8
		Salt	0.4
		Portion weight (g)	45
		per 100g	per portion (g)
		KJ	2169
Kcal	519		
Fat	27.0		
Sat	20.0		
Carbs	59.0		
Sugar	26.0		
Protein	8.1		
Salt	0.3		
Portion weight (g)	45		
Locker Napolitaner (V)	Crispy wafer filled with <b>HAZELNUT</b> cream (75% cream). Ingredients: <b>WHEAT</b> flour, coconut oil, glucose syrup, sugar, hazelnut 9% in the cream, sweet whey powder, <b>SOYA</b> flour, skimmed <b>MILK</b> powder, fat reduced cocoa, diphosphate) emulsifier <b>SOYA</b> lecithin, vanilla pods (bourbon). <i>May contain ALMONDS.</i>	KJ	2188
		Kcal	523
		Fat	27.0
		Sat	23.0
		Carbs	61.0
		Sugar	31.0
		Protein	7.8
		Salt	0.4
		Portion weight (g)	45
		per 100g	per portion (g)
		KJ	2188
Kcal	523		
Fat	27.0		
Sat	23.0		
Carbs	61.0		
Sugar	31.0		
Protein	7.8		
Salt	0.4		
Portion weight (g)	45		
Locker Vanille (V)	Crispy wafer filled with vanilla cream (75% cream). Ingredients: <b>WHEAT</b> flour, coconut oil, glucose syrup, sugar, skimmed <b>MILK</b> powder, dextrose, <b>SOYA</b> flour, malt extract, sugar, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier <b>SOYA</b> lecithin, vanilla pods (bourbon), <b>HAZELNUT</b> . <i>May contain ALMONDS.</i>	KJ	1997
		Kcal	474
		Fat	19.3
		Sat	11.1
		Carbs	66.9
		Sugar	31.4
		Fibre	1.9
		Protein	6
		Salt	0.1
		Portion weight (g)	17.0
		per 100g	per portion (g)
KJ	2380		
Kcal	572		
Fat	39.0		
Sat	24.0		
Carbs	47.0		
Sugar	46.0		
Protein	6.6		
Salt	0.2		
Portion weight (g)	17.5		
Metcalfe's® Chocolate Rice Cakes (V)	Milk Chocolate (60%) (Sugar, Cocoa Butter, Whole <b>MILK</b> Powder, Cocoa Mass, Emulsifier: <b>SOYA</b> Lecithin, Natural Vanilla Flavouring), Rice Cake (40%) (Wholegrain Brown Rice, Rice), (Minimum Cocoa Solids 39%).	KJ	1548
		Kcal	368
		Fat	14.0
		Sat	8.5
		Carbs	52.0
		Sugar	28.0
		Fibre	1.4
		Protein	7.9
		Salt	0.5
		Portion weight (g)	100
		per 100g	per portion (g)
KJ	2656		
Kcal	635		
Fat	56.2		
Sat	5.7		
Carbs	12.5		
Sugar	4.7		
Fibre	5.5		
Protein	16.8		
Salt	0.0		
Portion weight (g)	40.0		
Milk Chocolate Stracciatella Bar (V)	Milk chocolate 57% (sugar, <b>MILK</b> powder, cocoa butter, cocoa mass, emulsifier: <b>SOY</b> lecithin, natural vanilla flavour), milk cream 43% [vegetable fats (coconut, palm kernel oil, shea butter in variable proportions), sugar, skimmed <b>MILK</b> powder, whey powder (contains <b>MILK</b> ), emulsifier: <b>SOY</b> lecithin, natural vanilla flavour, cocoa chips (11.5%)].	KJ	1548
		Kcal	368
		Fat	14.0
		Sat	8.5
		Carbs	52.0
		Sugar	28.0
		Fibre	1.4
		Protein	7.9
		Salt	0.5
		Portion weight (g)	100
		per 100g	per portion (g)
KJ	2656		
Kcal	635		
Fat	56.2		
Sat	5.7		
Carbs	12.5		
Sugar	4.7		
Fibre	5.5		
Protein	16.8		
Salt	0.0		
Portion weight (g)	40.0		
Panettone (V)	<b>WHEAT</b> flour, sultanas, fresh <b>EGGS</b> , butter ( <b>MILK</b> ), sugar, candied orange peels (orange peels, glucose-fructose syrup, sugar, acidity regulator: citric acid), <b>MILK</b> , fresh <b>EGG</b> yolk, natural yeast ( <b>WHEAT</b> ), emulsifiers: mono and diglycerides of fatty acids, glucose syrup, flavourings, cocoa butter, salt. <i>May contain traces of NUTS and SOY.</i>	KJ	1548
		Kcal	368
		Fat	14.0
		Sat	8.5
		Carbs	52.0
		Sugar	28.0
		Fibre	1.4
		Protein	7.9
		Salt	0.5
		Portion weight (g)	100
		per 100g	per portion (g)
KJ	2656		
Kcal	635		
Fat	56.2		
Sat	5.7		
Carbs	12.5		
Sugar	4.7		
Fibre	5.5		
Protein	16.8		
Salt	0.0		
Portion weight (g)	40.0		
Totally Nutty (Vg, DF, GF)	Almonds ( <b>NUTS</b> ) (35%), Cashew <b>NUTS</b> (30%), Pecan <b>NUTS</b> (20%), Hazelnuts ( <b>NUTS</b> ) (15%).	KJ	2656
		Kcal	635
		Fat	56.2
		Sat	5.7
		Carbs	12.5
		Sugar	4.7
		Fibre	5.5
		Protein	16.8
		Salt	0.0
		Portion weight (g)	40.0

**BISCUITS & SNACKS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Vegan Fruit Flapjack</b> (Vg, DF)	<b>OATS</b> (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), <b>PISTACHIO NUTS</b> (1%), Salt. May contain traces of other NUTS.	KJ	1882	1321
		Kcal	449	315
		Fat	17.7	12.4
		Sat	6.2	4.4
		Carbs	69.6	48.9
		Sugar	46.0	32.3
		Fibre	4.7	3.3
		Protein	4.6	3.2
		Salt	0.7	0.5
		Portion weight (g)	60	
<b>Vegan Stem Ginger Biscuit</b> (Vg, DF)	<b>WHEAT</b> flour ( <b>WHEAT</b> flour, Calcium carbonate, Iron, Niacin, Thiamin), Partially inverted refiners syrup, Sugar, Margarine (Palm oil, Rapeseed oil, Salt, Colours (Annatto, Curcumin), Natural flavouring), Stem Ginger (4.6%) (Ginger, Sugar), Ground ginger, Raising Agent (Sodium bicarbonate, Ammonium bicarbonate).	KJ	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	
		<b>Vegan &amp; Gluten Free Chocolate Brownie</b> (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.	KJ
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			
<b>Wrapped Flapjack</b> (Vg)	<b>OATS</b> (39%), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), Golden Syrup, Brown Sugar, Glucose Syrup ( <b>SULPHITES</b> ), Black Treacle, Pumpkin Seeds (3%), <b>OAT</b> Flour, Sunflower Seeds (2%), Dark Chocolate (2%) (Cocoa Solids, Sugar, Emulsifier: Sunflower Lecithin), Natural Flavourings, Salt.	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	
<b>Gluten Free Chocolate Brownie Bar</b> (V, DF, GF)	<b>EGG</b> , Dark Chocolate (19%) (Cocoa Solids, Sugar, Emulsifier: Sunflower Lecithin), Sugar, Rapeseed Oil, Ground <b>ALMONDS</b> , Chocolate Chips (6%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Sunflower Lecithin), White Rice Flour, Citrus Fibre (Maize, Maize Starch, Citrus Fibre), Tapioca Starch, Humectant (Glucose Syrup, Water, Acid Regulator: E260), Water, Acid: Ascorbic Acid, Preservative: Potassium Sorbate, Raising Agents: E341, E500.	KJ	2103	1052
		Kcal	505	252
		Fat	31.5	15.8
		Sat	7.4	3.7
		Carbs	47.6	23.8
		Sugar	28.4	14.2
		Fibre	3.8	1.9
		Protein	5.7	2.9
		Salt	0.1	0.1
		Portion weight (g)	50	
<b>Wrapped Shortbread</b> (V)	<b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (33%) ( <b>MILK</b> ), Icing Sugar, Light Brown Sugar (Sugar, Molasses).	KJ	2199	550
		Kcal	526	132
		Fat	28.2	7.1
		Sat	18.6	4.7
		Carbs	62.3	15.6
		Sugar	22.9	5.7
		Protein	5.4	1.4
		Salt	0.7	0.2
		Portion weight (g)	25	

**CRISPS & POPCORN**

Please note that the crisps sold from our stores in Northern Ireland are different than those sold in the rest of the UK. Please refer to page 23 for NI crisp information.

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Kettle Sea Salt Crisps (Vg, DF)	Select Potatoes, Sunflower Oil, Sea Salt.	KJ	2139	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).	KJ
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).			KJ
		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
		Metcalle's® Charity Popcorn Sea Salt (Vg, DF)	Popped Butterfly Corn (75%), Rapeseed Oil, Sea Salt.	KJ
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
Metcalle's Skinny Popcorn® Sweet 'n Salt (Vg, DF)	Popped Butterfly Corn (64%), Rapeseed Oil, Sweetening Blend (Sugar, Sweetener: Isomalt, Sweetener: Steviol Glycosides), Salt.			KJ
		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**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Berry Granola Pot (V)	Greek Style Yogurt (MILK) (64%), Summer Bery 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].	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.	KJ
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.			KJ
		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



**NORTHERN IRELAND PRODUCTS**

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

**PASTRIES**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Praline Dito (V)	Water, <b>WHEAT</b> flour, fine butter ( <b>MILK</b> ) 11%, praline and hazelnuts dough 10% (sugar, <b>HAZELNUTS</b> 3%, <b>ALMONDS</b> 3%, stabilizer (sorbitol), emulsifier ( <b>SOYA</b> lecithin)), sugar, <b>EGGS</b> , <b>HAZELNUTS</b> 3%, maize starch, yeast, salt, <b>WHEAT</b> gluten, whey powder ( <b>MILK</b> ), whole <b>MILK</b> powder, skimmed <b>MILK</b> powder, thickener (sodium alginate), <b>EGG</b> albumin powder, glucose syrup, turmeric extract, flour treatment agents (alpha-amylases, hemicellulases, ascorbic acid), natural flavouring, acidity regulator (citric acid), carrot extract.	KJ	1514	1172	
		Kcal	361	280	
		Fat	17.0	13.0	
		Sat	7.6	5.9	
		Carbs	45.0	35.0	
		Sugar	18.0	14.0	
		Protein	7.1	5.5	
		Salt	0.83	0.64	
		Portion weight (g)		77	

**PANINI**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
All Day Breakfast	Sourdough Panini (61%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented <b>RYE</b> Flour, Salt), <b>WHEAT</b> Gluten, Malted <b>WHEAT</b> Flour, Sunflower Oil, Fermented <b>WHEAT</b> Flour, Flour Treatment Agent (Ascorbic Acid)], Scrambled <b>EGG</b> & Cheese (23% [Scrambled <b>EGG</b> ( <b>EGG</b> , Water, Rapeseed Oil, Buttermilk Powder ( <b>MILK</b> ), Cornflour, Salt, White Pepper, Antioxidant (Citric Acid), Thickener (Xanthan Gum), Preservative (Lactic Acid)], Bechamel Sauce (Skimmed <b>MILK</b> , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter ( <b>MILK</b> ), Modified Maize Starch, Salt, Emulsifier ( <b>SOYA</b> Lecithin)), Cheddar Cheese ( <b>MILK</b> ), Black Pepper, Salt), <b>WHEAT</b> Starch, Calcium Carbonate, Iron, Thiamin, Niacin, Salt), <b>WHEAT</b> Starch, Rapeseed Oil, Parsley, Salt, Dextrose, Sage, Beef Collagen Casing, Fortified <b>WHEAT</b> Flour, Stabiliser (Sodium Triphosphate), <b>WHEAT</b> Protein, Spice & Spice Herb Extracts (Pepper, Nutmeg, Chili, Clove, Coriander Sage, Thyme, Pimento)], Coffee Bacon (7%) [Pork Belly, Sugar, Salt, Cold Brewed Coffee, Stabiliser (Sodium Triphosphate), Maltodextrin, Natural Flavouring, Anticaking Agent (Calcium Silicate), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)].	KJ	1024	1772	
		Kcal	245	424	
		Fat	8.1	14.0	
		Sat	2.8	4.9	
		Carbs	30.0	52.0	
		Sugar	3.5	6.0	
		Protein	12.0	21.0	
		Salt	1.0	1.7	
		Portion weight (g)		173	
		Ham & Mozzarella Panini	Sourdough Panini (58%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented <b>RYE</b> Flour, Salt), <b>WHEAT</b> Gluten, Malted <b>WHEAT</b> Flour, Sunflower Oil, Fermented <b>WHEAT</b> Flour, Flour Treatment Agent (Ascorbic Acid)], Ham (22%) [Pork, Water, Glucose Syrup, Emulsifiers (Triphosphates, Diphosphates), Salt, Antioxidant (Sodium Ascorbate), Dextrose, Spice Extracts, Preservative (Sodium Nitrite)], Mozzarella (11%) Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Palm Oil, Butter ( <b>MILK</b> ), Modified Maize Starch, Salt, Emulsifier (Lecithin) ( <b>SOYA</b> )], Mature Cheddar Cheese (3%) ( <b>MILK</b> ).	KJ	974
Kcal	233			419	
Fat	6.8			12.0	
Sat	3.3			5.9	
Carbs	28.0			50.0	
Sugar	3.2			5.8	
Protein	14.0			25.0	
Salt	1.3			2.3	
Portion weight (g)				180	
Mozzarella & Tomato Panini (V)	Sourdough Panini (54%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented <b>RYE</b> Flour, Salt), <b>WHEAT</b> Gluten, Malted <b>WHEAT</b> Flour, Sunflower Oil, Fermented <b>WHEAT</b> Flour, Flour Treatment Agent (Ascorbic Acid)], Mozzarella (21%) ( <b>MILK</b> ), Tomato (12%), Cheddar Cheese ( <b>MILK</b> ), Basil Pesto (6.4%) [Basil, Sunflower Oil, Salt), Sunflower Oil, Medium Fat Hard Cheese ( <b>MILK</b> )].			KJ	1101
		Kcal	263	510	
		Fat	12.0	23.0	
		Sat	2.1	4.1	
		Carbs	27.0	52.0	
		Sugar	2.5	4.9	
		Protein	12.0	23.0	
		Salt	1.0	2.0	
		Portion weight (g)		194	
		THIS 'Chicken' Arribiatta Panini (Vg)	Sourdough Panini (56%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Olive Oil, Salt, Yeast, Sourdough (Water, Fermented <b>RYE</b> Flour, Salt), <b>WHEAT</b> GLUTEN, Malted <b>WHEAT</b> Flour, Sunflower Oil, Fermented <b>WHEAT</b> Flour, Flour Treatment Agent (Ascorbic Acid)], Chicken Vegan Ragù (40%) [Seasoned <b>SOYA</b> pieces (Water, <b>SOYA</b> Protein Concentrate, Sunflower Oil, Natural Flavouring, Pea Protein Isolate, Potato Starch, Salt, Pea Fibre, Rapeseed Oil, Maltodextrin, Sea Salt and Black Pepper Seasoning [Maltodextrin, Black Pepper, Sugar, Yeast Extract Powder, Natural Flavouring, Sea Salt]), Iron, Vitamin B12], Pizza Sauce (Tomato Pulp, Salt, Sunflower Oil, Sugar, Marjoram, Basil, Pepper, Onions, Acidity Regulator (E330)), Onion Marmalade (Onion, Red Wine Vinegar ( <b>SULPHITES</b> ), Sugar, Sunflower oil, Salt, Balsamic Vinegar (Grape Must, Wine Vinegar, Caramel, ( <b>SULPHITES</b> )), gelling agent: Pectin, Spices (Caraway Seeds, Thyme, Pepper, Bay)), Dried Chilli Flakes, Dried Basil), Spinach 4%.	KJ	786
Kcal	188			354	
Fat	2.6			4.9	
Sat	0.4			0.7	
Carbs	30.0			56.0	
Sugar	4.4			8.4	
Fibre	1.8			3.5	
Protein	11.0			20.0	
Salt	0.8			1.5	
Portion weight (g)				181	
Tuna Melt Panini	Sourdough Panini (50%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented <b>RYE</b> Flour, Salt), <b>WHEAT</b> Gluten, Malted <b>WHEAT</b> Flour, Sunflower Oil, Fermented <b>WHEAT</b> Flour, Flour Treatment Agent (Ascorbic Acid)], Tuna Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range <b>EGG</b> , Free Range <b>EGG</b> Yolk, Spirit Vinegar, Salt, Sugar, Flavouring, Lemon Juice Concentrate, Antioxidant (Calcium Disodium EDTA)], Red Pepper, Slow Roast Tomatoes (8%) (Slow Roast Tomatoes, Rapeseed Oil, Salt, Garlic, Oregano), Red Onion, Cornflour, Parsley, Lemon Zest, Cracked Black Pepper), Cheddar Cheese (12%) ( <b>MILK</b> ).	KJ	1187	2493	
		Kcal	284	596	
		Fat	14.0	29.0	
		Sat	3.3	6.9	
		Carbs	26.0	55.0	
		Sugar	2.7	5.7	
		Protein	12.0	25.0	
		Salt	0.9	1.8	
		Portion weight (g)		210	

**TOSTATI**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
<b>Chicken &amp; Bacon Tostati Melt</b>	Sourdough Bread (45%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture ( <b>RYE</b> ), <b>SOYA</b> Flour, Vegetable Oil (Rapeseed), Emulsifiers (E472(e), E481), Flour Treatment Agent (E300)], Chicken and Bacon Filling (38%) [Béchamel (Skimmed <b>MILK</b> , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter ( <b>MILK</b> ), Modified Maize Starch, Salt, Emulsifier (E322) ( <b>SOYA</b> )), Chicken (20%) (Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Stabiliser (E451), Potato Starch, Whey Protein ( <b>MILK</b> ), Emulsifier (E412), Salt, Vinegar, Yeast Extract), Formed Diced Bacon Pieces (8%) [Pork, Water, Salt, Preservative (E250), Stabiliser (E450), Antioxidant (E301)], Cheddar Cheese ( <b>MILK</b> ), Mozzarella ( <b>MILK</b> ), Mayonnaise (Rapeseed Oil, Water, Free Range Pasteurised <b>EGG</b> & <b>EGG</b> Yolk, Spirit Vinegar, Sugar, Salt, Lemon Juice, Antioxidant (E385), Flavouring, Paprika Extract), Dijon <b>MUSTARD</b> (Water, <b>MUSTARD</b> Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330))], Topping (18%) [Cheddar Cheese ( <b>MILK</b> ), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, <b>MILK</b> Protein, Cheddar Cheese ( <b>MILK</b> ), Yeast Extract, Acidity Regulator (E330), Spice, Stabilisers (E412, E415), Preservative (E202), Colour (E161b)), Dijon <b>MUSTARD</b> (Water, <b>MUSTARD</b> Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330)), Smoked Paprika, Dried Chives].	per 100g	per portion (g)	
		KJ	1003	2008
		Kcal	240	480
		Fat	9.9	20.0
		Sat	4.6	9.3
		Carbs	27.0	53.0
		Sugar	1.2	2.4
		Protein	10.0	20.0
		Salt	1.4	2.7
		Portion weight (g)	200	
<b>Five Cheese &amp; Roasted Tomato Tostati (V)</b>	Sourdough Bread (44%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture ( <b>RYE</b> ), <b>SOYA</b> Flour, Vegetable Oil (Rapeseed), Emulsifiers (E472(e), E481), Flour Treatment Agent (E300)], Cheese Topping (17%) [Mozzarella ( <b>MILK</b> ), Béchamel (Béchamel Sauce (Skimmed <b>MILK</b> , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter ( <b>MILK</b> ), Modified Starch (Waxy Maize), Salt, Emulsifier (Lecithin) ( <b>SOYA</b> )), Red Cheddar ( <b>MILK</b> ), Cheese Filling (15%) (Mascarpone (Cream ( <b>MILK</b> ), <b>MILK</b> , Acidity Regulator (E330)), Preservative (E202, E234)), Regato ( <b>MILK</b> ), Béchamel (Béchamel Sauce (Skimmed <b>MILK</b> , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter ( <b>MILK</b> ), Modified Starch (Waxy Maize), Salt, Emulsifier (Lecithin) ( <b>SOYA</b> )), Red Cheddar ( <b>MILK</b> ), Cheddar Cheese (15%) ( <b>MILK</b> ), Roasted Baby Plum Tomatoes (9.8%) (Plum Tomatoes, Rapeseed Oil, Salt, Oregano, Garlic).	per 100g	per portion (g)	
		KJ	1196	2452
		Kcal	286	586
		Fat	15.0	30.0
		Sat	8.5	17.0
		Carbs	25.0	52.0
		Sugar	1.5	3.1
		Protein	12.0	25.0
		Salt	1.1	2.3
		Portion weight (g)	205	
<b>Irish Sausage, Cheddar &amp; Ballymaloe Relish Toastie</b>	Malted Bloomer Bread (43%) [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted <b>WHEAT</b> Flakes, <b>WHEAT</b> Bran, Yeast, Salt, Vegetable Fat (Rapeseed, Palm), Malted <b>WHEAT</b> Flour, Malted <b>BARLEY</b> Flour, <b>WHEAT</b> Protein, Spirit Vinegar, Emulsifiers (E472e), Flour Treatment Agent (E300)], Sausage (38%) [Pork (70%), Water, Rusk ( <b>WHEAT</b> flour (Fortified <b>WHEAT</b> flour, Calcium carbonate, Iron, Niacin, Thiamin), Salt), <b>WHEAT</b> Starch, Salt, Dextrose, Rapeseed Oil, Beef Collagen Casing, <b>WHEAT</b> flour (Fortified <b>WHEAT</b> flour, calcium Carbonate, Iron, Niacin, Thiamin), Stabiliser (E451), <b>WHEAT</b> protein, Spice and Herb Extracts (Pepper, Nutmeg, Chili, Sage, Parsley, Pimento)], Cheddar Cheese (9.5%) ( <b>MILK</b> , Potato Starch), Ballymaloe Relish (9.5%) (Tomatoes, Tomato Puree, Vinegar, Sugar, Onions, Sultanas, Sea Salt, <b>MUSTARD</b> Seed, Spices).	per 100g	per portion (g)	
		KJ	1078	2263
		Kcal	258	541
		Fat	11.0	23.0
		Sat	4.5	9.0
		Carbs	28.0	58.0
		Sugar	4.6	9.6
		Protein	12.0	25.0
		Salt	1.3	2.8
		Portion weight (g)	190	

**SANDWICHES & FLATBREAD**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
<b>Chicken &amp; Pesto Flatbread</b>	Spinach wrap (32%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Spinach, Parsley, Sugar, Raising Agents: Sodium Carbonate (E500), Malic acid (E296), Diphosphates (E450), Salt], Chicken (21%) [Chicken Breast, Salt, Starch, Glucose syrup, Stabilisers: Triphosphates: (E451), Guar gum (E412), Potato Starch, Natural Chicken Stock (Chicken, Salt), Vinegar], Mozzarella (16%) ( <b>MILK</b> ), Tomato (13%), Green Pesto (11%) [Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian media fat hard cheese ( <b>MILK</b> )], Rocket (6%), Starch.	per 100g	per portion (g)	
		KJ	950	1795
		Kcal	227	429
		Fat	12.0	22.0
		Sat	1.9	3.6
		Carbs	18.0	34.0
		Sugar	1.2	2.2
		Protein	12.0	23.0
		Salt	1.5	2.8
		Portion weight (g)	189	
<b>Chicken &amp; Stuffing Sandwich</b>	Malted Bread [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, <b>BARLEY</b> , Salt, Emulsifiers (E471, E472, E481), <b>WHEAT</b> Protein, Vegetable Oils (Palm, Rapeseed), Malt Extract ( <b>BARLEY</b> ), Malted <b>WHEAT</b> , Preservative (E282), <b>WHEAT</b> Bran, Malted <b>BARLEY</b> , Flour Treatment Agent (E300)], Chicken (24%) [Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Stabiliser (E541), Potato Starch, Whey Protein ( <b>MILK</b> ), Emulsifier (E412), Salt, Vinegar, Yeast Extract), Sage & Onion Stuffing (12%) [Breadcrumbs ( <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt), Water, Rapeseed Oil, Onion, Sage, Parsley, Salt, Pepper]], Mayonnaise [Water, Rapeseed Oil, Modified Maize Starch, Pasteurised <b>EGG</b> , <b>EGG</b> Yolk, Spirit Vinegar, Sugar, Salt, Cream Powder ( <b>MILK</b> ), Citrus Fibre, Preservative (E202), Stabilisers (E412, E415), <b>MUSTARD</b> Powder, Lemon Juice Concentrate, Paprika Extracts, Antioxidant (E385)], Vegetable Fat Spread [Vegetable Oils in varying proportions (Rapeseed, Palm, Sunflower), Water, Salt, <b>BUTTERMILK</b> , Preservative (E202), Acidity Regulator (E300), Emulsifier (E471), Flavouring Colour (E106a), Vitamins A and D].	per 100g	per portion (g)	
		KJ	1232	2020
		Kcal	294	483
		Fat	13.0	22.0
		Sat	3.1	5.1
		Carbs	25.0	42.0
		Sugar	1.7	2.8
		Protein	11.0	19.0
		Salt	1.1	1.8
		Portion weight (g)	164	
<b>Free Range Egg Mayo Sandwich (V)</b>	Malted Bread [ <b>WHEAT</b> Flour*, Water, Yeast, <b>BARLEY</b> , Salt, Emulsifiers (Mono-and diglycerides of fatty acids, Acetic acid esters of mono-and diglycerides, Sodium stearoyl lactylate), <b>WHEAT</b> Protein, Vegetable Oils (Palm, Rapeseed), Malt Extract ( <b>BARLEY</b> ), Malted <b>WHEAT</b> , Preservative (Calcium propionate), <b>WHEAT</b> Bran, Malted <b>BARLEY</b> , Flour Treatment Agent (Ascorbic Acid)], <b>EGG</b> Mayonnaise (40%) [Free Range <b>EGG</b> (60%), Mayonnaise (Rapeseed Oil, Water, Free Range Pasteurised <b>EGG</b> and <b>EGG</b> Yolk, Spirit Vinegar, Sugar, Salt, Lemon Juice, Antioxidant (Calcium disodium EDTA), Flavouring, Paprika Extract), Dijon <b>MUSTARD</b> (Water, <b>MUSTARD</b> Seeds, Spirit Vinegar, Salt, Acidity Regulator (Citric Acid)), Cornflour, Cracked Black Pepper], Free Range <b>EGG</b> (21%).	per 100g	per portion (g)	
		KJ	1117	2256
		Kcal	267	539
		Fat	17.0	35.0
		Sat	3.5	7.0
		Carbs	20.0	41.0
		Sugar	1.4	2.8
		Protein	9.3	19.0
		Salt	0.6	1.3
		Portion weight (g)	202	
<b>Milano Salami &amp; Provolone Cheese Flatbread</b>	Tortilla Wrap (34%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Tomato Seasoning (Tomato Powder, Red Pepper, Paprika, Basil), Raising Agents: Sodium Carbonate (E500), Malic acid (E296), Diphosphates (E450)], Sugar, Stabiliser: Carboxymethyl cellulose (E466), Salt], Salami (17%) [Pork, Salt, Dextrose, Flavourings (Garlic Extract), Spices (Ground Black Pepper), Antioxidant: Sodium Ascorbate (E301), Preservatives: Sodium Nitrite (E250), Potassium Nitrate (E252)], Provolone (18%) ( <b>MILK</b> , Salt, Rennet), Yellow Pepper (15%), Relish & Red pepper Mix (12%) [Ballymaloe relish (Tomatoes, Vinegar, Sugar, Onions, Sultanas, Tomato Puree, Sea Salt, Mustard Seed, Spices), Red pepper tapenade (SunBlush® peppers, sunflower oil, tomato concentrate, olive oil, salt, concentrated lemon juice, garlic, sugar), Rocket (9%), Starch.	per 100g	per portion (g)	
		KJ	1047	1873
		Kcal	250	448
		Fat	14.0	24.0
		Sat	6.5	12.0
		Carbs	21.0	38.0
		Sugar	4.6	8.2
		Protein	11.0	19.0
		Salt	1.4	2.5
		Portion weight (g)	179	

**SAVOURY PASTRIES & ROLLS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
<b>Bacon Ciabatta Roll</b>	Vienna Roll (54%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, <b>RYE</b> Flour, Yeast, Salt (Anti-Caking Agent: E535), Malted <b>WHEAT</b> Flour, Improver ( <b>WHEAT</b> Flour, Emulsifier: E472e, Ascorbic Acids, Sunflower Oil, Enzymes), Improver IBIS (Fortified <b>WHEAT</b> Flour, Enzymes, Sunflower Oil)], Bacon (31%) [Pork Belly, Salt, Rosemary Extract, Antioxidant: Sodium Ascorbate (E301), Preservative: Sodium Nitrite (E250)], Ballymaloe Relish (12%) [Tomatoes (41%), Vinegar, Sugar, Onions, Sultanas, Tomato Puree (5%) Sea Salt, <b>MUSTARD</b> Seed, Spices], Spread (3%) [Vegetable Oils (Rapeseed, Palm), Water, Reconstituted Butter/ <b>MILK</b> (3%), Salt (1.5%), Emulsifier (Mono and Di Glyceride of Fatty Acids), Stabiliser (Sodium Alginate), Preservative (Potassium Sorbate), Vitamin A & D, Flavouring, Colour (Carotenes)].	KJ	1038	1351	
		Kcal	248	323	
		Fat	9.3	12.0	
		Sat	2.5	3.3	
		Carbs	28.0	37.0	
		Sugar	4.1	5.3	
		Protein	12	16	
		Salt	1.9	2.5	
		Portion weight (g)		133	
		<b>Ham &amp; Cheese Croissant</b>	Butter Croissant (51%) [ <b>WHEAT</b> Flour, Butter ( <b>MILK</b> ), Water, Sugar, <b>MILK</b> , Yeast, <b>EGG</b> , Salt, <b>WHEAT</b> Gluten, Emulsifier (Lecithin), Flour Treatment Agent (Ascorbic Acid), Enzymes], Ham formed from select cuts of pork (29%) [Pork (95%), Water, Glucose Syrup, Emulsifier (Triphosphates, Diphosphates), Salt, Antioxidant (Sodium ascorbate), Dextrose, Spice Extracts, Preservative (Sodium Nitrite)], Mature Cheddar Cheese (20%) ( <b>MILK</b> ).	KJ	1401
Kcal	335			342	
Fat	20.0			21.0	
Sat	13.0			13.0	
Carbs	23.0			24.0	
Sugar	4.3			4.4	
Protein	15.0			15.0	
Salt	0.8			0.8	
Portion weight (g)				102	
<b>Pork &amp; Pancetta Sausage Roll</b>	Pork (37%), <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Caramelised Red Onion (Red Onion, Demerara Sugar, Red Wine Vinegar, Muscovado Sugar, Modified Tapioca Starch, Red Kibbled Onions, Salt, Ground Black Pepper), Margarine (Palm Oil, Water, Rapeseed Oil, Salt, Emulsifier: Mono & Di-Glycerides Of Fatty Acids), Regatto Cheese ( <b>MILK</b> ), Breadcrumbs ( <b>WHEAT</b> Flour [ <b>WHEAT</b> Flour, Flour Treatment Agent (Ascorbic Acid)], Water, Yeast, Salt), Smoked Pancetta (3%) (Pork, Salt, Antioxidant (Sodium Ascorbate), White Pepper, Nutmeg, Dried Garlic, Preservatives (Potassium Nitrate, Sodium Nitrite), Coriander Extract), Smoked Bacon Lardon (3%) (Pork (98%), Water, Salt, Preservative: Sodium Nitrite; Dextrose, Brown Sugar, Smoke Flavour, Stabiliser: Potassium And Sodium Tri-Phosphates; Antioxidant: Sodium L-Ascorbate), Honey, Sage, Paprika, Salt, Glaze (Water, Wheat Protein), Garlic Puree, Dried, Black Pepper, Ground Fennel, Oregano, Rosemary.			KJ	1274
		Kcal	305.0	397.0	
		Fat	17.0	22.0	
		Sat	7.3	9.5	
		Carbs	23.0	30.0	
		Sugar	4.3	5.7	
		Protein	15.0	19.0	
		Salt	2.0	2.6	
		Portion weight (g)		130	

**SALADS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
<b>Pesto Orzo Pasta with Houmous &amp; Roasted Veg (V)</b>	Orzo Mix (73%) [Cooked Orzo Pasta (Durum <b>WHEAT</b> Semolina), Green Pesto (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian media fat hard cheese ( <b>MILK</b> )), Dressed Veg Mix (18%) [Veg (red peppers, yellow peppers, courgette, onion), Green Pesto (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian media fat hard cheese ( <b>MILK</b> )), Red pepper & Houmous Mix (9%) [Red pepper Tapenade (SunBlush® peppers, sunflower oil, tomato concentrate, olive oil, salt, concentrated lemon juice, garlic, sugar), Houmous (Chick Peas (68%), Water, Sunflower Oil, Salt, Garlic, Citric Acid)].	KJ	835	1838	
		Kcal	200	439	
		Fat	11.0	24.0	
		Sat	1.7	3.7	
		Carbs	20.0	44.0	
		Sugar	1.0	2.1	
		Protein	5.0	11.0	
		Salt	0.9	2.0	
		Portion weight (g)		220	

**SOUP**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
<b>Tomato &amp; Basil Soup (V)</b>	Water, Tomatoes 17%, Tomato Puree 9%, Onion, <b>CELERY</b> , Sugar, Red Peppers Courgettes, Modified Maize Starch, Salt, Cream ( <b>MILK</b> ), Garlic Powder, Basil 0.17%, Ginger, Paprika, Red Chillies, White Pepper.	KJ	162	485	
		Kcal	39	116	
		Fat	1.2	3.6	
		Sat	0.7	2.1	
		Carbs	6.2	18.6	
		Sugar	3.9	11.6	
		Protein	0.9	2.6	
		Salt	0.46	1.38	
		Portion weight (g)		300	

**BREAKFAST POTS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
<b>Chorizo Protein Pot</b>	Baked Beans (54%) [Beans, Tomatoes, Water, Sugar, Cornflour, Salt, Modified Cornflour, Antioxidant - Ascorbic Acid, Spice Extracts, Herb Extract], Veg & Pesto Mix (30%) [Veg (red peppers, yellow peppers, courgette, onion), Green Pesto (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian medium fat hard cheese ( <b>MILK</b> )), Chorizo (16%) [Pork, salt, <b>MILK</b> proteins, paprika, maltodextrin, garlic, dextrose, flavours, spices, stabilisers (E450, E452), antioxidant (E301), preservatives (E250, E252), colours (E120, paprika extract)].	KJ	515	953	
		Kcal	123	228	
		Fat	6.2	11	
		Sat	2	3.7	
		Carbs	9	17	
		Sugar	2.8	5.1	
		Protein	6.5	12	
		Salt	0.8	1.4	
		Portion weight (g)		185	
		<b>Halloumi Protein Pot (V)</b>	Baked Beans (61%) [Beans, Tomatoes, Water, Sugar, Cornflour, Salt, Modified Cornflour, Antioxidant: Ascorbic Acid (E330), Spice Extracts, Herb Extract], Halloumi Mix (22%) [Halloumi Cheese ( <b>MILK</b> , Mint), Green Pesto (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian medium fat hard cheese ( <b>MILK</b> )), Red Pepper (17%)].	KJ	537
Kcal	128			231	
Fat	6.3			11.3	
Sat	3.4			6.1	
Carbs	9.2			16.6	
Sugar	4.3			7.7	
Protein	7.5			13.5	
Salt	0.59			1.06	
Portion weight (g)				180	

**DESSERT**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
<b>Tiramisu (V)</b>	Rehydrated soluble coffee (20.3%), Ladyfingers ( <b>WHEAT</b> flour, sugar, <b>EGGS</b> , raising agents: E500, E503), sugar, water, Mascarpone cheese (6.8%) ( <b>CREAM (MILK)</b> , acidity regulator: E330), vegetable fats (coconut, palm), rehydrated skimmed <b>MILK</b> , <b>MILK</b> proteins, maltodextrin, Marsala wine, glucose-fructose syrup, stabiliser: E420; glucose syrup, cocoa powder (1.1%), modified starch, dextrose, alcohol, <b>EGG</b> yolk, emulsifiers: E471, E472e, E322 (of <b>SOY</b> ), thickeners: E415, E463; <b>WHEAT</b> starch, cocoa butter, natural flavours, vegetable fibres.	KJ	1119
		Kcal	267
		Fat	11.0
		Sat	8.8
		Carbs	38.0
		Sugar	28.0
		Protein	1.2
		Salt	0.11
		Portion weight (g)	110

**SCONES**

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

**YOGHURTS & FRUIT POTS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
<b>Apple, Cranberry &amp; Mango Bircher (V)</b>	Soaked Oats Mix (86%) [MILK, Porridge Oats (Wholegrain rolled OATS (GLUTEN)), Mango puree (Mango, cane sugar), Cranberries (Cranberries, Sugar, Sunflower), Chia seeds, Pumpkin seeds, Green apple, Cinnamon], Mango puree (10%) [Mango, cane sugar], Dried cranberries (4%) [Cranberries, Sugar, Sunflower].	KJ	471	873	
		Kcal	113	209	
		Fat	2.8	5.1	
		Sat	0.6	1.0	
		Carbs	14.0	26.0	
		Sugar	13.0	24.0	
		Protein	2.5	4.7	
		Salt	0.01	0.01	
		Portion weight (g)		185	
				per 100g	per portion (g)
<b>Clandeboye Mango Snack Pot (V)</b>	Greek Style Yoghurt (64%) [MILK, Cultures], Mango Compote (18%) [Mango, Sugar, Water, Starch (Waxy Maize), Stabiliser (Pectin), Natural Flavouring], Granola (18%) [OATS (GLUTEN) Flakes, BARLEY (BARLEY) Flakes, Sugar, Rapeseed Oil, Black Treacle, Sunflower Seeds].	KJ	695	973	
		Kcal	166	232	
		Fat	6.8	9.5	
		Sat	3.5	4.9	
		Carbs	20.6	28.8	
		Sugar	10.7	15.0	
		Protein	4.6	6.4	
		Salt	0.1	0.1	
		Portion weight (g)		140	
				per 100g	per portion (g)
<b>Seasonal Fruit Salad (Vg)</b>	Pineapple (28%), Apple (20%), Cantaloupe Melon (18%), Mango (18%), Kiwi (10%), Blueberries (5%).	KJ	192	472	
		Kcal	45.7	113	
		Fat	0.3	0.7	
		Sat	0.0	0.1	
		Carbs	10.8	26.6	
		Sugar	9.2	22.7	
		Protein	0.7	1.6	
		Salt	0.0	0.0	
		Portion weight (g)		247	
				per 100g	per portion (g)
<b>Yoghurt &amp; Blueberry Compote (V)</b>	Greek Yoghurt (86%) [MILK], Blueberry Compote (14%) [Whole Blueberries (58%), Sugar, Water, Pectin (Sucrose), Citric Acid].	KJ	431	754	
		Kcal	103	180	
		Fat	5.5	9.7	
		Sat	3.6	6.3	
		Carbs	9.8	17	
		Sugar	8.3	14	
		Protein	3.7	6.5	
		Salt	0.1	0.2	
		Portion weight (g)		175	
				per 100g	per portion (g)
<b>Yoghurt &amp; Blueberry Compote with Cranberry, Coconut &amp; Chia Seed Granola (V)</b>	Greek Yoghurt [MILK], Blueberry Compote [Whole Blueberries, Sugar, Water, Pectin (Sucrose), Citric Acid]. <i>With Granola added at the bar.</i> Granola (Gluten Free Oats, Cranberries, Sugar, Vegetable Oil), Desiccated Coconut, Pumpkin Seeds, Sunflower Seeds, Rapeseed Oil, Honey, Chia Seeds, Natural Vanilla).	KJ	4097	1434	
		Kcal	977	342	
		Fat	53.0	18.5	
		Sat	26.0	9.1	
		Carbs	94.0	33.0	
		Sugar	56.0	19.5	
		Protein	30.0	10.4	
		Salt	0.4	0.2	
		Portion weight (g)		210	

**CRISPS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
<b>O'Donnell's Salt &amp; Vinegar Crisps (V)</b>	Potato, Sunflower Oil, Irish Cider Vinegar and Sea Salt Flavour (Flavourings, Sea Salt, Maltodextrin, Yeast Extract, Sugar, Dehydrated Apple, The Apple Farm Cider Vinegar Powder). <i>May contain traces of MILK.</i>	KJ	2142	1071	
		Kcal	513	257	
		Fat	29.9	15.0	
		Sat	2.5	1.2	
		Carbs	54.2	27.1	
		Sugar	1.2	0.6	
		Protein	5.2	2.6	
		Salt	2.3	1.1	
		Portion weight (g)		50	
				per 100g	per portion (g)
<b>O'Donnell's Cheese &amp; Onion Crisps (V, GF)</b>	Potato, Sunflower Oil, Mature Irish Cheese & Red Onion Flavour (Onion Powder, Sugar, Yeast Extract, Cheese Powder (MILK), Salt, Butter MILK Powder, Flavourings, Irish Cheddar Cheese Powder (MILK), Colour (Paprika Extract)).	KJ	2136	1068	
		Kcal	511	256	
		Fat	28.8	14.4	
		Sat	2.4	1.2	
		Carbs	55.7	27.8	
		Sugar	4.9	2.5	
		Protein	5.8	2.9	
		Salt	1.3	0.7	
		Portion weight (g)		50	
				per 100g	per portion (g)
<b>O'Donnell's Sweet Chilli Crisps (V, GF)</b>	Potatoes, Sunflower Oil, Sweet Chilli Flavour (Sugar, Rice Flour, Salt, Yeast Extract, Onion Powder, Spices, Tomato Powder, Garlic Powder, Herb, Colour (Paprika Extract), Flavouring). <i>May contain traces of MILK.</i>	KJ	2160	1080	
		Kcal	517	259	
		Fat	29.4	14.7	
		Sat	2.4	1.2	
		Carbs	55.9	28.0	
		Sugar	4.1	2.1	
		Protein	5.5	2.8	
		Salt	1.1	0.6	
		Portion weight (g)		50	