

HOW TO USE THIS GUIDE

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



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

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

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

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

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

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

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

SWEET

PASTRIES

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

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	*	*	*				*							
Cappuccino Cake	*	*	*				*							
Carrot Cake	*	*	*	*										
Luxury Blackforest Roulade	*	*	*				*							
Raspberry Ripple Roulade	*	*	*				*							
Salted Caramel Billionaire's Cake	*	*	*				*							
Nero Coffee & Caramel Cake	*	*	*						*					

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SWEET

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

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)	*	*	*				*							

COOKIES

SWEET

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 CHOCOLATE

**GRAB &
GO**

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 & PORRIDGE

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			*											

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

Product Name	This Product Contains													
	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

Product Name	This Product Contains													
	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

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

*served with whipped cream

HOT DRINKS - TEA, HOT CHOCOLATE & SPECIALITY

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

*served with whipped cream

NON DAIRY MILK

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

EXTRAS

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EXTRAS

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

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

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

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

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

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

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

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

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

Key for Dietary Suitability:

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

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For our stores in Northern Ireland the nutritional and ingredient information for Scones, Panini, Tostati, Sandwiches, Salads, Crisps and some Snacks is different than the information for the rest of the UK. Please refer to the information on pages **22-26** for products sold in NI stores.

PASTIRES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Almond Croissant (V)	Pastry: Wheat Flour (WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid E300)), Water, Palm Fat, Yeast, Sugar, Butter (MILK) 2%, Rapeseed Oil, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Yeast, Flour Treatment Agent (Ascorbic Acid E300)), Emulsifier (Mono- and diglycerides of fatty acids E471), Acidity Regulator (Citric Acid E330), Flavouring, EGG , ALMOND Filling (19%) (Sugar, ALMONDS (7%) (NUTS), EGG White, Inverted Sugar Syrup, Water, EGG Yolk, Invertase E1103). Topping: ALMOND Flakes (4.2%) (NUTS). <i>May contain traces of other NUTS (Hazelnuts).</i>	KJ	1435	
		Kcal	343	
		Fat	17.8	
		Sat	7.6	
		Carbs	36.9	
		Sugar	11.6	
		Fibre	1.9	
		Protein	7.8	
		Salt	0.6	
		Portion weight (g)	84	
			per 100g	per portion (g)
			KJ	1113
			Kcal	266
	Fat	11.3		
	Sat	6.9		
	Carbs	35.0		
	Sugar	11.3		
	Fibre	2.1		
	Protein	4.8		
	Salt	0.7		
	Portion weight (g)	115		
Apricot Croissant (V)	Pastry: 56% (WHEAT flour, butter 19% (MILK), water, yeast, sugar, EGGS , salt, WHEAT gluten enzymes (amylases, hemicellulases), flour treatment agent (E300)), Apricots 26%, Pastry cream 17% (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450iii, E339ii), colour (E160ai), flavouring), egg wash (EGGS , water). <i>May contain: traces of NUTS and traces of SOYA.</i>	KJ	915	
		Kcal	219	
		Fat	11.8	
		Sat	7.7	
		Carbs	23.2	
		Sugar	3.5	
		Fibre	1.3	
		Protein	4.3	
		Salt	0.6	
		Portion weight (g)	60	
			per 100g	per portion (g)
			KJ	1176
			Kcal	281
	Fat	11.9		
	Sat	7.4		
	Carbs	37.9		
	Sugar	17.4		
	Fibre	2.3		
	Protein	4.3		
	Salt	0.6		
	Portion weight (g)	90		
Butter Croissant (V)	Pastry: WHEAT flour, butter 22% (MILK), water, sugar, whole MILK pasteurized, yeast, EGGS , salt, WHEAT gluten, emulsifier : E322 (rape lecithin), flour treatment agent : E300, enzymes, egg wash (Free Range EGGS) 1,5g. <i>May contain: traces of NUTS and traces of SOYA.</i>	KJ	1467	
		Kcal	350	
		Fat	16.0	
		Sat	10.3	
		Carbs	44.0	
		Sugar	18.7	
		Fibre	2.4	
		Protein	5.8	
		Salt	0.5	
		Portion weight (g)	86	
			per 100g	per portion (g)
			KJ	1120
			Kcal	268
	Fat	14.3		
	Sat	9.3		
	Carbs	29.1		
	Sugar	8.1		
	Fibre	1.9		
	Protein	4.8		
	Salt	0.6		
	Portion weight (g)	75		
Chocolate Twist (V)	Pastry: WHEAT flour, butter (MILK), water, yeast, sugar, EGGS , salt, WHEAT gluten, enzymes (amylases, hemicellulases, flour treatment agent (E300)), Pastry cream (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450iii, E339ii), colour (E160aii), flavouring), Chocolate 15.6% (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier (E322 (SOYA lecithin)), natural vanilla flavour), egg wash (EGGS , water), Icing sugar (Glucose, cornflour, vegetable oil). <i>May contain: traces of NUTS.</i>	KJ	1245	
		Kcal	296	
		Fat	10.8	
		Sat	6.8	
		Carbs	43.2	
		Sugar	17.1	
		Fibre	2.3	
		Protein	5.4	
		Salt	0.6	
		Portion weight (g)	110	
			per 100g	per portion (g)
			KJ	1239
			Kcal	296
	Fat	12.7		
	Sat	6.4		
	Carbs	39.5		
	Sugar	14.4		
	Fibre	2.1		
	Protein	5.0		
	Salt	0.4		
	Portion weight (g)	110		
Cinnamon Swirl (V)	WHEAT Flour, Fine Butter (MILK) (19%), Water, Sugar, Yeast, EGG , Cinnamon (1.4%), Maize Starch, WHEAT Gluten, Salt, Whey Powder (MILK), Whole MILK Powder, Skimmed MILK Powder, Thickener (Sodium Alginate), EGG Albumin Powder, Turmeric Extract, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), Natural Flavouring, Acidity Regulator (Citric Acid), Carrot Extract. <i>May contain: traces of SESAME SEEDS, NUTS, SOYA.</i>	KJ	1245	
		Kcal	296	
		Fat	10.8	
		Sat	6.8	
		Carbs	43.2	
		Sugar	17.1	
		Fibre	2.3	
		Protein	5.4	
		Salt	0.6	
		Portion weight (g)	110	
			per 100g	per portion (g)
			KJ	1239
			Kcal	296
	Fat	12.7		
	Sat	6.4		
	Carbs	39.5		
	Sugar	14.4		
	Fibre	2.1		
	Protein	5.0		
	Salt	0.4		
	Portion weight (g)	110		
Pain au Chocolat (V)	Pastry: (WHEAT flour , Butter (MILK), water, chocolate 10% (sugar, coca mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavour), sugar, whole MILK , yeast, EGGS , salt, WHEAT gluten, Emulsifier (rape lecithin), flour treatment agent (E300), enzymes (amylases, hemicellulases)), egg wash (Free Range EGG). <i>May contain: traces of NUTS.</i>	KJ	1245	
		Kcal	296	
		Fat	10.8	
		Sat	6.8	
		Carbs	43.2	
		Sugar	17.1	
		Fibre	2.3	
		Protein	5.4	
		Salt	0.6	
		Portion weight (g)	110	
			per 100g	per portion (g)
			KJ	1239
			Kcal	296
	Fat	12.7		
	Sat	6.4		
	Carbs	39.5		
	Sugar	14.4		
	Fibre	2.1		
	Protein	5.0		
	Salt	0.4		
	Portion weight (g)	110		
Pain aux Raisin (V)	WHEAT flour, water, raisins 13%, Butter (MILK), sugar, yeast, corn starch, EGGS , salt, powdered whey (MILK), whole MILK powder, WHEAT gluten, EGG albumin powder, skimmed MILK powder, thickener (sodium alginate), emulsifier (rape lecithin), fruit and plant extract (turmeric and carrot), natural flavouring, acidity regulator (citric acid), flour treatment agent (ascorbic acid), enzymes (hemicellulases, amylases), egg wash (Free Range EGGS), Neutral glaze (water, glucose syrup, sugar, acidity regulators (E330, E332, E333), flavour, gelling agent (pectin), preservative (potassium sorbate)). <i>May contain: traces of NUTS and traces of SOYA.</i>	KJ	1245	
		Kcal	296	
		Fat	10.8	
		Sat	6.8	
		Carbs	43.2	
		Sugar	17.1	
		Fibre	2.3	
		Protein	5.4	
		Salt	0.6	
		Portion weight (g)	110	
			per 100g	per portion (g)
			KJ	1239
			Kcal	296
	Fat	12.7		
	Sat	6.4		
	Carbs	39.5		
	Sugar	14.4		
	Fibre	2.1		
	Protein	5.0		
	Salt	0.4		
	Portion weight (g)	110		
Vegan Raspberry Croissant (Vg, DF)	WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring), Raspberry Filling (16%) (Glucose Syrup, Raspberry Purée, Sugar, Raspberries (2%), Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator Tricalcium Citrate), Natural Flavouring, Preservative (Potassium Sorbate)), Sugar, Yeast, Decoration (3%) (Sugar, Non-Hydrogenated Palm Oil, Food Colours (Radish, Blackcurrant, Apple concentrate)), Spelt flour, WHEAT gluten Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid). <i>May contain: traces of MILK, SESAME SEEDS, SOYA, NUTS, EGGs.</i>	KJ	1245	
		Kcal	296	
		Fat	10.8	
		Sat	6.8	
		Carbs	43.2	
		Sugar	17.1	
		Fibre	2.3	
		Protein	5.4	
		Salt	0.6	
		Portion weight (g)	110	
			per 100g	per portion (g)
			KJ	1239
			Kcal	296
	Fat	12.7		
	Sat	6.4		
	Carbs	39.5		
	Sugar	14.4		
	Fibre	2.1		
	Protein	5.0		
	Salt	0.4		
	Portion weight (g)	110		

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

MUFFINS & SCONES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
Belgian Chocolate Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, thiamin), sugar, water, liquid EGG , vegetable oil rapeseed, 9% filling (sugar, vegetable fats palm, fat-reduced cocoa, cocoa mass, fat reduced cocoa powder, emulsifier E322 (SOYA), natural vanilla flavouring), 3% Belgian dark chocolate chunks (sugar, cocoa mass, cocoa butter, emulsifier E322 (SOYA), natural vanilla flavouring), 3% Belgian milk chocolate chunks (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier E322 (SOYA), natural vanilla flavouring), buttermilk (MILK), 1.8% chocolate shavings curled mix (sugar, cocoa mass, cocoa butter, whole MILK powder, Lactose (MILK), whey powder (MILK), butter oil (MILK), emulsifier E322 (SOYA), natural vanilla flavouring), 1.4% large dark slabs (sugar, cocoa mass, cocoa butter, natural vanilla flavouring, emulsifier E322 (SOYA)), 1.4% large MILK slabs (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier E322 (SOYA), natural vanilla flavouring), raising agents (E341, E450, E501), inulin, glucose syrup, WHEAT starch, MILK protein, modified corn starch, humectants (E420, E422), emulsifiers (E471, E475), WHEAT flour, preservatives (E202, E223 (Contains SULPHITES)), stabiliser E415, natural flavouring, WHEAT Gluten, salt, acidity regulator E330, anti-caking agents (E470a, E551), rapeseed oil.	per 100g	per portion (g)		
		KJ	1702	1872	
		Kcal	407	448	
		Fat	22.2	24.0	
		Sat	5.1	6.0	
		Carbs	44.7	49.0	
		Sugar	29.0	32.0	
		Fibre	2.1	2.0	
		Protein	6.0	7.0	
		Salt	0.4	0.4	
		Portion weight (g)		110	
		per 100g		per portion (g)	
		KJ	1431	1547	
Kcal	342	376			
Fat	15.5	17.0			
Sat	1.8	2.0			
Carbs	44.1	49.0			
Sugar	21.1	23.0			
Fibre	1.2	1.0			
Protein	5.8	6.0			
Salt	0.4	0.4			
Portion weight (g)		110			
Sicilian Lemon Curd Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, thiamin), sugar, liquid EGG , water, 9% Sicilian lemon curd (sugar, liquid EGG , butter (MILK), water, concentrated lemon juice (lemon juice concentrate, preservatives (E223 (Contains SULPHITES), E224 (Contains SULPHITES))), lemon oil, thickener E406, salt), inulin, 4% lemon zest, 3% streusel (WHEAT flour (calcium carbonate, iron, niacin, thiamin), coarse granulated sugar, margarine (vegetable oils (rapeseed, palm), water, salt, natural flavouring), natural flavouring), buttermilk (MILK), 1.8% sweet snow (dextrose, palm oil, cornflour), 0.9% lemon strip (lemon peel, sugar, glucose-fructose syrup, acidity regulator E330), raising agents (E341, E450, E501), glucose syrup, palm oil, WHEAT starch, MILK protein, emulsifiers (E471, E475), humectants (E420, E422), natural flavouring, modified corn starch, WHEAT flour, preservatives (E202, E223 (Contains SULPHITES)), WHEAT Gluten, stabiliser E415, salt, acidity regulator E330, colouring E160a, rapeseed oil.	per 100g	per portion (g)		
		KJ	1517	1669	
		Kcal	362	398	
		Fat	15.5	17.0	
		Sat	2.4	3.0	
		Carbs	49.8	55.0	
		Sugar	25.9	28.0	
		Fibre	1.0	1.0	
		Protein	5.3	6.0	
		Salt	0.4	0.5	
		Portion weight (g)		110	
		per 100g		per portion (g)	
		KJ	1281	1204	
Kcal	305	287			
Fat	10.7	10.1			
Sat	0.8	0.8			
Carbs	46.1	43.3			
Sugar	14.3	13.4			
Fibre	1.2	1.1			
Protein	6.4	6.0			
Salt	1.2	1.2			
Portion weight (g)		94			
Fruit Scone (Scotland, England & Wales only) (V)	Scone: WHEAT Flour (contains Calcium carbonate, Iron, Niacin & Thiamin), MILK , Butter (MILK) (10%), Sultanas (9%), EGG , Sugar, Raising Agents (E450, E500), Sunflower Oil.	per 100g	per portion (g)		
		KJ	1281	1204	
		Kcal	305	287	
		Fat	10.7	10.1	
		Sat	0.8	0.8	
		Carbs	46.1	43.3	
		Sugar	14.3	13.4	
		Fibre	1.2	1.1	
		Protein	6.4	6.0	
		Salt	1.2	1.2	
		Portion weight (g)		94	

EXTRAS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
Raspberry Jam (Vg, GF, DF)	Raspberry Jam: Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium Citrate.	per 100g	per portion (g)			
		KJ	1016	305		
		Kcal	239	72		
		Fat	0.2	0.06		
		Sat	0	0		
		Carbs	57.0	17.1		
		Sugar	57.0	17.1		
		Protein	0.7	0.2		
		Salt	0.0	0.0		
		Portion weight (g)		30		
		per 100g		per portion (g)		
		KJ	1023	307		
		Kcal	241	72		
Fat	0.1	0.03				
Sat	0	0				
Carbs	59.0	17.7				
Sugar	59.0	17.7				
Protein	0.4	0.12				
Salt	0.0	0.0				
Portion weight (g)		30				
Strawberry Jam (Vg, GF, DF)	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid.	per 100g	per portion (g)			
		KJ	3036	213		
		Kcal	738	52		
		Fat	81.4	5.7		
		Sat	52.3	3.7		
		Carbs	0.8	0.1		
		Sugar	0.8	0.1		
		Protein	0.6	0.04		
		Salt	1.9	0.1		
		Portion weight (g)		7		
		per 100g		per portion (g)		
		KJ	2413	965		
		Kcal	586	234		
Fat	63.7	25.5				
Sat	39.7	15.9				
Carbs	2.2	0.9				
Sugar	2.2	0.9				
Protein	1.6	0.6				
Salt	0.05	0.0				
Portion weight (g)		40				
Lakeland Butter (V, GF)	Butter: Cream (MILK), Salt.	per 100g	per portion (g)			
		KJ	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		
		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. <i>PLEASE NOTE: Our previous stock of Marshmallows contain beef gelatine. Please check with barista which stock they have in store before purchase.</i>			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		

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

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.	per 100g
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.	per 100g	per portion (g)	
		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).	per 100g	per portion (g)	
		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).	per 100g	per portion (g)	
		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)	278	
Porridge made with Oat Milk (Vg, DF)	Quaker Rolled OATS, Alpro Oat Milk: OAT base (Water, OAT (10%)), Sunflower oil, Pea protein, Sea salt, Vitamins (B2, B12, D2).	per 100g	per portion (g)	
		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 linseed (20%). May contain traces of PEANUTS and NUTS.	per 100g	per portion (g)	
		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).	per 100g	per portion (g)	
		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	

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Vg = Vegan

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
Cappuccino Cake (V)	Coffee Sponge (67%) [Sugar, WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Pasteurised Free Range EGG, Rapeseed Oil, Water, Humectant (Vegetable Glycerine), Coffee Powder (1.1%), Raising Agents (E450, E501), Skimmed MILK Powder], Coffee Icing (29%) [Icing Sugar, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471)), Natural Flavouring, Colours (Annatto Bixin, Curcumin)], Skimmed MILK Powder, Full Fat Soft Cheese [Full Fat Soft Cheese (MILK), Thickener (Guar Gum)], Ground Caffè Nero Coffee Powder (1.4%), Coffee Flavouring (0.5%), Coffee Drizzle (2.4%) [Brewed Caffè Nero Coffee, Coffee Flavouring], Dark Chocolate Coffee Bean Decorations (1.5%) [Sugar, Cocoa Mass, Cocoa Butter, Coffee, Emulsifier (Sunflower Lecithin), Natural Flavourings, Glazing Agents (Shellac, Acacia Gum)], Milk Chocolate (0.1%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Fat Reduced Cocoa Powder (0.02%).	KJ	1656	1888
		Kcal	394	449
		Fat	20.1	22.9
		Sat	4.4	5.0
		Carbs	50.3	57.4
		Sugar	35.6	40.5
		Fibre	0.9	1.1
		Protein	4.1	4.7
		Salt	0.5	0.5
		Portion weight (g)		114
Carrot Cake (V)	Cake (73%) (Brown Sugar, Carrot (11%), EGG, Rapeseed Oil, Wholemeal WHEAT Flour, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Date Paste (Dates, Rice flour), Pineapple Pulp, Water, Walnuts (NUTS), Raising Agents (E500, E450, E501), Cinnamon, Salt, Mixed Spice, Thickener (E415)), Frosting (25%) [Icing Sugar, Full Fat Soft Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: E202), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)), Skimmed MILK Powder, Modified Maize Starch, Emulsifiers (E477, E471, E475), Flavouring, Stabiliser (E410)], Walnuts (NUTS), Pistachios (NUTS). May contain traces of SOYA and other NUTS.	KJ	1590	2274
		Kcal	379	541
		Fat	16.8	24.1
		Sat	3.4	4.9
		Carbs	51.5	73.7
		Sugar	31.3	44.7
		Fibre	1.8	2.5
		Protein	3.3	4.7
		Salt	0.6	0.8
		Portion weight (g)		143
Luxury Blackforest Roulade (V)	Single Cream (MILK), Sugar, Icing Sugar, Reduced Fat Soft Cheese (Skimmed Milk, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Black Cherry Pie Filling (Water, 11% Black Cherries, Sugar, Modified Tapioca Starch, Acidity Regulator: Citric Acid; Natural Cherry Flavour, Preservative: Potassium Sorbate) (2%), White Chocolate Buttons (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin) (2%), Water, Free Range EGG, Rapeseed Oil, Buttermilk (Skimmed MILK, Skimmed MILK Solids, MILK Protein Concentrate), Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Fat Reduced Cocoa Powder, Belgian Chocolate Chips (Cocoa Mass, Sugar, Dextrose, Emulsifier: SOYA Lecithin) (3%), Dark Chocolate Flavoured Pieces (Sugar, Palm Oil, Fat Reduced Cocoa Powder, Whey Powder (MILK), Stabiliser: Sorbitan Tristearate; Emulsifier: SOYA Lecithin), Condensed Milk (MILK, Granulated Sugar), Modified Potato Starch, Modified Waxy Maize Starch, Raising Agent: Sodium Bicarbonate, Flavouring, Raising Agent (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; WHEAT Flour), Salt, Thickener Blend (Thickeners: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose).	KJ	1305	1621
		Kcal	311	386
		Fat	16.3	19.0
		Sat	7.0	8.3
		Carbs	37.3	48.3
		Sugar	26.7	35.5
		Fibre	1.9	2.5
		Protein	3.7	5.1
		Salt	0.4	0.5
		Portion weight (g)		131
Raspberry Ripple Roulade (V)	Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Raspberries (16%), Sugar, Free Range EGG, Self-Raising Flour (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphate, Sodium Hydrogen Carbonate), Reduced Fat Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), White Chocolate Buttons (6%) [Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin], Icing Sugar, Single Cream (MILK), White Chocolate Shavings (2%) [Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring], Raspberry Jam (2%) [Glucose Fructose Syrup, Raspberry Concentrate, Sugar, Gelling Agent: Pectin; Acidity Regulators: Citric Acid, Sodium Citrates; Natural Raspberry Flavouring], White Chocolate (2%) [Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring], White Chocolate Curls (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Flavouring, Modified Potato Starch, Modified Waxy Maize Starch, Raising Agent (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; WHEAT Flour), Freeze Dried Raspberries, Thickener Blend (Thickeners: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose), Natural Colour (Red Beetroot Juice Concentrate, Maltodextrin, Acidity Regulator: Citric Acid).	KJ	1428	1656
		Kcal	342	396
		Fat	20.1	23.4
		Sat	9.1	10.6
		Carbs	36.6	42.5
		Sugar	27.1	31.4
		Fibre	1.0	1.1
		Protein	4.0	4.7
		Salt	0.3	0.3
		Portion weight (g)		116
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 Di-Glycerides 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 Lecithin, 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 Lecithin; Natural Flavouring), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin; 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)	
Banana & Walnut Loaf Cake (V)	Banana Puree (17%) (Banana Puree, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, EGG , Walnuts (6%) (NUTS), Wholemeal Flour (Wholemeal WHEAT Flour, WHEAT Gluten), Water, Brown Sugar, Dried Coconut, Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglyceride of Fatty acids, Sodium Stearoyl-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; WHEAT protein), Glycerine, Cinnamon, Raising Agent: Sodium Bicarbonate, Disodium Diphosphate, Potassium Hydrogen Carbonate; Mixed Spice, Salt, Flavouring, Stabiliser: Xanthan Gum.	KJ	1650	1444
		Kcal	394	345
		Fat	21.6	18.9
		Sat	2.8	2.4
		Carbs	46.2	40.4
		Sugar	23.7	20.7
		Fibre	1.9	1.7
		Protein	6.6	5.8
		Salt	0.6	0.5
		Portion weight (g)	88	
Sicilian Lemon Drizzle Loaf Cake (V)	Cake (Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG , Rapeseed Oil, Water, Cake concentrate (Modified Maize Starch, WHEAT Starch, Raising agent: Disodium Diphosphate, Potassium Bicarbonate; Wheat Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Emulsifier: Mono- and Diglyceride of fatty acids, Propane 1,2 diol esters of fatty acid, Sodium stearoyl-2-lactylate; Rapeseed Oil, Dextrose, Preservative: Potassium Sorbate; WHEAT Gluten, Acidity Regulator: Citric acid; Stabiliser: Xanthan Gum), Sicilian Lemon Juice (3%), Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglyceride of Fatty acids, Sodium Stearoyl-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; WHEAT protein), Glycerine, Flavouring, Raising Agent: Disodium Diphosphate, Potassium Hydrogen Carbonate) Fondant (Sugar, Glucose Syrup, Water, Rapeseed Oil, Palm Oil, Dextrose, Fructose, Cornflour, Emulsifier: Mono- and Diglyceride of fatty acids, Sucrose esters of fatty acids; Humectant: Glycerine; Rice Starch, Acidity Regulator: Citric acid), Caramelised Lemon zest (1%) (Sugar, Lemon Zest, Water), Dextrose, Cornflour, Palm Oil.	KJ	1643	1561
		Kcal	391	372
		Fat	16.6	15.8
		Sat	1.7	1.6
		Carbs	55.1	52.3
		Sugar	29.0	27.6
		Fibre	1.1	1.0
		Protein	4.8	4.6
		Salt	0.6	0.5
		Portion weight (g)	95	

BROWNIES & SHORTBREAD

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Caramel Shortbread (V)	Shortbread Base (44%) [WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Butter (MILK), Sugar, Cornflour], Caramel (40%) [Sweetened Condensed MILK , Butter (MILK), Light Brown Sugar, Golden Syrup], Milk Chocolate (14%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Dark Chocolate (1.5%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring]. May contain traces of NUTS and EGG.	KJ	2099	1574
		Kcal	502	377
		Fat	28.3	21.2
		Sat	16.8	12.6
		Carbs	56.6	42.5
		Sugar	41.0	30.8
		Fibre	1.5	1.1
		Protein	4.7	3.5
		Salt	0.5	0.4
		Portion weight (g)	75	
Chocolate Brownie (V)	Belgian Dark Chocolate (27%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Butter (MILK), Pasteurised Free Range EGG , Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Salt.	KJ	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	
Salted Caramel Chocolate Brownie (V)	Belgian Dark Chocolate (26.5%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Butter (MILK), Pasteurised Free Range EGG , Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Caramel (3%) (Sugar, Glucose Syrup, Sweetened Condensed MILK (MILK , Sugar, Lactose (MILK), Water, Unsalted Butter (MILK), Golden Syrup, Palm Oil, Salt, Emulsifiers (Rapeseed Lecithin, Sorbitan Monostearate), Natural Flavouring), Salt.	KJ	2012	1382
		Kcal	483	332
		Fat	26.3	18.1
		Sat	16.0	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	
NEW Belgian Chocolate Brownie* (V)	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	
NEW Salted Caramel Cookie Brownie* (V)	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)		
Belgian Chocolate & Caramel Crispy (V)	Milk Chocolate (40%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, SOYA Lecithin, Flavouring), Crisped Rice (17%) (Rice Flour, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Whey Powder (MILK), BARLEY Malt Flour, Salt, Rapeseed Oil, Emulsifier: SOYA Lecithin), Caramel (16%) (Sweetened Condensed MILK , Glucose Syrup (SULPHITES), Invert Sugar Syrup, Palm Oil, Salted Butter (MILK), Sugar, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Salt, Flavouring), Golden Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), White Chocolate Flavour Coating (3%) (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Unsalted Butter (MILK), Cocoa Powder, Concentrated Grape Juice (Concentrated Grape Juice, Rice Starch). <i>May contain as made in an environment that handles Egg and Nuts.</i>	KJ	2070		
		Kcal	495		
		Fat	26.0		
		Sat	14.7		
		Carbs	58.9		
		Sugar	33.1		
		Fibre	1.6		
		Protein	5.4		
		Salt	0.4		
		Portion weight (g)	56		
		White Chocolate & Lemon Blondie (V)	Brown Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MILK), White Chocolate (14%) (Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier: SOYA Lecithin; Flavouring), Free Range EGG , Lemon Curd (2%) (Water, Glucose Syrup, Sugar, Butter (MILK), Lemon Concentrate, Modified Maize Starch, Dried Free Range EGG , Thickener: Pectins; Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Acidity Regulator: Acetic Acid; Flavouring, Lemon Oil, Colours: Lutein, Carotenes), White Chocolate Flavour Coating (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin), PISTACHIO NUTS (2%), Water, Lemon Juice, Flavourings, Preservative: Potassium Sorbate; Salt.	KJ	1850
				Kcal	442
Fat	22.4				
Sat	13.9				
Carbs	55.6				
Sugar	33.9				
Fibre	0.8				
Protein	4.0				
Salt	0.2				
Portion weight (g)	60				
Vegan Granola Flapjack (V)	OATS (31%), Golden Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), Pumpkin Seeds (8%), Flaked ALMONDS (7%), Brown Sugar, Glucose Syrup (SULPHITES), Black Treacle, Sugar, OAT Flour, Water, Flavourings, Salt.			KJ	1920
				Kcal	458
		Fat	22.2		
		Sat	6.0		
		Carbs	50.8		
		Sugar	22.3		
		Fibre	4.5		
		Protein	11.5		
		Salt	0.2		
		Portion weight (g)	50		

CHOUXNUT

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Caramelised Biscuit Chouxnut (V)	Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Single Cream (MILK), Free Range EGG , White Chocolate (6%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Buttermilk (Skimmed MILK , Skimmed MILK Solids, MILK Protein Concentrate), Reduced Fat Soft Cheese (Skimmed MILK , Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Belgian Chocolate Chips (5%) (Cocoa Mass, Sugar, Dextrose, Emulsifier: SOYA Lecithin), Speculoos Spread (5%) (Caramelised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: SOYA Lecithin; Acidity Regulator: Citric Acid), Shortening (Palm Oil, Rapeseed Oil), Speculoos Biscuit Crumb (4%) (Caramelised Biscuit (WHEAT Flour, Sugar (Sugar, Sugar Syrup), Vegetable Oil (Palm Oil, Rapeseed Oil), Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon)), Sugar, Rapeseed Oil, Modified Waxy Maize Starch, Modified Potato Starch, Salt, Colour: Ammonia Caramel.	KJ	1313		
		Kcal	313		
		Fat	15.3		
		Sat	6.4		
		Carbs	39.8		
		Sugar	30.2		
		Fibre	0.8		
		Protein	4.5		
		Salt	0.3		
		Portion weight (g)	88		
		Chocolate Orange Chouxnut (V)	Powdered Fondant (Sugar, Dried Glucose Syrup), Water, White Chocolate (13%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Free Range EGG , Buttermilk (Skimmed MILK , Skimmed MILK Solids, MILK Protein Concentrate), Reduced Fat Soft Cheese (Skimmed MILK , Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Single Cream (MILK), 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 MILK 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
				Kcal	309
Fat	11.8				
Sat	5.4				
Carbs	46.4				
Sugar	38.9				
Fibre	0.9				
Protein	4.8				
Salt	0.3				
Portion weight (g)	81				
Raspberry & White Chocolate Chouxnut (V)	Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Raspberries (11%), Single Cream (MILK), Free Range EGG , White Chocolate (7%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Buttermilk (Skimmed MILK , Skimmed MILK Solids, MILK Protein Concentrate), Reduced Fat Soft Cheese (Skimmed MILK , Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Sugar, Stabiliser Blend (Dextrose, Sugar, Modified Maize Starch), Glucose Syrup, Rapeseed Oil, White Chocolate Curds (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Freeze Dried Raspberries, Modified Waxy Maize Starch, Modified Potato Starch, Salt, Natural Colour (Red Beetroot Juice Concentrate, Maltodextrin, Acidity Regulator: Citric Acid), Natural Strawberry Flavouring.			KJ	1128
				Kcal	269
		Fat	12.0		
		Sat	5.3		
		Carbs	37.0		
		Sugar	28.5		
		Fibre	0.6		
		Protein	4.0		
		Salt	0.3		
		Portion weight (g)	97		

INDIVIDUAL CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Cherry Bakewell Crumble Cake (V)	Sugar, Cherry Filling (19%) (Dark Cherry, Sugar, Water, Modified Starch, Elderberry Concentrate, Flavouring, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate)), Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Free Range Pasteurised EGG , Rapeseed Oil, White Fudge Icing (Sugar, Glucose Syrup, Palm Oil, Rapeseed Oil, Water, Emulsifiers (Mono- and Di Glycerides of Fatty Acids, Sodium Stearoyl - 2 Lactylate), Salt, Stabiliser (Agar), Preservative (Potassium Sorbate), Colour (Titanium Dioxide)), Butter (MILK), Water, Amaretti Biscuit (3%) (Sugar, Apricot Kernels, EGG White, Corn Flour, WHEAT flour, Rice Flour, Wholemeal WHEAT Flour, Raising Agents (Sodium Carbonate Acid, Ammonium Carbonate Acid), Natural Flavouring), Almond Flakes (3%) (NUTS), Potato Starch, WHEAT Gluten, Natural Flavouring Substances, Whey Powder (MILK), Salt, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Acidity Regulator (Citric Acid).	KJ	1618	1489
		Kcal	386	357
		Fat	17.0	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	
Raspberry & Almond Crumble Cake (V)	Wheat Flour (WHEAT flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Raspberries (15%), Rapeseed Oil, Free Range EGG , Water, Humectant (Glucose Syrup, Water, Acidity Regulator: Acetic Acid), Butter (MILK), Ground ALMONDS , Demerara Sugar, Baking Powder (Raising Agents: Disodium Diphosphates, Potassium Hydrogen Carbonate), Natural Flavourings, Preservative: Potassium Sorbate; Salt.	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	

DESSERTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Salted Caramel & Chocolate Vegan Cheesecake (Vg, DF)	Coconut Milk (Coconut Extract, Water), Bourbon Biscuit Crumb (21%) (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Rapeseed Oil, Sugar, Cocoa Powder, Inverted Sugar Syrup, Raising Agent: Sodium Bicarbonate, Salt), Non-Dairy Soft Cheese (15%) (Water, Coconut Oil, Stabiliser Blend (Potato Starch, Maize Starch, Modified Potato Starch, Carob Bean Gum), Coconut, Salt, Natural Flavouring, Acidity Regulator: Tri-Calcium Phosphate, Citric Acid; Colour: Carrot Juice Concentrate; Vitamin D2, Vitamin B12), Dark Couverture Chocolate (11%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Lemon Juice, Natural Vanilla Flavouring), Stabiliser Blend (Sugar, Maltodextrin, Modified Starch, Thickener: Carrageenan), Cornflour (Maize), Cocoa Butter, Stabiliser Mix (Water, Sugar, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids), Water, Speculoos Spread (Caramelised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: SOYA Lecithin; Acidity Regulator: Citric Acid), Modified Potato Starch, Low Sodium Salt (0.34%) (Potassium Chloride, Sodium Chloride, Magnesium Carbonate), Glazing Agent: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose, Cream Cheese Flavouring, Natural Vanilla Flavouring, Salt (0.03%).	KJ	1467	1473
		Kcal	351	353
		Fat	22.1	22.2
		Sat	13.8	13.8
		Carbs	35.3	35.4
		Sugar	19.9	19.9
		Fibre	1.9	1.9
		Protein	2.4	2.4
		Salt	0.2	0.2
		Portion weight (g)	100	
Sicilian Lemon Cheesecake (V)	Single Cream (MILK), Digestive Biscuit Crumb (WHEAT) (Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar, Invert Sugar Syrup, Raising Agents: Sodium Bicarbonate, Ammonium Bicarbonate; Salt), Full Fat Soft Cheese (13.2%) (Skimmed MILK , Cream (MILK), Permeate (MILK), Salt, Modified Tapioca Starch, Stabilisers (Xanthan Gum, Locust Bean Gum), Bacterial Starter Culture), Lemon Curd (12%) (Glucose Syrup, Water, Sugar, Salted Butter (MILK), Lemon Concentrate, Modified Waxy Maize Starch, Free Range Whole EGG Powder, Gelling Agent: Pectin; Acidity Regulator: Citric Acid; Emulsifier: Sunflower Lecithin; Lemon Oil, Colour; Lutein), Condensed Milk (MILK , Granulated Sugar), Margarine (Palm Oil, Rapeseed Oil, Water, Lemon Juice, Natural Vanilla Flavouring), Whipping Cream (MILK), Stabiliser Blend (Dextrose, Sugar, Modified Maize Starch), Free Range Whole EGG , Sugar, Sicilian Lemon Juice (2.2%) (From Concentrate), Stabiliser Blend (Sugar, Maltodextrin, Modified Starch, Thickener: Carrageenan), Lemon Zest, Acidity Regulator: Citric Acid.	KJ	1346	1561
		Kcal	322	374
		Fat	19.1	22.1
		Sat	9.9	11.2
		Carbs	33.4	38.7
		Sugar	21.3	24.8
		Fibre	0.6	0.7
		Protein	4.3	5.0
		Salt	0.4	0.4
		Portion weight (g)	116	
Tiramisu (England, Scotland & Wales Only) (V)	Water, Whipping Cream (MILK), Savoiardi Biscuits (12%) (WHEAT Flour, Sugar, EGG , Raising Agents: Sodium Carbonate, Ammonium Carbonate; Glucose Syrup, Natural Flavouring, Salt), Single Cream (MILK), Mascarpone (8%) (Cream (MILK), MILK Protein Concentrate, Acidity Regulator: Citric Acid), Sugar, Icing Sugar, Coffee (3%), Free Range EGG , Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Self-Raising Flour (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphate, Sodium Hydrogen Carbonate), Glucose Syrup, Dark Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Natural Vanilla Flavouring, Emulsifier: SOYA Lecithin), Modified Potato Starch, Natural Flavourings, Modified Waxy Maize Starch, Fat Reduced Alkalised Cocoa Powder, Flavouring, Raising Agent (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; WHEAT Flour), Thickener Blend (Thickeners: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose), Thickener: Guar Gum. <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	
		per 100g	per portion (g)
Oat, Raisin & Pumpkin Seed Cookie * (Vg)	Sugar, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), OATS (14%), Raisins (13%), Pumpkin Seeds (11%), Palm Oil, Water, Rapeseed Oil, Glucose-fructose Syrup, Raising Agent (Sodium Bicarbonate), WHEAT Fibre, Invert Sugar, Cinnamon, Mixed Spice, Sunflower Oil.	KJ	1766
		Kcal	421
		Fat	17.6
		Sat	5.5
		Carbs	55.4
		Sugar	30.6
		Fibre	4.0
		Protein	8.2
		Salt	1.0
		Portion weight (g)	73
		Belgian Chocolate Cookie * (V)	Fortified wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), sugar, palm oil, milk chocolate (11%) (sugar, cocoa mass, whole MILK powder, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring), dark chocolate (11%) (cocoa mass, sugar, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring), free range whole EGG , butter (MILK), rapeseed oil, glucose-fructose syrup, WHEAT fibre, raising agents (monocalcium phosphate, potassium hydrogen carbonate), lactose powder (MILK), invert sugar, whey powder (MILK), natural flavouring, salt.
Kcal	487		
Fat	25.8		
Sat	12.5		
Carbs	56.6		
Sugar	32.2		
Fibre	2.8		
Protein	5.7		
Salt	0.1		
Portion weight (g)	73		
Dark Chocolate & Almond Cookie * (Vg)	Fortified Wheat Flour (WHEAT 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%) (ALMOND , Sea Salt), Sugar, Coconut Oil, ALMOND (3.5%), Invert Sugar, Cocoa Powder, WHEAT Fibre, Sea Salt.		
		Kcal	438
		Fat	18.0
		Sat	9.0
		Carbs	59.2
		Sugar	36.5
		Fibre	4.0
		Protein	7.8
		Salt	0.8
		Portion weight (g)	86
		Milk Chocolate Chunk Cookie * (V)	Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, MILK Chocolate Chunks (20%) (Sugar, Whole MILK Powder, Cocoa Butter, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Glucose-Fructose Syrup, Unsalted Butter (MILK), Palm Oil, Water, WHEAT Fibre, Rapeseed Oil, Lactose Powder (MILK), Raising Agents (Sodium Bicarbonate, Diphosphates, Calcium Dihydrogen Phosphate), Vegetarian Whey Powder (MILK), Black Treacle, Salt, Natural Flavouring.
Kcal	434		
Fat	16.8		
Sat	8.9		
Carbs	67		
Sugar	42.4		
Fibre	2.6		
Protein	4.9		
Salt	0.5		
Portion weight (g)	66		
Oat & Raisin Cookie * (V)	Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raisins (21%), Sugar, OATS (9%), Butter (MILK), Palm Oil, Water, Glucose-Fructose Syrup, Rapeseed Oil, Raising Agents (Disodium Diphosphate, Potassium Hydrogen Carbonate), Natural Flavouring, WHEAT Fibre, Lactose Powder (MILK), Vegetarian Whey Powder (MILK), Mixed Spice, Cinnamon, Salt		
		Kcal	410
		Fat	14.0
		Sat	6.5
		Carbs	64.9
		Sugar	40.1
		Fibre	2.8
		Protein	4.8
		Salt	0.4
		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.

SAVOURY PASTRIES & ROLLS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Chick'n & Pesto Lattice	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), British Chicken Thigh (24%), Unsalted Butter (MILK) (16%), Whole MILK , Basil, Rapeseed Oil, Pumpkin Seeds, Regato Cheese (MILK), Pasteurised Free Range EGG , White Wine Vinegar, Lemon Juice, Salt, Sugar, Garlic Puree, Cornflour, Cracked Black Pepper, Ground White Pepper.	KJ	1461	1899
		Kcal	351	456
		Fat	23.0	29.9
		Sat	11.4	14.8
		Carbs	24.2	31.5
		Sugar	3.4	4.4
		Fibre	1.2	1.6
		Protein	11.1	14.4
		Salt	0.8	1.0
		Portion weight (g)		130
Mozzarella & Tomato Pastry (V)	Tomato (31%), Wheat flour contains Gluten (with WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (MILK) (14%), Mozzarella Cheese (MILK) (12%), Regato Cheese (MILK), Slow Roasted Tomatoes, Pasteurised Free Range EGG , Pumpkin Seeds, Tomato Concentrate, Basil, Cornflour, White Wine Vinegar, Sunflower Oil, Salt, Olive Oil, Yeast Extract, Cracked Black Pepper, Dried Oregano, Garlic Powder, Sugar.	per 100g		per portion (g)
		KJ	1374	1374
		Kcal	330	330
		Fat	20.5	20.5
		Sat	12.2	12.2
		Carbs	25.3	25.3
		Sugar	3.4	3.4
		Fibre	2.4	2.4
		Protein	9.8	9.8
		Salt	1.1	1.1
Portion weight (g)		100		
Pork & Pancetta Sausage Roll (England, Scotland & Wales only)	British Pork (33%), Wheat flour contains Gluten (with WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (13%) (MILK), Caramelised Onion (Onions, Rapeseed Oil, Cracked Black Pepper), 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 Crackling (Pork Rind, Sea Salt), Paprika Flakes, Salt, Sage, Cracked Black Pepper, Dried Oregano, Rosemary, Garlic, Ground Fennel, Rapeseed Oil.	per 100g		per portion (g)
		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		
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).	per 100g		per portion (g)
		KJ	1315	811
		Kcal	309	191
		Fat	0.7	0.4
		Sat	0.2	0.1
		Carbs	63.6	39.2
		Sugar	1.6	0.9
		Fibre	3.7	2.3
		Protein	10.4	6.4
		Salt	1.6	0.9
Portion weight (g)		74		
Vegan Vegetable 'Sausage' Roll (Vg, DF)	Mixed Roast Vegetables (38%) (Butternut Squash, Courgette, Red Onion, Sweet Potato), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Tomato Passata (14%), Palm Oil, Roast Tomatoes (5%), Palm Fat, Rapeseed Oil, Potato Starch, Salt, Poppy Seeds, Tomato Concentrate, Basil, Cornflour, Sunflower Oil, Garlic, Olive Oil, Rosemary, Cracked Black Pepper, Dried Oregano, Emulsifier: E471, Sugar, Garlic Powder, Yeast, Lemon Juice.	per 100g		per portion (g)
		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 22-26 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, Sugar], Red Pepper (3%), Slow Roast Tomato (2%) (Tomato, Sunflower Oil, Salt, Garlic, Oregano), Red Onion (1%), Parsley, Lemon Juice, Cornflour, Black Pepper], Cheddar Cheese (MILK) (7%)].			KJ	1103	2151
				Kcal	262	513
				Fat	11.3	22.1
		Sat	2.5	4.9		
		Carbs	26.4	51.5		
		Sugar	3.1	6.1		
		Fibre	1.8	3.5		
		Protein	13.1	25.6		
		Salt	0.9	1.7		
		Portion weight (g)	195			
		THIS Plant Based 'Chicken' Arrabbiata 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, Charilled Red Chilli Puree [Charilled Red Chilli Puree, Red Chilli, 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					

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

TOSTATI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Chicken & Bacon Tostati Melt	Grilled Cheese Topped Bread [White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, SOYA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Béchamel Sauce (Whole MILK , Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Mozzarella Cheese (MILK) (8%), Cheddar Cheese (MILK) (5%)], Chicken, Béchamel Sauce, Cheese & Bacon Mix [British Chicken Breast (8%) (Chicken Breast, Salt, Chicken Stock (Water, Chicken Carcass), Cornflour), Béchamel Sauce (Whole MILK , Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Mozzarella Cheese (MILK) (5%), Cheddar Cheese (MILK) (2%), Regato Cheese (MILK) (2%) (Anti-caking Agent: Potato Starch), Chicken Gravy (2%) (Water, Roasted Chicken Stock (Chicken Stock, Salt, Onion Juice Concentrate, Carrot Extract, Tomato Paste), Cornflour, Sugar, Lemon Juice Concentrate, Onion Powder, Tomato Paste, White Wine Vinegar, Garlic Purée, Salt, White Pepper), Chopped British Beechwood Smoked Streaky Bacon (1%) (British Pork, Pork Fat, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), Black Pepper].	KJ	1005	1708
		Kcal	239	406
		Fat	8.9	15.1
		Sat	4.9	8.2
		Carbs	23.5	39.9
		Sugar	2.4	4.1
		Fibre	1.6	2.7
		Protein	15.5	26.3
		Salt	1.0	1.8
		Portion weight (g)		170
Cotto Ham & Cheese Tostati Melt	Grilled Cheese Topped Bread [White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, SOYA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Béchamel Sauce (Whole MILK , Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Mozzarella Cheese (MILK) (8%), Cheddar Cheese (MILK) (5%)], Mascarponne Cheese Béchamel [Mascarponne 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 Tripolyphosphate, 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 Tostati 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%)], Mascarponne & Tomato Tomatade Dressing (15%) [Mascarponne 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 & Mascarponne Tostati Melt (V)	Grilled Cheese & Mushroom Topped Bread [White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, SOYA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Mozzarella Cheese (MILK) (8%), Roast Seasoned Chestnut Mushrooms (8%) (Chestnut Mushroom, Olive Oil, Salt, Black Pepper), Béchamel Sauce (Whole MILK , Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Cheddar Cheese (MILK) (5%)], Mushroom & Mascarponne 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)], Mascarponne Full Fat Soft Cheese (MILK) (5%), Full Fat Soft Cheese (MILK) (3%), Mushroom and Porcini Tapenade (3%) (Grilled Mushrooms, Rapeseed Oil, Porcini, Concentrated Lemon Juice, Salt, Dehydrated Porcini Powder, Garlic, Parsley, Chive), Cornflour, Thyme].	KJ	921	1612
		Kcal	222	388
		Fat	10.9	19.1
		Sat	4.6	8.0
		Carbs	22.5	39.3
		Sugar	2.0	3.4
		Fibre	1.5	2.6
		Protein	8.4	14.7
		Salt	0.9	1.5
		Portion weight (g)		175

SANDWICHES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Free Range Egg Mayo Sandwich (V)	OATMEAL Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, OATMEAL , WHEAT Bran, Yeast, Salt, WHEAT Protein, Spirit Vinegar, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono - and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fatty Acids), Vegetable Oils (Rapeseed, Palm), Malted BARLEY Flour, Flour Treatment Agent: Ascorbic Acid, Palm Fat, WHEAT Starch], Free Range EGG Mayonnaise [Hard Boiled EGG (27%), Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Dijon MUSTARD (Water, Spirit Vinegar, Yellow MUSTARD Flour, MUSTARD Flour, Salt, Ground Yellow MUSTARD Bran, Ground Turmeric, Ground Black Pepper, Pimento, Ground Cinnamon, Ground Cloves), Black Pepper, Salt], Free Range Hard Boiled EGG (21%).	KJ	917	1852
		Kcal	222	449
		Fat	11.1	22.4
		Sat	2.0	4.1
		Carbs	19	38.3
		Sugar	0.3	0.6
		Fibre	2.0	4.0
		Protein	11.0	22.2
		Salt	0.7	1.5
		Portion weight (g)		202
Chargrilled Chicken Salad Sandwich	Malted Brown Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT Protein, Yeast, Malted BARLEY Flour, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono - and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fatty Acids, Spirit Vinegar, Malted WHEAT Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid, Palm Fat, Palm Oil, WHEAT Starch], British Chargrilled Chicken Breast (25%) [Chicken Breast, Salt, Cornflour], Black Pepper Mayonnaise [Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Black Pepper], Tomato (7%), Cucumber (5%), Lettuce (4%).	KJ	896	1820
		Kcal	217	441
		Fat	9.7	19.6
		Sat	1.1	2.2
		Carbs	19.8	40.1
		Sugar	0.9	1.9
		Fibre	1.9	3.9
		Protein	11.6	23.5
		Salt	0.7	1.4
		Portion weight (g)		203
Classic BLT Sandwich	Malted Brown Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT Protein, Yeast, Malted BARLEY Flour, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono- and Di-acetyl Tartaric Acid Esters of Mono and Di-glycerides of Fatty Acids, Spirit Vinegar, Malted WHEAT Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid, Palm Fat, Palm Oil, WHEAT Starch], Cooked Beechwood Smoked Streaky Bacon (15%) [Pork, Pork Fat, Salt, Antioxidant: Sodium Ascorbate, Preservative: Potassium Nitrate, Sodium Nitrite], Tomato (13%), Black Pepper Mayonnaise [Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Black Pepper], Lettuce (5%).	KJ	1162	2044
		Kcal	282	496
		Fat	15.4	27.1
		Sat	2.8	4.9
		Carbs	22.9	40.4
		Sugar	1.3	2.3
		Fibre	2.6	4.5
		Protein	11.7	20.5
		Salt	0.5	0.9
		Portion weight (g)		176

BREAKFAST ROLLS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
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).	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, Chilli Powder), Stabiliser: Sodium Diphosphate, WHEAT Protein, Onion Powder, Rubbed Sage, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MILK).	KJ
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].			KJ
		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.	KJ
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)			
Brie & Vine Ripened Tomato Focaccia (V)	Rosemary and Rock Salt Focaccia [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, WHEAT Fibre, Fermented WHEAT Flour, Rosemary (1.9%), Yeast, Salt, WHEAT Gluten, BARLEY Malt Vinegar, Rock Salt, WHEAT Flour, Waxy Maize Starch, Flour Treatment Agent: Ascorbic Acid, Malted WHEAT Flour, Sunflower Oil], Brie (MILK) (18%), Tomato (17%), Smoked Chilli Relish (11%) [Sugar, Red Pepper, Water, Red Onion, Red Chilli Purée, Concentrated Lemon Juice, Chillies, Smoked Chillies, Smoked Salt, Thickening Agent: Pectin], Spinach (4%).	KJ	970	2047		
		Kcal	231	487		
		Fat	7.3	15.4		
		Sat	3.6	7.6		
		Carbs	30	63.3		
		Sugar	9.7	20.5		
		Protein	11.7	24.7		
		Salt	1	2.1		
		Portion weight (g)		211		
		Spicy Chicken & Red Pepper Focaccia	Rosemary and Rock Salt Focaccia [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, WHEAT Fibre, Fermented WHEAT Flour, Rosemary (1.9%), Yeast, Salt, WHEAT Gluten, BARLEY Malt Vinegar, Rock Salt, WHEAT Flour, Waxy Maize Starch, Flour Treatment Agent: Ascorbic Acid, Malted WHEAT Flour, Sunflower Oil], Nduja Mayonnaise Chicken Mix (35%) [Mayonnaise (15%) (Rapeseed Oil, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD [Water, MUSTARD Seeds, Spirit Vinegar, Salt], White Wine Vinegar, Cornflour, Sugar), British Chicken Breast (14%) (Chicken Breast (99%), Salt, Chicken Stock (Water, Chicken Carcass), Cornflour), Nduja Paste (4%) (Pork (63%), Extra Virgin Olive Oil, Calabrian Hot Pepper Paste (10%) (Red Hot Pepper, Salt, Acidity Regulator: Citric Acid, Antioxidant: Ascorbic Acid), Paprika, Salt, Dextrose, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite), Cornflour], Red Pepper (10%), Spinach (5%).	KJ	1165	2330
				Kcal	278	556
Fat	13.9			27.8		
Sat	1.8			3.6		
Carbs	26.9			53.8		
Sugar	1.8			3.6		
Protein	10.2			20.4		
Salt	1.1			2.1		
Portion weight (g)				200		

SALADS & ANTIPASTI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Chargrilled Chicken, Mixed Grain & Pesto Salad (DF)	Dressed Grains (41%) (Bulgur WHEAT , Turmeric Rice (Long Grain Rice, Water, Ground Turmeric), Pink Cabbage, Roasted Vegetables (Red Pepper, Yellow Pepper, Onion, Courgette, Rapeseed Oil), Chickpeas, Cous Cous (WHEAT), Black Beluga® Lentils, Red Quinoa, Concentrated Lemon Juice, Mint, Chives, Parsley, Lemon Infused Rapeseed Oil (Rapeseed Oil, Flavouring), Garlic Purée, Salt), Mixed Leaves (19%) (Spinach, Lettuce), Cooked British Chicken Breast (18%) (Chicken, Salt, Cornflour), Basil Pesto (12%) (Water, Basil Flavoured Sunflower Oil (Sunflower Oil, Flavouring), White Wine Vinegar, Basil Purée (Sunflower Oil, Basil, Salt, Acidity Regulator (Citric Acid)), Basil, Pumpkin Seeds, Sunflower Seeds, Rapeseed Oil, Lemon Juice, Mint, Garlic Purée, Cornflour, Salt, Black Pepper), Red Pepper (6%), SunBlush® Marinated Tomatoes (3%) (Slow Roasted Tomatoes, Rapeseed Oil, Salt, Garlic, Oregano).	KJ	454	1111
		Kcal	108	265
		Fat	4.5	11
		Sat	0.6	1.4
		Carbs	8.9	21.7
		Sugar	2.1	5.1
		Fibre	1.4	3.4
		Protein	7.4	18.1
		Salt	0.6	1.4
		Portion weight (g)	245	
Falafel, Red Pepper Houmous & Super Grain Salad (Vg, DF)	Mixed Leaves (21%) (Spinach, Lettuce, Salanova), Falafel (20%) (Chick Peas, Onions, Water, Rapeseed Oil, Bread Crumbs (Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Self-Raising Flour (Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents (Monocalcium Phosphate, Sodium Hydrogen Carbonate)), Parsley, Coriander Powder, Cumin Powder, Sodium Bicarbonate, Cumin Seeds, Garlic, Black Pepper), Cabbage and Beetroot Slaw (17%) (Cabbage, Beetroot, Mango Dressing (Mango Chutney (Mango, Sugar, Spirit Vinegar, Glucose Syrup, Salt, Ground Cardamom, Ground Coriander, Ground Cumin, Ground Paprika), White Wine Vinegar, Stabiliser (Xanthan Gum), Salt), Onions), Mixed Grains (17%) (Bulgur WHEAT , Couscous (Half Hard WHEAT Flour, Water), WHEAT BERRIES, Red Quinoa, Red Peppers, Lemon Juice, Salt, Black Pepper), Red Pepper Houmous (15%) (Chick Peas, Grilled Red Peppers, Tahini SESAME SEED Paste, Rapeseed Oil, Water, Concentrated Lemon Juice, Olive Oil, Garlic Purée, Salt, Colour (Paprika Extract)), Tahini Dressing (10%) (Chick Peas, Water, Garlic and Chilli Sauce (Water, Tomato Paste, Onions, Spirit Vinegar, Garlic Purée, Chilli Purée, Cornflour, Rapeseed Oil, Sugar, Concentrated Lemon Juice, Paprika, Salt, Lemon Zest, Cayenne Pepper, Chilli, Gelling Agent (Pectin)), Tahini SESAME SEED Paste, Rapeseed Oil, Concentrated Lemon Juice, Salt, Red Wine Vinegar, Garlic Purée).	KJ	535	1273
		Kcal	128	305
		Fat	6.5	15
		Sat	0.7	1.7
		Carbs	11	26
		Sugar	3.2	7.6
		Fibre	4.1	9.8
		Protein	4.2	10
		Salt	0.5	1.1
		Portion weight (g)	238	
Cheese & Olive Antipasti (V)	Sundried Tomato Dip (36%) (Tomatoes (57%), Passata (Tomato), Salt, White Wine Vinegar, Sugar, Preservative: Sodium Metabisulphite (SULPHUR DIOXIDE); Garlic Purée, Oregano, Rosemary. Marinated Gouda Cheese (29%) (Gouda Cheese (MILK), Sunflower Oil, Paprika) Marinated Olives (25%) (Mixed Olives (96%) (Manzanilla Olives (Pitted Manzanilla Olives, Salt, Acidity Regulators (Lactic Acid, Citric Acid)), Kalamata Olives (Pitted Kalamata Olives, Salt, Red Wine Vinegar), Sunflower Oil.) Breadsticks (10%) WHEAT Flour, Sunflower Oil, Tomato, Salt, Extra Virgin Olive Oil, Yeast, WHEAT Malt Extract, Oregano, Onion.	KJ	998	1213
		Kcal	240	292
		Fat	17.0	20.8
		Sat	5.9	7.1
		Carbs	11.0	13.3
		Sugar	3.6	4.4
		Protein	8.6	10.4
		Salt	2.1	2.5
		Portion weight (g)	122	
		Chorizo Antipasti	Chorizo (38%) – Pork (95%), Salt, Paprika, Dextrose, Garlic, Rosemary Extract, Sodium Nitrite. Cheese (MILK) (37%) Toasts (25%) – Flour (WHEAT), Malted WHEAT , Flour Treatment Agents: Ascorbic Acid, Glucose-Fructose Syrup, Yeast, Salt, Vegetable Fat, Emulsifier Mixture (Sugar, Emulsifier: Mono- and Diacetyl-Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Emulsifier: Lecithin, Raising Agent: Sodium Carbonates.	KJ
Kcal	375			240
Fat	22.7			14.5
Sat	11.4			7.3
Carbs	20.7			13.3
Sugar	2.0			1.3
Protein	21.4			13.7
Salt	2.9			1.9
Portion weight (g)	64			
Beetroot, Raisin & Cranberry Cous Cous Salad (Vg, DF)	Salad Mix (100%) (Giant Cous Cous (WHEAT), Beetroot, Dressing (Sherry Vinegar, Maple Syrup, Sugar, Salt, Orange Zest, Mint, Thyme, Black Pepper, Stabiliser (Xanthan Gum)), Raisins (Raisins, Sunflower Oil), Spinach, Chives, Dried Sweetened Cranberries (Sugar, Cranberries, Sunflower Oil), Rapeseed Oil).			KJ
		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
		Large Scoop weight (g)	80	
Rainbow Slaw Bowl Salad (V)	Slaw Mix (100%) (Citrus Yogurt Dressing (Mayonnaise (Rapeseed Oil, Water, Free Range Pasteurised Salted EGG (EGG Yolk, Salt), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), Spirit Vinegar, Sugar, Thickeners (Xanthan Gum, Guar Gum), Salt, MUSTARD Flour, Concentrated Lemon Juice, White Pepper), Reduced Fat Greek Style Yogurt (MILK), Orange Juice from Concentrate, White Wine Vinegar, Mint, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (Citric Acid)), Lemon Juice, Salt, Sugar, Mint Flavour Olive Oil (Olive 011, Flavouring), Black Pepper, Stabilisers (Guar Gum, Xanthan Gum)), Carrot, Pink Cabbage, Butternut Squash, Sugar Snap Peas, White Cabbage, Kale, Pumpkin Seeds, Yellow Pepper, Red Pepper, Chives, Orange Zest).	KJ	379	303
		Kcal	91	73
		Fat	6.4	5.1
		Sat	0.8	0.6
		Carbs	5.2	4.2
		Sugar	4.4	3.5
		Fibre	1.5	1.2
		Protein	2.4	2
		Salt	0.5	0.4
		Large Scoop weight (g)	80	

SOUPS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Italian Tomato & Basil Soup (Vg, DF)	Water, Tomatoes (22%), Tomato Purée (9%), Onion, Fennel (5%), Carrot, Rapeseed Oil, Vegetable Stock (Chicory Extract, Carrot Extract, Onion Powder, Tomato Powder, Salt, Yeast Extracts, Sunflower Oil, Natural Flavouring), Blended Oil (Sunflower Oil, Olive Oil), Garlic, Sugar, Basil (0.28%), Salt, Basil in Oil (Basil, Sunflower Oil, Salt), White Pepper, Acidity Regulator: Citric Acid.	KJ	196	687
		Kcal	47	165
		Fat	2.8	9.7
		Sat	0.3	1.0
		Carbs	5.2	18.2
		Sugar	3.5	12.3
		Fibre	1.2	4.2
		Protein	1.0	3.5
		Salt	0.7	2.3
		Portion weight (g)	350	
		Chicken & Rice Soup	Water, Onion, MILK, Broccoli (7%), Chicken (5%), Leek, Whipping Cream (MILK), Carnaroli Rice (2.7%), Rapeseed Oil, Cornflour, Black Venere Rice (1.1%), Garlic, Grana Padano (MILK, Lysozyme (EGG), Chicken Stock (Flavouring (contains EGG)), Chicory Extract, Salt, Yeast Extract, Chicken Bone Stock), Lemon Juice, Roast Chicken Stock (Roast Chicken, Rehydrated Potato Flake, Water, Yeast Extract, Salt, Chicken Fat), Salt, Black Pepper, Sage, Bay Leaf.	per 100g
KJ	338			1183
Kcal	81			284
Fat	4.5			15.9
Sat	1.3			4.6
Carbs	6.8			23.8
Sugar	1.3			4.6
Fibre	1.6			5.6
Protein	4.1			14.4
Salt	0.7			2.5
Portion weight (g)	350			

MEAL POTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Italian Sausage Pasta	Italian Tomatoes (36%) (Tomatoes, Acidity Regulator: Citric Acid), Water, Tortiglì Pasta (14.1%) (Durum Flour (WHEAT), Water), Red Onion, Salsicciame Sausage Mince (5.7%) (Pork Meat, Sea Salt, Dextrose, Sucrose, Natural Flavour, Black Pepper, Acidity Regulator: E262, Antioxidant: E300), Kale, Blended Oil (Sunflower Oil, Extra Virgin Olive Oil), Grana Padano (MILK, Salt, Animal Rennet, Lysozyme (EGG)), Cornflour, WHEAT Flour, Chicken Stock (Flavouring (contains EGG), Chicory Extract, Salt, Yeast Extract, Chicken Bone Stock), Salt, Fennel, Rosemary, Black Pepper, Dried Red Chilli, Bay Leaf.	per 100g		per portion (g)
		KJ	465	1624
		Kcal	111	387
		Fat	3.7	12.9
		Sat	0.8	2.8
		Carbs	15.1	52.9
		Sugar	2.6	9.0
		Protein	3.5	12.1
		Salt	0.6	2.1
		Portion weight (g)	350	
		Macaroni Cheese (V)	Water, MILK (22%), Tortiglì pasta (14%) (Durum Flour (WHEAT), Water), Spinach (5.9%), Cheddar (5%) (MILK), Mozzarella (2.6%) (MILK), Mascarpone Cheese (1.8%) (MILK), Vegetarian Hard Cheese (MILK, Salt, Microbial Rennet, Starter Culture, Firming Agent: Calcium Chloride) (1.7%), Cornflour, WHEAT flour, Salt, Rosemary.	per 100g
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
		Kcal	440
		Fat	14.45
		Sat	2.71
		Carbs	66.5
		Sugar	31.0
		Fibre	2.7
		Protein	9.6
		Salt	1.6
		Portion weight (g)	37
		Caramel Waffle (V)	Glucose fructose syrup, wheat flour, sugar, palm fat, concentrated butter (MILK), sugar syrup, SOYA flour, rapeseed oil, salt, dextrin (WHEAT), emulsifiers (SOYA lecithin, mono- and diglycerides of fatty acids), raising agent (sodium carbonates), cinnamon, acidity regulator (citric acid), natural Bourbon vanilla.
KJ	1786		
Kcal	425		
Fat	16.0		
Sat	9.0		
Carbs	66.0		
Sugar	38.0		
Fibre	1.5		
Protein	3.5		
Salt	0.6		
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%). <i>May contains traces of: WHEAT, MILK and NUTS.</i>	per 100g	per portion (g)
		KJ	2276
		Kcal	546
		Fat	32.0
		Sat	19.0
		Carbs	56.0
		Sugar	41.0
		Fibre	6.7
		Protein	6.1
		Salt	0.04
		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
		Kcal	437
		Fat	18.0
		Sat	11.2
		Carbs	64.7
		Sugar	63.3
		Fibre	1.0
		Protein	3.6
		Salt	0.30
		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
		Kcal	562
		Fat	38.0
		Sat	24.0
		Carbs	48.0
		Sugar	46.0
		Protein	4.5
		Salt	0.1
		Portion weight (g)	17.5
		Eat Natural Dark Choc & Sea Salt Bar (V)	Dark chocolate (20%) [cocoa mass, sugar, cocoa butter, emulsifier: SOYA lecithin], glucose syrup, PEANUTS 12%, crisped rice (rice, sugar), figs 8% (figs, rice flour), dried apricots 8% (apricots, rice flour), honey, sultanas 7% (sultanas, sunflower oil), shredded coconut, ALMONDS 6%, cocoa powder, sea salt.
KJ	1830		
Kcal	438		
Fat	21.5		
Sat	9.6		
Carbs	49.2		
Sugar	30.7		
Fibre	6.9		
Protein	8.5		
Salt	0.1		
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
		Kcal	496
		Fat	30.0
		Sat	15.3
		Carbs	40.4
		Sugar	22.4
		Protein	11.9
		Fibre	7.8
		Salt	0.14
		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
		Kcal	500
		Fat	32.7
		Sat	3.6
		Carbs	34.5
		Sugar	28.7
		Fibre	6.8
		Protein	13.6
		Salt	0.0
		Portion weight (g)	40

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

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Fruit Teacake (Vg, DF)	Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sultanas (9.5%) (Sultanas, Water, Sunflower Oil, Preservative (E202)), Raisins (9.5%) (Raisins, Water, Sunflower Oil, Preservative (E202)), Citrus Peel (6%) (Glucose Syrup, Orange Peel, Lemon Peel, Fructose Syrup, Acidity Regulator (E330), Preservatives: (SULPHUR DIOXIDE , E202)), Sweetened Dried Cranberries (5%) (Cranberries, Sugar, Sunflower Oil), Sugar, Yeast, Humectant (Glucose Syrup, Water, Acidity Regulator (E260)), Bread Fat (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471)), Dough Conditioner (Calcium Sulphate, SOYA Flour, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Emulsifier (E472e), Flour Treatment Agent (E300), Enzymes), Water, Emulsifiers (E471, E472e), Acidity Regulators (E260, E525), Salt.	KJ	1200	1152		
		Kcal	283	272		
		Fat	2.5	2.4		
		Sat	0.8	0.7		
		Carbs	56.2	53.9		
		Sugar	22.0	21.1		
		Fibre	3.8	3.6		
		Protein	7.3	7.0		
		Salt	0.2	0.2		
		Portion weight (g)	96			
			per 100g	per portion (g)		
			KJ	2416	242	
		Gianduja Chocolate (V)	Sugar, HAZELNUTS (30%), cocoa mass, cocoa butter, emulsifier: SOY lecithin, natural vanilla flavour. Cocoa solids: 23% min. May contain traces of MILK .	KJ	581	58
Kcal	40.0			4.0		
Fat	15.0			1.5		
Sat	47.0			4.7		
Carbs	44.0			4.4		
Sugar	5.7			0.6		
Fibre	0.03			0.0		
Protein	0.03			0.0		
Salt	10					
Portion weight (g)	per 100g			per portion (g)		
	KJ			1711	1249	
Gino & Ginie Gingerbread (V, DF)	WHEAT Flour (contains Calcium carbonate, Iron, Niacin and Thiamin), Sugar, Margarine (Palm Oil, Water, Palm Stearin, Rapeseed Oil, Salt, Lemon Juice concentrate), Golden Syrup (Partially Inverted Refiners Syrup), Glucose Syrup, Icing (Sugar, Palm Fat, Glucose Syrup, Water, Icing Sugar, Emulsifiers (Sunflower Lecithin, Polysorbate 60), Natural Colour (Titanium dioxide), Acid (Acetic acid), Preservative (Potassium Sorbate), Natural Flavouring, Gelling Agent (Pectin)), Humectant (Glycerine), EGG , Molasses, Rice Starch, Ground Ginger, Ground Mixed Spice (Cinnamon, Coriander, Ginger, Allspice, Nutmeg, Cloves), Ground Cassia, Thickener (Xanthan Gum), Raising Agent (Bicarbonate of Soda), Natural Colours (Curcumin, Beetroot Extract, Spirulina), Butter Flavouring.			Kcal	406	296
				Fat	9.9	7.2
		Sat	4.5	3.3		
		Carbs	72.8	53.1		
		Sugar	29.5	21.5		
		Fibre	1.9	1.4		
		Protein	5.4	3.9		
		Salt	0.5	0.3		
		Portion weight (g)	73			
			per 100g	per portion (g)		
			KJ	1663	499	
		Leone Mints (Vg, GF, DF)	Sugar, Thickening agents: Arabic gum, tragacanth; Piedmont peppermint essential oil.	Kcal	391	117
				Fat	0.0	0.0
Sat	0.0			0.0		
Carbs	97.0			29.1		
Sugar	97.0			29.1		
Protein	0.2			0.0		
Fibre	0.0			0		
Salt	30					
Portion weight (g)	per 100g			per portion (g)		
	KJ			2136	964	
Locker Creamkakao (V)	Crispy wafer filled with cocoa cream (75%). WHEAT flour, coconut oil, glucose syrup, sugar, fat reduced cocoa 9% in the cream, dextrose, sweet whey powder, SOYA flour, skimmed MILK powder, malt extract, salt, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier SOYA lecithin, HAZELNUTS , vanilla pods (Bourbon). May contain ALMONDS .			Kcal	511	231
				Fat	26.0	12.0
				Sat	22.0	10.0
		Carbs	59.0	26.0		
		Sugar	28.0	13.0		
		Protein	7.7	3.5		
		Fibre	0.3	0.1		
		Salt	45			
		Portion weight (g)	per 100g	per portion (g)		
			KJ	2169	978	
		Locker Napolitaner (V)	Crispy wafer filled with HAZELNUT cream (75% cream). Ingredients: WHEAT flour, coconut oil, glucose syrup, sugar, hazelnut 9% in the cream, sweet whey powder, SOYA flour, skimmed MILK powder, fat reduced cocoa, diphosphate) emulsifier SOYA lecithin, vanilla pods (bourbon). May contain ALMONDS .	Kcal	519	234
				Fat	27.0	12.0
				Sat	20.0	8.9
Carbs	59.0			27.0		
Sugar	26.0			12.0		
Protein	8.1			3.6		
Fibre	0.3			0.2		
Salt	45					
Portion weight (g)	per 100g			per portion (g)		
	KJ			2188	985	
Locker Vanille (V)	Crispy wafer filled with vanilla cream (75% cream). Ingredients: WHEAT flour, coconut oil, glucose syrup, sugar, skimmed MILK powder, dextrose, SOYA flour, malt extract, sugar, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier SOYA lecithin, vanilla pods (bourbon), HAZELNUT . May contain ALMONDS .			Kcal	523	235
				Fat	27.0	12.0
				Sat	23.0	11.0
		Carbs	61.0	28.0		
		Sugar	31.0	14.0		
		Protein	7.8	3.5		
		Fibre	0.4	0.2		
		Salt	45			
		Portion weight (g)	per 100g	per portion (g)		
			KJ	1997	339	
		Metcalfe's® Chocolate Rice Cakes (V)	Milk Chocolate (60%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring), Rice Cake (40%) (Wholegrain Brown Rice, Rice). (Minimum Cocoa Solids 39%).	Kcal	476	81
				Fat	19.3	3.3
				Sat	11.1	1.9
Carbs	66.9			11.4		
Sugar	31.4			5.3		
Fibre	1.9			0.3		
Protein	6			1.0		
Salt	0.1			0.02		
Portion weight (g)	17.0					
	per 100g			per portion (g)		
	KJ			2380	417	
Milk Chocolate Stracciatella Bar (V)	Milk chocolate 57% (sugar, MILK powder, cocoa butter, cocoa mass, emulsifier: SOY lecithin, natural vanilla flavour), milk cream 43% [vegetable fats (coconut, palm kernel oil, shea butter in variable proportions), sugar, skimmed MILK powder, whey powder (contains MILK), emulsifier: SOY lecithin, natural vanilla flavour, cocoa chips (11.5%)].			Kcal	572	100
				Fat	39.0	6.8
		Sat	24.0	4.2		
		Carbs	47.0	8.2		
		Sugar	46.0	8.1		
		Protein	6.6	1.2		
		Fibre	0.2	0.0		
		Salt	17.5			
		Portion weight (g)	17.5			

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

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Panettone (V)	WHEAT flour, sultanas, fresh EGGS, butter (MILK), sugar, candied orange peels (orange peels, glucose-fructose syrup, sugar, acidity regulator: citric acid), MILK, fresh EGG yolk, natural yeast (WHEAT), emulsifiers: mono and diglycerides of fatty acids, glucose syrup, flavourings, cocoa butter, salt. <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 (NUTS) (35%), Cashew NUTS (30%), Pecan NUTS (20%), Hazelnuts (NUTS) (15%).	KJ	1882	
		Kcal	449	
		Fat	17.7	
		Sat	6.2	
		Carbs	69.6	
		Sugar	46.0	
		Fibre	4.7	
		Protein	4.6	
		Salt	0.7	
		Portion weight (g)	60	
			per 100g	per portion (g)
			KJ	1853
			Kcal	440
	Fat	14.2		
	Sat	5.6		
	Carbs	72.3		
	Sugar	37.7		
	Protein	4.9		
	Salt	0.6		
	Portion weight (g)	30		
Vegan Fruit Flapjack (Vg, DF)	OATS (31%), Soft Brown Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono - and - Diglycerides of Fatty Acids)), Golden Syrup, Raisins (8%) (Raisins, Sunflower Oil), Mixed Peel (6%) (Orange peel, Lemon Peel, Glucose Fructose Syrup, Sugar, Acidity Regulator (Citric acid)), Cranberries (4%) (cranberries, Sugar, Sunflower Oil), PISTACHIO NUTS (1%), Salt. <i>May contain traces of other NUTS.</i>	KJ	1973	
		Kcal	473	
		Fat	27.7	
		Sat	6.9	
		Carbs	48.4	
		Sugar	32.0	
		Fibre	2.7	
		Protein	6.1	
		Salt	0.3	
		Portion weight (g)	48	
			per 100g	per portion (g)
			KJ	1890
			Kcal	451
	Fat	20.9		
	Sat	7.3		
	Carbs	55.4		
	Sugar	22.8		
	Fibre	3.9		
	Protein	8.3		
	Salt	0.2		
	Portion weight (g)	50		
Vegan Stem Ginger Biscuit (Vg, DF)	WHEAT flour (WHEAT flour, Calcium carbonate, Iron, Niacin, Thiamin), Partially inverted refiners syrup, Sugar, Margarine (Palm oil, Rapeseed oil, Salt, Colours (Annatto, Curcumin), Natural flavouring), Stem Ginger (4.6%)(Ginger, Sugar), Ground ginger, Raising Agent (Sodium bicarbonate, Ammonium bicarbonate).	KJ	2103	
		Kcal	505	
		Fat	31.5	
		Sat	7.4	
		Carbs	47.6	
		Sugar	28.4	
		Fibre	3.8	
		Protein	5.7	
		Salt	0.1	
		Portion weight (g)	50	
			per 100g	per portion (g)
			KJ	2199
			Kcal	526
	Fat	28.2		
	Sat	18.6		
	Carbs	62.3		
	Sugar	22.9		
	Protein	5.4		
	Salt	0.7		
	Portion weight (g)	25		
Vegan & Gluten Free Chocolate Brownie (Vg, GF, DF)	Dark Chocolate (23%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Sunflower Lecithin), Sugar, Chick Pea Flour, Rapeseed Oil, Water, Chick pea, Cocoa Powder, Chocolate drops (2%) (Cocoa Mass, Sugar, Cocoa Butter), Flavourings, Hydroxypropyl methyl cellulose, Raising agents (Calcium Phosphate, Sodium Hydrogen Carbonate), Preservative (Potassium Sorbate), Salt.	KJ	1890	
		Kcal	451	
		Fat	20.9	
		Sat	7.3	
		Carbs	55.4	
		Sugar	22.8	
		Fibre	3.9	
		Protein	8.3	
		Salt	0.2	
		Portion weight (g)	50	
			per 100g	per portion (g)
			KJ	2103
			Kcal	505
	Fat	31.5		
	Sat	7.4		
	Carbs	47.6		
	Sugar	28.4		
	Fibre	3.8		
	Protein	5.7		
	Salt	0.1		
	Portion weight (g)	50		
Wrapped Flapjack (Vg)	OATS (39%), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), Golden Syrup, Brown Sugar, Glucose Syrup (SULPHITES), Black Treacle, Pumpkin Seeds (3%), OAT Flour, Sunflower Seeds (2%), Dark Chocolate (2%) (Cocoa Solids, Sugar, Emulsifier: Sunflower Lecithin), Natural Flavourings, Salt.	KJ	1890	
		Kcal	451	
		Fat	20.9	
		Sat	7.3	
		Carbs	55.4	
		Sugar	22.8	
		Fibre	3.9	
		Protein	8.3	
		Salt	0.2	
		Portion weight (g)	50	
			per 100g	per portion (g)
			KJ	2103
			Kcal	505
	Fat	31.5		
	Sat	7.4		
	Carbs	47.6		
	Sugar	28.4		
	Fibre	3.8		
	Protein	5.7		
	Salt	0.1		
	Portion weight (g)	50		
Gluten Free Chocolate Brownie Bar (V, DF, GF)	EGG, Dark Chocolate (19%) (Cocoa Solids, Sugar, Emulsifier: Sunflower Lecithin), Sugar, Rapeseed Oil, Ground ALMONDS, Chocolate Chips (6%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Sunflower Lecithin), White Rice Flour, Citrus Fibre (Maize, Maize Starch, Citrus Fibre), Tapioca Starch, Humectant (Glucose Syrup, Water, Acid Regulator: E260), Water, Acid: Ascorbic Acid; Preservative: Potassium Sorbate; Raising Agents: E341, E500.	KJ	2103	
		Kcal	505	
		Fat	31.5	
		Sat	7.4	
		Carbs	47.6	
		Sugar	28.4	
		Fibre	3.8	
		Protein	5.7	
		Salt	0.1	
		Portion weight (g)	50	
			per 100g	per biscuit (g)
			KJ	2199
			Kcal	526
	Fat	28.2		
	Sat	18.6		
	Carbs	62.3		
	Sugar	22.9		
	Protein	5.4		
	Salt	0.7		
	Portion weight (g)	25		
Wrapped Shortbread (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (33%)(MILK), Icing Sugar, Light Brown Sugar (Sugar, Molasses).	KJ	1890	
		Kcal	451	
		Fat	20.9	
		Sat	7.3	
		Carbs	55.4	
		Sugar	22.8	
		Fibre	3.9	
		Protein	8.3	
		Salt	0.2	
		Portion weight (g)	50	
			per 100g	per biscuit (g)
			KJ	2199
			Kcal	526
	Fat	28.2		
	Sat	18.6		
	Carbs	62.3		
	Sugar	22.9		
	Protein	5.4		
	Salt	0.7		
	Portion weight (g)	25		

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

CRISPS & POPCORN

Please note that the crisps sold from our stores in Northern Ireland are different than those sold in the rest of the UK. Please refer to page 25 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
		Metcalfe'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
Metcalfe'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 Berry Compote (23%) [Sugar, Strawberries, Water, Blackberries, Blueberries, Redcurrants, Cornflour, Lemon Juice, Natural Flavouring, Gelling Agent: Pectin], Dried Cranberry Granola (11%) [OAT Flakes, Sweetened Dried Cranberries (1%) (Cranberries, Sugar, Sunflower Oil), Sunflower Seeds, Pumpkin Seeds, Glucose Syrup, Water, Brown Rice Flour, Quinoa, Freeze Dried Raspberries, Natural Flavouring].	KJ	1197	
		Kcal	286	
		Fat	15.6	
		Sat	7.8	
		Carbs	27.0	
		Sugar	18.2	
		Fibre	1.4	
		Protein	8.6	
		Salt	1.6	
		Portion weight (g)	170	
			per 100g	per portion (g)
			KJ	1040
			Kcal	249
	Fat	14.7		
	Sat	9.1		
	Carbs	21.4		
	Sugar	20.7		
	Fibre	0.7		
	Protein	8.6		
	Salt	0.4		
	Portion weight (g)	175		
Tim's Raspberry Yoghurt (V)	Greek Style Natural Yogurt (MILK), Sugar, Raspberries (6%), Cornflour, Natural Flavouring, Citric Acid.	KJ	1106	
		Kcal	264	
		Fat	14.9	
		Sat	9.6	
		Carbs	24.9	
		Sugar	21.5	
		Fibre	0.2	
		Protein	8.6	
		Salt	0.4	
		Portion weight (g)	175	
			per 100g	per portion (g)
			KJ	632
			Kcal	151
	Fat	8.5		
	Sat	5.5		
	Carbs	14.2		
	Sugar	12.3		
	Fibre	0.1		
	Protein	4.9		
	Salt	0.2		
	Portion weight (g)	175		
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	1106	
		Kcal	264	
		Fat	14.9	
		Sat	9.6	
		Carbs	24.9	
		Sugar	21.5	
		Fibre	0.2	
		Protein	8.6	
		Salt	0.4	
		Portion weight (g)	175	
			per 100g	per portion (g)
			KJ	632
			Kcal	151
	Fat	8.5		
	Sat	5.5		
	Carbs	14.2		
	Sugar	12.3		
	Fibre	0.1		
	Protein	4.9		
	Salt	0.2		
	Portion weight (g)	175		

NORTHERN IRELAND PRODUCTS

The following nutritional information for Panini, Tostati, Sandwiches, 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, WHEAT flour, fine butter (MILK) 11%, praline and hazelnuts dough 10% (sugar, HAZELNUTS 3%, ALMONDS 3%, stabilizer (sorbitol), emulsifier (SOYA lecithin)), sugar, EGGS , HAZELNUTS 3%, maize starch, yeast, salt, WHEAT gluten, whey powder (MILK), whole MILK powder, skimmed MILK powder, thickener (sodium alginate), EGG 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 WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Scrambled EGG & Cheese (23% [Scrambled EGG (EGG , Water, Rapeseed Oil, Buttermilk Powder (MILK), Cornflour, Salt, White Pepper, Antioxidant (Citric Acid), Thickener (Xanthan Gum), Preservative (Lactic Acid)], Bechamel Sauce (Skimmed MILK , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Maize Starch, Salt, Emulsifier (SOYA Lecithin)), Cheddar Cheese (MILK), Black Pepper, Salt), WHEAT Starch, Calcium Carbonate, Iron, Thiamin, Niacin), Salt), WHEAT Starch, Rapeseed Oil, Parsley, Salt, Dextrose, Sage, Beef Collagen Casing, Fortified WHEAT Flour, Stabiliser (Sodium Triphosphate), WHEAT Protein, Spice & Spice Herb Extracts (Pepper, Nutmeg, Chilli, Clove, Coriander Sage, Thyme, Pimento)], Coffee Bacon (7%) [Pork Belly, Sugar, Salt, Cold Brewed Coffee, Stabiliser (Sodium Triphosphate), Maltodextrin, Natural Flavouring, Anticaking Agent (Calcium Silicate), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)].	KJ	1024	1772
		Kcal	245	424
		Fat	8.1	14.0
		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 WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Ham (22%) [Pork, Water, Glucose Syrup, Emulsifiers (Triphosphates, Diphosphates), Salt, Antioxidant (Sodium Ascorbate), Dextrose, Spice Extracts, Preservative (Sodium Nitrite)], Mozzarella (11%) Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Palm Oil, Butter (MILK), Modified Maize Starch, Salt, Emulsifier (Lecithin) (SOYA)], Mature Cheddar Cheese (3%) (MILK).	KJ
Kcal	233			419
Fat	6.8			12.0
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 WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Mozzarella (21%) (MILK), Tomato (12%), Cheddar Cheese (MILK), Basil Pesto (6.4%) [Basil, Sunflower Oil, Salt], Sunflower Oil, Medium Fat Hard Cheese (MILK).			KJ
		Kcal	263	510
		Fat	12.0	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' Arribiatto Panini (Vg)	Sourdough Panini (56%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Olive Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT GLUTEN, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Chicken Vegan Ragù (40%) [Seasoned SOYA pieces (Water, SOYA 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, Majoram, Basil, Pepper, Onions, Acidity Regulator (E330)), Onion Marmalade (Onion, Red Wine Vinegar (SULPHITES), Sugar, Sunflower oil, Salt, Balsamic Vinegar (Grape Must, Wine Vinegar, Caramel, (SULPHITES)), gelling agent: Pectin, Spices (Caraway Seeds, Thyme, Pepper, Bay)), Dried Chilli Flakes, Dried Basil], Spinach 4%.	KJ
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 WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Tuna Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG , Free Range EGG Yolk, Spirit Vinegar, Salt, Sugar, Flavouring, Lemon Juice Concentrate, Antioxidant (Calcium Disodium EDTA)), Red Pepper, Slow Roast Tomatoes (8%) (Slow Roast Tomatoes, Rapeseed Oil, Salt, Garlic, Oregano), Red Onion, Cornflour, Parsley, Lemon Zest, Cracked Black Pepper], Cheddar Cheese (12%) (MILK).	KJ	1187	2493
		Kcal	284	596
		Fat	14.0	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		
		per 100g	per portion (g)	
Chicken & Bacon Tostati Meit	Sourdough Bread (45%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture (RYE), SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers (E472(e), E481), Flour Treatment Agent (E300)], Chicken and Bacon Filling (38%) [Bechamel (Skimmed MILK , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Maize Starch, Salt, Emulsifier (E322) (SOYA)), Chicken (20%) [Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Stabiliser (E451), Potato Starch, Whey Protein (MILK), Emulsifier (E412), Salt, Vinegar, Yeast Extract), Formed Diced Bacon Pieces (8%) [Pork, Water, Salt, Preservative (E250), Stabiliser (E450), Antioxidant (E301)], Cheddar Cheese (MILK), Mozzarella (MILK), Mayonnaise (Rapeseed Oil, Water, Free Range Pasteurised EGG & EGG Yolk, Spirit Vinegar, Sugar, Salt, Lemon Juice, Antioxidant (E385), Flavouring, Paprika Extract)], Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330)), Topping (18%) [Cheddar Cheese (MILK), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MILK Protein, Cheddar Cheese (MILK), Yeast Extract, Acidity Regulator (E330), Spice, Stabilisers (E412,E415), Preservative (E202), Colour (E161b)), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330)), Smoked Paprika, Dried Chives].	KJ	1003	2008
		Kcal	240	480
		Fat	9.9	20.0
		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
				per 100g
Five Cheese & Roasted Tomato Tostati (V)	Sourdough Bread (44%) [Fortified WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture (RYE), SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers (E472(e), E481), Flour Treatment Agent (E300)], Cheese Topping (17%) [Mozzarella (MILK), Béchamel (Béchamel Sauce (Skimmed MILK , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Starch (Waxy Maize), Salt, Emulsifier (Lecithin) (SOYA)), Red Cheddar (MILK)], Cheese Filling (15%) [Mascarpone (Cream (MILK), MILK , Acidity Regulator (E330), Preservative (E202, E234)), Regato (MILK), Béchamel (Béchamel Sauce (Skimmed MILK , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Starch (Waxy Maize), Salt, Emulsifier (Lecithin) (SOYA)), Red Cheddar (MILK)], Cheddar Cheese (15%) (MILK), Roasted Baby Plum Tomatoes (9.8%) (Plum Tomatoes, Rapeseed Oil, Salt, Oregano, Garlic).	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
				per 100g
Irish Sausage, Cheddar & Ballymaloe Relish Toastie	Malted Bloomer Bread (43%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, Yeast, Salt, Vegetable Fat (Rapeseed, Palm), Malted WHEAT Flour, Malted BARLEY Flour, WHEAT Protein, Spirit Vinegar, Emulsifiers (E472e), Flour Treatment Agent (E300)], Sausage (38%) [Pork (70%), Water, Rusk (WHEAT flour (Fortified WHEAT flour, Calcium carbonate, Iron, Niacin, Thiamin), Salt), WHEAT Starch, Salt, Dextrose, Rapeseed Oil, Beef Collagen Casing, WHEAT flour (Fortified WHEAT flour, Calcium Carbonate, Iron, Niacin, Thiamin), Stabiliser (E451), WHEAT protein, Spice and Herb Extracts (Pepper, Nutmeg, Chilli, Sage, Parsley, Pimento)], Cheddar Cheese (9.5%) (MILK , Potato Starch), Ballymaloe Relish (9.5%) (Tomatoes, Tomato Puree, Vinegar, Sugar, Onions, Sultanas, Sea Salt, MUSTARD Seed, Spices).	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		
		per 100g	per portion (g)	
Chicken & Pesto Flatbread	Spinach wrap (32%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin(B3), Thiamin (B1)), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Spinach, Parsley, Sugar, Raising Agents: Sodium Carbonate (E500), Malic acid (E296), Diphosphates (E450), Salt], Chicken (21%) [Chicken Breast, Salt, Starch, Glucose syrup, Stabilisers: Triphosphates: (E451), Guar gum (E412), Potato Starch, Natural Chicken Stock (Chicken, Salt), Vinegar], Mozzarella (16%) (MILK), Tomato (13%), Green Pesto (11%) [Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian media fat hard cheese (MILK)], Rocket (6%), Starch.	KJ	950	1795
		Kcal	227	429
		Fat	12.0	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
				per 100g
Chicken & Stuffing Sandwich	Malted Bread [WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY , Salt, Emulsifiers (E471, E472, E481), WHEAT Protein, Vegetable Oils (Palm, Rapeseed), Malt Extract (BARLEY), Malted WHEAT , Preservative (E282), WHEAT Bran, Malted BARLEY , Flour Treatment Agent (E300)], Chicken (24%) [Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Stabiliser (E450), Salt), Chicken (21%) [Chicken Breast, Salt, Starch, Glucose syrup, Stabilisers: Triphosphates: (E451), Guar gum (E412), Potato Starch, Whey Protein (MILK), Emulsifier (E412), Salt, Vinegar, Yeast Extract], Sage & Onion Stuffing (12%) [Breadcrumbs (WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt), Water, Rapeseed Oil, Onion, Sage, Parsley, Salt, Pepper], Mayonnaise [Water, Rapeseed Oil, Modified Maize Starch, Pasteurised EGG , EGG Yolk, Spirit Vinegar, Sugar, Salt, Cream Powder (MILK), Citrus Fibre, Preservative (E202), Stabilisers (E412, E415), MUSTARD Powder, Lemon Juice Concentrate, Paprika Extracts, Antioxidant (E385)], Vegetable Fat Spread (Vegetable Oils in varying proportions (Rapeseed, Palm, Sunflower), Water, Salt, BUTTERMILK , Preservative (E202), Acidity Regulator (E300), Emulsifier (E471), Flavouring Colour (E106a), Vitamins A and D).	KJ	1232	2020
		Kcal	294	483
		Fat	13.0	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
				per 100g
Free Range Egg Mayo Sandwich (V)	Malted Bread [WHEAT Flour*, Water, Yeast, BARLEY , Salt, Emulsifiers (Mono-and diglycerides of fatty acids, Acetic acid esters of mono-and diglycerides, Sodium stearoyl lactylate), WHEAT Protein, Vegetable Oils (Palm, Rapeseed), Malt Extract (BARLEY), Malted WHEAT , Preservative (Calcium propionate), WHEAT Bran, Malted BARLEY , Flour Treatment Agent (Ascorbic Acid)], EGG Mayonnaise (40%) [Free Range EGG (60%), Mayonnaise (Rapeseed Oil, Water, Free Range Pasteurised EGG and EGG Yolk, Spirit Vinegar, Sugar, Salt, Lemon Juice, Antioxidant (Calcium disodium EDTA), Flavouring, Paprika Extract), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (Citric Acid)), Cornflour, Cracked Black Pepper], Free Range EGG (21%).	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
				per 100g
Milano Salami & Provolone Cheese Flatbread	Tortilla Wrap (34%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Tomato Seasoning (Tomato Powder, Red Pepper, Paprika, Basil), Raising Agents: Sodium Carbonate (E500), Malic acid (E296), Diphosphates (E450)], Sugar, Stabiliser: Carboxymethyl cellulose (E466), Salt], Salami (17%) [Pork, Salt, Dextrose, Flavourings (Garlic Extract), Spices (Ground Black Pepper)], Antioxidant: Sodium Ascorbate (E301), Preservatives: Sodium Nitrite (E250), Potassium Nitrate (E252)], Provolone (18%) [MILK , Salt, Rennet], Yellow Pepper (15%), Relish & Red pepper Mix (12%) [Ballymaloe relish (Tomatoes, Vinegar, Sugar, Onions, Sultanas, Tomato Puree, Sea Salt, Mustard Seed, Spices), Red pepper tapenade (SunBlush® peppers, sunflower oil, tomato concentrate, olive oil, salt, concentrated lemon juice, garlic, sugar), Rocket (9%), Starch.	KJ	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

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

SAVOURY PASTRIES & ROLLS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Bacon Ciabatta Roll	Vienna Roll (54%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, RYE Flour, Yeast, Salt (Anti-Caking Agent: E535), Malted WHEAT Flour, Improver (WHEAT Flour, Emulsifier: E472e, Ascorbic Acids, Sunflower Oil, Enzymes), Improver IBIS (Fortified WHEAT Flour, Enzymes, Sunflower Oil)], Bacon (31%) [Pork Belly, Salt, Rosemary Extract, Antioxidant: Sodium Ascorbate (E301), Preservative: Sodium Nitrite (E250)], Ballymaloe Relish (12%) [Tomatoes (41%), Vinegar, Sugar, Onions, Sultanas, Tomato Puree (5%) Sea Salt, MUSTARD Seed, Spices], Spread (3%) [Vegetable Oils (Rapeseed, Palm), Water, Reconstituted Butter/ MILK (3%), Salt (1.5%), Emulsifier (Mono and Di Glyceride of Fatty Acids), Stabiliser (Sodium Alginate), Preservative (Potassium Sorbate), Vitamin A & D, Flavouring, Colour (Carotenes)].	KJ	1038	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
		Ham & Cheese Croissant	Butter Croissant (51%) [WHEAT Flour, Butter (MILK), Water, Sugar, MILK , Yeast, EGG , Salt, WHEAT Gluten, Emulsifier (Lecithin), Flour Treatment Agent (Ascorbic Acid), Enzymes], Ham formed from select cuts of pork (29%) [Pork (95%), Water, Glucose Syrup, Emulsifier (Triphosphates, Diphosphates), Salt, Antioxidant (Sodium ascorbate), Dextrose, Spice Extracts, Preservative (Sodium Nitrite)], Mature Cheddar Cheese (20%) (MILK).	KJ
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
Pork & Pancetta Sausage Roll	Pork (37%), WHEAT Flour (WHEAT 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 (MILK), Breadcrumbs (WHEAT Flour [WHEAT 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, Drinde, Black Pepper, Ground Fennel, Oregano, Rosemary.			KJ
		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)	
Pesto Orzo Pasta with Houmous & Roasted Veg (V)	Orzo Mix (73%) [Cooked Orzo Pasta (Durum WHEAT Semolina), Green Pesto (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian media fat hard cheese (MILK)), Dressed Veg Mix (18%) [Veg (red peppers, yellow peppers, courgette, onion), Green Pesto (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian media fat hard cheese (MILK))], Red pepper & Houmous Mix (9%) [Red pepper Tapenade (SunBlush® peppers, sunflower oil, tomato concentrate, olive oil, salt, concentrated lemon juice, garlic, sugar), Houmous (Chick Peas (68%), Water, Sunflower Oil, Salt, Garlic, Citric Acid)].	KJ	835	1838
		Kcal	200	439
		Fat	11.0	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)	
Tomato & Basil Soup (V)	Water, Tomatoes 17%, Tomato Puree 9%, Onion, CELERY , Sugar, Red Peppers Courgettes, Modified Maize Starch, Salt, Cream (MILK), 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)	
Chorizo Protein Pot	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 (MILK))], Chorizo (16%) [Pork, salt, MILK 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
		Halloumi Protein Pot (V)	Baked Beans (61%) [Beans, Tomatoes, Water, Sugar, Cornflour, Salt, Modified Cornflour, Antioxidant: Ascorbic Acid (E330), Spice Extracts, Herb Extract], Halloumi Mix (22%) [Halloumi Cheese (MILK , Mint), Green Pesto (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian medium fat hard cheese (MILK))], Red Pepper (17%).	KJ
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)
Tiramisu (V)	Rehydrated soluble coffee (20.3%), Ladyfingers (WHEAT flour, sugar, EGGS , raising agents: E500, E503), sugar, water, Mascarpone cheese (6.8%) (CREAM (MILK), acidity regulator: E330), vegetable fats (coconut, palm), rehydrated skimmed MILK , MILK proteins, maltodextrin, Marsala wine, glucose-fructose syrup, stabiliser: E420; glucose syrup, cocoa powder (1.1%), modified starch, dextrose, alcohol, EGG yolk, emulsifiers: E471, E472e, E322 (of SOY), thickeners: E415, E463; WHEAT starch, cocoa butter, natural flavours, vegetable fibres.	KJ	1231
		Kcal	294
		Fat	12.1
		Sat	9.7
		Carbs	41.8
		Sugar	30.8
		Protein	1.3
		Salt	0.12
		Portion weight (g)	110

SCONES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
Plain Scone (V)	WHEAT Flour (WHEAT flour, calcium carbonate, iron, nicotinamide, thiamin), Buttermilk (24.8%) (MILK), sugar, non-hydrogenated vegetable oil (palm, rapeseed), free range EGG , raising agents (E450, E501), glaze(2%) (water, vegetable Protein (pea), dextrose), salt, emulsifier E475, natural flavouring, colour E160a.	KJ	1231
		Kcal	294
		Fat	6.2
		Sat	2.1
		Carbs	47.2
		Sugar	10.5
		Protein	8.9
		Salt	1.0
		Portion weight (g)	100g
		Fruit Scone (V)	WHEAT Flour (WHEAT flour, calcium carbonate, iron, nicotinamide, thiamin), Buttermilk (21.7%) (MILK), sultanas(13%)(sultanas, cottonseed oil), sugar, non-hydrogenated vegetable oil (palm, rapeseed), free range EGG , raising agents (E450, E501), glaze (2%) (water, vegetable Protein (pea), dextrose), salt, emulsifier E475, natural flavouring.
Kcal	299		
Fat	6.3		
Sat	2.2		
Carbs	52.0		
Sugar	20.5		
Protein	7.6		
Salt	1.1		
Portion weight (g)	100g		
Cranberry & Orange Scone (V)	WHEAT Flour (WHEAT flour, calcium carbonate, iron, nicotinamide, thiamin), Buttermilk (11.8%) (MILK), sugar, cranberries (9%), Free range liquid EGG , palm oil, raising agents (E450, E501), glaze (2%) (Water, Vegetable Protein (Pea), Dextrose), sugar pearls (2%), rapeseed oil, orange zest (0.4%), orange fruit icing (0.4%)(sugar, water, orange peel, orange juice concentrate, orange oil, colour (E160c , E160a)(V)), 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

CRISPS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
O'Donnell's Salt & Vinegar Crisps (V)	Potato, Sunflower Oil, Irish Cider Vinegar and Sea Salt Flavour (Flavourings, Sea Salt, Maltodextrin, Yeast Extract, Sugar, Dehydrated Apple, The Apple Farm Cider Vinegar Powder). <i>May contain traces of MILK.</i>	KJ	1071
		Kcal	257
		Fat	15.0
		Sat	1.2
		Carbs	27.1
		Sugar	0.6
		Protein	2.6
		Salt	1.1
		Portion weight (g)	50
		O'Donnell's Cheese & Onion Crisps (V, GF)	Potato, Sunflower Oil, Mature Irish Cheese & Red Onion Flavour (Onion Powder, Sugar, Yeast Extract, Cheese Powder (MILK), Salt, Butter MILK Powder, Flavourings, Irish Cheddar Cheese Powder (MILK), Colour (Paprika Extract)).
Kcal	256		
Fat	14.4		
Sat	1.2		
Carbs	27.8		
Sugar	2.5		
Protein	2.9		
Salt	0.7		
Portion weight (g)	50		
O'Donnell's Sweet Chilli Crisps (V, GF)	Potatoes, Sunflower Oil, Sweet Chilli Flavour (Sugar, Rice Flour, Salt, Yeast Extract, Onion Powder, Spices, Tomato Powder, Garlic Powder, Herb, Colour (Paprika Extract), Flavouring). <i>May contain traces of MILK.</i>		
		Kcal	259
		Fat	14.7
		Sat	1.2
		Carbs	28.0
		Sugar	2.1
		Protein	2.8
		Salt	0.6
		Portion weight (g)	50

YOGHURTS & FRUIT POTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Apple, Cranberry & Mango Bircher (V)	Soaked Oats Mix (86%) [MILK, Porridge Oats (Wholegrain rolled OATS (GLUTEN), Mango puree (Mango, cane sugar), Cranberries (Cranberries, Sugar, Sunflower), Chia seeds, Pumpkin seeds, Green apple, Cinnamon), Mango puree (10%) (Mango, cane sugar), Dried cranberries (4%) (Cranberries, Sugar, Sunflower).	per 100g	per portion (g)	
		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	
Clandeboyne Mango Snack Pot (V)	Greek Style Yoghurt (64%) [MILK, Cultures], Mango Compote (18%) [Mango, Sugar, Water, Starch (Waxy Maize), Stabiliser (Pectin), Natural Flavouring], Granola (18%) [OATS (GLUTEN) Flakes, BARLEY (BARLEY) Flakes, Sugar, Rapeseed Oil, Black Treacle, Sunflower Seeds].	per 100g	per portion (g)	
		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	
Seasonal Fruit Salad (Vg)	Pineapple (28%), Apple (20%), Cantaloupe Melon (18%), Mango (18%), Kiwi (10%), Blueberries (5%).	per 100g	per portion (g)	
		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	
Yoghurt & Blueberry Compote (V)	Greek Yoghurt (86%) [MILK], Blueberry Compote (14%) [Whole Blueberries (58%), Sugar, Water, Pectin (Sucrose), Citric Acid].	per 100g	per portion (g)	
		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	
Yoghurt & Blueberry Compote with Cranberry, Coconut & Chia Seed Granola (V)	Greek Yoghurt [MILK], Blueberry Compote (Whole Blueberries, Sugar, Water, Pectin (Sucrose), Citric Acid). With Granola added at the bar. Granola (Gluten Free Oats, Cranberries, (Sugar, Vegetable Oil), Desiccated Coconut, Pumpkin Seeds, Sunflower Seeds, Rapeseed Oil, Honey, Chia Seeds, Natural Vanilla).	per 100g	per portion (g)	
		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	