HOW TO USE THIS GUIDE **This Product Contains** PASTRIES Sulphur Sesame Product Name Gluten Celery Eggs Milk Nuts Peanuts Fish Soya Mustard Lupin Crustaceans Molluscs Dioxide seeds * * * 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.

ALLERGEN GUIDE (UK)

Version **23** Issued: **19/05/22**

PASTRIES							This Prod	luct Con	tains					
Product Name	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							This Proc	luct Con	tains					
Product Name	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	*	*	*	1			1	1	*					
Fruit Scone (England, Scotland & Wales only)	*	*	*											
Plain Scone (NI only)	*	*	*	1			1	1	1					
Fruit Scone (NI only)	*	*	*											
Cranberry & Orange Scone (NI only)	*	*	*											

WHOLE CAKES							This Prod	luct Con	tains					
Product Name	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	*	*	*				*							
NEW Raspberry & White Chocolate Roulade **	*	*	*				*							
Raspberry Ripple Roulade **	*	*	*				*							
Salted Caramel Billionaire's Cake	*	*	*				*							

** We have updated the recipe for our Raspberry Ripple Roulade and changed the name to Raspberry & White Chocolate Roulade. There are no allergen changes to this product, however, there are different ingredients and nutritional information. If you require accurate ingredients or nutritional information, please check in store which product they have in stock before your purchase.

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.





LOAF CAKES							This Prod	luct Con	tains					
Product Name	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							This Proc	luct Con	tains					
Product Name	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*	*	*	*				*		*					

SWEET

* 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							This Prod	uct Con	tains					
Product Name	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							This Prod	luct Con	tains					
Product Name	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	*	*	*				*							
NEW Salted Caramel & Pistachio Chouxnut	*	*	*	*			*		*					
NEW Passion Fruit 'Martini' Chouxnut	*	*	*				*							

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DESSERTS							This Prod	luct Con	tains					
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
NEW Blueberry Muffin Cheesecake	*	*	*				*							
NEW Sicilian Lemon Meringue Cheesecake	*	*	*				*							
Sicilian Lemon Cheesecake	*	*	*											
Salted Caramel & Chocolate Vegan Cheesecake	*						*							
Tiramisu (England, Scotland & Wales only)	*	*	*				*							
Tiramisu (Northern Ireland only)	*	*	*				*							

E	COOKIES							This Prod	luct Con	tains					
ME	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
S	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							This Prod	luct Con	tains					
Product Name	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							This Prod	uct Con	tains					
ഷ് റ	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
ຊັບັ	Chocolate Coin			*				*							
С С К	Gianduja Chocolate				*			*							

	YOGHURTS (NI only)							This Prod	luct Con	tains					
ш С)	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Å	Yoghurt & Blueberry Compote			*											
PORRI	Yoghurt & Blueberry Compote with Cranberry, Coconut & Chia Seed Granola			*											
lS &	PORRIDGE							This Prod	luct Con	tains	_	_	_		

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PORRIDGE							This Proc	luct Con	tains					
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur	Mustard	Lupin	Crustaceans	Sesame	Molluscs
Porridge with semi-skimmed or skimmed milk	*		*											
Porridge with Alpro Soya milk	*						*							
Porridge with Alpro Coconut milk	*						*							
Porridge with Alpro Oat milk	*													

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

SALADS							This Prod	luct Con	tains					
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Beetroot, Raisin & Cranberry Cous Cous Salad	*													
Rainbow Slaw Side Salad		*	*							*				

ALLERGEN GUIDE (UK)

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

DRINKS

*served with whipped cream

HOT DRINKS - TEA, HOT CHOCOLATE & SPECIALITY							This Prod	luct Con	tains					
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Tea (if served with milk)			*											
Herbal Tea														
Hot Chocolate*			*				*							
Hot Chocolate Milano*			*				*						1	
Chai Latte			*											
White Chocolate Mocha*			*				*							
Caramelatte*			*											

*served with whipped cream

	NON DAIRY MILK							This Prod	luct Con	tains					
AS	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
TR	Alpro Coconut							*							
Ш	Alpro Oat	*													
	Alpro Soya							*							

ALLERGEN GUIDE (UK)

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

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

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



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

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

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

CRISPS

YOGHURTS & FRUIT

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.

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PASTIRES INGREDIENTS PRODUCT NUTRITIONAL INFO per 100g per portion (g) 1701 1435 KJ Kcal 407 343 Fat 21.1 17.8 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 9.0 7.6 Sat Almond Croissant and diglycerides of fatty acids E471). Acidity Regulator (Citric Acid E330), Flavouring, EGC, ALMOND Filling (19%) (Sugar, ALMONDS [7%) (NUTS), EGG White, Inverted Sugar Syrup, Water, EGG Yolk, Invertase E1103). Topping: ALMOND Flakes (4.2%) (NUTS). May contain traces Carb 43.9 36.9 (V) 13.7 11.6 Sugar of other NUTS (Hazelnuts) Fibre 24 19 Protein 9.3 7.8 Salt 0.7 0.6 Portion weight (g) 84 per 100g per portion (g) ΚI 1081 1113 Kcal 258 266 Fat 11.0 11.3 Pastry: 56% (WHEAT flour, butter 19% (MILK), water, yeast, sugar, EGGS, salt, WHEAT gluten enzymes (amylases, hemicellulases), flour Sat 6.7 6.9 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). Apricot Croissant Carbs 34.0 35.0 (V) Sugar 11.0 11.3 May contain: traces of NUTS and traces of SOYA 2.0 Fibre 2.1 Protein 4.7 4.8 0.7 Salt 0.7 Portion weight (g) 115 per portion (g) per 100g ΚI 1792 915 Kcal 429 219 Fat 23.0 11.8 Pastry: WHEAT flour, butter 22% (MILK), water, sugar, whole MILK pasteurized, yeast, EGGS, salt, WHEAT aluten, emulsifier : F322 (rape Sat 15.0 7.7 Butter Croissant lecithin), flour treatment agent : E300, enzymes, egg wash (Free Range **EGGS**) 1,5g. 23.2 Carbs 46.0 (V) Sugar May contain: traces of NUTS and traces of SOYA. 6.8 3.5 Fibre 2.6 1.3 Protein 8.1 4.3 Salt 1.2 0.6 Portion weight (g) 60 per 100g per portion (g) 1176 1512 Kca 361 281 Fat 16.0 11.9 Pastry: WHEAT flour, butter (MILK), water, yeast, sugar, EGGS, salt, WHEAT gluten, enzymes (amylases, hemicellulases, flour treatment agent 7.4 Sat 9.6 (E300)), Pastry cream (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450iii, E339ii), colou (E160aii), flavouring), Chocolate 15.6% (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier (E322 (SOYA lecithin)), Chocolate Twist Carbs 47.0 37.9 (V) Sugar 21.0 17.4 natural vanilla flavour), egg wash (EGGS, water), Icing sugar (Glucose, comflour, vegetable oil). May contain: traces of NUTS. Fibre 3.0 2.3 Protein 5.7 4.3 Salt 0.8 0.6 Portion weight (g 90 per 100g portion (g) 1706 1467 KJ Kcal 407 350 Fat 18.6 16.0 WHEAT Flour, Fine Butter (MILK) (19%), Water, Sugar, Yeast, EGG, Cinnamon (1.4%), Maize Starch, WHEAT Gluten, Salt, Whey Powder (MILK). Sat 12.0 10.3 Whole MILK Powder, Skimmed MILK Powder, Thickener (Sodium Alginate), EGG Albumin Powder, Turmeric Extract, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), Natural Flavouring, Acidity Regulator (Citric Acid), Carrot Extract, May contain: traces **Cinnamon Swirl** Carbs 44.0 51.2 (V) Sugar 18.7 21.8 OF SESAME SEEDS, NUTS, SOYA Fibre 2.78 2.4 Proteir 6.7 5.8 Salt 0.6 0.5 weight (g) Portio 86 per 100g per portion (g) 1786 1120 КJ 268 Kcal 427 Fat 23.0 14.3 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, 9.3 Sat 15.0 Pain au Chocolat Carbs 29.1 46.0 (V) hemicellulases)), egg wash (Free Range EGG). May contain: traces of NUTS. Sugar 12.0 8.1 Fibre 1.9 3.0 Protein 4.8 7.6 Salt 1 0.6 Portion weight (g) 75 per 100g per portion (g) 1245 1417 Kcal 338 296 WHEAT flour, water, raisins 13%, Butter (MILK), sugar, yeast, corn starch, EGGS, salt, powdered whey (MILK), whole MILK powder, WHEAT Fat 140 10.8 gluten, EGG albumin powder, skimmed MILK powder, thickener (sodium alginate), emulsifier (rape lecithin), fruit and plant extract Sat 9.1 6.8 (turmeric and carrot), natural flavouring, acidity regulator (citric acid), flour treatment agent (ascorbic acid), enzymes (hemicellulases Pain aux Raisin Carbs 46.0 43.2 amylases), egg wash (Free Range EGGS). Neutral glaze (water, glucose syrup, sugar, acidity regulators (E330, E332, E333), flavour, gelling (V) 17.1 Sugar 19.0 agent (pectin), preservative (potassium sorbate)). May contain: traces of NUTS and traces of SOYA. Fibre 2.3 2.3 Proteir 5.8 54 Salt 0.8 0.6 Portion weight (g) 110 per 100g per portion (g) 1589 1239 Kca 379 296 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 Fat 12.7 16.3 (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 Sat 8.2 6.4 Vegan Raspberry Croissant 39.5 Carbs 50.7 (Vg, DF) Colours (Radish, Blackcurrant, Apple concentrate)), Spelt flour, **WHEAT** gluten Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid). 14.4 Sugar 18.5 Fibre 2.7 2.1 May contain: traces of MILK, SESAME SEEDS, SOYA, NUTS, EGGS, Protein

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

CAFFÈ

NERO

5.0

0.4

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6.4

0.5

Portion weight (g)

Salt



MUFFINS & SCONES

P Belgian Chocolate Muffin (V)	INGREDIENTS /HEAT flour (calcium carbonate, iron, niacin, thiamin), sugar, water, liquid EGG, vegetable oil rapeseed, 9% filling (sugar, vegetable fats alm, fat-reduced cocca, cocca mass, fat reduced cocca powder, emulsifier E322 (SOYA), natural vanilla flavouring), 3% Belgian dark	ſ	NUTRITION	AL INFO
P Belgian Chocolate Muffin (V)				
P Belgian Chocolate Muffin (V)			m en 100 m	
P Belgian Chocolate Muffin (V)		K I	per 100g	per portion
cl Belgian Chocolate Muffin (V)		KJ	1702	1872
Belgian Chocolate Muffin (V)	chocolate chunks (sugar, cocoa mass, cacoa butter, emulsifier E322 (SOYA), natural vanilla flavouring), 3% Belgian milk chocolate	Kcal	407	448
Belgian Chocolate Muffin (V)	hunks (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier E322 (SOYA), natural vanilla flavouring), 5% belgian milk chocolate hunks (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier E322 (SOYA), natural vanilla flavouring), buttermilk (MILK), 1,8%	Fat	22.2	24.0
(V)	chocolate shavings curled mix (sugar, cocoa mass, cocoa butter, whole MILK powder, Lactose (MILK), whey powder (MILK), butter oil	Sat	5.1	6.0
	(MILK), emulsifier E322 (SOYA), natural vanilla flavouring), 1,4% large dark slabs (sugar, cocoa mass, cocoa butter, natural vanilla	Carbs	44.7	49.0
	lavouring, emulsifier E322 (SOYA)), 1,4% large MILK slabs (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier E322 (SOYA),	Sugar	29.0	32.0
	natural vanilla flavouring), raising agents (E341, E450, E501), inulin, glucose syrup, WHEAT starch, MILK protein, modified corn starch,	Fibre	2.1	2.0
	humectants (E420, E422), emulsifiers (E471, E475), WHEAT flour, preservatives (E202, E223 (Contains SUPPHITES)), stabiliser E415, natural	Protein	6.0	7.0
	flavouring, WHEAT Gluten, salt, acidity regulator E330, anti-caking agents (E470a, E551), rapeseed oil.	Salt	0.4	0.4
		Portior	n weight (g)	110
			per 100g	per portion
		KJ	1431	1547
		Kcal	342	376
	VHEAT flour (calcium carbonate, iron, niacin, thiamin), sugar, liquid EGG, 10% blueberries, water, % blueberry filling (water, blueberry filling (water, blueberries, water, % blueberry filling (water, blueberry filling (water, blueberries, water, % blueberry filling (water, blueberry filling (water, blueberries, water, % blueberry filling (water, blueberry filling (water, blueberries, water, % blueberry filling (water, blueberries, water, % blueberry filling (water, blueberry fil	Fat Sat	15.5 1.8	17.0 2.0
	ugar, dextrose, glucose syrup, acidity regulators (E330, E331), gelling agent E440, natural flavouring, thickener E415, preservative E202), buttermilk (MILK), raising agents (E341, E450, E501), palm oil, inulin, MILK protein, WHEAT starch, emulsifiers (E471, E475), modified corn	Carbs	44.1	49.0
(V)	starch, WHEAT Gluten, WHEAT flour, preservative E202, glucose syrup, stabiliser E415, salt, acidity regulator E330, natural flavouring,	Sugar	21.1	23.0
	colouring E160a, rapeseed oil.	Fibre	1.2	1.0
		Protein	5.8	6.0
		Salt	0.4	0.4
			weight (g)	110
			per 100g	per portion
		KJ	1517	1669
	VHEAT flour (calcium carbonate, iron, niacin, thiamin), sugar, liquid EGG, water, 9% Sicilian lemon curd (sugar, liquid EGG, butter (MILK),	Kcal	362	398
w	ater, concentrated lemon juice (lemon juice concentrate, preservatives (E223 (Contains SULPHITES), E224 (Contains SULPHITES))), lemon	Fat	15.5	17.0
cilian Lomon Curd Mutter	oil, thickener E406, salt), inulin, 4% lemon zest, 3% streusel (WHEAT flour (calcium carbonate, iron, niacin, thiamin), coarse granulated	Sat	2.4	3.0
	igar, 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,	Carbs	49.8	55.0
	(aextrose, palm oil, contriour), 0,9% lemon strip (lemon peel, sugar, glucose-tructose syrup, aciatry regulator E330), raising agents (E341, E450, E501), glucose syrup, palm oil, WHEAT starch, MILK protein, emulsifiers (E471, E475), humectants (E420, E422), natural flavouring,	Sugar	25.9	28.0
	modified corn starch, WHEAT flour, preservatives (E202, E223 (Contains SULPHITES)), WHEAT Gluten, stabiliser E415, salt, acidity regulator	Fibre	1.0	1.0
	E330, colouring E160a, rapeseed oil.	Protein	5.3	6.0
		Salt	0.4	0.5
			n weight (g)	110
			per 100g	per portion
		KJ	1281	1204
		Kcal	305	287
Fruit Scone		Fat	10.7	10.1
	Scone: WHEAT Flour (contains Calcium carbonate, Iron, Niacin & Thiamin), MILK, Butter (MILK) (10%), Sultanas (9%), EGG, Sugar, Raising	Sat	0.8	0.8
only)	Agents [E450, E500], Sunflower Oil.	Carbs	46.1	43.3
(V)		Sugar	14.3	13.4
(1)		Fibre	1.2	1.1
		Protein	6.4	6.0
		Salt	1.2	1.2
		Portion	n weight (g)	94
	EXTRAS			
PRODUCT				
PRODUCT	INGREDIENTS	l	NUTRITIONA	AL INFO
			per 100g	per portion
		KJ	1016	305
		Kcal	239	72
		Fat	0.2	0.06
Raspberry Jam	Raspberry Jam: Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium Citrate.	Sat	0	0
Raspberry Jam (Vg, GF, DF)	Raspberry Jam: Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium Citrate.	Sat Carbs	0 57.0	0 17.1
	Raspberry Jam: Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium Citrate.	Sat Carbs Sugar	0 57.0 57.0	0 17.1 17.1
	Raspberry Jam: Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium Citrate.	Sat Carbs Sugar Protein	0 57.0 57.0 0.7	0 17.1 17.1 0.2
	Raspberry Jam: Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium Citrate.	Sat Carbs Sugar Protein Salt	0 57.0 57.0 0.7 0.0	0 17.1 17.1 0.2 0.0
· · ·	Raspberry Jam: Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium Citrate.	Sat Carbs Sugar Protein Salt	0 57.0 57.0 0.7 0.0 on weight (g)	0 17.1 17.1 0.2 0.0 30
· · ·	Raspberry Jam: Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium Citrate.	Sat Carbs Sugar Protein Salt	0 57.0 57.0 0.7 0.0	0 17.1 17.1 0.2 0.0 30
	Raspberry Jam: Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium Citrate.	Sat Carbs Sugar Protein Salt Portic	0 57.0 57.0 0.7 0.0 on weight (g) per 100g	0 17.1 17.1 0.2 0.0 30 per portion
· · ·	Raspberry Jam: Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium Citrate.	Sat Carbs Sugar Protein Salt Portic KJ	0 57.0 57.0 0.7 0.0 on weight (g) per 100g 1023	0 17.1 0.2 0.0 30 per portion 307
(Vg, GF, DF) Strawberry Jam		Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0.1	0 17.1 0.2 0.0 30 per portion 307 72 0.03 0
(Vg, GF, DF)	Raspberry Jam: Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium Citrate. Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid.	Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0	0 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7
(Vg, GF, DF) Strawberry Jam		Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs Sugar	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0	0 17.1 0.2 0.0 9er portion 307 72 0.03 0 17.7 17.7
(Vg, GF, DF) Strawberry Jam		Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs Sugar Protein	0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 0.4	0 17.1 0.2 0.0 per portion 307 72 0.03 0 17.7 17.7 0.12
(Vg, GF, DF) Strawberry Jam		Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs Sugar Protein Salt	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 59.0 0.4 0.0	0 17.1 0.2 0.0 9er portion 307 72 0.03 0 17.7 17.7 17.7 0.12 0.0
(Vg, GF, DF) Strawberry Jam		Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs Sugar Protein Salt	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 59.0 0.4 0.0 on weight (g)	0 17.1 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7 17.7 0.12 0.0 30
(Vg, GF, DF) Strawberry Jam		Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs Sugar Protein Salt Portic	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 0.4 0.0 0 0 9er 100g 1023 1024 1025 1025 1025 1025 1025 1025 1026 1027 102	0 17.1 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7 17.7 0.12 0.0 30 per portion
(Vg, GF, DF) Strawberry Jam		Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs Sugar Protein Salt	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 59.0 0.4 0.0 on weight (g)	0 17.1 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7 17.7 0.12 0.0 30
(Vg, GF, DF) Strawberry Jam (Vg, GF, DF)		Sat Carbs Sugar Protein Salt Portic KJ KCal Fat Sat Carbs Sugar Protein Salt Portic	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 0.4 0.0 per 100g 1023 241 0.1 0 59.0 0.4 0.0 0.0 0.0 0.1 0.1 0.1 0.1 0.1	0 17.1 0.2 0.0 9er portion 307 72 0.03 0 17.7 17.7 17.7 0.12 0.0 30 9er portion 213
(Vg, GF, DF) Strawberry Jam	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid.	Sat Carbs Sugar Protein Salt Portic KJ Kcal Sat Carbs Sugar Protein Sat Carbs Sugar Protein KJ Kcal	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 0.4 0.0 per 100g	0 17.1 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7 17.7 0.12 0.0 30 per portion 213 52
(Vg, GF, DF) Strawberry Jam (Vg, GF, DF)		Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs Sugar Protein Sat Carbs Kcal Fat Sat Carbs	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 0.4 0.0 per 100g 3036 738 81.4 52.3 0.8	0 17.1 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7 17.7 0.12 0.0 30 per portion 213 52 5.7 3.7 0.1
(Vg, GF, DF) Strawberry Jam (Vg, GF, DF) Lakeland Butter	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid.	Sat Carbs Sugar Protein Satt Portic KJ Kcal Fat Sat Carbs Sugar KJ Kcal Fot Sugar	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 0.4 0.0 0.0 0.0 0.0 per 100g 3036 738 81.4 52.3 0.8 0.8	0 17.1 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7 17.7 0.12 0.0 30 per portion 213 52 5.7 3.7 0.1
(Vg, GF, DF) Strawberry Jam (Vg, GF, DF) Lakeland Butter	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid.	Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs Sugar Protein KJ Kcal Kcal Fat Sat Sugar Protein Sat Sugar Protein	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 0.4 0.0 0.4 0.0 per 100g 3036 738 81.4 52.3 0.8 0.6	0 17.1 17.1 0.2 0.0 9er portion 307 72 0.03 0 17.7 17.7 0.12 0.0 30 per portion 213 52 5.7 3.7 0.1 0.1 0.1
(Vg, GF, DF) Strawberry Jam (Vg, GF, DF) Lakeland Butter	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid.	Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs Sugar Protein RJ Kcal Fat Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 0.4 0.0 per 100g 3036 738 81.4 52.3 0.8 0.6 1.9	0 17.1 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7 17.7 0.12 0.0 30 per portion 213 52 5.7 3.7 0.1 0.1 0.0 40 0.1
(Vg, GF, DF) Strawberry Jam (Vg, GF, DF) Lakeland Butter	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid.	Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs Sugar Protein RJ Kcal Fat Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 0.4 0.0 0 0 0 9 per 100g 3036 738 81.4 52.3 0.8 0.8 0.6 1.9 pon weight (g)	0 17.1 17.1 0.2 0.0 30 per portion 372 0.03 0 17.7 17.7 0.12 0.0 30 per portion 213 52 5.7 3.7 0.1 0.1 0.0 10.1 7
(Vg, GF, DF) Strawberry Jam (Vg, GF, DF) Lakeland Butter	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid.	Sat Carbs Sugar Protein Salt Portic Kcal Fat Sat Carbs Sugar Protein Sat Kcal Kcal Kcal Fat Sugar Protein Sat Carbs Sugar Protein Sat Portic	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 0.4 0.0 0.4 0.0 per 100g 3036 738 81.4 52.3 0.8 0.8 0.6 1.9 per 100g	0 17.1 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7 17.7 0.12 0.0 30 per portion 213 52 5.7 3.7 0.1 0.1 0.1 0.1 0.0 4 0.1 7 7
(Vg, GF, DF) Strawberry Jam (Vg, GF, DF) Lakeland Butter	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid.	Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs Sugar Protein KJ Kcal Fat Sat Carbs Sugar Protein KJ Kcal Fat Sat Carbs Sugar Kcal Kcal Kcal Fat Sat Carbs Sugar Protein KJ Kcal Fat Sat Carbs Sugar Protein KJ Kcal Fat Sat Carbs Sugar Protein KJ Kcal Fat Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Fat Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Sugar Protein Sat Carbs Sugar Sat Carbs Sugar Sat Carbs Sugar Sat Carbs Sugar Sat Carbs Sugar Sat Carbs Sugar Sat Carbs Sugar Sat Carbs Sugar Sat Carbs Sugar Sat Sat Carbs Sugar Sat Sat Sat Sat Sat Sat Sat Sat Sat Sat	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 0.4 0.7 59.0 0.4 0.0 per 100g 3036 738 81.4 52.3 0.8 0.8 0.8 0.6 1.9 per 100g 2413	0 17.1 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7 17.7 0.12 0.0 30 per portion 213 52 5.7 3.7 0.1 0.1 0.0 4 0.0 17.7 17.7 0.02 0.0 0 0 17.7 17.7 0.03 0 0 17.7 17.7 0.03 0 0 17.7 17.7 0.03 0 0 17.7 17.7 0.03 0 0 17.7 17.7 0.03 0 0 17.7 17.7 0.03 0 0 17.7 17.7 0.03 0 0 17.7 17.7 0.03 0 0 17.7 17.7 0.03 0 0 17.7 17.7 0.03 0 0 17.7 17.7 0.03 0 0 17.7 17.7 0.02 0.03 0 0 17.7 17.7 0.02 0.03 0 0 17.7 17.7 0.02 0.03 0 0 17.7 17.7 0.02 0.03 0 0 17.7 17.7 0.02 0.03 0 0 0 17.7 17.7 0.02 0.03 0 0 0 17.7 17.7 0.02 0.03 0 0 0 0 0 17.7 17.7 0.02 0.03 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
(Vg, GF, DF) Strawberry Jam (Vg, GF, DF) Lakeland Butter (V, GF)	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid.	Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs Sugar Protein Salt Portic KJ Kcal Sat Carbs Sugar Protein Sat Sugar Protein KJ Kcal	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 59.0 0.4 0.0 per 100g 3036 738 81.4 52.3 0.8 0.6 1.9 per 100g 2413 586	0 17.1 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7 17.7 0.12 0.0 30 per portion 213 52 5.7 3.7 0.1 0.1 0.1 0.1 7 7 9 per portion 30 9
(Vg, GF, DF) Strawberry Jam (Vg, GF, DF) Lakeland Butter (V, GF)	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid. Butter: Cream (MILK), Salt.	Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs Sugar Protein KJ Kcal Fat Sat Carbs Sugar Protein KJ Kcal Fat Sat Carbs Sugar Kcal Kcal Kcal Fat Sat Carbs Sugar Protein KJ Kcal Fat Sat Carbs Sugar Protein KJ Kcal Fat Sat Carbs Sugar Protein KJ Kcal Fat Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Fat Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Sugar Protein Sat Carbs Sugar Sat Carbs Sugar Sat Carbs Sugar Sat Carbs Sugar Sat Carbs Sugar Sat Carbs Sugar Sat Carbs Sugar Sat Carbs Sugar Sat Carbs Sugar Sat Sat Carbs Sugar Sat Sat Sat Sat Sat Sat Sat Sat Sat Sat	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 0.4 0.7 59.0 0.4 0.0 per 100g 3036 738 81.4 52.3 0.8 0.8 0.8 0.6 1.9 per 100g 2413	0 17.1 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7 17.7 0.12 0.0 30 per portion 213 52 5.7 3.7 0.1 0.1 0.0 4 0.0 9 0 9 0 9 0 0 0 0 17.7 7 7 2 0.03 0 0 17.7 17.7 17.7 0.03 0 0 17.7 17.7 17.7 0.03 0 0 17.7 17.7 17.7 17.7 17.7 17.7 17.7
(Vg, GF, DF) Strawberry Jam (Vg, GF, DF) Lakeland Butter (V, GF)	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid.	Sat Carbs Sugar Protein Salt Portic Kcal Fat Sat Carbs Sugar Protein Sat Carbs Sat Carbs Sat Carbs Sat Carbs Sat Sat Sat Sat Sat Sugar Protein Sat Sugar Protein Sat Sugar Protein Sat Sugar Protein Sat Sat Sugar Protein Sat Sat Sat Sat Sugar Protein Sat Sat Sugar Protein Sat Sugar Protein Sat Sat Sat Sugar Protein Sat Sugar Protein Sat Sugar Protein Sat Sugar Protein Sat Sugar Protein Sat Sugar Protein Sat Sugar Protein Sat Sugar Protein Sat Sat Sat Sugar Protein Sat Sat Sat Sat Sat Sat Sat Sat Sat Sat	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 0.4 0.0 0 9er 100g 3036 738 81.4 52.3 0.8 0.6 1.9 per 100g 2413 586 63.7	0 17.1 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7 17.7 0.12 0.0 30 per portion 213 52 5.7 3.7 0.1 0.1 0.0 30 per portion 213 52 5.7 3.7 0.1 0.1 0.0 30 per portion 213 52 5.7 3.7 0.1 0.1 0.0 30 per portion 213 52 5.7 3.7 0.1 0.1 2.2 0.0 30 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
(Vg, GF, DF) Strawberry Jam (Vg, GF, DF) Lakeland Butter (V, GF)	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid. Butter: Cream (MILK), Salt.	Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein KJ Kcal Fat Sat Carbs Sugar Protein Sat Sat Carbs Sugar Protein Sat Sat Carbs Sugar Protein Sat Sat Sat Sat Sat Sat Sat Sat Sat Sat	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 0.4 0.7 3036 738 81.4 52.3 0.8 0.8 0.8 0.6 1.9 per 100g 2413 586 63.7 39.7	0 17.1 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7 17.7 0.12 0.0 per portion 213 52 5.7 0.1 0.1 0.04 0.1 7 per portion 965 234 25.5 15.9
(Vg, GF, DF) Strawberry Jam (Vg, GF, DF) Lakeland Butter (V, GF) Rodda's Cornish Clotted Cream	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid. Butter: Cream (MILK), Salt.	Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs Sugar Protein KJ Kcal Fat Carbs Sugar Protein Salt Carbs Sugar Protein KJ Kcal Fat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Portic Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Sugar Protein Sat Carbs Sugar Protein Protein Sat Carbs Sugar Protein Protein Protein Sat Carbs Sugar Protein Protein Protein Protein Protein Protein Protein Sat Carbs Sugar Protein Protein Protein Protein Protein Protein Protein Protein Sat Sugar Protein Prot	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 0.4 0.7 59.0 0.4 0.7 3036 738 81.4 52.3 0.8 0.8 0.8 0.6 1.9 per 100g 2413 586 63.7 39.7 2.2 2.2 1.6	0 17.1 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7 17.7 0.12 0.0 per portion 213 52 5.7 0.1 0.1 0.0 45 234 0.1 965 234 25.5 15.9 0.9 0.9 0.6
(Vg, GF, DF) Strawberry Jam (Vg, GF, DF) Lakeland Butter (V, GF) Rodda's Cornish Clotted Cream	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid. Butter: Cream (MILK), Salt.	Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Sat Sat Sugar Protein Sat Sat Sat Sugar Protein Sat Sat Sat Sat Sugar Protein Sat Sat Sat Sat Sat Sat Sat Sat Sat Sat	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 59.0 59.0 0.4 0.0 per 100g 3036 738 81.4 52.3 0.8 0.6 1.9 per 100g 2413 586 63.7 39.7 2.2 2.2 1.6 0.05	0 17.1 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7 17.7 0.12 0.0 30 per portion 213 52 5.7 3.7 0.1 0.1 0.1 0.1 0.0 30 per portion 213 52 5.7 3.7 0.1 0.1 0.0 30 per portion 213 52 5.7 3.7 0.1 0.0 30 per portion 213 52 5.7 0.1 0.0 30 per portion 213 52 5.7 0.1 0.0 30 per portion 213 52 5.7 0.1 0.0 30 965 234 25.5 15.9 0.9 0.9 0.9 0.9 0.9 0.0 9.0 9.0 9.0 9
(Vg, GF, DF) Strawberry Jam (Vg, GF, DF) Lakeland Butter (V, GF) Rodda's Cornish Clotted Cream	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid. Butter: Cream (MILK), Salt.	Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Sat Sat Sugar Protein Sat Sat Sat Sugar Protein Sat Sat Sat Sat Sugar Protein Sat Sat Sat Sat Sat Sat Sat Sat Sat Sat	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 0.4 0.0 0.0 0.0 0.0 0.0 0.0 0	0 17.1 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7 17.7 0.12 0.0 30 per portion 213 52 5.7 3.7 0.1 0.1 0.1 0.0 40 0 40
(Vg, GF, DF) Strawberry Jam (Vg, GF, DF) Lakeland Butter (V, GF) Rodda's Cornish Clotted Cream	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid. Butter: Cream (MILK), Salt.	Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sat Protic Sat Sat Carbs Sat Sat Carbs Sat Carbs Sat Carbs Sat Carbs Sat Sat Sat Sat Sat Sat Sat Sat Sat Sat	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 0.4 0.7 0.4 0.7 0.4 0.7 0.4 0.7 0.7 0.7 0.4 0.7 0.7 0.7 0.7 0.7 0.7 0.7 0.7	0 17.1 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7 17.7 0.12 0.0 30 per portion 213 52 5.7 0.1 0.1 0.1 0.0 40 945 234 25.5 15.9 0.9 0.6 0.9 40 940 940 940 940 940 940 940
(Vg, GF, DF) Strawberry Jam (Vg, GF, DF) Lakeland Butter (V, GF) Rodda's Cornish Clotted Cream	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid. Butter: Cream (MILK), Salt.	Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs Sugar Protein Sat Carbs Sugar Protein Fat Sat Carbs Sugar Protein Fat Sat Carbs Sugar Protein Fat Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Sugar Protein Sat Sugar Protein Sat Sugar Protein Sat Sugar Protein Sat Sugar Protein Sat Sugar Protein Sat Sugar Protein Sat Sugar Protein Sat Sugar Protein Sat Sugar Protein Sat Sat Sat Sat Sat Sat Sat Sat Sat Sat	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 59.0 59.0 0.4 0.0 per 100g 3036 738 81.4 52.3 0.8 0.6 1.9 per 100g 2413 586 63.7 39.7 2.2 2.2 1.6 0.05 per 100g 1351	0 17.1 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7 17.7 0.12 0.0 30 per portion 213 52 5.7 0.1 0.1 0.1 0.0 40 0.9 0.9 0.9 0.6 0.0 81
(Vg, GF, DF) Strawberry Jam (Vg, GF, DF) Lakeland Butter (V, GF) Rodda's Cornish Clotted Cream (V, GF)	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid. Butter: Cream (MILK), Sait.	Sat Carbs Sugar Protein Satt Portic KJ Kcal Fat Satt Carbs Sugar Protein Satt Satt Carbs Sugar Protein Satt Sat Carbs Sugar Protein Satt Sat Carbs Sugar Protein Satt Sat Carbs Sugar Protein Satt Sat Sat Sugar Protein Satt Sat Sat Sat Sat Sugar Protein Satt Sat Sat Sat Sat Sat Sat Sat Sat Sa	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 59.0 0.4 0.0 per 100g 3036 738 81.4 52.3 0.6 1.9 per 100g 2413 586 63.7 39.7 2.2 2.2 1.6 0.5 per 100g 1351 323	0 17.1 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7 17.7 0.12 0.0 30 per portion 213 52 5.7 3.7 0.1 0.1 0.0 30 per portion 213 52 5.7 3.7 0.1 0.1 0.0 30 per portion 213 52 5.7 3.7 0.1 0.1 0.1 0.1 0.0 945 234 25.5 15.9 0.9 0.9 0.9 0.9 0.9 0.0 19 19 19 19 19 19 19 19 19 19
(Vg, GF, DF) Strawberry Jam (Vg, GF, DF) Lakeland Butter (V, GF) Rodda's Cornish Clotted Cream (V, GF)	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid. Butter: Cream (MILK), Salt. 100% Cornish cows MILK.	Sat Carbs Sugar Protein Salt Portic Fat Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sat Sat Carbs Sat Carbs Sat Sat Carbs Sat Sat Carbs Sat Sat Sat Carbs Sat Carbs Sat Carbs Sat Carbs Sat Carbs Carb	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 0.4 0.0 per 100g 3036 738 81.4 52.3 0.8 0.8 0.8 0.6 1.9 per 100g 2413 586 63.7 39.7 2.2 2.2 1.6 0.05 per 100g 1351 323 0.5	0 17.1 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7 17.7 0.12 0.0 30 per portion 213 52 5.7 0.1 0.1 0.1 0.1 0.1 7 945 234 0.0 945 235 15.9 0.9 0.9 0.6 0.0 40 per portion 81 19 0.03
(Vg, GF, DF) Strawberry Jam (Vg, GF, DF) Lakeland Butter (V, GF) Rodda's Cornish Clotted Cream (V, GF)	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid. Butter: Cream (MILK), Sait.	Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs Sugar Protein Sat Sat Carbs Sugar Protein Sat Sat Sat Sat Carbs Sat Sat Sat Sat Sat Sat Sat Sat Sat Sat	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 59.0 0.4 0.0 per 100g 3036 738 81.4 52.3 0.8 0.6 1.9 per 100g 2413 586 63.7 39.7 2.2 2.2 1.6 0.05 per 100g 1351 323 0.5 0.1	0 17.1 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7 17.7 0.12 0.0 per portion 213 52 5.7 0.1 0.1 0.04 0.1 7 per portion 213 52 5.7 0.1 0.04 0.1 7 965 234 255 15.9 0.9 0.9 0.9 0.6 0.00 40 per portion 819 15.9 0.9 0.6 0.00 15.9 0.05 15.9 0.9 0.6 0.00 15.9 0.05 15.9 0.9 0.6 0.00 15.9 0.05 15.9 0.9 0.6 0.00 15.9 0.05 15.9 0.9 0.6 0.00 17.9 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1
(Vg, GF, DF) Strawberry Jam (Vg, GF, DF) Lakeland Butter (V, GF)	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Clitus Pectin, Acidity Regulator: Clitic Acid. Butter: Cream (MILK), Salt. 100% Cornish cows MILK.	Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Sat Carbs Sugar Protein Sat Sat Sat Sat Sat Sat Sat Sat Sat Sat	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 59.0 59.0 0.4 0.0 per 100g 3036 738 81.4 52.3 0.6 1.9 per 100g 2413 586 63.7 39.7 2.2 2.2 1.6 0.5 per 100g 1351 3223 0.5 0.1 79.0	0 17.1 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7 17.7 0.12 0.0 30 per portion 213 52 5.7 3.7 0.1 0.1 0.1 0.1 0.0 30 per portion 213 52 5.7 3.7 0.1 0.1 0.1 0.1 0.0 30 per portion 945 234 25.5 15.9 0.9 0.9 0.9 0.6 0.0 40 0 0 17.7 17.7 0.12 0.1
(Vg, GF, DF) Strawberry Jam (Vg, GF, DF) Lakeland Butter (V, GF) Rodda's Cornish Clotted Cream (V, GF)	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid. Butter: Cream (MLK), Salt. 100% Cornish cows MLK. Sugar, Glucose-Fructose Syrup, Water, Maize Starch, Dextrose, Tapiaco Starch, Gelling agent: Carrageenan, Hydrolysed Rice Protein, Natural Flavouring, Colour: E162.	Sat Carbs Sugar Protein Salt Portic Fat Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sat Sat Carbs Sat Sat Carbs Sat Sat Carbs Sat Sat Sat Carbs Sat Sat Carbs Sat Sat Carbs Sat Sat Carbs Sat Sat Carbs Sat Sat Carbs Sat Carbs Sat Carbs Sat Sat Sat Carbs Sat Sat Carbs Sat Sat Sat Carbs Sat Sat Sat Sat Sat Sat Carbs Sat Sat Sat Sat Sat Sat Sat Sat Sat Sat	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 0.4 0.0 per 100g 3036 738 81.4 52.3 0.8 0.6 1.9 per 100g 2413 586 63.7 39.7 2.2 2.2 1.6 0.5 on weight (g) per 100g 2413 586 63.7 39.7 2.2 2.2 1.6 0.5 on weight (g) per 100g 2413 586 63.7 39.7 2.2 2.2 1.6 0.5 0.5 0.1 79.0 57.0 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0	0 17.1 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7 17.7 0.12 0.0 30 per portion 213 52 5.7 3.7 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1
(Vg, GF, DF) Strawberry Jam (Vg, GF, DF) Lakeland Butter (V, GF) Rodda's Cornish Clotted Cream (V, GF)	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Clitus Pectin, Acidity Regulator: Clitic Acid. Butter: Cream (MILK), Salt. 100% Cornish cows MILK.	Sat Carbs Sugar Protein Salt Portic Fat Sat Carbs Sugar Protein Sat Carbs Sugar Protein RJ Kcal Fat Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Sat Carbs Sugar Protein Sat Sat Carbs Sugar Protein Sat Sat Sat Sat Sat Sat Sat Sat Sat Sat	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 0.4 0.7 59.0 0.4 0.7 3036 738 81.4 52.3 0.8 0.8 0.6 1.9 per 100g 2413 586 63.7 39.7 2.2 2.2 1.6 0.05 on weight (g) per 100g 2413 586 63.7 39.7 2.2 2.2 1.6 0.05 on weight (g) per 100g 2413 586 63.7 39.7 2.2 1.6 0.05 0.1 73.0 1.9 per 100g 2413 586 63.7 39.7 2.2 1.6 0.05 0.5 0.1 79.0 59.0 0.6 1.9 1.9 1.9 1.00 1.9 1.9 1.9 1.9 1.00 1.9 1.9 1.9 1.9 1.9 1.9 1.9 1.9	0 17.1 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7 17.7 0.12 0.0 30 per portion 213 52 5.7 0.1 0.1 0.1 0.0 40 0.9 0.9 0.6 0.0 15.9 0.9 0.6 0.0 15.9 0.9 0.6 0.0 15.9 0.9 0.6 0.0 15.9 0.9 0.6 0.0 15.9 0.9 0.6 0.0 15.9 0.9 0.6 0.0 15.9 0.9 0.6 0.0 15.9 0.9 0.6 0.0 15.9 0.9 0.6 0.0 15.9 0.9 0.6 0.0 15.9 0.9 0.6 0.0 15.9 0.9 0.6 0.0 15.9 0.9 0.6 0.0 15.9 0.9 0.6 0.0 15.9 0.9 0.6 0.0 15.9 0.9 0.6 0.0 15.9 0.9 0.6 0.0 0.0 15.9 0.9 0.6 0.0 0.0 0.0 0.0 0.0 0.9 0.9 0.0 0.0
(Vg, GF, DF) Strawberry Jam (Vg, GF, DF) Lakeland Butter (V, GF) Rodda's Cornish Clotted Cream (V, GF)	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid. Butter: Cream (MLK), Salt. 100% Cornish cows MLK. Sugar, Glucose-Fructose Syrup, Water, Maize Starch, Dextrose, Tapiaco Starch, Gelling agent: Carrageenan, Hydrolysed Rice Protein, Natural Flavouring, Colour: E162.	Sat Carbs Sugar Protein Salt Portic KJ Kcal Fat Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Sat Carbs Sugar Protein Sat Sat Carbs Sugar Protein Sat Sat Carbs Sugar Protein Sat Sat Carbs Sugar Protein Sat Sat Protein Sat Protein Sat Sat Protein Sat Sat Protein Sat Protein Sat Protein Sat Protein Sat Protein Sat Protein Sat Protein Sat Protein Sat Protein Sat Protein Sat Sat Carbs Sat Sat Carbs Sat Sat Sat Sat Sat Sat Sat Sat Sat Sat	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 59.0 59.0 0.4 0.0 per 100g 3036 738 81.4 52.3 0.8 0.6 1.9 per 100g 2413 586 63.7 39.7 2.2 2.2 1.6 0.05 per 100g 1351 323 0.5 0.1 79.0 71.0 0.5 0.0 0.5 0.5 0.5 0.5 0.5 0	0 17.1 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7 17.7 0.12 0.0 30 per portion 213 52 5.7 0.1 0.1 0.1 0.0 30 per portion 213 52 5.7 0.1 0.1 0.1 0.1 0.1 0.0 17.7 0.12 0.0 30 per portion 213 52 5.7 0.1 0.1 0.1 0.0 17.7 0.12 0.0 30 per portion 213 52 5.7 0.1 0.1 0.0 0.0 17.7 0.12 0.0 0.0 0.0 0.0 0 0 0 0 0 0 0 0 0 0 0 0 0
(Vg, GF, DF) Strawberry Jam (Vg, GF, DF) Lakeland Butter (V, GF) Rodda's Cornish Clotted Cream (V, GF) EW Vegan Marshmallows (Vg)	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid. Butter: Cream (MLK), Salt. 100% Cornish cows MLK. Sugar, Glucose-Fructose Syrup, Water, Maize Starch, Dextrose, Tapiaco Starch, Gelling agent: Carrageenan, Hydrolysed Rice Protein, Natural Flavouring, Colour: E162.	Sat Carbs Sugar Protein Salt Portic Fat Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sat Sat Sat Sat Sat Sat Sat Sat Sat Sat	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 59.0 0.4 0.0 per 100g 3036 738 81.4 52.3 0.6 1.9 per 100g 2413 586 63.7 39.7 2.2 2.2 1.6 0.5 0.1 77.0 0.1 0 0.5 0.1 0 0.5 0.1 0 0.5 0.1 0 0.5 0.1 0 0.5 0.1 0 0.5 0.5 0.5 0.1 0 0.5 0.1 0 0.5 0.5 0.5 0.5 0.5 0.5 0.5	0 17.1 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7 17.7 0.12 0.0 30 per portion 213 52 5.7 3.7 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1
(Vg, GF, DF) Strawberry Jam (Vg, GF, DF) Lakeland Butter (V, GF) Rodda's Cornish Clotted Cream (V, GF) EW Vegan Marshmallows (Vg)	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid. Butter: Cream (MLK), Salt. 100% Cornish cows MLK. Sugar, Glucose-Fructose Syrup, Water, Maize Starch, Dextrose, Tapiaco Starch, Gelling agent: Carrageenan, Hydrolysed Rice Protein, Natural Flavouring, Colour: E162.	Sat Carbs Sugar Protein Salt Portic Fat Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sat Sat Sat Sat Sat Sat Sat Sat Sat Sat	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 59.0 59.0 0.4 0.0 per 100g 3036 738 81.4 52.3 0.8 0.6 1.9 per 100g 2413 586 63.7 39.7 2.2 2.2 1.6 0.05 per 100g 1351 323 0.5 0.1 79.0 71.0 0.5 0.0 0.5 0.5 0.5 0.5 0.5 0	0 17.1 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7 17.7 0.12 0.0 30 per portion 213 52 5.7 3.7 0.1 0.0 30 per portion 213 52 5.7 3.7 0.1 0.0 10.0
(Vg, GF, DF) Strawberry Jam (Vg, GF, DF) Lakeland Butter (V, GF) Rodda's Cornish Clotted Cream (V, GF)	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid. Butter: Cream (MLK), Salt. 100% Cornish cows MLK. Sugar, Glucose-Fructose Syrup, Water, Maize Starch, Dextrose, Tapiaco Starch, Gelling agent: Carrageenan, Hydrolysed Rice Protein, Natural Flavouring, Colour: E162.	Sat Carbs Sugar Protein Salt Portic Fat Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sugar Protein Sat Carbs Sat Sat Sat Sat Sat Sat Sat Sat Sat Sat	0 57.0 57.0 0.7 0.0 per 100g 1023 241 0.1 0 59.0 59.0 59.0 0.4 0.0 per 100g 3036 738 81.4 52.3 0.6 1.9 per 100g 2413 586 63.7 39.7 2.2 2.2 1.6 0.5 0.1 77.0 0.1 0 0.5 0.1 0 0.5 0.1 0 0.5 0.1 0 0.5 0.1 0 0.5 0.1 0 0.5 0.5 0.5 0.1 0 0.5 0.1 0 0.5 0.5 0.5 0.5 0.5 0.5 0.5	0 17.1 17.1 0.2 0.0 30 per portion 307 72 0.03 0 17.7 17.7 0.12 0.0 17.7 17.7 0.12 0.0 30 per portion 213 52 5.7 3.7 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1



PORRIDGE & TOPPINGS

PORRIDGE & TOPPINGS						
PRODUCT	INGREDIENTS		NUTRITION	AL INFO		
			per 100g	per portion (g)		
		KJ Kcal	426 102	1022 244		
		Fat	2.8	6.7		
Porridge made with		Sat	1.2	2.8		
Semi Skimmed Milk (V)	Quaker Rolled OATS , Semi Skimmed MILK	Carbs Sugar	13.7 4.1	32.8 9.8		
(*)		Fibre	1.5	3.5		
		Protein	4.7	11.4		
		Salt	0.1 on weight (g)	0.2 240		
		1.011	per 100g	per portion (g)		
		KJ	383	918		
		Kcal Fat	91 1.6	219 3.8		
Porridge made with		Sat	0.4	0.9		
Skimmed Milk	Quaker Rolled OATS, Skimmed MILK.	Carbs	13.8	33.0		
(V)		Sugar Fibre	4.2 1.5	10.0 3.5		
		Protein	4.7	11.4		
		Salt	0.1 on weight (g)	0.2 240		
		TOTIK	per 100g	per portion (g)		
		KJ	484	1161		
		Kcal Fat	116 4.4	277 10.6		
Porridge made with		Sat	2.2	5.3		
Whole Milk	Quaker Rolled OATS, Whole MILK.	Carbs	13.6	32.6		
(V)		Sugar Fibre	4.0	9.6 3.5		
		Protein	4.7	11.2		
		Salt	0.1	0.2		
		Porfic	on weight (g) per 100g	240 per portion (g)		
		KJ	414	993		
		Kcal	99	238		
Porridge made with		Fat Sat	3.0 0.5	7.1		
Soya Milk	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).	Carbs	12.4	29.7		
(Vg, DF)		Sugar	2.7	6.5 4.8		
		Fibre Protein	4.7	4.8		
		Salt	0.0	0.0		
		Portio	per 100g	240 per portion (g)		
		КJ	376	901		
		Kcal	90	215		
Porridge made with		Fat Sat	2.5	6.0 2.0		
Coconut Milk	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).	Carbs	12.6	30.3		
(Vg, DF)		Sugar	3.0	7.3		
		Fibre Protein	3.1	3.9 7.4		
		Salt	0.0	0.0		
		Portio	on weight (g) per 100g	278		
		KJ	428	per portion (g) 1026		
		Kcal	102	244		
Porridge made with		Fat Sat	2.4 0.7	5.8 1.6		
Oat Milk	Quaker Rolled OATS, Alpro Oat Milk: OAT base (Water, OAT (10%)), Sunflower oil, Pea protein, Sea salt, Vitamins (B2, B12, D2).	Carbs	16.8	40.3		
(Vg, DF)		Sugar	3.6	8.5		
		Fibre Protein	2.2	5.2 4.9		
		Salt	0.0	0.0		
		Portio	on weight (g) per 100g	278		
		KJ	1934	per portion (g) 483		
		Kcal	462	115		
		Fat Sat	22.5 2.6	5.6 0.7		
Seeds & Fruit Mix Topper	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.	Carbs	46.5	11.6		
(Vg, DF, GF)	אינע איינטיפורפע ערמושמוויפא נצטיפן פטעשו, ערמושפווופא, אטוווטשפו טוון, פוטשו וווואפפט (עטאָן, May collidin lidces of reaNUIS and NUIS.	Sugar	27.9	7.0		
		Fibre Protein	13.5	3.4		
		Salt	0.05	0.0		
		Portio	on weight (g)	25		
		KJ	per 100g 1336	per portion (g) 334		
		Kcal	319	80		
		Fat	0.5	0.1		
Fruit Mix Topper	Golden raisins (30%) (Raisins, Sunflower oil, Preservative: SULPHUR DIOXIDE), Dried sweetened cranberries (30%) (Sugar, Cranberries,	Sat Carbs	0.2	0.0 18.8		
(Vg, DF, GF)	Sunflower oil), Raisins (30%) (Raisins, Sunflower oil), Dried sweetened blueberries (10%) (Blueberries, Sugar, Sunflower oil).	Sugar	67.4	16.8		
		Fibre	4.4	1.1		
		Protein Salt	1.5 0.10	0.4		
			on weight (g)	25		



W	HO	LE (CA	KES
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	WHOLE CAKES			
PRODUCT	INGREDIENTS	I	NUTRITION	AL INFO
			per 100g	per portion (g)
	Cake (67%) (EGG, Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Chocolate (7%) (Cocoa Mass, Sugar,	KJ Kcal	1660 396	1759 420
	Cocoa Butter, SOYA Lecithin, Flavouring), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)), Greek Style Natural	Fat	18.7	19.9
Belgian Chocolate Fudge Cake	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%),	Sat Carbs	8.4 51.1	8.9 54.2
(V)	Fat Reduced Cocoa Powder, Water, Emulsifiers (E477, E471, E475), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, SOYA Lecithin,	Sugar	34.2	36.3
	Flavouring), Chocolate Chips (Sugar, Cocoa Mass, Cocoa Butter, SOYA Lecithin, Flavouring). May contain NUTS, MUSTARD and SESAME SEEDS .	Fibre Protein	1.1 5.3	1.2 5.6
		Salt	0.3	0.4
		Portior	n weight (g) per 100g	106 per portion (g)
		KJ	1656	1888
	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%)	Kcal Fat	394 20.1	449 22.9
	[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 Caffe Nero Coffee	Sat	4.4	5.0
Cappuccino Cake (V)	Powder (1.4%), Coffee Flavouring (0.5%)], Coffee Drizzle (2.4%) [Brewed Caffe Nero Coffee, Coffee Flavouring], Dark Chocolate Coffee	Carbs Sugar	50.3 35.6	57.4 40.5
	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	Fibre	0.9	1.1
	Vanilla Flavouring], Fat Reduced Cocoa Powder (0.02%).	Protein Salt	4.1	4.7 0.5
			n weight (g)	114
		KI	per 100g	per portion (g)
		KJ Kcal	1590 379	2274 541
	Cake (73%) (Brown Sugar, Carrot (11%), EGG, Rapeseed Oil, Wholemeal WHEAT Flour, Wheat Flour, WHEAT Flour, Calcium Carbonate,	Fat	16.8	24.1
Carrot Cake	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),	Sat Carbs	3.4 51.5	4.9 73.7
(V)	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.	Sugar	31.3	44.7
		Fibre Protein	1.8 3.3	2.5 4.7
		Salt	0.6	0.8
		Portior	n weight (g) per 100g	143 per portion (g)
	Single Cream (MILK), Sugar, Icing Sugar, Reduced Fat Soft Cheese (Skimmed Milk, Cream (MILK), Whey Solids (MILK), Salt, Modified	KJ	1305	1621
	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:	Kcal	311	386
	Potassium Sorbate) (%), White Chocolate Buttons (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin) (%), Water, Free Range =	Fat Sat	16.3 7.0	19.0 8.3
Luxury Blackforest Roulade (V)		Carbs	37.3	48.3
(V)		Sugar	26.7 1.9	35.5
	Sodium Bicarbonate, Flavouring, Raising Agent (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; WHEAT Flour), Salt, Thickener	Fibre Protein	3.7	2.5 5.1
	Blend (Thickeners: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose).	Salt	0.4	0.5
		Portior	n weight (g) per 100g	131 per portion (g)
	 Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Raspberries (12%), Sugar, Free Range ECG, 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 (7%) (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Icing Sugar, Single Cream (MILK), White Chocolate Buttons (7%) (Sugar, Nahoel MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Plum & Raspberry Jam (2%) (Glucose-Fructose Syrup, Plum (From Concentrate), Raspberry (From Concentrate), Gelling Agent: Pectin; Acidity Regulators: Citric Acid, Sodium Citrate: Colour: Anthocyanins; Flavouring), White Chocolate (2%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), White Chocolate Curls (1%) (Sugar, Whole MILK Powder, Cocoa Butter, Steirner, Acidity Regulators: Citric Acid, Sodium Citrate: Colour: Anthocyanins; Flavouring), White Chocolate (2%) (Sugar, Whole MILK Powder, Cocoa Butter, Strima MILK Powder, Lecithin; Natural Vanilla Flavouring), White Chocolate Curls (1%) (Sugar, Whole MILK Powder, Cocoa Butter, Sterrch, Raising Agent; Siodium Diphosphate, Sodium Bicarbonate; WHEAT Flour (Calcium Carbonate, Iron, Niacia, Thiamin)), Freeze Dried Raspberries, Natural Colour, Thickener Blend (Thickeners: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose) 	KJ	1495	1734
		Kcal	363	421
NEW Raspberry & White		Fat Sat	21.1 9.7	24.5 11.2
Chocolate Roulade **		Carbs	38.7	44.9
(V)		Sugar Fibre	29 0.8	33.7 1
		Protein	4.1	4.7
		Salt	0.3	0.3
		Portior	n weight (g) per 100g	117 per portion (g)
	Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Raspberries (16%), Sugar, Free Range EGG , Self-Raising Flour (WHEAT Flour	KJ	1428	1656
	(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),	Kcal	342	396
	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	Fat Sat	20.1 9.1	23.4 10.6
Raspberry Ripple Roulade ** (V)	(2%) (Glucose Fructose Syrup, Raspberry Concentrate, Sugar, Gelling Agent: Pectin; Acidity Regulators: Citric Acid, Sodium Citrates;	Carbs	36.6	42.5
. ,	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	Sugar Fibre	27.1	31.4 1.1
	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,	Protein	4.0	4.7
	Guar Gur; Glucose), Natural Colour (Red Beetroot Juice Concentrate, Maltodextrin, Acidity Regulator: Citric Acid).	Salt	0.3	0.3
		Portior	n weight (g)	116
	Sponge (79%) (Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG, Rapeseed Oil, Water, Cake		por 100-	nor norther ()
	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	KJ	per 100g	per portion (g) 2050
	stearoyl-2-lactylate; Rapeseed Oil, Dextrose, Preservative: Potassium Sorbate; WHEAT GLUTEN, Acidity Regulator: Citric Acid; Stabiliser:	Kcal	1767 422	490
	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	Fat	21.8	25.3
	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-	Sat	5.7	6.6
Salted Caramel Billionaire's	Glycerides of Fatty Acids; Stabiliser: Pectin; Salt, Natural Flavouring), Icing Sugar, Full Fat Cream Cheese (Full Fat Soft Cheese (MILK), Salt,			6.0 59.6
Cake	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,	Carbs	51.4	
(V)	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	Sugar	31.8	36.9
	Butter, Emulsifier: SOYA Lecithins, Natural Flavouring), Golden Syrup, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and	Fibre	1.1	1.3 5.2
	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),	Protein Salt	4.5 0.5	0.6
	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,		n weight (g)	116
	Cocoa Butter, MILK Fat, Emulsifier: SOYA Lecithins; Natural Flavouring), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier:	1 OniOI		110
	SOYA Lecithins; Flavouring), Colour: Titanium Dioxide, Iron Oxide and Hydroxide.			

** We have updated the recipe for our Raspberry Ripple Roulade and changed the name to Raspberry & White Chocolate Roulade. There are no allergens changes to this product, however, there are different ingredients and nutritional information. If you require accurate ingredients or nutritional information, please check in store which product they have in stock before your purchase.

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



NEW

	LOAF CAKES			
PRODUCT	INGREDIENTS	ĺ	NUTRITION	AL INFO
			per 100g	per portion (g)
		KJ	1650	1444
		Kcal Fat	394 21.6	345 18.9
Banana & Walnut	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),	Sat	2.8	2.4
Loaf Cake	Water, Brown Sugar, Dessicated Coconut, Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglyceride of Fatty acids,	Carbs	46.2	40.4
(V)	Sodium Stearoul-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; WHEAT protein), Glycerine, Cinnamon, Raising Agent: Sodium Bicarbonate, Disodium Diphospahte, Potassium Hydrogen Carbonate; Mixed Spice, Salt, Flavouring, Stabiliser: Xanthan Gum.	Sugar	23.7	20.7
	···· ···· ··· ··· ··· ··· ··· ··· ···	Fibre Protein	1.9 6.6	1.7 5.8
		Salt	0.6	0.5
		Portior	n weight (g)	88
		KJ	per 100g 1643	per portion (g) 1561
	Cake (Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG, Rapeseed Oil, Water, Cake concentrate	Kcal	391	372
	(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;	Fat	16.6	15.8
Sicilian Lemon Drizzle	Rapeseed Oil, Dextrose, Preservative: Potassium Sorbate; WHEAT Gluten, Acidity Regulator: Citric acid; Stabiliser: Xanthan Gum), Sicilian	Sat	1.7	1.6
Loaf Cake (V)	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	Carbs Sugar	55.1 29.0	52.3 27.6
	Diphosphate, Potassium Hydrogen Carbonate) Fondant (Sugar, Glucose Syrup, Water, Rapeseed Oil, Palm Oil, Dextrose, Fructose,	Fibre	1.1	1.0
	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.	Protein	4.8	4.6
		Salt	0.6	0.5
		Portior	n weight (g)	95
	BROWNIES & SHORTBREAD			
PRODUCT	INGREDIENTS		NUTRITION	AL INFO
			per 100g	per portion (g)
	Shortbread Base (44%) [WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Butter (MILK), Sugar, Comflour], Caramel (40%) [Sweetened Condensed MILK , Butter (MILK), Light Brown Sugar, Colden Syrup], Milk Chocolate (14%) [Sugar, Cocca Butter, Whole MILK Powder, Cocca Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Dark Chocolate (1.5%) [Cocca Mass, Sugar, Cocca Butter,	KJ	2099	1574
Caramel Shortbread (V)		Kcal	502	377
		Fat Sat	28.3 16.8	21.2
		Carbs	56.6	42.5
	Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring]. May contain traces of NUTS and EGG.	Sugar	41.0	30.8
	May contain indees of Nots and EGG.	Fibre	1.5	1.1
		Protein Salt	4.7 0.5	3.5 0.4
			n weight (g)	75
			per 100g	per portion (g)
	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 Kcal	2019 485	1350 324
		Fat	26.6	17.8
Chocolate Brownie		Sat	16.1	10.8
(V)		Carbs	55.5	37.1
	rowder, som.	Sugar Fibre	46.6 4.0	31.2 2.7
		Protein	6.0	4.0
		Salt	0.5	0.3
		Portior	n weight (g)	67
		КJ	per 100g 2012	per portion (g) 1382
		Kcal	483	332
	Deleter Dark Changlade (9/ 59) (Super Canage Mars Canage Dutter Frankrige (COVA Lasithin) Makural Vanille Flavouring) Super Dutter	Fat	26.3	18.1
Salted Caramel Chocolate	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	Sat	16.0	11.0
Brownie (V)	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.	Carbs Sugar	55.8 46.9	38.4 32.3
	אראיז איז איז איז איז איז איז איז איז איז	Fibre	3.9	2.7
		Protein	5.9	4.0
		Salt Portior	0.5 n weight (g)	0.4 69
			per 100g	per portion (g)
		KJ	1933	1314
		Kcal	462	314
NEW Belgian Chocolate		Fat Sat	26.1 15.6	10.6
Brownie*	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.	Carbs	50.4	34.3
(V)		Sugar	35.7	24.3
		Fibre Protein	1.4 5.7	1.0
		Salt	5.7 0.5	0.3
			n weight (g)	68
			per 100g	per portion (g)
	Brownie (74%) (Sugar, Dark Chocolate (17%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Flavouring), Free Range	KJ Kcal	1900 454	1330 318
	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	Fat	24.8	17.4
NEW Salted Caramel Cookie	(Sweetened Condensed MILK, Glucose Syrup (SULPHITES), Invert Sugar Syrup, Palm Oil, Butter (MILK), Sugar, Emulsifier: Mono- and Di-	Sat	13.5	9.5
Brownie*	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,	Carbs	52.3	36.6
(V)	Palm Oil, Rapeseed Oil, Cocoa Powder, Vegetable Fat (Shea Kernel Oil, Palm Oil, Emulsifier: Sunflower Lecithin), Salt, Raising Agent:	Sugar Fibre	40.0 1.8	28.0
	Sodium Bicarbonate), White Chocolate Flavour Coating (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Water, Salt, Colour: Plain Caramel).	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

	TRAYBAKES			
PRODUCT	INGREDIENTS	N	UTRITIONA	L INFO
Belgian Chocolate & Caramel Crispy (V)	Milk Chocolate (40%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, SOYA Lecithin, Flavouring), Crisped Rice (17%) (Rice Flour, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Whey Powder (MILK), BARLEY Malt Flour, Salt, Rapeseed Oil, Emulsifier: SOYA Lecithin), Caramel (16%) (Sweetened Condensed MILK, Glucose Syrup (SULPHITES), Invert Sugar Syrup, Palm Oil, Salted Butter (MILK), Sugar, Fmulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Salt, Flavouring), Golden Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), White Chocolate Flavour Coating (3%) (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Unsalted Butter (MILK), Cocoa Powder, Concentrated Grape Juice (Concentrated Grape Juice, Rice Starch). May contain as made in an environment that handles Egg and Nuts.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 2070 495 26.0 14.7 58.9 33.1 1.6 5.4 0.4 weight (g)	per portion (g) 1159 277 14.6 8.2 33.0 18.5 0.9 3.0 0.2 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, Inickener: 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 Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1850 442 22.4 13.9 55.6 33.9 0.8 4.0 0.2 weight (g)	per portion (g) 1110 265 13.4 8.3 33.4 20.3 0.5 2.4 0.1 60
Vegan Granola Flapjack (V)	OATS (31%), Golden Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Głycerides of Fatty Acids), Pumpkin Seeds (8%), Flaked ALMONDS (7%), Brown Sugar, Glucose Syrup (SULPHITES), Black Treacle, Sugar, OAT Flour, Water, Flavourings, Salt.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1920 458 22.2 6.0 50.8 22.3 4.5 11.5 0.2 weight (g)	per portion (g) 1344 321 15.5 4.2 35.6 15.6 3.2 8.1 0.1 50
	INDIVIDUAL CAKES			
PRODUCT	INGREDIENTS	N	UTRITIONA	L INFO
Cherry Bakewell Crumble Cake (V)	Sugar, Cherry Filling (19%) (Dark Cherry, Sugar, Water, Modified Starch, Elderberry Concentrate, Flavouring, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate)), Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Free Range Pasteurised EGC, 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 (MLK), Water, Amaretti Biscuit (3%) (Sugar, Apricot Kernels, EGC White, Corn Flour, 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 Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1618 386 17.0 4.2 52.8 34.9 1.2 4.8 0.6 weight (g)	per portion (g) 1489 357 15.9 3.9 49.5 32.6 1.1 4.5 0.6 94
Raspberry & Almond Crumble Cake (V)	Wheat Flour (WHEAT flour, Calicum Carbonate, Iron, Niacin, Thiamin), Sugar, Raspberries (15%), Rapeseed Oil, Free Range EGG , Water, Humectant (Glucose Syrup, Water, Acidity Regulator: Acetic Acid), Butter (MIK), Ground ALMONDS , Demerara Sugar, Baking Powder (Raising Agents: Disodium Diphosphates, Potassium Hydrogen Carbonate), Natural Flavourings, Preservative: Potassium Sorbate; Salt.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1723 413 22.0 3.6 46.6 20.7 1.9 5.9 0.3 weight (g)	per portion (g) 1378 330 17.6 2.9 37.3 16.6 1.5 4.7 0.3 80

DESSERTS

PRODUCT	INGREDIENTS		NUTRITION	AL INFO
			per 100g	per portion (g)
	Reduced Fat Soft Cheese (25%) (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan	KJ	1291	1433
	Gum, Locust Bean Gum), Blueberry Fruit Filling (16%) (Blueberry, Water, Sugar, Modified Starch, Acidity Regulator: Citric Acid; Preservative:	Kcal	308	342
	Potassium Sorbate; Natural Flavour), Digestive Biscuit Crumb (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT	Fat	17.3	19.2
NEW Blueberry Muffin Cheesecake (V)	Flour, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar, Invert Sugar Syrup, Raising Agents: Sodium Bicarbonate, Ammonium Bicarbonate; Salt), Whipping Cream (MILK), Water, White Chocolate (9%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier:	Sat	8.3	9.2
	Song, Happing orean (multi), Harding Haman (Palmolik, Repseed Oil, Water, Flavouring), Self-Raising Flour (WHEAT Flour (Claicium)	Carbs	33.1	36.7
	Carbonate, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphate, Sodium Hydrogen Carbonate), Icing Sugar, Sugar, Free	Sugar	18.5	20.6
	Range EGG, Single Cream (MILK), WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Modified Potato Starch, Maize Starch,	Fibre	0.9	1.1
	Modified Waxy Maize Starch, Glucose Syrup, Natural Vanilla Flavouring, Acidity Regulator: Citric Acid, Raising Agent (Raising Agents: Diphosphates, Sodium Carbonates; WHEAT Flour), Natural Blackcurrant Flavouring, Stabilisers: Xanthan Gum, Locust Bean Gum, Guar Gum	Protein	5.8	6.4
		Juli	0.39 n weight (g)	0.43
		1 01101	per 100g	111 nor portion (g)
	Digestive Biscuit Crumb (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Oil (Palm Oil,	КJ	1333	per portion (g) 1413
	Rapeseed Oil), Sugar, Invert Sugar Syrup, Raising Agents: Sodium Bicarbonate, Ammonium Bicarbonate; Salt), Sugar, Single Cream (MILK),	Kcal	318	337
	Reduced Fat Soft Cheese (12%) (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan	Fat	13.3	14.1
NEW Sicilian Lemon Meringue	Gum, Locust Bean Gum), Condensed Milk (MILK, Granulated Sugar), Lemon Curd (10%) (Sugar, Water, Glucose Syrup, Vegetable Shortening, Wheat Starch, Dried EGG Powder, Modified WHEAT Starch, Gelling Agent: Pectin; Acidity Regulator: Citric Acid; Lemon Oil,	Sat	6.1	6.4
Cheesecake	anoneming, wheat statch, blied edd rowder, whomeat statch, dening Agent, reclint, Actiany Regionald, clinic Acid, temion On, Salt, Acidity Regulator: Acetic Acid; Colour: Curcumin; Acidity Regulator: Sodium Citrates), Margarine (Palm Oil, Rapeseed Oil, Water,	Carbs	44.4	47.1
(V)	Flavouring), Free Range EGG, Stabiliser Blend (Dextrose, Sugar, Modified Maize Starch), Lemon Curd (3%) (Glucose Syrup, Water, Sugar,	Sugar	32.4	34.3
	Salted Butter (MILK), Lemon Concentrate, Modified Waxy Maize Starch, Whole EGG Powder, Gelling Agent: Pectin; Acidity Regulator:	Fibre	0.5	0.6
	Citric Acid; Emulsifier: Sunflower Lecithin; Lemon Oil, Colour: Lutein), Sicilian Lemon Juice (2%) (From Concentrate), White Chocolate Shavings (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Maize Starch, Powdered EGG	Protein	4.8	5.0
	White, Modified Waxy Maize Starch, Acidity Regulator: Citric Acid	Salt	0.30	0.32
		Portior	n weight (g)	106
	Coconut Milk (Coconut Extract, Water), Bourbon Biscuit Crumb (21%) (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil,		per 100g	per portion (g)
	(Palm Oil, Rapessed Oil, Water, Lemon Juice, Natural Vanilla Flavouring), Stabiliser Blend (Sugar, Maltodextin, Modified Starch, Thickener: Carragenan), Comflour (Maize), Cocca Butter, Stabiliser Nik (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, Rapessed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapessed Oil, Sugar, Emulsifier: SOYA Lecithin: Acidity Reaulator: Citic Acid), Madified Potato Starch, Low Sodium Salt (0:43%) (Potassium Chioride, Sodium Chioride, Sodium Chioride.	KJ	1467	1473
		Kcal	351	353
Salted Caramel & Chocolate		Fat	22.1	22.2
Vegan Cheesecake		Sat	13.8	13.8
(Vg, DF)		Carbs	35.3	35.4
		Sugar	19.9	19.9
		Fibre Protein	1.9	1.9 2.4
		Salt	0.22	0.22
			n weight (g)	100
		1 01101	per 100g	per portion (g)
		КJ	1346	1561
	Single Cream (MILK), Digestive Biscuit Crumb (WHEAT) (Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Oil	Kcal	322	374
	(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	Fat	19.1	22.1
	Gum), Bacterial Starter Culture), Lemon Curd (12%) (Glucose Syrup, Water, Sugar, Salted Butter (MILK), Lemon Concentrate, Modified	Sat	9.9	11.2
Sicilian Lemon Cheesecake	Waxy Maize Starch, Free Range Whole EGG Powder, Gelling Agent: Pectin; Acidity Regulator: Citric Acid; Emulsifier: Sunflower Lecithin;	Carbs	33.4	38.7
(V)	Lemon Oil, Colour: Lutein), Condensed Mik (MUK, Granulated Sugar), Margarine (Palm Oil, Rapeseed Oil, Water, Lemon Juice, Natural	Sugar	21.3	24.8
	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	Fibre	0.6	0.7
	zeital terrori suce (2.2.%) (non concerning), staame bend (2004), vanadeskinin, waaree staach, mickener, canageerian, terrori Zest, Acidity Regulator: Citric Acid.	Protein	4.3	5.0
		Salt	0.35	0.40
		Portior	n weight (g)	116
			per 100g	per portion (g)
	Water, Whipping Cream (MILK), Savoiardi Biscuits (12%) (WHEAT Flour, Sugar, EGG, Raising Agents: Sodium Carbonate, Ammonium	KJ	1083	1603
	Carbonate; Glucose Syrup, Natural Flavouring, Salt), Single Cream (MILK), Mascarpone (8%) (Cream (MILK), MILK Protein Concentrate,	Kcal	259	384
Tiramisu	Acidity Regulator: Citric Acid), Sugar, Icing Sugar, Coffee (3%), Free Range EGG, Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring),	Fat	15.3	22.6
(England, Scotland & Wales	Self-Raising Flour (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphate, Sodium Hydrogen	Sat	8.7	12.9
Only)	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,	Carbs	27.5	40.7
(V)	Raising Agent (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; WHEAT Flour), Thickener Blend (Thickeners: Locust Bean Gum,	Sugar Fibre	18.5	27.3
	Xanthan Gum, Guar Gum; Glucose), Thickener: Guar Gum.	Protein	0.7	1.0 4.1
	ADDITIONAL INFORMATION: Does not contain alcohol.	Protein Salt	0.11	4.1
			n weight (g)	148
		1 OHIO	i weigini (g)	148



CHOUXNUT

PRODUCT	INGREDIENTS		NUTRITIONA	AL INFO
Caramelised Biscuit Chouxnut (V)	Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Single Cream (MILK), Free Range EGG, White Chocolate (6%) (Sugar, Whole MILK Powder, Cocca Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Buttermilk (Skimmed MILK, Skimmed MILK, Skimmed MILK, Solids, MILK) Protein Concentrate), Reduced Fat Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapiaca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Belgian Chocolate Chips (5%) (Cocaa 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 Siscuit (WHEAT Flour, 4(%)) (Caramelised Biscuit (WHEAT Flour, Sugar Syrup), Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Nager Syrup), Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Sugar, Sugar, Sugar, Starch, Modified Potato Starch, Solt, Colour: Ammonia Caramel.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1313 313 15.3 6.4 39.8 30.2 0.8 4.5 0.3 0 weight (g)	per portion (g) 1155 276 13.5 5.6 35.0 26.6 0.7 4.0 0.3 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), Solt, 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: Potasium 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 Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1297 309 11.8 5.4 46.4 38.9 0.9 4.8 0.9 4.8 0.3 n weight (g)	per portion (g) 1050 250 9.6 4.4 37.6 31.5 0.8 3.9 0.2 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 Tapiaca 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, While Chocolate Curls (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 Kcal Kcal Sat Carbs Carbs Sugar h, Fibre Protein Salt	per 100g 1128 269 12.0 5.3 37.0 28.5 0.6 4.0 0.3 n weight (g)	per portion (g) 1094 261 11.6 5.1 35.9 27.7 0.5 3.9 0.3 97
NEW Salted Caramel & Pistachio Chouxnut (V)	Powdered Fondant (Sugar, Dried Glucose Syrup), Reduced Fat Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), Water, Single Cream (MILK), Free Range EGG, WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Sticky Toffee Sauce (5%) (Glucose Syrup (Preservative: SULPHUR DIOXIDE), Partially Inverted Sugar Syrup, Salted Butter (MILK), Sweetened Condensed Milk (MILK, Sugar), Sugar, Water, Treacle, Brown Sugar, Starch, Salt, Emulsifier: SOYA Lecithin, Preservative: Potasium Sorbate, Flavouring (MILK)), Shortening (Palm Oli, Rapeseed Oli), Sugar, Glucose Syrup, Dark Chocolate Chunks (Sugar, Cocca Mass, Cocca Butter, Emulsifier: SOYA Lecithin; Vanilla Extract), Pistachia (2%) (NUT), Rapeseed Oli, Caramel Curls (Sugar, Whole MILK Powder, Cocca Butter, Caramelised Sugar, Cocca Mass, Emulsifier: SOYA Lecithin; Plavouring, Natural Vanilla Flavouring), Modified Waxy Maize Starch, Modified Potato Starch, Caramelised Sugar Syrup, Natural Pistachio Flavouring, Salt, Natural Sticky Toffee Flavouring, Natural Almond Flavouring, Colours: Chlorophyllins, Curcumin	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portior	per 100g 1253 298 12.6 5.4 42.5 33.3 0.6 3.9 0.3 0.3 0.9 0.3	per portion (g) 1053 250 10.6 4.5 35.7 28.0 0.5 3.3 0.3 82
NEW Passion Fruit Martini Chouxnut (V)	Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Single Cream (MILK), Buttermilk (Skimmed MILK, Skimmed MILK, Solids, MILK Protein Concentrate), Reduced Fat Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Sait, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), Free Range EGG, WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Shortening (Palm Oil, Rapesed Oil), Mango & Lime Filling (3%) (Water, Sugar, Modified Waxy Maize Starch, Mango Concentrate, Ime Concentrate, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent: Pectin, Natural Mango Flavouring, Thickener: Xanthan Gum; Colour: Lutein: Natural Key Lime Flavouring), Sugar, White Chacolate (Sugar, Whole MILK Powder, Cocca Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Natural Passion Fruir Flavouring Reseed Oil, Belgian Chacolate Chips (Cocoa Mass, Sugar, Dextrose, Emulsifier: SOYA Lecithin), Modified Waxy Maize Starch, Modified Potato Starch, Acidity Regulator: Citric Acid, Natural Mango Flavouring, Salt, Natural Sparkling Wine Flavouring, Colour: Curcumin, Colour: Beetroot Red	Sat Carbs Sugar Fibre Protein Salt	per 100g 1149 273 10.8 4.7 40.2 32.8 0.3 3.5 0.3 n weight (g)	per portion (g) 942 224 8.9 3.8 33 26.9 0.3 2.9 0.2 80



COOKIES

PRODUCT	INGREDIENTS	NUTRITION	AL INFO
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,	per 100g 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	per portion (g 1289 307 12.9 4.0 40.4 22.3 2.9 6.0 0.7 73
Belgian Chocolate Cookie * (V)	Fortified wheat flour (WHEAT flour, calcium carbonate, iron, nicain, 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 EGC, 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.	per 100g KJ 2037 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)	per portion (g 1487 356 18.8 9.1 41.3 23.5 2.0 4.2 0.1
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.	per 100g KJ 1837 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)	per portion (g 1580 377 15.5 7.7 50.9 31.4 3.4 6.7 0.7
Vilk Chocolate Chunk Cookie * (V)	Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, MILK Chocolate Chunks (20%) (Sugar, Whole MILK Powder, Cocca Butter, Cocca 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.	per 100g KJ 1830 Kcal 434 Fat 16.8 Sat 8.9 Carbs 67 Sugar 42.4 Fibre 2.6 Protein 4.9 Satt 0.5 Portion weight (g)	per portion (g 1208 286 11.1 5.9 44.2 28 1.7 3.2 0.3
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, Potasium Hydrogen Carbonate), Natural Flavouring, WHEAT Fibre, Lactose Powder (MILK), Vegetarian Whey Powder (MILK), Mixed Spice, Cinnamon, Salt	per 100g KJ 1723 Kcal 410 Fat 14.0 Sat 6.5 Carbs 64.9 Sugar 40.1 Fibre 2.8 Protein 4.8 Sati 0.4 Portion weight (g)	per portion (g 1137 271 9.2 4.3 42.8 26.4 1.8 3.2 0.3 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	N	IUTRITION	
			per 100g	per portion (g)
		КJ	1461	1899
		Kcal	351	456
Chicken & Pesto Lattice		Fat	23.0	29.9
	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), British Chicken Thigh (24%), Unsalted Butter (MILK) (16%), Whole	Sat	11.4	14.8
	MILK, Basil, Rapeseed Oil, Pumpkin Seeds, Regato Cheese (MILK), Pasteurised Free Range EGG, White Wine Vinegar, Lemon Juice, Salt,	Carbs	24.2	31.5
	Sugar, Garlic Puree, Cornflour, Cracked Black Pepper, Ground White Pepper.	Sugar	3.4	4.4
		Fibre	1.2	1.6
		Protein Salt	11.1 0.8	14.4
			weight (g)	130
			per 100g	per portion (g)
		KJ	1374	1374
		Kcal	330	330
	Tomato (31%), Wheat Flour contains Gluten (with WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (MILK) (14%),	Fat	20.5	20.5
Mozzarella & Tomato Pastry	Mozarella Cheese (MILK) (12%), Regato Cheese (MILK), Slow Roaded Tomatoes, Pasteurised R, Free Range EGG, Pumpkin Seeds, Tomato	Sat Carbs	12.2 25.3	12.2 25.3
(V)	Concentrate, Basil, Cornflour, White Wine Vinegar, Sunflower Oil, Salt, Olive Oil, Yeast Extract, Cracked Black Pepper, Dried Oregano,	Sugar	25.3 3.4	3.4
	Garlic Powder, Sugar.	Fibre	2.4	2.4
		Protein	9.8	9.8
		Salt	1.1	1.1
		Portion	weight (g)	100
			per 100g	per portion (g)
	Salt, Yeast), Smoked Pancetta (3%) (Pork Belly (97%), Salt, Herbs, Spices, Antioxidant: Sodium Ascorbate, Preservatives: Sodium Nitrite,	KJ	1499	1949
		Kcal	359	467
Pork & Pancetta		Fat	22.6	29.4
Sausage Roll		301	12.1 23.4	15.7 30.4
(England, Scotland & Wales		Carbs Sugar	23.4	30.4
only)		Fibre	1.4	1.8
	י המוסי, שמון שעפט אביי אייני איי	Protein	14.9	19.4
		Salt	1.1	1.4
		Portion	weight (g)	130
			per 100g	per portion (g)
		KJ	1315	811
		Kcal	309	191
		Fat	0.7	0.4
Sourdough Bread Roll	WHEAT flour, water, sourdough (WHEAT), salt, yeast, dehydrated WHEAT sourdough, WHEAT gluten, deactivated yeast, malted WHEAT	Sat Carbs	0.2 63.6	0.1 39.2
(Vg, DF)	flour, flour treatment agent (ascorbic acid).	Sugar	03.0 1.6	0.9
		Fibre	3.7	2.3
		Protein	10.4	6.4
		Salt	1.6	0.9
		Portion	weight (g)	74
			per 100g	per portion (g)
		KJ	1133	1473
		Kcal	272	354
	Mixed Roast Vegetables (38%) (Butternut Squash, Courgette, Red Onion, Sweet Potato), WHEAT Flour (WHEAT Flour, Calcium Carbonate,	Fat	16 7.9	20.8
Vegan Vegetable 'Sausage' Roll	Iron, Niacin, Thiamin), Tomato Passata (14%), Palm Oil, Roast Tomatoes (5%), Palm Fat, Rapeseed Oil, Potato Starch, Salt, Poppy Seeds,	Sat Carbs	7.9	10.3 34.5
(Vg, DF)	Tomato Concentrate, Basil, Cornflour, Sunflower Oil, Garlic, Olive Oil, Rosemary, Cracked Black Pepper, Dried Oregano, Emulsifier: E471,	Sugar	4.8	6.2
	Sugar, Garlic Powder, Yeast, Lemon Juice.	Fibre	2.4	3.1
		Protein	4.2	5.5
		Salt	0.9	1.2
		Portion	weight (g)	130



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

	PANINI			
PRODUCT	INGREDIENTS	ļ	NUTRITION	AL INFO
		KJ	per 100g 1174	per portion (g) 2231
		Kcal	279	530
	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough	Fat	10.6	20.1
Brie & Bacon Panini	(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	Sat Carbs	4.9 32.6	9.3 61.9
	Wine Vinegar, Water, Molasses, Cornflour, Salt, Garlic, Ginger, Black Pepperl, British Beechwood Smoked Streaky Bacon (10%) [British Pork,	Sugar	6.4	12.2
	Pork Fat, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite].	Fibre	1.4	2.7
		Protein	12.7	24.1
		Salt Portion	1.2 weight (g)	2.2 190
		1 OFIIO	per 100g	per portion (g)
		KJ	1010	1797
		Kcal	241	428
	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	Fat	9.0	16.0
Limited Edition	Pepper, Yellow Pepper, Sunflower Oil], Paprika Mayonnaise (11%) [Water, Rapeseed Oil, Pasteurised Free Range EGG Yolk (EGG Yolk,	Sat Carbs	1.7 29.5	3.1 52.5
Chorizo & Sweet Pepper Panini	Salt), White Wine Vinegar, Comflour, 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,	Sugar	3.5	6.2
	Paprika, Dextrose, Garlic, Antioxidant: Rosemary Extract, Preservative: Sodium Nitrite], Spinach (4%).	Fibre	2.2	4.0
		Protein	9.2	16.4
		Salt Portion	1.1 weight (g)	1.9
		1 01101	per 100g	178 per portion (g)
		KJ	903	1626
		Kcal	241	434
	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough	Fat	4.8	8.6
	(Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent: icorbic Acid], British Dry Cured Ham (22%) [British Pork, Sea Salt, Brown Sugar, Stabilisers: Potassium Triphosphate, Sodium Triphosphate, etrapotassium Diphosphate, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Mozzarella & Cheddar Cheese [Mozzarella	Sat	1.8	3.3
Ham & Mozzarella Panini		Carbs	27.6	49.7
	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].	Sugar	2.5 2.1	4.5
	Comitor, WREAT Hour (Calcioni Calconale, non, Nidan, midmin), san, rieservanye, rolassioni soloalej, biack repperj.	Fibre Protein	14.1	3.8 25.4
		Salt	1.0	1.9
	-		weight (g)	180
			per 100g	per portion (g)
		KJ	1095	2014
		Kcal	261	480
	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough	Fat Sat	11.0 4.8	20.3 8.8
Mozzarella & Tomato Panini (V)	(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,	Carbs	26.9	49.6
(*)	Sunflower Oil, Salt), Sunflower Oil, Vegetarian Medium Fat Hard Cheese (MILK), Garlic, Acidity Regulator: Citric Acid], Tomato (13%).	Sugar	2.7	5.0
		Fibre	1.7	3.1
		Protein Salt	12.7 1.2	23.4 2.1
			n weight (g)	184
			per 100g	per portion (g)
		KJ	1103	2151
	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough	Kcal Fat	262 11.3	513 22.1
	(Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent:	Sat	2.5	4.9
Pole & Line Tuna Melt Panini	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	Carbs	26.4	51.5
	Vinegar, Cornflour, Sugar), Red Pepper (3%), Slow Roast Tomato (2%) (Tomato, Sunflower Oil, Salt, Garlic, Oregano), Red Onion (1%),	Sugar	3.1	6.1
	Parsley, Lemon Juice, Cornflour, Black Pepper], Cheddar Cheese (MILK) (7%).	Fibre	1.8	3.5
		Protein Salt	13.1 0.9	25.6 1.7
			n weight (g)	195
			per 100g	per portion (g)
		KJ	832	1481
	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast,	Kcal Fat	197 3.2	351 5.7
THIS Plant Based 'Chicken'	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,	Sat	0.4	0.7
Arrabbiata Panini	Potato Starch, Salt, Pea Fibre, Rapeseed Oil, Maltodextrin, Sea Salt and Black Pepper Seasoning [Maltodextrin, Black Pepper, Sugar, Yeast	Carbs	29.3	52.2
(Vg)	Extract Powder, Natural Flavouring, Sea Salt], Tomato Ragu Sauce (16%) [Water, Tomato Paste, Crushed Tomatoes, Onions, White Wine Vinegar, Comflour, Carrot, Sugar, Extra Virgin Olive Oil, Salt, Basil, Rosemary, Thyme, Parsley, Garlic, Black Pepper], Lemon Juice,	Sugar	3.8	6.8
	Chargrilled Red Chilli Puree [Chargrilled Red Chilli Puree, Red Chilli, Olive Oil], Basil, Spinach (4%).	Fibre	4.0	7.2
		Protein Salt	10.7 0.8	19 1.5
			u.a n weight (g)	1.5
		. 51.151		.,,5



TOSTATI			
INGREDIENTS	l	NUTRITION	AL INFO
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,	KJ	per 100g 1005	per portion (g) 1708
Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Mozzarella Cheese (MILK) (8%),			406 15.1
Stock (Water, Chicken Carcass), Conflour), Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Conflour, WHEAT Flour (Calcium	Sat	4.9	8.2
	Carbs	23.5	39.9
Onion Juice Concentrate, Carrot Extract, Tomato Paste), Cornflour, Sugar, Lemon Juice Concentrate, Onion Powder, Tomato Paste,			4.1 2.7
white wine vinegar, Ganic ruree, sait, white repper, Chopped British Beechwood Smoked Streaky Bacon (1%) (British Pork, Pork Par, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit	Protein	15.5	26.3
Vinegar, Salt), Black Pepper].	Salt	1.0	1.8 170
	1 Onioi		per portion (g)
Crilled Chaste Tenned Bread White Freed /WHEAT Fleur /Celeium Carbonate Iron Nicein Thiomin) Water Veget Self Emultifier: Mana	KJ	911	1594
and Diglycerides of Fatty Acids, Mono-and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, SOYA Flour, Preservative:			382 15.4
	Sat	5.1	9.0
Cheddar Cheese (MILK) (5%)], Mascarpone Cheese Béchamel (Mascarpone Full Fat Soft Cheese (MILK) (9%), Béchamel Sauce (Whole	Carbs	22.3	39.0
Milk, Single Cream (Milk), water, Comtiour, WHEAT Hour (Calcium Carbonate, Iron, Niacin, Iniamin), Sait, Preservative: Potassium Sorbate), Regato Cheese (MILK) (2%) [Regato Cheese, Anti-caking Agent: Potato Starch), Parmigiano Reggiano Shavings (MILK)(<1%),			3.8
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]	Protein	1.1	21
	Salt	1.3	2.2
	Portior		175
Grilled Cheese Tomato Topped White Bread (White Bread (WHEAT Flour (Calcium Carbonate Iron Niacin Thiamin). Water Yeast Salt	KJ	983	per portion (g) 1691
Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono-and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, SOYA	Kcal	236	406
Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate],	Fat Sat		17.9 9.8
Mozzarella Cheese (MILK) (8%), Semi Dried Cherry Tomato (6%), Cheddar Cheese (MILK) (5%)), Mascarpone & Tomato Tomatade Dressing	Carbs	24.3	41.8
Olive Oil, Salt, Oregano, Sugar, Garlic), Tomato and Onion Sauce (3%) (Water, Tomato Paste, Chopped Tomato, Rapeseed Oil, Sugar,	Sugar	3.7	6.4
			2.3 19.0
Mozzarella Cheese (MILK) (11%).	Salt	1.0	1.7
	Portior		172
Grilled Cheese & Mushroom Topped Bread [White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt,	K.I		per portion (g) 1612
Emulsities: Mono-and DigiyCeriaes of Fatty Acias, Mono-and Diacetyl latraric Acia Esters of Mono and DigiyCeriaes of Fatty Acias, SOTA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Mozzarella Cheese (MILK) (8%), Roast	Kcal	222	388
Seasoned Chestnut Mushrooms (8%) (Chestnut Mushroom, Olive Oil, Salt, Black Pepper), Béchamel Sauce (Whole MILK, Single Cream (MILK) Water, Comflour, WHEAT Flour, (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Cheddar Cheese	Fat	10.9	19.1
(MILK) (5%)], Mushroom & Mascarpone Dressing [Roast Seasoned Chestnut Mushrooms (7%) (Chestnut Mushroom, Olive Oil, Salt, Black			8.0 39.3
Pepper), Mushroom Mayonnaise (6%) (Water, Rapeseed Oil, Olive Oil, Pasteurised Salted EGG Yolk, Corntiour, White Wine Vinegar, Coarse Black Pepper, Concentrated Lemon Juice, Salt, Mushroom Stock (Mushroom Stock (Mushroom Juice Concentrate, Salt), Sugar,	Sugar	2.0	3.4
Rapeseed Oil, Salt, Mushroom Powder (Maltodextrin, Mushroom Juice Concentrate)), Dijon MUSTARD (Water, Brown MUSTARD Seeds, Spirit	Fibre	1.5	2.6
	Protein	8.4	14.7
	Salt	0.9	1.5
Cornflour, Thyme].		0.9 n weight (g)	1.5 175
Cornflour, Thyme].			
Cornflour, Thyme].	Portior	n weight (g)	175
Cornflour, Thyme].	Portior	n weight (g) NUTRITIONA	175 AL INFO
Cornflour, Thyme].	Portion	n weight (g) NUTRITIONA per 100g	175 AL INFO per portion (g)
Cornflour, Thyme]. SANDWICHES INGREDIENTS	Portior	n weight (g) NUTRITIONA	175 AL INFO
Cornflour, Thyme]. SANDWICHES INGREDIENTS 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	Portion KJ Kcal Fat	n weight (g) NUTRITIONA per 100g 917 222 11.1	175 AL INFO per portion (g) 1852 449 22.4
Cornflour, Thyme]. SANDWICHES INGREDIENTS OATMEAL Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, OATMEAL, WHEAT Bran, Yeast, Salt, WHEAT Protein, Spirit	Portion KJ Kcal Fat Sat	NUTRITIONA per 100g 917 222 11.1 2.0	175 AL INFO per portion (g) 1852 449
Cornflour, Thyme]. SANDWICHES INGREDIENTS 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), Matted BARLEY Flour, Flour Treatment Agent: Ascarbic Acid, Palm Fat, WHEAT Starch), Free Range ElGe Mayonnoise (Hard Boiled EGG (27%), Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG York, Solt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Conflour, Sugar), Dijon MUSTARD (Water, Spirit	KJ Kcal Fat Sat Carbs Sugar	NUTRITIONA per 100g 917 222 111.1 2.0 19 0.3	175 AL INFO per portion (g) 1852 449 22.4 4.1 38.3 0.6
Cornflour, Thyme]. SANDWICHES INGREDIENTS OATMEAL Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, OATMEAL, WHEAT Bran, Yeast, Salt, WHEAT Protein, Spirit Vinegar, Emulsfilers: Mono-and Diglycerides of Fatty Acids, Mono - and Di-acetyl Tarfaric Acid Esters of Mono and Di-Glycerides of Fatty Acids), Vegetable Oils (Rapeseed, Palm), Matted BARLEY Flour, Flour Treatment Agent: Ascorbic Acid, Palm Fat, WHEAT Starch), Free Range EGG Mayonnoise [Hard Boiled EGG (27%), Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk, Solt), Spirit	Fortion KJ Kcal Fat Carbs Sugar Fibre	NUTRITION/ per 100g 917 222 111.1 2.0 19 0.3 2.0	175 ALINFO per portion (g) 1852 449 22.4 4.1 38.3 0.6 4.0
Corriflour, Thyme]. SANDWICHES INGREDIENTS 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: Ascarbic Acid, Palm Fat, WHEAT Starch), Free Range EGG Mayonnaise (Hard Boiled EGG (27%), Mayonnaise (Rapeseed Oil, Water, Free Range Solted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Comflour, Sugar), Dijon MUSTARD (Water, Spirit Vinegar, Yellow MUSTARD Flour, MUSTARD Flour, Salt, Ground Yellow MUSTARD Bran, Ground Turmeric, Ground Black Pepper, Pimento,	KJ Kcal Fat Sat Carbs Sugar	NUTRITIONA per 100g 917 222 111.1 2.0 19 0.3	175 AL INFO per portion (g) 1852 449 22.4 4.1 38.3 0.6
Corriflour, Thyme]. SANDWICHES INGREDIENTS 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: Ascarbic Acid, Palm Fat, WHEAT Starch), Free Range EGG Mayonnaise (Hard Boiled EGG (27%), Mayonnaise (Rapeseed Oil, Water, Free Range Solted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Comflour, Sugar), Dijon MUSTARD (Water, Spirit Vinegar, Yellow MUSTARD Flour, MUSTARD Flour, Salt, Ground Yellow MUSTARD Bran, Ground Turmeric, Ground Black Pepper, Pimento,	Fortion KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	NUTRITION/ per 100g 917 222 11.1 2.0 19 0.3 2.0 11.0 0.7 n weight (g)	175 Per portion (g) 1852 449 22.4 4.1 38.3 0.6 4.0 22.2 1.5 202
Corriflour, Thyme]. SANDWICHES INGREDIENTS 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: Ascarbic Acid, Palm Fat, WHEAT Starch), Free Range EGG Mayonnaise (Hard Boiled EGG (27%), Mayonnaise (Rapeseed Oil, Water, Free Range Solted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Comflour, Sugar), Dijon MUSTARD (Water, Spirit Vinegar, Yellow MUSTARD Flour, MUSTARD Flour, Salt, Ground Yellow MUSTARD Bran, Ground Turmeric, Ground Black Pepper, Pimento,	Fortion KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	NUTRITION/ per 100g 917 222 111.1 2.0 19 0.3 2.0 11.0 0.7	175 AL INFO per portion (g) 1852 449 22.4 4.1 38.3 0.6 4.0 22.2 1.5
Cornflour, Thyme]. EANDWICHES INGREDIENTS OATMEAL Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, OATMEAL, WHEAT Bran, Yeast, Salt, WHEAT Protein, Spirit Yinegar, 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, Dion MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Supar, Dion MUSTARD (Water, Spirit Vinegar, Spirit Vinegar, Spirit Vinegar, Spirit Vinegar, Salt), Spirit Provent, Salt), Free Range Hard Boiled EGG (21%), Ground Cinnamon, Ground Cloves), Black Pepper, Salt], Free Range Hard Boiled EGG (21%),	Fortion KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal	NUTRITIONA per 100g 917 222 111.1 2.0 19 0.3 2.0 111.0 0.7 n weight (g) per 100g 896 217	175 ALINFO per portion (g) 1852 449 22.4 4.1 38.3 0.6 4.0 22.2 1.5 202 per portion (g) 1820 441
Corriflour, Thyme]. SANDWICHES INGREDIENTS 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: Ascarbic Acid, Palm Fat, WHEAT Starch), Free Range EGG Mayonnaise (Hard Boiled EGG (27%), Mayonnaise (Rapeseed Oil, Water, Free Range Solted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Comflour, Sugar), Dijon MUSTARD (Water, Spirit Vinegar, Yellow MUSTARD Flour, MUSTARD Flour, Salt, Ground Yellow MUSTARD Bran, Ground Turmeric, Ground Black Pepper, Pimento,	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portior KJ Kcal Fat	NUTRITION/ per 100g 917 222 11.1 2.0 19 0.3 2.0 11.0 0.7 n weight (g) per 100g 896 217 9.7	175 Per portion (g) 1852 449 22.4 4.1 38.3 0.6 4.0 22.2 1.5 202 per portion (g) 1820 441 19.6
Cornflour, Thyme]. SANDWICHES INGREDIENTS 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, Salt), Spirit Winegar, Salt), Free Range Hard Boiled EGG (21%), Matted 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-Gycerides of Fatty Acids, Spirit Vinegar, 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-Gycerides of Fatty Acids, Spirit Vinegar, Malted WHEAT Flakes, VHEAT 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-Gycerides of Fatty Acids, Spirit Vinegar, Malted WHEAT Flakes, VHEAT 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-Gycerides of Fatty Acids, Spirit Vinegar, Malted WHEAT Flour, Repeseed Oil, Flour Treatment Agent: Ascorbic Acid, Palm Fat, Palm Oil,	Fortion KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal	NUTRITIONA per 100g 917 222 111.1 2.0 19 0.3 2.0 111.0 0.7 n weight (g) per 100g 896 217	175 ALINFO per portion (g) 1852 449 22.4 4.1 38.3 0.6 4.0 22.2 1.5 202 per portion (g) 1820 441
Cornflour, Thyme]. SANDWICHES INGREDIENTS OAIMEAL Bread [WHEAT Flour (Colcium Carbonate, Iron, Niacin, Thiamin), Water, OAIMEAL WHEAT Bran, Yeast, Salt, WHEAT Protein, Spirit Vinegar, Emulsifiers: Mono-and Diglycerides of Fathy Acids, Mono - and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fathy Acids), Vegetable Oils (Rapeseed, Palm), Matter BARLEY Flour, Flour Treatment Agent: Ascarbic Acid, Palm Fat, WHEAT Starch), Free Range EGG Mayonnaise [Hard Boiled EGG (27%), Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD Hour, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Dijon MUSTARD (Water, Spirit Vinegar, Yellow MUSTARD Flour, MUSTARD Seeds, Spirit Vinegar, Salt), Free Range Hard Boiled EGG (21%). Matted Brown Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Matted WHEAT Flakes, WHEAT Bran, WHEAT Protein, Yeast, Malted BARLEY Flour, Salt, Emulsifiers: Mono-and Diglycerides of Fathy Acids, Mono - and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fathy Acids, Spirit Vinegar, Matted WHEAT Flour, Rapeseed Oil, Mour Treatment Agent: Ascorbic Acid, Palm Fat, Protein, Yeast, Malted BARLEY Flour, Salt, Emulsifiers: Mono-and Diglycerides of Fathy Acids, Mono - and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fathy Acids, Spirit Vinegar, Matted WHEAT Flour, Rapeseed Oil, Black Pepper Mayonnaise [Mayonnaise [Mayonnaise [Rapeseed Oil, Water, Free Range Salted EGG Yolk, Salt], Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), Comflour, Treatment Agent: Ascorbic Acid, Palm Fat, Palm Oil, WHEAT Starch), British Chargrille Chicken Breast, Salt, Comflour, Black Pepper Mayonnaise [Mayonnaise [Rapeseed Oil, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Vinegar).	Fortion KJ Kcal Fat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat Carbs Sugar	NUTRITIONA per 100g 917 222 11.1 2.0 19 0.3 2.0 11.0 0.7 n weight (g) per 100g 896 217 9.7 1.1 19.8 0.9	175 ALINFO per portion (g) 1852 449 22.4 4.1 38.3 0.6 4.0 22.2 1.5 202 per portion (g) 1820 441 19.6 2.2 40.1 1.9
Corriflour, Thyme]. SANDWICHES INGREDIENTS 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, Rour Treatment Agent: Ascarbic Acid, Palm Fat, WHEAT Starch), Free Range EGG Mayonnaise (Hard Boiled EGG (27%), Mayonnaise (Rapeseed Oil, Water, Free Range Solted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Comflour, Sugar), Dijon MUSTARD (Water, Spirit Vinegar, Vielow MUSTARD Flour, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornold Black Pepper, Pimento, Ground Cinnamon, Ground Cloves), Black Pepper, Salt], Free Range Hard Boiled EGG (21%). 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: Acarbic Acid, Palm Fat, 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: Acarbic Acid, Palm Fat, Palm Oil, WHEAT Starch), British Chargrilled Chicken Breast [25%] (Chicken Breast, Salt, Cornflour), Black Pepper Mayonnaise (Mayonnaise	Fortion KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat Carbs Sugar Fibre Fibre	NUTRITIONA per 100g 917 222 11.1 2.0 19 0.3 2.0 11.0 0.7 n weight (g) per 100g 896 217 9.7 1.1 19.8 0.9 1.9	175 ALINFO per portion (g) 1852 449 22.4 4.1 38.3 0.6 4.0 22.2 1.5 202 per portion (g) 1820 441 19.6 2.2 40.1 1.9 3.9
Cornflour, Thyme]. SANDWICHES INGREDIENTS OAIMEAL Bread [WHEAT Flour (Colcium Carbonate, Iron, Niacin, Thiamin), Water, OAIMEAL WHEAT Bran, Yeast, Salt, WHEAT Protein, Spirit Vinegar, Emulsifiers: Mono-and Diglycerides of Fathy Acids, Mono - and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fathy Acids), Vegetable Oils (Rapeseed, Palm), Matter BARLEY Flour, Flour Treatment Agent: Ascarbic Acid, Palm Fat, WHEAT Starch), Free Range EGG Mayonnaise [Hard Boiled EGG (27%), Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD Hour, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Dijon MUSTARD (Water, Spirit Vinegar, Yellow MUSTARD Flour, MUSTARD Seeds, Spirit Vinegar, Salt), Free Range Hard Boiled EGG (21%). Matted Brown Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Matted WHEAT Flakes, WHEAT Bran, WHEAT Protein, Yeast, Malted BARLEY Flour, Salt, Emulsifiers: Mono-and Diglycerides of Fathy Acids, Mono - and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fathy Acids, Spirit Vinegar, Matted WHEAT Flour, Rapeseed Oil, Mour Treatment Agent: Ascorbic Acid, Palm Fat, Protein, Yeast, Malted BARLEY Flour, Salt, Emulsifiers: Mono-and Diglycerides of Fathy Acids, Mono - and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fathy Acids, Spirit Vinegar, Matted WHEAT Flour, Rapeseed Oil, Black Pepper Mayonnaise [Mayonnaise [Mayonnaise [Rapeseed Oil, Water, Free Range Salted EGG Yolk, Salt], Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), Comflour, Treatment Agent: Ascorbic Acid, Palm Fat, Palm Oil, WHEAT Starch), British Chargrille Chicken Breast, Salt, Comflour, Black Pepper Mayonnaise [Mayonnaise [Rapeseed Oil, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Vinegar).	Fortion KJ Kcal Fat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat Carbs Sugar	NUTRITIONA per 100g 917 222 11.1 2.0 19 0.3 2.0 11.0 0.7 n weight (g) per 100g 896 217 9.7 1.1 19.8 0.9	175 ALINFO per portion (g) 1852 449 22.4 4.1 38.3 0.6 4.0 22.2 1.5 202 per portion (g) 1820 441 19.6 2.2 40.1 1.9
Cornflour, Thyme]. SANDWICHES INGREDIENTS OAIMEAL Bread [WHEAT Flour (Colcium Carbonate, Iron, Niacin, Thiamin), Water, OAIMEAL WHEAT Bran, Yeast, Salt, WHEAT Protein, Spirit Vinegar, Emulsifiers: Mono-and Diglycerides of Fathy Acids, Mono - and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fathy Acids), Vegetable Oils (Rapeseed, Palm), Matter BARLEY Flour, Flour Treatment Agent: Ascarbic Acid, Palm Fat, WHEAT Starch), Free Range EGG Mayonnaise [Hard Boiled EGG (27%), Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD Hour, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Dijon MUSTARD (Water, Spirit Vinegar, Yellow MUSTARD Flour, MUSTARD Seeds, Spirit Vinegar, Salt), Free Range Hard Boiled EGG (21%). Matted Brown Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Matted WHEAT Flakes, WHEAT Bran, WHEAT Protein, Yeast, Malted BARLEY Flour, Salt, Emulsifiers: Mono-and Diglycerides of Fathy Acids, Mono - and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fathy Acids, Spirit Vinegar, Matted WHEAT Flour, Rapeseed Oil, Mour Treatment Agent: Ascorbic Acid, Palm Fat, Protein, Yeast, Malted BARLEY Flour, Salt, Emulsifiers: Mono-and Diglycerides of Fathy Acids, Mono - and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fathy Acids, Spirit Vinegar, Matted WHEAT Flour, Rapeseed Oil, Black Pepper Mayonnaise [Mayonnaise [Mayonnaise [Rapeseed Oil, Water, Free Range Salted EGG Yolk, Salt], Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), Comflour, Treatment Agent: Ascorbic Acid, Palm Fat, Palm Oil, WHEAT Starch), British Chargrille Chicken Breast, Salt, Comflour, Black Pepper Mayonnaise [Mayonnaise [Rapeseed Oil, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Vinegar).	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Carbs Sugar Fibre Protein Sat Carbs	NUTRITIONA per 100g 917 222 11.1 2.0 19 0.3 2.0 11.0 0.7 0.7 1.0 9 per 100g 896 217 9.7 1.1 19.8 0.9 1.9 1.0 9 7 0.9 1.7 1.0 1.0 0.7 0.7 0.9 1.7 0.9 1.7 0.9 1.7 0.9 1.7 0.9 1.7 0.7 0.9 1.7 0.7 0.9 1.7 0.7 0.7 0.7 0.7 0.7 0.7 0.7 0.7 0.7 0	175 ALINFO per portion (g) 1852 449 22.4 4.1 38.3 0.6 4.0 22.2 1.5 202 per portion (g) 1820 441 19.6 2.2 40.1 1.9 3.9 23.5 1.4 203
Cornflour, Thyme]. SANDWICHES INGREDIENTS OAIMEAL Bread [WHEAT Flour (Colcium Carbonate, Iron, Niacin, Thiamin), Water, OAIMEAL WHEAT Bran, Yeast, Salt, WHEAT Protein, Spirit Vinegar, Emulsifiers: Mono-and Diglycerides of Fathy Acids, Mono - and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fathy Acids), Vegetable Oils (Rapeseed, Palm), Matter BARLEY Flour, Flour Treatment Agent: Ascarbic Acid, Palm Fat, WHEAT Starch), Free Range EGG Mayonnaise [Hard Boiled EGG (27%), Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD Hour, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Dijon MUSTARD (Water, Spirit Vinegar, Yellow MUSTARD Flour, MUSTARD Seeds, Spirit Vinegar, Salt), Free Range Hard Boiled EGG (21%). Matted Brown Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Matted WHEAT Flakes, WHEAT Bran, WHEAT Protein, Yeast, Malted BARLEY Flour, Salt, Emulsifiers: Mono-and Diglycerides of Fathy Acids, Mono - and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fathy Acids, Spirit Vinegar, Matted WHEAT Flour, Rapeseed Oil, Mour Treatment Agent: Ascorbic Acid, Palm Fat, Protein, Yeast, Malted BARLEY Flour, Salt, Emulsifiers: Mono-and Diglycerides of Fathy Acids, Mono - and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fathy Acids, Spirit Vinegar, Matted WHEAT Flour, Rapeseed Oil, Black Pepper Mayonnaise [Mayonnaise [Mayonnaise [Rapeseed Oil, Water, Free Range Salted EGG Yolk, Salt], Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), Comflour, Treatment Agent: Ascorbic Acid, Palm Fat, Palm Oil, WHEAT Starch), British Chargrille Chicken Breast, Salt, Comflour, Black Pepper Mayonnaise [Mayonnaise [Rapeseed Oil, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Vinegar).	Fortion KJ Kcal Fat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat Carbs Sugar Fibre Protein Sugar Fibre Protein Sugar	NUTRITIONA per 100g 917 222 11.1 2.0 19 0.3 2.0 11.0 0.7 nweight (g) per 100g 896 217 9.7 1.1 19.8 0.9 1.9 1.9 1.6 0.7 nweight (g) per 100g	175 ALINFO per portion (g) 1852 449 22.4 4.1 38.3 0.6 4.0 22.2 1.5 202 per portion (g) 1820 441 19.6 2.2 40.1 1.9 3.9 23.5 1.4 203 per portion (g)
Comflour, Thyme]. SANDWICHES INGREDIENTS 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 Tartair Acid Esters of Mono and Di-Glycerides of Fatty Acids), Vegetable Olis (Rapeseed, Palm), Malted BARLEY Flour, Flour Treatment Agent: Ascarbic Acid, Palm Fat, WHEAT Starch), Free Ronge EGG Mayonnaise [Hard Boiled EGG (27%), Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yok, Salt), Spirit Vinegar, Pillow MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Comflour, Sugar), Dijon MUSTARD [Water, Spirit Vinegar, Yellow MUSTARD Flour, Sult, Ground Yellow MUSTARD Bran, Ground Turmeric, Ground Black Pepper, Pimento, Ground Cinnamon, Ground Cloves), Black Pepper, Salt], Free Range Hard Boiled EGG (21%). Metted 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 Dig/cerides of Fatty Acids, Mono - and Di-acetyl Tartair Acid Esters of Mono and Di-Glycerides of Fatty Acids, Spirit Vinegar, Malted WHEAT Flour, Rapeseed Oil, Mour - and Di-acetyl Tartair Acid Esters of Mono and Di-Glycerides of Fatty Acids, Spirit Vinegar, Malted WHEAT Flour, Rapeseed Oil, Nour Treatment Agent: Ascorbic Acid, Palm Fat, Palm Oil, WHEAT Starch), Britsh Chargrilled Chicken Breast (25%) [Chicken Breast, Solt, Conflour], Black Pepper Mayonnaise [Mayonnaise (Rapeseed Oil, Water, Reange Satted EGG Yok (EGG Yok, Salt), Spirit Vinegar, Dijon, MUSTARD (Water, Mustar, Malted Seed, Spirit Vinegar, Salt), White Wine Vinegar, Comflour, Sugar), Black Pepper], Tomato (7%), Cucumber (5%), Lettruce (4%).	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Carbs Sugar Fibre Protein Sat Carbs	NUTRITIONA per 100g 917 222 11.1 2.0 19 0.3 2.0 11.0 0.7 0.7 1.0 9 per 100g 896 217 9.7 1.1 19.8 0.9 1.9 1.0 9 7 0.9 1.7 1.0 1.0 0.7 0.7 0.9 1.7 0.9 1.7 0.9 1.7 0.9 1.7 0.9 1.7 0.7 0.9 1.7 0.7 0.9 1.7 0.7 0.7 0.7 0.7 0.7 0.7 0.7 0.7 0.7 0	175 ALINFO per portion (g) 1852 449 22.4 4.1 38.3 0.6 4.0 22.2 1.5 202 per portion (g) 1820 441 19.6 2.2 40.1 1.9 3.9 23.5 1.4 203
Comflour, Thyme]. Comflour, Thyme]. SANDWICHES INGREDIENTS 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, Rour Treatment Agent: Accorbic Acid, Palm Fat, WHEAT Starch), Free Range EGG Mayonnaise [Hard Boiled EGG (27%), Mayonnaise [Rapeseed Oil, Water, Free Range Salted EGG Yolk, IEGG Yolk, Salt), Spirit Vinegar, Yellow MUSTARD (Water, MUSTARD Flour, Salt, Ground Yellow MUSTARD (Water, Spirit Vinegar, Yellow MUSTARD Flour, MUSTARD Flour, Salt, Ground Cloves), Black Pepper, Salt], Free Range Hard Boiled EGG (21%). Malted Brown Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT Protein, Yeast, Maited BARLEY Flour, Salt, Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono - and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fatty Acid, Spirit Vinegar, Melded WHEAT Flour Reange Hard Boiled EGG (21%). Matted Brown Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT Protein, Yeast, Maited Barce Fange Salte EGG Yolk (26% Yolk, Salt), Spirit Vinegar, Salt), Back Pepper Mayonnaise [Rapeseed Oil, Water, MustRAB Reange Seeds, Spirit Vinegar, Salt), Pather Marthan Charge Beages (26% Yolk, Salt), Salt, Patha Oil, WHEAT Starch), British Chargrilled Chicken Breast (25%) [Chicken Breast, Salt, Cornflour), Black Pepper Mayonnaise [Rapeseed Oil, Water, MustRAB Wat	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Sugar Fibre Protein Sat Carbs Sugar Fibre Protein Sat Carbs K, K, K	NUTRITION/ per 100g 917 222 111.1 2.0 19 0.3 2.0 11.0 0.7 weight (g) per 100g 896 217 9.7 1.1 19.8 0.9 1.9 11.6 0.7 1.9 11.6 0.7 weight (g) per 100g 896 217 9.7 1.1 1.9 11.6 0.7 1.9 11.6 0.7	175 Per portion (g) 1852 449 22.4 4.1 38.3 0.6 4.0 22.2 1.5 202 per portion (g) 1820 441 19.6 2.2 40.1 1.9 3.9 23.5 1.4 203 per portion (g) 2044 496 27.1
Comflour, Thyme]. SANDWICHES INGREDIENTS OATMEAL Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, OATMEAL WHEAT Bran, Yeast, Salt, WHEAT Protein, Spirif Vinegar, Emulsifilers: Mono-and Diglycerides of Fatty Acids, Mono - and Di-acetyl Tartaria Acid Esters of Mono and Di-Glycerides of Fatty Acids), Vegetable Oils (Ropessed, Pathal WHEAT Flour), Free Range EGG Mayonnaise [Hard Boiled EGG (27%), Mayonnaise (Rapessed Oil, Water, Free Range Salted EGG Yolk, IEGG Yolk, Salt), Spirif Vinegar, Dijon MUSTARD [Water, MUSTARD Seeds, Spirif Vinegar, Salt), White Wine Vinegar, Carolulour, Sugar), Dijon MUSTARD (Water, MuSTARD Flour, Salt, Ground Yellow MUSTARD Bran, Ground Cloves), Black Pepper, Salt], Free Range Hard Boiled EGG (21%). Matted Brown Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Floukes, 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, Spirif Vinegar, Malted WHEAT Flour, Ropessed Oil, Hour Treatment Magent: Ascorbic Acid, Palm Fat, Palm Oil, WHEAT Starch), British Chargrilled Chicken Breast [25%] (Chicken Breast, Salt), Comflour, Black Pepper Mayonnaise [Mayonnaise (Rapesseed Oil, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirif Vinegar, Dijon MUSTARD Seeds, Spirif Vinegar, Salt), White Wine Vinegar, Comflour, Sugar), Black Pepper J, Tomato (7%), Cucumber (5%), Lettruce (4%).	Fortion KJ Kcal Fat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Carbs Sugar Fibre Protein Salt Carbs Sugar Fibre Fat Sat Carbs Sugar Fibre Fat Sat Carbs Sugar Fibre Fat Sat Carbs Sugar Fibre Fat Sat Carbs Sugar Fibre Fat Sat Carbs Sugar Fibre Fat Sat Carbs Sugar Fibre Fat Sat Carbs Sugar Fibre Fat Sat Carbs Sugar Fat Sat Carbs Sugar Fibre Fat Sat Carbs Sugar Fibre Fat Sat Carbs Sugar Fibre Fat Sat Carbs Sugar Fibre Fat Sat Carbs Sugar Fibre Fat Sat Carbs Sugar Fibre Fat Sat Carbs Sugar Fibre Fat Sat Carbs Sugar Fibre Fat Sat Carbs Sugar Fibre Fat Sat Carbs Sugar Fibre Fat Sat Carbs Sugar Fibre Fat Sat Carbs Sugar Fibre Fat Sat Sat Sat Sat Sat Sat Sat Sat Sat S	NUTRITION/ per 100g 917 222 111.1 2.0 19 0.3 2.0 111.0 0.7 n weight (g) per 100g 896 217 9.7 1.1 19.8 0.9 1.9 11.6 0.7 n weight (g) per 100g per 100g per 100g 1162 282	175 ALINFO per portion (g) 1852 449 22.4 4.1 38.3 0.6 4.0 22.2 1.5 202 per portion (g) 1820 441 19.6 2.2 40.1 1.9 3.9 23.5 1.4 203 per portion (g) 2044 496
Comflour, Thyme]. CATMEAL 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 BARLY Flour, Flour Treatment Agent: Ascorbic Acid, Palm Fat, WHEAT Starch), Free Range EGG Mayonnaise (Hard Bolaet EGG (27%), Mayonnaise (Rapeseed Oil, Water, Free Range Solf Gy Valk, Salt, Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Comflour, Sugar), Dijon MUSTARD (Water, Spirit Vinegar, Yellow MUSTARD Flour, Salt, Ground Cloves), Black Pepper, Salt), Free Range Hard Bolied EGG (21%), Ground Cinnamon, Ground Cloves), Black Pepper, Salt), Free Range Hard Bolied EGG (21%). Molted Brown Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT Protein, Yeast, Malted BARLY Flour, Salt, Emulsifier: 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 Flaur, Rapeseed Oil, Hour Treatment Agent: Ascorbic Acid, Palm Fat, Palm Oil, WHEAT Starch), British Chargnilled Chicken Broast (25%) (Chicken Breast, Salt, Comflour), Black Pepper 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%), Lettruce (4%). Motted Brown Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT Protein, Yeast, Malted Brown Bread (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT Flakes, Shift Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Black Pepper), Tomato (7%), Cucumber (5%), Lettruce (4%). Muter Matter March Salt, Emub	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Sugar Fibre Protein Sat Carbs Sugar Fibre Protein Sugar Kcal Kcal Fat Sugar KJ Kcal Fat Sat Kcal Fat Sat Kcal Fat Sat Kcal Fat Sat Kcal Fat Sat Kcal Fat Sat Kcal Fat Sat Kcal Fat Sat Kcal Fat Sat Sugar Fibre Fortein Sat Kcal Fat Sat Fat Fat Sat Fat Fat Sat Fat Fat Sat Fat Fat Sat Fat Fat Fat Sat Sugar Fibre Fortein Sat Kcal Fat Fat Fat Fat Fat Sat Fat Fat Fat Fat Fat Fat Fat Fat Fat F	NUTRITIONA per 100g 917 222 11.1 2.0 19 0.3 2.0 11.0 0.7 0.7 19 0.3 2.0 11.0 0.7 0.7 19 0.3 2.0 11.0 0.7 0.7 19 0.3 2.0 11.0 0.7 0.7 1.1 19.8 0.7 1.1 19.8 0.9 1.7 1.1 19.8 0.9 1.7 1.1 19.8 0.9 1.7 1.1 19.8 0.9 1.7 1.1 19.8 0.9 1.7 1.1 19.8 0.7 0.7 1.1 19.8 0.7 1.1 19.8 0.7 10.9 10.9 10.9 10.9 10.7 10.9 10.7 10.7 10.7 10.7 10.7 10.7 10.7 10.7	175 ALINFO per portion (g) 1852 449 22.4 4.1 38.3 0.6 4.0 22.2 1.5 202 per portion (g) 1820 441 19.6 2.2 40.1 1.9 3.9 23.5 1.4 203 per portion (g) 2044 496 27.1 4.9
Comflour, Thyme]. SANDWICHES INGREDIENTS OATMEAL Bread [WHEAT Flour [Colcium Carbonate, Iron, Niacin, Thiamin], Water, OATMEAL, WHEAT Bran, Yeast, Solt, 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, Rour Treatment Agent: Ascarbic Acid, Palm Fat, WHEAT Starch], Free Range EGG Mayannaise [Hard Balled EGG [278], Mayannaise [Rapeseed Oil, Water, Free Range Salted EGG Yolk, Solt), Spirit Vinegar, Yellow MUSTARD Under, MUSTARD Brav, Salt, Ground Yellow MUSTARD Bran, Ground Turmeric, Ground Black Pepper, Pimento, Ground Cinnamon, Ground Cloves), Black Pepper, Salt], Free Range Hard Boiled EGG [218]. Matted Brown Bread [WHEAT Flour [Colcium Carbonate, Iron, Niacin, Thiamin], Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT Protein, Yeast, Malted BARLEY Flour, Salt, Emulifiers: Mono- and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fatty Acids, Spirit Vinegar, Malted WHEAT Flour, Rusch Pepper, Salt], Free Range Hard Boiled EGG [218]. Matted Brown Bread [WHEAT Flour [Colcium Carbonate, Iron, Niacin, Thiamin], Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT Protein, Yeast, Malted BarLEY Flour, Salt, Emulifiers: Mono- and Di-Glycerides of Fatty Acids, Mono - and Di-Cectyl Tartaric Acid Esters of Mono and Di-Ci-Cycerides of Fatty Acids, Spirit Vinegar, Ratinger, Walled WHEAT Flour, Ruschseed Oil, Flour Treatment Agent: Ascarbic Acid, Palm Fot, Palm Oil, WHEAT Starch], British Chargilled Chicken Breast [258] [Chicken Breast, Salt, Comflour, Black Pepper Mayannaise [Mayannaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk [EGG '201k]; Salt], Spirit Vinegar, Salt], Curumber (5%), Lettuce (4%).	Fortion KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion Sugar Fat Sat Carbs Sugar Fibre	NUTRITION/ per 100g 917 222 111.1 2.0 19 0.3 2.0 11.0 0.7 weight (g) per 100g 896 217 9.7 1.1 19.8 0.7 n.weight (g) per 100g 11.6 0.7 n.weight (g) per 100g 11.6 2.8 2.8 2.8 2.2.9 1.3 2.6	175 ALINFO per portion (g) 1852 449 22.4 4.1 38.3 0.6 4.0 22.2 1.5 202 per portion (g) 1820 441 19.6 2.2 40.1 1.9 3.9 23.5 1.4 203 per portion (g) 2044 496 27.1 4.9 40.4 2.3 4.5
Comflour, Thyme). SANDWICHES INGREDIENTS OATMEAL Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, OATMEAL WHEAT Bran, Yeast, Salt, WHEAT Protein, Spirlt Yinegar, Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono - and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fatty Acids, Mayonnaise (Rapeseed, Palm), Malted BARLEY Flour, Flour Treatment Agent: Ascarbic 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), Spirlt Yinegar, Tellow MUSTARD Flour, MUSTARD Beeds, Spirlt Yinegar, Salt), White Wine Vinegar. Comflour, Sugar), Dijon MUSTARD (Water, Spirle Yanegar, Yellow MUSTARD Flour, MUSTARD Bear, Salt), Ground Yellow MUSTARD Bran, Ground Turmeric, Ground Black Pepper, Pimento, Ground Cinnamon, Ground Cloves), Black Pepper, Salt), Free Range Hard Boiled EGG (21%). Malted Brown Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flokes, WHEAT Bran, WHEAT Protein, Yeast, Malted BARLEY Flour, Salt, Emulsifies: Mono- and Di-GlyCerides of Fatty Acids, Mono - and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fatty Acids, Spirit Vinegar, Malted WHEAT Flokes, WHEAT Bran, WHEAT Protein, WHEAT Starch), British Chargrilled Chicken Breast (25%) (Chicken Breast, Salt, Cominor), Black Pepper Mayonnaise (Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yok (EGG Yok, Salt), Spirlt Vinegar, Salt), White Wine Vinegar. Comflour, Sugar), Black Pepper], Tomato (7%), Cucumber (5%), Leituce (4%). Malted Brown Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT Protein, Yeast, Malted BARLEY Flour, Salt, Emulsifier: Mono-and Di-GlyCerides of Fatty Acids, Mono-and Di-GlyCerides of Fatty Acids, Spirit Vinegar, Comflour, Sugar), Black Pepper], Tomato (7%), Cucumber (5%), Leituce (4%).	Fortion KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion KJ Kcal Fat Sat Carbs Sugar	NUTRITIONA per 100g 917 222 111.1 2.0 19 0.3 2.0 11.0 0.7 weight (g) per 100g 896 217 9.7 1.1 19.8 0.9 1.9 1.9 1.6 0.7 nweight (g) per 100g 1.9 1.9 1.9 1.9 1.6 0.7 nweight (g) per 100g 1.9 1.9 1.9 1.9 1.5 4 2.8 2.8 2.9 1.3	175 ALINFO per portion (g) 1852 449 22.4 4.1 38.3 0.6 4.0 22.2 1.5 202 per portion (g) 1820 441 19.6 2.2 40.1 1.9 3.9 23.5 1.4 203 per portion (g) 2044 496 27.1 4.9 40.4 2.3
	and Diglycerides of Fathy Acids, Monc- and Diaceth/ Tartaic Acid Esters of Mono and Diglycerides of Fathy Acids, SOYA Flour, Preservative: Calcium Propionate, Rogesed OI, Rour Teadment Agent: Accotice Acid), Bechamel Sauce (Whole MLK, Single Cream (MLK), Water, Comfour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Satl, Preservative: Potosium Sorbate), Mozarotella Cheese (MLK) (83), Cheddar Cheese (MLK) (83), Chicken, Bichamel Sauce, (Pwhole MLK, Single Cream (MLK), Water, Comfour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Satl, Preservative: Potosium Stobtate), Mozarotella Cheese (MLK) (83), Cheddar Cheese (MLK) (83), Cheddar Cheese (MLK) (25), Chicken, Bichamel Sauce, (Pwhole MLK, Single Cream (MLK), Water, Conflour, WHEAT Flour (Calcium Carbonate, Iron, Naicon, Thiamin), Satl, Preservative: Potosium Stobtate), Mozarotella Cheese (MLK) (53), Chean Cancentrate, Carant Extract, Tomelo Paste), Comfour, Sugar, Lamon Juica Concentrate, Onien Powel, Tomato Paste, White Wine Vinegar, Garlic Purée, Satl, White Pepper), Chopped British Beechwood Smoked Streaky Boccon (15) (British Pork, Park Fat, Satl, Antoxidant: Sadium Ascorbate, Preservatives: Potosium Nitrate, Sadium Ntitrate), Dijon MUSTARD (Water, MUSTARD Seeds, Sprit Vinegar, Satl), Biock Pepper). Grilled Cheese Topped Bread (White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Satl, Emulsifiers: Mono- and Diglyceridas of Fatry Acids, Mono- and Diacetryl Tartatic Acid Esters of Mono and Diglycerides of Fatry Acids, SOYA Flour, Preservative: Calcium Propionate, Ropesed OII, Bour Teenate Mater, Xacotic Acid), Bichamel Sauce (Whole MUK, Single Cream (MLK), Water, Coantiour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Satl, Ermulsifiers: Mono- and Diglycerides of Fatry Acids, Muno, Canebrate, Iron, Niacin, Thiamin), Water, Yeast, Satl, Ermulsifiers: Mono- and Diglycerides of Fatry Acids, Muter, Muster, Mustang Satewardive: Potosium Stobate), Regato C	Grilled Cheese Topped Bread (White Bread (WHEAT Rour (Calcium Carbonate, Iron, Niacin, Thiomin), Water, Yeast, Salt, Emulsifier: Mono- and Digiveerides of Fatty Acids, Mono-and Diacetyl Tartaric Acid Esters of Mono and Digiveerides of Fatty Acids, SOTA Rour, Preservative: Calcium Propionate, Rapeseed Oli, Rour Treatment Agent: Accorbic Acid), Béchamel Souce (Whole MILK, Single Cream (MILK), Water, Crimitary, WHEAT Rour (Calcium Carbonate, Iron, Niacin, Thiomin), Salt, Preservative: Potasium Sotabely, Mozaratel Cheese (MILK) [25], Chicken Carcosa, Comfour, Béchamel Souce, Cheese & Baccon Mix (British Chicken Breast (BS) (Chicken Brock, Sult), Carbonate, Iron, Niacin, Thiomin), Salt, Preservative: Potasium Sotabely, Mozaratel Cheeses (MILK) [25], Chicken Brock, Sult, Sock (Water, Chicken Carcosa), Comfour, Béchamel Souce (Whole MILK, Single Cream (MILK), Water, Comfour, WHEAT Rour (Calcium Carbonate, Iron, Niacin, Thiomin), Salt, Preservative: Potasium Nitrote, Sodum Nitrite), Dion MuSTARD (Water, MUSTARD New, Sant, Antioxidant: Sodium Accorbate, Preservative: Potasium Nitrote, Sodium Nitrite), Dion MuSTARD (Water, MUSTARD New, Sant, Sant, Antioxidant: Sodium Accorbate, Preservative: Potasium Nitrote, Sodium Nitrite), Dion MUSTARD (Water, MUSTARD New, Sant, Sant, Antioxidant: Sodium Accorbate, Preservative: Potasium Nitrote, Sodium Nitrite), Dion MUSTARD (Water, MUSTARD New, Sant, Sant, Antioxidant: Sodium Accorbate, Iron, Niacin, Thiomin), Satt, Preservative: Potasium Sant, Preservative: Potasium Sant, Managara Chicken Sant, Sant, Man	Griled Cheese Topped Bread (WHite Bread (WHEAT Flour (Calcium Carbonate, Iran, Niach, Thiamin), Water, Yeast, Solt, Emulaitiers: Mono- and Diglycerides of Fathy Acids, Mono-and Diacetyl Tartatic Acid Esters of Mono and Diglycerides of Fathy Acids, SOTA Flour, Preservative: Calcium Propionate, Ropeseed Dil, Rour Treatment Agent, Ascorbic Acid), Béchamel Sauce (Whole MLK, Single Carema (MLK), Water, Carbonate, Iron, Heach, Thiamini), Salt, Preservative: Fotassum Sorbale), Mazarello Cheese (MLK) (25), Carbonate, Iron, Heach, Thiamini, Salt, Preservative: Fotassum Sorbale), Mazarello Cheese (MLK) (25), Carbonate, Iron, Heach, Thiamini, Salt, Preservative: Fotassum Sorbale), Mazarello Cheese (MLK) (25), Carbonate, Iron, Heach, Thiamini, Salt, Preservative: Fotassum Sorbale), Mazarello Cheese (MLK) (25), Carbonate, Iron, Heach, Thiamini, Salt, Preservative: Fotassum Sorbale), Mazarello Cheese (MLK) (25), Carbonate, Iron, Heach, Thiamini, Salt, Preservative: Fotassum Sorbale), Mazarello Cheese (MLK) (25), The Withe Withe Windki (25), Althouse (25), Carbonate, Iron, Musch, Thiamini), Water, Wasta (Chicken Stack, Shitt Withe Withe Windki (25), Althouse (25), Carbonate, Iron, Nacin, Thiamini), Water, Wasta (26), Kenchmet Suce (Whole MLK), Single Cheen (MLK), Nather, Theore, Iron, Iron, Musch, Thiamini, Water, Yeast, Solt, Emulaiters: Mono- Carbonate, Ropesed Biol, Roth Techerther, Agent, Ascorbic Acid, Béchamed Suce (Whole MLK), Single Cheen (MLK), Nather, Wasta (26), Nather Musch, Nather Cheen, Musch, Nather Fat. 8.8, Carbonate Musch, Single Cheen (MLK), Nather, Carbonate, Iron, Nacin, Thiamini), Water, Yeast, Solt, Emulaiters: Mono- Carbonate, Musch, Single Cheen (MLK), Nather, Carbonate, Iron, Nacin, Thiamini), Sut, Preservative: Fatassi MLK, Single Cheen (MLK), Nather, Carbonate, Mark Agent, Ascorbic Acid, Béchamel Suce (Whole MLK, Single Cheen (MLK), Nather, Yeast, Solt, MLK, Single Cheen (MLK), Nather, Carbonate, Mark Agent, Ascorbic Acid), Béchamel Soute (Whole MLK), Nather, Yeast, S



	BREAKFAST ROLLS		
PRODUCT	INGREDIENTS	NUTRITION	AL INFO
Bacon Roll	Ciabatta Roll [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, Malted WHEAT Flour, Improver (WHEAT Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed Oil, Enzyme)], Coffee Cured British Bacon (32%) [Pork Belly, Sugar, Salt, Cold Brewed Coffee, Stabiliser: Sodium Triphosphate, Maltodextrin, Natural Flavouring, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Butter (MILK).	per 100g K.J 1180 Kcal 281 Fat 12.3 Sat 5.8 Carbs 31.2 Sugar 1.7 Fibre 1.3 Protein 13.1 Salt 1.7 Protein 16.1 Salt 1.7	per portion (g) 1464 348 15.2 7.1 38.7 2.1 1.6 16.2 2.1 124
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).	per 100g KJ 1076 Kcal 256 Fat 12.9 Sat 5.1 Carbs 26.7 Sugar 1.0 Fibre 1.6 Protein 10.2 Sati 1.1 Portion weight (g)	per portion (g) 1732 413 20.7 8.3 42.9 1.6 2.5 16.4 1.8
Beechwood Bacon Roll	Ciabatta Roll (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, Malted WHEAT Flour, Improver (WHEAT Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed Oil, Enzyme], Cooked Beechwood Smoked Streaky Bacon (32%) [Pork, Pork Fat, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite].	per 100g KJ 1167 Kcal 277 Fat 9.9 Sat 3.7 Carbs 30.9 Sugar 0.7 Fibre 1.9 Protein 17.8 Satt 0.6 Portion weight (g)	per portion (g) 1423 338 12.1 4.5 37.7 0.8 2.3 21.7 0.7 122
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 Flore, 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.	Cuibs 33.6	per portion (g) 1330 314 3.2 1.1 52.7 4.1 9.8 13.8 2.0 157
	FOCACCIA		
PRODUCT	INGREDIENTS	NUTRITION	AL INFO
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%).	per 100g KJ 970 Kcal 231 Fat 7.3 Sat 3.6 Carbs 30 Sugar 9.7 Protein 1.7 Satit 1 Portion weight (g)	per portion (g) 2047 487 15.4 7.6 63.3 20.5 24.7 2.1 211
Spicy Chicken & Red Pepper Focaccia	Rosemary and Rock Salt Focaccia [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, WHEAT Flore, 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], Nadija 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, Comflour, Sugar), British Chicken Breast (14%) (Chicken Breast (9%), Salt, Chicken Stock (Water, Chicken Carcass), Comflour), Nduja Paste (4%) (Pork (43%), 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), Comflour], Red Pepper (10%), Spinach (5%).	per 100g KJ 1165 Kcai 278 Fat 13.9 Sat 1.8 Carbs 26.9 Sugar 1.8 Protein 10.2 Satit 1.1	per portion (g) 2330 556 27.8 3.6 53.8 3.6 20.4 2.1

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

NERO

Portion weight (g)

200



SALADS & ANTIPASTI

PRODUCT	INGREDIENTS		NUTRITION	
		КI	per 100g	per portion (g)
		KJ Kcal	454 108	1111 265
	Dressed Grains (41%) (Bulgur WHEAT, Turmeric Rice (Long Grain Rice, Water, Ground Turmeric), Pink Cabbage, Roasted Vegetables (Red	Fat	4.5	11
Chargrilled Chicken, Mixed	Pepper, Yellow Pepper, Onion, Courgette, Rapeseed Oil), Chickpears, Cous Cous (WHEAT), Black Beluga@ Lentils, Red Quinoa,	Sat	0.6	1.4
Grain & Pesto Salad	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	Carbs	8.9	21.7
(DF)	Sunflower Oil (Sunflower Oil, Flavouring), White Wine Vinegar, Basil Purée (Sunflower Oil, Basil, Salt, Acidity Regulator (Citric Acid)), Basil,	Sugar	2.1	5.1
	Pumpkin Seeds, Sunflower Seeds, Rapeseed Oil, Lemon Juice, Mint, Garlic Purée, Cornflour, Salt, Black Pepper), Red Pepper (6%),	Fibre	1.4	3.4
	SunBlush® Marinated Tomatoes (3%) (Slow Roasted Tomatoes, Rapeseed Oil, Salt, Garlic, Oregano).	Protein	7.4	18.1
		Salt	0.6	1.4
		Portio	n weight (g)	245
	Mixed Leaves (21%) (Spinach, Lettuce, Salanova), Falafel (20%) (Chick Peas, Onions, Water, Rapeseed Oil, Bread Crumbs (Fortified Wheat		per 100g	per portion (g)
	Hour (WHEAT Hour, Calcium Carbonate, Ioning, Jalaner, Janan, Thiamin), Water, Salt, Yeash, Self-Raining Hour (Portfiled Wheat Flour, (WHEAT Flour, Calcium Carbonate, Ion, Niacin, Thiamin), Water, Salt, Yeash, Self-Raining Flour (Fortfiled Wheat Flour, WHEAT Flour,	KJ	535	1273
	Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents (Monocalcium Phosphate, Sodium Hydrogen Carbonate)), Parsley, Coriander	Kcal	128	305
	Powder, Cumin Powder, Sodium Bicarbonate, Cumin Seeds, Garlic, Black Pepper), Cabbage and Beetroot Slaw (17%) (Cabbage,	Fat	6.5	15
Falafel, Red Pepper Houmous	Beetroot, Mango Dressing (Mango Chutney (Mango, Sugar, Spirit Vinegar, Glucose Syrup, Salt, Ground Cardamom, Ground Coriander,	Sat	0.7	1.7
& Super Grain Salad	Ground Cumin, Ground Paprika), White Wine Vinegar, Stabiliser (Xanthan Gum), Salt), Onions), Mixed Grains (17%) (Bulgur WHEAT, Couscous (Half Hard WHEAT Flour, Water), WHEATBERRIES, Red Quinoa, Red Peppers, Lemon Juice, Salt, Black Pepper), Red Pepper	Carbs	11	26
(Vg, DF)	Houmous (15%) (Chick Peas, Grilled Red Peppers, Tahini SESAME SEED Paste, Rapeseed Oil, Water, Concentrated Lemon Juice, Olive Oil,	Sugar	3.2	7.6
	Garlic Purée, Salt, Colour (Paprika Extract)), Tahini Dressing (10%) (Chick Peas, Water, Garlic and Chilli Sauce (Water, Tomato Paste,	Fibre	4.1	9.8
	Onions, Spirit Vinegor, Garlic Purée, Chill Purée, Comfour, Rapeseed Oil, Sugar, Concentrated Lemon Juice, Paprika, Salt, Lemon Zest,	Protein	4.2	10
	Cayenne Pepper, Chilli, Gelling Agent (Pectin)), Tahini SESAME SEED Paste, Rapeseed Oil, Concentrated Lemon Juice, Salt, Red Wine Vinegar, Garlic Purée).	Salt	0.5	1.1
		Portio	n weight (g)	238
			per 100g	per portion (g)
	Sundried Tomato Dip (36%) (Tomatoes (57%), Passata (Tomato), Salt, White Wine Vinegar, Sugar, Preservative: Sodium Metabisulphite	KJ	998	1213
	(SULPHUR DIOXIDE); Garlic Purée, Oregano, Rosemary.	Kcal	240	292
	Marinated Gouda Cheese (29%) (Gouda Cheese (MILK), Sunflower Oil, Paprika)	Fat	17.0	20.8
Cheese & Olive Antipasti		Sat	5.9	7.1
(V)	Marinated Olives (25%) (Mixed Olives (96%) (Manzanilla Olives (Pitted Manzanilla Olives, Salt, Acidity Regulators (Lactic Acid, Citric Acid)),	Carbs	11.0	13.3
	Kalamata Olives (Pitted Kalamata Olives, Salt. Red Wine Vinegar), Sunflower Oil.)	Sugar	3.6	4.4
	Breadsticks (10%) WHEAT Flour, Sunflower Oil, Tomato, Salt, Extra Virgin Olive Oil, Yeast, WHEAT Malt Extract, Oregano, Onion.	Protein	8.6	10.4
		Salt	2.1 n weight (g)	2.5 122
		1 Onio	per 100g	per portion (g)
		KJ	1562	1000
	Chorizo (38%) – Pork (95%), Salt, Paprika, Dextrose, Garlic, Rosemary Extract, Sodium Nitrite.	Kcal	375	240
		Fat	22.7	14.5
	Cheese (MILK) (37%)	Sat	11.4	7.3
Chorizo Antipasti	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.	Carbs	20.7	13.3
		Sugar	2.0	1.3
		Protein	21.4	13.7
		Salt	2.9	1.9
		Portio	n weight (g)	64
			per 100g	per portion (g)
		KJ	511	409
		Kcal	121	96
		Fat	1.0	0.8
Beetroot, Raisin & Cranberry	Salad Mix (100%) (Giant Cous Cous (WHEAT), Beetroot, Dressing (Sherry Vinegar, Maple Syrup, Sugar, Salt, Orange Zest, Mint, Thyme, Black	Sat	0.1	0.1
Cous Cous Salad	Pepper, Stabiliser (Xanthan Gum)), Raisins (Raisins, Sunflower Oil), Spinach, Chives, Dried Sweetened Cranberries (Sugar, Cranberries,	Carbs	24.3	19.4
(Vg, DF)	Sunflower Oil), Rapeseed Oil).	Sugar	12.3	9.9
				1.1
		Fibre	1.3	
		Protein	3.0	2.4
		Protein Salt	3.0 0.38	2.4 0.30
		Protein Salt	3.0 0.38 o weight (g)	2.4 0.30 80
		Protein Salt 1ge Scoop	3.0 0.38 o weight (g) per 100g	2.4 0.30 80 per portion (g)
		Protein Salt age Scoop KJ	3.0 0.38 o weight (g) per 100g 379	2.4 0.30 80 per portion (g) 303
		Protein Salt age Scoop KJ Kcal	3.0 0.38 0 weight (g) per 100g 379 91	2.4 0.30 80 per portion (g) 303 73
	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,	Protein Salt age Scoop KJ Kcal Fat	3.0 0.38 0 weight (g) per 100g 379 91 6.4	2.4 0.30 80 per portion (g) 303 73 5.1
Rainbow Slaw Bowl Salad	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	Protein Salt Ige Scoop KJ Kcal Fat Sat	3.0 0.38 0 weight (g) per 100g 379 91 6.4 0.8	2.4 0.30 80 per portion (g) 303 73 5.1 0.6
Rainbow Slaw Bowl Salad (V)	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	Protein Salt 1ge Scoop KJ Kcal Fat Sat Carbs	3.0 0.38 0 weight (g) per 100g 379 91 6.4 0.8 5.2	2.4 0.30 80 per portion (g) 303 73 5.1 0.6 4.2
	MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Satt), Spirit Vinegar, Sugar, Thickeners (Xanthan Gum, Guar Gum), Satt, MUSTARD Flour, Concentrated Lemon Juice, White Pepper), Reduced Fat Greek Style Yogurt (MUK), Orange Juice from Concentrate, White Wine Vinegar, Mint, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Satt, Acidity Regulator (Citric Acid)), Lemon Juice, Satt, Sugar, Mint Flavour Olive Oli (Olive Ol1, Flavouring), Black Pepper, Stabilisers (Guar Gum, Xanthan Gum), Carrot, Pink Cabbage, Butternut Squash,	Protein Salt Ige Scoop KJ Kcal Fat Sat Carbs Sugar	3.0 0.38 0 weight (g) per 100g 379 91 6.4 0.8 5.2 4.4	2.4 0.30 80 per portion (g) 303 73 5.1 0.6 4.2 3.5
	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	Protein Salt Ige Scoop KJ Kcal Fat Sat Carbs Sugar Fibre	3.0 0.38 0 weight (g) per 100g 379 91 6.4 0.8 5.2 4.4 1.5	2.4 0.30 80 per portion (g) 303 73 5.1 0.6 4.2 3.5 1.2
	MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Satt), Spirit Vinegar, Sugar, Thickeners (Xanthan Gum, Guar Gum), Satt, MUSTARD Flour, Concentrated Lemon Juice, White Pepper), Reduced Fat Greek Style Yogurt (MUK), Orange Juice from Concentrate, White Wine Vinegar, Mint, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Satt, Acidity Regulator (Citric Acid)), Lemon Juice, Satt, Sugar, Mint Flavour Olive Oli (Olive Ol1, Flavouring), Black Pepper, Stabilisers (Guar Gum, Xanthan Gum), Carrot, Pink Cabbage, Butternut Squash,	Protein Salt Ige Scoop KJ Kcal Fat Sat Carbs Sugar Fibre Protein	3.0 0.38 0 weight (g) per 100g 379 91 6.4 0.8 5.2 4.4 1.5 2.4	2.4 0.30 80 per portion (g) 303 73 5.1 0.6 4.2 3.5 1.2 2
	MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Satt), Spirit Vinegar, Sugar, Thickeners (Xanthan Gum, Guar Gum), Satt, MUSTARD Flour, Concentrated Lemon Juice, White Pepper), Reduced Fat Greek Style Yogurt (MUK), Orange Juice from Concentrate, White Wine Vinegar, Mint, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Satt, Acidity Regulator (Citric Acid)), Lemon Juice, Satt, Sugar, Mint Flavour Olive Oli (Olive Ol1, Flavouring), Black Pepper, Stabilisers (Guar Gum, Xanthan Gum), Carrot, Pink Cabbage, Butternut Squash,	Protein Salt 1ge Scoop KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	3.0 0.38 0 weight (g) per 100g 379 91 6.4 0.8 5.2 4.4 1.5	2.4 0.30 80 per portion (g) 303 73 5.1 0.6 4.2 3.5 1.2

NERO

687

165

9.7

1.0

18.2

12.3

4.2

3.5

2.3

350

1183

284

15.9

4.6

23.8

4.6

5.6

14.4

2.5

350

1624

387

12.9

28

52.9

9.0

12.1

2.1

350

per portion (g) 1926

459

17.5

10.6

52.8

5.8

21.4

3.3

350

15.1

2.6

3.5

0.6

per 100g

550

131

5.0

3.0

15.1

1.6

6.1

0.9 Portion weight (g)

ΚJ

Kcal

Fat

Sat

Carbs

Sugar

Salt

Protein



SOUPS PRODUCT INGREDIENTS NUTRITIONAL INFO per 100g per portion (g) 196 КJ Kcal 47 Fat 2.8 Sat 0.3 Water, Tomatoes (22%), Tomato Purée (9%), Onion, Fennel (5%), Carrot, Rapeseed Oil, Vegetable Stock (Chicory Extract, Carrot Extract, Italian Tomato & Basil Soup 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. Carbs 5.2 (Vg, DF) Sugar 3.5 Fibre 1.2 Protein 10 Salt 0.7 Portion weight (g) per 100g per portion (g) KJ 338 Kcal 81 4.5 Fat Water, Onion, MILK, Broccoli (7%), Chicken (5%), Leek, Whipping Cream (MILK), Carnaroli Rice (2.7%), Rapeseed Oil, Cornflour, Black Sat 1.3 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 & Rice Soup Carbs 6.8 Sugar 1.3 Chicken Fat), Salt, Black Pepper, Sage, Bay Leaf. Fibre 1.6 Protein 4.1 Salt 0.7 Portion weight (g) **MEAL POTS** PRODUCT INGREDIENTS NUTRITIONAL INFO per 100g per portion (g) ΚI 465 Kcal 111 Italian Tomatoes (36%) (Tomatoes, Acidity Regulator: Citric Acid), Water, Tortigli Pasta (14.1%) (Durum Flour (WHEAT), Water), Red Onion, Fat 37 Sat 0.8

Salsicciamo Sausage Mince (5.7%) (Pork Meat, Sea Salt, Dextrose, Sucrose, Natural Ravour, Black Pepper, Acidity Regulator: E262, Antioxidant: E300), Kale, Blended Oil (Sunflower Oil, Extra Virgin Olive Oil), Grana Padano (MILK, Salt, Animal Rennet, Lysozyme (EGG)), Comflour, WHEAT Flour, Chicken Stock (Flavouring (contains EGG), Chicory Extract, Salt, Yeast Extract, Chicken Bone Stock), Salt, Fennel, Italian Sausage Pasta Carbs Rosemary, Black Pepper, Dried Red Chilli, Bay Leaf. Sugar Protein Salt Portion weight (g)

Macaroni Cheese (V)

Water, MILK (22%), Tortigli pasta (14%) (Durum Flour (WHEAT), Water), Spinach (5.9%), Cheddar (5%) (MILK), Mozzarella (2.6%) (MILK), Mascarpone Cheese (1.8%) (MILK), Vegetarian Hard Cheese (MILK, Salt, Microbial Rennet, Starter Culture, Firming Agent: Calcium Chloride) (1.7%), Cornflour, WHEAT flour, Salt, Rosemary.



	BISCUITS & SNACKS			
PRODUCT	INGREDIENTS		NUTRITION	AL INFO
			per 100g	per portion (g)
		KJ Kcal	1841 440	618 130
		Fat	14.45	3.0
Almond Biscotti	WHEAT flour, sugar, ALMONDS (15%), EGG, EGG yolk, butter, honey, partly skimmed MILK, raising agent: E 503 (ammonium bicarbonate),	Sat	2.71	1.0
(V)	salt, natural flavour (orange), flavours.	Carbs Sugar	66.5 31.0	22.0 11.0
		Fibre	2.7	0.0
		Protein	9.6	3.0
		Salt Portior	1.6 n weight (g)	0.05 37
			per 100g	per pack (g)
		KJ Kcal	1786 425	1411 336
		Fat	16.0	12.6
Caramel Waffle	Glucose fructose syrup, wheat flour, sugar, palm fat, concentrated butter (MILK), sugar syrup, SOYA flour, rapeseed oil, salt, dextrin	Sat	9.0	7.1
(V)	(WHEAT), emulsifiers (SOYA lecithin, mono- and diglycerides of fatty acids), raising agent (sodium carbonates), cinnamon, acidity regulator (citric acid), natural Bourbon vanilla.	Carbs Sugar	66.0 38.0	52.1 30.0
	·····	Fibre	1.5	1.2
		Protein	3.5	2.8
		Salt	0.6 n weight (g)	0.5 78
			per 100g	per portion (g)
		KJ	2276	569
		Kcal Fat	546 32.0	136 8.0
Chocolate Coated Coffee	Sugar, Cocoa paste, Roasted coffee beans, Cocoa butter, Cocoa powder, Emulsifier: SOYA lecithin, Thickener: Arabic gum, Flavours.	Sat	19.0	4.7
Beans (Vg, DF)	Sugar, Cocoa paste, koastea cottee beans, Cocoa butter, Cocoa powaer, emuistier: SOTA tecimin, inickener: Arabic gum, Havours. (Cocoa minimum 56%). May contains traces of: WHEAT, MILK and NUTS.	Carbs	56.0	14.0
(vg, Dr)		Sugar Fibre	41.0 6.7	10.2 1.7
		Protein	6.1	1.5
		Salt	0.04 n weight (g)	0.01
		FOILIOI	per 100g	25 per portion (g)
		KJ	1829	695
		Kcal	437	166 6.8
Chocolate & Yoghurt Covered	Milk Chocolate Raisins (50%) (MILK Chocolate Coating (Sugar, MILK Powder, Cocoa Butter, Cocoa Mass, Palm Oil, Whey (MILK), Emulsifier:		11.2	4.3
Raisins	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)).	Carbs	64.7	24.6
(V, GF)		Sugar Fibre	<u>63.3</u> 1.0	24.1 0.4
		Protein	3.6	1.4
		Salt	0.30	0.09
		Portior	n weight (g) per 100g	40 per portion (g)
	Dark chocolate 57% (sugar, cocoa mass, cocoa butter, emulsifier: SOY lecithin, natural vanilla flavour), hazelnut cream 43% (sugar, vegetable fats (coconut, palm kernel oil, shea butter in variable proportions), HAZELNUTS (14%), skimmed cocoa powder, whey powder (contains MILK), emulsifier: SOY lecithin, natural vanilla flavour, nibbed HAZELNUTS (11.5%)].	KJ	2338	409
		Kcal	562	98
Dark Chocolate & Hazelnut		Fat Sat	38.0 24.0	6.7 4.2
Chocolate Bar (V)		Carbs	48.0	8.4
(*)			46.0	8.1
		Protein Salt	4.5 0.1	0.8
			n weight (g)	17.5
			per 100g	per portion (g)
		KJ Kcal	1830 438	823 197
		Fat	21.5	9.7
Eat Natural Dark Choc & Sea	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	Sat	9.6	4.3
Salt Bar (V)	igs 8% (igs, rice ilour), alrea apricols 8% (apricols, rice ilour), roney, suitanas 7% (suitanas, sunilower oil), sniedaed coconul, Aumonus 6%, cocoa powder, sea salt.	Carbs Sugar	49.2 30.7	22.1 13.8
		Fibre	6.9	3.1
		Protein	8.5	3.8
		Salt Portior	0.1 n weight (g)	0.0 45
			per 100g	per portion (g)
		KJ Kcal	2063 496	929 223
		Fat	30.0	13.5
Eat Natural Vegan Bar	Dark chocolate 20% (cocoa mass, sugar, cocoa butter, emulsifier: SOYA lecithin), PEANUTS 18%, shredded coconut 14%, dried apricots	Sat	15.3	6.9
(Vg, DF)	12%, glucose syrup, coconut blossom nectar 6%, pumpkin seeds, crisped rice (rice, sugar), sunflower seeds, roasted chickpeas.	Carbs Sugar	40.4	18.2 10.1
		Protein	11.9	3.5
		Fibre	7.8	5.4
		Salt Portior	0.14 n weight (g)	0.1 45
			per 100g	per portion (g)
		KJ	2093	837
		Kcal Fat	500 32.7	200
Fruit & Nut Mix		Sat	32.7	1.4
(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%).	Carbs	34.5	13.8
		Sugar Fibre	28.7 6.8	11.5 2.7
		Protein	13.6	5.4
		Salt	0.0	0.0
		Portior	n weight (g)	40



BISCUITS & SNACKS

	BISCUITS & SNACKS			
PRODUCT	INGREDIENTS	N	NUTRITIONA	
		1	per 100g	per portion (g)
		KJ	1200	1152
	Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sultanas (9.5%) (Sultanas, Water, Sunflower Oil,	Kcal	283	272
	Preservative (E202)), Raisins (9.5%) (Raisins, Water, Sunflower Oil, Preservative (E202)), Citrus Peel (6%) (Glucose Syrup, Orange Peel, Lemon	Fat Sat	2.5 0.8	<u>2.4</u> 0.7
Fruit Teacake	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,	Carbs	56.2	53.9
(Vg, DF)	Water, Salt, Emulsifier (E471)), Dough Conditioner (Calcium Sulphate, SOYA Flour, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate,	Sugar	22.0	21.1
	Iron, Niacin, Thiamin), Emulsifier (E472e), Flour Treatment Agent (E300), Enzymes), Water, Emulsifiers (E471, E472e), Acidity Regulators (E260, E525), Salt.	Fibre	3.8	3.6
	2020), 00n.	Protein	7.3 0.2	7.0
		Salt Portion	u.z n weight (g)	96
			per 100g	per portion (g)
		KJ	2416	242
		Kcal	581 40.0	58
Gianduja Chocolate	Sugar, HAZELNUTS (30%), cocoa mass, cocoa butter, emulsifier: SOY lecithin, natural vanilla flavour.	Fat Sat	40.0	4.0
(V)	Cocoa solids: 23% min. May contain traces of MILK.	Carbs	47.0	4.7
		Sugar	44.0	4.4
		Protein	5.7	0.6
		Salt	0.03 n weight (g)	0.0
		1 Offior	per 100g	per portion (g)
		KJ	1711	1249
	WHEAT Flour (contains Calcium carbonate, Iron, Niacin and Thiamin), Sugar, Margarine (Palm Oil, Water, Palm Stearin, Rapeseed Oil, Salt,	Kcal	406	296
	Lemon Juice concentrate), Golden Syrup (Partially Inverted Refiners Syrup), Glucose Syrup, Icing [Sugar, Palm Fat, Glucose Syrup, Water,	Fat Sat	9.9 4.5	7.2 3.3
Gino & Ginnie Gingerbread		Carbs	72.8	53.1
(V, DF)	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	Sugar	29.5	21.5
	Soda), Natural Colours (Curcumin, Beetroot Extract, Spirulina), Butter Flavouring.	Fibre	1.9	1.4
		Protein Salt	5.4 0.5	3.9 0.3
			u.s n weight (g)	73
			per 100g	per portion (g)
		KJ	1663	499
		Kcal	391 0.0	<u>117</u> 0.0
Leone Mints		Fat Sat	0.0	0.0
(Vg, GF, DF)	Sugar, Thickening agents: Arabic gum, tragacanth; Piedmont peppermint essential oil.	Carbs	97.0	29.1
		Sugar	97.0	29.1
		Protein	0.2	0.0
		Salt Portion	0.0 n weight (g)	0 30
			per 100g	per portion (g)
		KJ	2136	964
		Kcal	511	231
Loacker Creamkakao	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 power, malt extract, salt, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier SOYA lecithin, HAZELNUTS, vanilla pods (Bourbon). May contain ALMONDS.	Fat Sat	26.0 22.0	12.0
(V)		Carbs	59.0	26.0
		Sugar	28.0	13.0
		Protein	7.7	3.5
		Salt	0.3 n weight (g)	0.1 45
		1 offior	per 100g	per portion (g)
		KJ	2169	978
		Kcal	519	234
Loacker Napolitaner	Crispy wafer filled with HAZELNUT cream (75% cream). Ingredients: WHEAT flour, coconut oil, glucose syrup, sugar, hazelnut 9% in the	Fat Sat	27.0 20.0	12.0 8.9
(V)	cream, sweet whey powder, SOYA flour, skimmed MILK powder, fat reduced cocoa, diphosphate) emulsifier SOYA lecithin, vanilla pods (bourbon). May contain ALMONDS.	Carbs	59.0	27.0
. ,	(bourbor), may contain Almontas.	Sugar	26.0	12.0
		Protein	8.1	3.6
		Salt Portion	0.3	0.2
		FORION	per 100g	45 per portion (g)
		KJ	2188	985
		Kcal	523	235
1	Crispy wafer filled with vanilla cream (75% cream). Ingredients: WHEAT flour, coconut oil, glucose syrup, sugar, skimmed MILK powder,	Fat	27.0	12.0
Loacker Vanille	dextrose, SOYA flour, malt extract, sugar, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier SOYA lecithin,	Sat Carbs	23.0	11.0
(V)	vanilla pods (bourbon), HAZELNUT . May contain ALMONDS.	Carbs Sugar	61.0 31.0	28.0
		Protein	7.8	3.5
		Salt	0.4	0.2
		Portion	per 100g	45
		КJ	1997	per portion (g) 339
		Kcal	476	81
		Fat	19.3	3.3
Metcalfe's® Chocolate Rice	Milk Chocolate (60%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring), Rice	Sat	11.1	1.9
Cakes (V)	Cake (40%) (Wholegrain Brown Rice, Rice). (Minimum Cocoa Solids 39%).	Carbs	66.9 31.4	11.4 5.3
(•)		Sugar Fibre	31.4	<u>5.3</u> 0.3
		Protein	6	1.0
		Salt	0.1	0.02
		Portion	weight (g)	17.0
		ИI	per 100g 2380	per portion (g)
		KJ Kcal	2380 572	417
Millio Characteria		Fat	39.0	6.8
Milk Chocolate Stracciatella Bar	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	Sat	24.0	4.2
(V)	(Vegerable rais (cocond), pain kene on, sned bone in variable proportions), sogar, skinned mak powder, whey powder (contains MILK), emulsifier: SOY lecithin, natural vanilla flavour, cocoa chips (11,5%)].	Carbs	47.0	8.2
		Sugar Protein	46.0	8.1 1.2
		Salt	6.6 0.2	0.0
DF = Dairy-Free Recipe			n weight (g)	17.5
GF = Gluten-Free Recipe				

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



BISCUITS & SNACKS

	BISCUIIS & SNACKS			
PRODUCT	INGREDIENTS	N	UTRITIONA	AL INFO
			per 100g	per portion (g)
		KJ	1548	1548
		Kcal	368	368
		Fat	14.0 8.5	14.0 8.5
Panettone	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,	Sat Carbs	8.5 52.0	52.0
(V)	flavourings, cocoa butter, salt. May contain traces of NUTS and SOY.	Sugar	28.0	28.0
		Fibre	1.4	1.4
		Protein	7.9	7.9
		Salt Portion	0.5 weight (g)	0.5
			per 100g	100 per portion (g)
		KJ .	2656	1063
		Kcal	635	254
		Fat	56.2	22.5
Totally Nutty	Almonds (NUTS) (35%), Cashew NUTS (30%), Pecan NUTS (20%), Hazelnuts (NUTS) (15%).	Sat Carbs	5.7 12.5	2.3 5.0
(Vg, DF, GF)		Sugar	4.7	1.9
		Fibre	5.5	2.2
		Protein	16.8	6.7
		Salt Portion	0.0 weight (g)	0.0 40.0
			per 100g	per portion (g)
		KJ.	1882	1321
		Kcal	449	315
		Fat	17.7	12.4
Vegan Fruit Flapjack	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	Sat Carbs	6.2 69.6	4.4 48.9
(Vg, DF)	(Citric acid)), Cranberries (4%) (cranberries, Sugar, Sunflower Oil), PISTACHIO NUTS (1%), Salt. May contain traces of other NUTS.	Sugar	46.0	32.3
		Fibre	4.7	3.3
		Protein	4.6	3.2
		Salt Portion v	0.7 weight (g)	0.5 60
			per 100g	per portion (g)
		KJ	1853	558
		Kcal	440	133
Vegan Stem Ginger Biscuit	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).	Fat Sat	14.2 5.6	4.3
(Vg, DF)		Carbs	72.3	21.7
		Sugar	37.7	11.3
		Protein	4.9	1.5
		Salt Portion	0.6 weight (g)	0.2
			per 100g	per portion (g)
		KJ	1973	947
	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.	Kcal	473	227
Verse & Chiles Free		Fat	27.7	13.3
Vegan & Gluten Free Chocolate Brownie		Sat Carbs	6.9 48.4	3.3 23.2
(Vg, GF, DF)		Sugar	32.0	15.4
		Fibre	2.7	1.3
		Protein	6.1	2.9
		Salt Portion v	0.3 weight (g)	0.1 48
			per 100g	per portion (g)
		KJ	1890	945
		Kcal	451	226
	OATS (2017) Vacatable Margarine (Polm Oil Danaseed Oil Water Emultifier Mana and Di Clussides of Eathy Asida, Calder Survey	Fat Sat	20.9 7.3	10.4 3.6
Wrapped Flapjack	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%)	Carbs	55.4	27.7
(Vg)	(Cocoa Solids, Sugar, Emulsifier: Sunflower Lecithin), Natural Flavourings, Salt.	Sugar	22.8	11.4
		Fibre	3.9	2.0
		Protein Salt	8.3 0.2	<u>4.2</u> 0.1
			weight (g)	50
			per 100g	per portion (g)
		KJ	2103	1052
		Kcal Fat	505 31.5	252 15.8
Gluten Free Chocolate	EGG, Dark Chocolate (19%) (Cocoa Solids, Sugar, Emulsifier: Sunflower Lecithin), Sugar, Rapeseed Oil, Ground ALMONDS, Chocolate	Sat	7.4	3.7
Brownie Bar	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	Carbs	47.6	23.8
(V, DF, GF)	Sorbate; Raising Agents: E341, E500.	Sugar	28.4	14.2
		Fibre	3.8 5.7	1.9 2.9
		Protein Salt	5.7 0.1	2.9
			weight (g)	50
		i	per 100g	per biscuit (g)
		KJ	2199	550
		Kcal Fat	526 28.2	132 7.1
Wrapped Shortbread	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (33%)(MILK), Icing Sugar, Light Brown Sugar (Sugar,	Sat	28.2	4.7
(V)	Molasses).	Carbs	62.3	15.6
		Sugar	22.9	5.7
		Protein	5.4	1.4
		Salt Portion v	0.7 weight (g)	0.2
		1 011011		25



CRISPS & POPCORN

	CRISPS & POPCORN	0 / ()	NH - 1 1-6	
Please note that the cr	isps sold from our stores in Northern Ireland are different than those sold in the rest of the UK. Please refer to po INGREDIENTS			
		<u> </u>	per 100g	per portion (g)
		KJ	2139	856
		Kcal	513	205
		Fat Sat	30.1	12.0
Kettle Sea Salt Crisps	Select Potatoes, Sunflower Oil, Sea Salt.	Carbs	3.5 51.5	1.4 20.6
(Vg, DF)		Sugar	0.5	0.2
		Fibre	6.5	2.6
		Protein	5.8	2.3
		Salt	0.9	0.4
		Poriior	n weight (g) per 100g	40 per portion (g)
		KJ	2125	850
		Kcal	509	204
		Fat	28.1	11.2
Kettle Sea Salt & Vinegar Crisps	Select Potatoes, Sunflower Oil, Sea Salt and Balsamic Vinegar Seasoning (Sea Salt, Potato Maltodextrin, Dried Balsamic Vinegar, Sugar,	Sat Carbs	2.8 55.8	1.1 22.3
(Vg, DF)	Acid: Citric Acid, Dried Red Wine Extract, Natural Flavouring).	Sugar	1.5	0.6
		Fibre	4.9	2.0
		Protein	5.7	2.3
		Salt	1.4	0.6
		Poriior	n weight (g) per 100g	40 per portion (g)
		KJ	2106	842
		Kcal	505	202
		Fat	28.9	12
Kettle Cheddar & Onion Crisps	Select Potatoes, Sunflower Oil, Mature Cheddar and Red Onion Seasoning (Dried Buttermilk, Dried Mature Cheddar Cheese (MILK), Dried	Sat	3.3	1.3
(V)	Onion, Dried Red Onion, Sea Salt, Dried Yeast Extract, Dried Yeast, Dried Chives, Colour: Paprika Extract).	Carbs Sugar	51.1 2.5	20.4
		<u> </u>	6.2	2.5
		Protein	7.1	2.8
		Salt	1.1	0.4
		Portior	n weight (g)	40
		КJ	per 100g 1833	per portion (g) 367
		KJ Kcal	437	367 87
		Fat	16.3	3.3
Metcalfe's® Charity		Sat	1.2	0.2
Popcorn Sea Salt	Popped Butterfly Corn (75%), Rapeseed Oil, Sea Salt.	Carbs	55.1	11.0
(Vg, DF)		Sugar	0.8	0.8
		Fibre Protein	12.7 11.2	2.5 2.2
		Salt	1.0	0.2
			n weight (g)	20
			per 100g	per portion (g)
		KJ	1908 455	477 114
		Kcal Fat	455	4.5
Metcalfe's Skinny Popcorn®		Sat	1.3	0.3
Sweet 'n Salt	Popped Butterfly Corn (64%), Rapeseed Oil, Sweetening Blend (Sugar, Sweetener: Isomalt, Sweetener: Steviol Glycosides), Salt.	Carbs	60.5	15.1
(Vg, DF)		Sugar	15.9	4.0
		Fibre	9.6 8.6	2.4
		Protein Salt	0.0	0.1
			n weight (g)	25
	YOGHURTS & GRANOLA POT			
PRODUCT	INGREDIENTS		NUTRITION	AL INFO
			per 100g	per portion (g)
		KJ	704	1197
		Kcal	168	286
	Greek Style Yogurt (MILK) (64%), Summer Berry Compote (23%) [Sugar, Strawberries, Water, Blackberries, Blueberries, Redcurrants,	Fat	9.2	15.6
Berry Granola Pot	Greek style toguit (MILK) (84%), summer berry Compore (23%) (sugar, strawberries, water, blackberries, blueberries, keacurrants, Cornflour, Lemon Juice, Natural Flavouring, Gelling Agent: Pectin], Dried Cranberry Granola (11%) (OAT Flakes, Sweetened Dried	Sat	4.6	7.8
(V)	Cranberries (1%) (Cranberries, Sugar, Sunflower Oil), Sunflower Seeds, Pumpkin Seeds, Glucose Syrup, Water, Brown Rice Flour, Quinoa,	Carbs	15.9	27.0
	Freeze Dried Raspberries, Natural Flavouring].	<u>Sugar</u> Fibre	10.7 0.8	18.2 1.4
		Protein	5.1	8.6
		Salt	0.9	1.6
			n weight (g)	170
			per 100g	per portion (g)
		KJ	594	1040
		Kcal	142	249
		Fat	8.4	14.7
Tim's Raspberry Yoghurt	Crock State Matural Yoourt (MIIV) Super Development (107) Complex Matural Florence on China taid	Sat	5.2	9.1
(V)	Greek Style Natural Yogurt (MILK), Sugar, Raspberries (6%), Comflour, Natural Flavouring, Citric Acid.	Carbs	12.2 11.8	21.4 20.7
		Sugar Fibre	0.4	0.7
		Protein	4.9	8.6
		Salt	0.2	0.4
			n weight (g)	175
			per 100g	per portion (g)
		KJ	632	1106
		Kcal	151	264
		Fat	8.5	14.9
Tim's Honey Yoghurt	Create Onde Mark and Version (MILV). Drawing Comes, Comes, Linguage 14 (2011). New Original Market Proceeding Linguage 11, 2011, 11, 12	Sat	5.5	9.6
(V)	Greek Style Natural Yogurt (MILK), Brown Sugar, Cane Sugar, Honey (4.5%), Rice Starch, Natural Flavouring, Lemon Juice Concentrate.	Carbs	14.2	24.9
		Sugar Fibre	12.3 0.1	21.5 0.2
		Protein	4.9	8.6
		Salt	0.2	0.4
			n weight (g)	175
DF = Dairy-Free Recipe			57	

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	l	NUTRITION	AL INFO
			per 100g	per portion (g
		KJ	1514	1172
	Water, WHEAT flour, fine butter (MILK) 11%, praline and hazelnuts dough 10% (sugar, HAZELNUTS 3%,	Kcal	361	280
		Fat	17.0	13.0
Praline Dito	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	Sat	7.6	5.9
(V)	albumin powder, glucose syrup, turmeric extract, flour treatment agents (alpha-amylases, hemicellulases, ascorbic acid),	Carbs	45.0	35.0
	natural flavouring, acidity regulator (citric acid), carrot extract.	Sugar	18.0	14.0
		Protein	7.1	5.5
		Salt	0.83	0.64
		Portior	n weight (g)	77
	PANINI			
PRODUCT	INGREDIENTS		NUTRITION	AL INFO

PRODUCT	INGREDIENTS	I	NUTRITION	AL INFO
	Sourdough Panini (61%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil,	KJ	per 100g 1024	per portion (g) 1772
	Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT	Kcal	245	424
	Flour, Flour Treatment Agent (Ascorbic Acid)], Scrambled EGG & Cheese (23%0 [Scrambled EGG (EGG, Water, Rapeseed Oil, Buttermilk Powder (MILK), Cornflour, Salt, White Pepper, Antioxidant (Citric Acid), Thickener (Xanthan Gum), Preservative	Fat	8.1	14
	(Lactic Acid)), Bechamel Sauce (Skimmed MILK, Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion,	Sat	2.8	4.9
All Day Breakfast Panini	Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Maize Starch, Salt, Emulsifier (SOYA Lecithin)), Cheddar	Carbs	30	52
	Cheese (MILK), Black Pepper, Salt], WHEAT Starch, Calcium Carbonate, Iron, Thiamin, Niacin), Salt), WHEAT Starch, Rapeseed	Sugar	3.5	6
	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,	Protein	12	21
	Sugar, Salt, Cold Brewed Coffee, Stabiliser (Sodium Triphosphate), Maltodextrin, Natural Flavouring, Anticaking Agent (Calcium	Salt	1.0	1.7
	Silicate), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)].	Portior	weight (g)	173
			per 100g	per portion (g)
		KJ	895	1906
	Sourdough Panini (49%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil,	Kcal	214	456
	Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Matted WHEAT Flour, Sunflower Oil, Fermented WHEAT	Fat	7.4	16
Chargrilled Chicken &	Flour, Flour Treatment Agent (Ascorbic Acid)], Chargrilled Chicken (18%) [Chicken, Brine (Water, Sugar, Starch, Glucose Syrup,	Sat	2	4.3
Pesto Panini	Emulsifier (Sodium Triphosphate), Potato Starch, Whey Protein (MILK), Stabiliser (Guar Gum), Salt, Vinegar, Yeast Extract), Basil Pesto (7.7%) [Basil Puree (Basil, Sunflower Oil, Salt), Sunflower Oil, Medium Fat Hard Cheese (MILK), Bechamel (Skimmed (MILK),	Carbs	24	52
	Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Palm Oil, Butter (MILK),	Sugar	2.5	5.3
	modified Maize Starch, Salt, Emulsifier (Lecithin) (SOYA)], Tomato, Spinach, Regato Cheese (MILK).	Protein	11	24
		Salt	1.2	2.6
		Portion	weight (g)	213
			per 100g	per portion (g)
	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)], Mozarella (11%) Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Palm Oil, Buter (MILK), Modified Maize Starch, Salt, Emulsifier (Lecithin) (SOYA)], Mature Cheddar Cheese (3%) (MILK).	KJ	974	1753
		Kcal	233	419
		Fat	6.8	12
		Sat	3.3	5.9
Ham & Mozzarella Panini		Carbs	28	50
		Sugar	3.2	5.8
		Protein	14	25
		Salt	1.3	2.3
		Portion	weight (g)	180
	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)].		per 100g	per portion (g)
		KJ	1101	2136
		Kcal	263	510
		Fat	12	23
Mozzarella & Tomato Panini		Sat	2.1	4.1
(V)		Carbs	27	52
		Sugar	2.5	4.9
		Protein	12	23
		Salt	1.0	2.0
		Portion	weight (g)	194
			per 100g	per portion (g)
		KJ	1187	2493
	Sourdough Panini (50%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil,	Kcal	284	596
	Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT	Fat	14	29
Tuna Melt Panini	Flour, Flour Treatment Agent (Ascorbic Acid)], Tuna Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG, Free	Sat	3.3	6.9
	Range EGG Yolk, Spirit Vinegar, Salt, Sugar, Flavouring, Lemon Juice Concentrate, Antioxidant (Calcium Disodium EDTA)), Red	Carbs	26	55
	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).	Sugar	2.7	5.7
		Protein	12	25
		Salt	0.9	1.8
		Portior	weight (g)	210
			per 100g	per portion (g)
	Sourdough Panini (56%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Olive Oil, Salt,	KJ	786	1481
	Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT GLUTEN, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT	Kcal	188	354
	Flour, Flour Treatment Agent (Ascorbic Acid)], Chicken Vegan Ragu (40%) [Seasoned SOYA pieces (Water, SOYA Protein Concentrate, Sunflower Oil, Natural Flavouring, Pea Protein Isolate, Potato Starch, Salt, Pea Fibre, Rapeseed Oil, Maltodextrin,	Fat	2.6	4.9
Plant Based "Chieles-"		0.1	0.4	0.7
Plant Based "Chicken" Arrabbiata Panini		Sat	0.4	
Arrabbiata Panini	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], Pitza Sauce [Tomato Pulp, Salt, Sunflower Oil, Sugar, Marjoram, Basil, Pepper, Onios, Acidity Regulator	Carbs	30.0	56.0
	Sea Salt and Black Pepper Seasoning [Maltodextrin, Black Pepper, Sugar, Yeast Extract Powder, Natural Flavouring, Sea Salt],			
Arrabbiata Panini	Sea Salt and Black Pepper Seasoning [Maltodextrin, Black Pepper, Sugar, Yeast Extract Powder, Natural Flavouring, Sea Salt], Iron, Vitamin B12), Pizza Sauce (Tomato Pulp, Salt, Sunflower Oil, Sugar, Marjoram, Basil, Pepper, Onions, Acidity Regulator (E330)), Onion Marmalade (Onion, Red Wine Vinegar (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,	Carbs	30.0	56.0
Arrabbiata Panini	Sea Salt and Black Pepper Seasoning (Maltodextrin, Black Pepper, Sugar, Yeast Extract Powder, Natural Flavouring, Sea Salt), Iron, Vitamin B12), Pizza Sauce (Tomato Pulp, Salt, Sunflower Oil, Sugar, Marjoram, Basil, Pepper, Onions, Acidity Regulator (E330)), Onion Marmalade (Onion, Red Wine Vinegar (SULPHITES), Sugar, Sunflower oil, Salt, Balsamic Vinegar (Grape Must,	Carbs Sugar Protein Salt	30.0 4.4	56.0 8.4



	TOSTATI			
PRODUCT	INGREDIENTS	١	NUTRITION	AL INFO
Chicken & Bacon Tostati Melt	Sourdough Bread (45%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture (RYE), SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers (E472(e), E481), Flour Treatment Agent (E300)], Chicken and Bacon Filling (3%) [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 (E122) (SOYA)), Chicken (20%) (Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Stabiliser (E451), Potato Starch, Whey Protein (MILK), Emulsifier (E12), Solt, Vinegar, Yeast Extract, J. Formed Diced Bacon Pieces (8%) [Pork, Water, Salt, Preservative (E250), Stabiliser (E450), Antioxidant (E301)], Cheddar Cheese (MILK), Mozarella (MILK), Mayonnaise (Rapeseed Oil, Water, Free Range Pasteurised EG6 & EGG Yolk, Spirit Vinegar, Sugar, Salt, Lemon Juice, Antioxidant (E38), Flavouring, Paprika Extract), Dijon MUSTARD (Water, RuystARD Seeds, Spirit Vinegar, Sult, Acidity Regulator (E330)]), Topping (18%) [Cheddar Cheese (MILK), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MILK Protein, Cheddar Cheese (MILK), Acidity Regulator (E330), Spice, Stabilisers (E412,E415), Preservative (E202), Colour (E161b)), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Sult, Acidity Regulator (E330)), Smoked Paprika, Dried Chives].	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion	per 100g 1003 240 9.9 4.6 27 1.2 10 1.4 weight (g)	per portion (g) 2008 480 20 9.3 53 2.4 20 2.7 200
Ham, Cheese & Mustard Tostati Melt	Sourdough Bread (49%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture (IXTE), SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers [E472(e), E481), Flour Treatment Agent (E300)], Ham (22%) [Pork, Water, Glucose Syrup, Emulsifiers (E451, E450), Salt, Antioxidant (E301), Dextrose, Spice Extracts, Preservative (E250), Potato Starch, Pea Fibre], Cheese and Mustard Topping (19%) [Cheddar Cheese (MILK), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MILK Protein, Cheddar Cheese (MILK), Yeast Extract, Acidity Regulator (E330), Spice, Stabilisers (E412,E415), Preservative (E202), Colour (E161b)), Dijon MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330)), Wholegrain MUSTARD (Water, MUSTARD Seed, White Wine Vinegar, Glucose-Fructose Syrup, MUSTARD Flour, Salt, Acidity Regulator (E260), Cinnamon, Pimento, Turmeric]), Cheddar Cheese (11%) (MILK).	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion	per 100g 1054 252 10 4.8 27 0.7 13 1.6 weight (g)	per portion (g) 1951 466 19 8.8 50 1.2 23 2.9 185
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, Sait, 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 Ethract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Stock (Water, Salt, Yeast Ethract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Stock Baby Plum Tomatoes (9.8%) (Plum Tomatoes, Rapeseed Oil, Salt, Oregano, Garilc).	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 1196 286 15.0 8.5 25.0 1.5 12.0 1.1 weight (g)	per portion (g) 2452 586 30.0 17.0 52.0 3.1 25.0 2.3 205
lrish 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), Satt), 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 Fat Sat Carbs Sugar Protein Salt	per 100g 1078 258 11.0 4.5 28.0 4.6 12.0 1.3 weight (g)	per portion (g) 2263 541 23.0 9.0 58.0 9.6 25.0 2.8 190
	SALADS			
PRODUCT	INGREDIENTS	1	NUTRITION	AL INFO
Char-grilled Chicken & Roasted Mediterranean Veg Salad	Tapenade Spelt Mix (73%) [Spelt Mix (Organic Spelt (Water, Spelt (GLUTEN), Bortolli Beans (Borlotti Beans, Water, Salt, Antioxidant : Ascorbic Acid(E300)], Grilled Veg (red peppers, yellow peppers, courgette, onion), Green Pesto (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian medium fat hard cheese (MILK)), Red Pepper Tapenade (SunBlush peppers, sunflower oil, tomato concentrate, olive oil, salt, concentrated lemon juice, garlic, sugar), Grana Padano (Covs MILK, Salt, Rennet, Preservative: Lisazyme (E1105) (EGG protein)), Olive Oil], Chargrilled Chicken (17%) [Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Stabiliser: Triphosphates (E451), Potato Starch, Whey Protein (MILK), Emulsifier: Guar Gum (E412), Salt, Vinegar, Yeast Extract], Spinach (10%).	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion	per 100g 834 199 7.4 1.8 20.0 2.1 1.3 11.0 0.5 weight (g)	per portion (g) 2194 524 20.0 4.7 53.0 5.6 3.4 29.0 1.2 263
Feta, Roasted Peppers & Pomegranate Grain salad (V)	Spelt Mix (74%) [Organic Spelt (Water, Spelt (GLUTEN), Bortolli Beans (Borlotti Beans, Water, Salt, Antioxidant: Ascorbic Acid(E300)), Grilled Red & Yellow Peppers, Balsamic Glaze (Glucose-fructose syrup, Balsamic Vinegar of Modena (35%) (wine vinegar (SULPHITES), concentrated grape must, colour: caramel (E150d) (SULPHITES), concentrated grape juice, wine vinegar (SULPHITES), modified maize starch), Caramelised Onian Chutney (Red onian (54%), red wine vinegar (sulphites), sugar, balsamic vinegar (grape must, wine vinegar, caramel, (SULPHITES)) sunflower oil, salt, gelling agent: pectin (E440), spices)], Feta (14%) [Sheep and goat MILK, Salt, Lactic acid culture, Vegetarian rennet, CaCl2], Pomegranate (4%), Spinach (4%), Rocket (4%).	KJ Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 769 184 4.6 2.6 26 4.2 0.8 8 0.6 weight (g)	per portion (g) 1921 459 12 6.5 64 11.0 1.9 20 1.6 250





BAGUETTES & ROMANAS

	BAGUEITES & ROMANAS			
PRODUCT	INGREDIENTS	1	NUTRITION	AL INFO
Caprese Romana (V)	Romana Bread (46%) [WHEAT Flour, Water, Olive oil, Salt, Sourdough (GLUTEN), WHEAT GLUTEN, Yeast, Raising agent (E450, E500), Emulsifier (E472e), Dextrose, Malted WHEAT, Rapeseed oil, Enzyme), Mozzarella (23%) [MILK, Salt, rennet, lactic ferments, Semi dried Tomato (11%) [Semi dried baby plum Tomatoes, Rapeseed oil, Salt, Oregano, Garlic), Pesto Mayonnaise Mix (11%) [Gourmet A (Rapeseed Oil, Water, Pasteurised Liquid EGC, Acidity Regulators :Acetic Acid, Citric Acid, Sugar, Salt, Modified Maize Starch, Spice (MuSTARD), Stabilisers :Kanthan Gum, Preservative :Potassium Sorbate), Green Pesto (Basil Purce (Basil, Sunflower oil, Salt) , Sunflower oil, Vegetarian med fat hard cheese (MILK)), Caesar dressing (Rapeseed Oil, Water, Caesar Dressing Premix (Spirit Vinegar, Water, Garlic Purce (Water, Dried Garlic, Acidity Regulator :Citric Acid), Medium Fat Hard Cheese (MILK) (Contains Preservative (Lysozyme (from EG)), Salt, Lemon Juice Concentrate, Dried Onion, Stabiliser :Xanthan Gum, Sugar, Pasteurised EGG Yolk, Worcester Sauce (Water, Malt Vinegar (from BARLEY)), Sugar, Molasses, Salt, Soy Sauce (Water SOYA Beans, WHEAT, Salt), Tamarind Concentrate, Orion Powder, Lemon Juice Concentrate, Ground White Pepper, Chilli Pepper, Garlic Powder, Ground Ginger, Ground Cloves, Acidity Regulator :Acetic Acid, Malt Extract (from BARLEY), Salt, Cracked Black Pepper, Preservative :Potassium Sorbate, Stabiliser :Xanthan Gum, Natural Flavouring (Contains MILK)], Spinach (%).	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion	per 100g 932 223 13 0.8 20 1.5 2.1 8.6 1.4 weight (g)	per portion (g) 1631 390 23 1.4 35 2.5 3.7 15 2.5 175
Prosciutto & Mozzarella Romana	Romana Bread (47%) [WHEAT Flour, Water, Olive Oil, Salt, Sourdough (GLUTEN), WHEAT GLUTEN, Yeast, Raising agent (E450, E500), Emulsifier (E472e), Dextrose, Malted WHEAT, Rapeseed oil, Enzyme), Prosciutto (24%) [Pork leg, Salt, Preservative: Potassium Nitrate (E252)], Mozarella (12%) [MILK, Salt, rennet, Lactic ferments], Pesto Mayonnaise Mix (9%) [Gournet Mayonnaise (Rapeseed Oil, Water, Pasteurised Liquid EGC, Acidity Regulators: Acetic Acid, Citric Acid, Sugar, Salt, Modified Maize Starch, Spice (MUSTARD), Stabilisers: Xanthan Gum, Preservative: Potassium Sorbate), Green Pesto (Basil Puree (Basil, Sunflower Oil, Salt), Sunflower Oil, Vegetarian med fat hard cheese (MILK)). Caesar dressing (Rapeseed Oil, Water, Caesar Dressing Premix (Spirit Vinegar, Water, Garlic Puree (Water, Dired Garlic, Acidity Regulator: Citric Acid), Medium Fat Hard Cheese (MILK) (Contains Preservative (Lysozyme (from EGG)), Salt, Lemon Juice Concentrate, Dired Garlic, Dried Onion, Stabiliser: Xanthan Gum, Sugar, Pasteurised EGG Yolk, Worcester Sauce (Water, Malt Vinegar (from BARLEY)), Sugar, Melasses, Salt, Soy Sauce (Water SOYA Beans, WHEAT, Salt), Tamarind Concentrate, Onion Powder, Lemon Juice Concentrate, Ground White Pepper, Chilli Pepper, Garlic Powder, Ground Ginger, Ground Gloves, Acidity Regulator: :Acetic Acid, Malt Extract (from BARLEY), Salt, Cracked Black Pepper, Preservative: Potassium Sorbate, Stabiliser: Xanthan Gum, Natural Flavouring (Contains MILK)], Rocket (4%), Spinach (4%).	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion	per 100g 859 205 9.3 0.9 19 0.6 1.7 11 1.6 weight (g)	per portion (g) 1460 349 16 1.5 32 1.0 2.9 19 2.8 170
Irish Ham & Cheese Baguette	Baguette (57%) [WHEAT FLOUR, water, WHEAT Grits, yeast, salt, WHEAT Sourdough (dried), dextrose, Malt Flour (WHEAT, BARLEY), rice flour, WHEAT GUITEN, vegetable oil (rape seed)], Ham reformed from select cuts of pork (20%) (Pork, Water, Glucose Syrup, Emulsifiers (Triphosphates, Diphosphates), Salt, Antioxidant (Sodium Ascorbate), Dextrose, Spice Extracts, Preservative (Sodium nitrite)], Cheddar (20%) (MILK), Spread (3%) (Vegetable Oils in varying proportions (Rapeseed, Palm, Sunflower), Water, Salt, BUTTERMILK, Preservative (E202), Acidity Regulator (E330), Emulsifier (E471), Flavouring, Colour (E160a), Vitamins A and D].	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1043 249 10 5.2 26 0.5 1.2 13 2.2	per portion (g) 2097 501 20 10 53 1.0 2.4 26 4.4
Sweet Chilli Chicken Baguette	Baguette (56%) [WHEAT FLOUR, water, WHEAT Grits, yeast, salt, WHEAT Sourdough (dried), dextrose, Malt Flour (WHEAT, BARLEY), rice flour, WHEAT GLUTEN, vegetable oil (rape seed)], Sweet Chilli Chicken Mix (29%) [Chicken (Chicken, Water, Sugar, Starch, Glucose Syrup, Stabiliser (Sodium triphosphate, Guar Gum), Potato Starch, Whey Protein (MILK), Salt, Vinegar, Yeast Extract), Sweet Chilli Sauce (Sugar, Water, Vinegar, Maize Starch, Red Chilli Puree (Red Chilli, Salt, Acidity Regulator (Citric Acid)), Salt, Tomato Puree, Red Pepper, Onion Powder, Garlic Powder, Preservative (Potassium sorbate)], Cheddar (15%) [MILK].	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	veight (g) per 100g 949 227 5.6 3.3 30 4.1 1.2 13 1.6 veight (g)	201 per portion (g) 1946 465 11 6.8 61 8.4 2.5 27 3.2 205
	SAVOURY PASTRIES & ROLLS			
PRODUCT	INGREDIENTS	1	NUTRITION	
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%) [Vegatable Oils (Rapeseed, Palm), Water, Reconstituted ButterMILK (3%), Suft (1.5%), Emulsifier (Mono and Di Glyceride of Fatty Acids), Stabilise (Sodium Alginate), Preservative (Potassium Sorbate), Vitamin A & D, Flavouring, Colour (Carotenes)]. 	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 1038 248 9.3 2.5 28.0 4.1 12 1.9	per portion (g) 1351 323 12.0 3.3 37.0 5.3 16 2.5 122

Butter Croissant (51%) [WHEAT Flour, Butter (MILK), Water, Sugar, MILK, Yeast, EGG, Salt, WHEAT Gluten, Emulsifier (Lecithin), Flour Treatment Agent (Ascorbic Acid), Enzymes], Harn formed from select cuts of pork (29%) [Pork (95%), Water, Clucose Syrup, Emulsifier (Triphosphates, Diphosphates), Salt, Antioxidant (Sodium ascorbate), Dextrose, Spice Extracts, Preservative (Sodium Nitrite]], Mature Cheddar Cheese (20%) (MILK).

Portion	weight (g)	133
	per 100g	per portion (g)
KJ	1401	1429
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	n weight (g)	102
	per 100g	per portion (g)
KJ	1274	1657
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
	4.3 15.0	5.7 19.0

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, Flour, Flour, Flour, Treatment Agent (Ascorbic Acid)), Water, Yeast, Salt), Smoked Pancetta (3%) (Pork, Salt, Antioxidant (Sodium Ascorbate), White Pepper, Nutmeg, Dried Gartic, Preservatives (Potassium Nitrate, Sodium Nitrite), Coriander Extract), Smoked Bacon Lardon (3%) (Pork (98%), Water, Salt, Preservative: Sodium Nitrate, Sodium Sugar, Smoke Flavour, Stabiliser: Potassium And Sodium Tri-Phosphates; Antioxidant; Sodium L-Ascorbate), Honey, Sage, Paprika, Salt, Glaze (Water, Wheat Protein), Gartic Puree, Drinde, Black Pepper, Ground Fennel, Oregano, Rosemary. Salt Portion **2.0** weight (g) 2.6 130

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

Ham & Cheese Croissant

Pork & Pancetta Sausage Roll



S	O	U	Ρ

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

	DEGOEN				
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-fructores syrup, stabiliser: E420; glucose syrup, cocoa powder (1.1%), modified starch, dextrose, alcohol, EGG yolk, emulsifiers: E417, E472e, E322 (of SOY), thickeners: E415, E463; WHEAT starch, cocoa butter, natural flavours, vegetable fibres.	KJ	1119	1231	
		Kcal	267	294	
		Fat	11.0	12.1	
		Sat	8.8	9.7	
		Carbs	38.0	41.8	
		Sugar	28.0	30.8	
		Protein	1.2	1.3	
		Salt	0.11	0.12	
		Portior	weight (g)	110	

SCONES

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





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

YOGHURTS & FRUIT POTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
	Soaked Oats Mix (84%) [MILK, Parridge 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].	КJ	per 100g 471	per portion (g) 873	
		Kcal	113	209	
		Fat	2.8	5.1	
Apple, Cranberry & Mango Bircher		Sat	0.6	1.0	
(V)		Carbs	14.0	26.0	
(•)		Sugar	13.0	24.0	
		Protein	2.5	4.7	
		Salt	0.01	0.01	
		Portion weight (g)		185	
			per 100g	per portion (g)	
		KJ	695	973	
		Kcal	166	232	
Clandeboye Mango Snack	Greek Style Yoghurt (64%) [MILK, Cultures], Mango Compote (18%) [Mango, Sugar, Water, Starch (Waxy Maize), Stabiliser	Fat	6.8	9.5	
	(Pectin), Natural Flavouring], Granola (18%) [OATS (GLUTEN) Flakes, BARLEY (BARLEY) Flakes, Sugar, Rapeseed Oil, Black Treacle,	Sat	3.5	4.9	
(V)	Sunflower Seeds].	Carbs	20.6	28.8	
		Sugar	10.7 4.6	15.0 6.4	
		Protein Salt	4.0 0.1	0.1	
			weight (g)	140	
		1 OFIIOT	per 100g	per portion (g)	
		KJ	192	472	
	Pineapple (28%), Apple (20%), Cantaloupe Melon (18%), Mango (18%), Kiwi (10%), Blueberries (5%).	Kcal	45.7	113	
		Fat	0.3	0.7	
Seasonal Fruit Salad		Sat	0.0	0.1	
(Vg)		Carbs	10.8	26.6	
		Sugar	9.2	22.7	
		Protein	0.7	1.6	
		Salt	0.0	0.0	
		Portion weight (g)		247	
	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	
Yoghurt & Blueberry		Fat	5.5	9.7	
Compote		Sat	3.6	6.3	
(V)		Carbs	9.8	17	
		Sugar	8.3	14	
		Protein	3.7	6.5	
		Salt	0.1	0.2	
		Poriion	weight (g) per 100g	175	
		KJ	4097	per portion (g) 1434	
		Kcal	977	342	
Yoghurt & Blueberry		Fat	53.0	18.5	
Compote with Cranberry,	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, Wegetable Oil), Desiccated Coconut, Pumpkin Seeds, Sunflower Seeds, Rapeseed Oil, Honey, Chia Seeds, Natural Vanilla).	Sat	26.0	9.1	
Coconut & Chia Seed		Carbs	94.0	33.0	
Granola (V)		Sugar	56.0	19.5	
		Protein	30.0	17.5	
		Salt	0.4	0.2	
			weight (g)	210	
				2.0	