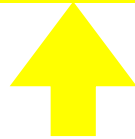


HOW TO USE THIS GUIDE

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



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

E.G. the Almond Croissant above contains Gluten, Egg, Milk and Nuts.

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

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

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

- Cereals containing gluten: including Wheat, Rye, Barley, Oats
- Eggs
- Milk
- Tree nuts: including Almonds, Hazelnuts, Pistachios, Walnuts
- Peanuts
- Fish
- Soya
- Celery
- Sulphur Dioxide and Sulphites
- Mustard
- Lupin
- Crustaceans e.g. Prawns
- Sesame Seeds
- Molluscs e.g. Mussels

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

PASTRIES

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

MUFFINS & SCONES

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

WHOLE CAKES

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Belgian Chocolate Fudge Cake	*	*	*				*							
Cappuccino Cake	*	*	*				*							
Carrot Cake	*	*	*	*										
Luxury Blackforest Roulade	*	*	*				*							
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.

LOAF CAKES

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

BROWNIES & SHORTBREAD

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

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

TRAYBAKES

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

CHOUXNUT

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Caramelised Biscuit Chouxnut	*	*	*				*							
Chocolate Orange Chouxnut	*	*	*				*							
Raspberry & White Chocolate Chouxnut	*	*	*				*							
NEW Salted Caramel & Pistachio Chouxnut	*	*	*	*			*		*					
NEW Passion Fruit 'Martini' Chouxnut	*	*	*				*							

DESSERTS

Product Name	This Product Contains													
	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)	*	*	*				*							

COOKIES

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

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

INDIVIDUAL CAKES

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

GRAB & GO CHOCOLATE

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

YOGHURTS (NI only)

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

PORRIDGE

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

SAVOURY ROLLS & PASTRIES

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

SALADS

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

HOT DRINKS - COFFEE

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

*served with whipped cream

HOT DRINKS - TEA, HOT CHOCOLATE & SPECIALITY

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

*served with whipped cream

NON DAIRY MILK

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

EXTRAS

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

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

SYRUPS

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

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

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

Dietary suitability is listed under the product name. Please see below for the key for Dietary Suitability.

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

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**

* Vegetarian: produced to a recipe and with ingredients that are free from all sources of meat and fish, including seafood and insects. Vegetarian products may contain ingredients that are produced by animals, such as milk, eggs and honey.

**Vegan: produced to a recipe with ingredients that are free from all products that are derived from animals, including all animal species, fish, seafood, insects and products produced by animals, such as honey. Due to our manufacturing environments and to the use of shared displays in store, our vegan products may not be suitable for those with MILK or EGG allergies.

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For our stores in Northern Ireland the nutritional and ingredient information for Scones, Panini, Tostati, Sandwiches, Salads, Crisps and some Snacks is different than the information for the rest of the UK. Please refer to the information on pages 21-25 for products sold in NI stores.

PASTIRES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Almond Croissant (V)	Pastry: Wheat Flour (WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid E300)), Water, Palm Fat, Yeast, Sugar, Butter (MILK) 2%, Rapeseed Oil, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Yeast, Flour Treatment Agent (Ascorbic Acid E300)), Emulsifier (Mono- and diglycerides of fatty acids E471), Acidity Regulator (Citric Acid E330), Flavouring, EGG , ALMOND Filling (19%) (Sugar, ALMONDS (7%) (NUTS), EGG White, Inverted Sugar Syrup, Water, EGG Yolk, Invertase E1103), Topping: ALMOND Flakes (4.2%) (NUTS). <i>May contain traces of other NUTS (Hazelnuts).</i>	KJ	1701	1435
		Kcal	407	343
		Fat	21.1	17.8
		Sat	9.0	7.6
		Carbs	43.9	36.9
		Sugar	13.7	11.6
		Fibre	2.4	1.9
		Protein	9.3	7.8
		Salt	0.7	0.6
		Portion weight (g)	84	
			per 100g	per portion (g)
			KJ	1081
	Kcal	258	266	
	Fat	11.0	11.3	
	Sat	6.7	6.9	
	Carbs	34.0	35.0	
	Sugar	11.0	11.3	
	Fibre	2.0	2.1	
	Protein	4.7	4.8	
	Salt	0.7	0.7	
	Portion weight (g)	115		
Butter Croissant (V)	Pastry: WHEAT flour, butter 22% (MILK), water, sugar, whole MILK pasteurized, yeast, EGGS , salt, WHEAT gluten, emulsifier : E322 (rape lecithin), flour treatment agent : E300, enzymes, egg wash (Free Range EGGS) 1.5g. <i>May contain: traces of NUTS and traces of SOYA.</i>	KJ	1792	915
		Kcal	429	219
		Fat	23.0	11.8
		Sat	15.0	7.7
		Carbs	46.0	23.2
		Sugar	6.8	3.5
		Fibre	2.6	1.3
		Protein	8.1	4.3
		Salt	1.2	0.6
		Portion weight (g)	60	
			per 100g	per portion (g)
			KJ	1512
	Kcal	361	281	
	Fat	16.0	11.9	
	Sat	9.6	7.4	
	Carbs	47.0	37.9	
	Sugar	21.0	17.4	
	Fibre	3.0	2.3	
	Protein	5.7	4.3	
	Salt	0.8	0.6	
	Portion weight (g)	90		
Chocolate Twist (V)	Pastry: WHEAT flour, butter (MILK), water, yeast, sugar, EGGS , salt, WHEAT gluten, enzymes (amylases, hemicellulases, flour treatment agent (E300)), Pastry cream (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450iii, E339ii), colour (E160aii), flavouring), Chocolate 15.6% (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier (E322 (SOYA lecithin)), natural vanilla flavour), egg wash (EGGS , water), Icing sugar (Glucose, cornflour, vegetable oil). <i>May contain: traces of NUTS.</i>	KJ	1706	1467
		Kcal	407	350
		Fat	18.6	16.0
		Sat	12.0	10.3
		Carbs	51.2	44.0
		Sugar	21.8	18.7
		Fibre	2.78	2.4
		Protein	6.7	5.8
		Salt	0.6	0.5
		Portion weight (g)	86	
			per 100g	per portion (g)
			KJ	1786
	Kcal	427	268	
	Fat	23.0	14.3	
	Sat	15.0	9.3	
	Carbs	46.0	29.1	
	Sugar	12.0	8.1	
	Fibre	3.0	1.9	
	Protein	7.6	4.8	
	Salt	1	0.6	
	Portion weight (g)	75		
Cinnamon Swirl (V)	WHEAT Flour, Fine Butter (MILK) (19%), Water, Sugar, Yeast, EGG , Cinnamon (1.4%), Maize Starch, WHEAT Gluten, Salt, Whey Powder (MILK), Whole MILK Powder, Skimmed MILK Powder, Thickener (Sodium Alginate), EGG Albumin Powder, Turmeric Extract, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), Natural Flavouring, Acidity Regulator (Citric Acid), Carrot Extract. <i>May contain: traces of SESAME SEEDS, NUTS, SOYA.</i>	KJ	1706	1467
		Kcal	407	350
		Fat	18.6	16.0
		Sat	12.0	10.3
		Carbs	51.2	44.0
		Sugar	21.8	18.7
		Fibre	2.78	2.4
		Protein	6.7	5.8
		Salt	0.6	0.5
		Portion weight (g)	86	
			per 100g	per portion (g)
			KJ	1786
	Kcal	427	268	
	Fat	23.0	14.3	
	Sat	15.0	9.3	
	Carbs	46.0	29.1	
	Sugar	12.0	8.1	
	Fibre	3.0	1.9	
	Protein	7.6	4.8	
	Salt	1	0.6	
	Portion weight (g)	75		
Pain au Chocolat (V)	Pastry: (WHEAT flour, Butter (MILK), water, chocolate 10% (sugar, coca mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavour), sugar, whole MILK , yeast, EGGS , salt, WHEAT gluten, Emulsifier (rape lecithin), flour treatment agent (E300), enzymes (amylases, hemicellulases)), egg wash (Free Range EGG). <i>May contain: traces of NUTS.</i>	KJ	1706	1467
		Kcal	407	350
		Fat	18.6	16.0
		Sat	12.0	10.3
		Carbs	51.2	44.0
		Sugar	21.8	18.7
		Fibre	2.78	2.4
		Protein	6.7	5.8
		Salt	0.6	0.5
		Portion weight (g)	86	
			per 100g	per portion (g)
			KJ	1786
	Kcal	427	268	
	Fat	23.0	14.3	
	Sat	15.0	9.3	
	Carbs	46.0	29.1	
	Sugar	12.0	8.1	
	Fibre	3.0	1.9	
	Protein	7.6	4.8	
	Salt	1	0.6	
	Portion weight (g)	75		
Pain aux Raisins (V)	WHEAT flour, water, raisins 13%, Butter (MILK), sugar, yeast, corn starch, EGGS , salt, powdered whey (MILK), whole MILK powder, WHEAT gluten, EGG albumin powder, skimmed MILK powder, thickener (sodium alginate), emulsifier (rape lecithin), fruit and plant extract (turmeric and carrot), natural flavouring, acidity regulator (citric acid), flour treatment agent (ascorbic acid), enzymes (hemicellulases, amylases), egg wash (Free Range EGGS), Neutral glaze (water, glucose syrup, sugar, acidity regulators (E330, E332, E333), flavour, gelling agent (pectin), preservative (potassium sorbate)). <i>May contain: traces of NUTS and traces of SOYA.</i>	KJ	1417	1245
		Kcal	338	296
		Fat	14.0	10.8
		Sat	9.1	6.8
		Carbs	46.0	43.2
		Sugar	19.0	17.1
		Fibre	2.3	2.3
		Protein	5.8	5.4
		Salt	0.8	0.6
		Portion weight (g)	110	
			per 100g	per portion (g)
			KJ	1589
	Kcal	379	296	
	Fat	16.3	12.7	
	Sat	8.2	6.4	
	Carbs	50.7	39.5	
	Sugar	18.5	14.4	
	Fibre	2.7	2.1	
	Protein	6.4	5.0	
	Salt	0.5	0.4	
	Portion weight (g)	110		
Vegan Raspberry Croissant (Vg)	WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring), Raspberry Filling (16%) (Glucose Syrup, Raspberry Purée, Sugar, Raspberries (2%), Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator Tricalcium Citrate), Natural Flavouring, Preservative (Potassium Sorbate)), Sugar, Yeast, Decoration (3%) (Sugar, Non-Hydrogenated Palm Oil, Food Colours (Radish, Blackcurrant, Apple concentrate)), Spell flour, WHEAT gluten Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid). <i>May contain: traces of MILK, SESAME SEEDS, SOYA, NUTS, EGGS.</i>	KJ	1589	1239
		Kcal	379	296
		Fat	16.3	12.7
		Sat	8.2	6.4
		Carbs	50.7	39.5
		Sugar	18.5	14.4
		Fibre	2.7	2.1
		Protein	6.4	5.0
		Salt	0.5	0.4
		Portion weight (g)	110	

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

MUFFINS & SCONES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Belgian Chocolate Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, thiamin), sugar, water, liquid EGG , vegetable oil rapeseed, 9% filling (sugar, vegetable fats palm, fat-reduced cocoa, cocoa mass, fat reduced cocoa powder, emulsifier E322 (SOYA), natural vanilla flavouring), 3% Belgian dark chocolate chunks (sugar, cocoa mass, cocoa butter, emulsifier E322 (SOYA), natural vanilla flavouring), 3% Belgian milk chocolate chunks (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier E322 (SOYA), natural vanilla flavouring), buttermilk (MILK), 1.8% chocolate shavings curled mix (sugar, cocoa mass, cocoa butter, whole MILK powder, Lactose (MILK), whey powder (MILK), butter oil (MILK), emulsifier E322 (SOYA), natural vanilla flavouring), 1.4% large dark slabs (sugar, cocoa mass, cocoa butter, natural vanilla flavouring, emulsifier E322 (SOYA)), 1.4% large MILK slabs (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier E322 (SOYA), natural vanilla flavouring), raising agents (E341, E450, E501), inulin, glucose syrup, WHEAT starch, MILK protein, modified corn starch, humectants (E420, E422), emulsifiers (E471, E475), WHEAT flour, preservatives (E202, E223 (Contains SULPHITES)), stabiliser E415, natural flavouring, WHEAT Gluten, salt, acidity regulator E330, anti-caking agents (E470a, E551), rapeseed oil.	per 100g	per portion (g)	
		KJ	1702	1872
		Kcal	407	448
		Fat	22.2	24.0
		Sat	5.1	6.0
		Carbs	44.7	49.0
		Sugar	29.0	32.0
		Fibre	2.1	2.0
		Protein	6.0	7.0
		Salt	0.4	0.4
Portion weight (g)	110			
Blueberry Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, thiamin), sugar, liquid EGG , 10% blueberries, water, 9% blueberry filling (water, blueberries, sugar, dextrose, glucose syrup, acidity regulators (E330, E331), gelling agent E440, natural flavouring, thickener E415, preservative E202), buttermilk (MILK), raising agents (E341, E450, E501), palm oil, inulin, MILK protein, WHEAT starch, emulsifiers (E471, E475), modified corn starch, WHEAT Gluten, WHEAT flour, preservative E202, glucose syrup, stabiliser E415, salt, acidity regulator E330, natural flavouring, colouring E160a, rapeseed oil.	per 100g	per portion (g)	
		KJ	1431	1547
		Kcal	342	376
		Fat	15.5	17.0
		Sat	1.8	2.0
		Carbs	44.1	49.0
		Sugar	21.1	23.0
		Fibre	1.2	1.0
		Protein	5.8	6.0
		Salt	0.4	0.4
Portion weight (g)	110			
Sicilian Lemon Curd Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, thiamin), sugar, liquid EGG , water, 9% Sicilian lemon curd (sugar, liquid EGG , butter (MILK), water, concentrated lemon juice (lemon juice concentrate, preservatives (E223 (Contains SULPHITES), E224 (Contains SULPHITES))), lemon oil, thickener E406, salt), inulin, 4% lemon zest, 3% streusel (WHEAT flour (calcium carbonate, iron, niacin, thiamin), coarse granulated sugar, margarine (vegetable oils (rapeseed, palm), water, salt, natural flavouring), natural flavouring), buttermilk (MILK), 1.8% sweet snow (dextrose, palm oil, cornflour), 0.9% lemon strip (lemon peel, sugar, glucose-fructose syrup, acidity regulator E330), raising agents (E341, E450, E501), glucose syrup, palm oil, WHEAT starch, MILK protein, emulsifiers (E471, E475), humectants (E420, E422), natural flavouring, modified corn starch, WHEAT flour, preservatives (E202, E223 (Contains SULPHITES)), WHEAT Gluten, stabiliser E415, salt, acidity regulator E330, colouring E160a, rapeseed oil.	per 100g	per portion (g)	
		KJ	1517	1669
		Kcal	362	398
		Fat	15.5	17.0
		Sat	2.4	3.0
		Carbs	49.8	55.0
		Sugar	25.9	28.0
		Fibre	1.0	1.0
		Protein	5.3	6.0
		Salt	0.4	0.5
Portion weight (g)	110			
Fruit Scone (Scotland, England & Wales only) (V)	Scone: WHEAT Flour (contains Calcium carbonate, Iron, Niacin & Thiamin), MILK , Butter (MILK) (10%), Sultanas (9%), EGG , Sugar, Raising Agents (E450, E500), Sunflower Oil.	per 100g	per portion (g)	
		KJ	1281	1204
		Kcal	305	287
		Fat	10.7	10.1
		Sat	0.8	0.8
		Carbs	46.1	43.3
		Sugar	14.3	13.4
		Fibre	1.2	1.1
		Protein	6.4	6.0
		Salt	1.2	1.2
Portion weight (g)	94			

EXTRAS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Raspberry Jam (Vg, GF, DF)	Raspberry Jam: Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium Citrate.	per 100g	per portion (g)	
		KJ	1016	305
		Kcal	239	72
		Fat	0.2	0.06
		Sat	0	0
		Carbs	57.0	17.1
		Sugar	57.0	17.1
		Protein	0.7	0.2
		Salt	0.0	0.0
		Portion weight (g)	30	
Strawberry Jam (Vg, GF, DF)	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid.	per 100g	per portion (g)	
		KJ	1023	307
		Kcal	241	72
		Fat	0.1	0.03
		Sat	0	0
		Carbs	59.0	17.7
		Sugar	59.0	17.7
		Protein	0.4	0.12
		Salt	0.0	0.0
		Portion weight (g)	30	
Lakeland Butter (V, GF)	Butter: Cream (MILK), Salt.	per 100g	per portion (g)	
		KJ	3036	213
		Kcal	738	52
		Fat	81.4	5.7
		Sat	52.3	3.7
		Carbs	0.8	0.1
		Sugar	0.8	0.1
		Protein	0.6	0.04
		Salt	1.9	0.1
		Portion weight (g)	7	
Rodda's Cornish Clotted Cream (V, GF)	100% Cornish cows MILK .	per 100g	per portion (g)	
		KJ	2413	965
		Kcal	586	234
		Fat	63.7	25.5
		Sat	39.7	15.9
		Carbs	2.2	0.9
		Sugar	2.2	0.9
		Protein	1.6	0.6
		Salt	0.05	0.0
		Portion weight (g)	40	
NEW Vegan Marshmallows (Vg)	Sugar, Glucose-Fructose Syrup, Water, Maize Starch, Dextrose, Tapioca Starch, Gelling agent: Carrageenan, Hydrolysed Rice Protein, Natural Flavouring, Colour: E162. <i>PLEASE NOTE: Our previous stock of Marshmallows contain beef gelatine. Please check with barista which stock they have in store before purchase.</i>	per 100g	per portion (g)	
		KJ	1351	81
		Kcal	323	19
		Fat	0.5	0.03
		Sat	0.1	0.01
		Carbs	79.0	4.74
		Sugar	71.0	4.26
		Protein	0.5	0.03
		Salt	0.1	0.01
		Portion weight (g)	6	

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

PORRIDGE & TOPPINGS

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

WHOLE CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Belgian Chocolate Fudge Cake (V)	Cake (67%) (EGG, Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Chocolate (7%) (Cocoa Mass, Sugar, Cocoa Butter, SOYA Lecithin, Flavouring), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)), Greek Style Natural Yoghurt (MILK), Rapeseed Oil, Water, Fat Reduced Cocoa Powder, Glycerine, Skimmed MILK Powder, Emulsifiers (E477, E471, E475), Raising Agents (E450, E501)), Icing (Icing Sugar, Full Fat Soft Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: E202), Butter (MILK) (4%), Fat Reduced Cocoa Powder, Water, Emulsifiers (E477, E471, E475), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, SOYA Lecithin, Flavouring), Chocolate Chips (Sugar, Cocoa Mass, Cocoa Butter, SOYA Lecithin, Flavouring)). May contain NUTS, MUSTARD and SESAME SEEDS.	KJ	1660	1759
		Kcal	396	420
		Fat	18.7	19.9
		Sat	8.4	8.9
		Carbs	51.1	54.2
		Sugar	34.2	36.3
		Fibre	1.1	1.2
		Protein	5.3	5.6
		Salt	0.3	0.4
		Portion weight (g)	106	
Cappuccino Cake (V)	Coffee Sponge (67%) [Sugar, WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Pasteurised Free Range EGG, Rapeseed Oil, Water, Humectant (Vegetable Glycerine), Coffee Powder (1.1%), Raising Agents (E450, E501), Skimmed MILK Powder], Coffee Icing (29%) [Icing Sugar, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471)), Natural Flavouring, Colours (Annatto Bixin, Curcumin)], Skimmed MILK Powder, Full Fat Soft Cheese [Full Fat Soft Cheese (MILK), Thickener (Guar Gum)], Ground Caffè Nero Coffee Powder (1.4%), Coffee Flavouring (0.5%), Coffee Drizzle (2.4%) [Brewed Caffè Nero Coffee, Coffee Flavouring], Dark Chocolate Coffee Bean Decorations (1.5%) [Sugar, Cocoa Mass, Cocoa Butter, Coffee, Emulsifier (Sunflower Lecithin)], Natural Flavourings, Glazing Agents (Shellac, Acacia Gum)], Milk Chocolate (0.1%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Fat Reduced Cocoa Powder (0.02%).	KJ	1656	1888
		Kcal	394	449
		Fat	20.1	22.9
		Sat	4.4	5.0
		Carbs	50.3	57.4
		Sugar	35.6	40.5
		Fibre	0.9	1.1
		Protein	4.1	4.7
		Salt	0.5	0.5
		Portion weight (g)	114	
Carrot Cake (V)	Cake (73%) (Brown Sugar, Carrot (11%), EGG, Rapeseed Oil, Wholemeal WHEAT Flour, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Date Paste (Dates, Rice flour), Pineapple Pulp, Water, Walnuts (NUTS), Raising Agents (E500, E450, E501), Cinnamon, Salt, Mixed Spice, Thickener (E415)), Frosting (25%) (Icing Sugar, Full Fat Soft Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: E202), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)), Skimmed MILK Powder, Modified Maize Starch, Emulsifiers (E477, E471, E475), Flavouring, Stabiliser (E410)), Walnuts (NUTS), Pistachios (NUTS)). May contain traces of SOYA and other NUTS.	KJ	1590	2274
		Kcal	379	541
		Fat	16.8	24.1
		Sat	3.4	4.9
		Carbs	51.5	73.7
		Sugar	31.3	44.7
		Fibre	1.8	2.5
		Protein	3.3	4.7
		Salt	0.6	0.8
		Portion weight (g)	143	
NEW Raspberry & White Chocolate Roulade ** (V)	Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Raspberries (12%), Sugar, Free Range EGG, Self-Raising Flour (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphate, Sodium Hydrogen Carbonate), Reduced Fat Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), White Chocolate Buttons (7%) (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), 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, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Natural Flavouring, Modified Potato Starch, Modified Waxy Maize Starch, Raising Agent (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin)), Freeze Dried Raspberries, Natural Colour, Thickener Blend (Thickeners: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose).	KJ	1495	1734
		Kcal	363	421
		Fat	21.1	24.5
		Sat	9.7	11.2
		Carbs	38.7	44.9
		Sugar	29	33.7
		Fibre	0.8	1
		Protein	4.1	4.7
		Salt	0.3	0.3
		Portion weight (g)	117	
Raspberry Ripple Roulade ** (V)	Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Raspberries (16%), Sugar, Free Range EGG, Self-Raising Flour (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphate, Sodium Hydrogen Carbonate), Reduced Fat Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), White Chocolate Buttons (6%) (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Icing Sugar, Single Cream (MILK), White Chocolate Shavings (2%) (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Raspberry Jam (2%) (Glucose Fructose Syrup, Raspberry Concentrate, Sugar, Gelling Agent: Pectin; Acidity Regulators: Citric Acid, Sodium Citrate; Natural Raspberry Flavouring), White Chocolate (2%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), White Chocolate Curls (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Flavouring, Modified Potato Starch, Modified Waxy Maize Starch, Raising Agent (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; WHEAT Flour), Freeze Dried Raspberries, Thickener Blend (Thickeners: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose), Natural Colour (Red Beetroot Juice Concentrate, Maltodextrin, Acidity Regulator: Citric Acid).	KJ	1428	1656
		Kcal	342	396
		Fat	20.1	23.4
		Sat	9.1	10.6
		Carbs	36.6	42.5
		Sugar	27.1	31.4
		Fibre	1.0	1.1
		Protein	4.0	4.7
		Salt	0.3	0.3
		Portion weight (g)	116	
Salted Caramel Billionaire's Cake (V)	Sponge (79%) (Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG, Rapeseed Oil, Water, Cake Concentrate (Modified Maize Starch, WHEAT Starch, Raising Agent: Disodium Diphosphate, Potassium Bicarbonate; WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Emulsifier: Mono- and Diglyceride of fatty acids, Propane 1,2 diol esters of fatty acid, Sodium stearyl-2-lactylate; Rapeseed Oil, Dextrose, Preservative: Potassium Sorbate; WHEAT GLUTEN, Acidity Regulator: Citric Acid; Stabiliser: Xanthan Gum), Humectant (Glucose Syrup, Water, Acid: Acetic acid), Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglyceride of Fatty acids, Sodium Stearyl-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; WHEAT protein) Cocoa Powder, Raising Agents: Disodium Diphosphate, Potassium Hydrogen Carbonate, Flavouring), Frosting (11%) (Luxury Caramel (Sweetened Condensed Skimmed MILK, Glucose Syrup (SULPHITES), Invert Sugar Syrup, Palm Oil, Butter (MILK), Sugar, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Salt, Natural Flavouring), Icing Sugar, Full Fat Cream Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: E202), Butter (MILK), Emulsifier Mix (Water, Humectant: Glycerol; Emulsifier: Mono- and diglycerides of fatty acids; Acidity Regulator: Sodium hydroxide), Salt, Water, Colour: Plain Caramel), Injectable Caramel (2%) (Glucose Syrup (SULPHITES), Sugar, Sweetened Condensed Skimmed MILK, Water, Palm Oil, Butter (MILK), Invert Sugar Syrup, Salt, Stabiliser: Pectin; Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Preservative: Potassium Sorbate), Chocolate Ganache (5%) (Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithins, Natural Flavouring), Golden Syrup, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and diglycerides of fatty acids), Butter (MILK)), Malt Cereal Balls (Milk Chocolate (Sugar, Cocoa Butter, Cocoa Mass, Skimmed MILK Powder, MILK Sugar, Whey Powder (MILK), Anhydrous MILK Fat, Emulsifier: SOYA Lecithin), Malt Cereals (2%) (Glucose Syrup, Whey Powder (MILK), Malted MILK Powder (WHEAT Flour, Malted Barley Flour (BARLEY), Whole MILK Solids, Raisina Aaent: E500i; Salt), Suacr, Malt Extract (BARLEY), Coconut Oil.	KJ	1767	2050
		Kcal	422	490
		Fat	21.8	25.3
		Sat	5.7	6.6
		Carbs	51.4	59.6
		Sugar	31.8	36.9
		Fibre	1.1	1.3
		Protein	4.5	5.2
		Salt	0.5	0.6
		Portion weight (g)	116	

** 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.

LOAF CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Banana & Walnut Loaf Cake (V)	Banana Puree (17%) (Banana Puree, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, EGG , Walnuts (6%) (NUTS), Wholemeal Flour (Wholemeal Flour, WHEAT Flour, WHEAT Gluten), Water, Brown Sugar, Dessicated Coconut, Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglyceride of Fatty acids, Sodium Stearoyl-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; WHEAT protein), Glycerine, Cinnamon, Raising Agent: Sodium Bicarbonate, Disodium Diphosphate, Potassium Hydrogen Carbonate; Mixed Spice, Salt, Flavouring, Stabiliser: Xanthan Gum.	KJ	1650	1444
		Kcal	394	345
		Fat	21.6	18.9
		Sat	2.8	2.4
		Carbs	46.2	40.4
		Sugar	23.7	20.7
		Fibre	1.9	1.7
		Protein	6.6	5.8
		Salt	0.6	0.5
		Portion weight (g)	88	
Sicilian Lemon Drizzle Loaf Cake (V)	Cake (Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG , Rapeseed Oil, Water, Cake concentrate (Modified Maize Starch, WHEAT Starch, Raising agent: Disodium Diphosphate, Potassium Bicarbonate; Wheat Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Emulsifier: Mono- and Diglyceride of fatty acids, Propane 1,2 diol esters of fatty acid, Sodium stearoyl-2-lactylate; Rapeseed Oil, Dextrose, Preservative: Potassium Sorbate; WHEAT Gluten, Acidity Regulator: Citric acid; Stabiliser: Xanthan Gum), Sicilian Lemon Juice (3%), Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglyceride of Fatty acids, Sodium Stearoyl-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; WHEAT protein), Glycerine, Flavouring, Raising Agent: Disodium Diphosphate, Potassium Hydrogen Carbonate) Fondant (Sugar, Glucose Syrup, Water, Rapeseed Oil, Palm Oil, Dextrose, Fructose, Cornflour, Emulsifier: Mono- and Diglyceride of fatty acids, Sucrose esters of fatty acids; Humectant: Glycerine; Rice Starch, Acidity Regulator: Citric acid), Caramelised Lemon zest (1%) (Sugar, Lemon Zest, Water), Dextrose, Cornflour, Palm Oil.	KJ	1643	1561
		Kcal	391	372
		Fat	16.1	15.8
		Sat	1.7	1.6
		Carbs	55.1	52.3
		Sugar	29.0	27.6
		Fibre	1.1	1.0
		Protein	4.8	4.6
		Salt	0.6	0.5
		Portion weight (g)	95	

BROWNIES & SHORTBREAD

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Caramel Shortbread (V)	Shortbread Base (44%) [WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Butter (MILK), Sugar, Cornflour], Caramel (40%) [Sweetened Condensed MILK , Butter (MILK), Light Brown Sugar, Golden Syrup], Milk Chocolate (14%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Dark Chocolate (1.5%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring].	KJ	2099	1574
		Kcal	502	377
		Fat	28.3	21.2
		Sat	16.8	12.6
		Carbs	56.6	42.5
		Sugar	41.0	30.8
		Fibre	1.5	1.1
		Protein	4.7	3.5
		Salt	0.5	0.4
		Portion weight (g)	75	
Chocolate Brownie (V)	Belgian Dark Chocolate (27%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Butter (MILK), Pasteurised Free Range EGG , Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Salt.	KJ	2019	1350
		Kcal	485	324
		Fat	26.6	17.8
		Sat	16.1	10.8
		Carbs	55.5	37.1
		Sugar	46.6	31.2
		Fibre	4.0	2.7
		Protein	6.0	4.0
		Salt	0.5	0.3
		Portion weight (g)	67	
Salted Caramel Chocolate Brownie (V)	Belgian Dark Chocolate (26.5%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Butter (MILK), Pasteurised Free Range EGG , Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Caramel (3%) (Sugar, Glucose Syrup, Sweetened Condensed MILK (MILK , Sugar, Lactose (MILK), Water, Unsalted Butter (MILK), Golden Syrup, Palm Oil, Salt, Emulsifiers (Rapeseed Lecithin, Sorbitan Monostearate), Natural Flavouring), Salt.	KJ	2012	1382
		Kcal	483	332
		Fat	26.3	18.1
		Sat	16.0	11.0
		Carbs	55.8	38.4
		Sugar	46.9	32.3
		Fibre	3.9	2.7
		Protein	5.9	4.0
		Salt	0.5	0.4
		Portion weight (g)	69	
NEW Belgian Chocolate Brownie* (V)	Dark Belgian Chocolate (27%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Flavouring), Sugar, Unsalted Butter (MILK), Free Range EGG , Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Cocoa Powder, Salt.	KJ	1933	1314
		Kcal	462	314
		Fat	26.1	17.7
		Sat	15.6	10.6
		Carbs	50.4	34.3
		Sugar	35.7	24.3
		Fibre	1.4	1.0
		Protein	5.7	3.9
		Salt	0.5	0.3
		Portion weight (g)	68	
NEW Salted Caramel Cookie Brownie* (V)	Brownie (74%) (Sugar, Dark Chocolate (17%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Flavouring), Free Range EGG , Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (MILK), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), Cocoa Powder, Salt), Salted Caramel Topping (26%) (Caramel (Sweetened Condensed MILK , Glucose Syrup (SULPHITES), Invert Sugar Syrup, Palm Oil, Butter (MILK), Sugar, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Salt, Natural Flavouring), White Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier: SOYA Lecithin; Natural Flavouring), Cookie Crumb (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Palm Oil, Rapeseed Oil, Cocoa Powder, Vegetable Fat (Shea Kernel Oil, Palm Oil, Emulsifier: Sunflower Lecithin), Salt, Raising Agent: Sodium Bicarbonate), White Chocolate Flavour Coating (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Water, Salt, Colour: Plain Caramel).	KJ	1900	1330
		Kcal	454	318
		Fat	24.8	17.4
		Sat	13.5	9.5
		Carbs	52.3	36.6
		Sugar	40.0	28.0
		Fibre	1.8	1.3
		Protein	4.6	3.2
		Salt	0.5	0.4
		Portion weight (g)	70	

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

TRAYBAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Belgian Chocolate & Caramel Crispy (V)	Milk Chocolate (40%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, SOYA Lecithin, Flavouring), Crisped Rice (17%) (Rice Flour, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Whey Powder (MILK), BARLEY Malt Flour, Salt, Rapeseed Oil, Emulsifier: SOYA Lecithin), Caramel (16%) (Sweetened Condensed MILK , Glucose Syrup (SULPHITES), Invert Sugar Syrup, Palm Oil, Salted Butter (MILK), Sugar, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Salt, Flavouring), Golden Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), White Chocolate Flavour Coating (3%) (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Unsalted Butter (MILK), Cocoa Powder, Concentrated Grape Juice (Concentrated Grape Juice, Rice Starch). <i>Made in an environment that handles Egg and Nuts.</i>	KJ	2070	1159
		Kcal	495	277
		Fat	26.0	14.6
		Sat	14.7	8.2
		Carbs	58.9	33.0
		Sugar	33.1	18.5
		Fibre	1.6	0.9
		Protein	5.4	3.0
		Salt	0.4	0.2
		Portion weight (g)	56	
			per 100g	per portion (g)
			KJ	1920
	Kcal	458	321	
	Fat	22.2	15.5	
	Sat	6.0	4.2	
	Carbs	50.8	35.6	
	Sugar	22.3	15.6	
	Fibre	4.5	3.2	
	Protein	11.5	8.1	
	Salt	0.2	0.1	
	Portion weight (g)	50		
Vegan Granola Flapjack (V)	OATS (31%), Golden Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), Pumpkin Seeds (8%), Flaked ALMONDS (7%), Brown Sugar, Glucose Syrup (SULPHITES), Black Treacle, Sugar, OAT Flour, Water, Flavourings, Salt.	KJ	1920	1344
		Kcal	458	321
		Fat	22.2	15.5
		Sat	6.0	4.2
		Carbs	50.8	35.6
		Sugar	22.3	15.6
		Fibre	4.5	3.2
		Protein	11.5	8.1
		Salt	0.2	0.1
		Portion weight (g)	50	

CHOUXNUT

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Chocolate Orange Chouxnut (V)	Powdered Fondant (Sugar, Dried Glucose Syrup), Water, White Chocolate (13%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Free Range EGG , Buttermilk (Skimmed MILK , Skimmed MILK Solids, MILK Protein Concentrate), Reduced Fat Soft Cheese (Skimmed MILK , Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Single Cream (MILK), Shortening (Palm Oil, Rapeseed Oil), Sugar, Candied Orange Slices (2%) (Orange Peel, Sucrose, Fructose, Dextrose, Maltose, Preservative: Potassium Sorbate, Sodium Metabisulphite; Acid: Citric Acid), Fat Reduced Alkalised Cocoa Powder, Natural Orange Flavouring, Rapeseed Oil, White Chocolate Stars (Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier: Sunflower Lecithin), Modified Waxy Maize Starch, Modified Potato Starch, Salt, Acidity Regulator: Citric Acid; Colour: Curcumin; Natural Colour (Red Beetroot Juice Concentrate, Maltodextrin, Acidity Regulator: Citric Acid).	KJ	1297	1050		
		Kcal	309	250		
		Fat	11.8	9.6		
		Sat	5.4	4.4		
		Carbs	46.4	37.6		
		Sugar	38.9	31.5		
		Fibre	0.9	0.8		
		Protein	4.8	3.9		
		Salt	0.3	0.2		
		Portion weight (g)	81			
			per 100g	per portion (g)		
			KJ	1253	1053	
	Kcal	298	250			
	Fat	12.6	10.6			
	Sat	5.4	4.5			
	Carbs	42.5	35.7			
	Sugar	33.3	28.0			
	Fibre	0.6	0.5			
	Protein	3.9	3.3			
	Salt	0.3	0.3			
	Portion weight (g)	82				
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: Potassium Sorbate, Flavouring (MILK)), Shortening (Palm Oil, Rapeseed Oil), Sugar, Glucose Syrup, Dark Chocolate Chunks (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin; Vanilla Extract), Pistachio (2%) (NUT), Rapeseed Oil, Caramel Curls (Sugar, Whole MILK Powder, Cocoa Butter, Caramelised Sugar, Cocoa Mass, Emulsifier: SOYA Lecithin; Flavouring, 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	1149	942		
		Kcal	273	224		
		Fat	10.8	8.9		
		Sat	4.7	3.8		
		Carbs	40.2	33		
		Sugar	32.8	26.9		
		Fibre	0.3	0.3		
		Protein	3.5	2.9		
		Salt	0.3	0.2		
		Portion weight (g)	80			
		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), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), Free Range EGG , WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Mango & Lime Filling (3%) (Water, Sugar, Modified Waxy Maize Starch, Mango Concentrate, Lime Concentrate, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent: Pectin, Natural Mango Flavouring, Thickener: Xanthan Gum; Colour: Lutein; Natural Key Lime Flavouring), Sugar, White Chocolate (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Natural Passion Fruit Flavouring, Rapeseed Oil, Belgian Chocolate 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.	KJ	1149	942
				Kcal	273	224
Fat	10.8			8.9		
Sat	4.7			3.8		
Carbs	40.2			33		
Sugar	32.8			26.9		
Fibre	0.3			0.3		
Protein	3.5			2.9		
Salt	0.3			0.2		
Portion weight (g)	80					

DESSERTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
NEW Blueberry Muffin Cheesecake (V)	Reduced Fat Soft Cheese (25%) (Skimmed MILK , Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), Blueberry Fruit Filling (16%) (Blueberry, Water, Sugar, Modified Starch, Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate; Natural Flavour), Digestive Biscuit Crumb (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar, Invert Sugar Syrup, Raising Agents: Sodium Bicarbonate, Ammonium Bicarbonate; Salt), Whipping Cream (MILK), Water, White Chocolate (9%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Self-Raising Flour (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphate, Sodium Hydrogen Carbonate), Icing Sugar, Sugar, Free Range EGG , Single Cream (MILK), WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Modified Potato Starch, Maize Starch, 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.	per 100g	per portion (g)	
		KJ	1291	1433
		Kcal	308	342
		Fat	17.3	19.2
		Sat	8.3	9.2
		Carbs	33.1	36.7
		Sugar	18.5	20.6
		Fibre	0.9	1.1
		Protein	5.8	6.4
		Salt	0.39	0.43
Portion weight (g)		111		
NEW Sicilian Lemon Meringue Cheesecake (V)	Digestive Biscuit Crumb (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar, Invert Sugar Syrup, Raising Agents: Sodium Bicarbonate, Ammonium Bicarbonate; Salt), Single Cream (MILK), Reduced Fat Soft Cheese (12%) (Skimmed MILK , Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan 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, Salt, Acidity Regulator: Acetic Acid; Colour: Curcumin; Acidity Regulator: Sodium Citrates), Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Free Range EGG , Stabiliser Blend (Dextrose, Sugar, Modified Maize Starch), Lemon Curd (3%) (Glucose Syrup, Water, Sugar, Salted Butter (MILK), Lemon Concentrate, Modified Waxy Maize Starch, Whole EGG Powder, Gelling Agent: Pectin; Acidity Regulator: 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 White, Modified Waxy Maize Starch, Acidity Regulator: Citric Acid.	per 100g	per portion (g)	
		KJ	1333	1413
		Kcal	318	337
		Fat	13.3	14.1
		Sat	6.1	6.4
		Carbs	44.4	47.1
		Sugar	32.4	34.3
		Fibre	0.5	0.6
		Protein	4.8	5.0
		Salt	0.30	0.32
Portion weight (g)		106		
Salted Caramel & Chocolate Vegan Cheesecake (Vg)	Coconut Milk (Coconut Extract, Water), Bourbon Biscuit Crumb (21%) (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Rapeseed Oil, Sugar, Cocoa Powder, Inverted Sugar Syrup, Raising Agent: Sodium Bicarbonate, Salt), Non-Dairy Soft Cheese (15%) (Water, Coconut Oil, Stabiliser Blend (Potato Starch, Maize Starch, Modified Potato Starch, Carob Bean Gum), Coconut, Salt, Natural Flavouring, Acidity Regulator: Tri-Calcium Phosphate, Citric Acid; Colour: Carrot Juice Concentrate; Vitamin D2, Vitamin B12), Dark Couverture Chocolate (11%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Lemon Juice, Natural Vanilla Flavouring), Stabiliser Blend (Sugar, Maltodextrin, Modified Starch, Thickener: Carrageenan), Cornflour (Maize), Cocoa Butter, Stabiliser Mix (Water, Sugar, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids), Water, Speculoos Spread (Caramelised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: SOYA Lecithin; Acidity Regulator: Citric Acid), Modified Potato Starch, Low Sodium Salt (0.34%) (Potassium Chloride, Sodium Chloride, Magnesium Carbonate), Glazing Agent: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose, Cream Cheese Flavouring, Natural Vanilla Flavouring, Salt (0.03%).	per 100g	per portion (g)	
		KJ	1467	1473
		Kcal	351	353
		Fat	22.1	22.2
		Sat	13.8	13.8
		Carbs	35.3	35.4
		Sugar	19.9	19.9
		Fibre	1.9	1.9
		Protein	2.4	2.4
		Salt	0.22	0.22
Portion weight (g)		100		
Tiramisu (England, Scotland & Wales Only) (V)	Water, Whipping Cream (MILK), Savoiardi Biscuits (12%) (WHEAT Flour, Sugar, EGG , Raising Agents: Sodium Carbonate, Ammonium Carbonate; Glucose Syrup, Natural Flavouring, Salt), Single Cream (MILK), Mascarpone (8%) (Cream (MILK), MILK Protein Concentrate, Acidity Regulator: Citric Acid), Sugar, Icing Sugar, Coffee (3%), Free Range EGG , Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Self-Raising Flour (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphate, Sodium Hydrogen Carbonate), Glucose Syrup, Dark Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Natural Vanilla Flavouring, Emulsifier: SOYA Lecithin), Modified Potato Starch, Natural Flavourings, Modified Waxy Maize Starch, Fat Reduced Alkalised Cocoa Powder, Flavouring, Raising Agent (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; WHEAT Flour), Thickener Blend (Thickeners: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose), Thickener: Guar Gum. <i>ADDITIONAL INFORMATION: Does not contain alcohol.</i>	per 100g	per portion (g)	
		KJ	1083	1603
		Kcal	259	384
		Fat	15.3	22.6
		Sat	8.7	12.9
		Carbs	27.5	40.7
		Sugar	18.5	27.3
		Fibre	0.7	1.0
		Protein	2.7	4.1
		Salt	0.11	0.16
Portion weight (g)		148		

COOKIES

PRODUCT		INGREDIENTS	NUTRITIONAL INFO	
			per 100g	per portion (g)
Oat, Raisin & Pumpkin Seed Cookie * (Vg)	Sugar, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), OATS (14%), Raisins (13%), Pumpkin Seeds (11%), Palm Oil, Water, Rapeseed Oil, Glucose-fructose Syrup, Raising Agent (Sodium Bicarbonate), WHEAT Fibre, Invert Sugar, Cinnamon, Mixed Spice, Sunflower Oil.		KJ 1766	1289
			Kcal 421	307
			Fat 17.6	12.9
			Sat 5.5	4.0
			Carbs 55.4	40.4
			Sugar 30.6	22.3
			Fibre 4.0	2.9
			Protein 8.2	6.0
			Salt 1.0	0.7
			Portion weight (g)	73
Belgian Chocolate Cookie * (V)	Fortified wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), sugar, palm oil, milk chocolate (11%) (sugar, cocoa mass, whole MILK powder, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring), dark chocolate (11%) (cocoa mass, sugar, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring), free range whole EGG , butter (MILK), rapeseed oil, glucose-fructose syrup, WHEAT fibre, raising agents (monocalcium phosphate, potassium hydrogen carbonate), lactose powder (MILK), invert sugar, whey powder (MILK), natural flavouring, salt.		KJ 2037	1487
			Kcal 487	356
			Fat 25.8	18.8
			Sat 12.5	9.1
			Carbs 56.6	41.3
			Sugar 32.2	23.5
			Fibre 2.8	2.0
			Protein 5.7	4.2
			Salt 0.1	0.1
			Portion weight (g)	73
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.		KJ 1837	1580
			Kcal 438	377
			Fat 18.0	15.5
			Sat 9.0	7.7
			Carbs 59.2	50.9
			Sugar 36.5	31.4
			Fibre 4.0	3.4
			Protein 7.8	6.7
			Salt 0.8	0.7
			Portion weight (g)	86
Milk Chocolate Chunk Cookie * (V)	Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, MILK Chocolate Chunks (20%) (Sugar, Whole MILK Powder, Cocoa Butter, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Glucose-Fructose Syrup, Unsalted Butter (MILK), Palm Oil, Water, WHEAT Fibre, Rapeseed Oil, Lactose Powder (MILK), Raising Agents (Sodium Bicarbonate, Diphosphates, Calcium Dihydrogen Phosphate), Vegetarian Whey Powder (MILK), Black Treacle, Salt, Natural Flavouring.		KJ 1830	1208
			Kcal 434	286
			Fat 16.8	11.1
			Sat 8.9	5.9
			Carbs 67	44.2
			Sugar 42.4	28
			Fibre 2.6	1.7
			Protein 4.9	3.2
			Salt 0.5	0.3
			Portion weight (g)	66
Oat & Raisin Cookie * (V)	Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raisins (21%), Sugar, OATS (9%), Butter (MILK), Palm Oil, Water, Glucose-Fructose Syrup, Rapeseed Oil, Raising Agents (Disodium Diphosphate, Potassium Hydrogen Carbonate), Natural Flavouring, WHEAT Fibre, Lactose Powder (MILK), Vegetarian Whey Powder (MILK), Mixed Spice, Cinnamon, Salt		KJ 1723	1137
			Kcal 410	271
			Fat 14.0	9.2
			Sat 6.5	4.3
			Carbs 64.9	42.8
			Sugar 40.1	26.4
			Fibre 2.8	1.8
			Protein 4.8	3.2
			Salt 0.4	0.3
			Portion weight (g)	66

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

INDIVIDUAL CAKES

PRODUCT		INGREDIENTS	NUTRITIONAL INFO	
			per 100g	per portion (g)
Cherry Bakewell Crumble Cake (V)	Sugar, Cherry Filling (19%) (Dark Cherry, Sugar, Water, Modified Starch, Elderberry Concentrate, Flavouring, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate)), Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Free Range Pasteurised EGG , Rapeseed Oil, White Fudge Icing (Sugar, Glucose Syrup, Palm Oil, Rapeseed Oil, Water, Emulsifiers (Mono- and Di Glycerides of Fatty Acids, Sodium Stearoyl -2 Lactylate), Salt, Stabiliser (Agar), Preservative (Potassium Sorbate), Colour (Titanium Dioxide)), Butter (MILK), Water, Amaretti Biscuit (3%) (Sugar, Apricot Kernels, EGG White, Corn Flour, WHEAT flour, Rice Flour, Wholemeal WHEAT Flour, Raising Agents (Sodium Carbonate Acid, Ammonium Carbonate Acid), Natural Flavouring), Almond Flakes (3%) (NUTS), Potato Starch, WHEAT Gluten, Natural Flavouring Substances, Whey Powder (MILK), Salt, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Acidity Regulator (Citric Acid).		KJ 1618	1489
			Kcal 386	357
			Fat 17.0	15.9
			Sat 4.2	3.9
			Carbs 52.8	49.5
			Sugar 34.9	32.6
			Fibre 1.2	1.1
			Protein 4.8	4.5
			Salt 0.6	0.6
			Portion weight (g)	94
Raspberry & Almond Crumble Cake (V)	Wheat Flour (WHEAT flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Raspberries (15%), Rapeseed Oil, Free Range EGG , Water, Humectant (Glucose Syrup, Water, Acidity Regulator: Acetic Acid), Butter (MILK), Ground ALMONDS , Demerara Sugar, Baking Powder (Raising Agents: Disodium Diphosphates, Potassium Hydrogen Carbonate), Natural Flavourings, Preservative: Potassium Sorbate; Salt.		KJ 1723	1378
			Kcal 413	330
			Fat 22.0	17.6
			Sat 3.6	2.9
			Carbs 46.6	37.3
			Sugar 20.7	16.6
			Fibre 1.9	1.5
			Protein 5.9	4.7
			Salt 0.3	0.3
			Portion weight (g)	80

SAVOURY PASTRIES & ROLLS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Chicken & Pesto Lattice	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), British Chicken Thigh (24%), Unsalted Butter (MILK) (16%), Whole MILK , Basil, Rapeseed Oil, Pumpkin Seeds, Regatto Cheese (MILK), Pasteurised Free Range EGG , White Wine Vinegar, Lemon Juice, Salt, Sugar, Garlic Puree, Cornflour, Cracked Black Pepper, Ground White Pepper.	KJ	1461	1899
		Kcal	351	456
		Fat	23.0	29.9
		Sat	11.4	14.8
		Carbs	24.2	31.5
		Sugar	3.4	4.4
		Fibre	1.2	1.6
		Protein	11.1	14.4
		Salt	0.8	1.0
		Portion weight (g)		130
Mozzarella & Tomato Pastry (V)	Tomato (31%), Wheat flour contains Gluten (with WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (MILK) (14%), Mozzarella Cheese (MILK) (12%), Regatto Cheese (MILK), Slow Roasted Tomatoes, Pasteurised Free Range EGG , Pumpkin Seeds, Tomato Concentrate, Basil, Cornflour, White Wine Vinegar, Sunflower Oil, Salt, Olive Oil, Yeast Extract, Cracked Black Pepper, Dried Oregano, Garlic Powder, Sugar.	per 100g		per portion (g)
		KJ	1374	1374
		Kcal	330	330
		Fat	20.5	20.5
		Sat	12.2	12.2
		Carbs	25.3	25.3
		Sugar	3.4	3.4
		Fibre	2.4	2.4
		Protein	9.8	9.8
		Salt	1.1	1.1
Portion weight (g)		100		
Pork & Pancetta Sausage Roll (England, Scotland & Wales only)	British Pork (33%), Wheat flour contains Gluten (with WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (13%) (MILK), Caramelised Onion (Onions, Rapeseed Oil, Cracked Black Pepper), Regatto Cheese (MILK), Breadcrumbs (WHEAT FLOUR (Gluten), Water, Salt, Yeast), Smoked Pancetta (3%) (Pork Belly (97%), Salt, Herbs, Spices, Antioxidant: Sodium Ascorbate, Preservatives: Sodium Nitrite, Potassium Nitrate), Smoked Bacon Lardons (British Pork (94%), Curing Salt (Salt, Preservative: Sodium Nitrite, Sodium Nitrate)), Sugar, Antioxidant: Sodium Ascorbate), Pasteurised Free Range EGG , White Wine Vinegar, Honey, Pork Crackling (Pork Rind, Sea Salt), Paprika Flakes, Salt, Sage, Cracked Black Pepper, Dried Oregano, Rosemary, Garlic, Ground Fennel, Rapeseed Oil.	per 100g		per portion (g)
		KJ	1499	1949
		Kcal	359	467
		Fat	22.6	29.4
		Sat	12.1	15.7
		Carbs	23.4	30.4
		Sugar	2.3	3.0
		Fibre	1.4	1.8
		Protein	14.9	19.4
		Salt	1.1	1.4
Portion weight (g)		130		
Sourdough Bread Roll (Vg)	WHEAT flour, water, sourdough (WHEAT), salt, yeast, dehydrated WHEAT sourdough, WHEAT gluten, deactivated yeast, malted WHEAT flour, flour treatment agent (ascorbic acid).	per 100g		per portion (g)
		KJ	1315	811
		Kcal	309	191
		Fat	0.7	0.4
		Sat	0.2	0.1
		Carbs	63.6	39.2
		Sugar	1.6	0.9
		Fibre	3.7	2.3
		Protein	10.4	6.4
		Salt	1.6	0.9
Portion weight (g)		74		
Vegan Vegetable 'Sausage' Roll (Vg)	Mixed Roast Vegetables (38%) (Butternut Squash, Courgette, Red Onion, Sweet Potato), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Tomato Passata (14%), Palm Oil, Roast Tomatoes (5%), Palm Fat, Rapeseed Oil, Potato Starch, Salt, Poppy Seeds, Tomato Concentrate, Basil, Cornflour, Sunflower Oil, Garlic, Olive Oil, Rosemary, Cracked Black Pepper, Dried Oregano, Emulsifier: E471, Sugar, Garlic Powder, Yeast, Lemon Juice.	per 100g		per portion (g)
		KJ	1133	1473
		Kcal	272	354
		Fat	16	20.8
		Sat	7.9	10.3
		Carbs	26.5	34.5
		Sugar	4.8	6.2
		Fibre	2.4	3.1
		Protein	4.2	5.5
		Salt	0.9	1.2
Portion weight (g)		130		
Ham & Cheese Croissant	Croissant (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MILK), Water, Sugar, Whole EGG , Yeast, Skimmed MILK Powder, Salt, Flour Treatment Agent: Ascorbic Acid, Inactive WHEAT Sourdough, Acids: Acetic Acid, Lactic Acid), Dry Cured Formed Ham (29%) (Pork, Salt, Brown Sugar, Stabilisers: Potassium Triphosphate, Sodium Triphosphate, Tetrapotassium Diphosphate, Water, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite), West Country Cheddar Cheese (MILK) (19%).	per 100g		per portion (g)
		KJ	1269	1294
		Kcal	304	310
		Fat	16.7	17
		Sat	9.9	10.1
		Carbs	22.3	22.7
		Sugar	4.5	4.6
		Fibre	2.1	2.1
		Protein	15.0	15.3
		Salt	1.2	1.2
Portion weight (g)		102		

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 21-25 for products sold in NI stores.

PANINI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Brie & Bacon Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented RYE Flour, Salt), Salt, Yeast, Malted WHEAT Flour], Brie (MILK) (21%), Balsamic Onion Chutney (13%) [Red Onion, Sugar, Balsamic Vinegar (Wine Vinegar, Grape Must), White Wine Vinegar, Water, Molasses, Cornflour, Salt, Garlic Purée, Ginger Purée, Black Pepper], Beechwood Smoked Streaky Bacon (10%) [Pork, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite].	KJ	1179	2241
		Kcal	281	533
		Fat	11	20.8
		Sat	5.5	10.4
		Carbs	31.7	60.2
		Sugar	6.2	11.8
		Fibre	2	3.8
		Protein	12.9	24.5
		Salt	1.4	2.6
		Portion weight (g)	190	
		Limited Edition Chorizo & Sweet Pepper Panini	Seeded Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sunflower Seeds, Pumpkin Seeds, Fermented WHEAT Flour, Malted WHEAT Flour, Salt, Yeast, Waxy Maize Starch], Roasted Red and Yellow Peppers (14%) [Red Pepper, Yellow Pepper, Sunflower Oil], Paprika Mayonnaise (11%) [Water, Rapeseed Oil, Pasteurised Free Range EGG Yolk (EGG Yolk, Salt), White Wine Vinegar, Cornflour, Sugar, Citrus Fibre, Concentrated Lime Juice, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), Coriander, Red Jalapeno Pepper, Smoked Paprika, Lemon Zest, Salt, Thyme, Thickening Agent: Pectin], Chorizo (11%) [Pork, Salt, Paprika, Dextrose, Garlic, Antioxidant: Rosemary Extract, Preservative: Sodium Nitrite], Spinach (4%).	KJ
Kcal	241			428
Fat	9.0			16.0
Sat	1.7			3.1
Carbs	29.5			52.5
Sugar	3.5			6.2
Fibre	2.2			4.0
Protein	9.2			16.4
Salt	1.1			1.9
Portion weight (g)	178			
Ham & Mozzarella Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented RYE Flour, Salt), Salt, Yeast, Malted WHEAT Flour], Dry Cured Formed Ham (22%) [Pork, Salt, Brown Sugar, Stabilisers: Potassium Triphosphate, Sodium Triphosphate, Tetrapotassium Diphosphate, Water, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Mozzarella & Cheddar Cheese [Mozzarella Cheese (MILK) (6%), Cheddar Cheese (MILK) (4%)], Seasoned Béchamel [Béchamel Sauce (8%) (Water, Butter (MILK), Skimmed MILK Powder, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Double Cream (MILK)), Black Pepper].			KJ
		Kcal	224	404
		Fat	5.7	10.3
		Sat	2.4	4.4
		Carbs	28.8	51.9
		Sugar	3.1	5.5
		Fibre	2.5	4.4
		Protein	13.3	23.9
		Salt	0.9	1.7
		Portion weight (g)	180	
		Mozzarella & Tomato Panini (V)	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented RYE Flour, Salt), Salt, Yeast, Malted WHEAT Flour], Dry Cured Formed Ham (22%) [Pork, Salt, Brown Sugar, Stabilisers: Potassium Triphosphate, Sodium Triphosphate, Tetrapotassium Diphosphate, Water, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Mozzarella & Cheddar Cheese [Mozzarella Cheese (MILK) (6%), Cheddar Cheese (MILK) (4%)], Seasoned Béchamel [Béchamel Sauce (8%) (Water, Butter (MILK), Skimmed MILK Powder, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Double Cream (MILK)), Black Pepper].	KJ
Kcal	224			404
Fat	5.7			10.3
Sat	2.4			4.4
Carbs	28.8			51.9
Sugar	3.1			5.5
Fibre	2.5			4.4
Protein	13.3			23.9
Salt	0.9			1.7
Portion weight (g)	180			
Pole & Line Tuna Melt Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented RYE Flour, Salt), Salt, Yeast, Malted WHEAT Flour], Tuna Melt Mix (Pole and Line Caught Tuna (20%) (Skipjack Tuna (FISH), Water, Salt), Mayonnaise (9%) (Rapeseed Oil, Water, Free-Range Salted EGG Yolk (Free-Range EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, Brown MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Red Pepper (3%), Slow Roast Tomato (2%) (Tomato, Sunflower Oil, Salt, Garlic, Oregano), Red Onion (1%), Parsley, Lemon Juice, Cornflour, Black Pepper], Cheddar Cheese (MILK) (5%).			KJ
		Kcal	252	466
		Fat	9.3	17.3
		Sat	1.8	3.3
		Carbs	28.5	52.8
		Sugar	2.6	4.7
		Fibre	2.2	4.1
		Protein	12.3	22.8
		Salt	0.87	1.61
		Portion weight (g)	185	
		THIS Plant Based 'Chicken' Arribbiata Panini (Vg)	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Seasoned SOYA Pieces (17%) [Water, SOYA Protein Concentrate, Sunflower Oil, Flavouring, Pea Protein Isolate, Potato Starch, Salt, Pea Fibre, Rapeseed Oil, Maltodextrin, Sea Salt and Black Pepper Seasoning [Maltodextrin, Black Pepper, Sugar, Yeast Extract Powder, Natural Flavouring, Sea Salt], Tomato Ragù Sauce (16%) [Water, Tomato Paste, Crushed Tomatoes, Onions, White Wine Vinegar, Cornflour, Carrot, Sugar, Extra Virgin Olive Oil, Salt, Basil, Rosemary, Thyme, Parsley, Garlic, Black Pepper], Lemon Juice, Chargrilled Red Chilli Puree [Chargrilled Red Chilli Puree, Red Chilli, Olive Oil], Basil, Spinach (4%).	KJ
Kcal	197			351
Fat	3.2			5.7
Sat	0.4			0.7
Carbs	29.3			52.2
Sugar	3.8			6.8
Fibre	4.0			7.2
Protein	10.7			19
Salt	0.8			1.5
Portion weight (g)	178			

TOSTATI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Chicken & Bacon Tostati Melt	Grilled Cheese Topped Bread [White Bread (WHEAT Flour [Calcium Carbonate, Iron, Niacin, Thiamin], Water, Yeast, Salt, Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono-and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, SOYA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Béchamel Sauce (Whole MILK , Single Cream (MILK), Water, Cornflour, WHEAT Flour [Calcium Carbonate, Iron, Niacin, Thiamin], Salt, Preservative: Potassium Sorbate), Mozzarella Cheese (MILK) (8%), Cheddar Cheese (MILK) (5%)], Chicken, Béchamel Sauce, Cheese & Bacon Mix [British Chicken Breast (8%) [Chicken Breast, Salt, Chicken Stock (Water, Chicken Carcass), Cornflour], Béchamel Sauce (Whole MILK , Single Cream (MILK), Water, Cornflour, WHEAT Flour [Calcium Carbonate, Iron, Niacin, Thiamin], Salt, Preservative: Potassium Sorbate), Mozzarella Cheese (MILK) (5%), Cheddar Cheese (MILK) (2%)], Regato Cheese (MILK) (2%) [Anti-caking Agent: Potato Starch], Chicken Gravy (2%) [Water, Roasted Chicken Stock (Chicken Stock, Salt, Onion Juice Concentrate, Carrot Extract, Tomato Paste), Cornflour, Sugar, Lemon Juice Concentrate, Onion Powder, Tomato Paste, White Wine Vinegar, Garlic Purée, Salt, White Pepper], Chopped British Beechwood Smoked Streaky Bacon (1%) [British Pork, Pork Fat, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite], Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), Black Pepper].	KJ	1005	1708
		Kcal	239	406
		Fat	8.9	15.1
		Sat	4.9	8.2
		Carbs	23.5	39.9
		Sugar	2.4	4.1
		Fibre	1.6	2.7
		Protein	15.5	26.3
		Salt	1.0	1.8
		Portion weight (g)		170
Cotto Ham & Cheese Tostati Melt	Grilled Cheese Topped Bread [White Bread (WHEAT Flour [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 (Water, Butter (MILK), Skimmed MILK Powder, WHEAT Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Double Cream (MILK)), Mozzarella Cheese (MILK) (8%), Cheddar Cheese (MILK) (5%)], Cooked Formed Cured Ham (17%) [Pork, Salt, Natural Flavours, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Mascarpone Cheese Béchamel [Mascarpone Full Fat Soft Cheese (MILK) (9%), Béchamel Sauce (Water, Butter (MILK), Skimmed MILK Powder, WHEAT Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine], Double Cream (MILK)), Regato Cheese (MILK) (2%) [Regato Cheese, Anti-caking Agent: Potato Starch], Parmigiano Reggiano Shavings (MILK) (<1%), Cracked Black Pepper].	KJ	1012	1771
		Kcal	241	422
		Fat	9.9	17.3
		Sat	5.4	9.5
		Carbs	23.6	41.4
		Sugar	2.8	5.0
		Fibre	1.3	2.2
		Protein	13.7	24
		Salt	1.1	2.0
		Portion weight (g)		175
Mozzarella & Roasted Tomato Tostati Melt (V)	Grilled Cheese Tomato Topped White Bread [White Bread (WHEAT Flour [Calcium Carbonate, Iron, Niacin, Thiamin], Water, Yeast, Salt, Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono-and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, SOYA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Béchamel Sauce (Whole MILK , Single Cream (MILK), Water, Cornflour, WHEAT Flour [Calcium Carbonate, Iron, Niacin, Thiamin], Salt, Preservative: Potassium Sorbate), Mozzarella Cheese (MILK) (8%), Semi Dried Cherry Tomato (6%), Cheddar Cheese (MILK) (5%)], Mascarpone & Tomato Tomatade Dressing (15%) [Mascarpone Full Fat Soft Cheese (MILK) (7%), SunBlush Tomatade (3%) [Slow Roast Tomato, Tomato Concentrate, Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic], Tomato and Onion Sauce (3%) [Water, Tomato Paste, Chopped Tomato, Rapeseed Oil, Sugar, White Wine Vinegar, Cornflour, Garlic Puree, Concentrated Lemon Juice, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), Diced Onion, Soft Dark Brown Sugar, Basil, Salt, Oregano, Cracked Black Pepper], Modified Maize Starch, Cracked Black Pepper, Parsley], Mozzarella Cheese (MILK) (11%).	KJ	983	1691
		Kcal	236	406
		Fat	10.4	17.9
		Sat	5.7	9.8
		Carbs	24.3	41.8
		Sugar	3.7	6.4
		Fibre	1.3	2.3
		Protein	11.0	19.0
		Salt	1.0	1.7
		Portion weight (g)		172
Roasted Mushroom & Mascarpone Tostati Melt (V)	Grilled Cheese Topped Bread [White Bread (WHEAT Flour [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 (8%) (Water, Butter (MILK), Skimmed MILK Powder, WHEAT Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Double Cream (MILK)), Mozzarella Cheese (MILK) (8%), Cheddar Cheese (MILK) (5%)], Mushroom & Mascarpone Mix [Mascarpone Full Fat Soft Cheese (MILK) (8%), Roasted Chestnut Mushrooms (7%) [Chestnut Mushrooms, Olive Oil, Salt, Black Pepper], Mayonnaise (6%) [Water, Rapeseed Oil, Free-Range Salted EGG Yolk (Free-Range EGG Yolk, Salt), Cornflour, Spirit Vinegar, Sugar, Dijon MUSTARD (Water, Black MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar], Mushroom and Porcini Tapenade (3%) [Grilled Mushrooms, Rapeseed Oil, Porcini Mushrooms, Concentrated Lemon Juice, Salt, Dehydrated Porcini Mushroom Powder, Garlic, Parsley, Chive], Cornflour, Thyme], Roasted Chestnut Mushrooms (8%) [Chestnut Mushrooms, Olive Oil, Salt, Black Pepper].	KJ	921	1611
		Kcal	219	384
		Fat	8.8	15.4
		Sat	4.2	7.3
		Carbs	24.3	42.5
		Sugar	2.9	5.1
		Fibre	2.1	3.6
		Protein	9.7	17
		Salt	0.8	1.4
		Portion weight (g)		175

SANDWICHES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Free Range Egg Mayo Sandwich (V)	OATMEAL Bread [WHEAT Flour [Calcium Carbonate, Iron, Niacin, Thiamin], Water, OATMEAL , WHEAT Bran, Yeast, Salt, WHEAT Protein, Spirit Vinegar, Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono- and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fatty Acids], Vegetable Oils [Rapeseed, Palm], Malted BARLEY Flour, Flour Treatment Agent: Ascorbic Acid, Palm Fat, WHEAT Starch], Free Range EGG Mayonnaise [Hard Boiled EGG (27%), Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Dijon MUSTARD (Water, Black MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Ground Yellow MUSTARD Bran, Ground Turmeric, Ground Black Pepper, Pimento, Ground Cinnamon, Ground Cloves], Black Pepper, Salt], Free Range Hard Boiled EGG (21%).	KJ	917	1852
		Kcal	222	449
		Fat	11.1	22.4
		Sat	2.0	4.1
		Carbs	19	38.3
		Sugar	0.3	0.6
		Fibre	2.0	4.0
		Protein	11.0	22.2
		Salt	0.7	1.5
		Portion weight (g)		202
Chargrilled Chicken Salad Sandwich	Malted Brown Bread [WHEAT Flour [Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT Protein, Yeast, Malted BARLEY Flour, Salt, Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono- and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fatty Acids, Spirit Vinegar, Malted WHEAT Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid, Palm Fat, Palm Oil, WHEAT Starch], British Chargrilled Chicken Breast (25%) [Chicken Breast, Salt, Cornflour], Black Pepper Mayonnaise [Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar], Black Pepper], Tomato (7%), Cucumber (5%), Lettuce (4%).	KJ	896	1820
		Kcal	217	441
		Fat	9.7	19.6
		Sat	1.1	2.2
		Carbs	19.8	40.1
		Sugar	0.9	1.9
		Fibre	1.9	3.9
		Protein	11.6	23.5
		Salt	0.7	1.4
		Portion weight (g)		203
Classic BLT Sandwich	Malted Brown Bread [WHEAT Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted WHEAT Flakes, WHEAT Bran, Yeast, Malted BARLEY Flour, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, WHEAT Protein, Malted WHEAT Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid, WHEAT Starch], Beechwood Smoked Streaky Bacon (1.6%) [Pork, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite], Tomatoes (1.4%), Black Pepper Mayonnaise [Mayonnaise (8%) (Rapeseed Oil, Water, Free-Range Salted EGG Yolk (Free-Range EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, Brown MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar], Black Pepper], Lettuce (5%).	KJ	1012	1690
		Kcal	241	402
		Fat	9.9	16.5
		Sat	5.4	9
		Carbs	23.6	39.5
		Sugar	2.8	4.7
		Fibre	1.3	2.1
		Protein	13.7	22.9
		Salt	1.1	1.9
		Portion weight (g)		167

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

BREAKFAST ROLLS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Bacon Roll	Vienna Roll [WHEAT Flour (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 Streaky Bacon (32%) (Pork Belly, Sugar, Salt, Cold Brewed Coffee, Stabiliser: Sodium Triphosphate, Maltodextrin, Natural Flavouring, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite), Butter (MILK).	KJ	1258	1585
		Kcal	300	378
		Fat	11.9	15
		Sat	4.9	6.2
		Carbs	31.8	40.1
		Sugar	3.4	4.3
		Fibre	2.0	2.5
		Protein	15.5	19.5
		Salt	1.8	2.3
		Portion weight (g)	126	
		Butcher's Sausage Roll	Vienna Roll [WHEAT Flour (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 and Lentil Sausage in Beef Collagen Casing (46%) (Pork, Lentils, Potato Starch, Dextrose, Water, Salt, Rapeseed Oil, WHEAT Starch, Beef Collagen Casing, Spices (Ground Ginger, Ground Mace, Ground Nutmeg, Ground White Pepper, Chilli Powder), Stabiliser: Sodium Diphosphate, WHEAT Protein, Onion Powder, Rubbed Sage, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Butter (MILK).	KJ
Kcal	261			421
Fat	11.1			17.9
Sat	4.4			7.1
Carbs	27.8			44.8
Sugar	2.2			3.6
Fibre	2.2			3.5
Protein	11.5			18.6
Salt	1.3			2.1
Portion weight (g)	161			
THIS Plant Based 'Sausage' Ciabatta (Vg)	Ciabatta Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, Malted WHEAT Flour, WHEAT Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed Oil), Plant Based Sausage (47%) (Mushrooms, Water, Pea Flour, Onions, Rapeseed Oil, Stabilisers: Processed Eucheuma Seaweed, Methyl Cellulose, Palm Oil, Pea Fibre, Pea Protein, Pea Starch, Rice Flour, Sugar, Flavouring, Maize Flour, Yeast Extract, Salt, Dried Onion, Textured Pea Protein, Parsley, Sodium Alginate Casing, Porcini Mushroom Powder, Cracked Black Pepper, Maize Starch, Colour: Plain Caramel, Sage, Preservative: Sodium METABISULPHITE , Ground Mace, Dextrose, White Pepper).			KJ
		Kcal	200	314
		Fat	2.1	3.2
		Sat	0.7	1.1
		Carbs	33.6	52.7
		Sugar	2.6	4.1
		Fibre	6.3	9.8
		Protein	8.8	13.8
		Salt	1.3	2.0
		Portion weight (g)	157	

FOCACCIA

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

SALADS & ANTIPASTI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
Chargrilled Chicken, Mixed Grain & Pesto Salad	Dressed Grains (41%) (Bulgur WHEAT , Turmeric Rice (Long Grain Rice, Water, Ground Turmeric), Pink Cabbage, Roasted Vegetables (Red Pepper, Yellow Pepper, Onion, Courgette, Rapeseed Oil), Chickpeas, Cous Cous (WHEAT), Black Beluga® Lentils, Red Quinoa, Concentrated Lemon Juice, Mint, Chives, Parsley, Lemon Infused Rapeseed Oil (Rapeseed Oil, Flavouring), Garlic Purée, Salt), Mixed Leaves (19%) (Spinach, Lettuce), Cooked British Chicken Breast (18%) (Chicken, Salt, Cornflour), Basil Pesto (12%) (Water, Basil Flavoured Sunflower Oil (Sunflower Oil, Flavouring), White Wine Vinegar, Basil Purée (Sunflower Oil, Basil, Salt, Acidity Regulator (Citric Acid)), Basil, Pumpkin Seeds, Sunflower Seeds, Rapeseed Oil, Lemon Juice, Mint, Garlic Purée, Cornflour, Salt, Black Pepper), Red Pepper (6%), SunBlush® Marinated Tomatoes (3%) (Slow Roasted Tomatoes, Rapeseed Oil, Salt, Garlic, Oregano).	KJ	1111
		Kcal	265
		Fat	11
		Sat	1.4
		Carbs	21.7
		Sugar	5.1
		Fibre	3.4
		Protein	18.1
		Salt	1.4
		Portion weight (g)	245
Falafel, Red Pepper Houmous & Super Grain Salad (Vg)	Mixed Leaves (21%) (Spinach, Lettuce, Salanova), Falafel (20%) (Chick Peas, Onions, Water, Rapeseed Oil, Bread Crumbs (Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Self-Raising Flour (Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents (Monocalcium Phosphate, Sodium Hydrogen Carbonate)), Parsley, Coriander Powder, Cumin Powder, Sodium Bicarbonate, Cumin Seeds, Garlic, Black Pepper), Cabbage and Beetroot Slaw (17%) (Cabbage, Beetroot, Mango Dressing (Mango Chutney (Mango, Sugar, Spirit Vinegar, Glucose Syrup, Salt, Ground Cardamom, Ground Coriander, Ground Cumin, Ground Paprika), White Wine Vinegar, Stabiliser (Xanthan Gum), Salt), Onions), Mixed Grains (17%) (Bulgur WHEAT , Couscous (Half Hard WHEAT Flour, Water), WHEAT BERRIES, Red Quinoa, Red Peppers, Lemon Juice, Salt, Black Pepper), Red Pepper Houmous (15%) (Chick Peas, Grilled Red Peppers, Tahini SESAME SEED Paste, Rapeseed Oil, Water, Concentrated Lemon Juice, Olive Oil, Garlic Purée, Salt, Colour (Paprika Extract)), Tahini Dressing (10%) (Chick Peas, Water, Garlic and Chilli Sauce (Water, Tomato Paste, Onions, Spirit Vinegar, Garlic Purée, Chilli Purée, Cornflour, Rapeseed Oil, Sugar, Concentrated Lemon Juice, Paprika, Salt, Lemon Zest, Cayenne Pepper, Chilli, Gelling Agent (Pectin)), Tahini SESAME SEED Paste, Rapeseed Oil, Concentrated Lemon Juice, Salt, Red Wine Vinegar, Garlic Purée).	KJ	1273
		Kcal	305
		Fat	15
		Sat	1.7
		Carbs	26
		Sugar	7.6
		Fibre	9.8
		Protein	10
		Salt	1.1
		Portion weight (g)	238
Cheese & Olive Antipasti (V)	Sundried Tomato Dip (36%) (Tomatoes (57%), Passata (Tomato), Salt, White Wine Vinegar, Sugar, Preservative: Sodium Metabisulphite (SULPHUR DIOXIDE); Garlic Purée, Oregano, Rosemary). Marinated Gouda Cheese (29%) (Gouda Cheese (MILK), Sunflower Oil, Paprika) Marinated Olives (25%) (Mixed Olives (96%) (Manzanilla Olives (Pitted Manzanilla Olives, Salt, Acidity Regulators (Lactic Acid, Citric Acid)), Kalamata Olives (Pitted Kalamata Olives, Salt, Red Wine Vinegar), Sunflower Oil.) Breadsticks (10%) WHEAT Flour, Sunflower Oil, Tomato, Salt, Extra Virgin Olive Oil, Yeast, WHEAT Malt Extract, Oregano, Onion.	KJ	1213
		Kcal	292
		Fat	20.8
		Sat	7.1
		Carbs	13.3
		Sugar	4.4
		Protein	10.4
		Salt	2.5
		Portion weight (g)	122
		Chorizo Antipasti	Chorizo (38%) – Pork (95%), Salt, Paprika, Dextrose, Garlic, Rosemary Extract, Sodium Nitrite. Cheese (MILK) (37%) Toasts (25%) - Flour (WHEAT), Malted WHEAT , Flour Treatment Agents: Ascorbic Acid, Glucose-Fructose Syrup, Yeast, Salt, Vegetable Fat, Emulsifier Mixture (Sugar, Emulsifier: Mono- and Diacetyl-Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Emulsifier: Lecithin, Raising Agent: Sodium Carbonates.
Kcal	240		
Fat	14.5		
Sat	7.3		
Carbs	13.3		
Sugar	1.3		
Protein	13.7		
Salt	1.9		
Portion weight (g)	64		
Beetroot, Raisin & Cranberry Cous Cous Salad (Vg)	Salad Mix (100%) (Giant Cous Cous (WHEAT), Beetroot, Dressing (Sherry Vinegar, Maple Syrup, Sugar, Salt, Orange Zest, Mint, Thyme, Black Pepper, Stabiliser (Xanthan Gum)), Raisins (Raisins, Sunflower Oil), Spinach, Chives, Dried Sweetened Cranberries (Sugar, Cranberries, Sunflower Oil), Rapeseed Oil).		
		Kcal	96
		Fat	0.8
		Sat	0.1
		Carbs	19.4
		Sugar	9.9
		Fibre	1.1
		Protein	2.4
		Salt	0.30
		Average Scoop (g)	80
Rainbow Slaw Bowl Salad (V)	Slaw Mix (100%) (Citrus Yogurt Dressing (Mayonnaise (Rapeseed Oil, Water, Free Range Pasteurised Salted EGG (EGG Yolk, Salt), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), Spirit Vinegar, Sugar, Thickeners (Xanthan Gum, Guar Gum), Salt, MUSTARD Flour, Concentrated Lemon Juice, White Pepper), Reduced Fat Greek Style Yogurt (MILK), Orange Juice from Concentrate, White Wine Vinegar, Mint, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (Citric Acid)), Lemon Juice, Salt, Sugar, Mint Flavour Olive Oil (Olive Oil 1, Flavouring), Black Pepper, Stabilisers (Guar Gum, Xanthan Gum)), Carrot, Pink Cabbage, Butternut Squash, Sugar Snap Peas, White Cabbage, Kale, Pumpkin Seeds, Yellow Pepper, Red Pepper, Chives, Orange Zest).	KJ	303
		Kcal	73
		Fat	5.1
		Sat	0.6
		Carbs	4.2
		Sugar	3.5
		Fibre	1.2
		Protein	2
		Salt	0.4
		Average Scoop (g)	80

SOUPS

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

MEAL POTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Italian Sausage Pasta	Italian Tomatoes (36%) (Tomatoes, Acidity Regulator: Citric Acid), Water, Tortigli Pasta (14.1%) (Durum Flour (WHEAT), Water), Red Onion, Salsicciame Sausage Mince (5.7%) (Pork Meat, Sea Salt, Dextrose, Sucrose, Natural Flavour, Black Pepper, Acidity Regulator: E262, Antioxidant: E300), Kale, Blended Oil (Sunflower Oil, Extra Virgin Olive Oil), Grana Padano (MILK, Salt, Animal Rennet, Lysozyme (EGG)), Cornflour, WHEAT Flour, Chicken Stock (Flavouring (contains EGG), Chicory Extract, Salt, Yeast Extract, Chicken Bone Stock), Salt, Fennel, Rosemary, Black Pepper, Dried Red Chilli, Bay Leaf.	KJ	465	1624		
		Kcal	111	387		
		Fat	3.7	12.9		
		Sat	0.8	2.8		
		Carbs	15.1	52.9		
		Sugar	2.6	9.0		
		Protein	3.5	12.1		
		Salt	0.6	2.1		
		Portion weight (g)	350			
				per 100g	per portion (g)	
				KJ	550	1926
				Kcal	131	459
				Fat	5.0	17.5
		Sat	3.0	10.6		
		Carbs	15.1	52.8		
		Sugar	1.6	5.8		
		Protein	6.1	21.4		
		Salt	0.9	3.3		
		Portion weight (g)	350			
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.	KJ	550	1926		
		Kcal	131	459		
		Fat	5.0	17.5		
		Sat	3.0	10.6		
		Carbs	15.1	52.8		
		Sugar	1.6	5.8		
		Protein	6.1	21.4		
		Salt	0.9	3.3		
		Portion weight (g)	350			

BISCUITS & SNACKS

PRODUCT		INGREDIENTS	NUTRITIONAL INFO		
			per 100g	per portion (g)	
Almond Biscotti (V)	WHEAT flour, sugar, ALMONDS (15%), EGG , EGG yolk, butter, honey, partly skimmed MILK , raising agent: E 503 (ammonium bicarbonate), salt, natural flavour (orange), flavours.		KJ	1841	618
			Kcal	440	130
			Fat	14.45	3.0
			Sat	2.71	1.0
			Carbs	66.5	22.0
			Sugar	31.0	11.0
			Fibre	2.7	0.0
			Protein	9.6	3.0
			Salt	1.6	0.05
			Portion weight (g)		37
Caramel Waffle (V)	Glucose fructose syrup, wheat flour, sugar, palm fat, concentrated butter (MILK), sugar syrup, SOYA flour, rapeseed oil, salt, dextrin (WHEAT), emulsifiers (SOYA lecithin, mono- and diglycerides of fatty acids), raising agent (sodium carbonates), cinnamon, acidity regulator (citric acid), natural Bourbon vanilla.		per 100g	per pack (g)	
			KJ	1786	1411
			Kcal	425	336
			Fat	16.0	12.6
			Sat	9.0	7.1
			Carbs	66.0	52.1
			Sugar	38.0	30.0
			Fibre	1.5	1.2
			Protein	3.5	2.8
			Salt	0.6	0.5
	Portion weight (g)		78		
Chocolate Coated Coffee Beans (Vg)	Sugar, Cocoa paste, Roasted coffee beans, Cocoa butter, Cocoa powder, Emulsifier: SOYA lecithin, Thickener: Arabic gum, Flavours. (Cocoa minimum 56%). <i>May contains traces of: WHEAT, MILK and NUTS.</i>		per 100g	per portion (g)	
			KJ	2276	569
			Kcal	546	136
			Fat	32.0	8.0
			Sat	19.0	4.7
			Carbs	56.0	14.0
			Sugar	41.0	10.2
			Fibre	6.7	1.7
			Protein	6.1	1.5
			Salt	0.04	0.01
	Portion weight (g)		25		
Chocolate & Yoghurt Covered Raisins (V)	Milk Chocolate Raisins (50%) (MILK Chocolate Coating (Sugar, MILK Powder, Cocoa Butter, Cocoa Mass, Palm Oil, Whey (MILK), Emulsifier: Sunflower Lecithin, Glazing Agents: Gum Arabic, Shellac), Raisins (Raisins, Sunflower Oil)), Yoghurt Coated Raisins (50%) (Yoghurt Flavoured Coating (Sugar, Palm Oil, Whey Powder (MILK), Rice Flour, Yoghurt Powder (3%) (MILK), Emulsifier: Sunflower Lecithin, Glazing Agents: Shellac, Gum Arabic), Raisins (Raisins, Sunflower Oil)).		per 100g	per portion (g)	
			KJ	1829	695
			Kcal	437	166
			Fat	18.0	6.8
			Sat	11.2	4.3
			Carbs	64.7	24.6
			Sugar	63.3	24.1
			Fibre	1.0	0.4
			Protein	3.6	1.4
			Salt	0.30	0.09
	Portion weight (g)		40		
Dark Chocolate & Hazelnut Chocolate Bar (V)	Dark chocolate 57% (sugar, cocoa mass, cocoa butter, emulsifier: SOY lecithin, natural vanilla flavour), hazelnut cream 43% [sugar, vegetable fats (coconut, palm kernel oil, shea butter in variable proportions), HAZELNUTS (14%), skimmed cocoa powder, whey powder (contains MILK), emulsifier: SOY lecithin, natural vanilla flavour, nibbed HAZELNUTS (11.5%)].		per 100g	per portion (g)	
			KJ	2338	409
			Kcal	562	98
			Fat	38.0	6.7
			Sat	24.0	4.2
			Carbs	48.0	8.4
			Sugar	46.0	8.1
			Protein	4.5	0.8
			Salt	0.1	0.02
			Portion weight (g)		17.5
Eat Natural Dark Choc & Sea Salt Bar (V)	Dark chocolate (20%) (cocoa mass, sugar, cocoa butter, emulsifier: SOYA lecithin), glucose syrup, PEANUTS 12%, crisped rice (rice, sugar), figs 8% (figs, rice flour), dried apricots 8% (apricots, rice flour), honey, sultanas 7% (sultanas, sunflower oil), shredded coconut, ALMONDS 6%, cocoa powder, sea salt.		per 100g	per portion (g)	
			KJ	1830	823
			Kcal	438	197
			Fat	21.5	9.7
			Sat	9.6	4.3
			Carbs	49.2	22.1
			Sugar	30.7	13.8
			Fibre	6.9	3.1
			Protein	8.5	3.8
			Salt	0.1	0.0
	Portion weight (g)		45		
Eat Natural Vegan Bar (Vg)	Dark chocolate 20% (cocoa mass, sugar, cocoa butter, emulsifier: SOYA lecithin), PEANUTS 18%, shredded coconut 14%, dried apricots 12%, glucose syrup, coconut blossom nectar 6%, pumpkin seeds, crisped rice (rice, sugar), sunflower seeds, roasted chickpeas.		per 100g	per portion (g)	
			KJ	2063	929
			Kcal	496	223
			Fat	30.0	13.5
			Sat	15.3	6.9
			Carbs	40.4	18.2
			Sugar	22.4	10.1
			Protein	11.9	3.5
			Fibre	7.8	5.4
			Salt	0.14	0.1
	Portion weight (g)		45		
Fruit & Nut Mix (Vg)	Almonds (NUTS) (30%), Pistachios (NUTS) (25%), Dried Sweetened Cranberries (20%) (Sugar, Cranberries, Sunflower Oil), Golden raisins (15%) (Raisins, Sunflower Oil, Preservative: SULPHUR DIOXIDE), Cashew NUTS (10%).		per 100g	per portion (g)	
			KJ	2093	837
			Kcal	500	200
			Fat	32.7	13.1
			Sat	3.6	1.4
			Carbs	34.5	13.8
			Sugar	28.7	11.5
			Fibre	6.8	2.7
			Protein	13.6	5.4
			Salt	0.0	0.0
	Portion weight (g)		40		

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Fruit Teacake (Vg)	Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sulfanas (9.5%) (Sulfanas, Water, Sunflower Oil, Preservative (E202)), Raisins (9.5%) (Raisins, Water, Sunflower Oil, Preservative (E202)), Citrus Peel (6%) (Glucose Syrup, Orange Peel, Lemon Peel, Fructose Syrup, Acidity Regulator (E330), Preservatives: (SULPHUR DIOXIDE , E202)), Sweetened Dried Cranberries (5%) (Cranberries, Sugar, Sunflower Oil), Sugar, Yeast, Humectant (Glucose Syrup, Water, Acidity Regulator (E260)), Bread Fat (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471)), Dough Conditioner (Calcium Sulphate, SOYA Flour, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Emulsifier (E472e), Flour Treatment Agent (E300), Enzymes), Water, Emulsifiers (E471, E472e), Acidity Regulators (E260, E525), Salt.	KJ	1200	1152	
		Kcal	283	272	
		Fat	2.5	2.4	
		Sat	0.8	0.7	
		Carbs	56.2	53.9	
		Sugar	22.0	21.1	
		Fibre	3.8	3.6	
		Protein	7.3	7.0	
		Salt	0.2	0.2	
		Portion weight (g)	96		
			per 100g	per portion (g)	
	KJ	2416	242		
	Kcal	581	58		
	Fat	40.0	4.0		
	Sat	15.0	1.5		
	Carbs	47.0	4.7		
	Sugar	44.0	4.4		
	Protein	5.7	0.6		
	Salt	0.03	0.0		
	Portion weight (g)	10			
Giauđuja Chocolate (Vg)	Sugar, HAZELNUTS (30%), cocoa mass, cocoa butter, emulsifier: SOY lecithin, natural vanilla flavour. Cocoa solids: 23% min. <i>May contain MILK and other NUTS.</i>	KJ	1711	1249	
		Kcal	406	296	
		Fat	9.9	7.2	
		Sat	4.5	3.3	
		Carbs	72.8	53.1	
		Sugar	29.5	21.5	
		Fibre	1.9	1.4	
		Protein	5.4	3.9	
		Salt	0.5	0.3	
		Portion weight (g)	73		
			per 100g	per portion (g)	
	KJ	1726	1260		
	Kcal	402	293		
	Fat	12.4	9.1		
	Sat	4.5	3.3		
	Carbs	67.5	49.3		
	Sugar	39.1	28.5		
	Fibre	1.6	1.2		
	Protein	4.3	3.1		
	Salt	1.0	0.7		
	Portion weight (g)	73			
Gino & Ginnie Gingerbread (V)	WHEAT Flour (contains Calcium carbonate, Iron, Niacin and Thiamin), Sugar, Margarine (Palm Oil, Water, Palm Stearin, Rapeseed Oil, Salt, Lemon Juice concentrate), Golden Syrup (Partially Inverted Refiners Syrup), Glucose Syrup, Icing (Sugar, Palm Fat, Glucose Syrup, Water, Icing Sugar, Emulsifiers (Sunflower Lecithin, Polysorbate 60), Natural Colour (Titanium dioxide), Acid (Acetic acid), Preservative (Potassium Sorbate), Natural Flavouring, Gelling Agent (Pectin)], Humectant (Glycerine), EGG , Molasses, Rice Starch, Ground Ginger, Ground Mixed Spice (Cinnamon, Coriander, Ginger, Allspice, Nutmeg, Cloves), Ground Cassia, Thickener (Xanthan Gum), Raising Agent (Bicarbonate of Soda), Natural Colours (Curcumin, Beetroot Extract, Spirulina), Butter Flavouring.	KJ	1663	499	
		Kcal	391	117	
		Fat	0.0	0.0	
		Sat	0.0	0.0	
		Carbs	97.0	29.1	
		Sugar	97.0	29.1	
		Protein	0.2	0.0	
		Salt	0.0	0	
		Portion weight (g)	30		
			per 100g	per portion (g)	
			KJ	2136	964
	Kcal	511	231		
	Fat	26.0	12.0		
	Sat	22.0	10.0		
	Carbs	59.0	26.0		
	Sugar	28.0	13.0		
	Protein	7.7	3.5		
	Salt	0.3	0.1		
	Portion weight (g)	45			
Leone Mints (Vg)	Sugar, Thickening agents: Arabic gum, tragacanth; Piedmont peppermint essential oil.	KJ	2169	978	
		Kcal	519	234	
		Fat	27.0	12.0	
		Sat	20.0	8.9	
		Carbs	59.0	27.0	
		Sugar	26.0	12.0	
		Protein	8.1	3.6	
		Salt	0.3	0.2	
		Portion weight (g)	45		
			per 100g	per portion (g)	
			KJ	2188	985
	Kcal	523	235		
	Fat	27.0	12.0		
	Sat	23.0	11.0		
	Carbs	61.0	28.0		
	Sugar	31.0	14.0		
	Protein	7.8	3.5		
	Salt	0.4	0.2		
	Portion weight (g)	45			
Locker Creamkacao (V)	Crispy wafer filled with cocoa cream (75%), WHEAT flour, coconut oil, glucose syrup, sugar, fat reduced cocoa 9% in the cream, dextrose, sweet whey powder, SOYA flour, skimmed MILK powder, malt extract, salt, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier SOYA lecithin, HAZELNUTS , vanilla pods (Bourbon). <i>May contain ALMONDS.</i>	KJ	1997	339	
		Kcal	476	81	
		Fat	19.3	3.3	
		Sat	11.1	1.9	
		Carbs	66.9	11.4	
		Sugar	31.4	5.3	
		Fibre	1.9	0.3	
		Protein	6	1.0	
		Salt	0.1	0.02	
		Portion weight (g)	17.0		
			per 100g	per portion (g)	
	KJ	1997	339		
	Kcal	476	81		
	Fat	19.3	3.3		
	Sat	11.1	1.9		
	Carbs	66.9	11.4		
	Sugar	31.4	5.3		
	Fibre	1.9	0.3		
	Protein	6	1.0		
	Salt	0.1	0.02		
	Portion weight (g)	17.0			
Locker Napolitaner (V)	Crispy wafer filled with HAZELNUT cream (75% cream). Ingredients: WHEAT flour, coconut oil, glucose syrup, sugar, hazelnut 9% in the cream, sweet whey powder, SOYA flour, skimmed MILK powder, fat reduced cocoa, diphosphate) emulsifier SOYA lecithin, vanilla pods (bourbon). <i>May contain ALMONDS.</i>	KJ	1997	339	
		Kcal	476	81	
		Fat	19.3	3.3	
		Sat	11.1	1.9	
		Carbs	66.9	11.4	
		Sugar	31.4	5.3	
		Fibre	1.9	0.3	
		Protein	6	1.0	
		Salt	0.1	0.02	
		Portion weight (g)	17.0		
			per 100g	per portion (g)	
	KJ	1997	339		
	Kcal	476	81		
	Fat	19.3	3.3		
	Sat	11.1	1.9		
	Carbs	66.9	11.4		
	Sugar	31.4	5.3		
	Fibre	1.9	0.3		
	Protein	6	1.0		
	Salt	0.1	0.02		
	Portion weight (g)	17.0			
Locker Vanille (V)	Crispy wafer filled with vanilla cream (75% cream). Ingredients: WHEAT flour, coconut oil, glucose syrup, sugar, skimmed MILK powder, dextrose, SOYA flour, malt extract, sugar, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier SOYA lecithin, vanilla pods (bourbon), HAZELNUT . <i>May contain ALMONDS.</i>	KJ	1997	339	
		Kcal	476	81	
		Fat	19.3	3.3	
		Sat	11.1	1.9	
		Carbs	66.9	11.4	
		Sugar	31.4	5.3	
		Fibre	1.9	0.3	
		Protein	6	1.0	
		Salt	0.1	0.02	
		Portion weight (g)	17.0		
			per 100g	per portion (g)	
	KJ	1997	339		
	Kcal	476	81		
	Fat	19.3	3.3		
	Sat	11.1	1.9		
	Carbs	66.9	11.4		
	Sugar	31.4	5.3		
	Fibre	1.9	0.3		
	Protein	6	1.0		
	Salt	0.1	0.02		
	Portion weight (g)	17.0			
Metcalfe's® Chocolate Rice Cakes (V)	Milk Chocolate (60%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring), Rice Cake (40%) (Wholegrain Brown Rice, Rice). (Minimum Cocoa Solids 39%).	KJ	1997	339	
		Kcal	476	81	
		Fat	19.3	3.3	
		Sat	11.1	1.9	
		Carbs	66.9	11.4	
		Sugar	31.4	5.3	
		Fibre	1.9	0.3	
		Protein	6	1.0	
		Salt	0.1	0.02	
		Portion weight (g)	17.0		
			per 100g	per portion (g)	
	KJ	1997	339		
	Kcal	476	81		
	Fat	19.3	3.3		
	Sat	11.1	1.9		
	Carbs	66.9	11.4		
	Sugar	31.4	5.3		
	Fibre	1.9	0.3		
	Protein	6	1.0		
	Salt	0.1	0.02		
	Portion weight (g)	17.0			

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

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Milk Chocolate Stracciatella Bar (V)	Milk chocolate 57% (sugar, MILK powder, cocoa butter, cocoa mass, emulsifier: SOY lecithin, natural vanilla flavour), milk cream 43% (vegetable fats (coconut, palm kernel oil, shea butter in variable proportions), sugar, skimmed MILK powder, whey powder (contains MILK), emulsifier: SOY lecithin, natural vanilla flavour, cocoa chips (11.5%)).	KJ	2380	
		Kcal	572	
		Fat	39.0	
		Sat	24.0	
		Carbs	47.0	
		Sugar	46.0	
		Protein	6.6	
		Salt	0.2	
		Portion weight (g)	17.5	
			per 100g	per portion (g)
			KJ	1548
	Kcal	368		
	Fat	14.0		
	Sat	8.5		
	Carbs	52.0		
	Sugar	28.0		
	Fibre	1.4		
	Protein	7.9		
	Salt	0.5		
	Portion weight (g)	100		
Panettone (V)	WHEAT flour, sulfanas, fresh EGGS, butter (MILK), sugar, candied orange peels (orange peels, glucose-fructose syrup, sugar, acidity regulator: citric acid), MILK, fresh EGG yolk, natural yeast (WHEAT), emulsifiers: mono and diglycerides of fatty acids, glucose syrup, flavourings, cocoa butter, salt. <i>May contain traces of NUTS and SOY.</i>	KJ	2656	
		Kcal	635	
		Fat	56.2	
		Sat	5.7	
		Carbs	12.5	
		Sugar	4.7	
		Fibre	5.5	
		Protein	16.8	
		Salt	0.0	
		Portion weight (g)	40.0	
			per 100g	per portion (g)
	KJ	1882		
	Kcal	449		
	Fat	17.7		
	Sat	6.2		
	Carbs	69.6		
	Sugar	46.0		
	Fibre	4.7		
	Protein	4.6		
	Salt	0.7		
	Portion weight (g)	60		
Vegan Fruit Flapjack (Vg)	OATS (31%), Soft Brown Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono - and - Diglycerides of Fatty Acids)), Golden Syrup, Raisins (8%) (Raisins, Sunflower Oil), Mixed Peel (6%) (Orange peel, Lemon Peel, Glucose Fructose Syrup, Sugar, Acidity Regulator (Citric acid)), Cranberries (4%) (cranberries, Sugar, Sunflower Oil), PISTACHIO NUTS (1%), Salt. <i>May contain traces of other NUTS.</i>	KJ	1853	
		Kcal	440	
		Fat	14.2	
		Sat	5.6	
		Carbs	72.3	
		Sugar	37.7	
		Protein	4.9	
		Salt	0.6	
		Portion weight (g)	30	
			per 100g	per portion (g)
			KJ	1973
	Kcal	473		
	Fat	27.7		
	Sat	6.9		
	Carbs	48.4		
	Sugar	32.0		
	Fibre	2.7		
	Protein	6.1		
	Salt	0.3		
	Portion weight (g)	48		
Vegan Stem Ginger Biscuit (Vg)	WHEAT flour (WHEAT flour, Calcium carbonate, Iron, Niacin, Thiamin), Partially inverted refiners syrup, Sugar, Margarine (Palm oil, Rapeseed oil, Salt, Colours (Annatto, Curcumin), Natural flavouring), Stem Ginger (4.6%)(Ginger, Sugar), Ground ginger, Raising Agent (Sodium bicarbonate, Ammonium bicarbonate).	KJ	1890	
		Kcal	451	
		Fat	20.9	
		Sat	7.3	
		Carbs	55.4	
		Sugar	22.8	
		Fibre	3.9	
		Protein	8.3	
		Salt	0.2	
		Portion weight (g)	50	
			per 100g	per portion (g)
	KJ	2103		
	Kcal	505		
	Fat	31.5		
	Sat	7.4		
	Carbs	47.6		
	Sugar	28.4		
	Fibre	3.8		
	Protein	5.7		
	Salt	0.1		
	Portion weight (g)	50		
Vegan & Gluten Free Chocolate Brownie (Vg, GF)	Dark Chocolate (23%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Sunflower Lecithin), Sugar, Chick Pea Flour, Rapeseed Oil, Water, Chick pea, Cocoa Powder, Chocolate drops (2%) (Cocoa Mass, Sugar, Cocoa Butter), Flavourings, Hydroxypropyl methyl cellulose, Raising agents (Calcium Phosphate, Sodium Hydrogen Carbonate), Preservative (Potassium Sorbate), Salt.	KJ	1890	
		Kcal	451	
		Fat	20.9	
		Sat	7.3	
		Carbs	55.4	
		Sugar	22.8	
		Fibre	3.9	
		Protein	8.3	
		Salt	0.2	
		Portion weight (g)	50	
			per 100g	per portion (g)
	KJ	2199		
	Kcal	526		
	Fat	28.2		
	Sat	18.6		
	Carbs	62.3		
	Sugar	22.9		
	Protein	5.4		
	Salt	0.7		
	Portion weight (g)	25		
Wrapped Flapjack (Vg)	OATS (39%), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), Golden Syrup, Brown Sugar, Glucose Syrup (SULPHITES), Black Treacle, Pumpkin Seeds (3%), OAT Flour, Sunflower Seeds (2%), Dark Chocolate (2%) (Cocoa Solids, Sugar, Emulsifier: Sunflower Lecithin), Natural Flavourings, Salt.	KJ	1890	
		Kcal	451	
		Fat	20.9	
		Sat	7.3	
		Carbs	55.4	
		Sugar	22.8	
		Fibre	3.9	
		Protein	8.3	
		Salt	0.2	
		Portion weight (g)	50	
			per 100g	per biscuit (g)
	KJ	526		
	Fat	28.2		
	Sat	18.6		
	Carbs	62.3		
	Sugar	22.9		
	Protein	5.4		
	Salt	0.7		
	Portion weight (g)	25		
Gluten Free Chocolate Brownie Bar (V, GF)	EGG, Dark Chocolate (19%) (Cocoa Solids, Sugar, Emulsifier: Sunflower Lecithin), Sugar, Rapeseed Oil, Ground ALMONDS, Chocolate Chips (6%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Sunflower Lecithin), White Rice Flour, Citrus Fibre (Maize, Maize Starch, Citrus Fibre), Tapioca Starch, Humectant (Glucose Syrup, Water, Acid Regulator: E260), Water, Acid: Ascorbic Acid; Preservative: Potassium Sorbate; Raising Agents: E341, E500.	KJ	2199	
		Kcal	526	
		Fat	28.2	
		Sat	18.6	
		Carbs	62.3	
		Sugar	22.9	
		Protein	5.4	
		Salt	0.7	
		Portion weight (g)	25	
			per 100g	per biscuit (g)
			KJ	526
	Fat	28.2		
	Sat	18.6		
	Carbs	62.3		
	Sugar	22.9		
	Protein	5.4		
	Salt	0.7		
	Portion weight (g)	25		
Wrapped Shortbread (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (33%)(MILK), Icing Sugar, Light Brown Sugar (Sugar, Molasses).	KJ	2199	
		Kcal	526	
		Fat	28.2	
		Sat	18.6	
		Carbs	62.3	
		Sugar	22.9	
		Protein	5.4	
		Salt	0.7	
		Portion weight (g)	25	

DF = Dairy-Free
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V = Vegetarian
Vg = Vegan

CRISPS & POPCORN

Please note that the crisps sold from our stores in Northern Ireland are different than those sold in the rest of the UK. Please refer to page 24 for NI crisp information.

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Kettle Sea Salt Crisps (Vg)	Select Potatoes, Sunflower Oil, Sea Salt.	KJ	2139	856
		Kcal	513	205
		Fat	30.1	12.0
		Sat	3.5	1.4
		Carbs	51.5	20.6
		Sugar	0.5	0.2
		Fibre	6.5	2.6
		Protein	5.8	2.3
		Salt	0.9	0.4
		Portion weight (g)		40
Kettle Sea Salt & Vinegar Crisps (Vg)	Select Potatoes, Sunflower Oil, Sea Salt and Balsamic Vinegar Seasoning (Sea Salt, Potato Maltodextrin, Dried Balsamic Vinegar, Sugar, Acid: Citric Acid, Dried Red Wine Extract, Natural Flavouring).	KJ	2125	850
		Kcal	509	204
		Fat	28.1	11.2
		Sat	2.8	1.1
		Carbs	55.8	22.3
		Sugar	1.5	0.6
		Fibre	4.9	2.0
		Protein	5.7	2.3
		Salt	1.4	0.6
		Portion weight (g)		40
Kettle Cheddar & Onion Crisps (V)	Select Potatoes, Sunflower Oil, Mature Cheddar and Red Onion Seasoning (Dried Buttermilk, Dried Mature Cheddar Cheese (MILK), Dried Onion, Dried Red Onion, Sea Salt, Dried Yeast Extract, Dried Yeast, Dried Chives, Colour: Paprika Extract).	KJ	2106	842
		Kcal	505	202
		Fat	28.9	12
		Sat	3.3	1.3
		Carbs	51.1	20.4
		Sugar	2.5	1.0
		Fibre	6.2	2.5
		Protein	7.1	2.8
		Salt	1.1	0.4
		Portion weight (g)		40
Metcalfe's® Charity Popcorn Sea Salt (Vg)	Popped Butterfly Corn (75%), Rapeseed Oil, Sea Salt.	KJ	1833	367
		Kcal	437	87
		Fat	16.3	3.3
		Sat	1.2	0.2
		Carbs	55.1	11.0
		Sugar	0.8	0.8
		Fibre	12.7	2.5
		Protein	11.2	2.2
		Salt	1.0	0.2
		Portion weight (g)		20
Metcalfe's Skinny Popcorn® Sweet 'n Salt (Vg)	Popped Butterfly Corn (64%), Rapeseed Oil, Sweetening Blend (Sugar, Sweetener: Isomalt, Sweetener: Steviol Glycosides), Salt.	KJ	1908	477
		Kcal	455	114
		Fat	17.8	4.5
		Sat	1.3	0.3
		Carbs	60.5	15.1
		Sugar	15.9	4.0
		Fibre	9.6	2.4
		Protein	8.6	2.2
		Salt	0.5	0.1
		Portion weight (g)		25

YOGHURTS & GRANOLA POT

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Berry Granola Pot (V)	Greek Style Yogurt (MILK) (64%), Summer Berry Compote (23%) [Sugar, Strawberries, Water, Blackberries, Blueberries, Redcurrants, Cornflour, Lemon Juice, Natural Flavouring, Gelling Agent: Pectin], Dried Cranberry Granola (11%) [OAT Flakes, Sweetened Dried Cranberries (1%) (Cranberries, Sugar, Sunflower Oil), Sunflower Seeds, Pumpkin Seeds, Glucose Syrup, Water, Brown Rice Flour, Quinoa, Freeze Dried Raspberries, Natural Flavouring].	KJ	704	1197
		Kcal	168	286
		Fat	9.2	15.6
		Sat	4.6	7.8
		Carbs	15.9	27.0
		Sugar	10.7	18.2
		Fibre	0.8	1.4
		Protein	5.1	8.6
		Salt	0.9	1.6
		Portion weight (g)		170
Tim's Raspberry Yoghurt (V)	Greek Style Natural Yogurt (MILK), Sugar, Raspberries (6%), Cornflour, Natural Flavouring, Citric Acid.	KJ	594	1040
		Kcal	142	249
		Fat	8.4	14.7
		Sat	5.2	9.1
		Carbs	12.2	21.4
		Sugar	11.8	20.7
		Fibre	0.4	0.7
		Protein	4.9	8.6
		Salt	0.2	0.4
		Portion weight (g)		175
Tim's Honey Yoghurt (V)	Greek Style Natural Yogurt (MILK), Brown Sugar, Cane Sugar, Honey (4.5%), Rice Starch, Natural Flavouring, Lemon Juice Concentrate.	KJ	632	1106
		Kcal	151	264
		Fat	8.5	14.9
		Sat	5.5	9.6
		Carbs	14.2	24.9
		Sugar	12.3	21.5
		Fibre	0.1	0.2
		Protein	4.9	8.6
		Salt	0.2	0.4
		Portion weight (g)		175

NORTHERN IRELAND PRODUCTS

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

PASTRIES

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

PANINI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
All Day Breakfast Panini	Sourdough Panini (61%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Scrambled EGG & Cheese (23%0 [Scrambled EGG (EGG , Water, Rapeseed Oil, Buttermilk Powder (MILK), Cornflour, Salt, White Pepper, Antioxidant (Citric Acid), Thickener (Xanthan Gum), Preservative (Lactic Acid)], Bechamel Sauce (Skimmed MILK , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Maize Starch, Salt, Emulsifier (SOYA Lecithin)), Cheddar Cheese (MILK), Black Pepper, Salt), WHEAT Starch, Calcium Carbonate, Iron, Thiamin, Niacin), Salt), WHEAT Starch, Rapeseed Oil, Parsley, Salt, Dextrose, Sage, Beef Collagen Casing, Fortified WHEAT Flour, Stabiliser (Sodium Triphosphate), WHEAT Protein, Spice & Spice Herb Extracts (Pepper, Nutmeg, Chilli, Clove, Coriander Sage, Thyme, Pimento)], Coffee Bacon (7%) [Pork Belly, Sugar, Salt, Cold Brewed Coffee, Stabiliser (Sodium Triphosphate), Maltodextrin, Natural Flavouring, Anticaking Agent (Calcium Silicate), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)].	KJ	1024	1772	
		Kcal	245	424	
		Fat	8.1	14	
		Sat	2.8	4.9	
		Carbs	30	52	
		Sugar	3.5	6	
		Protein	12	21	
		Salt	1.0	1.7	
		Portion weight (g)		173	

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Chargrilled Chicken & Pesto Panini	Sourdough Panini (49%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Chargrilled Chicken (18%) [Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Emulsifier (Sodium Triphosphate), Potato Starch, Whey Protein (MILK), Stabiliser (Gum Arabic), Salt, Vinegar, Yeast Extract), Basil Pesto (7.7%) [Basil Pesto (Basil, Sunflower Oil, Salt), Sunflower Oil, Medium Fat Hard Cheese (MILK), Bechamel (Skimmed (MILK), Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Palm Oil, Butter (MILK), modified Maize Starch, Salt, Emulsifier (Lecithin) (SOYA), Tomato, Spinach, Regato Cheese (MILK).	KJ	895	1906	
		Kcal	214	456	
		Fat	7.4	16	
		Sat	2	4.3	
		Carbs	24	52	
		Sugar	2.5	5.3	
		Protein	11	24	
		Salt	1.2	2.6	
		Portion weight (g)		213	

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Ham & Mozzarella Panini	Sourdough Panini (58%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Ham (22%) [Pork, Water, Glucose Syrup, Emulsifiers (Triphosphates, Diphosphates), Salt, Antioxidant (Sodium Ascorbate), Dextrose, Spice Extracts, Preservative (Sodium Nitrite)], Mozzarella (11%) Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Palm Oil, Butter (MILK), Modified Maize Starch, Salt, Emulsifier (Lecithin) (SOYA)], Mature Cheddar Cheese (3%) (MILK).	KJ	974	1753	
		Kcal	233	419	
		Fat	6.8	12	
		Sat	3.3	5.9	
		Carbs	28	50	
		Sugar	3.2	5.8	
		Protein	14	25	
		Salt	1.3	2.3	
		Portion weight (g)		180	

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Mozzarella & Tomato Panini (V)	Sourdough Panini (54%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Mozzarella (21%) (MILK), Tomato (12%), Cheddar Cheese (MILK), Basil Pesto (6.4%) [Basil, Sunflower Oil, Salt), Sunflower Oil, Medium Fat Hard Cheese (MILK)].	KJ	1101	2136	
		Kcal	263	510	
		Fat	12	23	
		Sat	2.1	4.1	
		Carbs	27	52	
		Sugar	2.5	4.9	
		Protein	12	23	
		Salt	1.0	2.0	
		Portion weight (g)		194	

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Tuna Melt Panini	Sourdough Panini (50%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Tuna Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG , Free Range EGG Yolk, Spirit Vinegar, Salt, Sugar, Flavouring, Lemon Juice Concentrate, Antioxidant (Calcium Disodium EDTA)), Red Pepper, Slow Roast Tomatoes (8%) (Slow Roast Tomatoes, Rapeseed Oil, Salt, Garlic, Oregano), Red Onion, Cornflour, Parsley, Lemon Zest, Cracked Black Pepper], Cheddar Cheese (12%) (MILK).	KJ	1187	2493	
		Kcal	284	596	
		Fat	14	29	
		Sat	3.3	6.9	
		Carbs	26	55	
		Sugar	2.7	5.7	
		Protein	12	25	
		Salt	0.9	1.8	
		Portion weight (g)		210	

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Plant Based "Chicken" Arrabbiata Panini (Vg)	Sourdough Panini (56%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Olive Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT GLUTEN, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Chicken Vegan Ragù (40%) [Seasoned SOYA pieces (Water, SOYA Protein Concentrate, Sunflower Oil, Natural Flavouring, Pea Protein Isolate, Potato Starch, Salt, Pea Fibre, Rapeseed Oil, Maltodextrin, Sea Salt and Black Pepper Seasoning (Maltodextrin, Black Pepper, Sugar, Yeast Extract Powder, Natural Flavouring, Sea Salt), Iron, Vitamin B12), Pizza Sauce (Tomato Pulp, Salt, Sunflower Oil, Sugar, 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, Dried Basil], Spinach 4%.	KJ	786	1481	
		Kcal	188	354	
		Fat	2.6	4.9	
		Sat	0.4	0.7	
		Carbs	30.0	56.0	
		Sugar	4.4	8.4	
		Protein	11.0	20.0	
		Salt	0.8	1.5	
		Portion weight (g)		188	

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

TOSTATI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Chicken & Bacon Tostati Melt	Sourdough Bread (45%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture (RYE), SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers (E472(e), E481), Flour Treatment Agent (E300)], Chicken and Bacon Filling (38%) [Bechamel (Skimmed MILK , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Maize Starch, Salt, Emulsifier (E322) (SOYA)), Chicken (20%) (Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Stabiliser (E451), Potato Starch, Whey Protein (MILK), Emulsifier (E412), Salt, Vinegar, Yeast Extract), Formed Diced Bacon Pieces (8%) (Pork, Water, Salt, Preservative (E250), Stabiliser (E450), Antioxidant (E301)), Cheddar Cheese (MILK), Mozzarella (MILK), Mayonnaise (Rapeseed Oil, Water, Free Range Pasteurised EGG & EGG Yolk, Spirit Vinegar, Sugar, Salt, Lemon Juice, Antioxidant (E385), Flavouring, Paprika Extract), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330)), Topping (18%) [Cheddar Cheese (MILK), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MILK Protein, Cheddar Cheese (MILK), Yeast Extract, Acidity Regulator (E330), Spice, Stabilisers (E412,E415), Preservative (E202), Colour (E161b)), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330)), Smoked Paprika, Dried Chives].	KJ	1003	2008	
		Kcal	240	480	
		Fat	9.9	20	
		Sat	4.6	9.3	
		Carbs	27	53	
		Sugar	1.2	2.4	
		Protein	10	20	
		Salt	1.4	2.7	
		Portion weight (g)		200	
		Ham, Cheese & Mustard Tostati Melt	Sourdough Bread (49%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture (RYE), SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers (E472(e), E481), Flour Treatment Agent (E300)], 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 (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330)), Wholegrain MUSTARD (Water, MUSTARD Seed, White Wine Vinegar, Glucose-Fructose Syrup, MUSTARD Flour, Salt, Acidity Regulator (E260), Cinnamon, Pimento, Turmeric)], Cheddar Cheese (11%) (MILK).	KJ	1054
Kcal	252			466	
Fat	10			19	
Sat	4.8			8.8	
Carbs	27			50	
Sugar	0.7			1.2	
Protein	13			23	
Salt	1.6			2.9	
Portion weight (g)				185	
Five Cheese & Roasted Tomato Tostati (V)	Sourdough Bread (44%) [Fortified WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture (RYE), SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers (E472(e), E481), Flour Treatment Agent (E300)], Cheese Topping (17%) [Mozzarella (MILK), Béchamel (Béchamel Sauce (Skimmed MILK , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Starch (Waxy Maize), Salt, Emulsifier (Lecithin) (SOYA)), Red Cheddar (MILK)], Cheese Filling (15%) [Mascarpone (Cream (MILK), MILK , Acidity Regulator (E330), Preservative (E202, E234)), Regato (MILK), Béchamel (Béchamel Sauce (Skimmed MILK , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Starch (Waxy Maize), Salt, Emulsifier (Lecithin) (SOYA)), Red Cheddar (MILK)], Cheddar Cheese (15%) (MILK), Roasted Baby Plum Tomatoes (9.8%) (Plum Tomatoes, Rapeseed Oil, Salt, Oregano, Garlic).			KJ	1196
		Kcal	286	586	
		Fat	15.0	30.0	
		Sat	8.5	17.0	
		Carbs	25.0	52.0	
		Sugar	1.5	3.1	
		Protein	12.0	25.0	
		Salt	1.1	2.3	
		Portion weight (g)		205	
		Irish Sausage, Cheddar & Ballymaloe Relish Toastie	Malted Bloomer Bread (43%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran , Yeast, Salt, Vegetable Fat (Rapeseed, Palm), Malted WHEAT Flour, Malted BARLEY Flour, WHEAT Protein, Spirit Vinegar, Emulsifiers (E472e), Flour Treatment Agent (E300)], Sausage (38%) [Pork (70%), Water, Rusk (WHEAT flour (Fortified WHEAT flour, Calcium carbonate, Iron, Niacin, Thiamin), Salt), WHEAT Starch, Salt, Dextrose, Rapeseed Oil, Beef Collagen Casing, WHEAT flour (Fortified WHEAT flour, calcium Carbonate, Iron, Niacin, Thiamin), Stabiliser (E451), WHEAT protein, Spice and Herb Extracts (Pepper, Nutmeg, Chilli, Sage, Parsley, Pimento)], Cheddar Cheese (9.5%) (MILK , Potato Starch), Ballymaloe Relish (9.5%) (Tomatoes, Tomato Puree, Vinegar, Sugar, Onions, Sultanas, Sea Salt, MUSTARD Seed, Spices).	KJ	1078
Kcal	258			541	
Fat	11.0			23.0	
Sat	4.5			9.0	
Carbs	28.0			58.0	
Sugar	4.6			9.6	
Protein	12.0			25.0	
Salt	1.3			2.8	
Portion weight (g)				190	

SALADS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
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 (Cows MILK , Salt, Rennet, Preservative: Lisozyme (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	834	2194
		Kcal	199	524
		Fat	7.4	20.0
		Sat	1.8	4.7
		Carbs	20.0	53.0
		Sugar	2.1	5.6
		Fibre	1.3	3.4
		Protein	11.0	29.0
		Salt	0.5	1.2
		Portion weight (g)		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 Onion Chutney (Red onion (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	769	1921
		Kcal	184	459
		Fat	4.6	12
		Sat	2.6	6.5
		Carbs	26	64
		Sugar	4.2	11.0
		Fibre	0.8	1.9
		Protein	8	20
		Salt	0.6	1.6
		Portion weight (g)		250

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GF = Gluten-Free
V = Vegetarian
Vg = Vegan

BAGUETTES & ROMANAS

PRODUCT	INGREDIENTS	NUTRITIONAL 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 EGG, 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, Dried Garlic, Acidity Regulator :Citric Acid), Medium Fat Hard Cheese (MILK) (contains Preservative (Lysozyme (from EGG)), Salt, Lemon Juice Concentrate, Dried Garlic, 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, Onion 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 (9%).	per 100g	per portion (g)	
		KJ	932	1631
		Kcal	223	390
		Fat	13	23
		Sat	0.8	1.4
		Carbs	20	35
		Sugar	1.5	2.5
		Fibre	2.1	3.7
		Protein	8.6	15
		Salt	1.4	2.5
		Portion weight (g)		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)], Mozzarella (12%) [MILK, Salt, rennet, lactic ferments], Pesto Mayonnaise Mix (9%) [Gourmet Mayonnaise (Rapeseed Oil, Water, Pasteurised Liquid EGG, 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, Dried Garlic, Acidity Regulator: Citric Acid), Medium Fat Hard Cheese (MILK) (contains Preservative (Lysozyme (from EGG)), Salt, Lemon Juice Concentrate, Dried Garlic, 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, Onion 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)), Rocket (4%), Spinach (4%).	per 100g	per portion (g)	
		KJ	859	1460
		Kcal	205	349
		Fat	9.3	16
		Sat	0.9	1.5
		Carbs	19	32
		Sugar	0.6	1.0
		Fibre	1.7	2.9
		Protein	11	19
		Salt	1.6	2.8
		Portion weight (g)		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 GLUTEN, 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].	per 100g	per portion (g)	
		KJ	1043	2097
		Kcal	249	501
		Fat	10	20
		Sat	5.2	10
		Carbs	26	53
		Sugar	0.5	1.0
		Fibre	1.2	2.4
		Protein	13	26
		Salt	2.2	4.4
		Portion weight (g)		201

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 (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].	per 100g	per portion (g)	
		KJ	949	1946
		Kcal	227	465
		Fat	5.6	11
		Sat	3.3	6.8
		Carbs	30	61
		Sugar	4.1	8.4
		Fibre	1.2	2.5
		Protein	13	27
		Salt	1.6	3.2
		Portion weight (g)		205

SAVOURY PASTRIES & ROLLS

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

SOUP

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

DESSERT

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

SCONES

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

CRISPS

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

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

YOGHURTS & FRUIT POTS

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