

**HOW TO USE THIS GUIDE**

| <b>PASTRIES</b>     |               |             |             |             | <b>This Product Contains</b> |             |             |               |                        |                |              |                    |                     |                 |
|---------------------|---------------|-------------|-------------|-------------|------------------------------|-------------|-------------|---------------|------------------------|----------------|--------------|--------------------|---------------------|-----------------|
| <b>Product Name</b> | <b>Gluten</b> | <b>Eggs</b> | <b>Milk</b> | <b>Nuts</b> | <b>Peanuts</b>               | <b>Fish</b> | <b>Soya</b> | <b>Celery</b> | <b>Sulphur Dioxide</b> | <b>Mustard</b> | <b>Lupin</b> | <b>Crustaceans</b> | <b>Sesame seeds</b> | <b>Molluscs</b> |
| Almond Croissant    | *             | *           | *           | *           |                              |             |             |               |                        |                |              |                    |                     |                 |
| Butter Croissant    | *             | *           | *           |             |                              |             |             |               |                        |                |              |                    |                     |                 |
| Cinnamon Swirl      | *             | *           | *           |             |                              |             |             |               |                        |                |              |                    |                     |                 |



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

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

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

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

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

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

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

**PASTRIES**

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

**FESTIVE SWEET**

| Product Name                           | This Product Contains |      |      |      |         |      |      |        |                 |         |       |             | Sesame seeds | Molluscs |
|--|-----------------------|------|------|------|---------|------|------|--------|-----------------|---------|-------|-------------|--------------|----------|
|  | Gluten                | Eggs | Milk | Nuts | Peanuts | Fish | Soya | Celery | Sulphur Dioxide | Mustard | Lupin | Crustaceans |              |          |
| <b>NEW</b> Classic Mince Pie           | *                     |      |      |      |         |      |      |        |                 |         |       |             |              |          |
| <b>NEW</b> Luxury Mince Pie            | *                     | *    | *    | *    |         |      |      |        |                 |         |       |             |              |          |
| <b>NEW</b> Blackforest Cake            | *                     | *    | *    |      |         |      | *    |        |                 |         |       |             |              |          |
| <b>NEW</b> Chocolate Hazelnut Chouxnut | *                     | *    | *    | *    |         |      | *    |        |                 |         |       |             |              |          |

**WHOLE CAKES**

| Product Name                        | This Product Contains |      |      |      |         |      |      |        |                 |         |       |             | Sesame seeds | Molluscs |
|-------------------------------------|-----------------------|------|------|------|---------|------|------|--------|-----------------|---------|-------|-------------|--------------|----------|
|                                     | Gluten                | Eggs | Milk | Nuts | Peanuts | Fish | Soya | Celery | Sulphur Dioxide | Mustard | Lupin | Crustaceans |              |          |
| Belgian Chocolate Fudge Cake        | *                     | *    | *    |      |         |      | *    |        |                 |         |       |             |              |          |
| Cappuccino Cake                     | *                     | *    | *    |      |         |      | *    |        |                 |         |       |             |              |          |
| Carrot Cake                         | *                     | *    | *    | *    |         |      |      |        |                 |         |       |             |              |          |
| Raspberry & White Chocolate Roulade | *                     | *    | *    |      |         |      | *    |        |                 |         |       |             |              |          |

**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            | *                     |      | *    |      |         |      | *    |        |                 |         |       |             |              |          |
| Belgian Chocolate Brownie     | *                     | *    | *    |      |         |      | *    |        |                 |         |       |             |              |          |
| Salted Caramel Cookie Brownie | *                     | *    | *    |      |         |      | *    |        | *               |         |       |             |              |          |

**TRAYBAKES**

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

**DESSERTS**

| Product Name                                | This Product Contains |      |      |      |         |      |      |        |                 |         |       |             |              |          |
|---|-----------------------|------|------|------|---------|------|------|--------|-----------------|---------|-------|-------------|--------------|----------|
|   | Gluten                | Eggs | Milk | Nuts | Peanuts | Fish | Soya | Celery | Sulphur Dioxide | Mustard | Lupin | Crustaceans | Sesame seeds | Molluscs |
| Blueberry Muffin Cheesecake                 | *                     | *    | *    |      |         |      | *    |        |                 |         |       |             |              |          |
| Sicilian Lemon Meringue 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 |
| Dark Chocolate & Almond Cookie | *                     |      |      | *    |         |      |      |        |                 |         |       |             |              |          |
| Belgian Chocolate Cookie       | *                     | *    | *    |      |         |      | *    |        |                 |         |       |             |              |          |
| Oat & Raisin Cookie            | *                     |      |      |      |         |      |      |        |                 |         |       |             |              |          |

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

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

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

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

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

**SOUPS**

| Product Name                            | This Product Contains |      |      |      |         |      |      |        |                 |         |       |             |              |          |
|---|-----------------------|------|------|------|---------|------|------|--------|-----------------|---------|-------|-------------|--------------|----------|
|   | Gluten                | Eggs | Milk | Nuts | Peanuts | Fish | Soya | Celery | Sulphur Dioxide | Mustard | Lupin | Crustaceans | Sesame seeds | Molluscs |
| Potato & Leek Soup with Pesto (NI only) |                       | *    | *    |      |         |      |      | *      |                 |         |       |             |              |          |
| Tomato & Basil Soup (NI only)           |                       |      | *    |      |         |      |      | *      |                 |         |       |             |              |          |

**SALADS**

| Product Name                            | This Product Contains |      |      |      |         |      |      |        |                 |         |       |             |              |          |
|---|-----------------------|------|------|------|---------|------|------|--------|-----------------|---------|-------|-------------|--------------|----------|
|   | Gluten                | Eggs | Milk | Nuts | Peanuts | Fish | Soya | Celery | Sulphur Dioxide | Mustard | Lupin | Crustaceans | Sesame seeds | Molluscs |
| Mediterranean Style Vegetable Cous Cous | *                     |      |      |      |         |      |      |        |                 |         |       |             |              |          |

For Allergen and Nutritional Information for our Festive Beverage range, please refer to our 'CN Festive 2022 Beverage Allergen & Nutritional Information' document.

**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*            |                       |      | *    |      |         |      | *    |        |                 |         |       |             |              |          |
| Luxury Hot Chocolate*     |                       |      | *    |      |         |      | *    |        |                 |         |       |             |              |          |
| Luxury Mocha*             |                       |      | *    |      |         |      | *    |        |                 |         |       |             |              |          |
| Chai Latte                |                       |      | *    |      |         |      |      |        |                 |         |       |             |              |          |
| White Chocolate Mocha*    |                       |      | *    |      |         |      | *    |        |                 |         |       |             |              |          |
| Luxury Caramelatte*       |                       |      | *    |      |         |      |      |        |                 |         |       |             |              |          |

\*served with whipped cream

**NON DAIRY MILK**

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

**EXTRAS**

| EXTRAS                   | This Product Contains |      |      |      |         |      |      |        |                 |         |       |             |              |          |
|--------------------------|-----------------------|------|------|------|---------|------|------|--------|-----------------|---------|-------|-------------|--------------|----------|
| Product Name             | Gluten                | Eggs | Milk | Nuts | Peanuts | Fish | Soya | Celery | Sulphur Dioxide | Mustard | Lupin | Crustaceans | Sesame seeds | Molluscs |
| Chocolate Brownie Fudjie |                       |      |      |      |         |      | *    |        |                 |         |       |             |              |          |
| 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**

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

Within this guide you will find Allergen, Nutritional and Ingredient information as well as dietary suitability for food & beverage products sold in our stores.

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.

Nutritional information can be found to the right beside the ingredient declaration, per 100g and per product.

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

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

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

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

#### Key for Dietary Suitability:

**DF** = Dairy-Free

**GF** = Gluten-Free

**V** = Vegetarian\*

**Vg** = Vegan\*\*

\* Vegetarian: produced to a recipe and with ingredients that do not contain any 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 do not contain any 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 **23-29** for products sold in NI stores.



PASTIRES

| PRODUCT                           | INGREDIENTS  | NUTRITIONAL INFO   |                 |
|-----------------------------------|--|--------------------|-----------------|
| Almond Croissant<br>(V)           | Pastry: Wheat Flour ( <b>WHEAT</b> Gluten, Flour Treatment Agent (Ascorbic Acid E300)), Water, Palm Fat, Yeast, Sugar, Butter ( <b>MILK</b> ) 2%, Rapeseed Oil, Salt, Baking Improver ( <b>WHEAT</b> Gluten, <b>WHEAT</b> Flour, Yeast, Flour Treatment Agent (Ascorbic Acid E300)), Emulsifier (Mono- and diglycerides of fatty acids E471), Acidity Regulator (Citric Acid E330), Flavouring, <b>EGG</b> , <b>ALMOND</b> Filling (19%) (Sugar, <b>ALMONDS</b> (7%) ( <b>NUTS</b> ), <b>EGG</b> White, Inverted Sugar Syrup, Water, <b>EGG</b> Yolk, Invertase E1103). Topping: <b>ALMOND</b> Flakes (4.2%) ( <b>NUTS</b> ). <i>May contain traces of other NUTS (Hazelnuts).</i>   | per 100g           | per portion (g) |
|                                   |  | KJ 1701            | 1435            |
|                                   |  | Kcal 407           | 343             |
|                                   |  | Fat 21.1           | 17.8            |
|                                   |  | Sat 9.0            | 7.6             |
|                                   |  | Carbs 43.9         | 36.9            |
|                                   |  | Sugar 13.7         | 11.6            |
|                                   |  | Fibre 2.4          | 1.9             |
|                                   |  | Protein 9.3        | 7.8             |
|                                   |  | Salt 0.73          | 0.61            |
|                                   |  | Portion weight (g) | 84              |
|                                   |  | per 100g           | per portion (g) |
|                                   |  | KJ 1081            | 1113            |
| Apricot Croissant<br>(V)          | Pastry: 56% ( <b>WHEAT</b> flour, butter 19% ( <b>MILK</b> ), water, yeast, sugar, <b>EGGS</b> , salt, <b>WHEAT</b> gluten enzymes (amylases, hemicellulases), flour treatment agent (E300)), Apricots 26%, Pastry cream 17% (water, sugar, modified starch, powdered whey ( <b>MILK</b> ), skimmed <b>MILK</b> powder, stabilizers (E263, E450iii, E339ii), colour (E160ai), flavouring), egg wash ( <b>EGGS</b> , water). <i>May contain: traces of NUTS and traces of SOYA.</i>   | 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 0.72          | 0.70            |
|                                   |  | Portion weight (g) | 115             |
|                                   |  | per 100g           | per portion (g) |
|                                   |  | KJ 1792            | 915             |
|                                   |  | Kcal 429           | 219             |
| Butter Croissant<br>(V)           | Pastry: <b>WHEAT</b> flour, butter 22% ( <b>MILK</b> ), water, sugar, whole <b>MILK</b> pasteurized, yeast, <b>EGGS</b> , salt, <b>WHEAT</b> gluten, emulsifier : E322 (rape lecithin), flour treatment agent : E300, enzymes, egg wash (Free Range <b>EGGS</b> ) 1.5g. <i>May contain: traces of NUTS and traces of SOYA.</i>   | 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 1.20          | 0.60            |
|                                   |  | Portion weight (g) | 60              |
|                                   |  | per 100g           | per portion (g) |
|                                   |  | KJ 1512            | 1176            |
|                                   |  | Kcal 361           | 281             |
|                                   |  | Fat 16.0           | 11.9            |
| Chocolate Twist<br>(V)            | Pastry: <b>WHEAT</b> flour, butter ( <b>MILK</b> ), water, yeast, sugar, <b>EGGS</b> , salt, <b>WHEAT</b> gluten, enzymes (amylases, hemicellulases, flour treatment agent (E300)), Pastry cream (water, sugar, modified starch, powdered whey ( <b>MILK</b> ), skimmed <b>MILK</b> powder, stabilizers (E263, E450iii, E339ii), colour (E160aii), flavouring), Chocolate 15.6% (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier (E322 ( <b>SOYA</b> lecithin)), natural vanilla flavour), egg wash ( <b>EGGS</b> , water), Icing sugar (Glucose, cornflour, vegetable oil). <i>May contain: traces of NUTS.</i>   | 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 0.76          | 0.60            |
|                                   |  | Portion weight (g) | 90              |
|                                   |  | per 100g           | per portion (g) |
|                                   |  | KJ 1706            | 1467            |
|                                   |  | Kcal 407           | 350             |
|                                   |  | Fat 18.6           | 16.0            |
|                                   |  | Sat 12.0           | 10.3            |
| Cinnamon Swirl<br>(V)             | <b>WHEAT</b> Flour, Fine Butter ( <b>MILK</b> ) (19%), Water, Sugar, Yeast, <b>EGG</b> , Cinnamon (1.4%), Maize Starch, <b>WHEAT</b> Gluten, Salt, Whey Powder ( <b>MILK</b> ), Whole <b>MILK</b> Powder, Skimmed <b>MILK</b> Powder, Thickener (Sodium Alginate), <b>EGG</b> Albumin Powder, Turmeric Extract, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), Natural Flavouring, Acidity Regulator (Citric Acid), Carrot Extract. <i>May contain: traces of SESAME SEEDS, NUTS, SOYA.</i>   | Carbs 51.2         | 44.0            |
|                                   |  | Sugar 21.8         | 18.7            |
|                                   |  | Fibre 2.78         | 2.4             |
|                                   |  | Protein 6.7        | 5.8             |
|                                   |  | Salt 0.62          | 0.50            |
|                                   |  | Portion weight (g) | 86              |
|                                   |  | per 100g           | per portion (g) |
|                                   |  | KJ 1786            | 1120            |
|                                   |  | Kcal 427           | 268             |
|                                   |  | Fat 23.0           | 14.3            |
|                                   |  | Sat 15.0           | 9.3             |
|                                   |  | Carbs 46.0         | 29.1            |
| Pain au Chocolat<br>(V)           | Pastry: ( <b>WHEAT</b> flour , Butter ( <b>MILK</b> ), water, chocolate 10% (sugar, coca mass, cocoa butter, emulsifier ( <b>SOYA</b> lecithin), natural vanilla flavour), sugar, whole <b>MILK</b> , yeast, <b>EGGS</b> , salt, <b>WHEAT</b> gluten, Emulsifier (rape lecithin), flour treatment agent (ascorbic acid), enzymes (hemicellulases, amylases), egg wash (Free Range <b>EGG</b> ). <i>May contain: traces of NUTS.</i>  | Sugar 12.0         | 8.1             |
|                                   |  | Fibre 3.0          | 1.9             |
|                                   |  | Protein 7.6        | 4.8             |
|                                   |  | Salt 1.00          | 0.61            |
|                                   |  | Portion weight (g) | 75              |
|                                   |  | per 100g           | per portion (g) |
|                                   |  | KJ 1417            | 1245            |
|                                   |  | Kcal 338           | 296             |
|                                   |  | Fat 14.0           | 10.8            |
|                                   |  | Sat 9.1            | 6.8             |
|                                   |  | Carbs 46.0         | 43.2            |
|                                   |  | Sugar 19.0         | 17.1            |
| Pain aux Raisin<br>(V)            | <b>WHEAT</b> flour, water, raisins 13%, Butter ( <b>MILK</b> ), sugar, yeast, corn starch, <b>EGGS</b> , salt, powdered whey ( <b>MILK</b> ), whole <b>MILK</b> powder, <b>WHEAT</b> gluten, <b>EGG</b> albumin powder, skimmed <b>MILK</b> powder, thickener (sodium alginate), emulsifier (rape lecithin), fruit and plant extract (turmeric and carrot), natural flavouring, acidity regulator (citric acid), flour treatment agent (ascorbic acid), enzymes (hemicellulases, amylases), egg wash (Free Range <b>EGGS</b> ), Neutral glaze (water, glucose syrup, sugar, acidity regulators (E330, E332, E333), flavour, gelling agent (pectin), preservative (potassium sorbate)). <i>May contain: traces of NUTS and traces of SOYA.</i>  | Fibre 2.3          | 2.3             |
|                                   |  | Protein 5.8        | 5.4             |
|                                   |  | Salt 0.78          | 0.57            |
|                                   |  | Portion weight (g) | 110             |
|                                   |  | per 100g           | per portion (g) |
|                                   |  | KJ 1589            | 1239            |
|                                   |  | Kcal 379           | 296             |
|                                   |  | Fat 16.3           | 12.7            |
|                                   |  | Sat 8.2            | 6.4             |
|                                   |  | Carbs 50.7         | 39.5            |
|                                   |  | Sugar 18.5         | 14.4            |
|                                   |  | Fibre 2.7          | 2.1             |
| Vegan Raspberry Croissant<br>(Vg) | <b>WHEAT</b> flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring), Raspberry Filling (16%) (Glucose Syrup, Raspberry Purée, Sugar, Raspberries (2%), Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator Tricalcium Citrate), Natural Flavouring, Preservative (Potassium Sorbate)), Sugar, Yeast, Decoration (3%) (Sugar, Non-Hydrogenated Palm Oil, Food Colours (Radish, Blackcurrant, Apple concentrate)), Spell flour, <b>WHEAT</b> gluten Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid). <i>May contain: traces of MILK, SESAME SEEDS, SOYA, NUTS, EGGS.</i> | Protein 6.4        | 5.0             |
|                                   |  | Salt 0.52          | 0.40            |
|                                   |  | Portion weight (g) | 110             |

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

MUFFINS & SCONES

| PRODUCT                           |   | INGREDIENTS             |  | NUTRITIONAL INFO |                 |
|-----------------------------------|---|-------------------------|--|------------------|-----------------|
| Belgian Chocolate Muffin<br>(V)   | <b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin), sugar, water, liquid <b>EGG</b> , vegetable oil rapeseed, 9% filling (sugar, vegetable fats palm, fat-reduced cocoa, cocoa mass, fat reduced cocoa powder, emulsifier E322 ( <b>SOYA</b> ), natural vanilla flavouring), 3% Belgian dark chocolate chunks (sugar, cocoa mass, cocoa butter, emulsifier E322 ( <b>SOYA</b> ), natural vanilla flavouring), 3% Belgian milk chocolate chunks (sugar, whole <b>MILK</b> powder, cocoa butter, cocoa mass, emulsifier E322 ( <b>SOYA</b> ), natural vanilla flavouring), buttermilk ( <b>MILK</b> ), 1.8% chocolate shavings curled mix (sugar, cocoa mass, cocoa butter, whole <b>MILK</b> powder, Lactose ( <b>MILK</b> ), whey powder ( <b>MILK</b> ), butter oil ( <b>MILK</b> ), emulsifier E322 ( <b>SOYA</b> ), natural vanilla flavouring), 1.4% large dark slabs (sugar, cocoa mass, cocoa butter, natural vanilla flavouring, emulsifier E322 ( <b>SOYA</b> )), 1.4% large <b>MILK</b> slabs (sugar, whole <b>MILK</b> powder, cocoa butter, cocoa mass, emulsifier E322 ( <b>SOYA</b> ), natural vanilla flavouring), raising agents (E341, E450, E501), inulin, glucose syrup, <b>WHEAT</b> starch, <b>MILK</b> protein, modified corn starch, humectants (E420, E422), emulsifiers (E471, E475), <b>WHEAT</b> flour, preservatives (E202, E223 (Contains <b>SULPHITES</b> )), stabiliser E415, natural flavouring, <b>WHEAT</b> 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                    | 0.40   | 0.40             |                 |
|                                   |   | Portion weight (g)      | 110  |                  |                 |
|                                   |   | Blueberry Muffin<br>(V) | <b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin), sugar, liquid <b>EGG</b> , Rapeseed oil, 10% blueberries, 9% blueberry filling (water, blueberries, sugar, dextrose, glucose syrup, acidity regulators (E330, E331), gelling agent E440, natural flavouring, thickener E415, preservative E202), buttermilk ( <b>MILK</b> ), water, raising agents (E341, E450, E501), palm oil, inulin, <b>MILK</b> protein, <b>WHEAT</b> starch, emulsifiers (E471, E475), modified corn starch, <b>WHEAT</b> GLUTEN, preservative E202, glucose syrup, stabiliser E415, salt, acidity regulator E330, natural flavouring, colouring E160a. | per 100g         | per portion (g) |
|                                   |   |                         |  | KJ               | 1431            |
| 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                              | 0.40  |                         |  | 0.44             |                 |
| Portion weight (g)                | 110   |                         |  |                  |                 |
| Sicilian Lemon Curd Muffin<br>(V) | <b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin), sugar, liquid <b>EGG</b> , water, 9% Sicilian lemon curd (sugar, liquid <b>EGG</b> , butter ( <b>MILK</b> ), water, concentrated lemon juice (lemon juice concentrate, preservatives (E223 (Contains <b>SULPHITES</b> ), E224 (Contains <b>SULPHITES</b> ))), lemon oil, thickener E406, salt), inulin, 4% lemon zest, 3% streusel ( <b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin), coarse granulated sugar, margarine (vegetable oils (rapeseed, palm), water, salt, natural flavouring), natural flavouring), buttermilk ( <b>MILK</b> ), 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, <b>WHEAT</b> starch, <b>MILK</b> protein, emulsifiers (E471, E475), humectants (E420, E422), natural flavouring, modified corn starch, <b>WHEAT</b> flour, preservatives (E202, E223 (Contains <b>SULPHITES</b> )), <b>WHEAT</b> Gluten, stabiliser E415, salt, acidity regulator E330, colouring E160a, rapeseed oil.  |                         |  | per 100g         | per portion (g) |
|                                   |   |                         |  | KJ               | 1517            |
|                                   |   | 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                    | 0.43   | 0.50             |                 |
|                                   |   | Portion weight (g)      | 110  |                  |                 |
|                                   |   | Fruit Scone<br>(V)      | <b>WHEAT</b> Flour ( <b>WHEAT</b> flour, calcium carbonate, iron, nicotinamide, thiamin), Buttermilk (22%) ( <b>MILK</b> ), sultanas(13%) (sultanas, cottonseed oil), sugar, Margarine (5.5%) (Non hydrogenated vegetable oil(palm, rapeseed), water, salt, emulsifier E475, Colour (E100, E160b(i)), natural flavouring) free range <b>EGG</b> , raising agents (E450, E501), glaze (2%) (water, vegetable Protein (pea), dextrose), salt.  | per 100g         |                 |
|                                   |   |                         |  | KJ               | 1260            |
| Kcal                              | 299   |                         |  |                  |                 |
| Fat                               | 6.3   |                         |  |                  |                 |
| Sat                               | 2.2   |                         |  |                  |                 |
| Carbs                             | 52  |                         |  |                  |                 |
| Sugar                             | 20.5  |                         |  |                  |                 |
| Protein                           | 7.6   |                         |  |                  |                 |
| Salt                              | 1.06  |                         |  |                  |                 |
| Portion weight (g)                | 100   |                         |  |                  |                 |

**EXTRAS**

| PRODUCT                                  | INGREDIENTS  | NUTRITIONAL INFO   |                 |
|--|--|--------------------|-----------------|
| <b>Raspberry Jam (Vg)</b>                | 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 0.00          | 0.00            |
|  |  | Portion weight (g) | 30              |
| <b>Strawberry Jam (Vg)</b>               | 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 0.00          | 0.00            |
|  |  | Portion weight (g) | 30              |
| <b>Lakeland Butter (V)</b>               | 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 1.90          | 0.13            |
|  |  | Portion weight (g) | 7               |
| <b>Rodda's Cornish Clotted Cream (V)</b> | 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          | 0.02            |
|  |  | Portion weight (g) | 40              |
| <b>NEW Vegan Marshmallows (Vg)</b>       | Sugar, Glucose-Fructose Syrup, Water, Maize Starch, Dextrose, Tapioca Starch, Gelling agent: Carrageenan, Hydrolysed Rice Protein, Natural Flavouring, Colour: E162.<br><br>PLEASE NOTE: Our previous stock of Marshmallows contain beef gelatine.<br>Please check with barista which stock they have in store before your purchase. | per 100g           | per portion (g) |
|  |  | KJ 1351            | 81              |
|  |  | Kcal 323           | 19              |
|  |  | Fat 0.5            | 0.03            |
|  |  | Sat 0.1            | 0.01            |
|  |  | Carbs 79.0         | 4.74            |
|  |  | Sugar 71.0         | 4.26            |
|  |  | Protein 0.5        | 0.03            |
|  |  | Salt 0.12          | 0.01            |
|  |  | Portion weight (g) | 6               |

PORRIDGE & TOPPINGS

| PRODUCT                                  | INGREDIENTS   | NUTRITIONAL INFO   |                 |
|--|---|--------------------|-----------------|
| Porridge made with Semi Skimmed Milk (V) | Semi Skimmed <b>MILK</b> (83%), Quaker Rolled <b>OATS</b> (17%).  | per 100g           | per portion (g) |
|  |   | KJ 414             | 993             |
|  |   | Kcal 99            | 237             |
|  |   | Fat 2.7            | 6.5             |
|  |   | Sat 1.1            | 2.7             |
|  |   | Carbs 13.3         | 31.9            |
|  |   | Sugar 4.0          | 9.5             |
|  |   | Fibre 1.4          | 3.4             |
|  |   | Protein 4.6        | 11.0            |
|  |   | Salt 0.09          | 0.22            |
|  |   | Portion weight (g) | 240             |
|  |   | per 100g           | per portion (g) |
| Porridge made with Skimmed Milk (V)      | Skimmed <b>MILK</b> (83%), Quaker Rolled <b>OATS</b> (17%).   | KJ 372             | 892             |
|  |   | Kcal 89            | 213             |
|  |   | Fat 1.5            | 3.6             |
|  |   | Sat 0.3            | 0.8             |
|  |   | Carbs 13.4         | 32.1            |
|  |   | Sugar 4.0          | 9.7             |
|  |   | Fibre 1.4          | 3.4             |
|  |   | Protein 4.6        | 11              |
|  |   | Salt 0.09          | 0.22            |
|  |   | Portion weight (g) | 240             |
|  |   | per 100g           | per portion (g) |
| Porridge made with Whole Milk (V)        | Whole <b>MILK</b> (83%), Quaker Rolled <b>OATS</b> (17%).   | KJ 470             | 1128            |
|  |   | Kcal 112           | 269             |
|  |   | Fat 4.3            | 10.3            |
|  |   | Sat 2.2            | 5.2             |
|  |   | Carbs 13.2         | 31.7            |
|  |   | Sugar 3.9          | 9.3             |
|  |   | Fibre 1.4          | 3.4             |
|  |   | Protein 4.5        | 10.8            |
|  |   | Salt 0.09          | 0.21            |
|  |   | Portion weight (g) | 240             |
|  |   | per 100g           | per portion (g) |
| Porridge made with Soya Milk (Vg)        | Alpro Soya Milk (83%) [Water, Hulled <b>SOYA</b> Beans (8.7%), Apple Extract, Acidity Regulators (Monopotassium Phosphate, Dipotassium Phosphate), Calcium (Calcium Carbonate), Sea Salt, Stabiliser (Gellan Gum), Vitamins (Riboflavin (B2), B12, D2)], Quaker Rolled <b>OATS</b> (17%).                   | KJ 397             | 952             |
|  |   | Kcal 95            | 227             |
|  |   | Fat 2.9            | 6.9             |
|  |   | Sat 0.5            | 1.2             |
|  |   | Carbs 11.8         | 28.3            |
|  |   | Sugar 2.3          | 5.5             |
|  |   | Fibre 1.9          | 4.6             |
|  |   | Protein 4.5        | 10.8            |
|  |   | Salt 0.07          | 0.16            |
|  |   | Portion weight (g) | 240             |
|  |   | per 100g           | per portion (g) |
| Porridge made with Coconut Milk (Vg)     | Alpro Coconut Milk (83%) [ <b>SOYA</b> Base (Water, Hulled <b>SOYA</b> 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)], Quaker Rolled <b>OATS</b> (17%). | KJ 365             | 875             |
|  |   | Kcal 87            | 209             |
|  |   | Fat 2.4            | 5.9             |
|  |   | Sat 0.8            | 2.0             |
|  |   | Carbs 12.3         | 29.5            |
|  |   | Sugar 3.0          | 7.1             |
|  |   | Fibre 1.6          | 3.8             |
|  |   | Protein 3.0        | 7.2             |
|  |   | Salt 0.08          | 0.22            |
|  |   | Portion weight (g) | 240             |
|  |   | per 100g           | per portion (g) |
| Porridge made with Oat Milk (Vg)         | Alpro Gluten Free Oat Milk (83%) [ <b>OAT</b> Base (Water, Gluten Free <b>OATs</b> ), Sunflower Oil, Sea Salt, Vitamins (B2, B12, D2)], Quaker Rolled <b>OATS</b> (17%).  | KJ 462             | 1108            |
|  |   | Kcal 111           | 265             |
|  |   | Fat 3.9            | 9.3             |
|  |   | Sat 0.6            | 1.4             |
|  |   | Carbs 16.1         | 38.8            |
|  |   | Sugar 3.4          | 8.1             |
|  |   | Fibre 1.4          | 3.4             |
|  |   | Protein 2.0        | 4.8             |
|  |   | Salt 0.08          | 0.20            |
|  |   | Portion weight (g) | 240             |
|  |   | per 100g           | per portion (g) |
| Seeds & Fruit Mix Topper (Vg)            | Toasted pumpkin seeds (20%), Toasted sunflower seeds (20%), Golden raisins (20%) (Raisins, Sunflower oil, Preservative: <b>SULPHUR DIOXIDE</b> ), 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          | 0.01            |
|  |   | Portion weight (g) | 25              |
|  |   | per 100g           | per portion (g) |
| Fruit Mix Topper (Vg)                    | Golden raisins (30%) (Raisins, Sunflower oil, Preservative: <b>SULPHUR DIOXIDE</b> ), 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          | 0.03            |
|  |   | Portion weight (g) | 25              |

FESTIVE SWEET

| PRODUCT                    |  | INGREDIENTS                         | NUTRITIONAL INFO  |          |
|----------------------------|--|-------------------------------------|---|----------|
| NEW Classic Mince Pie (Vg) | Mincemeat (55%) (Sugar, Apple Puree, Raisins (Raisins, Sunflower Oil), Sultanas (Sultanas, Sunflower Oil), Currants (Currants, Sunflower Oil), Glucose Syrup, Mixed Peel (Orange Peel, Glucose Fructose Syrup, Lemon Peel, Sugar, Acidity Regulator: Citric Acid), Vegetable Suet (Palm Oil, Rice Flour, Sunflower Oil), Modified Starch, Mixed Spice, Acidity Regulator: Acetic Acid; Colour: Plain Caramel; Orange Oil, Lemon Oil), Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono-and diglycerides of Fatty Acids), Sugar, Water, Sugar Dusting (Dextrose, Cornflour, Palm Oil), Salt, Colour: Plain Caramel.   | per 100g                            | per portion (g)   |          |
|                            |  | KJ                                  | 1567  | 1489     |
|                            |  | Kcal                                | 373   | 354      |
|                            |  | Fat                                 | 10.5  | 9.9      |
|                            |  | Sat                                 | 3.7   | 3.5      |
|                            |  | Carbs                               | 63.7  | 60.5     |
|                            |  | Sugar                               | 35.5  | 33.8     |
|                            |  | Fibre                               | 4.3   | 4.1      |
|                            |  | Protein                             | 3.8   | 3.6      |
|                            |  | Salt                                | 0.20  | 0.19     |
|                            |  | Portion weight (g)                  | 95  |          |
|                            |  | NEW Luxury Mince Pie (V)            | Mincemeat Filling (50%) (Mincemeat (Sugar, Apple Puree, Raisins (Raisins, Sunflower Oil), Sultanas (Sultanas, Sunflower Oil), Currants (Currants, Sunflower Oil), Glucose Syrup, Mixed Peel (Orange Peel, Glucose Fructose Syrup, Lemon Peel, Sugar, Acidity Regulator: Citric Acid), Vegetable Suet (Palm Oil, Rice Flour, Sunflower Oil), Modified Starch, Mixed Spice, Acidity Regulator: Acetic Acid; Colour: Plain Caramel; Orange Oil, Lemon Oil), Amaretto (2%), <b>OATS</b> , Cornflour, Flavouring), Pastry (Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Butter ( <b>MILK</b> ), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), <b>EGG</b> , Water, Mixed Spice, Salt, Colour: Plain Caramel), Florentine Topping (Flaked <b>ALMONDS</b> (8%), Mixed Peel (Orange Peel, Glucose Syrup, Lemon Peel, Sucrose, Preservative: Potassium Sorbate; Acidity Regulator: Citric Acid), Golden Syrup, Sugar, Water)).<br><i>ADDITIONAL INFORMATION: This recipe contains alcohol.</i> | per 100g |
| KJ                         | 1547   |                                     |   | 1624     |
| Kcal                       | 368  |                                     |   | 386      |
| Fat                        | 12.5   |                                     |   | 13.1     |
| Sat                        | 4.5  |                                     |   | 4.7      |
| Carbs                      | 55.4   |                                     |   | 58.2     |
| Sugar                      | 40.4   |                                     |   | 42.4     |
| Fibre                      | 3.7  |                                     |   | 3.9      |
| Protein                    | 6.5  |                                     |   | 6.8      |
| Salt                       | 0.17   |                                     |   | 0.18     |
| Portion weight (g)         | 105  |                                     |   |          |
| NEW Blackforest Cake (V)   | Sponge (60%) (Sugar, Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Free Range <b>EGG</b> , Rapeseed Oil, Water, Humectant (Glucose Syrup, Water, Acidity Regulator: Acetic Acid), Cake Concentrate (Modified Maize Starch, <b>WHEAT</b> Starch, Raising Agent: Disodium Diphosphate, Potassium Bicarbonate; Wheat Flour ( <b>WHEAT</b> 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; <b>WHEAT</b> GLUTEN, Acidity Regulator: Citric Acid; Stabiliser: Xanthan Gum), Cocoa Powder, Stabiliser Mix (Maize Starch, Whey Powder ( <b>MILK</b> ), Emulsifiers: Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate; Raising Agents: Disodium Diphosphate, Potassium Bicarbonate; Fortified Wheat Flour ( <b>WHEAT</b> flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Raising Agents: Disodium Diphosphate, Potassium Hydrogen Carbonate), Frosting (32%) (Icing Sugar, Full Fat Soft Cheese (Cream ( <b>MILK</b> ), Salt, Skimmed <b>MILK</b> Powder, Lactic Starter Culture ( <b>MILK</b> ), Preservative: Potassium Sorbate), Unsalted Butter ( <b>MILK</b> ), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Diglycerides of Fatty Acids), White Chocolate (Sugar, Cocoa Butter, Whole <b>MILK</b> Powder, Emulsifier: <b>SOYA</b> Lecithin, Natural Flavouring), Emulsifier (Water, Humectant: Glycerol; Emulsifier: Mono- and Diglycerides of Fatty Acids, Acidity Regulator: Sodium Hydroxide), Water, Natural Flavourings), Morello Cherry Jam (6%) (Glucose-Fructose Syrup, Morello Cherry Puree, Acidity Regulators: Citric Acid, Sodium Citrates; Thickener: Pectin; Colour: Anthocyanins; Natural Flavouring), Dark Chocolate Shavings (1%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: <b>SOYA</b> Lecithin, Natural Flavouring) Sour Cherries. |                                     |   | per 100g |
|                            |  | KJ                                  | 1763  | 2451     |
|                            |  | Kcal                                | 421   | 585      |
|                            |  | Fat                                 | 21.4  | 29.7     |
|                            |  | Sat                                 | 6.0   | 8.3      |
|                            |  | Carbs                               | 52.1  | 72.4     |
|                            |  | Sugar                               | 39.0  | 54.2     |
|                            |  | Fibre                               | 1.7   | 2.4      |
|                            |  | Protein                             | 4.3   | 6.0      |
|                            |  | Salt                                | 0.33  | 0.46     |
|                            |  | Portion weight (g)                  | 139   |          |
|                            |  | NEW Chocolate Hazelnut Chouxnut (V) | Single Cream ( <b>MILK</b> ), Dark Chocolate (25%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: <b>SOYA</b> Lecithin; Natural Vanilla Flavouring), Water, Free Range <b>EGG</b> , Whipping Cream ( <b>MILK</b> ), <b>WHEAT</b> Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Sugar, Hazelnuts (2%) ( <b>NUT</b> ), Icing Sugar, Rapeseed Oil, Fat Reduced Alkalised Cocoa Powder, Glucose Syrup, Modified Waxy Maize Starch, Modified Potato Starch, Natural Flavouring, Salt.  | per 100g |
| KJ                         | 1404   |                                     |   | 1123     |
| Kcal                       | 337  |                                     |   | 270      |
| Fat                        | 24.1   |                                     |   | 19.3     |
| Sat                        | 12.3   |                                     |   | 9.9      |
| Carbs                      | 25.0   |                                     |   | 20.0     |
| Sugar                      | 18.9   |                                     |   | 15.1     |
| Fibre                      | 2.3  |                                     |   | 1.8      |
| Protein                    | 4.2  |                                     |   | 3.4      |
| Salt                       | 0.21   |                                     |   | 0.17     |
| Portion weight (g)         | 80   |                                     |   |          |

WHOLE CAKES

| PRODUCT                          |   | INGREDIENTS                             |   | NUTRITIONAL INFO |                 |
|----------------------------------|---|---|---|------------------|-----------------|
| 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)). | per 100g                                | per portion (g)   |                  |                 |
|                                  |   | 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                                    | 0.33  | 0.36             |                 |
|                                  |   | 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%).   | per 100g         | per portion (g) |
| 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                             | 0.46  |   |   | 0.52             |                 |
| 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.  |   |   | per 100g         | per portion (g) |
|                                  |   | 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                                    | 0.58  | 0.80             |                 |
|                                  |   | Portion weight (g)                      |   | 143              |                 |
|                                  |   | 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 Curis (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) | per 100g         | per portion (g) |
| KJ                               | 1491  |   |   | 1566             |                 |
| Kcal                             | 362   |   |   | 380              |                 |
| Fat                              | 20.7  |   |   | 21.7             |                 |
| Sat                              | 8.6   |   |   | 9.1              |                 |
| Carbs                            | 38.9  |   |   | 40.9             |                 |
| Sugar                            | 29.2  |   |   | 30.7             |                 |
| Fibre                            | 0.9   |   |   | 0.9              |                 |
| Protein                          | 5.0   |   |   | 5.3              |                 |
| Salt                             | 0.26  |   |   | 0.28             |                 |
| Portion weight (g)               |   |   |   | 105              |                 |

LOAF CAKES

| PRODUCT                             |  | INGREDIENTS                                |  | NUTRITIONAL INFO |          |
|-------------------------------------|--|--|--|------------------|----------|
| Banana & Walnut<br>Loaf Cake<br>(V) | Banana Puree (17%) (Banana Puree, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Sugar, Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, <b>EGG</b> , Walnuts (6%) ( <b>NUTS</b> ), Wholemeal Flour (Wholemeal <b>WHEAT</b> Flour, <b>WHEAT</b> Gluten), Water, Brown Sugar, Dessicated Coconut, Stabiliser (Maize Starch, Whey Powder ( <b>MILK</b> ), Emulsifiers: Mono- and Diglyceride of Fatty acids, Sodium Stearoul-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; <b>WHEAT</b> protein), Glycerine, Cinnamon, Raising Agent: Sodium Bicarbonate, Disodium Diphospahte, Potassium Hydrogen Carbonate; Mixed Spice, Salt, Flavouring, Stabiliser: Xanthan Gum. |  | per 100g   | per portion (g)  |          |
|                                     |  | 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                                       | 0.61   | 0.53             |          |
|                                     |  | Portion weight (g)                         |  | 88               |          |
|                                     |  | Sicilian Lemon Drizzle<br>Loaf Cake<br>(V) | Cake (Sugar, Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), <b>EGG</b> , Rapeseed Oil, Water, Cake concentrate (Modified Maize Starch, <b>WHEAT</b> Starch, Raising agent: Disodium Diphosphate, Potassium Bicarbonate; Wheat Flour ( <b>WHEAT</b> 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; <b>WHEAT</b> Gluten, Acidity Regulator: Citric acid; Stabiliser: Xanthan Gum), Sicilian Lemon Juice (3%), Stabiliser (Maize Starch, Whey Powder ( <b>MILK</b> ), Emulsifiers: Mono- and Diglyceride of Fatty acids, Sodium Stearyl-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; <b>WHEAT</b> 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. |                  | per 100g |
| KJ                                  | 1643   |  |  | 1561             |          |
| Kcal                                | 391  |  |  | 372              |          |
| Fat                                 | 16.6   |  |  | 15.8             |          |
| Sat                                 | 1.7  |  |  | 1.6              |          |
| Carbs                               | 55.1   |  |  | 52.3             |          |
| Sugar                               | 29.0   |  |  | 27.6             |          |
| Fibre                               | 1.1  |  |  | 1.0              |          |
| Protein                             | 4.8  |  |  | 4.6              |          |
| Salt                                | 0.55   |  |  | 0.52             |          |
| Portion weight (g)                  |  |  |  | 95               |          |

BROWNIES & SHORTBREAD

| PRODUCT                           | INGREDIENTS   | NUTRITIONAL INFO   |                 |      |
|-----------------------------------|---|--------------------|-----------------|------|
| 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].   | per 100g           | per portion (g) |      |
|                                   |   | 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               | 0.50            | 0.38 |
|                                   |   | Portion weight (g) | 75              |      |
| 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.  | per 100g           | per portion (g) |      |
|                                   |   | 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               | 0.50            | 0.34 |
|                                   |   | Portion weight (g) | 68              |      |
| 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)]. | per 100g           | per portion (g) |      |
|                                   |   | 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               | 0.51            | 0.36 |
|                                   |   | Portion weight (g) | 70              |      |

TRAYBAKES

| PRODUCT                                | INGREDIENTS   | NUTRITIONAL INFO   |                 |      |
|--|---|--------------------|-----------------|------|
| Belgian Chocolate & Caramel Crispy (V) | Milk Chocolate (40%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, SOYA Lecithin, Flavouring], Crisped Rice (17%) [Rice Flour, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Whey Powder (MILK), BARLEY Malt Flour, Salt, Rapeseed Oil, Emulsifier: SOYA Lecithin], Caramel (16%) [Sweetened Condensed MILK, Glucose Syrup (SULPHITES), Invert Sugar Syrup, Palm Oil, Salted Butter (MILK), Sugar, 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> | per 100g           | per portion (g) |      |
|  |   | 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               | 0.38            | 0.21 |
|  |   | Portion weight (g) | 56              |      |
| 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.  | per 100g           | per portion (g) |      |
|  |   | 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               | 0.15            | 0.11 |
|  |   | Portion weight (g) | 70              |      |



CHOUXNUT

| PRODUCT                                  |  | INGREDIENTS                        |  | NUTRITIONAL INFO |                 |
|--|--|------------------------------------|--|------------------|-----------------|
| 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. | 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                               | 0.33   | 0.28             |                 |
|  |  | Portion weight (g)                 | 82   |                  |                 |
|  |  | 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. | per 100g         | per portion (g) |
| 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                                     | 0.25   |                                    |  | 0.20             |                 |
| Portion weight (g)                       | 80   |                                    |  |                  |                 |
| Raspberry & White Chocolate Chouxnut (V) | Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Raspberries (11%), Single Cream (MILK), Free Range EGG, White Chocolate (7%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Buttermilk (Skimmed MILK, Skimmed MILK Solids, MILK Protein Concentrate), Reduced Fat Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Sugar, Stabiliser Blend (Dextrose, Sugar, Modified Maize Starch), Glucose Syrup, Rapeseed Oil, White Chocolate Curls (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Freeze Dried Raspberries, Modified Waxy Maize Starch, Modified Potato Starch, Salt, Natural Colour (Red Beetroot Juice Concentrate, Maltodextrin, Acidity Regulator: Citric Acid), Natural Strawberry Flavouring.  |                                    |  | per 100g         | per portion (g) |
|  |  | KJ                                 | 1128   | 1094             |                 |
|  |  | Kcal                               | 269  | 261              |                 |
|  |  | Fat                                | 12.0   | 11.6             |                 |
|  |  | Sat                                | 5.3  | 5.1              |                 |
|  |  | Carbs                              | 37.0   | 35.9             |                 |
|  |  | Sugar                              | 28.5   | 27.7             |                 |
|  |  | Fibre                              | 0.6  | 0.5              |                 |
|  |  | Protein                            | 4.0  | 3.9              |                 |
|  |  | Salt                               | 0.26   | 0.25             |                 |
|  |  | Portion weight (g)                 | 97   |                  |                 |

DESSERTS

| PRODUCT   |  | INGREDIENTS                                   |  | NUTRITIONAL INFO |                 |
|---|--|---|--|------------------|-----------------|
| Blueberry Muffin Cheesecake (V)                   | Reduced Fat Soft Cheese (23%) (Skimmed <b>MILK</b> , Cream ( <b>MILK</b> ), Whey Solids ( <b>MILK</b> ), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), Digestive Biscuit Crumb ( <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal <b>WHEAT</b> Flour, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar, Invert Sugar Syrup, Raising Agents: Sodium Bicarbonate, Ammonium Bicarbonate; Salt), Blueberry Fruit Filling (13%) (Blueberry, Water, Sugar, Modified Starch, Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate; Natural Flavouring), Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Whipping Cream ( <b>MILK</b> ), White Chocolate (8%) (Sugar, Whole <b>MILK</b> Powder, Cocoa Butter, Skimmed <b>MILK</b> Powder, Emulsifier: <b>SOYA</b> Lecithin; Natural Vanilla Flavouring), Self-Raising Flour ( <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphate, Sodium Hydrogen Carbonate), Icing Sugar, Sugar, Glucose Syrup, Free Range <b>EGG</b> , Single Cream ( <b>MILK</b> ), Water, <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Modified Potato Starch, Modified Waxy Maize Starch, Sugar Dusting (Dextrose, <b>WHEAT</b> Starch, Vegetable Oil (Palm Oil), Salt, Natural Flavouring), Maize Starch, Natural Vanilla Flavouring, Acidity Regulator: Citric Acid; Raising Agent (Raising Agents: Diphosphates, Sodium Carbonates; <b>WHEAT</b> Flour), Natural Blackcurrant Flavouring, Stabilisers: Xanthan Gum, Locust Bean Gum, Guar Gum. | per 100g                                      | per portion (g)  |                  |                 |
|   |  | KJ  | 1366   | 1462             |                 |
|   |  | Kcal  | 327  | 349              |                 |
|   |  | Fat   | 18.6   | 19.9             |                 |
|   |  | Sat   | 8.6  | 9.2              |                 |
|   |  | Carbs   | 34.7   | 37.2             |                 |
|   |  | Sugar   | 18.1   | 19.3             |                 |
|   |  | Fibre   | 1.0  | 1.1              |                 |
|   |  | Protein                                       | 5.7  | 6.1              |                 |
|   |  | Salt  | 0.39   | 0.42             |                 |
|   |  | Portion weight (g)                            | 107  |                  |                 |
|   |  | Sicilian Lemon Meringue Cheesecake (V)        | Digestive Biscuit Crumb ( <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal <b>WHEAT</b> Flour, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar, Invert Sugar Syrup, Raising Agents: Sodium Bicarbonate, Ammonium Bicarbonate; Salt), Sugar, Single Cream ( <b>MILK</b> ), Lemon Curd (12%) (Glucose Syrup, Water, Sugar, Salted Butter ( <b>MILK</b> ), Lemon Concentrate, Modified Waxy Maize Starch, Free Range <b>EGG</b> Powder, Gelling Agent: Pectin; Acidity Regulator: Citric Acid; Emulsifier: Sunflower Lecithin; Lemon Oil, Colour: Lutein), Reduced Fat Soft Cheese (12%) (Skimmed <b>MILK</b> , Cream ( <b>MILK</b> ), Whey Solids ( <b>MILK</b> ), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), Condensed Milk ( <b>MILK</b> , Granulated Sugar), Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Free Range <b>EGG</b> , Water, Sicilian Lemon Juice (2%) (From Concentrate), Dextrose Monohydrate, White Chocolate Shavings (Sugar, Whole <b>MILK</b> Powder, Cocoa Butter, Emulsifier: <b>SOYA</b> Lecithin; Natural Vanilla Flavouring), Modified Maize Starch, Maize Starch, Powdered <b>EGG</b> White, Modified Waxy Maize Starch, Acidity Regulator: Citric Acid | per 100g         | per portion (g) |
|   |  |   |  | KJ               | 1318            |
| Kcal  | 314  |   |  | 333              |                 |
| Fat   | 13.7   |   |  | 14.5             |                 |
| Sat   | 6.5  |   |  | 6.8              |                 |
| Carbs   | 42.7   |   |  | 45.3             |                 |
| Sugar   | 29.8   |   |  | 31.6             |                 |
| Fibre   | 0.6  |   |  | 0.6              |                 |
| Protein   | 4.7  |   |  | 5.0              |                 |
| Salt  | 0.31   |   |  | 0.33             |                 |
| Portion weight (g)                                | 106  |   |  |                  |                 |
| Salted Caramel & Chocolate Vegan Cheesecake (Vg)  | Coconut Milk (Coconut Extract, Water), Bourbon Biscuit Crumb (21%) ( <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Rapeseed Oil, Sugar, Cocoa Powder, 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: <b>SOYA</b> Lecithin; Natural Vanilla Flavouring), Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Lemon Juice, Natural Vanilla Flavouring), Stabiliser Blend (Sugar, Maltodextrin, Modified Starch, Thickener: Carrageenan), Cornflour (Maize), Cocoa Butter, Stabiliser Mix (Water, Sugar, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids), Water, Speculoos Spread (Caramelised Biscuit ( <b>WHEAT</b> Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; <b>SOYA</b> Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: <b>SOYA</b> Lecithin; Acidity Regulator: Citric Acid), Modified Potato Starch, Low Sodium Salt (0.34%) (Potassium Chloride, Sodium Chloride, Magnesium Carbonate), Glazing Agent: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose, Cream Cheese Flavouring, Natural Vanilla Flavouring, Salt (0.03%).                               |   |  | per 100g         | per portion (g) |
|   |  |   |  | KJ               | 1467            |
|   |  | 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 ( <b>MILK</b> ), Savoiardi Biscuits (12%) ( <b>WHEAT</b> Flour, Sugar, <b>EGG</b> , Raising Agents: Sodium Carbonate, Ammonium Carbonate; Glucose Syrup, Natural Flavouring, Salt), Single Cream ( <b>MILK</b> ), Mascarpone (8%) (Cream ( <b>MILK</b> ), <b>MILK</b> Protein Concentrate, Acidity Regulator: Citric Acid), Sugar, Icing Sugar, Coffee (3%), Free Range <b>EGG</b> , Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Self-Raising Flour ( <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphate, Sodium Hydrogen Carbonate), Glucose Syrup, Dark Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Natural Vanilla Flavouring, Emulsifier: <b>SOYA</b> Lecithin), Modified Potato Starch, Natural Flavourings, Modified Waxy Maize Starch, Fat Reduced Alkalised Cocoa Powder, Flavouring, Raising Agent (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; <b>WHEAT</b> Flour), Thickener Blend (Thickeners: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose), Thickener: Guar Gum.  | per 100g         | per portion (g) |
|   |  |   |  | KJ               | 1083            |
| 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  |   |  |                  |                 |
| ADDITIONAL INFORMATION: Does not contain alcohol. |  |   |  |                  |                 |



COOKIES

| PRODUCT                             | INGREDIENTS  | NUTRITIONAL INFO |                 |
|-------------------------------------|--|------------------|-----------------|
| Oat & Raisin Cookie (Vg)            | Sugar, Fortified Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), <b>OATS</b> (14%), Raisins (13%), Pumpkin Seeds (11%), Palm Oil, Water, Rapeseed Oil, Glucose-fructose Syrup, Raising Agent (Sodium Bicarbonate), <b>WHEAT</b> Fibre, Invert Sugar, Cinnamon, Mixed Spice, Sunflower Oil.  | per 100g         | per portion (g) |
|                                     |  | KJ 1766          | 1289            |
|                                     |  | Kcal 421         | 307             |
|                                     |  | Fat 17.6         | 12.9            |
|                                     |  | Sat 5.5          | 4.0             |
|                                     |  | Carbs 55.4       | 40.4            |
|                                     |  | Sugar 30.6       | 22.3            |
|                                     |  | Fibre 4.0        | 2.9             |
|                                     |  | Protein 8.2      | 6.0             |
|                                     |  | Salt 0.97        | 0.71            |
| Belgian Chocolate Cookie (V)        | Fortified wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, nicain, thiamin), sugar, palm oil, milk chocolate (11%) (sugar, cocoa mass, whole <b>MILK</b> powder, cocoa butter, emulsifier ( <b>SOYA</b> lecithin), natural vanilla flavouring), dark chocolate (11%) (cocoa mass, sugar, cocoa butter, emulsifier ( <b>SOYA</b> lecithin), natural vanilla flavouring), free range whole <b>EGG</b> , butter ( <b>MILK</b> ), rapeseed oil, glucose-fructose syrup, <b>WHEAT</b> fibre, raising agents (monocalcium phosphate, potassium hydrogen carbonate), lactose powder ( <b>MILK</b> ), invert sugar, whey powder ( <b>MILK</b> ), natural flavouring, salt. | per 100g         | per portion (g) |
|                                     |  | KJ 2037          | 1487            |
|                                     |  | Kcal 487         | 356             |
|                                     |  | Fat 25.8         | 18.8            |
|                                     |  | Sat 12.5         | 9.1             |
|                                     |  | Carbs 56.6       | 41.3            |
|                                     |  | Sugar 32.2       | 23.5            |
|                                     |  | Fibre 2.8        | 2.0             |
|                                     |  | Protein 5.7      | 4.2             |
|                                     |  | Salt 0.11        | 0.08            |
| Dark Chocolate & Almond Cookie (Vg) | Fortified Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Brown Sugar, Dark Chocolate (14%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (Sunflower Lecithins), Flavouring), Glucose-Fructose Syrup, Almond Butter (6%) ( <b>ALMOND</b> , Sea Salt), Sugar, Coconut Oil, <b>ALMOND</b> (3.5%), Invert Sugar, Cocoa Powder, <b>WHEAT</b> Fibre, Sea Salt.  | per 100g         | per portion (g) |
|                                     |  | KJ 1837          | 1580            |
|                                     |  | Kcal 438         | 377             |
|                                     |  | Fat 18.0         | 15.5            |
|                                     |  | Sat 9.0          | 7.7             |
|                                     |  | Carbs 59.2       | 50.9            |
|                                     |  | Sugar 36.5       | 31.4            |
|                                     |  | Fibre 4.0        | 3.4             |
|                                     |  | Protein 7.8      | 6.7             |
|                                     |  | Salt 0.84        | 0.72            |
| Raspberry & Almond Crumble Cake (V) | Wheat Flour ( <b>WHEAT</b> flour, Calicum Carbonate, Iron, Niacin, Thiamin), Sugar, Raspberries (15%), Rapeseed Oil, Free Range <b>EGG</b> , Water, Humectant (Glucose Syrup, Water, Acidity Regulator: Acetic Acid), Butter ( <b>MILK</b> ), Ground <b>ALMONDS</b> , Demerara Sugar, Baking Powder (Raising Agents: Disodium Diphosphates, Potassium Hydrogen Carbonate), Natural Flavourings, Preservative: Potassium Sorbate; Salt.   | per 100g         | per portion (g) |
|                                     |  | KJ 1723          | 1378            |
|                                     |  | Kcal 413         | 330             |
|                                     |  | Fat 22.0         | 17.6            |
|                                     |  | Sat 3.6          | 2.9             |
|                                     |  | Carbs 46.6       | 37.3            |
|                                     |  | Sugar 20.7       | 16.6            |
|                                     |  | Fibre 1.9        | 1.5             |
|                                     |  | Protein 5.9      | 4.7             |
|                                     |  | Salt 0.31        | 0.25            |

INDIVIDUAL CAKES

| PRODUCT                             | INGREDIENTS  | NUTRITIONAL INFO |                 |
|-------------------------------------|--|------------------|-----------------|
| Raspberry & Almond Crumble Cake (V) | Wheat Flour ( <b>WHEAT</b> flour, Calicum Carbonate, Iron, Niacin, Thiamin), Sugar, Raspberries (15%), Rapeseed Oil, Free Range <b>EGG</b> , Water, Humectant (Glucose Syrup, Water, Acidity Regulator: Acetic Acid), Butter ( <b>MILK</b> ), Ground <b>ALMONDS</b> , Demerara Sugar, Baking Powder (Raising Agents: Disodium Diphosphates, Potassium Hydrogen Carbonate), Natural Flavourings, Preservative: Potassium Sorbate; Salt. | per 100g         | per portion (g) |
|                                     |  | KJ 1723          | 1378            |
|                                     |  | Kcal 413         | 330             |
|                                     |  | Fat 22.0         | 17.6            |
|                                     |  | Sat 3.6          | 2.9             |
|                                     |  | Carbs 46.6       | 37.3            |
|                                     |  | Sugar 20.7       | 16.6            |
|                                     |  | Fibre 1.9        | 1.5             |
|                                     |  | Protein 5.9      | 4.7             |
|                                     |  | Salt 0.31        | 0.25            |

SAVOURY PASTRIES & ROLLS

| PRODUCT   | INGREDIENTS   | NUTRITIONAL INFO   |                 |
|---|---|--------------------|-----------------|
|   |   | per 100g           | per portion (g) |
| Chicken & Pesto Latrice                                       | Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), British Chicken Thigh (24%), Unsalted Butter ( <b>MILK</b> ) (16%), Whole <b>MILK</b> , Basil, Rapeseed Oil, Pumpkin Seeds, Regato Cheese ( <b>MILK</b> ), Pasteurised Free Range <b>EGG</b> , White Wine Vinegar, Lemon Juice, Salt, Sugar, Garlic Puree, Cornflour, Cracked Black Pepper, Ground White Pepper.   | KJ                 | 1461            |
|   |   | Kcal               | 351             |
|   |   | Fat                | 23.0            |
|   |   | Sat                | 11.4            |
|   |   | Carbs              | 24.2            |
|   |   | Sugar              | 3.4             |
|   |   | Fibre              | 1.2             |
|   |   | Protein            | 11.1            |
|   |   | Salt               | 0.78            |
|   |   | Portion weight (g) | 130             |
|   |   |                    |                 |
| Mozzarella & Tomato Pastry (V)                                | Tomato (31%), Wheat flour contains Gluten (with <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter ( <b>MILK</b> ) (14%), Mozzarella Cheese ( <b>MILK</b> ) (12%), Regato Cheese ( <b>MILK</b> ), Slow Roasted Tomatoes, Pasteurised Free Range <b>EGG</b> , 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            |
|   |   | Kcal               | 330             |
|   |   | Fat                | 20.5            |
|   |   | Sat                | 12.2            |
|   |   | Carbs              | 25.3            |
|   |   | Sugar              | 3.4             |
|   |   | Fibre              | 2.4             |
|   |   | Protein            | 9.8             |
|   |   | Salt               | 1.10            |
|   |   | Portion weight (g) | 100             |
| Pork & Pancetta Sausage Roll (England, Scotland & Wales only) | British Pork (33%), Wheat flour contains Gluten (with <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (13%) ( <b>MILK</b> ), Caramelised Onion (Onions, Rapeseed Oil, Cracked Black Pepper), Regatto Cheese ( <b>MILK</b> ), Breadcrumbs ( <b>WHEAT</b> 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 <b>EGG</b> , 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            |
|   |   | Kcal               | 359             |
|   |   | Fat                | 22.6            |
|   |   | Sat                | 12.1            |
|   |   | Carbs              | 23.4            |
|   |   | Sugar              | 2.3             |
|   |   | Fibre              | 1.4             |
|   |   | Protein            | 14.9            |
|   |   | Salt               | 1.10            |
|   |   | Portion weight (g) | 130             |
| Sourdough Bread Roll (Vg)                                     | <b>WHEAT</b> flour, water, sourdough ( <b>WHEAT</b> flour, water), salt, yeast, dehydrated devitalized <b>WHEAT</b> sourdough, <b>WHEAT</b> GLUTEN, deactivated yeast, malted <b>WHEAT</b> flour, flour treatment agent (ascorbic acid).  | per 100g           | per portion (g) |
|   |   | KJ                 | 1045            |
|   |   | Kcal               | 246             |
|   |   | Fat                | 0.6             |
|   |   | Sat                | 0.0             |
|   |   | Carbs              | 50.0            |
|   |   | Sugar              | 1.3             |
|   |   | Fibre              | 2.9             |
|   |   | Protein            | 8.4             |
|   |   | Salt               | 1.20            |
|   |   | Portion weight (g) | 74              |
| Vegan Vegetable 'Sausage' Roll (Vg)                           | Mixed Roast Vegetables (38%) (Butternut Squash, Courgette, Red Onion, Sweet Potato), <b>WHEAT</b> Flour ( <b>WHEAT</b> 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            |
|   |   | Kcal               | 272             |
|   |   | Fat                | 16              |
|   |   | Sat                | 7.9             |
|   |   | Carbs              | 26.5            |
|   |   | Sugar              | 4.8             |
|   |   | Fibre              | 2.4             |
|   |   | Protein            | 4.2             |
|   |   | Salt               | 0.93            |
|   |   | Portion weight (g) | 130             |
| Ham & Cheese Croissant  | Croissant ( <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter ( <b>MILK</b> ), Water, Sugar, Whole <b>EGG</b> , Yeast, Skimmed <b>MILK</b> Powder, Salt, Flour Treatment Agent: Ascorbic Acid, Inactive <b>WHEAT</b> 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 ( <b>MILK</b> ) (19%).   | per 100g           | per portion (g) |
|   |   | KJ                 | 1269            |
|   |   | Kcal               | 304             |
|   |   | Fat                | 16.7            |
|   |   | Sat                | 9.9             |
|   |   | Carbs              | 22.3            |
|   |   | Sugar              | 4.5             |
|   |   | Fibre              | 2.1             |
|   |   | Protein            | 15.0            |
|   |   | Salt               | 1.18            |
|   |   | 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 **23-29** for products sold in NI stores.

FESTIVE SAVOURY

| PRODUCT                              |   | INGREDIENTS        |                 | NUTRITIONAL INFO |  |
|--------------------------------------|---|--------------------|-----------------|------------------|--|
| NEW Turkey Feast Focaccia            | Rosemary and Rock Salt Focaccia [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, WHEAT Fibre, Fermented WHEAT Flour, Rosemary, Yeast, Salt, WHEAT Gluten, BARLEY Malt Vinegar, Rock Salt, WHEAT Flour, Waxy Maize Starch, Flour Treatment Agent: Ascorbic Acid, Malted WHEAT Flour], Butter Basted Cooked Turkey (16%) [Turkey Breast, Unsalted Butter (MILK), Salt, Cornflour], Cranberry Sauce (12%) [Cranberries, Diced Plums, Water, Sugar, Red Wine Vinegar, Cornflour, Plum Juice Concentrate, Sweetened Dried Cranberries (Sugar, Cranberries, Sunflower Oil)], Mayonnaise with Turkey and Chicken Stock (8%) [Rapeseed Oil, Water, Pasteurised Whole EGG, Turkey and Chicken Stock (Turkey Stock (Antioxidant: Rosemary Extract), Chicken Stock, Yeast Extract, Salt), Cornflour, Spirit Vinegar, Concentrated Lemon Juice, White Pepper, Salt, Sugar, Rosemary, MUSTARD Flour, Thyme], Beechwood Smoked Streaky Bacon (6%) [Pork, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite], Italian-Style Pork Stuffing (6%) [Pork, Dried Cranberries, Dried Apricots (SULPHUR DOXIDE), Rusk (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Yeast), Onion, Rapeseed Oil, Salt, Rubbed Herbs (Rosemary, Sage, Thyme)].   | per 100g           | per portion (g) |                  |  |
|                                      |   | KJ                 | 993             | 2155             |  |
|                                      |   | Kcal               | 236             | 512              |  |
|                                      |   | Fat                | 7.4             | 16.1             |  |
|                                      |   | Sat                | 1.4             | 3.0              |  |
|                                      |   | Carbs              | 29.2            | 63.4             |  |
|                                      |   | Sugar              | 5.3             | 11.5             |  |
|                                      |   | Fibre              | 2.0             | 4.3              |  |
|                                      |   | Protein            | 12.2            | 26.5             |  |
|                                      |   | Salt               | 0.99            | 2.15             |  |
|                                      |   | Portion weight (g) | 217             |                  |  |
| NEW Vegan Festive Feast Panini (Vg)  | 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], Plant-Based Soya Pieces (13%) [Water, SOYA Protein Concentrate, Sunflower Oil, Pea Protein Isolate, Potato Starch, Salt, Pea Fibre, Rapeseed Oil, Maltodextrin, Flavouring, Sea Salt and Black Pepper Seasoning (Maltodextrin, Black Pepper, Sugar, Yeast Extract Powder, Natural Flavouring, Sea Salt), Iron, Vitamin B12], Spiced Pickled Red Cabbage and Onion (13%) [Red Cabbage, Redcurrant Jelly (Glucose Syrup, Water, Redcurrant Juice Concentrate, Acidity Regulators: Citric Acid, Sodium Citrate; Thickeners: Pectin, Elderberry Extract), Red Wine (SULPHUR DIOXIDE), Red Onion, Muscovado Sugar, Red Wine Vinegar, Olive Oil, Ginger Purée, Water, Cornflour, Salt, Black Pepper, Cinnamon, Allspice, Cloves, Star Anise], Seasoned Vegan Mayonnaise (11%) [Water, Rapeseed Oil, Cornflour, Mushroom Stock (Mushroom Juice Concentrate, Sugar, Rapeseed Oil, Salt, Mushroom Powder (Maltodextrin, Mushroom Juice Powder)), Spirit Vinegar, Sugar, Yeast Extract (Yeast Extract, Water, Salt, Sugar), Concentrated Lemon Juice, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), Pea Protein, Garlic Powder, Onion Powder, Ground Black Pepper, Salt, Ground Paprika], Apple, Sage and Fennel Stuffing (7%) [Breadcrumb (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast), Onion, Apple, Water, Rapeseed Oil, Sage, Parsley, Salt, Fennel Seeds, Ground Fennel, Black Pepper, Onion Powder], Sage and Onion Mayonnaise (6%) [Water, Rapeseed Oil, Cornflour, Sugar, Spirit Vinegar, Sage, Onion Powder, Pea Protein (Pea Protein, Dextrose), Salt, Concentrated Lemon Juice], Spinach (4%). | per 100g           | per portion (g) |                  |  |
|                                      |   | KJ                 | 916             | 2088             |  |
|                                      |   | Kcal               | 218             | 497              |  |
|                                      |   | Fat                | 7.2             | 16.4             |  |
|                                      |   | Sat                | 0.67            | 1.5              |  |
|                                      |   | Carbs              | 28.4            | 64.8             |  |
|                                      |   | Sugar              | 4.2             | 9.6              |  |
|                                      |   | Fibre              | 2.4             | 5.5              |  |
|                                      |   | Protein            | 8.7             | 19.9             |  |
|                                      |   | Salt               | 0.79            | 1.80             |  |
|                                      |   | Portion weight (g) | 228             |                  |  |
| NEW Brie, Bacon & Cranberry 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%), Cranberry Sauce (13%) [Cranberries, Diced Plums, Water, Sugar, Red Wine Vinegar, Cornflour, Plum Juice Concentrate, Sweetened Dried Cranberries (Sugar, Cranberries, Sunflower Oil)], Beechwood Smoked Streaky Bacon (11%) [Pork, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite].  | per 100g           | per portion (g) |                  |  |
|                                      |   | KJ                 | 1136            | 2158             |  |
|                                      |   | Kcal               | 270             | 514              |  |
|                                      |   | Fat                | 10.8            | 20.5             |  |
|                                      |   | Sat                | 5.2             | 9.8              |  |
|                                      |   | Carbs              | 30.4            | 57.7             |  |
|                                      |   | Sugar              | 4.8             | 9.1              |  |
|                                      |   | Fibre              | 1.7             | 3.2              |  |
|                                      |   | Protein            | 12.2            | 23.2             |  |
|                                      |   | Salt               | 1.11            | 2.12             |  |
|                                      |   | Portion weight (g) | 190             |                  |  |
| NEW Pigs Under Blankets Tostati Melt | Grilled Cheese & Cranberry 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), Bêchamel Sauce (7%) [Water, Butter (MILK), Skimmed MILK Powder, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Double Cream (MILK)], Mozzarella Cheese (MILK) (7%), Cheddar Cheese (MILK) (5%), Sugar Infused Cranberries (4%) [Sugar, Cranberries, Sunflower Oil)], Pork and Lentil Sausage in Beef Collagen Casing (24%) [Pork, Lentils, Potato Starch, Dextrose, Salt, Rapeseed Oil, WHEAT Starch, Beef Collagen Casing, Spices (Ground Ginger, Ground Mace, Ground Nutmeg, Ground White Pepper, Chili Powder), Stabiliser: Sodium Diphosphate, WHEAT Protein, Onion Powder, Rubbed Sage, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Cranberry Sauce (10%) [Cranberries, Diced Plums, Water, Sugar, Red Wine Vinegar, Cornflour, Plum Juice Concentrate, Sweetened Dried Cranberries (Sugar, Cranberries, Sunflower Oil)], Coffee Cured Streaky Bacon (6%) [Pork Belly, Sugar, Salt, Cold Brew Coffee, Stabiliser: Sodium Triphosphate, Maltodextrin, Natural Flavouring, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite].   | per 100g           | per portion (g) |                  |  |
|                                      |   | KJ                 | 1074            | 2180             |  |
|                                      |   | Kcal               | 256             | 520              |  |
|                                      |   | Fat                | 10.7            | 21.7             |  |
|                                      |   | Sat                | 4.6             | 9.3              |  |
|                                      |   | Carbs              | 26.4            | 53.6             |  |
|                                      |   | Sugar              | 6.9             | 14.1             |  |
|                                      |   | Fibre              | 1.8             | 3.6              |  |
|                                      |   | Protein            | 12.7            | 25.8             |  |
|                                      |   | Salt               | 1.00            | 2.02             |  |
|                                      |   | Portion weight (g) | 203             |                  |  |

| PANINI  |  |                    |                 |
|---|--|--------------------|-----------------|
| PRODUCT   | INGREDIENTS  | NUTRITIONAL INFO   |                 |
| 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].   | per 100g           | per portion (g) |
|   |  | 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 1.36          | 2.58            |
|   |  | Portion weight (g) | 190             |
|   |  | per 100g           | per portion (g) |
|   |  | KJ 945             | 1702            |
| 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].  | 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 0.92          | 1.66            |
|   |  | Portion weight (g) | 180             |
|   |  | per 100g           | per portion (g) |
|   |  | KJ 1033            | 1983            |
|   |  | Kcal 246           | 472             |
|   |  | Fat 9.8            | 18.8            |
| 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], Tomato (16%), Mozzarella Cheese (MILK) (15%), Cheese & Basil Pesto [Cheddar Cheese (MILK) (7%), Green Pesto (Basil Paste (Basil, Sunflower Oil, Salt), Sunflower Oil, Medium Hard Fat Cheese (MILK), Garlic, Acidity Regulator: Citric Acid)].   | Sat 3.9            | 7.5             |
|   |  | Carbs 27.2         | 52.3            |
|   |  | Sugar 3.0          | 5.8             |
|   |  | Fibre 1.9          | 3.6             |
|   |  | Protein 11.4       | 21.9            |
|   |  | Salt 0.93          | 1.79            |
|   |  | Portion weight (g) | 192             |
|   |  | per 100g           | per portion (g) |
|   |  | KJ 1058            | 1957            |
|   |  | Kcal 252           | 466             |
|   |  | Fat 9.3            | 17.3            |
|   |  | Sat 1.8            | 3.3             |
|   |  | Carbs 28.5         | 52.8            |
| 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%).   | Sugar 2.6          | 4.7             |
|   |  | Fibre 2.2          | 4.1             |
|   |  | Protein 12.3       | 22.8            |
|   |  | Salt 0.87          | 1.61            |
|   |  | Portion weight (g) | 185             |
|   |  | per 100g           | per portion (g) |
|   |  | KJ 832             | 1481            |
|   |  | Kcal 197           | 351             |
|   |  | Fat 3.2            | 5.7             |
|   |  | Sat 0.4            | 0.7             |
|   |  | Carbs 29.3         | 52.2            |
|   |  | Sugar 3.8          | 6.8             |
|   |  | Fibre 4.0          | 7.2             |
| THIS Plant Based 'Chicken' Arrabbiata Panini (Vg) | Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Seasoned SOYA Pieces (17%) [Water, SOYA Protein Concentrate, Sunflower Oil, Flavouring, Pea Protein Isolate, Potato Starch, Salt, Pea Fibre, Rapeseed Oil, Maltodextrin, Sea Salt and Black Pepper Seasoning [Maltodextrin, Black Pepper, Sugar, Yeast Extract Powder, Natural Flavouring, Sea Salt], Tomato Ragu 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%). | Protein 10.7       | 19              |
|   |  | Salt 0.84          | 1.49            |
|   |  | Portion weight (g) | 178             |
|   |  | per 100g           | per portion (g) |
|   |  | KJ 832             | 1481            |
|   |  | Kcal 197           | 351             |
|   |  | Fat 3.2            | 5.7             |
|   |  | Sat 0.4            | 0.7             |
|   |  | Carbs 29.3         | 52.2            |
|   |  | Sugar 3.8          | 6.8             |
|   |  | Fibre 4.0          | 7.2             |
|   |  | Protein 10.7       | 19              |
|   |  | Salt 0.84          | 1.49            |

TOSTATI

| PRODUCT  |  | INGREDIENTS |                 | NUTRITIONAL INFO |  |
|--|--|-------------|-----------------|------------------|--|
| Chicken & Bacon<br>Tostati Melt                      | Grilled Cheese Topped Bread [White Bread <b>[WHEAT</b> Flour <b>(WHEAT</b> 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, <b>SOYA</b> Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid], Béchamel Sauce (7%) (Water, Butter <b>(MILK)</b> , Skimmed <b>MILK</b> Powder, <b>WHEAT</b> Flour <b>(WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Double Cream <b>(MILK)</b> ], Mozzarella Cheese <b>(MILK)</b> (7%), Cheddar Cheese <b>(MILK)</b> (5%)], Chicken, Bacon & Mascarpone Béchamel Mix [Béchamel Sauce (13%) (Water, Butter <b>(MILK)</b> , Skimmed <b>MILK</b> Powder, <b>WHEAT</b> Flour <b>(WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Double Cream <b>(MILK)</b> ], Diced Chicken Breast (12%) (Chicken Breast, Salt, Chicken Stock [Water, Chicken Carcass], Cornflour), Mascarpone Full Fat Soft Cheese <b>(MILK)</b> (4%), Diced Beechwood Smoked Streaky Bacon (4%) (Pork, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite), Chicken Gravy (1%) (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), Mozzarella Cheese <b>(MILK)</b> (1%), Regato Cheese <b>(MILK)</b> (1%) (Regato Cheese <b>(MILK)</b> , Anti-caking Agent: Potato Starch), Cheddar Cheese <b>(MILK)</b> (1%), Lemon Juice, Parsley, Black Pepper]. | per 100g    | per portion (g) |                  |  |
|  |  | KJ          | 1007            | 1964             |  |
|  |  | Kcal        | 240             | 468              |  |
|  |  | Fat         | 10.0            | 19.4             |  |
|  |  | Sat         | 5.3             | 10.4             |  |
|  |  | Carbs       | 22.3            | 43.5             |  |
|  |  | Sugar       | 2.6             | 5.0              |  |
|  |  | Fibre       | 1.3             | 2.6              |  |
|  |  | Protein     | 14.6            | 28.5             |  |
|  |  | Salt        | 1.00            | 1.94             |  |
| Tomato & 'Mozzarella' Tostati<br>(Vg)                | Tomato Bread <b>[WHEAT</b> Flour <b>(WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Tomato Flakes, Tomato Powder, Yeast, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, <b>SOYA</b> Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid, Palm Fat], Vegan Tomato Mayonnaise [SunBlush® Tomatade (11%) (Slow Roast Tomatoes, Tomato Concentrate, Rapeseed Oil, Olive Oil, Salt, Oregano, Sugar, Garlic), Vegan Mayonnaise (11%) (Water, Rapeseed Oil, Cornflour, Preservative: Pectin, Sugar, Spirit Vinegar, Dijon <b>MUSTARD</b> (Water, Brown <b>MUSTARD</b> Seeds, Spirit Vinegar, Salt), Pea Protein, Salt, Concentrated Lemon Juice), Slow Roasted Tomato (3%) (Tomato, Sunflower Oil, Salt, Garlic, Oregano), Black Pepper], Semi Dried Cherry Tomatoes (10%), Dairy Free Mozzarella Alternative (10%) [Water, Modified Potato Starch, Coconut Oil, Sea Salt, Olive Fruit Extract, Natural Flavourings, Colour: Natural Beta Carotene], Spinach (6%).   | per 100g    | per portion (g) |                  |  |
|  |  | KJ          | 957             | 1483             |  |
|  |  | Kcal        | 228             | 354              |  |
|  |  | Fat         | 9.8             | 15.1             |  |
|  |  | Sat         | 2.3             | 3.5              |  |
|  |  | Carbs       | 28.8            | 44.6             |  |
|  |  | Sugar       | 4.2             | 6.5              |  |
|  |  | Fibre       | 2.5             | 3.9              |  |
|  |  | Protein     | 5.0             | 7.8              |  |
|  |  | Salt        | 0.82            | 1.27             |  |
| Cotto Ham & Cheese<br>Tostati Melt                   | Grilled Cheese Topped Bread [White Bread <b>[WHEAT</b> Flour <b>(WHEAT</b> 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, <b>SOYA</b> Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Béchamel Sauce (Water, Butter <b>(MILK)</b> , Skimmed <b>MILK</b> Powder, <b>WHEAT</b> Flour <b>(WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Double Cream <b>(MILK)</b> ], Mozzarella Cheese <b>(MILK)</b> (8%), Cheddar Cheese <b>(MILK)</b> (5%)], Cooked Formed Cured Ham (17%) [Pork, Salt, Natural Flavourings, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Mascarpone Cheese Béchamel [Mascarpone Full Fat Soft Cheese <b>(MILK)</b> (9%), Béchamel Sauce (Water, Butter <b>(MILK)</b> , Skimmed <b>MILK</b> Powder, <b>WHEAT</b> Flour <b>(WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Double Cream <b>(MILK)</b> ], Regato Cheese <b>(MILK)</b> (2%) (Regato Cheese, Anti-caking Agent: Potato Starch), Parmigiano Reggiano Shavings <b>(MILK)</b> (<1%), Cracked Black Pepper].   | per 100g    | per portion (g) |                  |  |
|  |  | 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        | 1.14            | 2.00             |  |
| Mozzarella & Roasted Tomato<br>Tostati Melt<br>(V)   | Grilled Cheese Tomato Topped White Bread [White Bread <b>(WHEAT</b> 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, <b>SOYA</b> Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Béchamel Sauce (Whole <b>MILK</b> ), Single Cream <b>(MILK)</b> , Water, Cornflour, <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate], Mozzarella Cheese <b>(MILK)</b> (8%), Semi Dried Cherry Tomato (6%), Cheddar Cheese <b>(MILK)</b> (5%)], Mascarpone & Tomato Tomatade Dressing (15%) [Mascarpone Full Fat Soft Cheese <b>(MILK)</b> (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 <b>MUSTARD</b> (Water, <b>MUSTARD</b> 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 <b>(MILK)</b> (11%).   | per 100g    | per portion (g) |                  |  |
|  |  | 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        | 0.99            | 1.70             |  |
| Roasted Mushroom &<br>Mascarpone Tostati Melt<br>(V) | Grilled Cheese Topped Bread [White Bread <b>[WHEAT</b> Flour <b>(WHEAT</b> 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, <b>SOYA</b> Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid], Béchamel Sauce (8%) (Water, Butter <b>(MILK)</b> , Skimmed <b>MILK</b> Powder, <b>WHEAT</b> Flour <b>(WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Double Cream <b>(MILK)</b> ], Mozzarella Cheese <b>(MILK)</b> (8%), Cheddar Cheese <b>(MILK)</b> (5%)], Mushroom & Mascarpone Mix [Mascarpone Full Fat Soft Cheese <b>(MILK)</b> (8%), Roasted Chestnut Mushrooms (7%) (Chestnut Mushrooms, Olive Oil, Salt, Black Pepper), Mayonnaise (6%) (Water, Rapeseed Oil, Free-Range Salted <b>EGG</b> Yolk (Free-Range <b>EGG</b> Yolk, Salt), Cornflour, Spirit Vinegar, Sugar, Dijon <b>MUSTARD</b> (Water, Black <b>MUSTARD</b> 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].   | per 100g    | per portion (g) |                  |  |
|  |  | 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        | 0.82            | 1.44             |  |

SANDWICHES

| PRODUCT                             |   | INGREDIENTS |                 | NUTRITIONAL INFO |  |
|-------------------------------------|---|-------------|-----------------|------------------|--|
| Tuna, Red Pepper & Spinach 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], Pole and Line Caught Tuna (FISH) (27%) [Skipjack Tuna (Katsuwonus pelamis) (FISH), Water, Salt], Tomato Mayonnaise [Mayonnaise (7%) (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), Slow Roasted Tomato (3%) (Tomato, Sunflower Oil, Salt, Garlic, Oregano), SunBlush® Tomatade (3%) (Slow Roast Tomatoes, Tomato Concentrate, Rapeseed Oil, Olive Oil, Salt, Oregano, Sugar, Garlic), Parsley, Lemon Juice, Cornflour, Black Pepper], Red Pepper (7%), Spinach (4%). | per 100g    | per portion (g) |                  |  |
|                                     |   | KJ          | 796             | 1488             |  |
|                                     |   | Kcal        | 189             | 353              |  |
|                                     |   | Fat         | 4.2             | 7.8              |  |
|                                     |   | Sat         | 0.6             | 1.1              |  |
|                                     |   | Carbs       | 24.2            | 45.3             |  |
|                                     |   | Sugar       | 2.6             | 4.9              |  |
|                                     |   | Fibre       | 2.5             | 4.7              |  |
|                                     |   | Protein     | 12.4            | 23.1             |  |
|                                     |   | Salt        | 0.70            | 1.32             |  |
| Free Range Egg Mayo Sandwich (V)    | OATMEAL Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, OATMEAL, WHEAT Bran, Yeast, Salt, WHEAT Protein, Spirit Vinegar, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono - and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fatty Acids), Vegetable Oils (Rapeseed, Palm), Malted BARLEY Flour, Flour Treatment Agent: Ascorbic Acid, Palm Fat, WHEAT Starch], Free Range EGG Mayonnaise [Hard Boiled EGG (27%), Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Dijon MUSTARD (Water, Spirit Vinegar, Yellow MUSTARD Flour, MUSTARD Flour, Salt, Ground Yellow MUSTARD Bran, Ground Turmeric, Ground Black Pepper, Pimento, Ground Cinnamon, Ground Cloves), Black Pepper, Salt], Free Range Hard Boiled EGG (21%).   | per 100g    | per portion (g) |                  |  |
|                                     |   | KJ          | 917             | 1852             |  |
|                                     |   | Kcal        | 222             | 449              |  |
|                                     |   | Fat         | 11.1            | 22.4             |  |
|                                     |   | Sat         | 2.0             | 4.1              |  |
|                                     |   | Carbs       | 19              | 38.3             |  |
|                                     |   | Sugar       | 0.3             | 0.6              |  |
|                                     |   | Fibre       | 2.0             | 4.0              |  |
|                                     |   | Protein     | 11.0            | 22.2             |  |
|                                     |   | Salt        | 0.70            | 1.50             |  |
| Chargrilled Chicken Salad Sandwich  | Malted Brown Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT Protein, Yeast, Malted BARLEY Flour, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono - and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides of Fatty Acids, Spirit Vinegar, Malted WHEAT Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid, Palm Fat, Palm Oil, WHEAT Starch], British Chargrilled Chicken Breast (25%) [Chicken Breast, Salt, Cornflour], Black Pepper Mayonnaise [Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Black Pepper], Tomato (7%), Cucumber (5%), Lettuce (4%).  | per 100g    | per portion (g) |                  |  |
|                                     |   | KJ          | 896             | 1820             |  |
|                                     |   | Kcal        | 217             | 441              |  |
|                                     |   | Fat         | 9.7             | 19.6             |  |
|                                     |   | Sat         | 1.1             | 2.2              |  |
|                                     |   | Carbs       | 19.8            | 40.1             |  |
|                                     |   | Sugar       | 0.9             | 1.9              |  |
|                                     |   | Fibre       | 1.9             | 3.9              |  |
|                                     |   | Protein     | 11.6            | 23.5             |  |
|                                     |   | Salt        | 0.70            | 1.40             |  |
| 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 (16%) [Pork, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite], Tomatoes (14%), 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%).   | per 100g    | per portion (g) |                  |  |
|                                     |   | 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        | 1.14            | 1.90             |  |

BREAKFAST ROLLS

| PRODUCT                                  | INGREDIENTS   | NUTRITIONAL INFO |                 |      |
|--|---|------------------|-----------------|------|
| Coffee Cured Bacon Roll                  | Vienna Roll <b>[WHEAT</b> Flour <b>(WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, <b>RYE</b> Flour, Yeast, Salt, Malted <b>WHEAT</b> Flour, Improver <b>(WHEAT</b> 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 <b>(MILK)</b> .   | per 100g         | per portion (g) |      |
|  |   | 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             | 1.82            | 2.29 |
| Portion weight (g)                       |   | 126              |                 |      |
| Butcher's Sausage Roll                   | Vienna Roll <b>[WHEAT</b> Flour <b>(WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, <b>RYE</b> Flour, Yeast, Salt, Malted <b>WHEAT</b> Flour, Improver <b>(WHEAT</b> 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, <b>WHEAT</b> Starch, Beef Collagen Casing, Spices (Ground Ginger, Ground Mace, Ground Nutmeg, Ground White Pepper, Chilli Powder), Stabiliser: Sodium Diphosphate, <b>WHEAT</b> Protein, Onion Powder, Rubbed Sage, <b>WHEAT</b> Flour <b>(WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Butter <b>(MILK)</b> .                               | per 100g         | per portion (g) |      |
|  |   | KJ               | 1097            | 1766 |
|  |   | 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             | 1.32            | 2.13 |
| Portion weight (g)                       |   | 161              |                 |      |
| THIS Plant Based 'Sausage' Ciabatta (Vg) | Ciabatta Roll <b>[WHEAT</b> Flour <b>(WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, <b>RYE</b> Flour, Yeast, Salt, Malted <b>WHEAT</b> Flour, <b>WHEAT</b> 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 <b>METABISULPHITE</b> , Ground Mace, Dextrose, White Pepper. | per 100g         | per portion (g) |      |
|  |   | KJ               | 847             | 1330 |
|  |   | Kcal             | 200             | 314  |
|  |   | Fat              | 2.1             | 3.2  |
|  |   | Sat              | 0.7             | 1.1  |
|  |   | Carbs            | 33.6            | 52.7 |
|  |   | Sugar            | 2.6             | 4.1  |
|  |   | Fibre            | 6.3             | 9.8  |
|  |   | Protein          | 8.8             | 13.8 |
|  |   | Salt             | 1.29            | 2.03 |
| Portion weight (g)                       |   | 157              |                 |      |

FOCACCIA

| PRODUCT                                 | INGREDIENTS   | NUTRITIONAL INFO   |                 |
|---|---|--------------------|-----------------|
| Truffle Cotto Ham & Mushroom Focaccia   | Rosemary and Rock Salt Focaccia [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, WHEAT Fibre, Fermented WHEAT Flour, Rosemary, Yeast, Salt, WHEAT Gluten, BARLEY Malt Vinegar, Rock Salt, WHEAT Flour, Waxy Maize Starch, Flour Treatment Agent: Ascorbic Acid, Malted WHEAT Flour], Mushroom & Mascarpone Mix [Mascarpone Full Fat Soft Cheese (MILK) (6%), Roasted Chestnut Mushrooms (5%) (Chestnut Mushrooms, Olive Oil, Salt, Black Pepper), Mayonnaise (4%) (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 (2%) (Grilled Mushrooms, Rapeseed Oil, Porcini Mushrooms, Concentrated Lemon Juice, Salt, Dehydrated Porcini Mushroom Powder, Garlic, Parsley, Chive), Cornflour, Thyme], Cooked Formed Cured Ham with Truffle (16%) [Pork, Salt, Natural Flavours, Truffle, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Spinach (5%). | per 100g           | per portion (g) |
|   |   | KJ                 | 989             |
|   |   | Kcal               | 235             |
|   |   | Fat                | 7.8             |
|   |   | Sat                | 1.8             |
|   |   | Carbs              | 30.4            |
|   |   | Sugar              | 2.5             |
|   |   | Fibre              | 2.9             |
|   |   | Protein            | 9.5             |
|   |   | Salt               | 1.10            |
| Brie & Vine Ripened Tomato Focaccia (V) | Rosemary and Rock Salt Focaccia [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, WHEAT Fibre, Fermented WHEAT Flour, Rosemary (1.9%), Yeast, Salt, WHEAT Gluten, BARLEY Malt Vinegar, Rock Salt, WHEAT Flour, Waxy Maize Starch, Flour Treatment Agent: Ascorbic Acid, Malted WHEAT Flour, Sunflower Oil], Brie (MILK) (18%), Tomato (17%), Smoked Chilli Relish (11%) [Sugar, Red Pepper, Water, Red Onion, Red Chilli Purée, Concentrated Lemon Juice, Chillies, Smoked Chillies, Smoked Salt, Thickening Agent: Pectin], Spinach (4%).  | per 100g           | per portion (g) |
|   |   | KJ                 | 970             |
|   |   | Kcal               | 231             |
|   |   | Fat                | 7.3             |
|   |   | Sat                | 3.6             |
|   |   | Carbs              | 30              |
|   |   | Sugar              | 9.7             |
|   |   | Protein            | 11.7            |
|   |   | Salt               | 0.99            |
|   |   | 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%).  | per 100g           | per portion (g) |
|   |   | KJ                 | 1165            |
|   |   | Kcal               | 278             |
|   |   | Fat                | 13.9            |
|   |   | Sat                | 1.8             |
|   |   | Carbs              | 26.9            |
|   |   | Sugar              | 1.8             |
|   |   | Protein            | 10.2            |
|   |   | Salt               | 1.06            |
|   |   | Portion weight (g) | 200             |

SOUPS

| PRODUCT                          | INGREDIENTS  | NUTRITIONAL INFO |                 |
|----------------------------------|--|------------------|-----------------|
| 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.  | per 100g         | per portion (g) |
|                                  |  | KJ               | 196             |
|                                  |  | Kcal             | 47              |
|                                  |  | Fat              | 2.8             |
|                                  |  | Sat              | 0.3             |
|                                  |  | Carbs            | 5.2             |
|                                  |  | Sugar            | 3.5             |
|                                  |  | Fibre            | 1.2             |
|                                  |  | Protein          | 1.0             |
|                                  |  | Salt             | 0.70            |
| Chicken, Broccoli & Rice Soup    | Water, Onion, MILK, Broccoli (7%), Chicken (5%), Leek, Whipping Cream (MILK), Camaroli Rice (2.7%), Rapeseed Oil, Cornflour, Black Venere Rice (1.1%), Garlic, Grana Padano (MILK, Lysozyme (EGG), Chicken Stock (Flavouring (contains EGG)), Chicory Extract, Salt, Yeast Extract, Chicken Bone Stock), Lemon Juice, Roast Chicken Stock (Roast Chicken, Rehydrated Potato Flake, Water, Yeast Extract, Salt, Chicken Fat), Salt, Black Pepper, Sage, Bay Leaf. | per 100g         | per portion (g) |
|                                  |  | KJ               | 338             |
|                                  |  | Kcal             | 81              |
|                                  |  | Fat              | 4.5             |
|                                  |  | Sat              | 1.3             |
|                                  |  | Carbs            | 6.8             |
|                                  |  | Sugar            | 1.3             |
|                                  |  | Fibre            | 1.6             |
|                                  |  | Protein          | 4.1             |
|                                  |  | Salt             | 0.70            |

MEAL POTS

| PRODUCT                          | INGREDIENTS   | NUTRITIONAL INFO   |                 |
|----------------------------------|---|--------------------|-----------------|
| Nero Deli Mac & Cheese Pasta (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. | per 100g           | per portion (g) |
|                                  |   | KJ                 | 550             |
|                                  |   | Kcal               | 131             |
|                                  |   | Fat                | 5.0             |
|                                  |   | Sat                | 3.0             |
|                                  |   | Carbs              | 15.1            |
|                                  |   | Sugar              | 1.6             |
|                                  |   | Protein            | 6.1             |
|                                  |   | Salt               | 0.90            |
|                                  |   | Portion weight (g) | 350             |



SALADS & ANTIPASTI

| PRODUCT   | INGREDIENTS  | NUTRITIONAL INFO   |                 |
|---|--|--------------------|-----------------|
| Chargrilled Chicken, Mixed Grain & Pesto Salad          | Dressed Grains (41%) (Bulgur <b>WHEAT</b> , Turmeric Rice (Long Grain Rice, Water, Ground Turmeric), Pink Cabbage, Roasted Vegetables (Red Pepper, Yellow Pepper, Onion, Courgette, Rapeseed Oil), Chickpeas, Cous Cous ( <b>WHEAT</b> ), Black Beluga® Lentils, Red Quinoa, Concentrated Lemon Juice, 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).   | per 100g           | per portion (g) |
|   |  | KJ                 | 454             |
|   |  | Kcal               | 108             |
|   |  | Fat                | 4.5             |
|   |  | Sat                | 0.6             |
|   |  | Carbs              | 8.9             |
|   |  | Sugar              | 2.1             |
|   |  | Fibre              | 1.4             |
|   |  | Protein            | 7.4             |
|   |  | Salt               | 0.56            |
| 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 ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Self-Raising Flour (Fortified Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents (Monocalcium Phosphate, Sodium Hydrogen Carbonate))), Parsley, Coriander Powder, Cumin Powder, Sodium Bicarbonate, Cumin Seeds, Garlic, Black Pepper), Cabbage and Beetroot Slaw (17%) (Cabbage, Beetroot, Mango Dressing (Mango Chutney (Mango, Sugar, Spirit Vinegar, Glucose Syrup, Salt, Ground Cardamom, Ground Coriander, Ground Cumin, Ground Paprika), White Wine Vinegar, Stabiliser (Xanthan Gum), Salt), Onions), Mixed Grains (17%) (Bulgur <b>WHEAT</b> , Couscous (Half Hard <b>WHEAT</b> Flour, Water), <b>WHEAT</b> BERRIES, Red Quinoa, Red Peppers, Lemon Juice, Salt, Black Pepper), Red Pepper Houmous (15%) (Chick Peas, Grilled Red Peppers, Tahini <b>SESAME SEED</b> Paste, Rapeseed Oil, Water, Concentrated Lemon Juice, Olive Oil, Garlic Purée, Salt, Colour (Paprika Extract)), Tahini Dressing (10%) (Chick Peas, Water, Garlic and 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 <b>SESAME SEED</b> Paste, Rapeseed Oil, Concentrated Lemon Juice, Salt, Red Wine Vinegar, Garlic Purée). | per 100g           | per portion (g) |
|   |  | KJ                 | 535             |
|   |  | Kcal               | 128             |
|   |  | Fat                | 6.5             |
|   |  | Sat                | 0.7             |
|   |  | Carbs              | 11              |
|   |  | Sugar              | 3.2             |
|   |  | Fibre              | 4.1             |
|   |  | Protein            | 4.2             |
|   |  | Salt               | 0.47            |
| Cheese & Olive Antipasti (V)                            | Sundried Tomato Dip (36%) (Tomatoes (57%), Passata (Tomato), Salt, White Wine Vinegar, Sugar, Preservative: Sodium Metabisulphite ( <b>SULPHUR DIOXIDE</b> ); Garlic Purée, Oregano, Rosemary.<br><br>Marinated Gouda Cheese (29%) (Gouda Cheese ( <b>MILK</b> ), Sunflower Oil, Paprika)<br><br>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.)<br><br>Breadsticks (10%) <b>WHEAT</b> Flour, Sunflower Oil, Tomato, Salt, Extra Virgin Olive Oil, Yeast, <b>WHEAT</b> Malt Extract, Oregano, Onion.  | per 100g           | per portion (g) |
|   |  | KJ                 | 998             |
|   |  | Kcal               | 240             |
|   |  | Fat                | 17.0            |
|   |  | Sat                | 5.9             |
|   |  | Carbs              | 11.0            |
|   |  | Sugar              | 3.6             |
|   |  | Protein            | 8.6             |
|   |  | Salt               | 2.06            |
|   |  | Portion weight (g) | 122             |
| Chorizo Antipasti                                       | Chorizo (38%) – Pork (95%), Salt, Paprika, Dextrose, Garlic, Rosemary Extract, Sodium Nitrite.<br><br>Cheese ( <b>MILK</b> ) (37%)<br><br>Toasts (25%) – Flour ( <b>WHEAT</b> ), Malted <b>WHEAT</b> , Flour Treatment Agents: Ascorbic Acid, Glucose-Fructose Syrup, Yeast, Salt, Vegetable Fat, Emulsifier Mixture (Sugar, Emulsifier: Mono- and Diacetyl-Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Emulsifier: Lecithin, Raising Agent: Sodium Carbonates.  | per 100g           | per portion (g) |
|   |  | KJ                 | 1562            |
|   |  | Kcal               | 375             |
|   |  | Fat                | 22.7            |
|   |  | Sat                | 11.4            |
|   |  | Carbs              | 20.7            |
|   |  | Sugar              | 2.0             |
|   |  | Protein            | 21.4            |
|   |  | Salt               | 2.91            |
|   |  | Portion weight (g) | 64              |
| Mediterranean Style Vegetable Cous Cous Open Salad (Vg) | Cooked Giant Cous Cous (Water, Cous Cous ( <b>WHEAT</b> )), Rehydrated Cous Cous (Water, Cous Cous ( <b>WHEAT</b> )), Vinaigrette Dressing (White Wine Vinegar, Water, Rapeseed Oil, Grilled Red Pepper, Grilled Yellow Pepper, Salt, Smoked Paprika, Garlic Purée, Black Pepper, Oregano, Cornflour), Chargrilled Vegetables (Carrot, Courgette, Red Onion, Rapeseed Oil), Tomato, Cooked Black Lentils (Lentils, Water).   | per 100g           | per portion (g) |
|   |  | KJ                 | 462             |
|   |  | Kcal               | 110             |
|   |  | Fat                | 3.3             |
|   |  | Sat                | 0.3             |
|   |  | Carbs              | 15              |
|   |  | Sugar              | 1.7             |
|   |  | Fibre              | 2.5             |
|   |  | Protein            | 3.9             |
|   |  | Salt               | 0.43            |
|   |  | Average Scoop (g)  | 80              |



**BISCUITS & SNACKS**

| PRODUCT  | INGREDIENTS  | NUTRITIONAL INFO   |                 |
|--|--|--------------------|-----------------|
| <b>Almond Biscotti<br/>(V)</b>                             | <b>WHEAT</b> flour, sugar, <b>ALMONDS</b> (15%), <b>EGG</b> , <b>EGG</b> yolk, butter, honey, partly skimmed <b>MILK</b> , raising agent: E 503 (ammonium bicarbonate), salt, natural flavour (orange), flavours.  | per 100g           | per portion (g) |
|  |  | 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 1.55          | 0.05            |
| <b>Caramel Waffle<br/>(V)</b>                              | Glucose fructose syrup, wheat flour, sugar, palm fat, concentrated butter ( <b>MILK</b> ), sugar syrup, <b>SOYA</b> flour, rapeseed oil, salt, dextrin ( <b>WHEAT</b> ), emulsifiers ( <b>SOYA</b> 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 0.58          | 0.46            |
| <b>Chocolate &amp; Yoghurt Covered Raisins<br/>(V)</b>     | Milk Chocolate Raisins (50%) ( <b>MILK</b> Chocolate Coating (Sugar, <b>MILK</b> Powder, Cocoa Butter, Cocoa Mass, Palm Oil, Whey ( <b>MILK</b> ), Emulsifier: Sunflower Lecithin, Glazing Agents: Gum Arabic, Shellac), Raisins (Raisins, Sunflower Oil)), Yoghurt Coated Raisins (50%) (Yoghurt Flavoured Coating (Sugar, Palm Oil, Whey Powder ( <b>MILK</b> ), Rice Flour, Yoghurt Powder (3%) ( <b>MILK</b> ), 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            |
| <b>Dark Chocolate &amp; Hazelnut Chocolate Bar<br/>(V)</b> | Dark chocolate 57% (sugar, cocoa mass, cocoa butter, emulsifier: <b>SOY</b> lecithin, natural vanilla flavour), hazelnut cream 43% (sugar, vegetable fats (coconut, palm kernel oil, shea butter in variable proportions), <b>HAZELNUTS</b> (14%), skimmed cocoa powder, whey powder (contains <b>MILK</b> ), emulsifier: <b>SOY</b> lecithin, natural vanilla flavour, nibbed <b>HAZELNUTS</b> (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 0.10          | 0.02            |
|  |  | Portion weight (g) | 17.5            |
| <b>Eat Natural Dark Choc &amp; Sea Salt Bar<br/>(V)</b>    | Dark chocolate (20%) (cocoa mass, sugar, cocoa butter, emulsifier: <b>SOYA</b> lecithin), glucose syrup, <b>PEANUTS</b> 12%, crisped rice (rice, sugar), figs 8% (figs, rice flour), dried apricots 8% (apricots, rice flour), honey, sultanas 7% (sultanas, sunflower oil), shredded coconut, <b>ALMONDS</b> 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 0.05          | 0.02            |
| <b>Eat Natural Vegan Bar<br/>(Vg)</b>                      | Dark chocolate 20% (cocoa mass, sugar, cocoa butter, emulsifier: <b>SOYA</b> lecithin), <b>PEANUTS</b> 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          | 0.07            |
| <b>Fruit &amp; Nut Mix<br/>(Vg)</b>                        | Almonds ( <b>NUTS</b> ) (30%), Pistachios ( <b>NUTS</b> ) (25%), Dried Sweetened Cranberries (20%) (Sugar, Cranberries, Sunflower Oil), Golden raisins (15%) (Raisins, Sunflower Oil, Preservative: <b>SULPHUR DIOXIDE</b> ), Cashew <b>NUTS</b> (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 0.00          | 0.02            |
|  |  | Portion weight (g) | 40              |

BISCUITS & SNACKS

| PRODUCT                    | INGREDIENTS   | NUTRITIONAL INFO   |                 |
|----------------------------|---|--------------------|-----------------|
| Fruit Teacake<br>(Vg)      | Fortified Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sultanas (9.5%) (Sultanas, Water, Sunflower Oil, Preservative (E202)), Raisins (9.5%) (Raisins, Water, Sunflower Oil, Preservative (E202)), Citrus Peel (6%) (Glucose Syrup, Orange Peel, Lemon Peel, Fructose Syrup, Acidity Regulator (E330), Preservatives: ( <b>SULPHUR DIOXIDE</b> , 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, <b>SOYA</b> Flour, Fortified Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Emulsifier (E472e), Flour Treatment Agent (E300), Enzymes), Water, Emulsifiers (E471, E472e), Acidity Regulators (E260, E525), Salt. | per 100g           | per portion (g) |
|                            |   | KJ                 | 1200            |
|                            |   | Kcal               | 283             |
|                            |   | Fat                | 2.5             |
|                            |   | Sat                | 0.8             |
|                            |   | Carbs              | 56.2            |
|                            |   | Sugar              | 22.0            |
|                            |   | Fibre              | 3.8             |
|                            |   | Protein            | 7.3             |
|                            |   | Salt               | 0.20            |
|                            |   | Portion weight (g) | 96              |
|                            |   | per 100g           | per portion (g) |
| Gianduja Chocolate<br>(Vg) | Sugar, <b>HAZELNUTS</b> (30%), cocoa mass, cocoa butter, emulsifier: <b>SOY</b> lecithin, natural vanilla flavour. Cocoa solids: 23% min. <i>May contain MILK and other NUTS.</i>   | KJ                 | 2416            |
|                            |   | Kcal               | 581             |
|                            |   | Fat                | 40.0            |
|                            |   | Sat                | 15.0            |
|                            |   | Carbs              | 47.0            |
|                            |   | Sugar              | 44.0            |
|                            |   | Protein            | 5.7             |
|                            |   | Salt               | 0.03            |
|                            |   | Portion weight (g) | 10              |
|                            |   | per 100g           | per portion (g) |
|                            |   | KJ                 | 1726            |
|                            |   | Kcal               | 402             |
| Gingerbread Biscuit<br>(V) | Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Partially Inverted Refiners Syrup, Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (Mono- And Diglycerides Of Fatty Acids), Flavouring, Colours (Annatto Bixin, Curcumin)), Glucose Syrup ( <b>WHEAT</b> , <b>SULPHUR DIOXIDE</b> ), Fondant (Sugar, Glucose Syrup, Water), Humectant (Glycerol), Whole <b>EGG</b> Powder, Treacle (Cane Molasses, Partially Inverted Refiners Syrup), Mixed Spices (Ginger, Cinnamon, Coriander, Cassia, Nutmeg, Fennel, Cloves, Cardamon), Raising agent (Bicarbonate Of Soda), Water, Colours (Plant Extracts (Safflower, Spirulina), Trehalose, Concentrates (Radish, Carrot), Lutein), <b>EGG</b> White Powder, Acidity Regulator (Sodium Citrates, Citric Acid).  | Fat                | 12.4            |
|                            |   | Sat                | 4.5             |
|                            |   | Carbs              | 67.5            |
|                            |   | Sugar              | 39.1            |
|                            |   | Fibre              | 1.6             |
|                            |   | Protein            | 4.3             |
|                            |   | Salt               | 0.96            |
|                            |   | Portion weight (g) | 73              |
|                            |   | per 100g           | per portion (g) |
|                            |   | KJ                 | 1663            |
|                            |   | Kcal               | 391             |
|                            |   | Fat                | 0.0             |
| Leone Mints<br>(Vg)        | Sugar, Thickening agents: Arabic gum, tragacanth; Piedmont peppermint essential oil.  | Sat                | 0.0             |
|                            |   | Carbs              | 97.0            |
|                            |   | Sugar              | 97.0            |
|                            |   | Protein            | 0.2             |
|                            |   | Salt               | 0.00            |
|                            |   | Portion weight (g) | 30              |
|                            |   | per 100g           | per portion (g) |
|                            |   | KJ                 | 2136            |
|                            |   | Kcal               | 511             |
|                            |   | Fat                | 26.0            |
|                            |   | Sat                | 22.0            |
|                            |   | Carbs              | 59.0            |
| Loacker Creamkakao<br>(V)  | Crispy wafer filled with cocoa cream (75%). <b>WHEAT</b> flour, coconut oil, glucose syrup, sugar, fat reduced cocoa 9% in the cream, dextrose, sweet whey powder, <b>SOYA</b> flour, skimmed <b>MILK</b> power, malt extract, salt, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier <b>SOYA</b> lecithin, <b>HAZELNUTS</b> , vanilla pods (Bourbon). <i>May contain ALMONDS.</i>   | Sugar              | 28.0            |
|                            |   | Protein            | 7.7             |
|                            |   | Salt               | 0.31            |
|                            |   | Portion weight (g) | 45              |
|                            |   | per 100g           | per portion (g) |
|                            |   | KJ                 | 2169            |
|                            |   | Kcal               | 519             |
|                            |   | Fat                | 27.0            |
|                            |   | Sat                | 20.0            |
|                            |   | Carbs              | 59.0            |
|                            |   | Sugar              | 26.0            |
|                            |   | Protein            | 8.1             |
| Loacker Napolitaner<br>(V) | Crispy wafer filled with <b>HAZELNUT</b> cream (75% cream). Ingredients: <b>WHEAT</b> flour, coconut oil, glucose syrup, sugar, hazelnut 9% in the cream, sweet whey powder, <b>SOYA</b> flour, skimmed <b>MILK</b> powder, fat reduced cocoa, diphsphate) emulsifier <b>SOYA</b> lecithin, vanilla pods (bourbon). <i>May contain ALMONDS.</i>   | Salt               | 0.33            |
|                            |   | Portion weight (g) | 45              |
|                            |   | per 100g           | per portion (g) |
|                            |   | KJ                 | 2188            |
|                            |   | Kcal               | 523             |
|                            |   | Fat                | 27.0            |
|                            |   | Sat                | 23.0            |
|                            |   | Carbs              | 61.0            |
|                            |   | Sugar              | 31.0            |
|                            |   | Protein            | 7.8             |
|                            |   | Salt               | 0.40            |
|                            |   | Portion weight (g) | 45              |
| Loacker Vanille<br>(V)     | Crispy wafer filled with vanilla cream (75% cream). Ingredients: <b>WHEAT</b> flour, coconut oil, glucose syrup, sugar, skimmed <b>MILK</b> powder, dextrose, <b>SOYA</b> flour, malt extract, sugar, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier <b>SOYA</b> lecithin, vanilla pods (bourbon), <b>HAZELNUT</b> . <i>May contain ALMONDS.</i>   |                    |                 |
|                            |   | per 100g           | per portion (g) |
|                            |   | KJ                 | 2188            |
|                            |   | Kcal               | 523             |
|                            |   | Fat                | 27.0            |
|                            |   | Sat                | 23.0            |
|                            |   | Carbs              | 61.0            |
|                            |   | Sugar              | 31.0            |
|                            |   | Protein            | 7.8             |
|                            |   | Salt               | 0.40            |
|                            |   | Portion weight (g) | 45              |

## BISCUITS &amp; SNACKS

| PRODUCT  | INGREDIENTS   | NUTRITIONAL INFO   |                 |
|--|---|--------------------|-----------------|
| Metcalfes® Chocolate Rice Cakes (V)            | Milk Chocolate (60%) (Sugar, Cocoa Butter, Whole <b>MILK</b> Powder, Cocoa Mass, Emulsifier: <b>SOYA</b> Lecithin, Natural Vanilla Flavouring), Rice Cake (40%) (Wholegrain Brown Rice, Rice). (Minimum Cocoa Solids 39%).  | 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 0.11          | 0.02            |
| Milk Chocolate Stracciatella Bar (V)           | Milk chocolate 57% (sugar, <b>MILK</b> powder, cocoa butter, cocoa mass, emulsifier: <b>SOY</b> lecithin, natural vanilla flavour), milk cream 43% (vegetable fats (coconut, palm kernel oil, shea butter in variable proportions), sugar, skimmed <b>MILK</b> powder, whey powder (contains <b>MILK</b> ), emulsifier: <b>SOY</b> lecithin, natural vanilla flavour, cocoa chips (11.5%)).   | per 100g           | per portion (g) |
|  |   | KJ 2380            | 417             |
|  |   | Kcal 572           | 100             |
|  |   | Fat 39.0           | 6.8             |
|  |   | Sat 24.0           | 4.2             |
|  |   | Carbs 47.0         | 8.2             |
|  |   | Sugar 46.0         | 8.1             |
|  |   | Protein 6.6        | 1.2             |
|  |   | Salt 0.19          | 0.03            |
|  |   | Portion weight (g) | 17.5            |
| Panettone (V)                                  | <b>WHEAT</b> flour, sultanas, fresh <b>EGGS</b> , butter ( <b>MILK</b> ), sugar, candied orange peels (orange peels, glucose-fructose syrup, sugar, acidity regulator: citric acid), <b>MILK</b> , fresh <b>EGG</b> yolk, natural yeast ( <b>WHEAT</b> ), emulsifiers: mono and diglycerides of fatty acids, glucose syrup, flavourings, cocoa butter, salt. <i>May contain traces of NUTS and SOY.</i>                                 | per 100g           | per portion (g) |
|  |   | KJ 1548            | 1548            |
|  |   | Kcal 368           | 368             |
|  |   | Fat 14.0           | 14.0            |
|  |   | Sat 8.5            | 8.5             |
|  |   | Carbs 52.0         | 52.0            |
|  |   | Sugar 28.0         | 28.0            |
|  |   | Protein 7.9        | 7.9             |
|  |   | Salt 0.50          | 0.50            |
|  |   | Portion weight (g) | 100             |
| Totally Nutty (Vg)                             | Almonds ( <b>NUTS</b> ) (35%), Cashew <b>NUTS</b> (30%), Pecan <b>NUTS</b> (20%), Hazelnuts ( <b>NUTS</b> ) (15%).  | per 100g           | per portion (g) |
|  |   | KJ 2656            | 1063            |
|  |   | Kcal 635           | 254             |
|  |   | Fat 56.2           | 22.5            |
|  |   | Sat 5.7            | 2.3             |
|  |   | Carbs 12.5         | 5.0             |
|  |   | Sugar 4.7          | 1.9             |
|  |   | Fibre 5.5          | 2.2             |
|  |   | Protein 16.8       | 6.7             |
|  |   | Salt 0.00          | 0.01            |
| Vegan Fruit Flapjack (Vg)                      | <b>OATS</b> (31%), Soft Brown Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono - and - Diglycerides of Fatty Acids)), Golden Syrup, Raisins (8%) (Raisins, Sunflower Oil), Mixed Peel (6%) (Orange peel, Lemon Peel, Glucose Fructose Syrup, Sugar, Acidity Regulator (Citric acid)), Cranberries (4%) (cranberries, Sugar, Sunflower Oil), <b>PISTACHIO NUTS</b> (1%), Salt. <i>May contain traces of other NUTS.</i> | per 100g           | per portion (g) |
|  |   | KJ 1882            | 1321            |
|  |   | Kcal 449           | 315             |
|  |   | Fat 17.7           | 12.4            |
|  |   | Sat 6.2            | 4.4             |
|  |   | Carbs 69.6         | 48.9            |
|  |   | Sugar 46.0         | 32.3            |
|  |   | Fibre 4.7          | 3.3             |
|  |   | Protein 4.6        | 3.2             |
|  |   | Salt 0.67          | 0.47            |
| Vegan Stem Ginger Biscuit (Vg)                 | <b>WHEAT</b> flour ( <b>WHEAT</b> flour, Calcium carbonate, Iron, Niacin, Thiamin), Partially inverted refiners syrup, Sugar, Margarine (Palm oil, Rapeseed oil, Salt, Colours (Annatto, Curcumin), Natural flavouring), Stem Ginger (4.6%)(Ginger, Sugar), Ground ginger, Raising Agent (Sodium bicarbonate, Ammonium bicarbonate).  | per 100g           | per portion (g) |
|  |   | KJ 1853            | 558             |
|  |   | Kcal 440           | 133             |
|  |   | Fat 14.2           | 4.3             |
|  |   | Sat 5.6            | 1.7             |
|  |   | Carbs 72.3         | 21.7            |
|  |   | Sugar 37.7         | 11.3            |
|  |   | Protein 4.9        | 1.5             |
|  |   | Salt 0.60          | 0.20            |
|  |   | Portion weight (g) | 30              |
| 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.   | per 100g           | per portion (g) |
|  |   | KJ 1973            | 947             |
|  |   | Kcal 473           | 227             |
|  |   | Fat 27.7           | 13.3            |
|  |   | Sat 6.9            | 3.3             |
|  |   | Carbs 48.4         | 23.2            |
|  |   | Sugar 32.0         | 15.4            |
|  |   | Fibre 2.7          | 1.3             |
|  |   | Protein 6.1        | 2.9             |
|  |   | Salt 0.27          | 0.13            |
| Wrapped Shortbread (V)                         | <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (33%)( <b>MILK</b> ), Icing Sugar, Light Brown Sugar (Sugar, Molasses).   | per 100g           | per biscuit (g) |
|  |   | KJ 2199            | 550             |
|  |   | Kcal 526           | 132             |
|  |   | Fat 28.2           | 7.1             |
|  |   | Sat 18.6           | 4.7             |
|  |   | Carbs 62.3         | 15.6            |
|  |   | Sugar 22.9         | 5.7             |
|  |   | Protein 5.4        | 1.4             |
|  |   | Salt 0.70          | 0.20            |
|  |   | Portion weight (g) | 25              |

## CRISPS &amp; 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 29 for NI crisp information.

| PRODUCT   | INGREDIENTS   | NUTRITIONAL INFO   |                 |
|---|---|--------------------|-----------------|
| Kettle Sea Salt Crisps<br>(Vg)                      | Select Potatoes, Sunflower Oil, Sea Salt.   | per 100g           | per portion (g) |
|   |   | KJ 2139            | 856             |
|   |   | Kcal 513           | 205             |
|   |   | Fat 30.1           | 12.0            |
|   |   | Sat 3.5            | 1.4             |
|   |   | Carbs 51.5         | 20.6            |
|   |   | Sugar 0.5          | 0.2             |
|   |   | Protein 5.8        | 2.3             |
|   |   | Salt 0.90          | 0.36            |
|   |   | Portion weight (g) | 40              |
| Kettle Sea Salt & Vinegar Crisps<br>(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).  | per 100g           | per portion (g) |
|   |   | 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             |
|   |   | Protein 5.7        | 2.3             |
|   |   | Salt 1.40          | 0.60            |
|   |   | Portion weight (g) | 40              |
| Kettle Cheddar & Onion Crisps<br>(V)                | Select Potatoes, Sunflower Oil, Mature Cheddar and Red Onion Seasoning (Dried Buttermilk, Dried Mature Cheddar Cheese (MILK), Dried Onion, Dried Red Onion, Sea Salt, Dried Yeast Extract, Dried Yeast, Dried Chives, Colour: Paprika Extract). | per 100g           | per portion (g) |
|   |   | 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             |
|   |   | Protein 7.1        | 2.8             |
|   |   | Salt 1.10          | 0.40            |
|   |   | Portion weight (g) | 40              |
| Metcalfes® Charity<br>Popcorn Sea Salt<br>(Vg)      | Popped Butterfly Corn (75%), Rapeseed Oil, Sea Salt.  | per 100g           | per portion (g) |
|   |   | 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             |
|   |   | Protein 11.2       | 2.2             |
|   |   | Salt 0.97          | 0.19            |
|   |   | Portion weight (g) | 20              |
| Metcalfes® Skinny Popcorn®<br>Sweet 'n Salt<br>(Vg) | Popped Butterfly Corn (64%), Rapeseed Oil, Sweetening Blend (Sugar, Sweetener: Isomalt, Sweetener: Steviol Glycosides), Salt.   | per 100g           | per portion (g) |
|   |   | 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             |
|   |   | Protein 8.6        | 2.2             |
|   |   | Salt 0.52          | 0.13            |
|   |   | Portion weight (g) | 25              |

## YOGHURTS &amp; GRANOLA POT

| PRODUCT                        | INGREDIENTS   | NUTRITIONAL INFO   |                 |
|--------------------------------|---|--------------------|-----------------|
| Berry Granola Pot<br>(V)       | Greek Style Yogurt (MILK) (64%), Summer Berry Compote (23%) [Sugar, Strawberries, Water, Blackberries, Blueberries, Redcurrants, Cornflour, Lemon Juice, Natural Flavouring, Gelling Agent: Pectin], Dried Cranberry Granola (11%) [OAT Flakes, Sweetened Dried Cranberries (1%) (Cranberries, Sugar, Sunflower Oil)], Sunflower Seeds, Pumpkin Seeds, Glucose Syrup, Water, Brown Rice Flour, Quinoa, Freeze Dried Raspberries, Natural Flavouring]. | per 100g           | per portion (g) |
|                                |   | KJ 704             | 1197            |
|                                |   | Kcal 168           | 286             |
|                                |   | Fat 9.2            | 15.6            |
|                                |   | Sat 4.6            | 7.8             |
|                                |   | Carbs 15.9         | 27.0            |
|                                |   | Sugar 10.7         | 18.2            |
|                                |   | Fibre 0.8          | 1.4             |
|                                |   | Protein 5.1        | 8.6             |
|                                |   | Salt 0.94          | 1.59            |
| Tim's Raspberry Yoghurt<br>(V) | Greek Style Natural Yogurt (MILK), Sugar, Raspberries (6%), Cornflour, Natural Flavouring, Citric Acid.   | per 100g           | per portion (g) |
|                                |   | 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 0.20          | 0.40            |
| Tim's Honey Yoghurt<br>(V)     | Greek Style Natural Yogurt (MILK), Brown Sugar, Cane Sugar, Honey (4.5%), Rice Starch, Natural Flavouring, Lemon Juice Concentrate.   | per 100g           | per portion (g) |
|                                |   | 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 0.20          | 0.40            |
|                                |   | 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 |                 |
| Praline Dito (V)                             | Water, <b>WHEAT</b> flour, fine butter ( <b>MILK</b> ) 11%, praline and hazelnuts dough 10% (sugar, <b>HAZELNUTS</b> 3%, <b>ALMONDS</b> 3%, stabilizer (sorbitol), emulsifier ( <b>SOYA</b> lecithin)), sugar, <b>EGGS</b> , <b>HAZELNUTS</b> 3%, maize starch, yeast, salt, <b>WHEAT</b> gluten, whey powder ( <b>MILK</b> ), whole <b>MILK</b> powder, skimmed <b>MILK</b> powder, thickener (sodium alginate), <b>EGG</b> albumin powder, glucose syrup, turmeric extract, flour treatment agents (alpha-amylases, hemicellulases, ascorbic acid), natural flavouring, acidity regulator (citric acid), carrot extract.  |                    | per 100g         | per portion (g) |
|  |   | 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               |                 |
| FESTIVE SAVOURY                              |   |                    |                  |                 |
| PRODUCT                                      |   | INGREDIENTS        | NUTRITIONAL INFO |                 |
| NEW Brie, Bacon & Cranberry Sourdough Panini | Sourdough Panini [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Rapeseed Oil, Sourdough (Water, Fermented <b>RYE</b> Flour, Salt), Salt, Yeast, Malted <b>WHEAT</b> Flour], Brie (18%) [ <b>MILK</b> , Salt, Starter cultures, Mould cultures, Firming agent: Calcium Chloride], Beechwood Bacon (9%) [Pork, Salt, Antioxidant: Sodium Ascorbate, Preservative: Sodium nitrate], Cranberry Sauce (9%) [Cranberries (60%), Sugar, Water].  |                    | per 100g         | per portion (g) |
|  |   | KJ                 | 1187             | 1959            |
|  |   | Kcal               | 284              | 468             |
|  |   | Fat                | 10               | 17.0            |
|  |   | Sat                | 5.7              | 9.4             |
|  |   | Carbs              | 37               | 60.0            |
|  |   | Sugar              | 5.7              | 9.4             |
|  |   | Fibre              | 2.1              | 3.5             |
|  |   | Protein            | 13               | 21.0            |
|  |   | Salt               | 1.25             | 2.07            |
| Portion weight (g)                           | 165   |                    |                  |                 |
| NEW Pigs Under Blanket Tostati Melt          | Bloomer bread [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Yeast, Salt, Vegetable Fat, Emulsifiers: Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyl tartaric Esters of Mono- and Di-Glycerides of Fatty Acids , <b>SOYA</b> Flour, Vinegar, Preservative: Calcium Propionate, Flour treatment agent: Ascorbic Acid], Pork Sausage (25%) [Pork (62%), Water, Rusk ( <b>WHEAT</b> flour, Salt, raising agent: ammonium bicarbonate), Pork Rind, Pork Fat, Potato starch, Seasoning (Dextrose, Salt, Stabiliser: Tri phosphate), Spices, Spice Extract, Antioxidant: Sodium Ascorbate], Cheese Topping (16%) [Bechamel sauce (Skimmed <b>MILK</b> , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Palm Oil, Butter ( <b>MILK</b> ), Modified Maize Starch, Salt, Emulsifier: <b>SOYA</b> Lecithin ( <b>SOYA</b> )), Mozzarella cheese ( <b>MILK</b> ), Cheddar Cheese ( <b>MILK</b> ), Dried rosemary], Mascarpone Cheese (8%) [Cream( <b>MILK</b> ), <b>MILK</b> proteins, Skim <b>MILK</b> powder, Preservatives: Citric Acid, Potassium sorbate, Nisin], Cranberry Sauce (6%) [Cranberries, Sugar, Water], Beechwood smoked Bacon (5%) [Pork, Salt, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Dried Cranberries (4%) [Cranberries, Sugar, Sunflower Oil].  |                    | per 100g         | per portion (g) |
|  |   | KJ                 | 1176             | 2953            |
|  |   | Kcal               | 281              | 706             |
|  |   | Fat                | 15               | 38.0            |
|  |   | Sat                | 7.5              | 19.0            |
|  |   | Carbs              | 26               | 64.0            |
|  |   | Sugar              | 7.0              | 18.0            |
|  |   | Fibre              | 1.6              | 3.9             |
|  |   | Protein            | 9.5              | 24.0            |
|  |   | Salt               | 1.17             | 2.93            |
| Portion weight (g)                           | 251   |                    |                  |                 |
| NEW Turkey Feast Sourdough Panini            | Sourdough Panini [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Rapeseed Oil, Sourdough (Water, Fermented <b>RYE</b> Flour, Salt), Salt, Yeast, Malted <b>WHEAT</b> Flour], Butter basted Turkey (14.5%) [Turkey, Water, Brine Mix (Salt, Dextrose, <b>MILK</b> Protein, Gelling agent: Carrageenan (E407a), Stabilisers: Triphosphates (E451), Polyphosphates (E452), Yeast Extract), Pea Starch, Preservative: Sodium Lactate (E325), Butter Emulsion (Water, Humectant: Propylene(E1520), Dextrose, Natural Flavourings ( <b>MILK</b> ), Stabiliser: Acacia gum (E414), Acidity regulator: Acetic Acid(E260), Stabiliser: Xanthan Gum(E415)], Stuffing & Mayonnaise Mix (14.5%) [Mayonnaise (Rapeseed Oil, Pasteurised Liquid <b>EGG</b> , Acidity Regulator: Acetic Acid(E260), Sugar, Water, Salt, Spice ( <b>MUSTARD</b> ), Stabilisers: Guar Gum (E412), Xanthan Gum (E415)], Stuffing (Breadcrumb ( <b>WHEAT</b> flour ( <b>WHEAT</b> flour fortified with Calcium Carbonate, Iron, Niacin, Thiamine), Water, Yeast, Salt), Water, Rapeseed Oil, Onion, Sage, Parsley, Salt, Pepper), Dried Apricots (Apricots (99%), Preservative: Sulphur Dioxide(E220) ( <b>SULPHITES</b> )), Dried Cranberries (Cranberries (55%), Sugar, Sunflower Oil), Chicken Bouillon (Salt, flavourings, potato starch, chicken fat (3%) [chicken fat, Antioxidant: Extracts of rosemary (E392)], Chicken (2%) [Chicken, salt, Antioxidant: Extracts of rosemary(E392)], Caramel syrup, turmeric, maltodextrin), Rosemary, Thyme], Cranberry Sauce (10%) [Cranberries (60%), Sugar, Water], Beechwood smoked bacon (6%) [Pork, Salt, Antioxidant: Sodium Ascorbate(E301), Preservative: Sodium Nitrate (E250)], Spinach (4%). |                    | per 100g         | per portion (g) |
|  |   | KJ                 | 1069             | 2191            |
|  |   | Kcal               | 255              | 524             |
|  |   | Fat                | 7.3              | 15.0            |
|  |   | Sat                | 1.6              | 3.2             |
|  |   | Carbs              | 33.0             | 68.0            |
|  |   | Sugar              | 7.0              | 14.0            |
|  |   | Fibre              | 2.0              | 4.2             |
|  |   | Protein            | 12.0             | 24.0            |
|  |   | Salt               | 1.10             | 2.26            |
| Portion weight (g)                           | 205   |                    |                  |                 |
| NEW Vegan Festive Feast Panini (Vg)          | Sourdough Panini [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Rapeseed Oil, Sourdough (Water, Fermented <b>RYE</b> Flour, Salt), Salt, Yeast, Malted <b>WHEAT</b> Flour], Seasoned <b>SOYA</b> pieces (16%) [Water, <b>SOYA</b> Protein Concentrate, Sunflower Oil, Natural Flavouring, Pea Protein Isolate, Potato Starch, Salt, Pea Fibre, Rapeseed Oil, Maltodextrin, Sea Salt and Black Pepper Seasoning (Maltodextrin, Black Pepper, Sugar, Yeast Extract Powder, Natural Flavouring, Sea Salt), Iron, Vitamin B12], Apple, Sage & Fennel Stuffing (10%) [Breadcrumb (Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast), Onion, Apple, Water, Rapeseed Oil, Sage, Parsley, Salt, Fennel Seeds, Ground Fennel, Black Pepper, Onion Powder], Cranberry Sauce (10%) [Cranberries, Sugar, Water], Vegan Mayonnaise Mix (5%) [Vegan Mayonnaise (Rapeseed Oil, Water, Sugar, Spirit Vinegar, Salt, Modified Waxy Maize Starch, Stabiliser: Xanthan Gum, Natural Flavouring, Colour: Carotene, Antioxidant: Calcium Disodium (EDTA)), Sage & Onion Stuffing (Breadcrumb ( <b>WHEAT</b> flour ( <b>WHEAT</b> flour fortified with Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt), Water, Rapeseed Oil, Onion, Sage, Parsley, Salt, Pepper), Dried Sage, Black Pepper], Spinach (4%).  |                    | per 100g         | per portion (g) |
|  |   | KJ                 | 1001             | 1933            |
|  |   | Kcal               | 239              | 462             |
|  |   | Fat                | 5.8              | 11.0            |
|  |   | Sat                | 1.0              | 1.8             |
|  |   | Carbs              | 37.0             | 71.0            |
|  |   | Sugar              | 6.6              | 13.0            |
|  |   | Fibre              | 2.4              | 4.5             |
|  |   | Protein            | 11.0             | 21.0            |
|  |   | Salt               | 0.83             | 1.59            |
| Portion weight (g)                           | 193   |                    |                  |                 |

PANINI

| PRODUCT                                      |  | INGREDIENTS        |                 | NUTRITIONAL INFO |  |
|--|--|--------------------|-----------------|------------------|--|
| All Day Breakfast Panini                     | Sourdough Panini (61%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented <b>RYE</b> Flour, Salt), <b>WHEAT</b> Gluten, Malted <b>WHEAT</b> Flour, Sunflower Oil, Fermented <b>WHEAT</b> Flour, Flour Treatment Agent (Ascorbic Acid)], Scrambled <b>EGG</b> & Cheese (23%0 [Scrambled <b>EGG</b> ( <b>EGG</b> , Water, Rapeseed Oil, Buttermilk Powder ( <b>MILK</b> ), Cornflour, Salt, White Pepper, Antioxidant (Citric Acid), Thickener (Xanthan Gum), Preservative (Lactic Acid)], Bechamel Sauce [Skimmed <b>MILK</b> , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter ( <b>MILK</b> ), Modified Maize Starch, Salt, Emulsifier ( <b>SOYA</b> Lecithin)], Cheddar Cheese ( <b>MILK</b> ), Black Pepper, Salt], <b>WHEAT</b> Starch, Calcium Carbonate, Iron, Thiamin, Niacin), Salt], <b>WHEAT</b> Starch, Rapeseed Oil, Parsley, Salt, Dextrose, Sage, Beef Collagen Casing, Fortified <b>WHEAT</b> Flour, Stabiliser (Sodium Triphosphate), <b>WHEAT</b> Protein, Spice & Spice Herb Extracts (Pepper, Nutmeg, 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)]. | per 100g           | per portion (g) |                  |  |
|  |  | 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               | 0.99            | 1.72             |  |
|  |  | Portion weight (g) | 173             |                  |  |
| Chargrilled Chicken & Pesto Panini           | Sourdough Panini (49%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented <b>RYE</b> Flour, Salt), <b>WHEAT</b> Gluten, Malted <b>WHEAT</b> Flour, Sunflower Oil, Fermented <b>WHEAT</b> Flour, Flour Treatment Agent (Ascorbic Acid)], Chargrilled Chicken (18%) [Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Emulsifier (Sodium Triphosphate), Potato Starch, Whey Protein ( <b>MILK</b> ), Stabiliser (Guar Gum), Salt, Vinegar, Yeast Extract], Basil Pesto (7.7%) [Basil Puree (Basil, Sunflower Oil, Salt), Sunflower Oil, Medium Fat Hard Cheese ( <b>MILK</b> )], Bechamel [Skimmed ( <b>MILK</b> ), Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Palm Oil, Butter ( <b>MILK</b> ), modified Maize Starch, Salt, Emulsifier (Lecithin) ( <b>SOYA</b> )], Tomato, Spinach, Regato Cheese ( <b>MILK</b> )].   | per 100g           | per portion (g) |                  |  |
|  |  | 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               | 1.20            | 2.55             |  |
|  |  | Portion weight (g) | 213             |                  |  |
| Ham & Mozzarella Panini                      | Sourdough Panini (58%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented <b>RYE</b> Flour, Salt), <b>WHEAT</b> Gluten, Malted <b>WHEAT</b> Flour, Sunflower Oil, Fermented <b>WHEAT</b> Flour, Flour Treatment Agent (Ascorbic Acid)], Ham (22%) [Pork, Water, Glucose Syrup, Emulsifiers (Triphosphates, Diphosphates), Salt, Antioxidant (Sodium Ascorbate), Dextrose, Spice Extracts, Preservative (Sodium Nitrite)], Mozzarella (11%) Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Palm Oil, Butter ( <b>MILK</b> ), Modified Maize Starch, Salt, Emulsifier (Lecithin) ( <b>SOYA</b> )], Mature Cheddar Cheese (3%) ( <b>MILK</b> )].  | per 100g           | per portion (g) |                  |  |
|  |  | 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               | 1.30            | 2.33             |  |
|  |  | Portion weight (g) | 180             |                  |  |
| Mozzarella & Tomato Panini (V)               | Sourdough Panini (54%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented <b>RYE</b> Flour, Salt), <b>WHEAT</b> Gluten, Malted <b>WHEAT</b> Flour, Sunflower Oil, Fermented <b>WHEAT</b> Flour, Flour Treatment Agent (Ascorbic Acid)], Mozzarella (21%) ( <b>MILK</b> ), Tomato (12%), Cheddar Cheese ( <b>MILK</b> ), Basil Pesto (6.4%) [Basil, Sunflower Oil, Salt), Sunflower Oil, Medium Fat Hard Cheese ( <b>MILK</b> )].   | per 100g           | per portion (g) |                  |  |
|  |  | 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               | 1.04            | 2.01             |  |
|  |  | Portion weight (g) | 194             |                  |  |
| Tuna Melt Panini                             | Sourdough Panini (50%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented <b>RYE</b> Flour, Salt), <b>WHEAT</b> Gluten, Malted <b>WHEAT</b> Flour, Sunflower Oil, Fermented <b>WHEAT</b> Flour, Flour Treatment Agent (Ascorbic Acid)], Tuna Mayonnaise (38%) [Tuna (Tuna ( <b>FISH</b> ), Water, Salt), Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range <b>EGG</b> , Free Range <b>EGG</b> Yolk, Spirit Vinegar, Salt, Sugar, Flavouring, Lemon Juice Concentrate, Antioxidant (Calcium Disodium EDTA)], Red Pepper, Slow Roast Tomatoes (8%) (Slow Roast Tomatoes, Rapeseed Oil, Salt, Garlic, Oregano), Red Onion, Cornflour, Parsley, Lemon Zest, Cracked Black Pepper], Cheddar Cheese (12%)( <b>MILK</b> )].   | per 100g           | per portion (g) |                  |  |
|  |  | 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               | 0.85            | 1.79             |  |
|  |  | Portion weight (g) | 210             |                  |  |
| Plant Based "Chicken" Arrabbiata Panini (Vg) | Sourdough Panini (56%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Olive Oil, Salt, Yeast, Sourdough (Water, Fermented <b>RYE</b> Flour, Salt), <b>WHEAT</b> GLUTEN, Malted <b>WHEAT</b> Flour, Sunflower Oil, Fermented <b>WHEAT</b> Flour, Flour Treatment Agent (Ascorbic Acid)], Chicken Vegan Ragu (40%) [Seasoned <b>SOYA</b> pieces (Water, <b>SOYA</b> Protein Concentrate, Sunflower Oil, Natural Flavouring, Pea Protein Isolate, Potato Starch, Salt, Pea Fibre, Rapeseed Oil, Maltodextrin, Sea Salt and Black Pepper Seasoning [Maltodextrin, Black Pepper, Sugar, Yeast Extract Powder, Natural Flavouring, Sea Salt], Iron, Vitamin B12), Pizza Sauce (Tomato Pulp, Salt, Sunflower Oil, Sugar, Marjoram, Basil, Pepper, Onions, Acidity Regulator (E330)), Onion Marmalade (Onion, Red Wine Vinegar ( <b>SULPHITES</b> ), Sugar, Sunflower oil, Salt, Balsamic Vinegar (Grape Must, Wine Vinegar, Caramel, ( <b>SULPHITES</b> )), gelling agent: Pectin, Spices (Caraway Seeds, Thyme, Pepper, Bay)], Dried Chilli Flakes, Dried Basil), Spinach 4%.  | per 100g           | per portion (g) |                  |  |
|  |  | 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               | 0.84            | 1.53             |  |
|  |  | Portion weight (g) | 188             |                  |  |

TOSTATI

| PRODUCT  | INGREDIENTS  | NUTRITIONAL INFO   |                 |
|--|--|--------------------|-----------------|
| Chicken & Bacon Tostati Melt                       | Sourdough Bread (45%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture ( <b>RYE</b> ), <b>SOYA</b> Flour, Vegetable Oil (Rapeseed), Emulsifiers [E472(e), E481], Flour Treatment Agent (E300)], Chicken and Bacon Filling (38%) [Béchamel (Skimmed <b>MILK</b> , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter ( <b>MILK</b> ), Modified Maize Starch, Salt, Emulsifier (E322) ( <b>SOYA</b> )), Chicken (20%) (Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Stabiliser (E451)), Potato Starch, Whey Protein ( <b>MILK</b> ), Emulsifier (E412), Salt, Vinegar, Yeast Extract), Formed Diced Bacon Pieces (8%) [Pork, Water, Salt, Preservative (E250), Stabiliser (E450), Antioxidant (E301)], Cheddar Cheese ( <b>MILK</b> ), Mozzarella ( <b>MILK</b> ), Mayonnaise (Rapeseed Oil, Water, Free Range Pasteurised <b>EGG</b> & <b>EGG</b> Yolk, Spirit Vinegar, Sugar, Salt, Lemon Juice, Antioxidant (E385), Flavouring, Paprika Extract)], Dijon <b>MUSTARD</b> (Water, <b>MUSTARD</b> Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330))], Topping (18%) [Cheddar Cheese ( <b>MILK</b> ), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, <b>MILK</b> Protein, Cheddar Cheese ( <b>MILK</b> ), Yeast Extract, Acidity Regulator (E330), Spice, Stabilisers (E412,E415), Preservative (E202), Colour (E161b)), Dijon <b>MUSTARD</b> (Water, <b>MUSTARD</b> Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330)), Smoked Paprika, Dried Chives]. | per 100g           | per portion (g) |
|  |  | KJ                 | 1003            |
|  |  | Kcal               | 240             |
|  |  | Fat                | 9.9             |
|  |  | Sat                | 4.6             |
|  |  | Carbs              | 27              |
|  |  | Sugar              | 1.2             |
|  |  | Protein            | 10              |
|  |  | Salt               | 1.36            |
|  |  | Portion weight (g) | 200             |
| Ham, Cheese & Mustard Tostati Melt                 | Sourdough Bread (49%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture ( <b>RYE</b> ), <b>SOYA</b> Flour, Vegetable Oil (Rapeseed), Emulsifiers [E472(e), E481], Flour Treatment Agent (E300)], 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 ( <b>MILK</b> ), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, <b>MILK</b> Protein, Cheddar Cheese ( <b>MILK</b> ), Yeast Extract, Acidity Regulator (E330), Spice, Stabilisers (E412,E415), Preservative (E202), Colour (E161b)), Dijon <b>MUSTARD</b> (Water, <b>MUSTARD</b> Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330)), Wholegrain <b>MUSTARD</b> (Water, <b>MUSTARD</b> Seed, White Wine Vinegar, Glucose-Fructose Syrup, <b>MUSTARD</b> Flour, Salt, Acidity Regulator (E260), Cinnamon, Pimento, Turmeric)], Cheddar Cheese (11%) ( <b>MILK</b> ).  | per 100g           | per portion (g) |
|  |  | KJ                 | 1054            |
|  |  | Kcal               | 252             |
|  |  | Fat                | 10              |
|  |  | Sat                | 4.8             |
|  |  | Carbs              | 27              |
|  |  | Sugar              | 0.7             |
|  |  | Protein            | 13              |
|  |  | Salt               | 1.55            |
|  |  | Portion weight (g) | 185             |
| Five Cheese & Roasted Tomato Tostati (V)           | Sourdough Bread (44%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture ( <b>RYE</b> ), <b>SOYA</b> Flour, Vegetable Oil (Rapeseed), Emulsifiers [E472(e), E481], Flour Treatment Agent (E300)], Cheese Topping (17%) [Mozzarella ( <b>MILK</b> ), Béchamel (Béchamel Sauce (Skimmed <b>MILK</b> , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter ( <b>MILK</b> ), Modified Starch (Waxy Maize), Salt, Emulsifier (Lecithin) ( <b>SOYA</b> )), Red Cheddar ( <b>MILK</b> ), Cheese Filling (15%) (Mascarpone (Cream ( <b>MILK</b> ), <b>MILK</b> , Acidity Regulator (E330), Preservative (E202, E234)), Regato ( <b>MILK</b> ), Béchamel (Béchamel Sauce (Skimmed <b>MILK</b> , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter ( <b>MILK</b> ), Modified Starch (Waxy Maize), Salt, Emulsifier (Lecithin) ( <b>SOYA</b> )), Red Cheddar ( <b>MILK</b> )), Cheddar Cheese (15%) ( <b>MILK</b> ), Roasted Baby Plum Tomatoes (9.8%) (Plum Tomatoes, Rapeseed Oil, Salt, Oregano, Garlic).  | per 100g           | per portion (g) |
|  |  | KJ                 | 1196            |
|  |  | Kcal               | 286             |
|  |  | Fat                | 15.0            |
|  |  | Sat                | 8.5             |
|  |  | Carbs              | 25.0            |
|  |  | Sugar              | 1.5             |
|  |  | Protein            | 12.0            |
|  |  | Salt               | 1.11            |
|  |  | Portion weight (g) | 205             |
| Irish Sausage, Cheddar & Ballymaloe Relish Toastie | Malted Bloomer Bread (43%) [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted <b>WHEAT</b> Flakes, <b>WHEAT</b> Bran , Yeast, Salt, Vegetable Fat (Rapeseed, Palm), Malted <b>WHEAT</b> Flour, Malted <b>BARLEY</b> Flour, <b>WHEAT</b> Protein, Spirit Vinegar, Emulsifiers (E472e), Flour Treatment Agent (E300)], Sausage (38%) [Pork (70%), Water, Rusk ( <b>WHEAT</b> flour (Fortified <b>WHEAT</b> flour, Calcium carbonate, Iron, Niacin, Thiamin), Salt), <b>WHEAT</b> Starch, Salt, Dextrose, Rapeseed Oil, Beef Collagen Casing, <b>WHEAT</b> flour (Fortified <b>WHEAT</b> flour, calcium Carbonate, Iron, Niacin, Thiamin), Stabiliser (E451), <b>WHEAT</b> protein, Spice and Herb Extracts (Pepper, Nutmeg, Chilli, Sage, Parsley, Pimento)], Cheddar Cheese (9.5%) ( <b>MILK</b> , Potato Starch), Ballymaloe Relish (9.5%) (Tomatoes, Tomato Puree, Vinegar, Sugar, Onions, Sultanas, Sea Salt, <b>MUSTARD</b> Seed, Spices).   | per 100g           | per portion (g) |
|  |  | KJ                 | 1078            |
|  |  | Kcal               | 258             |
|  |  | Fat                | 11.0            |
|  |  | Sat                | 4.5             |
|  |  | Carbs              | 28.0            |
|  |  | Sugar              | 4.6             |
|  |  | Protein            | 12.0            |
|  |  | Salt               | 1.32            |
|  |  | Portion weight (g) | 190             |

SALADS

| PRODUCT  | INGREDIENTS  | NUTRITIONAL INFO   |                 |
|--|--|--------------------|-----------------|
| Char-grilled Chicken & Roasted Mediterranean Veg Salad | Tapenade Spelt Mix (73%) [Spelt Mix (Organic Spelt (Water, Spelt ( <b>GLUTEN</b> ), 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 ( <b>MILK</b> ))), Red Pepper Tapenade (SunBlush peppers, sunflower oil, tomato concentrate, olive oil, salt, concentrated lemon juice, garlic, sugar), Grana Padano (Cows <b>MILK</b> , Salt, Rennet, Preservative: Lisozyme (E1105) ( <b>EGG</b> protein)), Olive Oil], Chargrilled Chicken (17%) [Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Stabiliser: Triphosphates (E451)), Potato Starch, Whey Protein ( <b>MILK</b> ), Emulsifier: Guar Gum (E412), Salt, Vinegar, Yeast Extract], Spinach (10%). | per 100g           | per portion (g) |
|  |  | KJ                 | 834             |
|  |  | Kcal               | 199             |
|  |  | Fat                | 7.4             |
|  |  | Sat                | 1.8             |
|  |  | Carbs              | 20.0            |
|  |  | Sugar              | 2.1             |
|  |  | Fibre              | 1.3             |
|  |  | Protein            | 11.0            |
|  |  | Salt               | 0.47            |
|  |  | Portion weight (g) | 263             |
| Feta, Roasted Peppers & Pomegranate Grain salad (V)    | Spelt Mix (74%) [Organic Spelt (Water, Spelt ( <b>GLUTEN</b> ), 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 ( <b>SULPHITES</b> ), concentrated grape must, colour: caramel (E150d) ( <b>SULPHITES</b> ), concentrated grape juice, wine vinegar ( <b>SULPHITES</b> ), modified maize starch), Caramelised Onion Chutney (Red onion (54%), red wine vinegar (sulphites), sugar, balsamic vinegar (grape must, wine vinegar, caramel, ( <b>SULPHITES</b> )) sunflower oil, salt, gelling agent: pectin (E440), spices)], Feta (14%) [Sheep and goat <b>MILK</b> , Salt, Lactic acid culture, Vegetarian rennet, CaCl2), Pomegranate (4%), Spinach (4%), Rocket (4%).                                    | per 100g           | per portion (g) |
|  |  | KJ                 | 769             |
|  |  | Kcal               | 184             |
|  |  | Fat                | 4.6             |
|  |  | Sat                | 2.6             |
|  |  | Carbs              | 26              |
|  |  | Sugar              | 4.2             |
|  |  | Fibre              | 0.8             |
|  |  | Protein            | 8               |
|  |  | Salt               | 0.63            |
|  |  | Portion weight (g) | 250             |



BAGUETTES & ROMANAS

| PRODUCT                             |   | INGREDIENTS        |                 | NUTRITIONAL INFO |  |
|-------------------------------------|---|--------------------|-----------------|------------------|--|
| Chargrilled Chicken & Tomato Romana | Romana Bread (45%) [WHEAT Flour, Water, Olive oil, Salt, Sourdough (GLUTEN), WHEAT GLUTEN, Yeast, Raising agent (E450, E500), Emulsifier (E472e), Dextrose, Malted WHEAT, Rapeseed oil, Enzyme], Chargrilled Chicken (25%) [Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Emulsifier (E451)), Potato Starch, Whey Protein (MILK), Stabiliser (E412), Salt, Vinegar, Yeast Extract], Soft Cheese & Sundried Tomato Mix (14%) [Soft Cheese (MILK), Mayonnaise ((Rapeseed Oil, Water, Pasteurised Liquid EGG, Acidity Regulators (E260), (E330), Sugar, Salt, Modified Maize Starch, Spice (MUSTARD), Stabiliser (E415), Preservative (E202)), Semi-dried Sundried Tomato, Black Pepper], Caesar Mayonnaise Mix (8%) [Mayonnaise ((Rapeseed Oil, Water, Pasteurised Liquid EGG, Acidity Regulators (E260), (E330), Sugar, Salt, Modified Maize Starch, Spice (MUSTARD), Stabiliser (E415), Preservative (E202))), Caesar dressing (Rapeseed Oil, Water, Caesar Dressing Premix (Spirit Vinegar, Water, Garlic Puree (Water, Dried Garlic, Acidity Regulator (E330) Medium Fat Hard Cheese (MILK) (contains Preservative : Lysozyme (from EGG))), Salt, Lemon Juice Concentrate, Dried Garlic, Dried Onion, Stabiliser :Xanthan Gum (E415), Sugar, Pasteurised EGG Yolk, Worcester Sauce (Water, Malt Vinegar (from BARLEY), Sugar, Molasses, Salt, Soy Sauce (Water, SOYA Beans, WHEAT and Salt), Tamarind Concentrate, Onion Powder, Lemon Juice Concentrate, Ground White Pepper, Chilli Pepper, Garlic Powder, Ground Ginger, Ground Cloves, Acidity Regulator (E330), Malt Extract (from BARLEY))), Salt, Cracked Black Pepper, Preservative (E202), Stabiliser (E415), Natural Flavouring (Contains MILK), Green Pesto (Basil Puree 59% (Basil, Sunflower Oil, Salt), Sunflower Oil, Vegetarian Med Hard Fat Cheese (MILK)), Rocket, (8%). | per 100g           | per portion (g) |                  |  |
|                                     |   | KJ                 | 861             | 1563             |  |
|                                     |   | Kcal               | 206             | 374              |  |
|                                     |   | Fat                | 10.0            | 18.0             |  |
|                                     |   | Sat                | 2.1             | 3.8              |  |
|                                     |   | Carbs              | 19.0            | 34.0             |  |
|                                     |   | Sugar              | 1.1             | 2.0              |  |
|                                     |   | Fibre              | 2.1             | 3.8              |  |
|                                     |   | Protein            | 10.0            | 19.0             |  |
|                                     |   | Salt               | 1.25            | 2.27             |  |
|                                     |   | Portion weight (g) |                 | 182              |  |
| 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                | 13.0            | 23.0             |  |
|                                     |   | Sat                | 0.8             | 1.4              |  |
|                                     |   | Carbs              | 20.0            | 35.0             |  |
|                                     |   | Sugar              | 1.5             | 2.5              |  |
|                                     |   | Fibre              | 2.1             | 3.7              |  |
|                                     |   | Protein            | 8.6             | 15.0             |  |
|                                     |   | Salt               | 1.44            | 2.52             |  |
|                                     |   | 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               | 1.64            | 2.78             |  |
|                                     |   | 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               | 2.20            | 4.40             |  |
|                                     |   | 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 Mix (29%) [Chicken (Chicken, Water, Sugar, Starch, Glucose Syrup, Stabiliser (Sodium triphosphate, Guar Gum), Potato Starch, Whey Protein (MILK), Salt, Vinegar, Yeast Extract), Sweet Chilli Sauce (Sugar, Water, Vinegar, Maize Starch, Red Chilli Puree (Red Chilli, Salt, Acidity Regulator (Citric Acid))), Salt, Tomato Puree, Red Pepper, Onion Powder, Garlic Powder, Preservative (Potassium sorbate)], Cheddar (15%) [MILK].  | 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               | 1.60            | 3.21             |  |
|                                     |   | Portion weight (g) |                 | 205              |  |

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



SAVOURY PASTRIES & ROLLS

| PRODUCT                      | INGREDIENTS  | NUTRITIONAL INFO   |                 |
|------------------------------|--|--------------------|-----------------|
| Bacon Ciabatta Roll          | Vienna Roll (54%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, <b>RYE</b> Flour, Yeast, Salt (Anti-Caking Agent: E535), Malted <b>WHEAT</b> Flour, Improver ( <b>WHEAT</b> Flour, Emulsifier: E472e, Ascorbic Acids, Sunflower Oil, Enzymes), Improver IBIS (Fortified <b>WHEAT</b> Flour, Enzymes, Sunflower Oil)], Bacon (31%) [Pork Belly, Salt, Rosemary Extract, Antioxidant: Sodium Ascorbate (E301), Preservative: Sodium Nitrite (E250)], Ballymaloe Relish (12%) [Tomatoes (41%), Vinegar, Sugar, Onions, Sultanas, Tomato Puree (5%) Sea Salt, <b>MUSTARD</b> Seed, Spices], Spread (3%) [Vegetable Oils (Rapeseed, Palm), Water, Reconstituted Butter <b>MILK</b> (3%), Salt (1.5%), Emulsifier (Mono and Di Glyceride of Fatty Acids), Stabiliser (Sodium Alginate), Preservative (Potassium Sorbate), Vitamin A & D, Flavouring, Colour (Carotenes)].   | per 100g           | per portion (g) |
|                              |  | KJ                 | 1038            |
|                              |  | Kcal               | 248             |
|                              |  | Fat                | 9.3             |
|                              |  | Sat                | 2.5             |
|                              |  | Carbs              | 28.0            |
|                              |  | Sugar              | 4.1             |
|                              |  | Protein            | 12              |
|                              |  | Salt               | 1.92            |
|                              |  | Portion weight (g) | 133             |
| Ham & Cheese Croissant       | Butter Croissant (51%) [ <b>WHEAT</b> Flour, Butter ( <b>MILK</b> ), Water, Sugar, <b>MILK</b> , Yeast, <b>EGG</b> , Salt, <b>WHEAT</b> Gluten, Emulsifier (Lecithin), Flour Treatment Agent (Ascorbic Acid), Enzymes], Ham formed from select cuts of pork (29%) [Pork (95%), Water, Glucose Syrup, Emulsifier (Triphosphates, Diphosphates), Salt, Antioxidant (Sodium ascorbate), Dextrose, Spice Extracts, Preservative (Sodium Nitrite)], Mature Cheddar Cheese (20%) ( <b>MILK</b> ).  | per 100g           | per portion (g) |
|                              |  | KJ                 | 1401            |
|                              |  | Kcal               | 335             |
|                              |  | Fat                | 20.0            |
|                              |  | Sat                | 13.0            |
|                              |  | Carbs              | 23.0            |
|                              |  | Sugar              | 4.3             |
|                              |  | Protein            | 15.0            |
|                              |  | Salt               | 0.80            |
|                              |  | Portion weight (g) | 102             |
| Pork & Pancetta Sausage Roll | Pork (37%), <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Caramelised Red Onion (Red Onion, Demerara Sugar, Red Wine Vinegar, Muscovado Sugar, Modified Tapioca Starch, Red Kibbled Onions, Salt, Ground Black Pepper), Margarine (Palm Oil, Water, Rapeseed Oil, Salt, Emulsifier: Mono & Di-Glycerides Of Fatty Acids), Regatto Cheese ( <b>MILK</b> ), Breadcrumbs ( <b>WHEAT</b> Flour [ <b>WHEAT</b> Flour, Flour Treatment Agent (Ascorbic Acid)], Water, Yeast, Salt), Smoked Pancetta (3%) (Pork, Salt, Antioxidant (Sodium Ascorbate), White Pepper, Nutmeg, Dried Garlic, Preservatives (Potassium Nitrate, Sodium Nitrite), Coriander Extract), Smoked Bacon Lardon (3%) (Pork (98%), Water, Salt, Preservative: Sodium Nitrite; Dextrose, Brown Sugar, Smoke Flavour, Stabiliser: Potassium And Sodium Tri-Phosphates: Antioxidant: Sodium L-Ascorbate), Honey, Sage, Paprika, Salt, Glaze (Water, Wheat Protein), Garlic Puree, Drinde, Black Pepper, Ground Fennel, Oregano, Rosemary. | per 100g           | per portion (g) |
|                              |  | KJ                 | 1274            |
|                              |  | Kcal               | 305.0           |
|                              |  | Fat                | 17.0            |
|                              |  | Sat                | 7.3             |
|                              |  | Carbs              | 23.0            |
|                              |  | Sugar              | 4.3             |
|                              |  | Protein            | 15.0            |
|                              |  | Salt               | 1.98            |
|                              |  | Portion weight (g) | 130             |

MEAL POTS

| PRODUCT                   | INGREDIENTS  | NUTRITIONAL INFO |                 |
|---------------------------|--|------------------|-----------------|
| Roasted Vegetable Fusilli | Pesto Pasta Mix (52%) [Cooked Pasta (Durum <b>WHEAT</b> Semolina), Green Pesto (Basil Puree (Basil, Sunflower oil, Salt) , Sunflower oil, Vegetarian medium fat hard cheese ( <b>MILK</b> ))], Mediterranean Veg Mix (48%) [Dressed Veg Mix (Grilled Veg (red peppers, yellow peppers, courgette, onion)), Green Pesto (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian medium fat hard cheese ( <b>MILK</b> )), Grana Padano ( <b>MILK</b> ), Ragu Mix (Pizza Sauce (Tomato Pulp, Salt, Sunflower Oil, Sugar, Marjoram, Basil, Pepper, Onions, Acidity Regulator (E330)), Onion Marmalade (Onion, Red Wine Vinegar ( <b>SULPHITES</b> ), Sugar, Sunflower oil, Salt, Balsamic Vinegar (Grape Must, Wine Vinegar, Caramel, ( <b>SULPHITES</b> )), gelling agent: Pectin, Spices (Caraway Seeds, Thyme, Pepper, Bay)), Dried Chilli Flakes].  | per 100g         | per portion (g) |
|                           |  | KJ               | 657             |
|                           |  | Kcal             | 157             |
|                           |  | Fat              | 6.8             |
|                           |  | Sat              | 2.1             |
|                           |  | Carbs            | 17.0            |
|                           |  | Sugar            | 1.3             |
|                           |  | Fibre            | 1.7             |
|                           |  | Protein          | 6.2             |
|                           |  | Salt             | 0.59            |
| Beef Bolognese Fusilli    | Pesto Pasta Mix (55%) [Fusilli pasta (Durum <b>WHEAT</b> Semolina), Green pesto (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian medium fat hard cheese ( <b>MILK</b> ))], Bolognese Mix (45%) [Beef bolognese (Minced Beef (37%)), Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid), Onions, Mushrooms, Tomato Puree (Tomatoes, Salt)), Garlic Puree (Water, Garlic, Salt, Acidity Regulator: Citric Acid (E330), Preservative: Sodium Metabisulphite (E223))( <b>SULPHITES</b> ), Salt, Carrots, <b>CELERY</b> , Cornflour, Brown Sugar, Pepper, Oregano, Mixed Herbs (Basil, Marjoram, Thyme)), Grana padano ( <b>MILK</b> ), Pizza sauce (Tomato Pulp, Salt, Sunflower Oil, Sugar, Marjoram, Basil, Pepper, Onions, Acidity Regulator (E330)), Onion Marmalade (Onion, Red Wine Vinegar ( <b>SULPHITES</b> ), Sugar, Sunflower oil, Salt, Balsamic Vinegar (Grape Must, Wine Vinegar, Caramel, ( <b>SULPHITES</b> )), gelling agent: Pectin, Spices (Caraway Seeds, Thyme, Pepper, Bay)), Chilli flakes]. | per 100g         | per portion (g) |
|                           |  | KJ               | 701             |
|                           |  | Kcal             | 168             |
|                           |  | Fat              | 7.3             |
|                           |  | Sat              | 2.4             |
|                           |  | Carbs            | 18              |
|                           |  | Sugar            | 2.6             |
|                           |  | Fibre            | 1.3             |
|                           |  | Protein          | 7.7             |
|                           |  | Salt             | 0.80            |

SOUP

| PRODUCT                           | INGREDIENTS   | NUTRITIONAL INFO   |                 |
|-----------------------------------|---|--------------------|-----------------|
| Potato & Leek Soup with Pesto (V) | Potato & Leek Soup (97%) [Water, Potato, Leeks, Onion, <b>MILK</b> , <b>CELERY</b> , Modified Maize Starch, Vegetable Bouillon (Salt, Caster Sugar, Potato Starch, Yeast Extract, Leek Powder, Carrot Powder, White Onion Powder, Garlic Powder, Ground Cumin, Citric Acid, Ground Black Pepper, Rubbed Parsley, Turmeric Powder), <b>CREAM</b> ( <b>MILK</b> ), <b>BUTTER</b> ( <b>MILK</b> ), Garlic Powder, Salt, White Pepper], Pesto (3%) [Basil Puree (58%) (Basil (59%), Sunflower Oil, Salt), Sunflower Oil, Vegetarian Media Fat Hard Cheese ( <b>MILK</b> ), Grana Padano: Cow's milk ( <b>MILK</b> ), Salt, Rennet, Preservative: Lisozyme ( <b>EGG</b> Protein)]. | per 100g           | per portion (g) |
|                                   |   | KJ                 | 244             |
|                                   |   | Kcal               | 59              |
|                                   |   | Fat                | 2.8             |
|                                   |   | Sat                | 1.7             |
|                                   |   | Carbs              | 7.4             |
|                                   |   | Sugar              | 1.5             |
|                                   |   | Fibre              | 0.5             |
|                                   |   | Protein            | 1.2             |
|                                   |   | Salt               | 0.10            |
|                                   |   | Portion weight (g) | 310             |
|                                   |   | per 100g           | per portion (g) |
| Tomato & Basil Soup (V)           | Water, Tomatoes 17%, Tomato Puree 9%, Onion, <b>CELERY</b> , Sugar, Red Peppers Courgettes, Modified Maize Starch, Salt, Cream ( <b>MILK</b> ), Garlic Powder, Basil 0.17%, Ginger, Paprika, Red Chillies, White Pepper.  | KJ                 | 162             |
|                                   |   | Kcal               | 39              |
|                                   |   | Fat                | 1.2             |
|                                   |   | Sat                | 0.7             |
|                                   |   | Carbs              | 6.2             |
|                                   |   | Sugar              | 3.9             |
|                                   |   | Protein            | 0.9             |
|                                   |   | Salt               | 0.46            |
|                                   |   | Portion weight (g) | 300             |

DESSERT

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

SCONES

| PRODUCT                      | INGREDIENTS  | NUTRITIONAL INFO   |      |
|------------------------------|--|--------------------|------|
| Plain Scone (V)              | WHEAT Flour ( <b>WHEAT</b> flour, calcium carbonate, iron, nicotinamide, thiamin), Buttermilk (24.8%) ( <b>MILK</b> ), sugar, non-hydrogenated vegetable oil (palm, rapeseed), free range <b>EGG</b> , raising agents (E450, E501), glaze( 2%) (water, vegetable Protein (pea), dextrose), salt, emulsifier E475, natural flavouring, colour E160a.  | per 100g           |      |
|                              |  | KJ                 | 1198 |
|                              |  | Kcal               | 284  |
|                              |  | Fat                | 6.2  |
|                              |  | Sat                | 2.1  |
|                              |  | Carbs              | 47.2 |
|                              |  | Sugar              | 10.5 |
|                              |  | Protein            | 8.9  |
|                              |  | Salt               | 1.00 |
|                              |  | Portion weight (g) | 100  |
| Fruit Scone (V)              | <b>WHEAT</b> Flour ( <b>WHEAT</b> flour, calcium carbonate, iron, nicotinamide, thiamin), Buttermilk (22%) ( <b>MILK</b> ), sulfanas(13%) (sulfanas, cottonseed oil), sugar, Margarine (5.5%) (Non hydrogenated vegetable oil(palm, rapeseed), water, salt, emulsifier E475, Colour (E100, E160b(ii)), natural flavouring) free range <b>EGG</b> , raising agents (E450, E501), glaze (2%) (water, vegetable Protein (pea), dextrose), salt.   | per 100g           |      |
|                              |  | KJ                 | 1260 |
|                              |  | Kcal               | 299  |
|                              |  | Fat                | 6.3  |
|                              |  | Sat                | 2.2  |
|                              |  | Carbs              | 52   |
|                              |  | Sugar              | 20.5 |
|                              |  | Protein            | 7.6  |
|                              |  | Salt               | 1.06 |
|                              |  | Portion weight (g) | 100  |
| Cranberry & Orange Scone (V) | WHEAT Flour ( <b>WHEAT</b> flour, calcium carbonate, iron, nicotinamide, thiamin), Buttermilk (11.8%) ( <b>MILK</b> ), sugar, cranberries (9%), Free range liquid <b>EGG</b> , palm oil, raising agents (E450, E501), glaze (2%) (Water, Vegetable Protein (Pea), Dextrose), sugar pearls (2%), rapeseed oil, orange zest (0.4%), orange fruit icing (0.4%)(sugar, water, orange peel, orange juice concentrate, orange oil, colours (E160c , E160a(iv)), gelling agent E440, stabiliser E412 guar, preservative (E300, E202), acidity regulator: E330), salt, natural flavourings, emulsifier E475, colour E160a. | per 100g           |      |
|                              |  | KJ                 | 1254 |
|                              |  | Kcal               | 297  |
|                              |  | Fat                | 6.4  |
|                              |  | Sat                | 2.2  |
|                              |  | Carbs              | 50.8 |
|                              |  | Sugar              | 12.5 |
|                              |  | Protein            | 8.2  |
|                              |  | Salt               | 1.02 |
|                              |  | Portion weight (g) | 100  |

CRISPS

| PRODUCT                               | INGREDIENTS   | NUTRITIONAL INFO   |                 |
|---------------------------------------|---|--------------------|-----------------|
| 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>                    | per 100g           | per portion (g) |
|                                       |   | 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 2.30          | 1.10            |
|                                       |   | 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)). | per 100g           | per portion (g) |
|                                       |   | KJ 2136            | 1068            |
|                                       |   | Kcal 511           | 256             |
|                                       |   | Fat 28.8           | 14.4            |
|                                       |   | Sat 2.4            | 1.2             |
|                                       |   | Carbs 55.7         | 27.8            |
|                                       |   | Sugar 4.9          | 2.5             |
|                                       |   | Protein 5.8        | 2.9             |
|                                       |   | Salt 1.30          | 0.70            |
|                                       |   | 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>                | per 100g           | per portion (g) |
|                                       |   | KJ 2160            | 1080            |
|                                       |   | Kcal 517           | 259             |
|                                       |   | Fat 29.4           | 14.7            |
|                                       |   | Sat 2.4            | 1.2             |
|                                       |   | Carbs 55.9         | 28.0            |
|                                       |   | Sugar 4.1          | 2.1             |
|                                       |   | Protein 5.5        | 2.8             |
|                                       |   | Salt 1.10          | 0.60            |
|                                       |   | Portion weight (g) | 50              |

YOGHURTS & FRUIT POTS

| PRODUCT   | INGREDIENTS   | NUTRITIONAL INFO   |                 |
|---|---|--------------------|-----------------|
| Apple, Cranberry & Mango Bircher (V)  | Soaked Oats Mix (86%) (MILK, Porridge Oats (Wholegrain rolled OATS (GLUTEN), Mango puree (Mango, cane sugar), Cranberries (Cranberries, Sugar, Sunflower), Chia seeds, Pumpkin seeds, Green apple, Cinnamon), Mango puree (10%) (Mango, cane sugar), Dried cranberries (4%) (Cranberries, Sugar, Sunflower).      | per 100g           | per portion (g) |
|   |   | KJ 471             | 873             |
|   |   | Kcal 113           | 209             |
|   |   | Fat 2.8            | 5.1             |
|   |   | Sat 0.6            | 1.0             |
|   |   | Carbs 14.0         | 26.0            |
|   |   | Sugar 13.0         | 24.0            |
|   |   | Protein 2.5        | 4.7             |
|   |   | Salt 0.01          | 0.01            |
|   |   | Portion weight (g) | 185             |
| Clandeboyne Mango Snack Pot (V)   | Greek Style Yoghurt (64%) (MILK, Cultures), Mango Compote (18%) (Mango, Sugar, Water, Starch (Waxy Maize), Stabiliser (Pectin), Natural Flavouring), Granola (18%) (OATS (GLUTEN) Flakes, BARLEY (BARLEY) Flakes, Sugar, Rapeseed Oil, Black Treacle, Sunflower Seeds). □   | per 100g           | per portion (g) |
|   |   | KJ 695             | 973             |
|   |   | Kcal 166           | 232             |
|   |   | Fat 6.8            | 9.5             |
|   |   | Sat 3.5            | 4.9             |
|   |   | Carbs 20.6         | 28.8            |
|   |   | Sugar 10.7         | 15.0            |
|   |   | Protein 4.6        | 6.4             |
|   |   | Salt 0.10          | 0.14            |
|   |   | Portion weight (g) | 140             |
| Seasonal Fruit Salad (Vg)   | Pineapple (28%), Apple (20%), Cantaloupe Melon (18%), Mango (18%), Kiwi (10%), Blueberries (5%).  | per 100g           | per portion (g) |
|   |   | KJ 192             | 472             |
|   |   | Kcal 45.7          | 113             |
|   |   | Fat 0.3            | 0.7             |
|   |   | Sat 0.0            | 0.1             |
|   |   | Carbs 10.8         | 26.6            |
|   |   | Sugar 9.2          | 22.7            |
|   |   | Protein 0.7        | 1.6             |
|   |   | Salt 0.01          | 0.02            |
|   |   | Portion weight (g) | 247             |
| Yoghurt & Blueberry Compote (V)   | Greek Yoghurt (86%) (MILK), Blueberry Compote (14%) (Whole Blueberries (58%), Sugar, Water, Pectin (Sucrose), Citric Acid). With Granola added at the bar.  | per 100g           | per portion (g) |
|   |   | KJ 431             | 754             |
|   |   | Kcal 103           | 180             |
|   |   | Fat 5.5            | 9.7             |
|   |   | Sat 3.6            | 6.3             |
|   |   | Carbs 9.8          | 17              |
|   |   | Sugar 8.3          | 14              |
|   |   | Protein 3.7        | 6.5             |
|   |   | Salt 0.09          | 0.15            |
|   |   | 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.<br>Granola (Gluten Free Oats, Cranberries,(Sugar, Vegetable Oil), Desiccated Coconut, Pumpkin Seeds, Sunflower Seeds, Rapeseed Oil, Honey, Chia Seeds, Natural Vanilla). | per 100g           | per portion (g) |
|   |   | KJ 4097            | 1434            |
|   |   | Kcal 977           | 342             |
|   |   | Fat 53.0           | 18.5            |
|   |   | Sat 26.0           | 9.1             |
|   |   | Carbs 94.0         | 33.0            |
|   |   | Sugar 56.0         | 19.5            |
|   |   | Protein 30.0       | 10.4            |
|   |   | Salt 0.40          | 0.20            |
|   |   | Portion weight (g) | 210             |