

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

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

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

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

**Key for Dietary Suitability:**

**DF** = Dairy-Free

**GF** = Gluten-Free

**V** = Vegetarian\*

**Vg** = Vegan\*\*

\* 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 **22-27** for products sold in NI stores.

**PASTIRES**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Almond Croissant (V)</b>	Pastry: Wheat flour ( <b>WHEAT</b> Gluten, Flour Treatment Agent (Ascorbic Acid E300)), Water, Palm Fat, Yeast, Sugar, Butter ( <b>MILK</b> ) 2%, Rapeseed Oil, Salt, Baking Improver ( <b>WHEAT</b> Gluten, <b>WHEAT</b> Flour, Yeast, Flour Treatment Agent (Ascorbic Acid E300)), Emulsifier (Mono- and diglycerides of fatty acids E471), Acidity Regulator (Citric Acid E330), Flavouring, <b>EGG</b> , <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>	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
<b>Apricot Croissant (V)</b>	Pastry: 56% ( <b>WHEAT</b> flour, butter 19% ( <b>MILK</b> ), water, yeast, sugar, <b>EGGS</b> , salt, <b>WHEAT</b> gluten enzymes (amylases, hemicellulases), flour treatment agent (E300)), Apricots 26%, Pastry cream 17% (water, sugar, modified starch, powdered whey ( <b>MILK</b> ), skimmed <b>MILK</b> powder, stabilizers (E263, E450iii, E339ii), colour (E140ai), flavouring), egg wash ( <b>EGGS</b> , water). <i>May contain: traces of NUTS and traces of SOYA.</i>	KJ	1081	1113
		Kcal	258	266
		Fat	11.0	11.3
		Sat	6.7	6.9
		Carbs	34.0	35.0
		Sugar	11.0	11.3
		Fibre	2.0	2.1
		Protein	4.7	4.8
		Salt	0.72	0.70
		Portion weight (g)		115
<b>Butter Croissant (V)</b>	Pastry: <b>WHEAT</b> flour, butter 22% ( <b>MILK</b> ), water, sugar, whole <b>MILK</b> pasteurized, yeast, <b>EGGS</b> , salt, <b>WHEAT</b> gluten, emulsifier : E322 (rape lecithin), flour treatment agent : E300, enzymes, egg wash (Free Range <b>EGGS</b> ) 1.5g. <i>May contain: traces of NUTS and traces of SOYA.</i>	KJ	1792	915
		Kcal	429	219
		Fat	23.0	11.8
		Sat	15.0	7.7
		Carbs	46.0	23.2
		Sugar	6.8	3.5
		Fibre	2.6	1.3
		Protein	8.1	4.3
		Salt	1.20	0.60
		Portion weight (g)		60
<b>Chocolate Twist (V)</b>	Pastry: <b>WHEAT</b> flour, butter ( <b>MILK</b> ), water, yeast, sugar, <b>EGGS</b> , salt, <b>WHEAT</b> gluten, enzymes (amylases, hemicellulases, flour treatment agent (E300)), Pastry cream (water, sugar, modified starch, powdered whey ( <b>MILK</b> ), skimmed <b>MILK</b> powder, stabilizers (E263, E450iii, E339ii), colour (E140aiii), 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>	KJ	1512	1176
		Kcal	361	281
		Fat	16.0	11.9
		Sat	9.6	7.4
		Carbs	47.0	37.9
		Sugar	21.0	17.4
		Fibre	3.0	2.3
		Protein	5.7	4.3
		Salt	0.76	0.60
		Portion weight (g)		90
<b>Cinnamon Swirl (V)</b>	<b>WHEAT</b> Flour, Fine Butter ( <b>MILK</b> ) (19%), Water, Sugar, Yeast, <b>EGG</b> , Cinnamon (1.4%), Maize Starch, <b>WHEAT</b> Gluten, Salt, Whey Powder ( <b>MILK</b> ), Whole <b>MILK</b> Powder, Skimmed <b>MILK</b> Powder, Thickener (Sodium Alginate), <b>EGG</b> Albumin Powder, Turmeric Extract, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), Natural Flavouring, Acidity Regulator (Citric Acid), Carrot Extract. <i>May contain: traces of SESAME SEEDS, NUTS, SOYA.</i>	KJ	1706	1467
		Kcal	407	350
		Fat	18.6	16.0
		Sat	12.0	10.3
		Carbs	51.2	44.0
		Sugar	21.8	18.7
		Fibre	2.78	2.4
		Protein	6.7	5.8
		Salt	0.62	0.50
		Portion weight (g)		86
<b>Pain au Chocolat (V)</b>	Pastry: ( <b>WHEAT</b> flour, Butter ( <b>MILK</b> ), water, chocolate 10% (sugar, cocoa mass, cocoa butter, emulsifier ( <b>SOYA</b> lecithin), natural vanilla flavour), sugar, whole <b>MILK</b> , yeast, <b>EGGS</b> , salt, <b>WHEAT</b> gluten, Emulsifier (rape lecithin), flour treatment agent (E300), enzymes (amylases, hemicellulases)), egg wash (Free Range <b>EGG</b> ). <i>May contain: traces of NUTS.</i>	KJ	1786	1120
		Kcal	427	268
		Fat	23.0	14.3
		Sat	15.0	9.3
		Carbs	46.0	29.1
		Sugar	12.0	8.1
		Fibre	3.0	1.9
		Protein	7.6	4.8
		Salt	1.00	0.61
		Portion weight (g)		75
<b>Pain aux Raisin (V)</b>	<b>WHEAT</b> flour, water, raisins 13%, Butter ( <b>MILK</b> ), sugar, yeast, corn starch, <b>EGGS</b> , salt, powdered whey ( <b>MILK</b> ), whole <b>MILK</b> powder, <b>WHEAT</b> gluten, <b>EGG</b> albumin powder, skimmed <b>MILK</b> powder, thickener (sodium alginate), emulsifier (rape lecithin), fruit and plant extract (turmeric and carrot), natural flavouring, acidity regulator (citric acid), flour treatment agent (ascorbic acid), enzymes (hemicellulases, amylases), egg wash (Free Range <b>EGGS</b> ), Neutral glaze (water, glucose syrup, sugar, acidity regulators (E330, E332, E333), flavour, gelling agent (pectin), preservative (potassium sorbate)). <i>May contain: traces of NUTS and traces of SOYA.</i>	KJ	1417	1245
		Kcal	338	296
		Fat	14.0	10.8
		Sat	9.1	6.8
		Carbs	46.0	43.2
		Sugar	19.0	17.1
		Fibre	2.3	2.3
		Protein	5.8	5.4
		Salt	0.78	0.57
		Portion weight (g)		110
<b>Vegan Raspberry Croissant (Vg)</b>	<b>WHEAT</b> flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring), Raspberry Filling (16%) (Glucose Syrup, Raspberry Purée, Sugar, Raspberries (2%), Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator Tricalcium Citrate), Natural Flavouring, Preservative (Potassium Sorbate)), Sugar, Yeast, Decoration (3%) (Sugar, Non-Hydrogenated Palm Oil, Food Colours (Radish, Blackcurrant, Apple concentrate)), Spelt 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>	KJ	1589	1239
		Kcal	379	296
		Fat	16.3	12.7
		Sat	8.2	6.4
		Carbs	50.7	39.5
		Sugar	18.5	14.4
		Fibre	2.7	2.1
		Protein	6.4	5.0
		Salt	0.52	0.40
		Portion weight (g)		110

**MUFFINS & SCONES**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
<b>Belgian Chocolate Muffin (V)</b>	<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.	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	
				per 100g	per portion (g)
		<b>Blueberry Muffin (V)</b>	<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.	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	
				per 100g	per portion (g)
<b>Sicilian Lemon Curd Muffin (V)</b>	<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.			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	
				per 100g	
		<b>Fruit Scone (V)</b>	<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.	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.	<b>per 100g</b>	<b>per portion (g)</b>
		KJ <b>1016</b>	<b>305</b>
		Kcal <b>239</b>	<b>72</b>
		Fat <b>0.2</b>	<b>0.06</b>
		Sat <b>0</b>	<b>0</b>
		Carbs <b>57.0</b>	<b>17.1</b>
		Sugar <b>57.0</b>	<b>17.1</b>
		Protein <b>0.7</b>	<b>0.2</b>
		Salt <b>0.00</b>	<b>0.00</b>
		Portion weight (g)	<b>30</b>
		<b>Strawberry Jam (Vg)</b>	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid.
KJ <b>1023</b>	<b>307</b>		
Kcal <b>241</b>	<b>72</b>		
Fat <b>0.1</b>	<b>0.03</b>		
Sat <b>0</b>	<b>0</b>		
Carbs <b>59.0</b>	<b>17.7</b>		
Sugar <b>59.0</b>	<b>17.7</b>		
Protein <b>0.4</b>	<b>0.12</b>		
Salt <b>0.00</b>	<b>0.00</b>		
Portion weight (g)	<b>30</b>		
<b>Lakeland Butter (V)</b>	Butter: Cream (MILK), Salt.		
		KJ <b>3036</b>	<b>213</b>
		Kcal <b>738</b>	<b>52</b>
		Fat <b>81.4</b>	<b>5.7</b>
		Sat <b>52.3</b>	<b>3.7</b>
		Carbs <b>0.8</b>	<b>0.1</b>
		Sugar <b>0.8</b>	<b>0.1</b>
		Protein <b>0.6</b>	<b>0.04</b>
		Salt <b>1.90</b>	<b>0.13</b>
		Portion weight (g)	<b>7</b>
		<b>Rodda's Cornish Clotted Cream (V)</b>	100% Cornish cows MILK.
KJ <b>2413</b>	<b>965</b>		
Kcal <b>586</b>	<b>234</b>		
Fat <b>63.7</b>	<b>25.5</b>		
Sat <b>39.7</b>	<b>15.9</b>		
Carbs <b>2.2</b>	<b>0.9</b>		
Sugar <b>2.2</b>	<b>0.9</b>		
Protein <b>1.6</b>	<b>0.6</b>		
Salt <b>0.05</b>	<b>0.02</b>		
Portion weight (g)	<b>40</b>		
<b>Vegan Marshmallows (Vg)</b>	Sugar, Glucose-Fructose Syrup, Water, Maize Starch, Dextrose, Tapioca Starch, Gelling agent: Carrageenan, Hydrolysed Rice Protein, Natural Flavouring, Colour: E162.  <i>PLEASE NOTE: Our previous stock of Marshmallows contain beef gelatine. Please check with barista which stock they have in store before your purchase.</i>		
		KJ <b>1351</b>	<b>81</b>
		Kcal <b>323</b>	<b>19</b>
		Fat <b>0.5</b>	<b>0.03</b>
		Sat <b>0.1</b>	<b>0.01</b>
		Carbs <b>79.0</b>	<b>4.74</b>
		Sugar <b>71.0</b>	<b>4.26</b>
		Protein <b>0.5</b>	<b>0.03</b>
		Salt <b>0.12</b>	<b>0.01</b>
		Portion weight (g)	<b>6</b>

**PORRIDGE & TOPPINGS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
Porridge made with Semi Skimmed Milk (V)	Semi Skimmed MILK (83%), Quaker Rolled OATS (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		
		Porridge made with Skimmed Milk (V)	Skimmed MILK (83%), Quaker Rolled OATS (17%).	per 100g	per portion (g)
				KJ	372
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				
Porridge made with Whole Milk (V)	Whole MILK (83%), Quaker Rolled OATS (17%).			per 100g	per portion (g)
				KJ	470
		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		
		Porridge made with Soya Milk (Vg)	Alpro Soya Milk (83%) [Water, Hulled SOYA Beans (8.7%), Apple Extract, Acidity Regulators (Monopotassium Phosphate, Dipotassium Phosphate), Calcium (Calcium Carbonate), Sea Salt, Stabiliser (Gellan Gum), Vitamins (Riboflavin (B2), B12, D2)], Quaker Rolled OATS (17%).	per 100g	per portion (g)
				KJ	397
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				
Porridge made with Coconut Milk (Vg)	Alpro Coconut Milk (83%) [SOYA Base (Water, Hulled SOYA Beans (2.9%)), Coconut Milk (3.5%) (Coconut Cream, Water), Sugar, Fructose, Acidity Regulators (Potassium Phosphates), Calcium (Calcium Carbonate), Sea Salt, Flavouring, Stabiliser (Gellan gum)], Quaker Rolled OATS (17%).			per 100g	per portion (g)
				KJ	365
		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		
		Porridge made with Oat Milk (Vg)	Alpro Gluten Free Oat Milk (83%) [OAT Base (Water, Gluten Free OATS), Sunflower Oil, Sea Salt, Vitamins (B2, B12, D2)], Quaker Rolled OATS (17%).	per 100g	per portion (g)
				KJ	462
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				
Seeds & Fruit Mix Topper (Vg)	Toasted pumpkin seeds (20%), Toasted sunflower seeds (20%), Golden raisins (20%) (Raisins, Sunflower oil, Preservative: SULPHUR DIOXIDE), Dried sweetened cranberries (20%) (Sugar, Cranberries, Sunflower oil), Brown linseed (20%). May contain traces of PEANUTS and NUTS.			per 100g	per portion (g)
				KJ	1934
		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		
		Fruit Mix Topper (Vg)	Golden raisins (30%) (Raisins, Sunflower oil, Preservative: SULPHUR DIOXIDE), Dried sweetened cranberries (30%) (Sugar, Cranberries, Sunflower oil), Raisins (30%) (Raisins, Sunflower oil), Dried sweetened blueberries (10%) (Blueberries, Sugar, Sunflower oil).	per 100g	per portion (g)
				KJ	1336
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				

**WHOLE CAKES**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Belgian Chocolate Fudge Cake (V)</b>	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).	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	
<b>Cappuccino Cake (V)</b>	Coffee Sponge (67%) [Sugar, WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Pasteurised Free Range EGG, Rapeseed Oil, Water, Humectant (Vegetable Glycerine), Coffee Powder (1.1%), Raising Agents [E450, E501], Skimmed MILK Powder], Coffee Icing (29%) [Icing Sugar, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier [E471], Natural Flavouring, Colours (Annatto Bixin, Curcumin)), Skimmed MILK Powder, Full Fat Soft Cheese (Full Fat Soft Cheese (MILK), Thickener (Guar Gum)), Ground Caffè Nero Coffee Powder (1.4%), Coffee Flavouring (0.5%)], Coffee Drizzle (2.4%) [Brewed Caffè Nero Coffee, Coffee Flavouring], Dark Chocolate Coffee Bean Decorations (1.5%) [Sugar, Cocoa Mass, Cocoa Butter, Coffee, Emulsifier (Sunflower Lecithin), Natural Flavourings, Glazing Agents (Shellac, Acacia Gum)], Milk Chocolate (0.1%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Fat Reduced Cocoa Powder (0.02%).	KJ	1656	1888
		Kcal	394	449
		Fat	20.1	22.9
		Sat	4.4	5.0
		Carbs	50.3	57.4
		Sugar	35.6	40.5
		Fibre	0.9	1.1
		Protein	4.1	4.7
		Salt	0.46	0.52
		Portion weight (g)	114	
<b>Carrot Cake (V)</b>	Cake (73%) (Brown Sugar, Carrot (11%), EGG, Rapeseed Oil, Wholemeal WHEAT Flour, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Date Paste (Dates, Rice flour), Pineapple Pulp, Water, Walnuts (NUTS), Raising Agents (E500, E450, E501), Cinnamon, Salt, Mixed Spice, Thickener [E415]), Frosting (25%) (Icing Sugar, Full Fat Soft Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: E202), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier [E471]), Skimmed MILK Powder, Modified Maize Starch, Emulsifiers [E477, E471, E475], Flavouring, Stabiliser [E410]), Walnuts (NUTS), Pistachios (NUTS). May contain traces of SOYA and other NUTS.	KJ	1590	2274
		Kcal	379	541
		Fat	16.8	24.1
		Sat	3.4	4.9
		Carbs	51.5	73.7
		Sugar	31.3	44.7
		Fibre	1.8	2.5
		Protein	3.3	4.7
		Salt	0.58	0.80
		Portion weight (g)	143	
<b>Luxury Blackforest Cake (V)</b>	Sponge (60%) (Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Free Range EGG, Rapeseed Oil, Water, Humectant (Glucose Syrup, Water, Acidity Regulator: Acetic Acid), Cake Concentrate (Modified Maize Starch, WHEAT Starch, Raising Agent: Disodium Diphosphate, Potassium Bicarbonate; Wheat Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Emulsifier: Mono- and Diglyceride of fatty acids, Propane 1,2 diol esters of fatty acid, Sodium stearoyl-2-lactylate; Rapeseed Oil, Dextrose, Preservative: Potassium Sorbate; WHEAT GLUTEN, Acidity Regulator: Citric Acid; Stabiliser: Xanthan Gum), Cocoa Powder, Stabiliser Mix (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate; Raising Agents: Disodium Diphosphate, Potassium Bicarbonate; Fortified Wheat Flour (WHEAT flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Raising Agents: Disodium Diphosphate, Potassium Hydrogen Carbonate), Frosting (32%) (Icing Sugar, Full Fat Soft Cheese (Cream (MILK), Salt, Skimmed MILK Powder, Lactic Starter Culture (MILK), Preservative: Potassium Sorbate), Unsalted Butter (MILK), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Diglycerides of Fatty Acids), White Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier: SOYA 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 Citrate; Thickener: Pectin; Colour: Anthocyanins; Natural Flavouring), Dark Chocolate Shavings (1%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin, Natural Flavouring) Sour Cherries.	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	
<b>Raspberry &amp; White Chocolate Roulade (V)</b>	Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Raspberries (12%), Sugar, Free Range EGG, Self-Raising Flour (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphate, Sodium Hydrogen Carbonate), Reduced Fat Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), White Chocolate Buttons (7%) (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Icing Sugar, Single Cream (MILK), White Chocolate Shavings (2%) (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Plum & Raspberry Jam (2%) (Glucose-Fructose Syrup, Plum (From Concentrate), Raspberry (From Concentrate), Gelling Agent: Pectin; Acidity Regulators: Citric Acid, Sodium Citrate; Colour: Anthocyanins; Flavouring), White Chocolate (2%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), White Chocolate Curls (1%) (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Natural Flavouring, Modified Potato Starch, Modified Waxy Maize Starch, Raising Agent (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin)), Freeze Dried Raspberries, Natural Colour, Thickener Blend (Thickeners: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose).	KJ	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		
		per 100g	per portion (g)	
<b>Banana &amp; Walnut Loaf Cake (V)</b>	Banana Puree (17%) (Banana Puree, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Sugar, Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, <b>EGG</b> , Walnuts (6%) ( <b>NUTS</b> ), Wholemeal Flour (Wholemeal Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Brown Sugar, Dessicated Coconut, Stabiliser (Maize Starch, Whey Powder ( <b>MILK</b> ), Emulsifiers: Mono- and Diglyceride of Fatty acids, Sodium Stearoyl-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; <b>WHEAT</b> protein), Glycerine, Cinnamon, Raising Agent: Sodium Bicarbonate, Disodium Diphosphate, Potassium Hydrogen Carbonate; Mixed Spice, Salt, Flavouring, Stabiliser: Xanthan Gum.	KJ	1650	1444
		Kcal	394	345
		Fat	21.6	18.9
		Sat	2.8	2.4
		Carbs	46.2	40.4
		Sugar	23.7	20.7
		Fibre	1.9	1.7
		Protein	6.6	5.8
		Salt	0.61	0.53
		Portion weight (g)	88	
		<b>Sicilian Lemon Drizzle Loaf Cake (V)</b>	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 stearoyl-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 Stearoyl-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.	KJ
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		
		per 100g	per portion (g)	
<b>Caramel Shortbread (V) Updated Recipe *</b>	Shortbread (44%) (Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter ( <b>MILK</b> ), Sugar, Maize Starch, Salt), Caramel (40%) (Sweetened Condensed <b>MILK</b> , Glucose Syrup ( <b>SULPHITES</b> ), Unsalted Butter ( <b>MILK</b> ), Invert Sugar Syrup, Palm Oil, Salted Butter ( <b>MILK</b> ), Sugar, Salt, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Natural Flavouring), Milk Chocolate (16%) (Sugar, Cocoa Butter, Whole <b>MILK</b> Powder, Cocoa Mass, Emulsifier: <b>SOYA</b> Lecithin, Natural Flavouring).  * We have updated the recipe for our Caramel Shortbread. The New Caramel Shortbread has different ingredients, allergens and nutritional information. Some of our stores still may sell previous stock of Caramel Shortbread. Please check in store which stock they have before your purchase.	KJ	2133	1386
		Kcal	511	332
		Fat	30.3	19.7
		Sat	18.1	11.8
		Carbs	54.0	35.1
		Sugar	30.5	19.8
		Fibre	1.6	1.0
		Protein	4.9	3.2
		Salt	0.62	0.40
		Portion weight (g)	65	
		<b>Caramel Shortbread (V)</b>	Shortbread Base (44%) [ <b>WHEAT</b> Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Butter ( <b>MILK</b> ), Sugar, Cornflour], Caramel (40%) [Sweetened Condensed <b>MILK</b> , Butter ( <b>MILK</b> ), Light Brown Sugar, Golden Syrup], Milk Chocolate (14%) [Sugar, Cocoa Butter, Whole <b>MILK</b> Powder, Cocoa Mass, Emulsifier ( <b>SOYA</b> Lecithin), Natural Vanilla Flavouring], Dark Chocolate (1.5%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier ( <b>SOYA</b> Lecithin), Natural Vanilla Flavouring].  * We have updated the recipe for our Caramel Shortbread. The New Caramel Shortbread has different ingredients, allergens and nutritional information. Some of our stores still may sell previous stock of Caramel Shortbread. Please check in store which stock they have before your purchase.	KJ
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			
<b>Belgian Chocolate Brownie (V)</b>	Dark Belgian Chocolate (27%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: <b>SOYA</b> Lecithin; Natural Flavouring), Sugar, Unsalted Butter ( <b>MILK</b> ), Free Range <b>EGG</b> , Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Cocoa Powder, Salt.			KJ
		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	
		<b>Salted Caramel Cookie Brownie (V)</b>	Brownie (74%) (Sugar, Dark Chocolate (17%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: <b>SOYA</b> Lecithin; Natural Flavouring), Free Range <b>EGG</b> , Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter ( <b>MILK</b> ), 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 <b>MILK</b> , Glucose Syrup ( <b>SULPHITES</b> ), Invert Sugar Syrup, Palm Oil, Butter ( <b>MILK</b> ), Sugar, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Salt, Natural Flavouring), White Chocolate (Sugar, Cocoa Butter, Whole <b>MILK</b> Powder, Emulsifier: <b>SOYA</b> Lecithin; Natural Flavouring), Cookie Crumb (Wheat Flour ( <b>WHEAT</b> 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 ( <b>MILK</b> ), Emulsifier: <b>SOYA</b> Lecithin), Water, Salt, Colour: Plain Caramel).	KJ
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		
		per 100g	per portion (g)	
<b>Belgian Chocolate &amp; Caramel Crispy (V)</b>	Milk Chocolate (40%) (Sugar, Cocoa Butter, Whole <b>MILK</b> Powder, Cocoa Mass, <b>SOYA</b> Lecithin, Flavouring), Crisped Rice (17%) (Rice Flour, Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Whey Powder ( <b>MILK</b> ), <b>BARLEY</b> Malt Flour, Salt, Rapeseed Oil, Emulsifier: <b>SOYA</b> Lecithin), Caramel (16%) (Sweetened Condensed <b>MILK</b> , Glucose Syrup ( <b>SULPHITES</b> ), Invert Sugar Syrup, Palm Oil, Salted Butter ( <b>MILK</b> ), Sugar, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Salt, Flavouring), Golden Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), White Chocolate Flavour Coating (3%) (Sugar, Palm Oil, Whey Powder ( <b>MILK</b> ), Emulsifier: <b>SOYA</b> Lecithin), Unsalted Butter ( <b>MILK</b> ), Cocoa Powder, Concentrated Grape Juice (Concentrated Grape Juice, Rice Starch). <i>Made in an environment that handles Egg and Nuts.</i>	KJ	2070	1159
		Kcal	495	277
		Fat	26.0	14.6
		Sat	14.7	8.2
		Carbs	58.9	33.0
		Sugar	33.1	18.5
		Fibre	1.6	0.9
		Protein	5.4	3.0
		Salt	0.38	0.21
		Portion weight (g)		56
<b>Vegan Granola Flapjack (V)</b>	<b>OATS</b> (31%), Golden Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), Pumpkin Seeds (8%), Flaked <b>ALMONDS</b> (7%), Brown Sugar, Glucose Syrup ( <b>SULPHITES</b> ), Black Treacle, Sugar, <b>OAT</b> Flour, Water, Flavourings, Salt.	KJ	1920	1344
		Kcal	458	321
		Fat	22.2	15.5
		Sat	6.0	4.2
		Carbs	50.8	35.6
		Sugar	22.3	15.6
		Fibre	4.5	3.2
		Protein	11.5	8.1
		Salt	0.15	0.11
		Portion weight (g)		70

**CHOUXNUT**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Chocolate Hazelnut Chouxnut (V)</b>	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.	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
<b>Salted Caramel &amp; Pistachio Chouxnut (V)</b>	Powdered Fondant (Sugar, Dried Glucose Syrup), Reduced Fat Soft Cheese (Skimmed <b>MILK</b> , Cream ( <b>MILK</b> ), Whey Solids ( <b>MILK</b> ), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), Water, Single Cream ( <b>MILK</b> ), Free Range <b>EGG</b> , <b>WHEAT</b> Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Sticky Toffee Sauce (5%) (Glucose Syrup (Preservative: <b>SULPHUR DIOXIDE</b> ), Partially Inverted Sugar Syrup, Salted Butter ( <b>MILK</b> ), Sweetened Condensed Milk ( <b>MILK</b> , Sugar), Sugar, Water, Treacle, Brown Sugar, Starch, Salt, Emulsifier: <b>SOYA</b> Lecithin, Preservative: Potassium Sorbate, Flavouring ( <b>MILK</b> )), Shortening (Palm Oil, Rapeseed Oil), Sugar, Glucose Syrup, Dark Chocolate Chunks (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: <b>SOYA</b> Lecithin; Vanilla Extract), Pistachio (2%) ( <b>NUT</b> ), Rapeseed Oil, Caramel Curls (Sugar, Whole <b>MILK</b> Powder, Cocoa Butter, Caramelised Sugar, Cocoa Mass, Emulsifier: <b>SOYA</b> Lecithin; Flavouring, Natural Vanilla Flavouring), Modified Waxy Maize Starch, Modified Potato Starch, Caramelised Sugar Syrup, Natural Pistachio Flavouring, Salt, Natural Sticky Toffee Flavouring, Natural Almond Flavouring, Colours: Chlorophyllins, Curcumin.	KJ	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
<b>Passion Fruit Martini Chouxnut (V)</b>	Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Single Cream ( <b>MILK</b> ), Buttermilk (Skimmed <b>MILK</b> , Skimmed <b>MILK</b> Solids, <b>MILK</b> Protein Concentrate), Reduced Fat Soft Cheese (Skimmed <b>MILK</b> , Cream ( <b>MILK</b> ), Whey Solids ( <b>MILK</b> ), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), Free Range <b>EGG</b> , <b>WHEAT</b> 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 <b>MILK</b> Powder, Cocoa Butter, Skimmed <b>MILK</b> Powder, Emulsifier: <b>SOYA</b> Lecithin; Natural Vanilla Flavouring), Natural Passion Fruit Flavouring, Rapeseed Oil, Belgian Chocolate Chips (Cocoa Mass, Sugar, Dextrose, Emulsifier: <b>SOYA</b> Lecithin), Modified Waxy Maize Starch, Modified Potato Starch, Acidity Regulator: Citric Acid, Natural Mango Flavouring, Salt, Natural Sparkling Wine Flavouring, Colour: Curcumin, Colour: Beetroot Red.	KJ	1149	942
		Kcal	273	224
		Fat	10.8	8.9
		Sat	4.7	3.8
		Carbs	40.2	33
		Sugar	32.8	26.9
		Fibre	0.3	0.3
		Protein	3.5	2.9
		Salt	0.25	0.20
		Portion weight (g)		80
<b>Raspberry &amp; White Chocolate Chouxnut (V)</b>	Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Raspberries (11%), Single Cream ( <b>MILK</b> ), Free Range <b>EGG</b> , White Chocolate (7%) (Sugar, Whole <b>MILK</b> Powder, Cocoa Butter, Skimmed <b>MILK</b> Powder, Emulsifier: <b>SOYA</b> Lecithin; Natural Vanilla Flavouring), Buttermilk (Skimmed <b>MILK</b> , Skimmed <b>MILK</b> Solids, <b>MILK</b> Protein Concentrate), Reduced Fat Soft Cheese (Skimmed <b>MILK</b> , Cream ( <b>MILK</b> ), Whey Solids ( <b>MILK</b> ), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), <b>WHEAT</b> Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Sugar, Stabiliser Blend (Dextrose, Sugar, Modified Maize Starch), Glucose Syrup, Rapeseed Oil, White Chocolate Curls (Sugar, Whole <b>MILK</b> Powder, Cocoa Butter, Emulsifier: <b>SOYA</b> Lecithin; Natural Vanilla Flavouring), Freeze Dried Raspberries, Modified Waxy Maize Starch, Modified Potato Starch, Salt, Natural Colour (Red Beetroot Juice Concentrate, Maltodextrin, Acidity Regulator: Citric Acid), Natural Strawberry Flavouring.	KJ	1128	1094
		Kcal	269	261
		Fat	12.0	11.6
		Sat	5.3	5.1
		Carbs	37.0	35.9
		Sugar	28.5	27.7
		Fibre	0.6	0.5
		Protein	4.0	3.9
		Salt	0.26	0.25
		Portion weight (g)		97

**DESSERTS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
<b>Blueberry Muffin Cheesecake (V)</b>	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 Flavour), 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	
		<b>Sicilian Lemon Meringue Cheesecake (V)</b>	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	
<b>Salted Caramel &amp; Chocolate Vegan Cheesecake (Vg)</b>	Coconut Milk (Coconut Extract, Water), Bourbon Biscuit Crumb (21%) ( <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Rapeseed Oil, Sugar, Cocoa Powder, 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	
		<b>Tiramisu (England, Scotland &amp; Wales Only) (V)</b>	Water, Whipping Cream ( <b>MILK</b> ), Savoiardi Biscuits (12%) ( <b>WHEAT</b> Flour, Sugar, <b>EGG</b> , Raising Agents: Sodium Carbonate, Ammonium Carbonate; Glucose Syrup, Natural Flavouring, Salt), Single Cream ( <b>MILK</b> ), Mascarpone (8%) (Cream ( <b>MILK</b> ), <b>MILK</b> Protein Concentrate, Acidity Regulator: Citric Acid), Sugar, Icing Sugar, Coffee (3%), Free Range <b>EGG</b> , Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Self-Raising Flour ( <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphate, Sodium Hydrogen Carbonate), Glucose Syrup, Dark Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Natural Vanilla Flavouring, Emulsifier: <b>SOYA</b> Lecithin), Modified Potato Starch, Natural Flavourings, Modified Waxy Maize Starch, Fat Reduced Alkalised Cocoa Powder, Flavouring, Raising Agent (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; <b>WHEAT</b> Flour), Thickener Blend (Thickeners: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose), Thickener: Guar Gum. <i>ADDITIONAL INFORMATION: Does not contain alcohol.</i>	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	

**COOKIES**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Oat &amp; Raisin Cookie (Vg)</b>	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.	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
		Portion weight (g)	73	
		<b>Belgian Chocolate Cookie (V)</b>	Fortified wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, nicotin, 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.	KJ
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
Portion weight (g)	73			
<b>Dark Chocolate &amp; Almond Cookie (Vg)</b>	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.			KJ
		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
		Portion weight (g)	86	

**INDIVIDUAL CAKES**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Classic Mince Pie (Vg)</b>	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.	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	
		<b>Luxury Mince Pie (V)</b>	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)). <i>ADDITIONAL INFORMATION: This recipe contains alcohol.</i>	KJ
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			
<b>Raspberry &amp; Almond Crumble Cake (V)</b>	Wheat Flour ( <b>WHEAT</b> flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Raspberries (15%), Rapeseed Oil, Free Range <b>EGG</b> , Water, Humectant (Glucose Syrup, Water, Acidity Regulator: Acetic Acid), Butter ( <b>MILK</b> ), Ground <b>ALMONDS</b> , Demerara Sugar, Baking Powder (Raising Agents: Disodium Diphosphates, Potassium Hydrogen Carbonate), Natural Flavourings, Preservative: Potassium Sorbate; Salt.			KJ
		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
		Portion weight (g)	80	

**SAVOURY PASTRIES & ROLLS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Chicken &amp; Pesto Lattice</b>	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	1899
		Kcal	351	456
		Fat	23.0	29.9
		Sat	11.4	14.8
		Carbs	24.2	31.5
		Sugar	3.4	4.4
		Fibre	1.2	1.6
		Protein	11.1	14.4
		Salt	0.78	1.01
		Portion weight (g)		130
		<b>Mozzarella &amp; Tomato Pastry (V)</b>	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.	KJ
Kcal	330			330
Fat	20.5			20.5
Sat	12.2			12.2
Carbs	25.3			25.3
Sugar	3.4			3.4
Fibre	2.4			2.4
Protein	9.8			9.8
Salt	1.10			1.10
Portion weight (g)				100
<b>Pork &amp; Pancetta Sausage Roll (England, Scotland &amp; Wales only)</b>	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.			KJ
		Kcal	359	467
		Fat	22.6	29.4
		Sat	12.1	15.7
		Carbs	23.4	30.4
		Sugar	2.3	3.0
		Fibre	1.4	1.8
		Protein	14.9	19.4
		Salt	1.10	1.43
		Portion weight (g)		130
		<b>Sourdough Bread Roll (Vg)</b>	<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).	KJ
Kcal	246			182
Fat	0.6			0.4
Sat	0.0			0.0
Carbs	50.0			37.0
Sugar	1.3			1.0
Fibre	2.9			2.1
Protein	8.4			6.2
Salt	1.20			0.89
Portion weight (g)				74
<b>Vegan Vegetable 'Sausage' Roll (Vg)</b>	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.			KJ
		Kcal	272	354
		Fat	16	20.8
		Sat	7.9	10.3
		Carbs	26.5	34.5
		Sugar	4.8	6.2
		Fibre	2.4	3.1
		Protein	4.2	5.5
		Salt	0.93	1.20
		Portion weight (g)		130
		<b>Ham &amp; Cheese Croissant</b>	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%).	KJ
Kcal	304			310
Fat	16.7			17
Sat	9.9			10.1
Carbs	22.3			22.7
Sugar	4.5			4.6
Fibre	2.1			2.1
Protein	15.0			15.3
Salt	1.18			1.20
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 22-27 for products sold in NI stores.

**PANINI**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
<b>Brie &amp; Bacon Panini</b>	Sourdough Panini [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented <b>RYE</b> Flour, Salt), Salt, Yeast, Malted <b>WHEAT</b> Flour), Brie ( <b>MILK</b> ) (21%), Balsamic Onion Chutney (13%) [Red Onion, Sugar, Balsamic Vinegar (Wine Vinegar, Grape Must), White Wine Vinegar, Water, Molasses, Cornflour, Salt, Garlic Purée, Ginger Purée, Black Pepper], Beechwood Smoked Streaky Bacon (10%) [Pork, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite].	KJ	1179	2241		
		Kcal	281	533		
		Fat	11	20.8		
		Sat	5.5	10.4		
		Carbs	31.7	60.2		
		Sugar	6.2	11.8		
		Fibre	2	3.8		
		Protein	12.9	24.5		
		Salt	1.36	2.58		
		Portion weight (g)		190		
		<b>Ham &amp; Mozzarella Panini</b>	Sourdough Panini [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented <b>RYE</b> Flour, Salt), Salt, Yeast, Malted <b>WHEAT</b> 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 ( <b>MILK</b> ) (6%), Cheddar Cheese ( <b>MILK</b> ) (4%)], Seasoned Béchamel [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> )), Black Pepper].	KJ	945	1702
				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		
<b>Mozzarella &amp; Tomato Panini (V)</b>	Sourdough Panini [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented <b>RYE</b> Flour, Salt), Salt, Yeast, Malted <b>WHEAT</b> Flour], Tomato (16%), Mozzarella Cheese ( <b>MILK</b> ) (15%), Cheese & Basil Pesto [Cheddar Cheese ( <b>MILK</b> ) (7%), Green Pesto (Basil Paste (Basil, Sunflower Oil, Salt), Sunflower Oil, Medium Hard Fat Cheese ( <b>MILK</b> ), Garlic, Acidity Regulator: Citric Acid].			KJ	1033	1983
				Kcal	246	472
		Fat	9.8	18.8		
		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		
		<b>Pole &amp; Line Tuna Melt Panini</b>	Sourdough Panini [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented <b>RYE</b> Flour, Salt), Salt, Yeast, Malted <b>WHEAT</b> Flour], Tuna Melt Mix [Pole and Line Caught Tuna (20%) (Skipjack Tuna ( <b>FISH</b> ), Water, Salt), Mayonnaise (9%) (Rapeseed Oil, Water, Free-Range Salted <b>EGG</b> Yolk (Free-Range <b>EGG</b> Yolk, Salt), Spirit Vinegar, Dijon <b>MUSTARD</b> (Water, Brown <b>MUSTARD</b> 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 ( <b>MILK</b> ) (5%).	KJ	1058	1957
				Kcal	252	466
Fat	9.3			17.3		
Sat	1.8			3.3		
Carbs	28.5			52.8		
Sugar	2.6			4.7		
Fibre	2.2			4.1		
Protein	12.3			22.8		
Salt	0.87			1.61		
Portion weight (g)				185		

**TOSTATI**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
<b>Chicken &amp; Bacon Tostati Melt</b>	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
Portion weight (g)		195		
<b>NEW THIS Plant Based 'Chicken' &amp; Pesto Tostati (Vg)</b>	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], Plant Based Soya Pieces (17%) (Water, <b>SOYA</b> Protein Concentrate, Sunflower Oil, Pea Protein Isolate, Potato Starch, Salt, Maltodextrin, Pea Fibre, Rapeseed Oil, Natural Flavouring, Iron, Vitamin B12, Black Pepper, Sugar, Yeast Extract Powder), Vegan Mayonnaise (10%) (Water, Rapeseed Oil, Cornflour, Thickeners: Pectin, Sugar, Spirit Vinegar, Salt, Pea Protein, Concentrated Lemon Juice, Brown <b>MUSTARD</b> Seeds), Vegan Basil Pesto (9%) [Rapeseed Oil, Basil, Extra Virgin Olive Oil, Pumpkin Seeds, Sunflower Oil, Unfortified Yeast, Salt, Garlic Granules, Acidity Regulator: Citric Acid, Black Pepper], Red Pepper (7%), Spinach (6%), Mozzarella Flavour Plant Based Cheese (6%) (Water, Modified Potato Starch, Coconut Oil, Sea Salt, Olive Fruit Extract, Natural Flavourings, Colour: Beta Carotene), Lemon Juice, Cornflour, Salt, Basil, Parsley, Black Pepper.	per 100g	per portion (g)	
		KJ	923	1587
		Kcal	220	378
		Fat	9.0	15.5
		Sat	1.6	2.7
		Carbs	24.9	42.9
		Sugar	2.8	4.9
		Fibre	2.8	4.8
		Protein	8.4	14.4
		Salt	0.91	1.56
Portion weight (g)		172		
<b>Cotto Ham &amp; Cheese Tostati Melt</b>	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
Portion weight (g)		175		
<b>Mozzarella &amp; Roasted Tomato Tostati Melt (V)</b>	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
Portion weight (g)		172		
<b>Roasted Mushroom &amp; Mascarpone Tostati Melt (V)</b>	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
Portion weight (g)		175		

**FOCACCIA**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Truffle Cotto Ham &amp; Mushroom Focaccia</b>	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 Flavourings, Truffle, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Spinach (5%).	KJ	989	1880
		Kcal	235	447
		Fat	7.8	14.8
		Sat	1.8	3.3
		Carbs	30.4	57.8
		Sugar	2.5	4.8
		Fibre	2.9	5.6
		Protein	9.5	18.0
		Salt	1.10	2.10
		Portion weight (g)		190
<b>Brie &amp; Vine Ripened Tomato Focaccia (V)</b>	Rosemary and Rock Salt Focaccia [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, WHEAT Fibre, Fermented WHEAT Flour, Rosemary (1.9%), Yeast, Salt, WHEAT Gluten, BARLEY Malt Vinegar, Rock Salt, WHEAT Flour, Waxy Maize Starch, Flour Treatment Agent: Ascorbic Acid, Malted WHEAT Flour, Sunflower Oil], Brie (MILK) (18%), Tomato (17%), Smoked Chilli Relish (11%) [Sugar, Red Pepper, Water, Red Onion, Red Chilli Purée, Concentrated Lemon Juice, Chillies, Smoked Chillies, Smoked Salt, Thickening Agent: Pectin], Spinach (4%).	KJ	970	2047
		Kcal	231	487
		Fat	7.3	15.4
		Sat	3.6	7.6
		Carbs	30	63.3
		Sugar	9.7	20.5
		Protein	11.7	24.7
		Salt	0.99	2.09
		Portion weight (g)		211
		<b>Spicy Chicken &amp; Red Pepper Focaccia</b>	Rosemary and Rock Salt Focaccia [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, WHEAT Fibre, Fermented WHEAT Flour, Rosemary (1.9%), Yeast, Salt, WHEAT Gluten, BARLEY Malt Vinegar, Rock Salt, WHEAT Flour, Waxy Maize Starch, Flour Treatment Agent: Ascorbic Acid, Malted WHEAT Flour, Sunflower Oil], Nduja Mayonnaise Chicken Mix (35%) [Mayonnaise (15%) (Rapeseed Oil, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), British Chicken Breast (14%) (Chicken Breast (99%), Salt, Chicken Stock (Water, Chicken Carcass), Cornflour), Nduja Paste (4%) (Pork (63%), Extra Virgin Olive Oil, Calabrian Hot Pepper Paste (10%) (Red Hot Pepper, Salt, Acidity Regulator: Citric Acid, Antioxidant: Ascorbic Acid), Paprika, Salt, Dextrose, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite), Cornflour], Red Pepper (10%), Spinach (5%).	KJ
Kcal	278			556
Fat	13.9			27.8
Sat	1.8			3.6
Carbs	26.9			53.8
Sugar	1.8			3.6
Protein	10.2			20.4
Salt	1.06			2.13
Portion weight (g)				200

**BREAKFAST ROLLS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>NEW The Ultimate Brunch Brioche</b>	Brioche Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Pasteurised Whole EGG, Unsalted Butter (MILK), Skimmed MILK Powder, Sugar, Yeast, Salt, Broad Bean Flour, WHEAT Flour, Vegetable Proteins, WHEAT Gluten, Inactive Dry Yeast, Sunflower Oil, Flour Treatment Agent: Ascorbic Acid, Dextrose, Maltodextrins, Starch], Free-Range Scrambled EGG (16%) [Pasteurised Free-Range Whole EGG, Water, Sunflower Oil, Skimmed MILK Powder, Lemon Juice, Salt, Ground White Pepper], Cheddar Cheese (10%) (MILK), Diced Chorizo (9%) [Pork, Salt, Paprika, Dextrose, Garlic, Antioxidant: Rosemary Extract, Preservative: Sodium Nitrite], Tomato Ketchup with Red Peppers and Chilli (8%) [Tomato, Water, Sugar, Red Pepper, Roasted Red Pepper Purée, Red Wine Vinegar, Tomato Paste, Cornflour, Red Chilli Purée, Concentrated Lemon Juice, Salt, Cayenne Pepper, Ground Paprika], Chipotle & Paprika Aioli (8%) [Natural Greek Style Yoghurt (MILK), Rapeseed Oil, Water, Garlic Purée, Pasteurised Free-Range EGG Yolk, Cornflour, Lemon Juice, Chipotle Peppers, Smoked Paprika, Spirit Vinegar, Salt, Tomato Paste, Paprika, Sugar, Onion, Acidity Regulator: Acetic Acid], Béchamel Sauce (7%) [Water, Butter (MILK), Skimmed MILK Powder, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Double Cream (MILK)], Chargrilled Red Chilli Purée [Red Chilli, Olive Oil], Parsley, Black Pepper.	KJ	1130	2204
		Kcal	270	527
		Fat	13.6	26.6
		Sat	5.8	11.2
		Carbs	24.7	48.2
		Sugar	5.1	10.0
		Fibre	1.0	1.9
		Protein	11.6	22.7
		Salt	1.24	2.41
		Portion weight (g)		195
<b>Coffee Cured Bacon Roll</b>	Vienna Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, Malted WHEAT Flour, Improver (WHEAT Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed Oil, Enzyme)], Coffee Cured Streaky Bacon (32%) [Pork Belly, Sugar, Salt, Cold Brewed Coffee, Stabiliser: Sodium Triphosphate, Maltodextrin, Natural Flavouring, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Butter (MILK).	KJ	1258	1585
		Kcal	300	378
		Fat	11.9	15
		Sat	4.9	6.2
		Carbs	31.8	40.1
		Sugar	3.4	4.3
		Fibre	2.0	2.5
		Protein	15.5	19.5
		Salt	1.82	2.29
		Portion weight (g)		126
<b>Butcher's Sausage Roll</b>	Vienna Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, Malted WHEAT Flour, Improver (WHEAT Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed Oil, Enzyme)], Pork and Lentil Sausage in Beef Collagen Casing (46%) [Pork, Lentils, Potato Starch, Dextrose, Water, Salt, Rapeseed Oil, WHEAT Starch, Beef Collagen Casing, Spices (Ground Ginger, Ground Mace, Ground Nutmeg, Ground White Pepper, Chilli Powder), Stabiliser: Sodium Diphosphate, WHEAT Protein, Onion Powder, Rubbed Sage, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Butter (MILK).	KJ	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
<b>THIS Plant Based 'Sausage' Ciabatta (Vg)</b>	Ciabatta Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, Malted WHEAT Flour, WHEAT Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed Oil], Plant Based Sausage (47%) [Mushrooms, Water, Pea Flour, Onions, Rapeseed Oil, Stabilisers: Processed Eucheuma Seaweed, Methyl Cellulose, Palm Oil, Pea Fibre, Pea Protein, Pea Starch, Rice Flour, Sugar, Flavouring, Maize Flour, Yeast Extract, Salt, Dried Onion, Textured Pea Protein, Parsley, Sodium Alginate Casing, Porcini Mushroom Powder, Cracked Black Pepper, Maize Starch, Colour: Plain Caramel, Sage, Preservative: Sodium METABISULPHITE, Ground Mace, Dextrose, White Pepper].	KJ	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

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



**SANDWICHES**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
<b>Tuna, Red Pepper &amp; Spinach Sandwich</b>	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	
		Portion weight (g)	187		
		<b>Free Range Egg Mayo Sandwich (V)</b>	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, Comflour, 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
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	
Portion weight (g)	202				
<b>Chargrilled Chicken Salad Sandwich</b>	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
		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	
		Portion weight (g)	203		
		<b>Classic BLT Sandwich</b>	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
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	
Portion weight (g)	167				

**SOUPS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
<b>Italian Tomato &amp; Basil Soup (Vg)</b>	Water, Tomatoes (22%), Tomato Purée (9%), Onion, Fennel (5%), Carrot, Rapeseed Oil, Vegetable Stock (Chicory Extract, Carrot Extract, Onion Powder, Tomato Powder, Salt, Yeast Extracts, Sunflower Oil, Natural Flavouring), Blended Oil (Sunflower Oil, Olive Oil), Garlic, Sugar, Basil (0.28%), Salt, Basil in Oil (Basil, Sunflower Oil, Salt), White Pepper, Acidity Regulator: Citric Acid.	per 100g	per portion (g)		
		KJ	196	687	
		Kcal	47	165	
		Fat	2.8	9.7	
		Sat	0.3	1.0	
		Carbs	5.2	18.2	
		Sugar	3.5	12.3	
		Fibre	1.2	4.2	
		Protein	1.0	3.5	
		Salt	0.70	2.30	
		Portion weight (g)	350		
		<b>Chicken, Broccoli &amp; Rice Soup</b>	Water, Onion, MILK, Broccoli (7%), Chicken (5%), Leek, Whipping Cream (MILK), Carnaroli Rice (2.7%), Rapeseed Oil, Cornflour, Black Venere Rice (1.1%), Garlic, Grana Padano (MILK, Lysozyme (EGG), Chicken Stock (Flavouring (contains EGG)), Chicory Extract, Salt, Yeast Extract, Chicken Bone Stock), Lemon Juice, Roast Chicken Stock (Roast Chicken, Rehydrated Potato Flake, Water, Yeast Extract, Salt, Chicken Fat), Salt, Black Pepper, Sage, Bay Leaf.	per 100g	per portion (g)
				KJ	338
Kcal	81			284	
Fat	4.5			15.9	
Sat	1.3			4.6	
Carbs	6.8			23.8	
Sugar	1.3			4.6	
Fibre	1.6			5.6	
Protein	4.1			14.4	
Salt	0.70			2.50	
Portion weight (g)	350				



**MEAL POTS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
<b>Nero Deli Mac &amp; Cheese Pasta (V)</b>	Water, <b>MILK</b> (22%), Tortigli pasta (1.4%) (Durum Flour ( <b>WHEAT</b> ), Water), Spinach (5.9%), Cheddar (5%) ( <b>MILK</b> ), Mozzarella (2.6%) ( <b>MILK</b> ), Mascarpone Cheese (1.8%) ( <b>MILK</b> ), Vegetarian Hard Cheese ( <b>MILK</b> , Salt, Microbial Rennet, Starter Culture, Firming Agent: Calcium Chloride) (1.7%), Cornflour, <b>WHEAT</b> flour, Salt, Rosemary.	KJ	550	1926	
		Kcal	131	459	
		Fat	5.0	17.5	
		Sat	3.0	10.6	
		Carbs	15.1	52.8	
		Sugar	1.6	5.8	
		Protein	6.1	21.4	
		Salt	0.90	3.30	
		Portion weight (g)		350	

**SALADS & ANTIPASTI**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Chargrilled Chicken, Mixed Grain &amp; Pesto Salad</b>	Dressed Grains (41%) (Bulgur <b>WHEAT</b> , Turmeric Rice (Long Grain Rice, Water, Ground Turmeric), Pink Cabbage, Roasted Vegetables (Red Pepper, Yellow Pepper, Onion, Courgette, Rapeseed Oil), Chickpeas, Cous Cous ( <b>WHEAT</b> ), Black Beluga® Lentils, Red Quinoa, Concentrated Lemon Juice, Mint, Chives, Parsley, Lemon Infused Rapeseed Oil (Rapeseed Oil, Flavouring), Garlic Purée, Salt), Mixed Leaves (19%) (Spinach, Lettuce), Cooked British Chicken Breast (18%) (Chicken, Salt, Cornflour), Basil Pesto (12%) (Water, Basil Flavoured Sunflower Oil (Sunflower Oil, Flavouring), White Wine Vinegar, Basil Purée (Sunflower Oil, Basil, Salt, Acidity Regulator (Citric Acid)), Basil, Pumpkin Seeds, Sunflower Seeds, Rapeseed Oil, Lemon Juice, Mint, Garlic Purée, Cornflour, Salt, Black Pepper), Red Pepper (6%), SunBlush® Marinated Tomatoes (3%) (Slow Roasted Tomatoes, Rapeseed Oil, Salt, Garlic, Oregano).	KJ	454	1111
		Kcal	108	265
		Fat	4.5	11
		Sat	0.6	1.4
		Carbs	8.9	21.7
		Sugar	2.1	5.1
		Fibre	1.4	3.4
		Protein	7.4	18.1
		Salt	0.56	1.40
		Portion weight (g)		245

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Falafel, Red Pepper Houmous &amp; Super Grain Salad (Vg)</b>	Mixed Leaves (21%) (Spinach, Lettuce, Salanova), Falafel (20%) (Chick Peas, Onions, Water, Rapeseed Oil, Bread Crumbs (Fortified Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Self-Raising Flour (Fortified Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents (Monocalcium Phosphate, Sodium Hydrogen Carbonate)), Parsley, Coriander Powder, Cumin Powder, Sodium Bicarbonate, Cumin Seeds, Garlic, Black Pepper), Cabbage and Beetroot Slaw (17%) (Cabbage, Beetroot, Mango Dressing (Mango Chutney (Mango, Sugar, Spirit Vinegar, Glucose Syrup, Salt, Ground Cardamom, Ground Coriander, Ground Cumin, Ground Paprika), White Wine Vinegar, Stabiliser (Xanthan Gum), Salt), Onions), Mixed Grains (17%) (Bulgur <b>WHEAT</b> , Couscous (Half Hard <b>WHEAT</b> Flour, Water), <b>WHEAT</b> BERRIES, Red Quinoa, Red Peppers, Lemon Juice, Salt, Black Pepper), Red Pepper Houmous (15%) (Chick Peas, Grilled Red Peppers, Tahini <b>SESAME SEED</b> Paste, Rapeseed Oil, Water, Concentrated Lemon Juice, Olive Oil, Garlic Purée, Salt, Colour (Paprika Extract)), Tahini Dressing (10%) (Chick Peas, Water, Garlic and 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).	KJ	535	1273
		Kcal	128	305
		Fat	6.5	15
		Sat	0.7	1.7
		Carbs	11	26
		Sugar	3.2	7.6
		Fibre	4.1	9.8
		Protein	4.2	10
		Salt	0.47	1.12
		Portion weight (g)		238

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
<b>Cheese &amp; Olive Antipasti (V)</b>	Sundried Tomato Dip (36%) (Tomatoes (57%), Passata (Tomato), Salt, White Wine Vinegar, Sugar, Preservative: Sodium Metabisulphite ( <b>SULPHUR DIOXIDE</b> ); Garlic Purée, Oregano, Rosemary.  Marinated Gouda Cheese (29%) (Gouda Cheese ( <b>MILK</b> ), Sunflower Oil, Paprika)  Marinated Olives (25%) (Mixed Olives (96%) (Manzanilla Olives (Pitted Manzanilla Olives, Salt, Acidity Regulators (Lactic Acid, Citric Acid)), Kalamata Olives (Pitted Kalamata Olives, Salt, Red Wine Vinegar), Sunflower Oil.)  Breadsticks (10%) <b>WHEAT</b> Flour, Sunflower Oil, Tomato, Salt, Extra Virgin Olive Oil, Yeast, <b>WHEAT</b> Malt Extract, Oregano, Onion.  <i>Additional Information: Although extra care has been taken to remove stones, some may remain.</i>	KJ	998	1213	
		Kcal	240	292	
		Fat	17.0	20.8	
		Sat	5.9	7.1	
		Carbs	11.0	13.3	
		Sugar	3.6	4.4	
		Protein	8.6	10.4	
		Salt	2.06	2.51	
		Portion weight (g)		122	

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
<b>Chorizo Antipasti</b>	Chorizo (38%) – Pork (95%), Salt, Paprika, Dextrose, Garlic, Rosemary Extract, Sodium Nitrite.  Cheese ( <b>MILK</b> ) (37%)  Toasts (25%) - Flour ( <b>WHEAT</b> ), Malted <b>WHEAT</b> , Flour Treatment Agents: Ascorbic Acid, Glucose-Fructose Syrup, Yeast, Salt, Vegetable Fat, Emulsifier Mixture (Sugar, Emulsifier: Mono- and Diacetyl-Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Emulsifier: Lecithin, Raising Agent: Sodium Carbonates.	KJ	1562	1000	
		Kcal	375	240	
		Fat	22.7	14.5	
		Sat	11.4	7.3	
		Carbs	20.7	13.3	
		Sugar	2.0	1.3	
		Protein	21.4	13.7	
		Salt	2.91	1.86	
		Portion weight (g)		64	

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Mediterranean Style Vegetable Cous Cous Open Salad (Vg)</b>	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).	KJ	462	370
		Kcal	110	88
		Fat	3.3	2.6
		Sat	0.3	0.2
		Carbs	15	12
		Sugar	1.7	1.3
		Fibre	2.5	2.0
		Protein	3.9	3.1
		Salt	0.43	0.34
		Average Scoop (g)		80

**BISCUITS & SNACKS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
<b>Almond Biscotti (V)</b>	WHEAT 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
		Portion weight (g)	37	
<b>Caramel Waffle (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
		Portion weight (g)	78	
<b>Chocolate &amp; Yoghurt Covered Raisins (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
		Portion weight (g)	40	
<b>Dark Chocolate &amp; Hazelnut Chocolate Bar (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 (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
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
Portion weight (g)	45			
<b>Eat Natural Vegan Bar (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
		Portion weight (g)	45	
<b>Fruit &amp; Nut Mix (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				
		per 100g	per portion (g)			
<b>Fruit Teacake (Vg)</b>	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.	KJ	1200	1152		
		Kcal	283	272		
		Fat	2.5	2.4		
		Sat	0.8	0.7		
		Carbs	56.2	53.9		
		Sugar	22.0	21.1		
		Fibre	3.8	3.6		
		Protein	7.3	7.0		
		Salt	0.20	0.20		
		Portion weight (g)		96		
		<b>Gianduja Chocolate (Vg)</b>	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	242
Kcal	581			58		
Fat	40.0			4.0		
Sat	15.0			1.5		
Carbs	47.0			4.7		
Sugar	44.0			4.4		
Protein	5.7			0.6		
Salt	0.03			0.00		
Portion weight (g)				10		
<b>Gingerbread Biscuit (V)</b>	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).			KJ	1726	1260
				Kcal	402	293
		Fat	12.4	9.1		
		Sat	4.5	3.3		
		Carbs	67.5	49.3		
		Sugar	39.1	28.5		
		Fibre	1.6	1.2		
		Protein	4.3	3.1		
		Salt	0.96	0.70		
		Portion weight (g)		73		
		<b>Leone Mints (Vg)</b>	Sugar, Thickening agents: Arabic gum, tragacanth; Piedmont peppermint essential oil.	KJ	1663	499
Kcal	391			117		
Fat	0.0			0.0		
Sat	0.0			0.0		
Carbs	97.0			29.1		
Sugar	97.0			29.1		
Protein	0.2			0.0		
Salt	0.00			0.00		
Portion weight (g)				30		
<b>Loacker Creamkakao (V)</b>	Crispy wafer filled with cocoa cream (75%). <b>WHEAT</b> flour, coconut oil, glucose syrup, sugar, fat reduced cocoa 9% in the cream, dextrose, sweet whey powder, <b>SOYA</b> flour, skimmed <b>MILK</b> powder, malt extract, salt, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier <b>SOYA</b> lecithin, <b>HAZELNUTS</b> , vanilla pods (Bourbon). <i>May contain ALMONDS.</i>			KJ	2136	964
				Kcal	511	231
		Fat	26.0	12.0		
		Sat	22.0	10.0		
		Carbs	59.0	26.0		
		Sugar	28.0	13.0		
		Protein	7.7	3.5		
		Salt	0.31	0.14		
		Portion weight (g)		45		
		<b>Loacker Napolitaner (V)</b>	Crispy wafer filled with <b>HAZELNUT</b> cream (75% cream). Ingredients: <b>WHEAT</b> flour, coconut oil, glucose syrup, sugar, hazelnut 9% in the cream, sweet whey powder, <b>SOYA</b> flour, skimmed <b>MILK</b> powder, fat reduced cocoa, (diphosphate) emulsifier <b>SOYA</b> lecithin, vanilla pods (bourbon). <i>May contain ALMONDS.</i>	KJ	2169	978
				Kcal	519	234
Fat	27.0			12.0		
Sat	20.0			8.9		
Carbs	59.0			27.0		
Sugar	26.0			12.0		
Protein	8.1			3.6		
Salt	0.33			0.15		
Portion weight (g)				45		
<b>Loacker Vanille (V)</b>	Crispy wafer filled with vanilla cream (75% cream). Ingredients: <b>WHEAT</b> flour, coconut oil, glucose syrup, sugar, skimmed <b>MILK</b> powder, dextrose, <b>SOYA</b> flour, malt extract, sugar, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier <b>SOYA</b> lecithin, vanilla pods (bourbon), <b>HAZELNUT</b> . <i>May contain ALMONDS.</i>			KJ	2188	985
				Kcal	523	235
		Fat	27.0	12.0		
		Sat	23.0	11.0		
		Carbs	61.0	28.0		
		Sugar	31.0	14.0		
		Protein	7.8	3.5		
		Salt	0.40	0.18		
		Portion weight (g)		45		

**BISCUITS & SNACKS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Metcalfe's® Chocolate Rice Cakes (V)</b>	Milk Chocolate (60%) (Sugar, Cocoa Butter, Whole <b>MILK</b> Powder, Cocoa Mass, Emulsifier: <b>SOYA</b> Lecithin, Natural Vanilla Flavouring), Rice Cake (40%) (Wholegrain Brown Rice, Rice). (Minimum Cocoa Solids 39%).	KJ	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
		Portion weight (g)		17.0
<b>Milk Chocolate Stracciatella Bar (V)</b>	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	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
		<b>Panettone (V)</b>	<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
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
<b>Totally Nutty (Vg)</b>	Almonds ( <b>NUTS</b> ) (35%), Cashew <b>NUTS</b> (30%), Pecan <b>NUTS</b> (20%), Hazelnuts ( <b>NUTS</b> ) (15%).			per 100g
		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
		Portion weight (g)		40.0
<b>Vegan Fruit Flapjack (Vg)</b>	<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	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
		Portion weight (g)		60
<b>Vegan Stem Ginger Biscuit (Vg)</b>	<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	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
		<b>Vegan &amp; Gluten Free Chocolate Brownie (Vg, GF)</b>	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
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
Portion weight (g)				48
<b>Wrapped Shortbread (V)</b>	<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	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

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

**CRISPS & POPCORN**

Please note that the crisps sold from our stores in Northern Ireland are different than those sold in the rest of the UK. Please refer to page 27 for NI crisp information.

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
<b>Kettle Sea Salt Crisps (Vg)</b>	Select Potatoes, Sunflower Oil, Sea Salt.	KJ	2139
		Kcal	513
		Fat	30.1
		Sat	3.5
		Carbs	51.5
		Sugar	0.5
		Protein	5.8
		Salt	0.90
		Portion weight (g)	40
		<b>Kettle Sea Salt &amp; Vinegar Crisps (Vg)</b>	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).
Kcal	509		
Fat	28.1		
Sat	2.8		
Carbs	55.8		
Sugar	1.5		
Protein	5.7		
Salt	1.40		
Portion weight (g)	40		
<b>Kettle Cheddar &amp; Onion Crisps (V)</b>	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).		
		Kcal	505
		Fat	28.9
		Sat	3.3
		Carbs	51.1
		Sugar	2.5
		Protein	7.1
		Salt	1.10
		Portion weight (g)	40
		<b>Metcalfe's® Charity Popcorn Sea Salt (Vg)</b>	Popped Butterfly Corn (75%), Rapeseed Oil, Sea Salt.
Kcal	437		
Fat	16.3		
Sat	1.2		
Carbs	55.1		
Sugar	0.8		
Protein	11.2		
Salt	0.97		
Portion weight (g)	20		
<b>Metcalfe's Skinny Popcorn® Sweet 'n Salt (Vg)</b>	Popped Butterfly Corn (64%), Rapeseed Oil, Sweetening Blend (Sugar, Sweetener: Isomalt, Sweetener: Steviol Glycosides), Salt.		
		Kcal	455
		Fat	17.8
		Sat	1.3
		Carbs	60.5
		Sugar	15.9
		Protein	8.6
		Salt	0.52
		Portion weight (g)	25

**YOGHURTS & GRANOLA POT**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
<b>NEW Mango &amp; Passionfruit Bircher (Vg)</b>	Mango and Passionfruit Compote (30%) [Water, Mango, Sugar, Passionfruit Purée with Seeds, Cornflour, Passionfruit Juice Concentrate, Natural Flavourings, Gelling Agent: Pectin, Colour: Beta Carotene, Lemon Juice], Plant Based Coconut Product (26%) [Coconut Extract, Coconut Water, Tapioca Starch, Cultures: Streptococcus thermophilus, Lactobacillus delbrueckii subsp. bulgaricus], Water, Wholegrain Rolled OATS (1.5%), Shredded Green Apple (6%), Juice Infused Mixed Dried Berries (2%) [Blueberries, Pineapple Juice Concentrate, Cranberries, Apple Juice Concentrate, Sunflower Oil], Toasted Coconut Shavings (2%), Apple Juice Concentrate.	KJ	690
		Kcal	165
		Fat	6.4
		Sat	4.7
		Carbs	23.0
		Sugar	11.3
		Fibre	2.5
		Protein	2.6
		Salt	0.03
		Portion weight (g)	197
<b>Berry Granola Pot (V)</b>	Greek Style Yogurt (MILK) (64%), Summer Berry Compote (23%) [Sugar, Strawberries, Water, Blackberries, Blueberries, Redcurrants, Cornflour, Lemon Juice, Natural Flavouring, Gelling Agent: Pectin], Dried Cranberry Granola (11%) [OAT Flakes, Sweetened Dried Cranberries (1%) (Cranberries, Sugar, Sunflower Oil), Sunflower Seeds, Pumpkin Seeds, Glucose Syrup, Water, Brown Rice Flour, Quinoa, Freeze Dried Raspberries, Natural Flavouring].	KJ	704
		Kcal	168
		Fat	9.2
		Sat	4.6
		Carbs	15.9
		Sugar	10.7
		Fibre	0.8
		Protein	5.1
		Salt	0.94
		Portion weight (g)	170
<b>Tim's Raspberry Yoghurt (V)</b>	Greek Style Natural Yogurt (MILK), Sugar, Raspberries (6%), Cornflour, Natural Flavouring, Citric Acid.	KJ	594
		Kcal	142
		Fat	8.4
		Sat	5.2
		Carbs	12.2
		Sugar	11.8
		Fibre	0.4
		Protein	4.9
		Salt	0.20
		Portion weight (g)	175

**NORTHERN IRELAND PRODUCTS**

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

**PASTRIES**

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

**PANINI**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
<b>All Day Breakfast Panini</b>	Sourdough Panini (61%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented <b>RYE</b> Flour, Salt), <b>WHEAT</b> Gluten, Malted <b>WHEAT</b> Flour, Sunflower Oil, Fermented <b>WHEAT</b> Flour, Flour Treatment Agent (Ascorbic Acid)], Scrambled <b>EGG</b> & Cheese (23% [Scrambled <b>EGG</b> ( <b>EGG</b> , Water, Rapeseed Oil, Buttermilk Powder ( <b>MILK</b> ), Cornflour, Salt, White Pepper, Antioxidant (Citric Acid), Thickener (Xanthan Gum), Preservative (Lactic Acid)], Bechamel Sauce (Skimmed <b>MILK</b> , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter ( <b>MILK</b> ), Modified Maize Starch, Salt, Emulsifier ( <b>SOYA</b> Lecithin)), Cheddar Cheese ( <b>MILK</b> ), Black Pepper, Salt], <b>WHEAT</b> Starch, Calcium Carbonate, Iron, Thiamin, Niacin), Salt], <b>WHEAT</b> Starch, Rapeseed Oil, Parsley, Salt, Dextrose, Sage, Beef Collagen Casing, Fortified <b>WHEAT</b> Flour, Stabiliser (Sodium Triphosphate), <b>WHEAT</b> Protein, Spice & Spice Herb Extracts (Pepper, Nutmeg, Chili, Clove, Coriander Sage, Thyme, Pimento)], Coffee Bacon (7%) [Pork Belly, Sugar, Salt, Cold Brewed Coffee, Stabiliser (Sodium Triphosphate), Maltodextrin, Natural Flavouring, Anticaking Agent (Calcium Silicate), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)].	KJ	1024	1772	
		Kcal	245	424	
		Fat	8.1	14	
		Sat	2.8	4.9	
		Carbs	30	52	
		Sugar	3.5	6	
		Protein	12	21	
		Salt	0.99	1.72	
		Portion weight (g)		173	
		<b>Chargrilled Chicken &amp; Pesto Panini</b>	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> ).	KJ	895
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	
<b>Ham &amp; Mozzarella Panini</b>	Sourdough Panini (58%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented <b>RYE</b> Flour, Salt), <b>WHEAT</b> Gluten, Malted <b>WHEAT</b> Flour, Sunflower Oil, Fermented <b>WHEAT</b> Flour, Flour Treatment Agent (Ascorbic Acid)], Ham (22%) [Pork, Water, Glucose Syrup, Emulsifiers (Triphosphates, Diphosphates), Salt, Antioxidant (Sodium Ascorbate), Dextrose, Spice Extracts, Preservative (Sodium Nitrite)], Mozzarella (11%) Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Palm Oil, Butter ( <b>MILK</b> ), Modified Maize Starch, Salt, Emulsifier (Lecithin) ( <b>SOYA</b> )], Mature Cheddar Cheese (3%) ( <b>MILK</b> ).			KJ	974
		Kcal	233	419	
		Fat	6.8	12	
		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	
		<b>NEW Mediterranean Vegetable Panini (Vg)</b>	Sourdough Panini (52%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented <b>RYE</b> Flour, Salt), Salt, Yeast, Malted <b>WHEAT</b> Flour], Grilled Veg (30%) [Red Peppers, Yellow Peppers, Courgette, Onion], Tomato Ragu Mix (15%) [Pizza Sauce (Tomato Pulp, Salt, Sunflower Oil, Sugar, Marjoram, Basil, Pepper, Onions, Acidity Regulator; Citric Acid), 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)], Semi dried Sundried Tomato (Tomato, Rapeseed Oil, Salt, Garlic, Oregano), Dried Chilli Flakes, Black Pepper, Dried Basil, Salt], Spinach (3%).	KJ	668
Kcal	160			324	
Fat	1.7			3.4	
Sat	0.6			1.2	
Carbs	30.0			61.0	
Sugar	3.1			6.2	
Protein	6.8			14.0	
Salt	0.70			1.40	
Portion weight (g)				203	
<b>Mozzarella &amp; Tomato Panini (V)</b>	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)], 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 Pesto (6.4%) [Basil, Sunflower Oil, Salt], Sunflower Oil, Medium Fat Hard Cheese ( <b>MILK</b> )].			KJ	1101
		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	
		<b>Tuna Melt Panini</b>	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> ).	KJ	1187
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	

**TOSTATI**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
<b>Chicken &amp; Bacon Tostati Melt</b>	Sourdough Bread (45%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture ( <b>RYE</b> ), <b>SOYA</b> Flour, Vegetable Oil (Rapeseed), Emulsifiers [E472(e), E481], Flour Treatment Agent (E300)], Chicken and Bacon Filling (38%) [Bechamel (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].	KJ	1003	2008	
		Kcal	240	480	
		Fat	9.9	20	
		Sat	4.6	9.3	
		Carbs	27	53	
		Sugar	1.2	2.4	
		Protein	10	20	
		Salt	1.36	2.72	
		Portion weight (g)		200	
		<b>Ham, Cheese &amp; Mustard Tostati Melt</b>	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> ).	KJ	1054
Kcal	252			466	
Fat	10			19	
Sat	4.8			8.8	
Carbs	27			50	
Sugar	0.7			1.2	
Protein	13			23	
Salt	1.55			2.88	
Portion weight (g)				185	
<b>Five Cheese &amp; Roasted Tomato Tostati (V)</b>	Sourdough Bread (44%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture ( <b>RYE</b> ), <b>SOYA</b> Flour, Vegetable Oil (Rapeseed), Emulsifiers [E472(e), E481], Flour Treatment Agent (E300)], Cheese Topping (17%) [Mozzarella ( <b>MILK</b> ), Béchamel (Béchamel Sauce (Skimmed <b>MILK</b> , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter ( <b>MILK</b> ), Modified Starch (Waxy Maize), Salt, Emulsifier (Lecithin) ( <b>SOYA</b> )), Red Cheddar ( <b>MILK</b> ), Cheese Filling (15%) (Mascarpone (Cream ( <b>MILK</b> ), <b>MILK</b> , Acidity Regulator (E330), Preservative [E202, E234]), Regato ( <b>MILK</b> ), Béchamel (Béchamel Sauce (Skimmed <b>MILK</b> , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter ( <b>MILK</b> ), Modified Starch (Waxy Maize), Salt, Emulsifier (Lecithin) ( <b>SOYA</b> ))), Red Cheddar ( <b>MILK</b> )], Cheddar Cheese (15%) ( <b>MILK</b> ), Roasted Baby Plum Tomatoes (9.8%) (Plum Tomatoes, Rapeseed Oil, Salt, Oregano, Garlic).			KJ	1196
		Kcal	286	586	
		Fat	15.0	30.0	
		Sat	8.5	17.0	
		Carbs	25.0	52.0	
		Sugar	1.5	3.1	
		Protein	12.0	25.0	
		Salt	1.11	2.27	
		Portion weight (g)		205	
		<b>Irish Sausage, Cheddar &amp; Ballymaloe Relish Toastie</b>	Malted Bloomer Bread (43%) [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted <b>WHEAT</b> Flakes, <b>WHEAT</b> Bran, Yeast, Salt, Vegetable Fat (Rapeseed, Palm), Malted <b>WHEAT</b> Flour, Malted <b>BARLEY</b> Flour, <b>WHEAT</b> Protein, Spirit Vinegar, Emulsifiers [E472e], Flour Treatment Agent (E300)], Sausage (38%) (Pork (70%), Water, Rusk ( <b>WHEAT</b> flour (Fortified <b>WHEAT</b> flour, Calcium carbonate, Iron, Niacin, Thiamin), Salt), <b>WHEAT</b> Starch, Salt, Dextrose, Rapeseed Oil, Beef Collagen Casing, <b>WHEAT</b> flour (Fortified <b>WHEAT</b> flour, calcium Carbonate, Iron, Niacin, Thiamin), Stabiliser [E451]), <b>WHEAT</b> protein, Spice and Herb Extracts (Pepper, Nutmeg, 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).	KJ	1078
Kcal	258			541	
Fat	11.0			23.0	
Sat	4.5			9.0	
Carbs	28.0			58.0	
Sugar	4.6			9.6	
Protein	12.0			25.0	
Salt	1.32			2.77	
Portion weight (g)				190	

**SALADS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Char-grilled Chicken &amp; Roasted Mediterranean Veg Salad</b>	Tapenade Spelt Mix (73%) [Spelt Mix (Organic Spelt (Water, Spelt ( <b>GLUTEN</b> )), Bortolli Beans (Boriotti 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%).	KJ	834	2194
		Kcal	199	524
		Fat	7.4	20.0
		Sat	1.8	4.7
		Carbs	20.0	53.0
		Sugar	2.1	5.6
		Fibre	1.3	3.4
		Protein	11.0	29.0
		Salt	0.47	1.24
		Portion weight (g)		263
<b>Feta, Roasted Peppers &amp; Pomegranate Grain salad (V)</b>	Spelt Mix (74%) [Organic Spelt (Water, Spelt ( <b>GLUTEN</b> )), Bortolli Beans (Boriotti 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%).	KJ	769	1921
		Kcal	184	459
		Fat	4.6	12
		Sat	2.6	6.5
		Carbs	26	64
		Sugar	4.2	11.0
		Fibre	0.8	1.9
		Protein	8	20
		Salt	0.63	1.56
		Portion weight (g)		250



**BAGUETTES & ROMANAS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
<b>Chargrilled Chicken &amp; Tomato Romana</b>	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
		Protein	10.0	19.0
		Salt	1.25	2.27
		Portion weight (g)		182

<b>Caprese Romana (V)</b>	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
		Protein	8.6	15.0
		Salt	1.44	2.52
		Portion weight (g)		175

<b>Prosciutto &amp; Mozzarella Romana</b>	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
		Protein	11	19
		Salt	1.64	2.78
		Portion weight (g)		170

<b>Irish Ham &amp; Cheese Baguette</b>	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
		Protein	13	26
		Salt	2.20	4.40
		Portion weight (g)		201

<b>Sweet Chilli Chicken Baguette</b>	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), WHEAT Gluten, Emulsifier: Mono and Di-Acetyl Tartaric Esters of Mono- and Di-Glycerides of Fatty Acids, Colour: Carotenes, Natural Flavouring, Flour Treatment Agent:Ascorbic Acid], Beechwood Bacon (31%) [Pork, Salt, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Vegetable Fat Spread (3%) [Water, Rapeseed Oil, Palm Oil, Salt, Emulsifier: Mono- and diglycerides of fatty acids, Buttermilk Powder (MILK), Preservative: Potassium Sorbate, Acid: Lactic Acid, Colour: Carotenes, Natural Flavouring, Vitamin A, Vitamin D].	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
		Protein	13	27
		Salt	1.60	3.21
		Portion weight (g)		205

**BREAKFAST ROLLS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
<b>NEW Smoked Bacon Brioche</b>	Brioche Roll [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, EGG , Sugar, Unsalted Butter (MILK), EGG White, Rapeseed Oil, Palm Oil, Yeast, Salt, WHEAT Gluten, Emulsifier: Mono and Di-Acetyl Tartaric Esters of Mono- and Di-Glycerides of Fatty Acids, Colour: Carotenes, Natural Flavouring, Flour Treatment Agent:Ascorbic Acid], Beechwood Bacon (31%) [Pork, Salt, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Vegetable Fat Spread (3%) [Water, Rapeseed Oil, Palm Oil, Salt, Emulsifier: Mono- and diglycerides of fatty acids, Buttermilk Powder (MILK), Preservative: Potassium Sorbate, Acid: Lactic Acid, Colour: Carotenes, Natural Flavouring, Vitamin A, Vitamin D].	per 100g	per portion (g)	
		KJ	1426	1625
		Kcal	341	388
		Fat	16.0	18.0
		Sat	5.5	6.2
		Carbs	32.0	36.0
		Sugar	3.3	3.8
		Protein	17.0	19.0
		Salt	1.33	1.52
		Portion weight (g)		114

<b>NEW Pork Sausage Brioche</b>	Brioche Roll [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, EGG , Sugar, Unsalted Butter (MILK), EGG White, Rapeseed Oil, Palm Oil, Yeast, Salt, WHEAT Gluten, Emulsifier: Mono and Di-Acetyl Tartaric Esters of Mono- and Di-Glycerides of Fatty Acids, Colour: Carotenes, Natural Flavouring, Flour Treatment Agent:Ascorbic Acid], Sausage Planks (45%) [Pork (62%), Water, Rusk (WHEAT flour, Salt, raising agent: ammonium bicarbonate), Pork Rind, Pork Fat, Potato starch, Seasoning (Dextrose, Salt, Stabiliser: Tri phosphate), Spices, Spice Extract, Antioxidant: Sodium Ascorbate], Vegetable Fat Spread (3%) [Water, Rapeseed Oil, Palm Oil, Salt, Emulsifier: Mono- and diglycerides of fatty acids, Buttermilk Powder (MILK), Preservative: Potassium Sorbate, Acid: Lactic Acid, Colour: Carotenes, Natural Flavouring, Vitamin A, Vitamin D].	per 100g	per portion (g)	
		KJ	1296	1853
		Kcal	310.0	443.0
		Fat	15.0	22.0
		Sat	6.0	8.5
		Carbs	30.0	43.0
		Sugar	3.0	4.4
		Protein	10.0	15.0
		Salt	1.08	1.55
		Portion weight (g)		143



**SAVOURY PASTRIES**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Ham & Cheese Croissant	Butter Croissant (51%) [WHEAT Flour, Butter (MILK), Water, Sugar, MILK, Yeast, EGG, Salt, WHEAT Gluten, Emulsifier (Lecithin), Flour Treatment Agent (Ascorbic Acid), Enzymes], Ham formed from select cuts of pork (29%) [Pork (95%), Water, Glucose Syrup, Emulsifier (Triphosphates, Diphosphates), Salt, Antioxidant (Sodium ascorbate), Dextrose, Spice Extracts, Preservative (Sodium Nitrite)], Mature Cheddar Cheese (20%) (MILK).	KJ	1401	1429
		Kcal	335	342
		Fat	20.0	21.0
		Sat	13.0	13.0
		Carbs	23.0	24.0
		Sugar	4.3	4.4
		Protein	15.0	15.0
		Salt	0.80	0.82
		Portion weight (g)		102
		Pork & Pancetta Sausage Roll	Pork (37%), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Caramelised Red Onion (Red Onion, Demerara Sugar, Red Wine Vinegar, Muscovado Sugar, Modified Tapioca Starch, Red Kibbled Onions, Salt, Ground Black Pepper), Margarine (Palm Oil, Water, Rapeseed Oil, Salt, Emulsifier: Mono & Di-Glycerides Of Fatty Acids), Regatto Cheese (MILK), Breadcrumbs (WHEAT Flour (WHEAT Flour, Flour Treatment Agent (Ascorbic Acid))), Water, Yeast, Salt), Smoked Pancetta (3%) (Pork, Salt, Antioxidant (Sodium Ascorbate), White Pepper, Nutmeg, Dried Garlic, Preservatives (Potassium Nitrate, Sodium Nitrite), Coriander Extract), Smoked Bacon Lardon (3%) (Pork (98%), Water, Salt, Preservative: Sodium Nitrite; Dextrose, Brown Sugar, Smoke Flavour, Stabiliser: Potassium And Sodium Tri-Phosphates; Antioxidant; Sodium L-Ascorbate), Honey, Sage, Paprika, Salt, Glaze (Water, Wheat Protein), Garlic Puree, Drinde, Black Pepper, Ground Fennel, Oregano, Rosemary.	KJ
Kcal	305.0			397.0
Fat	17.0			22.0
Sat	7.3			9.5
Carbs	23.0			30.0
Sugar	4.3			5.7
Protein	15.0			19.0
Salt	1.98			2.60
Portion weight (g)				130

**MEAL POTS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Roasted Vegetable Fusilli	Pesto Pasta Mix (52%) [Cooked Pasta (Durum WHEAT Semolina), Green Pesto (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian medium fat hard cheese (MILK))), 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 (MILK)), Grana Padano (MILK), Ragu Mix (Pizza Sauce (Tomato Pulp, Salt, Sunflower Oil, Sugar, Marjoram, Basil, Pepper, Onions, Acidity Regulator (E330)), Onion Marmalade (Onion, Red Wine Vinegar (SULPHITES), Sugar, Sunflower oil, Salt, Balsamic Vinegar (Grape Must, Wine Vinegar, Caramel, (SULPHITES)), gelling agent: Pectin, Spices (Caraway Seeds, Thyme, Pepper, Bay)), Dried Chilli Flakes].	KJ	657	1807
		Kcal	157	432
		Fat	6.8	19.0
		Sat	2.1	5.7
		Carbs	17.0	48.0
		Sugar	1.3	3.6
		Fibre	1.7	4.8
		Protein	6.2	17.0
		Salt	0.59	1.62
		Portion weight (g)		275
Beef Bolognaise Fusilli	Pesto Pasta Mix (55%) [Fusilli pasta (Durum WHEAT Semolina), Green pesto (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian medium fat hard cheese (MILK))), 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) (SULPHITES), Salt, Carrots, CELERY, Cornflour, Brown Sugar, Pepper, Oregano, Mixed Herbs (Basil, Marjoram, Thyme)), Grana padano (MILK), Pizza sauce (Tomato Pulp, Salt, Sunflower Oil, Sugar, Marjoram, Basil, Pepper, Onions, Acidity Regulator (E330)), Onion Marmalade (Onion, Red Wine Vinegar (SULPHITES), Sugar, Sunflower oil, Salt, Balsamic Vinegar (Grape Must, Wine Vinegar, Caramel, (SULPHITES)), gelling agent: Pectin, Spices (Caraway Seeds, Thyme, Pepper, Bay)), Chilli flakes].	KJ	701	1682
		Kcal	168	402
		Fat	7.3	18
		Sat	2.4	5.7
		Carbs	18	43
		Sugar	2.6	6.2
		Fibre	1.3	3.1
		Protein	7.7	18
		Salt	0.80	1.90
		Portion weight (g)		275

**SOUP**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Potato & Leek Soup with Pesto (V)	Potato & Leek Soup (97%) [Water, Potato, Leeks, Onion, MILK, CELERY, 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), CREAM (MILK), BUTTER (MILK), Garlic Powder, Salt, White Pepper], Pesto (3%) [Basil Puree (58%) (Basil (59%), Sunflower Oil, Salt), Sunflower Oil, Vegetarian Media Fat Hard Cheese (MILK), Grana Padano: Cow's milk (MILK), Salt, Rennet, Preservative: Lisozyme (EGG Protein)].	KJ	244	757
		Kcal	59	183
		Fat	2.8	8.6
		Sat	1.7	5.2
		Carbs	7.4	22.9
		Sugar	1.5	4.5
		Fibre	0.5	1.5
		Protein	1.2	3.7
		Salt	0.10	0.31
		Portion weight (g)		310
Tomato & Basil Soup (V)	Water, Tomatoes 17%, Tomato Puree 9%, Onion, CELERY, Sugar, Red Peppers Courgettes, Modified Maize Starch, Salt, Cream (MILK), Garlic Powder, Basil 0.17%, Ginger, Paprika, Red Chillies, White Pepper.	KJ	162	485
		Kcal	39	116
		Fat	1.2	3.6
		Sat	0.7	2.1
		Carbs	6.2	18.6
		Sugar	3.9	11.6
		Protein	0.9	2.6
		Salt	0.46	1.38
		Portion weight (g)		300

**DESSERT**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
<b>Tiramisu (V)</b>	Rehydrated soluble coffee (20.3%), Ladyfingers ( <b>WHEAT</b> flour, sugar, <b>EGGS</b> , raising agents: E500, E503), sugar, water, Mascarpone cheese (6.8%) ( <b>CREAM (MILK)</b> , acidity regulator: E330), vegetable fats (coconut, palm), rehydrated skimmed <b>MILK</b> , <b>MILK</b> proteins, maltodextrin, Marsala wine, glucose-fructose syrup, stabiliser: E420; glucose syrup, cocoa powder (1.1%), modified starch, dextrose, alcohol, <b>EGG</b> yolk, emulsifiers: E471, E472e, E322 (of <b>SOY</b> ), thickeners: E415, E463; <b>WHEAT</b> starch, cocoa butter, natural flavours, vegetable fibres.	KJ	1231
		Kcal	294
		Fat	12.1
		Sat	9.7
		Carbs	41.8
		Sugar	30.8
		Protein	1.3
		Salt	0.12
		Portion weight (g)	110

**SCONES**

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

**CRISPS**

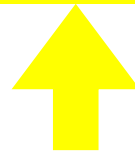
PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
<b>O'Donnell's Salt &amp; Vinegar Crisps (V)</b>	Potato, Sunflower Oil, Irish Cider Vinegar and Sea Salt Flavour (Flavourings, Sea Salt, Maltodextrin, Yeast Extract, Sugar, Dehydrated Apple, The Apple Farm Cider Vinegar Powder). <i>May contain MILK.</i>	KJ	1071		
		Kcal	257		
		Fat	15.0		
		Sat	1.2		
		Carbs	27.1		
		Sugar	0.6		
		Protein	2.6		
		Salt	1.10		
		Portion weight (g)	50		
		<b>O'Donnell's Cheese &amp; Onion Crisps (V)</b>	Potato, Sunflower Oil, Mature Irish Cheese & Red Onion Flavour (Onion Powder, Sugar, Yeast Extract, Cheese Powder ( <b>MILK</b> ), Salt, Butter <b>MILK</b> Powder, Flavourings, Irish Cheddar Cheese Powder ( <b>MILK</b> ), Colour (Paprika Extract)).	KJ	1068
				Kcal	256
Fat	14.4				
Sat	1.2				
Carbs	27.8				
Sugar	2.5				
Protein	2.9				
Salt	0.70				
Portion weight (g)	50				
<b>O'Donnell's Sweet Chilli Crisps (V)</b>	Potatoes, Sunflower Oil, Sweet Chilli Flavour (Sugar, Rice Flour, Salt, Yeast Extract, Onion Powder, Spices, Tomato Powder, Garlic Powder, Herb, Colour (Paprika Extract), Flavouring). <i>May contain MILK.</i>			KJ	1080
				Kcal	259
		Fat	14.7		
		Sat	1.2		
		Carbs	28.0		
		Sugar	2.1		
		Protein	2.8		
		Salt	0.60		
		Portion weight (g)	50		

**YOGHURTS & FRUIT POTS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>NEW</b> <b>Chocolate &amp; Orange Overnight Oats (Vg)</b>	Soaked <b>OATS</b> Mix (95.5%) [ <b>OAT</b> Milk ( <b>OAT</b> base (Water, <b>OATS</b> (12%)), Sunflower Oil, Sea Salt, Vitamins (B2, B12, D2), Porridge <b>OATS</b> (Wholegrain rolled <b>OATS</b> ), Water, Mandarins (Mandarin Segments, Water, Sugar, Firming Agent: Calcium Chloride, Acidity Regulator: Citric Acid, Fat reduced Cocoa Powder (contains Cocoa Butter 10% minimum), Tangerine Puree (Sugar, Water, Tangerine Juice, Tangerine pulp, Concentrated Tangerine Juice, Acids: Citric Acid, Sodium Citrate, Natural Flavouring, Thickener: Pectin, Preservative: Potassium Sorbate, Colourings: Carrot and Pumpkin extracts), Pumpkin seeds, Chia seeds), Chocolate Chips (3.5%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: <b>SOYA</b> Lecithin, Natural Vanilla Flavouring), Cranberries (1%) (Cranberries (55%), Sugar, Sunflower Oil)].	KJ	679	1359
		Kcal	162	325
		Fat	5.0	10.0
		Sat	1.2	2.4
		Carbs	24.0	47.0
		Sugar	7.6	15.0
		Protein	4.1	8.3
		Salt	0.06	0.11
		Portion weight (g)	200	
		<b>NEW</b> <b>Apple &amp; Caramel Yoghurt with Cranberry, Coconut and Chia Seed Granola (V)</b>	Apple & Caramel Yoghurt (83%) [Greek Style Yoghurt ( <b>MILK</b> ) (70%), Apple & Caramel Spiced Mix (30%) [Apple fruit filling (Apple, Sugar, Glucose-fructose syrup, Gelling agent: Pectin (E440), Acidity regulator: Citric acid, Antioxidant: Ascorbic acid, Preservative: Potassium sorbate), Cooked Apple (Apples (84.6%), Water, Acidity Regulator: Citric Acid, Antioxidant: Ascorbic Acid), Caramel sauce (Glucose Syrup, Fructose Syrup, Sugar, Water, Sweetened Condensed <b>MILK</b> ( <b>MILK</b> , Sugar), Humectant: Glycerol, Modified Starch, Unsalted Butter ( <b>MILK</b> ), Colour: Plain Caramel, Salt, Natural Flavouring, Thickener: Xanthan Gum, Preservative: Potassium Sorbate), Sultanas (Sultanas (99%), Sunflower oil), Nutmeg, Cinnamon)], Cranberry, Coconut & Chia Seed Granola (17%) [Gluten Free <b>OATS</b> (43%), Cranberries (sugar, sunflower oil) (12%), Desiccated Coconut (11%), Pumpkin Seeds Honey, Sunflower Seeds, Rapeseed Oil, Chia Seeds (5%), Natural Vanilla].	KJ
Kcal	159			374
Fat	7.5			17.6
Sat	3.6			8.4
Carbs	17.9			42.1
Sugar	12.6			29.5
Protein	4.3			10.0
Salt	0.10			0.22
Portion weight (g)	235			
<b>Clandeboyne Mango Snack Pot (V)</b>	Greek Style Yoghurt (64%) [ <b>MILK</b> , Cultures], Mango Compote (18%) [Mango, Sugar, Water, Starch (Waxy Maize), Stabiliser (Pectin), Natural Flavouring], Granola (18%) [ <b>OATS</b> (GLUTEN) Flakes, <b>BARLEY</b> ( <b>BARLEY</b> ) Flakes, Sugar, Rapeseed Oil, Black Treacle, Sunflower Seeds]. □			KJ
		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	
		<b>Seasonal Fruit Salad (Vg)</b>	Pineapple (28%), Apple (20%), Cantaloupe Melon (18%), Mango (18%), Kiwi (10%), Blueberries (5%).	KJ
Kcal	46			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			

**HOW TO USE THIS GUIDE**

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



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

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

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

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

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

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

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**PASTRIES**

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

**MUFFINS & SCONES**

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

**WHOLE CAKES**

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Belgian Chocolate Fudge Cake	*	*	*				*							
Cappuccino Cake	*	*	*				*							
Carrot Cake	*	*	*	*										
Luxury Blackforest 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 <i>(Updated Recipe)</i>	*		*				*		*					
Caramel Shortbread	*		*				*							
Belgian Chocolate Brownie	*	*	*				*							
Salted Caramel Cookie Brownie	*	*	*				*		*					

\* We have updated the recipe for our Caramel Shortbread. The New Caramel Shortbread has different ingredients, allergens and nutritional information. Some of our stores still may sell previous stock of Caramel Shortbread. Please check in store which stock they have before your purchase.

**TRAYBAKES**

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Belgian Chocolate & Caramel Crispy	*		*				*		*					
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
Chocolate Hazelnut Chouxnut	*	*	*	*			*							
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	*													

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**INDIVIDUAL CAKES**

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

**GRAB & GO CHOCOLATE**

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

**YOGHURTS (NI only)**

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
<b>NEW</b> Apple & Caramel Yoghurt with Cranberry, Coconut & Chia Seed Granola			*											

**PORRIDGE**

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

**SAVOURY ROLLS & PASTRIES**

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

**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 January Beverage range, please refer to our 'CN January 2023 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**

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

**EXTRAS**

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

**SYRUPS**

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