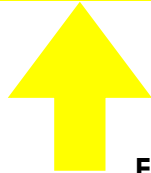


**HOW TO USE THIS GUIDE**

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

Please note: Although some of our products may contain gluten free oats, we list OATS as an allergen as they contain a protein called Avenin which some people are sensitive to.

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

**PASTRIES**

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

**MUFFINS & SCONES**

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Chocolate & Salted Caramel Muffin	*	*	*				*		*					
Blueberry & Oat 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	*	*	*	*										
Raspberry & White Chocolate Roulade	*	*	*				*							
Peach Belini Meringue 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>	*		*				*		*					
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	*						*							
Italian Tiramisu	*	*	*											
Pistachio & Chocolate Mousse Cake	*	*	*	*			*							

**COOKIES**

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

**COOKIES (GB)**

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
<b>NEW</b> Chocolate & Salted Caramel Cookie	*	*	*											
<b>NEW</b> Chocolate Chip Cookie	*						*							
<b>NEW</b> Cranberry & Oat Cookie	*													

**COOKIES (NI)**

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
<b>NEW</b> Chocolate Chip Cookie	*						*							
<b>NEW</b> Chocolate & Orange Cookie	*						*							
<b>NEW</b> Cinnamon Cookie	*		*				*							

**INDIVIDUAL CAKES**

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
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
Mango & Passionfruit Overnight Oats	*						*							
Lemon Curd & Blueberry 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/skimmed milk	*		*											
Porridge with Alpro Soya	*						*							
Porridge with Alpro Coconut	*						*							
Porridge with Alpro Oat	*													

**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 Summer Beverage range, please refer to our 'CN Summer 2023 Beverage Nutritional & Allergen Information' or 'CN Flavoured Iced Latte 2023 Nutritional & Allergen Information' documents.

**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			*				*							

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.

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	<b>1701</b>	<b>1435</b>
		Kcal	<b>407</b>	<b>343</b>
		Fat	<b>21.1</b>	<b>17.8</b>
		Sat	<b>9.0</b>	<b>7.6</b>
		Carbs	<b>43.9</b>	<b>36.9</b>
		Sugar	<b>13.7</b>	<b>11.6</b>
		Fibre	<b>2.4</b>	<b>1.9</b>
		Protein	<b>9.3</b>	<b>7.8</b>
		Salt	<b>0.7</b>	<b>0.6</b>
			Portion weight (g)	

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

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

Please note: Although some of our products may contain gluten free oats, we list OATS as an allergen as they contain a protein called Avenin which some people are sensitive to.

**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:**

**Vegetarian (V):** 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 (Vg):** 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.

**Gluten Free (GF):** All products that are labelled as Gluten Free are produced in manufacturing sites that are certified to produce products to the required standards to be called Gluten Free and have been tested to ensure the level of gluten is below the legal threshold.



<b>CONTENTS</b>		
PASTRIES	.....	<b>3</b>
MUFFINS & SCONES	.....	<b>4</b>
EXTRAS	.....	<b>5</b>
PORRIDGE	.....	<b>6</b>
WHOLE CAKES	.....	<b>7</b>
LOAF CAKES	.....	<b>8</b>
BROWNIES & SHORTBREAD	.....	<b>8</b>
TRAYBAKES	.....	<b>9</b>
CHouxNUT	.....	<b>9</b>
INDIVIDUAL CAKES	.....	<b>9</b>
DESSERTS	.....	<b>10</b>
COOKIES	.....	<b>11</b>
SAVOURY PASTRIES & ROLLS	.....	<b>12</b>
PANINI	.....	<b>13</b>
TOSTATI	.....	<b>14</b>
FOCCACIA	.....	<b>15</b>
BREAKFAST ROLLS	.....	<b>15</b>
SANDWICHES	.....	<b>16</b>
SOUPS	.....	<b>16</b>
MEAL POTS	.....	<b>16</b>
ANTIPASTI	.....	<b>17</b>
BISCUITS & SNACKS	.....	<b>17</b>
CRISPS & POPCORN	.....	<b>21</b>
YOGHURTS & GRANOLA POT	.....	<b>21</b>
<b>Products only sold in Northern Ireland stores</b>		
PASTRIES	.....	<b>22</b>
PANINI	.....	<b>22</b>
TOSTATI	.....	<b>23</b>
SALADS	.....	<b>24</b>
ROMANA	.....	<b>24</b>
BAGUETTES	.....	<b>25</b>
BREAKFAST ROLLS	.....	<b>25</b>
SAVOURY PASTRIES	.....	<b>25</b>
MEAL POTS	.....	<b>26</b>
SOUP	.....	<b>26</b>
DESSERT	.....	<b>26</b>
COOKIES	.....	<b>27</b>
SCONES	.....	<b>27</b>
CRISPS	.....	<b>28</b>
YOGHURTS & FRUIT	.....	<b>28</b>

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 **22-28** for products sold in NI stores.

**PASTIRES**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Almond Croissant (V)	Pastry: Wheat Flour ( <b>WHEAT</b> Gluten, Flour Treatment Agent (Ascorbic Acid E300)), Water, Palm Fat, Yeast, Sugar, Butter ( <b>MILK</b> ) 2%, Rapeseed Oil, Salt, Baking Improver ( <b>WHEAT</b> Gluten, <b>WHEAT</b> Flour, Yeast, Flour Treatment Agent (Ascorbic Acid E300)), Emulsifier (Mono- and diglycerides of fatty acids E471), Acidity Regulator (Citric Acid E330), Flavouring, <b>EGG</b> , <b>ALMOND</b> Filling (19%) (Sugar, <b>ALMONDS</b> (7%) ( <b>NUTS</b> ), <b>EGG</b> White, Inverted Sugar Syrup, Water, <b>EGG</b> Yolk, Invertase E1103). Topping: <b>ALMOND</b> Flakes (4.2%) ( <b>NUTS</b> ). <i>May contain other NUTS (Hazelnuts).</i>	KJ	1701	1435		
		Kcal	407	343		
		Fat	21.1	17.8		
		Sat	9.0	7.6		
		Carbs	43.9	36.4		
		Sugar	13.7	11.6		
		Fibre	2.4	1.9		
		Protein	9.3	7.7		
		Salt	0.73	0.50		
		Portion weight (g)	83			
		KJ	1081	1113		
		Kcal	258	266		
		Apricot Croissant (V)	Pastry: 56% ( <b>WHEAT</b> flour, butter 19% ( <b>MILK</b> ), water, yeast, sugar, <b>EGGS</b> , salt, <b>WHEAT</b> gluten enzymes (amylases, hemicellulases), flour treatment agent (E300)), Apricots 26%, Pastry cream 17% (water, sugar, modified starch, powdered whey ( <b>MILK</b> ), skimmed <b>MILK</b> powder, stabilizers (E263, E450iii, E339ii), colour (E160ai), flavouring), egg wash ( <b>EGGS</b> , water). <i>May contain NUTS and traces of SOYA.</i>	KJ	1840	927
Kcal	440			222		
Fat	24.0			11.8		
Sat	15.0			7.7		
Carbs	46.7			23.5		
Sugar	8.0			4.0		
Fibre	2.6			1.3		
Protein	8.1			4.4		
Salt	1.20			0.58		
Portion weight (g)	50					
KJ	1512			1176		
Kcal	361			281		
Butter Croissant (V)	Pastry: <b>WHEAT</b> flour, butter 22% ( <b>MILK</b> ), water, sugar, whole <b>MILK</b> pasteurized, yeast, <b>EGGS</b> , salt, <b>WHEAT</b> gluten, emulsifier : E322 (rape lecithin), flour treatment agent : E300, enzymes, egg wash (Free Range <b>EGGS</b> ) 1.5g.			KJ	1720	1477
		Kcal	410	352		
		Fat	19.0	16.0		
		Sat	12.0	11.0		
		Carbs	55.5	47.8		
		Sugar	22.0	19.0		
		Fibre	2.8	2.4		
		Protein	6.8	5.9		
		Salt	0.68	0.58		
		Portion weight (g)	86			
		KJ	1779	1174		
		Kcal	426	281		
		Chocolate Twist (V)	Pastry: <b>WHEAT</b> flour, butter ( <b>MILK</b> ), water, yeast, sugar, <b>EGGS</b> , salt, <b>WHEAT</b> gluten, enzymes (amylases, hemicellulases, flour treatment agent (E300)), Pastry cream (water, sugar, modified starch, powdered whey ( <b>MILK</b> ), skimmed <b>MILK</b> powder, stabilizers (E263, E450iii, E339ii), colour (E160aii), flavouring), Chocolate 15.6% (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier (E322 ( <b>SOYA</b> lecithin)), natural vanilla flavour), egg wash ( <b>EGGS</b> , water), Icing sugar (Glucose, cornflour, vegetable oil).	KJ	1400	1340
Kcal	334			319		
Fat	14.0			14.0		
Sat	9.1			8.7		
Carbs	47.5			45.5		
Sugar	19.0			18.0		
Fibre	2.1			2.1		
Protein	6.3			6.1		
Salt	0.81			0.77		
Portion weight (g)	96					
KJ	1572			1245		
Kcal	375			295		
Cinnamon Swirl (V)	<b>WHEAT</b> Flour, Fine Butter ( <b>MILK</b> ) (19%), Water, Sugar, Yeast, <b>EGG</b> , Cinnamon (1.4%), Maize Starch, <b>WHEAT</b> Gluten, Salt, Whey Powder ( <b>MILK</b> ), Whole <b>MILK</b> Powder, Skimmed <b>MILK</b> Powder, Thickener (Sodium Alginate), <b>EGG</b> Albumin Powder, Turmeric Extract, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), Natural Flavouring, Acidity Regulator (Citric Acid), Carrot Extract.			Fat	16	13
		Sat	8.3	6.6		
		Carbs	49.8	39.5		
		Sugar	18	14		
		Fibre	2.6	2		
		Protein	6.5	5.1		
		Salt	0.52	0.41		
		Portion weight (g)	79			
		KJ	1779	1174		
		Kcal	426	281		
		Pain au Chocolat (V)	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> ).	KJ	1779	1174
				Kcal	426	281
				Fat	23.0	14.0
Sat	15.0			7.7		
Carbs	46.0			30.0		
Sugar	13.0			8.0		
Fibre	3.1			1.9		
Protein	8.3			5.5		
Salt	1.00			0.61		
Portion weight (g)	66					
KJ	1779			1174		
Kcal	426			281		
Pain aux Raisin (V)	<b>WHEAT</b> flour, water, raisins 13%, Butter ( <b>MILK</b> ), sugar, yeast, corn starch, <b>EGGS</b> , salt, powdered whey ( <b>MILK</b> ), whole <b>MILK</b> powder, <b>WHEAT</b> gluten, <b>EGG</b> albumin powder, skimmed <b>MILK</b> powder, thickener (sodium alginate), emulsifier (rape lecithin), fruit and plant extract (turmeric and carrot), natural flavouring, acidity regulator (citric acid), flour treatment agent (ascorbic acid), enzymes (hemicellulases, amylases), egg wash (Free Range <b>EGGS</b> ), Neutral glaze (water, glucose syrup, sugar, acidity regulators (E330, E332, E333), flavour, gelling agent (pectin), preservative (potassium sorbate)).			KJ	1779	1174
		Kcal	426	281		
		Fat	23.0	14.0		
		Sat	15.0	7.7		
		Carbs	46.0	30.0		
		Sugar	13.0	8.0		
		Fibre	3.1	1.9		
		Protein	8.3	5.5		
		Salt	1.00	0.61		
		Portion weight (g)	66			
		KJ	1779	1174		
		Kcal	426	281		
		Vegan Raspberry Croissant (Vg)	<b>WHEAT</b> flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring), Raspberry Filling (16%) (Glucose Syrup, Raspberry Purée, Sugar, Raspberries (2%), Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator Tricalcium Citrate), Natural Flavouring, Preservative (Potassium Sorbate)), Sugar, Yeast, Decoration (3%) (Sugar, Non-Hydrogenated Palm Oil, Food Colours (Radish, Blackcurrant, Apple concentrate)), Spelt flour, <b>WHEAT</b> gluten Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid).	KJ	1779	1174
Kcal	426			281		
Fat	23.0			14.0		
Sat	15.0			7.7		
Carbs	46.0			30.0		
Sugar	13.0			8.0		
Fibre	3.1			1.9		
Protein	8.3			5.5		
Salt	1.00			0.61		
Portion weight (g)	66					
KJ	1779			1174		
Kcal	426			281		

**MUFFINS & SCONES**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
<b>Chocolate &amp; Salted Caramel Muffin (V)</b>	<b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, <b>EGG</b> , Rapeseed Oil, Salted Caramel Filling (12%) (Glucose Syrup, Condensed Skimmed <b>MILK</b> , Water, Sugar, Palm Oil, Modified Maize Starch, Emulsifiers: Mono- and diglycerides of fatty acids, <b>SOYA</b> Lecithins ( <b>SOYA</b> ), Natural Flavouring, Salt, Preservative: Potassium sorbate, Gelling agent: Pectins, Acid: Tartaric acid), Dark Chocolate chips and chunks (7%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: <b>SOYA</b> Lecithins ( <b>SOYA</b> ), Natural Flavouring), Water, Cocoa Powder, Buttermilk ( <b>MILK</b> ), Dark chocolate curls (2%) (Sugar, Cocoa Mass, Cocoa Butter, Butter oil ( <b>MILK</b> ), Emulsifier: <b>SOYA</b> Lecithins ( <b>SOYA</b> ), Natural Flavouring), Glucose Syrup, Raising Agents: Potassium carbonates, Sodium carbonates, Calcium phosphates, Diphosphates; Inulin, <b>MILK</b> Proteins, <b>WHEAT</b> Starch, Modified Maize Starch, Salt, Stabiliser: Xanthan gum, Preservative: Potassium sorbate, <b>WHEAT</b> Gluten, Emulsifiers: Mono- and diglycerides of fatty acids, Polyglycerol esters of fatty acids; Humectants: Sorbitol syrup, Glycerol; Acidity Regulator: Citric acid, Natural Flavourings, Preservative: Sodium Metabisulphite ( <b>SULPHITES</b> ).	per 100g	per portion (g)	
		KJ	1535	1688
		Kcal	367	404
		Fat	17.3	19.0
		Sat	2.7	3.0
		Carbs	50.2	55.2
		Sugar	28.7	31.6
		Fibre	4.4	4.8
		Protein	5.9	6.5
		Salt	0.72	0.80
		Portion weight (g)	110	
		<b>NEW Blueberry Muffin (V)</b>	<b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, <b>EGG</b> , Rapeseed Oil, Blueberry (11%), Blueberry Puree (9%) (Blueberry, Sugar, Water, Modified Maize Starch, Preservative: Potassium sorbate; Natural Flavouring, Acidity regulator: Citric acid), Water, Buttermilk ( <b>MILK</b> ) (2%), Raising Agents: Potassium carbonates, Sodium carbonates, Diphosphates, Calcium phosphates; Inulin, Palm Oil, <b>MILK</b> Proteins, <b>WHEAT</b> Starch, Modified Maize Starch, <b>WHEAT</b> Gluten, Preservative: Potassium sorbate, Emulsifiers: Mono- and diglycerides of fatty acids, Polyglycerol esters of fatty acids; Stabiliser: Xanthan gum; Salt, Glucose Syrup, Lemon Oil, Acidity regulator: Citric acid, Natural Flavourings, Colour: Carotenes.  <i>**PLEASE NOTE: We have updated the recipe for our Blueberry &amp; Oat Muffin and changed the product name. This has different allergen, ingredient and nutritional information. Check in store which one they have in stock before your purchase.</i>	per 100g
KJ	1431			1502
Kcal	342			359
Fat	15.5			16.3
Sat	1.8			1.9
Carbs	44.1			46.3
Sugar	21.1			22.1
Fibre	1.2			1.3
Protein	5.8			6.1
Salt	0.44			0.46
Portion weight (g)	105			
<b>Blueberry &amp; Oat Muffin (V)</b>	<b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, <b>EGG</b> , Rapeseed Oil, Blueberry Puree (9%) (Blueberry, Sugar, Water, Modified Maize Starch, Preservative: Potassium sorbate, Natural Flavouring, Acidity regulator: Citric acid), Blueberry (7%), Water, Buttermilk ( <b>MILK</b> ), <b>OAT</b> Flakes (2%), Pumpkin Seed, Raising Agents: Potassium carbonates, Sodium carbonates, Diphosphates, Calcium phosphates; Inulin, Palm Oil, Kibbled <b>SOYA</b> (1%), <b>MILK</b> Proteins, <b>WHEAT</b> Starch, Modified Maize Starch, Demerara Sugar, Brown Linseed, <b>WHEAT</b> Gluten, Preservative: Potassium sorbate, Emulsifiers: Mono- and diglycerides of fatty acids, Polyglycerol esters of fatty acids; Stabiliser: Xanthan gum, Salt, Glucose Syrup, Lemon Oil, Acidity regulator: Citric acid, Natural Flavourings, Colour: Carotenes.			per 100g
		KJ	1405	1475
		Kcal	335	352
		Fat	14.3	15.0
		Sat	1.6	1.6
		Carbs	47.5	49.9
		Sugar	26.7	28.0
		Fibre	3.0	3.2
		Protein	5.6	5.9
		Salt	0.46	0.48
		Portion weight (g)	105	
		<b>Sicilian Lemon Curd Muffin (V)</b>	<b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, <b>EGG</b> , Rapeseed Oil, Sicilian Lemon filling (9%) (Sugar, <b>EGG</b> , Butter ( <b>MILK</b> ), Water, Concentrated Lemon Juice (Lemon, Sodium Metabisulphite ( <b>SULPHITES</b> ), Potassium Metabisulphite ( <b>SULPHITES</b> )), Gelling agent: Agar, Lemon Oil], Inulin, Lemon Zest (4%), Water, Buttermilk ( <b>MILK</b> ), Glucose Syrup, Raising Agents: Potassium carbonates, Sodium carbonates, Calcium phosphates, Diphosphates; Palm Oil, <b>MILK</b> Proteins, <b>WHEAT</b> Starch, Modified Maize Starch, Natural Flavourings, Preservative: Potassium sorbate, <b>WHEAT</b> Gluten, Emulsifiers: Mono- and diglycerides of fatty acids, Polyglycerol esters of fatty acids; Stabiliser: Xanthan gum, Salt, Humectants: Sorbitol syrup, Glycerol; Acidity regulator: Citric acid, Preservative: Sodium Metabisulphite ( <b>SULPHITES</b> ), Colour: Carotenes.	per 100g
KJ	1487			1561
Kcal	354			371.7
Fat	15.1			15.9
Sat	2.2			2.3
Carbs	50.0			52.5
Sugar	24.9			26.1
Fibre	4.7			4.9
Protein	5.0			5.2
Salt	0.45			0.48
Portion weight (g)	105			
<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.			per 100g
		KJ	1260	
		Kcal	299	
		Fat	6.3	
		Sat	2.2	
		Carbs	52	
		Sugar	20.5	
		Protein	7.6	
		Salt	1.06	
		Portion weight (g)	100	

**EXTRAS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
<b>Raspberry Jam (Vg)</b>	Raspberry Jam: Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium Citrate.	per 100g per portion (g)	
		KJ	1016 305
		Kcal	239 72
		Fat	0.2 0.1
		Sat	0.0 0.0
		Carbs	57.0 17.1
		Sugar	57.0 17.1
		Protein	0.7 0.2
		Salt	0.00 0.00
		Portion weight (g)	30
<b>Strawberry Jam (Vg)</b>	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid.	per 100g per portion (g)	
		KJ	1023 307
		Kcal	241 72
		Fat	0.1 0.03
		Sat	0.00 0.00
		Carbs	59.0 17.7
		Sugar	59.0 17.7
		Protein	0.4 0.12
		Salt	0.00 0.00
		Portion weight (g)	30
<b>Lakeland Butter (V)</b>	Butter: Cream (MILK), Salt.	per 100g per portion (g)	
		KJ	3036 213
		Kcal	738 52
		Fat	81.4 5.7
		Sat	52.3 3.7
		Carbs	0.8 0.1
		Sugar	0.8 0.1
		Protein	0.6 0.04
		Salt	1.90 0.13
		Portion weight (g)	7
<b>Rodda's Cornish Clotted Cream (V)</b>	100% Cornish cows MILK.	per 100g per portion (g)	
		KJ	2413 965
		Kcal	586 234
		Fat	63.7 25.5
		Sat	39.7 15.9
		Carbs	2.2 0.9
		Sugar	2.2 0.9
		Protein	1.6 0.6
		Salt	0.05 0.02
		Portion weight (g)	40
<b>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>	per 100g per portion (g)	
		KJ	1351 81
		Kcal	323 19
		Fat	0.5 0.03
		Sat	0.1 0.01
		Carbs	79.0 4.74
		Sugar	71.0 4.26
		Protein	0.5 0.03
		Salt	0.12 0.01
		Portion weight (g)	6
<b>Seeds &amp; Fruit Mix Topper (Vg)</b>	Toasted pumpkin seeds (20%), Toasted sunflower seeds (20%), Golden raisins (20%) (Raisins, Sunflower oil, Preservative: SULPHUR DIOXIDE), Dried sweetened cranberries (20%) (Sugar, Cranberries, Sunflower oil), Brown linseed (20%). May contain traces of PEANUTS and NUTS.	per 100g per portion (g)	
		KJ	1934 483
		Kcal	462 115
		Fat	22.5 5.6
		Sat	2.6 0.7
		Carbs	46.5 11.6
		Sugar	27.9 7.0
		Fibre	13.5 3.4
		Protein	11.7 2.9
		Salt	0.05 0.01
Portion weight (g)	25		
<b>Fruit Mix Topper (Vg)</b>	Golden raisins (30%) (Raisins, Sunflower oil, Preservative: SULPHUR DIOXIDE), Dried sweetened cranberries (30%) (Sugar, Cranberries, Sunflower oil), Raisins (30%) (Raisins, Sunflower oil), Dried sweetened blueberries (10%) (Blueberries, Sugar, Sunflower oil).	per 100g per portion (g)	
		KJ	1336 334
		Kcal	319 80
		Fat	0.5 0.1
		Sat	0.2 0.0
		Carbs	75.1 18.8
		Sugar	67.4 16.8
		Fibre	4.4 1.1
		Protein	1.5 0.4
		Salt	0.10 0.03
Portion weight (g)	25		

**PORRIDGE**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Porridge made with Semi Skimmed Milk (V)	Semi Skimmed MILK (83%), Quaker Rolled OATS (17%).	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%).	KJ
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%).			KJ
		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%).	KJ
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%).			KJ
		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%).	KJ
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

**WHOLE CAKES**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Belgian Chocolate Fudge Cake (V)</b>	Cake (67%) ( <b>EGG</b> , Sugar, Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Chocolate (7%) (Cocoa Mass, Sugar, Cocoa Butter, <b>SOYA</b> Lecithin, Flavouring), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)), Greek Style Natural Yoghurt ( <b>MILK</b> ), Rapeseed Oil, Water, Fat Reduced Cocoa Powder, Glycerine, Skimmed <b>MILK</b> Powder, Emulsifiers (E477, E471, E475), Raising Agents (E450, E501)), Icing (Icing Sugar, Full Fat Soft Cheese (Full Fat Soft Cheese ( <b>MILK</b> ), Salt, Preservative: E202), Butter ( <b>MILK</b> ) (4%), Fat Reduced Cocoa Powder, Water, Emulsifiers (E477, E471, E475), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, <b>SOYA</b> Lecithin, Flavouring), Chocolate Chips (Sugar, Cocoa Mass, Cocoa Butter, <b>SOYA</b> 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)		
<b>Cappuccino Cake (V)</b>	Coffee Sponge (67%) [Sugar, <b>WHEAT</b> Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Pasteurised Free Range <b>EGG</b> , Rapeseed Oil, Water, Humectant (Vegetable Glycerine), Coffee Powder (1.1%), Raising Agents (E450, E501), Skimmed <b>MILK</b> Powder], Coffee Icing (29%) [Icing Sugar, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471), Natural Flavouring, Colours (Annatto Bixin, Curcumin)), Skimmed <b>MILK</b> Powder, Full Fat Soft Cheese (Full Fat Soft Cheese ( <b>MILK</b> ), 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 <b>MILK</b> Powder, Cocoa Mass, Emulsifier ( <b>SOYA</b> 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)		
<b>Carrot Cake (V)</b>	Cake (73%) (Brown Sugar, Carrot (11%), <b>EGG</b> , Rapeseed Oil, Wholemeal <b>WHEAT</b> Flour, Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Date Paste (Dates, Rice flour), Pineapple Pulp, Water, Walnuts ( <b>NUTS</b> ), Raising Agents (E500, E450, E501), Cinnamon, Salt, Mixed Spice, Thickener (E415)), Frosting (25%) (Icing Sugar, Full Fat Soft Cheese (Full Fat Soft Cheese ( <b>MILK</b> ), Salt, Preservative: E202), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)), Skimmed <b>MILK</b> Powder, Modified Maize Starch, Emulsifiers (E477, E471, E475), Flavouring, Stabiliser (E410)), Walnuts ( <b>NUTS</b> ), Pistachios ( <b>NUTS</b> ).	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)		
<b>Raspberry &amp; White Chocolate Roulade (V)</b>	Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Raspberries (12%), Sugar, Free Range <b>EGG</b> , Self-Raising Flour ( <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphate, Sodium Hydrogen Carbonate), 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), White Chocolate Buttons (7%) (Sugar, Palm Oil, Whey Powder ( <b>MILK</b> ), Emulsifier: <b>SOYA</b> Lecithin), Icing Sugar, Single Cream ( <b>MILK</b> ), White Chocolate Shavings (2%) (Sugar, Whole <b>MILK</b> Powder, Cocoa Butter, Emulsifier: <b>SOYA</b> 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 <b>MILK</b> Powder, Cocoa Butter, Skimmed <b>MILK</b> Powder, Emulsifier: <b>SOYA</b> Lecithin; Natural Vanilla Flavouring), White Chocolate Curls (1%) (Sugar, Whole <b>MILK</b> Powder, Cocoa Butter, Emulsifier: <b>SOYA</b> Lecithin; Natural Vanilla Flavouring), Natural Flavouring, Modified Potato Starch, Modified Waxy Maize Starch, Raising Agent (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; <b>WHEAT</b> 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)		
<b>Peach Belini Meringue Roulade (V)</b>	Sugar, Water, Single Cream ( <b>MILK</b> ), Reduced Fat Soft Cheese (10%) (Skimmed <b>MILK</b> , Cream ( <b>MILK</b> ), Whey Solids ( <b>MILK</b> ), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Free Range <b>EGG</b> , <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Powdered Fondant (Sugar, Dried Glucose Syrup), Peach (4%), Modified Waxy Maize Starch, Maize Starch, Free Range <b>EGG</b> White Powder ( <b>WHEAT</b> Starch, Dried <b>EGG</b> Albumen, Sugar, Modified Starch, Acidity Regulators: Cream Of Tartar, Calcium Lactate, Tartaric Acid; Dextrose, Stabiliser: Guar Gum), Natural Flavourings, Modified Potato Starch, Raising Agent [Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Acidity Regulator: Citric Acid; Colours: Beta Carotene, Beetroot Red; Stabilisers: Xanthan Gum, Locust Bean Gum, Guar Gum; Caramelised Sugar Syrup.	KJ	1254	1304
		Kcal	298	310
		Fat	10.5	11
		Sat	3.7	3.8
		Carbs	46.6	48.5
		Sugar	33.2	34.5
		Fibre	0.5	0.5
		Protein	4.2	4.4
		Salt	0.37	0.38
		Portion weight (g)		

**LOAF CAKES**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
<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 <b>WHEAT</b> Flour, <b>WHEAT</b> Gluten), Water, Brown Sugar, Dessicated Coconut, Stabiliser (Maize Starch, Whey Powder ( <b>MILK</b> ), Emulsifiers: Mono- and Diglyceride of Fatty acids, Sodium 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.	per 100g	per portion (g)	
		KJ	1650	1444
		Kcal	394	345
		Fat	21.6	18.9
		Sat	2.8	2.4
		Carbs	46.2	40.4
		Sugar	23.7	20.7
		Fibre	1.9	1.7
		Protein	6.6	5.8
		Salt	0.61	0.53
	Portion weight (g)	88		
<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.	per 100g	per portion (g)	
		KJ	1643	1561
		Kcal	391	372
		Fat	16.6	15.8
		Sat	1.7	1.6
		Carbs	55.1	52.3
		Sugar	29.0	27.6
		Fibre	1.1	1.0
		Protein	4.8	4.6
		Salt	0.55	0.52
	Portion weight (g)	95		

**BROWNIES & SHORTBREAD**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
<b>Caramel Shortbread (V)</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).	per 100g	per portion (g)	
		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>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.	per 100g	per portion (g)	
		KJ	1933	1314
		Kcal	462	314
		Fat	26.1	17.7
		Sat	15.6	10.6
		Carbs	50.4	34.3
		Sugar	35.7	24.3
		Fibre	1.4	1.0
		Protein	5.7	3.9
		Salt	0.50	0.34
	Portion weight (g)	68		
<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).	per 100g	per portion (g)	
		KJ	1900	1330
		Kcal	454	318
		Fat	24.8	17.4
		Sat	13.5	9.5
		Carbs	52.3	36.6
		Sugar	40.0	28.0
		Fibre	1.8	1.3
		Protein	4.6	3.2
		Salt	0.51	0.36
	Portion weight (g)	70		

**TRAYBAKES**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		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 Alkalisied 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	

**INDIVIDUAL CAKES**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<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	1723	1378
		Kcal	413	330
		Fat	22.0	17.6
		Sat	3.6	2.9
		Carbs	46.6	37.3
		Sugar	20.7	16.6
		Fibre	1.9	1.5
		Protein	5.9	4.7
		Salt	0.31	0.25
		Portion weight (g)	80	



**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	1397
		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	1473
		Kcal	351	353
		Fat	22.1	22.2
		Sat	13.8	13.8
		Carbs	35.3	35.4
		Sugar	19.9	19.9
		Fibre	1.9	1.9
		Protein	2.4	2.4
		Salt	0.22	0.22
Portion weight (g)		100		
<b>Italian 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%) (Cream ( <b>MILK</b> ), acidity regulator: E330), vegetable fats (coconut, palm), rehydrated skimmed <b>MILK</b> , <b>MILK</b> proteins, maltodextrin, Marsala wine, glucose-fructose syrup, stabiliser: E420; glucose syrup, cocoa powder (1.1%), modified starch, dextrose, alcohol, <b>EGG</b> yolk, emulsifiers: E471, E472e, E322 (of sunflower); thickeners: E415, E463; <b>WHEAT</b> starch, cocoa butter, natural flavours, vegetable fibres. <i>ADDITIONAL INFORMATION: This recipe contains Alcohol.</i>	per 100g	per portion (g)	
		KJ	1119	1231
		Kcal	267	294
		Fat	11.0	12.1
		Sat	8.8	9.7
		Carbs	38.0	41.8
		Sugar	28.0	30.8
		Protein	3.3	3.6
		Salt	0.11	0.12
		Portion weight (g)		110
<b>Pistachio &amp; Chocolate Mousse Cake</b>	Water, Rehydrated Skim <b>MILK</b> , Vegetable Fats (Coconut, Palm), Sugar, Rehydrated <b>EGG</b> White, Pistachios, Crunchy <b>MILK</b> Chocolate ( <b>MILK</b> Chocolate (Sugar, Cocoa Butter, Whole <b>MILK</b> Powder, Cocoa Mass, Emulsifiers Lecithins (of <b>SOYA</b> ), Natural Vanilla Flavouring), Extruded Rice (Rice Flour, Sugar, <b>WHEAT</b> , Salt), Glazing Agents Shellac And Acacia Gum], Glucose, Fructose Syrup, <b>WHEAT</b> Flour, <b>EGGS</b> , Chocolate Chips [Sugar, Cocoa Mass, Cocoa Butter, Emulsifiers Lecithins ( <b>SOYA</b> ), Natural Vanilla Flavouring], Chopped Caramelised <b>HAZELNUTS</b> ( <b>HAZELNUTS</b> ( <b>NUTS</b> ), Sugar), <b>HAZELNUT</b> Powder ( <b>NUTS</b> ), Glucose Syrup, <b>EGG</b> Yolk, Butter ( <b>MILK</b> ), Humectant Glycerol, Fat, Reduced Cocoa Powder, Apricot Stone Powder, Modified Starch, Beef Gelatine, Emulsifiers, Mono- and Di-glycerides of Fatty Acids, Mono- and Di-acetyl Tartaric Acid Esters of Mono- and Di-glycerides of Fatty Acids and Lecithins (Sunflower), Lactose ( <b>MILK</b> ), Artificial Flavourings, <b>MILK</b> Proteins, Raising Agents Diphosphates and Sodium Carbonates, Maltodextrins, Salt, Thickener Xanthan Gum, Colour: E133. <i>PLEASE NOTE: This product contains beef gelatine; therefore, it is not suitable for Vegetarians.</i>	per 100g	per portion (g)	
		KJ	1311	983
		Kcal	315	236
		Fat	21.0	16.0
		Sat	13.0	9.8
		Carbs	26.0	20.0
		Sugar	19.0	14.0
		Fibre	1.8	1.4
		Protein	5.0	3.8
		Salt	0.08	0.06
Portion weight (g)		75		

**COOKIES**

England, Scotland & Wales stores only. For Cookie information for our Northern Ireland stores, go to page 27.

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
<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.	per 100g	per portion (g)	
		KJ	1766	1289
		Kcal	421	307
		Fat	17.6	12.9
		Sat	5.5	4.0
		Carbs	55.4	40.4
		Sugar	30.6	22.3
		Fibre	4.0	2.9
		Protein	8.2	6.0
		Salt	0.97	0.71
Portion weight (g)		73		
<b>Belgian Chocolate Cookie (V)</b>	Fortified wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), sugar, palm oil, milk chocolate (11%) (sugar, cocoa mass, whole <b>MILK</b> powder, cocoa butter, emulsifier ( <b>SOYA</b> lecithin), natural vanilla flavouring), dark chocolate (11%) (cocoa mass, sugar, cocoa butter, emulsifier ( <b>SOYA</b> lecithin), natural vanilla flavouring), free range whole <b>EGG</b> , butter ( <b>MILK</b> ), rapeseed oil, glucose-fructose syrup, <b>WHEAT</b> fibre, raising agents (monocalcium phosphate, potassium hydrogen carbonate), lactose powder ( <b>MILK</b> ), invert sugar, whey powder ( <b>MILK</b> ), natural flavouring, salt.	per 100g	per portion (g)	
		KJ	2037	1487
		Kcal	487	356
		Fat	25.8	18.8
		Sat	12.5	9.1
		Carbs	56.6	41.3
		Sugar	32.2	23.5
		Fibre	2.8	2.0
		Protein	5.7	4.2
		Salt	0.11	0.08
Portion weight (g)		73		
<b>NEW Chocolate &amp; Salted Caramel Cookie (V)</b>	<b>WHEAT</b> Flour [Calcium Carbonate, Iron, Niacin, Thiamin], Sugar, Unsalted Butter ( <b>MILK</b> ), Salted Caramel Fudge Pieces [Sugar, Fondant [Sugar, Glucose Syrup, Water], Sweetened Condensed <b>MILK</b> ( <b>MILK</b> , Sugar), Glucose Syrup, Vegetable Fat (Palm), Stabilisers: Low Methoxyl Pectin, Sodium Alginate, Salt, Natural Flavouring] <b>EGG</b> , Cocoa Powder, Golden Syrup, Humectant: Glycerine, Durum <b>WHEAT</b> Semolina, Cornflour, Raising Agents: Disodium Diphosphate, Potassium Carbonate, Sodium Bicarbonate, Salt, Natural Flavourings.	per 100g	per portion (g)	
		KJ	1909	1466
		Kcal	455	350
		Fat	20.2	15.5
		Sat	12.4	9.5
		Carbs	62.1	47.7
		Sugar	37.2	28.6
		Fibre	2.6	2.0
		Protein	4.9	3.8
		Salt	0.63	0.49
Portion weight (g)		77		
<b>NEW Chocolate Chip Cookie (Vg)</b>	<b>WHEAT</b> Flour [Calcium Carbonate, Iron, Niacin, Thiamin], Dark Chocolate [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: <b>SOYA</b> Lecithins, Natural Vanilla Flavouring], Sugar, Margarine [Palm Oil, Palm Stearin, Rapeseed Oil, Water, Salt, Lemon Juice], Oat Drink (Water, <b>OATS</b> , Dietary Fibre: Inulin, Sunflower Oil, Calcium: Tri-Calcium Phosphate, Maltodextrin, Sea Salt, Stabiliser: Gellan Gum, Vitamins: B2, B12, D2), Golden Syrup, Glycerine, Durum <b>WHEAT</b> Semolina, Cornflour, Raising Agents: Disodium Diphosphate, Potassium Carbonate, Sodium Bicarbonate, Salt, Lemon Juice Concentrate, Caramelised Sugar Syrup, Natural Vanilla Flavouring.	per 100g	per portion (g)	
		KJ	1915	1471
		Kcal	457	351
		Fat	19.0	14.6
		Sat	10.0	7.7
		Carbs	64.2	49.3
		Sugar	37.7	28.9
		Fibre	3.2	2.5
		Protein	5.1	3.9
		Salt	0.94	0.72
Portion weight (g)		77		
<b>NEW Cranberry &amp; Oat Cookie (Vg)</b>	Margarine [Palm Oil, Water, Palm Stearin, Rapeseed Oil, Lemon Juice], <b>WHEAT</b> Flour [Calcium Carbonate, Iron, Niacin, Thiamin], Brown Sugar, Dried Cranberries [Cranberries, Sugar, Sunflower Oil], Sugar, <b>OATS</b> , Pumpkin Seeds, Maple Syrup, Desiccated Coconut, Cornflour, Water, Raising Agents: Disodium Diphosphate, Potassium Carbonate, Salt, Ground Cinnamon, Sodium Bicarbonate.	per 100g	per portion (g)	
		KJ	2009	1511
		Kcal	481	361
		Fat	23.3	17.5
		Sat	11.2	8.4
		Carbs	60.7	45.7
		Sugar	34	25.5
		Fibre	3.1	2.4
		Protein	5.9	4.4
		Salt	0.60	0.45
Portion weight (g)		75		

**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	1374	1374
		Kcal	330	330
		Fat	20.5	20.5
		Sat	12.2	12.2
		Carbs	25.3	25.3
		Sugar	3.4	3.4
		Fibre	2.4	2.4
		Protein	9.8	9.8
		Salt	1.10	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	1499	1949
		Kcal	359	467
		Fat	22.6	29.4
		Sat	12.1	15.7
		Carbs	23.4	30.4
		Sugar	2.3	3.0
		Fibre	1.4	1.8
		Protein	14.9	19.4
		Salt	1.10	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	1045	773
		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	1133	1473
		Kcal	272	354
		Fat	16	20.8
		Sat	7.9	10.3
		Carbs	26.5	34.5
		Sugar	4.8	6.2
		Fibre	2.4	3.1
		Protein	4.2	5.5
		Salt	0.93	1.20
		Portion weight (g)		130
<b>Ham &amp; Cheese Croissant</b>	Croissant [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Butter ( <b>MILK</b> ), Water, Sugar, Skimmed <b>MILK</b> Powder, Yeast, Pasteurised Whole <b>EGG</b> , Salt, Inactive <b>WHEAT</b> Sourdough, Acids: Acetic Acid, Lactic Acid; Flour Treatment Agent: Ascorbic Acid], Dry Cured Cooked Formed Ham (25%) [Pork, Salt, Brown Sugar, Stabilisers: Triphosphates, Diphosphates; Water, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Cheddar Cheese (17%) ( <b>MILK</b> ).	KJ	1358	1643
		Kcal	325	394
		Fat	18.4	22.3
		Sat	11.0	13.3
		Carbs	26.4	31.9
		Sugar	5.0	6.0
		Fibre	1.7	2.1
		Protein	14.3	17.3
		Salt	1.07	1.29
		Portion weight (g)		121

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 **22-28** 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	2.0	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
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
		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
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
<b>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, Thickener: 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
<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
<b>Ham &amp; Cheese Tostati Melt</b>	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), Dry Cured Cooked Formed Ham (17%) [Pork, Salt, Brown Sugar, Stabilisers: Triphosphates, Diphosphates, Water, Antioxidant; Sodium Ascorbate, Preservative; Sodium Nitrite], 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> )), Mascarpone Full Fat Soft Cheese (9%) [ <b>MILK</b> , Salt], Mozzarella Cheese (9%) ( <b>MILK</b> ), Cheddar Cheese (6%) ( <b>MILK</b> ), Regato Cheese (3%) [Regato Cheese ( <b>MILK</b> ), Anti-Caking Agent; Potato Starch], Parmigiano Reggiano Shavings ( <b>MILK</b> ), Black Pepper.	per 100g	per portion (g)
		KJ	987
<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
<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

**FOCACCIA**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
<b>Brie &amp; Vine Ripened Tomato Focaccia (V)</b>	Rosemary and Rock Salt Focaccia [ <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, <b>WHEAT</b> Fibre, Fermented <b>WHEAT</b> Flour, Rosemary (1.9%), Yeast, Salt, <b>WHEAT</b> Gluten, <b>BARLEY</b> Malt Vinegar, Rock Salt, <b>WHEAT</b> Flour, Waxy Maize Starch, Flour Treatment Agent: Ascorbic Acid, Malted <b>WHEAT</b> Flour, Sunflower Oil], Brie ( <b>MILK</b> ) (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 [ <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, <b>WHEAT</b> Fibre, Fermented <b>WHEAT</b> Flour, Rosemary (1.9%), Yeast, Salt, <b>WHEAT</b> Gluten, <b>BARLEY</b> Malt Vinegar, Rock Salt, <b>WHEAT</b> Flour, Waxy Maize Starch, Flour Treatment Agent: Ascorbic Acid, Malted <b>WHEAT</b> Flour, Sunflower Oil], Nduja Mayonnaise Chicken Mix (35%) [Mayonnaise (15%) (Rapeseed Oil, Water, Free Range Salted <b>EGG</b> Yolk ( <b>EGG</b> Yolk, Salt), Spirit Vinegar, Dijon <b>MUSTARD</b> (Water, <b>MUSTARD</b> Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), British Chicken Breast (14%) (Chicken Breast (99%), Salt, Chicken Stock (Water, Chicken Carcass), Cornflour), Nduja Paste (4%) (Pork (63%), Extra Virgin Olive Oil, Calabrian Hot Pepper Paste (10%) (Red Hot Pepper, Salt, Acidity Regulator: Citric Acid, Antioxidant: Ascorbic Acid), Paprika, Salt, Dextrose, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite), Cornflour], Red Pepper (10%), Spinach (5%).	KJ	1165
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>The Ultimate Brunch Brioche</b>	Brioche Roll [ <b>WHEAT</b> Flour, ( <b>WHEAT</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Pasteurised Whole <b>EGG</b> , Unsalted Butter ( <b>MILK</b> ), Skimmed <b>MILK</b> Powder, Sugar, Yeast, Salt, Broad Bean Flour, <b>WHEAT</b> Flour, Vegetable Proteins, <b>WHEAT</b> Gluten, Inactive Dry Yeast, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid, Dextrose, Maltodextrins, Starch], Free-Range Scrambled <b>EGG</b> (16%) [Pasteurised Free-Range Whole <b>EGG</b> , Water, Sunflower Oil, Skimmed <b>MILK</b> Powder, Lemon Juice, Salt, Ground White Pepper], Cheddar Cheese (10%) ( <b>MILK</b> ), 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 ( <b>MILK</b> ), Rapeseed Oil, Water, Garlic Purée, Pasteurised Free-Range <b>EGG</b> 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 ( <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> )], 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 [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, <b>RYE</b> Flour, Yeast, Salt, Malted <b>WHEAT</b> Flour, Improver ( <b>WHEAT</b> Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed Oil, Enzyme)], Coffee Cured Streaky Bacon (32%) [Pork Belly, Sugar, Salt, Cold Brewed Coffee, Stabiliser: Sodium Triphosphate, Maltodextrin, Natural Flavouring, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Butter ( <b>MILK</b> ).	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>Bacon Ciabatta</b>	Ciabatta Roll [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, <b>RYE</b> Flour, Yeast, Salt, Malted <b>WHEAT</b> Flour, <b>WHEAT</b> Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed Oil], Beechwood Smoked Streaky Bacon (32%) [Pork, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite], Unsalted Butter (3%) ( <b>MILK</b> ).	KJ	1264	1593
		Kcal	301	380
		Fat	11.6	14.6
		Sat	4.8	6.0
		Carbs	30.5	38.5
		Sugar	2.4	3.0
		Fibre	3.2	4.0
		Protein	17.2	21.7
		Salt	2.20	2.77
		Portion weight (g)		126
<b>Butcher's Sausage Ciabatta</b>	Vienna Roll [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, <b>RYE</b> Flour, Yeast, Salt, Malted <b>WHEAT</b> Flour, Improver ( <b>WHEAT</b> Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed Oil, Enzyme)], Pork and Lentil Sausage in Beef Collagen Casing (46%) [Pork, Lentils, Potato Starch, Dextrose, Water, Salt, Rapeseed Oil, <b>WHEAT</b> Starch, Beef Collagen Casing, Spices (Ground Ginger, Ground Mace, Ground Nutmeg, Ground White Pepper, Chilli Powder), Stabiliser: Sodium Diphosphate, <b>WHEAT</b> Protein, Onion Powder, Rubbed Sage, <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Butter ( <b>MILK</b> ).	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 [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, <b>RYE</b> Flour, Yeast, Salt, Malted <b>WHEAT</b> Flour, <b>WHEAT</b> Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed Oil], Plant Based Sausage (47%) [Mushrooms, Water, Pea Flour, Onions, Rapeseed Oil, Stabilisers: Processed Eucheuma Seaweed, Methyl Cellulose, Palm Oil, Pea Fibre, Pea Protein, Pea Starch, Rice Flour, Sugar, Flavouring, Maize Flour, Yeast Extract, Salt, Dried Onion, Textured Pea Protein, Parsley, Sodium Alginate Casing, Porcini Mushroom Powder, Cracked Black Pepper, Maize Starch, Colour: Plain Caramel, Sage, Preservative: Sodium <b>METABISULPHITE</b> , Ground Mace, Dextrose, White Pepper.	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

**SANDWICHES**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
<b>Tuna, Red Pepper &amp; Spinach Sandwich</b>	Malted Brown Bread [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted <b>WHEAT</b> Flakes, <b>WHEAT</b> Bran, Yeast, Malted <b>BARLEY</b> Flour, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; <b>WHEAT</b> Protein, Malted <b>WHEAT</b> Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid, <b>WHEAT</b> Starch], Pole and Line Caught Tuna ( <b>FISH</b> ) (27%) [Skipjack Tuna (Katsuwonus pelamis) ( <b>FISH</b> ), Water, Salt], Tomato Mayonnaise [Mayonnaise (7%) (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), 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%).	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>	<b>OATMEAL</b> Bread [ <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, <b>OATMEAL</b> , <b>WHEAT</b> Bran, Yeast, Salt, <b>WHEAT</b> 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 <b>BARLEY</b> Flour, Flour Treatment Agent: Ascorbic Acid, Palm Fat, <b>WHEAT</b> Starch], Free Range <b>EGG</b> Mayonnaise [Hard Boiled <b>EGG</b> (27%), Mayonnaise (Rapeseed Oil, Water, Free Range Salted <b>EGG</b> Yolk ( <b>EGG</b> Yolk, Salt), Spirit Vinegar, Dijon <b>MUSTARD</b> (Water, <b>MUSTARD</b> Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Dijon <b>MUSTARD</b> (Water, Spirit Vinegar, Yellow <b>MUSTARD</b> Flour, <b>MUSTARD</b> Flour, Salt, Ground Yellow <b>MUSTARD</b> Bran, Ground Turmeric, Ground Black Pepper, Pimento, Ground Cinnamon, Ground Cloves), Black Pepper, Salt], Free Range Hard Boiled <b>EGG</b> (21%).	KJ	917	1852
				Kcal	222	449
Fat	11.1			22.4		
Sat	2.0			4.1		
Carbs	19			38.3		
Sugar	0.3			0.6		
Fibre	2.0			4.0		
Protein	11.0			22.2		
Salt	0.70			1.50		
Portion weight (g)				202		
<b>Chargrilled Chicken Salad Sandwich</b>	Malted Brown Bread [ <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted <b>WHEAT</b> Flakes, <b>WHEAT</b> Bran, <b>WHEAT</b> Protein, Yeast, Malted <b>BARLEY</b> 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 <b>WHEAT</b> Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid, Palm Fat, Palm Oil, <b>WHEAT</b> Starch], British Chargrilled Chicken Breast (25%) [Chicken Breast, Salt, Cornflour], Black Pepper Mayonnaise [Mayonnaise (Rapeseed Oil, Water, Free Range Salted <b>EGG</b> Yolk ( <b>EGG</b> Yolk, Salt), Spirit Vinegar, Dijon <b>MUSTARD</b> (Water, <b>MUSTARD</b> Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Black Pepper], Tomato (7%), Cucumber (5%), Lettuce (4%).			KJ	896	1820
				Kcal	217	441
		Fat	9.7	19.6		
		Sat	1.1	2.2		
		Carbs	19.8	40.1		
		Sugar	0.9	1.9		
		Fibre	1.9	3.9		
		Protein	11.6	23.5		
		Salt	0.70	1.40		
		Portion weight (g)		203		
		<b>Classic BLT Sandwich</b>	Malted Brown Bread [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted <b>WHEAT</b> Flakes, <b>WHEAT</b> Bran, Yeast, Malted <b>BARLEY</b> Flour, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, <b>WHEAT</b> Protein, Malted <b>WHEAT</b> Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid, <b>WHEAT</b> 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 <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), Black Pepper], Lettuce (5%).	KJ	1012	1690
				Kcal	241	402
Fat	9.9			16.5		
Sat	5.4			9		
Carbs	23.6			39.5		
Sugar	2.8			4.7		
Fibre	1.3			2.1		
Protein	13.7			22.9		
Salt	1.14			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.	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	

**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 (14%) (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**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
<b>NEW Falafel &amp; Mixed Grain Salad (Vg)</b>	Cous Cous (21%) (Durum <b>WHEAT</b> Semolina), Broccoli (17%), Green Chickpea Falafel (10%) [Chickpeas, Onion, Falafel Mix ( <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Sugar, Coriander Powder, Cumin Powder, Parsley, Black Pepper, Raising Agent: Sodium Bicarbonate), Water, Rusk ( <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Parsley, Rapeseed Oil, Kibbled Onion, Coriander, Garlic Purée], Bulgur <b>WHEAT</b> , Spinach, Cucumber, Tenderstem® Broccoli (8%), Cucumber and Mint Mayonnaise (8%) [Cucumber, Plant Based Mayonnaise (Rapeseed Oil, Water, Sugar, Spirit Vinegar, Salt, Modified Maize Starch, Stabiliser: Xanthan Gum; Flavouring, Colour, Antioxidant: Calcium Disodium EDTA), Coriander, Mint Sauce (Water, Spirit Vinegar, Sugar, Mint, Malt Vinegar ( <b>BARLEY</b> ), Salt, Stabiliser: Xanthan Gum; Natural Flavouring, Colour: Copper Chlorophyll, Riboflavin)]], Sugar Snap Peas (5%), Cooked Red Quinoa (5%) (Water, Quinoa), Extra Virgin Olive Oil, Spring Onion, Lemon Juice from Concentrate (Lemon Juice, Preservative: Potassium Metabisulphite ( <b>SULPHITE</b> )), Parsley, Mint Sauce (Water, Spirit Vinegar, Sugar, Mint, Malt Vinegar ( <b>BARLEY</b> ), Salt, Stabiliser: Xanthan Gum; Natural Flavouring, Colour: Copper Chlorophyll, Riboflavin), Black Pepper, Salt, Garlic Purée (Garlic, Olive Oil), Dijon <b>MUSTARD</b> (Water, <b>MUSTARD</b> Seed, Spirit Vinegar, Salt, Preservative: Sodium Hydrogen <b>SULPHITE</b> ).	per 100g	per portion (g)	
		KJ	556	1640
		Kcal	133	392
		Fat	6.7	19.8
		Sat	0.7	1.9
		Carbs	12.5	36.9
		Sugar	2.6	7.7
		Fibre	3.4	10.0
		Protein	4	11.8
		Salt	0.28	0.83
		Portion weight (g)	295	
<b>NEW Chicken &amp; Pesto Pasta</b>	Cooked Pasta [Pasta (Water, Durum <b>WHEAT</b> Semolina), Extra Virgin Olive Oil], Flame Grilled Chicken (14%) [Chicken Breast, Cornflour, Potato Starch, Stabiliser: Triphosphates; Starch Blend (Tapioca Starch, Rice Starch, Bamboo Fibre), Salt], Pesto Dressing (1.4%) [Pesto (Basil Paste (Basil, Sunflower Oil, Salt, Antioxidant: Ascorbic Acid), Vegetable Oil, Cheese ( <b>MILK</b> ), Extra Virgin Olive Oil, Garlic Purée, Acidity Regulator: Citric Acid), Extra Virgin Olive Oil], Mixed Leaf, Grilled Red Pepper (6%), Slow Roasted Tomato (5%) [Tomato, Rapeseed Oil, Salt, Garlic, Oregano], Basil.	per 100g	per portion (g)	
		KJ	843	2664
		Kcal	202	638
		Fat	12.1	38.2
		Sat	1.3	4.2
		Carbs	14.7	46.5
		Sugar	1.3	4.1
		Fibre	1.8	5.7
		Protein	7.7	24.3
		Salt	0.30	0.95
		Portion weight (g)	316	

**ANTIPASTI**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
<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.	per 100g	per portion (g)	
		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	

**BISCUITS & SNACKS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
<b>Almond Biscotti (V)</b>	<b>WHEAT</b> flour, sugar, <b>ALMONDS</b> (15%), <b>EGG</b> , <b>EGG</b> yolk, butter, honey, partly skimmed <b>MILK</b> , raising agent: E 503 (ammonium bicarbonate), salt, natural flavour (orange), flavours.	per 100g	per portion (g)	
		KJ	1841	618
		Kcal	440	130
		Fat	14.45	3.0
		Sat	2.71	1.0
		Carbs	66.5	22.0
		Sugar	31.0	11.0
		Fibre	2.7	0.0
		Protein	9.6	3.0
		Salt	1.55	0.05
		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	



**BISCUITS & SNACKS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<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%)).	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.	KJ
Kcal	438			197
Fat	21.5			9.7
Sat	9.6			4.3
Carbs	49.2			22.1
Sugar	30.7			13.8
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.			KJ
		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
		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%).	KJ
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
<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. May contain <b>MILK</b> and other <b>NUTS</b> .	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
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

**BISCUITS & SNACKS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
<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	
				per 100g	per portion (g)
<b>Locker Creamkacao (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	
				per 100g	per portion (g)
<b>Locker 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	
				per 100g	per portion (g)
<b>Locker 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	
				per 100g	per portion (g)
<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%)].	KJ	2380	417	
		Kcal	572	100	
		Fat	39.0	6.8	
		Sat	24.0	4.2	
		Carbs	47.0	8.2	
		Sugar	46.0	8.1	
		Protein	6.6	1.2	
		Salt	0.19	0.03	
		Portion weight (g)		17.5	
				per 100g	per portion (g)
<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>	KJ	1548	1548	
		Kcal	368	368	
		Fat	14.0	14.0	
		Sat	8.5	8.5	
		Carbs	52.0	52.0	
		Sugar	28.0	28.0	
		Protein	7.9	7.9	
		Salt	0.50	0.50	
		Portion weight (g)		100	
				per 100g	per portion (g)
<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%).	KJ	2656	1063	
		Kcal	635	254	
		Fat	56.2	22.5	
		Sat	5.7	2.3	
		Carbs	12.5	5.0	
		Sugar	4.7	1.9	
		Fibre	5.5	2.2	
		Protein	16.8	6.7	
		Salt	0.00	0.01	
		Portion weight (g)		40.0	

**BISCUITS & SNACKS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
<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. May contain traces of other NUTS.	<b>per 100g</b>	
		KJ	<b>1882</b>
		Kcal	<b>449</b>
		Fat	<b>17.7</b>
		Sat	<b>6.2</b>
		Carbs	<b>69.6</b>
		Sugar	<b>46.0</b>
		Fibre	<b>4.7</b>
		Protein	<b>4.6</b>
		Salt	<b>0.67</b>
		Portion weight (g)	<b>60</b>
<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).	<b>per 100g</b>	
		KJ	<b>1853</b>
		Kcal	<b>440</b>
		Fat	<b>14.2</b>
		Sat	<b>5.6</b>
		Carbs	<b>72.3</b>
		Sugar	<b>37.7</b>
		Protein	<b>4.9</b>
		Salt	<b>0.60</b>
		Portion weight (g)	<b>30</b>
		<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.
KJ	<b>1973</b>		
Kcal	<b>473</b>		
Fat	<b>27.7</b>		
Sat	<b>6.9</b>		
Carbs	<b>48.4</b>		
Sugar	<b>32.0</b>		
Fibre	<b>2.7</b>		
Protein	<b>6.1</b>		
Salt	<b>0.27</b>		
Portion weight (g)	<b>48</b>		
<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).	<b>per 100g</b>	
		KJ	<b>2199</b>
		Kcal	<b>526</b>
		Fat	<b>28.2</b>
		Sat	<b>18.6</b>
		Carbs	<b>62.3</b>
		Sugar	<b>22.9</b>
		Protein	<b>5.4</b>
		Salt	<b>0.70</b>
		Portion weight (g)	<b>25</b>

**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 28 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>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 (15%), 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

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

**PASTRIES**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Praline Dito (V)	Water, <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)	
All Day Breakfast Panini	Sourdough Panini (61%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented <b>RYE</b> Flour, Salt), <b>WHEAT</b> Gluten, Malted <b>WHEAT</b> Flour, Sunflower Oil, Fermented <b>WHEAT</b> Flour, Flour Treatment Agent (Ascorbic Acid)], Scrambled <b>EGG</b> & Cheese (23%0 [Scrambled <b>EGG</b> ( <b>EGG</b> , Water, Rapeseed Oil, Buttermilk Powder ( <b>MILK</b> ), Cornflour, Salt, White Pepper, Antioxidant (Citric Acid), Thickener (Xanthan Gum), Preservative (Lactic Acid)], Bechamel Sauce (Skimmed <b>MILK</b> , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter ( <b>MILK</b> ), Modified Maize Starch, Salt, Emulsifier ( <b>SOYA</b> Lecithin)), Cheddar Cheese ( <b>MILK</b> ), Black Pepper, Salt], <b>WHEAT</b> Starch, Calcium Carbonate, Iron, Thiamin, Niacin), Salt], <b>WHEAT</b> Starch, Rapeseed Oil, Parsley, Salt, Dextrose, Sage, Beef Collagen Casing, Fortified <b>WHEAT</b> Flour, Stabiliser (Sodium Triphosphate), <b>WHEAT</b> Protein, Spice & Spice Herb Extracts (Pepper, Nutmeg, Chilli, Clove, Coriander Sage, Thyme, Pimento)], Coffee Bacon (7%) [Pork Belly, Sugar, Salt, Cold Brewed Coffee, Stabiliser (Sodium Triphosphate), Maltodextrin, Natural Flavouring, Anticaking Agent (Calcium Silicate), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)].	KJ	1024	1772
		Kcal	245	424
		Fat	8.1	14
		Sat	2.8	4.9
		Carbs	30	52
		Sugar	3.5	6
		Protein	12	21
		Salt	0.99	1.72
		Portion weight (g)		173
Chargrilled Chicken & Pesto Panini	Sourdough Panini (49%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented <b>RYE</b> Flour, Salt), <b>WHEAT</b> Gluten, Malted <b>WHEAT</b> Flour, Sunflower Oil, Fermented <b>WHEAT</b> Flour, Flour Treatment Agent (Ascorbic Acid)], Chargrilled Chicken (18%) [Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Emulsifier (Sodium Triphosphate), Potato Starch, Whey Protein ( <b>MILK</b> ), Stabiliser (Guar Gum), Salt, Vinegar, Yeast Extract], Basil Pesto (7.7%) [Basil Puree (Basil, Sunflower Oil, Salt), Sunflower Oil, Medium Fat Hard Cheese ( <b>MILK</b> )], Bechamel [Skimmed ( <b>MILK</b> ), Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Palm Oil, Butter ( <b>MILK</b> ), modified Maize Starch, Salt, Emulsifier (Lecithin) ( <b>SOYA</b> )], Tomato, Spinach, Regato Cheese ( <b>MILK</b> ).	KJ	895	1906
		Kcal	214	456
		Fat	7.4	16
		Sat	2	4.3
		Carbs	24	52
		Sugar	2.5	5.3
		Protein	11	24
		Salt	1.20	2.55
		Portion weight (g)		213
Ham & Mozzarella Panini	Sourdough Panini (58%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented <b>RYE</b> Flour, Salt), <b>WHEAT</b> Gluten, Malted <b>WHEAT</b> Flour, Sunflower Oil, Fermented <b>WHEAT</b> Flour, Flour Treatment Agent (Ascorbic Acid)], Ham (22%) [Pork, Water, Glucose Syrup, Emulsifiers (Triphosphates, Diphosphates), Salt, Antioxidant (Sodium Ascorbate), Dextrose, Spice Extracts, Preservative (Sodium Nitrite)], Mozzarella (11%) Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Palm Oil, Butter ( <b>MILK</b> ), Modified Maize Starch, Salt, Emulsifier (Lecithin) ( <b>SOYA</b> )], Mature Cheddar Cheese (3%) ( <b>MILK</b> ).	KJ	974	1753
		Kcal	233	419
		Fat	6.8	12
		Sat	3.3	5.9
		Carbs	28	50
		Sugar	3.2	5.8
		Protein	14	25
		Salt	1.30	2.33
		Portion weight (g)		180
Mediterranean Vegetable Panini (Vg)	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	1356
		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
Mozzarella & Tomato Panini (V)	Sourdough Panini (54%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented <b>RYE</b> Flour, Salt), <b>WHEAT</b> Gluten, Malted <b>WHEAT</b> Flour, Sunflower Oil, Fermented <b>WHEAT</b> Flour, Flour Treatment Agent (Ascorbic Acid)], Mozzarella (21%) ( <b>MILK</b> ), Tomato (12%), Cheddar Cheese ( <b>MILK</b> ), Basil Pesto (6.4%) [Basil, Sunflower Oil, Salt], Sunflower Oil, Medium Fat Hard Cheese ( <b>MILK</b> ).	KJ	1101	2136
		Kcal	263	510
		Fat	12	23
		Sat	2.1	4.1
		Carbs	27	52
		Sugar	2.5	4.9
		Protein	12	23
		Salt	1.04	2.01
		Portion weight (g)		194
Tuna Melt Panini	Sourdough Panini (50%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented <b>RYE</b> Flour, Salt), <b>WHEAT</b> Gluten, Malted <b>WHEAT</b> Flour, Sunflower Oil, Fermented <b>WHEAT</b> Flour, Flour Treatment Agent (Ascorbic Acid)], Tuna Mayonnaise (38%) [Tuna (Tuna ( <b>FISH</b> ), Water, Salt), Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range <b>EGG</b> , Free Range <b>EGG</b> Yolk, Spirit Vinegar, Salt, Sugar, Flavouring, Lemon Juice Concentrate, Antioxidant (Calcium Disodium EDTA)), Red Pepper, Slow Roast Tomatoes (8%) (Slow Roast Tomatoes, Rapeseed Oil, Salt, Garlic, Oregano), Red Onion, Cornflour, Parsley, Lemon Zest, Cracked Black Pepper], Cheddar Cheese (12%)( <b>MILK</b> ).	KJ	1187	2493
		Kcal	284	596
		Fat	14	29
		Sat	3.3	6.9
		Carbs	26	55
		Sugar	2.7	5.7
		Protein	12	25
		Salt	0.85	1.79
		Portion weight (g)		210

GF = Gluten-Free  
V = Vegetarian  
Vg = Vegan

**TOSTATI**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>3 Cheese &amp; Caramelised Onion Sourdough Toastie (V)</b>	Sourdough Bread [ <b>WHEAT</b> Flour, Water, <b>WHEAT</b> Sourdough, Iodised Salt (Salt, Glazing agent: Potassium Iodate), Yeast, Antioxidant: Ascorbic Acid], Cheddar Cheese (12.5%) ( <b>MILK</b> ), Mozzarella Cheese (12.5%) ( <b>MILK</b> ), Caramelised Red Onion Marmalade (9%) [Red Onion, Red Wine Vinegar ( <b>SULPHITES</b> ), Sugar, Balsamic Vinegar (Grape Must, Wine Vinegar, Caramel ( <b>SULPHITES</b> )), Sunflower Oil, Salt, Gelling Agent: Pectin; Spices], Italian Hard Cheese (6%) ( <b>MILK</b> , Salt, Microbial Enzymes), Kerrymaid Spread [Water, Rapeseed Oil, Palm Oil, Reconstituted Buttermilk ( <b>MILK</b> ), Salt, Emulsifier: Mono- and Di-Acetyltartaric Esters of Mono- and Di-Glycerides of Fatty Acids; Preservative: Potassium sorbate; Acidity Regulator: Lactic acid; Vitamin A, Vitamin D, Colour: Beta-Carotene; Flavouring].	KJ	1149	1839
		Kcal	275	440
		Fat	12.0	20.0
		Sat	6.8	11.0
		Carbs	28.0	45.0
		Sugar	4.1	6.6
		Protein	12.0	19.0
		Salt	1.49	2.38
		Portion weight (g)	160	
		<b>Pastrami &amp; Emmental Sourdough Toastie</b>	Sourdough Bread [ <b>WHEAT</b> Flour, Water, <b>WHEAT</b> Sourdough, Iodised Salt (Salt, Glazing agent: Potassium Iodate), Yeast, Antioxidant: Ascorbic acid], Emmental Cheese (19%) [Cow's <b>MILK</b> , Salt, Starter Culture, Rennet], Pastrami (13%) [Beef, Water, Salt, Glucose Syrup, Stabilisers: Triphosphates, Diphosphates; Antioxidant: Sodium Ascorbate; Dextrose, Spice Extracts (Lovage, Garlic, Stabiliser: Glycerol), Preservative: Sodium Nitrite; Black Peppercorns], Mayonnaise, Gherkin and Dijon Mix (13%) [Mayonnaise (Rapeseed Oil, Water, Pasteurised Liquid <b>EGG</b> , Acidity Regulator: Acetic Acid; Sugar, Salt, Modified Starch, Stabiliser: Xanthan Gum; Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate), Gherkins (Gherkins, Vinegar Mix (Water, Sugar, Salt, Spirit Vinegar), Salt, Acidity Regulators: Acetic Acid, Calcium Chloride; Preservative: Potassium Metabisulphite ( <b>SULPHITES</b> )), Dijon <b>MUSTARD</b> (Water, <b>MUSTARD</b> Seeds, Spirit Vinegar, Salt, Acidity Regulator: Citric Acid), Black Pepper], Kerrymaid Spread [Vegetable Oils (Rapeseed, Palm), Water, Reconstituted Buttermilk ( <b>MILK</b> ), Salt, Emulsifiers: Mono and Di Glyceride of Fatty Acids, Stabiliser: Sodium Alginate; Preservative: Potassium Sorbate; Vitamin A & D, Flavouring, Colour: Carotenes]	KJ
Kcal	256			423
Fat	12.0			20.0
Sat	4.7			7.8
Carbs	25.0			40.0
Sugar	1.0			1.6
Protein	11.0			18.0
Salt	1.60			2.67
Portion weight (g)	165			
<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
		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
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
		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
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 (Borlotti Beans, Water, Salt, Antioxidant: Ascorbic Acid(E300)), Grilled Veg (red peppers, yellow peppers, courgette, onion), Green Pesto (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian medium fat hard cheese ( <b>MILK</b> )), Red Pepper Tapenade (SunBlush peppers, sunflower oil, tomato concentrate, olive oil, salt, concentrated lemon juice, garlic, sugar), Grana Padano (Cows <b>MILK</b> , Salt, Rennet, Preservative: Lisozyme (E1105) ( <b>EGG</b> protein)), Olive Oil], Chargrilled Chicken (17%) [Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Stabiliser: Triphosphates (E451), Potato Starch, Whey Protein ( <b>MILK</b> ), Emulsifier: Guar Gum (E412), Salt, Vinegar, Yeast Extract], Spinach (10%).	KJ	<b>834</b>	<b>2194</b>
		Kcal	<b>199</b>	<b>524</b>
		Fat	<b>7.4</b>	<b>20.0</b>
		Sat	<b>1.8</b>	<b>4.7</b>
		Carbs	<b>20.0</b>	<b>53.0</b>
		Sugar	<b>2.1</b>	<b>5.6</b>
		Fibre	<b>1.3</b>	<b>3.4</b>
		Protein	<b>11.0</b>	<b>29.0</b>
		Salt	<b>0.47</b>	<b>1.24</b>
		Portion weight (g)	<b>263</b>	
		<b>Feta, Roasted Peppers &amp; Pomegranate Grain salad (V)</b>	Spelt Mix (74%) [Organic Spelt (Water, Spelt ( <b>GLUTEN</b> ), Bortolli Beans (Borlotti Beans, Water, Salt, Antioxidant: Ascorbic Acid(E300)), Grilled Red & Yellow Peppers, Balsamic Glaze (Glucose-fructose syrup, Balsamic Vinegar of Modena (35%) (wine vinegar ( <b>SULPHITES</b> ), concentrated grape must, colour: caramel (E150d) ( <b>SULPHITES</b> ), concentrated grape juice, wine vinegar ( <b>SULPHITES</b> ), modified maize starch), Caramelised Onion Chutney (Red onion (54%), red wine vinegar (sulphites), sugar, balsamic vinegar (grape must, wine vinegar, caramel, ( <b>SULPHITES</b> )) sunflower oil, salt, gelling agent: pectin (E440), spices)], Feta (14%) [Sheep and goat <b>MILK</b> , Salt, Lactic acid culture, Vegetarian rennet, CaCl2], Pomegranate (4%), Spinach (4%), Rocket (4%).	KJ
Kcal	<b>184</b>			<b>459</b>
Fat	<b>4.6</b>			<b>12.0</b>
Sat	<b>2.6</b>			<b>6.5</b>
Carbs	<b>26</b>			<b>64</b>
Sugar	<b>4.2</b>			<b>11.0</b>
Fibre	<b>0.8</b>			<b>1.9</b>
Protein	<b>8.0</b>			<b>20.0</b>
Salt	<b>0.63</b>			<b>1.56</b>
Portion weight (g)	<b>250</b>			

**ROMANA**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
<b>Chargrilled Chicken &amp; Tomato Romana</b>	Romana Bread (45%) [ <b>WHEAT</b> Flour, Water, Olive oil, Salt, Sourdough (GLUTEN), <b>WHEAT</b> GLUTEN, Yeast, Raising agent (E450, E500), Emulsifier (E472e), Dextrose, Malted <b>WHEAT</b> , Rapeseed oil, Enzyme], Chargrilled Chicken (25%) [Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Emulsifier (E451), Potato Starch, Whey Protein ( <b>MILK</b> ), Stabiliser (E412), Salt, Vinegar, Yeast Extract], Soft Cheese & Sundried Tomato Mix (14%) [Soft Cheese ( <b>MILK</b> ), Mayonnaise ((Rapeseed Oil, Water, Pasteurised Liquid <b>EGG</b> , Acidity Regulators (E260), (E330), Sugar, Salt, Modified Maize Starch, Spice ( <b>MUSTARD</b> ), Stabiliser (E415), Preservative (E202)), Semi-dried Sundried Tomato, Black Pepper], Caesar Mayonnaise Mix (8%) [Mayonnaise ((Rapeseed Oil, Water, Pasteurised Liquid <b>EGG</b> , Acidity Regulators (E260), (E330), Sugar, Salt, Modified Maize Starch, Spice ( <b>MUSTARD</b> ), 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 ( <b>MILK</b> ) (contains Preservative : Lysozyme (from <b>EGG</b> ))), Salt, Lemon Juice Concentrate, Dried Garlic, Dried Onion, Stabiliser :Xanthan Gum (E415), Sugar, Pasteurised <b>EGG</b> Yolk, Worcester Sauce (Water, Malt Vinegar (from <b>BARLEY</b> ), Sugar, Molasses, Salt, Soy Sauce (Water, <b>SOYA</b> Beans, <b>WHEAT</b> 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 <b>BARLEY</b> )), Salt, Cracked Black Pepper, Preservative (E202), Stabiliser (E415), Natural Flavouring (Contains <b>MILK</b> ), Green Pesto [Basil Puree 59% (Basil, Sunflower Oil, Salt), Sunflower Oil, Vegetarian Med Hard Fat Cheese ( <b>MILK</b> ), Rocket. (8%).	KJ	<b>861</b>	<b>1563</b>		
		Kcal	<b>206</b>	<b>374</b>		
		Fat	<b>10.0</b>	<b>18.0</b>		
		Sat	<b>2.1</b>	<b>3.8</b>		
		Carbs	<b>19.0</b>	<b>34.0</b>		
		Sugar	<b>1.1</b>	<b>2.0</b>		
		Protein	<b>10.0</b>	<b>19.0</b>		
		Salt	<b>1.25</b>	<b>2.27</b>		
		Portion weight (g)	<b>182</b>			
		<b>Caprese Romana (V)</b>	Romana Bread (46%) [ <b>WHEAT</b> Flour, Water, Olive oil, Salt, Sourdough (GLUTEN), <b>WHEAT</b> GLUTEN, Yeast, Raising agent (E450, E500), Emulsifier (E472e), Dextrose, Malted <b>WHEAT</b> , Rapeseed oil, Enzyme], Mozzarella (23%) [ <b>MILK</b> , 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 <b>EGG</b> , Acidity Regulators :Acetic Acid, Citric Acid, Sugar, Salt, Modified Maize Starch, Spice ( <b>MUSTARD</b> ), Stabilisers :Xanthan Gum, Preservative :Potassium Sorbate), Green Pesto (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian med fat hard cheese ( <b>MILK</b> )), Caesar dressing (Rapeseed Oil, Water, Caesar Dressing Premix (Spirit Vinegar, Water, Garlic Puree (Water, Dried Garlic, Acidity Regulator: Citric Acid), Medium Fat Hard Cheese ( <b>MILK</b> ) (contains Preservative (Lysozyme (from <b>EGG</b> ))), Salt, Lemon Juice Concentrate, Dried Garlic, Dried Onion, Stabiliser :Xanthan Gum, Sugar, Pasteurised <b>EGG</b> Yolk, Worcester Sauce (Water, Malt Vinegar (from <b>BARLEY</b> )), Sugar, Molasses, Salt, Soy Sauce (Water <b>SOYA</b> Beans, <b>WHEAT</b> , 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 <b>BARLEY</b> ), Salt, Cracked Black Pepper, Preservative: Potassium Sorbate, Stabiliser: Xanthan Gum, Natural Flavouring (Contains <b>MILK</b> )), Spinach (9%).	KJ	<b>932</b>	<b>1631</b>
				Kcal	<b>223</b>	<b>390</b>
Fat	<b>13.0</b>			<b>23.0</b>		
Sat	<b>0.8</b>			<b>1.4</b>		
Carbs	<b>20.0</b>			<b>35.0</b>		
Sugar	<b>1.5</b>			<b>2.5</b>		
Protein	<b>8.6</b>			<b>15.0</b>		
Salt	<b>1.44</b>			<b>2.52</b>		
Portion weight (g)	<b>175</b>					
<b>Prosciutto &amp; Mozzarella Romana</b>	Romana Bread (47%) [ <b>WHEAT</b> Flour, Water, Olive Oil, Salt, Sourdough (GLUTEN), <b>WHEAT</b> GLUTEN, Yeast, Raising agent (E450, E500), Emulsifier (E472e), Dextrose, Malted <b>WHEAT</b> , Rapeseed oil, Enzyme], Prosciutto (24%) [Pork leg, Salt, Preservative: Potassium Nitrate (E252)], Mozzarella (12%) [ <b>MILK</b> , Salt, rennet, lactic ferments], Pesto Mayonnaise Mix (9%) [Gourmet Mayonnaise (Rapeseed Oil, Water, Pasteurised Liquid <b>EGG</b> , Acidity Regulators: Acetic Acid, Citric Acid, Sugar, Salt, Modified Maize Starch, Spice ( <b>MUSTARD</b> ), Stabilisers: Xanthan Gum, Preservative: Potassium Sorbate), Green Pesto (Basil Puree (Basil, Sunflower Oil, Salt), Sunflower Oil, Vegetarian med fat hard cheese ( <b>MILK</b> )), Caesar dressing (Rapeseed Oil, Water, Caesar Dressing Premix (Spirit Vinegar, Water, Garlic Puree (Water, Dried Garlic, Acidity Regulator: Citric Acid), Medium Fat Hard Cheese ( <b>MILK</b> ) (contains Preservative (Lysozyme (from <b>EGG</b> ))), Salt, Lemon Juice Concentrate, Dried Garlic, Dried Onion, Stabiliser: Xanthan Gum, Sugar, Pasteurised <b>EGG</b> Yolk, Worcester Sauce (Water, Malt Vinegar (from <b>BARLEY</b> )), Sugar, Molasses, Salt, Soy Sauce (Water <b>SOYA</b> Beans, <b>WHEAT</b> , 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 <b>BARLEY</b> ), Salt, Cracked Black Pepper, Preservative: Potassium Sorbate, Stabiliser :Xanthan Gum, Natural Flavouring (Contains <b>MILK</b> )), Rocket (4%), Spinach (4%).			KJ	<b>859</b>	<b>1460</b>
				Kcal	<b>205</b>	<b>349</b>
		Fat	<b>9.3</b>	<b>16</b>		
		Sat	<b>0.9</b>	<b>1.5</b>		
		Carbs	<b>19</b>	<b>32</b>		
		Sugar	<b>0.6</b>	<b>1.0</b>		
		Protein	<b>11</b>	<b>19</b>		
		Salt	<b>1.64</b>	<b>2.78</b>		
		Portion weight (g)	<b>170</b>			

**BAGUETTES**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Irish Ham & Cheese Baguette	Baguette (57%) [WHEAT FLOUR, water, WHEAT Grits, yeast, salt, WHEAT Sourdough (dried), dextrose, Malt Flour (WHEAT, BARLEY), rice flour, WHEAT GLUTEN, vegetable oil (rape seed)], Ham reformed from select cuts of pork (20%) [Pork, Water, Glucose Syrup, Emulsifiers (Triphosphates, Diphosphates), Salt, Antioxidant (Sodium Ascorbate), Dextrose, Spice Extracts, Preservative (Sodium nitrite)], Cheddar (20%) [MILK], Spread (3%) [Vegetable Oils in varying proportions (Rapeseed, Palm, Sunflower), Water, Salt, BUTTERMILK, Preservative (E202), Acidity Regulator (E330), Emulsifier (E471), Flavouring, Colour (E160a), Vitamins A and D].	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
Sweet Chilli Chicken Baguette	Baguette (56%) [WHEAT FLOUR, water, WHEAT Grits, yeast, salt, WHEAT Sourdough (dried), dextrose, Malt Flour (WHEAT, BARLEY), rice flour, WHEAT GLUTEN, vegetable oil (rape seed)], Sweet Chilli Chicken Mix (29%) [Chicken (Chicken, Water, Sugar, Starch, Glucose Syrup, Stabiliser (Sodium triphosphate, Guar Gum), Potato Starch, Whey Protein (MILK), Salt, Vinegar, Yeast Extract), Sweet Chilli Sauce (Sugar, Water, Vinegar, Maize Starch, Red Chilli Puree (Red Chilli, Salt, Acidity Regulator (Citric Acid)), Salt, Tomato Puree, Red Pepper, Onion Powder, Garlic Powder, Preservative (Potassium sorbate)], Cheddar (15%) [MILK].	KJ	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		
		per 100g	per portion (g)	
Smoked Bacon Brioche	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].	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
Pork Sausage Brioche	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].	KJ	1296	1853
		Kcal	310	443
		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	1274	1657
		Kcal	305.0	397.0
		Fat	17.0	22.0
		Sat	7.3	9.5
		Carbs	23.0	30.0
		Sugar	4.3	5.7
		Protein	15.0	19.0
		Salt	1.98	2.60
		Portion weight (g)		130



**MEAL POTS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
<b>Roasted Vegetable Fusilli</b>	Pesto Pasta Mix (52%) [Cooked Pasta (Durum <b>WHEAT</b> Semolina), Green Pesto (Basil Puree (Basil, Sunflower oil, Salt) , Sunflower oil, Vegetarian medium fat hard cheese ( <b>MILK</b> )), Mediterranean Veg Mix (48%) [Dressed Veg Mix (Grilled Veg (red peppers, yellow peppers, courgette, onion)), Green Pesto (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian medium fat hard cheese ( <b>MILK</b> )), Grana Padano ( <b>MILK</b> ), Ragu Mix (Pizza Sauce (Tomato Pulp, Salt, Sunflower Oil, Sugar, Marjoram, Basil, Pepper, Onions, Acidity Regulator (E330)), Onion Marmalade (Onion, Red Wine Vinegar ( <b>SULPHITES</b> ), Sugar, Sunflower oil, Salt, Balsamic Vinegar (Grape Must, Wine Vinegar, Caramel, ( <b>SULPHITES</b> )), gelling agent: Pectin, Spices (Caraway Seeds, Thyme, Pepper, Bay)), Dried Chilli Flakes].	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
		<b>Beef Bolognaise Fusilli</b>	Pesto Pasta Mix (55%) [Fusilli pasta (Durum <b>WHEAT</b> Semolina), Green pesto (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian medium fat hard cheese ( <b>MILK</b> )), Bolognaise Mix (45%) [Beef bolognese (Minced Beef (37%)), Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid), Onions, Mushrooms, Tomato Puree (Tomatoes, Salt)), Garlic Puree (Water, Garlic, Salt, Acidity Regulator: Citric Acid (E330), Preservative: Sodium Metabisulphite (E223)( <b>SULPHITES</b> ), Salt, Carrots, <b>CELERY</b> , Cornflour, Brown Sugar, Pepper, Oregano, Mixed Herbs (Basil, Marjoram, Thyme)), Grana padano ( <b>MILK</b> ), Pizza sauce (Tomato Pulp, Salt, Sunflower Oil, Sugar, Marjoram, Basil, Pepper, Onions, Acidity Regulator (E330)), Onion Marmalade (Onion, Red Wine Vinegar ( <b>SULPHITES</b> ), Sugar, Sunflower oil, Salt, Balsamic Vinegar (Grape Must, Wine Vinegar, Caramel, ( <b>SULPHITES</b> )), gelling agent: Pectin, Spices (Caraway Seeds, Thyme, Pepper, Bay)), Chilli flakes].	KJ
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)	
<b>Potato &amp; Leek Soup with Pesto (V)</b>	Potato & Leek Soup (97%) [Water, Potato, Leeks, Onion, <b>MILK</b> , <b>CELERY</b> , Modified Maize Starch, Vegetable Bouillon (Salt, Caster Sugar, Potato Starch, Yeast Extract, Leek Powder, Carrot Powder, White Onion Powder, Garlic Powder, Ground Cumin, Citric Acid, Ground Black Pepper, Rubbed Parsley, Turmeric Powder), CREAM ( <b>MILK</b> ), BUTTER( <b>MILK</b> ), Garlic Powder, Salt, White Pepper], Pesto (3%) [Basil Puree (58%) (Basil (59%), Sunflower Oil, Salt), Sunflower Oil, Vegetarian Media Fat Hard Cheese ( <b>MILK</b> ), Grana Padano: Cow's milk ( <b>MILK</b> ), Salt, Rennet, Preservative: Lisozyme ( <b>EGG</b> Protein)].	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
		<b>Tomato &amp; Basil Soup (V)</b>	Water, Tomatoes 17%, Tomato Puree 9%, Onion, <b>CELERY</b> , Sugar, Red Peppers Courgettes, Modified Maize Starch, Salt, Cream ( <b>MILK</b> ), Garlic Powder, Basil 0.17%, Ginger, Paprika, Red Chillies, White Pepper.	KJ
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%) (CREAM ( <b>MILK</b> ), acidity regulator: E330), vegetable fats (coconut, palm), rehydrated skimmed <b>MILK</b> , <b>MILK</b> proteins, maltodextrin, Marsala wine, glucose-fructose syrup, stabiliser: E420; glucose syrup, cocoa powder (1.1%), modified starch, dextrose, alcohol, <b>EGG</b> yolk, emulsifiers: E471, E472e, E322 (of <b>SOY</b> ), thickeners: E415, E463; <b>WHEAT</b> starch, cocoa butter, natural flavours, vegetable fibres.	KJ	1119	1231
		Kcal	267	294
		Fat	11.0	12.1
		Sat	8.8	9.7
		Carbs	38.0	41.8
		Sugar	28.0	30.8
		Protein	1.2	1.3
		Salt	0.11	0.12
		Portion weight (g)		110

**COOKIES**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
<b>NEW Chocolate Chip Cookie (Vg)</b>	<b>OAT</b> Flour, Caster Sugar, Coconut Oil, Dark Chocolate Chips (Cocoa Mass, Sugar, Cocoa Butter, Natural Flavouring, <b>SOYA</b> Lecithins), <b>OAT</b> Milk (Water, Oats, Sunflower Oil, Sea Salt), Tapioca Flour, Dark Brown Sugar (Molasses), Coconut Sugar, Water, Cocoa Powder, Flax Seeds, Vanilla Extract, Sodium Bicarbonate, Sea Salt, Xanthan gum.	KJ	1,779
		Kcal	425
		Fat	21.0
		Sat	15.0
		Carbs	53.0
		Sugar	31.0
		Fibre	3.4
		Protein	4.2
		Salt	0.39
		Portion weight (g)	110
<b>NEW Chocolate &amp; Orange Cookie (Vg)</b>	Gluten Free <b>OAT</b> Flour, Coconut oil, Caster sugar, Gluten Free <b>OAT</b> Milk (Water, Gluten Free <b>OATS</b> , Sunflower Oil, Sea Salt), Dark brown soft sugar (Cane Sugar, Molasses), Dark Chocolate Chips (Cocoa Mass, Sugar, Cocoa Butter, <b>SOYA</b> Lecithin, Vanilla), Cocoa Powder, Light brown soft sugar (Cane Sugar, Molasses), Tapioca Starch, Water, Flax seeds, Vanilla Flavouring, Sodium Bicarbonate, Colour (Paprika, Carrot Concentrate), Sea Salt, Orange Extract (Sunflower Oil, Orange Oil), Xanthan gum, Orange Oil.	KJ	1,761
		Kcal	421
		Fat	21.0
		Sat	15.0
		Carbs	53.0
		Sugar	33.0
		Fibre	3.8
		Protein	4.4
		Salt	0.54
		Portion weight (g)	110
<b>NEW Cinnamon Cookie (V)</b>	<b>OAT</b> Flour, Caster Sugar, Coconut Oil, <b>OAT</b> Milk (Water, Sunflower Oil, Sea Salt), Tapioca Flour, Dark Brown Sugar (Cane Sugar, Molasses), Light Brown Soft Sugar (Cane Sugar, Cane Molasses), <b>MILK</b> Chocolate Chips (Sugar, Dried Whole <b>MILK</b> , Cocoa Butter, Cocoa Mass, Vanilla, <b>SOYA</b> Lecithins), Water, Cinnamon, Flax Seeds, Vanilla (Water, 0 Propan-1,2-diol; propylene glycol, Caramel Syrup, Xanthan gum, Potassium sorbate, Citric acid), Cocoa Powder, Sodium Bicarbonate, Sea Salt, Xanthan gum.	KJ	1,712
		Kcal	409
		Fat	19.0
		Sat	15.0
		Carbs	54.0
		Sugar	31.0
		Fibre	3.5
		Protein	3.8
		Salt	0.47
		Portion weight (g)	110

**SCONES**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
<b>Plain Scone (V)</b>	<b>WHEAT</b> 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>	<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, emulsiifer E475, Colour (E100, E160b(i)), natural flavouring) free range <b>EGG</b> , raising agents (E450, E501), glaze (2%) (water, vegetable Protein (pea), dextrose), salt.
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>	<b>WHEAT</b> Flour ( <b>WHEAT</b> flour, calcium carbonate, iron, nicotinamide, thiamin), Buttermilk (11.8%) ( <b>MILK</b> ), sugar, cranberries (9%), Free range liquid <b>EGG</b> , palm oil, raising agents (E450, E501), glaze (2%) (Water, Vegetable Protein (Pea), Dextrose), sugar pearls (2%), rapeseed oil, orange zest (0.4%), orange fruit icing (0.4%) (sugar, water, orange peel, orange juice concentrate, orange oil, colours (E160c , E160a(iv)), gelling agent E440, stabiliser E412 guar, preservative (E300, E202), acidity regulator: E330), salt, natural flavourings, emulsifier E475, colour E160a.		
		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	2142
		Kcal	513
		Fat	29.9
		Sat	2.5
		Carbs	54.2
		Sugar	1.2
		Protein	5.2
		Salt	2.30
		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 (MILK), Salt, Butter MILK Powder, Flavourings, Irish Cheddar Cheese Powder (MILK), Colour (Paprika Extract)).
Kcal	511		
Fat	28.8		
Sat	2.4		
Carbs	55.7		
Sugar	4.9		
Protein	5.8		
Salt	1.30		
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>		
		Kcal	517
		Fat	29.4
		Sat	2.4
		Carbs	55.9
		Sugar	4.1
		Protein	5.5
		Salt	1.10
		Portion weight (g)	50

**YOGHURTS & FRUIT POTS**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
<b>Mango &amp; Passionfruit Overnight Oats (V)</b>	<b>OATS</b> Mix (88%) [Coconut Milk (Water, Coconut Milk (Coconut Cream, Water), Hulled <b>SOYA</b> Beans, Sugar, Fructose, Acidity Regulators: Dipotassium & Monopotassium Phosphates, Calcium Carbonate; Sea Salt, Flavouring, Stabiliser: Gellan Gum; Porridge <b>OATS</b> (Wholegrain Rolled <b>OATS</b> ), Green Apple, Fruit Puree (9%) (Exotic fruits (86%) (Mango, Banana, Passion Fruit, Lime), Pure Cane Sugar, Antioxidant: Ascorbic Acid); Sultanas (Sultanas, Sunflower Oil), Pumpkin Seeds, Chia Seeds, Ground Nutmeg], Fruit Puree (10%) (Exotic fruits (86%) (Mango, Banana, Passion Fruit, Lime), Pure Cane Sugar, Antioxidant: Ascorbic Acid), Pumpkin Seeds (1%), Dried Cranberries (1%) (Cranberries, Sugar, Sunflower).	KJ	906
		Kcal	216
		Fat	5.0
		Sat	2.2
		Carbs	12.0
		Sugar	10.0
		Protein	2.1
		Salt	0.02
		Portion weight (g)	205
		<b>Lemon Curd &amp; Blueberry Yoghurt with Cranberry, Coconut &amp; Chia Seed Granola (V)</b>	Greek Style Yoghurt (62%) (MILK), Lemon Curd (27%) [Glucose-Fructose Syrup, Water, Palm Oil, Lemon Juice From Concentrate, Cornflour, Dried whole <b>EGG</b> , Gelling Agent: Pectin; Acidity Regulator: Citric Acid; Sodium Citrate; Salt, Lemon oil, Colour: Carotene; Antioxidant: Ascorbic acid], Blueberries (11%), Granola (Gluten Free <b>OATS</b> , Cranberries, (Sugar, Vegetable Oil), Desiccated Coconut, Pumpkin Seeds, Sunflower Seeds, Rapeseed Oil, Honey, Chia Seeds, Natural Vanilla).
Kcal	187		
Fat	8.0		
Sat	3.9		
Carbs	23.9		
Sugar	17.7		
Protein	4.1		
Salt	0.15		
Portion weight (g)	265		
<b>Clandeboye Mango Snack Pot (V)</b>	Greek Style Yoghurt (64%) (MILK, Cultures), Mango Compote (18%) [Mango, Sugar, Water, Starch (Waxy Maize), Stabiliser (Pectin), Natural Flavouring], Granola (18%) ( <b>OATS</b> (GLUTEN) Flakes, BARLEY (BARLEY) Flakes, Sugar, Rapeseed Oil, Black Treacle, Sunflower Seeds).		
		Kcal	166
		Fat	6.8
		Sat	3.5
		Carbs	20.6
		Sugar	10.7
		Protein	4.6
		Salt	0.10
		Portion weight (g)	140
		<b>Seasonal Fruit Salad (Vg)</b>	Pineapple (28%), Apple (20%), Cantaloupe Melon (18%), Mango (18%), Kiwi (10%), Blueberries (5%).
Kcal	46		
Fat	0.3		
Sat	0.0		
Carbs	10.8		
Sugar	9.2		
Protein	0.7		
Salt	0.01		
Portion weight (g)	247		