

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

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

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

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

- Cereals containing gluten including wheat, rye, barley, oats
- Eggs
- Milk
- Tree nuts including almonds, hazelnuts, pistachios, walnuts
- Peanuts
- Fish
- Soya
- Celery
- Sulphur dioxide and Sulphites
- Mustard
- Lupin
- Crustaceans e.g. prawns
- Sesame seeds
- Molluscs e.g. mussels

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

Key for Dietary Suitability:

DF = Dairy-Free

GF = Gluten-Free

V = Vegetarian

Vg = Vegan

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PASTIRES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Almond Croissant (V)	Pastry: Wheat Flour (WHEAT Gluten, Flour Treatment Agent [Ascorbic Acid E300]), Water, Palm Fat, Yeast, Sugar, Butter (MILK) 2%, Rapeseed Oil, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Yeast, Flour Treatment Agent [Ascorbic Acid E300]), Emulsifier (Mono- and diglycerides of fatty acids E471), Acidity Regulator (Citric Acid E330), Flavouring, EGG-ALMOND Filling (19%) [Sugar, ALMONDS (7%), NUTS], EGG White, Inverted Sugar Syrup, Water, EGG Yolk, Invertase E1103]. Topping: ALMOND Flakes (4.2%) (NUTS). May contain traces of other NUTS (Hazelnuts).	KJ	1701	1435
		Kcal	407	343
		Fat	21.1	17.8
		Sat	9.0	7.6
		Carbs	43.9	36.9
		Sugar	13.7	11.6
		Fibre	2.4	1.9
		Protein	9.3	7.8
		Salt	0.7	0.6
		Portion weight (g)		84
		Apricot Croissant (V)	Pastry: 56% (WHEAT flour, butter 19% (MILK), water, yeast, sugar, EGGS, salt, WHEAT gluten enzymes (amylases, hemicellulases), flour treatment agent (E300)), Apricots 26%, Pastry cream 17% (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450iii, E339i), colour (E160ai), flavouring), egg wash (EGGS, water). May contain: traces of NUTS and traces of SOYA.	KJ
Kcal	258			266
Fat	11			11.3
Sat	6.7			6.9
Carbs	34			35
Sugar	11			11.3
Fibre	2			2.1
Protein	4.7			4.8
Salt	0.7			0.7
Portion weight (g)				115
Butter Croissant (V)	Pastry: WHEAT flour, butter 22% (MILK), water, sugar, whole MILK pasteurized, yeast, EGGS, salt, WHEAT gluten, emulsifier: E322 (rape lecithin), flour treatment agent: E300, enzymes, egg wash (Free Range EGGS) 1.5g. May contain: traces of NUTS and traces of SOYA.			KJ
		Kcal	429	219
		Fat	23	11.8
		Sat	15	7.7
		Carbs	46	23.2
		Sugar	6.8	3.5
		Fibre	2.6	1.3
		Protein	8.1	4.3
		Salt	1.2	0.6
		Portion weight (g)		60
		Chocolate Twist (V)	Pastry: WHEAT flour, butter (MILK), water, yeast, sugar, EGGS, salt, WHEAT gluten, enzymes (amylases, hemicellulases, flour treatment agent (E300)), Pastry cream (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450iii, E339i), colour (E160ai), flavouring), Chocolate 15.6% (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier (E322 [SOYA lecithin]), natural vanilla flavour), egg wash (EGGS, water), Icing sugar (Glucose, cornflour, vegetable oil). May contain: traces of NUTS.	KJ
Kcal	361			281
Fat	16			11.9
Sat	9.6			7.4
Carbs	47			37.9
Sugar	21			17.4
Fibre	3			2.3
Protein	5.7			4.3
Salt	0.8			0.6
Portion weight (g)				90
Cinnamon Swirl (V)	WHEAT Flour, Fine Butter (MILK) (19%), Water, Sugar, Yeast, EGG, Cinnamon (1.4%), Maize Starch, WHEAT Gluten, Salt, Whey Powder (MILK), Whole MILK Powder, Skimmed MILK Powder, Thickener (Sodium Alginate), EGG Albumin Powder, Turmeric Extract, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), Natural Flavouring, Acidity Regulator (Citric Acid), Carrot Extract. May contain: traces of SESAME SEEDS, NUTS, SOYA.			KJ
		Kcal	407	350
		Fat	18.6	16
		Sat	12	10.3
		Carbs	51.2	44
		Sugar	21.8	18.7
		Fibre	2.78	2.4
		Protein	6.7	5.8
		Salt	0.6	0.5
		Portion weight (g)		86
		Pain au Chocolat (V)	Pastry: (WHEAT flour, Butter (MILK), water, chocolate 10% (sugar, cocoa mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavour), sugar, whole MILK, yeast, EGGS, salt, WHEAT gluten, Emulsifier (rape lecithin), flour treatment agent (E300), enzymes (amylases, hemicellulases)), egg wash (Free Range EGG). May contain: traces of NUTS.	KJ
Kcal	427			268
Fat	23			14.3
Sat	15			9.3
Carbs	46			29.1
Sugar	12			8.1
Fibre	3			1.9
Protein	7.6			4.8
Salt	1			0.6
Portion weight (g)				75
Pain au Raisin (V)	WHEAT flour, water, raisins 13%, butter (MILK), sugar, yeast, corn starch, EGGS, salt, powdered whey (MILK), whole MILK powder, WHEAT gluten, EGG albumin powder, skimmed MILK powder, thickener (sodium alginate), emulsifier (rape lecithin), fruit and plant extract (turmeric and carrot), natural flavouring, acidity regulator (citric acid), flour treatment agent (ascorbic acid), enzymes (hemicellulases, amylases), egg wash (Free Range EGGS), Neutral glaze (water, glucose syrup, sugar, acidity regulators (E330, E332, E333), flavour, gelling agent (pectin), preservative (potassium sorbate)). May contain: traces of NUTS and traces of SOYA.			KJ
		Kcal	338	296
		Fat	14	10.8
		Sat	9.1	6.8
		Carbs	46	43.2
		Sugar	19	17.1
		Fibre	2.3	2.3
		Protein	5.8	5.4
		Salt	0.8	0.6
		Portion weight (g)		110
		Vegan Raspberry Croissant (Vg)	WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring, Raspberry Filling (16%) (Glucose Syrup, Raspberry Purée, Sugar, Raspberries (2%), Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator Tricalcium Citrate), Natural Flavouring, Preservative [Potassium Sorbate]), Sugar, Yeast, Decoration (3%) [Sugar, Non-Hydrogenated Palm Oil, Food Colours (Radish, Blackcurrant, Apple concentrate)], Spelt flour, WHEAT gluten Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid). May contain: traces of MILK, SESAME SEEDS, SOYA, NUTS, EGGS.	KJ
Kcal	379			296
Fat	16.3			12.7
Sat	8.2			6.4
Carbs	50.7			39.5
Sugar	18.5			14.4
Fibre	2.7			2.1
Protein	6.4			5
Salt	0.5			0.4
Portion weight (g)				110

MUFFINS & SCONES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Belgian Chocolate Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, Thiamin), sugar, water, liquid EGG, vegetable oil rapeseed, 9% filling (sugar, vegetable fats palm, fat-reduced cocoa, cocoa mass, fat reduced cocoa powder, emulsifier E322 (SOYA), natural vanilla flavouring), 3% Belgian dark chocolate chunks (sugar, cocoa mass, cocoa butter, emulsifier E322 (SOYA), natural vanilla flavouring), 3% Belgian milk chocolate chunks (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier E322 (SOYA), natural vanilla flavouring), buttermilk (MILK), 1.8% chocolate shavings curled mix (sugar, cocoa mass, cocoa butter, whole MILK powder, Lactose (MILK), whey powder (MILK), butter oil (MILK), emulsifier E322 (SOYA), natural vanilla flavouring), 1.4% large dark slabs (sugar, cocoa mass, cocoa butter, natural vanilla flavouring, emulsifier E322 (SOYA)), 1.4% large MILK slabs (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier E322 (SOYA), natural vanilla flavouring), raising agents (E341, E450, E501), inulin, glucose syrup, WHEAT starch, MILK protein, modified corn starch, humectants (E420, E422), emulsifiers (E471, E475), WHEAT flour, preservatives (E202, E223 (Contains SULPHITES)), stabiliser E415, natural flavouring, WHEAT Gluten, salt, acidity regulator E330, anti-caking agents (E470a, E551), rapeseed oil.	KJ	1702	1872		
		Kcal	407	448		
		Fat	22	24		
		Sat	5	6		
		Carbs	45	49		
		Sugar	29	32		
		Fibre	2	2		
		Protein	6	7		
		Salt	0.4	0.4		
		Portion weight (g)		110		
				per 100g	per portion (g)	
				KJ	1431	1547
				Kcal	342	376
		Fat	16	17		
		Sat	2	2		
		Carbs	44	49		
		Sugar	21	23		
		Fibre	1.2	1		
		Protein	6	6		
		Salt	0.4	0.4		
		Portion weight (g)		110		
Blueberry Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, Thiamin), sugar, liquid EGG, 10% blueberries, water, 9% blueberry filling (water, blueberries, sugar, dextrose, glucose syrup, acidity regulators (E330, E331), gelling agent E440, natural flavouring, thickener E415, preservative E202), buttermilk (MILK), raising agents (E341, E450, E501), palm oil, inulin, MILK protein, WHEAT starch, emulsifiers (E471, E475), modified corn starch, WHEAT flour, WHEAT flour, preservative E202, glucose syrup, stabiliser E415, salt, acidity regulator E330, natural flavouring, colouring E160a, rapeseed oil.	KJ	1517	1669		
		Kcal	362	398		
		Fat	16	17		
		Sat	2	3		
		Carbs	50	55		
		Sugar	26	28		
		Fibre	1	1		
		Protein	5	6		
		Salt	0.4	0.5		
		Portion weight (g)		110		
				per 100g	per portion (g)	
				KJ	1260	
				Kcal	299	
		Fat	6.3			
		Sat	2.2			
		Carbs	52			
		Sugar	20.5			
		Protein	7.6			
		Salt	1.1			
		Portion weight (g)		100		
Sicilian Lemon Curd Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, Thiamin), sugar, liquid EGG, water, 9% Sicilian lemon curd (sugar, liquid EGG, butter (MILK), water, concentrated lemon juice (lemon juice concentrate, preservatives (E223 (Contains SULPHITES), E224 (Contains SULPHITES))), lemon oil, thickener E406, salt), inulin, 4% lemon zest, 3% streusel (WHEAT flour (calcium carbonate, iron, niacin, Thiamin), coarse granulated sugar, margarine (vegetable oils (rapeseed, palm), water, salt, natural flavouring), natural flavouring), buttermilk (MILK), 1.8% sweet snow (dextrose, palm oil, cornflour), 0.9% lemon strip (lemon peel, sugar, glucose-fructose syrup, acidity regulator E330), raising agents (E341, E450, E501), glucose syrup, palm oil, WHEAT starch, MILK protein, emulsifiers (E471, E475), humectants (E420, E422), natural flavouring, modified corn starch, WHEAT flour, preservatives (E202, E223 (Contains SULPHITES)), WHEAT Gluten, stabiliser E415, salt, acidity regulator E330, colouring E160a, rapeseed oil.	KJ	1198			
		Kcal	284			
		Fat	6.2			
		Sat	2.1			
		Carbs	47.2			
		Sugar	10.5			
		Protein	8.9			
		Salt	1.0			
		Portion weight (g)		100		
		Fruit Scone (V)	WHEAT Flour (WHEAT flour, calcium carbonate, iron, nicotinamide, thiamin), Buttermilk (21.7% (MILK), sultanas(13%)(sultanas, cottonseed oil), sugar, non-hydrogenated vegetable oil (palm, rapeseed), free range EGG, raising agents (E450, E501), glaze (2% (water, vegetable Protein (pea), dextrose), salt, emulsifier E475, natural flavouring	KJ	1254	
				Kcal	297	
				Fat	6.4	
				Sat	2.2	
Carbs	50.8					
Sugar	12.5					
Protein	8.2					
Salt	1.0					
Portion weight (g)				100		
Plain Scone (V)	WHEAT Flour (WHEAT flour, calcium carbonate, iron, nicotinamide, thiamin), Buttermilk (24.8% (MILK), sugar, nonhydrogenated vegetable oil (palm, rapeseed), free range EGG, raising agents (E450, E501), glaze(2% (water, vegetable Protein (pea), dextrose), salt, emulsifier E475, natural flavouring, colour E160a.			KJ	1254	
				Kcal	297	
				Fat	6.4	
				Sat	2.2	
		Carbs	50.8			
		Sugar	12.5			
		Protein	8.2			
		Salt	1.0			
		Portion weight (g)		100		
		Cranberry and Orange Scone (V)	WHEAT Flour (WHEAT flour, calcium carbonate, iron, nicotinamide, thiamin), Buttermilk (11.8% (MILK), sugar, cranberries (9%), Free range liquid EGG, palm oil, raising agents (E450, E501), glaze (2% (Water, Vegetable Protein (Pea), Dextrose), sugar pearls (2%), rapeseed oil, orange zest (0.4%), orange fruit icing (0.4%)(sugar, water, orange peel, orange juice concentrate, orange oil, colours (E160c , E160a)(v)), gelling agent E440, stabiliser E412 guar, preservative (E300, E202), acidity regulator: E330), salt, natural flavourings, emulsifier E475, colour E160a	KJ	1254	
				Kcal	297	
				Fat	6.4	
				Sat	2.2	
Carbs	50.8					
Sugar	12.5					
Protein	8.2					
Salt	1.0					
Portion weight (g)				100		

PORRIDGE & TOPPINGS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Porridge made with Semi Skimmed Milk (V)	Quaker Rolled OATS, Semi Skimmed MILK.	KJ	426	1022	
		Kcal	102	244	
		Fat	2.8	6.7	
		Sat	1.2	2.8	
		Carbs	13.7	32.8	
		Sugar	4.1	9.8	
		Fibre	1.5	3.5	
		Protein	4.7	11.4	
		Salt	0.1	0.2	
		Portion weight (g)		240	
		Porridge made with Skimmed Milk (V)	Quaker Rolled OATS, Skimmed MILK.	KJ	383
Kcal	91			219	
Fat	1.6			3.8	
Sat	0.4			0.9	
Carbs	13.8			33	
Sugar	4.2			10.0	
Fibre	1.5			3.5	
Protein	4.7			11.4	
Salt	0.1			0.2	
Portion weight (g)				240	
Porridge made with Whole Milk (V)	Quaker Rolled OATS, Whole MILK.			KJ	484
		Kcal	116	277	
		Fat	4.4	10.6	
		Sat	2.2	5.3	
		Carbs	13.6	32.6	
		Sugar	4.0	9.6	
		Fibre	1.5	3.5	
		Protein	4.7	11.2	
		Salt	0.1	0.2	
		Portion weight (g)		240	
		Porridge made with Soya Milk (Vg)	Quaker Rolled OATS, Alpro Soya Milk: Water, Hulled SOYA beans (8.7%), Apple extract, Acidify regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2).	KJ	414
Kcal	99			238	
Fat	3.0			7.1	
Sat	0.5			1.2	
Carbs	12.4			29.7	
Sugar	2.7			6.5	
Fibre	2.0			4.8	
Protein	4.7			11.2	
Salt	0.0			0.0	
Portion weight (g)				240	
Porridge made with Coconut Milk (Vg)	Quaker Rolled OATS, Alpro Coconut Milk: SOYA base (Water, Hulled SOYA beans (2.9%)), Coconut milk (3.5%) (Coconut cream, Water), Sugar, Fructose, Acidify regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Flavouring, Stabiliser (Gellan gum).			KJ	376
		Kcal	90	215	
		Fat	2.5	6.0	
		Sat	0.9	2.0	
		Carbs	12.6	30.3	
		Sugar	3.0	7.3	
		Fibre	1.6	3.9	
		Protein	3.1	7.4	
		Salt	0.0	0.0	
		Portion weight (g)		278	
		Porridge made with Oat Milk (Vg)	Quaker Rolled OATS, Alpro Oat Milk: OAT base (Water, OAT (10%)), Sunflower oil, Pea protein, Sea salt, Vitamins (B2, B12, D2).	KJ	428
Kcal	102			244	
Fat	2.4			5.8	
Sat	0.7			1.6	
Carbs	16.8			40.3	
Sugar	3.6			8.5	
Fibre	2.2			5.2	
Protein	2.1			4.9	
Salt	0.0			0.0	
Portion weight (g)				278	
Seeds & Fruit Mix Topper (V)	Toasted pumpkin seeds (20%), Toasted sunflower seeds (20%), Golden raisins (20%) (Raisins, Sunflower oil, Preservative: SULPHUR DIOXIDE), Dried sweetened cranberries (20%) (Sugar, Cranberries, Sunflower oil), Brown linseed (20%). May contain traces of PEANUTS and NUTS.			KJ	1934
		Kcal	462	115	
		Fat	22.5	5.6	
		Sat	2.6	0.7	
		Carbs	46.5	11.6	
		Sugar	27.9	7.0	
		Fibre	13.5	3.4	
		Protein	11.7	2.9	
		Salt	0.05	0.0	
		Portion weight (g)		25	
		Fruit Mix Topper (Vg, DF)	Golden raisins (30%) (Raisins, Sunflower oil, Preservative: SULPHUR DIOXIDE), Dried sweetened cranberries (30%) (Sugar, Cranberries, Sunflower oil), Raisins (30%) (Raisins, Sunflower oil), Dried sweetened blueberries (10%) (Blueberries, Sugar, Sunflower oil).	KJ	1336
Kcal	319			80	
Fat	0.5			0.1	
Sat	0.2			0.0	
Carbs	76.1			18.8	
Sugar	67.4			16.8	
Fibre	4.4			1.1	
Protein	1.5			0.4	
Salt	0.10			0.0	
Portion weight (g)				25	

EXTRAS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Raspberry Jam (Vg)	Raspberry Jam: Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium Citrate.	KJ	1016	305	
		Kcal	239	72	
		Fat	0.2	0.06	
		Sat	0	0	
		Carbs	57	17.1	
		Sugar	57	17.1	
		Protein	0.7	0.2	
		Salt	0	0	
		Portion weight (g)		30	
		per 100g		per portion (g)	
Strawberry Jam (Vg)	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid.	KJ	1023	307	
		Kcal	241	72	
		Fat	0.1	0.03	
		Sat	0	0	
		Carbs	59	17.7	
		Sugar	59	17.7	
		Protein	0.4	0.1	
		Salt	0	0	
		Portion weight (g)		30	
		per 100g		per portion (g)	
Lakeland Butter (V)	Butter: Cream (MILK), Salt.	KJ	3036	213	
		Kcal	738	52	
		Fat	81.4	5.7	
		Sat	52.3	3.7	
		Carbs	0.8	0.1	
		Sugar	0.8	0.1	
		Protein	0.6	0.04	
		Salt	1.9	0.1	
		Portion weight (g)		7	
		per 100g		per portion (g)	
Rodda's Cornish Clotted Cream (V)	100% Cornish cows MILK.	KJ	2413	965	
		Kcal	586	234	
		Fat	63.7	25.5	
		Sat	39.7	15.9	
		Carbs	2.2	0.9	
		Sugar	2.2	0.9	
		Protein	1.6	0.6	
		Salt	0.05	0.0	
		Portion weight (g)		40	

LOAF CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Banana & Walnut Loaf Cake (V)	Banana Puree (17%) (Banana Puree, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, EGG, Walnuts (6%) (NUTS), Wholemeal Flour (Wholemeal WHEAT Flour, WHEAT Gluten), Water, Brown Sugar, Desiccated Coconut, Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglyceride of Fatty acids, Sodium Stearoyl-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; WHEAT protein), Glycerine, Cinnamon, Raising Agent: Sodium Bicarbonate, Disodium Diphosphate, Potassium Hydrogen Carbonate; Mixed Spice, Salt, Flavouring, Stabiliser: Xanthan Gum.	KJ	1650	1444
		Kcal	394	345
		Fat	21.6	18.9
		Sat	2.8	2.4
		Carbs	46.2	40.4
		Sugar	23.7	20.7
		Fibre	1.9	1.7
		Protein	6.6	5.8
		Salt	0.6	0.5
		Portion weight (g)		88
Sicilian Lemon Drizzle Loaf Cake (V)	Cake (Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG, Rapeseed Oil, Water, Cake concentrate (Modified Maize Starch, WHEAT Starch, Raising agent: Disodium Diphosphate, Potassium Bicarbonate; Wheat Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Emulsifier: Mono- and Diglyceride of fatty acids, Propene 1,2 diol esters of fatty acid, Sodium stearoyl-2-lactylate; Rapeseed Oil, Dextrose, Preservative: Potassium Sorbate; WHEAT Gluten, Acidity Regulator: Citric acid; Stabiliser: Xanthan Gum), Sicilian Lemon Juice (3%), Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglyceride of Fatty acids, Sodium Stearoyl-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; WHEAT protein), Glycerine, Flavouring, Raising Agent: Disodium Diphosphate, Potassium Hydrogen Carbonate) Fondant (Sugar, Glucose Syrup, Water, Rapeseed Oil, Palm Oil, Dextrose, fructose, Cornflour, Emulsifier: Mono- and Diglyceride of fatty acids, Sucrose esters of fatty acids; Humectant: Glycerine; Rice Starch, Acidity Regulator: Citric acid), Caramelised Lemon zest (1%) (Sugar, Lemon Zest, Water), Dextrose, Cornflour, Palm Oil.	KJ	1643	1561
		Kcal	391	372
		Fat	16.6	15.8
		Sat	1.7	1.6
		Carbs	55.1	52.3
		Sugar	29	27.6
		Fibre	1.1	1.0
		Protein	4.8	4.6
		Salt	0.6	0.5
		Portion weight (g)		95

WHOLE CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
NEW Cappuccino Cake (V)	Coffee Sponge (67%) [Sugar, WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Pasteurised Free Range EGG , Rapeseed Oil, Water, Humectant (Vegetable Glycerine), Coffee Powder (1.1%), Raising Agents (E450, E501), Skimmed MILK Powder], Coffee Icing (29%) [Icing Sugar, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471)), Natural Flavouring, Colours (Annatto Bixin, Curcumin)], Skimmed MILK Powder, Full Fat Soft Cheese [Full Fat Soft Cheese (MILK), Thickener (Gum Gum)], Ground Caffe Nero Coffee Powder (1.4%), Coffee Flavouring (0.5%), Coffee Drizzle (2.4%) [Brewed Caffe Nero Coffee, Coffee Flavouring], Dark Chocolate Coffee Bean Decorations (1.5%) [Sugar, Cocoa Mass, Cocoa Butter, Coffee, Emulsifier (Sunflower Lecithin), Natural Flavourings, Glazing Agents (Shellac, Acacia Gum)], Milk Chocolate (0.1%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Fat Reduced Cocoa Powder (0.02%).	KJ	1656	1888
		Kcal	394	449
		Fat	20.1	22.9
		Sat	4.4	5.0
		Carbs	50.3	57.4
		Sugar	35.6	40.5
		Fibre	0.9	1.1
		Protein	4.1	4.7
		Salt	0.5	0.5
			Portion weight (g)	114
Belgian Chocolate Fudge Cake (V)	Cake (67%) [EGG , Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Chocolate (7%) (Cocoa Mass, Sugar, Cocoa Butter, SOYA Lecithin, Flavouring), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)), Greek Style Natural Yoghurt (MILK), Rapeseed Oil, Water, Fat Reduced Cocoa Powder, Glycerine, Skimmed MILK Powder, Emulsifiers (E477, E471, E475), Raising Agents (E450, E501)], Icing (Icing Sugar, Full Fat Soft Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: E202), Butter (MILK) (4%), Fat Reduced Cocoa Powder, Water, Emulsifiers (E477, E471, E475), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, SOYA Lecithin, Flavouring), Chocolate Chips (Sugar, Cocoa Mass, Cocoa Butter, SOYA Lecithin, Flavouring). <i>May contain NUTS, MUSTARD and SESAME SEEDS.</i>	KJ	1660	1759
		Kcal	396	420
		Fat	18.7	19.9
		Sat	8.4	8.9
		Carbs	51.1	54.2
		Sugar	34.2	36.3
		Fibre	1.1	1.2
		Protein	5.3	5.6
		Salt	0.3	0.4
			Portion weight (g)	106
Carrot Cake (V)	Cake (73%) [Brown Sugar, Carrot (11%), EGG , Rapeseed Oil, Wholemeal WHEAT Flour, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Date Paste (Dates, Rice flour), Pineapple Pulp, Water, Walnuts (NUTS), Raising Agents (E500, E450, E501), Cinnamon, Salt, Mixed Spice, Thickener (E415)], Frosting (25%) [Icing Sugar, Full Fat Soft Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: E202), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)), Skimmed MILK Powder, Modified Maize Starch, Emulsifiers (E477, E471, E475), Flavouring, Stabiliser (E410)], Walnuts (NUTS), Pistachios (NUTS). <i>May contain traces of SOYA and other NUTS.</i>	KJ	1590	2274
		Kcal	379	541
		Fat	16.8	24.1
		Sat	3.4	4.9
		Carbs	51.5	73.7
		Sugar	31.3	44.7
		Fibre	1.8	2.5
		Protein	3.3	4.7
		Salt	0.6	0.8
			Portion weight (g)	143
Luxury Blackforest Roulade (V)	Single Cream (MILK), Sugar, Icing Sugar, Reduced Fat Soft Cheese (Skimmed Milk, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Black Cherry Pie Filling (Water, 11% Black Cherries, Sugar, Modified Tapioca Starch, Acidity Regulator: Citric Acid; Natural Cherry Flavour, Preservative: Potassium Sorbate) (5%), White Chocolate Buttons (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin) (5%), Water, Free Range EGG , Rapeseed Oil, Buttermilk (Skimmed MILK , Skimmed MILK Solids, MILK Protein Concentrate), Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Fat Reduced Cocoa Powder, Belgian Chocolate Chips (Cocoa Mass, Sugar, Dextrose, Emulsifier: SOYA Lecithin) (3%), Dark Chocolate Flavoured Pieces (Sugar, Palm Oil, Fat Reduced Cocoa Powder, Whey Powder (MILK), Stabiliser: Sorbitan Tristearate; Emulsifier: SOYA Lecithin), Condensed Milk (MILK , Granulated Sugar), Modified Potato Starch, Modified Waxy Maize Starch, Raising Agent: Sodium Bicarbonate, Flavouring, Raising Agent (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; WHEAT Flour), Salt, Thickener Blend (Thickeners: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose).	KJ	1305	1621
		Kcal	311	386
		Fat	16.3	19.0
		Sat	7.0	8.3
		Carbs	37.3	48.3
		Sugar	26.7	35.5
		Fibre	1.9	2.5
		Protein	3.7	5.1
		Salt	0.4	0.5
			Portion weight (g)	131
Billionaires Cake (V)	Chocolate Sponge (48%) [Sugar, WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Pasteurised Free Range EGG , Rapeseed Oil, Water, Fat Reduced Cocoa Powder (4.8%), Humectant (Vegetable Glycerine), Skimmed MILK Powder, Raising Agents (Bicarbonate of Soda, E450, E501)], Toffee Buttercream (25%) [Sugar, Butter (MILK), Natural Flavouring, Salt (0.5%), Colour (Caramel)], Toffee Sponge (24%) [WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Toffee Sauce (13%) (Glucose Syrup, Invert Sugar Syrup, Sweetened Condensed Skimmed MILK , Sugar, Butter Oil (MILK), Water, Colour (Caramel), Stabiliser (Pectin), Natural Flavouring), Water, Pasteurised Free Range EGG , Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471)), Natural Flavouring, Colours (Annatto, Curcumin)], Humectant (Vegetable Glycerine), Skimmed MILK Powder, Raising Agents (E450, E501), Natural Flavouring], Gold Dusted Chocolate-Coated Malted Cereal Balls (1.1%) [MILK Chocolate [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Skimmed MILK Powder, Emulsifiers (E-322, E476), Natural Flavouring], Malted Cereal Balls [Rice Flour, WHEAT Flour, Powder Malt, Sugar, Salt], Thickener (E414), Gold Edible Glitter (Anti-Caking Agent (E555), Colours (E171, E172)]], Belgian Dark Chocolate (0.3%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring]. <i>May contain Traces of NUTS.</i>	KJ	1748	2321
		Kcal	418	555
		Fat	20.5	27.3
		Sat	7.7	10.3
		Carbs	54.8	72.9
		Sugar	38.6	51.3
		Fibre	1.7	2.3
		Protein	4.3	5.7
		Salt	0.7	0.9
			Portion weight (g)	123

BROWNIES & SHORTBREAD

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Caramel Shortbread (V)	Shortbread Base (44%) [WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Butter (MILK), Sugar, Cornflour], Caramel (40%) [Sweetened Condensed MILK, Butter (MILK), Light Brown Sugar, Golden Syrup], Milk Chocolate (14%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Dark Chocolate (1.5%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring]. May contain traces of NUTS and EGG.	KJ	2099	1574
		Kcal	502	377
		Fat	28.3	21.2
		Sat	16.8	12.6
		Carbs	56.6	42.5
		Sugar	41	30.8
		Fibre	1.5	1.1
		Protein	4.7	3.5
		Salt	0.5	0.4
		Portion weight (g)		75
Belgian Chocolate Brownie (V)	Sugar, Belgian Dark Chocolate Chips (20%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Flavouring], Butter (MILK), Pasteurised Free Range EGG, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Salt.	KJ	1868	1009
		Kcal	447	241
		Fat	23.5	12.7
		Sat	14.2	7.7
		Carbs	51.6	27.9
		Sugar	41.4	22.4
		Fibre	2.6	1.4
		Protein	5.9	3.2
		Salt	0.5	0.3
		Portion weight (g)		54
Caramel & Sea Salt Brownie (V)	Sugar, Caramel (18%) [Sweetened Condensed Skimmed MILK, Glucose Syrup, Invert Sugar Syrup, Palm Oil, Butter (MILK), Sugar, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabiliser (Pectin), Salt, Natural Flavouring], Belgian Dark Chocolate (16%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Butter (MILK), Pasteurised Free Range EGG, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Salt.	KJ	1851	1074
		Kcal	442	257
		Fat	22.4	13.0
		Sat	13.7	7.9
		Carbs	54.1	31.4
		Sugar	41.5	24.1
		Fibre	2.2	1.3
		Protein	5.1	3.0
		Salt	1	0.6
		Portion weight (g)		58
NEW RECIPE Belgian Chocolate Chunk Brownie* (V)	Belgian Dark Chocolate (27%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Sugar, Butter (MILK), Pasteurised Free Range EGG, Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Salt.	KJ	2019	1350
		Kcal	485	324
		Fat	26.6	17.8
		Sat	16.1	10.8
		Carbs	55.5	37.1
		Sugar	46.6	31.2
		Fibre	4	2.7
		Protein	6	4
		Salt	0.5	0.3
		Portion weight (g)		67
NEW RECIPE Salted Caramel Chocolate Brownie* (V)	Belgian Dark Chocolate (26.5%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Sugar, Butter (MILK), Pasteurised Free Range EGG, Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Caramel (3%) [Sugar, Glucose Syrup, Sweetened Condensed MILK (MILK, Sugar, Lactose (MILK), Water, Unsalted Butter (MILK), Golden Syrup, Palm Oil, Salt, Emulsifiers (Rapeseed Lecithin, Sorbitan Monostearate), Natural Flavouring), Salt.	KJ	2012	1382
		Kcal	483	332
		Fat	26.3	18.1
		Sat	16	11
		Carbs	55.8	38.4
		Sugar	46.7	32.3
		Fibre	3.9	2.7
		Protein	5.9	4
		Salt	0.5	0.4
		Portion weight (g)		69

* We have improved the recipe for our brownies. The updated brownies will appear visually different and have different nutritional and ingredient information than the previous recipe. There are no allergen changes to this product. If you require accurate ingredient and nutritional information please check with the team in store which brownie they have in stock.

CHEESECAKE

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Salted Caramel & Chocolate Vegan Cheesecake (Vg)	Coconut Milk (Coconut Extract, Water), Bourbon Biscuit Crumb (21%) [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Rapeseed Oil, Sugar, Cocoa Powder, Inverted Sugar Syrup, Raising Agent: Sodium Bicarbonate, Salt], Non-Dairy Soft Cheese (15%) [Water, Coconut Oil, Stabiliser Blend (Potato Starch, Maize Starch, Modified Potato Starch, Carob Bean Gum), Coconut, Salt, Natural Flavouring, Acidity Regulator: Tri-Calcium Phosphate, Citric Acid; Colour: Carrot Juice Concentrate; Vitamin D2, Vitamin B12], Dark Couverture Chocolate (11%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring], Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Lemon Juice, Natural Vanilla Flavouring), Stabiliser Blend (Sugar, Maltodextrin, Modified Starch, Thickener: Carrageenan), Cornflour (Maize), Cocoa Butter, Stabiliser Mix (Water, Sugar, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids), Water, Speculous Spread (Caramelised Biscuit [WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: SOYA Lecithin; Acidity Regulator: Citric Acid], Modified Potato Starch, Low Sodium Salt (0.34%) [Potassium Chloride, Sodium Chloride, Magnesium Carbonate], Glazing Agent: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose, Cream Cheese Flavouring, Natural Vanilla Flavouring, Salt (0.03%).	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	0.2	0.2
		Portion weight (g)		100
Sicilian Lemon Cheesecake (V)	Single Cream (MILK), Digestive Biscuit Crumb [WHEAT] (Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar, Invert Sugar Syrup, Raising Agents: Sodium Bicarbonate, Ammonium Bicarbonate; Salt], Full Fat Soft Cheese (13.2%) [Skimmed MILK, Cream (MILK), Permeate (MILK), Salt, Modified Tapioca Starch, Stabilisers (Xanthan Gum, Locust Bean Gum), Bacterial Starter Culture], Lemon Curd (12%) [Glucose Syrup, Water, Sugar, Salted Butter (MILK), Lemon Concentrate, Modified Waxy Maize Starch, Free Range Whole EGG Powder, Gelling Agent: Pectin; Acidity Regulator: Citric Acid; Emulsifier: Sunflower Lecithin; Lemon Oil, Colour: Lutein], Condensed Milk (MILK, Granulated Sugar), Margarine (Palm Oil, Rapeseed Oil, Water, Lemon Juice, Natural Vanilla Flavouring), Whipping Cream (MILK), Stabiliser Blend (Dextrose, Sugar, Modified Maize Starch), Free Range Whole EGG, Sugar, Sicilian Lemon Juice (2.2%) [From Concentrate], Stabiliser Blend (Sugar, Maltodextrin, Modified Starch, Thickener: Carrageenan), Lemon Zest, Acidity Regulator: Citric Acid.	KJ	1346	1561
		Kcal	322	374
		Fat	19.1	22.1
		Sat	9.9	11.2
		Carbs	33.4	38.7
		Sugar	21.3	24.8
		Fibre	0.6	0.7
		Protein	4.3	5.0
		Salt	0.4	0.4
		Portion weight (g)		116

COOKIES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Belgian Chocolate Chunk Cookie (V)	Fortified Wheat Flour (WHEAT Flour, Raising Agent (Sodium Bicarbonate), Acid (Calcium Phosphate), Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Chocolate Filling (13%) (Dark (17%) and MILK (8.5%) Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Whole MILK Powder, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Humectants (Sorbitol, Glycerol), Dextrose, Water, Sweetened Condensed Skimmed MILK, Sugar, Thickeners (Sodium Alginate, Microcrystalline Cellulose, Carboxymethylcellulose), Modified Maize Starch, Salt, Acidity Regulator (Tartaric Acid), Preservative (Potassium Sorbate), Emulsifier (Polyglycerol Esters of Fatty Acids)), Belgian Dark Chocolate (10%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Pasteurised Free Range EGG, Butter (MILK), Glucose Syrup, Natural Flavouring, Raising Agent (Sodium Carbonates), Salt.	KJ	1803	1361
		Kcal	430	314
		Fat	16.5	12.1
		Sat	8.1	5.9
		Carbs	68.8	50.2
		Sugar	36.4	26.6
		Fibre	2.3	1.7
		Protein	5.3	3.9
		Salt	0.9	0.7
		Portion weight (g)		78
Caramel Chocolate Cookie (V)	Sugar, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Chocolate Filling (13%) (Dark (17%) and MILK (8.5%) Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Whole MILK Powder, Emulsifier (SOYA Lecithin), Natural Flavouring), Humectant (Sorbitol), Glycerol, Dextrose, Water, Sweetened Condensed Skimmed MILK, Sugar, Thickeners (Sodium Alginate, Microcrystalline Cellulose, Carboxymethylcellulose), Modified Maize Starch, Salt, Acidity Regulator (Tartaric Acid), Preservative (Potassium Sorbate), Emulsifier (Polyglycerol Esters of Fatty Acids)), Fudge Pieces (9%) (Sugar, Condensed MILK, Fondant (Sugar, Glucose, Water), Glucose Syrup, Palm Oil, Water, Emulsifier (SOYA Lecithin)), Butter (MILK), Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Pasteurised Free Range EGG, Fat Reduced Cocoa Powder, Glucose Syrup, Natural Flavouring, Raising Agent (Sodium Carbonates), Salt.	KJ	1775	1384
		Kcal	423	330
		Fat	16.9	13.2
		Sat	9.0	7.0
		Carbs	66.2	51.6
		Sugar	41.6	32.4
		Fibre	2.5	2.0
		Protein	4.9	3.8
		Salt	0.7	0.5
		Portion weight (g)		72
Oat & Raisin Cookie (V)	Sugar, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Seeds (17%) (Pumpkin, Sunflower, Chia), OATS, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Raisins (13%), Pasteurised Free Range EGG, Glucose Syrup, Raising Agent (Sodium Carbonates), Cinnamon, Natural Flavouring, Salt.	KJ	1910	1261
		Kcal	457	301
		Fat	21	14
		Sat	6.0	4.0
		Carbs	59.9	39.5
		Sugar	30.1	19.8
		Fibre	4	2.6
		Protein	8.4	5.7
		Salt	0.5	0.3
		Portion weight (g)		70

INDIVIDUAL CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Cherry Bakewell Crumble Cake (V)	Sugar, Cherry Filling (19%) (Dark Cherry, Sugar, Water, Modified Starch, Elderberry Concentrate, Flavouring, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate)), Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Free Range Pasteurised EGG, Rapeseed Oil, White Fudge Icing (Sugar, Glucose Syrup, Palm Oil, Rapeseed Oil, Water, Emulsifiers (Mono- and Di Glycerides of Fatty Acids, Sodium Stearoyl-2 Lactylate), Salt, Stabiliser (Agar), Preservative (Potassium Sorbate), Colour (Titanium Dioxide)), Butter (MILK), Water, Amoretti Biscuit (3%) (Sugar, Apricot Kernels, EGG White, Corn Flour, WHEAT Flour, Rice Flour, Wholemeal WHEAT Flour, Raising Agents (Sodium Carbonate Acid, Ammonium Carbonate Acid), Natural Flavouring), Almond Flakes (3%) (NUTS), Potato Starch, WHEAT Gluten, Natural Flavouring Substances, Whey Powder (MILK), Salt, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Acidity Regulator (Citric Acid).	KJ	1618	1489
		Kcal	386	357
		Fat	17	15.9
		Sat	4.2	3.9
		Carbs	52.8	49.5
		Sugar	34.9	32.6
		Fibre	1.2	1.1
		Protein	4.8	4.5
		Salt	0.6	0.6
		Portion weight (g)		94
Mini Cappuccino Cake	Cake (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG, Sugar, Rapeseed Oil, Cake Concentrate (Modified Starch, WHEAT Starch, Raising agent: Sodium Phosphate, Potassium Bicarbonate; Wheat Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Emulsifier: Mono- and Diglyceride of fatty acids, Propane 1,2 diol esters of fatty acid, Sodium stearoyl-2-lactylate; Palm Oil, Dextrose, Preservative: Potassium Sorbate; WHEAT Gluten, Acidity Regulator: Citric acid; Stabiliser: Xanthan Gum), Glycerine, Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglyceride of Fatty acids, Sodium Stearoyl-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; WHEAT protein), Coffee (2.5%), Raising Agent: Disodium Diphosphate, Potassium Hydrogen Carbonate), Frosting (Icing Sugar, Butter (MILK), Full Fat Soft Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: Potassium Sorbate), Coffee, Flavouring, Emulsifier (Propane- 1, 2 - diol esters of fatty acids, mono- and diglycerides of fatty acids, polyglycerol esters of fatty acids)), Cocoa Powder, Decoration (Sugar, Cocoa Mass, Cocoa Butter, Coffee, Emulsifier: Sunflower Lecithin; Palm Oil, Rapeseed Oil, Glazing agent: Shellac, Gum Arabic; Flavouring).	KJ	1960	2313
		Kcal	468	553
		Fat	25.4	30.0
		Sat	7.6	8.9
		Carbs	54.2	64
		Sugar	34.6	40.8
		Fibre	1.6	1.9
		Protein	5	5.9
		Salt	0.4	0.4
		Portion weight (g)		122
Raspberry & Amaretti Crumble Cake (V)	Raspberries (27%), Sugar, Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pasteurised Free Range EGG, Rapeseed Oil, Water, Butter (MILK), Amaretti Biscuit (2.5%) (Sugar, Apricot Kernels, EGG White, Corn Flour, WHEAT Flour, Rice Flour, Wholemeal WHEAT Flour, Raising Agents (Sodium Carbonate Acid, Ammonium Carbonate Acid), Natural Flavouring), Modified Potato Starch, WHEAT Gluten, Whey Powder (MILK), Salt, Raising Agents (Disodium Phosphates, Sodium Carbonates), Natural Flavourings, Acidity Regulator (Citric Acid).	KJ	1351	1419
		Kcal	322	338
		Fat	14	14.7
		Sat	3.3	3.5
		Carbs	43.7	45.9
		Sugar	28.9	30.3
		Fibre	2.8	3.0
		Protein	3.9	4.1
		Salt	0.5	0.6
		Portion weight (g)		105
Tiramisu (V)	Water, Ladyfingers 23% (WHEAT flour, sugar, EGGS, glucose syrup, raising agents (E500, E503), flavours, salt), sugar, MASCARPONE CHEESE 6.5% (MILK cream, acidifier (E330)), vegetable fats (palm, palm kernel, coconut), MILK protein, cocoa powder 1.9%, Marsala wine, glucose-fructose syrup, dextrose, modified starch, soluble coffee 0.7%, alcohol 0.7%, emulsifiers (E471, E472e, SOY lecithin), stabilizers (E420, E463), EGG yolk, WHEAT starch, vegetable fibres, flavours, thickeners (E412, E415), salt, colour (E160a). May contain traces of NUTS.	KJ	1011	1112
		Kcal	241	265
		Fat	9	9.9
		Sat	7.2	7.9
		Carbs	36	39.6
		Sugar	29	31.9
		Fibre	1.7	1.9
		Protein	3	3.3
		Salt	0.1	0.2
		Portion weight (g)		110

SAVOURY PASTRIES & ROLLS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Vegan Vegetable 'Sausage' Roll (Vg)	Mixed Roast Vegetables (38%) [Butternut Squash, Courgette, Red Onion, Sweet Potato], Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Tomato Passata (1.4%), 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	0.9	1.2		
		Portion weight (g)		130		
		Pork & Pancetta Sausage Roll	British Pork (33%), Wheat flour contains Gluten [with WHEAT FLOUR, Calcium Carbonate, Iron, Niacin, Thiamin], Unsalted Butter (1.3%) (MILK), Caramelised Onion (Onions, Rapeseed Oil, Cracked Black Pepper), Reggato Cheese (MILK), Breadcrumbs (WHEAT FLOUR [Gluten]), Water, Salt, Yeast], Smoked Pancetta (3%) [Pork Belly (97%), Salt, Herbs, Spices, Antioxidant: Sodium Ascorbate, Preservatives: Sodium Nitrite, Potassium Nitrate], Smoked Bacon Lardons (British Pork (94%), Curing Salt [Salt, Preservative: Sodium Nitrite, Sodium Nitrate]), Sugar, Antioxidant: Sodium Ascorbate), Pasteurised Free Range EGG, White Wine Vinegar, Honey, Pork Cracking [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	1.1			1.4		
Portion weight (g)				130		
Italian Tomato & Caramelised Onion Parcel with Mozzarella (V)	Caramelised Onions (31%) [Onion, Rapeseed Oil, Sugar, Salt, Thyme], Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Tomatoes (18%), Unsalted Butter (MILK) (1.5%), Mature Cheddar Cheese (MILK) (5%), Mozzarella Cheese (MILK) (5%), Pasteurised Free Range EGG, White Wine Vinegar, Salt, Dried Parsley.			KJ	1245	1556
		Kcal	299	374		
		Fat	19.8	24.8		
		Sat	11.6	14.5		
		Carbs	21.9	27.4		
		Sugar	3.6	4.5		
		Fibre	2	2.5		
		Protein	7.3	9.1		
		Salt	0.9	1.1		
		Portion weight (g)		125		
		Roasted Vegetable & Spanish Chorizo Parcel	Mixed Roast Vegetables (28%) [Butternut Squash, Courgette, Red Onion, Sweet Potato], Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (MILK) (1.5%), Tomato Passata (10%), Diced Chorizo (8%) [Pork (90%), Salt, Paprika, Dried MILK, Dextrose, Garlic, Antioxidant: Sodium Ascorbate, Nutmeg, Preservatives: Sodium Nitrite, Potassium Nitrate, Oregano], Mozzarella Cheese (MILK) (3%), Tomatoes, Pasteurised Free Range EGG, Onion Seeds, White Wine Vinegar, Oak smoked Water, Rapeseed Oil, Salt, Tomato Concentrate, Basil, Garlic, Sunflower Oil, Olive Oil, Rosemary, Cracked Black Pepper, Dried Oregano, Sugar, Yeast.	KJ	1302	1628
Kcal	312			390		
Fat	19.6			24.5		
Sat	10.7			13.4		
Carbs	25.3			31.6		
Sugar	4.0			5.0		
Fibre	2.4			3.0		
Protein	7.5			9.4		
Salt	1.4			1.8		
Portion weight (g)				125		
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	21		
		Sat	13	13		
		Carbs	23	24		
		Sugar	4.3	4.4		
		Protein	15	15		
		Salt	0.8	0.8		
		Portion weight (g)		102		
		Bacon Ciabatta Roll	Vienna Roll (54%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, RYE Flour, Yeast, Salt (Anti-Caking Agent: E535), Malted WHEAT Flour, Improver (WHEAT Flour, Emulsifier: E472e, Ascorbic Acids, Sunflower Oil, Enzymes), Improver IBS (Fortified WHEAT Flour, Enzymes, Sunflower Oil)], Bacon* (31%) [Pork Belly, Salt, Rosemary Extract, Antioxidant: Sodium Ascorbate (E301), Preservative: Sodium Nitrite (E250)], Ballymaloe Relish (12%) [Tomatoes (41%), Vinegar, Sugar, Onions, Sultanas, Tomato Puree (5%) Sea Salt, MUSTARD Seed, Spices], Spread (3%) [Vegetable Oils (Rapeseed, Palm), Water, Reconstituted Butter (MILK) (3%), Salt (1.5%), Emulsifier (Mono and Di Glyceride of Fatty Acids), Stabiliser (Sodium Alginate), Preservative (Potassium Sorbate), Vitamin A & D, Flavouring, Colour (Carotenes)].	KJ	1038	1351
				Kcal	248	323
Fat	9.3			12		
Sat	2.5			3.3		
Carbs	28			37		
Sugar	4.1			5.3		
Protein	12			16		
Salt	1.9			2.5		
Portion weight (g)				133		
Sourdough Bread Roll (Vg)	WHEAT flour, water, sourdough (WHEAT), salt, yeast, dehydrated WHEAT sourdough, WHEAT gluten, deactivated yeast, malted WHEAT flour, flour treatment agent (ascorbic acid).			KJ	1315	811
				Kcal	309	191
		Fat	0.7	0.4		
		Sat	0.2	0.1		
		Carbs	63.6	39.2		
		Sugar	1.6	0.9		
		Fibre	3.7	2.3		
		Protein	10.4	6.4		
		Salt	1.6	0.9		
		Portion weight (g)		74		

PANINI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
All Day Breakfast	Sourdough Panini (61%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Scrambled EGG & Cheese (23% [Scrambled EGG (EGG , Water, Rapeseed Oil, Buttermilk Powder (MILK), Cornflour, Salt, White Pepper, Antioxidant (Citric Acid), Thickener (Xanthan Gum), Preservative (Lactic Acid)], Bechamel Sauce (Skimmed MILK , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Maize Starch, Salt, Emulsifier (SOYA Lecithin)), Cheddar Cheese (MILK), Black Pepper, Salt), WHEAT Starch, Calcium Carbonate, Iron, Thiamin, Niacin, Salt), WHEAT Starch, Rapeseed Oil, Parsley, Salt, Dextrose, Sage, Beef Collagen Casing, Fortified WHEAT Flour, Stabiliser (Sodium Triphosphate), WHEAT Protein, Spice & Spice Herb Extracts (Pepper, Nutmeg, Chilli, Clove, Coriander Sage, Thyme, Pimento)], Coffee Bacon (7%) [Pork Belly, Sugar, Salt, Cold Brewed Coffee, Stabiliser (Sodium Triphosphate), Maltodextrin, Natural Flavouring, Anticaking Agent (Calcium Silicate), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)].	per 100g	per portion (g)	
		KJ	1024	1772
		Kcal	245	424
		Fat	8.1	14
		Sat	2.8	4.9
		Carbs	30	52
		Sugar	3.5	6
		Protein	12	21
		Salt	1.0	1.7
		Portion weight (g)		173
Chargrilled Chicken & Pesto Panini	Sourdough Panini (49%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Chargrilled Chicken (18%) [Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Emulsifier (Sodium Triphosphate), Potato Starch, Whey Protein (MILK), Stabiliser (Guzr Gum), Salt, Vinegar, Yeast Extract)], Basil Pesto (7.7%) [Basil Puree (Basil, Sunflower Oil, Salt), Sunflower Oil, Medium Fat Hard Cheese (MILK)], Bechamel (Skimmed MILK), Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Palm Oil, Butter (MILK), modified Maize Starch, Salt, Emulsifier (Lecithin) (SOYA)], Tomato, Spinach, Regato Cheese (MILK).	per 100g	per portion (g)	
		KJ	895	1906
		Kcal	214	456
		Fat	7.4	16
		Sat	2	4.3
		Carbs	24	52
		Sugar	2.5	5.3
		Protein	11	24
		Salt	1.2	2.6
		Portion weight (g)		213
Ham & Mozzarella Panini	Sourdough Panini (58%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Ham (22%) [Pork, Water, Glucose Syrup, Emulsifiers (Triphosphates, Diphosphates), Salt, Antioxidant (Sodium Ascorbate), Dextrose, Spice Extracts, Preservative (Sodium Nitrite)], Mozzarella (11%) Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Palm Oil, Butter (MILK), Modified Maize Starch, Salt, Emulsifier (Lecithin) (SOYA)], Mature Cheddar Cheese (3%) (MILK).	per 100g	per portion (g)	
		KJ	974	1753
		Kcal	233	419
		Fat	6.8	12
		Sat	3.3	5.9
		Carbs	28	50
		Sugar	3.2	5.8
		Protein	14	25
		Salt	1.3	2.3
		Portion weight (g)		180
Mozzarella & Tomato Panini (V)	Sourdough Panini (54%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Mozzarella (21%) (MILK), Tomato (12%), Cheddar Cheese (MILK), Basil Pesto (6.4%) [Basil, Sunflower Oil, Salt), Sunflower Oil, Medium Fat Hard Cheese (MILK)].	per 100g	per portion (g)	
		KJ	1101	2136
		Kcal	263	510
		Fat	12	23
		Sat	2.1	4.1
		Carbs	27	52
		Sugar	2.5	4.9
		Protein	12	23
		Salt	1.0	2.0
		Portion weight (g)		194
Tuna Melt Panini	Sourdough Panini (50%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Tuna Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG , Free Range EGG Yolk, Spirit Vinegar, Salt, Sugar, Flavouring, Lemon Juice Concentrate, Antioxidant (Calcium Disodium EDTA)], Red Pepper, Slow Roast Tomatoes (8%) [Slow Roast Tomatoes, Rapeseed Oil, Salt, Garlic, Oregano], Red Onion, Cornflour, Parsley, Lemon Zest, Cracked Black Pepper], Cheddar Cheese (12%) (MILK).	per 100g	per portion (g)	
		KJ	1187	2493
		Kcal	284	596
		Fat	14	29
		Sat	3.3	6.9
		Carbs	26	55
		Sugar	2.7	5.7
		Protein	12	25
		Salt	0.9	1.8
		Portion weight (g)		210

TOSTATI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Chicken & Bacon Tostati Melt	Sourdough Bread (45%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture (RYE), SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers (E472(e), E481), Flour Treatment Agent (E300)], Chicken and Bacon Filling (38%) [Béchamel (Skimmed MILK , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Maize Starch, Salt, Emulsifier (E322) (SOYA)), Chicken (20%) [Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Stabiliser (E451)), Potato Starch, Whey Protein (MILK), Emulsifier (E412), Salt, Vinegar, Yeast Extract], Formed Diced Bacon Pieces (8%) [Pork, Water, Salt, Preservative (E250), Stabiliser (E450), Antioxidant (E301)], Cheddar Cheese (MILK), Mozzarella (MILK), Mayonnaise (Rapeseed Oil, Water, Free Range Pasteurised EGG & EGG Yolk, Spirit Vinegar, Sugar, Salt, Lemon Juice, Antioxidant (E385), Flavouring, Paprika Extract)], Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330))], Topping (18%) [Cheddar Cheese (MILK), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MILK Protein, Cheddar Cheese (MILK), Yeast Extract, Acidity Regulator (E330)), Spices, Stabilisers (E412, E415), Preservative (E202), Colour (E161b)], Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330)), Smoked Paprika, Dried Chives].	per 100g	per portion (g)	
		KJ	1003	2008
		Kcal	240	480
		Fat	9.9	20
		Sat	4.6	9.3
		Carbs	27	53
		Sugar	1.2	2.4
		Protein	10	20
		Salt	1.4	2.7
		Portion weight (g)	200	
Ham, Cheese & Mustard Tostati Melt	Sourdough Bread (49%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture (RYE), SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers (E472(e), E481), Flour Treatment Agent (E300)], Ham (22%) [Pork, Water, Glucose Syrup, Emulsifiers (E451, E450), Salt, Antioxidant (E301), Dextrose, Spice Extracts, Preservative (E250), Potato Starch, Pea Fibre], Cheese and Mustard Topping (19%) [Cheddar Cheese (MILK), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MILK Protein, Cheddar Cheese (MILK), Yeast Extract, Acidity Regulator (E330)), Roasted Mushroom and Mascarpone Filling (17%) [Roasted Mushrooms, Mascarpone (Cream (MILK), MILK , Acidity Regulator (E330), Preservative (E202, E234)), Béchamel (Béchamel Sauce (Skimmed MILK , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Starch (Waxy Maize), Salt, Emulsifier (Lecithin) (SOYA)), Dried Thyme], Cheddar Cheese (11%) (MILK), Roasted Mushrooms (2.8%)].	per 100g	per portion (g)	
		KJ	1054	1951
		Kcal	252	466
		Fat	10	19
		Sat	4.8	8.8
		Carbs	27	50
		Sugar	0.7	1.2
		Protein	13	23
		Salt	1.6	2.9
		Portion weight (g)	185	
Mushroom & Mascarpone Tostati Melt (V)	Sourdough Bread (50%) [Fortified WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture (RYE), SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers (E472(e), E481), Flour Treatment Agent (E300)], Cheese and Mustard Topping (19%) [Cheddar Cheese (MILK), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MILK Protein, Cheddar Cheese (MILK), Yeast Extract, Acidity Regulator (E330), Spices, Stabilisers (E412, E415), Preservative (E202), Colour (E161b)], Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330)), Roasted Mushroom and Mascarpone Filling (17%) [Roasted Mushrooms, Mascarpone (Cream (MILK), MILK , Acidity Regulator (E330), Preservative (E202, E234)), Béchamel (Béchamel Sauce (Skimmed MILK , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Starch (Waxy Maize), Salt, Emulsifier (Lecithin) (SOYA)), Dried Thyme], Cheddar Cheese (11%) (MILK), Roasted Mushrooms (2.8%)].	per 100g	per portion (g)	
		KJ	1117	2010
		Kcal	267	481
		Fat	13	23
		Sat	6.6	12
		Carbs	28	50
		Sugar	0.6	1.1
		Protein	9.9	18
		Salt	0.9	1.6
		Portion weight (g)	180	

SANDWICHES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Chargrilled Chicken Salad Sandwich	Malted Bread [WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY , Salt, Emulsifiers (Mono and diglycerides of fatty acids, Acetic acid esters of mono and diglycerides of fatty acid, Sodium stearoyl lactylate), WHEAT Protein, Vegetable Oils (Palm, Rapeseed), Malt Extract (BARLEY), Malted WHEAT , Preservative (Calcium propionate), WHEAT Bran, Malted BARLEY , Flour Treatment Agent (E300)], Chargrilled Chicken (23%) [Chicken, Brine, Water, Sugar, Starch, Whey Protein (MILK), Stabiliser (Guar Gum), Salt, Vinegar, Yeast Extract, Parmesan Mayonnaise (Mayonnaise (Rapeseed Oil, Water, Free Range Pasteurised EGG and EGG Yolk, Spirit Vinegar, Salt, Sugar, Lemon Juice Concentrate, Antioxidant (Calcium disodium EDTA), Flavouring, Paprika Extract), Parmesan (MILK), Preservative (Lysoszyme (EGG)), Tomato, Cucumber, Apollo Leaf].	per 100g	per portion (g)	
		KJ	784	1514
		Kcal	187	362
		Fat	61	12
		Sat	13	2.5
		Carbs	24	46
		Sugar	1.5	2.9
		Protein	10	20
		Salt	0.7	1.4
		Portion weight (g)	193	
Chicken & Stuffing Sandwich	Malted Bread [WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY , Salt, Emulsifiers (E471, E472, E481), WHEAT Protein, Vegetable Oils (Palm, Rapeseed), Malt Extract (BARLEY), Malted WHEAT , Preservative (E282), WHEAT Bran, Malted BARLEY , Flour Treatment Agent (E300)], Chicken (24%) [Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Stabiliser (E541)), Potato Starch, Whey Protein (MILK), Emulsifier (E412), Salt, Vinegar, Yeast Extract], Sage & Onion Stuffing (12%) [Breadcrumbs (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt], Water, Rapeseed Oil, Onion, Sage, Parsley, Salt, Pepper], Mayonnaise (Water, Rapeseed Oil, Modified Maize Starch, Pasteurised EGG , EGG Yolk, Spirit Vinegar, Sugar, Salt, Cream Powder (MILK), Citrus Fibre, Preservative (E202), Stabilisers (E412, E415), MUSTARD Powder, Lemon Juice Concentrate, Paprika Extracts, Antioxidant (E385)], Vegetable Fat Spread (Vegetable Oils in varying proportions (Rapeseed, Palm, Sunflower), Water, Salt, BUTTERMILK , Preservative (E202), Acidity Regulator (E300), Emulsifier (E471), Flavouring Colour (E160a), Vitamins A and D].	per 100g	per portion (g)	
		KJ	1232	2020
		Kcal	294	483
		Fat	13	22
		Sat	3.1	5.1
		Carbs	25	42
		Sugar	1.7	2.8
		Protein	11	19
		Salt	1.1	1.8
		Portion weight (g)	164	
Classic BLT Sandwich	Malted Bread [WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY , Salt, Emulsifiers (E471, E472e, E481), WHEAT Protein, Vegetable Oils (Palm, Rapeseed), Malt Extract (BARLEY), Malted BARLEY , Flour Treatment Agent (E300)], Coffee Cured Bacon (16%), Pork Belly, Sugar, Salt, Cold Brewed Coffee, Stabiliser (E451), Maltodextrin, Natural Flavouring, Anticaking Agent (E552), Antioxidant (E301), Preservative (E250)], Tomato (16%), Pepper Mayonnaise (11%) [Mayonnaise (Rapeseed Oil, Water, Free Range Pasteurised EGG and EGG Yolk, Spirit Vinegar, Salt, Sugar, Lemon Juice Concentrate, Antioxidant (E385), Flavouring, Colouring (E160a)], Cracked Black Pepper], Apollo Leaf].	per 100g	per portion (g)	
		KJ	1112	1957
		Kcal	266	468
		Fat	14	25
		Sat	3.3	5.9
		Carbs	27	48
		Sugar	2.3	4.0
		Protein	9.1	16
		Salt	1.2	2.2
		Portion weight (g)	176	
Free Range Egg Mayo Sandwich (V)	Oatmeal Bread [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, OATS , WHEAT Bran, Yeast, Malt Flour (BARLEY), WHEAT Gluten, Salt, Vegetable Oils (Palm, Rapeseed), Emulsifiers (Mono and diacyl tartaric esters of mono and diglycerides of fatty acids, Sodium stearoyl lactylate, Mono and diglycerides of fatty acids), Preservative (Calcium propionate), Flour Treatment Agent (Ascorbic Acid)], EGG Mayonnaise (40%) [Free Range EGG (60%), Mayonnaise (Rapeseed Oil, Water, Free Range Pasteurised EGG and EGG Yolk, Spirit Vinegar, Sugar, Salt, Lemon Juice, Antioxidant (Calcium disodium EDTA), Flavouring, Paprika Extract)], Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (Citric Acid)], Cornflour, Cracked Black Pepper], Free Range EGG (2.1%).	per 100g	per portion (g)	
		KJ	1087	2196
		Kcal	260	525
		Fat	17	34
		Sat	2.4	4.8
		Carbs	19	38
		Sugar	1.5	3.0
		Protein	9.2	19
		Salt	0.6	1.2
		Portion weight (g)	202	
Tuna, Red Pepper & Rocket Sandwich	Malted Bread (47%) [WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY , Salt, Emulsifiers (Mono and diglycerides of fatty acids, Acetic acid esters of mono and diglycerides of fatty acids, Sodium stearoyl lactylate), WHEAT Protein, Vegetable Oils (Palm, Rapeseed), Malt Extract (BARLEY), Malted WHEAT , Preservative (Calcium propionate), WHEAT Bran, Malted BARLEY , Flour Treatment Agent (Ascorbic Acid)], Tuna Mayonnaise (42%) [Tuna (59%) [Tuna (FISH), Water, Salt], Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG , Free Range EGG Yolk, Spirit Vinegar, Salt, Sugar, Flavouring, Lemon Juice Concentrate, Antioxidant (Calcium disodium EDTA)], Horseradish Sauce (Water, Rapeseed Oil, Dried Horseradish, Sugar, Acidity Regulator (Acetic Acid), Salt, Spirit Vinegar, Stabiliser (Xanthan Gum)], Dried EGG Yolk, Modified Maize Starch, MUSTARD Flour, Preservative (Potassium Sorbate)], Lemon Juice, Lemon Zest, Cracked Black Pepper, Glucose Syrup], Red Pepper (7.3%), Rocket (4.2%).	per 100g	per portion (g)	
		KJ	1008	1935
		Kcal	241	462
		Fat	12	22
		Sat	1.5	2.9
		Carbs	25	47
		Sugar	1.9	3.7
		Protein	11	21
		Salt	0.9	1.7
		Portion weight (g)	192	

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Almond Biscotti (V)	WHEAT flour, sugar, ALMONDS (1.5%), EGG, EGG yolk, butter, honey, partly skimmed MILK, raising agent: E 503 (ammonium bicarbonate), salt, natural flavour (orange), flavours.	KJ	1841	618	
		Kcal	440	130	
		Fat	14.45	3	
		Sat	2.71	1	
		Carbs	66.5	22	
		Sugar	31.0	11	
		Fibre	2.7	0	
		Protein	9.6	3.0	
		Salt	1.6	0.05	
		Portion weight (g)		37	
Caramel Waffle (V)	Glucose fructose syrup, wheat flour, sugar, palm fat, concentrated butter (MILK), sugar syrup, SOYA flour, rapeseed oil, salt, dextrin (WHEAT), emulsifiers (SOYA lecithin, mono- and diglycerides of fatty acids), raising agent (sodium carbonates), cinnamon, acidity regulator (citric acid), natural Bourbon vanilla.	KJ	1786	1411	
		Kcal	425	336	
		Fat	16	12.6	
		Sat	9	7.1	
		Carbs	66	52.1	
		Sugar	38	30	
		Fibre	1.5	1.2	
		Protein	3.5	2.8	
		Salt	0.6	0.5	
		Portion weight (g)		37	
Chocolate Coated Coffee Beans (Vg)	Sugar, Cocoa paste, Roasted coffee beans, Cocoa butter, Cocoa powder, Emulsifier: SOYA lecithin, Thickener: Arabic gum, Flavours. (Cocoa minimum 56%). May contains traces of: WHEAT, MILK and NUTS.	KJ	2276	569	
		Kcal	546	136	
		Fat	32	8.0	
		Sat	19	4.7	
		Carbs	56	14.0	
		Sugar	41.0	10.2	
		Fibre	6.7	1.7	
		Protein	6.1	1.5	
		Salt	0.04	0.01	
		Portion weight (g)		25	
Dark Chocolate & Hazelnut Chocolate Bar (V)	Dark chocolate 57% (sugar, cocoa mass, cocoa butter, emulsifier: SOY lecithin, natural vanilla flavour), hazelnut cream 43% (sugar, vegetable fats (coconut, palm kernel oil, shea butter in variable proportions), HAZELNUTS (1.4%), skimmed cocoa powder, whey powder (contains MILK), emulsifier: SOY lecithin, natural vanilla flavour, nibbed HAZELNUTS (1.5%))	KJ	2338	409	
		Kcal	562	98	
		Fat	38	6.7	
		Sat	24	4.2	
		Carbs	48	8.4	
		Sugar	46.0	8.1	
		Fibre	5.8	1.0	
		Protein	4.5	0.8	
		Salt	0.1	0.02	
		Portion weight (g)		17.5	
Fruit Teacake (Vg)	Fortified Wheat Flour (WHEAT 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: (SULPHUR DIOXIDE, E202)), Sweetened Dried Cranberries (5%) (Cranberries, Sugar, Sunflower Oil), Sugar, Yeast, Humectant (Glucose Syrup, Water, Acidity Regulator (E260)), Bread Fat (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471)), Dough Conditioner (Calcium Sulphate, SOYA Flour, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Emulsifier (E472e), Flour Treatment Agent (E300), Enzymes), Water, Emulsifiers (E471, E472e), Acidity Regulators (E260, E525), Salt.	KJ	1200	1152	
		Kcal	283	272	
		Fat	2.5	2.4	
		Sat	0.8	0.7	
		Carbs	56.2	53.9	
		Sugar	22.0	21.1	
		Fibre	3.8	3.6	
		Protein	7.3	7.0	
		Salt	0.2	0.2	
		Portion weight (g)		96	
Gianduja Chocolate (V)	Sugar, HAZELNUTS (30%), cocoa mass, cocoa butter, emulsifier: SOY lecithin, natural vanilla flavour. Cocoa solids: 23% min. May contain traces of MILK.	KJ	2416	242	
		Kcal	581	58	
		Fat	40	4.0	
		Sat	15	1.5	
		Carbs	47	4.7	
		Sugar	44.0	4.4	
		Protein	5.7	0.6	
		Salt	0.03	0.0	
		Portion weight (g)		10	

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Gino Gingerbread Man (V, DF)	WHEAT Flour (contains Calcium carbonate, Iron, Niacin and Thiamin), Sugar, Margarine (Palm Oil, Water, Palm Stearin, Rapeseed Oil, Salt, Lemon Juice concentrate), Golden Syrup (Partially Inverted Refiners Syrup), Glucose Syrup, Icing (Sugar, Palm Fat, Glucose Syrup, Water, Icing Sugar, Emulsifiers (Sunflower Lecithin, Polyorbate 40), Natural Colour (Titanium dioxide), Acid (Acetic acid), Preservative (Potassium Sorbate), Natural Flavouring, Gelling Agent (Pectin)), Humectant (Glycerine), EGG, Molasses, Rice Starch, Ground Ginger, Ground Mixed Spice (Cinnamon, Coriander, Ginger, Allspice, Nutmeg, Cloves), Ground Cassia, Thickener (Xanthan Gum), Raising Agent (Bicarbonate of Soda), Natural Colours (Curcumin, Beetroot Extract, Spirulina), Butter Flavouring.	KJ	1711	1249
		Kcal	406	296
		Fat	9.9	7.2
		Sat	4.5	3.3
		Carbs	72.8	53.1
		Sugar	29.5	21.5
		Fibre	1.9	1.4
		Protein	5.4	3.9
		Salt	0.5	0.3
		Portion weight (g)		73
Leone Mints (Vg, GF, DF)	Sugar, Thickening agents: Arabic gum, Tragacanth; Piedmont peppermint essential oil.	KJ	1663	499
		Kcal	391	117
		Fat	0	0
		Sat	0	0
		Carbs	97	29
		Sugar	97	29
		Protein	0.2	0
		Salt	0.0	0
		Portion weight (g)		30
		Locker Creamkaka (V)	Crispy wafer filled with cocoa cream (75%). WHEAT flour, coconut oil, glucose syrup, sugar, fat reduced cocoa 9% in the cream, dextrose, sweet whey powder, SOYA flour, skimmed MILK powder, malt extract, salt, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier SOYA lecithin, HAZELNUTS, vanilla pods (Bourbon). May contain ALMONDS.	KJ
Kcal	511			231
Fat	26			12
Sat	22			10
Carbs	59			26
Sugar	28.0			13.0
Protein	7.7			3.5
Salt	0.3			0.1
Portion weight (g)				45
Locker Napolitaner (V)	Crispy wafer filled with HAZELNUT cream (75% cream). Ingredients: WHEAT flour, coconut oil, glucose syrup, sugar, hazelnut 9% in the cream, sweet whey powder, SOYA flour, skimmed MILK powder, fat reduced cocoa, diphosphate) emulsifier SOYA lecithin, vanilla pods (bourbon). May contain ALMONDS.			KJ
		Kcal	519	234
		Fat	27	12
		Sat	20	8.9
		Carbs	59	27
		Sugar	26	12
		Protein	8.1	3.6
		Salt	0.3	0.2
		Portion weight (g)		45
		Locker Vanille (V)	Crispy wafer filled with vanilla cream (75% cream). Ingredients: WHEAT flour, coconut oil, glucose syrup, sugar, skimmed MILK powder, dextrose, SOYA flour, malt extract, sugar, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier SOYA lecithin, vanilla pods (bourbon), HAZELNUT. May contain ALMONDS.	KJ
Kcal	523			235
Fat	27			12
Sat	23			11
Carbs	61			28
Sugar	31			14
Protein	7.8			3.5
Salt	0.4			0.2
Portion weight (g)				45
Metcalfe's® Chocolate Rice Cakes (V)	Milk Chocolate (60%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring), Rice Cake (40%) (Wholegrain Brown Rice, Rice), (Minimum Cocoa Solids 39%).			KJ
		Kcal	476	81
		Fat	19.3	3.3
		Sat	11.1	1.9
		Carbs	66.9	11.4
		Sugar	31.4	5.3
		Fibre	1.9	0.3
		Protein	6	1.0
		Salt	0.1	0.02
		Portion weight (g)		17.0
Milk Chocolate Stracciatella Bar (V)	Milk chocolate 57% (sugar, MILK powder, cocoa butter, cocoa mass, emulsifier: SOY lecithin, natural vanilla flavour), milk cream 43% (vegetable fats (coconut, palm kernel oil, shea butter in variable proportions), sugar, skimmed MILK powder, whey powder (contains MILK), emulsifier: SOY lecithin, natural vanilla flavour, cocoa chips (11.5%))	KJ	2380	417
		Kcal	572	100
		Fat	39	6.8
		Sat	24	4.2
		Carbs	47	8.2
		Sugar	46.0	8.1
		Fibre	3.7	0.6
		Protein	6.6	1.2
		Salt	0.2	0.0
		Portion weight (g)		17.5
Panettone (V)	WHEAT flour, sultanas, fresh EGGS, butter (MILK), sugar, candied orange peels (orange peels, glucose-fructose syrup, sugar, acidity regulator: citric acid), MILK, fresh EGG yolk, natural yeast (WHEAT), emulsifiers: mono and diglycerides of fatty acids, glucose syrup, flavourings, cocoa butter, salt. May contain traces of NUTS and SOY.	KJ	1548	1548
		Kcal	368	368
		Fat	14	14
		Sat	8.5	8.5
		Carbs	52	52
		Sugar	28.0	28.0
		Fibre	1.4	1.4
		Protein	7.9	7.9
		Salt	0.5	0.5
		Portion weight (g)		100
Vegan Fruit Flapjack (Vg)	OATS (31%), Soft Brown Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono - and - Diglycerides of Fatty Acids)), Golden Syrup, Raisins (8%) (Raisins, Sunflower Oil), Mixed Peel (6%) (Orange peel, Lemon Peel, Glucose Fructose Syrup, Sugar, Acidity Regulator (Citric acid)), Cranberries (4%) (cranberries, Sugar, Sunflower Oil), PISTACHIO NUTS (1%), Salt. May contain traces of other NUTS.	KJ	1882	1321
		Kcal	449	315
		Fat	17.7	12.4
		Sat	6.2	4.4
		Carbs	69.6	48.9
		Sugar	46.0	32.3
		Fibre	4.7	3.3
		Protein	4.6	3.2
		Salt	0.7	0.5
		Portion weight (g)		60

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Vegan Stem Ginger Biscuit (Vg)	WHEAT flour (WHEAT flour, Calcium carbonate, Iron, Niacin, Thiamin), Partially inverted refiners syrup, Sugar, Margarine (Palm oil, Rapeseed oil, Salt, Colours (Annatto, Curcumin), Natural flavouring), Stem Ginger (4.6%)(Ginger, Sugar), Ground ginger, Raising Agent (Sodium bicarbonate, Ammonium bicarbonate).	KJ	1853	558	
		Kcal	440	133	
		Fat	14.2	4.3	
		Sat	5.6	1.7	
		Carbs	72.3	21.7	
		Sugar	37.7	11.3	
		Protein	4.9	1.5	
		Salt	0.6	0.2	
		Portion weight (g)		30	
		KJ	2103	1052	
		Kcal	505	252	
Fat	31.5	15.8			
Sat	7.4	3.7			
Carbs	47.6	23.8			
Sugar	28.4	14.2			
Fibre	3.8	1.9			
Protein	5.7	2.9			
Salt	0.1	0.1			
Portion weight (g)		50			
Wrapped Gluten Free Chocolate Brownie Bar (V, Df, Gf)	EGG, Dark Chocolate (19%) (Cocoa Solids, Sugar, Emulsifier: Sunflower Lecithin), Sugar, Rapeseed Oil, Ground ALMONDS, Chocolate Chips (6%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Sunflower Lecithin), White Rice Flour, Citrus Fibre (Maize, Maize Starch, Citrus Fibre), Tapioca Starch, Humectant (Glucose Syrup, Water, Acid Regulator: E260), Water, Acid: Ascorbic Acid: Preservative: Potassium Sorbate; Raising Agents: E341, E500.	KJ	1787	1036	
		Kcal	427	248	
		Fat	20.7	12	
		Sat	13.2	7.7	
		Carbs	55.2	32	
		Sugar	30.5	17.7	
		Fibre	6.3	3.6	
		Protein	1.9	1.1	
		Salt	0.2	0.1	
		Portion weight (g)		58	
		KJ	2199	550	
Kcal	526	132			
Fat	28.2	7.1			
Sat	18.6	4.7			
Carbs	62.3	15.6			
Sugar	22.9	5.7			
Protein	5.4	1.4			
Salt	0.7	0.2			
Portion weight (g)		25			
Wrapped Raspberry & Coconut Slice (Vg, Gf)	Raspberry Jam (23%) (Glucose-Fructose Syrup, Seedless Raspberry Concentrate, Sugar, Gelling Agent: Pectin; Acid Regulator: Citric Acid, Sodium Citrates; Colour: Anthocyanin; Flavouring, Preservative: Potassium Sorbate), Desiccated Coconut (15%), Coconut Milk, White Rice Flour, Sugar, Sulfates (7%) (Sulfates, Sunflower Oil), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: E471), Tapioca Starch, Cranberries (6%) (Cranberries, Sugar, Sunflower Oil), Water, Humectant (Glucose Syrup, Water, Acid Regulator: E260), Glucose Syrup, Oligofructose, Cornflour, Raising Agents: E341, E500; Thickeners: E464, E415; Salt, Colour: E150.	KJ	427	248	
		Kcal	103	61	
		Fat	20.7	12	
		Sat	13.2	7.7	
		Carbs	55.2	32	
		Sugar	30.5	17.7	
		Fibre	6.3	3.6	
		Protein	1.9	1.1	
		Salt	0.2	0.1	
		Portion weight (g)		58	
		KJ	2199	550	
Kcal	526	132			
Fat	28.2	7.1			
Sat	18.6	4.7			
Carbs	62.3	15.6			
Sugar	22.9	5.7			
Protein	5.4	1.4			
Salt	0.7	0.2			
Portion weight (g)		25			
Wrapped Shortbread (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (33%)(MILK), Icing Sugar, Light Brown Sugar (Sugar, Molasses).	KJ	418	627	
		Kcal	100	150	
		Fat	3.9	5.9	
		Sat	1.6	2.4	
		Carbs	12.9	19.4	
		Sugar	11.1	16.7	
		Protein	3.1	4.7	
		Salt	0.1	0.2	
		Portion weight (g)		150	
		KJ	452	678	
		Kcal	108	162	
Fat	4.7	7.1			
Sat	2.2	3.3			
Carbs	12.7	19.1			
Sugar	10.3	15.5			
Protein	3.6	5.4			
Salt	0.1	0.2			
Portion weight (g)		150			
Clandeboyne Strawberry Yoghurt	Yoghurt (86%) (MILK), Strawberry Preparation (13%) (Strawberry Puree, Sugar, Flavouring), Sugar.	KJ	695	973	
		Kcal	166	232	
		Fat	6.8	9.5	
		Sat	3.5	4.9	
		Carbs	20.6	28.8	
		Sugar	10.7	15.0	
		Fibre	1	1.4	
		Protein	4.6	6.4	
		Salt	0.1	0.1	
		Portion weight (g)		140	
		KJ	192	472	
Kcal	45.7	113			
Fat	0.3	0.7			
Sat	0.0	0.1			
Carbs	10.8	28.6			
Sugar	9.2	22.7			
Protein	0.7	1.6			
Salt	0.01	0.02			
Portion weight (g)		247			
Clandeboyne Toffee Yoghurt	Yoghurt (86%) (MILK), Toffee Sauce (13%), (Water, Sugar, Glucose Syrup, Stabiliser (Maize Starch), Sweetened Condensed MILK (MILK, Sugar), Salted Butter (MILK, Salt), Sugar Syrup, Flavouring, Salt, Preservative (Potassium Sorbate), Acidity Regulator (Lactic Acid)), Sugar.	KJ	418	627	
		Kcal	100	150	
		Fat	3.9	5.9	
		Sat	1.6	2.4	
		Carbs	12.9	19.4	
		Sugar	11.1	16.7	
		Protein	3.1	4.7	
		Salt	0.1	0.2	
		Portion weight (g)		150	
		KJ	452	678	
		Kcal	108	162	
Fat	4.7	7.1			
Sat	2.2	3.3			
Carbs	12.7	19.1			
Sugar	10.3	15.5			
Protein	3.6	5.4			
Salt	0.1	0.2			
Portion weight (g)		150			
Clandeboyne Mango Snack Pot	Greek Style Yoghurt (64%) (MILK, Cultures), Mango Compote (18%) (Mango, Sugar, Water, Starch (Waxy Maize), Stabiliser (Pectin), Natural Flavouring), Granola (18%) (OATS (GLUTEN) Flakes, BARLEY (BARLEY) Flakes, Sugar, Rapeseed Oil, Black Treacle, Sunflower Seeds), D	KJ	695	973	
		Kcal	166	232	
		Fat	6.8	9.5	
		Sat	3.5	4.9	
		Carbs	20.6	28.8	
		Sugar	10.7	15.0	
		Fibre	1	1.4	
		Protein	4.6	6.4	
		Salt	0.1	0.1	
		Portion weight (g)		140	
		KJ	192	472	
Kcal	45.7	113			
Fat	0.3	0.7			
Sat	0.0	0.1			
Carbs	10.8	28.6			
Sugar	9.2	22.7			
Protein	0.7	1.6			
Salt	0.01	0.02			
Portion weight (g)		247			
Seasonal Fruit Salad (Vg)	Pineapple (28%), Apple (20%), Cantaloupe Melon (18%), Mango (18%), Kiwi (10%), Blueberries (5%).	KJ	192	472	
		Kcal	45.7	113	
		Fat	0.3	0.7	
		Sat	0.0	0.1	
		Carbs	10.8	28.6	
		Sugar	9.2	22.7	
		Protein	0.7	1.6	
		Salt	0.01	0.02	
		Portion weight (g)		247	

YOGHURTS & FRUIT POTS

CRISPS & POPCORN

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
O'Donnell's Salt & Vinegar Crisps (V)	Potato, Sunflower Oil, Irish Cider Vinegar and Sea Salt Flavour (Flavourings, Sea Salt, Maltodextrin, Yeast Extract, Sugar, Dehydrated Apple, The Apple Farm Cider Vinegar Powder). May contain traces of MILK.	KJ	2142	1071		
		Kcal	513	257		
		Fat	29.9	15		
		Sat	2.5	1.2		
		Carbs	54.2	27.1		
		Sugar	1.2	0.6		
		Protein	5.2	2.6		
		Salt	2.3	1.1		
		Portion weight (g)		50		
				per 100g	per portion (g)	
				KJ	2136	1068
				Kcal	511	256
				Fat	28.8	14.4
		Sat	2.4	1.2		
		Carbs	55.7	27.8		
		Sugar	4.9	2.5		
		Protein	5.8	2.9		
		Salt	1.3	0.7		
		Portion weight (g)		50		
O'Donnell's Cheese & Onion Crisps (V, GF)	Potato, Sunflower Oil, Mature Irish Cheese & Red Onion Flavour (Onion Powder, Sugar, Yeast Extract, Cheese Powder (MILK), Salt, Butter MILK Powder, Flavourings, Irish Cheddar Cheese Powder (MILK), Colour (Paprika Extract)).	KJ	2160	1080		
		Kcal	517	259		
		Fat	29.4	14.7		
		Sat	2.4	1.2		
		Carbs	55.9	28		
		Sugar	4.1	2.1		
		Protein	5.5	2.8		
		Salt	1	0.6		
		Portion weight (g)		50		
				per 100g	per portion (g)	
				KJ	2160	1080
				Kcal	517	259
				Fat	29.4	14.7
		Sat	2.4	1.2		
		Carbs	55.9	28		
		Sugar	4.1	2.1		
		Protein	5.5	2.8		
		Salt	1	0.6		
		Portion weight (g)		50		
O'Donnell's Sweet Chilli Crisps (V, GF)	Potatoes, Sunflower Oil, Sweet Chilli Flavour (Sugar, Rice Flour, Salt, Yeast Extract, Onion Powder, Spices, Tomato Powder, Garlic Powder, Herb, Colour (Paprika Extract), Flavouring). May contain traces of MILK.	KJ	2160	1080		
		Kcal	517	259		
		Fat	29.4	14.7		
		Sat	2.4	1.2		
		Carbs	55.9	28		
		Sugar	4.1	2.1		
		Protein	5.5	2.8		
		Salt	1	0.6		
		Portion weight (g)		50		
				per 100g	per portion (g)	
				KJ	2160	1080
				Kcal	517	259
				Fat	29.4	14.7
		Sat	2.4	1.2		
		Carbs	55.9	28		
		Sugar	4.1	2.1		
		Protein	5.5	2.8		
		Salt	1	0.6		
		Portion weight (g)		50		
Metcalfe's® Charity Popcorn Sea Salt (Vg)	Popped Butterly Corn (75%), Rapeseed Oil, Sea Salt.	KJ	1833	367		
		Kcal	437	87		
		Fat	16.3	3.3		
		Sat	1.2	0.2		
		Carbs	55.1	11		
		Sugar	0.8	0.8		
		Fibre	12.7	2.5		
		Protein	11.2	2.2		
		Salt	1	0.2		
		Portion weight (g)		20		
				per 100g	per portion (g)	
				KJ	1908	477
				Kcal	455	114
		Fat	17.8	4.5		
		Sat	1.3	0.3		
		Carbs	60.5	15.1		
		Sugar	15.9	4.0		
		Fibre	9.6	2.4		
		Protein	8.6	2.2		
		Salt	0.5	0.1		
		Portion weight (g)		25		
Metcalfe's Skinny Popcorn® Sweet 'n Salt (Vg)	Popped Butterly Corn (64%), Rapeseed Oil, Sweetening Blend (Sugar, Sweetener: Isomalt, Sweetener: Steviol Glycosides), Salt.	KJ	1908	477		
		Kcal	455	114		
		Fat	17.8	4.5		
		Sat	1.3	0.3		
		Carbs	60.5	15.1		
		Sugar	15.9	4.0		
		Fibre	9.6	2.4		
		Protein	8.6	2.2		
		Salt	0.5	0.1		
		Portion weight (g)		25		