

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	*	*	*											
Vegan Raspberry Croissant	*													
Praline Dito	*	*	*	*			*							

MUFFINS & SCONES

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

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	*	*	*				*							
Billionaires Cake	*	*	*				*							
NEW Cappuccino Cake	*	*	*				*							
Carrot Cake	*	*	*	*										
Luxury Blackforest Roulade	*	*	*				*							
Raspberry Ripple Roulade	*	*	*				*							
Nero Coffee & Caramel Cake	*	*	*						*					

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	*	*	*											

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.

BROWNIES & SHORTBREAD

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

* 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 Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Sicilian Lemon Cheesecake	*	*	*											
Salted Caramel & Chocolate Vegan Cheesecake	*						*							

CHOUXNUT

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Caramelised Biscuit Chouxnut	*	*	*				*							
Raspberry & White Chocolate Chouxnut	*	*	*				*							

SWEET
COOKIES

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

INDIVIDUAL CAKES

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

GRAB & GO CHOCOLATE

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

PORRIDGE

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

SAVOURY
SAVOURY ROLLS

	This Product Contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Pork & Pancetta Sausage Roll	*		*											
Sourdough Bread Roll	*													
Vegan Vegetable 'Sausage' Roll	*													

YOGHURTS

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

For Allergen information for Iced Beverages, please refer to the 'Caffè Nero Summer 2021 Iced Beverage Nutritional & Allergen Information'.

BEVERAGE
HOT DRINKS - COFFEE

	This Product Contains													
Product Name	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			*											
Caffè Latte			*											
Caffè Mocha*			*											
Americano (if served with milk)			*											
Cortado			*											
Flat White			*											

*served with whipped cream

**HOT DRINKS - TEA, HOT
CHOCOLATE & SPECIALITY**

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

*served with whipped cream

NON DAIRY MILK

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

EXTRAS

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

SYRUPS

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

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

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

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
		KJ	1701
		Kcal	407
		Fat	21.1
		Sat	9.0
		Carbs	43.9
		Sugar	13.7
		Fibre	2.4
		Protein	9.3
		Salt	0.7
		Portion weight (g)	84
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).		

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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PASTRIES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
Almond Croissant (V)	Pastry: Wheat Flour (WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid E300)), Water, Palm Fat, Yeast, Sugar, Butter (MILK) 2%, Rapeseed Oil, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Yeast, Flour Treatment Agent (Ascorbic Acid E300)), Emulsifier (Mono- and diglycerides of fatty acids E471), Acidity Regulator (Citric Acid E330), Flavouring, EGG , ALMOND Filling (19%) (Sugar, ALMONDS (7%) (NUTS), EGG White, Inverted Sugar Syrup, Water, EGG Yolk, Invertase E1103), Topping: ALMOND Flakes (4.2%) (NUTS). <i>May contain traces of other NUTS (Hazelnuts).</i>	KJ	1701
		Kcal	407
		Fat	21.1
		Sat	9.0
		Carbs	43.9
		Sugar	13.7
		Fibre	2.4
		Protein	9.3
		Salt	0.7
		Portion weight (g)	84
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, E339ii), colour (E160ai), flavouring), egg wash (EGGS , water). <i>May contain: traces of NUTS and traces of SOYA.</i>	per 100g	per portion (g)
		KJ	1081
		Kcal	258
		Fat	11
		Sat	6.7
		Carbs	34
		Sugar	11
		Fibre	2
		Protein	4.7
		Salt	0.7
Butter Croissant (V)	Pastry: WHEAT flour, butter 22% (MILK), water, sugar, whole MILK pasteurized, yeast, EGGS , salt, WHEAT gluten, emulsifier : E322 (rape lecithin), flour treatment agent : E300, enzymes, egg wash (Free Range EGGS) 1.5g. <i>May contain: traces of NUTS and traces of SOYA.</i>	per 100g	per portion (g)
		KJ	1792
		Kcal	429
		Fat	23
		Sat	15
		Carbs	46
		Sugar	6.8
		Fibre	2.6
		Protein	8.1
		Salt	1.2
Chocolate Twist (V)	Pastry: WHEAT flour, butter (MILK), water, yeast, sugar, EGGS , salt, WHEAT gluten, enzymes (amylases, hemicellulases, flour treatment agent (E300)), Pastry cream (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450iii, E339ii), colour (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). <i>May contain: traces of NUTS.</i>	per 100g	per portion (g)
		KJ	1512
		Kcal	361
		Fat	16
		Sat	9.6
		Carbs	47
		Sugar	21
		Fibre	3
		Protein	5.7
		Salt	0.8
Cinnamon Swirl (V)	WHEAT Flour, Fine Butter (MILK) (19%), Water, Sugar, Yeast, EGG , Cinnamon (1.4%), Maize Starch, WHEAT Gluten, Salt, Whey Powder (MILK), Whole MILK Powder, Skimmed MILK Powder, Thickener (Sodium Alginate), EGG Albumin Powder, Turmeric Extract, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), Natural Flavouring, Acidity Regulator (Citric Acid), Carrot Extract. <i>May contain: traces of SESAME SEEDS, NUTS, SOYA.</i>	per 100g	per portion (g)
		KJ	1706
		Kcal	407
		Fat	18.6
		Sat	12
		Carbs	51.2
		Sugar	21.8
		Fibre	2.78
		Protein	6.7
		Salt	0.6
Pain au Chocolat (V)	Pastry: (WHEAT flour, Butter (MILK), water, chocolate 10% (sugar, coca mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavour), sugar, whole MILK , yeast, EGGS , salt, WHEAT gluten, Emulsifier (rape lecithin), flour treatment agent (E300), enzymes (amylases, hemicellulases)), egg wash (Free Range EGG). <i>May contain: traces of NUTS.</i>	per 100g	per portion (g)
		KJ	1786
		Kcal	427
		Fat	23
		Sat	15
		Carbs	46
		Sugar	12
		Fibre	3
		Protein	7.6
		Salt	1
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)). <i>May contain: traces of NUTS and traces of SOYA.</i>	per 100g	per portion (g)
		KJ	1417
		Kcal	338
		Fat	14
		Sat	9.1
		Carbs	46
		Sugar	19
		Fibre	2.3
		Protein	5.8
		Salt	0.8
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 (1.6%) (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). <i>May contain: traces of MILK, SESAME SEEDS, SOYA, NUTS, EGGs.</i>	per 100g	per portion (g)
		KJ	1589
		Kcal	379
		Fat	16.3
		Sat	8.2
		Carbs	50.7
		Sugar	18.5
		Fibre	2.7
		Protein	6.4
		Salt	0.5
Praline Dito (V)	Water, WHEAT flour, fine butter (MILK) 11%, praline and hazelnuts dough 10% (sugar, HAZELNUTS 3%, ALMONDS 3%, stabilizer (sorbitol), emulsifier (SOYA lecithin)), sugar, EGGS , HAZELNUTS 3%, maize starch, yeast, salt, WHEAT gluten, whey powder (MILK), whole MILK powder, skimmed MILK powder, thickener (sodium alginate), EGG albumin powder, glucose syrup, turmeric extract, flour treatment agents (alpha-amylases, hemicellulases, ascorbic acid), natural flavouring, acidity regulator (citric acid), carrot extract.	per 100g	per portion (g)
		KJ	1514
		Kcal	361
		Fat	17.0
		Sat	7.6
		Carbs	45.0
		Sugar	18.0
		Protein	7.1
		Salt	0.83
		Portion weight (g)	77

MUFFINS & SCONES

PRODUCT		INGREDIENTS		NUTRITIONAL INFO		
Belgian Chocolate Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, Thiamin), sugar, water, liquid EGG , vegetable oil rapeseed, 9% filling (sugar, vegetable fats palm, fat-reduced cocoa, cocoa mass, fat reduced cocoa powder, emulsifier E322 (SOYA), natural vanilla flavouring), 3% Belgian dark chocolate chunks (sugar, cocoa mass, cocoa butter, emulsifier E322 (SOYA), natural vanilla flavouring), 3% Belgian milk chocolate chunks (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier E322 (SOYA), natural vanilla flavouring), buttermilk (MILK), 1.8% chocolate shavings curled mix (sugar, cocoa mass, cocoa butter, whole MILK powder, Lactose (MILK), whey powder (MILK), butter oil (MILK), emulsifier E322 (SOYA), natural vanilla flavouring), 1.4% large dark slabs (sugar, cocoa mass, cocoa butter, natural vanilla flavouring, emulsifier E322 (SOYA)), 1.4% large MILK slabs (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier E322 (SOYA), natural vanilla flavouring), raising agents (E341, E450, E501), inulin, glucose syrup, WHEAT starch, MILK protein, modified corn starch, humectants (E420, E422), emulsifiers (E471, E475), WHEAT flour, preservatives (E202, E223 (Contains SULPHITES)), stabiliser E415, natural flavouring, WHEAT Gluten, salt, acidity regulator E330, anti-caking agents (E470a, E551), rapeseed oil.	per 100g	per portion (g)			
		KJ	1702	1872		
		Kcal	407	448		
		Fat	22	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		
Blueberry Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, Thiamin), sugar, liquid EGG , 10% blueberries, water, 9% blueberry filling (water, blueberries, sugar, dextrose, glucose syrup, acidity regulators (E330, E331), gelling agent E440, natural flavouring, thickener E415, preservative E202), buttermilk (MILK), raising agents (E341, E450, E501), palm oil, inulin, MILK protein, WHEAT starch, emulsifiers (E471, E475), modified corn starch, WHEAT Gluten, WHEAT flour, preservative E202, glucose syrup, stabiliser E415, salt, acidity regulator E330, natural flavouring, colouring E160a, rapeseed oil.	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		
		per 100g	per portion (g)			
		KJ	1517	1669		
		Kcal	362	398		
		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.	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					
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			Kcal	299	
				Fat	6.3	
				Sat	2.2	
				Carbs	52	
		Sugar	20.5			
		Protein	7.6			
		Salt	1.1			
		Portion weight (g)		100		
		per 100g	per portion (g)			
		KJ	1198			
		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.	Kcal	284	
				Fat	6.2	
				Sat	2.1	
				Carbs	47.2	
Sugar	10.5					
Protein	8.9					
Salt	1.0					
Portion weight (g)				100		
per 100g	per portion (g)					
KJ	1254					
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			Kcal	297	
				Fat	6.4	
				Sat	2.2	
				Carbs	50.8	
		Sugar	12.5			
		Protein	8.2			
		Salt	1.0			
		Portion weight (g)		100		
		per 100g	per portion (g)			
		KJ	1254			

PORRIDGE & TOPPINGS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Porridge made with Semi Skimmed Milk (V)	Quaker Rolled OATS, Semi Skimmed MILK.	per 100g	per portion (g)
		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	
		per 100g	per portion (g)
Porridge made with Skimmed Milk (V)	Quaker Rolled OATS, Skimmed MILK.	KJ 383	918
		Kcal 91	219
		Fat 1.6	3.8
		Sat 0.4	0.9
		Carbs 13.8	33
		Sugar 4.2	10.0
		Fibre 1.5	3.5
		Protein 4.7	11.4
		Salt 0.1	0.2
		Portion weight (g) 240	
		per 100g	per portion (g)
Porridge made with Whole Milk (V)	Quaker Rolled OATS, Whole MILK.	KJ 484	1161
		Kcal 116	277
		Fat 4.4	10.6
		Sat 2.2	5.3
		Carbs 13.6	32.6
		Sugar 4.0	9.6
		Fibre 1.5	3.5
		Protein 4.7	11.2
		Salt 0.1	0.2
		Portion weight (g) 240	
		per 100g	per portion (g)
Porridge made with Soya Milk (Vg)	Quaker Rolled OATS, Alpro Soya Milk: Water, Hulled SOYA beans (8.7%), Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2).	KJ 414	993
		Kcal 99	238
		Fat 3.0	7.1
		Sat 0.5	1.2
		Carbs 12.4	29.7
		Sugar 2.7	6.5
		Fibre 2.0	4.8
		Protein 4.7	11.2
		Salt 0.0	0.0
		Portion weight (g) 240	
		per 100g	per portion (g)
Porridge made with Coconut Milk (Vg)	Quaker Rolled OATS, Alpro Coconut Milk: SOYA base (Water, Hulled SOYA beans (2.9%)), Coconut milk (3.5%) (Coconut cream, Water), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Flavouring, Stabiliser (Gellan gum).	KJ 374	901
		Kcal 90	215
		Fat 2.5	6.0
		Sat 0.9	2.0
		Carbs 12.6	30.3
		Sugar 3.0	7.3
		Fibre 1.6	3.9
		Protein 3.1	7.4
		Salt 0.0	0.0
		Portion weight (g) 278	
		per 100g	per portion (g)
Porridge made with Oat Milk (Vg)	Quaker Rolled OATS, Alpro Oat Milk: OAT base (Water, OAT (10%)), Sunflower oil, Pea protein, Sea salt, Vitamins (B2, B12, D2).	KJ 428	1026
		Kcal 102	244
		Fat 2.4	5.8
		Sat 0.7	1.6
		Carbs 16.8	40.3
		Sugar 3.6	8.5
		Fibre 2.2	5.2
		Protein 2.1	4.9
		Salt 0.0	0.0
		Portion weight (g) 278	
		per 100g	per portion (g)
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	483
		Kcal 462	115
		Fat 22.5	5.6
		Sat 2.6	0.7
		Carbs 46.5	11.6
		Sugar 27.9	7.0
		Fibre 13.5	3.4
		Protein 11.7	2.9
		Salt 0.05	0.0
		Portion weight (g) 25	
		per 100g	per portion (g)
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	334
		Kcal 319	80
		Fat 0.5	0.1
		Sat 0.2	0.0
		Carbs 75.1	18.8
		Sugar 67.4	16.8
		Fibre 4.4	1.1
		Protein 1.5	0.4
		Salt 0.10	0.0
		Portion weight (g) 25	

EXTRAS

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

LOAF CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
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.	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 0.6	0.5
		Portion weight (g)	88
Sicilian Lemon Drizzle Loaf Cake (V)	Cake (Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG, Rapeseed Oil, Water, Cake concentrate (Modified Maize Starch, WHEAT Starch, Raising agent: Disodium Diphosphate, Potassium Bicarbonate; Wheat Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Emulsifier: Mono- and Diglyceride of fatty acids, Propane 1,2 diol esters of fatty acid, Sodium stearoyl-2-lactylate; Rapeseed Oil, Dextrose, Preservative: Potassium Sorbate; WHEAT Gluten, Acidity Regulator: Citric acid; Stabiliser: Xanthan Gum), Sicilian Lemon Juice (3%), Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglyceride of Fatty acids, Sodium Stearoyl-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; WHEAT protein), Glycerine, Flavouring, Raising Agent: Disodium Diphosphate, Potassium Hydrogen Carbonate) Fondant (Sugar, Glucose Syrup, Water, Rapeseed Oil, Palm Oil, Dextrose, Fructose, Cornflour, Emulsifier: Mono- and Diglyceride of fatty acids, Sucrose esters of fatty acids; Humectant: Glycerine; Rice Starch, Acidity Regulator: Citric acid), Caramelised Lemon zest (1%) (Sugar, Lemon Zest, Water), Dextrose, Cornflour, Palm Oil.	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	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	
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 (Guar Gum)), Ground Caffè Nero Coffee Powder (1.4%), Coffee Flavouring (0.5%)], Coffee Drizzle (2.4%) [Brewed Caffè Nero Coffee, Coffee Flavouring], Dark Chocolate Coffee Bean Decorations (1.5%) [Sugar, Cocoa Mass, Cocoa Butter, Coffee, Emulsifier (Sunflower Lecithin), Natural Flavourings, Glazing Agents (Shellac, Acacia Gum)], Milk Chocolate (0.1%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Fat Reduced Cocoa Powder (0.02%).		per 100g	per portion (g)
		KJ	1656	1888
		Kcal	394	449
		Fat	20.1	22.9
		Sat	4.4	5.0
		Carbs	50.3	57.4
		Sugar	35.6	40.5
		Fibre	0.9	1.1
		Protein	4.1	4.7
		Salt	0.5	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) (%), White Chocolate Buttons (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin) (%), 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	
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.	per 100g	per portion (g)
		KJ 2099	1574
		Kcal 502	377
		Fat 28.3	21.2
		Sat 16.8	12.6
		Carbs 56.6	42.5
		Sugar 41	30.8
		Fibre 1.5	1.1
		Protein 4.7	3.5
		Salt 0.5	0.4
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.	Portion weight (g)	75
		per 100g	per portion (g)
		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
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.	Portion weight (g)	54
		per 100g	per portion (g)
		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
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.	Portion weight (g)	58
		per 100g	per portion (g)
		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
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.	Portion weight (g)	67
		per 100g	per portion (g)
		KJ 2012	1382
		Kcal 483	332
		Fat 26.3	18.1
		Sat 16	11
		Carbs 55.8	38.4
		Sugar 46.9	32.3
		Fibre 3.9	2.7
		Protein 5.9	4
Belgian Chocolate & Caramel Crispy (V)	Milk Chocolate (40%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, SOYA Lecithin, Flavouring], Crisped Rice (17%) [Rice Flour, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Whey Powder (MILK), BARLEY Malt Flour, Salt, Rapeseed Oil, Emulsifier: SOYA Lecithin], Caramel (16%) [Sweetened Condensed MILK, Glucose Syrup (SULPHITES), Invert Sugar Syrup, Palm Oil, Salted Butter (MILK), Sugar, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Salt, Flavouring], Golden Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), White Chocolate Flavour Coating (3%) [Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin], Unsalted Butter (MILK), Cocoa Powder, Concentrated Grape Juice (Concentrated Grape Juice, Rice Starch). May contain as made in an environment that handles Egg and Nuts.	Portion weight (g)	69
		per 100g	per portion (g)
		KJ 2070	1159
		Kcal 495	277
		Fat 26	14.6
		Sat 14.7	8.2
		Carbs 58.9	33
		Sugar 33.1	18.5
		Fibre 1.6	0.9
		Protein 5.4	3.0
Vegan Granola Flapjack (V)	OATS (31%), Golden Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), Pumpkin Seeds (8%), Flaked ALMONDS (7%), Brown Sugar, Glucose Syrup (SULPHITES), Black Treacle, Sugar, OAT Flour, Water, Flavourings, Salt.	Portion weight (g)	56
		per 100g	per portion (g)
		KJ 1920	1344
		Kcal 458	321
		Fat 22.2	15.5
		Sat 6	4.2
		Carbs 50.8	35.6
		Sugar 22.3	15.6
		Fibre 4.5	3.2
		Protein 11.5	8.1
White Chocolate & Lemon Blondie (V)	Brown Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MILK), White Chocolate (14%) [Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier: SOYA Lecithin; Flavouring], Free Range EGG, Lemon Curd (2%) [Water, Glucose Syrup, Sugar, Butter (MILK), Lemon Concentrate, Modified Maize Starch, Dried Free Range EGG, Thickener: Pectins; Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Acidity Regulator: Acetic Acid; Flavouring, Lemon Oil, Colours: Lutein, Carotenes], White Chocolate Flavour Coating [Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin], PISTACHIO NUTS (2%), Water, Lemon Juice, Flavourings, Preservative: Potassium Sorbate; Salt.	Portion weight (g)	60
		per 100g	per portion (g)
		KJ 1850	1110
		Kcal 442	265
		Fat 22.4	13.4
		Sat 13.9	8.3
		Carbs 55.6	33.4
		Sugar 33.9	20.3
		Fibre 0.8	0.5
		Protein 4	2.4
Raspberry Ripple Roulade (V)	Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Raspberries (16%), Sugar, Free Range EGG, Self-Raising Flour (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphate, Sodium Hydrogen Carbonate), Reduced Fat Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), White Chocolate Buttons (6%) [Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin], Icing Sugar, Single Cream (MILK), White Chocolate Shavings (2%) [Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring], Raspberry Jam (2%) [Glucose Fructose Syrup, Raspberry Concentrate, Sugar, Gelling Agent: Pectin; Acidity Regulators: Citric Acid, Sodium Citrates; Natural Raspberry Flavouring], White Chocolate (2%) [Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring], White Chocolate Curds [Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring], Flavouring, Modified Potato Starch, Modified Waxy Maize Starch, Raising Agent (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate: WHEAT Flour), Freeze Dried Raspberries, Thickener Blend (Thickeners: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose), Natural Colour (Red Beetroot Juice Concentrate, Maltodextrin, Acidity Regulator: Citric Acid)	Portion weight (g)	116
		per 100g	per portion (g)
		KJ 1428	1656
		Kcal 342	396
		Fat 20.1	23.4
		Sat 9.1	10.6
		Carbs 36.6	42.5
		Sugar 27.1	31.4
		Fibre 1	1.1
		Protein 4	4.7

CHEESECAKE

PRODUCT		INGREDIENTS		NUTRITIONAL INFO		
Salted Caramel & Chocolate Vegan Cheesecake (Vg)	Coconut Milk (Coconut Extract, Water), Bourbon Biscuit Crumb (21%) [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Rapeseed Oil, Sugar, Cocoa Powder, Inverted Sugar Syrup, Raising Agent: Sodium Bicarbonate, Salt], Non-Dairy Soft Cheese (15%) (Water, Coconut Oil, Stabiliser Blend (Potato Starch, Maize Starch, Modified Potato Starch, Carob Bean Gum), Coconut, Salt, Natural Flavouring, Acidity Regulator: Tri-Calcium Phosphate, Citric Acid; Colour: Carrot Juice Concentrate; Vitamin D2, Vitamin B12), Dark Couverture Chocolate (11%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Lemon Juice, Natural Vanilla Flavouring), Stabiliser Blend (Sugar, Maltodextrin, Modified Starch, Thickener: Carrageenan), Cornflour (Maize), Cocoa Butter, Stabiliser Mix (Water, Sugar, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids), Water, Speculoos Spread (Caramelised Biscuit [WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate: SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: SOYA Lecithin; Acidity Regulator: Citric Acid), Modified Potato Starch, Low Sodium Salt (0.34%) (Potassium Chloride, Sodium Chloride, Magnesium Carbonate), Glazing Agent: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose, Cream Cheese Flavouring, Natural Vanilla Flavouring, Salt (0.03%).		per 100g		per portion (g)	
			KJ	1467		1473
			Kcal	351		353
			Fat	22.1		22.2
			Sat	13.8		13.8
			Carbs	35.3		35.4
			Sugar	19.9		19.9
			Fibre	1.9		1.9
			Protein	2.4		2.4
			Salt	0.2		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.		per 100g		per portion (g)	
			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	
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.	per 100g	per portion (g)		
		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.	per 100g	per portion (g)		
		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	per 100g	per portion (g)		
		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	8.6	5.7	
		Salt	0.5	0.3	
		Portion weight (g)		70	

INDIVIDUAL CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Cherry Bakewell Crumble Cake (V)	Sugar, Cherry Filling (19%) [Dark Cherry, Sugar, Water, Modified Starch, Elderberry Concentrate, Flavouring, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate)], Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Free Range Pasteurised EGG , Rapeseed Oil, White Fudge Icing (Sugar, Glucose Syrup, Palm Oil, Rapeseed Oil, Water, Emulsifiers (Mono- and Di Glycerides of Fatty Acids, Sodium Stearoyl - 2 Lactylate), Salt, Stabiliser (Agar), Preservative (Potassium Sorbate), Colour (Titanium Dioxide)), Butter (MILK), Water, Amaretti Biscuit (3%) (Sugar, Apricot Kernels, EGG White, Corn Flour, WHEAT flour, Rice Flour, Wholemeal WHEAT Flour, Raising Agents [Sodium Carbonate Acid, Ammonium Carbonate Acid], Natural Flavouring), Almond Flakes (3%) (NUIS), Potato Starch, WHEAT Gluten, Natural Flavouring Substances, Whey Powder (MILK), Salt, Raising Agents [Disodium Diphosphate, Sodium Bicarbonate], Acidity Regulator (Citric Acid).	per 100g	per portion (g)
		KJ	1618
		Kcal	386
		Fat	17
		Sat	4.2
		Carbs	52.8
		Sugar	34.9
		Fibre	1.2
		Protein	4.8
		Salt	0.6
		Portion weight (g)	94
		per 100g	per portion (g)
		KJ	1960
		Kcal	468
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).	Fat	25.4
		Sat	7.6
		Carbs	54.2
		Sugar	34.6
		Fibre	1.6
		Protein	5
		Salt	0.4
		Portion weight (g)	122
		per 100g	per portion (g)
		KJ	1351
		Kcal	322
		Fat	14
		Sat	3.3
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).	Carbs	43.7
		Sugar	28.9
		Fibre	2.8
		Protein	3.9
		Salt	0.5
		Portion weight (g)	105
		per 100g	per portion (g)
		KJ	1011
		Kcal	241
		Fat	9
		Sat	7.2
		Carbs	36
		Sugar	29
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.	Fibre	1.7
		Protein	3
		Salt	0.1
		Portion weight (g)	110
		per 100g	per portion (g)
		KJ	1313
		Kcal	313
		Fat	15.3
		Sat	6.4
		Carbs	39.8
		Sugar	30.2
		Fibre	0.8
		Protein	4.5
Caramelised Biscuit Chouxnut (V)	Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Single Cream (MILK), Free Range EGG , White Chocolate (6%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Buttermilk (Skimmed MILK , Skimmed MILK Solids, MILK Protein Concentrate), Reduced Fat Soft Cheese (Skimmed MILK , Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Belgian Chocolate Chips (5%) (Cocoa Mass, Sugar, Dextrose, Emulsifier: SOYA Lecithin), Speculoos Spread (5%) (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), Shortening (Palm Oil, Rapeseed Oil), Speculoos Biscuit Crumb (4%) (Caramelised Biscuit (WHEAT Flour, Sugar (Sugar, Sugar Syrup), Vegetable Oil (Palm Oil, Rapeseed Oil), Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon)), Sugar, Rapeseed Oil, Modified Waxy Maize Starch, Modified Potato Starch, Salt, Colour: Ammonia Caramel	Salt	0.3
		Portion weight (g)	88
		per 100g	per portion (g)
		KJ	1128
		Kcal	269
		Fat	12
		Sat	5.3
		Carbs	37
		Sugar	28.5
		Fibre	0.6
		Protein	4
		Salt	0.3
Raspberry & White Chocolate Chouxnut (V)	Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Raspberries (11%), Single Cream (MILK), Free Range EGG , White Chocolate (7%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Buttermilk (Skimmed MILK , Skimmed MILK Solids, MILK Protein Concentrate), Reduced Fat Soft Cheese (Skimmed MILK , Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Sugar, Stabiliser Blend (Dextrose, Sugar, Modified Maize Starch), Glucose Syrup, Rapeseed Oil, White Chocolate Curls (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Freeze Dried Raspberries, Modified Waxy Maize Starch, Modified Potato Starch, Salt, Natural Colour (Red Beetroot Juice Concentrate, Maltodextrin, Acidity Regulator: Citric Acid), Natural Strawberry Flavouring	Portion weight (g)	97

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 (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
		Kcal	272
		Fat	16
		Sat	7.9
		Carbs	26.5
		Sugar	4.8
		Fibre	2.4
		Protein	4.2
		Salt	0.9
		Portion weight (g)	130
		per 100g	per portion (g)
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
		Kcal	305
		Fat	17
		Sat	7.3
		Carbs	23
		Sugar	4.3
		Protein	15
		Salt	2
		Portion weight (g)	130
		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
		Kcal	335
		Fat	20
		Sat	13
		Carbs	23
		Sugar	4.3
		Protein	15
		Salt	0.8
		Portion weight (g)	102
		per 100g	per portion (g)
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 FBS (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
		Kcal	248
		Fat	9.3
		Sat	2.5
		Carbs	28
		Sugar	4.1
		Protein	12
		Salt	1.9
		Portion weight (g)	133
		per 100g	per portion (g)
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
		Kcal	309
		Fat	0.7
		Sat	0.2
		Carbs	63.6
		Sugar	1.6
		Fibre	3.7
		Protein	10.4
		Salt	1.6
		Portion weight (g)	74

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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), Spice, 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), Spice, Stabilisers (E412,E415), Preservative (E202), Colour (E161b)), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330)), Wholegrain MUSTARD Seed, White Wine Vinegar, Glucose-Fructose Syrup, MUSTARD Flour, Salt, Acidity Regulator (E260), Cinnamon, Pimento, Turmeric]], Cheddar Cheese (11%) (MILK).	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
Five Cheese & Roasted Tomato Tostati (V)	Sourdough Bread (44%) [Fortified WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture (RYE), SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers (E472(e), E481), Flour Treatment Agent (E300)], Cheese Topping (17%) [Mozzarella (MILK), Béchamel (Béchamel Sauce (Skimmed MILK , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Starch (Waxy Maize), Salt, Emulsifier (Lecithin) (SOYA)), Red Cheddar (MILK), Cheese Filling (15%) [Mascarpone (Cream (MILK), MILK , Acidity Regulator (E330), Preservative (E202, E234)), Regato (MILK), Béchamel (Béchamel Sauce (Skimmed MILK , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Starch (Waxy Maize), Salt, Emulsifier (Lecithin) (SOYA)), Red Cheddar (MILK), Cheddar Cheese (15%) (MILK), Roasted Baby Plum Tomatoes (9.8%) (Plum Tomatoes, Rapeseed Oil, Salt, Oregano, Garlic).	per 100g	per portion (g)	
		KJ	1196	2452
		Kcal	286	586
		Fat	15.0	30.0
		Sat	8.5	17.0
		Carbs	25.0	52.0
		Sugar	1.5	3.1
		Protein	12.0	25.0
		Salt	1.1	2.3
		Portion weight (g)		205
Irish Sausage, Cheddar & Ballymaloe Relish Toastie	Malted Bloomer Bread (43%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran , Yeast, Salt, Vegetable Fat (Rapeseed, Palm), Malted WHEAT Flour, Malted BARLEY Flour, WHEAT Protein, Spirit Vinegar, Emulsifiers (E472e), Flour Treatment Agent (E300)], Sausage (38%) [Pork (70%), Water, Rusk (WHEAT flour (Fortified WHEAT flour, Calcium carbonate, Iron, Niacin, Thiamin), Salt), WHEAT Starch, Salt, Dextrose, Rapeseed Oil, Beef Collagen Casing, WHEAT flour (Fortified WHEAT flour, calcium Carbonate, Iron, Niacin, Thiamin), Stabiliser (E451), WHEAT protein, Spice and Herb Extracts (Pepper, Nutmeg, Chilli, Sage, Parsley, Pimento)], Cheddar Cheese (9.5%) (MILK , Potato Starch), Ballymaloe Relish (9.5%) (Tomatoes, Tomato Puree, Vinegar, Sugar, Onions, Sultanas, Sea Salt, MUSTARD Seed, Spices).	per 100g	per portion (g)	
		KJ	1078	2263
		Kcal	258	541
		Fat	11.0	23.0
		Sat	4.5	9.0
		Carbs	28.0	58.0
		Sugar	4.6	9.6
		Protein	12.0	25.0
		Salt	1.3	2.8
		Portion weight (g)		190

SALAD AND BREAKFAST POTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Pesto Orzo Pasta with Houmous & Roasted Veg (V)	Orzo Mix (73%) [Cooked Orzo Pasta (Durum WHEAT Semolina), Green Pesto (Basil Puree (Basil, Sunflower oil, Salt) , Sunflower oil, Vegetarian media fat hard cheese (MILK))], Dressing Veg Mix (18%) [Veg (red peppers, yellow peppers, courgette, onion), Green Pesto (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian media fat hard cheese (MILK))], Red pepper & Houmous Mix (9%) [Red pepper Tapenade (SunBlush® peppers, sunflower oil, tomato concentrate, olive oil, salt, concentrated lemon juice, garlic, sugar), Houmous (Chick Peas (68%), Water, Sunflower Oil, Salt, Garlic, Citric Acid)].	per 100g	per portion (g)	
		KJ	835	1838
		Kcal	200	439
		Fat	11	24
		Sat	1.7	3.7
		Carbs	20	44
		Sugar	1	2.1
		Protein	5	11
		Salt	0.9	2
		Portion weight (g)		220
Chorizo Protein Pot	Baked Beans (54%) [Beans, Tomatoes, Water, Sugar, Cornflour, Salt, Modified Cornflour, Antioxidant - Ascorbic Acid, Spice Extracts, Herb Extract], Veg & Pesto Mix (30%) [Veg (red peppers, yellow peppers, courgette, onion), Green Pesto (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian medium fat hard cheese (MILK))], Chorizo (16%) [Pork, salt, MILK proteins, paprika, maltodextrin, garlic, dextrose, flavours, spices, stabilisers (E450, E452), antioxidant (E301), preservatives (E250, E252), colours (E120, paprika extract).	per 100g	per portion (g)	
		KJ	515	953
		Kcal	123	228
		Fat	6.2	11
		Sat	2	3.7
		Carbs	9	17
		Sugar	2.8	5.1
		Protein	6.5	12
		Salt	0.8	1.4
		Portion weight (g)		185
Halloumi Protein Pot (Vg)	Baked Beans (61%) [Beans, Tomatoes, Water, Sugar, Cornflour, Salt, Modified Cornflour, Antioxidant: Ascorbic Acid (E330), Spice Extracts, Herb Extract], Halloumi Mix (22%) [Halloumi Cheese (MILK , Nitri), Green Pesto (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian medium fat hard cheese (MILK)), Red Pepper (17%).	per 100g	per portion (g)	
		KJ	537	967
		Kcal	128	231
		Fat	6.3	11.3
		Sat	3.4	6.1
		Carbs	9.2	16.6
		Sugar	4.3	7.7
		Protein	7.5	13.5
		Salt	0.59	1.06
		Portion weight (g)		180

SANDWICHES & FLATBREAD

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Chicken & Pesto Flatbread	Spinach wrap (32%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin(B3), Thiamin (B1)), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Spinach, Parsley, Sugar, Raising Agents: Sodium Carbonate (E500), Malic acid (E296), Diphosphates (E450), Salt], Chicken (21%) [Chicken Breast, Salt, Starch, Glucose syrup, Stabilisers: Triphosphates (E451), Guar gum (E412), Potato Starch, Natural Chicken Stock (Chicken, Salt), Vinegar], Mozzarella (16%) (MILK), Tomato (13%), Green Pesto (11%) (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian media fat hard cheese (MILK), Rocket (6%), Starch.	per 100g	per portion (g)
		KJ	950
		Kcal	227
		Fat	12
		Sat	1.9
		Carbs	18
		Sugar	1.2
		Protein	12
		Salt	1.5
		Portion weight (g)	189
Milano Salami & Provolone Cheese Flatbread	Tortilla Wrap (34%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Tomato Seasoning (Tomato Powder, Red Pepper, Paprika, Basil), Raising Agents: Sodium Carbonate (E500), Malic acid (E296), Diphosphates (E450), Sugar, Stabiliser: Carboxymethyl cellulose (E466), Salt], Salami(17%) [Pork, Salt, Dextrose, Flavourings (Garlic Extract), Spices (Ground Black Pepper), Antioxidant: Sodium Ascorbate (E301), Preservatives: Sodium Nitrite (E250), Potassium Nitrate (E252)], Provolone (18%) (MILK , Salt, Rennet), Yellow Pepper (15%), Relish & Red pepper Mix (12%) (Baltymalae relish (Tomatoes, Vinegar, Sugar, Onions, Sultanas, Tomato Puree, Sea Salt, Mustard Seed, Spices), Red pepper tapenade (SunBlush® peppers, sunflower oil, tomato concentrate, olive oil, salt, concentrated lemon juice, garlic, sugar), Rocket (9%), Starch.	per 100g	per portion (g)
		KJ	1047
		Kcal	250
		Fat	14
		Sat	6.5
		Carbs	21
		Sugar	4.6
		Protein	11
		Salt	1.4
		Portion weight (g)	179
Red Pepper & Scamorza Cheese Flatbread	Wrap (44%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Humectant: Glycerine (E422), Raising Agents: Diphosphates (E450), Sodium Carbonate (E500), Malic Acid (E296), Acid: Citric Acid (E330), Stabilisers: Guar Gum (E412), Sodium Carboxy Methyl Cellulose (E466), Preservatives: Potassium Sorbate (E202), Calcium Propionate (E282), Emulsifier: Mono- & Diglycerides of Fatty Acids (E471), Dextrose, Flavouring, Salt], Scamorza (30%) (MILK , salt, rennet, bacterial culture: Acid; citric acid (E330)), Relish & Pepper mix (15%) (Baltymalae Relish (Tomatoes, Vinegar, Sugar, Onions, Sultanas, Tomato Puree, Sea Salt, MUSTARD seed, Spices), Red pepper Tapenade (SunBlush® peppers, sunflower oil, tomato concentrate, olive oil, salt, concentrated lemon juice, garlic, sugar), Starch], Spinach (9%), Starch, Pepper cheek [Pepper, water, salt, citric acid (E-330)], Basil.	per 100g	per portion (g)
		KJ	1100
		Kcal	263
		Fat	12
		Sat	6.9
		Carbs	28
		Sugar	5.4
		Protein	11
		Salt	1.8
		Portion weight (g)	150
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 diacetyl 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
		Kcal	260
		Fat	17
		Sat	2.4
		Carbs	19
		Sugar	1.5
		Protein	9.2
		Salt	0.6
		Portion weight (g)	202
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 (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, BUTTER / MILK , Preservative (E202), Acidity Regulator (E300), Emulsifier (E471), Flavouring Colour (E106a), Vitamins A and D)],	per 100g	per portion (g)
		KJ	1232
		Kcal	294
		Fat	13
		Sat	3.1
		Carbs	25
		Sugar	1.7
		Protein	11
		Salt	1.1
		Portion weight (g)	164

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
Almond Biscotti (V)	WHEAT flour, sugar, ALMONDS (15%), EGG, EGG yolk, butter, honey, partly skimmed MILK, raising agent: E 503 (ammonium bicarbonate), salt, natural flavour (orange), flavours.	KJ	1841
		Kcal	440
		Fat	14.45
		Sat	2.71
		Carbs	66.5
		Sugar	31.0
		Fibre	2.7
		Protein	9.6
		Salt	1.6
		Portion weight (g)	37
Caramel Waffle (V)	Glucose fructose syrup, wheat flour, sugar, palm fat, concentrated butter (MILK), sugar syrup, SOYA flour, rapeseed oil, salt, dextrin (WHEAT), emulsifiers (SOYA lecithin, mono- and diglycerides of fatty acids), raising agent (sodium carbonates), cinnamon, acidity regulator (citric acid), natural Bourbon vanilla.	per 100g	per portion (g)
		KJ	1786
		Kcal	425
		Fat	16
		Sat	9
		Carbs	66
		Sugar	38
		Fibre	1.5
		Protein	3.5
		Salt	0.6
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.	per 100g	per portion (g)
		KJ	2276
		Kcal	546
		Fat	32
		Sat	19
		Carbs	56
		Sugar	41.0
		Fibre	6.7
		Protein	6.1
		Salt	0.04
Dark Chocolate & Hazelnut Chocolate Bar (V)	Dark chocolate 57% (sugar, cocoa mass, cocoa butter, emulsifier: SOY lecithin, natural vanilla flavour), hazelnut cream 43% [sugar, vegetable fats (coconut, palm kernel oil, shea butter in variable proportions), HAZELNUTS (14%), skimmed cocoa powder, whey powder (contains MILK), emulsifier: SOY lecithin, natural vanilla flavour, nibbed HAZELNUTS (11.5%)]	per 100g	per portion (g)
		KJ	2338
		Kcal	562
		Fat	38
		Sat	24
		Carbs	48
		Sugar	46.0
		Fibre	5.8
		Protein	4.5
		Salt	0.1
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.	per 100g	per portion (g)
		KJ	1200
		Kcal	283
		Fat	2.5
		Sat	0.8
		Carbs	56.2
		Sugar	22.0
		Fibre	3.8
		Protein	7.3
		Salt	0.2
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.	per 100g	per portion (g)
		KJ	2416
		Kcal	581
		Fat	40
		Sat	15
		Carbs	47
		Sugar	44.0
		Protein	5.7
		Salt	0.03
		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, Polysorbate 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
		Kcal	406
		Fat	9.9
		Sat	4.5
		Carbs	72.8
		Sugar	29.5
		Fibre	1.9
		Protein	5.4
		Salt	0.5
		Portion weight (g)	73
		per 100g	per portion (g)
		KJ	1663
Leone Mints (Vg, GF, DF)	Sugar, Thickening agents: Arabic gum, tragacanth; Piedmont peppermint essential oil.	Kcal	391
		Fat	0
		Sat	0
		Carbs	97
		Sugar	97
		Protein	0.2
		Salt	0.0
		Portion weight (g)	30
		per 100g	per portion (g)
		KJ	2136
		Kcal	511
Locker Creamkakao (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.	Fat	26
		Sat	22
		Carbs	59
		Sugar	28.0
		Protein	7.7
		Salt	0.3
		Portion weight (g)	45
		per 100g	per portion (g)
		KJ	2169
		Kcal	519
		Fat	27
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.	Sat	20
		Carbs	59
		Sugar	26
		Protein	8.1
		Salt	0.3
		Portion weight (g)	45
		per 100g	per portion (g)
		KJ	2188
		Kcal	523
		Fat	27
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.	Sat	23
		Carbs	61
		Sugar	31
		Protein	7.8
		Salt	0.4
		Portion weight (g)	45
		per 100g	per portion (g)
		KJ	1997
		Kcal	476
		Fat	19.3
Metcalle'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%).	Sat	11.1
		Carbs	66.9
		Sugar	31.4
		Fibre	1.9
		Protein	6
		Salt	0.1
		Portion weight (g)	17.0
		per 100g	per portion (g)
		KJ	2380
		Kcal	572
		Fat	39
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%)]	Sat	24
		Carbs	47
		Sugar	46.0
		Fibre	3.7
		Protein	6.6
		Salt	0.2
		Portion weight (g)	17.5
		per 100g	per portion (g)
		KJ	1548
		Kcal	368
		Fat	14
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.	Sat	8.5
		Carbs	52
		Sugar	28.0
		Fibre	1.4
		Protein	7.9
		Salt	0.5
		Portion weight (g)	100
		per 100g	per portion (g)
		KJ	1882
		Kcal	449
		Fat	17.7
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.	Sat	6.2
		Carbs	69.6
		Sugar	46.0
		Fibre	4.7
		Protein	4.6
		Salt	0.7
		Portion weight (g)	60

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
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).	per 100g	per portion (g)
		KJ 1853	558
		Kcal 440	133
		Fat 14.2	4.3
		Sat 5.6	1.7
		Carbs 72.3	21.7
		Sugar 37.7	11.3
		Protein 4.9	1.5
		Salt 0.6	0.2
		Portion weight (g)	30
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.	per 100g	per portion (g)
		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
Wrapped Shortbread (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (33%)(MILK), Icing Sugar, Light Brown Sugar (Sugar, Molasses).	per 100g	per biscuit (g)
		KJ 2199	550
		Kcal 526	132
		Fat 28.2	7.1
		Sat 18.6	4.7
		Carbs 62.3	15.6
		Sugar 22.9	5.7
		Protein 5.4	1.4
		Salt 0.7	0.2
		Portion weight (g)	25
Chocolate & Yoghurt Covered Raisins (V, GF)	Milk Chocolate Raisins (50%) (MILK Chocolate Coating (Sugar, MILK Powder, Cocoa Butter, Cocoa Mass, Palm Oil, Whey (MILK), Emulsifier: Sunflower Lecithin, Glazing Agents: Gum Arabic, Shellac), Raisins (Raisins, Sunflower Oil)), Yoghurt Coated Raisins (50%) (Yoghurt Flavoured Coating (Sugar, Palm Oil, Whey Powder (MILK), Rice Flour, Yoghurt Powder (3%) (MILK), Emulsifier: Sunflower Lecithin, Glazing Agents: Shellac, Gum Arabic), Raisins (Raisins, Sunflower Oil)).	per 100g	per portion (g)
		KJ 1829	695
		Kcal 437	166
		Fat 18.0	6.8
		Sat 11.2	4.3
		Carbs 64.7	24.6
		Sugar 63.3	24.1
		Fibre 1.0	0.4
		Protein 3.6	1.4
		Salt 0.30	0.09
Fruit & Nut Mix (Vg, DF, GF)	Almonds (NUTS) (30%), Pistachios (NUTS) (25%), Dried Sweetened Cranberries (20%) (Sugar, Cranberries, Sunflower Oil), Golden raisins (15%) (Raisins, Sunflower Oil, Preservative: SULPHUR DIOXIDE), Cashew NUTS (10%).	per 100g	per portion (g)
		KJ 2093	837
		Kcal 500	200
		Fat 32.7	13.1
		Sat 3.6	1.4
		Carbs 34.5	13.8
		Sugar 28.7	11.5
		Fibre 6.8	2.7
		Protein 13.6	5.4
		Salt 0.0	0.0
Totally Nutty (Vg, DF, GF)	Almonds (NUTS) (35%), Cashew NUTS (30%), Pecan NUTS (20%), Hazelnuts (NUTS) (15%).	per 100g	per portion (g)
		KJ 2656	1063
		Kcal 635	254
		Fat 56.2	22.5
		Sat 5.7	2.3
		Carbs 12.5	5.0
		Sugar 4.7	1.9
		Fibre 5.5	2.2
		Protein 16.8	6.7
		Salt 0.0	0.0
		Portion weight (g)	40.0

YOGHURTS & FRUIT POTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Apple, Cranberry & Mango Bircher	Soaked Oats Mix (86%) [MILK] , Porridge Oats [Wholegrain rolled OATS (GLUTEN) , Mango puree [Mango, cane sugar], Cranberries [Cranberries, Sugar, Sunflower], Chia seeds, Pumpkin seeds, Green apple, Cinnamon], Mango puree (10%) [Mango, cane sugar], Dried cranberries (4%) [Cranberries, Sugar, Sunflower].	per 100g	per portion (g)
		KJ 471	873
		Kcal 113	209
		Fat 2.8	5.1
		Sat 0.6	1
		Carbs 14	26
		Sugar 13	24
		Protein 2.5	4.7
		Salt 0.01	0.01
		Portion weight (g)	185
Yoghurt & Blueberry Compote (V, GF)	Greek Yoghurt (86%) [MILK] , Blueberry Compote (14%) [Whole Blueberries (58%), Sugar, Water, Pectin (Sucrose), Citric Acid].	per 100g	per portion (g)
		KJ 431	754
		Kcal 103	180
		Fat 5.5	9.7
		Sat 3.6	6.3
		Carbs 9.8	17
		Sugar 8.3	14
		Protein 3.7	6.5
		Salt 0.1	0.2
		Portion weight (g)	175
Yoghurt & Blueberry Compote with Cranberry, Coconut & Chia Seed Granola (V, GF)	Greek Yoghurt [MILK] , Blueberry Compote [Whole Blueberries, Sugar, Water, Pectin (Sucrose), Citric Acid], <i>With Granola added at the bar.</i> Granola (Gluten Free Oats, Cranberries, Sugar, Vegetable Oil), Desiccated Coconut, Pumpkin Seeds, Sunflower Seeds, Rapeseed Oil, Honey, Chia Seeds, Natural Vanilla).	per 100g	per portion (g)
		KJ 683	1434
		Kcal 163	342
		Fat 8.8	18.5
		Sat 4.3	9.1
		Carbs 15.7	33
		Sugar 9	19.5
		Protein 5	10.4
		Salt 0.1	0.2
		Portion weight (g)	210
Seasonal Fruit Salad (Vg)	Pineapple (28%), Apple (20%), Cantaloupe Melon (18%), Mango (18%), Kiwi (10%), Blueberries (5%).	per 100g	per portion (g)
		KJ 192	472
		Kcal 45.7	113
		Fat 0.3	0.7
		Sat 0.0	0.1
		Carbs 10.8	26.6
		Sugar 9.2	22.7
		Protein 0.7	1.6
		Salt 0.01	0.02
		Portion weight (g)	247

CRISPS & POPCORN

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
O'Donnell's Salt & Vinegar Crisps (V)	Potato, Sunflower Oil, Irish Cider Vinegar and Sea Salt Flavour (Flavourings, Sea Salt, Maltodextrin, Yeast Extract, Sugar, Dehydrated Apple, The Apple Farm Cider Vinegar Powder). May contain traces of MILK.	per 100g	per portion (g)
		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
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)).	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 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.	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 Butterfly Corn (75%), Rapeseed Oil, Sea Salt.	per 100g	per portion (g)
		KJ 1833	367
		Kcal 437	87
		Fat 16.3	3.3
		Sat 1.2	0.2
		Carbs 55.1	11
		Sugar 0.8	0.8
		Fibre 12.7	2.5
		Protein 11.2	2.2
		Salt 1	0.2
		Portion weight (g)	20
Metcalfe's Skinny Popcorn® Sweet 'n Salt (Vg)	Popped Butterfly Corn (64%), Rapeseed Oil, Sweetening Blend (Sugar, Sweetener: Isomalt, Sweetener: Steviol Glycosides), Salt.	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 9.4	2.4
		Protein 8.6	2.2
		Salt 0.5	0.1
		Portion weight (g)	25