

PASTRIES						T	his Produ	ct Cont	ains					
Product Name	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						T	his Produ	ct Cont	ains					
Product Name	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						T	his Produ	ct Cont	ains					
Product Name	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						T	his Produ	ct Cont	ains					
Product Name	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	*	*	*											





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BROWNIES & SHORTBREAD						T	his Produ	ct Cont	ains					
Product Name	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						TI	nis Produ	ct Cont	ains					
•	Product Name	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						TI	nis Produ	ct Conto	ains					
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Caramelised Biscuit Chouxnut	*	*	*				*							
Raspberry & White Chocolate Chouxnut	*	*	*				*							



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COOKIES						T	nis Produ	ct Conto	ains					
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	*	*												

WFFI

	INDIVIDUAL CAKES						TI	nis Produ	ct Conto	ains					
1	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						T	his Produ	ct Conto	ains					
Product Name	Gluten	Eggs Milk Nuts Peanuts Fish Soya Celery Sulphur Dioxide Mustard Lupin Crustaceans Sesame seeds Molluscs												
Chocolate Coin			*				*							
Gianduja Chocolate				*			*							



PORRIDGE						Т	his Produ	ıct Cont	ains					
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						T	his Produ	ct Conto	ains					
)	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
•	Pork & Pancetta Sausage Roll	*		*											
5	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			*											

BEVERAGE

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

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			*											
Caffe Latte			*											
Caffe 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



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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			*				*							



Effective 16th September 2021

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	١	NUTRITIONAL IN							
			per 100g	per portion (g)						
	_ 1	KJ	1701	1435						
	Pastry: Wheat Flour (WHEAT Gluten, Flour Treatment Agent	Kcal	407	343						
	(Ascorbic Acid E300)), Water, Palm Fat, Yeast, Sugar, Butter (MILK)	Fat	21.1	17.8						
Alman and Construent	2%, Rapeseed Oil, Salt, Baking Improver (WHEAT Gluten, WHEAT	Sat	9.0	7.6						
Almond Croissant (V)	Flour, Yeast, Flour Treatment Agent (Ascorbic Acid E300)), Emulsifier (Mono- and diglycerides of fatty acids E471), Acidity Regulator	Carbs	43.9	36.9						
(*)	(Citric Acid E330), Flavouring, EGG . Almond Filling (19%) (Sugar,	Sugar	13.7	11.6						
	Almonds (7%) (NUTS), EGG White, Inverted Sugar Syrup, Water, EGG	Fibre	2.4	1.9						
	Yolk, Invertase E1103). Topping: Almond Flakes (4.2%) (NUTS).	Protein	9.3	7.8						
		Salt	0.7	0.6						
		Portion w	eight (g)	84						

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

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

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

Key for Dietary Suitability:

DF = Dairy-Free

GF = Gluten-Free

V = Vegetarian

Vg = Vegan

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PASTRIES

	PASTRIES			
PRODUCT	INGREDIENTS	N	IUTRITIONAL IN	FO
			per 100g	per portion (g)
		KJ	1701	1435
		Kcal	407	343
	Pastry: Wheat Flour (WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid E300)), Water, Palm Fat, Yeast, Sugar, Butter (MILK) 2%, Rapeseed Oil,	Fat Sat	9.0	17.8 7.6
Almond Croissant	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	Carbs	43.9	36.9
(V)	Syrup, Water, EGG Yolk, Invertase E1103). Topping: ALMOND Flakes (4.2%) (NUTS). May contain traces of other NUTS (Hazelnuts).	Sugar	13.7	11.6
	7,70	Fibre	2.4	1.9
		Protein	9.3	7.8
		Salt Poi	0.7 rtion weight (g)	0.6 84
			per 100g	per portion (g)
		KJ	1081	1113
		Kcal Fat	258 11	266 11.3
	Pastry: 56% (WHEAT flour, butter 19% (MILK), water, yeast, sugar, EGGS, salt, WHEAT gluten enzymes (amylases, hemicellulases), flour treatment	Sat	6.7	6.9
Apricot Croissant (V)	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).	Carbs	34	35
(*)	May contain: traces of NUTS and traces of SOYA.	Sugar	11	11.3
		Fibre Protein	4.7	2.1 4.8
		Salt	0.7	0.7
		Po	ortion weight (g)	115
			per 100g	per portion (g)
		KJ Kcal	1792 429	915 219
		Fat	23	11.8
Puller Continued	Pastry: WHEAT flour, butter 22% (MILK), water, sugar, whole MILK pasteurized, yeast, EGGS, salt, WHEAT gluten, emulsifier: E322 (rape lecithin), flour	Sat	15	7.7
Butter Croissant (V)	treatment agent : E300, enzymes, egg wash (Free Range EGGS) 1,5g.	Carbs	46	23.2
(-,	May contain: traces of NUTS and traces of SOYA.	Sugar	6.8	3.5
		Fibre Protein	2.6 8.1	1.3 4.3
		Salt	1.2	0.6
			ortion weight (g)	60
			per 100g	per portion (g)
		KJ	1512	1176
		Kcal Fat	361 16	281 11.9
	Pastry: WHEAT flour, butter (MILK), water, yeast, sugar, EGGS, sall, WHEAT gluten, enzymes (amylases, hemicellulases, flour treatment agent (E300)),	Sat	9.6	7.4
Chocolate Twist (V)	Pastry cream (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450lii, E339li), colour (E160ali), flavouring), Chocolate 15.6% (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier (E322 (SOYA lecithin)), natural vanilla	Carbs	47	37.9
(*)	flavour), egg wash (EGGS, water), Icing sugar (Glucose, comflour, vegetable oil). May contain: traces of NUTS.	Sugar	21	17.4
		Fibre Protein	3 5.7	2.3 4.3
		Salt	0.8	0.6
			ortion weight (g)	90
			per 100g	per portion (g)
		KJ	1706	1467
		Kcal Fat	18.6	350 16
	WHEAT Flour, Fine Butter (MILK) (19%), Water, Sugar, Yeast, EGG, Cinnamon (1.4%), Maize Starch, WHEAT Gluten, Salt, Whey Powder (MILK), Whole	Sat	12	10.3
Cinnamon Swirl	MILK Powder, Skimmed MILK Powder, Thickener (Sodium Alginate), EGG Albumin Powder, Turmeric Extract, Flour Treatment Agents (Alpha-	Carbs	51.2	44
(V)	Amylases, Hemicellulases, Ascorbic Acid), Natural Flavouring, Acidity Regulator (Citric Acid), Carrot Extract. May contain: traces of SESAME SEEDS, NUTS, SOYA.	Sugar	21.8	18.7
		Fibre	2.78	2.4
		Protein Salt	0.6	5.8 0.5
			ortion weight (g)	86
			per 100g	per portion (g)
		KJ	1786	1120
		Kcal Fat	427 23	268 14.3
	Pastry: (WHEAT flour, Butter (MILK), water, chocolate 10% (sugar, coca mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavour),	Sat	15	9.3
Pain au Chocolat	sugar, whole MILK, yeast, EGGS, salt, WHEAT gluten, Emulsifier (rape lecithin), flour treatment agent (E300), enzymes (amylases, hemicellulases)).	Carbs	46	29.1
(V)	egg wash (Free Range EGG). May contain: traces of NUTS.	Sugar	12	8.1
		Fibre	3	1.9
		Protein Salt	7.6	4.8 0.6
			ortion weight (g)	75
			per 100g	per portion (g)
		KJ	1417	1245
		Kcal	338	296 10.8
	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),	Fat Sat	9.1	6.8
Pain au Raisin	natural flavouring, acidity regulator (citric acid), flour treatment agent (ascorbic acid), enzymes (hemicellulases, amylases), egg wash (Free	Carbs	46	43.2
(V)	Range EGGS), Neutral glaze (water, glucose syrup, sugar, acidity regulators (E330, E332, E333), flavour, gelling agent (pectin), preservative	Sugar	19	17.1
	(potassium sorbate)). May contain: traces of NUTS and traces of SOYA.	Fibre	2.3	2.3
		Protein Salt	5.8 0.8	5.4 0.6
			ortion weight (g)	110
			per 100g	per portion (g)
		KJ	1589	1239
	WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non Hydrogenated Rapeseed Oil,	Kcal	379	296 12.7
	Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring), Raspberry Filling (16%) (Glucose Syrup,	Fat Sat	16.3 8.2	6.4
Vegan Raspberry Croissant	Raspberry Purée, Sugar, Raspberries (2%), Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator Tricalcium Citrate), Natural Flavouring,	Carbs	50.7	39.5
(Vg)	Preservative (Polassium 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	Sugar	18.5	14.4
	MILK, SESAME SEEDS, SOYA, NUTS, EGGS.	Fibre	2.7	2.1
		Protein Salt	0.5	5 0.4
			ortion weight (g)	110
			5 ,67	
			per 100g	per portion (g)
		KJ	1514	1172
	Water Military for the first transfer of the	Kcal Fat	361 17.0	280 13.0
Praline Dito	Water, WHEAT flour, fine butter (MILK) 11%, praline and hazelnuts dough 10% (sugar, HAZELNUTS 3%, ALMONDS 3%, stabilizer (sorbifol), emulsifier (SOYA lecithin)), sugar, EGGS, HAZELNUTS 3%, maize starch, yeast, salt, WHEAT gluten, whey powder	Sat	7.6	5.9
(V)	(MILK), whole MILK powder, skimmed MILK powder, thickener (sodium alginate), EGG albumin powder, glucose syrup, turmeric extract, flour	Carbs	45.0 18.0	35.0 14.0
	treatment agents (alpha-amylases, hemicellulases, ascorbic acid), natural flavouring, acidity regulator (citric acid), carrot extract.			
		Protein	7.1	5.5
		Salt	0.83 ortion weight (g)	0.64 77
		10	(9)	



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MUFFINS & SCONES

	MUFFINS & SCONES			
PRODUCT	INGREDIENTS	,	NUTRITIONAL IN	FO
Belgian Chocolate Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, Thiamin), sugar, water, liquid EGC, vegetable oil rapeseed, 9% filling (sugar, vegetable fats palm, fat-reduced cocoa, ocoa 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 mit chocolate chunks (sugar, whole MILK powder, cocoa mass, emulsifier E322 (SOYA), natural vanilla (flavouring), 14% (socoa) emulser, cocoa mass, cocoa butter, whole MILK powder, Lactose (MILK), whey powder (MILK), butter oil (MILK), emulsifier E322 (SOYA), natural vanilla (flavouring), 14% (socoa davis sugar), cocoa mass, cocoa butter, undrular vanilla flavouring, emulsifier (SOYA), 1.4% (sage MILK sobs (sugar, whole MILK powder, cocoa butter, cocoa mas, emulsifier E322 (SOYA), natural vanilla flavouring, emulsifier (SOYA), 1.4% (sage MILK sobs (sugar, whole MILK powder, cocoa butter, cocoa mas, emulsifier E322 (SOYA), natural vanilla flavouring), roising agents (E41, E45, E501), inulin, gucces syrup, WHEAT starch, MILK protein, modified corn starch, humechants (E402, E422), emulsifier, 1.457, WHEAT 1	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1702 407 22 5 45 29 2 6 0.4 ortion weight (g)	per portion (g) 1872 448 24 6 49 32 2 7 0.4
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), buttermik (MUKL), raising agents (E314, E455), modified can't e2021, buttermik (MUKL), raising agents (E314, E455), modified can't e2021, buttermik (MUKL), raising agents (E314, E455), modified can't except experience (E415, E315), acidity regulator E330, natural flavouring, colouring E160a, rapeseed oil.	KCal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1431 342 16 2 44 21 1.2 6 0.4 ortion weight (g)	per portion (g) 1547 376 17 2 49 23 1 6 0.4
Sicilian Lemon Curd Muffin (V)	FAT flour (calcium carbonate, iron, niacin, Thiamin), sugar, liquid EGG, water, 9% Sicilian lemon curd (sugar, liquid EGG, butter (MILK), water, centrated lemon juice (lemon juice concentrate, preservatives (E223 (Contains SULPHITES), E224 (Contains SULPHITES))), hemon oil, thickener = 406, soll), invlin, 4% lemon zest, 3% streuse (IMBEAT flour (calcium carbonate, iron, niacin, Thiamin), coarse granulated sugar, margarine egetable oils (propseed, polm), water, soil, natural flovouring), hautural (livouring), buttermilik (MILK), 1.8% sweet snow (dextrose, polm oil, inflour), 0.7% lemon strip (lemon peels sugar, glucose-fructose syrup, acidity regulator E330), raising agents (E341, E430, E501), glucose syrup, and oil, WHEAT Storch, MILK pratien, emulsifiers (E47), E475), humarchants (E420, E427), antural flavouring, modified corn starch, wHEAT flour, preservatives (E202, E223 (Contains SULPHITES)), WHEAT Gluten, stabiliser E415, salt, acidity regulator E330, colouring E160a, rapeseed oil.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1517 362 16 2 50 26 1 5 0.4	per portion (g) 1669 398 17 3 55 28 1 6 0.5
Fruit Scone (V)	WHEAT flour (WHEAT flour, calcium carbonate, iron, nicolinamide, thiamin), Buttermilk (21.7%) (MILK), sultanas (1.3%) (sultanas, cottonseed oil), sugar, non-hydrogenated vegetable oil (paim, rapeseed), free range EGG, raising agents (E450, E501), glaze (2%) (water, vegetable Protein (pea), dextrase), salt, emulsifier E475, natural flavouring	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 1260 299 6.3 2.2 52 20.5 7.6 1.1 ortion weight (g)	100
Plain Scone (V)	WHEAT Flour (WHEAT flour, calcium carbonate, iron, nicolinamide, thiamin), Buttermilk (24.8%) (MILK), sugar, nontrydrogenated vegetable oil (palm, rapessed), free range EGG, raising agents (E450, E501), glaze(2%) (water, vegetable Protein (pea), dextrose), salt, emulsifier E475, natural flavouring, calcur E160a.	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 1198 284 6.2 2.1 47.2 10.5 8.9 1.0 ortion weight (g)	100
Cranberry and Orange Scone (V)	WHEAT flour (WHEAT flour, calcium carbonate, iron, nicofinamide, thiamin), Buttermilk (11.8%) (MILK), sugar, cranberries (9%), Free range flauid EGG, palm oil, raising agents (E430, E501), glaze (2%) (Water, Vegetable Protein (Pea), Dextrose), sugar pears (2%), rapeseed oil, orange zest (0.4%), orange futil cing (0.4%)(sugar, water, orange peel, orange juice concentrate, orange oil, colours (E160c _E160a)(t)), gelling agent E440; stabiliser 412 guar, preservative (E300, E202), acidity regulator: E330), salt, natural flavourings, emulsifier E475, colour E160a	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 1254 297 6.4 2.2 50.8 12.5 8.2 1.0 ortion weight (g)	100



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	PORRIDGE & TOPPINGS		
PRODUCT	INGREDIENTS	NUTRITIONAL INFO	a modile - (-)
Porridge made with Semi Skimmed Milk (V)	Quaker Rolled OATS , Semi Skimmed MILK .	Per100g Per	er portion (g) 1022 244 6.7 2.8 32.8 9.8 3.5 11.4 0.2
Porridge made with Skimmed Milk (V)	Quaker Rolled OATS , Skimmed MILK .		er portion (g) 918 219 3.8 0.9 33 10.0 3.5 11.4 0.2 240
Porridge made with Whole Milk (V)	Guaker Rolled OATS , Whole MILK .	Per 100g Per 100g	er portion (g) 1161 277 10.6 5.3 32.6 9.6 3.5 11.2 0.2
Porridge made with Soya Milk (Vg)	Quaker Rolled QATS , Alpro Soya Milk: Water, Hulled SOYA beans (8.7%), Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gelfan gum), Vitamins (Riboflavin (82), B12, D2).	per 100g pe KJ 414 Kcal 99 Fat 3.0 Sat 0.5	er portion (g) 993 238 7.1 1.2 29.7 6.5 4.8 11.2 0.0
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).	Per 100g Per 100g	er portion (g) 901 215 6.0 2.0 30.3 7.3 3.9 7.4 0.0 278
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).	Per100g Per	er portion (g) 1026 244 5.8 1.6 40.3 8.5 5.2 4.9 0.0 278
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 confain traces of PEANUTS and NUTS.	Period P	er portion (g) 483 115 5.6 0.7 11.6 7.0 3.4 2.9 0.0 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).	Per 100g p	80 0.1 0.0 18.8 16.8 1.1 0.4 0.0



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EXTRAS

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

	LOAF CAKES			
PRODUCT	INGREDIENTS	ı	IFO	
			per 100g	per portion (g)
	<u>-</u>	KJ	1650	1444
	<u>-</u>	Kcal	394	345
	Banana Puree (17%) (Banana Puree, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Sugar, Wheat Flour (WHEAT Flour, Calcium	Fat	21.6	18.9
Banana & Walnut	Carbonate, Iron, Niacin, Thiamin), Rapeseed Oll, EGG, Walnuts (6%) (NUTS), Wholemeal Flour (Wholemeal WHEAT Flour, WHEAT Gluten), Water,	Sat	2.8	2.4
Loaf Cake	Brown Sugar, Desiccated Coconut, Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglyceride of Fatty acids, Sodium	Carbs	46.2	40.4
(V)	Stearoul-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.	Sugar	23.7	20.7
	bicarbonate, Disoatum Dipnosphate, Potassium Hydrogen Carbonate; Mixea Spice, Sair, Plavouring, Stabiliser: Xaninan Gum.	Fibre 1.9	1.9	1.7
	Protein Sait Port	6.6	5.8	
			0.6	0.5
		Po	ortion weight (g)	88
			per 100g	per portion (g)
	Cake (Sugar, Wheat Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG, Rapeseed Oil, Water, Cake concentrate (Modified	KJ	1643	1561
	Cake (sugar), Wheat indur, Calcium Carobarde, Iron, Nicara, Hidden, Fede, Rapeseed Jil, Water, Cake concentrate (modalined Maize Starch, WHEAT Starch, Raisina agent: Disodium Diphosohate, Potassium Bicarbonate: Wheat Flour (WHEAT Flour, Calcium, Iron, Niacin, —	Kcal	391	372
	Thiaminj, Emulsifier: Mono- and Diglyceride of fatty acids, Propage 1,2 diol esters of fatty acid, Sodium stearoyl-2-lactylate; Rapeseed Oil,	Fat	16.6	15.8
Sicilian Lemon Drizzle	Dextrose, Preservative: Potassium Sorbate; WHEAT Gluten, Acidity Regulator: Citric acid; Stabiliser: Xanthan Gum), Sicilian Lemon Juice (3%),	Sat	1.7	1.6
Loaf Cake	Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglyceride of Fatty acids, Sodium Stearoyl-2-lactylate; Raising agent:	Carbs	55.1	52.3
(V)	Diphosphates, Potassium Carbonate; WHEAT protein), Glycerine, Flavouring, Raising Agent: Disodium Diphosphate, Potassium Hydrogen Carbonate) Fondant (Sugar, Glycose Syrup, Water, Rapeseed Oil, Palm Oil, Dextrose, Fryctose, Comfloyr, Emylsifier; Mono- and Dialyceride of	Sugar	29	27.6
	Carbonaler Fondarin (pugar, Glucose syrup, water, kapeseed Oii, Paim Oii, Dexirose, Frucrose, Cominor, Emiliamier: Mono- and Digityceriae or fatty acids, Sucrose esters of fatty acids; Humectant: Glycerine; Rice Starch, Acidify Regulator: Clific acid), Caramelised Lemon zest (1%) (Sugar, —	Fibre	1.1	1.0
	Lemon Zest, Water), Destrose, Comflour, Regional Clinic delay, Calamensed teniori Zest (1/8) (30gair,	Protein	4.8	4.6
	<u> </u>	Salt	0.6	0.5
		Pr	ortion weight (a)	95



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WHOLE CAKES

	WHOLE CAKES			
PRODUCT	INGREDIENTS	1	IUTRITIONAL IN	IFO
			per 100g	per portion (g)
	_	KJ	1656	1888
	Coffee Sponge (67%) [Sugar, WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Pasteurised Free Range EGG, Rapeseed Oll, Water, Humectant (Vegetable Glycerine), Coffee Powder (1.1%), Raising Agents (E450, E501), Skimmed MILK Powder), Coffee Icing (29%) [Icing Sugar,	Kcal	394	449
		Fat	20.1	22.9
NEW Cappuccino Cake	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 Caffe Nero Coffee Powder (1.4%), Coffee Flavouring	Sat	4.4	5.0
(V)	(0.5%), Coffee Drizzle (2.4%) (Brewed Coffe Nero Coffee, Coffee Flavouring), Drix Chocolate Coffee Bean Decorations (1.5%), Sugar, Cocoa	Carbs	50.3	57.4
(-7	Mass, Cocoa Butter, Coffee, Emulsifier (Sunflower Lecithin), Natural Flavourings, Glazing Agents (Shellac, Acacia Gum)], Milk Chocolate (0.1%)	Sugar	35.6	40.5
	[Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Fat Reduced Cocoa Powder	Fibre	0.9	1.1
	(0.02%).	Protein	4.1	4.7
	<u> </u>	Salt	0.5	0.5
		PC	rtion weight (g)	114
			per 100g	per portion (g)
	<u> </u>	KJ	1660	1759
	Cake (67%) (EGG, Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Chocolate (7%) (Cocoa Mass, Sugar, Cocoa	Kcal	396	420
	Butter, SOYA Lecithin, Flavouring). Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)), Greek Style Natural Yoghurf (MiLK),	Fat	18.7	19.9
Belgian Chocolate	Rapessed Oil, Water, Fat Reduced Cocoa Powder, Glycerine, Skimmed MILK Powder, Emulsifiers (E477, E471, E475), Raising Agents (E450, E501)),	Sat	8.4	8.9
Fudge Cake (V)	lcing (lcing Sugar, Full Fat Soft Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: E202), Butter (MILK) (4%), Fat Reduced Cocoa Powder,	Carbs	51.1	54.2
(*)	Water, Emulsifiers (E477, E471, E475), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, SOYA Lecithin, Flavouring), Chocolate Chips (Sugar,	Sugar Fibre	34.2 1.1	36.3 1.2
	Cocoa Mass, Cocoa Butter, SOYA Lecithin, Flavouring). May contain NUTS, MUSTARD and SESAME SEEDS.	Protein	5.3	5.6
	-	Salt	0.3	0.4
	-		rtion weight (g)	106
			per 100g	per portion (g)
	Cake (73%) (Brown Sugar, Carrot (11%), EGG. Rapeseed Oil, Wholemed WHEAT Flour, Wheat Flour, Calcium Carbonate, Iron, Niacin, — Thiomin), Date Paste (Dates, Rice flour), Pireappile Pulp, Water, Walnuts (NUTS), Raising Agents (ES00, E450, ES01), Cinnamon, Sall, Mixed Spice, Thickener (E415), Frosting (25%) (Icing Sugar, Tall Ird S off Cheese (Full Fa15 off Cheese (MILN), Sall, Preservative: E202), Vegetable Margarine (Path Oil, Rappeseed Oil, Water, Emulsilier (E471)), Saimmed MILK Powder, Modified Mater Starch, Emulsifier (E477, E477), E479, Flavouring,	KJ	1590	2274
		Kcal	379	541
		Fat	16.8	24.1
		Sat	3.4	4.9
Carrot Cake		Carbs	51.5	73.7
(V)		Sugar	31.3	44.7
	Stabiliser (E410)), Walnuts (NUTS), Pistachios (NUTS). May contain traces of SOYA and other NUTS.	Fibre	1.8	2.5
	_	Protein	3.3	4.7
		Salt	0.6	8.0
		Po	rtion weight (g)	143
			per 100g	per portion (g)
	Single Cream (MILK), Sugar, Icing Sugar, Reduced Fat Soft Cheese (Skimmed Milk, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca	KJ	1305	1621
	Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Black Cherry Pie Filling (Water, 11%	Kcal	311	386
	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	Fat	16.3	19.0
Luxury Blackforest Roulade	(Skimmed MILK, Skimmed MILK Solids, MILK Protein Concentrate), Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Fat Reduced Cocoa	Sat	7.0	8.3
(V)	Powder, Belgian Chocolate Chips (Cocoa Mass, Sugar, Dextrose, Emulsifier: SOYA Lecithin) (3%), Dark Chocolate Flavoured Pieces (Sugar, Palm —	Carbs	37.3	48.3
	Oil, Fat Reduced Cocoa Powder, Whey Powder (MILK), Stabiliser: Sorbitan Tristearate; Emulsifier: SOYA Lecithin), Condensed Milk (MILK,	Sugar Fibre	26.7 1.9	35.5 2.5
	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	Protein	3.7	5.1
	Gum; Glucose).	Salt	0.4	0.5
	-		rtion weight (g)	131
			per 100g	per portion (g)
	Chocolate Sponge (48%) [Sugar, WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Pasteurised Free Range EGG, Rapeseed Oil,	KJ	1748	2321
	Water, Fat Reduced Cocoa Powder (4.8%), Humectant (Vegetable Glycerine), Skimmed MILK Powder, Raising Agents (Bicarbonate of Soda,	Kcal	418	555
	E450, E501)], Toffee Buttercream (25%) [Sugar, Butter (MILK), Natural Flavouring, Salt (0.5%), Colour (Caramell), Toffee Sponge (24%) [WHEAT Flour — (with Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Toffee Sauce (13%) [Glucose Syrup, Invert Sugar Syrup, Sweetened Condensed Skimmed —	Fat	20.5	27.3
	[will Calculur Carbonade, Nacch, Irod., Industrial, Sugar, Tottee Sauce (13%) [Glucose Syup, Irode Sayup, Sweetenea Concernea satiritinea. MIKI, Sugar, Butter Oil (MIKIK), Nater, Colour (Caramel), Stabiliser (Pectin), Natural Flavovuring), Water, Pasteurised Free Range EGG, Vegetable	Sat	7.7	10.3
Billionaires Cake	Margarine [Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471), Natural Flavouring, Colours (Annatto, Curcumin)], Humectant (Vegetable	Carbs	54.8	72.9
(V)	Glycerine), Skimmed MILK Powder, Raising Agents (E450, E501), Natural Flavouring), Gold Dusted Chocolate-Coated Malted Cereal Balls (1.1%)	Sugar	38.6	51.3
	[MILK Chocolate [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Skimmed MILK Powder, Emulsifiers (E-322, E476), Natural Flavouring], Malled Cocoal Butter, Whele Milks Flower, Emulsing Line Transfer (E-121, Colifer Medic Children Lean (EEE), Colifer Medic	Fibre	1.7	2.3
	Matted Cereal Balls [Rice Flour, WHEAT Flour, Powder Matt, Sugar, Satt], 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]. May	Protein	4.3	5.7
	[ETT], ETT []], beignin baik chocodie [6:5/a] [cocod was, sugar, cocod brief, Ethalia, Gota Cechning, Indiada Varina Havoning], way contain Traces of NUS.	Salt	0.7	0.9
	-	Po	rtion weight (g)	123

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BROWNIES & SHORTBREAD

	BROWNIES & SHORTBREAD			
PRODUCT	INGREDIENTS	١	NUTRITIONAL IN	FO
			per 100g	per portion (g)
		KJ	2099	1574
		Kcal	502	377
	Shortbread Base (44%) [WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Butter (MILK), Sugar, Conflour), Caramel (40%) [Sweetened	Fat Sat	28.3 16.8	21.2 12.6
Caramel Shortbread	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),	Carbs	56.6	42.5
(V)	Natural Vanilla Flavouring].	Sugar	41	30.8
	May contain traces of NUTS and EGG.	Fibre	1.5	1.1
		Protein Salt	0.5	3.5 0.4
			ortion weight (g)	75
			per 100g	per portion (g)
		KJ	1868	1009
		Kcal Fat	23.5	241 12.7
Publisher Observation Property		Sat	14.2	7.7
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.	Carbs	51.6	27.9
.,		Sugar Fibre	41.4 2.6	1.4
		Protein	5.9	3.2
		Salt	0.5	0.3
		Po	ortion weight (g)	54
		KI	per 100g	per portion (g)
		Kcal	1851 442	1074 257
		Fat	22.4	13.0
Caramel & Sea Salt Brownie	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,	Sat	13.7	7.9
(V)	Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Butter (MILK), Pasteurised Free Range EGG, Fortified Wheat Flour (WHEAT Flour, Calcium	Carbs	54.1 41.5	31.4 24.1
	Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Salt.	Sugar Fibre	2.2	1.3
		Protein	5.1	3.0
		Salt	1	0.6
		Po	ortion weight (g)	58
		KJ	per 100g 2019	per portion (g) 1350
		Kcal	485	324
		Fat	26.6	17.8
NEW RECIPE Belgian Chocolate Chunk Brownie*	Belgian Dark Chocolate (27%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Butter (MILK),	Sat	16.1 55.5	10.8 37.1
(V)	Pasteurised Free Range EGG, Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Salt.	Carbs Sugar	46.6	31.2
		Fibre	4	2.7
		Protein	6	4
		Salt	0.5 ortion weight (g)	0.3
		10	per 100g	67 per portion (g)
		KJ	2012	1382
		Kcal	483	332
	Belgian Dark Chocolate (26.5%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Butter (MILK),	Fat Sat	26.3	18.1
NEW RECIPE Salted Caramel Chocolate Brownie*	Pasteurised Free Range EGG, Fortified WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder,	Carbs	16 55.8	38.4
(V)	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.	Sugar	46.9	32.3
		Fibre	3.9	2.7
		Protein Salt	5.9 0.5	0.4
			ortion weight (g)	69
			per 100g	per portion (g)
		KJ	2070	1159
	Milk Chocolate (40%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, SOYA Lecithin, Flavouring), Crisped Rice (17%) (Rice Flour, Wheat	Kcal Fat	495 26	277 14.6
	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,	Sat	14.7	8.2
Belgian Chocolate & Caramel Crispy (V)	Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Salt, Flavouring), Golden Syrup, Vegetable Margarine (Palm Oil, Rapeseed	Carbs	58.9	33
(-,	Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), White Chocolate Flavour Coaling (3%) (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Unsalted Butter (MILK), Cocoa Powder, Concentrated Grape Juice (Concentrated Grape Juice, Rice Starch). May	Sugar	33.1	18.5
	contain as made in an environment that handles Egg and Nuts.	Fibre Protein	1.6 5.4	3.0
		Salt	0.4	0.2
			ortion weight (g)	56
		V.1	per 100g	per portion (g)
		KJ Kcal	1920 458	1344 321
		Fat	22.2	15.5
Vegan Granola Flapjack	OATS (31%), Golden Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), Pumpkin	Sat	6	4.2
(V)	Seeds (8%), Flaked ALMONDS (7%), Brown Sugar, Glucose Syrup (SULPHITES), Black Treacle, Sugar, OAT Flour, Water, Flavourings, Salt.	Carbs	50.8	35.6
		Sugar Fibre	22.3 4.5	15.6 3.2
		Protein	11.5	8.1
		Salt	0.2	0.1
		Po	ortion weight (g)	50 per portion (g)
		KJ	per 100g 1850	per portion (g) 1110
		Kcal	442	265
	Brown Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MILK), White Chocolate (14%) (Sugar, Cocoa Butter,	Fat	22.4	13.4
White Chocolate & Lemon Blondie	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: Peclins; Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Acidity	Sat Carbs	13.9 55.6	8.3 33.4
(V)	Regulator: Acetic Acid; Flavouring, Lemon Oil, Colours: Lutein, Carotenes), White Chocolate Flavour Coating (Sugar, Palm Oil, Whey Powder	Sugar	33.9	20.3
	(MILK), Emulsifier: SOYA Lecithin), PISTACHIO NUTS (2%), Water, Lemon Juice, Flavourings, Preservative: Potassium Sorbate; Salt.	Fibre	0.8	0.5
		Protein	4	2.4
		Salt Pr	0.2 ortion weight (g)	60
		PC	per 100g	60 per portion (g)
	Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Raspberries (16%), Sugar, Free Range EGG, Self-Raising Flour (WHEAT Flour (Calcium	KJ	1428	1656
	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%)	Kcal	342	396
	(Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Icing Sugar, Single Cream (MILK), White Chocolate Shavings (2%) (Sugar, Whole	Fat	20.1	23.4 10.6
Raspberry Ripple Roulade	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%)	Sat Carbs	9.1 36.6	10.6 42.5
(V)	(Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), White Chocolate Curls	Sugar	27.1	31.4
	(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	Fibre	1	1.1
	Blend (Thickeners: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose), Natural Colour (Red Beetroot Juice Concentrate, Maltodextrin, Acidity	Protein	4	4.7
	Regulator: Citric Acid)	Salt Pa	0.3 ortion weight (g)	0.3 116
		Г	o Acigin (g)	110





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CHEESECAKE

	CHESEGARE			
PRODUCT	INGREDIENTS	ŀ	IUTRITIONAL IN	IFO
	Coconut Milk (Coconut Extract, Water), Bourbon Biscuit Crumb (21%) (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil,	KJ	per 100g 1467	per portion (g) 1473
	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 Flavourina, Acidity	Kcal	351	353
	Coconut oil, stabiliser tieral (protato starch, Maties starch, Maties Starch, Carob each Gurti), Coconut, Sart, Natural riavouring, Aciatiy Reaulator: Tif-Calcium Phosphate, Citric Acid: Colour: Carrot Juice Concentrate: Vitamin B12, Mark Couverture Chocolate (11%) =	Fat	22.1	22.2
Salted Caramel & Chocolate Vegan Cheesecake	(Coope Mars Sugar Coope Butter Emplifier SOVA Locition Natural Vanilla Eleventical Sugar Margarine (Bales Oil Bancood Oil Mater Loman	Sat	13.8	13.8
(Vg)	Juice, Natural Vanilla Flavouring), Stabiliser Blend (Sugar, Maltodextrin, Modified Starch, Thickener: Carrageenan), Cornflour (Maize), Cocca Butter, Stabiliser Mix (Water, Sugar, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids), Water, Speculoos Spread S	Carbs	35.3	35.4
(19)		Sugar	19.9	19.9
	(Caramelised Biscult (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 -	Fibre	1.9	1.9
	Salt (0.34%) (Potassium Chloride, Sodium Chloride, Magnesium Carbonate), Glazing Agent: Locust Bean Gum, Xanthan Gum, Guar Gum;	Protein	2.4	2.4
		Salt	0.2	0.2
		Po	rtion weight (g)	100
			per 100g	per portion (g)
	_	KJ	1346	1561
	Single Cream (MILK), Digestive Biscuit Crumb (WHEAT) (Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Oil (Palm		322	374
	Oil, Rapeseed Oil), Sugar, Invert Sugar Syrup, Raising Agents: Sodium Bicarbonate, Ammonium Bicarbonate; Salt), Full Fat Soft Cheese (13.2%)	Fat	19.1	22.1
Sicilian Lemon Cheesecake	(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	Sat	9.9	11.2
(V)	Colore), Lenion Cura (12), (Siccose sylup), water, sogar, solare borner miner), Lenion Concernicie, woolned work water saider, free knilge whole EGG Powder, Gellina Agent; Peclin; Acidir Regulator; Cliric Acid: Emulsifier: Sunflower Lecithin; Lemon Oil, Colour; Lutein), Condensed –	Carbs	33.4	38.7
(•)	Milk (MILK, Granulated Sugar), Margarine (Palm Oil, Rapeseed Oil, Water, Lemon Juice, Natural Vanilla Flavouring), Whipping Cream (MILK),	Sugar	21.3	24.8
	Stabiliser Blend (Dextrose, Sugar, Modified Maize Starch), Free Range Whole EGG, Sugar, Sicilian Lemon Juice (2.2%) (From Concentrate),	Fibre	0.6	0.7
	Stabiliser Blend (Sugar, Maltodextrin, Modified Starch, Thickener: Carrageenan), Lemon Zest, Acidity Regulator: Citric Acid.	Protein	4.3	5.0
		Salt	0.4	0.4
		Po	rtion weight (g)	116

COOKIES

	COOKIES			
PRODUCT	INGREDIENTS		NUTRITIONAL IN	IFO
			per 100g	per portion (g)
	<u> </u>	KJ	1803	1361
	Fortified Wheat Flour (WHEAT Flour, Raising Agent (Sodium Bicarbonate), Acid (Calcium Phosphate), Calcium Carbonate, Iron, Niacin, Thiamin),	Kcal	430	314
	Sugar, Chocolate Filling (13%) (Dark (17%) and MILK (8.5%) Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Whole MILK Powder, Emulsifier (SOYA —	Fat	16.5	12.1
Belgian Chocolate	Lecithin), Natural Vanilla Flavouring), Humectants (Sorbitol, Glycerol), Dextrose, Water, Sweetened Condensed Skimmed MILK, Sugar, Thickeners	Sat	8.1	5.9
Chunk Cookie	(Sodium Alginate, Microcrystalline Cellulose, Carboxymethylcellulose), Modified Maize Starch, Salt, Acidity Regulator (Tartaric Acid), Preservative	Carbs	68.8	50.2
(V)	(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)),	Sugar	36.4	26.6
	Pasteurised Free Range EGG, Butter (MILK), Glucose Syrup, Natural Flavouring, Raising Agent (Sodium Carbonates), Solt.	Fibre	2.3	1.7
		Protein	5.3	3.9
		Salt	0.9	0.7
		P	ortion weight (g)	78
			per 100g	per portion (g)
	_	KJ	1775	1384
	Sugar, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Chocolate Filling (13%) [Dark (17%) and MULK (8.5%) — Chocolate [Sugar, Cocoa Mass, Cocoa Butter, Whole MULK Powder, Emulsifier (SOYA Lecithin), Natural Flavouring), Humectant (Sorbib), Glycerol, Lo	Kcal	423	330
		Fat	16.9	13.2
Caramel Chocolate Cookie		Sat	9.0	7.0
(V)	Modified Maize Starch, Salt, Acidity Regulator (Tartaric Acid), Preservative (Potassium Sorbate), Emulsifier (Polyglycerol Esters of Fatty Acids)),	Carbs	66.2	51.6
` ,	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	Sugar	41.6	32.4
	(MiLK), Margarine (rain Oil, kapeseea Oil, Water, Embiller (Mono- ana Diglycentoes or rany Acids)), raisetisea ree kange 154 , rai keaucea Cocaa Powder, Glycose Syrup, Natural Flavourina, Raisina Agent (Sadium Carbonates), Salt. ———————————————————————————————————	Fibre	2.5	2.0
		Protein	4.9	3.8
	_	Salt	0.7	0.5
		P	ortion weight (g)	72
			per 100g	per portion (g)
	<u> </u>	KJ	1910	1261
	<u> </u>	Kcal	457	301
	<u> </u>	Fat	21	14
Oat & Raisin Cookie	Sugar, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Seeds (17%)(Pumpkin, Sunflower, Chia), OATS, Margarine	Sat	6.0	4.0
(V)	(Palm Oil, Rapeseed Oil, Water, Emulsifier (Mon- and Diglycerides of Fatty Acids)), Raisins (13%), Pasteurised Free Range EGG, Glucose Syrup,	Carbs	59.9	39.5
\-,'	Raising Agent (Sodium Carbonates), Cinnamon, Natural Flavouring, Salt	Sugar	30.1	19.8
	<u> </u>	Fibre	4	2.6
	<u> </u>	Protein	8.6	5.7
	<u> </u>	Salt	0.5	0.3
	-	P	ortion weight (g)	70



Effective 16th September 2021

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INDIVIDUAL CAKES

22.00		_	_	
PRODUCT	INGREDIENTS	4	NUTRITIONAL IN	FO
	_	KJ	per 100g 1618	per portion (g) 1489
	Sugar, Cherry Filling (19%) (Dark Cherry, Sugar, Water, Modified Starch, Elderberry Concentrate, Flavouring, Acidity Regulator (Citric Acid),	Kcal	386	357
	Preservative (Potassium Sorbate)), Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Free Range Pasteurised EGG,	Fat	17	15.9
Cherry Bakewell Crumble Cake	Rapeseed Oil, White Fudge Icing (Sugar, Glucose Syrup, Palm Oil, Rapeseed Oil, Water, Emulsifiers (Mono- and Di Glycerides of Fatty Acids,	Sat	4.2	3.9
· (V)	Sodium Steroryl - 2 Lactylate), Said, Stabiliser (Agar), Preservative (Potassium Sorbate), Colour (filtanium Dioxide)), Butter (MILIX), Water, Amaretti Biscuit (3%) (Sugar, Apricot Kemets, EGG White, Com Rour, WHEAT flour, Rice Flour, Wholemeal WHEAT Flour, Raising Agents (Sodium Carbonate Acid, Ammonium Carbonate Acid), Natural Ravouring), Almond Flakes (3%) (NUTS), Potato Starch, WHEAT Gluten, Natural Ravouring Substances.	Carbs Sugar	52.8 34.9	49.5 32.6
		Fibre	1.2	1.1
	Whey Powder (MILK), Salt, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Acidity Regulator (Citric Acid).	Protein	4.8	4.5
	-	Salt	0.6	0.6
	-	Pc	ortion weight (g)	94
			per 100g	per portion (g)
	Colo (Mile of Flore AMMENT Flore Colores Colored to the Mile of Flores In 1990) Color Colored to the Mile of Flores In 1990 Colored to the Mile of	KJ	1960	2313
	Cake (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacrin, Thiamin), EGG, Sugar, Rapeseed Oil, Cake Concentrate (Modified Starch, WHEAT Starch, Raising agent: Sodium Phosphate, Potassium Bicarbonate; Wheat Flour (WHEAT Flour, Calcium, Iron, Niacrin, Thiamin), Emulsifier:	Kcal	468	553
	Mono- and Diglyceride of fatty acids, Propane 1,2 diol esters of fatty acid, Sodium stearoyl-2-lactylate; Palm Oil, Dextrose, Preservative: Potassium	Fat	25.4	30.0
Wat Garage to Galac	Sorbate; WHEAT Gluten, Acidity Regulator: Citric acid; Stabiliser: Xanthan Gum), Glycerine, Stabiliser (Maize Starch, Whey Powder (MILK),	Sat	7.6	8.9
Mini Cappuccino Cake	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	Carbs	54.2	64 40.8
	Cheese (Full Fat Soft Cheese (MULK), Solt, Preservative: Potassium Sorbate), Coffee, Flavouring, Emulsifier (Propane-1, 2 - diol esters of fatty acids,	Sugar Fibre	34.6 1.6	1.9
	mono- and diglycerides of fatty acids, polyglycerol esters of fatty acids)), Cocoa Powder, Decoration (Sugar, Cocoa Mass, Cocoa Butter, Coffee,	Protein	5	5.9
	Emulsifier: Sunflower Lecithin; Palm Oil, Rapeseed Oil, Glazing agent: Shellac, Gum Arabic; Flavouring).	Salt	0.4	0.4
	<u> </u>		ortion weight (g)	122
			per 100g	per portion (g)
		KJ	1351	1419
	_	Kcal	322	338
		Fat	14	14.7
Raspberry & Amaretti	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, ———————————————————————————————————	Sat	3.3	3.5
Crumble Cake	Raising Agents (Sodium Carbonate Acid, Ammonium Carbonate Acid), Natural Flavouring), Modified Potato Starch, WHEAT Gluten, Whey Powder	Carbs	43.7	45.9
(V)	(MILK), Salt, Raising Agents (Disodium Phosphates, Sodium Carbonates), Natural Flavourings, Acidity Regulator (Citric Acid).	Sugar	28.9	30.3
	-	Fibre Protein	3.9	4.1
	-	Salt	0.5	0.6
			ortion weight (g)	105
			per 100g	per portion (g)
	_	KJ	1011	1112
	_	Kcal	241	265
	Webs Lat 5 and 200 NWINT CORP CORP CORP CORP CORP CORP CORP CORP	Fat	9	9.9
Tiramisu	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	Sat	7.2	7.9
(V)	syrup, dextrose, modified starch, soluble coffee 0.7%, alcohol 0.7%, emulsifiers (E471, E472e, SOY lecithin), stabilizers (E420, E463), EGG yolk, WHEAT			
(V)		Carbs	36	39.6
(-)	starch, vegetable fibres, flavours, thickeners (E412, E415), salt, colour (E160a). May contain traces of NUTS.	Sugar	29	31.9
(-)		Sugar Fibre	29 1.7	31.9 1.9
,		Sugar Fibre Protein	29 1.7 3	31.9 1.9 3.3
		Sugar Fibre Protein Salt	29 1.7	31.9 1.9
		Sugar Fibre Protein Salt	29 1.7 3 0.1	31.9 1.9 3.3 0.2
	starch, vegetable fibres, flavours, thickeners (E412, E415), salt, colour (E160a). May contain traces of NUTS.	Sugar Fibre Protein Salt	29 1.7 3 0.1 ortion weight (g)	31.9 1.9 3.3 0.2 110
	starch, vegetable fibres, flavours, thickeners (E412, E415), salt, colour (E160a). May contain traces of NUTS. Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Single Cream (MILK), Free Range EGG, White Chocolate (6%) (Sugar, Whole MILK	Sugar Fibre Protein Salt Po KJ Kcal	29 1.7 3 0.1 ortion weight (g) per 100g 1313 313	31.9 1.9 3.3 0.2 110 per portion (g) 1155 276
	starch, vegetable fibres, flavours, thickeners (E412, E415), salt, colour (E160a), May contain traces of NUTS. Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Single Cream (MILK), Free Range EGG, White Chocolate (6%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Fowder, Emulsifier; SOYA Lecithin; Natural Vanilla Ravouring), Butternik (Skimmed MILK, Skimmed MILK Solds, MILK, Powder, Cream (MILK), Whey Solids (MILK), Modified Tapica Starch,	Sugar Fibre Protein Salt Po KJ Kcal	29 1.7 3 0.1 ortion weight (g) per 100g 1313 313 15.3	31.9 1.9 3.3 0.2 110 per portion (g) 1155 276 13.5
Caramelised Biscuit Chouxnut	starch, vegetable fibres, flavours, thickeners (£412, £415), salt, colour (£160a). May contain traces of NUTS. Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Single Cream (MILK), Free Range EGG, White Chocolate (6%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Fowder, Cocoa Butter, Skimmed MILK Fowder, Emulsifier; SOYA Lecithin; Natural Vanilla Flavouring), Buttermik (Skimmed MILK, Saids, MILK Protein Concentrate), Reduced Fat Salt Cheese (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapicoa Starch, Stabilisers, Vanthan Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate), Niach, Ion, Thiamin), Belgian Chocolate Chips (SR) (Cocoa	Sugar Fibre Protein Salt Pc KJ Kcal Fat Sat	29 1.7 3 0.1 ortion weight (g) per 100g 1313 313 15.3 6.4	31.9 1.9 3.3 0.2 110 per portion (g) 1155 276 13.5 5.6
	starch, vegetable fibres, flavours, thickeners (E412, E415), salt, colour (E160a). May contain traces of NUTS. Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Single Cream (MILK), Free Range EGG, White Chocolate (6%) (Sugar, Whole MILK Powder, Cacco Butter, Skirmed MILK Fowder, Emulsifier, SOTA Lecithirs, Natural Varialin Ravouring), Butterniki (Skirmed MILK, Sarmed MILK, Solds, MILK), Solds, MILK Protein Concentrate), Reduced for 54 oft Cheese (Skirmed MILK, Cream (MILK), Whye Solds, MILK), Sold, Modified Taploca Starch, Stabilisers, Vanithan Gurn, Locust Bean Gurn), WHEAT Flour (Calcium Carbonale, Nicolin, Iron, Thiomin), Belgian Chocolate Chips (5%) (Cocoa Mass, Sugar, Dektrose, Emulsifier, SOYA Lecithin), Speculoso Spread (5%) (Caromelsed Besur, WHEAT Flour, Yegetable Oil (Pair Oil),	Sugar Fibre Protein Salt Pc KJ Kcal Fat Sat Carbs	29 1.7 3 0.1 ortion weight (g) per 100g 1313 313 15.3 6.4 39.8	31.9 1.9 3.3 0.2 110 per portion (g) 1155 276 13.5 5.6 35.0
Caramelised Biscuit Chouxnut	starch, vegetable fibres, flavours, thickeners (E412, E415), salt, colour (E160a). May contain traces of NUTS. Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Single Cream (MILK), Free Range EGG, White Chocolate (6%) (Sugar, Whole MILK Powder, Cacco Butter, Skimmed MILK Powder, Emulsifier; SOTA Lecithin; Natural Vanilla Flavouring), Buttermik (Skimmed MILK, Skimmed MILK Solds, MILK Protein Concentrate), Reduced for 15 off Cheese (Skimmed MILK, Cream (MILK), Verby-Solds (MILK), Salt, Modified Taplace Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Nicolin, Iron, Thiomin), Belgian Chocolate Chips (5%) (Cocca Mass, Sugar, Dekriase, Emulsifier, SOTA Lecithin), Speculoss Specul (5%) (Caramelised Bibut (WHEAT Flour, Yegetable Oil (Paim Oil, Rapeseed Oil), Sugar Syrup, Raising Agent; Sodium Hydrogen Carbonate; SOTA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier, SOTA Lecithin; Activity Regulators (Citin Acid), Shortening (Palm Oil, Rapeseed Oil), Sugar, Critin Acid), Shortening (Palm Oil, Rapeseed Oil), Sugar, Emulsifier, SOTA	Sugar Fibre Protein Salt Pc KJ Kcal Fat Sat Carbs Sugar	29 1.7 3 0.1 priion weight (g) per 100g 1313 313 15.3 6.4 39.8 30.2	31.9 1.9 3.3 0.2 110 per portion (g) 1155 276 13.5 5.6
Caramelised Biscuit Chouxnut	starch, vegetable fibres, flavours, thickeners (£412, £415), salt, colour (£160a). May contain traces of NUTS. Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Single Cream (MILK), Free Range EGG, White Chocolate (6%) (Sugar, Whole MILK Powder, Cocoa Buther, Skimmed MILK Fowder, Cocoa Buther, Skimmed MILK Fowder, Emulsifier; SOYA Lecithin; Natural Vanilla Flavouring), Buthermik (Skimmed MILK, Saids, MILK Protein Concentrate), Reduced Fat Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapiaca Strach, Stabilisers: Annthan Gum, Locust Bean Gum), WHEAT Flour (Caclaium Carbonate), Rioca, Iron, Initiami), Belgian Cocoal Carbonate, Sigi (Cocoa Mass, Sugar, Dextrose, Emulsifier; SOYA Lecithin), Speculoos Spread (5%) (Caramelised Bisculi (WHEAT Flour, Sugar, Vegetable) Oil (Falm Oil, Rapesseed Oil), Rapisan (Agents), Speculoos Bisculi Crumb (4%) (Caramelised Bisculi (WHEAT Flour, Sugar (Sugar), Sugar), Sugar), Sugar), Sugar (Sugar), Sugar), Sugar), Sugar (Sugar), Sugar), S	Sugar Fibre Protein Salt Pc KJ Kcal Fat Sat Carbs Sugar Fibre	29 1.7 3 0.1 per 100g 1313 313 15.3 6.4 39.8 30.2 0.8	31.9 1.9 3.3 0.2 110 per portion (g) 1155 276 13.5 5.6 35.0 26.6 0.7
Caramelised Biscuit Chouxnut	starch, vegetable fibres, flavours, thickeners (E412, E415), salt, colour (E160a). May contain traces of NUTS. Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Single Cream (MILK), Free Range EGG, White Chocolate (6%) (Sugar, Whole MILK Powder, Cacco Butter, Skimmed MILK Powder, Emulsifier; SOTA Lecithin; Natural Vanilla Flavouring), Buttermik (Skimmed MILK, Skimmed MILK Solds, MILK Protein Concentrate), Reduced for 15 off Cheese (Skimmed MILK, Cream (MILK), Verby-Solds (MILK), Salt, Modified Taplace Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Nicolin, Iron, Thiomin), Belgian Chocolate Chips (5%) (Cocca Mass, Sugar, Dekriase, Emulsifier, SOTA Lecithin), Speculoss Specul (5%) (Caramelised Bibut (WHEAT Flour, Yegetable Oil (Paim Oil, Rapeseed Oil), Sugar Syrup, Raising Agent; Sodium Hydrogen Carbonate; SOTA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier, SOTA Lecithin; Activity Regulators (Citin Acid), Shortening (Palm Oil, Rapeseed Oil), Sugar, Critin Acid), Shortening (Palm Oil, Rapeseed Oil), Sugar, Emulsifier, SOTA	Sugar Fibre Protein Salt Pc KJ Kcal Fat Sat Carbs Sugar	29 1.7 3 0.1 priion weight (g) per 100g 1313 313 15.3 6.4 39.8 30.2	31.9 1.9 3.3 0.2 110 per portion (g) 1155 276 13.5 5.6 35.0 26.6
Caramelised Biscuit Chouxnut	starch, vegetable fibres, flavours, thickeners (£412, £415), salt, colour (£160a). May contain traces of NUTS. Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Single Cream (MILK), Free Range EGG, White Chocolate (6%) (Sugar, Whole MILK Powder, Cocoa Buther, Skimmed MILK Fowder, Cocoa Buther, Skimmed MILK Fowder, Emulsifier; SOYA Lecithin; Natural Vanilla Flavouring), Buthermik (Skimmed MILK, Saids, MILK Protein Concentrate), Reduced Fat Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapiaca Strach, Stabilisers: Annthan Gum, Locust Bean Gum), WHEAT Flour (Caclaium Carbonate), Rioca, Iron, Initiami), Belgian Cocoal Carbonate, Sigi (Cocoa Mass, Sugar, Dextrose, Emulsifier; SOYA Lecithin), Speculoos Spread (5%) (Caramelised Bisculi (WHEAT Flour, Sugar, Vegetable) Oil (Falm Oil, Rapesseed Oil), Rapisan (Agents), Speculoos Bisculi Crumb (4%) (Caramelised Bisculi (WHEAT Flour, Sugar (Sugar), Sugar), Sugar), Sugar), Sugar (Sugar), Sugar), Sugar), Sugar (Sugar), Sugar), S	Sugar Fibre Protein Salt Fat Sat Carbs Sugar Fibre Frotein Satt	29 1.7 3 0.1 orlion weight (g) per 100g 1313 313 15.3 6.4 39.8 30.2 0.8 4.5	31.9 1.9 3.3 0.2 110 per portion (g) 1155 276 13.5 5.6 35.0 26.6 0.7 4.0
Caramelised Biscuit Chouxnut	starch, vegetable fibres, flavours, thickeners (£412, £415), salt, colour (£160a). May contain traces of NUTS. Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Single Cream (MILK), Free Range EGG, White Chocolate (6%) (Sugar, Whole MILK Powder, Cocoa Buther, Skimmed MILK Fowder, Cocoa Buther, Skimmed MILK Fowder, Emulsifier; SOYA Lecithin; Natural Vanilla Flavouring), Buthermik (Skimmed MILK, Saids, MILK Protein Concentrate), Reduced Fat Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapiaca Strach, Stabilisers: Annthan Gum, Locust Bean Gum), WHEAT Flour (Caclaium Carbonate), Rioca, Iron, Initiami), Belgian Cocoal Carbonate, Sigi (Cocoa Mass, Sugar, Dextrose, Emulsifier; SOYA Lecithin), Speculoos Spread (5%) (Caramelised Bisculi (WHEAT Flour, Sugar, Vegetable) Oil (Falm Oil, Rapesseed Oil), Rapisan (Agents), Speculoos Bisculi Crumb (4%) (Caramelised Bisculi (WHEAT Flour, Sugar (Sugar), Sugar), Sugar), Sugar), Sugar (Sugar), Sugar), Sugar), Sugar (Sugar), Sugar), S	Sugar Fibre Protein Salt Fat Sat Carbs Sugar Fibre Frotein Satt	29 1.7 3 0.1 ortion weight (g) per 100g 1313 313 15.3 6.4 39.8 30.2 0.8 4.5 0.3	31.9 1.9 3.3 0.2 110 per portion (g) 1155 276 13.5 5.6 0.7 4.0 0.3
Caramelised Biscuit Chouxnut	starch, vegetable fibres, flavours, thickeners (£412, £415), salt, colour (£160a). May contain traces of NUTS. Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Single Cream (MILK), Free Range EGG, White Chocolate (6%) (Sugar, Whole MILK Powder, Cocoa Buther, Skimmed MILK Fowder, Cocoa Buther, Skimmed MILK Fowder, Emulsifier; SOYA Lecithin; Natural Vanilla Flavouring), Buthermik (Skimmed MILK, Saids, MILK Protein Concentrate), Reduced Fat Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapiaca Strach, Stabilisers: Annthan Gum, Locust Bean Gum), WHEAT Flour (Caclaium Carbonate), Rioca, Iron, Initiami), Belgian Cocoal Carbonate, Sigi (Cocoa Mass, Sugar, Dextrose, Emulsifier; SOYA Lecithin), Speculoos Spread (5%) (Caramelised Bisculi (WHEAT Flour, Sugar, Vegetable) Oil (Falm Oil, Rapesseed Oil), Rapisan (Agents), Speculoos Bisculi Crumb (4%) (Caramelised Bisculi (WHEAT Flour, Sugar (Sugar), Sugar), Sugar), Sugar), Sugar (Sugar), Sugar), Sugar), Sugar (Sugar), Sugar), S	Sugar Fibre Protein Salt KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt KJ	29 1.7 3 0.1 ortion weight (g) per 100g 1313 313 15.3 6.4 39.8 30.2 0.8 4.5 0.3 ortion weight (g) per 100g	31.9 1.9 3.3 0.2 110 per portion (g) 1155 276 13.5 5.6 0.7 4.0 0.3 88 per portion (g)
Caramelised Biscuit Chouxnut	starch, vegetable fibres, flavours, thickeners (E412, E415), salt, colour (E160a). May contain traces of NUTS. Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Single Cream (MILK), Free Range EGG, Whilte Chocolate (6%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Enutlifier: SOYA, Lecithir: Natural Vanilla Ravouring), Butternilk (Skimmed MILK, Skimmed MILK, Sokds, MILK Protein Concentrate), Reduced for Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Salt, Modified Taplaca Starch, Stabilisers, Xanihan Sum, Locust Bean Gum), WHEAT Flour (Calcium Caronanele, Nicoin, Iron, Thiomin), Belgian Chocolate Chips (5%) (Cocoa Mass, Sugar, Destrose, Emilitiers SOYA Lecithin), Speculos Syread (5%) (Caromelised Bibus) (WHEAT Flour, Yegetable Oil (praim Oil, Rapessed Oil), Sugar Syrup, Raining Agent: Sodium Hydrogen Carbonate; SOYA Flour, Soft, Cinnamon), Rapesseed Oil, Sugar, Sugar Syrup), Vegetable Oil (Palm Oil, Rapessed Oil), Speculos Bibusuit (WHEAT Flour, Sorgar, Enutlifier SOYA Lecithin: Acidity Regulator: Citin Acidi, Shorthaning (Palm Oil, Rapessed Oil), Speculos Bibusuit (WHEAT Flour, Sorgar Syrup), Vegetable Oil (Palm Oil, Rapessed Oil), Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon)), Sugar, Rapesseed Oil, Modified Waxy Maize Starch, Modified Potato Starch, Salt, Colour: Ammonia Caramel Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Raspberries (11%), Single Cream (MILK), Free Range EGG, White Chocolate (7%) (Sugar, Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Raspberries (11%), Single Cream (MILK), Free Range EGG, White Chocolate (7%) (Sugar, Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Raspberries (11%), Single Cream (MILK), Free Range EGG, White Chocolate (7%) (Sugar, Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Raspberries (11%), Single Cream (MILK), Free Range EGG, White Chocolate (7%) (Sugar, Powdered Fondant (Sugar, Dried Glucose Syrup), Water Raspberries (11%), Single Cream (MILK), Free Range EGG, White Chocolate (Sugar Fibre Protein Salt Fc KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Ft KJ Kcal Kcal Kcal Kcal Kcal Kcal Kcal Kcal	29 1.7 3 0.1 0.1 ortion weight (g) per 100g 1313 313 15.3 6.4 39.8 30.2 0.8 4.5 0.3 ortion weight (g) per 100g 1128 269	31.9 1.9 3.3 0.2 110 per portion (g) 1155 276 13.5 5.6 35.0 26.6 0.7 4.0 0.3 88 per portion (g) 1094 261
Caramelised Biscuit Chouxnut	starch, vegetable fibres, flavours, thickeners (£412, £415), salt, colour (£160a). May contain traces of NUTS. Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Single Cream (MILK), Free Range £GG, White Chocolate (6%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier; SOYA Lecithin; Natural Vanilla Flavouring), Buttermik (Skimmed MILK, Skimmed MILK, Solds, MILK), Protein Concentrate), Reduced Fat Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solds (MILK), Salt, Modified Tapiaca Starch, Stabilisers: Avanthan Gum, Locust Bean Gum), WHEAT Flour (Iocalium Carbonate, Niach, Iron, Inibami), Belgian Cocoal Cocoa (Starch, Stabilisers: Avanthan Gum, Locust Bean Gum), WHEAT Flour (Iocalium Carbonate, Starch, Niach), (Inicamona), Rapesed Gil), Sugar, Sugar, Saltan, Vagetable Gil (Palm Gil, Rapesed Gil), Rabins (Apartis Carbonate), Saltan, S	Sugar Fibre Protein Salt Pc KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Fot KJ Kcal Fot Sat Carbs Sugar Fibre Frotein Fot KJ Kcal Fat	29 1.7 3 0.1 prinor weight (g) per 100g 1313 313 15.3 6.4 39.8 30.2 0.8 4.5 0.3 ordion weight (g) per 100g 1128 269 12	31.9 1.9 3.3 0.2 1110 per portion (g) 1155 276 13.5 5.6 35.0 26.6 0.7 4.0 0.3 8 8 per portion (g) 1094 261 11.6
Caramelised Biscuit Chouxnut	starch, vegetable fibres, flavours, thickeners (E412, E415), salt, colour (E160a). May contain traces of NUTS. Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Single Cream (MILK), Free Range EGG, Whilte Chocolate (6%) (Sugar, Whole MILK Powder, Cocoa Butter, Stimmed MILK Powder, Enudstiler: SOYA Lecithir: Notural Vanilla Rovouring), Buttermilit (Stimmed MILK, Stimmed MILK, Solds, MILK Protein Concentrate), Reduced Fat Saft Cheese (Stimmed MILK, Cream (MILK), Whey Solds (MILK), Salt, Modified Tapiacoa Starch, Stabilisers: Xanthan Gum, Locustil Bean Gum), "MHEAT Rour (Calcium Corponale, Nicotin, Ion, Thiomin), Belgian Chocolate Chips (5%) (Cocoa Mass, Sugar, Destrose, Emilister SOYA Lectihin), Speculoos Syread (5%) (Caramelised Biscuil (WHEAT Rour, Yegetable Oil (Parin Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydragen Carbonate; SOYA Flour, Salt, Cinamon), Rapesseed Oil, Sugar, Emilistier: SOYA Lectihin: Acidity Regulator: Ciric Acidi, Shorething (Patin Oil, Rapesseed Oil, Speculoos Biscuil Crumb (4%) (Caramelised Biscuil (WHEAT Flour, Sugar, Sugar Syrup), Vegetable Oil (Palm Oil, Rapesseed Oil), Speculoos Biscuil Crumb (4%) (Caramelised Biscuil (WHEAT Flour, Sugar, Sugar Syrup), Vegetable Oil (Palm Oil, Rapesseed Oil), Raising Agent: Sodium Hydragen Carbonate; SOYA Flour, Salt, Cinnamoni), Sugar, Rapesseed Oil, Modified Waxy Maize Starch, Modified Potato Starch, Salt, Colour: Ammonia Caramel Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Raspberries (11%), Single Cream (MILK), Free Range EGG, White Chocolate (7%) (Sugar, Whole MILK Powder, Cocoa Butter, Stimmed MILK, Modified Kimmed MILK, Solids, MILK Proble Concentrale), Reduced Fot Soft Cheese (Stimmed MILK, Ceem (MILK), Milk), Milk, Modified	Sugar Fibre Protein Sait FC KJ Kcal Fat Sat Carbs Sugar Fibre Protein Sait FC KJ Kcal Fat Sugar Fibre Frotein Sait Fat Sait Sait Sait Sait Sait Sait Sait Sa	29 1.7 3 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1	31.9 1.9 3.3 0.2 110 per porlion (g) 1155 276 13.5 5.6 35.0 26.6 0.7 4.0 0.3 88 per porlion (g) 1094 261 11.6 5.1
Caramelised Biscuit Chouxnut (V)	starch, vegetable fibres, flavours, thickeners (£412, £415), salt, colour (£160a). May contain traces of NUTS. Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Single Cream (MILK), Free Range EGG, White Chocolate (£%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier; SOYA Lecithin; Notural Vanilla Flovouring), Buttermilit (Skimmed MILK, Seins, MILK) Protein Concentrate), Reduced Fot Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solds (MILK), Salt, Modified Tapicca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Nacin, Iron, Thiamin), Belgian Chocolate (Tapicca Starch, Stabilisers: Emulsifier; SOYA Lecithin), Speculoos Spread (5%) (Caramelised Biscuit (WHEAT Flour, Sugar, Vegetable) (I (Pain Oil, Rapesseed Oil), Sugar, Syrup, Raising Agent; Sodium Hydragen Carbonate; SOYA Flour, Salt, Cinnamon), Rapesseed Oil, Sugar, Sugar Syrup, Segetable Oil (Pain Oil, Rapesseed Oil), Speculosis Secul Cumbl (4%) (Caramelised Biscuit (WHEAT Flour, Sugar, Sugar Syrup), Vegetable Oil (Pain Oil, Rapesseed Oil), Raising Agent; Sodium Hydragen Carbonate; SOYA Flour, Salt, Cinnamoni), Sugar, Rapesseed Oil, Modified Waxy Maize Starch, Modified Potato Starch, Salt, Colour: Ammonia Caramel 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, Skimmed MILK, Solids, MILK, Solids, MILK, Solids, MILK, Modified Tapicca Starch, Stabilisers: Kanthan Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Nacion, Iron, Thiamin), Shortening Rapessed Oil, Sugar, Rapesseed Oil, Sugar, Rapesseed Oil, Sugar, Rapesseed Oil, Rougified Maize Starch, Scalic, Scalic, Iron, Thiamin), Shortening Rapes (118, Modified Chaice Starch, Scalic, Sugar, Rapesseed Oil, Modified Chaice Starch, Scalic, Sugar, Rapesseed Oil, Modified Chaice Starch, Scalic, Scalic, Iron, Thiamin), Shortening Rapes	Sugar Fibre Protein Salt KJ Kcal Fat Salt Carbs Sugar Fibre Protein Salt Carb Sult Fat Carb Sugar Fibre Frotein Salt Carb Carb Salt Carb	29 1.7 3 0.1 ortion weight (g) per 100g 1313 15.3 6.4 39.8 30.2 0.8 4.5 0.3 ortion weight (g) per 100g 11128 269 12 5.3 37	31.9 1.9 3.3 0.2 110 per portion (g) 1155 276 13.5 5.6 35.0 26.6 0.7 4.0 0.3 88 per portion (g) 1094 261 11.6 5.1
Caramelised Biscuit Chouxnut (V) Raspberry & White Chocolate Chouxnut	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, Enulsifier; SOYA Lecithin; Natural Vanilla Flavouring), Buttermik (Skimmed MILK, Skimmed MILK, Solds, MILK Protein Concentrate), Reduced Fat Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solds (MILK), Sail, Modified Tapicas Starch, Stabilisers: Annthan Gum, Locust Bean Gum), WHEAT Flour (Caclaium Carbonate), Rioca, Ino, Initiamin), Belgian Glus, Sugar, Whole MILK Solds, MILK Protein Concentrate), Reduced Fat Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solds (MILK), Sail, Modified Tapicas Starch, Stabilisers: Avanthan Gum, Locatible end (Skimmed MILK), Sail, Modified Tapicas Starch, Stabilisers: Avanthan Gum, Locatible end (Skimmed MILK), Sail, Cocoa Mass, Sugar, Dextrose, Emulsifier: SOYA Lecithin), Speculoos Spread (5%) (Caramelised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapesseed Oil), Speculoos Biscuit Crumb (4%) (Caramelised Biscuit (WHEAT Flour, Sugar (Sugar, Sugar), Vegetable Oil (Palm Oil, Rapesseed Oil), Rapicas Biscuit Crumb (4%) (Caramelised Biscuit (WHEAT Flour, Sugar (Sugar, Sugar), Vegetable Oil (Palm Oil, Rapesseed Oil), Raping Agents Sadim (Vegetable Oil (Palm Oil, Rapesseed Oil), Rapesseed Oil, Rapesseed Oil, Rapesseed Oil, Rapesseed Oil, Rapesseed Oil, Modified Waxy Maize Starch, Modified Potato Starch, Salt, Colour: Ammonia Caramel Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Raspberries (11%), Single Cream (MILK), Free Range EGG, White Chocolate (7%) (Sugar, Whole MILK Powder, Cacca Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin: Natural Vanilla Flavouring), Buttermik (Skimmed MILK, Salt, Michael Vanilla Flavouring), Meral Flour (Colcium Carbonache, Niciari, Incrinn), Shortlening (Palm Oil, Rapesseed Oil), While Chocolate Cute, Sugar, Modified Maxy Molate Starch), Glucose Syrup, Rapesseed Oil, While Chocolate Cute, Sugar, Modified Maxy Molate Starch), Glucose Syrup, Rapesseed Oil, While	Sugar Fibre Protein Salt Pc KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Pc KJ Kcal Sat Carbs Sugar Fibre Salt Carbs Sugar Fibre Salt Carbs Sugar Fibre Salt Carbs Sugar Salt Salt Salt Salt Salt Salt Salt Salt	29 1.7 3 0.1 prinor weight (g) per 100g 1313 313 15.3 6.4 39.8 30.2 0.8 4.5 0.3 ordion weight (g) per 100g 1128 269 12 5.3 37 28.5	31.9 1.9 3.3 0.2 1110 per portion (g) 1155 26.6 13.5 5.6 35.0 26.6 0.7 4.0 0.3 88 per portion (g) 1094 261 11.6 5.1 5.1 5.9 27.7
Caramelised Biscuit Chouxnut (V) Raspberry & White Chocolate Chouxnut	starch, vegetable fibres, flavours, thickeners (£412, £415), salt, colour (£160a). May contain traces of NUTS. Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Single Cream (MILK), Free Range EGG, White Chocolate (£%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier; SOYA Lecithin; Notural Vanilla Flovouring), Buttermilit (Skimmed MILK, Seins, MILK) Protein Concentrate), Reduced Fot Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solds (MILK), Salt, Modified Tapicca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Nacin, Iron, Thiamin), Belgian Chocolate (Tapicca Starch, Stabilisers: Emulsifier; SOYA Lecithin), Speculoos Spread (5%) (Caramelised Biscuit (WHEAT Flour, Sugar, Vegetable) (I (Pain Oil, Rapesseed Oil), Sugar, Syrup, Raising Agent; Sodium Hydragen Carbonate; SOYA Flour, Salt, Cinnamon), Rapesseed Oil, Sugar, Sugar Syrup, Segetable Oil (Pain Oil, Rapesseed Oil), Speculosis Secul Cumb) (4%) (Caramelised Biscuit (WHEAT Flour, Sugar, Sugar Syrup), Vegetable Oil (Pain Oil, Rapesseed Oil), Raising Agent; Sodium Hydragen Carbonate; SOYA Flour, Salt, Cinnamoni), Sugar, Rapesseed Oil, Modified Waxy Maize Starch, Modified Potato Starch, Salt, Colour: Ammonia Caramel 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, Skimmed MILK, Solids, MILK, Solids, MILK, Solids, MILK, Modified Tapicca Starch, Stabilisers; Kanthan Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Nacion, Iron, Thiamin), Shortening Rapessed Oil, Sugar, Rapesseed Oil, Sugar, Rapesseed Oil, Sugar, Rapesseed Oil, Rougified Maize Starch, Scalic, Scalic, Iron, Thiamin), Shortening Rapes (118, Modified Chaice Starch, Scalic, Scalic, Iron, Thiamin), Shortening Rapes (118, Modified Maize Starch, Scalic, Scalic, Iron, Thiamin), Shortening Rapes (118, Modified Maize Starch, Scalic,	Sugar Fibre Fotalin Salt KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Kcal Fat Carbs Sugar Fibre Carbs Sugar Fibre Carbs Sugar Fibre Frotalin Salt Kcal Fat Salt Fat Sat Fat Sat Fat Fat Sat Fat Fat Fat Fat Fat Fat Fat Fat Fat F	29 1.7 3 0.0 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1	31.9 1.9 3.3 0.2 110 per portion (g) 1155 276 13.5 5.6 35.0 26.6 0.7 4.0 0.3 88 per portion (g) 116.6 5.1 35.9 27.7
Caramelised Biscuit Chouxnut (V) Raspberry & White Chocolate Chouxnut	Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Single Cream (MLK), Free Range EGG, White Chocolate (6%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Enudsifier, SOYA Lecithin, Natural Vanilla Flovouring), Buttermilit (Skimmed MILK Seimmed MILK Solds, MILK Protein Concentrate), Reduced Fot Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solds (MILK), Soft, Modified Tapiaca Starch, Stabilisers: Xanthana Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Nacin, Iron, Thiamin), Beigian Chocolate Chips (5%) (Cocoa Mass, Sugar, Destrose, Emulsifier; SOYA Lecithin), Speculoos Spread (5%) (Caramelised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Paim Oil, Rapesseed Oil), Sugar Syrup, Raising Agent Sodium Hydragen Carbonate; SOYA Flour, Solt, Crimamon), Rapesseed Oil, Sugar, Vegetable Oil (Paim Oil, Rapesseed Oil), Sugar Syrup), Vegetable Oil (Paim Oil, Rapesseed Oil), Speculoos Siscuit (WHEAT Flour, Sugar, Vegetable Oil), Sugar, Sugar Syrup), Vegetable Oil (Paim Oil, Rapesseed Oil), Raising Agent Sodium Hydragen Carbonate; SOYA Flour, Solt, Ciloux: Ammonia Caramelia Sugar, Carbonate; Soya, 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, Cocoa Butter, Skimmed MILK, Skimmed MILK, Solids, MILK, Solids, MILK, Modified Tapiaca Starch, Stabilisers; Kanthana Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Nacin, Iron, Thiamin), Shortening (Paim Oil, Rapesseed Oil), Sugar, Rabesseed Milk, Modified Maix Starch, Milk, Solids, MILK, Nath, Modified Maix Starch, Milk, Rowder, Cocoa Butter, Emulsifier: SOYA Lecithin: Natural Vanilla Flavouring), Buttermilk (Skimmed MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin: Natural Vanilla Flavouring), Buttermilk (Skimmed MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin: Natural Vanilla Flavouring), Buttermilk (Skimmed MILK Cilicia Milk Chocolate (Cred MILK), Natural Cloude (Cell Beaton), Guicoe Soyne, Rapesse	Sugar Fibre Protein Salt KJ Kcal Fat Sact Carbs Sugar Fibre KJ Kcal Fat Sact Carbs Sugar Fibre Carbs Sugar Fibre Frotein Salt Fat Salt Fat Sact Fat Sact Fat Fat Fat Fat Fat Fat Fat Fat Fat Fa	29 1.7 3 0.1 prinon weight (g) per 100g 1313 15.3 6.4 39.8 30.2 0.8 4.5 0.3 prinon weight (g) per 100g 11128 269 12 5.3 37 28.5 0.6	31.9 1.9 3.3 0.2 110 per portion (g) 1155 276 13.5 5.6 35.0 26.6 0.7 4.0 0.3 88 per portion (g) 1094 261 11.6 5.1 35.9 27.7 0.5
Caramelised Biscuit Chouxnut (V) Raspberry & White Chocolate Chouxnut	Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Single Cream (MLK), Free Range EGG, White Chocolate (6%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Enudsifier, SOYA Lecithin, Natural Vanilla Flovouring), Buttermilit (Skimmed MILK Seimmed MILK Solds, MILK Protein Concentrate), Reduced Fot Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solds (MILK), Soft, Modified Tapiaca Starch, Stabilisers: Xanthana Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Nacin, Iron, Thiamin), Beigian Chocolate Chips (5%) (Cocoa Mass, Sugar, Destrose, Emulsifier; SOYA Lecithin), Speculoos Spread (5%) (Caramelised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Paim Oil, Rapesseed Oil), Sugar Syrup, Raising Agent Sodium Hydragen Carbonate; SOYA Flour, Solt, Crimamon), Rapesseed Oil, Sugar, Vegetable Oil (Paim Oil, Rapesseed Oil), Sugar Syrup), Vegetable Oil (Paim Oil, Rapesseed Oil), Speculoos Siscuit (WHEAT Flour, Sugar, Vegetable Oil), Sugar, Sugar Syrup), Vegetable Oil (Paim Oil, Rapesseed Oil), Raising Agent Sodium Hydragen Carbonate; SOYA Flour, Solt, Ciloux: Ammonia Caramelia Sugar, Carbonate; Soya, 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, Cocoa Butter, Skimmed MILK, Skimmed MILK, Solids, MILK, Solids, MILK, Modified Tapiaca Starch, Stabilisers; Kanthana Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Nacin, Iron, Thiamin), Shortening (Paim Oil, Rapesseed Oil), Sugar, Rabesseed Milk, Modified Maix Starch, Milk, Solids, MILK, Nath, Modified Maix Starch, Milk, Rowder, Cocoa Butter, Emulsifier: SOYA Lecithin: Natural Vanilla Flavouring), Buttermilk (Skimmed MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin: Natural Vanilla Flavouring), Buttermilk (Skimmed MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin: Natural Vanilla Flavouring), Buttermilk (Skimmed MILK Cilicia Milk Chocolate (Cred MILK), Natural Cloude (Cell Beaton), Guicoe Soyne, Rapesse	Sugar Fibre Protein Salt KJ Kcal Fat Say Carbs Sugar Fibre Protein Salt KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Fat Sat Fat Fat Fat Fat Fat Fat Fat Fat Fat F	29 1.7 3 0.0 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1	31.9 1.9 3.3 0.2 110 per portion (g) 1155 276 13.5 5.6 35.0 26.6 0.7 4.0 0.3 88 per portion (g) 116.6 5.1 35.9 27.7



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SAVOURY PASTRIES & ROLLS

PRODUCT	INGREDIENTS		NUTRITIONAL IN	FO
		KJ	per 100g 1133	per portion (g) 1473
	-	Kcal	272	354
		Fat	16	20.8
Vegan Vegetable	Mixed Roast Vegelables (38%) (Butternut Squash, Courgette, Red Onion, Sweet Potato), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Tomato Possata (14%), Palm Oil, Roast Tomatoes (5%), Palm Fat, Rapeseed Oil, Potato Starch, St. Poppy Seeds, Tomato Concentrate, Basil, Conflour, Sunflower Oil, Garlic, Olive Oil, Rosemary, Cracked Black Pepper, Dried Oregano, Emulsifier: E471, Sugar, Garlic	Sat	7.9	10.3
'Sausage' Roll		Carbs	26.5	34.5
(Vg)	Powder, Yeash, Lemon Juice.	Sugar	4.8	6.2
	_	Fibre	2.4	3.1
	_	Protein	4.2	5.5
		Salt	0.9	1.2
		P	ortion weight (g)	130
			per 100g	per portion (g)
		KJ	1274	1657
	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,	Kcal	305	397
	while vinegar, was ovada signa, malaria rapiaca statich, kea shabied oritoris, sain, oritoria dauck repiper, malagrinire (ramina), water, Rapeseed Oli, Salt, Emulsifier: Mono & Di-Glycerides Of Fatty Acids), Regatho Cheese (MILK), Breadcrumbs (WHEAT Flour (WHEAT Flour, Flour —	Fat	17	22
Pork & Pancetta	Treatment Agent (Ascorbic Acid)], Water, Yeast, Salt), Smoked Pancetta (3%) (Pork, Salt, Antioxidant (Sodium Ascorbate), White Pepper, Nutmeg, —	Sat	7.3 23	9.5
Sausage Roll	Dried Garlic, Preservatives (Potassium Nitrate, Sodium Nitrite), Coriander Extract), Smoked Bacon Lardon (3%) (Pork (98%), Water, Salt, 🔔	Carbs	4.3	5.7
	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.	Sugar Protein	4.3 15	19
	Ascorbate), Honey, Sage, Paplika, Salt, Glaze (Water, Wheat Protein), Gallic Putee, Dillide, Black Pepper, Ground Fenner, Oregano, Kosemary.	Salt	2	2.6
	, -		ortion weight (g)	130
			per 100g	per portion (g)
	Butter Croissant (51%) [WHEAT Flour, Butter (MILK), Water, Sugar, MILK, Yeast, EGG, Salt, WHEAT Gluten, Emulsifier (Lecithin), Flour Treatment Agent [Ascorbic Acid) Enzymed Hom formed from select cuts of part (20%) [Part (9%)], Water Cilicose Surus Emulsifier (Irichosesbotes Dishopobates)	KJ	1401	1429
		Kcal	335	342
		Fat	20	21
		Sat	13	13
Ham & Cheese Croissant		Carbs	23	24
		Sugar	4.3	4.4
	_	Protein	15	15
	<u> </u>	Salt	0.8	0.8
		P	ortion weight (g)	102
		KJ	per 100g 1038	per portion (g) 1351
	, -	Kcal	248	323
	Vienna Roll (54%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, RYE Flour, Yeast, Salt (Anti-Caking	Fat	9.3	12
	Agent: E535), Malted WHEAT Flour, Improver (WHEAT Flour, Emulsifier: E472e, Ascorbic Acids, Sunflower Oil, Enzymes), Improver IBIS (Fortified WHEAT Flour, Enzymes, Sunflower Oil)], Bacon* (31%) (Pork Belly, Salt, Rosemary Extract, Antioxidant: Sodium Ascorbate (E301), Preservative:	Sat	2.5	3.3
Bacon Ciabatta Roll	Sodium Nitrite (E250)], Ballymaloe Relish (12%) (Tomatoes (41%), Vinegar, Sugar, Onions, Sultanas, Tomato Puree (5%) Sea Salt, MUSTARD Seed,	Carbs	28	37
	Spices], Spread (3%) [Vegetable Oils (Rapeseed, Palm), Water, Reconstituted Butter MILK (3%), Salt (1.5%), Emulsifier (Mono and Di Glyceride of	Sugar	4.1	5.3
	Fatty Acids), Stabiliser (Sodium Alginate), Preservative (Potassium Sorbate), Vitamin A & D, Flavouring, Colour (Carotenes)].	Protein	12	16
	-	Salt	1.9	2.5
	-	P	ortion weight (g)	133
			per 100g	per portion (g)
		KJ	1315	811
		Kcal	309	191
		Fat	0.7	0.4
Sourdough Bread Roll	WHEAT flour, water, sourdough (WHEAT), salt, yeast, dehydrated WHEAT sourdough, WHEAT gluten, deactivated yeast, malted WHEAT flour, flour	Sat	0.2	0.1
(Vg)	wheat itour, water, sourdough (wheat), sair, yeas, dehydraded wheat sourdough, wheat gluten, dedictivated yeas, mailed wheat itour, nour treatment agent (ascorbic acid).	Carbs	63.6	39.2
(19)		Sugar	1.6	0.9
	_	Fibre	3.7	2.3
		Protein	10.4	6.4
		Salt	1.6	0.9
		P	ortion weight (g)	74



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PANINI

	FAMINI			
PRODUCT	INGREDIENTS		NUTRITIONAL IN	FO
All Day Breakfast	Sourdough Panini (61%) [Fortlified 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)], Scrombled EGG & Cheese (23%) [Scrombled EGG (EGG, Water, Rapessed Oil, Buttermilk Powder (MILK), Carlotin, Salt), White Pepper, Aniolodant (Clitic Acid), Richeane (Kanthan Gung), Preservative (Lacid, Acid), Bechamed Multz, Vegetable Stock (Water, Salt, Yeast Ednact, Sugar, Vegetable Extract (Onion, Carrol), Tomato, Herbs), Vegetable (i) [Palm), Butter (MILK), Modified Malze Starch, Salt, Emulsifier (SaYA, Lecithin)), Cheddar Cheese (MILK), Black Pepper, Salt), WHEAT Starch, Calcium Carbonate, Iron, Thiamin, Niacini, Salt), WHEAT Starch, Rapessed Oil, Panley, Salt), Eventose, Sage, Beef Collogen Casing, Fortlied WHEAT Flour, Stabiliser (Sadium Triphosphatel), WHEAT Protein, Spice & Spice Herb Extracts (Pepper, Nutmeg, Chilli, Clove, Corlonder Sage, Thyme, Pimentol), Coffee Bacon (7%) [Pork Belly, Sugar, Salt, Cold Brewed Coffee, Stabiliser (Sadium Triphosphatel), Maltadextrin, Natural (Pavouring, Anticaking Agent (Calcium Silicate), Antioxidant (Sadium Ascorbate), Preservative (Sadium Nitrite)].	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 1024 245 8.1 2.8 30 3.5 12 1.0 ortion weight (g)	per portion (g) 1772 424 14 4.9 52 6 21 1.7
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, Mailed WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascarbic Acid)], Chargified Chicken (18%) (Chicken, Bine (Water, Sugar, Starch, Glucose Syrup, Emulsifier (Sadium Triphosphate), Potato Starch, Whey Protein (MILK), Stolistier (Guar Gum), South, Vinegar, Yeast Extract, Isaal Pesto (77%) (Basil Tyree (Basil, 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).	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 895 214 7.4 2 24 2.5 11 1.2 ortion weight (g)	per portion (g) 1906 456 16 43 52 53 24 2.6 213
Ham & Mozzarella Panini	Sourdough Panini (\$8%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Mailed WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Hom (22%) [Poir, Water, Glucose Syrup, Emulsifier (Ifinosphates), Diphosphates), Salt, Antioxidant (Sadium Ascorbate), Dextrose, Spice Extracts, Preservative (Soulium Nitrite)], Nazzariela (11%) Sock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Dnion, Carrot), Tomato, Herbs), Polm Oil, Butter (MILK), Modified Maize Starch, Salt, Emulsifier (Lecithin) (SOYA)], Mature Cheddar Cheese (3%) (MILK).	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 974 233 6.8 3.3 28 3.2 14 1.3 ortion weight (g)	per portion (g) 1753 419 12 5.9 50 5.8 25 2.3
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 Cluten, Mailed WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascarbic Acid)), Mazzarella (21%) (MILK), Tomato (12%), Cheddar Cheese (MILK), Basil Pesto (6.4%) (Basil, Sunflower Oil, Salt), Sunflower Oil, Medium Fat Hard Cheese (MILK)).	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 1101 263 12 2.1 27 2.5 12 1.0 ortion weight (g)	per portion (g) 2136 510 23 4.1 52 4.9 23 2.0 194
Tuna Meit 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, Maîted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acidi), Tuna Mayonnaise (Rapesseed Oil, Water, Pasteurised Free Range EGG, Free Range EGG Yok, Spirit Vinegar, Salt. Sugar, Flavouring, Lemon Juice Concentrate, Antioxidant (Calcium Disadium EDTA)), Red Pepper, Siow Roast Tomatoes (8%) (Slow Roast Tomatoes, Rapesseed Oil, Salt, Garlic, Oregano), Red Onion, Comflour, Parsley, Lemon Zest, Cracked Black Pepper), Cheddar Cheese (12%) MILK).	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 1187 284 14 3.3 26 2.7 12 0.9 ortion weight (g)	per portion (g) 2493 596 29 6.9 55 5.7 25 1.8 210

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TOSTATI

PRODUCT	INGREDIENTS	_ 1	NUTRITIONAL INI	FO
Chicken & Bacon Tostati Melt	Sourdough Bread (45%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture (8YE), SOYA Flour, Vegelable Oil (Rapeseed), Emulsifiers [872]e), E481], Flour Treatment Agent [E300]), Chicken and Bacon Filing (38%) [Bechamel Sikimmend MILK, Vegelables Discok (Water, Sail), Yeast Estracts, Sugar, Vegelables (Extract (Drian), Carnot), Tomato, Hershy, Vegelables (IPAII), Butter (MILK), Modified Maize Starch, Sail, Emulsifier (E322) (SOYA)), Chicken (26%) (Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Stabiliser (E431), Potato Starch, Whey Protein (MILK), Emulsifier (E1412), Sail, Vinegar, Yeast Extract), Formed Diced Bocon Pieces (88), Pfore, Water, Sail, Persevrative (E250), Stabiliser (E450), AntoXidant (E3011), Cheddar Cheese (MILK), Mozzaraelis (MILK), Mozyaraelis (MILK), Mozyaraelis (MILK), Mozyaraelis (MIRK), M	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 1003 240 9.9 4.6 27 1.2 10 1.4 ortion weight (g)	per portion (g) 2008 480 20 9.3 53 2.4 20 2.7 200
Ham, Cheese & Mustard Tostati Melf	Sourdough Bread (49%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture (RYE), SOYA Flour, Vegetable (oil (Rapessead), Emulsifiers (4672(e), E481), Flour Treatment Agent (£300)], Ham (22%) [Ports, Water, Glucose Syrup, Emulsifiers (£451, £450), Salt, Antioxidant (£301), Deatrose, Spice Estracts, Preservative (£250), Potato Starch, Pea Fibre), Cheese and Mustard Topping (19%) [Cheese flutt), Cheese Souce (Water, Rapessead Oil, Modified Maize Starch, Sugar, Salt, Milk Protein, Cheeddar Cheese (Milk), Yeast Extract, Acidity Regulator (£330), Spice, Stabilisers (£412,£413), Preservative (£202), Colour (£ 1619), Dijon MustaRD (Water, MustaRD Seeds, Spirit Vinegar, Salt, Acidity Regulator (£301), Wholegrain MustaRD Moure, MustaRD Moure, While Wine Viney (Succes-Fructose Syrup, MustaRD Flour, Salt, Acidity Regulator (£260), Cinnamon, Pimento, Turmeric)], Cheddar Cheese (11%) (Milk).	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 1054 252 10 4.8 27 0.7 13 1.6 ortion weight (g)	per portion (g) 1951 466 19 8.8 50 1.2 23 2.9
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 Sole (Rapessead), Emulsifiers (EA72le), E481), Flour Treatment Agent (E300)]. Cheese Topping (17%) [Mozarzerla (MILIX), Béchamel Succe (Skimmed MILIX, Vegetable Sole (Water, Sait, Yeast Estract, Sugar, Vegetable Extract (Orion, Carroll, Tomato, Herbs), Vegetable Oil (Palm), Butter (MILIX), Modified Starch (Wasy Moize), Sait, Emulsifier (Lecithin) (SOYA)), Red Cheddar (MILIX), Cheese Filing (15%) [Mosarzopne (Creme (MILIX), MILIX, Modified Starch (Wasy Moize), Sait, Emulsifier (Lecithin) (SOYA)), Red Cheddar (MILIX), Vegetable Starch (Wasy Moize), Sait, Emulsifier (Lecithin) (SOYA)), Red Cheddar (MILIX), Cheese (15%) [MILIX), Roasted Baby Plum Tomatoes (9.8%) (Plum Tomatoes, Rapessed Oil, Sait, Oregano, Garlic).	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 1196 286 15.0 8.5 25.0 1.5 12.0 1.1	per portion (g) 2452 586 30.0 17.0 52.0 3.1 25.0 2.3 205
irish Sausage, Cheddar & Ballymaloe Relish Toastie	Malted Bloomer Bread (43%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flokes, WHEAT Bran , Yeast, Salt, Vegelable Fat (Ropessed, Palm), Malted WHEAT Flour, Malted BARLEY Flour, WHEAT Frotein, Spirit Vinegar, Emulsifiers (E472e), Flour Ireatment Agent (E300)], Sausage (38%) [Pork (70%), Water, Rusk (WHEAT flour, Fortified WHEAT flour, Calcium carbonate, Iron, Niacin, Salt), WHEAT Strach, Salt, Destrose, Ropessed of ill, Beet Callogaer Casing, WHEAT flour (Fortified WHEAT flour, Calcium Carbonate, Iron, Niacin, Thiamin), Stabiliser (E451), WHEAT grotein, Spice and Herb Extrach (Pepper, Nutmeg, Chilli, Sage, Parsley, Pimentol), Cheddar Cheese (9.5%) (MILK, Potato Starch), Ballymalae Relish (9.5%) (Tomatoes, Tomato Puree, Vinegar, Sugar, Onions, Sultanas, Sea Salt, MUSTARD Seed, Spices).	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 1078 258 11.0 4.5 28.0 4.6 12.0 1.3 ortion weight (g)	9 per portion (g) 2263 541 23.0 9.0 58.0 9.6 25.0 2.8 190

SALAD AND BREAKFAST POTS

PRODUCT	INGREDIENTS	,	NUTRITIONAL IN	FO
		KJ	per 100g 835	per portion (g) 1838
	-	Kcal	200	439
	Orzo Mix (73%) [Cooked Orzo Pasta (Durum WHEAT Semolina), Green Pesto (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian media	Fat	11	24
Pesto Orzo Pasta with Houmous & Roasted Veg	fat hard cheese (MILK)], Dressed Veg Mix (18%) [Veg (red peppers, yellow peppers, courgette, orion), Green Pesto (Basil Puree (Basil, Sunflower	Sat	1.7	3.7
(V)	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),	Carbs	20	44
	Garlic, Citric Acid]].	Sugar	1	2.1
		Protein	5	11
		Salt	0.9	2
		Po	ortion weight (g)	220
			per 100g	per portion (g)
		KJ	515 953	953
	Baked Beans (54%) (Beans, Tomatoes, Water, Sugar, Comflour, Salt, Modified Comflour, Antioxidant - Ascorbic Acid, Spice Etracts, Herb Extract), Yeg & Pesto Mix (30%) (Yeg (red peppers, yellow peppers, courgette, onion), Green Pesto (Basil Puree (Basil, Sunflower oil, Salt), Salt (Salt), Ports, Salt, Milk proteins, poprika, mallodestilin, garlic, dextrase, flowous, spices, Salt) Salt (Salt), Salt (Salt	123	228	
		Fat	6.2	11
		Sat	2	3.7
Chorizo Protein Pot		Carbs	9	17
		Sugar	2.8	5.1
		Protein	6.5	12
		Salt	0.8	1.4
	-	Portion weight (g)		185
			per 100g	per portion (g)
	_	KJ	537	967
	_	Kcal	128	231
		Fat	6.3	11.3
Halloumi Protein Pot	Baked Beans (61%) [Beans, Tomatoes, Water, Sugar, Comflour, Salt, Modified Comflour, Antioxidant: Ascorbic Acid (E330), Spice Extracts, Herb Extract), Halloumi Mix (22%) [Halloumi Cheese (MILK, Mint), Green Pesto (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian medium fat—	Sat	3.4	6.1
(Vg)	hard cheese (MILK)], Red Pepper (17%).	Carbs	9.2	16.6
		Sugar	4.3	7.7
		Protein	7.5	13.5
		Salt	0.59	1.06
		Po	ortion weight (g)	180

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SANDWICHES & FLATBREAD

PRODUCT	INGREDIENTS	_ 1	NUTRITIONAL IN	FO
		KJ	per 100g 950	per portion (g) 1795
	-	Kcal	227	429
	Spinach wrap (32%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin(B3), Thiamin (B1)), Water, Vegetable Oils (Palm Oil,	Fat	12	22
Chicken & Pesto Flatbread	Rapeseed Oil), Spinach, Parsley, Sugar, Raising Agents: Sodium Carbonate (E500), Malic acid (E296), Diphosphates (E450i), Salt), Chicken (21%) [Chicken Breast, Salt , Starch, Glucose syrup, Stabilisers: Triphosphates: (E451), Guar gum (E412), Potato Starch, Natural Chicken Stock (Chicken, —	Sat	1.9	3.6
Chicken & resio ridibredd	Salt), Vinegar), Mozzarella (16%) [MILK], Tomato (13%), Green Pesto (11%) [Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian media	Carbs	18	34
	fathard cheese (MILK)), Rocket (6%), Starch.	Sugar	1.2	2.2
		Protein	12	23
		Salt	1.5	2.8
		Po	ortion weight (g)	189
			per 100g	per portion (g)
	Torlilla Wrap (34%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)), Water, Vegetable Oils (Palm Oil,	KJ	1047 250	1873 448
	roman wrap (34%) promined wheat nour (wheat nour, calcium Carbonales, inch, Naicin (35), Initiam (31), ware, vegetable oils, Fraim oils, Rapesseed oils), Tomanto Seasoning (Tomato Powder, Red Pepper, Papirika, Basil), Rainja Agentis, Sodium Carbonate (E500), Malic acid (E296),	Kcal Fat	250 14	24
	Diphosphates (E4501), Sugar, Stabiliser: Carboxymethyl cellulose (E466), Salt), Salami (17%) (Pork, Salt, Dextrose, Flavourings (Garlic Extract)), Spices	Sat	6.5	12
Milano Salami & Provolone Cheese Flatbread	(Ground Black Pepper), Antioxidant: Sodium Ascorbate (E301), Preservatives: Sodium Nitrite (E250), Potassium Nitrate (E252)], Provolone (18%)	Carbs	21	38
	[MILK, Salt, Rennet], Yellow Pepper (15%), Relish & Red pepper Mix (12%) [Ballymaloe 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	Sugar	4.6	8.2
	lemon juice, garlie, sugar), Rocket [9%], Starch.	Protein	11	19
		Salt	1.4	2.5
		Po	ortion weight (g)	179
			per 100g	per portion (g)
	Wrap (44%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil),	KJ	1100	1489
		Kcal	263	356
	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),	Fat	12	16
Red Pepper & Scamorza Cheese Flatbread	Emulsifier, Mono- & Diglycerides of Fathy Acids (E471), Destrose, Flovouring, Salt), Scamara (30%) (MMLX, st), rennet, bacterial culture, Acids: clinic—acid (E330)), Relsh & Pepper mix (15%) (Ballymabe Relish (Tomatoes, Vinegar, Sugar, Onions, Sultanas, Tomato Puree, Sea Salt, MUSTARD Seed, —	Sat	6.9	9.4
		Carbs	28	38
	Spices), Red pepper Tapenade (SunBlush®) peppers, sunflower oil, tomato concentrate, olive oil, salt, concentrated lemon juice, garlic, sugar),	Sugar	5.4 11	7.3 15
	Starch], Spinach (9%), Starch, Pepper cheek [Pepper, water, salt, citric acid (E-330)], Basil.	Protein Salt	1.8	2.5
	-		ortion weight (g)	150
			per 100g	per portion (g)
		KJ	1087	2196
	Control Read AMERICAN Control	Kcal	260	525
	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,	Fat	17	34
Free Range Egg Mayo Sandwich	Sodium stearoyl lactylate, Mono and diglycerides of fatty acids), Preservative (Calcium propionate), Flour Treatment Agent (Ascorbic Acid)], EGG	Sat	2.4	4.8
(V)	Mayonnaise (40%) [[Free Range EGG (60%), Mayonnaise (Rapeseed Oil, Water, Free Range Pasteurised EGG and EGG Yolk, Spirit Vinegar, Sugar,	Carbs	19	38
	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%).	Sugar	1.5	3.0
	Acting regions (cline relia)), continue, created sides opposit, not range 200 (2.17).	Protein	9.2	19
		Salt	0.6	1.2
		FC	ortion weight (g)	202
	And the state of t	KJ	per 100g 1232	per portion (g) 2020
	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	Kcal	294	483
	Treatment Agent (E300)], Chicken (24%) [Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Stabiliser (E541), Potato Starch, Whey Protein (MILK),	Fat	13	22
	Emulsifier (E412), Salt, Vinegar, Yeast Extract), Sage & Onion Stuffing (12%) [Breadcrumb (WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron,	Sat	3.1	5.1
Chicken & Stuffing Sandwich	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),	Carbs	25	42
	MUSTARD Powder, Lemon Juice Concentrate, Paprika Extracts, Antioxidant (E385)], Vegetable Fat Spread (Vegetable Oils in varying proportions	Sugar	1.7	2.8
	(Rapeseed, Palm, Sunflower), Water, Salt, BUTTERMILK, Preservative (E202), Acidity Regulator (E300), Emulsifier (E471), Flavouring Colour (E106a),	Protein	11	19
	Vitamins A and D].	Salt	1.1	1.8
	_	Po	ortion weight (g)	164



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BISCUITS & SNACKS

BISCUITS & SNACKS					
PRODUCT	INGREDIENTS	١	IUTRITIONAL IN	FO	
		KJ	per 100g 1841	per portion (g) 618	
		Kcal	440	130	
		Fat	14.45	3	
Almond Biscotti	WILLIAM CONTROL OF CON	Sat	2.71	1	
(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.	Carbs	66.5	22	
(-)		Sugar	31.0	11	
	_	Fibre	2.7	0	
	_	Protein	9.6	3.0	
	-	Salt Pa	1.6 ortion weight (g)	0.05 37	
			per 100g	per portion (g)	
		KJ Kcal	1786 425	1411 336	
	-	Fat	16	12.6	
	Glucose fructose syrup, wheat flour, sugar, palm fat, concentrated butter (MILK), sugar syrup, SOYA flour, rapeseed oil, salt, dextrin (WHEAT),	Sat	9	7.1	
Caramel Waffle	circles inclose syrup, wheat nion; siggli, point and, concentinated bring milkly, sagar syrup, 30TA inclor, representation, and displayerides of fatty acids), raising agent (sodium carbonates), cinnamon, acidity regulator (citric acid), emulsifiers (SOYA lecithin, mono- and diapverides of fatty acids), raising agent (sodium carbonates), cinnamon, acidity regulator (citric acid),	Carbs	66	52.1	
(V)	natural Bourbon vanilla.	Sugar	38	30	
		Fibre	1.5	1.2	
		Protein	3.5	2.8	
	-	Salt	0.6	0.5	
		Po	ortion weight (g)		
			per 100g	per portion (g)	
	_	KJ	2276	569	
	_	Kcal	546	136	
	Sugar, Cocoa paste, Roasted coffee beans, Cocoa butter, Cocoa powder, Emulsifier: SOYA lecithin, Thickener: Arabic gum, Flavours. (Cocoa minimum \$6%). May contains traces of: WHEAT, MILK and NUTS.	Fat	32 19	8.0 4.7	
Chocolate Coated Coffee Beans		Sat Carbs	56	14.0	
(Vg)		Sugar	41.0	10.2	
		Fibre	6.7	1.7	
		Protein	6.1	1.5	
		Salt	0.04	0.01	
	-	Po	ortion weight (g)	25	
			per 100g	per portion (g)	
		KJ	2338	409	
		Kcal	562	98	
	-	Fat	38 24	6.7 4.2	
Dark Chocolate & Hazelnut Chocolate Bar	Dark chocolate 57% (sugar, cocoa mass, cocoa butter, emulsifier: SOY lecithin, natural vanilla flavour), hazelnut cream 43% (sugar, vegetable	Sat	48	4.2 8.4	
(V)	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%)]	Carbs Sugar	46.0	8.1	
		Fibre	5.8	1.0	
	-	Protein	4.5	0.8	
		Salt	0.1	0.02	
		Po	ortion weight (g)	17.5	
			per 100g	per portion (g)	
	_	KJ	1200	1152	
		Kcal	283	272	
	Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sultanas (9.5%) (Sultanas, Water, Sunflower Oil, Preservative (E2021), Raisins (9.5%) (Raisins, Water, Sunflower Oil, Preservative (E2021), Citrus Peel (6%) (Glucose Syrup, Orange Peel, Lemon Peel, Fructose Syrup,	Fat	2.5	2.4	
Fruit Teacake	Acidity Regulator (E330), Preservatives: (SULPHUR DIOXIDE, E202)), Sweetened Dried Cranberries (5%) (Cranberries, Sugar, Sunflower Oil), Sugar,	Sat	0.8	0.7	
(Vg)	Yeast, Humectant (Glucose Syrup, Water, Acidity Regulator (E260)), Bread Fat (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471)), Dough	Carbs Sugar	56.2 22.0	53.9 21.1	
	Conditioner (Calcium Sulphate, SOYA Flour, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Emulsifier (E472e), Flour	Fibre	3.8	3.6	
	Treatment Agent (E300), Enzymes), Water, Emulsifiers (E471, E472e), Acidity Regulators (E260, E525), Salt.	Protein	7.3	7.0	
	-	Salt	0.2	0.2	
			ortion weight (g)	96	
			per 100g	per portion (g)	
		KJ	2416	242	
		Kcal	581	58	
		Fat	40	4.0	
Gianduja Chocolate	Sugar, HAZELNUTS (30%), cocoa mass, cocoa butter, emulsifier: SOY lecithin, natural vanilla flavour.	Sat	15	1.5	
(V)	Cocoa solids: 23% min. May contain traces of MILK.	Carbs	47	4.7	
		Sugar	44.0	4.4	
	<u>-</u>	Protein	5.7	0.6	
	-	Salt	0.03 ortion weight (g)	0.0 10	
		Po	mon weight (g)	10	



Effective 16th September 2021

Version 4 Issued: **16/09/21**

BISCUITS & SNACKS

Property	BISCUITS & SNACKS						
### Control (1) 12 13 13 13 13 13 13 13	PRODUCT	INGREDIENTS	ŀ	IUTRITIONAL IN	FO		
March 1976 Sept. Sep				per 100g	per portion (g)		
March Common Co							
Act		WHEAT Flour (contains Calcium carbonate, Iron, Niacin and Thiamin), Sugar, Margarine (Palm Oil, Water, Palm Stearin, Rapeseed Oil, Salt, Lemon					
Record Record profess (see the profess of the street in Control (figure (right from profess of the street)	Circ. Circ. standard Marie	Juice concentrate), Golden Syrup (Partially Inverted Refiners Syrup), Glucose Syrup, Icing (Sugar, Palm Fat, Glucose Syrup, Water, Icing Sugar,					
Control Cont		Emulsiners (sunnower Lectinin, Polysorbate 60), Natural Colour (Infanium aloxide), Acia (Acetic acia), Preservative (Potassium Sorbate), Natural Flavouring, Gelling Agent (Pectin)), Humectant (Glycerine), EGG, Molasses, Rice Starch, Ground Ginger, Ground Mixed Spice (Cinnamon,					
Part		Coriander, Ginger, Allspice, Nutmeg, Cloves), Ground Cassia, Thickener (Xanthan Gum), Raising Agent (Bicarbonate of Soda), Natural Colours					
Section (First) 10 10 10 10 10 10 10 1		Curculin, Beenou Exitaci, Spiraling, Butter riavoung.					
19 19 19 19 19 19 19 19			Salt				
1000 1000			Po				
Local At Table City and the Security City and th			KJ				
Supplement Sup			Kcal		117		
Cocket Creambation Copy and the Part of the Cocket Developed in the Cocket							
Location Visuality 1970		Sugar, Thickening agents: Arabic gum, tragacanth; Piedmont peppermint essential oil.					
Color Colo	(), , ,						
Copy well file with copy or copy 10 20 11 12 12 12 12 12							
Classific Counted Counted Counted (East with count or any IPS) Wild flox, comment (ii) State							
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Clase with file of the concerned (15), MEAT Note concerned (15), Section (15), Secti				2136	964		
Secretar Cheminological Secretaria Sec							
DOTA Soften A MART (INC. SOCIE) A SOCIE	Logcker Creamkakao						
		SOYA lecithin, HAZELNUTS, vanilla pods (Bourbon).					
Localer Nagolitaner Chips worder (Bath with MATEMED cames) (1986, seemler, preprieter) William (Bath Camer) (1986, seemler, preprieter) William (Bath C		May contain ALMONDS.					
Portion worself (a) September Post P							
Color 1972 1973 1974 1975							
Coligo water filted with MARINNET leaves in president's WIRAM flox. concern del. (places in you stop			× 1				
Locker Napelflower							
Corp. 17 17 17 17 17 17 17 1			Fat				
Control System S			301				
Total 1 1 1 1 1 1 1 1 1	(V)						
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Citigs water Bed with runnils cream /756 cream, ingredents WREAT floor, cocourt of, glucose years, sagment MIKE provides candon (25 23 23 23 23 23 23 23 23 23 23 23 23 23			Po				
Loacier Vanille Critique with running cream 1785 cream Ingredient WMAT four coronal of glacore areas, sign, simmed MAX powder, deshood and phosphale Fold Sold 23 12 12 12 12 13 13 14 14 14 14 14 14			KJ				
Cocker Versille Chipsy words (End with varial crasen (PSC cenops), larger darks with AT (Duts, occount of all places size), sugar, stormed AME powder, deather, sortilis powder (Cocker and extract upgar, ciding against and extract upgar, ciding against extract (PSC cenops), larger darks (PSC social), and an analysis (PSC social) Cocker ASS (PSC social) Co			Kcal				
NOTA hour mail extract sign; rolling agent solution in places controlle, disolation adaptophole emulating SQTA lectins, varied pools Sugary 31 41 52 53 53 53 53 53 53 53		Crispy water filled with vanilla cream (75% cream). Ingredients: WHEAT flour, coconut oil, allucose syrup, sugar, skimmed MILK powder, destrose.					
Melcalle's B Chocciate Rice Cakes Milk Chocciate (675) Sugar, Cocca Butter, whole MILK Provider, Cocca Mails, Emulation's SOTA Lacithin, Natural Vanille Rivaval, Protein 1973 133 14 1974 1		SOYA flour, malt extract, sugar, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier SOYA lecithin, vanilla pods					
Melcalle'sB' Chocolate Bice Cakes (AT) Milk Chocolate (AT)	(-)						
Pope 100g Pop 100g							
Melcoate 98 Chaccatate Rice Cakes (V) Milk Chaccatate (ASS) (Sixgar, Cocco Butter, Mincle MILK Powder, Cocco Moss, Emplifier, 501 A. Lacitim, Natural Variation Revokuting), Rice Case (ASS) (Whidegrain Brown Rice, Rice). (Minimum Cocco Solids 39%). Milk Chaccatate Rice Cakes (V) Milk Chaccatate (ASS) (Sixgar, Cocco Butter, Mincle MILK Powder, Cocco Moss, Emplifier, 501 A. Lacitim, Natural Variation Revokuting), Rice Case (ASS) (Whidegrain Brown Rice, Rice). (Minimum Cocco Solids 39%). Milk Chaccatate Milk C							
Metcalfe 18 Chaccate Rice Cakes (V) Milk Chaccate (60%) (Sugar, Caccae Butter, Whole MILK Powder, Caccae Mass, Ensablier, 150% Lacithin, Natural Vanilla Rivavuting), Rice Cake (11.1) 1.19 1.14 1.19 1.14 1.19 1.14 1.19 1.14 1.19 1.14 1.19 1.14 1.19 1.14 1.19 1.14 1.19 1.14 1.19 1.14 1.19 1.14 1.19 1.14 1.19 1.14 1.19 1.19 1.14 1.19 1.19 1.14 1.19 1.14 1.19 1.14 1.19 1.14 1.19 1.19 1.14 1.19 1.19 1.14 1.19 1.14 1.19 1.14 1.19 1.14 1.19 1.19 1.10 1.							
Face 15-3 3.3 Sec 11.1 1.7 Carbs (40%) Whickgrain flown fice. Rice) (Minimum Cocce lottle 978). (40%) (1.4 5.3 5.3 5.3 1.1 5.3 5.3 5.3 1.1 5.3 5							
Milk Chocolate Rice Cakes (V) Milk Chocolate (875) Sugar. Cocoa Butter, Whole MILK Powder. Cocoa Mas. Emulsifier 50'Y Lecthins, Notural Varialle Ravouring), Rice Cale (875) Milk Chocolate (875) Wholegrain Brown Rice, Rice), (Minimum Cocoa Solds 978). Sugar 31.4 S.3 Sugar 31.4 Sugar 31.4 S.3 Sugar 31.4 Sugar							
Milk Chocolate Bare Carbos Milk Chocolate Milk Ch							
Sugar 31.4 5.3			Carbs	66.9	11.4		
Parlier Soli	(1)	1					
Solt 0.1 0.02							
Milk Chocolate Milk chocolate Shocolate Shocol							
Milk Chocolate Siracolate			Po				
Milk Chocolate Stracciate			K.I				
Milk chocolate 57%			Kcal	572	100		
Stracciotella Bar							
Vegan Fruit Flapjack (Vg)		fats (coconut, palm kernel oil, shea butter in variable proportions), sugar, skimmed MILK powder, whey powder (contains MILK), emulsifier: SOY					
Fibre 3.7 0.6 Protein 6.6 1.2 5.0 0.2 0.0							
Panettone WHEAT flour, sultanas, fresh EGGs, butter (MILK), sugar, candied orange peets, glucose-fructose syrup, sugar, acidity regulator: cliric and solid peet (V) Sali and solid peets (MILK), sugar, candied orange peets (orange peets, glucose-fructose syrup, sugar, acidity regulator: cliric and solid peets (V) Sali and solid peets (WHEAT), emulsifiles; mono and dighycerides of fathy acids, glucose syrup, flavourings, cocao butter, salt. Sali and solid and solid peets and solid			Fibre	3.7			
Parliam weight (g) 17.5 per 100g 1.5 per 100g 1.5 per 100g 1.5							
Panettone (V) WHEAT flour, sultanas, fresh EGGs, butter (MILK), sugar, candled orange peek (orange peek, glucose-fructose syrup, sugar, acidity regulator: clirtic Sat 14 14 14 14 14 14 14 1				ortion weight (g)			
WHEAT flour, sultanas, fresh EGGs, butter (MILK), sugar, candled orange peek (orange peek, glucose-fructose syrup, sugar, acidity regulator: citric acid), MILK, fresh EGG yolk, natural yeast (WHEAT), emulsifiers: mone and diglycerides of fathy acids, glucose syrup, flavourings, accoa butter, salt. Carbs 52 52 52							
Fail 14 14 14 14 14 14 14 1							
Panettone (V) WHEAT flour, sultanos, fresh EGGs, butter (MILK), sugar, candided arrange peels (prange peels, glucose-fructose syrup, sugar, acialty regulator: clitic acid). MILK, fresh EGG yolk, natural yeast (WHEAT), emulsifiers: mono and diglycerides of fathy acids, glucose syrup, florourings, cocoa butter, salt acid). MILK fresh EGG yolk, natural yeast (WHEAT), emulsifiers: mono and diglycerides of fathy acids, glucose syrup, florourings, cocoa butter, salt acid). Which is protein 1.4		acid), MILK, fresh EGG yolk, natural yeast (WHEAT), emulsifiers: mono and diglycerides of fatty acids, glucose syrup, flavourings, cocoa butter, salt.					
Carbs Super Supe	Panettone						
Fibre 1.4 1.4 Protein 7.9 7.7 Soit 0.5 0.5 Soit 0.5 0.5 Forlion weight (g) 100 per 100g 1321 Road 1.32 Forlion 1.7 12.4 Forlion 1.7 12.4 Forlion weight (g) 100 Forlion weight (g) 1321 Forlion 1.7 12.4 Forlion 1.7 12.4 Forlion 449 315 Forlion 449 315 Forlion 4.6 3.2 Caraberries (4%) (cranberries, Sugar, Sunflower Oil), Mixed Peel (6%) (Orange peel, Lemon Peel, Glucose Fructose Syrup, Sugar, Acidity Regulator (Clitic acid)), Sugar 46.0 32.3 Fibre 4.7 3.3 Frotein 4.6 3.2 Soit 0.7 0.5 S	(V)						
Protein 7.9 7.9 5.01 5.0 5							
Portion weight (g) 100 per portion (g) 132 1			Protein	7.9	7.9		
Vegan Fruit Flapjack (Vg) OATS (31%), Soft Brown Sugar, Margarine (Palm Oil, Rapessed Oil, Water, Emulsifier (Mono - and - Diglycerides of Fatty Acids), Colden Syrup, Sugar, Acidity Regulator (Citric acid), Carbs (4%) (2.2 4.4 4.9) (2.2							
Vegan Fruit Flapjack (Vg) OATS [31%]. Soft Brown Sugar, Margarine [Palm Oil], Rapeseed Oil, Water, Emulsifier (Mono - and - Diglycerides of Fathy Acids)], Colden Syrup. Soft 1.7.7 12.4 Corphanis (%) (Raisins, Simillower Oil), Mixed Peel (%) (Orange peel, Lemon Peel, Glucose Fructiose Syrup, Sugar, Acidily Regulator (Cifric acid)). Soft 6.2 4.4 Corphanis (%) (Paraberries, Sugar, Sunflower Oil), PISTACHIO NUTS (1%), Salf. May contain traces of other NUTS. Sugar 46.0 32.3 Fibre 4.7 3.3 Florien 4.6 3.2 Solt 0.7 0.5							
Vegan Fruit Flapjack (Vg) OATS (31%), Soft Brown Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono - and - Diglycerides of Fatty Acids)), Colden Syrup, Raisins (8%) (Raisins, Sunflower Oil), Mixed Peal (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. Fat 17.7 12.4 Sat 6.2 4.4 Carbs 69.4 48.9 Sugar 46.0 32.3 Fibre 4.7 3.3 Fibre 4.7 3.3 Fibre 4.7 3.3 Satt 0.7 0.5		Raisins (8%) (Raisins, Sunflower Oil), Mixed Peel (6%) (Orange peel, Lemon Peel, Glucose Fructose Syrup, Sugar, Acidity Regulator (Citric acid)),		1882	1321		
Vegan Fruit Flapjack (Vg) OATS (31%). Soft Brown Sugar. Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono - and - Diglycerides of Fatly Acids)), Golden Syrup, Raisins (8%) (Raisins, Sunflower Oil), Mixed Peel (6%) (Orange peel, Lemon Peel, Glucose Fructiose Syrup, Sugar, Acidstly Regulator (Cliric acids)). Satl 6.2 4.4 Cartos 69.6 48.9 32.3 50.0 32.3 50.0 32.3 50.0 32.3 70.0 50.0 4.7 3.3 3.2 50.0 </td <td></td> <td></td> <td></td>							
Raisins (8%) (Raisins, Sunflower OII), Mixed Peel (6%) (Orange peel, Lemon Peel, Glucose Fructose Syrup, Sugar, Acidify Regulator (Citric acid)), Sugar 46.0 32.3							
Sugar 44.0 32.3				69.6	48.9		
Protein 4.6 3.2 Salt 0.7 0.5		Cranberries (4%) (cranberries, Sugar, Sunflower Oil), PISTACHIO NUTS (1%), Salt. May contain traces of other NUTS.					
Salt 0.7 0.5							
			Salt	0.7			
				ortion weight (g)	60		



Version 4 Issued: **16/09/21**

BISCUITS & SNACKS

PRODUCT	BISCUITS & SNACKS INGREDIENTS		NUTRITIONAL IN	IFO .
PRODUCI	INGREDIENTS			
		KJ	per 100g 1853	per portion (g) 558
		Kcal	440	133
		Fat	14.2	4.3
Vegan Stem Ginger Biscuit	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,	Sat	5.6	1.7
(Vg)	Amonium bicarbonate).	Carbs	72.3	21.7
		Sugar	37.7	11.3
		Protein Salt	4.9 0.6	1.5 0.2
			ortion weight (g)	30
			per 100g	per portion (g)
		KJ	2103	1052
		Kcal	505	252
		Fat	31.5	15.8
Wrapped Gluten Free	EGG, Dark Chocolate (19%) (Cocoa Solids, Sugar, Emulsifier: Sunflower Lecithin), Sugar, Rapeseed Oil, Ground ALMONDS, Chocolate Chips (6%)	Sat	7.4	3.7
Chocolate Brownie Bar (V, DF, GF)	(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.	Carbs	47.6	23.8
(V, Dr, Gr)	numeciam (Gucose Syrup, waler, Acia Regulator, Ezet), waler, Acia, Ascoluic Acia, Freservative, Foliassium Sorbale, Raising Agents, Eset, Eset,	0090	28.4 3.8	14.2
		Fibre Protein	5.7	2.9
		Salt	0.1	0.1
			ortion weight (g)	50
			per 100g	per biscuit (g)
		KJ	2199	550
		Kcal	526	132
		Fat	28.2	7.1
Wrapped Shortbread (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (33%)(MILK), Icing Sugar, Light Brown Sugar (Sugar, Molasses).	Sat Carbs	18.6 62.3	4.7 15.6
(V)		Sugar	22.9	5.7
		Protein	5.4	1.4
		Salt	0.7	0.2
			ortion weight (g)	25
			per 100g	per portion (g)
		KJ	1829	695
		Kcal	437	166
	Milk Chocolate Raisins (50%) (MILK Chocolate Coating (Sugar, MILK Powder, Cocoa Butter, Cocoa Mass, Palm Oil, Whey (MILK), Emulsifier:	Fat	18.0 11.2	6.8 4.3
Chocolate & Yoghurt Covered Raisins	Sunflower Lecithin, Glazing Agents: Gum Arabic, Shellac), Raisins (Raisins, Sunflower Oil)), Yoghurt Coated Raisins (50%) (Yoghurt Flavoured	Sat Carbs	64.7	4.3 24.6
(V, GF)	Coating (Sugar, Palm Oil, Whey Powder (MILK), Rice Flour, Yoghurt Powder (3%) (MILK), Emulsifier: Sunflower Lecithin, Glazing Agents: Shellac,	Sugar	63.3	24.0
	Gum Arabic), Raisins (Raisins, Sunflower Oil)).	Fibre	1.0	0.4
		Protein	3.6	1.4
		Salt	0.30	0.09
		Po	ortion weight (g)	40
			per 100g	per portion (g)
		KJ	2093	837
		Kcal	500	200
		Fat Sat	32.7	13.1
Fruit & Nut Mix	Almonds (NUTS) (30%), Pistachios (NUTS) (25%), Dried Sweetened Cranberries (20%) (Sugar, Cranberries, Sunflower Oil), Golden raisins (15%)	Carbs	34.5	13.8
(Vg, DF, GF)	(Raisins, Sunflower Oil, Preservative: SULPHUR DIOXIDE), Cashew NUTS (10%).	Sugar	28.7	11.5
		Fibre	6.8	2.7
		Protein	13.6	5.4
		Salt	0.0	0.0
		Po	ortion weight (g)	40
		W.	per 100g	per portion (g)
		KJ Kcal	2656 635	1063 254
	Almonds (NUTS) (35%), Coshew NUTS (30%), Pecan NUTS (20%), Hazelinuts (NUTS) (15%).	Fat	56.2	254
		Sat	5.7	2.3
		Carbs	12.5	5.0
Totally Nutty				
Totally Nutty (Vg, DF, GF)	randras (note) (lossy), cosmon note (lossy), rocam note (2005) rocamos (note) (1006) (1006).	Sugar	4.7	1.9
	, enterior (total total), consists total (total), securitate (total), securitate (total) (total)	Fibre	5.5	1.9 2.2
	, enterior (total) (conf. cons.a. total (conf., cons. total (conf., nonembra (total) (conf.	Fibre Protein	5.5 16.8	1.9 2.2 6.7
	, and the state of	Fibre Protein Salt	5.5	1.9 2.2

Effective 16th September 2021

Version 4 Issued: **16/09/21**

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) A71 873 873 873 874 873 874 875		
Yoghuri & Blueberry Compole (V. GF)	Greek Yoghurt (86%) [MILK], Blueberry Compote (14%) [Whole Blueberries (58%), Sugar, Water, Pectin (Sucrose), Clitic Acid].	Per 100g Per portion (g) 754 431 754 754 754 755 755 757 755 757 755 757 755 757 755 757 755 757 755 757 755 757 755 757 755 757 755 757		
Yoghurt & Blueberry Compote with Cranberry, Coconut & Chia Seed Granola (V, GF)	Greek Yoghurt (MILK); Blueberry Compote (Whole Blueberries, Sugar, Water, Peclin (Sucrose), Citric Acid]. With Granola added at the bar. Granola (Gluten Free Oats, Cranberries, (Sugar, Vegetable Oil), Desiccated Cocarut, Pumpkin Seeds, Sunflower Seeds, Rapeseed Oil, Honey, Chia Seeds, Natural Vanilla).	Per 100g Per portion (g)		
Seasonal Fruit Salad (Vg)	Pineapple (28%), Apple (20%), Cantaloupe Melon (18%), Mango (18%), Kiwi (10%), Blueberries (5%).	Per 100g Per portion (g)		

CRISPS & POPCORN

	CRISTS & FOF CORN		
PRODUCT	INGREDIENTS	NUTRITIONAL IN	IFO
O'Donnell's Sait & 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.	Portion weight (g)	per portion (g) 1071 257 15 1.2 27.1 0.6 2.6 1.1
O'Donnell's Cheese & Onion Crisps (V, GF)	Polato, Sunflower Oil, Mature Irish Cheese & Red Onion Flovour (Onion Powder, Sugar, Yeast Extract, Cheese Powder (MILK), Sait, Butter MILK Powder, Flavourings, Irish Cheddar Cheese Powder (MILK), Colour (Paprika Extract)).	Per 100g KJ 2136 2136 Scal 511 Fat 28.8 Sat 2.4 Carbs 55.7 Sugar 4.9 Protein 5.8 Sat 1.3 Pertion weight (g)	per portion (g) 1068 256 14.4 1.2 27.8 2.5 2.9 0.7
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 KJ	per portion (g) 1080 259 14.7 1.2 28 2.1 2.8 0.6 50
Metcalle's® Charity Popcorn Sea Salt (Vg)	Popped Butterfly Corn (75%), Rapeseed Oil, Sea Salt.	Portion weight (a) Portion weight (b)	per porition (g) 367 87 3.3 0.2 11 0.8 2.5 2.2 0.2
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 KJ	per portion (g) 477 114 4.5 0.3 15.1 4.0 2.4 2.2 0.1