

HOW TO USE THIS GUIDE

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



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

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

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

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

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

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

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

PASTRIES

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

MUFFINS & SCONES

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

SWEET

WHOLE CAKES

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Belgian Chocolate Fudge Cake	*	*	*				*							
Salted Caramel Billionaires Cake	*	*	*				*							
NEW Cappuccino Cake	*	*	*				*							
Carrot Cake	*	*	*	*										
Luxury Blackforest Roulade	*	*	*				*							
Raspberry Ripple Roulade	*	*	*				*							
Nero Coffee & Caramel Cake	*	*	*						*					

LOAF CAKES

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Banana & Walnut Loaf Cake	*	*	*	*										
Sicilian Lemon Drizzle Loaf Cake	*	*	*											

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BROWNIES & SHORTBREAD

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

* Some of our stores may stock a different Belgian Chocolate Brownie. This brownie will have different nutritional and ingredient information. 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.

SWEET

CHEESECAKE

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

CHOUXNUT

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

SWEET

COOKIES

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

INDIVIDUAL CAKES

Product Name	This Product Contains													
	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	*	*	*				*							
Classic Mince Pie	*													
Luxury Mince Pie	*	*	*	*										

GRAB & GO CHOCOLATE

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

PORRIDGE

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

SAVOURY

SAVOURY ROLLS

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

YOGHURTS

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

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

BEVERAGE

HOT DRINKS - COFFEE

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Espresso			*											
Espresso Macchiato			*											
Espresso Ristretto			*											
Espresso Con Panna			*											
Cappuccino			*											
Caffe Latte			*											
Caffe Mocha*			*											
Americano (if served with milk)			*											
Cortado			*											
Flat White			*											

*served with whipped cream

HOT DRINKS - TEA, HOT CHOCOLATE & SPECIALITY

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

*served with whipped cream

NON DAIRY MILK

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

EXTRAS

EXTRAS

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

SYRUPS

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

Within this guide you will find Allergen, Nutritional and Ingredient information as well as dietary suitability for our products. Allergens can be found in **BOLD CAPITALS** within the Ingredient Declaration.

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

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

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

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

Key for Dietary Suitability:

DF = Dairy-Free

GF = Gluten-Free

V = Vegetarian

Vg = Vegan

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PASTRIES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Almond Croissant (V)	Pastry: Wheat Flour (WHEAT Gluten, Flour Treatment Agent [Ascorbic Acid E300]), Water, Palm Fat, Yeast, Sugar, Butter (MILK) 2%, Rapeseed Oil, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Yeast, Flour Treatment Agent [Ascorbic Acid E300]), Emulsifier (Mono- and diglycerides of fatty acids E471), Acidity Regulator (Citric Acid E330), Flavouring, EGG, ALMOND Filling (19%) [Sugar, ALMONDS (7%) (NUTS), EGG White, Inverted Sugar Syrup, Water, EGG Yolk, Invertase E1103), Topping: ALMOND Flakes (4.2%) (NUTS). May contain traces of other NUTS (Hazelnuts).	KJ	1701	1435
		Kcal	407	343
		Fat	21.1	17.8
		Sat	9.0	7.6
		Carbs	43.9	36.9
		Sugar	13.7	11.6
		Fibre	2.4	1.9
		Protein	9.3	7.8
		Salt	0.7	0.6
		Portion weight (g)		84
Apricot Croissant (V)	Pastry: 56% (WHEAT flour, butter 19% (MILK), water, yeast, sugar, EGGs, salt, WHEAT gluten enzymes (amylases, hemicellulases), flour treatment agent (E300)), Apricots 26%, Pastry cream 17% (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450iii, E339ii), colour (E160ai), flavouring), egg wash (EGGS, water). May contain: traces of NUTS and traces of SOYA.	KJ	1081	1113
		Kcal	258	266
		Fat	11	11.3
		Sat	6.7	6.9
		Carbs	34	35
		Sugar	11	11.3
		Fibre	2	2.1
		Protein	4.7	4.8
		Salt	0.7	0.7
		Portion weight (g)		115
Butter Croissant (V)	Pastry: WHEAT flour, butter 22% (MILK), water, sugar, whole MILK pasteurized, yeast, EGGs, salt, WHEAT gluten, emulsifier: E322 (rape lecithin), flour treatment agent: E300, enzymes, egg wash (Free Range EGGs) 1.5g. May contain: traces of NUTS and traces of SOYA.	KJ	1792	915
		Kcal	429	219
		Fat	23	11.8
		Sat	15	7.7
		Carbs	46	23.2
		Sugar	6.8	3.5
		Fibre	2.6	1.3
		Protein	8.1	4.3
		Salt	1.2	0.6
		Portion weight (g)		60
Chocolate Twist (V)	Pastry: WHEAT flour, butter (MILK), water, yeast, sugar, EGGs, salt, WHEAT gluten, enzymes (amylases, hemicellulases, flour treatment agent (E300)), Pastry cream (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450iii, E339ii), colour (E160ai), flavouring), Chocolate 15.6% (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier (E322 [SOYA lecithin]), natural vanilla flavour), egg wash (EGGS, water), Icing sugar (Glucose, cornflour, vegetable oil). May contain: traces of NUTS.	KJ	1512	1176
		Kcal	361	281
		Fat	16	11.9
		Sat	9.6	7.4
		Carbs	47	37.9
		Sugar	21	17.4
		Fibre	3	2.3
		Protein	5.7	4.3
		Salt	0.8	0.6
		Portion weight (g)		90
Cinnamon Swirl (V)	WHEAT Flour, Fine Butter (MILK) (19%), Water, Sugar, Yeast, EGG, Cinnamon (1.4%), Maize Starch, WHEAT Gluten, Salt, Whey Powder (MILK), Whole MILK Powder, Skimmed MILK Powder, Thickener (Sodium Alginate), EGG Albumin Powder, Turmeric Extract, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), Natural Flavouring, Acidity Regulator (Citric Acid), Carrot Extract. May contain: traces of SESAME SEEDS, NUTS, SOYA.	KJ	1706	1467
		Kcal	407	350
		Fat	18.6	16
		Sat	12	10.3
		Carbs	51.2	44
		Sugar	21.8	18.7
		Fibre	2.78	2.4
		Protein	6.7	5.8
		Salt	0.6	0.5
		Portion weight (g)		86
Pain au Chocolat (V)	Pastry: (WHEAT flour, Butter (MILK), water, chocolate 10% (sugar, cocoa mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavour), sugar, whole MILK, yeast, EGGs, salt, WHEAT gluten, Emulsifier (rape lecithin), flour treatment agent (E300), enzymes (amylases, hemicellulases), egg wash (Free Range EGG). May contain: traces of NUTS.	KJ	1786	1120
		Kcal	427	268
		Fat	23	14.3
		Sat	15	9.3
		Carbs	46	29.1
		Sugar	12	8.1
		Fibre	3	1.9
		Protein	7.6	4.8
		Salt	1	0.6
		Portion weight (g)		75
Pain au Raisin (V)	WHEAT flour, water, raisins 13%, butter (MILK), sugar, yeast, corn starch, EGGs, salt, powdered whey (MILK), whole MILK powder, WHEAT gluten, EGG albumin powder, skimmed MILK powder, thickener (sodium alginate), emulsifier (rape lecithin), fruit and plant extract (turmeric and carrot), natural flavouring, acidity regulator (citric acid), flour treatment agent (ascorbic acid), enzymes (hemicellulases, amylases), egg wash (Free Range EGGs), Neutral glaze (water, glucose syrup, sugar, acidity regulators (E330, E332, E333), flavour, gelling agent (pectin), preservative (potassium sorbate)). May contain: traces of NUTS and traces of SOYA.	KJ	1417	1245
		Kcal	338	296
		Fat	14	10.8
		Sat	9.1	6.8
		Carbs	46	43.2
		Sugar	19	17.1
		Fibre	2.3	2.3
		Protein	5.8	5.4
		Salt	0.8	0.6
		Portion weight (g)		110
Vegan Raspberry Croissant (Vg)	WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring), Raspberry Filling (16%) (Glucose Syrup, Raspberry Purée, Sugar, Raspberries (2%), Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator Tricalcium Citrate), Natural Flavouring, Preservative (Potassium Sorbate)), Sugar, Yeast, Decoration (3%) [Sugar, Non-Hydrogenated Palm Oil, Food Colours (Radish, Blackcurrant, Apple concentrate)], Spelt flour, WHEAT gluten Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid). May contain: traces of MILK, SESAME SEEDS, SOYA, NUTS, EGGs.	KJ	1589	1239
		Kcal	379	296
		Fat	16.3	12.7
		Sat	8.2	6.4
		Carbs	50.7	39.5
		Sugar	18.5	14.4
		Fibre	2.7	2.1
		Protein	6.4	5
		Salt	0.5	0.4
		Portion weight (g)		110
Praline Dito (V)	Water, WHEAT flour, fine butter (MILK) 11%, praline and hazelnuts dough 10% (sugar, HAZELNUTS 3%, ALMONDS 3%, stabilizer (sorbitol), emulsifier (SOYA lecithin)), sugar, EGGs, HAZELNUTS 3%, maize starch, yeast, salt, WHEAT gluten, whey powder (MILK), whole MILK powder, skimmed MILK powder, thickener (sodium alginate), EGG albumin powder, glucose syrup, turmeric extract, flour treatment agents (alpha-amylases, hemicellulases, ascorbic acid), natural flavouring, acidity regulator (citric acid), carrot extract.	KJ	1514	1172
		Kcal	361	280
		Fat	17.0	13.0
		Sat	7.6	5.9
		Carbs	45.0	35.0
		Sugar	18.0	14.0
		Protein	7.1	5.5
		Salt	0.83	0.64
		Portion weight (g)		77

MUFFINS & SCONES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Belgian Chocolate Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, Thiamin), sugar, water, liquid EGG, vegetable oil rapeseed, 9% filling (sugar, vegetable fats palm, fat-reduced cocoa, cocoa mass, fat reduced cocoa powder, emulsifier E322 (SOYA), natural vanilla flavouring), 3% Belgian dark chocolate chunks (sugar, cocoa mass, cocoa butter, emulsifier E322 (SOYA), natural vanilla flavouring), 3% Belgian milk chocolate chunks (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier E322 (SOYA), natural vanilla flavouring), buttermilk (MILK), 1.8% chocolate shavings curled mix (sugar, cocoa mass, cocoa butter, whole MILK powder, Lactose (MILK), whey powder (MILK), butter oil (MILK), emulsifier E322 (SOYA), natural vanilla flavouring), 1.4% large dark slabs (sugar, cocoa mass, cocoa butter, natural vanilla flavouring, emulsifier E322 (SOYA)), 1.4% large MILK slabs (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier E322 (SOYA), natural vanilla flavouring), raising agents (E341, E450, E501), inulin, glucose syrup, WHEAT starch, MILK protein, modified corn starch, humectants (E420, E422), emulsifiers (E471, E475), WHEAT flour, preservatives (E202, E223 (Contains SULPHITES)), stabiliser E415, natural flavouring, WHEAT Gluten, salt, acidity regulator E330, anti-caking agents (E470a, E551), rapeseed oil.	KJ	1702	1872		
		Kcal	407	448		
		Fat	22	24		
		Sat	5	6		
		Carbs	45	49		
		Sugar	29	32		
		Fibre	2	2		
		Protein	6	7		
		Salt	0.4	0.4		
		Portion weight (g)		110		
				per 100g	per portion (g)	
				KJ	1431	1547
				Kcal	342	376
		Fat	16	17		
		Sat	2	2		
		Carbs	44	49		
		Sugar	21	23		
		Fibre	1.2	1		
		Protein	6	6		
		Salt	0.4	0.4		
		Portion weight (g)		110		
Blueberry Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, Thiamin), sugar, liquid EGG, 10% blueberries, water, 9% blueberry filling (water, blueberries, sugar, dextrose, glucose syrup, acidity regulators (E330, E331), gelling agent E440, natural flavouring, thickener E415, preservative E202), buttermilk (MILK), raising agents (E341, E450, E501), palm oil, inulin, MILK protein, WHEAT starch, emulsifiers (E471, E475), modified corn starch, WHEAT flour, preservative E202, glucose syrup, stabiliser E415, salt, acidity regulator E330, natural flavouring, colouring E160a, rapeseed oil.	KJ	1517	1669		
		Kcal	362	398		
		Fat	16	17		
		Sat	2	3		
		Carbs	50	55		
		Sugar	26	28		
		Fibre	1	1		
		Protein	5	6		
		Salt	0.4	0.5		
		Portion weight (g)		110		
				per 100g	per portion (g)	
				KJ	1260	
				Kcal	299	
		Fat	6.3			
		Sat	2.2			
		Carbs	52			
		Sugar	20.5			
		Protein	7.6			
		Salt	1.1			
		Portion weight (g)		100		
Sicilian Lemon Curd Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, Thiamin), sugar, liquid EGG, water, 9% Sicilian lemon curd (sugar, liquid EGG, butter (MILK), water, concentrated lemon juice (lemon juice concentrate, preservatives (E223 (Contains SULPHITES), E224 (Contains SULPHITES))), lemon oil, thickener E406, salt), inulin, 4% lemon zest, 3% streusel (WHEAT flour (calcium carbonate, iron, niacin, Thiamin), coarse granulated sugar, margarine (vegetable oils (rapeseed, palm), water, salt, natural flavouring), natural flavouring), buttermilk (MILK), 1.8% sweet snow (dextrose, palm oil, cornflour), 0.9% lemon strip (lemon peel, sugar, glucose-fructose syrup, acidity regulator E330), raising agents (E341, E450, E501), glucose syrup, palm oil, WHEAT starch, MILK protein, emulsifiers (E471, E475), humectants (E420, E422), natural flavouring, modified corn starch, WHEAT flour, preservatives (E202, E223 (Contains SULPHITES)), WHEAT Gluten, stabiliser E415, salt, acidity regulator E330, colouring E160a, rapeseed oil.	KJ	1198			
		Kcal	284			
		Fat	6.2			
		Sat	2.1			
		Carbs	47.2			
		Sugar	10.5			
		Protein	8.9			
		Salt	1.0			
		Portion weight (g)		100		
				per 100g	per portion (g)	
				KJ	1254	
				Kcal	297	
				Fat	6.4	
		Sat	2.2			
		Carbs	50.8			
		Sugar	12.5			
		Protein	8.2			
		Salt	1.0			
		Portion weight (g)		100		
Fruit Scone (V)	WHEAT Flour (WHEAT flour, calcium carbonate, iron, nicotinamide, thiamin), Buttermilk (21.7% (MILK), sultanas (1.3%)(sultanas, cottonseed oil), sugar, non-hydrogenated vegetable oil (palm, rapeseed), free range EGG, raising agents (E450, E501), glaze (2% (water, vegetable Protein (pea), dextrose), salt, emulsifier E475, natural flavouring	KJ	1198			
		Kcal	284			
		Fat	6.2			
		Sat	2.1			
		Carbs	47.2			
		Sugar	10.5			
		Protein	8.9			
		Salt	1.0			
		Portion weight (g)		100		
				per 100g	per portion (g)	
				KJ	1254	
				Kcal	297	
				Fat	6.4	
		Sat	2.2			
		Carbs	50.8			
		Sugar	12.5			
		Protein	8.2			
		Salt	1.0			
		Portion weight (g)		100		
Plain Scone (V)	WHEAT Flour (WHEAT flour, calcium carbonate, iron, nicotinamide, thiamin), Buttermilk (24.8% (MILK), sugar, nonhydrogenated vegetable oil (palm, rapeseed), free range EGG, raising agents (E450, E501), glaze (2% (water, vegetable Protein (pea), dextrose), salt, emulsifier E475, natural flavouring, colour E160a.	KJ	1254			
		Kcal	297			
		Fat	6.4			
		Sat	2.2			
		Carbs	50.8			
		Sugar	12.5			
		Protein	8.2			
		Salt	1.0			
		Portion weight (g)		100		
				per 100g	per portion (g)	
				KJ	1254	
				Kcal	297	
				Fat	6.4	
		Sat	2.2			
		Carbs	50.8			
		Sugar	12.5			
		Protein	8.2			
		Salt	1.0			
		Portion weight (g)		100		
Cranberry and Orange Scone (V)	WHEAT Flour (WHEAT flour, calcium carbonate, iron, nicotinamide, thiamin), Buttermilk (11.8% (MILK), sugar, cranberries (9%), Free range liquid EGG, palm oil, raising agents (E450, E501), glaze (2% (Water, Vegetable Protein (Pea), Dextrose), sugar pearls (2%), rapeseed oil, orange zest (0.4%), orange fruit icing (0.4%)(sugar, water, orange peel, orange juice concentrate, orange oil, colours (E160c, E160a)(v)), gelling agent E440, stabiliser E412 guar, preservative (E300, E202), acidity regulator: E330), salt, natural flavourings, emulsifier E475, colour E160a	KJ	1254			
		Kcal	297			
		Fat	6.4			
		Sat	2.2			
		Carbs	50.8			
		Sugar	12.5			
		Protein	8.2			
		Salt	1.0			
		Portion weight (g)		100		

PORRIDGE & TOPPINGS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Porridge made with Semi Skimmed Milk (V)	Quaker Rolled OATS, Semi Skimmed MILK.	KJ	426	1022	
		Kcal	102	244	
		Fat	2.8	6.7	
		Sat	1.2	2.8	
		Carbs	13.7	32.8	
		Sugar	4.1	9.8	
		Fibre	1.5	3.5	
		Protein	4.7	11.4	
		Salt	0.1	0.2	
		Portion weight (g)		240	
		Porridge made with Skimmed Milk (V)	Quaker Rolled OATS, Skimmed MILK.	KJ	383
Kcal	91			219	
Fat	1.6			3.8	
Sat	0.4			0.9	
Carbs	13.8			33	
Sugar	4.2			10.0	
Fibre	1.5			3.5	
Protein	4.7			11.4	
Salt	0.1			0.2	
Portion weight (g)				240	
Porridge made with Whole Milk (V)	Quaker Rolled OATS, Whole MILK.			KJ	484
		Kcal	116	277	
		Fat	4.4	10.6	
		Sat	2.2	5.3	
		Carbs	13.6	32.6	
		Sugar	4.0	9.6	
		Fibre	1.5	3.5	
		Protein	4.7	11.2	
		Salt	0.1	0.2	
		Portion weight (g)		240	
		Porridge made with Soya Milk (Vg)	Quaker Rolled OATS, Alpro Soya Milk: Water, Hulled SOYA beans (8.7%), Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2).	KJ	414
Kcal	99			238	
Fat	3.0			7.1	
Sat	0.5			1.2	
Carbs	12.4			29.7	
Sugar	2.7			6.5	
Fibre	2.0			4.8	
Protein	4.7			11.2	
Salt	0.0			0.0	
Portion weight (g)				240	
Porridge made with Coconut Milk (Vg)	Quaker Rolled OATS, Alpro Coconut Milk: SOYA base (Water, Hulled SOYA beans (2.9%)), Coconut milk (3.5%) (Coconut cream, Water), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Flavouring, Stabiliser (Gellan gum).			KJ	376
		Kcal	90	215	
		Fat	2.5	6.0	
		Sat	0.9	2.0	
		Carbs	12.6	30.3	
		Sugar	3.0	7.3	
		Fibre	1.6	3.9	
		Protein	3.1	7.4	
		Salt	0.0	0.0	
		Portion weight (g)		278	
		Porridge made with Oat Milk (Vg)	Quaker Rolled OATS, Alpro Oat Milk: OAT base (Water, OAT (10%)), Sunflower oil, Pea protein, Sea salt, Vitamins (B2, B12, D2).	KJ	428
Kcal	102			244	
Fat	2.4			5.8	
Sat	0.7			1.6	
Carbs	16.8			40.3	
Sugar	3.6			8.5	
Fibre	2.2			5.2	
Protein	2.1			4.9	
Salt	0.0			0.0	
Portion weight (g)				278	
Seeds & Fruit Mix Topper (V)	Toasted pumpkin seeds (20%), Toasted sunflower seeds (20%), Golden raisins (20%) (Raisins, Sunflower oil, Preservative: SULPHUR DIOXIDE), Dried sweetened cranberries (20%) (Sugar, Cranberries, Sunflower oil), Brown linseed (20%), May contain traces of PEANUTS and NUTS.			KJ	1934
		Kcal	462	115	
		Fat	22.5	5.6	
		Sat	2.6	0.7	
		Carbs	46.5	11.6	
		Sugar	27.9	7.0	
		Fibre	13.5	3.4	
		Protein	11.7	2.9	
		Salt	0.05	0.0	
		Portion weight (g)		25	
		Fruit Mix Topper (Vg, DF)	Golden raisins (30%) (Raisins, Sunflower oil, Preservative: SULPHUR DIOXIDE), Dried sweetened cranberries (30%) (Sugar, Cranberries, Sunflower oil), Raisins (30%) (Raisins, Sunflower oil), Dried sweetened blueberries (10%) (Blueberries, Sugar, Sunflower oil).	KJ	1336
Kcal	319			80	
Fat	0.5			0.1	
Sat	0.2			0.0	
Carbs	75.1			18.8	
Sugar	67.4			16.8	
Fibre	4.4			1.1	
Protein	1.5			0.4	
Salt	0.10			0.0	
Portion weight (g)				25	

EXTRAS

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

LOAF CAKES

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

WHOLE CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
NEW Cappuccino Cake (V)	Coffee Sponge (67%) [Sugar, WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Pasteurised Free Range EGG, Rapeseed Oil, Water, Humectant (Vegetable Glycerine), Coffee Powder (1.1%), Raising Agents (E450, E501), Skimmed MILK Powder], Coffee Icing (29%) [Icing Sugar, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471)), Natural Flavouring, Colours (Annatto Bixin, Curcumin)], Skimmed MILK Powder, Full Fat Soft Cheese (Full Fat Soft Cheese (MILK), Thickener (Guar Gum)), Ground Caffè Nero Coffee Powder (1.4%), Coffee Flavouring (0.5%)], Coffee Drizzle (2.4%) [Brewed Caffè Nero Coffee, Coffee Flavouring], Dark Chocolate Coffee Bean Decorations (1.5%) [Sugar, Cocoa Mass, Cocoa Butter, Coffee, Emulsifier (Sunflower Lecithin), Natural Flavourings, Glazing Agents (Shaloc, Acacia Gum)], Milk Chocolate (0.1%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Fat Reduced Cocoa Powder (0.02%).	per 100g	per portion (g)
		KJ 1656	1888
Belgian Chocolate Fudge Cake (V)	Cake (67%) (EGG, Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Chocolate (7%) (Cocoa Mass, Sugar, Cocoa Butter, SOYA Lecithin, Flavouring), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)), Greek Style Natural Yoghurt (MILK), Rapeseed Oil, Water, Fat Reduced Cocoa Powder, Glycerine, Skimmed MILK Powder, Emulsifiers (E477, E471, E475), Raising Agents (E450, E501)), Icing (Icing Sugar, Full Fat Soft Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: E202), Butter (MILK) (4%), Fat Reduced Cocoa Powder, Water, Emulsifiers (E477, E471, E475), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, SOYA Lecithin, Flavouring), Chocolate Chips (Sugar, Cocoa Mass, Cocoa Butter, SOYA Lecithin, Flavouring). May contain NUTS, MUSTARD and SESAME SEEDS.	per 100g	per portion (g)
		KJ 1660	1759
Carrot Cake (V)	Cake (73%) (Brown Sugar, Carrot (11%), EGG, Rapeseed Oil, Wholemeal WHEAT Flour, Wheat Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Date Paste (Dates, Rice flour), Pineapple Pulp, Water, Walnuts (NUTS), Raising Agents (E500, E450, E501), Cinnamon, Salt, Mixed Spice, Thickener (E415)), Frosting (25%) [Icing Sugar, Full Fat Soft Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: E202), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (E471))], Skimmed MILK Powder, Modified Maize Starch, Emulsifiers (E477, E471, E475), Flavouring, Stabiliser (E410)), Walnuts (NUTS), Pistachios (NUTS). May contain traces of SOYA and other NUTS.	per 100g	per portion (g)
		KJ 1590	2274
Luxury Blackforest Roulade (V)	Single Cream (MILK), Sugar, Icing Sugar, Reduced Fat Soft Cheese (Skimmed Milk, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Black Cherry Pie Filling (Water, 11% Black Cherries, Sugar, Modified Tapioca Starch, Acidity Regulator: Citric Acid; Natural Cherry Flavour, Preservative: Potassium Sorbate) (%), White Chocolate Bullons (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin) (%), Water, Free Range EGG, Rapeseed Oil, Buttermilk (Skimmed MILK, Skimmed MILK Solids, MILK Protein Concentrate), Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Fat Reduced Cocoa Powder, Belgian Chocolate Chips (Cocoa Mass, Sugar, Dextrose, Emulsifier: SOYA Lecithin) (3%), Dark Chocolate Flavoured Pieces (Sugar, Palm Oil, Fat Reduced Cocoa Powder, Whey Powder (MILK), Stabiliser: Sorbitan Tristearate; Emulsifier: SOYA Lecithin), Condensed Milk (MILK, Granulated Sugar), Modified Potato Starch, Modified Waxy Maize Starch, Raising Agent: Sodium Bicarbonate, Flavouring, Raising Agent (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; WHEAT Flour), Salt, Thickener Blend (Thickeners: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose).	per 100g	per portion (g)
		KJ 1305	1621
Salted Caramel Billionaire's Cake (V)	Sponge (79%) (Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), EGG, Rapeseed Oil, Water, Cake Concentrate (Modified Maize Starch, WHEAT Starch, Raising Agent: Disodium Diphosphate, Potassium Bicarbonate; WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Emulsifier: Mono- and Diglyceride of fatty acids, Propane 1,2 diol esters of fatty acid, Sodium stearoyl-2-lactylate; Rapeseed Oil, Dextrose, Preservative: Potassium Sorbate; WHEAT GLUTEN, Acidity Regulator: Citric Acid; Stabiliser: Xanthan Gum), Humectant (Glucose Syrup, Water, Acid: Acetic acid), Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglyceride of Fatty acids, Sodium Stearoyl-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; WHEAT protein) Cocoa Powder, Raising Agents: Disodium Diphosphate, Potassium Hydrogen Carbonate, Flavouring), Frosting (11%) [Luxury Caramel (Sweetened Condensed Skimmed MILK, Glucose Syrup (SULPHITES), Invert Sugar Syrup, Palm Oil, Butter (MILK), Sugar, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Salt, Natural Flavouring), Icing Sugar, Full Fat Cream Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: E202), Butter (MILK), Emulsifier Mix (Water, Humectant: Glycerol; Emulsifier: Mono- and diglycerides of fatty acids; Acidity Regulator: Sodium hydroxide), Salt, Water, Colour: Plain Caramel), Injectable Caramel (2%) (Glucose Syrup (SULPHITES), Sugar, Sweetened Condensed Skimmed MILK, Water, Palm Oil, Butter (MILK), Invert Sugar Syrup, Salt, Stabiliser: Pectin; Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Preservative: Potassium Sorbate), Chocolate Ganache (5%) (Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin, Natural Flavouring), Golden Syrup, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and diglycerides of fatty acids), Butter (MILK)), Malt Cereal Balls (Milk Chocolate (Sugar, Cocoa Butter, Cocoa Mass, Skimmed MILK Powder, MILK Sugar, Whey Powder (MILK), Anhydrous MILK Fat, Emulsifier: SOYA Lecithin), Malt Cereals (2%) (Glucose Syrup, Whey Powder (MILK), Malted MILK Powder (WHEAT Flour, Malted Barley Flour (BARLEY), Whole MILK Solids, Raising Agent: E500(i) Salt), Sugar, Malt Extract (BARLEY), Coconut Oil, Emulsifier E471), Glazing Agent (Stabiliser: E414; Sucrose, Honey), Dark Chocolate Curls (1%) (Cocoa Mass, Sugar, Cocoa Butter, MILK Fat, Emulsifier: SOYA Lecithin; Natural Flavouring), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin; Flavouring), Colour: Titanium Dioxide, Iron Oxide and Hydroxide.	per 100g	per portion (g)
		KJ 1767	2050

BROWNIES & SHORTBREAD

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Caramel Shortbread (V)	Shortbread Base (44%) [WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Butter (MILK), Sugar, Cornflour], Caramel (40%) [Sweetened Condensed MILK, Butter (MILK), Light Brown Sugar, Golden Syrup], Milk Chocolate (14%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Dark Chocolate (1.5%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring]. May contain traces of NUTS and EGG.	KJ	2099	1574
		Kcal	502	377
		Fat	28.3	21.2
		Sat	16.8	12.6
		Carbs	56.6	42.5
		Sugar	41	30.8
		Fibre	1.5	1.1
		Protein	4.7	3.5
		Salt	0.5	0.4
		Portion weight (g)		75
NEW Belgian Chocolate Brownie* (V)	Dark Chocolate (27%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Sugar, Butter (MILK), Pasteurised Free Range EGG, WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Fat Reduced Cocoa Powder (3.8%).	KJ	1981	1506
		Kcal	474	360
		Fat	28	21.3
		Sat	17.2	13.1
		Carbs	48.3	36.7
		Sugar	40.6	30.8
		Fibre	4.1	3.1
		Protein	5.4	4.1
		Salt	0.4	0.3
		Portion weight (g)		76
* Some of our stores may stock a different Belgian Chocolate Brownie. This brownie will have different nutritional and ingredient information. There are no allergen changes to this product.				
Caramel & Sea Salt Brownie (V)	Sugar, Caramel (18%) [Sweetened Condensed Skimmed MILK, Glucose Syrup, Invert Sugar Syrup, Palm Oil, Butter (MILK), Sugar, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabiliser (Pectin), Salt, Natural Flavouring], Belgian Dark Chocolate (16%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Butter (MILK), Pasteurised Free Range EGG, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Salt.	KJ	1851	1074
		Kcal	442	257
		Fat	22.4	13.0
		Sat	13.7	7.9
		Carbs	54.1	31.4
		Sugar	41.5	24.1
		Fibre	2.2	1.3
		Protein	5.1	3.0
		Salt	1	0.6
		Portion weight (g)		58
Belgian Chocolate Chunk Brownie* (V)	Belgian Dark Chocolate (27%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Sugar, Butter (MILK), Pasteurised Free Range EGG, Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Salt.	KJ	2019	1350
		Kcal	485	324
		Fat	26.6	17.8
		Sat	16.1	10.8
		Carbs	55.5	37.1
		Sugar	46.6	31.2
		Fibre	4	2.7
		Protein	6	4
		Salt	0.5	0.3
		Portion weight (g)		67
NEW RECIPE Salted Caramel Chocolate Brownie* (V)	Belgian Dark Chocolate (26.5%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Sugar, Butter (MILK), Pasteurised Free Range EGG, Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Caramel (3%) [Sugar, Glucose Syrup, Sweetened Condensed MILK (MILK, Sugar, Lactose (MILK), Water, Unsalted Butter (MILK), Golden Syrup, Palm Oil, Salt, Emulsifiers (Rapeseed Lecithin, Sorbitan Monostearate), Natural Flavouring), Salt.	KJ	2012	1382
		Kcal	483	332
		Fat	26.3	18.1
		Sat	16	11
		Carbs	55.8	38.4
		Sugar	46.7	32.3
		Fibre	3.9	2.7
		Protein	5.9	4
		Salt	0.5	0.4
		Portion weight (g)		69
Belgian Chocolate & Caramel Crispy (V)	Milk Chocolate (40%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, SOYA Lecithin, Flavouring], Crisped Rice (17%) [Rice Flour, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Whey Powder (MILK), BARLEY Malt Flour, Salt, Rapeseed Oil, Emulsifier: SOYA Lecithin], Caramel (16%) [Sweetened Condensed MILK, Glucose Syrup (SULPHITES), Invert Sugar Syrup, Palm Oil, Salted Butter (MILK), Sugar, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Salt, Flavouring], Golden Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), White Chocolate Flavour Coating (3%) [Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin], Unsalted Butter (MILK), Cocoa Powder, Concentrated Grape Juice (Concentrated Grape Juice, Rice Starch). May contain as made in an environment that handles Egg and Nuts.	KJ	2070	1159
		Kcal	495	277
		Fat	26	14.7
		Sat	14.7	8.2
		Carbs	58.9	33
		Sugar	33.1	18.5
		Fibre	1.6	0.9
		Protein	5.4	3.0
		Salt	0.4	0.2
		Portion weight (g)		56
Vegan Granola Flapjack (V)	OATS (31%), Golden Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), Pumpkin Seeds (8%), Flaked ALMONDS (7%), Brown Sugar, Glucose Syrup (SULPHITES), Black Treacle, Sugar, OAT Flour, Water, Flavourings, Salt.	KJ	1920	1344
		Kcal	458	321
		Fat	22.2	15.5
		Sat	6	4.2
		Carbs	50.8	35.6
		Sugar	22.3	15.6
		Fibre	4.5	3.2
		Protein	11.5	8.1
		Salt	0.2	0.1
		Portion weight (g)		50
White Chocolate & Lemon Blondie (V)	Brown Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MILK), White Chocolate (14%) [Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier: SOYA Lecithin, Flavouring], Free Range EGG, Lemon Curd (2%) [Water, Glucose Syrup, Sugar, Butter (MILK), Lemon Concentrate, Modified Maize Starch, Dried Free Range EGG, Thickener: Pectins; Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Acidity Regulator: Acetic Acid; Flavouring, Lemon Oil, Colours: Lutetin, Carotenes], White Chocolate Flavour Coating [Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin], PISTACHIO NUTS (2%), Water, Lemon Juice, Flavourings, Preservative: Potassium Sorbate; Salt.	KJ	1850	1110
		Kcal	442	265
		Fat	22.4	13.4
		Sat	13.9	8.3
		Carbs	55.6	33.4
		Sugar	33.9	20.3
		Fibre	0.8	0.5
		Protein	4	2.4
		Salt	0.2	0.1
		Portion weight (g)		60
Raspberry Ripple Roulade (V)	Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Raspberries (16%), Sugar, Free Range EGG, Self-Raising Flour (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphate, Sodium Hydrogen Carbonate), Reduced Fat Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), White Chocolate Buttons (6%) [Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin], Icing Sugar, Single Cream (MILK), White Chocolate Shavings (2%) [Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring], Raspberry Jam (2%) [Glucose Fructose Syrup, Raspberry Concentrate, Sugar, Gelling Agent: Pectin; Acidity Regulators: Citric Acid, Sodium Citrates; Natural Raspberry Flavouring], White Chocolate (2%) [Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring], White Chocolate Curd (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Flavouring, Modified Potato Starch, Modified Waxy Maize Starch, Raising Agent (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate: WHEAT Flour), Freeze Dried Raspberries, Thickener Blend (Thickeners: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose), Natural Colour (Red Beetroot Juice Concentrate, Maltodextrin, Acidity Regulator: Citric Acid)	KJ	1428	1656
		Kcal	342	396
		Fat	20.1	23.4
		Sat	9.1	10.6
		Carbs	36.6	42.5
		Sugar	27.1	31.4
		Fibre	1	1.1
		Protein	4	4.7
		Salt	0.3	0.3
		Portion weight (g)		116

CHEESECAKE

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Salted Caramel & Chocolate Vegan Cheesecake (Vg)	Coconut Milk (Coconut Extract, Water), Bourbon Biscuit Crumb (21%) (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Rapeseed Oil, Sugar, Cocoa Powder, Inverted Sugar Syrup, Raising Agent: Sodium Bicarbonate, Salt), Non-Dairy Soft Cheese (15%) (Water, Coconut Oil, Stabiliser Blend (Potato Starch, Maize Starch, Modified Potato Starch, Carob Bean Gum), Coconut, Salt, Natural Flavouring, Acidity Regulator: Tri-Calcium Phosphate, Citric Acid; Colour: Carrot Juice Concentrate; Vitamin D2, Vitamin B12), Dark Couverture Chocolate (11%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Lemon Juice, Natural Vanilla Flavouring), Stabiliser Blend (Sugar, Maltodextrin, Modified Starch, Thickeners: Carrageenan), Cornflour (Maize), Cocoa Butter, Stabiliser Mix (Water, Sugar, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids), Water, Speculoos Spread (Caramelised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate: SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: SOYA Lecithin; Acidity Regulator: Citric Acid), Modified Potato Starch, Low Sodium Salt (0.34%) (Potassium Chloride, Sodium Chloride, Magnesium Carbonate), Glazing Agent: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose, Cream Cheese Flavouring, Natural Vanilla Flavouring, Salt (0.03%).	per 100g	per portion (g)	
		KJ	1467	1473
		Kcal	351	353
		Fat	22.1	22.2
		Sat	13.8	13.8
		Carbs	35.3	35.4
		Sugar	19.9	19.9
		Fibre	1.9	1.9
		Protein	2.4	2.4
		Salt	0.2	0.2
		Portion weight (g)		100
Sicilian Lemon Cheesecake (V)	Single Cream (MILK), Digestive Biscuit Crumb (WHEAT) (Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar, Invert Sugar Syrup, Raising Agents: Sodium Bicarbonate, Ammonium Bicarbonate; Salt), Full Fat Soft Cheese (13.2%) (Skimmed MILK, Cream (MILK), Permeate (MILK), Salt, Modified Tapioca Starch, Stabilisers (Xanthan Gum, Locust Bean Gum), Bacterial Starter Culture), Lemon Curd (12%) (Glucose Syrup, Water, Sugar, Salted Butter (MILK), Lemon Concentrate, Modified Waxy Maize Starch, Free Range Whole EGG Powder, Gelling Agent: Pectin; Acidity Regulator: Citric Acid; Emulsifier: Sunflower Lecithin; Lemon Oil, Colour: Lutein), Condensed Milk (MILK, Granulated Sugar), Margarine (Palm Oil, Rapeseed Oil, Water, Lemon Juice, Natural Vanilla Flavouring), Whipping Cream (MILK), Stabiliser Blend (Dextrose, Sugar, Modified Maize Starch), Free Range Whole EGG, Sugar, Sicilian Lemon Juice (2.2%) (From Concentrate), Stabiliser Blend (Sugar, Maltodextrin, Modified Starch, Thickeners: Carrageenan), Lemon Zest, Acidity Regulator: Citric Acid.	per 100g	per portion (g)	
		KJ	1346	1561
		Kcal	322	374
		Fat	19.1	22.1
		Sat	9.9	11.2
		Carbs	33.4	38.7
		Sugar	21.3	24.8
		Fibre	0.6	0.7
		Protein	4.3	5.0
		Salt	0.4	0.4
		Portion weight (g)		116

COOKIES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Belgian Chocolate Chunk Cookie (V)	Fortified Wheat Flour (WHEAT Flour, Raising Agent (Sodium Bicarbonate), Acid (Calcium Phosphate), Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Chocolate Filling (13%) (Dark (17%) and MILK (8.5%) Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Whole MILK Powder, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Humectants (Sorbitol, Glycerol), Dextrose, Water, Sweetened Condensed Skimmed MILK, Sugar, Thickeners (Sodium Alginate, Microcrystalline Cellulose, Carboxymethylcellulose), Modified Maize Starch, Salt, Acidity Regulator (Tartaric Acid), Preservative (Potassium Sorbate), Emulsifier (Polyglycerol Esters of Fatty Acids)), Belgian Dark Chocolate (10%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Pasteurised Free Range EGG, Butter (MILK), Glucose Syrup, Natural Flavouring, Raising Agent (Sodium Carbonates), Salt.	per 100g	per portion (g)	
		KJ	1803	1361
		Kcal	430	314
		Fat	16.5	12.1
		Sat	8.1	5.9
		Carbs	68.8	50.2
		Sugar	36.4	26.6
		Fibre	2.3	1.7
		Protein	5.3	3.9
		Salt	0.9	0.7
		Portion weight (g)		78
Caramel Chocolate Cookie (V)	Sugar, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Chocolate Filling (13%) (Dark (17%) and MILK (8.5%) Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Whole MILK Powder, Emulsifier (SOYA Lecithin), Natural Flavouring), Humectant (Sorbitol), Glycerol, Dextrose, Water, Sweetened Condensed Skimmed MILK, Sugar, Thickeners (Sodium Alginate, Microcrystalline Cellulose, Carboxymethylcellulose), Modified Maize Starch, Salt, Acidity Regulator (Tartaric Acid), Preservative (Potassium Sorbate), Emulsifier (Polyglycerol Esters of Fatty Acids)), Fudge Pieces (9%) (Sugar, Condensed MILK, Fondant (Sugar, Glucose, Water), Glucose Syrup, Palm Oil, Water, Emulsifier (SOYA Lecithin)), Butter (MILK), Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Pasteurised Free Range EGG, Fat Reduced Cocoa Powder, Glucose Syrup, Natural Flavouring, Raising Agent (Sodium Carbonates), Salt.	per 100g	per portion (g)	
		KJ	1775	1384
		Kcal	423	330
		Fat	16.9	13.2
		Sat	9.0	7.0
		Carbs	66.2	51.6
		Sugar	41.6	32.4
		Fibre	2.5	2.0
		Protein	4.9	3.8
		Salt	0.7	0.5
		Portion weight (g)		72
Oat & Raisin Cookie (V)	Sugar, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Seeds (17%) (Pumpkin, Sunflower, Chia), OATS, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Raisins (13%), Pasteurised Free Range EGG, Glucose Syrup, Raising Agent (Sodium Carbonates), Cinnamon, Natural Flavouring, Salt.	per 100g	per portion (g)	
		KJ	1910	1261
		Kcal	457	301
		Fat	21	14
		Sat	6.0	4.0
		Carbs	59.9	39.5
		Sugar	30.1	19.8
		Fibre	4	2.6
		Protein	8.6	5.7
		Salt	0.5	0.3
		Portion weight (g)		70

INDIVIDUAL CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Cherry Bakewell Crumble Cake (V)	Sugar, Cherry Filling (19%) (Dark Cherry, Sugar, Water, Modified Starch, Elderberry Concentrate, Flavouring, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate)), Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Free Range Pasteurised EGG, Rapeseed Oil, White Fudge Icing (Sugar, Glucose Syrup, Palm Oil, Rapeseed Oil, Water, Emulsifiers (Mono- and Di Glycerides of Fatty Acids, Sodium Stearoyl-2 Lactylate), Salt, Stabiliser (Agar), Preservative (Potassium Sorbate), Colour (Titanium Dioxide)), Butter (MILK), Water, Amaretti Biscuit (3%) (Sugar, Apricot Kernels, EGG White, Corn Flour, WHEAT flour, Rice Flour, Wholemeal WHEAT Flour, Raising Agents (Sodium Carbonate Acid, Ammonium Carbonate Acid), Natural Flavouring), Almond Flakes (3%) (NUTS), Potato Starch, WHEAT Gluten, Natural Flavouring Substances, Whey Powder (MILK), Salt, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Acidity Regulator (Citric Acid).	KJ	1618	1489
		Kcal	386	357
		Fat	17	15.9
		Sat	4.2	3.9
		Carbs	52.8	49.5
		Sugar	34.9	32.6
		Fibre	1.2	1.1
		Protein	4.8	4.5
		Salt	0.6	0.6
		Portion weight (g)	94	
Mini Cappuccino Cake	Cake (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG, Sugar, Rapeseed Oil, Cake Concentrate (Modified Starch, WHEAT Starch, Raising agent: Sodium Phosphate, Potassium Bicarbonate; Wheat Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Emulsifier: Mono- and Diglyceride of fatty acids, Propane 1,2 diol esters of fatty acid, Sodium stearoyl-2-lactylate; Palm Oil, Dextrose, Preservative: Potassium Sorbate; WHEAT Gluten, Acidity Regulator: Citric acid; Stabiliser: Xanthan Gum), Glycerine, Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglyceride of Fatty acids, Sodium Stearoyl-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; WHEAT protein), Coffee (2.5%), Raising Agent: Disodium Diphosphate, Potassium Hydrogen Carbonate), Frosting (Icing Sugar, Butter (MILK), Full Fat Soft Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: Potassium Sorbate), Coffee, Flavouring, Emulsifier (Propane- 1, 2 - diol esters of fatty acids, mono- and diglycerides of fatty acids, polyglycerol esters of fatty acids), Cocoa Powder, Decoration (Sugar, Cocoa Mass, Cocoa Butter, Coffee, Emulsifier: Sunflower Lecithin; Palm Oil, Rapeseed Oil, Glazing agent: Shellac, Gum Arabic; Flavouring).	KJ	1960	2313
		Kcal	468	553
		Fat	25.4	30.0
		Sat	7.6	8.9
		Carbs	54.2	64
		Sugar	34.6	40.8
		Fibre	1.6	1.9
		Protein	5	5.9
		Salt	0.4	0.4
		Portion weight (g)	122	
Raspberry & Amaretti Crumble Cake (V)	Raspberries (27%), Sugar, Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pasteurised Free Range EGG, Rapeseed Oil, Water, Butter (MILK), Amaretti Biscuit (2.5%) (Sugar, Apricot Kernels, EGG White, Corn Flour, WHEAT Flour, Rice Flour, Wholemeal WHEAT Flour, Raising Agents (Sodium Carbonate Acid, Ammonium Carbonate Acid), Natural Flavouring), Modified Potato Starch, WHEAT Gluten, Whey Powder (MILK), Salt, Raising Agents (Disodium Phosphates, Sodium Carbonates), Natural Flavourings, Acidity Regulator (Citric Acid).	KJ	1351	1419
		Kcal	322	338
		Fat	14	14.7
		Sat	3.3	3.5
		Carbs	43.7	45.9
		Sugar	28.9	30.3
		Fibre	2.8	3.0
		Protein	3.9	4.1
		Salt	0.5	0.6
		Portion weight (g)	105	
Tiramisu (V)	Water, Ladyfingers 23% (WHEAT flour, sugar, EGGS, glucose syrup, raising agents (E500, E503), flavours, salt), sugar, MASCARPONE CHEESE 6.5% (MILK cream, acidifier (E330)), vegetable fats (palm, palm kernel, coconut), MILK protein, cocoa powder 1.9%, Marsala wine, glucose-fructose syrup, dextrose, modified starch, soluble coffee 0.7%, alcohol 0.7%, emulsifiers (E471, E472e, SOY lecithin), stabilizers (E420, E463), EGG yolk, WHEAT starch, vegetable fibres, flavours, thickeners (E412, E415), salt, colour (E160a). May contain traces of NUTS.	KJ	1011	1112
		Kcal	241	265
		Fat	9	9.9
		Sat	7.2	7.9
		Carbs	36	39.6
		Sugar	29	31.9
		Fibre	1.7	1.9
		Protein	3	3.3
		Salt	0.1	0.2
		Portion weight (g)	110	
Luxury Mince Pie (V)	Mincemeat Filling (49%) (Mincemeat (Sugar, Apple Puree, Raisins (Raisins, Sunflower Oil), Sultanas (Sultanas, Sunflower Oil), Currants (Currants, Sunflower Oil), Glucose Syrup, Mixed Peel (Orange Peel, Glucose Fructose Syrup, Lemon Peel, Sugar, Acidity Regulator: Citric Acid), Vegetable Suet (Palm Oil, Rice Flour, Sunflower Oil), Modified Starch, Mixed Spice, Acidity Regulator: Acetic Acid; Colour: Plain Caramel; Orange Oil, Lemon Oil), Amaretto (3%), OATS, Cornflour, Flavouring), Pastry (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MILK) Sugar, EGG, Water, Mixed spice, Salt, Colour: Plain Caramel), Crumble topping (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Butter (MILK) Flaked ALMONDS, Brown Sugar, Flavouring), Sugar Dusting (Dextrose, Cornflour, Palm Oil).	KJ	1620	1620
		Kcal	385	385
		Fat	12.8	12.8
		Sat	8.7	8.7
		Carbs	63.2	63.2
		Sugar	40.8	40.8
		Fibre	0.9	0.9
		Protein	3.7	3.7
		Salt	0.1	0.1
		Portion weight (g)	100	
Classic Mince Pie (Vg, DF)	Mincemeat (55%) (Sugar, Apple Puree, Raisins (Raisins, Sunflower Oil), Sultanas (Sultanas, Sunflower Oil), Currants (Currants, Sunflower Oil), Glucose Syrup, Mixed Peel (Orange Peel, Glucose Fructose Syrup, Lemon Peel, Sugar, Acidity Regulator: Citric Acid), Vegetable Suet (Palm Oil, Rice Flour, Sunflower Oil), Modified Starch, Mixed Spice, Acidity Regulator: Acetic Acid; Colour: Plain Caramel; Orange Oil, Lemon Oil), Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono-and diglycerides of Fatty Acids), Sugar, Water, Sugar Dusting (Dextrose, Cornflour, Palm Oil), Salt, Colour: Plain Caramel.	KJ	1567	1489
		Kcal	373	354
		Fat	10.5	9.9
		Sat	3.7	3.5
		Carbs	63.7	60.5
		Sugar	35.5	33.8
		Fibre	4.3	4.1
		Protein	3.8	3.6
		Salt	0.2	0.2
		Portion weight (g)	95	

SAVOURY PASTRIES & ROLLS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Vegan Vegetable 'Sausage' Roll (Vg)	Mixed Roast Vegetables (38%) (Butternut Squash, Courgette, Red Onion, Sweet Potato), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Tomato Passata (14%), Palm Oil, Roast Tomatoes (5%), Palm Fat, Rapeseed Oil, Potato Starch, Salt, Poppy Seeds, Tomato Concentrate, Basil, Cornflour, Sunflower Oil, Garlic, Olive Oil, Rosemary, Cracked Black Pepper, Dried Oregano, Emulsifier: E471, Sugar, Garlic Powder, Yeast, Lemon Juice.	KJ	1133	1473		
		Kcal	272	354		
		Fat	16	20.8		
		Sat	7.9	10.3		
		Carbs	26.5	34.5		
		Sugar	4.8	6.2		
		Fibre	2.4	3.1		
		Protein	4.2	5.5		
		Salt	0.9	1.2		
		Portion weight (g)		130		
		Pork & Pancetta Sausage Roll	Pork (37%), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Caramelised Red Onion (Red Onion, Demerara Sugar, Red Wine Vinegar, Muscovado Sugar, Modified Tapioca Starch, Red Kibbled Onions, Salt, Ground Black Pepper), Margarine (Palm Oil, Water, Rapeseed Oil, Salt, Emulsifier: Mono & Di-Glycerides Of Fatty Acids), Reggato Cheese (MILK), Breadcrumbs (WHEAT Flour (WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)), Water, Yeast, Salt), Smoked Pancetta (3% Pork, Salt, Antioxidant (Sodium Ascorbate), White Pepper, Nutmeg, Dried Garlic, Preservatives (Potassium Nitrate, Sodium Nitrite), Coriander Extract), Smoked Bacon Lardon (3% (Pork (98%), Water, Salt, Preservative: Sodium Nitrite; Dextrose, Brown Sugar, Smoke Flavour, Stabiliser: Potassium And Sodium Tri-Phosphates; Antioxidant; Sodium L-Ascorbate), Honey, Sage, Paprika, Salt, Glaze (Water, Wheat Protein), Garlic Puree, Drinde, Black Pepper, Ground Fennel, Oregano, Rosemary.	KJ	1274	1657
Kcal	305			397		
Fat	17			22		
Sat	7.3			9.5		
Carbs	23			30		
Sugar	4.3			5.7		
Protein	15			19		
Salt	2			2.6		
Portion weight (g)				130		
Ham & Cheese Croissant	Butter Croissant (51%) (WHEAT Flour, Butter (MILK), Water, Sugar, MILK, Yeast, EGG, Salt, WHEAT Gluten, Emulsifier (Lecithin), Flour Treatment Agent (Ascorbic Acid), Enzymes), Ham formed from select cuts of pork (29%) (Pork (95%), Water, Glucose Syrup, Emulsifier (Triphosphates, Diphosphates), Salt, Antioxidant (Sodium ascorbate), Dextrose, Spice Extracts, Preservative (Sodium Nitrite)), Mature Cheddar Cheese (20%) (MILK).			KJ	1401	1429
				Kcal	335	342
		Fat	20	21		
		Sat	13	13		
		Carbs	23	24		
		Sugar	4.3	4.4		
		Protein	15	15		
		Salt	0.8	0.8		
		Portion weight (g)		102		
		Bacon Ciabatta Roll	Vienna Roll (54%) (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, RYE Flour, Yeast, Salt (Anti-Caking Agent: E535), Malted WHEAT Flour, Improver (WHEAT Flour, Emulsifier: E472e, Ascorbic Acids, Sunflower Oil, Enzymes), Improver FB5 (Fortified WHEAT Flour, Enzymes, Sunflower Oil)), Bacon* (31%) (Pork Belly, Salt, Rosemary Extract, Antioxidant: Sodium Ascorbate (E301), Preservatives: Sodium Nitrite (E250)), Ballymaloe Relish (12%) (Tomatoes (41%), Vinegar, Sugar, Onions, Sultanas, Tomato Puree (5%) Sea Salt, MUSTARD Seed, Spices), Spread (3%) (Vegetable Oils (Rapeseed, Palm), Water, Reconstituted Butter (MILK (3%), Salt (1.5%), Emulsifier (Mono and Di Glyceride of Fatty Acids), Stabiliser (Sodium Alginate), Preservative (Potassium Sorbate), Vitamin A & D, Flavouring, Colour (Carotenes)).	KJ	1038	1351
				Kcal	248	323
Fat	9.3			12		
Sat	2.5			3.3		
Carbs	28			37		
Sugar	4.1			5.3		
Protein	12			16		
Salt	1.9			2.5		
Portion weight (g)				133		
Sourdough Bread Roll (Vg)	WHEAT flour, water, sourdough (WHEAT), salt, yeast, dehydrated WHEAT sourdough, WHEAT gluten, deactivated yeast, malted WHEAT flour, flour treatment agent (ascorbic acid).			KJ	1315	811
				Kcal	309	191
		Fat	0.7	0.4		
		Sat	0.2	0.1		
		Carbs	63.6	39.2		
		Sugar	1.6	0.9		
		Fibre	3.7	2.3		
		Protein	10.4	6.4		
		Salt	1.6	0.9		
		Portion weight (g)		74		

PANINI

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

TOSTATI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Chicken & Bacon Tostati Melt	Sourdough Bread (45%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture (RYE), SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers (E472(e), E481), Flour Treatment Agent (E300)], Chicken and Bacon Filling (38%) [Bechamel (Skimmed MILK, Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Maize Starch, Salt, Emulsifier (E322) (SOYA)), Chicken (20%) (Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Stabiliser (E451), Potato Starch, Whey Protein (MILK), Emulsifier (E412), Salt, Vinegar, Yeast Extract), Formed Diced Bacon Pieces (8%) (Pork, Water, Salt, Preservative (E250), Stabiliser (E450), Antioxidant (E301)), Cheddar Cheese (MILK), Mozzarella (MILK), Mayonnaise (Rapeseed Oil, Water, Free Range Pasteurised EGG & EGG Yolk, Spirit Vinegar, Sugar, Salt, Lemon Juice, Antioxidant (E385), Flavouring, Paprika Extract), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330))], Topping (18%) [Cheddar Cheese (MILK), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MILK Protein, Cheddar Cheese (MILK), Yeast Extract, Acidity Regulator (E330), Spice, Stabilisers (E412,E415), Preservative (E202), Colour (E161b)), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330)), Smoked Paprika, Dried Chives].	KJ	1003	2008	
		Kcal	240	480	
		Fat	9.9	20	
		Sat	4.6	9.3	
		Carbs	27	53	
		Sugar	1.2	2.4	
		Protein	10	20	
		Salt	1.4	2.7	
		Portion weight (g)		200	
				per 100g	per portion (g)
Ham, Cheese & Mustard Tostati Melt	Sourdough Bread (49%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture (RYE), SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers (E472(e), E481), Flour Treatment Agent (E300)], Ham (22%) [Pork, Water, Glucose Syrup, Emulsifiers (E451, E450), Salt, Antioxidant (E301), Dextrose, Spice Extracts, Preservative (E250), Potato Starch, Pea Fibre), Cheese and Mustard Topping (19%) [Cheddar Cheese (MILK), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MILK Protein, Cheddar Cheese (MILK), Yeast Extract, Acidity Regulator (E330), Spice, Stabilisers (E412,E415), Preservative (E202), Colour (E161b)), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330)), Wholegrain MUSTARD (Water, MUSTARD Seed, White Wine Vinegar, Glucose-Fructose Syrup, MUSTARD Flour, Salt, Acidity Regulator (E260), Cinnamon, Pimento, Turmeric)], Cheddar Cheese (11%) (MILK).	KJ	1054	1951	
		Kcal	252	466	
		Fat	10	19	
		Sat	4.8	8.8	
		Carbs	27	50	
		Sugar	0.7	1.2	
		Protein	13	23	
		Salt	1.6	2.9	
		Portion weight (g)		185	
				per 100g	per portion (g)
Five Cheese & Roasted Tomato Tostati (V)	Sourdough Bread (44%) [Fortified WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture (RYE), SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers (E472(e), E481), Flour Treatment Agent (E300)], Cheese Topping (17%) [Mozzarella (MILK), Béchamel (Béchamel Sauce (Skimmed MILK, Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Starch (Waxy Maize), Salt, Emulsifier (Lecithin) (SOYA)), Red Cheddar (MILK)], Cheese Filling (15%) [Mascarpone (Cream (MILK), MILK, Acidity Regulator (E330), Preservative (E202, E234)), Regato (MILK), Béchamel (Béchamel Sauce (Skimmed MILK, Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Starch (Waxy Maize), Salt, Emulsifier (Lecithin) (SOYA)), Red Cheddar (MILK)], Cheddar Cheese (15%) (MILK), Roasted Baby Plum Tomatoes (9.8%) (Plum Tomatoes, Rapeseed Oil, Salt, Oregano, Garlic).	KJ	1196	2452	
		Kcal	286	586	
		Fat	15.0	30.0	
		Sat	8.5	17.0	
		Carbs	25.0	52.0	
		Sugar	1.5	3.1	
		Protein	12.0	25.0	
		Salt	1.1	2.3	
		Portion weight (g)		205	
				per 100g	per portion (g)
Irish Sausage, Cheddar & Ballymaloe Relish Toastie	Malted Bloomer Bread (43%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, Yeast, Salt, Vegetable Fat (Rapeseed, Palm), Malted WHEAT Flour, Malted BARLEY Flour, WHEAT Protein, Spirit Vinegar, Emulsifiers (E472e), Flour Treatment Agent (E300)], Sausage (38%) [Pork (70%), Water, Rusk (WHEAT flour (Fortified WHEAT flour, Calcium carbonate, Iron, Niacin, Thiamin), Salt), WHEAT Starch, Salt, Dextrose, Rapeseed Oil, Beef Collagen Casing, WHEAT flour (Fortified WHEAT flour, calcium Carbonate, Iron, Niacin, Thiamin), Stabiliser (E451), WHEAT protein, Spice and Herb Extracts (Pepper, Nutmeg, Chilli, Sage, Parsley, Pimento)], Cheddar Cheese (9.5%) (MILK, Potato Starch), Ballymaloe Relish (9.5%) (Tomatoes, Tomato Puree, Vinegar, Sugar, Onions, Sultanas, Sea Salt, MUSTARD Seed, Spices).	KJ	1078	2263	
		Kcal	258	541	
		Fat	11.0	23.0	
		Sat	4.5	9.0	
		Carbs	28.0	58.0	
		Sugar	4.6	9.6	
		Protein	12.0	25.0	
		Salt	1.3	2.8	
		Portion weight (g)		190	

SALAD AND BREAKFAST POTS

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

SANDWICHES AND FLATBREADS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Chicken & Pesto Flatbread	Spinach wrap (32%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin(B3), Thiamin (B1)), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Spinach, Parsley, Sugar, Raising Agents: Sodium Carbonate (E500), Malic acid (E296), Diphosphates (E450), Sulfites (E224), Chicken (21%) (Chicken Breast, Salt, Starch, Glucose syrup, Stabilisers: Triphosphates: (E451), Guar gum (E412), Potato Starch, Natural Chicken Stock (Chicken, Salt), Vinegar), Mozzarella (14%) (MILK), Tomato (13%), Green Pesto (11%) (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian media fat hard cheese (MILK), Rocket (6%), Starch.	KJ	950	1795	
		Kcal	227	429	
		Fat	12	22	
		Sat	1.9	3.6	
		Carbs	18	34	
		Sugar	1.2	2.2	
		Protein	12	23	
		Salt	1.5	2.8	
		Portion weight (g)		189	
				per 100g	per portion (g)
Milano Salami & Provolone Cheese Flatbread	Tortilla Wrap (34%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Tomato Seasoning (Tomato Powder, Red Pepper, Paprika, Basil), Raising Agents: Sodium Carbonate (E500), Malic acid (E296), Diphosphates (E450), Sugar, Stabiliser: Carboxymethyl cellulose (E466), Salt, Solamini (17%) (Pork, Salt, Dextrose, Flavourings (Garlic Extract), Spices (Ground Black Pepper), Antioxidant: Sodium Ascorbate (E301), Preservatives: Sodium Nitrite (E250), Potassium Nitrate (E252)], Provolone (18%) (MILK , Salt, Rennet), Yellow Pepper (15%), Relish & Red Pepper Mix (12%) (Baumölrelish (Tomatoes, Vinegar, Sugar, Onions, Sultanas, Tomato Puree, Sea Salt, Mustard Seed, Spices), Red pepper tapenade (Sunbush® peppers, sunflower oil, tomato concentrate, olive oil, salt, concentrated lemon juice, garlic, sugar), Rocket (9%), Starch.	KJ	1047	1873	
		Kcal	250	448	
		Fat	14	24	
		Sat	6.5	12	
		Carbs	21	38	
		Sugar	4.6	8.2	
		Protein	11	19	
		Salt	1.4	2.5	
		Portion weight (g)		179	
				per 100g	per portion (g)
Free Range Egg Mayo Sandwich (V)	Oatmeal Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, OATS , WHEAT Bran, Yeast, Malt Flour (BARLEY , WHEAT Gluten, Salt, Vegetable Oils (Palm, Rapeseed), Emulsifiers (Mono and diacetyl tartaric esters of mono and diglycerides of fatty acids, Sodium stearoyl lactylate, Mono and diglycerides of fatty acids), Preservative (Calcium propionate), Flour Treatment Agent (Ascorbic Acid)), EGG Mayonnaise (40%) (Free Range EGG (60%), Mayonnaise (Rapeseed Oil, Water, Free Range Pasteurised EGG and EGG Yolk, Spirit Vinegar, Sugar, Salt, Lemon Juice, Antioxidant (Calcium disodium EDTA), Flavouring, Paprika Extract), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (Citric Acid)), Cornflour, Cracked Black Pepper), Free Range EGG (2.1%).	KJ	1087	2196	
		Kcal	260	525	
		Fat	17	34	
		Sat	2.4	4.8	
		Carbs	19	38	
		Sugar	1.5	3.0	
		Protein	9.2	19	
		Salt	0.6	1.2	
		Portion weight (g)		202	
				per 100g	per portion (g)
Chicken & Stuffing Sandwich	Malted Bread (WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY , Salt, Emulsifiers (E471, E472, E481), WHEAT Protein, Vegetable Oils (Palm, Rapeseed), Malt Extract (BARLEY , Malted WHEAT , Preservative (E202)), WHEAT Bran, Malted BARLEY , Flour Treatment Agent (E300), Chicken (24%) (Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Stabiliser (E541), Potato Starch, Whey Protein (MILK), Emulsifier (E412), Salt, Vinegar, Yeast Extract), Sage & Onion Stuffing (12%) (Breadcrumbs (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt), Water, Rapeseed Oil, Onion, Sage, Parsley, Salt, Pepper)), Mayonnaise (Water, Rapeseed Oil, Modified Maize Starch, Pasteurised EGG , EGG Yolk, Spirit Vinegar, Sugar, Salt, Cream Powder (MILK), Citrus Fibre, Preservative (E202), Stabilisers (E412, E415), MUSTARD Powder, Lemon Juice Concentrate, Paprika Extracts, Antioxidant (E385)), Vegetable Fat Spread (Vegetable Oils in varying proportions (Rapeseed, Palm, Sunflower), Water, Salt, BUTTER / MILK , Preservative (E202), Acidity Regulator (E300), Emulsifier (E471), Flavouring Colour (E106a), Vitamins A and D).	KJ	1232	2020	
		Kcal	294	483	
		Fat	13	22	
		Sat	3.1	5.1	
		Carbs	25	42	
		Sugar	1.7	2.8	
		Protein	11	19	
		Salt	1.1	1.8	
		Portion weight (g)		164	
				per 100g	per portion (g)
Bacon & Brie Panini	Sourdough Panini (64%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic acid)], Brie (18%) (MILK), Beechwood Bacon (9%) (Pork, Salt, Antioxidant (E301), Preservative (E250)), Cranberry Sauce (9%) (Cranberries, Sugar, Water)].	KJ	1191	1965	
		Kcal	285	470	
		Fat	10.0	17.0	
		Sat	5.6	9.2	
		Carbs	34.0	56.0	
		Sugar	6.8	11.0	
		Protein	13.0	21.0	
		Salt	1.2	1.9	
		Portion weight (g)		165	
				per 100g	per portion (g)
Limerick Ham & Truffle Tostati Melt	Bloomer Bread (44%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Vegetable Fat, Emulsifiers: (E471), (E472), SOYA Flour, Vinegar, Preservative: (E282), Flour treatment agent: (E300), Cheese Topping (22%) (Bechamel Sauce (Skimmed (MILK), Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Palm Oil, Butter (MILK), Modified Maize Starch, Salt, Emulsifier: (E322) SOYA), Grated Mozzarella (MILK), Grated Cheddar (MILK), Limerick Smoked Ham (17%) (Pork (95%), water, glucose syrup, stabiliser (E451, E450), Salt, Antioxidant: (E301), Dextrose, Spice extracts, Preservative (E250), smoke flavouring), Truffle Mix (17%) (Mascarpone Cheese (MILK), Bechamel Sauce (Skimmed MILK , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Palm Oil, Butter (MILK), Modified Maize Starch, Salt, Emulsifier: (E322) SOYA), Regato Cheese (MILK), Parmesan Cheese (MILK), Chopped Truffles (Truffle juice, Salt), Mushroom Bouillon (Vegetable Oil (Palm, Sunflower), Salt, Potato Starch, Maltodextrin, Yeast Extract, Flavourings, Sugar, Mushrooms (1.6%), Spices (Garlic, Pepper, CELERY Seeds), Onion Juice Concentrate)].	KJ	1025	1846	
		Kcal	245	441	
		Fat	11.0	21	
		Sat	6.6	12	
		Carbs	22	40	
		Sugar	1.5	2.6	
		Fibre	1.2	2.2	
		Protein	13	23	
		Salt	1.5	2.7	
		Portion weight (g)		180	
		per 100g	per portion (g)		
Pigs On Blankets Tostati Melt	Bloomer bread (36%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Vegetable Fat, Emulsifier (Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyltartaric Esters of Mono- and Di-Glycerides of Fatty Acids), SOYA Flour, Vinegar, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid)], Pork Chops (19%) (Pork (85%), Potato Starch, Water, Dextrose, Salt, Rapeseed Oil, WHEAT Starch, Beef Collagen Casing, Spices (Ground White Pepper, Ground Nutmeg, Ground Ginger, Ground Mace, Chili Powder), Sodium Diphosphate, WHEAT Protein, Onion Powder, Rubbed Sage, WHEAT Flour (with Calcium, Iron, Niacin, Thiamine)], Cheese Topping (16%) (Bechamel sauce (Skimmed (MILK), Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Palm Oil, Butter (MILK), Modified Maize Starch, Salt, Emulsifier (E322) SOYA), Mozzarella cheese (MILK), Cheddar Cheese (MILK), Dried rosemary), Mascarpone Cheese (12%) (Cream, MILK proteins, Skimmed MILK powder, Citric Acid, Potassium sorbate, Nisin), Cranberry Sauce (8%) (Cranberries, Sugar, Water), Beechwood smoked Bacon (5%) (Pork, Salt, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite), Dried Cranberries (4%) (Cranberries, Sugar, Sunflower Oil).	KJ	1082	2703	
		Kcal	258	646	
		Fat	14.0	34.0	
		Sat	7.2	18.0	
		Carbs	26.0	64.0	
		Sugar	7.8	19.0	
		Protein	8.2	21.0	
		Salt	0.9	2.3	
		Portion weight (g)		250	
				per 100g	per portion (g)
Turkey Feast Panini	Sourdough Panini (51%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic acid)], Butter based Turkey (Turkey, Water, Brine Mix (Salt, Dextrose, MILK Protein, Gelling agent: carrageenan: (E407a), Stabilisers: Triphosphates: (E451), Polyphosphates: (E452), Yeast Extract, Potato Starch, Preservative: Sodium Lactate (E325), Butter Emulsion (water, Polyethylene glycol (E1520), dextrose, Natural Flavourings (MILK), Acacia gum (E414), Acetic Acid (E260), Xanthan Gum (E415)), Stuffing & Mayonnaise Mix (14.5%) (Stuffing (Pork (55%), Dried Cranberries, Dried Apricots, Rusk (WHEAT Flour (with Calcium, Iron, Niacin, Thiamine), Salt), Bread Rusk (WHEAT Flour (with Calcium, Iron, Niacin, Thiamine), Salt, Yeast), Onion, Rapeseed Oil, Salt, Rubbed Herbs (Rosemary, Sage, Thyme)), Mayonnaise (Rapeseed Oil, Pasteurised Liquid EGG , Acidity Regulator: Acetic Acid (E260), Sugar, Water, Salt, Spice (MUSTARD), Stabilisers: Guar Gum (E412), Xanthan Gum (E415)), Turkey Stock (Turkey, Chicken fat, Yeast extract, Salt, Natural flavouring, Maltodextrin, Sugar, Lemon juice concentrate, Dried Onion), Cranberry Mix (10%) (Cranberry sauce (Cranberries (60%, Sugar, Water), Dried cranberries (Cranberries, Sunflower Oil)), Beechwood smoked bacon (6%) (Pork, Salt, Antioxidant: Sodium Ascorbate (E301), Preservatives: Sodium Nitrite (E250)), Spinach (4%).	KJ	941	1930	
		Kcal	225	461	
		Fat	6.7	14.0	
		Sat	1.1	2.3	
		Carbs	31.0	64.0	
		Sugar	6.3	13.0	
		Protein	10.0	21.0	
		Salt	0.8	1.7	
		Portion weight (g)		205	
				per 100g	per portion (g)
Vegan Festive Feast Panini (Vg)	Sourdough Panini (55%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT GLUTEN, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic acid)], Seasoned Soya Pieces (16%) (Water, SOYA Protein Concentrate, Sunflower Oil, Natural Flavouring, Pea Protein Isolate, Potato Starch, Salt, Pea Fibre, Rapeseed Oil, Maltodextrin, Sea Salt and Black Pepper Seasoning [Maltodextrin, Black Pepper, Sugar, Yeast Extract Powder, Natural Flavouring, Sea Salt], Iron, Vitamin B12), Apple, Sage & Fennel Stuffing (10%) (Breadcrumbs (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Yeast), Onion, Apple, Water, Rapeseed Oil, Sage, Parsley, Salt, Fennel Seeds, Ground Fennel, Black Pepper, Onion Powder), Cranberry Sauce (10%) (Cranberries, Sugar, Water), Vegan Mayonnaise Mix (5%) (Vegan Mayonnaise (Rapeseed Oil, Water, Sugar, Spirit Vinegar, Salt, Modified Waxy Maize Starch, Stabiliser: Xanthan Gum, Flavouring, Colour: Carotene, Antioxidant: Calcium Disodium (EDTA)), Sage & Onion Stuffing (Breadcrumbs (WHEAT Flour (WHEAT flour fortified with Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt), Water, Rapeseed Oil, Onion, Sage, Parsley, Salt, Pepper), Dried Sage, Black Pepper), Spinach (4%).	KJ	991	1911	
		Kcal	267	457	
		Fat	5.9	11.0	
		Sat	0.6	1.2	
		Carbs	35.0	67.0	
		Sugar	7.0	14.0	
		Fibre	2.1	4.1	
		Protein	10.0	20.0	
		Salt	0.8	1.5	
		Portion weight (g)		193	

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

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Almond Biscotti (V)	WHEAT flour, sugar, ALMONDS (15%), EGG, EGG yolk, butter, honey, partly skimmed MILK, raising agent: E 503 (ammonium bicarbonate), salt, natural flavour (orange), flavours.	KJ	1841	618		
		Kcal	440	130		
		Fat	14.45	3		
		Sat	2.71	1		
		Carbs	66.5	22		
		Sugar	31.0	11		
		Fibre	2.7	0		
		Protein	9.6	3.0		
		Salt	1.6	0.05		
		Portion weight (g)		37		
				per 100g	per portion (g)	
				KJ	1786	1411
				Kcal	425	336
		Fat	16	12.6		
		Sat	9	7.1		
		Carbs	66	52.1		
		Sugar	38	30		
		Fibre	1.5	1.2		
		Protein	3.5	2.8		
		Salt	0.6	0.5		
		Portion weight (g)		37		
Caramel Waffle (V)	Glucose fructose syrup, wheat flour, sugar, palm fat, concentrated butter (MILK), sugar syrup, SOYA flour, rapeseed oil, salt, dextrin (WHEAT), emulsifiers (SOYA lecithin, mono- and diglycerides of fatty acids), raising agent (sodium carbonates), cinnamon, acidity regulator (citric acid), natural Bourbon vanilla.	KJ	2276	569		
		Kcal	546	136		
		Fat	32	8.0		
		Sat	19	4.7		
		Carbs	56	14.0		
		Sugar	41.0	10.2		
		Fibre	6.7	1.7		
		Protein	6.1	1.5		
		Salt	0.04	0.01		
		Portion weight (g)		25		
		Chocolate Coated Coffee Beans (Vg)	Sugar, Cocoa paste, Roasted coffee beans, Cocoa butter, Cocoa powder, Emulsifier: SOYA lecithin, Thickener: Arabic gum, Flavours: (Cocoa minimum 56%). May contain traces of: WHEAT, MILK and NUTS.	KJ	2338	409
				Kcal	562	98
				Fat	38	6.7
Sat	24			4.2		
Carbs	48			8.4		
Sugar	46.0			8.1		
Fibre	5.8			1.0		
Protein	4.5			0.8		
Salt	0.1			0.02		
Portion weight (g)				17.5		
Dark Chocolate & Hazelnut Chocolate Bar (V)	Dark chocolate 57% (sugar, cocoa mass, cocoa butter, emulsifier: SOY lecithin, natural vanilla flavour), hazelnut cream 43% (sugar, vegetable fats (coconut, palm kernel oil, shea butter in variable proportions), HAZELNUTS (14%), skimmed cocoa powder, whey powder (contains MILK), emulsifier: SOY lecithin, natural vanilla flavour, nibbed HAZELNUTS (11.5%))			KJ	1200	1152
				Kcal	283	272
				Fat	2.5	2.4
		Sat	0.8	0.7		
		Carbs	56.2	53.9		
		Sugar	22.0	21.1		
		Fibre	3.8	3.6		
		Protein	7.3	7.0		
		Salt	0.2	0.2		
		Portion weight (g)		96		
		Fruit Teacake (Vg)	Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sultanas (9.5%) (Sultanas, Water, Sunflower Oil, Preservative (E202)), Raisins (9.5%) (Raisins, Water, Sunflower Oil, Preservative (E202)), Citrus Peel (6%) (Glucose Syrup, Orange Peel, Lemon Peel, Fructose Syrup, Acidity Regulator (E330), Preservatives: (SULPHUR DIOXIDE, E202)), Sweetened Dried Cranberries (5%) (Cranberries, Sugar, Sunflower Oil), Sugar, Yeast, Humectant (Glucose Syrup, Water, Acidity Regulator (E260)), Bread Fat (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471)), Dough Conditioner (Calcium Sulphate, SOYA Flour, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Emulsifier (E472e), Flour Treatment Agent (E300), Enzymes), Water, Emulsifiers (E471, E472e), Acidity Regulators (E260, E525), Salt.	KJ	2416	242
				Kcal	581	58
				Fat	40	4.0
Sat	15			1.5		
Carbs	47			4.7		
Sugar	44.0			4.4		
Protein	5.7			0.6		
Salt	0.03			0.0		
Portion weight (g)				10		
Gianduja Chocolate (V)	Sugar, HAZELNUTS (30%), cocoa mass, cocoa butter, emulsifier: SOY lecithin, natural vanilla flavour. Cocoa solids: 23% min. May contain traces of MILK.			KJ	2416	242
				Kcal	581	58
				Fat	40	4.0
				Sat	15	1.5
		Carbs	47	4.7		
		Sugar	44.0	4.4		
		Protein	5.7	0.6		
		Salt	0.03	0.0		
		Portion weight (g)		10		

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Gino Gingerbread Man (V, DF)	WHEAT flour (contains Calcium carbonate, Iron, Niacin and Thiamin), Sugar, Margarine (Palm Oil, Water, Palm Stearin, Rapeseed Oil, Salt, Lemon Juice concentrate), Golden Syrup (Partially Inverted Refiners Syrup), Glucose Syrup, Icing (Sugar, Palm Fat, Glucose Syrup, Water, Icing Sugar, Emulsifiers (Sunflower Lecithin, Polysorbate 40), Natural Colour (Titanium dioxide), Acid (Acetic acid), Preservative (Potassium Sorbate), Natural Flavouring, Gelling Agent (Pectin)), Humectant (Glycerine), EGG, Molasses, Rice Starch, Ground Ginger, Ground Mixed Spice (Cinnamon, Coriander, Ginger, Allspice, Nutmeg, Cloves), Ground Cassia, Thickeners (Xanthan Gum), Raising Agent (Bicarbonate of Soda), Natural Colours (Curcumin, Beetroot Extract, Spirulina), Butter Flavouring.	KJ	1711	1249	
		Kcal	406	296	
		Fat	9.9	7.2	
		Sat	4.5	3.3	
		Carbs	72.8	53.1	
		Sugar	29.5	21.5	
		Fibre	1.9	1.4	
		Protein	5.4	3.9	
		Salt	0.5	0.3	
		Portion weight (g)		73	
		per 100g		per portion (g)	
		KJ	1663	499	
		Kcal	391	117	
Fat	0	0			
Sat	0	0			
Carbs	97	29			
Sugar	97	29			
Protein	0.2	0			
Salt	0.0	0			
Portion weight (g)		30			
Leone Mints (Vg, GF, DF)	Sugar, Thickening agents: Arabic gum, Tragacanth; Piedmont peppermint essential oil.	KJ	2136	964	
		Kcal	511	231	
		Fat	26	12	
		Sat	22	10	
		Carbs	59	26	
		Sugar	28.0	13.0	
		Protein	7.7	3.5	
		Salt	0.3	0.1	
		Portion weight (g)		45	
		per 100g		per portion (g)	
		KJ	2169	978	
		Kcal	519	234	
		Fat	27	12	
Sat	20	8.9			
Carbs	59	27			
Sugar	26	12			
Protein	8.1	3.6			
Salt	0.3	0.2			
Portion weight (g)		45			
Locker Creamkaka (V)	Crispy wafer filled with cocoa cream (75%). WHEAT flour, coconut oil, glucose syrup, sugar, fat reduced cocoa 9% in the cream, dextrose, sweet whey powder, SOYA flour, skimmed MILK powder, malt extract, salt, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier SOYA lecithin, HAZELNUTS, vanilla pods (Bourbon). May contain ALMONDS.	KJ	511	231	
		Kcal	26	12	
		Fat	22	10	
		Carbs	59	26	
		Sugar	28.0	13.0	
		Protein	7.7	3.5	
		Salt	0.3	0.1	
		Portion weight (g)		45	
		per 100g		per portion (g)	
		KJ	2136	964	
		Kcal	511	231	
		Fat	26	12	
		Sat	22	10	
Carbs	59	26			
Sugar	28.0	13.0			
Protein	7.7	3.5			
Salt	0.3	0.1			
Portion weight (g)		45			
Locker Napolitaner (V)	Crispy wafer filled with HAZELNUT cream (75% cream). Ingredients: WHEAT flour, coconut oil, glucose syrup, sugar, hazelnut 9% in the cream, sweet whey powder, SOYA flour, skimmed MILK powder, fat reduced cocoa, diphosphate) emulsifier SOYA lecithin, vanilla pods (bourbon). May contain ALMONDS.	KJ	519	234	
		Kcal	27	12	
		Fat	20	8.9	
		Carbs	59	27	
		Sugar	26	12	
		Protein	8.1	3.6	
		Salt	0.3	0.2	
		Portion weight (g)		45	
		per 100g		per portion (g)	
		KJ	2169	978	
		Kcal	519	234	
		Fat	27	12	
		Sat	20	8.9	
Carbs	59	27			
Sugar	26	12			
Protein	8.1	3.6			
Salt	0.3	0.2			
Portion weight (g)		45			
Locker Vanille (V)	Crispy wafer filled with vanilla cream (75% cream). Ingredients: WHEAT flour, coconut oil, glucose syrup, sugar, skimmed MILK powder, dextrose, SOYA flour, malt extract, sugar, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier SOYA lecithin, vanilla pods (bourbon), HAZELNUT. May contain ALMONDS.	KJ	523	235	
		Kcal	27	12	
		Fat	23	11	
		Carbs	61	28	
		Sugar	31	14	
		Protein	7.8	3.5	
		Salt	0.4	0.2	
		Portion weight (g)		45	
		per 100g		per portion (g)	
		KJ	2188	985	
		Kcal	523	235	
		Fat	27	12	
		Sat	23	11	
Carbs	61	28			
Sugar	31	14			
Protein	7.8	3.5			
Salt	0.4	0.2			
Portion weight (g)		45			
Metcalfe's® Chocolate Rice Cakes (V)	Milk Chocolate (60%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring), Rice Cake (40%) (Wholegrain Brown Rice, Rice). (Minimum Cocoa Solids 39%).	KJ	1997	339	
		Kcal	476	81	
		Fat	19.3	3.3	
		Sat	11.1	1.9	
		Carbs	66.9	11.4	
		Sugar	31.4	5.3	
		Fibre	1.9	0.3	
		Protein	6	1.0	
		Salt	0.1	0.02	
		Portion weight (g)		17.0	
		per 100g		per portion (g)	
		KJ	2188	985	
		Kcal	523	235	
Fat	27	12			
Sat	23	11			
Carbs	61	28			
Sugar	31	14			
Protein	7.8	3.5			
Salt	0.4	0.2			
Portion weight (g)		45			
Milk Chocolate Stracciatella Bar (V)	Milk chocolate 57% (sugar, MILK powder, cocoa butter, cocoa mass, emulsifier: SOY lecithin, natural vanilla flavour), milk cream 43% (vegetable fats (coconut, palm kernel oil, shea butter in variable proportions), sugar, skimmed MILK powder, whey powder (contains MILK), emulsifier: SOY lecithin, natural vanilla flavour, cocoa chips (11.5%))	KJ	572	100	
		Kcal	39	6.8	
		Fat	24	4.2	
		Sat	47	8.2	
		Carbs	46.0	8.1	
		Fibre	3.7	0.6	
		Protein	6.6	1.2	
		Salt	0.2	0.0	
		Portion weight (g)		17.5	
		per 100g		per portion (g)	
		KJ	1548	1548	
		Kcal	368	368	
		Fat	14	14	
Sat	8.5	8.5			
Carbs	52	52			
Sugar	28.0	28.0			
Fibre	1.4	1.4			
Protein	7.9	7.9			
Salt	0.5	0.5			
Portion weight (g)		100			
Panettone (V)	WHEAT flour, sulfanas, fresh EGGS, butter (MILK), sugar, candied orange peels (orange peels, glucose-fructose syrup, sugar, acidity regulator: citric acid), MILK, fresh EGG yolk, natural yeast (WHEAT), emulsifiers: mono and diglycerides of fatty acids, glucose syrup, flavourings, cocoa butter, salt. May contain traces of NUTS and SOY.	KJ	1882	1321	
		Kcal	449	315	
		Fat	17.7	12.4	
		Sat	6.2	4.4	
		Carbs	69.6	48.9	
		Sugar	46.0	32.3	
		Fibre	4.7	3.3	
		Protein	4.6	3.2	
		Salt	0.7	0.5	
		Portion weight (g)		60	
		per 100g		per portion (g)	
		KJ	1882	1321	
		Kcal	449	315	
Fat	17.7	12.4			
Sat	6.2	4.4			
Carbs	69.6	48.9			
Sugar	46.0	32.3			
Fibre	4.7	3.3			
Protein	4.6	3.2			
Salt	0.7	0.5			
Portion weight (g)		60			
Vegan Fruit Flapjack (Vg)	OATS (31%), Soft Brown Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono - and - Diglycerides of Fatty Acids)), Golden Syrup, Raisins (8%) (Raisins, Sunflower Oil), Mixed Peel (6%) (Orange peel, Lemon Peel, Glucose Fructose Syrup, Sugar, Acidity Regulator (Citric acid)), Cranberries (4%) (cranberries, Sugar, Sunflower Oil), PISTACHIO NUTS (1%), Salt. May contain traces of other NUTS.	KJ	1882	1321	
		Kcal	449	315	
		Fat	17.7	12.4	
		Sat	6.2	4.4	
		Carbs	69.6	48.9	
		Sugar	46.0	32.3	
		Fibre	4.7	3.3	
		Protein	4.6	3.2	
		Salt	0.7	0.5	
		Portion weight (g)		60	
		per 100g		per portion (g)	
		KJ	1882	1321	
		Kcal	449	315	
Fat	17.7	12.4			
Sat	6.2	4.4			
Carbs	69.6	48.9			
Sugar	46.0	32.3			
Fibre	4.7	3.3			
Protein	4.6	3.2			
Salt	0.7	0.5			
Portion weight (g)		60			

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Vegan Stem Ginger Biscuit (Vg)	WHEAT flour (WHEAT flour, Calcium carbonate, Iron, Niacin, Thiamin), Partially inverted refiners syrup, Sugar, Margarine (Palm oil, Rapeseed oil, Salt, Colours (Annatto, Curcumin), Natural flavouring), Stem Ginger (4.6%)(Ginger, Sugar), Ground ginger, Raising Agent (Sodium bicarbonate, Ammonium bicarbonate).	KJ	1853	558	
		Kcal	440	133	
		Fat	14.2	4.3	
		Sat	5.6	1.7	
		Carbs	72.3	21.7	
		Sugar	37.7	11.3	
		Protein	4.9	1.5	
		Salt	0.6	0.2	
		Portion weight (g)		30	
		per 100g		per portion (g)	
		KJ	2103	1052	
		Kcal	505	252	
		Fat	31.5	15.8	
Sat	7.4	3.7			
Carbs	47.6	23.8			
Sugar	28.4	14.2			
Fibre	3.8	1.9			
Protein	5.7	2.9			
Salt	0.1	0.1			
Portion weight (g)		50			
Wrapped Shortbread (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (33%)(MILK), Icing Sugar, Light Brown Sugar (Sugar, Molasses).	per 100g	per biscuit (g)		
		KJ	2199	550	
		Kcal	526	132	
		Fat	28.2	7.1	
		Sat	18.6	4.7	
		Carbs	62.3	15.6	
		Sugar	22.9	5.7	
		Protein	5.4	1.4	
		Salt	0.7	0.2	
		Portion weight (g)		25	
		per 100g		per portion (g)	
		KJ	1829	495	
		Kcal	437	116	
Fat	18.0	6.8			
Sat	11.2	4.3			
Carbs	64.7	24.6			
Sugar	63.3	24.1			
Fibre	1.0	0.4			
Protein	3.6	1.4			
Salt	0.30	0.09			
Portion weight (g)		40			
Chocolate & Yoghurt Covered Raisins (V, GF)	Milk Chocolate Raisins (50%) (MILK Chocolate Coating [Sugar, MILK Powder, Cocoa Butter, Cocoa Mass, Palm Oil, Whey (MILK), Emulsifier: Sunflower Lecithin, Glazing Agents: Gum Arabic, Shellac], Raisins [Raisins, Sunflower Oil]), Yoghurt Coated Raisins (50%) (Yoghurt Flavoured Coating [Sugar, Palm Oil, Whey Powder (MILK), Rice Flour, Yoghurt Powder (3% (MILK), Emulsifier: Sunflower Lecithin, Glazing Agents: Shellac, Gum Arabic], Raisins [Raisins, Sunflower Oil]).	per 100g	per portion (g)		
		KJ	2093	837	
		Kcal	500	200	
		Fat	32.7	13.1	
		Sat	3.6	1.4	
		Carbs	34.5	13.8	
		Sugar	28.7	11.5	
		Fibre	6.8	2.7	
		Protein	13.6	5.4	
		Salt	0.0	0.0	
		Portion weight (g)		40	
		Fruit & Nut Mix (Vg, DF, GF)	Almonds (NUTS) (30%), Pistachios (NUTS) (25%), Dried Sweetened Cranberries (20%) [Sugar, Cranberries, Sunflower Oil], Golden raisins (15%) [Raisins, Sunflower Oil, Preservative: SULPHUR DIOXIDE], Cashew NUTS (10%).	per 100g	per portion (g)
				KJ	2656
Kcal	635			254	
Fat	56.2			22.5	
Sat	5.7			2.3	
Carbs	12.5			5.0	
Sugar	4.7			1.9	
Fibre	5.5			2.2	
Protein	16.8			6.7	
Salt	0.0			0.0	
Portion weight (g)				40.0	
Totally Nutty (Vg, DF, GF)	Almonds (NUTS) (35%), Cashew NUTS (30%), Pecan NUTS (20%), Hazelnuts (NUTS) (15%).			per 100g	per portion (g)
				KJ	2656
		Kcal	635	254	
		Fat	56.2	22.5	
		Sat	5.7	2.3	
		Carbs	12.5	5.0	
		Sugar	4.7	1.9	
		Fibre	5.5	2.2	
		Protein	16.8	6.7	
		Salt	0.0	0.0	
		Portion weight (g)		40.0	

YOGHURTS & FRUIT POTS

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

CRISPS & POPCORN

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
O'Donnell's Salt & Vinegar Crisps (V)	Potato, Sunflower Oil, Irish Cider Vinegar and Sea Salt Flavouring (Flavourings, Sea Salt, Maltodextrin, Yeast Extract, Sugar, Dehydrated Apple, The Apple Farm Cider Vinegar Powder). May contain traces of MILK.	KJ	2142	1071	
		Kcal	513	257	
		Fat	29.9	15	
		Sat	2.6	1.2	
		Carbs	54.2	27.1	
		Sugar	1.2	0.6	
		Protein	5.2	2.6	
		Salt	2.3	1.1	
		Portion weight (g)		50	
				per 100g	per portion (g)
O'Donnell's Cheese & Onion Crisps (V, GF)	Potato, Sunflower Oil, Mature Irish Cheese & Red Onion Flavour (Onion Powder, Sugar, Yeast Extract, Cheese Powder (MILK), Salt, Butter MILK Powder, Flavourings, Irish Cheddar Cheese Powder (MILK), Colour (Paprika Extract)).	KJ	2136	1068	
		Kcal	511	256	
		Fat	28.8	14.4	
		Sat	2.4	1.2	
		Carbs	55.7	27.8	
		Sugar	4.9	2.5	
		Protein	5.8	2.9	
		Salt	1.3	0.7	
		Portion weight (g)		50	
				per 100g	per portion (g)
O'Donnell's Sweet Chilli Crisps (V, GF)	Potatoes, Sunflower Oil, Sweet Chilli Flavour (Sugar, Rice Flour, Salt, Yeast Extract, Onion Powder, Spices, Tomato Powder, Garlic Powder, Herb, Colour (Paprika Extract), Flavouring). May contain traces of MILK.	KJ	2160	1080	
		Kcal	517	259	
		Fat	29.4	14.7	
		Sat	2.4	1.2	
		Carbs	55.9	28	
		Sugar	4.1	2.1	
		Protein	5.5	2.8	
		Salt	1	0.6	
		Portion weight (g)		50	
				per 100g	per portion (g)
Metcalfe's® Charity Popcorn Sea Salt (Vg)	Popped Butterfly Corn (75%), Rapeseed Oil, Sea Salt.	KJ	1833	367	
		Kcal	437	87	
		Fat	16.3	3.3	
		Sat	1.2	0.2	
		Carbs	55.1	11	
		Sugar	0.8	0.8	
		Fibre	12.7	2.5	
		Protein	11.2	2.2	
		Salt	1	0.2	
		Portion weight (g)		20	
		per 100g	per portion (g)		
Metcalfe's Skinny Popcorn® Sweet 'n Salt (Vg)	Popped Butterfly Corn (64%), Rapeseed Oil, Sweetening Blend (Sugar, Sweetener: Isomalt, Sweetener: Steviol Glycosides), Salt.	KJ	1908	477	
		Kcal	455	114	
		Fat	17.8	4.5	
		Sat	1.3	0.3	
		Carbs	60.5	15.1	
		Sugar	15.9	4.0	
		Fibre	9.4	2.4	
		Protein	8.6	2.2	
		Salt	0.5	0.1	
		Portion weight (g)		25	