

Effective 21st September 2022

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Version 21

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	ı	NUTRITIONAL	INFO
		KJ	per 100g 1701	per portion (g) 1435
	Pastry: Wheat Flour (WHEAT Gluten, Flour Treatment Agent	Kcal	407	343
	 (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). 	Fat	21.1	17.8
Alexand Control		Sat	9.0	7.6
Almond Croissant (V)		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
		Portio	n weight (g)	84

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

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

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

Key for Dietary Suitability:

DF = Dairy-Free

GF = Gluten-Free

V = Vegetarian

Vg = Vegan



Nutritional Ingredient Guide Effective 21st Sept 2022

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PASTRIES

	PASTRIES		
PRODUCT	INGREDIENTS	NUTRITION	IAL INFO
	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	per 100g KJ 1701 Kcal 407 Fat 21.1 Sat 9.0	per portion (g) 1435 343 17.8 7.6
Almond Croissant (V)	kapesea Oii, Sait, Baking Improver (WHEAI Gluten, WHEAI Flour, Feast, Flour Treatment Agent (Ascorbic Acia E300), Emulsiner (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 Syup, Water, EGG Yolk, Invertace E1103), Topping: ALMOND Flakes (4.2%) (NUTS) May contain traces of other NUTS (Hazelnuts).	Carbs 43.9 Sugar 13.7 Fibre 2.4 Protein 9.3 Salt 0.7	36.9 11.6 1.9 7.8 0.6
		Portion weight (g) per 100g	84 per portion (g)
		KJ 1081 Kcal 258	1113 266
Apricot Croissant	Pastry: 56% (WHEAT flour, butter 19% (MILK), water, yeast, sugar, EGGS, salt, WHEAT gluten enzymes (amylases, hemicellulases), flour	Fat 11.0 Sat 6.7	11.3 6.9
(V)	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).	Carbs 34.0 Sugar 11.0	35.0 11.3
	May contain: traces of NUTS and traces of SOYA.	Fibre 2.0 Protein 4.7	2.1 4.8
		Salt 0.7	0.7
		Portion weight (g) per 100g	115 per portion (g)
		KJ 1792 Kcal 429	915 219
	Pastry: WHEAT flour, butter 22% (MILK), water, sugar, whole MILK pasteurized, yeast, EGGS, salt, WHEAT gluten, emulsifier: E322 (rape	Fat 23	11.8
Butter Croissant (V)	lecithin), flour treatment agent : E300, enzymes, egg wash (Free Range EGGS) 1,5g.	Carbs 46.0	23.2
. ,	May contain: traces of NUTS and traces of SOYA.	Sugar 6.8 Fibre 2.6	3.5 1.3
		Protein 8.1 Salt 1.2	4.3 0.6
		Portion weight (g)	60 per portion (g)
	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, E391ii), colour (El kooiii), 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, comflour, vegetable oil). May contain: traces of NUTS.	KJ 1512	1176
		Kcal 361 Fat 16.0	281 11.9
Chocolate Twist		Sat 9.6 Carbs 47.0	7.4 37.9
(V)		Sugar 21.0 Fibre 3.0	17.4
		Protein 5.7	4.3
		Salt 0.8 Portion weight (g)	0.6 90
		per 100g KJ 1706	per portion (g) 1467
		Kcal 407 Fat 18.6	350 16
Cinnamon Swirl	WHEAT Flour, Fine Butter (MILK) (19%), Water, Sugar, Yeast, EGG, Cinnamon (1.4%), Maize Starch, WHEAT Gluten, Salt, Whey Powde (MILK), Whole MILK Powder, Skimmed MILK Powder, Thickener (Sodium Alginate), EGG Albumin Powder, Turmeric Extract, Flour	Sat 12.0	10.3
(V)	Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), Natural Flavouring, Acidity Regulator (Citric Acid), Carrot Extract, May contain: traces of \$E\$AME \$EED\$, NUTS, \$OYA.	Carbs 51.2 Sugar 21.8	44.0 18.7
		Fibre 2.78 Protein 6.7	2.4 5.8
		Salt 0.6 Portion weight (g)	0.5
		per 100g	per portion (g)
		KJ 1786 Kcal 427	1120 268
Bain au Chanal	Pastry: (WHEAT flour , Butter (MILK), water, chocolate 10% (sugar, coca mass, cocoa butter, emulsifier (SOYA lecithin), natural	Fat 23.0 Sat 15.0	9.3
Pain au Chocolat (V)	vanilla flavour), sugar, whole MILK, yeast, EGGS, salt, WHEAT gluten, Emulsifier (rape lecithin), flour treatment agent (E300), enzyme (amylases, hemicellulases)), egg wash (Free Range EGG). May contain: traces of NUTS.		29.1 8.1
		Fibre 3.0	1.9
		Protein 7.6 Salt 1.0	4.8 0.6
		Portion weight (g) per 100g	75 per portion (g)
		KJ 1417 Kcal 338	1245 296
	WHEAT flour, water, raisins 13%, Butter (MILK), sugar, yeast, corn starch, EGGS, salt, powdered whey (MILK), whole MILK powder,	Fat 14.0	10.8
Pain au Raisin (V)	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	Carbs 46.0	6.8 43.2
(v)	(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.	Sugar 19.0 Fibre 2.3	17.1 2.3
		Protein 5.8 Salt 0.8	5.4 0.6
		Portion weight (g)	110

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PASTRIES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		KJ	per 100g 1589	per portion (g) 1239
	WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non	Kcal	379	296
	Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural	Fat	16.3	12.7
Vegan Raspberry	Flavouring), Raspberry Filling (16%) (Glucose Syrup, Raspberry Purée, Sugar, Raspberries (2%), Gelling Agent (Pectin), Acid (Citric	Sat	8.2	6.4
Croissant	Acid), Acidity Regulator Tricalcium Citrate), Natural Flavouring, Preservative (Potassium Sorbate)), Sugar, Yeast, Decoration (3%)	Carbs	50.7	39.5
(Vg)	(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.	Sugar	18.5	14.4
		Fibre	2.7	2.1
		Protein Salt	6.4 0.5	5.0
			weight (g)	0.4 110
	<u>-</u>	1 OITIOIT	per 100g	per portion (g)
		KJ	1514	1172
		Kcal	361	280
	Water, WHEAT flour, fine butter (MILK) 11%, praline and hazelnuts dough 10% (sugar, HAZELNUTS 3%,	Fat	17.0	13.0
Praline Dito	ALMONDS 3%, stabilizer (sorbitol), emulsifier (SOYA lecithin)), sugar, EGGS, HAZELNUTS 3%, maize starch, yeast, salt, WHEAT gluten,	Sat	7.6	5.9
(V)	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	Carbs	45.0	35.0
	regulator (citric acid), carrot extract.	Sugar	18.0	14.0
		Protein	7.1	5.5
		Salt	0.83	0.64
			weight (g)	77

	MUFFINS & SCONES			
PRODUCT	INGREDIENTS		NUTRITION	AL INFO
Belgian Chocolate Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, Thiamin), sugar, water, liquid EGG, vegetable oil rapeseed, 9% filling (sugar, vegetable fats palm, fat-reduced cocoa, cocoa mass, fat reduced cocoa powder, emulsifier E322 (SOYA), natural vanilla flavouring), 3% Belgian dark chocolate chunks (sugar, cocoa mass, cocoa butter, emulsifier E322 (SOYA), natural vanilla flavouring), buttermlik (MILK), 1,8% chocolate shavings curled mix (sugar, cocoa mass, emulsifier E322 (SOYA), natural vanilla flavouring), buttermlik (MILK), 1,8% chocolate shavings curled mix (sugar, cocoa mass, cocoa butter, whole MILK powder, Loctose (MILK), whey powder (MILK), butter oil (MILK), emulsifier E322 (SOYA), natural vanilla flavouring), 1,4% large MILK slabs (sugar, vhole MILK powder, cocoa butter, cocoa mass, emulsifier E322 (SOYA), natural vanilla flavouring, remulsifier E322 (SOYA), natural vanilla flavouring, lating agents (E341, E450, E501), inulin, glucose syrup, WHEAT starch, MILK protein, modified corn starch, humectants (E420, E420, 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 Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1702 407 22.2 5.1 44.7 29.0 2.1 6.0 0.4	per portion (g) 1872 448 24.0 6.0 49.0 32.0 7.0 0.4
Blueberry Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, Thiamin), sugar, liquid EGG, 10% blueberries, water, 9% blueberry filling (water, blueberries, sugar, dextrose, glucose syrup, acidity regulators (£330, £331), gelling agent £440, natural flavouring, thickener £415, preservative £202), butternilik (MLK), rising agents (£341, £450, £501), palm oil, inulin, MLK protein, WHEAT starch, emulsifiers (£471, £475), modified corn starch, WHEAT Gluten, WHEAT flour, preservative £202, glucose syrup, stabiliser £415, salt, acidity regulator £330, natural flavouring, colouring £160a, rapeseed oil.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	weight (g) per 100g 1431 342 15.5 1.8 44.1 21.1 1.2 5.8 0.4 weight (g)	110 per portion (g) 1547 376 17.0 2.0 49.0 23.0 1.0 6.0 0.4
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, In atural flavouring), notural flavouring), buttermilk (MILK), 1,8% sweet snow (dextrose, palm oil, cornflour), 0,9% lemon strip (lemon peel, sugar, glucose-fructose syrup, acidity regulator E330), radising agents (E341, E450, E501), glucose syrup, palm oil, WHEAT starch, MILK protein, emulsifiers (E471, E475), humectants (E420, E422), natural flavouring, modified com starch, WHEAT flour, preservatives (E202, E223 (Contains SULPHITES))), WHEAT Gluten, stabiliser E415, salt, acidity regulator E330, colouring E160a, rapeseed oil.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1517 362 15.5 2.4 49.8 25.9 1.0 0.4 weight (g)	per portion (g) 1669 398 17.0 3.0 55.0 28.0 1.0 6.0 0.5
Fruit Scone (V)	WHEAT Flour (WHEAT flour, calcium carbonate, iron, nicotinamide, thiamin), Buttermilk (21.7%) (MILK), sultanas(13%)(sultanas, cottonseed oil), sugar, non-hydrogenated vegetable oil (palm, rapeseed), free range EGG , raising agents (E450, E501), glaze (2%) (water, vegetable Protein (pea), dextrose), salt, emulsifier E475, natural flavouring	KJ Kcal Fat Sat Carbs Sugar Protein	per 100g 1260 299 6.3 2.2 52 20.5 7.6 1.1 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 Kcal Fat Sat Carbs Sugar Protein Salt Portion	per 100g 1198 284 6.2 2.1 47.2 10.5 8.9 1.0 weight (g)	100
Cranberry & 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 pearle, orange juice concentrate, orange oil, colours (E160c, E160a(iv)), gelling agent E440, stabiliser E412 guar, preservative (E300, E202), acidity regulator: E330), salt, natural flavourings, emulsifier E475, colour E160a	KJ Kcal Fat Sat Carbs Sugar Protein	per 100g 1254 297 6.4 2.2 50.8 12.5 8.2 1.0 weight (g)	100

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PORRIDGE & TOPPINGS

	PORRIDGE & TOPPINGS		
PRODUCT	INGREDIENTS	NUTRITION	AL INFO
		per 100g	per portion (g)
		KJ 414	993
		Kcal 99 Fat 2.7	6.5
Porridge made with Semi Skimmed Milk (V)		Sat 1.1	2.7
	Semi Skimmed MILK (83%), Quaker Rolled OATS (17%).	Carbs 13.3	31.9
		Sugar 4.0	9.5
		Fibre 1.4 Protein 4.6	3.4 11.0
		Salt 0.1	0.2
		Portion weight (g)	240
		per 100g	per portion (g)
		KJ 372 Kcal 89	892 213
		Fat 1.5	3.6
Porridge made with		Sat 0.3	0.8
Skimmed Milk (V)	Skimmed MILK (83%), Quaker Rolled OATS (17%).	Carbs 13.4 Sugar 4.0	32.1 9.7
(V)		Sugar 4.0 Fibre 1.4	3.4
		Protein 4.6	11
		Salt 0.1	0.2
		Portion weight (g)	240
		per 100g KJ 470	per portion (g) 1128
		Kcal 112	269
		Fat 4.3	10.3
Porridge made with Whole Milk	Whole MILK (83%), Quaker Rolled OATS (17%).	Sat 2.2	5.2
whole Milk (V)	mila mila (00/6), wuukei kulleu UAIS (17/6).	Carbs 13.2 Sugar 3.9	9.3
. ,		Fibre 1.4	3.4
		Protein 4.5	10.8
		Salt 0.1 Portion weight (g)	0.2 240
		per 100g	per portion (g)
		KJ 397	952
	Alpro Soya Milk (83%) [Water, Hulled SOYA Beans (8.7%), Apple Extract, Acidity Regulators (Monopotassium Phosphate, Dipotassium Phosphate), Calcium (Calcium Carbonate), Sea Salt, Stabiliser (Gellan Gum), Vitamins (Riboflavin (B2), B12, D2)], Quaker Rolled OATS (17%).	Kcal 95	227
Porridge made with		Fat 2.9 Sat 0.5	6.9 1.2
Soya Milk		Carbs 11.8	28.3
(Vg)		Sugar 2.3	5.5
		Fibre 1.9 Protein 4.5	4.6
		Protein 4.5 Salt 0.1	10.8 0.2
		Portion weight (g)	240
		per 100g	per portion (g)
		KJ 365 Kcal 87	875 209
		Fat 2.4	5.9
Porridge made with	Alpro Coconut Milk (83%) [SOYA Base (Water, Hulled SOYA Beans (2.9%)), Coconut Milk (3.5%) (Coconut Cream, Water), Sugar,	Sat 0.8	2.0
Coconut Milk	Fructose, Acidity Regulators (Potassium Phosphates), Calcium (Calcium Carbonate), Sea Salt, Flavouring, Stabiliser (Gellan gum)]. Quaker Rolled OATS (17%).		29.5
(Vg)	Quaker kolled OAIS (17%).	Sugar 3.0 Fibre 1.6	7.1 3.8
		Protein 3.0	7.2
		Salt 0.1	0.2
		Portion weight (g)	278
		per 100g KJ 462	per portion (g) 1108
		Kcal 111	265
		Fat 3.9	9.3
Porridge made with Oat Milk	Alpro Gluten Free Oat Milk (83%) [OAT Base (Water, Gluten Free OATs), Sunflower Oil, Sea Salt, Vitamins (B2, B12, D2)], Quaker	Sat 0.6	1.4
(Vg)	Rolled OATS (17%).	Carbs 16.1 Sugar 3.4	38.8 8.1
. •.		Fibre 1.4	3.4
		Protein 2.0	4.8
		Salt 0.1 Portion weight (g)	0.2 278
		per 100g	per portion (g)
		KJ 1934	483
		Kcal 462	115
	Toasted pumpkin seeds (20%), Toasted sunflower seeds (20%), Golden raisins (20%) (Raisins, Sunflower oil, Preservative: SULPHUR	Fat 22.5 Sat 2.6	5.6 0.7
Seeds & Fruit Mix Topper	DIOXIDE), Dried sweetened cranberries (20%) (Sugar, Cranberries, Sunflower oil), Brown linseed (20%). May contain traces of	Carbs 46.5	11.6
(V)	PEANUTS and NUTS.	Sugar 27.9	7.0
		Fibre 13.5	3.4
		Protein 11.7 Salt 0.05	2.9 0.0
		Portion weight (g)	25
		per 100g	per portion (g)
		KJ 1336	334
		Kcal 319 Fat 0.5	80 0.1
Fruit Adio Tonno	Coldon reigns (200) (Politing Conflower oil Processition MURIUM NIOVINE) Dead	Sat 0.2	0.0
Fruit Mix Topper (Vg,)	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).	Carbs /5.1	18.8
. 5.,	• • • • • • • • • • • • • • • • • • • •	Sugar 67.4 Fibre 4.4	16.8
		Protein 1.5	0.4
		Salt 0.10	0.0
		Portion weight (g)	25

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EXTRAS

	EXTRAG		
PRODUCT	INGREDIENTS	NUTRITION	AL INFO
Raspberry Jam (Vg)	Raspberry Jam: Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium Citrate.	Per 100g KJ 1016 Kcal 239 Fat 0.2 Sat 0 Carbs 57 Sugar 57 Protein 0.7 Salt 0 Portion weight (g)	per portion (g) 305 72 0.06 0 17.1 17.1 0.2 0 30
Strawberry Jam (Vg)	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid.	Per 100g KJ 1023 Kcal 241 Fat 0.1 Sat 0 Carbs 59 Sugar 59 Protein 0.4 Salt 0 Portion weight (g)	per portion (g) 307 72 0.03 0 17.7 17.7 0.1 0 30
Lakeland Butter (V)	Butter: Cream (MILK), Salt.	per 100g KJ 3036 Kcal 738 Fat 81.4 Sat 52.3 Carbs 0.8 Sugar 0.8 Protein 0.6 Salt 1,9 Portion weight (g)	per portion (g) 213 52 5.7 3.7 0.1 0.1 0.04 7
Rodda's Cornish Clotted Cream (V)	100% Cornish cows MILK .	per 100g KJ 2413 Kcal 586 Fat 63.7 Sat 39.7 Carbs 2.2 Sugar 2.2 Protein 1.6 Salt 0.05 Portion weight (g)	per portion (g) 965 234 25.5 15.9 0.9 0.9 0.6 0.0 40

LOAF CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		KJ	per 100g 1650	per portion (g) 1444
		Kcal	394	345
	Banana Puree (17%) (Banana Puree, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Sugar, Wheat Flour, (WHEAT Flour,	Fat	21.6	18.9
Banana & Walnut	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	Sat	2.8	2.4
Loaf Cake	Diglyceride of Fatty acids, Sodium Stearoul-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; WHEAT protein),	Carbs	46.2	40.4
(V)	Glycerine, Cinnamon, Raising Agent: Sodium Bicarbonate, Disodium Diphosphate, Potassium Hydrogen Carbonate; Mixed Spice,		23.7	20.7
		Fibre	1.9	1.7
		Protein	6.6	5.8
		Salt	0.6	0.5
		Portion	weight (g)	88
	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	KJ	per 100g 1643	per portion (g) 1561
		Kcal	391	372
		Fat	16.6	15.8
Sicilian Lemon Drizzle	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	Sat	1.7	1.6
Loaf Cake (V)	Diglyceride of Fatty acids, Sodium Stearoyl-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; WHEAT protein),	Carbs	55.1	52.3
	Glycerine, Flavouring, Raising Agent: Disodium Diphosphate, Potassium Hydrogen Carbonate) Fondant (Sugar, Glucose Syrup,	Sugar	29	27.6
	Water, Rapeseed Oil, Palm Oil, Dextrose, Fructose, Cornflour, Emulsifier: Mono- and Diglyceride of fatty acids, Sucrose esters of	Fibre	1.1	1.0
	fatty acids; Humectant: Glycerine; Rice Starch, Acidity Regulator: Citric acid), Caramelised Lemon zest (1%) (Sugar, Lemon Zest,	Protein	4.8	4.6
	Water), Dextrose, Cornflour, Palm Oil.	Salt	0.6	0.5
		Portion	weight (a)	95

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WHOLE CAKES

Come locate Column Engage Column Engag		WHOLE CAKES			
Case Copy	PRODUCT	INGREDIENTS		NUTRITION	IAL INFO
Cappucing Cabo Provided Call Provided (Income) (Called Provided) (1.8) Early (parts) (2012) (1.9) Early (1.8) Early (1.9) Early (1.8) Early (1.9) Early (1.8)					
Product College (17) \$20.1 \$23.1 \$23.1 \$23.1 \$23.2 \$24.2 \$25.2					
Recompting Class is National from the Control of State (1997) 254			_		
Common C	Cappuccino Cake		Sat		
Enulsing Enulsing Enulsing Enulsing Enulsing Control and Control (2014) 2.5	* *		_		
Buffer, Wick MLF Powds (Cocco Jona), Equation (a) (2014) Price Audit (1) Producting (1) Price Audit (1) Pric		Emulsifier (Sunflower Lecithin), Natural Flavourings, Glazing Agents (Shellac, Acacia Gum)], Milk Chocolate (0.1%) [Sugar, Cocoa			
Magnetic Route Magn			Protein	4.1	4.7
Fig. Control Color 17 18 18 18 18 18 18 18		(v.v2)vj.			
Count Cale V) Count Cale			1 Official		
				1660	1759
Selection Chocolate Part					
Food Corne 1,1 1,2 1	Belgian Chocolate		_		
Pages Cocco Mass Cocco Burter, 1979 According Reducting Concording Reducting Concording Reducting Reductin	Fudge Cake	(E477, E471, E475), Raising Agents (E450, E501)), Icing (Icing Sugar, Full Fat Soft Cheese (Full Fat Soft Cheese (MILK), Salt,	Carbs		
Care Cate	(V)				
Corn Cote Corn			_		
Cate Cole Cate			Salt	0.3	0.4
Collet (73) Brown fugar. Carel (113), 166- Repeated Ol; Wildened WHIRAT flag, Whed Flay MHRAT flag, Collicus Collection C			Portion		
Coat Octob Coa			K.I		
Carrior Cake (Y) Carrior Cake					
Cord Cabe (V) Will, Solid Prevender ECRI y Report to No. Reposed Off. Winder Charles (Felt) Solid Cheese (W) Will, Solid Prevender ECRI y Report to No. Reposed Off. Winder (Felt) Solid Cheese (Felt) Solid Cheese (W) Single Cheese (Felt) Solid			_		
Specific Name Starch, Fraulation (\$477, \$471, \$472, \$473,		E450, E501), Cinnamon, Salt, Mixed Spice, Thickener (E415)), Frosting (25%) (Icing Sugar, Full Fat Soft Cheese (Full Fat Soft Cheese	_		
Process of SO/A and other NUIX: SO/A Process of SO	(V)				
Singe Cream (MIKE, Suppl. Icing Suppl. Reduced Fot Soft Create (Stimmed MIK. Cream (MIKE, Winey Solid MIKE). Soft Modeled (Topics of Storts, Solidates, Xandhan Gum, Locul 8 and Gum), WitAd Trout (Colcium Concorden, Nodes, Not International Stack Cream), Per Briting Worlds. J 18 (Soci. Academies, Suppl. Modeled Epipics Storts, Assidially Regulders Citie: Acids Natural Cream (MIKE, Solidate), 1421 Lisurary Ricciforest Foundation (MIKE) and the Concording Mice of the Concording M					
Single Coom (MMLE), Sign: Lich's Sport. Lich					
Surgic Cleam (MML), Sugar, Ling's Sugar, Reduced Fel Sell Cheese (Sharmest MML Cleam (MML), Whey Island, Mellar Surgic Mills (Sharmest MML Cleam (MML), Sugar, Ling's Surgic More (Sharmest MML), Sugar, Ling's Suga					
Modified Egiptical Standt, Standtisters Xaminan Cum, Local Beam Camin, WHAT Flow (Cotation Cotations, Nation, Incom, Internation, Black Chemis, Sport, Modified Egiptical Chile, Acids National Chile (2013) 131 386 (2013) 133 386 (20		Single Cream (MILK), Sugar, Icina Sugar, Reduced Fat Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Salt			
Rounder Rounde (Y) Rounde (Rounde (Rounde (Y) Rounde (Rounde (Ro		Modified Tapiaca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Black Cherry Pie Filling (Water, 11% Black Cherries, Sugar, Modified Tapiaca Starch, Acidity Regulator: Citric Acid; Natural Cherry Flavour, Preservative: Potassium Sorbate) (%), White Chocolate Buttons (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin) (%), Water, Free Range EGG, Rapeseed Oil, Buttermik (Skimmed MILK, Skimmed MILK Solids, MILK Protein Concentrate), Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Fat Reduced Cocoa Powder, Beglian Chocolate Choips (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,			
Louvy Biochforest Roulade (V) Warpone (Plan Cill, Repeated Cill, Water, Repaired), Filt Refused Cooce Provide, Religion, Checotiet Chips, 37,3 48,3 Warpone (Plan Cill, Repeated Cill, Water, Revoluting), Religionate Revoluted Receives (May Cill, Forest Cill, Carlotter, State Cooce Provide, Religion, Checotiet Chips, 37,3 48,3 Warpone (Plan Cill, Repeated Cill, Water, Revoluting), Repaired Revoluted Receives (May Cill, Plan Cill, Repeated Cill, Water, Revoluting), Repaired (May Cill, Water, Revoluting), Repaired (May Cill, Water, Revoluting), Repaired (May Cill), Repaired Cill, Revoluting), Repaired (May Cill), Repaired Cill, Revoluting), Repaired (May Cill), Repaired (May Cill), Revoluting), Revoluting), Revoluting), Revoluting (May Cill), Revoluting), Revoluting					
(V) Supar Deartous Emulatines 5014 Leclinins (18%), Doar Cincocole Revouse (Reves Supar, Prom Oil: For Reduced Cocco Provide (MILK), Standishers Sorbiton Niteratines, Fraudiers, 2014 Leclinins, Condema Mick, MILK, Granulardes Supar), Modified Protein Starch, Modified Warph Mains Starch, Stading Agent, Sodium Bicathonida, Revousing, Resident Agent (Brailing, Condema Milk), MILK (Standishers, Condema Milk), MILK (Standishers),			Sat	7.0	8.3
Winey Provider (MILK), Stockhiem Schothan Trislecanies Enhalding Agent South and Controlled Sugge), Modeling Agents South Grant (South Agent) and South Agent Agen					
Perfoto Starch, Modified Warr Motion Struch, Rossing Agenth, Mickarear Beard (Mickarear Bea	(V)				
Margorine (Polim Oil, Rapeseed Oil, Water, Ravouring), Raupberries (125), Sugar, Free Range EGG, Self-Raising Rour (WIEAT Rour (Colcium Carbonate), Inc. Micro. (Thiorning), Raising Agents. Monocolcium Phosphate, Sodium Hydrogen Carbonate), Readout (125), Sugar, Prime Ruman, Margorine (Polim Oil, Rapeseed Oil, Water, Ravouring), Raupberries (125), Sugar, Prime Ruman, Margorine (Polim Oil, Rapeseed Oil, Water, Ravouring), Raupberries (125), Sugar, Prime Ruman, Water (125), Sugar, Prime Oil, Water, Provider (MULK), Primitine: SOYA Lectimin, Loring Sugar, Single Read, Carbonate, William (125), Sugar, Prime Oil, Water, Provider (MULK), Primitine: SOYA Lectimin, Horizon Variable (125), Sugar, Variable MULK Provider, (Multine: SoYA) Lectimin, Natural Variable (125), Sugar, Variable MULK Provider, (Multine: SoYA) Lectimin, Natural Variable (125), Sugar, Variable MULK Provider, (Multine: SoYA) Lectimin, Natural Variable (125), Sugar, Variable MULK Provider, Colorus, Astronomyrine: Rivovarian), Write Chocolate (125), Sugar, Variable MULK Provider, Colorus, Astronomyrine: Rivovarian), Write Chocolate (125), Sugar, Variable MULK Provider, Colorus, Astronomyrine: Rivovarian), Write Chocolate (125), Sugar, Pariable (125), Sugar, Pariab					
Margarine (Palm Oil, Rapeseed Oil, Water, Flovouring), Rapberries (128), Sugar, Free Range EGG, Self-Rabing Rour (WHEAT Flour (Calcium Carbonate), inc. Nicoln, Nicolnin, Rabing Agents, Mancocicium Prosphates, Sodium Hydrogen Carbonate), Reduced Fer Soff Cheese (Birmend MLK, Cena) (MLK), Whey Solds (MLK), Self, Modified radiopos Strach, Stobilers: Xorthan Gum, Louris Bean Gum), White Chacocide Buttors (Fig.) Sugar, Prival MLK, Whey Solds (MLK), Self, Modified radiopos Strach, Stobilers: Xorthan Gum, Louris MLK, White Chacocide Buttors (Fig.) Sugar, Whole MLK Powder, Cocco Butter, Emistifiers SOYA Lectimin, Licing Sugar, Single Ford 21,1 24,5 500,000 (MLK), White Chacocide Shaving (SP), Sugar, Whole MLK Powder, Cocco Butter, Stimmed MLK Powder, Chacocide (Fig.) Sugar, Whole MLK Powder, Cocco Butter, Stimmed MLK Powder, Chacocide (Fig.) Sugar, Whole MLK Powder, Cocco Butter, Stimmed MLK Powder, Chacocide (Fig.) Sugar, Whole MLK Powder, Cocco Butter, Stimmed MLK Powder, Chacocide (Fig.) Sugar, Whole MLK Powder, Cocco Butter, Stimmed MLK Powder, Chacocide (Fig.) Sugar, Whole MLK Powder, Cocco Butter, Stimmed MLK Powder, Chacocide (Fig.) Sugar, Prival Republic Solidar, Marking Agents: Expending Agents: Ex					
Calcium Carbonale, Iron, Nicoin, Nic			Portion	weignt (g)	131
NEW Raspberry & White Chocolde Sulforne (%) (Sugar, Parino (M.)). Another of topic of stores, Stohilliers: Xorthan dum, Locut Banco (%), White Chocolde Sulforne, (%) (Sugar, Parino (M.)). Exposure (%), white Chocolde Sulforne, (%) (Sugar, White M.). (Sugar, Parino (M.)). (Sugar, Parino		(Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphate, Sodium Hydrogen Carbonate), Reduced		per 100g	per portion (g)
Bean Cum), White Chocolate Buttors (7%) (Sugar, Price Milk Provider, Cocco Butter, Envilleire, SOYA Leclithin, Natural Vanille Chocolate Roulder (V) Will Chocolate Rould					
Clear (MML), White Chocolate Providing Fund & Rapiberry Jan (12) (Clicuses Funcious Styrue, Plum (From Concentrate), Exposuring, Plum & Rapiberry Jan (12) (Clicuses Funcious Styrue, Plum (From Concentrate), Click Styrue (12) (Plum			Redi		
Gelling Agent Pectrix. Acidin Regulations: Citic Acid. Sodium Citrates Colours Anthocyanins: Rowavign, White Coccolete (28), 844.9 (a.g., whole MILK Powder, Cocco Buther, Emulatifier SOYA Lectifins Natural Vanille Rowaving), White Coccolete (28), 820.9 (bl. 10.0 (bl. 10.0 bl. 10.0 (bl. 10.0 bl. 10.0 bl. 10.0 bl. 10.0 (bl. 10.0 bl. 10.	NEW Raspberry & White	Cream (MILK), White Chocolate Shavings (2%) (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier; SOYA Lecithin; Natural Vanilla - Flavouring), Plum & Raspberry Jam (2%) (Glucose-Fructose Syrup, Plum (From Concentrate), Raspberry (From Concentrate), Gelling Agent: Pectrin; Acidity Regulators: Citric Acid, Sodium Citrate: Colour: Anthocycnins; Flavouring), White Chocolate (2%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), White Chocolate Curls (1%) (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Natural Flavouring, Modified Potato Starch, Modified Waxy Maize Starch, Raising Agent (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate: WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin)), Freeze Dried Raspberries, Natural Colour, Thickener Blend			
Chocolate Curis (18) (Sig) (whole MILK Powder, Cacco Buther, Emulatiner, SOYA Lectifith, Natural Vanilla Rivovaring), Molitade Patics Storth, Andread Storth, Rading, Agenth (Baish) agenth (Britan) agenth (Browning), Molitade Patics Storth, Andread Storth, Rading, Agenth (Baish) agenth (Britan) agenth					
Ricarbonate; WHEAT Flour (Calcium Carbonate), in Maint, in Jamini); Freeze Drief Raspies, Natural Colour, Thickener Blend (Place In James In Jame	(V)				
Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Raspberries (1/5), Sugar, Free Range EGG, Self-Raising Flour (WHEAT Flour (Calcium Corbonate, Iron, Niacin, Thiomin), Roising Agents: Monocalcium Phosphate, Sodium Hydrogen Carbonate), Reduced Fal Soft Cheese (Skimmed MIKK, Oream (MIKK), Whey Solids (MIKK), Soli, Modified Topicac Starch, Stollailers: Xanthan Gum, Locust Bean Gum), While Chocalcia be Lurios (\$5) (Sugar, Free Range EGG, Self-Raising Flour (WHEAT Flour Carbonate), Inch Solid (Self-Raising Flour), Incin Sugar, Single Fal Soft Cheese (Skimmed MIKK Powder), Carbonate), Incin Sugar, Single Fal 20.1 23.4 (Scald Sodium Clirates; Natural Raspberry Flavouring), While Chocalcote User (Sigg), Sugar, Whole MIKK Powder, Cocco Butter, Starch, Raising Agent (Raising Agent); Solidam Biocarbonate; WHEAT Flour, Khele MIKK Powder, Carbonate), Solidam Cliric Acid, Sodium Clirates; Natural Raspberry Flavouring), While Chocalcote Curts (Sugar, Whole MIKK Powder, Carbonate), Solidam Clirates; Natural Raspberry Flavouring), While Chocalcote Curts (Sugar, Whole MIKK Powder), Carbonate, Flavouring, Agent (Raising Agent); Solidam Industry of Natural Raspberry Flavouring), While Chocalcote Curts (Sugar, Whole MIKK Powder), Carbonate, Flavouring, Mile Chocalcote Curts, Sugar, Whole MIKK Powder, Carbonate, Flavouring, Mile Chocalcote Curts, Sugar, Whole MIKK Powder, Carbonate, Flavouring, Mile Chocalcote, Curts, Sugar, Whole MIKK Powder, Carbonate, Flavouring, Mile Chocalcote, Curts, Sugar, Wheat Starch, Water, Calc Carbonate, Flavouring, Sugar, Flavouring, Mile Chocalcote, Sugar, Water, Calc Carbonate, Flavouring, Mile Chocalcote, Mile Starch, Water, Calc Concentrate, Mallocakkrin, Acidity Regulator, Child Raspberries, Parasis, Mile Carbonate, Mile Carbonate, Flavouring, Mile Carbonate, Mile Carbonate, Flavouring, Mile Carbonate, Mile Carbonate, Mile Carbonate, Mile Carbonate, Mile					
Margarine (Palm Oil, Rapeseed Oil, Water, Ravouring), Raspberries (16%), Sugar, Free Range EGG, Self-Raising Flour (WHEAT Flour (Colcium Carbonate, Iran, Niacin, Thiomin), Raising Agents: Monocaclium Phosphate, Sodium Hydrogen Carbonate), Reduced Fot Self Cheese (Sikimed MILK, Caren (MILK), Whey Solick (MILK), Sixi, Madified Taploids Starch, Stabilisers, Xarnhana Gum, Locust Bean Gum), White Chocalote Buthons (6%), Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lectihin, Loing Sugar, Single Fot Gum (MILK), White Chocalote Buthons (6%), Sugar, Whole MILK Powder, Cocco Butter, Emulsifier: SOYA Lectihin; Natural Varial Carbon (MILK), White Chocalote (2%), Sugar, Whole MILK Powder, Cocco Butter, Emulsifier: SOYA Lectihin; Natural Varialla Checalote (2%), Sugar, Gelling Agent: Pectin: Acidity Regulators: Carbonate Carbonate, White Characterial Carbonate, Sugar, Gelling Agent: Pectin: Acidity Regulators: Carbonate Carbonate, Sugar, Gelling Agent: Pectin: Acidity Regulators: Carbonate, Sugar, Gelling Agent: Pectin: Acidity Regulators: Carbonate, Sugar, Gelling Agent: Pectin: Acidity Regulators: Carbonate, Sugar, Carbonate, Sugar, Whole MILK Powder, Cocco Butter, Emulsifier: SOYA Lectihin; Natural Varialla Characterial Regulators: Carbonate, Milk Powder, Carbonate, Sugar, Milk Powder, Carbonate, Sugar, Milk Powder, Carbonate, Milk Powder, Carbonate, Milk Powder, Milk Powder, Milk Milk Powde					
Cocioum Corbonate, Iron, Niacin, Thiamini), Raising Agents: Monocalculam Hydrogen Carbonate), Reduced Fat Soft Cheese (Skimmed MIKI, Cerem (MIKI), Why Soldis (MIKI), Solt, Modified positions: Xanthan Gum, Locust Bean Gum), White Chocolate Burtons (\$%), Sugar, Palm Oil, Whey Powder (MIKI), Emulsifier: SOYA Lecithin), Licing Sugar, Single Round (MIKI), White Chocolate Burtons (\$%), Sugar, Palm Oil, Whey Powder (MIKI), Emulsifier: SOYA Lecithin), Licing Sugar, Single Round (MIKI), White Chocolate Surviving (\$78), Sugar, Palm Oil, Whey Powder (MIKI), Emulsifier: SOYA Lecithin, Natural Vanillo Sat 9.1, 10.6, Carbon (MIKI), White Chocolate (Sugar, Sugar, Selling Agent: Pectin, Acidity Reguldions: Carbon (MIKI), White Chocolate (Sugar, Whole MIKI Powder, Cocoa Burter, Emulsifier: SOYA Lecithin; Natural Vanillo Flavouring), White Chocolate (Sugar, Whole MIKI Powder, Cocoa Burter, Carbon (MIKI), Emulsifier: SOYA Lecithin; Natural Vanillo Flavouring), White Chocolate (Sugar, Whole MIKI Powder, Cocoa Burter, Carbon (MIKI), Emulsifier: SOYA Lecithin; Natural Vanillo Flavouring), White Chocolate (Sugar, Whole MIKI Powder, Cocoa Burter, Carbon (MIKI), Emulsifier: SOYA Lecithin; Natural Vanillo Flavouring), White Chocolate (Sugar, Whole MIKI Powder, Cocoa Burter, Carbon (MIKI), Emulsifier: Natural Vanillo Flavouring), Horouring, Modified Potato Starch, Modified Way Maize Flavouring, Flavouring, Modified Potato Starch, Modified Way Maize Flavouring, Modified M		(Inickeners: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose).	Portion	weight (g)	117
Cocioum Corbonate, Iron, Niacin, Thiamini), Raising Agents: Monocalculam Hydrogen Carbonate), Reduced Fat Soft Cheese (Skimmed MIKI, Cerem (MIKI), Why Soldis (MIKI), Solt, Modified positions: Xanthan Gum, Locust Bean Gum), White Chocolate Burtons (\$%), Sugar, Palm Oil, Whey Powder (MIKI), Emulsifier: SOYA Lecithin), Licing Sugar, Single Round (MIKI), White Chocolate Burtons (\$%), Sugar, Palm Oil, Whey Powder (MIKI), Emulsifier: SOYA Lecithin), Licing Sugar, Single Round (MIKI), White Chocolate Surviving (\$78), Sugar, Palm Oil, Whey Powder (MIKI), Emulsifier: SOYA Lecithin, Natural Vanillo Sat 9.1, 10.6, Carbon (MIKI), White Chocolate (Sugar, Sugar, Selling Agent: Pectin, Acidity Reguldions: Carbon (MIKI), White Chocolate (Sugar, Whole MIKI Powder, Cocoa Burter, Emulsifier: SOYA Lecithin; Natural Vanillo Flavouring), White Chocolate (Sugar, Whole MIKI Powder, Cocoa Burter, Carbon (MIKI), Emulsifier: SOYA Lecithin; Natural Vanillo Flavouring), White Chocolate (Sugar, Whole MIKI Powder, Cocoa Burter, Carbon (MIKI), Emulsifier: SOYA Lecithin; Natural Vanillo Flavouring), White Chocolate (Sugar, Whole MIKI Powder, Cocoa Burter, Carbon (MIKI), Emulsifier: SOYA Lecithin; Natural Vanillo Flavouring), White Chocolate (Sugar, Whole MIKI Powder, Cocoa Burter, Carbon (MIKI), Emulsifier: Natural Vanillo Flavouring), Horouring, Modified Potato Starch, Modified Way Maize Flavouring, Flavouring, Modified Potato Starch, Modified Way Maize Flavouring, Modified M					
Foll Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Soft, Modelfied Topicocs Starch, Stobilisers: Xanthan Gum, Locust Bean Gum), White Chocolate Buttons (28), Igugar, Palm Guil, Whey Powder (MILK), Emulsifiers: SOYA Lecithin), Loting Sugar, Single Follows: Milk Fowder, Cocoa Butter, Emulsifier SoyA Lecithin; Natural Vanilla Follows: Milk Fowder, Cocoa Butter, Citic Acid.; Sodium Citrates: Natural Respetenty Concentrate, Sugar, Gelling Agent: Pacifirs, Natural Vanilla Fox Cocoa Butter, Emulsifiers: SOYA Lecithin; Natural Vanilla Fox Cocoa Butter, Emulsifiers: Mono- Cocoa Butter, Emulsifiers: Mono- Cocoa Butter, Emulsifiers: Mono- and Diglycerides of Fox Acids; Stobilisers: Xanthan Gum, Lumar Land Fox Cocoa Butter, Emulsifiers: Mono- and Diglycerides of Fox Acids; Stobilisers: Xanthan Gum, Humectant Glicucos Syup, Water, Acid, Acelic Sciabilisers: Xanthan Gum, Humectant Glicucos Syup, Water, Acid, Acelic Sciabilisers: Xanthan Gum, Humectant Glicucos Syup, Water, Acid, Acelic Sciabilisers: Xanthan Gum, Humectant Glicucos Syup, Water, Acid, Acelic Sciabilisers: Xanthan Gum, Humectant Glicucos Syup, Water, Acid, Acelic Sciabilisers: Xanthan Gum, Humectant Glicucos Syup, Water, Acid, Acelic Sciabilisers: Xanthan Gum, Humectant Glicucos Syup, Salt Stobiliser: Pacific Residence of Fox Salt Acids; Salting Agents: Disodium Diphosphate, Potassium Humectant; Glicyceroic Salting Agents: Disodium Diphosphate, Potassium Humectant; Glicyceroic Salting Agents: Disodi					
Raspberry Ripple Roulade** (V) Respond (V)					
Raspberry Ripple Roulade** (V) Elevanting, Karpiter Chaccarder shartler, Servictose Syrup, Raspberry Concentrate, Sugar, Gelling Agent; Pectin: Accidity Regulators: Citir Acid, Sodium Citrates: Natural Raspberry Fravouring), White Choccalete Curis (Sugar, Whole MILK Powder, Cocco Butter, Simmed MILK Powder, Emulsifiers) (Sugar, Charles Curis (Sugar, Whole MILK Powder, Cocco Butter, Emulsifiers) (Sugar, Charles Curis), White Chaccalete Curis (Sugar, Whole MILK Powder, Cocco Butter, Emulsifiers) (Sugar, Charles), White Chaccalete Curis (Sugar, Whole MILK Powder, Cocco Butter, Emulsifiers) (Sugar, Charles), White Chaccalete Curis (Sugar, Whole MILK Powder, Cocco Butter, Emulsifiers), White Chaccalete Curis (Sugar, Whole MILK Powder, Cocco Butter, Emulsifiers), White Chaccalete Curis (Sugar, Whole MILK Powder, Cocco Butter, Emulsifiers), White Chaccalete Curis (Sugar, Whole MILK Powder, Cocco Butter, Emulsifier), White Chaccalete, United Charles, White Chaccalete, Coccone and Charles, White Chaccalete, Coccone Coccone United Charles, White Charles, White Charles, White Chaccalete, Coccone White Charles, White Charles		Bean Gum), White Chocolate Buttons (6%) (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Icing Sugar, Single	Fat		
Citic Acid. Sodium Citrates: Natural Raspberry Flavouring), White Chocolate (245) [Sugar, Whole MILK Powder, Cocca Butter, Cocca Butter, Wilding: SOYA Lecithin; Natural Vanilla Flavouring), White Chocolate Curts (Sugar, Whole MILK Powder, Cocca Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Modified Potata Starch, Modified Waxy Maize Starch, Raising Agent; (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; WHEAT Rour), Freeze Dried Raspberries, Thickener Blend (Thickeners: Locust Bean Gum, Xanhan Gum, Guar Gum; Glucose), Natural Colour (Red Beetroot Juice Concentrate, Mallodextrin, Acidity Regulator: Citric Acid). Sponge (79%) (Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG, Rapeseed Oil, Water, Cake Concentrate (Modified Maize Starch, WileA) Starch, Raising Agent; Disodium Diphosphate, Potassium Bicarbonate; WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Emulsifier: Mono- and Diglyceride of fethy acids, Propane 1.2 dial esters of fethy acids, Sodium Stearoyl-2-lactylate; Rapeseed Oil, Dextrose, Preservative: Potassium Sorbate; WHEAT GUTEN, Acidity Regulator: Citric Acid: Stabiliser: Xanthan Gurm), Humectart (Glucose Syrup, Water, Acid: Aceftic acid), Stabiliser (Maize Starch, Whey Powder (MILK), Sugar, Emulsifiers: Mono- and Diglyceride of fethy acids, Sadaim Stearoyl-2-lactylate; Raising Agents: Disodium Diphosphate, Potassium Hydrogen Carbonate, Havouring), Frosting (11%) (Luwury Caramel (Sweetened Condensed Skimmed MILK), Sugar, Emulsifier: Mono- and Di-Glycerides of fethy Acids; Stabiliser: Pectin; Sult, Natural Flavouring), Loing Sugar, Full Fot Cream Cheese (Full Fot Soft Cheese (MILK), Suff Preservative: E202), Butter (MILK), Sugar, Emulsifier: Mono- and Di-Glycerides of fethy Acids; Stabiliser: Pectin; Sult, Natural Flavouring), Colden Syrup, Margarine (Plant Dil, Repseavolive: E202), Butter (MILK, Sugar, Whey Powder (MILK), Anhydrous MILK Fat, Emulsifier: Mono- and diglycerides of fethy Acids; Preservative: Potasium Snotabel, Checo			Sat	9.1	10.6
Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring, Modified Potato Starch, Modified Waxy Maize Starch, Raising Agent (Raising Agents: Disadium Diphosphate, Sodium Bicarbonate; WHEAT Flour, Freeze Dried Raspberries, Thickener Blend (Thickeners: Locust Bean Gum, Xanthana Gum, Guar Gum; Glucose), Natural Colour (Red Beetroot Juice Concentrate, Maltodextrin, Acidity Regulator: Citric Acid). Sponge (79%) (Sugar, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG, Rapeseed Oil, Water, Cake Concentrate (Modified Maize Starch, WHEAT Starch, Raising Agent: Disadium Diphosphate, Potassium Bicarbonate; WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Emulsifier: Mono- and Diglyceride of Fathy acids, Sodium Stearoy-2-lactytate: Raising agent: Diphosphate, Potassium Bicarbonate; WHEAT Starch, WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Emulsifier: Meano- and Diglyceride of Fathy acids, Sodium Stearoy-2-lactytate: Raising agent: Diphosphates, Potassium Hydrogen Carbonate, Whey Powder (MILK), Emulsifiers: Mono- and Diglyceride of Fathy acids, Sodium Stearoy-2-lactytate: Raising agent: Diphosphates, Potassium Potatoria, Devariant Protein Carbonate, Whey Powder (MILK), Sugar, Emulsifier: Mono- and Di-Glycerides of Fathy Acids: Resisting agent: Diphosphates, Potassium Potatoria, Potassium Hydrogen Carbonate, Flavouring), End Statis Potatoria, Potassium Potatoria, Potassiu		Citric Acid, Sodium Citrates; Natural Raspberry Flavouring), White Chocolate (2%) (Sugar, Whole MILK Powder, Cocoa Butter,	Carbs		
Starch, Raising Agent (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; WHEAT Flour), Freeze Dried Raspberries, Thickener Blend (Thickeners: Locust Bean Gum, Xanthan Gum; Guar Gun; Glucose), Natural Calour (Red Beetroot Juice Concentrate, Maltodextrin, Acidity Regulator: Citric Acid). Sponge (79%) (Sugar, WHEAT Flour, Calcium Carbonate, Iron, Niacrin, Thiamin), EGG, Rapeseed Oil, Water, Cake Concentrate (Modified Maize Starch, WHEAT Starch, Raising Agent: Disodium Diphosphate), Potasium Bicarbonate; WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacrin, Thiamin), Emulsifier: Mono- and Diglyceride of fathy acids, Propane 1.2 dial esters of fathy acid, Sodium stearoyl-2-lactylate: Rapeseed Oil, Dextrose, Preservative: Potasium Sorbate; WHEAT GLUTEN, Acidity Regulator: Citric Acid; Stabiliser: Xanthan Gum), Humectant (Glucose Syrup, Water, Acid: Acetic acid), Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifier: Mono- and Diglyceride of fathy acids, Sodium Stearoyl-2-lactylate; Raising agent: Diphosphates, Potasium Fotating (III) (Juxury Caramel (Sweetened Condensed Skimmed MILK, Glucose Syrup (SUPHITES), Invert Sugar Syrup, Polm Oil, Butter (MILK), Sugar, Emulsifier: Mono- and Di-Glycerides of Fathy Acids: Stabiliser: Pectin; Salt, Natural Flavouring), Icing Sugar, Full Injectable Caramel (Sil) (Glucose Syrup, Gluther (MILK), Sugar, Sweetened Condensed Skimmed MILK, Water, Pollour Plain Caramel), Injectable Caramel (Sil) (Glucose Syrup, Sulter (MILK), Melter, Emulsifier: Mono- and Di-Glycerides of Fathy Acids; Preservative: Potasium sorbate), Chocolate Ganache (5%) (Dark Chocolate (Coca Mass, Skimmed MILK, Sugar, Whey Powder (MILK), Melter (MILK)), Melter (MILK), Melter, Milk (Milk Charamel), Milk Charamel (Sil), Mi	(*)				
Sponge (79%) (Sugar, WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG, Rapeseed Oil, Water, Cake Concentrate (Modified Maize Starch, 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, Acid; Negulator: Citida Acid; Stabilisers, Mono- and Diglyceride of Fatty acids, Sodium Stearoyl-2-lactylate; Raising agent: Diphosphates, Potassium 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: Pectrii; Salt, Natural Flavouring), Icing Sugar, Full Fat Cream Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: E202), Butter (MILK), Emulsifier Mono- and diglycerides of fatty acids; Acidity Regulator: Sodium hydroxide), Salt, Water, Colour: Plain Caramel), Injectable Caramel (2%) (Glucose Syrup, Sull*HITES), Sugar, Sweetened Condensed Skimmed MILK, Water, Palm Oil, Butter (MILK), Anhydrous MILK Fat, Emulsifier: SoYA, Lecithin), Malt Cereals (2%) (Glucose Syrup (MILK), Malter (MILK)), Molted MILK, Occolate (Sugar, Cocoa Butter, Cocoa Mass, Skimmed MILK Powder, MILK, Sugar, Whey Powder (MILK), Molted MILK, Pot. Frotein 4.5 5.2 Salt 5.7 Salt 5.7 Salt 5.7 Sodies 51.4 Sigar 31.8 36.9 Frotein 4.5 Sigar 32.8 Salter (MILK), Molted Barley Flour (BAREY), Whole MILK Solids, Raising Agent: E500ii; Salt), Sugar, Molt Extract (BAREY), Coconut Oil, Emulsifier E471), Glazing Agent (Stabiliser: E4714; Sucrose, Honey), Dark Chocolate Curls (1%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithins: Natural Flovouring), Chocolate Shovings (Sugar, Cocoa Moss, Scoca Butt		Starch, Raising Agent (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; WHEAT Flour), Freeze Dried Raspberries,	_	4.0	4.7
Sponge (79%) (Sugar, 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 (MHEAT 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) Coca Powder, Raising Agents: Disodium Diphosphate, Potassium Hydrogen Carbonate, Flavouring), Frosting (11%) (Luxury Caramel (Sweetened Condensed Skinomed MILK, Gucose Syrup (Sult-HITES), 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), Sugar, Repulator: Sodium hydroxide), Salt, Water, Colour: Plain Caramel), Injectable Caramel (2%) (Glucose Syrup (Sult-HITES), 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 (Cocao Mass, Sugar, Cocao Butter, Emulsifier: SOYA Lecithin), Malt Cered Rail (Round), Malt Cered Rail					
Concentrate (Modified Maize Starch, WHEAT Starch, Raising Agent: Disodium Diphosphate, Potassium Bicarbonate; WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacii, Thiamin), Emulsifier: Mono- and Diglyceride of fathy acids, Propane 1,2 dial esters of fathy acids, Sodium stearoyl-2-lachylate; Rapesead 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 Fathy acids, Sodium Stearoyl-2-lachylate; Raising agent: Diphosphates, Potassium Carbonate; WHEAT protein) Cocoa Powder, Raising Agents: Disodium Diphosphate, Potassium Hydrogene 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-Clycerides of Fathy Acids; Stabiliser: Pectin; Salt, Natural Flavouring), Icing Sugar, Full Fat Cream Cheese (Full Fat Soft Cheese), MILK), Salt, Preservative: E202), Butter (MILK), Water, Humectant: Glycerol; Emulsifier: Mono- and diglycerides of fathy acids; Stabiliser: Pectin; Salt, Matural Flavouring), Injectable Caramel (2%) (Glucose Syrup, Sugar, Sweetened Condensed Skimmed MILK, Water, Palm Oil, Butter (MILK), Injectable Caramel (2%) (Clucose Syrup, Sugar, Sweetened Condensed Skimmed MILK, Water, Palm Oil, Butter (MILK), Valter Sugar Syrup, Salt, Stabiliser: Pectin; Smulsifier: Mono- and Di-Glycerides of fathy acids; Preservative: Potassim Sorbate), Chocolate Ganache (5%) (Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin), Malt Cereals (2%) (Glucose Syrup, Whey Powder (MILK), Malter MILK Sugar, Cocoa Butter, Cocoa Mass, Sugar, Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithins; Natural Flavouring), Sugar, Cocoa Butter, Emulsifier: SOYA Lecithinis; Natural Flavouring), Chocolate Curls (1%) (Cocoa Mass, Sugar, Cocoa Sutter, Emulsifier: Soya Lecithinis; Natural Fl		2	FUITION	weigiii (g)	116
WHEAT Flour, Calcium, Iron, Niacin, Thiamin], Emulsifier: Mono- and Diglyceride of fathy acids, Propane 1,2 dial esters of fathy acid, Sodium stearoyl-2-lactylate; Rapeseed Oil, Dextrose, Preservative; Protossium Sonate; WHEAT GLUTEN, Acidity Regulator: Citric Acid; Stabiliser: Kanthan Gum), Humectant (Glucose Syrup, Water, Acid: Acetic acid), Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglyceride of Fathy acids, Sodium Stearoyl-2-lactylate; Raising agent: Diphosphates, Potassium Phydrogen Corponate, Plavoruing), 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 Fathy Acids; Stabiliser: Pectin; Salt, Natural Flavoruing), Icing Sugar, Full Fat Soft Cheese (MILK), Salt, Preservative: E202), Butter (MILK), Emulsifier Mix (Water, Humectant: Glycerol; Emulsifier: Mono- and diglycerides of fathy acids; Acidity Regulator: Sodium hydroxide), Salt, Water, Palm Oil, Butter (MILK), Invert Sugar Syrup, Sugar, Sweetened Condensed Skimmed MILK, Water, Palm Oil, Butter (MILK), Invert Sugar Syrup, Sugar, Sweetened Condensed Skimmed MILK, Water, Palm Oil, Butter (MILK), Invert Sugar Syrup, Sugar, Sweetened Condensed Skimmed MILK, Water, Palm Oil, Butter (MILK), Invert Sugar Syrup, Salt, Stabiliser: Pectin; Emulsifier: Mono- and Di-Glycerides of Fathy Acids; Preservative: Potassium Sorbate), Chocolate Ganache (5%) (Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier; SOYA Lecithin), Malt Cereals (2%) (Glucose Syrup, Whey Powder (MILK)), Malt Fibre MILK Fat, Emulsifier: SOYA Lecithin), Malt Cereals (2%) (Glucose Syrup, Whey Powder (MILK), Malted MILK Powder, MILK Fat, Emulsifier: SOYA Lecithins; Natural Ravouring), Chocolate Curd Curd RaskEty), Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Mater, MILK Fat, Emulsifier: SOYA Lecithins; Natural Ravouring), Chocolate Shavings (Sugar, Cocoa Mass, Socoa Butter, Emulsifier)					
Salted Caramel Billionaire's Cake (V) Sodium stearoyk-2-lackylate; Rapesseed Oii, Dextrose, Preservative: Potassium Sorbate; WHEAT Gull's, Acidity Regulator: Citric Acid; Stabiliser: Xanthan Gurn), Hurnectant (Glucose Syrup, Water, Acid: Acetic acid), Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglyceride of Fathy acids, Sodium Stearoyk-2-lackylate; Raising agent: Diphosphates, Potassium Carbonate; WHEAT protein) Coca 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 Fathy Acids; Stabiliser: Pectin; Salt, Natural Flavouring), Icing Sugar, Full Fat Cream Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: E202), Butter (MILK), Emulsifier ix (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 Fathy Acids; Preservative: Potassium Sorbate), Chocolate Ganaceh (5%) (Dark Chocolate (Cocao Mass, Sugar, Cocao Butter, Emulsifier: SOYA Lecithins), Natural Flavouring), Golden Syrup, Margarine (Palm Oil, Rapesseed Oil, Water, Emulsifier: Mono- and diglycerides of fathy acids), Butter (MILK), Malte MILK), Oil, Emulsifier 2471), Glazing Agent (Stabiliser: E414; Sucrose, Honey), Dark Chocolate Curis (1%) (Cocao Mass, Sugar, Cocao Butter, MILK Fat, Emulsifier: SOYA Lecithins; Natural Flavouring), Chocolate Shavings (Sugar, Cocao Mass, Cocao Mass, Cocao Butter, Emulsifier: 8					
Action Statistics: Manner dath, Prioritic Statistics (MILK), Emulsifiers: Mono- and Diglyceride of Fathy acids, Sodium Stearoyl-2-lactylate; Raising agent: Diphosphates, Potassium, Carbonate; WHEAT protein) Occao Powder, Raising Agents: Disordium Diphosphate, Potassium Hydrogen Carbonate, Flavouring), Frosting (11%) (Luxury Caramel (Sweetened Condensed Skinomed MILK, Guccoe Syrup (SULPHITES), Invert Sugar Syrup, Palm Oil, Butter (MILK), Sugar, Emulsifier: Mono- and Di-Glycerides of Fathy Acids: Stabiliser: Pectin: Satt, Natural Flavouring), Icing Sugar, Full Fat Cream Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: E202), Butter (MILK), Emulsifier kik (Water, Humectant: Glycerol; Fat Cream Cheese (Full Fat Soft Cheese (MILK), Sugar, 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 Fathy Acids; Preservative: Potassium Sorbate), Chocolate Ganache (5%) (Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin), Malt Cereal Ballis (Milk Chocolate (Sugar, Cocoa Mass, Skimmed MILK), Water, Powder (MILK)), Malter Multic Powder (MILK), Malter Milk Powder		Sodium stearoyl-2-lactylate; Rapeseed Oil, Dextrose, Preservative: Potassium Sorbate; WHEAT GLUTEN, Acidity Regulator: Citric		ner 100~	ner portion (a)
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: Alono- and Di-Glycerides of Fatry Acids; Stabiliser: Pectin; Salt, Natural Flavouring), Icing Sugar, Full Fat Caramel (Billionaire's Cake (V) Salted Caramel Billionaire's Cake (V) Emulsifier: Mono- and diglycerides of fatty acids; Acidity Regulator: Sodium hydroxide), Salt, Water, Palm Oil, Butter (MILK), Sugar Syrup, Salt, Stabiliser: Pectin; Emulsifier: Sody A Lecithins, Natural Flavouring), Cocoa Butter, Emulsifier: Sody A Lecithins, Natural Flavouring), Cereal Balls (Milk Chocolate (Sig) (Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithins, Natural Flavouring), Sugar Syrup (Sult-Hitts), Malt Cereals (2%) (Glucose Syrup, Whey Powder (MILK)), Malt Cereals (2%) (Glucose Syrup, Whey Powder (MILK)), Malt Cereals (2%) (Glucose Syrup, Whey Powder (MILK)), Malt Cereals (2%) (Glucose Syrup, Malt Extract (BARLEY), Coconut Oil, Emulsifier: SOYA Lecithins, Natural Flavouring), Salt), Sugar, Sugar Cocoa Butter, Emulsifier: Soya, Malt Extract (BARLEY), Coconut Oil, Emulsifier: SOYA Lecithins, Natural Flavouring), Chocolate Curls (1%) (Cocoa Mass, Sugar, Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Soya Lecithins; Natural Flavouring), Chocolate Curls (1%) (Cocoa Mass, Sugar, Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Soya Lecithins; Natural Flavouring), Chocolate Curls (1%) (Cocoa Mass, Sugar, Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Soya Lecithins; Natural Flavouring), Chocolate Curls (1%) (Cocoa Mass, Sugar, Cocoa Sutter, Emulsifier: Soya Lecithins; Natural Flavouring), Chocolate Shavings (Sugar, Cocoa Mass, Sugar, Cocoa Sutter, Emulsifier: Soya Lecithins; Natural Flavouring), Chocolate Curls (1%) (Cocoa Mass, Sugar, Cocoa Sutter, Emulsifier: Soya Lecithins; Natural Flavouring), Chocolate Shavings (Sugar, Cocoa Mass			12.1		
Butter (Milk), Sugar, Émulsifier: 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 Sondate), Chocolate Ganache (5%) (Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin), Malt Cereal Balls (Milk Chocolate (Sugar, Cocoa Mutter, 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; E500ii; Salt), Sugar, Malt Extract (BARLEY), Cocoa Mass, Sugar, Cocoa Butter, MILK Fat, Emulsifier: SOYA Lecithins; Natural Flavouring), Ichocolate Survival (Barley), Cocoa Mass, Sugar, Cocoa Butter, MILK Fat, Emulsifier: SOYA Lecithins; Natural Flavouring), Index of Salt Dark (BARLEY), Cocoa Mass, Sugar, Cocoa Butter, MILK Fat, Emulsifier: SOYA Lecithins; Natural Flavouring), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Fat 21.8 25.3 5.7 6.6 Carbs 51.4 59.6 Carbs 51.4 59.6 Sugar 31.8 36.9 Fibre 1.1 1.3 Fibre 1.1 1.3 Fibre 1.1 1.3 Fibre 1.1 1.3 Sugar 31.8 Sugar Cocoa Mass, Sugar, Cocoa Mass, Sugar, Cocoa Butter, MILK Fat, Emulsifier: SOYA Lecithins; Natural Flavourings (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier) Fat Cream Cheese (MILK), Salt Milk Fat, Emulsifier: SoYA Lecithins; Natural Flavouring (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier)		Carbonate; WHEAT protein) Cocoa Powder, Raising Agents: Disodium Diphosphate, Potassium Hydrogen Carbonate, Flavouring),			
Salted Caramel Billionaire's Cake (V) Fat Cream Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: E202), Butter (MILK), Emulsifier Mix (Water, Humectant: Glycerol; Emulsifier: Mono- and diglycerides of fathy acids; Acidify 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 Fathy Acids; Preservative: Potassium Sorbate), Chocolate Ganache (5%) (Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithins, Natural Flavouring), Golden Syrup, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and diglycerides of fathy acids), Butter (MILK), Malt Cereal Balls (Milk Chocolate (Sugar, Cocoa Mass, Skimmed MILK Powder, MILK Sugar, Whey Powder (MILK), Malted MILK Powder (WHEAT Flour, Malted Barley Flour (BARLEY), Whole MILK Solids, Raising Agent: E500ii; 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 Lecithinis; Natural Flavouring), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier					
Billionaire's Cake (V) 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 Fathy Acids; Preservative: Potassium Sorbate), Chocolate Ganache (5%) (Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithins, Natural Flavouring), Golden Syrup, Margarine (Palm Oil, Rapessed Oil, Water, Emulsifier: Mono- and diglycerides of fathy acids), Butter (MILK), Malt Cereal Balls (Milk Chocolate (Sugar, Cocoa Butter, Cocoa Mass, Skimmed 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: E500ii; Salt), Sugar, Malt Extract (BARLEY), Cocoant Oil, Emulsifier E471), Glazing Agent (Stabiliser: E414; Sucrose, Honey), Dark Chocolate Curls (1%) (Cocoa Mass, Sugar, Cocoa Butter, MILK Fat, Emulsifier: SOYA Lecithins; Natural Flavouring), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier) Sugar S1.4 59.6 Carbs 51.4 59.6 Carbs 51.4 59.6 Sugar S1.8 36.9 Fibre 1.1 1.3 Fibre 1.1 1.3 Fibre 1.1 5.2 Sugar Valentimins (BARLEY), Cocoant Fibre 1.1 5.2 Sugar Valentimins (BARLEY), Cocoant Fibre 1.1 5.2 Sugar S1.8 59.6 Sugar S1.8 50.9 Sugar Valentimins, Natural Flavouring), Chocolate Curls (1%) (Cocoa Mass, Sugar, Cocoa Sult 0.5 Sult 0.5 Sult 0.5 Sult 0.5		Fat Cream Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: E202), Butter (MILK), Emulsifier Mix (Water, Humectant: Glycerol;	Fat	21.8	25.3
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 Lecithins, 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: E500ii; Salt), Sugar, Malt Extract (BARLEY), Coconut Oil, Emulsifier E471), Glazing Agent (Stabiliser: E141; Sucrose, Honey), Dark Chocolate Curls (1%) (Cocoa Mass, Sugar, Cocoa Butter, MILK Fat, Emulsifier: SOYA Lecithins; Natural Flavouring), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Sugar 31.8 36.9 Fibre 1.1 1.3 Protein 4.5 5.2 Salt 0.5 0.6			Sat	5.7	6.6
Chocolate Ganache (5%) (Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithins, Natural Flavouring), Golden Syrup, Margarine (Palm Oi), Rapeseed Oi), 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: E500ii; Satt), Sugar, Malt Extract (BARLEY), Cocoant Oi), Emulsifier E471), Glazing Agent (Stabiliser: E414; Sucrose, Honey), Dark Chocolate Curls (1%) (Cocoa Mass, Sugar, Cocoa Butter, MILK Fat, Emulsifier: SOYA Lecithins; Natural Flavouring), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Sugar 31.8 36.9 Fibre 1.1 1.3 Frotein 4.5 5.2 Satt 0.5 0.6				51.4	59.6
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: E500ii; Salt), Sugar, Malt Extract (BARLEY), Cocoanut Oii, Emulsifier E471), Glazing Agent (Stabiliser: E414; Sucrose, Honey), Dark Chocolate Curls (1%) (Cocoa Mass, Sugar, Cocoa Butter, MILK Fat, Emulsifier: SOYA Lecithins; Natural Flavouring), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier:	(V)	Chocolate Ganache (5%) (Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithins, Natural Flavouring),	Sugar	31.8	36.9
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: E500ii: Salt), Sugar, Malt Extract (BARLEY), Coconut Oil, Emulsifier E471), Glazing Agent (Stabiliser: E141; Sucros, Honey), Dark Chocolate Curls (1%) (Cocoa Mass, Sugar, Cocoa Butter, MILK Fat, Emulsifier: SOYA Lecithins; Natural Flavouring), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithins; Natural Flavouring).			Fibre	1.1	1.3
Oil, Emulsifier E471), Glazing Agent (Stabiliser: E414; Sucross, Honey), Dark Chocolate Curls (1%) (Cocoa Mass, Ougar, Cocoa Butter, MILK Fat, Emulsifier: SOYA Lecithins; Natural Flavouring), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithins; Natural Flavouring), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithins; Natural Flavouring), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithins; Natural Flavouring), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithins; Natural Flavouring), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithins; Natural Flavouring), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithins; Natural Flavouring), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithins; Natural Flavouring), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithins; Natural Flavouring), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithins; Natural Flavouring), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithins; Natural Flavouring), Chocoa Mass, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithins; Natural Flavouring), Chocoa Mass, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithins; Natural Flavouring), Chocoa Mass, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithins; Natural Flavouring), Chocoa Mass, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithins; Natural Flavouring), Chocoa Mass, Cocoa Mass, C		Anhydrous MILK Fat, Emulsifier: SOYA Lecithin), Malt Cereals (2%) (Glucose Syrup, Whey Powder (MILK), Malted MILK Powder			
Butter, MILK Fat, Emulsifier: SOYA Lecithins; Natural Flavouring), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier:					
зот в Lectifilitis; riavouting), Colour: litanium Dioxide, iron Oxide and Hydroxide. Portion Weight (g) 116		Butter, MILK Fat, Emulsifier: SOYA Lecithins; Natural Flavouring), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier:			
		SOTA Lectinins; riavouring), Colour: litanium Dioxide, iron Oxide and Hydroxide.	romon	weignt (g)	116

^{**} We've updated our Raspberry Ripple Roulade recipe and changed the name to Raspberry & White Chocolate Roulade. There are no allergens changes to this product, however, there are different ingredients and nutritional information. If you require accurate ingredients or nutritional information, check in store which product they have in stock before your purchase.

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Version 19 Issued: 16/06/22

BROWNIES & SHORTBREAD

	BROWNIES & SHORIBREAD			
PRODUCT	INGREDIENTS		NUTRITION	AL INFO
			per 100g	per portion (g)
Caramel Shortbread (V)		KJ	2099	1574
		Kcal Fat	502 28.3	377 21.2
	Shortbread Base (44%) [WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Butter (MILK), Sugar, Cornflour], Caramel	Sat	16.8	12.6
	(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,	Carbs	56.6	42.5
(-)	Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring]. May contain traces of NUTS and EGG.	Sugar	41	30.8
		Fibre Protein	1.5 4.7	1.1 3.5
		Salt	0.5	0.4
		Portion	weight (g)	75
		KJ	per 100g 1933	per portion (g) 1314
		Kcal	462	314
NEW Belgian Chocolate		Fat	26.1	17.7
Brownie*	Dark Belgian Chocolate (27%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Flavouring), Sugar, Unsalted	Sat Carbs	15.6 50.4	10.6 34.3
(V)	Butter (MILK), Free Range EGG, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Cocoa Powder, Salt.	Sugar	35.7	24.3
		Fibre	1.4	1.0
		Protein Salt	5.7 0.5	3.9 0.3
			weight (g)	68
			per 100g	per portion (g)
		KJ	2019	1350
		Kcal Fat	485 26.6	324 17.8
Chocolate Chunk	Belgian Dark Chocolate (27%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar,	Sat	16.1	10.8
Brownie*	Butter (MILK), Pasteurised Free Range EGG, Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Salt.	Carbs	55.5	37.1
(V)	Reduced Cocod Powder, Sdil.	Sugar Fibre	46.6 4	31.2 2.7
		Protein	6	4
		Salt	0.5	0.3
		Portion	weight (g) per 100g	67 per portion (g)
	Dec. 17 (07) (Const. Decl. Character (1707) (Const. Mars. Const. Const. Decl. Character (1707) (Const. Mars. Const. Const. Decl. Character (1707) (Const. Mars. Const. Con	. KJ	1900	1330
	Brownie (74%) (Sugar, Dark Chocolate (17%) (Cocoa Mass, Sugar, Cocoa Buther, Emulsifier: SOYA Lecithin; Natural Flavouring), Free Range EGG, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (MILK), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fathy Acids, Cocoa Powder, Satt), Salted Caramel Topping (26%) (Caramel (Sweetened Condensed MILK, Glucose Syrup (SULPHITES), Invert Sugar Syrup, Palm Oil, Buther (MILK), Sugar, Emulsifier: Mono- and Di-Glycerides of Fathy Acids; Stabiliser; Pectin; Salt, Natural Flavouring), White Chocolate (Sugar, Cocoa Buther, Whole MILK Powder, Emulsifier: SOYA Lecithin; Natural Flavouring), Cookie Crumb (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Palm Oil, Rapeseed Oil, Cocoa Powder, Vegetable Fat (Shea Kernel Oil, Palm Oil, Emulsifier: Sunflower Lecithin), Salt, Rolising Agent: Sodium Bicarbonate), White Chocolate Flavour Cooting (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Water, Salt, Colour: Plain Caramel).	Kcal	454	318
NEW Salted Caramel			24.8	17.4
Cookie Brownie*		Sat Carbs	13.5 52.3	9.5 36.6
(V)		Sugar	40.0	28.0
		Fibre	1.8	1.3
		Protein Salt	4.6 0.5	3.2 0.4
			weight (g)	70
		K I	per 100g	per portion (g)
		KJ Kcal	2012 483	1382 332
	Belgian Dark Chocolate (26.5%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar,		26.3	18.1
Salted Caramel	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),	Sat	16	11
Chocolate Brownie*		Carbs Sugar	55.8 46.9	38.4 32.3
(V)	Salt.	Fibre	3.9	2.7
		Protein	5.9	4
		Salt Portion	0.5 weight (g)	0.4 69
			per 100g	per portion (g)
	Mill Character (1000) (Corner Character) (Made Milk Davids Character) (COVA) a sittle file of the Milk Davids Character (COVA) a sittle file of th	KJ	2070	1159
	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,	Kcal Fat	495 26	277 14.6
Belgian Chocolate &	Rapeseed Oil, Emulsifier: SOYA Lecithin), Caramel (16%) (Sweetened Condensed MILK, Glucose Syrup (SULPHITES), Invert Sugar	Sat	14.7	8.2
Caramel Crispy	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	Carbs	58.9	33
(V)	Chocolate Flavour Coating (3%) (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Unsalted Butter (MILK), Cocoa	Sugar Fibre	33.1 1.6	18.5 0.9
	Powder, Concentrated Grape Juice (Concentrated Grape Juice, Rice Starch). May contain as made in an environment that handles Egg and Nuts.	Protein	5.4	3.0
		Salt	0.4	0.2
		Portion	weight (g) per 100g	56 per portion (g)
		KJ	1920	per pomon (g) 1344
		Kcal	458	321
	OATS (2197) Coldon Strum Magadahla Margarina (Palas Od Danasand Od Walls for 1975) Coldon Strum Magadahla Margarina (Palas Od Danasand Od Walls for 1975)	Fat Sat	22.2	15.5
Vegan Granola Flapjack	OATS (31%), Golden Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), Pumpkin Seeds (8%), Flaked ALMONDS (7%), Brown Sugar, Glucose Syrup (SULPHITES), Black Treacle, Sugar, OAT Flour, Water	Sat Carbs	6 50.8	4.2 35.6
White Chocolate & Lemon Blondie (V)	Flavourings, Salt.	Sugar	22.3	15.6
		Fibre	4.5	3.2
		Protein Salt	11.5 0.2	8.1 0.1
		_	weight (g)	50
			per 100g	per portion (g)
		KJ Kcal	1850 442	1110 265
	Brown Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MILK), White Chocolate (14%) (Sugar,	Fat	22.4	13.4
	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:	Sat	13.9	8.3
	Mono- and Di-Glycerides of Fatty Acids; Acidity Regulator: Acetic Acid; Flavouring, Lemon Oil, Colours: Lutein, Carotenes), White		55.6 33.9	33.4 20.3
	Chocolate Flavour Coating (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin), PISTACHIO NUTS (2%), Water, Lemon Juice, Flavourings, Preservative: Potassium Sorbate; Salt.	Fibre	0.8	0.5
		Protein	4	2.4
		Salt	0.2	0.1
	tock different Brownies. These brownies will have different nutritional, ingredient and allergen information. If you		weight (g)	60 edient and

^{*} Some of our stores may stock different Brownies. These brownies will have different nutritional, ingredient and allergen information. If you require accurate ingredient and nutritional information please check with the team in store which brownie they have in stock.

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	CHEESECAKE			
PRODUCT	INGREDIENTS	١	NUTRITION	AL INFO
NEW Blueberry Muffin Cheesecake (V)	Reduced Fat Soft Cheese (25%) (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), Blueberry Fruit Filling (16%) (Blueberry, Water, Sugar, Modified Starch, Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate; Natural Flavour), Digestive Biscuit Crumb (WHEAT Flour (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), Whipping Cream (MILK), Water, White Chocolate (9%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Self-Raising Flour (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Bodified Potato Starch, Madize Starch, Modified Waxy Maize Starch, Glucose Syrup, Natural Vanilla Flavouring, Acidity Regulator: Citric Acid, Raising Agents: Diphosphates, Sodium Carbonates: WHEAT Flour), Natural Blackcurrant Flavouring, Stabilisers: Xanthan Gum, Locust Bean Gum, Guar Gum.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1291 308 17.3 8.3 33.1 18.5 0.9 5.8 0.39 weight (g)	per portion (g) 1433 342 19.2 9.2 36.7 20.6 1.1 6.4 0.43
NEW Sicilian Lemon Meringue Cheesecake (V)	Digestive Biscuit Crumb (WHEAT Flour (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), Sugar, Single Cream (MILK), Reduced Fat Soft Cheese (12%) (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Salt), Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), Condensed Milk (MILK, Granulated Sugar), Lemon Curd (10%) (Sugar, Water, Glucose Syrup, Vegetable Shortening, Wheat Starch, Dried EGG Powder, Modified WHEAT Starch, Gelling Agent: Pectin; Acidity Regulator: Citric Acid; Lemon Oil, Salt, Acidity Regulator: Acetic Acetic Acid; Colour: Curcumir, Acidity Regulator: Sodium Citrates), Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Free Range EGG, Stabiliser Blend (Dextrose, Sugar, Modified Maize Starch), Lemon Curd (3%) (Glucose Syrup, Water, Sugar, Salted Butter (MILK), Lemon Concentrate, Modified Waxy Maize Starch, Whole EGG Powder, Gelling Agent: Pectin; Acidity Regulator: Citric Acid; Emulsifier: Sunflower Lectithir; Lemon Oil, Colour: Lutein), Sicilian, Lemon Juice (2%) (From Concentrate), White Chocolate Shavings (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Maize Starch, Powdered EGG White, Modified Waxy Maize Starch, Acidity Regulator: Citric Acid.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1333 318 13.3 6.1 44.4 32.4 0.5 4.8 0.30 weight (g)	per portion (g) 1413 337 14.1 6.4 47.1 34.3 0.6 5.0 0.32 106
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, Emulsifiers: SVAI Lecithin; Natural Vanilla Flavouring), Stabiliser Blend (Sugar, Margoniane (Palm Oil, Rapeseed Oil, Water, Lemon Juice, Natural Vanilla Flavouring), Stabiliser Blend (Sugar, Maltodextrin, Modified Starch, Thickener: Carrageenan), Cornflour (Maize), Cocoa Butter, Stabiliser Mix (Water, Sugar, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids), Water, Speculoos Spread (Caramelised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapesseed Oil, Sugar, Emulsifier: SOYA Lecithin; Acidity Regulator: Citric Acid), Modified Potato Starch, Low Sodium Salt (0.34%) (Potassium Chloride, Sodium Chloride, Magnesium Carbonate), Glazing Agent: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose, Cream Cheese Flavouring, Natural Vanilla Flavouring, Salt (0.03%),	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1467 351 22.1 13.8 35.3 19.9 1.9 2.4 0.2 weight (g)	per portion (g) 1473 353 22.2 13.8 35.4 19.9 1.9 2.4 0.2 100
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 FGG Powder, Gelling Agent: Pectin; Acidity Regulator: Citric Acid; Emulsifier: Sunflower Lecithin; Lemon Oil, Colour: Lutein), Condensed Milk (MILK, Granulated Sugar), Margarine (Palm Oil, Rapeseed Oil, Water, Lemon Juice, Natural Vanilla Flavouring), Whipping Cream (MILK), Stabiliser Blend (Dextrose, Sugar, Modified Maize Starch), Free Range Whole EGG, Sugar, Sicilian Lemon Juice (2,2%) (From Concentrate), Stabiliser Blend (Sugar, Maltodextrin, Modified Starch, Thickener: Carrageenan), Lemon Zest, Acidity Regulator: Citric Acid.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1346 322 19.1 9.9 33.4 21.3 0.6 4.3 0.4 weight (g)	per portion (g) 1561 374 22.1 11.2 38.7 24.8 0.7 5.0 0.4 1116



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CHOUXNUT

	CHOUXNUI			
PRODUCT	INGREDIENTS		NUTRITION	AL INFO
NEW Salted Caramel & Pistachio Chouxnut (V)	Powdered Fondant (Sugar, Dried Glucose Syrup), Reduced Fat Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), Water, Single Cream (MILK), Free Range EGG, WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Sticky Toffee Sauce (5%) (Glucose Syrup (Preservative: SULPHUR DIOXIDE), Partially Inverted Sugar Syrup, Salted Butter (MILK), Sweetened Condensed Milk (MILK, Sugar), Sugar, Water, Treacle, Brown Sugar, Starch, Salt, Emulsifier: SOYA Lecithin, Preservative: Potassium Sorbate, Flavouring (MILK)), Shortening (Palm Oil, Rapeseed Oil), Sugar, Glucose Syrup, Dark Chocolate Chunks (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin; Vanilla Extract), Pistachio (2%) (NUT), Rapeseed Oil, Caramel Curls (Sugar, Whole MILK Powder, Cocoa Butter, Caramelised Sugar, Cocoa Mass, Emulsifier: SOYA Lecithin; Flavouring, Natural Vanilla Flavouring), Modified Waxy Maize Starch, Modified Potato Starch, Caramelised Sugar Syrup, Natural Pistachio Flavouring, Salt, Natural Sticky Toffee Flavouring, Natural Almond Flavouring, Colours: Chlorophyllins, Curcumin	Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1253 298 12.6 5.4 42.5 33.3 0.6 3.9 0.3 weight (g)	per portion (g) 1053 250 10.6 4.5 35.7 28.0 0.5 3.3 0.3
NEW Passion Fruit Martini Chouxnut (V)	Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Single Cream (MILK), Buttermilk (Skimmed MILK, Skimmed MILK Solids, MILK Protein Concentrate), Reduced Fat Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), Free Range EGG, WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Fornering (Palm Oil, Rapesseed Oil), Mango & Lime Filling (3%) (Water, Sugar, Modified Waxy Maize Starch, Mango Concentrate, Lime Concentrate, Acidity Regulators: Citric Acid, Trisodium Citrate: Gelling Agent: Pectin, Natural Mango Flavouring, Thickener: Xanthan Gum: Colour: Lutein: Natural Key Lime Flavouring), Sugar, White Chocolate (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Natural Passion Fruit Havouring, Rapesseed Oil, Belgian Chocolate Chips (Cocoa Mass, Sugar, Dextrose, Emulsifier: SOYA Lecithin), Modified Waxy Maize Starch, Modified Potato Starch, Acidity Regulator: Citric Acid, Natural Mango Flavouring, Salt, Natural Sparkling Wine Flavouring, Colour: Curcumin, Colour: Beelroot Red	Salt	per 100g 1149 273 10.8 4.7 40.2 32.8 0.3 3.5 0.3 weight (g)	per portion (g) 942 224 8.9 3.8 33 26.9 0.3 2.9 0.2 80
Caramelised Biscuit Chouxnut (V)	Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Single Cream (MILK), Free Range EGG, White Chocolate (6%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Buttermilk (Skimmed MILK, Skimmed MILK Solids, MILK Protein Concentrate), Reduced Fat Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gam, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Belgian Chocolate Chips (Sig) (Cocoa Mass, Sugar, Destrose, Emulsire, SOYA Lecithin), Speculoos Spread (5%) (Caramelised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent; Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: SOYA Lecithin; Sacdiff Negulator: Citric Acid), Shortening (Palm Oil, Rapeseed Oil), Speculoos Biscuit Crumb (4%) (Caramelised Biscuit (WHEAT Flour, Sugar (Syrup), Vegetable Oil (Palm Oil, Rapeseed Oil), Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon)), Sugar, Rapeseed Oil, Modified Waxy Maize Starch, Modified Potato Starch, Salt, Colour: Ammonia Caramel.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion	per 100g 1313 313 15.3 6.4 39.8 30.2 0.8 4.5 0.3	per portion (g) 1155 276 13.5 5.6 35.0 26.6 0.7 4.0 0.3 88
Raspberry & White Chocolate Chouxnut (V)	Powdered Fondant (Sugar, Dried Glucose Syrup), Water, Raspberries (11%), Single Cream (MILK), Free Range EGG, White Chocolate (7%) (Sugar, Whole MILK Powder, Cocoa Buther, Skimmed MILK Powder, Emulsifier: SOYA Lecithin: Natural Vanilla Flavouring), Buttermilk (Skimmed MILK, Skimmed MILK, Solids, MILK Protein Concentrate), Reduced Fat 50ft Cheese (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiarmin), Shortening (Palm Oil, Rapeseed Oil), Sugar, Stabiliser Blend (Dextrose, Sugar, Modified Maize Starch), Glucose Syrup, Rapeseed Oil, White Chocolate Curls (Sugar, Whole MILK Powder, Cocoa Buther, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Freeze Dried Raspberries, Modified Waxy Maize Starch, Modified Potato Starch, Salt, Natural Colour (Red Beetroot Juice Concentrate, Maltodextrin, Acidity Regulator: Citric Acid), Natural Strawberry Flavouring.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1128 269 12.0 5.3 37.0 28.5 0.6 4.0 0.3 weight (g)	per portion (g) 1094 261 111.6 5.1 35.9 27.7 0.5 3.9 0.3

INDIVIDUAL CAKES

PRODUCT	INGREDIENTS		NUTRITION	AL INFO
Cherry Bakewell Crumble Cake (V)	Sugar, Cherry Filling (19%) (Dark Cherry, Sugar, Water, Modified Starch, Elderberry Concentrate, Flavouring, Acidity Regulator (Citric Acid), Preservative (Potasium 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 (Monoand Di Glycerides of Fatty Acids, Sodium Stearoyl - 2 Lactylate), Salt, Stabiliser (Agar), Preservative (Potasium 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).	Sat Carbs Sugar Fibre Protein	per 100g 1618 386 17 4.2 52.8 34.9 1.2 4.8 0.6 weight (g)	per portion (g) 1489 357 15.9 3.9 49.5 32.6 1.1 4.5 0.6 94
Raspberry & Almond Crumble Cake (V)	Wheat Flour (WHEAT flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Raspberries (15%), Rapeseed Oil, Free Range EGG , Water, Humectant (Glucose Syrup, Water, Acidity Regulator: Acetic Acid), Butter (MILIX), Ground ALMONDS , Demerara Sugar, Baking Powder (Raising Agents: Disodium Diphosphates, Potassium Hydrogen Carbonate), Natural Flavourings, Preservative: Potassium Sorbate; Salt.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion	per 100g 1723 413 22.0 3.6 46.6 20.7 1.9 5.9 0.3 weight (g)	per portion (g) 1378 330 17.6 2.9 37.3 16.6 1.5 4.7 0.3
Tiramisu (V)	Rehydrated soluble coffee (20.3%), Ladyfingers (WHEAT flour, sugar, EGGS, raising agents: E500, E503), sugar, water, Mascarpone cheese (6.8%) (CREAM (MILK), acidity regulator: E330), vegetable fats (coconut, palm), rehydrated skimmed MILK, MILK proteins, maltodextrin, Marsala wine, glucose-fructose syrup, stabiliser: E420; glucose syrup, cocoa powder (1.1%), modified starch, dextrose, alcohol, EGG yolk, emulsifiers: E471, E472e, E322 (a 597), thickeners: E415, E463; WHEAT starch, cocoa butter, natural flavours, vegetable fibres.	KJ Kcal Fat Sat Carbs Sugar Protein	per 100g 1119 267 11.0 8.8 38.0 28.0 1.2 0.11 weight (g)	per portion (g) 1231 294 12.1 9.7 41.8 30.8 1.3 0.12



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COOKIES

	COOKIES			
PRODUCT	INGREDIENTS		NUTRITION	AL INFO
		KJ	per 100g 1766	per portion (g) 1289
		Kcal	421	307
		Fat	17.6	
Oat, Raisin & Pumpkin	Sugar, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), OATS (14%), Raisins (13%), Pumpkin Seeds	Sat	5.5	4.0
Seed Cookie*	(11%), Palm Oil, Water, Rapeseed Oil, Glucose-fructose Syrup, Raising Agent (Sodium Bicarbonate), WHEAT Fibre, Invert Sugar, Cinnamon, Mixed Spice, Sunflower Oil.	Carbs	55.4	40.4
(Vg)	Cinnamon, Mixed spice, sunitower Oil.	Sugar	30.6	22.3
		Fibre Protein	4.0 8.2	2.9 6.0
		Salt	1.0	0.7
	•		weight (g)	73
			per 100g	per portion (g)
		KJ	2037	1487
		Kcal	487	356
	Fortified wheat flour (WHEAT flour, calcium carbonate, iron, nicain, thiamin), sugar, palm oil, milk chocolate (11%) (sugar, cocoa	Fat	25.8	18.8
Belgian Chocolate	mass, whole MILK powder, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring), dark chocolate (11%) (cocoa mass,	Sat	12.5	9.1
Cookie*	sugar, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring), free range whole EGG, butter (MILK), rapeseed oil,	Carbs	56.6	41.3
(V)	glucose-fructose syrup, WHEAT fibre, raising agents (monocalcium phosphate, potassium hydrogen carbonate), lactose powder	Sugar	32.2	23.5
	(MILK), invert sugar, whey powder (MILK), natural flavouring, salt.	Fibre	2.8	2.0
		Protein	5.7	4.2
		Salt	0.1	0.1
		Portion	weight (g)	73
		KJ	per 100g 1837	per portion (g) 1580
		Kcal 438		377
	•	Fat	18.0	15.5
Dark Chocolate &	Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Brown Sugar, Dark Chocolate (14%) (Cocoa Mass,	Sat	9.0	7.7
Almond Cookie	Sugar, Cocoa Butter, Emulsifier (Sunflower Lecithins), Flavouring), Glucose-Fructose Syrup, Almond Butter (6%) (ALMOND, Sea Salt), Sugar, Coconut Oil, ALMOND (3.5%), Invert Sugar, Cocoa Powder,	Carbs	59.2	50.9
(Vg)	wheat Fibre, Sea Solf.	Sugar	36.5	31.4
		Fibre	4.0	3.4
		Protein	7.8	6.7
		Salt	0.8	0.7
		Portion	weight (g)	86
		1/ 1	per 100g	per portion (g)
	·	KJ Kcal	1830 434	1208 286
		Fat	16.8	11.1
Milk Chocolate Chunk	Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, MILK Chocolate Chunks (20%) (Sugar, Whole	Sat	8.9	5.9
Cookie*	MILK Powder, Cocoa Butter, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Glucose-Fructose Syrup, Unsalted	Carbs	67	44.2
(V)	Butter (MILK), Palm Oil, Water, WHEAT Fibre, Rapeseed Oil, Lactose Powder (MILK), Raising Agents (Sodium Bicarbonate, Diphosphates, Calcium Dihydrogen Phosphate), Vegetarian Whey Powder (MILK), Black Treacle, Salt, Natural Flavouring.	Sugar	42.4	28.0
	Signospinatos, Salasam Sinydiogoni nospitatoj, regorandi i miey i orado (missy, black nedele, sali, Natotal navobility.	Fibre	2.6	1.7
		Protein	4.9	3.2
		Salt	0.5	0.3
		Portion	weight (g)	66
		17.1	per 100g	per portion (g)
		KJ	1723	1137
		Kcal Fat	410 14.0	271 9.2
	Fortified WHEAT Flour (MHEAT Flour Calcium Carbonato Iron Niggin Thiamin) Pairing (2197) Sugg. CATC (207) Suite (ANN) Delegation	Sat	6.5	4.3
Oat & Raisin Cookie*	Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raisins (21%), Sugar, OATS (9%), Butter (MILK), Palm Oil, Water, Glucose-Fructose Syrup, Rapeseed Oil, Raising Agents (Disodium Diphosphate, Potassium Hydrogen Carbonate),	Carbs	64.9	42.8
(V)	Natural Flavouring, WHEAT Fibre, Lactose Powder (MILK), Vegetarian Whey Powder (MILK), Mixed Spice, Cinnamon, Salt	Sugar	40.1	26.4
		Fibre	2.8	1.8
	·	Protein	4.8	3.2
	·	Salt	0.4	0.3
		Portion	weight (g)	66

^{*} We have introduced new cookies in our stores. The new cookies have different ingredients, allergens and nutritional information as the previous cookies. Some of our stores still may sell previous stock of cookies. Please check in store which stock they have before purchasing.

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SAVOURY PASTRIES & ROLLS

	SAVOURY PASTRIES & ROLLS		
PRODUCT	INGREDIENTS	NUTRITION	AL INFO
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, Comflour, Sunflower Oil, Garlic, Olive Oil, Rosemary, Cracked Black Pepper, Dried Oregano, Emulsifier: E471, Sugar, Garlic Powder, Yeast, Lemon Juice.	Per 100g KJ 1133 1133 133 134 135 146 156	per portion (g) 1473 354 20.8 10.3 34.5 6.2 3.1 5.5 1.2
Pork & Pancetta Sausage Roll	Pork (37%), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Caramelised Red Onion (Red Onion, Demerara Sugar, Red Wine Vinegar, Muscovado Sugar, Modified Tapioca Starch, Red Kibbled Onions, Salt, Ground Black Pepper), Margarine (Palm Oil, Water, Rapeseed Oil, Salt, Emulsifier: Mono & Di-Glycerides Of Fatty Acids), Regatto Cheese (MILK), Breadcrumbs (WHEAT Flour, IfWHEAT 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.	Kcal 305 Fat 17 Sat 7.3 Carbs 23	per portion (g) 1657 397 22 9.5 30 5.7 19 2.6
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).	per 100g KJ 1401 Kcal 335 Fat 20 Sat 13 Carbs 23 Sugar 4.3 Profein 15 Sat 0.8 Portion weight (g)	per porition (g) 1429 342 21 13 24 4.4 15 0.8
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 IBIS (Fortified WHEAT Flour, Enzymes, Sunflower Oil)], Bacon* (31%) [Pork Belly, Salt, Rosemary Extract, Antioxidant: Sodium Ascorbate (E301), Preservative: Sodium Nitrite (E250)], Ballymaloe Relish (12%) [Tomatoes (41%), Vinegar, Sugar, Onions, Sultanas, Tomato Puree (5%) Sea Salt, MUSTARD Seed, Spices), Spread (3%) [Vegetable Oils (Rapeed, Polm), Water, Reconstituted ButterMILK (3%), Salt (1.5%), Emulsifier (Mono and Di Glyceride of Fatty Acids), Stabiliser (Sodium Alginate), Preservative (Potassium Sorbate), Vitamin A & D, Flavouring, Colour (Carotenes)].	Per 100g KJ 1038 Kcal 248 Fat 9.3 Sat 2.5 Carbs 28	per portion (g) 1351 323 12 3.3 37 5.3 16 2.5 133
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).	per 100g KJ 1315 Kcal 309 Fat 0.7 Sat 0.2 Carbs 63.6 Sugar 1.6 Fibre 3.7 Protein 10.4 Salt 1.6 Portion weight (g)	per portion (g) 811 191 0.4 0.1 39.2 0.9 2.3 6.4 0.9



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PANINI

	PANINI			
PRODUCT	INGREDIENTS		NUTRITION	AL INFO
All Day Breakfast Panini	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 Freatment Agent (Ascorbic Acid)], Scrambled EGG & Cheese (23%) [Scrambled EGG (EGG, Water, Rapeseed Oil, Buttermilk Powder (MILK), Comflour, Salt, White Pepper, Antioxidant (Clitic 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 Lectithin)), Cheddar Cheese (MILK), Black Pepper, Salt), WHEAT Starch, Rapeseed Oil, Parsley, Salt, Dextrose, Sage, Beef Collagen Casing, Fortified WHEAT Flour, Stabiliser (Sodium Triphosphatel), WHEAT Protein, Spice & Spice Herb Extracts (Pepper, Nutmag, Chilli, Clove, Cariander Sage, Thyme, Pimentol), 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 1024 245 8.1 2.8 30 3.5 12 1.0 weight (g)	per portion (g) 1772 424 14 4.9 52 6 21 1.7
Chargrilled Chicken & Pesto Panini	Sourdough Panini (49%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, 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 (MULK), Stabiliser (Guar Gurm), Salt, Vinegar, Yeast Extract), Basil Pesto (7.7%) [Basil Puree (Basil, Sunflower Oil, Salt), Sunflower Oil, Medium Fat Hard Cheese (MULK)], Bechamed [Skimmed (MULK), Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Palm Oil, Butter (MILK), modified Maize Starch, Salt, Emulsifier (Lecithin) (SOYA)], Tomato, Spinach, Regato Cheese (MILK).	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion	per 100g 895 214 7.4 2 24 2.5 11 1.2 weight (g)	per portion (g) 1906 456 16 4.3 52 5.3 24 2.6 213
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, Solt), 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, Salt, Antioxidant (Sodium Ascorbate), Dextrose, Spice Extracts, Preservative (Sodium Nitritel), Mozardella (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).	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 974 233 6.8 3.3 28 3.2 14 1.3 weight (g)	per portion (g) 1753 419 12 5.9 50 5.8 25 2.3
Mozzarella & Tomato Panini (V)	Sourdough Panini (54%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Mozzarella (21%) (MILK), Tomato (12%), Cheddar Cheese (MILK), Basil Pesto (6.4%) [Basil, Sunflower Oil, Salt), Sunflower Oil, Medium Fat Hard Cheese (MILK)].	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 1101 263 12 2.1 27 2.5 12 1.0 weight (g)	per portion (g) 2136 510 23 4.1 52 4.9 23 2.0
Tuna Melt Panini	Sourdough Panini (50%) [Fortified 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).	KJ Kcal Fat Sat Carbs Sugar Protein	per 100g 1187 284 14 3.3 26 2.7 12 0.9 weight (g)	per portion (g) 2493 596 29 6.9 55 5.7 25 1.8 210
Plant Based "Chicken" Arrabbiata Panini (Vg)	Sourdough Panini (56%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, 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)], Chicken Vegan Ragu (40%) [Seasoned SOYA pieces (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), Pizza Sauce (Tomato Pulp, Salt, Sunflower Oil, Sugar, Marjoram, Basil, Pepper, Onions, Acidity Regulator (E330)), Onion Marmalade (Onion, Red Wine Vinegar (SulPHITES), Sugar, Sunflower oil, Salt, Balsamic Vinegar (Grape Must, Wine Vinegar, Caramel, (SULPHITES)), gelling agent: Pectin, Spices (Caraway Seeds, Thyme, Pepper, Bay)), Dried Chilli Flakes, Dried Basil), Spinach 4%.	KJ Kcal Fat Sat Carbs Sugar Protein	yeight (g) per 100g 786 188 2.6 0.4 30.0 4.4 11.0 0.8 weight (g)	210 per portion (g) 1481 354 4.9 0.7 56.0 8.4 20.0 1.5 188



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PRODUCT	INGREDIENTS		NUTRITION	AL INFO
	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 MUK , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion,	KJ	per 100g 1003	per portion (g) 2008
	Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Maize Starch, Salt, Emulsifier (E322) (SOYA)), Chicken (20%)	Kcal	240	480
	(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,	Fat	9.9	20
Chicken & Bacon Tostati		Sat	4.6	9.3
Melt		Carbs	27	53
	Spirit Vinegar, Sugar, Salt, Lemon Juice, Antioxidant (E385), Flavouring, Paprika Extract), Dijon MUSTARD (Water, MUSTARD Seeds,	Sugar	1.2	2.4
	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	Protein	10	20
		Salt	1.4	2.7
	(E412,E415), Preservative (E202), Colour (E161b)), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330)), Smoked Paprika, Dried Chives).	Portion weight (g)	200	
	(Ecoop), smoked i aplika, biled Crivesj.			

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 Fibrel, 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, SubstaRD Flour, Salt, Acidity Regulator (E260), Cinnamon, Pimento, Turmeric)], Cheddar Cheese (11%) (MILK).

		per ruug	per portion (g)
h	KJ	1054	1951
,	Kcal	252	466
٦,	Fat	10	19
•	Sat	4.8	8.8
	Carbs	27	50
	Sugar	0.7	1.2
or	Protein	13	23
	Salt	1.6	2.9
	Portion	weight (g)	185

Five Cheese & Roasted Tomato Tostati (V)

Sourdough Bread (44%) [Fortified WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture (RYE), SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers (E472(e), E481), Flour Treatment Agent (E300)], Cheese Topping (17%) (Mozzarella (Mill.K)), Bédchamel (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, Acidify Regulator (E330), Preservative (E202, E234)), Regato (MILK), Séchamel Sauce (Skimmed MILK, Vegetable Stock (Water, Salt, Yea 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), Roosted Baby Plum Tomatoes (9.8%) (Plum Tomatoes, Rapeseed Oil, Salt, Cregano, Gartic).

		per 100g	per portion (g)
h	KJ	1196	2452
g	Kcal	286	586
-	Fat	15.0	30.0
	Sat	8.5	17.0
ast	Carbs	25.0	52.0
	Sugar	1.5	3.1
	Protein	12.0	25.0
	Salt	1.1	2.3
	Portion	weight (g)	205

Irish Sausage, Cheddar & Ballymaloe Relish Toastie Malted Bloomer Bread (43%) [WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, Yeast, Salt, Vegetable Fat (Rapeseed, Palm), Malted WHEAT Flour, Malted BARLEY Flour, WHEAT Protein, Spirit Vinegar, Emulsifiers (E472e), Flour Treatment Agent (E300)], Sausage (38%) [Pork [70%], Woter, 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, Sultrans, Sea Salt, MUSTARD Seed, Spices).

KJ	per 100g 1078	per portion (g) 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

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BAGIIFTTES & ROMANAS

BAGUETTES & ROMANAS				
PRODUCT	INGREDIENTS	ا	NUTRITION	AL INFO
Caprese Romana (V)	Romana Bread (46%) [WHEAT Flour, Water, Olive oil, Salt, Sourdough (GLUTEN), WHEAT GLUTEN, Yeast, Raising agent (E450, E500), Emulsifier (E472e), Dextrose, Malted WHEAT, Rapeseed oil, Enzyme], Mozzarella (23%) [MILK, Salt, rennet, lactic ferments, Semi dried Tomato (11%) [Semi dried baby plum Tomatoes, Rapeseed oil, Salt, Oregano, Garlic], Pesto Mayonnaise Mix (11%) [Gourmet A (Rapeseed Oil, Water, Pasteurised Liquid EGG, Acidity Regulators: Acetic Acid, Citric Acid, Sugar, Salt, Modified Maize Starch, Spice (MUSTARD), Stabilisers: Xanthan Gum, Preservative: Potassium Sorbate), Green Pesto (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian med fat hard cheese (MILK)), Caesar dressing (Rapeseed Oil, Water, Caesar Dressing Premix (Spint Vinegar, Water, Garlic Puree (Water, Dried Garlic, Acidity Regulator: Citric Acid), Medium Fat Hard Cheese (MILK) (contains Preservative (Lysozyme (from EGG)), Salt, Lemon Juice Concentrate, Dried Garlic, Dried Onion, Stabiliser: Xanthan Gum, Sugar, Pasteurised EGG Yolk, Worcester Sauce (Water, Malt Vinegar (from BARLEY)), Sugar, Molasses, Salt, Soy Sauce (Water SOYA Beans, WHEAT, Salt), Tamarind Concentrate, Onion Powder, Lemon Juice Concentrate, Ground White Pepper, Chilli Pepper, Garlic Powder, Ground Ginger, Ground Cloves, Acidity Regulator: Acetic Acid, Malt Extract (from BARLEY), Salt, Cracked Black Pepper, Preservative: Potassium Sorbate, Stabiliser: Xanthan Gum, Natural Flavouring (Contains MILK)), Spinach (%).	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion w	per 100g 932 223 13 0.8 20 1.5 2.1 8.6 1.4 reight (g)	per portion (g) 1631 390 23 1.4 35 2.5 3.7 15 2.5 175
NEW Chargrilled Chicken & Tomato Romana	Caesar dressing (Rapessed Oil, Water, Caesar Dressing Premix (Spirit Vinegar, Water, Garlic Puree (Water, Dried Garlic, Acidity Kegulator (E330) Medium Fat Hard Cheese (MILK) (Contains Preservative : Lysozyme (from EGG))), Salt, Lemon Juice Concentrate, Dried Garlic, Dried Onion, Stabiliser 'Xanthan Gum (E415), Sugar, Pasteurised EGG Yalk, Worcester Sauce (Water, Malt Vinegar (from BARLEY), Sugar, Molasses, Salt, Soy Sauce (Water, SOYA Beans, WHEAT and Salt), Tamarind Concentrate, Onion Powder, Lemon Juice Concentrate, Ground White Pepper, Chilli Pepper, Garlic	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 852 204 10.0 2.1 19.0 1.0 2.1 10.0 1.3 weight (g)	per portion (g) 1546 370 18.0 3.8 34.0 1.9 3.8 19.0 2.3
lrish Ham & Cheese Baguette	Baguette (57%) [WHEAT FLOUR, water, WHEAT Grits, yeast, salt, WHEAT Sourdough (dried), dextrose, Malt Flour (WHEAT, BARLEY), rice flour, WHEAT GLUTEN, vegetable oil (rape seed)]. Ham reformed from select cuts of park (20%) [Park, Water, Glucose Syrup, Emulsifiers (Triphosphates, Diphosphates), Salt, Antioxidant (Sadium Ascorbate), Dextrose, Spice Extracts, Preservative (Sadium nititel), Cheddar (20%) [MILK], Spread (3%) [Vegetable Oils in varying proportions (Rapessed, Palm, Sunflower), Water, Salt, BUTTERMILK, Preservative (E202), Acidity Regulator (E330), Emulsifier (E471), Flavouring, Colour (E160a), Vitamins A and D].	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1043 249 10 5.2 26 0.5 1.2 13 2.2 weight (g)	per portion (g) 2097 501 20 10 53 1.0 2.4 26 4.4 201
Sweet Chilli Chicken Baguette	Baguette (56%) [WHEAT FLOUR, water, WHEAT Grits, yeast, salt, WHEAT Sourdough (dried), dextrose, Malt Flour (WHEAT, BARLEY), rice flour, WHEAT GLUTEN, vegetable oil (rape seed)], Sweet Chilli Chicken Mix (29%) [Chicken (Chicken, Water, Sugar, Starch, Glucose Syrup, Stabiliser (Sodium triphosphate, Guar Gum), Potato Starch, Whey Protein (MILK), Salt, Vinegar, Yeast Extract), Sweet Chilli Sauce (Sugar, Water, Vinegar, Maize Starch, Red Chilli Puree (Red Chilli, Salt, Acidity Regulator (Citric Acid)), Salt, Tomato Puree, Red Pepper, Onion Powder, Garlic Powder, Preservative (Potassium sorbate)], Cheddar (15%) [MILK].	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 949 227 5.6 3.3 30 4.1 1.2 13 1.6 weight (g)	per portion (g) 1946 465 111 6.8 61 8.4 2.5 27 3.2
	SOUP & MEAL POTS			

PRODUCT	INGREDIENTS		NUTRITION	AL INFO
Potato & Leek Soup with Pesto (V)	Potato & Leek Soup (97%) [Water, Potato, Leeks, Onion, MILK, CELERY, Modified Maize Starch, Vegetable Bouillon (Salt, Vegetable Powder (CELERY, Carrot, Leek, Onion) Yeasts Extracts, Sugar, Sunflower Oil, Potato Starch, Yeast Powder, Ground Spices (Garlic, Turmeric), Acid (Citric Acid), Dried Parsley), Cream (MILK), Butter (MILK), Garlic Powder, Salt, White Pepper], Pesto (3%) [Basil Puree (58%) (Basil (59%), Sunflower Oil, Salt), Sunflower Oil, Vegetarian Media Fat Hard Cheese (MILK). Grana Padano: Cow's milk (MILK), Salt, Rennet, Preservative: Lisozyme (EGG Protein)].	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion	per 100g 244 59 2.8 1.7 7.4 1.5 0.5 1.2 0.10 weight (g)	per portion (g) 757 183 8.6 5.2 22.9 4.5 1.5 3.7 0.31
NEW Roasted Vegetable Fusilli	Pesto Pasta Mix (52%) [Cooked Pasta (Durum WHEAT Semolina), Green Pesto (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian medium fat hard cheese (MILK)]], Mediterranean Veg Mix (48%) [Dressed Veg Mix (Grilled Veg (red peppers, yellow peppers, courgette, onion)], Green Pesto (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian medium fat hard cheese (MILK)], Grana Padano (MILK), Ragu Mix (Pizza Sauce (Tomato Pulp, Salt, Sunflower Oil, Sugar, Marjoram, Basil, Pepper, Onions, Acidity Regulator (E330)], Onion Marmalade (Onion, Red Wine Vinegar (SULPHITES), Sugar, Sunflower oil, Salt, Balsamic Vinegar (Grape Must, Wine Vinegar, Caramel, (SULPHITES)), gelling agent: Pectin, Spices (Caraway Seeds, Thyme, Pepper, Bay)), Dried Chilli Flakes].	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion	per 100g 657 157 6.8 2.1 17.0 1.3 1.7 6.2 0.59 weight (g)	per portion (g) 1807 432 19.0 5.7 48.0 3.6 4.8 17.0 1.62 275
NEW Beef Bolognaise Fusilli	Pesto Pasta Mix (55%) [Fusilli pasta (Durum WHEAT Semolina), Green pesto (Basil Puree (Basil, Sunflower oil, Salt), Sunflower oil, Vegetarian medium fat hard cheese (MILK)]], Bolognese Mix (45%) [Beef bolognese (Minced Beef (37%)]), Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid, Onions, Mushrooms, Tomato Puree (Tomatoes, Salt)), Garlic Puree (Water, Garlic, Salt, Acidity Regulator: Citric Acid (E330), Preservative: Sodium Metabisulphite (E223) (SULPHITES), Salt, Carrots, CELERY, Comflour, Brown Sugar, Pepper, Oregano, Mixed Herbs (Basil, Marjoram, Thyme)), Grana padano (MILK), Pizza sauce (Tomato Pulp, Salt, Sunflower Oil, Sugar, Marjoram, Basil, Pepper, Onions, Acidity Regulator (E330)), Onion Marmalade (Onion, Red Wine Vinegar (SULPHITES), Sugar, Sunflower oil, Salt, Balsamic Vinegar (Grape Must, Wine Vinegar, Caramel, (SULPHITES)), gelling agent: Pectin, Spices (Caraway Seeds, Thyme, Pepper, Bay)), Chilli flakes].	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 701 168 7.3 2.4 18 2.6 1.3 7.7 0.8 weight (g)	per portion (g) 1682 402 18 5.7 43 6.2 3.1 18 1.9 275

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BISCUITS & SNACKS

	BISCUITS & SNACKS		
PRODUCT	INGREDIENTS	NUTRI	TONAL INFO
		per 10	Og per portion (g)
		KJ 184	
		Kcal 440	
		Fat 14.5	
Almond Biscotti	WHEAT flour, sugar, ALMONDS (15%), EGG , EGG yolk, butter, honey, partly skimmed MILK, raising agent: E 503 (ammonium	Sat 2.7	
(V)	bicarbonate), salt, natural flavour (orange), flavours.	Sugar 31.0	
		Fibre 2.7	
		Protein 9.6	
		Salt 1.6	
		Portion weight	
		KJ 178	
		Kcal 425	
		Fat 16	
Caramel Waffle	Glucose fructose syrup, wheat flour, sugar, palm fat, concentrated butter (MILK), sugar syrup, SOYA flour, rapeseed oil, salt, dextrin		7.1
(V)	(WHEAT), emulsifiers (SOYA lecithin, mono- and diglycerides of fatty acids), raising agent (sodium carbonates), cinnamon, acidity regulator (citric acid), natural Bourbon vanilla.	Carbs 66 Sugar 38	52.1 30
		Fibre 1.5	
		Protein 3.5	2.8
		Salt 0.6	
		Portion weigh	
		per 10 KJ 227	
		Kcal 546	
		Fat 32	8.0
Chocolate Coated Coffee	Sugar, Cocoa paste, Roasted coffee beans, Cocoa butter, Cocoa powder, Emulsifier: SOYA lecithin, Thickener: Arabic gum,	Sat 19	4.7
Beans (Va)	Flavours. (Cocoa minimum 56%). May contains traces of: WHEAT, MILK and NUTS.	Carbs 56	
(Vg)		Sugar 41.0 Fibre 6.7	
		Protein 6.1	1.5
		Salt 0.0 4	
		Portion weigh	
		per 10 KJ 233	
		Kcal 562	
		Fat 38	6.7
Dark Chocolate	Dark chocolate 57% (sugar, cocoa mass, cocoa butter, emulsifier: SOY lecithin, natural vanilla flavour), hazelnut cream 43%	Sat 24	4.2
	[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%)]	Carbs 48	8.4
(V)	whey powder (contains milk), embisitier. 301 rectifilit, flatiolal variation flavour, flabbed hazethors [11,3/6]]	Sugar 46.0 Fibre 5.8	
		Protein 4.5	
		Salt 0.1	
		Portion weigh	
		per 10 KJ 120	
	Fatified What Flag (MIJEAT Flag Calaine Carbaneta Inn Niceia Thioreia) Water Cultura (O. 1971) (Cultura Water Carbaneta Inn Niceia Thioreia)	Kcal 283	
	Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sultanas (9.5%) (Sultanas, Water, Sunflower Oil, Preservative (E202)), Citrus Peel (6%) (Glucose Syrup, Orange	Fat 2.5	
Fruit Teacake	Peel, Lemon Peel, Fructose Syrup, Acidity Regulator (E330), Preservatives: (SULPHUR DIOXIDE, E202)), Sweetened Dried Cranberries		
(Vg)	(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	Sugar 22.0 Fibre 3.8	
	(E471, E472e), Acidity Regulators (E260, E525), Salt.	Protein 7.3	
		Salt 0.2	
		Portion weigh	
		per 10	
		Kcal 581	
		Fat 40	
Gianduja Chocolate	Sugar, HAZELNUTS (30%), cocoa mass, cocoa butter, emulsifier: SOY lecithin, natural vanilla flavour.	Sat 15	1.5
(V)	Cocoa solids: 23% min. May contain traces of MILK.	Carbs 47	4.7
		Sugar 44.0 Protein 5.7	
		Salt 0.03	
		Portion weight	(g) 10
		per 10	
		KJ 171	
	WHEAT Flour (contains Calcium carbonate, Iron, Niacin and Thiamin), Sugar, Margarine (Palm Oil, Water, Palm Stearin, Rapeseed	Kcal 406	
Gino Gingarhan ad Ma	Oil, Salt, Lemon Juice concentrate), Golden Syrup (Partially Inverted Refiners Syrup), Glucose Syrup, Icing (Sugar, Palm Fat,	Sat 4.5	
Gino Gingerbread Man (V)	Glucose Syrup, Water, Icing Sugar, Emulsifiers (Sunflower Lecithin, Polysorbate 60), Natural Colour (Titanium dioxide), Acid (Acetic acid), Preservative (Potassium Sorbate), Natural Flavouring, Gelling Agent (Pectin)), Humectant (Glycerine), EGG, Molasses, Rice	Carbs 72.8	3 53.1
(•)	Starch, Ground Ginger, Ground Mixed Spice (Cinnamon, Coriander, Ginger, Allspice, Nutmeg, Cloves), Ground Cassia, Thickener	Sugar 29.	
	(Xanthan Gum), Raising Agent (Bicarbonate of Soda), Natural Colours (Curcumin, Beetroot Extract, Spirulina), Butter Flavouring.	Fibre 1.9 Protein 5.4	
		Salt 0.5	
		Portion weight	(g) 73
		per 10	0g per portion (g)
	Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Partially Inverted Refiners Syrup, Margarine	KJ 172	
	(Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (Mono- And Diglycerides Of Fatty Acids), Flavouring, Colours (Annatto Bixin,	Kcal 402	
NEW RECIPE	Curcumin)), Glucose Syrup (WHEAT, SULPHUR DIOXIDE), Fondant (Sugar, Glucose Syrup, Water), Humectant (Glycerol), Whole EGG Powder, Treacle (Cane Molasses, Partially Inverted Refiners Syrup), Mixed Spices (Ginger, Cinnamon, Coriander, Cassia, Nutmeg,	Sat 4.5	
Gino & Ginnie	Fennel, Cloves, Cardamon), Raising agent (Bicarbonate Of Soda), Water, Colours (Plant Extracts (Safflower, Spirulina), Trehalose,	Carbs 67.5	
Gingerbread (V)	Concentrates (Radish, Carrot), Lutein), Acidity Regulator (Sodium Citrates, Citric Acid).	Sugar 39. 1	28.5
. ,	We have changed supplier of our Gino and Ginnie Gingerbread. There are different Allergens, Ingredients and Nutritional	Fibre 1.6	
	Information than the previous version. Please check in store which stock they have before your purchase.	Protein 4.3 Salt 1.0	
		Portion weigh	
			,



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BISCUITS & SNACKS

BISCUITS & SNACKS					
PRODUCT	INGREDIENTS	NUTRITION	NAL INFO		
		per 100g KJ 1663 Kcal 391	per portion (g) 499 117		
Leone Mints (Vg)	Sugar, Thickening agents: Arabic gum, tragacanth; Piedmont peppermint essential oil.	Fat 0 Sat 0 Carbs 97 Sugar 97 Protein 0.2 Salt 0.0	0 0 29 29 0		
Loacker Creamkakao (V)	Crispy wafer filled with cocoa cream (75%). WHEAT flour, coconut oil, glucose syrup, sugar, fat reduced cocoa 9% in the cream, dextrose, sweet whey powder, SOYA flour, skimmed MILK power, malt extract, salt, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier SOYA lecithin, HAZELNUTS , vanilla pods (Bourbon). May contain ALMONDS.	Portion weight (g)	30 per portion (g) 964 231 12 10 26 13.0 3.5 0.1		
Loacker 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.	Portion weight (g)	45 per portion (g) 978 234 12 8.9 27 12 3.6 0.2		
Loacker 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.	Per 100g	per portion (g) 985 235 12 11 28 14 3.5 0.2		
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%).	Salt Portion Portion	per portion (g) 339 81 3.3 1.9 11.4 5.3 0.3 1.0 0.02 17.0		
Milk Chocolate Stracciatella Bar (V)	Milk chocolate 57% (sugar, MILK powder, cocoa butter, cocoa mass, emulsifier: SOY lecithin, natural vanilla flavour), milk cream 43% (vegetable fats (coconut, palm kemel oil, shea butter in variable proportions), sugar, skimmed MILK powder, whey powder (contains MILK), emulsifier: SOY lecithin, natural vanilla flavour, cocoa chips (11,5%)]	Section Per 100g	per portion (g) 417 100 6.8 4.2 8.2 8.1 0.6 1.2 0.0		
Panettone (V)	WHEAT flour, sultanas, fresh EGGS, butter (MILK), sugar, candied orange peels (orange peels, glucose-fructose syrup, sugar, acidity regulator: citric acid), MILK, fresh EGG yolk, natural yeast (WHEAT), emulsifiers: mono and diglycerides of fatty acids, glucose syrup, flavourings, cocoa butter, salt. May contain traces of NUTS and SOY.		per portion (g) 1548 368 14 8.5 52 28.0 1.4 7.9 0.5		

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BISCUITS & SNACKS

	BISCUITS & SNACKS				
PRODUCT	INGREDIENTS		NUTRITIONAL IN		
			per 100g	per portion (g)	
		KJ Kcal	1882 449	1321 315	
	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.	Fat	17.7	12.4	
Vegan Fruit Flapjack		Sat	6.2	4.4	
(Vg)		Carbs Sugar	69.6 46.0	48.9 32.3	
		Fibre	4.7	3.3	
		Protein Salt	4.6 0.7	3.2 0.5	
			weight (g)	60	
	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	per 100g 1853	per portion (g) 558	
Vegan Stem Ginger Biscuit		Kcal	440	133	
		Fat	14.2	4.3	
		Sat Carbs	5.6 72.3	1.7 21.7	
(Vg)		Sugar	37.7	11.3	
		Protein Salt	4.9 0.6	1.5 0.2	
			weight (g)	30	
		KJ	per 100g	per portion (g)	
		Kcal	2103 505	1052 252	
	EGG, Dark Chocolate (19%) (Cocoa Solids, Sugar, Emulsifier: Sunflower Lecithin), Sugar, Rapeseed Oil, Ground ALMONDS,	Fat	31.5	15.8	
Wrapped Gluten Free Chocolate Brownie Bar	Chocolate Chips (6%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Sunflower Lecithin), White Rice Flour, Citrus Fibre (Maize,	Sat Carbs	7.4 47.6	3.7 23.8	
(V, GF)	Maize Starch, Citrus Fibre), Tapioca Starch, Humectant (Glucose Syrup, Water, Acid Regulator: E260), Water, Acid: Ascorbic Acid; Preservative: Potassium Sorbate; Raising Agents: E341, E500.	Sugar	28.4	14.2	
	Tioschaline. Foression sorbate, retaining Agenta, 2041, 2000.	Fibre Protein	3.8 5.7	1.9 2.9	
		Salt	0.1	0.1	
		Portion	weight (g)	50	
		KJ	per 100g 2199	per biscuit (g) 550	
		Kcal	526	132	
Wrapped Shortbread	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (33%) (MILK), Icing Sugar, Light Brown Sugar (Sugar, Molasses).	Fat Sat	28.2 18.6	7.1 4.7	
(V)		Carbs	62.3	15.6	
		Sugar Protein	22.9 5.4	5.7 1.4	
		Salt	0.7	0.2	
		Portion	weight (g)	25	
		KJ	per 100g 1829	per portion (g) 695	
		Kcal	437	166	
Chocolate & Yoghurt	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)).	Fat Sat	18.0 11.2	6.8 4.3	
Covered Raisins		Carbs	64.7	24.6	
(V, GF)		Sugar Fibre	63.3 1.0	24.1 0.4	
		Protein	3.6	1.4	
		Salt Portion	0.30 weight (g)	0.09 40	
		. 5111011	per 100g	per portion (g)	
		KJ Kcal	2093 500	837 200	
		Fat	32.7	13.1	
Fruit & Nut Mix	Almonds (NUTS) (30%), Pistachios (NUTS) (25%), Dried Sweetened Cranberries (20%) (Sugar, Cranberries, Sunflower Oil), Golden	Sat	3.6	1.4	
(Vg)	raisins (15%) (Raisins, Sunflower Oil, Preservative: SULPHUR DIOXIDE), Cashew NUTS (10%).	Carbs Sugar	34.5 28.7	13.8 11.5	
		Fibre	6.8	2.7	
		Protein Salt	13.6 0.0	5.4 0.0	
			weight (g)	40	
		V.I	per 100g 2656	per portion (g) 1063	
	Almonds (NUTS) (35%), Cashew NUTS (30%), Pecan NUTS (20%), Hazelnuts (NUTS) (15%).	KJ Kcal	635	254	
Totally Nutty (Vg)		Fat	56.2	22.5	
		Sat Carbs	5.7 12.5	2.3 5.0	
		Sugar	4.7	1.9	
		Fibre Protein	5.5 16.8	2.2 6.7	
		Salt	0.0	0.0	
		Portion	weight (g)	40	



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YOGHURTS & FRUIT POTS

	YOGHURIS & FRUIT POIS			
PRODUCT	INGREDIENTS	I	NUTRITION	AL INFO
Cranberry & Coconut Granola (V, GF)	Gluten free oats (43%), cranberries (sugar, sunflower oil) (12%), desiccated coconut (11%), pumpkin seeds honey, sunflower seeds, rapeseed oil, chia seeds (5%), natural vanilla	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 1943 462 25 8 46 15.7 11 0.0 weight (g)	per portion (g) 674 160 8.7 2.8 16.2 5.4 4.4 0.0 35
Lemon Curd & Blueberry Yogurt (V)	Greek Style Yoghurt (62%) [MILK], Lemon Curd (27%) [Glucose Syrup, Water, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water), Stabiliser: WHEAT Starch, Lemon Juice From Concentrate, Whole EGG Powder, Celling Agent: Pectin (E440), Acidity Regulators: Citric Acid (E330), Sodium Citrate (E331), Colour: Curcumin (E100),Flavourings), Blueberries (11%).	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 573 137 5 3 20 13.0 0.9 2.9 weight (g)	per portion (g) 1290 308 11 6.9 45 30 1.9 6.5 225
Mango & Passion Fruit Overnight Oats (Vg)	Oat Mix (88%) [Coconut milk (Water, Coconut milk (3.5%) (Coconut Cream, Water), Hulled SOYA Beans (2.9%), Sugar, Fructose, Acidity Regulators: Dipotassium & Monopotassium Phosphates (E340), Calcium Carbonate (E170), Sea Salt, Flavouring, Stabiliser: Gellan Gum (E418), Porridage Oats (Wholegrain rolled Oats (GUTEN), Green Apple, Fruit Puree (Exotic fruits (mango, banana, passion fruit, lime), Pure cane sugar, Antioxidant: ascorbic acid (E300), Sultanas (Sultanas, Sunflower oil), Pumpkin seeds, Chia seeds, Ground Nutmeg), Fruit Puree (10%) (Exotic fruits (mango, banana, passion fruit, lime), Pure cane sugar, Antioxidant: ascorbic acid (E300)), Pumpkin seeds (1%), Dried Cranberries (1%) (Cranberries, Sugar, Sunflower).	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion	per 100g 906 216 5.0 2.2 12.0 10.0 0.9 2.1 0.0 weight (g)	per portion (g) 1857 444 10.0 4.4 25.0 21.0 1.9 4.3 0.1
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 Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 683 163 8.8 4.3 15.7 9 5 0.1 weight (g)	per portion (g) 1434 342 18.5 9.1 33 19.5 10.4 0.2
Seasonal Fruit Salad (Vg)	Pineapple (28%), Apple (20%), Cantaloupe Melon (18%), Mango (18%), Kiwi (10%), Blueberries (5%).	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 192 45.7 0.3 0.0 10.8 9.2 0.7 0.01 weight (g)	per portion (g) 472 113 0.7 0.1 26.6 22.7 1.6 0.02 247

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CRISPS & POPCORN

	CRISPS & POPCORN		
PRODUCT	INGREDIENTS	NUTRITIO	NAL INFO
O'Donnell's Salt & Vinegar Crisps (V)	Potato, Sunflower Oil, Irish Cider Vinegar and Sea Salt Flavour (Flavourings, Sea Salt, Maltodextrin, Yeast Extract, Sugar, Dehydrated Apple, The Apple Farm Cider Vinegar Powder). May contain traces of MILK.	Per 100g KJ 2142 Kcal 513 Fat 29,9 Sat 2.5 Carbs 54.2 Sugar 1.2 Protein 5.2 Salt 2.3 Portion weight (g)	per portion (g) 1071 257 15 1.2 27.1 0.6 2.6 1.1 50
O'Donnell's Cheese & Onion Crisps (V)	Potato, Sunflower Oil, Mature Irish Cheese & Red Onion Flavour (Onion Powder, Sugar, Yeast Extract, Cheese Powder (MILK), Salt, Butter MILK Powder, Flavourings, Irish Cheddar Cheese Powder (MILK), Colour (Paprika Extract)).	per 100g KJ 2136 Kcal 511 Fat 28.8	per portion (g) 1068 256 14.4 1.2 27.8 2.5 2.9 0.7
O'Donnell's Sweet Chilli Crisps (V)	Potatoes, Sunflower Oil, Sweet Chilli Flavour (Sugar, Rice Flour, Salt, Yeast Extract, Onion Powder, Spices, Tomato Powder, Garlic Powder, Herb, Colour (Paprika Extract), Flavouring). May contain traces of MILK.	Per 100g	per portion (g) 1080 259 14.7 1.2 28 2.1 2.8 0.6 50
Metcalfe's® Charity Popcorn Sea Salt (Vg)	Popped Butterfly Corn (75%), Rapeseed Oil, Sea Salt.	Per 100g	per portion (g) 367 87 3.3 0.2 11 0.8 2.5 2.2 0.2 20
Metcalfe's Skinny Popcorn® Sweet 'n Salt (Vg)	Popped Butterfly Corn (64%), Rapeseed Oil, Sweetening Blend (Sugar, Sweetener: Isomalt, Sweetener: Steviol Glycosides), Salt.	Per 100g	per portion (g) 477 114 4.5 0.3 15.1 4.0 2.4 2.2 0.1 25