

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

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

| PRODUCT | INGREDIENTS | NUTRITIONAL INFO | |
|-------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----------------|
| | | per 100g | per portion (g) |
| Almond Croissant (V) | Pastry: Wheat Flour (WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid E300)), Water, Palm Fat, Yeast, Sugar, Butter (MILK) 2%, Rapeseed Oil, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Yeast, Flour Treatment Agent (Ascorbic Acid E300)), Emulsifier (Mono- and diglycerides of fatty acids E471), Acidity Regulator (Citric Acid E330), Flavouring, EGG , Almond Filling (19%) (Sugar, Almonds (7%) (NUTS), EGG White, Inverted Sugar Syrup, Water, EGG Yolk, Invertase E1103). Topping: Almond Flakes (4.2%) (NUTS). | KJ | 1701 |
| | | Kcal | 407 |
| | | Fat | 21.1 |
| | | Sat | 9.0 |
| | | Carbs | 43.9 |
| | | Sugar | 13.7 |
| | | Fibre | 2.4 |
| | | Protein | 9.3 |
| | | Salt | 0.7 |
| | | Portion weight (g) | 84 |

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

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

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

Key for Dietary Suitability:

DF = Dairy-Free

GF = Gluten-Free

V = Vegetarian

Vg = Vegan

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PASTRIES

| PRODUCT | INGREDIENTS | NUTRITIONAL INFO | |
|--------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----------------|
| | | per 100g | per portion (g) |
| Almond Croissant (V) | Pastry: Wheat Flour (WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid E300)), Water, Palm Fat, Yeast, Sugar, Butter (MILK) 2%, Rapeseed Oil, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Yeast, Flour Treatment Agent (Ascorbic Acid E300)), Emulsifier (Mono- and diglycerides of fatty acids E471), Acidity Regulator (Citric Acid E330), Flavouring, EGG , ALMOND Filling (19%) (Sugar, ALMONDS (7%) (NUTS)), EGG White, Inverted Sugar Syrup, Water, EGG Yolk, Invertase E1103). Topping: ALMOND Flakes (4.2%) (NUTS). <i>May contain traces of other NUTS (Hazelnuts).</i> | KJ 1701 | 1435 |
| | | Kcal 407 | 343 |
| | | Fat 21.1 | 17.8 |
| | | Sat 9.0 | 7.6 |
| | | Carbs 43.9 | 36.9 |
| | | Sugar 13.7 | 11.6 |
| | | Fibre 2.4 | 1.9 |
| | | Protein 9.3 | 7.8 |
| | | Salt 0.7 | 0.6 |
| | | Portion weight (g) | 84 |
| | | per 100g | per portion (g) |
| Apricot Croissant (V) | Pastry: 56% (WHEAT flour, butter 19% (MILK), water, yeast, sugar, EGGS , salt, WHEAT gluten enzymes (amylases, hemicellulases), flour treatment agent (E300)), Apricots 26%, Pastry cream 17% (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450iii, E339ii), colour (E160aii), flavouring), egg wash (EGGS , water). <i>May contain: traces of NUTS and traces of SOYA.</i> | KJ 1081 | 1113 |
| | | Kcal 258 | 266 |
| | | Fat 11.0 | 11.3 |
| | | Sat 6.7 | 6.9 |
| | | Carbs 34.0 | 35.0 |
| | | Sugar 11.0 | 11.3 |
| | | Fibre 2.0 | 2.1 |
| | | Protein 4.7 | 4.8 |
| | | Salt 0.7 | 0.7 |
| | | Portion weight (g) | 115 |
| | | per 100g | per portion (g) |
| Butter Croissant (V) | Pastry: WHEAT flour, butter 22% (MILK), water, sugar, whole MILK pasteurized, yeast, EGGS , salt, WHEAT gluten, emulsifier : E322 (rape lecithin), flour treatment agent : E300, enzymes, egg wash (Free Range EGGS) 1.5g. <i>May contain: traces of NUTS and traces of SOYA.</i> | KJ 1792 | 915 |
| | | Kcal 429 | 219 |
| | | Fat 23 | 11.8 |
| | | Sat 15.0 | 7.7 |
| | | Carbs 46.0 | 23.2 |
| | | Sugar 6.8 | 3.5 |
| | | Fibre 2.6 | 1.3 |
| | | Protein 8.1 | 4.3 |
| | | Salt 1.2 | 0.6 |
| | | Portion weight (g) | 60 |
| | | per 100g | per portion (g) |
| Chocolate Twist (V) | Pastry: WHEAT flour, butter (MILK), water, yeast, sugar, EGGS , salt, WHEAT gluten, enzymes (amylases, hemicellulases, flour treatment agent (E300)), Pastry cream (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450iii, E339ii), colour (E160aii), flavouring), Chocolate 15.6% (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier (E322 (SOYA lecithin)), natural vanilla flavour), egg wash (EGGS , water), Icing sugar (Glucose, cornflour, vegetable oil). <i>May contain: traces of NUTS.</i> | KJ 1512 | 1176 |
| | | Kcal 361 | 281 |
| | | Fat 16.0 | 11.9 |
| | | Sat 9.6 | 7.4 |
| | | Carbs 47.0 | 37.9 |
| | | Sugar 21.0 | 17.4 |
| | | Fibre 3.0 | 2.3 |
| | | Protein 5.7 | 4.3 |
| | | Salt 0.8 | 0.6 |
| | | Portion weight (g) | 90 |
| | | per 100g | per portion (g) |
| Cinnamon Swirl (V) | WHEAT Flour, Fine Butter (MILK) (19%), Water, Sugar, Yeast, EGG , Cinnamon (1.4%), Maize Starch, WHEAT Gluten, Salt, Whey Powder (MILK), Whole MILK Powder, Skimmed MILK Powder, Thickener (Sodium Alginate), EGG Albumin Powder, Turmeric Extract, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), Natural Flavouring, Acidity Regulator (Citric Acid), Carrot Extract. <i>May contain: traces of SESAME SEEDS, NUTS, SOYA.</i> | KJ 1706 | 1467 |
| | | Kcal 407 | 350 |
| | | Fat 18.6 | 16 |
| | | Sat 12.0 | 10.3 |
| | | Carbs 51.2 | 44.0 |
| | | Sugar 21.8 | 18.7 |
| | | Fibre 2.78 | 2.4 |
| | | Protein 6.7 | 5.8 |
| | | Salt 0.6 | 0.5 |
| | | Portion weight (g) | 86 |
| | | per 100g | per portion (g) |
| Pain au Chocolat (V) | Pastry: (WHEAT flour, Butter (MILK), water, chocolate 10% (sugar, coca mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavour), sugar, whole MILK , yeast, EGGS , salt, WHEAT gluten, Emulsifier (rape lecithin), flour treatment agent (E300), enzymes (amylases, hemicellulases)), egg wash (Free Range EGG). <i>May contain: traces of NUTS.</i> | KJ 1786 | 1120 |
| | | Kcal 427 | 268 |
| | | Fat 23.0 | 14.3 |
| | | Sat 15.0 | 9.3 |
| | | Carbs 46.0 | 29.1 |
| | | Sugar 12.0 | 8.1 |
| | | Fibre 3.0 | 1.9 |
| | | Protein 7.6 | 4.8 |
| | | Salt 1.0 | 0.6 |
| | | Portion weight (g) | 75 |
| | | per 100g | per portion (g) |
| Pain au Raisin (V) | WHEAT flour, water, raisins 13%, Butter (MILK), sugar, yeast, corn starch, EGGS , salt, powdered whey (MILK), whole MILK powder, WHEAT gluten, EGG albumin powder, skimmed MILK powder, thickener (sodium alginate), emulsifier (rape lecithin), fruit and plant extract (turmeric and carrot), natural flavouring, acidity regulator (citric acid), flour treatment agent (ascorbic acid), enzymes (hemicellulases, amylases), egg wash (Free Range EGGS), Neutral glaze (water, glucose syrup, sugar, acidity regulators (E330, E332, E333), flavour, gelling agent (pectin), preservative (potassium sorbate)). <i>May contain: traces of NUTS and traces of SOYA.</i> | KJ 1417 | 1245 |
| | | Kcal 338 | 296 |
| | | Fat 14.0 | 10.8 |
| | | Sat 9.1 | 6.8 |
| | | Carbs 46.0 | 43.2 |
| | | Sugar 19.0 | 17.1 |
| | | Fibre 2.3 | 2.3 |
| | | Protein 5.8 | 5.4 |
| | | Salt 0.8 | 0.6 |
| | | Portion weight (g) | 110 |

PASTRIES

| PRODUCT | INGREDIENTS | NUTRITIONAL INFO | |
|--------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----------------|
| Vegan Raspberry Croissant (Vg) | WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring), Raspberry Filling (16%) (Glucose Syrup, Raspberry Purée, Sugar, Raspberries (2%), Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator Tricalcium Citrate), Natural Flavouring, Preservative (Potassium Sorbate)), Sugar, Yeast, Decoration (3%) (Sugar, Non-Hydrogenated Palm Oil, Food Colours (Radish, Blackcurrant, Apple concentrate)), Spelt flour, WHEAT gluten Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), <i>May contain: traces of MILK, SESAME SEEDS, SOYA, NUTS, EGGS.</i> | per 100g | per portion (g) |
| | | KJ 1589 | 1239 |
| | | Kcal 379 | 296 |
| | | Fat 16.3 | 12.7 |
| | | Sat 8.2 | 6.4 |
| | | Carbs 50.7 | 39.5 |
| | | Sugar 18.5 | 14.4 |
| | | Fibre 2.7 | 2.1 |
| | | Protein 6.4 | 5.0 |
| | | Salt 0.5 | 0.4 |
| Praline Dito (V) | Water, WHEAT flour, fine butter (MILK) 11%, praline and hazelnuts dough 10% (sugar, HAZELNUTS 3%, ALMONDS 3%, stabilizer (sorbitol), emulsifier (SOYA lecithin)), sugar, EGGS , HAZELNUTS 3%, maize starch, yeast, salt, WHEAT gluten, whey powder (MILK), whole MILK powder, skimmed MILK powder, thickener (sodium alginate), EGG albumin powder, glucose syrup, turmeric extract, flour treatment agents (alpha-amylases, hemicellulases, ascorbic acid), natural flavouring, acidity regulator (citric acid), carrot extract. | per 100g | per portion (g) |
| | | KJ 1514 | 1172 |
| | | Kcal 361 | 280 |
| | | Fat 17.0 | 13.0 |
| | | Sat 7.6 | 5.9 |
| | | Carbs 45.0 | 35.0 |
| | | Sugar 18.0 | 14.0 |
| | | Protein 7.1 | 5.5 |
| | | Salt 0.83 | 0.64 |
| | | Portion weight (g) | 77 |

MUFFINS & SCONES

| PRODUCT | INGREDIENTS | NUTRITIONAL INFO | |
|--------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----------------|
| Belgian Chocolate Muffin (V) | WHEAT flour (calcium carbonate, iron, niacin, Thiamin), sugar, water, liquid EGG , vegetable oil rapeseed, 9% filling (sugar, vegetable fats palm, fat-reduced cocoa, cocoa mass, fat reduced cocoa powder, emulsifier E322 (SOYA), natural vanilla flavouring), 3% Belgian dark chocolate chunks (sugar, cocoa mass, cocoa butter, emulsifier E322 (SOYA), natural vanilla flavouring), 3% Belgian milk chocolate chunks (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier E322 (SOYA), natural vanilla flavouring), buttermilk (MILK), 1.8% chocolate shavings curled mix (sugar, cocoa mass, cocoa butter, whole MILK powder, Lactose (MILK), whey powder (MILK), butter oil (MILK), emulsifier E322 (SOYA), natural vanilla flavouring), 1.4% large dark slabs (sugar, cocoa mass, cocoa butter, natural vanilla flavouring, emulsifier E322 (SOYA)), 1.4% large MILK slabs (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier E322 (SOYA), natural vanilla flavouring), raising agents (E341, E450, E501), inulin, glucose syrup, WHEAT starch, MILK protein, modified corn starch, humectants (E420, E422), emulsifiers (E471, E475), WHEAT flour, preservatives (E202, E223 (Contains SULPHITES)), stabiliser E415, natural flavouring, WHEAT Gluten, salt, acidity regulator E330, anti-caking agents (E470a, E551), rapeseed oil. | per 100g | per portion (g) |
| | | KJ 1702 | 1872 |
| | | Kcal 407 | 448 |
| | | Fat 22.2 | 24.0 |
| | | Sat 5.1 | 6.0 |
| | | Carbs 44.7 | 49.0 |
| | | Sugar 29.0 | 32.0 |
| | | Fibre 2.1 | 2.0 |
| | | Protein 6.0 | 7.0 |
| | | Salt 0.4 | 0.4 |
| Blueberry Muffin (V) | WHEAT flour (calcium carbonate, iron, niacin, Thiamin), sugar, liquid EGG , 10% blueberries, water, 9% blueberry filling (water, blueberries, sugar, dextrose, glucose syrup, acidity regulators (E330, E331), gelling agent E440, natural flavouring, thickener E415, preservative E202), buttermilk (MILK), raising agents (E341, E450, E501), palm oil, inulin, MILK protein, WHEAT starch, emulsifiers (E471, E475), modified corn starch, WHEAT Gluten, WHEAT flour, preservative E202, glucose syrup, stabiliser E415, salt, acidity regulator E330, natural flavouring, colouring E160a, rapeseed oil. | per 100g | per portion (g) |
| | | KJ 1431 | 1547 |
| | | Kcal 342 | 376 |
| | | Fat 15.5 | 17.0 |
| | | Sat 1.8 | 2.0 |
| | | Carbs 44.1 | 49.0 |
| | | Sugar 21.1 | 23.0 |
| | | Fibre 1.2 | 1.0 |
| | | Protein 5.8 | 6.0 |
| | | Salt 0.4 | 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, salt, natural flavouring), natural flavouring), buttermilk (MILK), 1.8% sweet snow (dextrose, palm oil, cornflour), 0.9% lemon strip (lemon peel, sugar, glucose-fructose syrup, acidity regulator E330), raising agents (E341, E450, E501), glucose syrup, palm oil, WHEAT starch, MILK protein, emulsifiers (E471, E475), humectants (E420, E422), natural flavouring, modified corn starch, WHEAT flour, preservatives [E202, E223 (Contains SULPHITES)], WHEAT Gluten, stabiliser E415, salt, acidity regulator E330, colouring E160a, rapeseed oil. | per 100g | per portion (g) |
| | | KJ 1517 | 1669 |
| | | Kcal 362 | 398 |
| | | Fat 15.5 | 17.0 |
| | | Sat 2.4 | 3.0 |
| | | Carbs 49.8 | 55.0 |
| | | Sugar 25.9 | 28.0 |
| | | Fibre 1.0 | 1.0 |
| | | Protein 5.3 | 6.0 |
| | | Salt 0.4 | 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 | per 100g | |
| | | KJ 1260 | |
| | | Kcal 299 | |
| | | Fat 6.3 | |
| | | Sat 2.2 | |
| | | Carbs 52 | |
| | | Sugar 20.5 | |
| | | Protein 7.6 | |
| | | Salt 1.1 | |
| | | Portion weight (g) | 100 |
| 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. | per 100g | |
| | | KJ 1198 | |
| | | Kcal 284 | |
| | | Fat 6.2 | |
| | | Sat 2.1 | |
| | | Carbs 47.2 | |
| | | Sugar 10.5 | |
| | | Protein 8.9 | |
| | | Salt 1.0 | |
| | | Portion weight (g) | 100 |
| 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 peel, 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 | per 100g | |
| | | KJ 1254 | |
| | | Kcal 297 | |
| | | Fat 6.4 | |
| | | Sat 2.2 | |
| | | Carbs 50.8 | |
| | | Sugar 12.5 | |
| | | Protein 8.2 | |
| | | Salt 1.0 | |
| | | Portion weight (g) | 100 |

PORRIDGE & TOPPINGS

| PRODUCT | INGREDIENTS | NUTRITIONAL INFO | |
|------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----------------|
| | | per 100g | per portion (g) |
| Porridge made with Semi Skimmed Milk (V) | Semi Skimmed MILK (83%), Quaker Rolled OATS (17%). | KJ | 414 |
| | | Kcal | 99 |
| | | Fat | 2.7 |
| | | Sat | 1.1 |
| | | Carbs | 13.3 |
| | | Sugar | 4.0 |
| | | Fibre | 1.4 |
| | | Protein | 4.6 |
| | | Salt | 0.1 |
| | | Portion weight (g) | 240 |
| | | per 100g | per portion (g) |
| Porridge made with Skimmed Milk (V) | Skimmed MILK (83%), Quaker Rolled OATS (17%). | KJ | 372 |
| | | Kcal | 89 |
| | | Fat | 1.5 |
| | | Sat | 0.3 |
| | | Carbs | 13.4 |
| | | Sugar | 4.0 |
| | | Fibre | 1.4 |
| | | Protein | 4.6 |
| | | Salt | 0.1 |
| | | Portion weight (g) | 240 |
| | | per 100g | per portion (g) |
| Porridge made with Whole Milk (V) | Whole MILK (83%), Quaker Rolled OATS (17%). | KJ | 470 |
| | | Kcal | 112 |
| | | Fat | 4.3 |
| | | Sat | 2.2 |
| | | Carbs | 13.2 |
| | | Sugar | 3.9 |
| | | Fibre | 1.4 |
| | | Protein | 4.5 |
| | | Salt | 0.1 |
| | | Portion weight (g) | 240 |
| | | per 100g | per portion (g) |
| Porridge made with Soya Milk (Vg) | 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%). | KJ | 397 |
| | | Kcal | 95 |
| | | Fat | 2.9 |
| | | Sat | 0.5 |
| | | Carbs | 11.8 |
| | | Sugar | 2.3 |
| | | Fibre | 1.9 |
| | | Protein | 4.5 |
| | | Salt | 0.1 |
| | | Portion weight (g) | 240 |
| | | per 100g | per portion (g) |
| Porridge made with Coconut Milk (Vg) | Alpro Coconut Milk (83%) [SOYA Base (Water, Hulled SOYA Beans (2.9%)), Coconut Milk (3.5%) (Coconut Cream, Water), Sugar, Fructose, Acidity Regulators (Potassium Phosphates), Calcium (Calcium Carbonate), Sea Salt, Flavouring, Stabiliser (Gellan gum)], Quaker Rolled OATS (17%). | KJ | 365 |
| | | Kcal | 87 |
| | | Fat | 2.4 |
| | | Sat | 0.8 |
| | | Carbs | 12.3 |
| | | Sugar | 3.0 |
| | | Fibre | 1.6 |
| | | Protein | 3.0 |
| | | Salt | 0.1 |
| | | Portion weight (g) | 278 |
| | | per 100g | per portion (g) |
| Porridge made with Oat Milk (Vg) | Alpro Gluten Free Oat Milk (83%) [OAT Base (Water, Gluten Free OATS), Sunflower Oil, Sea Salt, Vitamins (B2, B12, D2)], Quaker Rolled OATS (17%). | KJ | 462 |
| | | Kcal | 111 |
| | | Fat | 3.9 |
| | | Sat | 0.6 |
| | | Carbs | 16.1 |
| | | Sugar | 3.4 |
| | | Fibre | 1.4 |
| | | Protein | 2.0 |
| | | Salt | 0.1 |
| | | Portion weight (g) | 278 |
| | | per 100g | per portion (g) |
| Seeds & Fruit Mix Topper (V) | Toasted pumpkin seeds (20%), Toasted sunflower seeds (20%), Golden raisins (20%) (Raisins, Sunflower oil, Preservative: SULPHUR DIOXIDE), Dried sweetened cranberries (20%) (Sugar, Cranberries, Sunflower oil), Brown linseed (20%), <i>May contain traces of PEANUTS and NUTS</i> . | KJ | 1934 |
| | | Kcal | 462 |
| | | Fat | 22.5 |
| | | Sat | 2.6 |
| | | Carbs | 46.5 |
| | | Sugar | 27.9 |
| | | Fibre | 13.5 |
| | | Protein | 11.7 |
| | | Salt | 0.05 |
| | | Portion weight (g) | 25 |
| | | per 100g | per portion (g) |
| 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). | KJ | 1336 |
| | | Kcal | 319 |
| | | Fat | 0.5 |
| | | Sat | 0.2 |
| | | Carbs | 75.1 |
| | | Sugar | 67.4 |
| | | Fibre | 4.4 |
| | | Protein | 1.5 |
| | | Salt | 0.10 |
| | | Portion weight (g) | 25 |

EXTRAS

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

LOAF CAKES

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

WHOLE CAKES

| PRODUCT | INGREDIENTS | NUTRITIONAL INFO | |
|------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|-----------------|
| Cappuccino Cake (V) | Coffee Sponge (67%) [Sugar, WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Pasteurised Free Range EGG , Rapeseed Oil, Water, Humectant (Vegetable Glycerine), Coffee Powder (1.1%), Raising Agents (E450, E501), Skimmed MILK Powder], Coffee Icing (29%) [Icing Sugar, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471)), Natural Flavouring, Colours (Annatto Bixin, Curcumin)], Skimmed MILK Powder, Full Fat Soft Cheese (Full Fat Soft Cheese (MILK), Thickener (Guar Gum)], Ground Caffè Nero Coffee Powder (1.4%), Coffee Flavouring (0.5%)], Coffee Drizzle (2.4%) [Brewed Caffè Nero Coffee, Coffee Flavouring], Dark Chocolate Coffee Bean Decorations (1.5%) [Sugar, Cocoa Mass, Cocoa Butter, Coffee, Emulsifier (Sunflower Lecithin), Natural Flavourings, Glazing Agents (Shellac, Acacia Gum)], Milk Chocolate (0.1%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Fat Reduced Cocoa Powder (0.02%)]. | per 100g | per portion (g) |
| | | KJ 1656 | 1888 |
| | | Kcal 394 | 449 |
| | | Fat 20.1 | 22.9 |
| | | Sat 4.4 | 5.0 |
| | | Carbs 50.3 | 57.4 |
| | | Sugar 35.6 | 40.5 |
| | | Fibre 0.9 | 1.1 |
| | | Protein 4.1 | 4.7 |
| | | Salt 0.5 | 0.5 |
| Belgian Chocolate Fudge Cake (V) | Cake (67%) (EGG , Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Chocolate (7%) (Cocoa Mass, Sugar, Cocoa Butter, SOYA Lecithin, Flavouring), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)), Greek Style Natural Yoghurt (MILK), Rapeseed Oil, Water, Fat Reduced Cocoa Powder, Glycerine, Skimmed MILK Powder, Emulsifiers (E477, E471, E475), Raising Agents (E450, E501)), Icing (Icing Sugar, Full Fat Soft Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: E202), Butter (MILK) (4%), Fat Reduced Cocoa Powder, Water, Emulsifiers (E477, E471, E475), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, SOYA Lecithin, Flavouring), Chocolate Chips (Sugar, Cocoa Mass, Cocoa Butter, SOYA Lecithin, Flavouring). <i>May contain NUTS, MUSTARD and SESAME SEEDS</i> . | per 100g | per portion (g) |
| | | KJ 1660 | 1759 |
| | | Kcal 396 | 420 |
| | | Fat 18.7 | 19.9 |
| | | Sat 8.4 | 8.9 |
| | | Carbs 51.1 | 54.2 |
| | | Sugar 34.2 | 36.3 |
| | | Fibre 1.1 | 1.2 |
| | | Protein 5.3 | 5.6 |
| | | Salt 0.3 | 0.4 |
| Carrot Cake (V) | Cake (73%) (Brown Sugar, Carrot (11%) EGG , Rapeseed Oil, Wholemeal WHEAT Flour, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Date Paste (Dates, Rice flour), Pineapple Pulp, Water, Walnuts (NUTS), Raising Agents (E500, E450, E501), Cinnamon, Salt, Mixed Spice, Thickener (E415)), Frosting (25%) (Icing Sugar, Full Fat Soft Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: E202), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)), Skimmed MILK Powder, Modified Maize Starch, Emulsifiers (E477, E471, E475), Flavouring, Stabiliser (E410)), Walnuts (NUTS), Pistachios (NUTS). <i>May contain traces of SOYA and other NUTS</i> . | per 100g | per portion (g) |
| | | KJ 1590 | 2274 |
| | | Kcal 379 | 541 |
| | | Fat 16.8 | 24.1 |
| | | Sat 3.4 | 4.9 |
| | | Carbs 51.5 | 73.7 |
| | | Sugar 31.3 | 44.7 |
| | | Fibre 1.8 | 2.5 |
| | | Protein 3.3 | 4.7 |
| | | Salt 0.6 | 0.8 |
| Luxury Blackforest Roulade (V) | Single Cream (MILK), Sugar, Icing Sugar, Reduced Fat Soft Cheese (Skimmed MILK , Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Black Cherry Pie Filling (Water, 11% Black Cherries, Sugar, Modified Tapioca Starch, Acidity Regulator: Citric Acid; Natural Cherry Flavour, Preservative: Potassium Sorbate) (%), White Chocolate Buttons (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin) (%), Water, Free Range EGG , Rapeseed Oil, Buttermilk (Skimmed MILK , Skimmed MILK Solids, MILK Protein Concentrate), Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Fat Reduced Cocoa Powder, Belgian Chocolate Chips (Cocoa Mass, Sugar, Dextrose, Emulsifier: SOYA Lecithin) (3%), Dark Chocolate Flavoured Pieces (Sugar, Palm Oil, Fat Reduced Cocoa Powder, Whey Powder (MILK), Stabiliser: Sorbitan Trisearate; Emulsifier: SOYA Lecithin), Condensed Milk (MILK , Granulated Sugar), Modified Potato Starch, Modified Waxy Maize Starch, Raising Agent: Sodium Bicarbonate, Flavouring, Raising Agent (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; WHEAT Flour), Salt, Thickener Blend (Thickeners: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose). | per 100g | per portion (g) |
| | | KJ 1305 | 1621 |
| | | Kcal 311 | 386 |
| | | Fat 16.3 | 19.0 |
| | | Sat 7.0 | 8.3 |
| | | Carbs 37.3 | 48.3 |
| | | Sugar 26.7 | 35.5 |
| | | Fibre 1.9 | 2.5 |
| | | Protein 3.7 | 5.1 |
| | | Salt 0.4 | 0.5 |
| NEW Raspberry & White Chocolate Roulade ** (V) | Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Raspberries (12%), Sugar, Free Range EGG , Self-Raising Flour (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphate, Sodium Hydrogen Carbonate), Reduced Fat Soft Cheese (Skimmed MILK , Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), White Chocolate Buttons (7%) (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Icing Sugar, Single Cream (MILK), White Chocolate Shavings (2%) (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Plum & Raspberry Jam (2%) (Glucose-Fructose Syrup, Plum (From Concentrate), Raspberry (From Concentrate), Gelling Agent: Pectin; Acidity Regulators: Citric Acid, Sodium Citrate; Colour: Anthocyanins; 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 (Thickeners: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose). | per 100g | per portion (g) |
| | | KJ 1495 | 1734 |
| | | Kcal 363 | 421 |
| | | Fat 21.1 | 24.5 |
| | | Sat 9.7 | 11.2 |
| | | Carbs 38.7 | 44.9 |
| | | Sugar 29 | 33.7 |
| | | Fibre 0.8 | 1.0 |
| | | Protein 4.1 | 4.7 |
| | | Salt 0.3 | 0.3 |
| Raspberry Ripple Roulade** (V) | Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Raspberries (16%), Sugar, Free Range EGG , Self-Raising Flour (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphate, Sodium Hydrogen Carbonate), Reduced Fat Soft Cheese (Skimmed MILK , Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), White Chocolate Buttons (6%) (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Icing Sugar, Single Cream (MILK), White Chocolate Shavings (2%) (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Raspberry Jam (2%) (Glucose Fructose Syrup, Raspberry Concentrate, Sugar, Gelling Agent: Pectin; Acidity Regulators: Citric Acid, Sodium Citrates; Natural Raspberry Flavouring), White Chocolate (2%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), White Chocolate Curls (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Flavouring, Modified Potato Starch, Modified Waxy Maize Starch, Raising Agent (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; WHEAT Flour), Freeze Dried Raspberries, Thickener Blend (Thickeners: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose), Natural Colour (Red Beetroot Juice Concentrate, Maltodextrin, Acidity Regulator: Citric Acid). | per 100g | per portion (g) |
| | | KJ 1428 | 1656 |
| | | Kcal 342 | 396 |
| | | Fat 20.1 | 23.4 |
| | | Sat 9.1 | 10.6 |
| | | Carbs 36.6 | 42.5 |
| | | Sugar 27.1 | 31.4 |
| | | Fibre 1.0 | 1.1 |
| | | Protein 4.0 | 4.7 |
| | | Salt 0.3 | 0.3 |
| Salted Caramel Billionaire's Cake (V) | Sponge (79%) (Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG , Rapeseed Oil, Water, Cake Concentrate (Modified Maize Starch, WHEAT Starch, Raising Agent: Disodium Diphosphate, Potassium Bicarbonate; WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Emulsifier: Mono- and Diglyceride of fatty acids, Propane 1,2 diol esters of fatty acid, Sodium stearoyl-2-lactylate; Rapeseed Oil, Dextrose, Preservative: Potassium Sorbate; WHEAT GLUTEN , Acidity Regulator: Citric Acid; Stabiliser: Xanthan Gum), Humectant (Glucose Syrup, Water, Acid: Acetic acid), Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglyceride of Fatty acids, Sodium Stearoyl-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; WHEAT protein) Cocoa Powder, Raising Agents: Disodium Diphosphate, Potassium Hydrogen Carbonate, Flavouring), Frosting (11%) (Luxury Caramel (Sweetened Condensed Skimmed MILK , Glucose Syrup (SULPHITES), Invert Sugar Syrup, Palm Oil, Butter (MILK), Sugar, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Salt, Natural Flavouring), Icing Sugar, Full Fat Cream Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: E202), Butter (MILK), Emulsifier Mix (Water, Humectant: Glycerol; Emulsifier: Mono- and diglycerides of fatty acids; Acidity Regulator: Sodium hydroxide), Salt, Water, Colour: Plain Caramel), Injectable Caramel (2%) (Glucose Syrup (SULPHITES), Sugar, Sweetened Condensed Skimmed MILK , Water, Palm Oil, Butter (MILK), Invert Sugar Syrup, Salt, Stabiliser: Pectin; Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Preservative: Potassium Sorbate), Chocolate Ganache (5%) (Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA 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: 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: SOYA Lecithins; Flavouring), Colour: Titanium Dioxide, Iron Oxide and Hydroxide. | per 100g | per portion (g) |
| | | KJ 1767 | 2050 |
| | | Kcal 422 | 490 |
| | | Fat 21.8 | 25.3 |
| | | Sat 5.7 | 6.6 |
| | | Carbs 51.4 | 59.6 |
| | | Sugar 31.8 | 36.9 |
| | | Fibre 1.1 | 1.3 |
| | | Protein 4.5 | 5.2 |
| | | Salt 0.5 | 0.6 |

** 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.

BROWNIES & SHORTBREAD

| PRODUCT | | INGREDIENTS | NUTRITIONAL INFO | |
|----------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|--------------------|-----------------|
| | | | per 100g | per portion (g) |
| Caramel Shortbread (V) | Shortbread Base (44%) [WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Butter (MILK), Sugar, Cornflour], Caramel (40%) [Sweetened Condensed MILK, Butter (MILK), Light Brown Sugar, Golden Syrup], Milk Chocolate (14%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Dark Chocolate (1.5%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring]. <i>May contain traces of NUTS and EGG.</i> | | KJ | 2099 |
| | | | Kcal | 502 |
| | | | Fat | 28.3 |
| | | | Sat | 16.8 |
| | | | Carbs | 56.6 |
| | | | Sugar | 41 |
| | | | Fibre | 1.5 |
| | | | Protein | 4.7 |
| | | | Salt | 0.5 |
| | | | Portion weight (g) | 75 |
| NEW Belgian Chocolate Brownie* (V) | Dark Belgian Chocolate (27%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Flavouring), Sugar, Unsalted Butter (MILK), Free Range EGG, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Cocoa Powder, Salt. | | per 100g | per portion (g) |
| | | | KJ | 1933 |
| | | | Kcal | 462 |
| | | | Fat | 26.1 |
| | | | Sat | 15.6 |
| | | | Carbs | 50.4 |
| | | | Sugar | 35.7 |
| | | | Fibre | 1.4 |
| | | | Protein | 5.7 |
| | | | Salt | 0.5 |
| Chocolate Chunk Brownie* (V) | Belgian Dark Chocolate (27%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Butter (MILK), Pasteurised Free Range EGG, Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Salt. | | per 100g | per portion (g) |
| | | | KJ | 2019 |
| | | | Kcal | 485 |
| | | | Fat | 26.6 |
| | | | Sat | 16.1 |
| | | | Carbs | 55.5 |
| | | | Sugar | 46.6 |
| | | | Fibre | 4 |
| | | | Protein | 6 |
| | | | Salt | 0.5 |
| NEW Salted Caramel Cookie Brownie* (V) | Brownie (74%) (Sugar, Dark Chocolate (17%) (Cocoa Mass, Sugar, Cocoa Butter, 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 Fatty Acids, Cocoa Powder, Salt), Salted Caramel Topping (26%) (Caramel (Sweetened Condensed MILK, Glucose Syrup (SULPHITES), Invert Sugar Syrup, Palm Oil, Butter (MILK), Sugar, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Salt, Natural Flavouring), White Chocolate (Sugar, Cocoa Butter, 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, Raising Agent: Sodium Bicarbonate), White Chocolate Flavour Coating (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Water, Salt, Colour: Plain Caramel). | | per 100g | per portion (g) |
| | | | KJ | 1900 |
| | | | Kcal | 454 |
| | | | Fat | 24.8 |
| | | | Sat | 13.5 |
| | | | Carbs | 52.3 |
| | | | Sugar | 40.0 |
| | | | Fibre | 1.8 |
| | | | Protein | 4.6 |
| | | | Salt | 0.5 |
| Salted Caramel Chocolate Brownie* (V) | Belgian Dark Chocolate (26.5%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Butter (MILK), Pasteurised Free Range EGG, Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Caramel (3%) (Sugar, Glucose Syrup, Sweetened Condensed MILK (MILK, Sugar, Lactose (MILK), Water, Unsalted Butter (MILK), Golden Syrup, Palm Oil, Salt, Emulsifiers (Rapeseed Lecithin, Sorbitan Monostearate), Natural Flavouring), Salt. | | per 100g | per portion (g) |
| | | | KJ | 2012 |
| | | | Kcal | 483 |
| | | | Fat | 26.3 |
| | | | Sat | 16 |
| | | | Carbs | 55.8 |
| | | | Sugar | 46.9 |
| | | | Fibre | 3.9 |
| | | | Protein | 5.9 |
| | | | Salt | 0.5 |
| Belgian Chocolate & Caramel Crispy (V) | Milk Chocolate (40%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, SOYA Lecithin, Flavouring), Crisped Rice (17%) (Rice Flour, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Whey Powder (MILK), BARLEY Malt Flour, Salt, Rapeseed Oil, Emulsifier: SOYA Lecithin), Caramel (16%) (Sweetened Condensed MILK, Glucose Syrup (SULPHITES), Invert Sugar Syrup, Palm Oil, Salted Butter (MILK), Sugar, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Salt, Flavouring), Golden Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), White Chocolate Flavour Coating (3%) (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Unsalted Butter (MILK), Cocoa Powder, Concentrated Grape Juice (Concentrated Grape Juice, Rice Starch). <i>May contain as made in an environment that handles Egg and Nuts.</i> | | per 100g | per portion (g) |
| | | | KJ | 2070 |
| | | | Kcal | 495 |
| | | | Fat | 26 |
| | | | Sat | 14.7 |
| | | | Carbs | 58.9 |
| | | | Sugar | 33.1 |
| | | | Fibre | 1.6 |
| | | | Protein | 5.4 |
| | | | Salt | 0.4 |
| Vegan Granola Flapjack (V) | OATS (31%), Golden Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), Pumpkin Seeds (8%), Flaked ALMONDS (7%), Brown Sugar, Glucose Syrup (SULPHITES), Black Treacle, Sugar, OAT Flour, Water, Flavourings, Salt. | | per 100g | per portion (g) |
| | | | KJ | 1920 |
| | | | Kcal | 458 |
| | | | Fat | 22.2 |
| | | | Sat | 6 |
| | | | Carbs | 50.8 |
| | | | Sugar | 22.3 |
| | | | Fibre | 4.5 |
| | | | Protein | 11.5 |
| | | | Salt | 0.2 |
| White Chocolate & Lemon Blondie (V) | Brown Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MILK), White Chocolate (14%) (Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier: SOYA Lecithin; Flavouring), Free Range EGG, Lemon Curd (2%) (Water, Glucose Syrup, Sugar, Butter (MILK), Lemon Concentrate, Modified Maize Starch, Dried Free Range EGG, Thickener: Pectins; Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Acidity Regulator: Acetic Acid; Flavouring, Lemon Oil, Colours: Lutein, Carotenes), White Chocolate Flavour Coating (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin), PISTACHIO NUTS (2%), Water, Lemon Juice, Flavourings, Preservative: Potassium Sorbate; Salt. | | per 100g | per portion (g) |
| | | | KJ | 1850 |
| | | | Kcal | 442 |
| | | | Fat | 22.4 |
| | | | Sat | 13.9 |
| | | | Carbs | 55.6 |
| | | | Sugar | 33.9 |
| | | | Fibre | 0.8 |
| | | | Protein | 4 |
| | | | Salt | 0.2 |

* 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.

CHEESECAKE

| PRODUCT | INGREDIENTS | NUTRITIONAL 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), Raising Agents: Monocalcium Phosphate, Sodium Hydrogen Carbonate), Icing Sugar, Sugar, Free Range EGG , Single Cream (MILK), WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Modified Potato Starch, Maize Starch, Modified Waxy Maize Starch, Glucose Syrup, Natural Vanilla Flavouring, Acidity Regulator: Citric Acid, Raising Agent (Raising Agents: Diphosphates, Sodium Carbonates; WHEAT Flour), Natural Blackcurrant Flavouring, Stabilisers: Xanthan Gum, Locust Bean Gum, Guar Gum. | per 100g | per portion (g) |
| | | KJ 1291 | 1433 |
| 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 Acid; Colour: Curcumin; 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 Lecithin; 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. | per 100g | per portion (g) |
| | | KJ 1333 | 1413 |
| Salted Caramel & Chocolate Vegan Cheesecake (Vg) | Coconut Milk (Coconut Extract, Water), Bourbon Biscuit Crumb (21%) (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Rapeseed Oil, Sugar, Cocoa Powder, Inverted Sugar Syrup, Raising Agent: Sodium Bicarbonate, Salt), Non-Dairy Soft Cheese (15%) (Water, Coconut Oil, Stabiliser Blend (Potato Starch, Maize Starch, Modified Potato Starch, Carob Bean Gum), Coconut, Salt, Natural Flavouring, Acidity Regulator: Tri-Calcium Phosphate, Citric Acid; Colour: Carrot Juice Concentrate; Vitamin D2, Vitamin B12), Dark Couverture Chocolate (11%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Lemon Juice, Natural Vanilla Flavouring), Stabiliser Blend (Sugar, Maltodextrin, Modified Starch, Thickener: Carrageenan), Cornflour (Maize), Cocoa Butter, Stabiliser Mix (Water, Sugar, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids), Water, Speculoos Spread (Caramelised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: SOYA Lecithin; Acidity Regulator: Citric Acid), Modified Potato Starch, Low Sodium Salt (0.34%) (Potassium Chloride, Sodium Chloride, Magnesium Carbonate), Glazing Agent: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose, Cream Cheese Flavouring, Natural Vanilla Flavouring, Salt (0.03%). | per 100g | per portion (g) |
| | | KJ 1467 | 1473 |
| Sicilian Lemon Cheesecake (V) | Single Cream (MILK), Digestive Biscuit Crumb (WHEAT) (Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar, Invert Sugar Syrup, Raising Agents: Sodium Bicarbonate, Ammonium Bicarbonate; Salt), Full Fat Soft Cheese (13.2%) (Skimmed MILK , Cream (MILK), Permeate (MILK), Salt, Modified Tapioca Starch, Stabilisers (Xanthan Gum, Locust Bean Gum), Bacterial Starter Culture), Lemon Curd (12%) (Glucose Syrup, Water, Sugar, Salted Butter (MILK), Lemon Concentrate, Modified Waxy Maize Starch, Free Range Whole EGG Powder, Gelling Agent: Pectin; Acidity Regulator: Citric Acid; Emulsifier: Sunflower Lecithin; Lemon Oil, Colour: Lutein), Condensed Milk (MILK , Granulated Sugar), Margarine (Palm Oil, Rapeseed Oil, Water, Lemon Juice, Natural Vanilla Flavouring), Whipping Cream (MILK), Stabiliser Blend (Dextrose, Sugar, Modified Maize Starch), Free Range Whole EGG , Sugar, Sicilian Lemon Juice (2.2%) (From Concentrate), Stabiliser Blend (Sugar, Maltodextrin, Modified Starch, Thickener: Carrageenan), Lemon Zest, Acidity Regulator: Citric Acid. | per 100g | per portion (g) |
| | | KJ 1346 | 1561 |

CHOUXNUT

| PRODUCT | INGREDIENTS | NUTRITIONAL INFO | | |
|---------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----------------|------|
| | | per 100g | per portion (g) | |
| 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 Curfs (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 | KJ | 1253 | 1053 |
| | | Kcal | 298 | 250 |
| | | Fat | 12.6 | 10.6 |
| | | Sat | 5.4 | 4.5 |
| | | Carbs | 42.5 | 35.7 |
| | | Sugar | 33.3 | 28.0 |
| | | Fibre | 0.6 | 0.5 |
| | | Protein | 3.9 | 3.3 |
| | | Salt | 0.3 | 0.3 |
| | | Portion weight (g) | 82 | |
| 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), Shortening (Palm Oil, Rapeseed 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 Flavouring, Rapeseed 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: Beetroot Red | KJ | 1149 | 942 |
| | | Kcal | 273 | 224 |
| | | Fat | 10.8 | 8.9 |
| | | Sat | 4.7 | 3.8 |
| | | Carbs | 40.2 | 33 |
| | | Sugar | 32.8 | 26.9 |
| | | Fibre | 0.3 | 0.3 |
| | | Protein | 3.5 | 2.9 |
| | | Salt | 0.3 | 0.2 |
| | | Portion weight (g) | 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 Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Belgian Chocolate Chips (5%) (Cocoa Mass, Sugar, Dextrose, Emulsifier: SOYA Lecithin), Speculoos Spread (5%) (Caramelised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: SOYA Lecithin; Acidity Regulator: Citric Acid), Shortening (Palm Oil, Rapeseed Oil), Speculoos Biscuit Crumb (4%) (Caramelised Biscuit (WHEAT Flour, Sugar (Sugar, Sugar Syrup), Vegetable Oil (Palm Oil, Rapeseed Oil), Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon)), Sugar, Rapeseed Oil, Modified Waxy Maize Starch, Modified Potato Starch, Salt, Colour: Ammonia Caramel. | KJ | 1313 | 1155 |
| | | Kcal | 313 | 276 |
| | | Fat | 15.3 | 13.5 |
| | | Sat | 6.4 | 5.6 |
| | | Carbs | 39.8 | 35.0 |
| | | Sugar | 30.2 | 26.6 |
| | | Fibre | 0.8 | 0.7 |
| | | Protein | 4.5 | 4.0 |
| | | Salt | 0.3 | 0.3 |
| | | Portion weight (g) | 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 Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Buttermilk (Skimmed MILK , Skimmed MILK Solids, MILK Protein Concentrate), Reduced Fat Soft Cheese (Skimmed MILK , Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Sugar, Stabiliser Blend (Dextrose, Sugar, Modified Maize Starch), Glucose Syrup, Rapeseed Oil, White Chocolate Curfs (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Freeze Dried Raspberries, Modified Waxy Maize Starch, Modified Potato Starch, Salt, Natural Colour (Red Beetroot Juice Concentrate, Maltodextrin, Acidity Regulator: Citric Acid), Natural Strawberry Flavouring. | KJ | 1128 | 1094 |
| | | Kcal | 269 | 261 |
| | | Fat | 12.0 | 11.6 |
| | | Sat | 5.3 | 5.1 |
| | | Carbs | 37.0 | 35.9 |
| | | Sugar | 28.5 | 27.7 |
| | | Fibre | 0.6 | 0.5 |
| | | Protein | 4.0 | 3.9 |
| | | Salt | 0.3 | 0.3 |
| | | Portion weight (g) | 97 | |

INDIVIDUAL CAKES

| PRODUCT | INGREDIENTS | NUTRITIONAL INFO | | |
|-------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----------------|------|
| | | per 100g | per portion (g) | |
| Cherry Bakewell Crumble Cake (V) | Sugar, Cherry Filling (19%) (Dark Cherry, Sugar, Water, Modified Starch, Elderberry Concentrate, Flavouring, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate)), Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Free Range Pasteurised EGG , Rapeseed Oil, White Fudge Icing (Sugar, Glucose Syrup, Palm Oil, Rapeseed Oil, Water, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Sodium Stearoyl - 2 Lactylate), Salt, Stabiliser (Agar), Preservative (Potassium Sorbate), Colour (Titanium Dioxide)), Butter (MILK), Water, Amaretti Biscuit (3%) (Sugar, Apricot Kernels, EGG White, Corn Flour, WHEAT flour, Rice Flour, Wholemeal WHEAT Flour, Raising Agents (Sodium Carbonate Acid, Ammonium Carbonate Acid), Natural Flavouring), Almond Flakes (3%) (NUTS), Potato Starch, WHEAT Gluten, Natural Flavouring Substances, Whey Powder (MILK), Salt, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Acidity Regulator (Citric Acid). | KJ | 1618 | 1489 |
| | | Kcal | 386 | 357 |
| | | Fat | 17 | 15.9 |
| | | Sat | 4.2 | 3.9 |
| | | Carbs | 52.8 | 49.5 |
| | | Sugar | 34.9 | 32.6 |
| | | Fibre | 1.2 | 1.1 |
| | | Protein | 4.8 | 4.5 |
| | | Salt | 0.6 | 0.6 |
| | | Portion weight (g) | 94 | |
| 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 (MILK), Ground ALMONDS , Demerara Sugar, Baking Powder (Raising Agents: Disodium Diphosphates, Potassium Hydrogen Carbonate), Natural Flavourings, Preservative: Potassium Sorbate; Salt. | KJ | 1723 | 1378 |
| | | Kcal | 413 | 330 |
| | | Fat | 22.0 | 17.6 |
| | | Sat | 3.6 | 2.9 |
| | | Carbs | 46.6 | 37.3 |
| | | Sugar | 20.7 | 16.6 |
| | | Fibre | 1.9 | 1.5 |
| | | Protein | 5.9 | 4.7 |
| | | Salt | 0.3 | 0.3 |
| | | Portion weight (g) | 80 | |
| 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 (of SOY), thickeners: E415, E463; WHEAT starch, cocoa butter, natural flavours, vegetable fibres. | KJ | 1119 | 1231 |
| | | Kcal | 267 | 294 |
| | | Fat | 11.0 | 12.1 |
| | | Sat | 8.8 | 9.7 |
| | | Carbs | 38.0 | 41.8 |
| | | Sugar | 28.0 | 30.8 |
| | | Protein | 1.2 | 1.3 |
| | | Salt | 0.11 | 0.12 |
| | | Portion weight (g) | 110 | |

COOKIES

| PRODUCT | INGREDIENTS | NUTRITIONAL INFO | |
|-----------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----------------|
| | | per 100g | per portion (g) |
| Oat, Raisin & Pumpkin Seed Cookie* (Vg) | Sugar, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), OATS (14%), Raisins (13%), Pumpkin Seeds (11%), Palm Oil, Water, Rapeseed Oil, Glucose-fructose Syrup, Raising Agent (Sodium Bicarbonate), WHEAT Fibre, Invert Sugar, Cinnamon, Mixed Spice, Sunflower Oil. | KJ | 1766 |
| | | Kcal | 421 |
| | | Fat | 17.6 |
| | | Sat | 5.5 |
| | | Carbs | 55.4 |
| | | Sugar | 30.6 |
| | | Fibre | 4.0 |
| | | Protein | 8.2 |
| | | Salt | 1.0 |
| | | Portion weight (g) | 73 |
| Belgian Chocolate Cookie* (V) | Fortified wheat flour (WHEAT flour, calcium carbonate, iron, nicotin, thiamin), sugar, palm oil, milk chocolate (11%) (sugar, cocoa mass, whole MILK powder, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring), dark chocolate (11%) (cocoa mass, sugar, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring), free range whole EGG , butter (MILK), rapeseed oil, glucose-fructose syrup, WHEAT fibre, raising agents (monocalcium phosphate, potassium hydrogen carbonate), lactose powder (MILK), invert sugar, whey powder (MILK), natural flavouring, salt. | per 100g | per portion (g) |
| | | KJ | 2037 |
| | | Kcal | 487 |
| | | Fat | 25.8 |
| | | Sat | 12.5 |
| | | Carbs | 56.6 |
| | | Sugar | 32.2 |
| | | Fibre | 2.8 |
| | | Protein | 5.7 |
| | | Salt | 0.1 |
| Dark Chocolate & Almond Cookie (Vg) | Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Brown Sugar, Dark Chocolate (14%) (Cocoa Mass, 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, WHEAT Fibre, Sea Salt. | per 100g | per portion (g) |
| | | KJ | 1837 |
| | | Kcal | 438 |
| | | Fat | 18.0 |
| | | Sat | 9.0 |
| | | Carbs | 59.2 |
| | | Sugar | 36.5 |
| | | Fibre | 4.0 |
| | | Protein | 7.8 |
| | | Salt | 0.8 |
| Milk Chocolate Chunk Cookie* (V) | Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, MILK Chocolate Chunks (20%) (Sugar, Whole MILK Powder, Cocoa Butter, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Glucose-Fructose Syrup, Unsalted 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. | per 100g | per portion (g) |
| | | KJ | 1830 |
| | | Kcal | 434 |
| | | Fat | 16.8 |
| | | Sat | 8.9 |
| | | Carbs | 67 |
| | | Sugar | 42.4 |
| | | Fibre | 2.6 |
| | | Protein | 4.9 |
| | | Salt | 0.5 |
| Oat & Raisin Cookie* (V) | 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), Natural Flavouring, WHEAT Fibre, Lactose Powder (MILK), Vegetarian Whey Powder (MILK), Mixed Spice, Cinnamon, Salt | per 100g | per portion (g) |
| | | KJ | 1723 |
| | | Kcal | 410 |
| | | Fat | 14.0 |
| | | Sat | 6.5 |
| | | Carbs | 64.9 |
| | | Sugar | 40.1 |
| | | Fibre | 2.8 |
| | | Protein | 4.8 |
| | | Salt | 0.4 |

* 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.

SAVOURY PASTRIES & ROLLS

| PRODUCT | | INGREDIENTS | NUTRITIONAL 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, Cornflour, Sunflower Oil, Garlic, Olive Oil, Rosemary, Cracked Black Pepper, Dried Oregano, Emulsifier: E471, Sugar, Garlic Powder, Yeast, Lemon Juice. | | per 100g | per portion (g) |
| | | KJ | 1133 | 1473 |
| | | Kcal | 272 | 354 |
| | | Fat | 16 | 20.8 |
| | | Sat | 7.9 | 10.3 |
| | | Carbs | 26.5 | 34.5 |
| | | Sugar | 4.8 | 6.2 |
| | | Fibre | 2.4 | 3.1 |
| | | Protein | 4.2 | 5.5 |
| | | Salt | 0.9 | 1.2 |
| | | Portion weight (g) | 130 | |
| Pork & Pancetta Sausage Roll | Pork (37%), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Caramelised Red Onion (Red Onion, Demerara Sugar, Red Wine Vinegar, Muscovado Sugar, Modified Tapioca Starch, Red Kibbled Onions, Salt, Ground Black Pepper), Margarine (Palm Oil, Water, Rapeseed Oil, Salt, Emulsifier: Mono & Di-Glycerides Of Fatty Acids), Regatto Cheese (MILK), Breadcrumbs (WHEAT Flour [WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Water, Yeast, Salt), Smoked Pancetta (3%) (Pork, Salt, Antioxidant (Sodium Ascorbate), White Pepper, Nutmeg, Dried Garlic, Preservatives (Potassium Nitrate, Sodium Nitrite), Coriander Extract), Smoked Bacon Lardon (3%) (Pork (98%), Water, Salt, Preservative: Sodium Nitrite; Dextrose, Brown Sugar, Smoke Flavour, Stabiliser: Potassium And Sodium Tri-Phosphates; Antioxidant; Sodium L-Ascorbate), Honey, Sage, Paprika, Salt, Glaze (Water, Wheat Protein), Garlic Puree, Drinde, Black Pepper, Ground Fennel, Oregano, Rosemary. | | per 100g | per portion (g) |
| | | KJ | 1274 | 1657 |
| | | Kcal | 305 | 397 |
| | | Fat | 17 | 22 |
| | | Sat | 7.3 | 9.5 |
| | | Carbs | 23 | 30 |
| | | Sugar | 4.3 | 5.7 |
| | | Protein | 15 | 19 |
| | | Salt | 2 | 2.6 |
| | | | | Portion weight (g) |
| 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 | per portion (g) |
| | | KJ | 1401 | 1429 |
| | | Kcal | 335 | 342 |
| | | Fat | 20 | 21 |
| | | Sat | 13 | 13 |
| | | Carbs | 23 | 24 |
| | | Sugar | 4.3 | 4.4 |
| | | Protein | 15 | 15 |
| | | Salt | 0.8 | 0.8 |
| | | | | Portion weight (g) |
| 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 (Rapeseed, Palm), Water, Reconstituted Butter MILK (3%), Salt (1.5%), Emulsifier (Mono and Di Glyceride of Fatty Acids), Stabiliser (Sodium Alginate), Preservative (Potassium Sorbate), Vitamin A & D, Flavouring, Colour (Carotenes)]. | | per 100g | per portion (g) |
| | | KJ | 1038 | 1351 |
| | | Kcal | 248 | 323 |
| | | Fat | 9.3 | 12 |
| | | Sat | 2.5 | 3.3 |
| | | Carbs | 28 | 37 |
| | | Sugar | 4.1 | 5.3 |
| | | Protein | 12 | 16 |
| | | Salt | 1.9 | 2.5 |
| | | | | Portion weight (g) |
| 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 | per portion (g) |
| | | KJ | 1315 | 811 |
| | | Kcal | 309 | 191 |
| | | Fat | 0.7 | 0.4 |
| | | Sat | 0.2 | 0.1 |
| | | Carbs | 63.6 | 39.2 |
| | | Sugar | 1.6 | 0.9 |
| | | Fibre | 3.7 | 2.3 |
| | | Protein | 10.4 | 6.4 |
| | | Salt | 1.6 | 0.9 |
| | | Portion weight (g) | 74 | |

PANINI

| PRODUCT | INGREDIENTS | NUTRITIONAL INFO | | |
|----------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----------------|------|
| All Day Breakfast 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 Treatment Agent (Ascorbic Acid)], Scrambled EGG & Cheese (23%) [Scrambled EGG (EGG , Water, Rapeseed Oil, Buttermilk Powder (MILK), Cornflour, Salt, White Pepper, Antioxidant (Citric Acid), Thickener (Xanthan Gum), Preservative (Lactic Acid)], Bechamel Sauce (Skimmed MILK , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Maize Starch, Salt, Emulsifier (SOYA Lecithin)], Cheddar Cheese (MILK), Black Pepper, Salt), WHEAT Starch, Calcium Carbonate, Iron, Thiamin, Niacin), Salt), WHEAT Starch, Rapeseed Oil, Parsley, Salt, Dextrose, Sage, Beef Collagen Casing, Fortified WHEAT Flour, Stabiliser (Sodium Triphosphate), WHEAT Protein, Spice & Spice Herb Extracts (Pepper, Nutmeg, Chilli, Clove, Coriander Sage, Thyme, Pimento)], Coffee Bacon (7%) [Pork Belly, Sugar, Salt, Cold Brewed Coffee, Stabiliser (Sodium Triphosphate), Maltodextrin, Natural Flavouring, Anticaking Agent (Calcium Silicate), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)]. | per 100g | per portion (g) | |
| | | KJ | 1024 | 1772 |
| | | Kcal | 245 | 424 |
| | | Fat | 8.1 | 14 |
| | | Sat | 2.8 | 4.9 |
| | | Carbs | 30 | 52 |
| | | Sugar | 3.5 | 6 |
| | | Protein | 12 | 21 |
| | | Salt | 1.0 | 1.7 |
| | | Portion weight (g) | 173 | |
| Chargrilled Chicken & Pesto Panini | Sourdough Panini (49%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Chargrilled Chicken (18%) [Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Emulsifier (Sodium Triphosphate), Potato Starch, Whey Protein (MILK), Stabiliser (Guar Gum), Salt, Vinegar, Yeast Extract], Basil Pesto (7.7%) [Basil Puree (Basil, Sunflower Oil, Salt), Sunflower Oil, Medium Fat Hard Cheese (MILK)], Bechamel (Skimmed (MILK), Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Palm Oil, Butter (MILK), modified Maize Starch, Salt, Emulsifier (Lecithin) (SOYA)], Tomato, Spinach, Regato Cheese (MILK). | per 100g | per portion (g) | |
| | | KJ | 895 | 1906 |
| | | Kcal | 214 | 456 |
| | | Fat | 7.4 | 16 |
| | | Sat | 2 | 4.3 |
| | | Carbs | 24 | 52 |
| | | Sugar | 2.5 | 5.3 |
| | | Protein | 11 | 24 |
| | | Salt | 1.2 | 2.6 |
| | | Portion weight (g) | 213 | |
| Ham & Mozzarella Panini | Sourdough Panini (58%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Ham (22%) [Pork, Water, Glucose Syrup, Emulsifiers (Triphosphates, Diphosphates), Salt, Antioxidant (Sodium Ascorbate), Dextrose, Spice Extracts, Preservative (Sodium Nitrite)], Mozzarella (11%) Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Palm Oil, Butter (MILK), Modified Maize Starch, Salt, Emulsifier (Lecithin) (SOYA)], Mature Cheddar Cheese (3%) (MILK). | per 100g | per portion (g) | |
| | | KJ | 974 | 1753 |
| | | Kcal | 233 | 419 |
| | | Fat | 6.8 | 12 |
| | | Sat | 3.3 | 5.9 |
| | | Carbs | 28 | 50 |
| | | Sugar | 3.2 | 5.8 |
| | | Protein | 14 | 25 |
| | | Salt | 1.3 | 2.3 |
| | | Portion weight (g) | 180 | |
| Mozzarella & Tomato Panini (V) | Sourdough Panini (54%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Mozzarella (21%) (MILK), Tomato (12%), Cheddar Cheese (MILK), Basil Pesto (6.4%) [Basil, Sunflower Oil, Salt), Sunflower Oil, Medium Fat Hard Cheese (MILK)]. | per 100g | per portion (g) | |
| | | KJ | 1101 | 2136 |
| | | Kcal | 263 | 510 |
| | | Fat | 12 | 23 |
| | | Sat | 2.1 | 4.1 |
| | | Carbs | 27 | 52 |
| | | Sugar | 2.5 | 4.9 |
| | | Protein | 12 | 23 |
| | | Salt | 1.0 | 2.0 |
| | | Portion weight (g) | 194 | |
| Tuna Melt Panini | Sourdough Panini (50%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Tuna Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG , Free Range EGG Yolk, Spirit Vinegar, Salt, Sugar, Flavouring, Lemon Juice Concentrate, Antioxidant (Calcium Disodium EDTA)], Red Pepper, Slow Roast Tomatoes (8%) [Slow Roast Tomatoes, Rapeseed Oil, Salt, Garlic, Oregano], Red Onion, Cornflour, Parsley, Lemon Zest, Cracked Black Pepper], Cheddar Cheese (12%) MILK). | per 100g | per portion (g) | |
| | | KJ | 1187 | 2493 |
| | | Kcal | 284 | 596 |
| | | Fat | 14 | 29 |
| | | Sat | 3.3 | 6.9 |
| | | Carbs | 26 | 55 |
| | | Sugar | 2.7 | 5.7 |
| | | Protein | 12 | 25 |
| | | Salt | 0.9 | 1.8 |
| | | Portion weight (g) | 210 | |
| 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%. | per 100g | per portion (g) | |
| | | KJ | 786 | 1481 |
| | | Kcal | 188 | 354 |
| | | Fat | 2.6 | 4.9 |
| | | Sat | 0.4 | 0.7 |
| | | Carbs | 30.0 | 56.0 |
| | | Sugar | 4.4 | 8.4 |
| | | Protein | 11.0 | 20.0 |
| | | Salt | 0.8 | 1.5 |
| | | Portion weight (g) | 188 | |

TOSTATI

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

BAGUETTES & ROMANAS

| PRODUCT | INGREDIENTS | NUTRITIONAL 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 (Spiri 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 (9%). | per 100g | per portion (g) | |
| | | KJ | 932 | 1631 |
| NEW Chargrilled Chicken & Tomato Romana | Romana Bread (45%) [WHEAT Flour, Water, Olive oil, Salt, Sourdough (GLUTEN), WHEAT GLUTEN, Yeast, Raising agent (E450, E500), Emulsifier (E472e), Dextrose, Malted WHEAT, Rapeseed oil, Enzyme], Chargrilled Chicken (25%) [Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Emulsifier (E451), Potato Starch, Whey Protein (MILK), Stabiliser (E412), Salt, Vinegar, Yeast Extract], Soft Cheese & Sundried Tomato Mix (14%) [Soft Cheese (MILK), Mayonnaise (Rapeseed Oil, Water, Pasteurised Liquid EGG, Acidity Regulators (E260), (E330), Sugar, Salt, Modified Maize Starch, Spice (MUSTARD), Stabiliser (E415), Preservative (E202)), Semi-dried Sundried Tomato, Black Pepper], Caesar Mayonnaise Mix (8%) [Mayonnaise (Rapeseed Oil, Water, Pasteurised Liquid EGG, Acidity Regulators (E260), (E330), Sugar, Salt, Modified Maize Starch, Spice (MUSTARD), Stabiliser (E415), Preservative (E202)), Caesar dressing (Rapeseed Oil, Water, Caesar Dressing Premix (Spiri Vinegar, Water, Garlic Puree (Water, Dried Garlic, Acidity Regulator (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 Yolk, 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 Powder, Ground Ginger, Ground Cloves, Acidity Regulator (E330), Malt Extract (from BARLEY)), Salt, Cracked Black Pepper, Preservative (E202), Stabiliser (E415), Natural Flavouring (Contains MILK), Green Pesto (Basil Puree 59% (Basil, Sunflower Oil, Salt), Sunflower Oil, Vegetarian Med Hard Fat Cheese (MILK)), Rocket. (8%). | per 100g | per portion (g) | |
| | | KJ | 852 | 1546 |
| | | Kcal | 204 | 370 |
| | | Fat | 10.0 | 18.0 |
| | | Sat | 2.1 | 3.8 |
| | | Carbs | 19.0 | 34.0 |
| | | Sugar | 1.0 | 1.9 |
| | | Fibre | 2.1 | 3.8 |
| | | Protein | 10.0 | 19.0 |
| | | Salt | 1.3 | 2.3 |
| Irish 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 pork (20%) [Pork, Water, Glucose Syrup, Emulsifiers (Triphosphates, Diphosphates), Salt, Antioxidant (Sodium Ascorbate), Dextrose, Spice Extracts, Preservative (Sodium nitrite)], Cheddar (20%) [MILK], Spread (3%) [Vegetable Oils in varying proportions (Rapeseed, Palm, Sunflower), Water, Salt, BUTTERMILK, Preservative (E202), Acidity Regulator (E330), Emulsifier (E471), Flavouring, Colour (E160a), Vitamins A and D]. | per 100g | per portion (g) | |
| | | KJ | 1043 | 2097 |
| | | Kcal | 249 | 501 |
| | | Fat | 10 | 20 |
| | | Sat | 5.2 | 10 |
| | | Carbs | 26 | 53 |
| | | Sugar | 0.5 | 1.0 |
| | | Fibre | 1.2 | 2.4 |
| | | Protein | 13 | 26 |
| | | Salt | 2.2 | 4.4 |
| 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]. | per 100g | per portion (g) | |
| | | KJ | 949 | 1946 |
| | | Kcal | 227 | 465 |
| | | Fat | 5.6 | 11 |
| | | Sat | 3.3 | 6.8 |
| | | Carbs | 30 | 61 |
| | | Sugar | 4.1 | 8.4 |
| | | Fibre | 1.2 | 2.5 |
| | | Protein | 13 | 27 |
| | | Salt | 1.6 | 3.2 |

SOUP & MEAL POTS

| PRODUCT | INGREDIENTS | NUTRITIONAL 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)]. | per 100g | per portion (g) | |
| | | KJ | 244 | 757 |
| 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]. | per 100g | per portion (g) | |
| | | KJ | 657 | 1807 |
| | | Kcal | 157 | 432 |
| | | Fat | 6.8 | 19.0 |
| | | Sat | 2.1 | 5.7 |
| | | Carbs | 17.0 | 48.0 |
| | | Sugar | 1.3 | 3.6 |
| | | Fibre | 1.7 | 4.8 |
| | | Protein | 6.2 | 17.0 |
| | | Salt | 0.59 | 1.62 |
| NEW Beef Bolognese 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, Cornflour, 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]. | per 100g | per portion (g) | |
| | | KJ | 701 | 1682 |
| | | Kcal | 168 | 402 |
| | | Fat | 7.3 | 18 |
| | | Sat | 2.4 | 5.7 |
| | | Carbs | 18 | 43 |
| | | Sugar | 2.6 | 6.2 |
| | | Fibre | 1.3 | 3.1 |
| | | Protein | 7.7 | 18 |
| | | Salt | 0.8 | 1.9 |

BISCUITS & SNACKS

| PRODUCT | | INGREDIENTS | NUTRITIONAL INFO | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|------------------|--------------------|
| Almond Biscotti (V) | WHEAT flour, sugar, ALMONDS (15%), EGG, EGG yolk, butter, honey, partly skimmed MILK, raising agent: E 503 (ammonium bicarbonate), salt, natural flavour (orange), flavours. | | per 100g | per portion (g) |
| | | KJ | 1841 | 618 |
| | | Kcal | 440 | 130 |
| | | Fat | 14.5 | 3.0 |
| | | Sat | 2.71 | 1.0 |
| | | Carbs | 66.5 | 22.0 |
| | | Sugar | 31.0 | 11.0 |
| | | Fibre | 2.7 | 0 |
| | | Protein | 9.6 | 3.0 |
| | | Salt | 1.6 | 0.05 |
| | | Portion weight (g) | 37 | |
| Caramel Waffle (V) | Glucose fructose syrup, wheat flour, sugar, palm fat, concentrated butter (MILK), sugar syrup, SOYA flour, rapeseed oil, salt, dextrin (WHEAT), emulsifiers (SOYA lecithin, mono- and diglycerides of fatty acids), raising agent (sodium carbonates), cinnamon, acidity regulator (citric acid), natural Bourbon vanilla. | | per 100g | per portion (g) |
| | | KJ | 1786 | 1411 |
| | | Kcal | 425 | 336 |
| | | Fat | 16 | 12.6 |
| | | Sat | 9 | 7.1 |
| | | Carbs | 66 | 52.1 |
| | | Sugar | 38 | 30 |
| | | Fibre | 1.5 | 1.2 |
| | | Protein | 3.5 | 2.8 |
| | | Salt | 0.6 | 0.5 |
| | | Portion weight (g) | | |
| Chocolate Coated Coffee Beans (Vg) | Sugar, Cocoa paste, Roasted coffee beans, Cocoa butter, Cocoa powder, Emulsifier: SOYA lecithin, Thickener: Arabic gum, Flavours. (Cocoa minimum 56%). May contains traces of: WHEAT, MILK and NUTS. | | per 100g | per portion (g) |
| | | KJ | 2276 | 569 |
| | | Kcal | 546 | 136 |
| | | Fat | 32 | 8.0 |
| | | Sat | 19 | 4.7 |
| | | Carbs | 56 | 14.0 |
| | | Sugar | 41.0 | 10.2 |
| | | Fibre | 6.7 | 1.7 |
| | | Protein | 6.1 | 1.5 |
| | | Salt | 0.04 | 0.01 |
| | | Portion weight (g) | 25 | |
| Dark Chocolate & Hazelnut Chocolate Bar (V) | Dark chocolate 57% [sugar, cocoa mass, cocoa butter, emulsifier: SOY lecithin, natural vanilla flavour], hazelnut cream 43% [sugar, vegetable fats (coconut, palm kernel oil, shea butter in variable proportions), HAZELNUTS (14%), skimmed cocoa powder, whey powder (contains MILK), emulsifier: SOY lecithin, natural vanilla flavour, nibbed HAZELNUTS (11.5%)] | | per 100g | per portion (g) |
| | | KJ | 2338 | 409 |
| | | Kcal | 562 | 98 |
| | | Fat | 38 | 6.7 |
| | | Sat | 24 | 4.2 |
| | | Carbs | 48 | 8.4 |
| | | Sugar | 46.0 | 8.1 |
| | | Fibre | 5.8 | 1.0 |
| | | Protein | 4.5 | 0.8 |
| | | Salt | 0.1 | 0.02 |
| | | Portion weight (g) | 17.5 | |
| Fruit Teacake (Vg) | Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sultanas (9.5%) (Sultanas, Water, Sunflower Oil, Preservative (E202)), Raisins (9.5%) (Raisins, Water, Sunflower Oil, Preservative (E202)), Citrus Peel (6%) (Glucose Syrup, Orange Peel, Lemon Peel, Fructose Syrup, Acidity Regulator (E330), Preservatives: (SULPHUR DIOXIDE, E202)), Sweetened Dried Cranberries (5%) (Cranberries, Sugar, Sunflower Oil), Sugar, Yeast, Humectant (Glucose Syrup, Water, Acidity Regulator (E260)), Bread Fat (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471)), Dough Conditioner (Calcium Sulphate, SOYA Flour, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Emulsifier (E472e), Flour Treatment Agent (E300), Enzymes), Water, Emulsifiers (E471, E472e), Acidity Regulators (E260, E525), Salt. | | per 100g | per portion (g) |
| | | KJ | 1200 | 1152 |
| | | Kcal | 283 | 272 |
| | | Fat | 2.5 | 2.4 |
| | | Sat | 0.8 | 0.7 |
| | | Carbs | 56.2 | 53.9 |
| | | Sugar | 22.0 | 21.1 |
| | | Fibre | 3.8 | 3.6 |
| | | Protein | 7.3 | 7.0 |
| | | Salt | 0.2 | 0.2 |
| | | Portion weight (g) | 96 | |
| Gianduja Chocolate (V) | Sugar, HAZELNUTS (30%), cocoa mass, cocoa butter, emulsifier: SOY lecithin, natural vanilla flavour. Cocoa solids: 23% min. May contain traces of MILK. | | per 100g | per portion (g) |
| | | KJ | 2416 | 242 |
| | | Kcal | 581 | 58 |
| | | Fat | 40 | 4.0 |
| | | Sat | 15 | 1.5 |
| | | Carbs | 47 | 4.7 |
| | | Sugar | 44.0 | 4.4 |
| | | Protein | 5.7 | 0.6 |
| | | Salt | 0.03 | 0.0 |
| | | | | Portion weight (g) |
| Gino Gingerbread Man (V) | WHEAT Flour (contains Calcium carbonate, Iron, Niacin and Thiamin), Sugar, Margarine (Palm Oil, Water, Palm Stearin, Rapeseed Oil, Salt, Lemon Juice concentrate), Golden Syrup (Partially Inverted Refiners Syrup), Glucose Syrup, Icing [Sugar, Palm Fat, Glucose Syrup, Water, Icing Sugar, Emulsifiers (Sunflower Lecithin, Polysorbate 60), Natural Colour (Titanium dioxide), Acid (Acetic acid), Preservative (Potassium Sorbate), Natural Flavouring, Gelling Agent (Pectin)], Humectant (Glycerine), EGG, Molasses, Rice Starch, Ground Ginger, Ground Mixed Spice (Cinnamon, Coriander, Ginger, Allspice, Nutmeg, Cloves), Ground Cassia, Thickener (Xanthan Gum), Raising Agent (Bicarbonate of Soda), Natural Colours (Curcumin, Beetroot Extract, Spirulina), Butter Flavouring. | | per 100g | per portion (g) |
| | | KJ | 1711 | 1249 |
| | | Kcal | 406 | 296 |
| | | Fat | 9.9 | 7.2 |
| | | Sat | 4.5 | 3.3 |
| | | Carbs | 72.8 | 53.1 |
| | | Sugar | 29.5 | 21.5 |
| | | Fibre | 1.9 | 1.4 |
| | | Protein | 5.4 | 3.9 |
| | | Salt | 0.5 | 0.3 |
| | | Portion weight (g) | 73 | |
| NEW RECIPE Gino & Ginnie Gingerbread (V) | Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Partially Inverted Refiners Syrup, Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (Mono- And Diglycerides Of Fatty Acids), Flavouring, Colours (Annatto Bixin, 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, Fennel, Cloves, Cardamon), Raising agent (Bicarbonate Of Soda), Water, Colours (Plant Extracts (Safflower, Spirulina), Trehalose, Concentrates (Radish, Carrot), Lutein), Acidity Regulator (Sodium Citrates, Citric Acid). | | per 100g | per portion (g) |
| | | KJ | 1726 | 1260 |
| | | Kcal | 402 | 293 |
| | | Fat | 12.4 | 9.1 |
| | | Sat | 4.5 | 3.3 |
| | | Carbs | 67.5 | 49.3 |
| | | Sugar | 39.1 | 28.5 |
| | | Fibre | 1.6 | 1.2 |
| | | Protein | 4.3 | 3.1 |
| | | Salt | 1.0 | 0.7 |
| We have changed supplier of our Gino and Ginnie Gingerbread. There are different Allergens, Ingredients and Nutritional Information than the previous version. Please check in store which stock they have before your purchase. | | Portion weight (g) | 73 | |

BISCUITS & SNACKS

| PRODUCT | INGREDIENTS | NUTRITIONAL INFO | |
|--------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----------------|
| | | per 100g | per portion (g) |
| Leone Mints (Vg) | Sugar, Thickening agents: Arabic gum, tragacanth; Piedmont peppermint essential oil. | KJ 1663 | 499 |
| | | Kcal 391 | 117 |
| | | Fat 0 | 0 |
| | | Sat 0 | 0 |
| | | Carbs 97 | 29 |
| | | Sugar 97 | 29 |
| | | Protein 0.2 | 0 |
| | | Salt 0.0 | 0 |
| | | Portion weight (g) | 30 |
| | | | |
| 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 powder, malt extract, salt, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier SOYA lecithin, HAZELNUTS , vanilla pods (Bourbon). May contain ALMONDS. | per 100g | per portion (g) |
| | | KJ 2136 | 964 |
| | | Kcal 511 | 231 |
| | | Fat 26 | 12 |
| | | Sat 22 | 10 |
| | | Carbs 59 | 26 |
| | | Sugar 28.0 | 13.0 |
| | | Protein 7.7 | 3.5 |
| | | Salt 0.3 | 0.1 |
| | | Portion weight (g) | 45 |
| 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. | per 100g | per portion (g) |
| | | KJ 2169 | 978 |
| | | Kcal 519 | 234 |
| | | Fat 27 | 12 |
| | | Sat 20 | 8.9 |
| | | Carbs 59 | 27 |
| | | Sugar 26 | 12 |
| | | Protein 8.1 | 3.6 |
| | | Salt 0.3 | 0.2 |
| | | Portion weight (g) | 45 |
| 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) |
| | | KJ 2188 | 985 |
| | | Kcal 523 | 235 |
| | | Fat 27 | 12 |
| | | Sat 23 | 11 |
| | | Carbs 61 | 28 |
| | | Sugar 31 | 14 |
| | | Protein 7.8 | 3.5 |
| | | Salt 0.4 | 0.2 |
| | | Portion weight (g) | 45 |
| Metcalfes® 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%). | per 100g | per portion (g) |
| | | KJ 1997 | 339 |
| | | Kcal 476 | 81 |
| | | Fat 19.3 | 3.3 |
| | | Sat 11.1 | 1.9 |
| | | Carbs 66.9 | 11.4 |
| | | Sugar 31.4 | 5.3 |
| | | Fibre 1.9 | 0.3 |
| | | Protein 6 | 1.0 |
| | | Salt 0.1 | 0.02 |
| Milk Chocolate Stracciatella Bar (V) | Milk chocolate 57% (sugar, MILK powder, cocoa butter, cocoa mass, emulsifier: SOY lecithin, natural vanilla flavour), milk cream 43% [vegetable fats (coconut, palm kernel oil, shea butter in variable proportions), sugar, skimmed MILK powder, whey powder (contains MILK), emulsifier: SOY lecithin, natural vanilla flavour, cocoa chips (11.5%)] | per 100g | per portion (g) |
| | | KJ 2380 | 417 |
| | | Kcal 572 | 100 |
| | | Fat 39 | 6.8 |
| | | Sat 24 | 4.2 |
| | | Carbs 47 | 8.2 |
| | | Sugar 46.0 | 8.1 |
| | | Fibre 3.7 | 0.6 |
| | | Protein 6.6 | 1.2 |
| | | Salt 0.2 | 0.0 |
| 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. <i>May contain traces of NUTS and SOY.</i> | per 100g | per portion (g) |
| | | KJ 1548 | 1548 |
| | | Kcal 368 | 368 |
| | | Fat 14 | 14 |
| | | Sat 8.5 | 8.5 |
| | | Carbs 52 | 52 |
| | | Sugar 28.0 | 28.0 |
| | | Fibre 1.4 | 1.4 |
| | | Protein 7.9 | 7.9 |
| | | Salt 0.5 | 0.5 |
| | | Portion weight (g) | 100 |

BISCUITS & SNACKS

| PRODUCT | INGREDIENTS | NUTRITIONAL INFO | |
|----------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----------------|
| Vegan Fruit Flapjack (Vg) | OATS (31%), Soft Brown Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono - and - Diglycerides of Fatty Acids)), Golden Syrup, Raisins (8%) (Raisins, Sunflower Oil), Mixed Peel (6%) (Orange peel, Lemon Peel, Glucose Fructose Syrup, Sugar, Acidity Regulator (Citric acid)), Cranberries (4%) (cranberries, Sugar, Sunflower Oil), PISTACHIO NUTS (1%), Salt. May contain traces of other NUTS. | per 100g | per portion (g) |
| | | KJ 1882 | 1321 |
| | | Kcal 449 | 315 |
| | | Fat 17.7 | 12.4 |
| | | Sat 6.2 | 4.4 |
| | | Carbs 69.6 | 48.9 |
| | | Sugar 46.0 | 32.3 |
| | | Fibre 4.7 | 3.3 |
| | | Protein 4.6 | 3.2 |
| | | Salt 0.7 | 0.5 |
| | | Portion weight (g) | 60 |
| Vegan Stem Ginger Biscuit (Vg) | WHEAT flour (WHEAT flour, Calcium carbonate, Iron, Niacin, Thiamin), Partially inverted refiners syrup, Sugar, Margarine (Palm oil, Rapeseed oil, Salt, Colours (Annatto, Curcumin), Natural flavouring), Stem Ginger (4.6%)(Ginger, Sugar), Ground ginger, Raising Agent (Sodium bicarbonate, Ammonium bicarbonate). | per 100g | per portion (g) |
| | | KJ 1853 | 558 |
| | | Kcal 440 | 133 |
| | | Fat 14.2 | 4.3 |
| | | Sat 5.6 | 1.7 |
| | | Carbs 72.3 | 21.7 |
| | | Sugar 37.7 | 11.3 |
| | | Protein 4.9 | 1.5 |
| | | Salt 0.6 | 0.2 |
| | | Portion weight (g) | 30 |
| Wrapped Gluten Free Chocolate Brownie Bar (V, GF) | EGG , Dark Chocolate (19%) (Cocoa Solids, Sugar, Emulsifier: Sunflower Lecithin), Sugar, Rapeseed Oil, Ground ALMONDS , Chocolate Chips (6%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Sunflower Lecithin), White Rice Flour, Citrus Fibre (Maize, Maize Starch, Citrus Fibre), Tapioca Starch, Humectant (Glucose Syrup, Water, Acid Regulator: E260), Water, Acid: Ascorbic Acid; Preservative: Potassium Sorbate; Raising Agents: E341, E500. | per 100g | per portion (g) |
| | | KJ 2103 | 1052 |
| | | Kcal 505 | 252 |
| | | Fat 31.5 | 15.8 |
| | | Sat 7.4 | 3.7 |
| | | Carbs 47.6 | 23.8 |
| | | Sugar 28.4 | 14.2 |
| | | Fibre 3.8 | 1.9 |
| | | Protein 5.7 | 2.9 |
| | | Salt 0.1 | 0.1 |
| | | Portion weight (g) | 50 |
| Wrapped Shortbread (V) | WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (33%)(MILK), Icing Sugar, Light Brown Sugar (Sugar, Molasses). | per 100g | per biscuit (g) |
| | | KJ 2199 | 550 |
| | | Kcal 526 | 132 |
| | | Fat 28.2 | 7.1 |
| | | Sat 18.6 | 4.7 |
| | | Carbs 62.3 | 15.6 |
| | | Sugar 22.9 | 5.7 |
| | | Protein 5.4 | 1.4 |
| | | Salt 0.7 | 0.2 |
| | | Portion weight (g) | 25 |
| Chocolate & Yoghurt Covered Raisins (V, GF) | Milk Chocolate Raisins (50%) (MILK Chocolate Coating (Sugar, MILK Powder, Cocoa Butter, Cocoa Mass, Palm Oil, Whey (MILK), Emulsifier: Sunflower Lecithin, Glazing Agents: Gum Arabic, Shellac), Raisins (Raisins, Sunflower Oil)), Yoghurt Coated Raisins (50%) (Yoghurt Flavoured Coating (Sugar, Palm Oil, Whey Powder (MILK), Rice Flour, Yoghurt Powder (3%) (MILK), Emulsifier: Sunflower Lecithin, Glazing Agents: Shellac, Gum Arabic), Raisins (Raisins, Sunflower Oil)). | per 100g | per portion (g) |
| | | KJ 1829 | 695 |
| | | Kcal 437 | 166 |
| | | Fat 18.0 | 6.8 |
| | | Sat 11.2 | 4.3 |
| | | Carbs 64.7 | 24.6 |
| | | Sugar 63.3 | 24.1 |
| | | Fibre 1.0 | 0.4 |
| | | Protein 3.6 | 1.4 |
| | | Salt 0.30 | 0.09 |
| | | Portion weight (g) | 40 |
| Fruit & Nut Mix (Vg) | Almonds (NUTS) (30%), Pistachios (NUTS) (25%), Dried Sweetened Cranberries (20%) (Sugar, Cranberries, Sunflower Oil), Golden raisins (15%) (Raisins, Sunflower Oil, Preservative: SULPHUR DIOXIDE), Cashew NUTS (10%). | per 100g | per portion (g) |
| | | KJ 2093 | 837 |
| | | Kcal 500 | 200 |
| | | Fat 32.7 | 13.1 |
| | | Sat 3.6 | 1.4 |
| | | Carbs 34.5 | 13.8 |
| | | Sugar 28.7 | 11.5 |
| | | Fibre 6.8 | 2.7 |
| | | Protein 13.6 | 5.4 |
| | | Salt 0.0 | 0.0 |
| | | Portion weight (g) | 40 |
| Totally Nutty (Vg) | Almonds (NUTS) (35%), Cashew NUTS (30%), Pecan NUTS (20%), Hazelnuts (NUTS) (15%). | per 100g | per portion (g) |
| | | KJ 2656 | 1063 |
| | | Kcal 635 | 254 |
| | | Fat 56.2 | 22.5 |
| | | Sat 5.7 | 2.3 |
| | | Carbs 12.5 | 5.0 |
| | | Sugar 4.7 | 1.9 |
| | | Fibre 5.5 | 2.2 |
| | | Protein 16.8 | 6.7 |
| | | Salt 0.0 | 0.0 |
| | | Portion weight (g) | 40 |

YOGHURTS & FRUIT POTS

| PRODUCT | INGREDIENTS | NUTRITIONAL INFO | |
|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----------------|
| | | per 100g | per portion (g) |
| 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 | 1943 |
| | | Kcal | 462 |
| | | Fat | 25 |
| | | Sat | 8 |
| | | Carbs | 46 |
| | | Sugar | 15.7 |
| | | Protein | 11 |
| | | Salt | 0.0 |
| | | Portion weight (g) | 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, Gelling Agent : Pectin (E440), Acidity Regulators: Citric Acid (E330), Sodium Citrate (E331), Colour: Curcumin (E100),Flavourings], Blueberries (11%). | per 100g | per portion (g) |
| | | KJ | 573 |
| | | Kcal | 137 |
| | | Fat | 5 |
| | | Sat | 3 |
| | | Carbs | 20 |
| | | Sugar | 13.0 |
| | | Protein | 0.9 |
| | | Salt | 2.9 |
| 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), Porridge Oats (Wholegrain rolled Oats (GLUTEN), 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]. | per 100g | per portion (g) |
| | | KJ | 906 |
| | | Kcal | 216 |
| | | Fat | 5.0 |
| | | Sat | 2.2 |
| | | Carbs | 12.0 |
| | | Sugar | 10.0 |
| | | Fibre | 0.9 |
| | | Protein | 2.1 |
| Yoghurt & Blueberry Compote with Cranberry, Coconut & Chia Seed Granola (V, GF) | Greek Yoghurt [MILK], Blueberry Compote (Whole Blueberries, Sugar, Water, Pectin (Sucrose), Citric Acid). <i>With Granola added at the bar.</i> Granola (Gluten Free Oats, Cranberries,(Sugar, Vegetable Oil), Desiccated Coconut, Pumpkin Seeds, Sunflower Seeds, Rapeseed Oil, Honey, Chia Seeds, Natural Vanilla). | per 100g | per portion (g) |
| | | KJ | 683 |
| | | Kcal | 163 |
| | | Fat | 8.8 |
| | | Sat | 4.3 |
| | | Carbs | 15.7 |
| | | Sugar | 9 |
| | | Protein | 5 |
| | | Salt | 0.1 |
| Seasonal Fruit Salad (Vg) | Pineapple (28%), Apple (20%), Cantaloupe Melon (18%), Mango (18%), Kiwi (10%), Blueberries (5%). | per 100g | per portion (g) |
| | | KJ | 192 |
| | | Kcal | 45.7 |
| | | Fat | 0.3 |
| | | Sat | 0.0 |
| | | Carbs | 10.8 |
| | | Sugar | 9.2 |
| | | Protein | 0.7 |
| | | Salt | 0.01 |

CRISPS & POPCORN

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