

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

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

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

CONTENTS		
PASTRIES	3
MUFFINS & SCONES	4
PORRIDGE	5
EXTRAS	6
LOAF CAKES	6
WHOLE CAKES	7
BROWNIES & SHORTBREAD	8
CHEESECAKE	9
CHouxNUT	10
INDIVIDUAL CAKES	10
COOKIES	11
SAVOURY PASTRIES & ROLLS	12
PANINI	13
TOSTATI	14
BAGUETTES & ROMANAS	15
SALAD & BREAKFAST POTS	15
BISCUITS & SNACKS	16
YOGHURT & FRUIT	19
CRISPS & POPCORN	20

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
Apricot Croissant (V)	Pastry: 56% (WHEAT flour, butter 19% (MILK), water, yeast, sugar, EGGS , salt, WHEAT gluten enzymes (amylases, hemicellulases), flour treatment agent (E300)), Apricots 26%, Pastry cream 17% (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450iii, E339ii), colour (E160ai), flavouring), egg wash (EGGS , water). <i>May contain: traces of NUTS and traces of SOYA.</i>	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
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
Chocolate Twist (V)	Pastry: WHEAT flour, butter (MILK), water, yeast, sugar, EGGS , salt, WHEAT gluten, enzymes (amylases, hemicellulases, flour treatment agent (E300)), Pastry cream (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450iii, E339ii), colour (E160ai), flavouring), Chocolate 15.6% (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier (E322 (SOYA lecithin)), natural vanilla flavour), egg wash (EGGS , water), Icing sugar (Glucose, cornflour, vegetable oil). <i>May contain: traces of NUTS.</i>	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
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
Pain au Chocolat (V)	Pastry: (WHEAT flour, Butter (MILK), water, chocolate 10% (sugar, cocoa mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavour), sugar, whole MILK , yeast, EGGS , salt, WHEAT gluten, Emulsifier (rape lecithin), flour treatment agent (E300), enzymes (amylases, hemicellulases)), egg wash (Free Range EGG). <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
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	294
		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			
		per 100g	per portion (g)		
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>	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	
		Portion weight (g)		110	
Praline Dito (V)	Water, WHEAT flour, fine butter (MILK) 11%, praline and hazelnuts dough 10% (sugar, HAZELNUTS 3%, ALMONDS 3%, stabilizer (sorbitol), emulsifier (SOYA lecithin)), sugar, EGGS , HAZELNUTS 3%, maize starch, yeast, salt, WHEAT gluten, whey powder (MILK), whole MILK powder, skimmed MILK powder, thickener (sodium alginate), EGG albumin powder, glucose syrup, turmeric extract, flour treatment agents (alpha-amylases, hemicellulases, ascorbic acid), natural flavouring, acidity regulator (citric acid), carrot extract.	KJ	1514	1172	
		Kcal	361	280	
		Fat	17.0	13.0	
		Sat	7.6	5.9	
		Carbs	45.0	35.0	
		Sugar	18.0	14.0	
		Protein	7.1	5.5	
		Salt	0.83	0.64	
		Portion weight (g)		77	

MUFFINS & SCONES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
Belgian Chocolate Muffin (V)	<p>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.</p>	per 100g	per portion (g)
		KJ 1702	1872
Blueberry Muffin (V)	<p>WHEAT flour (calcium carbonate, iron, niacin, thiamin), sugar, liquid EGG, Rapeseed oil, 10% blueberries, 9% blueberry filling (water, blueberries, sugar, dextrose, glucose syrup, acidity regulators (E330, E331), gelling agent E440, natural flavouring, thickener E415, preservative E202), buttermilk (MILK), water, raising agents (E341, E450, E501), palm oil, inulin, MILK protein, WHEAT starch, emulsifiers (E471, E475), modified corn starch, WHEAT GLUTEN, preservative E202, glucose syrup, stabiliser E415, salt, acidity regulator E330, natural flavouring, colouring E160a.</p>	per 100g	per portion (g)
		KJ 1431	1547
Sicilian Lemon Curd Muffin (V)	<p>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.</p>	per 100g	per portion (g)
		KJ 1517	1669
Fruit Scone (V)	<p>WHEAT Flour (WHEAT flour, calcium carbonate, iron, nicotinamide, thiamin), Buttermilk (22%) (MILK), sulfanas (13%) (sulfanas, cottonseed oil), sugar, Margarine (5.5%) (Non hydrogenated vegetable oil (palm, rapeseed), water, salt, emulsifier E475, Colour (E100, E160b(i)), natural flavouring) free range EGG, raising agents (E450, E501), glaze (2%) (water, vegetable Protein (pea), dextrose), salt.</p>	per 100g	
		KJ 1260	
Plain Scone (V)	<p>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.</p>	per 100g	
		KJ 1198	
Cranberry & Orange Scone (V)	<p>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</p>	per 100g	
		KJ 1254	

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	993
		Kcal	99	237
		Fat	2.7	6.5
		Sat	1.1	2.7
		Carbs	13.3	31.9
		Sugar	4.0	9.5
		Fibre	1.4	3.4
		Protein	4.6	11.0
		Salt	0.1	0.2
		Portion weight (g)		240
				per 100g
		KJ	372	892
		Kcal	89	213
		Fat	1.5	3.6
		Sat	0.3	0.8
		Carbs	13.4	32.1
		Sugar	4.0	9.7
		Fibre	1.4	3.4
		Protein	4.6	11
		Salt	0.1	0.2
		Portion weight (g)		240
Porridge made with Skimmed Milk (V)	Skimmed MILK (83%), Quaker Rolled OATS (17%).	KJ	470	1128
		Kcal	112	269
		Fat	4.3	10.3
		Sat	2.2	5.2
		Carbs	13.2	31.7
		Sugar	3.9	9.3
		Fibre	1.4	3.4
		Protein	4.5	10.8
		Salt	0.1	0.2
		Portion weight (g)		240
				per 100g
		KJ	397	952
		Kcal	95	227
		Fat	2.9	6.9
		Sat	0.5	1.2
		Carbs	11.8	28.3
		Sugar	2.3	5.5
		Fibre	1.9	4.6
		Protein	4.5	10.8
		Salt	0.1	0.2
		Portion weight (g)		240
Porridge made with Whole Milk (V)	Whole MILK (83%), Quaker Rolled OATS (17%).	KJ	365	875
		Kcal	87	209
		Fat	2.4	5.9
		Sat	0.8	2.0
		Carbs	12.3	29.5
		Sugar	3.0	7.1
		Fibre	1.6	3.8
		Protein	3.0	7.2
		Salt	0.1	0.2
		Portion weight (g)		278
				per 100g
		KJ	462	1108
		Kcal	111	265
		Fat	3.9	9.3
		Sat	0.6	1.4
		Carbs	16.1	38.8
		Sugar	3.4	8.1
		Fibre	1.4	3.4
		Protein	2.0	4.8
		Salt	0.1	0.2
		Portion weight (g)		278
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	462	1108
		Kcal	111	265
		Fat	3.9	9.3
		Sat	0.6	1.4
		Carbs	16.1	38.8
		Sugar	3.4	8.1
		Fibre	1.4	3.4
		Protein	2.0	4.8
		Salt	0.1	0.2
		Portion weight (g)		278
				per 100g
		KJ	397	952
		Kcal	95	227
		Fat	2.9	6.9
		Sat	0.5	1.2
		Carbs	11.8	28.3
		Sugar	2.3	5.5
		Fibre	1.9	4.6
		Protein	4.5	10.8
		Salt	0.1	0.2
		Portion weight (g)		240
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	462	1108
		Kcal	111	265
		Fat	3.9	9.3
		Sat	0.6	1.4
		Carbs	16.1	38.8
		Sugar	3.4	8.1
		Fibre	1.4	3.4
		Protein	2.0	4.8
		Salt	0.1	0.2
		Portion weight (g)		278
				per 100g
		KJ	462	1108
		Kcal	111	265
		Fat	3.9	9.3
		Sat	0.6	1.4
		Carbs	16.1	38.8
		Sugar	3.4	8.1
		Fibre	1.4	3.4
		Protein	2.0	4.8
		Salt	0.1	0.2
		Portion weight (g)		278
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	1108
		Kcal	111	265
		Fat	3.9	9.3
		Sat	0.6	1.4
		Carbs	16.1	38.8
		Sugar	3.4	8.1
		Fibre	1.4	3.4
		Protein	2.0	4.8
		Salt	0.1	0.2
		Portion weight (g)		278
				per 100g
		KJ	1934	483
		Kcal	462	115
		Fat	22.5	5.6
		Sat	2.6	0.7
		Carbs	46.5	11.6
		Sugar	27.9	7.0
		Fibre	13.5	3.4
		Protein	11.7	2.9
		Salt	0.05	0.0
		Portion weight (g)		25
Seeds & Fruit Mix Topper (V)	Toasted pumpkin seeds (20%), Toasted sunflower seeds (20%), Golden raisins (20%) (Raisins, Sunflower oil, Preservative: SULPHUR DIOXIDE), Dried sweetened cranberries (20%) (Sugar, Cranberries, Sunflower oil), Brown linseed (20%). May contain traces of PEANUTS and NUTS.	KJ	1336	334
		Kcal	319	80
		Fat	0.5	0.1
		Sat	0.2	0.0
		Carbs	75.1	18.8
		Sugar	67.4	16.8
		Fibre	4.4	1.1
		Protein	1.5	0.4
		Salt	0.10	0.0
		Portion weight (g)		25
				per 100g
		KJ	1336	334
		Kcal	319	80
		Fat	0.5	0.1
		Sat	0.2	0.0
		Carbs	75.1	18.8
		Sugar	67.4	16.8
		Fibre	4.4	1.1
		Protein	1.5	0.4
		Salt	0.10	0.0
		Portion weight (g)		25
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	334
		Kcal	319	80
		Fat	0.5	0.1
		Sat	0.2	0.0
		Carbs	75.1	18.8
		Sugar	67.4	16.8
		Fibre	4.4	1.1
		Protein	1.5	0.4
		Salt	0.10	0.0
		Portion weight (g)		25
				per 100g
		KJ	1336	334
		Kcal	319	80
		Fat	0.5	0.1
		Sat	0.2	0.0
		Carbs	75.1	18.8
		Sugar	67.4	16.8
		Fibre	4.4	1.1
		Protein	1.5	0.4
		Salt	0.10	0.0
		Portion weight (g)		25

EXTRAS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
Raspberry Jam (Vg)	Raspberry Jam: Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium Citrate.	KJ	1016
		Kcal	239
		Fat	0.2
		Sat	0
		Carbs	57
		Sugar	57
		Protein	0.7
		Salt	0
		Portion weight (g)	30
		Strawberry Jam (Vg)	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid.
Kcal	241		
Fat	0.1		
Sat	0		
Carbs	59		
Sugar	59		
Protein	0.4		
Salt	0		
Portion weight (g)	30		
Lakeland Butter (V)	Butter: Cream (MILK), Salt.		
		Kcal	738
		Fat	81.4
		Sat	52.3
		Carbs	0.8
		Sugar	0.8
		Protein	0.6
		Salt	1.9
		Portion weight (g)	7
		Rodda's Cornish Clotted Cream (V)	100% Cornish cows MILK.
Kcal	586		
Fat	63.7		
Sat	39.7		
Carbs	2.2		
Sugar	2.2		
Protein	1.6		
Salt	0.05		
Portion weight (g)	40		

LOAF CAKES

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

WHOLE CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
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), Thickeners (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, 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%).	KJ	1666	1888
		Kcal	394	449
		Fat	20.1	22.9
		Sat	4.4	5.0
		Carbs	50.3	57.4
		Sugar	35.6	40.5
		Fibre	0.9	1.1
		Protein	4.1	4.7
		Salt	0.5	0.5
		Portion weight (g)		114
Belgian Chocolate Fudge Cake (V)	Cake (67%) [EGG , Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Chocolate (7%) (Cocoa Mass, Sugar, Cocoa Butter, SOYA Lecithin, Flavouring), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)), Greek Style Natural Yoghurt (MILK), Rapeseed Oil, Water, Fat Reduced Cocoa Powder, Glycerine, Skimmed MILK Powder, Emulsifiers (E477, E471, E475), Raising Agents (E450, E501)], Icing (Icing Sugar, Full Fat Soft Cheese [Full Fat Soft Cheese (MILK), Salt, Preservative: E202], Butter (MILK) (4%), Fat Reduced Cocoa Powder, Water, Emulsifiers (E477, E471, E475), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, SOYA Lecithin, Flavouring), Chocolate Chips (Sugar, Cocoa Mass, Cocoa Butter, SOYA Lecithin, Flavouring)]. <i>May contain NUTS, MUSTARD and SESAME SEEDS.</i>	KJ	1660	1759
		Kcal	396	420
		Fat	18.7	19.9
		Sat	8.4	8.9
		Carbs	51.1	54.2
		Sugar	34.2	36.3
		Fibre	1.1	1.2
		Protein	5.3	5.6
		Salt	0.3	0.4
		Portion weight (g)		106
Carrot Cake (V)	Cake (73%) (Brown Sugar, Carrot (11%), EGG , Rapeseed Oil, Wholemeal WHEAT Flour, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Date Paste (Dates, Rice flour), Pineapple Pulp, Water, Walnuts (NUTS), Raising Agents (E500, E450, E501), Cinnamon, Salt, Mixed Spice, Thickener (E415)), Frosting (25%) (Icing Sugar, Full Fat Soft Cheese [Full Fat Soft Cheese (MILK), Salt, Preservative: E202], Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)), Skimmed MILK Powder, Modified Maize Starch, Emulsifiers (E477, E471, E475), Flavouring, Stabiliser (E410)), Walnuts (NUTS), Pistachios (NUTS)). <i>May contain traces of SOYA and other NUTS.</i>	KJ	1590	2274
		Kcal	379	541
		Fat	16.8	24.1
		Sat	3.4	4.9
		Carbs	51.5	73.7
		Sugar	31.3	44.7
		Fibre	1.8	2.5
		Protein	3.3	4.7
		Salt	0.6	0.8
		Portion weight (g)		143
NEW Blackforest Cake (V)	Sponge (60%) [Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Free Range EGG , Rapeseed Oil, Water, Humectant (Glucose Syrup, Water, Acidity Regulator: Acetic Acid), 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), Cocoa Powder, Stabiliser Mix (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate; Raising Agents: Disodium Diphosphate, Potassium Bicarbonate; Fortified Wheat Flour (WHEAT flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Raising Agents: Disodium Diphosphate, Potassium Hydrogen Carbonate], Frosting (32%) (Icing Sugar, Full Fat Soft Cheese (Cream (MILK), Salt, Skimmed MILK Powder, Lactic Starter Culture (MILK), Preservative: Potassium Sorbate), Unsalted Butter (MILK), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Diglycerides of Fatty Acids), White Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier: SOYA Lecithin, Natural Flavouring), Emulsifier (Water, Humectant: Glycerol; Emulsifier: Mono- and Diglycerides of Fatty Acids, Acidity Regulator: Sodium Hydroxide), Water, Natural Flavourings), Morello Cherry Jam (6%) (Glucose-Fructose Syrup, Morello Cherry Puree, Acidity Regulators: Citric Acid, Sodium Citrates; Thickener: Pectin; Colour: Anthocyanins; Natural Flavouring), Dark Chocolate Shavings (1%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin, Natural Flavouring) Sour Cherries.	KJ	1763	2451
		Kcal	421	585
		Fat	21.4	29.7
		Sat	6.0	8.3
		Carbs	52.1	72.4
		Sugar	39.0	54.2
		Fibre	1.7	2.4
		Protein	4.3	6.0
		Salt	0.33	0.46
		Portion weight (g)		139
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).	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
		Portion weight (g)		117
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 Curis (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 (Calcium Carbonate, Iron, Niacin, Thiamin)), Freeze Dried Raspberries, Thickener Blend (Thickeners: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose), Natural Colour (Red Beetroot Juice Concentrate, Maltodextrin, Acidity Regulator: Citric Acid).	KJ	1428	1656
		Kcal	342	396
		Fat	20.1	23.4
		Sat	9.1	10.6
		Carbs	36.6	42.5
		Sugar	27.1	31.4
		Fibre	1.0	1.1
		Protein	4.0	4.7
		Salt	0.3	0.3
		Portion weight (g)		116
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: E500i; Salt), Sugar, Malt Extract (BARLEY), Coconut Oil, Emulsifier E471), Glazing Agent (Stabiliser: E414; Sucrose, Honey), Dark Chocolate Curis (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).	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
		Portion weight (g)		116

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

BROWNIES & SHORTBREAD

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Caramel Shortbread (V) Updated Recipe*	Shortbread (44%) (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (MILK), Sugar, Maize Starch, Salt), Caramel (40%) (Sweetened Condensed MILK, Glucose Syrup (SULPHITES), Unsalted Butter (MILK), Invert Sugar Syrup, Palm Oil, Salted Butter (MILK), Sugar, Salt, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Natural Flavouring), Milk Chocolate (16%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Natural Flavouring).	KJ	2133	1386
		Kcal	511	332
		Fat	30.3	19.7
		Sat	18.1	11.8
		Carbs	54.0	35.1
		Sugar	30.5	19.8
		Fibre	1.6	1.0
		Protein	4.9	3.2
		Salt	0.42	0.40
		Portion weight (g)	65	
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	1314
		Kcal	462	314
		Fat	26.1	17.7
		Sat	15.6	10.6
		Carbs	50.4	34.3
		Sugar	35.7	24.3
		Fibre	1.4	1.0
		Protein	5.7	3.9
		Salt	0.5	0.3
		Portion weight (g)	68	
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	1350
		Kcal	485	324
		Fat	26.6	17.8
		Sat	16.1	10.8
		Carbs	55.5	37.1
		Sugar	46.6	31.2
		Fibre	4	2.7
		Protein	6	4
		Salt	0.5	0.3
		Portion weight (g)	67	
NEW 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	1330
		Kcal	454	318
		Fat	24.8	17.4
		Sat	13.5	9.5
		Carbs	52.3	36.6
		Sugar	40.0	28.0
		Fibre	1.8	1.3
		Protein	4.6	3.2
		Salt	0.5	0.4
		Portion weight (g)	70	
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	1382
		Kcal	483	332
		Fat	26.3	18.1
		Sat	16	11
		Carbs	55.8	38.4
		Sugar	46.9	32.3
		Fibre	3.9	2.7
		Protein	5.9	4
		Salt	0.5	0.4
		Portion weight (g)	69	
Belgian Chocolate & Caramel Crispy (V)	Milk Chocolate (40%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, SOYA Lecithin, Flavouring), Crisped Rice (17%) (Rice Flour, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Whey Powder (MILK), BARLEY Malt Flour, Salt, Rapeseed Oil, Emulsifier: SOYA Lecithin), Caramel (16%) (Sweetened Condensed MILK, Glucose Syrup (SULPHITES), Invert Sugar Syrup, Palm Oil, Salted Butter (MILK), Sugar, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Salt, Flavouring), Golden Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), White Chocolate Flavour Coating (3%) (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Unsalted Butter (MILK), Cocoa Powder, Concentrated Grape Juice (Concentrated Grape Juice, Rice Starch). May contain as made in an environment that handles Egg and Nuts.	per 100g	per portion (g)	
		KJ	2070	1159
		Kcal	495	277
		Fat	26	14.6
		Sat	14.7	8.2
		Carbs	58.9	33
		Sugar	33.1	18.5
		Fibre	1.6	0.9
		Protein	5.4	3.0
		Salt	0.4	0.2
		Portion weight (g)	56	
Vegan Granola Flapjack (V)	OATS (31%), Golden Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), Pumpkin Seeds (8%), Flaked ALMONDS (7%), Brown Sugar, Glucose Syrup (SULPHITES), Black Treacle, Sugar, OAT Flour, Water, Flavourings, Salt.	per 100g	per portion (g)	
		KJ	1920	1344
		Kcal	458	321
		Fat	22.2	15.5
		Sat	6	4.2
		Carbs	50.8	35.6
		Sugar	22.3	15.6
		Fibre	4.5	3.2
		Protein	11.5	8.1
		Salt	0.2	0.1
		Portion weight (g)	50	
White Chocolate & Lemon Blondie (V)	Brown Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MILK), White Chocolate (14%) (Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier: SOYA Lecithin; Flavouring), Free Range EGG, Lemon Curd (2%) (Water, Glucose Syrup, Sugar, Butter (MILK), Lemon Concentrate, Modified Maize Starch, Dried Free Range EGG, Thickener: Pectins; Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Acidity Regulator: Acetic Acid; Flavouring, Lemon Oil, Colours: 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	1110
		Kcal	442	265
		Fat	22.4	13.4
		Sat	13.9	8.3
		Carbs	55.6	33.4
		Sugar	33.9	20.3
		Fibre	0.8	0.5
		Protein	4	2.4
		Salt	0.2	0.1
		Portion weight (g)	60	

* 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
		Kcal	308	342
		Fat	17.3	19.2
		Sat	8.3	9.2
		Carbs	33.1	36.7
		Sugar	18.5	20.6
		Fibre	0.9	1.1
		Protein	5.8	6.4
		Salt	0.39	0.43
	Portion weight (g)	111		
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), Lemon Curd (12%) (Glucose Syrup, Water, Sugar, Salted Butter (MILK), Lemon Concentrate, Modified Waxy Maize Starch, Free Range EGG Powder, Gelling Agent: Pectin; Acidity Regulator: Citric Acid; Emulsifier: Sunflower Lecithin; Lemon Oil, Colour: Lutein), 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), Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Free Range EGG, Water, Sicilian Lemon Juice (2%) (From Concentrate), Dextrose Monohydrate, White Chocolate Shavings (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Modified Maize Starch, Maize Starch, Powdered EGG White, Modified Waxy Maize Starch, Acidity Regulator: Citric Acid	per 100g	per portion (g)	
		KJ	1318	1397
		Kcal	314	333
		Fat	13.7	14.5
		Sat	6.5	6.8
		Carbs	42.7	45.3
		Sugar	29.8	31.6
		Fibre	0.6	0.6
		Protein	4.7	5.0
		Salt	0.31	0.33
	Portion weight (g)	106		
Salted Caramel & Chocolate Vegan Cheesecake (Vg)	Coconut Milk (Coconut Extract, Water), Bourbon Biscuit Crumb (21%) (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Rapeseed Oil, Sugar, Cocoa Powder, Inverted Sugar Syrup, Raising Agent: Sodium Bicarbonate, Salt), Non-Dairy Soft Cheese (15%) (Water, Coconut Oil, Stabiliser Blend (Potato Starch, Maize Starch, Modified Potato Starch, Carob Bean Gum), Coconut, Salt, Natural Flavouring, Acidity Regulator: Tri-Calcium Phosphate, Citric Acid; Colour: Carrot Juice Concentrate; Vitamin D2, Vitamin B12), Dark Couverture Chocolate (11%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Lemon Juice, Natural Vanilla Flavouring), Stabiliser Blend (Sugar, Maltodextrin, Modified Starch, Thickener: Carrageenan), Cornflour (Maize), Cocoa Butter, Stabiliser Mix (Water, Sugar, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids), Water, Speculoos Spread (Caramelised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: SOYA Lecithin; Acidity Regulator: Citric Acid), Modified Potato Starch, Low Sodium Salt (0.34%) (Potassium Chloride, Sodium Chloride, Magnesium Carbonate), Glazing Agent: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose, Cream Cheese Flavouring, Natural Vanilla Flavouring, Salt (0.03%).	per 100g	per portion (g)	
		KJ	1467	1473
		Kcal	351	353
		Fat	22.1	22.2
		Sat	13.8	13.8
		Carbs	35.3	35.4
		Sugar	19.9	19.9
		Fibre	1.9	1.9
		Protein	2.4	2.4
		Salt	0.2	0.2
	Portion weight (g)	100		
Sicilian Lemon Cheesecake (V)	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), Lemon Curd (12%) (Glucose Syrup, Water, Sugar, Salted Butter (MILK), Lemon Concentrate, Modified Waxy Maize Starch, Free Range EGG Powder, Gelling Agent: Pectin; Acidity Regulator: Citric Acid; Emulsifier: Sunflower Lecithin; Lemon Oil, Colour: Lutein), 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), Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Free Range EGG, Water, Sicilian Lemon Juice (2%) (From Concentrate), Dextrose Monohydrate, White Chocolate Shavings (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Modified Maize Starch, Maize Starch, Powdered EGG White, Modified Waxy Maize Starch, Acidity Regulator: Citric Acid	per 100g	per portion (g)	
		KJ	1318	1397
		Kcal	314	333
		Fat	13.7	14.5
		Sat	6.5	6.8
		Carbs	42.7	45.3
		Sugar	29.8	31.6
		Fibre	0.6	0.6
		Protein	4.7	5.0
		Salt	0.31	0.33
	Portion weight (g)	106		

CHOUXNUT

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
NEW Chocolate Hazelnut Chouxnut (V)	Single Cream (MILK), Dark Chocolate (25%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Water, Free Range EGG , Whipping Cream (MILK), WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Sugar, Hazelnuts (2%) (NUT), Icing Sugar, Rapeseed Oil, Fat Reduced Alkalised Cocoa Powder, Glucose Syrup, Modified Waxy Maize Starch, Modified Potato Starch, Natural Flavouring, Salt.	KJ	1404	1123
		Kcal	337	270
		Fat	24.1	19.3
		Sat	12.3	9.9
		Carbs	25.0	20.0
		Sugar	18.9	15.1
		Fibre	2.3	1.8
		Protein	4.2	3.4
		Salt	0.21	0.17
		Portion weight (g)		80
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	274
		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 Curls (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Freeze Dried Raspberries, Modified Waxy Maize Starch, Modified Potato Starch, Salt, Natural Colour (Red Beetroot Juice Concentrate, Maltodextrin, Acidity Regulator: Citric Acid), Natural Strawberry Flavouring.	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)	
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, niacin, 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
Portion weight (g)	73		
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
Portion weight (g)	86		
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
Portion weight (g)	66		
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
Portion weight (g)	66		

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

SAVOURY PASTRIES & ROLLS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
Vegan Vegetable 'Sausage' Roll (Vg)	Mixed Roast Vegetables (38%) (Butternut Squash, Courgette, Red Onion, Sweet Potato), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Tomato Passata (14%), Palm Oil, Roast Tomatoes (5%), Palm Fat, Rapeseed Oil, Potato Starch, Salt, Poppy Seeds, Tomato Concentrate, Basil, Cornflour, Sunflower Oil, Garlic, Olive Oil, Rosemary, Cracked Black Pepper, Dried Oregano, Emulsifier: E471, Sugar, Garlic Powder, Yeast, Lemon Juice.	KJ	1133
		Kcal	272
		Fat	16
		Sat	7.9
		Carbs	26.5
		Sugar	4.8
		Fibre	2.4
		Protein	4.2
		Salt	0.9
		Portion weight (g)	130
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
		Kcal	305
		Fat	17
		Sat	7.3
		Carbs	23
		Sugar	4.3
		Protein	15
		Salt	2
		Portion weight (g)	130
Ham & Cheese Croissant	Butter Croissant (51%) (WHEAT Flour, Butter (MILK), Water, Sugar, MILK , Yeast, EGG , Salt, WHEAT Gluten, Emulsifier (Lecithin), Flour Treatment Agent (Ascorbic Acid), Enzymes), Ham formed from select cuts of pork (29%) (Pork (95%), Water, Glucose Syrup, Emulsifier (Triphosphates, Diphosphates), Salt, Antioxidant (Sodium ascorbate), Dextrose, Spice Extracts, Preservative (Sodium Nitrite)), Mature Cheddar Cheese (20%) (MILK).	per 100g	per portion (g)
		KJ	1401
		Kcal	335
		Fat	20
		Sat	13
		Carbs	23
		Sugar	4.3
		Protein	15
		Salt	0.8
		Portion weight (g)	102
NEW Smoked Bacon Brioche	Brioche Roll [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, EGG , Sugar, Unsalted Butter (MILK), EGG White, Rapeseed Oil, Palm Oil, Yeast, Salt, WHEAT Gluten, Emulsifier: Mono and Di-Acetyl Tartaric Esters of Mono- and Di-Glycerides of Fatty Acids, Colour: Carotenes, Natural Flavouring, Flour Treatment Agent: Ascorbic Acid], Beechwood Bacon (31%) [Pork, Salt, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Vegetable Fat Spread (3%) [Water, Rapeseed Oil, Palm Oil, Salt, Emulsifier: Mono- and diglycerides of fatty acids, Buttermilk Powder (MILK), Preservative: Potassium Sorbate, Acid: Lactic Acid, Colour: Carotenes, Natural Flavouring, Vitamin A, Vitamin D].	per 100g	per portion (g)
		KJ	1426
		Kcal	341
		Fat	16.0
		Sat	5.5
		Carbs	32.0
		Sugar	3.3
		Protein	17.0
		Salt	1.33
		Portion weight (g)	114
NEW Pork Sausage Brioche	Brioche Roll [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, EGG , Sugar, Unsalted Butter (MILK), EGG White, Rapeseed Oil, Palm Oil, Yeast, Salt, WHEAT Gluten, Emulsifier: Mono and Di-Acetyl Tartaric Esters of Mono- and Di-Glycerides of Fatty Acids, Colour: Carotenes, Natural Flavouring, Flour Treatment Agent: Ascorbic Acid], Sausage Planks (45%) [Pork (62%), Water, Rusk (WHEAT flour, Salt, raising agent: ammonium bicarbonate), Pork Rind, Pork Fat, Potato starch, Seasoning (Dextrose, Salt, Stabiliser: Tri phosphate), Spices, Spice Extract, Antioxidant: Sodium Ascorbate], Vegetable Fat Spread (3%) [Water, Rapeseed Oil, Palm Oil, Salt, Emulsifier: Mono- and diglycerides of fatty acids, Buttermilk Powder (MILK), Preservative: Potassium Sorbate, Acid: Lactic Acid, Colour: Carotenes, Natural Flavouring, Vitamin A, Vitamin D].	per 100g	per portion (g)
		KJ	1296
		Kcal	310.0
		Fat	15.0
		Sat	6.0
		Carbs	30.0
		Sugar	3.0
		Protein	10.0
		Salt	1.08
		Portion weight (g)	143
Sourdough Bread Roll (Vg)	WHEAT flour, water, sourdough (WHEAT flour, water), salt, yeast, dehydrated devitalized WHEAT sourdough, WHEAT GLUTEN, deactivated yeast, malted WHEAT flour, flour treatment agent (ascorbic acid).	per 100g	per portion (g)
		KJ	1045
		Kcal	246
		Fat	0.6
		Sat	0.0
		Carbs	50.0
		Sugar	1.3
		Fibre	2.9
		Protein	8.4
		Salt	1.20
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%0 [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 (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
NEW Mediterranean Vegetable Panini (Vg)	Sourdough Panini (52%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented RYE Flour, Salt), Salt, Yeast, Malted WHEAT Flour], Grilled Veg (30%) [Red Peppers, Yellow Peppers, Courgette, Onion], Tomato Ragù Mix (15%) [Pizza Sauce (Tomato Pulp, Salt, Sunflower Oil, Sugar, Marjoram, Basil, Pepper, Onions, Acidity Regulator: Citric Acid), 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)], Semi dried Sundried Tomato (Tomato, Rapeseed Oil, Salt, Garlic, Oregano), Dried Chilli Flakes, Black Pepper, Dried Basil, Salt], Spinach (3%).	per 100g	per portion (g)	
		KJ	668	1356
		Kcal	160	324
		Fat	1.7	3.4
		Sat	0.6	1.2
		Carbs	30.0	61.0
		Sugar	3.1	6.2
		Protein	6.8	14.0
		Salt	0.70	1.40
		Portion weight (g)		203

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, Spirit Vinegar, Salt, Acidity Regulator (E330))], Topping (18%) [Cheddar Cheese (MILK), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MILK Protein, Cheddar Cheese (MILK), Yeast Extract, Acidity Regulator (E330), Spice, Stabilisers (E412,E415), Preservative (E202), Colour (E161b)), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330)), Smoked Paprika, Dried Chives].	per 100g	per portion (g)	
		KJ	1003	2008
		Kcal	240	480
		Fat	9.9	20
		Sat	4.6	9.3
		Carbs	27	53
		Sugar	1.2	2.4
		Protein	10	20
		Salt	1.4	2.7
		Portion weight (g)		200

Ham, Cheese & Mustard Tostati Melt	Sourdough Bread (49%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture (RYE), SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers (E472(e), E481), Flour Treatment Agent (E300)], Ham (22%) (Pork, Water, Glucose Syrup, Emulsifiers (E451, E450), Salt, Antioxidant (E301), Dextrose, Spice Extracts, Preservative (E250), Potato Starch, Pea Fibre), Cheese and Mustard Topping (19%) [Cheddar Cheese (MILK), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MILK Protein, Cheddar Cheese (MILK), Yeast Extract, Acidity Regulator (E330), Spice, Stabilisers (E412,E415), Preservative (E202), Colour (E161b)), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330)), Wholegrain MUSTARD (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 (Spirit 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
		Kcal 223	390
		Fat 13	23
		Sat 0.8	1.4
		Carbs 20	35
		Sugar 1.5	2.5
		Fibre 2.1	3.7
		Protein 8.6	15
		Salt 1.4	2.5
		Portion weight (g)	175
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 (Spirit 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
		Portion weight (g)	182
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
		Portion weight (g)	201
Sweet Chilli Chicken Baguette	Baguette (56%) [WHEAT FLOUR, water, WHEAT Grits, yeast, salt, WHEAT Sourdough (dried), dextrose, Malt Flour (WHEAT, BARLEY), rice flour, WHEAT GLUTEN, vegetable oil (rape seed)], Sweet Chilli Chicken Mix (29%) [Chicken (Chicken, Water, Sugar, Starch, Glucose Syrup, Stabiliser (Sodium triphosphate, Guar Gum), Potato Starch, Whey Protein (MILK), Salt, Vinegar, Yeast Extract), Sweet Chilli Sauce (Sugar, Water, Vinegar, Maize Starch, Red Chilli Puree (Red Chilli, Salt, Acidity Regulator (Citric Acid)), Salt, Tomato Puree, Red Pepper, Onion Powder, Garlic Powder, Preservative (Potassium sorbate)], Cheddar (15%) [MILK].	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
		Portion weight (g)	205

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, Caster Sugar, Potato Starch, Yeast Extract, Leek Powder, Carrot Powder, White Onion Powder, Garlic Powder, Ground Cumin, Citric Acid, Ground Black Pepper, Rubbed Parsley, Turmeric Powder), 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
		Kcal 59	183
		Fat 2.8	8.6
		Sat 1.7	5.2
		Carbs 7.4	22.9
		Sugar 1.5	4.5
		Fibre 0.5	1.5
		Protein 1.2	3.7
		Salt 0.10	0.31
		Portion weight (g)	310
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
		Portion weight (g)	275
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
		Portion weight (g)	275

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
Almond Biscotti (V)	WHEAT flour, sugar, ALMONDS (15%), EGG, EGG yolk, butter, honey, partly skimmed MILK, raising agent: E 503 (ammonium bicarbonate), salt, natural flavour (orange), flavours.	KJ	1841
		Kcal	440
		Fat	14.5
		Sat	2.71
		Carbs	66.5
		Sugar	31.0
		Fibre	2.7
		Protein	9.6
		Salt	1.6
		Portion weight (g)	37
Caramel Waffle (V)	Glucose fructose syrup, wheat flour, sugar, palm fat, concentrated butter (MILK), sugar syrup, SOYA flour, rapeseed oil, salt, dextrin (WHEAT), emulsifiers (SOYA lecithin, mono- and diglycerides of fatty acids), raising agent (sodium carbonates), cinnamon, acidity regulator (citric acid), natural Bourbon vanilla.	KJ	1786
		Kcal	425
		Fat	16
		Sat	9
		Carbs	66
		Sugar	38
		Fibre	1.5
		Protein	3.5
		Salt	0.6
		Portion weight (g)	37
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.	KJ	2276
		Kcal	546
		Fat	32
		Sat	19
		Carbs	56
		Sugar	41.0
		Fibre	6.7
		Protein	6.1
		Salt	0.04
		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%)]	KJ	2338
		Kcal	562
		Fat	38
		Sat	24
		Carbs	48
		Sugar	46.0
		Fibre	5.8
		Protein	4.5
		Salt	0.1
		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.	KJ	1200
		Kcal	283
		Fat	2.5
		Sat	0.8
		Carbs	56.2
		Sugar	22.0
		Fibre	3.8
		Protein	7.3
		Salt	0.2
		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.	KJ	2416
		Kcal	581
		Fat	40
		Sat	15
		Carbs	47
		Sugar	44.0
		Fibre	5.7
		Protein	5.7
		Salt	0.03
		Portion weight (g)	10
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.	KJ	1711
		Kcal	406
		Fat	9.9
		Sat	4.5
		Carbs	72.8
		Sugar	29.5
		Fibre	1.9
		Protein	5.4
		Salt	0.5
		Portion weight (g)	73
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). 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.	KJ	1726
		Kcal	402
		Fat	12.4
		Sat	4.5
		Carbs	67.5
		Sugar	39.1
		Fibre	1.6
		Protein	4.3
		Salt	1.0
		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	499
		Kcal	117
		Fat	0
		Sat	0
		Carbs	29
		Sugar	29
		Protein	0
		Salt	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 .
Kcal	231		
Fat	12		
Sat	10		
Carbs	26		
Sugar	13.0		
Protein	3.5		
Salt	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 .		
		Kcal	234
		Fat	12
		Sat	8.9
		Carbs	27
		Sugar	12
		Protein	3.6
		Salt	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 .
Kcal	235		
Fat	12		
Sat	11		
Carbs	28		
Sugar	14		
Protein	3.5		
Salt	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%).		
		Kcal	81
		Fat	3.3
		Sat	1.9
		Carbs	11.4
		Sugar	5.3
		Fibre	0.3
		Protein	1.0
		Salt	0.02
		Portion weight (g)	17.0
Milk Chocolate Stracciatella Bar (V)	Milk chocolate 57% (sugar, MILK powder, cocoa butter, cocoa mass, emulsifier: SOY lecithin, natural vanilla flavour), milk cream 43% [vegetable fats (coconut, palm kernel oil, shea butter in variable proportions), sugar, skimmed MILK powder, whey powder (contains MILK), emulsifier: SOY lecithin, natural vanilla flavour, cocoa chips (11.5%)]	KJ	417
		Kcal	100
		Fat	6.8
		Sat	4.2
		Carbs	8.2
		Sugar	8.1
		Fibre	0.6
		Protein	1.2
		Salt	0.0
		Portion weight (g)	17.5
Panettone (V)	WHEAT flour, sulfanas, fresh EGGS , butter (MILK), sugar, candied orange peels (orange peels, glucose-fructose syrup, sugar, acidity regulator: citric acid), MILK , fresh EGG yolk, natural yeast (WHEAT), emulsifiers: mono and diglycerides of fatty acids, glucose syrup, flavourings, cocoa butter, salt. May contain traces of NUTS and SOY .	KJ	1548
		Kcal	368
		Fat	14
		Sat	8.5
		Carbs	52
		Sugar	28.0
		Fibre	1.4
		Protein	7.9
		Salt	0.5
		Portion weight (g)	100

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
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)	
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)	
NEW Classic Mince Pie (Vg)	Mincemeat (55%) (Sugar, Apple Puree, Raisins (Raisins, Sunflower Oil), Sultanas (Sultanas, Sunflower Oil), Currants (Currants, Sunflower Oil), Glucose Syrup, Mixed Peel (Orange Peel, Glucose Fructose Syrup, Lemon Peel, Sugar, Acidity Regulator: Citric Acid), Vegetable Suet (Palm Oil, Rice Flour, Sunflower Oil), Modified Starch, Mixed Spice, Acidity Regulator: Acetic Acid; Colour: Plain Caramel; Orange Oil, Lemon Oil), Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono-and diglycerides of Fatty Acids), Sugar, Water, Sugar Dusting (Dextrose, Cornflour, Palm Oil), Salt, Colour: Plain Caramel.	per 100g	per portion (g)
		KJ 1567	1489
		Kcal 373	354
		Fat 10.5	9.9
		Sat 3.7	3.5
		Carbs 63.7	60.5
		Sugar 35.5	33.8
		Fibre 4.3	4.1
		Protein 3.8	3.6
		Salt 0.20	0.19
Portion weight (g)		95	
NEW Luxury Mince Pie (V)	Mincemeat Filling (50%) (Mincemeat (Sugar, Apple Puree, Raisins (Raisins, Sunflower Oil), Sultanas (Sultanas, Sunflower Oil), Currants (Currants, Sunflower Oil), Glucose Syrup, Mixed Peel (Orange Peel, Glucose Fructose Syrup, Lemon Peel, Sugar, Acidity Regulator: Citric Acid), Vegetable Suet (Palm Oil, Rice Flour, Sunflower Oil), Modified Starch, Mixed Spice, Acidity Regulator: Acetic Acid; Colour: Plain Caramel; Orange Oil, Lemon Oil), Amaretto (2%), OATS, Cornflour, Flavouring), Pastry (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Butter (MILK), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), EGG, Water, Mixed Spice, Salt, Colour: Plain Caramel), Florentine Topping (Flaked ALMONDS (8%), Mixed Peel (Orange Peel, Glucose Syrup, Lemon Peel, Sucrose, Preservative: Potassium Sorbate; Acidity Regulator: Citric Acid), Golden Syrup, Sugar, Water)). ADDITIONAL INFORMATION: This recipe contains alcohol.	per 100g	per portion (g)
		KJ 1547	1624
		Kcal 368	386
		Fat 12.5	13.1
		Sat 4.5	4.7
		Carbs 55.4	58.2
		Sugar 40.4	42.4
		Fibre 3.7	3.9
		Protein 6.5	6.8
		Salt 0.17	0.18
Portion weight (g)		105	
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	674
		Kcal	160
		Fat	8.7
		Sat	2.8
		Carbs	16.2
		Sugar	5.4
		Protein	4.4
		Salt	0.0
		Portion weight (g)	35
NEW Apple & Caramel Yoghurt with Cranberry, Coconut and Chia Seed Granola (V)	Apple & Caramel Yoghurt (83%) [Greek Style Yoghurt (MILK) (70%), Apple & Caramel Spiced Mix (30%) [Apple fruit filling (Apple, Sugar, Glucose-fructose syrup, Gelling agent: Pectin (E440), Acidity regulator: Citric acid, Antioxidant: Ascorbic acid, Preservative: Potassium sorbate), Cooked Apple (Apples (84.6%), Water, Acidity Regulator: Citric Acid, Antioxidant: Ascorbic Acid), Caramel sauce (Glucose Syrup, Fructose Syrup, Sugar, Water, Sweetened Condensed MILK (MILK , Sugar), Humectant: Glycerol, Modified Starch, Unsalted Butter (MILK), Colour: Plain Caramel, Salt, Natural Flavouring, Thickener: Xanthan Gum, Preservative: Potassium Sorbate), Sultanas (99%), Sunflower oil), Nutmeg, Cinnamon]], Cranberry, Coconut & Chia Seed Granola (17%) [Gluten Free OATS (43%), Cranberries (sugar, sunflower oil) (12%), Desiccated Coconut (11%), Pumpkin Seeds Honey, Sunflower Seeds, Rapeseed Oil, Chia Seeds (5%), Natural Vanilla].	per 100g	per portion (g)
		KJ	1568
		Kcal	374
		Fat	17.6
		Sat	8.4
		Carbs	42.1
		Sugar	29.5
		Protein	10.0
		Salt	0.22
Portion weight (g)	235		
NEW Chocolate & Orange Overnight Oats (Vg)	Soaked OATS Mix (95.5%) [OAT Milk (OAT base (Water, OATS (12%)), Sunflower Oil, Sea Salt, Vitamins (B2, B12, D2), Porridge OATS (Wholegrain rolled OATS), Water, Mandarins (Mandarin Segments, Water, Sugar, Firming Agent: Calcium Chloride, Acidity Regulator: Citric Acid, Fat reduced Cocoa Powder (contains Cocoa Butter 10% minimum), Tangerine Puree (Sugar, Water, Tangerine Juice, Tangerine pulp, Concentrated Tangerine Juice, Acids: Citric Acid, Sodium Citrate, Natural Flavouring, Thickener: Pectin, Preservative: Potassium Sorbate, Colourings: Carrot and Pumpkin extracts), Pumpkin seeds, Chia seeds), Chocolate Chips (3.5%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring), Cranberries (1%) [Cranberries (55%), Sugar, Sunflower Oil].	per 100g	per portion (g)
		KJ	1359
		Kcal	325
		Fat	10.0
		Sat	2.4
		Carbs	47.0
		Sugar	15.0
		Protein	8.3
		Salt	0.11
Portion weight (g)	200		
Seasonal Fruit Salad (Vg)	Pineapple (28%), Apple (20%), Cantaloupe Melon (18%), Mango (18%), Kiwi (10%), Blueberries (5%).	per 100g	per portion (g)
		KJ	472
		Kcal	113
		Fat	0.7
		Sat	0.1
		Carbs	26.6
		Sugar	22.7
		Protein	1.6
		Salt	0.02
Portion weight (g)	247		

CRISPS & POPCORN

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
O'Donnell's Salt & Vinegar Crisps (V)	Potato, Sunflower Oil, Irish Cider Vinegar and Sea Salt Flavour (Flavourings, Sea Salt, Maltodextrin, Yeast Extract, Sugar, Dehydrated Apple, The Apple Farm Cider Vinegar Powder). May contain traces of MILK.	KJ	2142
		Kcal	513
		Fat	29.9
		Sat	2.5
		Carbs	54.2
		Sugar	1.2
		Protein	5.2
		Salt	2.3
		Portion weight (g)	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)).
Kcal	511		
Fat	28.8		
Sat	2.4		
Carbs	55.7		
Sugar	4.9		
Protein	5.8		
Salt	1.3		
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.		
		Kcal	517
		Fat	29.4
		Sat	2.4
		Carbs	55.9
		Sugar	4.1
		Protein	5.5
		Salt	1
		Portion weight (g)	50
		Metcalfe's® Charity Popcorn Sea Salt (Vg)	Popped Butterfly Corn (75%), Rapeseed Oil, Sea Salt.
Kcal	437		
Fat	16.3		
Sat	1.2		
Carbs	55.1		
Sugar	0.8		
Fibre	12.7		
Protein	11.2		
Salt	1		
Portion weight (g)	20		
Metcalfe's Skinny Popcorn® Sweet 'n Salt (Vg)	Popped Butterfly Corn (64%), Rapeseed Oil, Sweetening Blend (Sugar, Sweetener: Isomalt, Sweetener: Steviol Glycosides), Salt.	KJ	1908
		Kcal	455
		Fat	17.8
		Sat	1.3
		Carbs	60.5
		Sugar	15.9
		Fibre	9.6
		Protein	8.6
		Salt	0.5
		Portion weight (g)	25

HOW TO USE THIS GUIDE

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



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

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

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

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

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

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

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

PASTRIES

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

MUFFINS & SCONES

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

WHOLE CAKES

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

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

LOAF CAKES

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

FESTIVE SWEET

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
NEW Classic Mince Pie	*													
NEW Luxury Mince Pie	*	*	*	*										
NEW Blackforest Cake	*	*	*				*							
NEW Chocolate Hazelnut Chouxnut	*	*	*	*			*							

BROWNIES & SHORTBREAD

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

** 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.*

** We have updated the recipe for our Caramel Shortbread. The New Caramel Shortbread has different ingredients, allergens and nutritional information. Some of our stores still may sell previous stock of Caramel Shortbread. Please check in store which stock they have before your purchase.*

CHEESECAKE

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

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
NEW Salted Caramel & Pistachio Chouxnut	*	*	*	*			*		*					
NEW Passion Fruit 'Martini' Chouxnut	*	*	*				*							
Caramelised Biscuit Chouxnut	*	*	*				*							
Raspberry & White Chocolate Chouxnut	*	*	*				*							

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.

COOKIES

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

* 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.

INDIVIDUAL CAKES

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

GRAB & GO CHOCOLATE

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

SAVOURY ROLLS

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

PORRIDGE

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

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.

YOGHURTS

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

HOT DRINKS - COFFEE

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

*served with whipped cream

HOT DRINKS - TEA, HOT CHOCOLATE & SPECIALITY

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

*served with whipped cream

NON DAIRY MILK

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

*if required please ask the barista to confirm Oat milk in the store is Gluten free

EXTRAS

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

SYRUPS

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

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.