Nutritional & Ingredient List

JANUARY 2025

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.

Information about allergens that may present within the product, are listed at the bottom of the ingredient list. Nutritional information can be found to the right beside the ingredient declaration, per 100g and per product.

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
	Apricot Croissant (V) Apricot Croissant (V) Apricot Croissant (V) Apricot Croissant (E300)), Apricots 26%, Pastry cream 17% (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450iii, E339ii), colour (E160ai), flavouring), egg wash (EGGS, water). May contain NUTS and traces of SOYA.	KJ	per 100g 1701	per portion (g) 1435
		Kcal Fat Sat	407 21.1 9.0	343 17.8 7.6
Apricot Croissant (V)		Carbs Sugar	43.9	36.9
		Fibre	bre 2.4	1.9
		Salt	0.7 tion weight (g)	0.6

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

**Although some of our products may contain gluten free oats, we list OATS as an allergen as they contain protein called Avenin which some people are sensitive to. Also, they may not be suitable for people with coeliacs disease/gluten allergy due to manufacturing processes and in-store handling methods.

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:

Vegetarian (V): produced to a recipe and with ingredients that do not contain any sources of meat and fish, including seafood and insects. Vegetarian products may contain ingredients that are produced by animals, such as milk, eggs, and honey.

Vegan (Vg): produced to a recipe with ingredients do not contain any products that are derived from animals, including all animal species, fish, seafood, insects, and products produced by animals, such as honey. Due to our manufacturing environments and to the use of shared displays in store, our vegan products may not be suitable for those with MILK or EGG allergies.

Gluten Free (GF): All products that are labelled as Gluten Free are produced in manufacturing sites that are certified to produce products to the required standards to be called Gluten Free and have been tested to ensure the level of gluten is below the legal threshold.

Version 44 Issue date: 11/11/2024

	CONTENTS	
PASTRIES		3
PORRIDGE		4
TEACAKES & SCONES		5
TOAST		5
GRANOLA & YOGHURT		5
EXTRAS		6
CAKES		7
MUFFINS & CUPCAKES		9
TRAYBAKES		10
TARTS		11
DESSERTS		11
PANINI		12
TOASTIES		13
BAPS		14
WRAPS		14
BISCUITS & SNACKS		14
CRISPS & POPCORN		16

Nutritional & Ingredient List

PASTIRES

	PASIIRES			
PRODUCT	INGREDIENTS	١	NUTRITION	AL INFO
		K I	per 100g	per portion (g)
		KJ Kcal	1670 399	1412 338
	Dough: Wheat Flour (WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid), Water, Palm Fat, Yeast, Sugar, Butter	Fat	21.1	17.5
	(MILK), Rapeseed Oil, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Yeast, Flour Treatment Agent (Ascorbic	Sat	9.0	7.4
Almond Croissant	Acid), Emulsifier (Mono- and diglycerides of fatty acids), Acidity Regulator (Citric Acid), Flavouring, EGG. ALMOND	Carbs	45.0	36.4
(V)	Filling (19%) (Sugar, ALMONDS (6.5%) (NUTS), EGG White, Inverted Sugar Syrup, Water, EGG Yolk, Invertase). Topping: ALMOND Flakes (4.2%) (NUTS), Icing Sugar (Dextrose, Cornflour, Vegetable Oil).	Sugar	14.0	11.4
	May contain other NUTS, SESAME and SOYA.	Fibre	2.4	2.0
		Protein	9.7	7.7
		Salt	0.73	0.60
		Portion	weight (g)	83
			per 100g	per portion (g)
		KJ	1840	927
		Kcal	440 24.0	222
		Fat Sat	15.0	11.8 7.7
Butter Croissant	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.	Carbs	46.7	23.5
(V)	May contain NUTS, SESAME and SOYA.	Sugar	8.0	4.0
		Fibre	2.6	1.3
		Protein	8.1	4.4
		Salt	1.20	0.58
		Portion	weight (g)	50
			per 100g	per portion (g)
		KJ	1779	1174
		Kcal	426	281
	Pastry: (WHEAT flour , Butter (MILK), water, chocolate 10% (sugar, coca mass, cocoa butter, emulsifier (SOYA	Fat	23.0	14.0
Pain au Chocolat	lecithin), natural vanilla flavour), sugar, whole MILK , yeast, EGGS , salt, WHEAT gluten, Emulsifier (rape lecithin), flour	Sat	15.0	7.7
(V)	nent agent (E300), enzymes (amylases, hemicellulases)), egg wash (Free Range EGG). May contain NUTS	Carbs	46.0	30.0
	and SESAME SEEDS.	Sugar Fibre	13.0 3.1	8.0
		Protein	8.3	5.5
		Salt	1.00	0.61
		-	weight (g)	66
			per 100g	per portion (g)
		KJ	1400	1340
		Kcal	334	319
	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	Fat	14.0	14.0
Pain au Raisin	(rape lecithin), fruit and plant extract (turmeric and carrot), natural flavouring, acidity regulator (citric acid), flour	Sat	9.1	8.7
(V)	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),	Carbs	47.5	45.5
	gidze (wdier, gidcose syrop, sogar, dciairy regolators (2500, 2552, 2553), itavour, gening agent (pecinit), preservative (potassium sorbate)).	Sugar	19.0	18.0
	May contain NUTS, SESAME and SOYA.	Fibre	2.1	2.1
		Protein Salt	6.3 0.81	6.1 0.77
		-	weight (g)	96
		1 officiri	per 100g	per portion (g)
		КJ	1572	1245
		Kcal	375	295
	WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non-Hydrogenated Papersed Oil, Salt, Emultifier (Mana, and Dialycoridae of Eatty Acide). Acidity Pagulater	Fat	16	13
Veran Drenherry Creissant	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%),	Sat	8.3	6.6
Vegan Raspberry Croissant (Vg)	Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator Tricalcium Citrate), Natural Flavouring, Preservative	Carbs	49.8	39.5
(-9)	(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,	Sugar	18	14.0
	Hemicellulases, Ascorbic Acid). May contain MILK, SESAME SEEDS, SOYA, NUTS, EGGS.	Fibre	2.6	2.0
	Hemicellulases, Ascorbic Acid). May contain MILK, SESAME SEEDS, SOYA, NUTS, EGGS.	Protein	6.5	5.1
		Salt	0.52	0.41
		-		
		-	weight (g)	79 79
		Portion	weight (g) per 100g	per portion (g)
	Cinnamon Bun Dough (65%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Plant Butter	Portion KJ	weight (g) per 100g 1604	per portion (g) 2486
	Cinnamon Bun Dough (65%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavourina), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavourina, Stabiliser (Gellan Gum)), Water, Sugar	Portion KJ Kcal	weight (g) per 100g 1604 382	per portion (g) 2486 592
Cinnamon Bun	(Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Water, Sugar, Wholemeal WHEAT Flour, Sourdough Culture (RYE Flour), Orange Zest, Yeast, Salt, Madagascan Vanilla Extract,	KJ Kcal Fat	weight (g) per 100g 1604 382 15.6	per portion (g) 2486 592 24.2
Cinnamon Bun (Vg)	(Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Water, Sugar, Wholemeal WHEAT Flour, Sourdough Culture (RYE Flour), Orange Zest, Yeast, Salt, Madagascan Vanilla Extract, Emulsifier (Rapeseed Lecithin), Filling (15%) [Dark Brown Soft Sugar, Plant Butter (Plant Oils (Palm Oil, Sunflower Oil,	KJ Kcal Fat Sat	weight (g) per 100g 1604 382 15.6 8.4	per portion (g) 2486 592 24.2 13.0
	(Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Water, Sugar, Wholemeal WHEAT Flour, Sourdough Culture (RYE Flour), Orange Zest, Yeast, Salt, Madagascan Vanilla Extract, Emulsifier (Rapeseed Lecithin), Filling (15%) [Dark Brown, Soft Sugar, Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), Light Brown Soft Sugar,	KJ Kcal Fat	weight (g) per 100g 1604 382 15.6	per portion (g) 2486 592 24.2
	(Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), SOTA Drink (Water, SOTA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)). Water, Sugar, Wholemeal WHEAT Flour, Sourdough Culture (RYE Flour), Orange Zest, Yeast, Salt, Madagascan Vanilla Extract, Emulsifier (Rapeseed Lecithin). Filling (15%) [Dark Brown Soft Sugar, Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), Light Brown Soft Sugar, Ground Cinnamon (SOTA Drink (Water, SOTA Bean, Sugar, Natural Flavouring), Stabiliser (Gellan Gum)), Invert Sugar Syrup, Orange Juice, Lemon Juice), Cinnamon Sugar (1%) [Caster Sugar, Ground Cinnamon (-1%)].	Fortion KJ KCal Fat Sat Carbs	weight (g) per 100g 1604 382 15.6 8.4 54.0	per portion (g) 2486 592 24.2 13.0 83.7
	(Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Water, Sugar, Wholemeal WHEAT Flour, Sourdough Culture (RYE Flour), Orange Zest, Years, Salt, Madagascan Vanilla Extract, Emulsifier (Rapeseed Lecithin), Filling (15%) [Dark Brown Soft Sugar, Plant Butter (Plant Oils (Palm Oil, Sunflower Oil, Rapeseed Oil), Water, Fava Bean, Emulsifier (Sunflower Lecithin), Natural Flavouring), Light Brown Soft Sugar, Ground Cinnamon (SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Invert	Fortion KJ Kcal Fat Sat Carbs Sugar	weight (g) per 100g 1604 382 15.6 8.4 54.0 17.7	per portion (g) 2486 592 24.2 13.0 83.7 27.4

	JANUARY 2025 PASTIRES			
PRODUCT	INGREDIENTS	N	UTRITION	AL INFO
Chocolate & Orange Bun (Vg)	Bun Dough [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Faba Bean Preparation, Emulsifier: Sunflower Lecithin; Natiural Flavouring, Colour: Carotenes), SOYA Drink (Water, SOYA Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Water, Sugar, Wholemeal WHEAT Flour, Sourdough (RYE), Orange Zest 1%, Yeast, Salt, Vanilla Extract (Vanilla Extract, Sugar), Emulsifier: Rapeseed, Sunflower, Lecithin), Cocoa Orange Paste [Sugar, Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Faba Bean Preparation, Emulsifier: Sunflower Lecithin), Natural Flavouring, Colour: Carotenes), Cocoa Powder 2%, Rapeseed Oil, Orange Zest 1%, Fat-Reduced Cocoa Powder <1%(Acidity Regulators: Sodium Hydroxide, Ammonium Hydroxide), Orange Oil <1%), Glaze (Apricot Jam (Sugar, Apricots, Water, Lemon Juice, Gelling Agent: Pectin), Orange Juice 5%, Freeze-Dried Marigold Petals]. May contain other cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME and SULPHITES.	Fibre Protein Salt	per 100g 1450 347 15.1 7.6 56.3 22.5 2.6 5.6 0.84 weight (g)	per portion (g) 2176 520 22.7 11.4 84.5 33.8 3.9 8.4 1.26 150
NEW Mocha Bun (Vg)	Starch, Emulsitier: Polysorbate 60: Stabilisers: Methyl Cellulose, Xanthan Gum: Acidity Regulator: Trisodium Citrate:		per 100g 1545 369 16.0 8.1 55.2 24.9 2.7 5.5 0.82 weight (g)	130 per portion (g) 2318 554 24.0 12.2 82.8 37.4 4.1 8.3 1.23 150
	PORRIDGE			
PRODUCT	Porridge is made with Whole Milk as standard. Other milk variants are available upon requ INGREDIENTS		UTRITION	
Porridge Plain (V)	Whole MILK (83%), Porridge OATS (17%).	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 484 115 4.5 2.2 14.7 3.9 1.1 4.6 0.09 weight (g)	per portion (g) 1163 276 10.9 5.2 35.2 9.2 2.7 11.1 0.22 240
Porridge with Chocolate Chips (V) Porridge with Banana & Cinnamon (V)	Whole MILK (77%), Porridge OATS (15%), Chocolate Chips (8%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin (E322), Natural Vanilla Flavouring). Whole MILK (62%), Banana (19%), Porridge OATS (12%), Honey, Cinnamon.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	e 109 619 147 6.6 3.4 17.8 7.1 1.4 4.8 0.09 weight (g) per 100g 521 124 3.4 1.7 19.9 11.3	per portion (g) 1609 383 17.1 9.0 46.3 18.4 3.6 12.4 0.22 260 per portion (g) 1668 396 11.0 5.3 63.6 36.0
(V) Porridge with Blueberries, Seeds & Maple Syrup (V)	Whole MILK (66%), Porridge OATS (13%), Blueberries (10%), Maple Syrup (5%), Pumpkin Seeds (3%), Sunflower Seeds (3%).	Fibre Protein Salt Portion KJ Kcal Fat Sat Carbs Sugar Fibre	1.3 3.7 0.07 weight (g) per 100g 620 148 6.8 2.2 16.5 7.2 1.6	4.1 11.8 0.22 321 per portion (g) 1892 451 20.7 6.8 50.2 21.8 4.9
		Protein Salt Portion	5.5 0.07 weight (g)	16.7 0.23 305

JANUARY 2025

	TEACAKES & SCONES			
PRODUCT	INGREDIENTS	N	UTRITION	AL INFO
		KJ	per 100g 1638	per portion (g 2293
Fruit Scone (Vg)	Cake Flour (WHEAT Flour (Calcium Carbonate, Iron, Nicotinamide, Thiamine), Sugar, Vegetable Oils (Palm, Rapeseed), Raising Agents: E450i, E500ii, WHEAT Starch, Salt, Stabiliser: E466, Natural Flavouring, Emulsifier: E471,	Kcal Fat Sat	400 11.0 4.5	560 15.4 6.3
	Enzymes), Water, Sultanas (10.5%), Glaze (Water, Vegetable Proteins, Sunflower Oil, Dextrose, Maltodextrines, Starch). May contain SOYA, MILK, EGG, NUTS and SULPHUR DIOXIDE.	Carbs Sugar	66.9 23	93.6 32.2
		Protein Salt Portion v	7.7 0.50 veight (g)	10.8 0.70 140
		KJ	per 100g 940 221	per portion (g 1410
Teacake	WHEAT flour [with added calcium, iron, niacin, thiamin], Water, Sultanas (10%) [sunflower oil], Currants (5%) [sunflower oil], spiced bun concentrate [vegetable oil, dextrose, mono and diglycerides of fatty acids, diacetyl tartaric acid ester of mono diglycerides, flavouring, flour treatment agent, ascorbic acid, food enzymes, beta	Kcal Fat Sat	0.7	332 1.1 0.2
(Vg)	carotene], Sugar, Yeast. May containMILK, EGG and NUTS.	Carbs Sugar Protein	48.0 15.3 6.4	72.0 23.0 9.6
		Salt	0.01 /eight (g)	0.02 150
	TOAST			
PRODUCT	INGREDIENTS	N	UTRITION	AL INFO
		KJ	per 100g 1058	per slice (g) 529
White Farmhouse Slice	WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm, Rapeseed), Salt, SOYA Flour, Yeast	Kcal Fat Sat	250 2.8 0.7	125 1.4 0.4
(Vg)	Emulsifiers (E471, E472e), Fermented RYE Flour, Yeast Nutrient (E516), Flour Treatment Agent (E300), Enzymes.	Carbs Sugar	48.7 3.9	24.4 2.0
		Protein Salt Portion v	8.7 1.04 /eight (g)	4.4 0.52 50
		KJ	per 100g 923	per slice (g) 462
Harvester Farmhouse Slice	Harvester WHEAT Flour (WHEAT Flour, Malted WHEAT Flakes, BARLEY Malt Flour, Calcium, Iron, Niacin, Thiamin),	Kcal Fat Sat	218 2.5 0.8	109 1.3 0.4
(Vg)	Water, Vegetable Oils (Palm, Rapeseed), Salt, Yeast, Emulsifiers (E471, E472e), Yeast Nutrient (E516), Flour Treatment Agent (E300), Enzymes.	Carbs Sugar	40.1 0.8	20.1 0.4
		Protein Salt Portion v	7.9 1.06 /eight (g)	4.0 0.53 50
	GRANOLA & YOGHURT			
PRODUCT	INGREDIENTS	N	UTRITION	AL INFO
		KJ	per 100g 719	1581
Granola & Yogurt with Banana & Honey (V)	Natural Low Fat Yogurt (MILK) (55%), Granola (18%) [Jumbo Rolled OATS , Fructose (Fruit Sugar), Desiccated Coconut Copped, Mixed NUTS (PEANUTS, WALNUTS, ALMONDS) Pumpkin Seeds, SESAME SEEDS , Sunflower Seeds, Rapeseed Oil, Black Treacle (Molasses)], Banana (18%), Honey (5%), Pumpkin Seeds (2%).		per 100g	
Banana & Honey	Natural Low Fat Yogurt (MILK) (55%), Granola (18%) (Jumbo Rolled OATS, Fructose (Fruit Sugar), Desiccated Coconut Copped, Mixed NUTS (PEANUTS, WALNUTS, ALMONDS) Pumpkin Seeds, SESAME SEEDS, Sunflower Seeds,	KJ Kcal Fat Sat Carbs	per 100g 719 171 6.0 1.4 21.7 11.6 2.4 6.3 0.17	376 13.3 3.1 47.7

(2%).

Natural Low Fat Yogurt (MILK) (55%), Granola (18%) [Jumbo Rolled OATS, Fructose (Fruit Sugar), Desiccated Coconut Copped, Mixed NUTS (PEANUTS, WALNUTS, ALMONDS) Pumpkin Seeds, SESAME SEEDS, Sunflower Seeds, — Rapeseed Oil, Black Treacle (Molasses)], Blueberrise (18%), Honey (5%), Pumpkin Seeds (2%), Sunflower Seeds Granola & Yogurt with Blueberry & Honey (v)

Coffee#1

5 of 16

Kcal

Fat

Sat

Carbs

Sugar

Fibre

Salt

Portion weight (g)

Protein

163

6.1

1.4

19.7

10.0

2.5

6.3

0.17

359

13.3

3.1

43.3

21.9

5.4

13.8

0.37

220

Nutritional & Ingredient List

JANUARY 2025

PRODUCT	INGREDIENTS	N	UTRITION	AL INFO
			per 100g	per portion (g)
		KJ	663	1325
		Kcal	158	316
		Fat	7.9	15.7
Yogurt & Seeds with Banana		Sat	1.5	3.0
(V)	Natural Low Fat Yogurt (MILK) (67%), Banana (22%), Honey (6%), Pumpkin Seeds (3%), Sunflower Seeds (3%).	Carbs	13.7	27.4
		Sugar	11.9	23.8
		Fibre	1.5	3.0
		Protein	7.4	14.8
		Salt	0.12	0.25
		Portion w		200
			per 100g	per portion (g)
		KJ	626	1251
		Kcal	149	299
		Fat	7.9	15.8
Yogurt & Seeds with	Natural Low Fat Yogurt (MILK) (67%), Blueberries (22%), Honey (6%), Pumpkin Seeds (3%), Sunflower Seeds (3%).	Sat	1.5	3.0
Blueberry		Carbs	11.5	23.1
(V)		Sugar	10.1	20.2
		Fibre	1.5	3.1
		Protein	7.4	14.8
		Salt Portion w	0.13	0.25
		Pomon w	veigni (g)	200
	EXTRAS			
PRODUCT	EXTRAS	N	UTRITION	AL INFO
PRODUCT	-		per 100g	per portion (g)
PRODUCT	-	KJ	per 100g 1001	per portion (g) 300
PRODUCT	-	KJ Kcal	per 100g 1001 236	per portion (g) 300 71
	-	KJ Kcal Fat	per 100g 1001 236 0.0	per portion (g) 300 71 0.0
Preserve Blackcurrant	INGREDIENTS	KJ Kcal Fat Sat	per 100g 1001 236 0.0 0.0	per portion (g) 300 71 0.0 0.0
	-	KJ Kcal Fat Sat Carbs	per 100g 1001 236 0.0 0.0 57.0	per portion (g) 300 71 0.0 0.0 17.1
Preserve Blackcurrant	INGREDIENTS	KJ Kcal Fat Sat Carbs Sugar	per 100g 1001 236 0.0 0.0 57.0 57.0	per portion (g) 300 71 0.0 0.0 17.1 17.1
Preserve Blackcurrant	INGREDIENTS	KJ Kcal Fat Sat Carbs Sugar Protein	per 100g 1001 236 0.0 57.0 57.0 57.0 0.4	per portion (g) 300 71 0.0 0.0 17.1 17.1 0.1
Preserve Blackcurrant	INGREDIENTS	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 1001 236 0.0 57.0 57.0 57.0 0.4 0.00	per portion (g) 300 71 0.0 0.0 17.1 17.1 0.1 0.00
Preserve Blackcurrant	INGREDIENTS	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion w	per 100g 1001 236 0.0 57.0 57.0 57.0 0.4 0.00 veight (g)	per portion (g) 300 71 0.0 0.0 17.1 17.1 0.1 0.00 30
Preserve Blackcurrant	INGREDIENTS	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion w	per 100g 1001 236 0.0 57.0 57.0 57.0 0.4 0.00 veight (g) per 100g	per portion (g) 300 71 0.0 0.0 17.1 17.1 0.1 0.0 30 per portion (g)
Preserve Blackcurrant	INGREDIENTS	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion w	per 100g 1001 236 0.0 57.0 57.0 0.4 0.00 veight (g) per 100g 1023	per portion (g) 300 71 0.0 0.0 17.1 17.1 0.1 0.0 30 per portion (g) 307
Preserve Blackcurrant	INGREDIENTS	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portion w	per 100g 1001 236 0.0 57.0 57.0 57.0 0.4 0.00 veight (g) per 100g	per portion (g) 300 71 0.0 17.1 17.1 0.1 0.0 30 per portion (g)

Preserve Strawberry	
(Vg)	

(*9)		Carbs
		Sugar
		Protein
		Salt
		Portion v
		KJ
		Kcal
		Fat
Lakeland Butter	Butter: Cream (MILK), Salt.	Sat
()()	Boller. Cledin (Mick), son.	Cambra

Strawberries, sugar, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.

Lakeland Butter (V)

Rodda's Cornish Clotted Cream

100% Cornish cows MILK.

Clotted Cream (V)	100% Cornish cows MILK.	Carbs	2.2	0.9
(*)		Sugar	2.2	0.9
		Protein	1.6	0.6
		Salt	0.05	0.02
		Portion v	veight (g)	40
			per 100g	per portion (g)
		KJ 2636 Kcal 630	185	
			44	
		Fat	630 44 70.0 4.9	4.9
Flora	Plant oils (rapeseed, palm, sunflower 1%, linseed), water, salt 1.35%, plant based emulsifier (lecithin),	Sat	16.0	1.1
(Vg)	fava bean protein, natural flavourings, vitamin A	Carbs	0.5	0.0
		Sugar 0.5	0.5	0.0
		Protein	0.1	0.0
		Salt	1.40	0.10
				_

Fat

Sat

Carbo

Carbs

Sugar

Salt

KJ 2413

Kcal

Fat

Sat

Portion weight (g)

Protein

0.1

0.0

59.0

59.0

0.4

0.00

per 100g

3036

738

81.4

52.3

0.8

0.8

0.6

1.90

per 100g

586 63.7

39.7

weight (g)

0.0

0.0

17.7

17.7

0.1

0.00

30

per portion (g)

213

52

5.7

3.7

0.1

0.1

0.04

0.13

7 per portion (g)

965

234

25.5

15.9

7

	EXTRAS			
PRODUCT	INGREDIENTS	N	IUTRITION	AL INFO
			per 100g	per portion (
		KJ	1100	330
		Kcal	260	78
		Fat	0.1	0.03
Marmite	Yeast extract (contains BARLEY, WHEAT, OATS, RYE), salt, vegetable juice concentrate, vitamins (thiamin, riboflavin,	Sat	0.05	0.02
(Vg)	niacin, vitamin B12 and folic acid), natural flavouring (contains CELERY).	Carbs	30.0	9.0
		Sugar	1.2	0.4
		Protein	34.0	10.2
		Salt	10.80	3.24
		Portion v	veight (g)	8
			per 100g	per portion (
		KJ	1017	305
		Kcal	240	72
		Fat	0.1	0.03
Marmalade		Sat	0.0	0.0
(Vg)	Sugar, bitter oranges, water, brown cane sugar, concentrated lemon juice, gelling agent: fruit pectins.	Carbs	59.0	17.7
(0)		Sugar	59.0	17.7
		Protein	0.3	0.1
		Salt	0.00	0.00
		-	veight (g)	30
			per 100g	per portion
		КJ	1163	174
		KJ	274	41
			0.4	0.1
Manda Summ			0.4	0.1
Maple Syrup	Maple Syrup.	Carbs	67.2	10.1
(Vg)		Sugar	63.7	9.6
		Protein	0.1	0.0
		Salt	0.03	0.00
		-	veight (g)	15
		1 Officiti V	roigin (g)	15
	CAKES			
PRODUCT	INGREDIENTS	N	IUTRITION	AL INFO
			per 100g	per portion
		KJ	1662	1629
		Kcal	369	362
	WHEAT flour (calcium carbonate, iron, niacin, thiamin), banana puree 23%, brown sugar, dark chocolate 14%	Fat	18.0	17.6
anana & Chocolate	(sugar, cocoa mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring), coconut oil, rapeseed oil,	Sat	8.9	8.7
Loaf Cake	black treacle, water, corn starch, flax seeds, sodium bicarbonate, raising agent (diphosphates, sodium	Carbs	55.5	54.4
(Vg)		Sugar	32.9	32.2
	carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)), ground cinnamon, salt. May contain cereals			2.9
	carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)), ground cinnamon, salt. May contain cereals containing GLUTEN, MILK, EGG, SOYA, SULPHITES, and NUTS.	Fibre	3.0	
		-	3.0 4.8	4.7
		Fibre		4.7 0.68
		Fibre Protein Salt	4.8	
		Fibre Protein Salt Portion v	4.8 0.69 veight (g) per 100g	0.68 98
		Fibre Protein Salt Portion v	4.8 0.69 veight (g) per 100g 1542	0.68 98
	containing GLUTEN, MILK, EGG, SOYA, SULPHITES, and NUTS.	Fibre Protein Salt Portion v KJ Kcal	4.8 0.69 veight (g) per 100g 1542 369	0.68 98 per portion 1696 406
	containing GLUTEN, MILK, EGG, SOYA, SULPHITES, and NUTS. Lemon Cake (93%) (Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk (MILK),	Fibre Protein Salt Portion v KJ Kcal	4.8 0.69 veight (g) per 100g 1542 369 14.7	0.68 98 per portion 1696 406 16.2
emon Drizzle Colico	containing GLUTEN, MILK, EGG, SOYA, SULPHITES, and NUTS. Lemon Cake (93%) (Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk (MILK), Rapeseed Oil, EGG , Lemon Juice (3%), Lemon Curd (3%) (Sugar, EGG , Butter (MILK), Concentrated Lemon Juice,	Fibre Protein Salt Portion v KJ Kcal Fat Sat	4.8 0.69 veight (g) per 100g 1542 369	0.68 98 per portion 1696 406
	containing GLUTEN, MILK, EGG, SOYA, SULPHITES, and NUTS. Lemon Cake (93%) (Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk (MILK), Rapeseed Oil, EGG, Lemon Juice (3%), Lemon Curd (3%) (Sugar, EGG, Butter (MILK), Concentrated Lemon Juice, Water, Lemon Oil, Agar), Lemon Zest (3%), Raising Agent (Diphosphates, Sodium Carbonates), Satt), Lemon Drizzle	Fibre Protein Salt Portion v KJ Kcal Fat Sat	4.8 0.69 veight (g) per 100g 1542 369 14.7	0.68 98 per portion 1696 406 16.2
Lemon Drizzle Cake (V)	containing GLUTEN, MILK, EGG, SOYA, SULPHITES, and NUTS. Lemon Cake (93%) (Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk (MILK), Rapeseed Oil, EGG , Lemon Juice (3%), Lemon Curd (3%) (Sugar, EGG , Butter (MILK), Concentrated Lemon Juice,	Fibre Protein Salt Portion v KJ Kcal Fat Sat	4.8 0.69 veight (g) per 100g 1542 369 14.7 1.4	0.68 98 per portion 1696 406 16.2 1.5
	Containing GLUTEN, MILK, EGG, SOYA, SULPHITES, and NUTS. Lemon Cake (93%) (Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk (MILK), Rapeseed Oii, EGG , Lemon Juice (3%), Lemon Curd (3%) (Sugar, EGG , Butter (MILK), Concentrated Lemon Juice, Water, Lemon Oil, Agar), Lemon Zest (3%), Raising Agent (Diphosphates, Sodium Carbonates), Sult), Lemon Drizzle (7%) (Giucose Syrup, Lemon Juice (2%), Icing Sugar (Sugar Beet, Anticaking Agent (Calcium Phosphate)),	Fibre Protein Salt Portion v KJ Kcal Fat Sat Carbs	4.8 0.69 veight (g) per 100g 1542 369 14.7 1.4 55.2	0.68 98 per portion 1696 406 16.2 1.5 60.7
	Containing GLUTEN, MILK, EGG, SOYA, SULPHITES, and NUTS. Lemon Cake (93%) (Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk (MILK), Rapeseed Oil, EGG , Lemon Juice (3%), Lemon Curd (3%) (Sugar, EGG , Butter (MILK), Concentrated Lemon Juice, Water, Lemon Oil, Agar), Lemon Zest (3%), Raising Agent (Diphosphates, Sodium Carbonates), Salt), Lemon Drizle (7%) (Glucose Syrup, Lemon Juice (2%), Icaing Sugar (Sugar Beet, Anticaking Agent (Calcium Phosphate)), Decoration (<1%) (Dried Comflower Petals). May contain other cereals containing GLUTEN, SOYA, SULPHITES	Fibre Protein Salt Portion v KJ Kcal Fat Sat Carbs Sugar	4.8 0.69 veight (g) per 100g 1542 369 14.7 1.4 55.2 36.1	0.68 98 per portion 1696 406 16.2 1.5 60.7 39.7
	Containing GLUTEN, MILK, EGG, SOYA, SULPHITES, and NUTS. Lemon Cake (93%) (Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk (MILK), Rapeseed Oil, EGG , Lemon Juice (3%), Lemon Curd (3%) (Sugar, EGG , Butter (MILK), Concentrated Lemon Juice, Water, Lemon Oil, Agar), Lemon Zest (3%), Raising Agent (Diphosphates, Sodium Carbonates), Salt), Lemon Drizle (7%) (Glucose Syrup, Lemon Juice (2%), Icaing Sugar (Sugar Beet, Anticaking Agent (Calcium Phosphate)), Decoration (<1%) (Dried Comflower Petals). May contain other cereals containing GLUTEN, SOYA, SULPHITES	Fibre Protein Salt Portion v KJ Kcal Fat Sat Carbs Sugar Fibre	4.8 0.69 veight (g) per 100g 1542 369 14.7 1.4 55.2 36.1 1.3	0.68 98 per portion 1696 406 16.2 1.5 60.7 39.7 1.4
	Containing GLUTEN, MILK, EGG, SOYA, SULPHITES, and NUTS. Lemon Cake (93%) (Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk (MILK), Rapeseed Oil, EGG , Lemon Juice (3%), Lemon Curd (3%) (Sugar, EGG , Butter (MILK), Concentrated Lemon Juice, Water, Lemon Oil, Agar), Lemon Zest (3%), Raising Agent (Diphosphates, Sodium Carbonates), Salt), Lemon Drizle (7%) (Glucose Syrup, Lemon Juice (2%), Icaing Sugar (Sugar Beet, Anticaking Agent (Calcium Phosphate)), Decoration (<1%) (Dried Comflower Petals). May contain other cereals containing GLUTEN, SOYA, SULPHITES	Fibre Protein Salt Portion v KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	4.8 0.69 veight (g) per 100g 1542 369 14.7 1.4 55.2 36.1 1.3 4.1	0.68 98 per portion 1696 406 16.2 1.5 60.7 39.7 1.4 4.5
	Containing GLUTEN, MILK, EGG, SOYA, SULPHITES, and NUTS. Lemon Cake (93%) (Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk (MILK), Rapeseed Oil, EGG , Lemon Juice (3%), Lemon Curd (3%) (Sugar, EGG , Butter (MILK), Concentrated Lemon Juice, Water, Lemon Oil, Agar), Lemon Zest (3%), Raising Agent (Diphosphates, Sodium Carbonates), Salt), Lemon Drizle (7%) (Glucose Syrup, Lemon Juice (2%), Icaing Sugar (Sugar Beet, Anticaking Agent (Calcium Phosphate)), Decoration (<1%) (Dried Comflower Petals). May contain other cereals containing GLUTEN, SOYA, SULPHITES	Fibre Protein Salt Portion v KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion v	4.8 0.69 veight (g) per 100g 1542 369 14.7 1.4 55.2 36.1 1.3 4.1 0.57	0.68 98 per portion 1696 406 16.2 1.5 60.7 39.7 1.4 4.5 0.63 110
	Containing GLUTEN, MILK, EGG, SOYA, SULPHITES, and NUTS. Lemon Cake (93%) (Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk (MILK), Rapeseed Oli, EGG, Lemon Juice (3%), Lemon Curd (3%) (Sugar, EGG, Butter (MILK), Concentrated Lemon Juice, Water, Lemon Oii, Agar), Lemon Zest (3%), Raising Agent (Diphosphates, Sodium Carbonates), Salt), Lemon Drizzle (7%) (Glucose Syrup, Lemon Juice (2%), Icing Sugar (Sugar Beet, Anticaking Agent (Calcium Phosphate)), Decoration (<1%) (Dried Comflower Petals). May contain other cereals containing GLUTEN, SOYA, SULPHITES NUTS and PEANUTS.	Fibre Protein Salt Portion v KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion v	4.8 0.69 veight (g) per 100g 1542 369 14.7 1.4 55.2 36.1 1.3 4.1 0.57 veight (g)	0.68 98 per portion 1696 406 16.2 1.5 60.7 39.7 1.4 4.5 0.63 110
	Containing GLUTEN, MILK, EGG, SOYA, SULPHITES, and NUTS. Lemon Cake (93%) (Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk (MILK), Rapeseed Oil, EGG , Lemon Juice (3%), Lemon Curd (3%) (Sugar, EGG , Butter (MILK), Concentrated Lemon Juice, Water, Lemon Oil, Agar), Lemon Zest (3%), Raising Agent (Diphosphates, Sodium Carbonates), Salt), Lemon Drizle (7%) (Glucose Syrup, Lemon Juice (2%), Icaing Sugar (Sugar Beet, Anticaking Agent (Calcium Phosphate)), Decoration (<1%) (Dried Comflower Petals). May contain other cereals containing GLUTEN, SOYA, SULPHITES	Fibre Protein Salt Portion v KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion v	4.8 0.69 veight (g) per 100g 1542 369 14.7 1.4 55.2 36.1 1.3 4.1 0.57 veight (g) per 100g	0.68 98 per portion (1696 406 16.2 1.5 60.7 39.7 1.4 4.5 0.63 110 per portion (
Lemon Drizzle Cake (V)	Containing GLUTEN, MILK, EGG, SOYA, SULPHITES, and NUTS. Lemon Cake (93%) (Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk (MILK), Rapeseed Oil, EGG, Lemon Juice (3%), Lemon Curd (3%) (Sugar, EGG, Butter (MILK), Concentrated Lemon Juice, Water, Lemon Oil, Agar), Lemon Zest (3%), Raising Agent (Diphosphates, Sodium Carbonates), Solt), Lemon Drizzle (7%) (Glucose Syrup, Lemon Juice (2%), Icing Sugar (Sugar Beet, Anticaking Agent (Calcium Phosphate)), Decoration (<1%) (Dried Comflower Petals). May contain other cereals containing GLUTEN, SOYA, SULPHITES NUTS and PEANUTS.	Fibre Protein Salt Portion v KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion v	4.8 0.69 veight (g) per 100g 1542 369 14.7 1.4 55.2 36.1 1.3 4.1 0.57 veight (g) per 100g 1502	0.68 98 per portion (1696 406 16.2 1.5 60.7 39.7 1.4 4.5 0.63 110 per portion (1953

Ultimate Carrot Cake (Vg)

Coffee#1

alpotassium phosphare); calcium carbonate, sed sait, gelian gum, virtamins 42, si 12, D2); suiranas 4%, violite creamy (water, coconut oil, starch, sea salt, acidity regulator (glucono-delta-lactone), flavourings, olive extract, vitamin B12), **WALUUTS** 3%, plant butter (plant oils (sustainable palm, sunflower, rapeseed), water, sea salt, fava bean preparation, emulsifier (sunflower lecithin), natural flavourings), lemon juice, flax seeds, coconut 1%, raising agent (diphosphates, sodium carbonates, **WHEAT** flour (calcium carbonate, iron, niacin, thiamin)), mixed spices 1%, candied **HAZELNUTS** (sugar, **HAZELNUTS**), pumpkin seeds, sodium bicarbonate, salt, Madagascan vanilla paste, comflower petals. May contain MILK, EGGS, SULPHITES and PEANUTS.

Fat	15.0	19.5
Sat	3.5	4.6
Carbs	52.9	68.8
Sugar	37	48.1
Protein	3.0	3.9
Salt	0.76	0.99
Portion	weight (g)	130
	per 100g	per portion (g)
KJ	1548	464
Kcal	370	111
Fat	14.6	4.4
Sat	4.9	1.5
	Sat Carbs Sugar Protein Salt Portion KJ Kcal Fat	Sat 3.5 Carbs 52.9 Sugar 37 Protein 3.0 Salt 0.76 Portion weight (g) per 100g KJ 1548 Kcal 370 Fat 14.6

65.1

23.3

6.5

Carbs

Sugar

Salt 1.30

Portion weight (g)

Protein

WHEAT flour (calcium carbonate, iron, niacin, thiamine, raising agents E450, E500), vegetable oil (rapeseed, sustainable palm) sugar, vine fruits (13%)(currants, sultanas, sunflower oil), EGG, BUTTERMILK, water, salt, emulsifiers -(E471, E481), colour (carotenes), natural flavouring, preservatives (E202, E282).

Welsh Cake (V)

V = Vegetarian Vg = Vegan GF = Gluten-Free 19.5

7.0

2.0

0.39

30

Nutritional & Ingredient List

CAKES

Victoria Sponge Cake** (V) Victoria Sponge Cake (V) Victoria Sponge Cake** (V) Victoria Sponge Cake** (V) Victoria Sponge Cake** (V) Victoria Sponge Cake (V) Victoria Sponge Cake** (V) Victoria Sponge Cake** (V) Victoria Sponge Cake** (V) Victoria Sponge Cake (V) Victoria Sponge Cake Victoria Sponge Cake (V) Victoria Sponge Cake Victoria Sponge Cake Victoria Sponge Cake (V) Victoria Sponge Cake Victoria Sugar, Natural Vanita Flavouring, Sugar, Vagar, Natural Vanita Flavouring, Sugar, Vagetable Oil (Palm Oil, Rapeseed Oil), Sugar Sprep, Roing Flave Solat 8.7 (V) Vater, Powdered Fondant (Sugar, Dried Glucose Syrup), Whipping Cream (MILK), EGG, Icing Sugar, Speculoos Spread (Caramatised Biscu	rtion (g) 247 337 5.5 1.9 2.2 0.0 0.0 0.7 1.1 4.45 37
Victoria Sponge Cake** (V) Victoria Sponge Cake [Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Sugar, EGG, Margarine (Vegetable Oils (Sustainable Palm Oil, Rapeseed Oil), Water, Salt, Emulsifier (Polyglycerol Esters Of Fatty Acids), Flavouring, Colours (Curcumin, Annatto Bixin)), MLK, Raising Agents (Mon Calcium Phosphates, Sodium Bicarbonate, Com Starch), Thickener (Xanthan Gum), Natural Flavouring), Jam (Sugar, Raspberries, Lemon Juice), Decoration (Caster Sugar). May contain Cereals containing GLUTEN, NUTS, PEANUTS, SESAME, SULPHITES, SOYA. Satt 8.7 11 **Although this product is made with gluten free flour, this may not be suitable for people with coeliac/gluten allergy due to manufacturing and instore handling methods. *ile 0.33 0.4 Vater, Powdered Fondant (Sugar, Dried Glucose Syrup), Whipping Cream (MLK), EGG, Icing Sugar, Speculoos Spread (Caramatised Biscuit (WHEAT Flour, Sugar, Vegetable) Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Socialised Biscuit (WHEAT Flour, Sugar, Vegetable) Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Shortening (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Oil (Falm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Social Charomatised Biscuit (WHEAT Flour, Sugar, Cecaa Bitscuit (WHEAT Flour, Sugar, Cecaa Bitscuit (WHEAT Flour, Sugar, Cecaa Bitscuit (WHEAT Flour, Sugar, Vegetable) Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Social Biscuit (WHEAT Flour, Sugar, Cecaa Bitscuit (WHEAT Flour, Sugar, Sugar, Cecaa Bitscuit (WHEAT Flour, Sugar, Vegetable) Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Social (WHEAT Flour, Sugar, Vegetable) Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Social Mitter Flour, Sugar, Cecaa Bitscuit (WHEAT Flour, Sugar, Vegetable) Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Social Mitter Flour, Sugar, Cecaa Bi	247 337 5.5 1.9 2.2 0.0 0.7 1.1 .45 37 rtion (g) 346 222 7.9 5.9
Victoria Sponge Cake** Victoria Sponge Cake [Flour Blend (Rice, Pottor, Tapicca, Maize, Buckwheat), Sugar, EGG, Margarine (Vegetable Oils (Sustainable Palm Oil, Rapeseed Oil), Water, Salt, Emulsifier (Polygiverol Esters Of Fatty Acids), Flavouring, Colours (Curcumin, Annatob Bixin)], MILK, Raising Agents (Mon Calcium Phosphates, Saditum Bicarbonate, Com Starch), Thickener (Xanthan Gum), Natural Flavouring), Jam (Sugar, Raspberries, Lemon Juice), Decoration [Caster Sugar], May contain Cereals containing GLUTEN, NUTS, PEANUTS, SESAME, SULPHITES, SOYA. Sat 8.7 11 **Although this product is made with gluten free flour, this may not be suitable for people with coeliac/gluten allergy due to manufacturing and instore handling methods. **Although this product is made with gluten free flour, this may not be suitable for people with coeliac/gluten allergy due to manufacturing and instore handling methods. Flote 0.5 0.0 Varter, Powdered Fondant (Sugar, Dried Glucose Syrup), Whipping Cream (MILK), EGG, Icing Sugar, Speculoos Spread (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Solt, Cinnamon), Rapeseed Oil, Sugar, Cocca Butter, Emulsifier: SOYA Lecithins; Acidity Regulator: Citric Acid, Wheat Flour, Sugar, Cocca Butter, Emulsifier: SOYA Lecithins; Acidity Regulator: Citric Acid, Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Solt, Cinnamon), Shortening (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Solt, Cinnamon), Dil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Solt, Cinnamon)), Sugar 32.0 20 Kcal 30 Carbs 22.5 35	337 5.5 1.9 2.2 0.0 0.7 1.1 4.45 37 rtion (g) 346 22 7.9 5.9
Victoria Sponge Cake** (V) Oils (Sustainable Palm Oil, Rapeseed Oil), Water, Sait, Emulsifier (Polyglycerol Esters Of Fatty Acids), Flavouring, Colours (Curcumin, Annatho Bixin)), MILK, Raising Agents (Mon Calcium Phosphates, Sodium Bicarbonate, Corn Starch), Thickener (Xanthan Gum), Natural Flavouring), Salt), Butterreram Icing [Icing Sugar, Salted Butter (Butter (MILK), Salt), Double Cream (MILK), Natural Flavouring), Jam [Sugar, Raspberries, Lemon Juice], Decoration [Caster Sugar]. May contain Cereals containing GLUTEN, NUTS, PEANUTS, SESAME, SULPHITES, SOYA. Kat Starch), Thickener (Xanthan Gum), Natural Flavouring), Carbon Jule), Decoration [Caster Sugar]. May contain Cereals containing GLUTEN, NUTS, PEANUTS, SESAME, SULPHITES, SOYA. Neurophysical Science (Santhan Gum), Carbon Jule), Decoration [Caster Sugar]. May contain Cereals containing GLUTEN, NUTS, PEANUTS, SESAME, SULPHITES, SOYA. Neurophysical Science (Santhan Gum), Sugar 36.5 Sugar 36.5 Southan Science (Santhan Gum), Sugar 30.6 Valuer, Powdered Fondant (Sugar, Dried Glucose Syrup), Whipping Cream (MILK), EGG, Icing Sugar, Speculoos Spread (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Solt, Cinnamon), Shortening (Palm Oil, Rapeseed Oil), Dark Choccote (Cocca Mass, Sugar, Cocca Butter, Emulsifier: SOYA Lecithins; Acidity Regulator; Citric Acid), Wheat Flour (WHEAT Flour, Sugar, Cocca Butter, Emulsifier: SOYA Lecithins; Natural Vanilla Flavouri), Speculoos Biscuit (WHEAT Flour, Sugar, Cocca Butter, Emulsifier: SOYA Lecithins; Natural Vanilla Flavouri), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Salt, Cinnamon), Subrehing (Palm Oil, Rapeseed Oil), Dark Choccote (Cocca Mass, Sugar, Cocca Butter, Emulsifier: SOYA Lecithins; Natural Vanilla Flavouri, Sugar Syrup, Raising Agen	5.5 1.9 2.2 0.0 0.7 1.1 4.45 37 rtion (g) 346 22 7.9 5.9
Victoria Sponge Cake** (V) Starch), Thickneng Xanthan Gum), Mick Valural Flavouring), Jam (Sugar, Raspberries, Lemon Juice), Decoration (Caster Sugar). May contain Cereals containing GLUTEN, NUTS, PEANUTS, SESAME, SULPHITES, SOYA. **Although this product is made with gluten free flour, this may not be suitable for people with coeliac/gluten allergy due to manufacturing and instore handling methods. Star 8.7 11 Caramel Chouxnut with Crème Pat (V) Water, Powdered Fondant (Sugar, Dried Glucose Syrup), Whipping Cream (MILK), EGG, Icing Sugar, Speculoos Spread (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil, Sugar, Speculos) Spread (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil, Sugar, Speculos) Shortening (Palm Oil, Rapeseed Oil), Dark Choccote (Cocca Mass, Sugar, Cocca Butter, Emulsifier: SOYA Lecithins; Acidity Regulator: Citric Acid), Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Cocca Butter, Emulsifier: SOYA Lecithins; Natural Vanilla Flavouri), Speculoss Biscuit (WHEAT Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Sugar, Vegetable Oil (Palm Oil, Rapeseed	1.9 2.2 0.0 0.7 1.1 .45 37 rtion (g) 346 22 7.9 5.9
Victoria Sponge Cake** (V) (MILK), Salt), Double Cream (MILK), Natural Flavouring), Jam (Sugar, Raspberries, Lemon Juice), Decoration [Caster Sugar]. May contain Cereals containing GLUTEN, NUTS, PEANUTS, SESAME, SULPHITES, SOYA. **Although this product is made with gluten free flour, this may not be suitable for people with coeliac/gluten allergy due to manufacturing and instore handling methods. Salt Salt Salt Salt Salt Spread (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Synup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Ceca Butter, Emulsifier: SOYA Lecithins; Acidity Regulator: Citric Acid), Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Dark Choccoate (Cocca Mass, Sugar, Cocca Butter, Emulsifier: SOYA Lecithins; Natural Vanilla Flavour), Speculoos Biscuit (WHEAT Flour, Salt, Cinnamon), Nothering (Palm Oil, Rapeseed Oil), Dark Choccoate (Cocca Mass, Sugar, Cocca Butter, Emulsifier: SOYA Lecithins; Natural Vanilla Flavour), Speculos Biscuit (WHEAT Flour, Sugar, Yang, Reised Siscuit (WHEAT Flour, Sugar, Cocca Butter, Emulsifier: SOYA Lecithins; Natural Vanilla Flavour), Speculos Biscuit Carbonate Biscuit (WHEAT Flour, Sugar, Cocca Butter, Emulsifier: SOYA Lecithins; Natural Vanilla Flavour), Speculos Biscuit Carbonate Biscuit (WHEAT Flour, Sugar, Sugar, Speculos Biscuit (WHEAT Flour, Sugar, Vager, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Solt, Cinnamon), 	2.2 0.0 0.7 1.1 .45 37 rtion (g) 346 222 7.9 5.9
(V) [Caster Sugar]. May contain Cereals containing GLUTEN, NUTS, PEANUTS, SESAME, SULPHITES, SOYA. Sugar 38.5 50 **Although this product is made with gluten free flour, this may not be suitable for people with coeliac/gluten allergy due to manufacturing and instore handling methods. Fibre 0.5 0.0 Protein 3 4. Salt 0.33 0.4 Portion weight (g) 13 4. Salt 0.33 0.4 Portion weight (g) 1622 13 Agent: Sodium Hydrogen Carbonate; SOYA Flour, Sult, Cinnamon), Ropeseed Oil, Sugar, Emulsifie: SOYA 5. Scheining (Pain Oil, Ropeseed Oil), Durk Choccate (Cocca Mass, Sugar, Cocca Butter, Emulsifie: SOYA 5.	0.0 0.7 1.1 .45 37 rtion (g) 346 22 7.9 5.9
 **Although this product is made with gluten free flour, this may not be suitable for people with coeliac/gluten allergy due to manufacturing and instore handling methods. Fibre 0.5 Protein 3 Salt 0.33 Portion weight (g) 13 Water, Powdered Fondant (Sugar, Dried Glucose Syrup), Whipping Cream (MILK), EGG, Icing Sugar, Speculoos Spread (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable) Oil (Palm Oil, Rapeseed Oil), Dugr Syrup, Raising Agent: Solium Hydrogen Carbonate; SOYA Flour, Sult Cincomalised Biscuit (WHEAT Flour, Sugar, Cecca Butter, Emulsifier: SOYA Oil (Palm Oil, Rapeseed Oil), Dugr Checate (Carab 42.5 Carbs 42.5 Oul (Palm Oil, Rapeseed Oil), Sugar Syrup, Roising Agent: Solium Hydrogen Carbonate; SoryA, Postering Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Roising Agent: Solium Hydrogen Carbonate; SoryA, Flour, Solian, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Sugar Syrup, Roising Agent: Solium Hydrogen Carbonate; SoryA, Postering Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Roising Agent: Solium Hydrogen Carbonate; SoryA, Postering Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Roising Agent: Solium Hydrogen Carbonate; SoryA, Postering Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Roising Agent: Solium Hydrogen Carbonate; SoryA, Postering Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Roising Agent: Solium Hydrogen Carbonate; Solit, Cincomon), Rapesed Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Roising Agent: Solium Hydrogen Carbonate; Solit, Cincomon), Rapesed Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Roising Agent: Solium Hydrogen Carbonate; Solit, Cincomon), Rapesed Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Roising Agent: Solium Hydrogen Carbonate; Solit, Cincomon), Rapesed Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Roising Agent: Solium Hydrogen Carbonate; Solit, Cincomon), Rapesed Oil (Palm Oil), Rapeseed Oil), Sugar Syrup, Roising Agent: Solium Hydrogen Carbonate; Solit, Cincomon), Rabeing Agent: Solium	0.7 4.1 .45 37 rtion (g) 346 522 7.9 5.9
Caramel Chouxnut with Crème Pat (V) Water, Powdered Fondant (Sugar, Dried Glucose Syrup), Whipping Cream (MILK), EGG, Icing Sugar, Speculoos Spread (Caramalised 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 Lecithins; Acidity Regulator: Citric Acid), Wheat Flour (WHEAT Flour, Sugar, Caca Butter, Emulsifier: SOYA Lecithins; Natural Vanilla Flavour), Speculoos Biscuit (WHEAT Flour, Sugar, Caca Butter, Emulsifier: SOYA Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Garbane Pat Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Sot, Carbonate), Salt, Cinnamon), Sat 8.3 6. Carbs 42.5 Sugar 32.0 26	4.1 .45 37 rtion (g) 346 22 7.9 5.9
Salt 0.33 0.4 Portion weight (g) 13 per 100g per port Spread (Caramalised 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 (V) Shortening (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Soryu Coccoa Butter, Emulsifier: SOYA (V) Lecithins; Acidity Regulator: Citric Acid), Wheat Flour (Coccoa Mass, Sugar, Coccoa Butter, Emulsifier: SOYA Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Solt, Cinnamon)), Satt 8.3 6. Carbs 42.5 0il (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Solt, Cinnamon)),	.45 37 rtion (g) 346 22 7.9 5.9
Caramel Chouxnut with Crème Pat (V) Water, Powdered Fondant (Sugar, Dried Glucose Syrup), Whipping Cream (MILK), EGG, Icing Sugar, Speculoos Spread (Caramalised 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 Lecithins; Acidity Regulator: Citric Acid), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Dark Chocoate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithins; Natural Vanilla Flavour), Speculoos Biscuit (Cumb (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Salt, Cinnamon)), Portion weight (g) 13 (V) Water, Powdered Fondant (Sugar, Dried Glucose Syrup), Whipping Cream (MILK), EGG, Icing Sugar, Speculoos Spread (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable Shortening (Palm Oil, Rapeseed Oil), Dark Chocoate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithins; Natural Vanilla Flavour), Speculoos Biscuit (Cumb (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Salt, Cinnamon)), Sugar 32.2 32.2 Sugar 0.7 0.7 0.7 0.7 0.7 0.7	37 rtion (g) 346 22 7.9 5.9
Caramel Chouxnut with Crème Pat (V) Water, Powdered Fondant (Sugar, Dried Glucose Syrup), Whipping Cream (MILK), EGG, Icing Sugar, Speculoos Spread (Caramalised 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 Lecithins; Acidity Regulator: Clitric Acid), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Salt, Cinnamon)), Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Salt, Cinnamon)), Per 100g per port K.J 1622	rtion (g) 346 22 7.9 5.9
KJ 1622 134 Kcaramel Chouxnut with Crème Pat (V) Water, Powdered Fondant (Sugar, Dried Glucose Syrup), Whipping Cream (MILK), EGG, Icing Sugar, Speculoos Spread (Caramalised 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 Lecithins; Acidity Regulator: Citric Acid), Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Sott, Cinnamon)), Lecithins; Acidity Regulator: Citric Acid), Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Salt, Cinnamon)), Sat 8.3 6. Carbs 42.5 35 Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Salt, Cinnamon)), Sugar 32.0 26	346 22 7.9 5.9
Caramel Chouxnu with Crème Pat (V) Spread (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar, Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Solt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: SOYA Lecithins; Acidity Regulator: Citric Acid], Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Dark Chocoate (Cocca Mass, Sugar, Cocca Butter, Emulsifier: SOYA Lecithins; Natural Vanilla Flavour), Speculoos Biscuit (Cumb (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Salt, Cinnamon)), Sat 8.3 6.	7.9 5.9
Caramel Chouxnut with Crème Pat (V) Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: SOYA Lectihnis; Acidity Regulator: Citric Acid], Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Shortening (Palm Oil, Rapeseed Oil), Dark Chocoate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lectihnis; Natural Vanilla Flavour), Speculoos Biscuit Crumb (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Salt, Cinnamon)), Sat 8.3 6.	5.9
Caramel Chouxnut with Crème Pat (V) Lecithins; Acidity Regulator: Citric Acid), Wheat Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Shortening (Palm Oil, Rapesed Oil), Dark Choccate (Cocca Mass, Sugar, Cocca Butter, Emulsifier: SOYA (V) Sat 8.3 6. (V) Shortening (Palm Oil, Rapesed Oil), Dark Choccate (Cocca Mass, Sugar, Cocca Butter, Emulsifier: SOYA Lecithins; Natural Vanilla Flavour), Speculoos Biscuit Carma Lised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Salt, Cinnamon)), Sat 8.3 6.	
Crème Pat (V) Shortening (Palm Oil, Rapeseed Oil), Dark Chocoate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Carbs 42.5 35 Lecithins; Natural Vanilla Flavour), Speculoos Biscuit Crumb (Caramalised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Salt, Cinnamon)), Sugar 32.0 26	5.3
Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Salt, Cinnamon)),	
	6.6
).6
	1.8
	.30
0 (0)	83
per 100g per por	rtion (g)
	131
	11
Represented Oil Water Natural Flavouring Recan NUTE Invest Sugar	0.0
Pecan Pie Water), Sugar, Shortening (Palm Oil, Rapeseed Oil), Flax Seeds, Glucose Syrup, Modified Maize Starch, Natural	2.0
(Vg) Flavouring, Salt, Modified Potato Starch, Thickeners: Guar Gum, Agar; Pastry Stabiliser (Wheat Flour, Carbs 47.1 53	3.7
	2.4
	3.0
	1.9
	.38
	14 rtion (g)
KJ 1542 16	
	02
Sponge Cake (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Black Treacle, Whole	4.1
mitar, son Light blown obgul, EGG, colinated Gingler (SA) (curried Gingler (SA) (curried Signal, Sugar), currig sugar), and sugar (SA) (curried Signal Signa	3.5
Sticky Ginger Loat Acids: Colouis: Curcumin, Annatto Bixin), Flavourinas), Coconut Oil, Ground Ginger (1%), Raising Agent (Sodium Carbs 54.7 41	1.8
(V) Bicarbonate), Salt), Topping [Caramel (7%) (Sweetened Condensed MILK (MILK, Sugar), Salted Butter (Butter Sugar 33.0 36)	6.0
(MILK), Salt), Glucose Syrup, Water, Sugar, Stabiliser: Pectin), Crystallised Ginger (3%), Mixed SpiceJ. May contain	
NOTS, LEANOIS, SESAME, SOTA did Soer mies.	.2
	1.2 1.6
Salt 0.86 0.9	
	1.6
Portion weight (g) 10	1.6 .90
Portion weight (g) 10 per 100g per port k 1474 24	1.6 .90 09
Portion weight (g) 10 per 100g per port Sponge (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar, Rapeseed KJ 1674 24 Oil, SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum; Water, Apple Puree, Coffee Kcal 400 57	4.6 .90 09 rtion (g) 410
Portion weight (g) 10 per 100g per port Sponge [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar, Rapesed Oil, SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum; Water, Apple Puree, Coffee (1%), Raising Agents: Diphosphates, Sodium Carbonates; Salt, Natural Flavouring], Frosting [Icing Sugar, Violife Caremary (Whether Conserved Oil Readed Streme Scae Stat Assidith Beauteneen Clusters Device) restrict Intervention	1.6 .90 09 rtion (g) 410 76 5.9
Portion weight (g) 10 per 100g per portion Sponge (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar, Rapesed KJ 1674 24' Oil, SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum; Water, Apple Puree, Coffee Kcal 400 57 (1%), Raising Agents: Diphosphates, Sodium Carbonates; Sait, Natural Flavouring), Frosting [Icing Sugar, Violife Fat 18.0 25 Coffee and Caramel Cake Enzyming 12) Vegetable Ent Sprend (Vegetable Dis (Cocourt Brapesed Sunflower) Water Sat 3.2 4.	1.6 .90 09 rtion (g) 410 .76 5.9 1.6
Portion weight (g) 10 Portion per 100g per portion Sponge [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar, Rapesed KJ 1674 24/ Oil, SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum; Water, Apple Puree, Coffee Kcal 400 57 (1%), Raising Agents: Diphosphates, Sodium Carbonates; Sati, Natural Flavouring, Frosting [Icing Sugar, Violife Fat 18.0 25 Coffee and Caramel Cake Flavouring, Olive, Vitamin B12), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Sati, Fava Bean Preparation, Emulsifier: Sunflower Lecithiri: Natural Flavourings, Colour: Carohees), Water, Carbs 57.5 82	4.6 .90 09 rtion (g) 410 76 5.9 4.6 2.8
Coffee and Caramel Cake (Vg) Favouring, Clive, Vitamin B12), Vegetable Fat Spread (Vegetable Goils, Coconut Citi), Topping [Caramel (2%) [Sugar, Glucose Syrup, Water, Vegetable Fat Spread (2%) [Sugar, Glucose Syrup, Water, Vegetable Fat Spread (Spread Spread (Spread Spread Spre	4.6 .90 09 rtion (g) 410 76 5.9 4.6 2.8 4.0
Coffee and Caramel Cake (Vg) Sponge (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar, Rapeseed KJ 1674 24 Coffee and Caramel Cake (Vg) Soft Drink (Water, SOYA Bean, Sugar, Natural Flavouring), Stabiliser: Gellan Gum; Water, Apple Puree, Coffee KJ 1674 24 Rowings, Stabiliser: Caramel Cake (Vg) Soft Drink (Water, SOYA Bean, Sugar, Natural Flavouring), Stabiliser: Gellan Gum; Water, Apple Puree, Coffee K.J 1674 24 Coffee and Caramel Cake (Vg) Creamy (Water, Coconut Oil, Potato Starch, Sea Salt, Acidify Regulator: Glucono Delta-Lactone; Natural Flavouring), Grossing (Caramel (Zg) (Sugar, Glucose Syrup, Water, Vegetable Clis (Coconut, Rapeseed, Sunflower), Water, Coffee (1%)), Topping (Caramel (Zg) (Sugar, Glucose Syrup, Water, Vegetable Fat Shea), Parilally Inverted Refiners Syrup, Fava Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavouring, Colou: Carometies of Fatty Acids, Fibre Sugar 37.5 54 Refiners Syrup, Fava Bean Represended Material Flavouring Floure in CWO, MWTM, Differst Material Flavouring Floure in CWO, MWTM, Differst Material Floure, Contenter in CWO, MWTM	4.6 .90 09 rtion (g) 410 76 5.9 4.6 2.8 4.0 1.6
Coffee and Caramel Cake (Vg) Sponge (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar, Rapeseed, Oil, SOTA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum; Water, Apple Puree, Coffee (1%), Raising Agents: Diphosphates, Sodium Carbonates; Salt, Natural Flavouring), Frosting (Ling Sugar, Violife Creamy (Water, Coconut Oil, Potato Starch, Sea Salt, Acidity Regulator: Glucono Delta-Lactone; Natural Flavourings, Olive, Vitamin B12), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Coffee (1%), Topping (Caramel (2%) [Sugar, Glucose Syrup, Water, Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Coffee (1%), Topping (Caramel (2%) [Sugar, Glucose Syrup, Water, Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Coffee (1%), Topping (Caramel (2%) [Sugar, Glucose Syrup, Water, Vegetable Fat Spread Pat Shead Pat Shead), Partially Inverted Refiners Syrup, Fava Bean Flour, Caramelised Sugar, Salt, Emulsifiers: Mono- and Di-Glycerides of Fatty Acids, Lecithins (Sunflower, Rapeseed); Natural Flavouring), May contrain EGG, MILK, NUTS, PEANUTS, SESAME and Sul Pattres	4.6 .90 09 rrtion (g) 410 .76 5.9 4.6 2.8 4.0 1.6 3.9
Coffee and Caramel Cake (Vg) Sponge (WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar, Rapesed, Oil, SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum; Water, Apple Puree, Coffee (1%), Raising Agents: Diphosphates, Sodium Carbonates; Salt, Natural Flavouring), Forsting (Lcing Sugar, Violife Team) (Water, Coconut Oil, Potato Starch, Sea Salt, Acidity Regulator: Glucono Delta-Lactone; Natural Flavourings, Olive, Vitamin B12), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Coffee (<1%), Topping (Caramel (2%) [Sugar, Glucose Syrup, Water, Vegetable Fat (Shea), Partially Inverted Refiners Syrup, Fava Bean Flour, Caramelised Sugar, Salt, Emulsifiers: Mono- and Di-Glycerides of Fathy Acids, Lecithins (Sunflower, Rapeseed); Natural Flavouring), May contain EGG, MILK, NUTS, PEANUTS, SESAME and SULPHITES.	4.6 ,90 09 rrtion (g) 410 76 5.9 4.6 2.8 4.0 1.6 3.9 .00
Coffee and Caramel Cake (Vg) Sponge (WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar, Rapesed Oil, SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum; Water, Apple Puree, Coffee (1%), Raising Agents: Diphosphates, Sodium Carbonates; Salt, Natural Flavouring), Forsting (Lcing Sugar, Violife Creamy (Water, Cocount Oil, Potato Starch, Sea Salt, Acidity Regulator: Glucono Delta-Lactone; Natural Flavourings, Olive, Vitamin B12), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Fava Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavourings, Colour: Carotenes), Water, Coffee (<1%)], Topping [Caramel (2%) [Sugar, Glucose Syrup, Water, Vegetable Fat (Shea), Partially Inverted Refiners Syrup, Fava Bean Flour, Caramelised Sugar, Salt, Emulsifiers: Mono- and Di-Glycerides of Fatty Acids, Lecithins (Sunflower, Rapeseed); Natural Flavouring). May contain EGG, MILK, NUTS, PEANUTS, SESAME and SULPHITES. Flore 1.1 1. Portion weight (g) 14	4.6 .90 09 rtion (g) 410 .76 5.9 4.6 2.8 4.0 1.6 3.9 .00 44
Coffee and Caramel Cake (Vg) Sponge (WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar, Rapesed Oil, SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum; Water, Apple Puree, Coffee (1%), Raising Agents: Diphosphates, Sadium Carbonates; Salt, Natural Flavouring, Irosting (Ling Sugar, Violife Creamy (Water, Ccount Oil, Potato Starch, Sea Salt, Acidity Regulator: Glucono Delta-Lactone; Natural Flavourings, Olive, Vitamin B12), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Fava Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavourings, Colour: Carotenes), Water, Coffee (<1%), Topping (Caramel (2%) [Sugar, Glucose Syrup, Water, Vegetable Fat Shea), Partially Inverted Refiners Syrup, Fava Bean Flour, Caramelised Sugar, Salt, Emulsifier: Mono- and Di-Glycerides of Fatty Acids, Lecithins (Sunflower, Rapeseed); Natural Flavouring). May contain EGG, MILK, NUTS, PEANUTS, SESAME and SULPHITES. Flore 1.1 1. Portion weight (g) 14 per 100g per port	4.6 .90 09 rtion (g) 410 .76 5.9 4.6 2.8 4.0 1.6 3.9 .00 44 rtion (g)
Coffee and Caramel Cake (Vg) Sponge [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar, Rapesed Oil, SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum; Water, Apple Puree, Coffee (1%), Raising Agents: Diphosphates, Sodium Carbonates; Sait, Natural Flavouring), Frosting [lcing Sugar, Violife Creamy (Water, Coconut Oil, Potato Starch, Sea Salt, Acidity Regulator: Glucono Delta-Lactone; Natural Flavourings, Olive, Vitamin B12), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Coffee (<1%)], Topping [Caramel (2%) [Sugar, Glucose Syrup, Water, Vegetable Fat (Shea), Partially Inverted Refiners Syrup, Fava Bean Flour, Caramelised Sugar, Salt, Emulsifier: Mono- and Di-Glycerides of Fat Y Acids, Lecithins (Sunflower, Rapeseed); Natural Flavouring]. May contain EGG, MILK, NUTS, PEANUTS, SESAME and SULPHITES. Flore 1.1 1. Portion weight (g) 14 Portion weight (g) 14	1.6 .90 09 410 76 5.9 1.6 2.8 4.0 1.6 3.9 .00 44 rtion (g) 874
Coffee and Caramel Cake (Vg) Sponge (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar, Rapeseed Oil, SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum; Water, Apple Puree, Coffee (1%), Rotsing Agents: Diphosphates, Sodium Carbonates; Sait, Natural Flavouring, Frosting [lcing Sugar, Violife Flavouring), Olive, Vitamin B12), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Fava Bean Preparation, Emulsifier: Sunflower Lecithin: Natural Flavourings, Colour: Carotenes), Water, Coffee (<1%)), Topping (Caramel (2%) (Sugar, Glucces Syrup, Water, Vegetable Fat (Shea), Partially Inverted Refiners Syrup, Fava Bean Flour, Caramelised Sugar, Salt, Emulsifier: Mono- and Di-Glycerides of Fatty Acids, Lecithins (Sunflower, Rapeseed); Natural Flavouring). May contain EGG, MILK, NUTS, PEANUTS, SESAME and SULPHITES. Protein 2.7 3. Salt Very Salt 0.71 1.0 Protein weight (g) 14	1.6 .90 09 rtion (g) 410 .76 5.9 1.6 3.9 .00 44 rtion (g) 874 46
Coffee and Caramel Cake (Vg) Sponge (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar, Rapeseed Oil, SOTA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum; Water, Apple Puree, Coffee (1%), Raising Agents: Diphosphates, Sodium Carbonate; Salt, Natural Flavouring), Frosting [Icing Sugar, Violife Creamy (Water, Coconut Oil, Potato Starch, Sea Salt, Acidify Regulator: Glucono Delta-Lactone; Natural Flavourings, Olive, Vitamin B12), Vegetable Fat Spread (Vegetable Oils (Caconut, Rapeseed, Sunflower), Water, Coffee (1%)], Topping (Caramel (2%) [Sugar, Glucose Syrup, Water, Vegetable Fat Shead, Partially Inverted Refiners Syrup, Fava Bean Rour, Caramelised Sugar, Salt, Emulsifier: Mono- and Di-Glycerides of Fatty Acids, Lecithins (Sunflower, Rapeseed); Natural Flavouring]. May contain EGG, MILK, NUTS, PEANUTS, SESAME and SULPHITES. Portion weight (g) 10 Vertex Vertex Vertex Salt 0.1 10.7 Salt 0.11 1.1 1.1 Protein 2.7 3. Salt 0.71 1.0 Portion weight (g) 10.7 10.7 Salt 0.71 1.0 Portion Vertex Vertex Vertex K_L 1673 18.7 K_L 1673 18.8 K_L 1673 18.8 K_L 1673 18.8 K_L	4.6 .90 09 410 776 5.9 4.6 2.8 4.0 1.6 3.9 .00 44 44 rtion (g) 874 46 7.7
Coffee and Caramel Cake (Vg) Sponge (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar, Rapeseed Oil, SOTA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum; Water, Apple Puree, Coffee (1%), Raising Agents: Diphosphates, Sodium Carbonates; Salt, Natural Flavouring, Frosting [Ling Sugar, Violife Creamy (Water, Coconut Oil, Potato Starch, Sea Salt, Acidity Regulator: Glucono Delta-Lactone; Natural Flavourings, Olive, Vitamin B12), Vegetable Fat Spread (Vegetable Oils (Caconut, Rapeseed, Sunflower), Water, Coffee (1%)], Topping [Caramel (2%) [Sugar, Glucose Syrup, Water, Vegetable Fat (Shea), Partially Inverted Refiners Syrup, Fava Bean Flour, Caramelised Sugar, Salt, Emulsifiers: Mono- and Di-Glycerides of Fatty Acids, Lecithins (Sunflower, Rapeseed); Natural Flavouring]. May contain EGG, MILK, NUTS, PEANUTS, SESAME and SULPHITES. Portion weight (g) 10 Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Buttermilk (MILK), Fat Reduced Cocong Powder (27%) Water EGG, Dired Glucose Syrup, Paring Oil EGG Yolk Raising Agents Sodium Sugar, Salt 1673 18.0 Chocolate Fudge Cake Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Buttermilk (MILK), Fat Fibre 1.1 1.1 Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Buttermilk (MILK), Fat Salt 0.71 1.673	4.6 .90 09 410 776 5.9 1.6 2.8 4.0 1.6 3.9 .00 44 47,7 46 7.7 2.0
Coffee and Caramel Cake (Vg) Sponge [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar, Rapeseed Oil, SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum; Water, Apple Puree, Caffee (1%), Raising Agents: Diphosphates, Sodium Carbonates; Salt, Natural Flavouring, Irosting [Icing Sugar, Viller Creamy (Water, Coconut Oil, Potato Starch, Sea Salt, Acidity Regulator: Glucono Delto-Lactone: Natural Flavouring, Olive, Vitamin B12), Vegetable Fot Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Fava Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavouring, Colour: Carotenes), Water, Coffee (-1%3)], Topping [Caramel [2%] [Sugar, Glucces Syrup, Water, Vegetable Fot (Shea), Partially Inverted Refiners Syrup, Fava Bean Flour, Caramelised Sugar, Salt, Emulsifiers: Mono- and Di-Glycerides of Fatty Acids, Lecithins [Sunflower, Rapeseed]: Natural Flavouring]. May contain EGG, MILK, NUTS, PEANUTS, SESAME and SULPHITES. Protein 2.7 3. Salt 0.71 Chocolate Fudge Cake (V) Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Butternilk (MILK), Fot Bicarbonate; Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polygiycerol Ester of Fatty Acids, Acidity Per 100g per 100g Chocolate Fudge Cake (V) Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Butternilk (MILK), Fot Bicarbonate; Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polygiycerol Ester of Fatty Acids, Acidity Sat 1.8 2. Carbs 60.5	4.6 .90 09 trition (g) 410 .76 5.9 1.6 2.8 4.0 1.6 3.9 .00 44 7.7 2.8 4.46 7.7 2.0 7.8
Coffee and Caramel Cake (Vg) Sponge (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar, Rapeseed Oil, SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring), Stabiliser: Gellan Gum; Water, Apple Puree, Coffee (1%), Rasing Agents: Diphosphates, Sodium Carbonates; Salt, Natural Flavouring), Fosting [Icing Sugar, Violife Creamy (Water, Coconut Oil, Potato Starch, Sea Salt, Acidity Regulator: Glucono Delta-Lactone; Natural Havourings, Olive, Vitamin B12), Vegetable Fat Spraed (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Coffee (<1%)), Topping [Caramel (2%) [Sugar, Glucose Syrup, Water, Vegetable Fat (Shea), Partially Inverted Refiners Syrup, Fava Bean Flour, Caramelised Sugar, Salt, Emulsifiers: Mono- and Di-Glycerides of Fathy Acids, Lecithins (Sunflower, Rapeseed); Natural Flavouring), May contain EGG, MILK, NUTS, FEANUUTS, SESAME and SULPHITES. Per 1000 Per port Chocolate Fudge Cake (V) Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Buttermilk (MILK), Fat Reduced Cocoa Powder (7:2%), Water, EGG, Diried Glucose Syrup, Path Oil, EGG Yolk, Raising Agent: Sodium Bicarbonate; Emulsifiers: Mono- and Diglycerides of Fathy Acids; Acidity Regulator: Potassium Hydroxide. May contain NUTS. Per 1000 Per port	4.6 .90 09 trition (g) 410 .76 .5.9 1.6 2.8 4.0 1.6 3.9 .00 44 .67.7 2.8 .00 .44 .77 2.0 7.8 5.3
Coffee and Caramel Cake (Vg) Sponge [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar, Rapesed Oil, SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring), Stothagents: Diphosphates, Soati, Matural Flavouring, Istance, Satt, Natural Flavouring, Istance, Satt, Acidity Regulator: Glucono Delta-Lactone; Natural (Vg) KJ 1674 24 Coffee and Caramel Cake (Vg) Sougar, Water, Coconut Oil, Potato Starch, Sea Satt, Acidity Regulator: Glucono Delta-Lactone; Natural Flavouring; Olive, Vitamin B12), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Satt, Fava Bean Preparation, Emulsifier: Sunflower, Lecithins; Natural Flavouring; Locoluc: Carathenes), Water, Coffee (<1%), Topping (Caramel (2%) [Sugar, Glucose Syrup, Water, Vegetable Fat (Shea), Partially Inverted Refiners Syrup, Fava Bean Riour, Caramelised Sugar, Satt, Emulsifiers: Mono- and Di-Glycerides of Fatty Acids, Lecithins (Sunflower, Rapeseed); Natural Flavouring, Lawy contain EGG, MLK, NUTS, PEANUTS, SESAME and SULPHITES. Sugar 37.5 54 Chocolate Fudge Cake (V) Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Butternilk (MILK), Fat Reduced Cocoa Powder (7.2%), Water, EGG, Dried Glucose Syrup, Palm Oil, EGG Yalk, Raising Agent: Sodium Bicarbonate; Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids, Acidity Regulator: Potassium Hydroxide. May contain NUTS. Satt 1.58 17.7 Sugar 49.4 555	1.6 .90 09 trition (g) 410 76 5.9 1.6 2.8 4.0 1.6 3.9 .000 44 4.6 7.7 2.0 7.8 5.3 2.9
Coffee and Caramel Cake (Vg) Spange [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar, Rapesed (1%), Raising Agents: Diphosphates, Sadium Carbonates; Sali, Natural Flavouring), Frosting [Icing Sugar, Violife Creamy [Water, Cocount Oil, Potto Starch, Sea Salt, Acidity Regulator: Glucono Delta-Lactone; Natural Flavourings, Olive, Vitamin B12), Vegetable Fat Spread (Vegetable Oils (Cocount, Rapesed, Sunflower), Water, Coffee (1%)], Topping [Caramel (2%) [Sugar, Glucose Syrup, Water, Vegetable Fat [Shea], Partially Inverted Refiners Syrup, Fava Bean Preparation, Emulsifier; Sunflower Lecithin; Natural Flavourings, Colour: Carolenes), Water, Coffee (1%)], Topping [Caramel (2%) [Sugar, Glucose Syrup, Water, Vegetable Fat [Shea], Partially Inverted Refiners Syrup, Fava Bean Preparation, Emulsifier; Sunflower, Natural Flavourings, Colour: Carolenes), Water, Coffee (1%)], Topping [Caramel (2%) [Sugar, Glucose Syrup, Water, Vegetable Fat [Shea], Partially Inverted Refiners Syrup, Fava Bean Preparation, Emulsifier; Mono- and Di-Glycerides of Fatty Acids, Lecithins (Sunflower, Rapeseed); Natural Flavouring]. May contain EGG, MILK, NUTS, PEANUTS, SESAME and SULPHITES. Fibre 1.1 1.1 Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Buttermilk (MILK), Fat Reduced Cocoa Powder (7.2%), Water, EGG, Dried Glucose Syrup, Palm Oil, EGG Yolk, Raising Agent: Sodium Bicarbonate; Emulsifiers: Mono- and Diglycerides of Fatty Acids; Acidity Regulator: Potassium Hydroxide, May contain NUTS. Sat 1.8 2. Carbs 60.5 Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Buttermilk (MILK), Fat Bicarbonate; Emulsifiers: Mono- and Diglycerides of Fatty Acids; Polyglycerol Esters of Fatty Acids; Acidity Regulator: Potassium Hydroxide, May contain NUTS.	4.6 .90 .90 .97 .100 .97 .101 .76 .5.9 .16 .2.8 .4.0 .1.6 .3.9 .000 .44 .44 .77 .2.0 .7.7 .7.8 .5.3 .2.9 .1.4
Coffee and Caramel Cake (Vg) Sponge (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar, Rapeseed Oil, SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum; Water, Apple Purse, Coffee (1%), Raising Agents: Diphosphates, Sodium Carbonates; Salt, Natural Flavouring), Frosting [Icing Sugar, Violife Creamy (Water, Cocconut Oil, Potato Starch, Sea Salt, Acdidty Regulator: Glucono Della-Lactone; Natural Sea Salt, Fava Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavourings, Colour: Carotenes), Water, Sea Salt, Fava Bean Flour, Caramelized Sugar, Salt, Emulsifiers: Mono- and Di-Glycerides of Fatty Acids, Refiners Syrup, Fava Bean Flour, Caramelized Sugar, Salt, Emulsifiers: Mono- and Di-Glycerides of Fatty Acids, SulPHIFES. Salt 0.71 1.1 Chocolate Fudge Cake (V) Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Butternikk (MILK), Fat Reduced Cocco Powder (7.2%), Water, EGG, Dried Glucose Syrup, Damo Oil, EGG Yolk, Raising Agent: Sodium Bicarbonate; Emulsifiers: Nono- and Di/Glucose Syrup, Damo Oil, EGG Yolk, Raising Agent: Sodium Bicarbonate; Emulsifiers: Potassium Hydroxide. May contain NUTS. Pertion weight (g) 14 Portein 3.9 44 Fat 1.8. 2.2 Carbs 60.5 67 Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Butternikk (MILK), Fat Reduced Cocco Powder (7.2%), Water, EGG, Dried Glucose Syrup, Panno Oil, EGG Yolk, Raising Agent: Sodium Bicarbonate; Emulsifiers: Mono- and Di/Glycerides of Fatty Acids; Acidity Regulator: Potassium Hydroxide. May contain NUTS. Sait 0.51 67 S	1.6 .90 09 trition (g) 410 76 5.9 1.6 2.8 4.0 1.6 3.9 .000 44 4.6 7.7 2.0 7.8 5.3 2.9

Nutritional & Ingredient List JANUARY 2025

MUFFINS & CUPCAKES

PRODUCT	INGREDIENTS	N	IUTRITION	AL INFO
		КJ	per 100g 1431	per portion (g) 1502
	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin),Sugar, EGG, Rapeseed Oil, Blueberry (11%), Blueberry Puree (9%) [Blueberry, Sugar, Water, Modified Maize Starch, Preservative: Potassium sorbate; Natural Flavouring, Acidity regulator: Citric acid), Water, Buthermilk (MILK) (2%), Raising Agents: Potassium carbonates, Sodium carbonates, Diphosphates, Calcium phosphates; Inulin, Palm Oil, MILK Proteins, WHEAT Starch, Modified Maize Starch, WHEAT Gluten, Preservative: Potassium sorbate, Emulsifiers: Mono-and diglycerides of fatty acids, Polyglycerol esters of fatty acids; Stabiliser: Xanthan gum; Salt, Glucose Syrup, Lemon Oil, Acidity regulator: Citric acid, Natural Flavourings, Colour: Carotenes.	Kcal	342	359
		Fat	15.5	16.3
Blueberry Muffin		Sat	1.8	1.9
(V)		Carbs	44.1	46.3
		Sugar	21.1	22.1
		Fibre	1.2	1.3
		Protein	5.8	6.1
		Salt	0.44	0.46
		Portion v	veight (g)	105
Sicilian Lemon Curd Muffin (V)		КJ	per 100g 1487	per portion (g) 1561
	Diphosphates; Palm Oil, MILK Proteins, WHEAT Starch, Modified Maize Starch, Natural Flavourings, Preservative: _ Potassium sorbate, WHEAT Gluten, Emulsifiers: Mono- and diglycerides of fatty acids, Polyglycerol esters of fatty acids; Stabiliser: Xanthan gum, Salt, Humectants: Sorbitol syrup, Glycerol; Acidity regulator: Citric acid, Preservative: Sodium Metabisulphite (SULPHITES), Colour: Carotenes.	Kcal	354	372
		Fat	15.1	15.9
		Sat	2.2	2.3
		Carbs	50.0	52.5
		Sugar	24.9	26.1
		Fibre	4.7	4.9
		Protein	5.0	5.2
		Salt	0.45	0.48
			veight (g)	105
	Red Velvet Cake Flour (39%) (WHEAT Flour (Calcium, Iron, Niacin, Thiamin), Sugar, Modified Maize Starch, Whey Powder (MILK), Fat Reduced Cocoa Powder, Raising Agents: Diphosphates, Sodium Carbonates, Emulsifiers: Glucose Syrup, Lactic acid esters of mono- and diglycerides of fatty acids, Propane-1,2-diol esters of fatty acids, Mono- and diglycerides of fatty acids, Skimmed MILK Powder, Salt, Colouring: Carmine), Cream Cheese		per 100g	per portion (g)
		KJ	1782	2192
		Kcal	428	527
		Fat Sat	24.5 5.5	30.2 6.7
	Flavoured Buttercream (Icing Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier: Mono- and diglycerides of fatty acids, Flavouring, Colouring: Annatto, Curcumin), Cream Cheese Flavoured Frosting	Carbs	5.5 48.0	6.7 59.7
	(Sugar, Vegetable Oils (Palm, Rapeseed), Water, Cream Cheese Powder (MILK), Humectant: Sorbitol Syrup, Acid:	Sugar	33.5	41.3
NEW Red Velvet Cupcake	Citric Acid, Natural Flavouring, Salt, Emulsifiers: Polyoxyethylene sorbitan monostearate, Mono- and diglycerides	Ŭ		
	of fatty acids, Preservative: Potassium Sorbate, Colour: Algal Carotenes), Vanilla Flavouring (Water, Propylene Glycol, Caramelised Sugar Syrup, Thickener: Xanthan gum, Acidity Regulator: Citric acid, Preservative: Potassium	Fibre	0.0	0.0
	sorbate)), Whole Fresh Free Range EGGS , Rapeseed Oil, Water, White Chocolate Disk With Lips Design (1.2%)	Protein Salt	3.7 0.60	4.6 0.70
	(Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier: Sunflower Lecithin, Natural Vanilla Flavouring, Colouring:			124
	Carmine), Red, Pink & White Coloured Heart Shaped Sugar Sprinkles (0.8%) (Sugar, Sunflower Oil, Rice Hour, Potato Starch, Colour (Radish, Blackcurrent, Apple, Safflower, Lemon), Flavouring: Natural Vanilla Flavouring), Pink Coloured White Chocolate Hearts (0.4%) (Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier: Sunflower Lecithin, Natural Vanilla Flavouring, Colouring: Carmine). May contain NUTS, SULPHITES, and SOYA.	1 OHION V	weight (g)	124

Nutritional & Ingredient List JANUARY 2025

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PRODUCT	TRAYBAKES INGREDIENTS	N	IUTRITION	AL INFO
			per 100g	per portion (g)
		KJ	2133	1386
	Shortbread (44%) (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (MILK),	Kcal	511	332
Caramel Shortbread	Sugar, Maize Starch, Salt), Caramel (40%) (Sweetened Condensed MILK, Glucose Syrup (SULPHITES), Unsalted	Fat Sat	30.3 18.1	19.7 11.8
(V)	Butter (MILK), Invert Sugar Syrup, Palm Oil, Salted Butter (MILK), Sugar, Salt, Emulsifier: Mono- and Di-Glycerides of	Carbo	54.0	35.1
	Fatty Acids; Stabiliser: Pectin; Natural Flavouring), Milk Chocolate (16%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Natural Flavouring). May contain NUTS and EGG.	Sugar	30.5	19.8
		Protein	4.9	3.2
		Salt	0.62	0.40
		Portion	veight (g) per 100g	65 per portion (g)
		KJ	1941	1242
	Dark chocolate 17% (cocoa mass, sugar, fat-reduced cocoa powder, emulsifier (sunflower lecithin), natural	Kcal	464	297
	vanilla flavouring - contains cocoa solids 74%), coconut oil, dark brown sugar, sugar, WHEAT flour (calcium carbonate, iron, niacin, thiamin), apple puree, water, plant cream (lentil preparation (water, lentil protein),	Fat	30.0	19.2
Super Dark Brownie	vegetable oils (coconut, rapeseed), sugar, modified potato starch, emulsifier (polysorbate 60), stabiliser	Sat	22.0 47.0	14.1 30.1
(Vg)	(methylcellulose, xanthan gum), acidity regulator (trisodium citrate), natural flavour, salt, colour (carotene)), fat- reduced cocoa powder, cocoa nibs 3.5%, black treacle, flaxseeds, natural vanilla extract, sea salt flakes 0.5%,	Carbs Sugar	34.0	21.8
	raising agent (diphosphates, sodium carbonates, WHEAT flour (calcium carbonate, iron, niacin, thiamin)). May	Fibre	3.4	2.2
	contain MILK, EGG, PEANUTS, NUTS, SULPHUR DIOXIDE and other cereals containing GLUTEN.	Protein	4.5	2.9
		Salt	0.71	0.45
		Portion	veight (g)	64
	Free range EGG, dark chocolate 16% (cocoa mass, sugar, cocoa butter, emulsifier (SOYA lecithin), natural vanilla	КJ	per 100g 2098	per portion (g) 1322
	flavouring - contains cocoa solids 72%), coconut oil, soft light sugar, sugar, dark chocolate 7% (sugar, cocoa mass,	Kcal	504	317
	cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring - contains cocoa solids 47%, fat free cocoa solids 14%), milk chocolate 7% (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier (SOYA lecithin),	Fat	32.6	20.5
Triple Chocolate Brownie**	natural vanilla flavouring - contains cocoa solids 27%, milk solids 20%), fat-reduced cocoa powder, gluten-free	Sat	21.4	13.5
(V)	flour blend (rice, potato, tapioca, maize, buckwheat), rapeseed oil, double cream (MILK), salt, raising agent (mono calcium phosphate, corn starch, sodium bicarbonate), stabiliser (xanthan gum). May contain cereals	Carbs	42.4	26.7
	containing GLUTEN, NUTS and SULPHUR DIOXIDE.	Sugar Fibre	37.0 4.3	23.3 2.7
	**Although this product is made with gluten free flour, this may not be suitable for people with coeliac/gluten	Protein	6.2	3.9
	allergy due to manufacturing and instore handling methods.	Salt	0.36	0.23
		Portion	veight (g)	63
		K I	per 100g	per portion (g)
	OATS (27%), Bramley Apples (16%), Pure Vegetable Margarine (Certified Sustainable Palm Oil, Rapeseed Oil, Salt), Yoghurt Flavoured Topping (13%) (Sugar, Hydrogenated Palm Kernel Oil, Whey Powder [MILK], Skimmed MILK Powder, Yoghurt Powder [MILK], Emulsifier: Sunflower Lecithin, Citric Acid), Light Brown Soft Sugar, Blackcurrants (6%), Golden Syrup, Caster Sugar, Sunflower Oil, Thickener: Tapioca Starch. May contain SULPHUR DIOXIDE.	KJ Kcal	1704 408	2334 558
		Fat	21.2	29.0
Yoghurt Apple &		Sat	8.8	12.0
Blackcurrant Flapjack (V)		Carbs	47.8	65.4
		Sugar	27.2	37.2 4.1
		Fibre Protein	5.0	6.8
		Salt	0.20	0.27
		Portion	veight (g)	137
	Margarine (Palm Fat, Rapeseed Oil, Water, Salt, Emulsifier: Polyglycerol Esters of Fatty Acids, Colours: Curcumin,	KI	per 100g	per portion (g)
	Annatto, Flavourings), Milk Chocolate (25%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: . SOYA Lecithin, Flavour), Biscuit Crumb (21%) (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin),	KJ Kcal	2204 529	1477 354
	Wholemeal WHEAT Flour, Vegetable Oils (Palm Oil [SG], Rapeseed Oil), Sugar, Partially Inverted Sugar Syrup,	Fat	34.0	23.0
	Raising Agents: Sodium Carbonates, Ammonium Carbonates, Salt), Biscuit Pieces (17%) (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine), Wholemeal WHEAT Flour, Vegetable Shortening	Sat	17.0	11.0
	(Palm Oil [SG], Rapeseed Oil), Sugar, Partially Invert Sugar Syrup, Raising Agents (Sodium Carbonates, Ammonium	Carbs	49.0	31.0
Rocky Road	Carbonates), Salt), Golden Syrup (Invert Sugar Syrup), Caramel Pieces (2.5%) (Sugar, Sweetened Condensed MILK, Glucose Syrup (SULPHITES), Palm Oil [MB, SG], Salt), White Chocolate Chips (Sugar, Cocoa Butter, Full Cream	Sugar	30.0	20.0
	MILK Powder, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Marshmallows (1.7%) (Glucose-fructose Syrup,	Fibre Protein	1.8 5.6	1.2
	Sugar, Water, Pork Gelatine, Anti-caking Agent: Maize Starch, Colour: Beetroot Red, Flavouring), Caramel Drizzle (0.8%) (Sugar, Glucose Syrup (Preservative: Sulphur Dioxide (SULPHITES), Palm Fat [SG], Sweetened Condensed	Salt	0.90	0.60
	MILK, Rapeseed Oil, Water, Salt, Flavouring, Emulsifiers: SOYA Lecithin, Colour: E100, E160b), White Chocolate Flavour Drizzle (Sugar, Palm Oil [MB], Whey Powder (MILK), Emulsifier: Sunflower Lecithin, Rapeseed Lecithin), Natural Flavouring). May contain NUTS, and EGGS.	Portion	veight (g)	67
			per 100g	per portion (g)
	Flapjack Base (Gluten Free OATS, Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Margarine	KJ Kcal	1584 379	1442 345
	(Vegetable Oils (Sustainable Palm, Rapeseed), Water, Salt, Emulsifier: Polyglycerol Esters Of Fatty Acids; Colours:	Fat	14.5	13.2
Blackberry & Apple Crumble	Curcumin, Annatto Bixin; Flavourings), Light Brown Soft Sugar, Invert Sugar Syrup), Jam Filling (Apple (13%), Sugar, Blackberries (9%), Gelling Agent: Pectin), Crumble [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize,	Sat	7.4	6.7
Jack**	Buckwheat), Coconut Oil, Demerara Sugar, Gluten Free Jumbo OATS]. May contain cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA and SULPHITES.	Carbs	59.8	54.4
(Vg)		Sugar Fibre	32.6 2.5	29.7 2.3
	**Although this product is made with gluten free flour, this may not be suitable for people with coeliac/gluten allergy due to manufacturing and instore handling methods.	Protein	3.4	3.1
	מוופושץ עספ וס חומווסומבוסווווץ מוומ וווצוסופ המחמווווץ וחפוווסטג.	Salt	0.22	0.20
		Portion	veight (g)	91
			per 100g	per portion (g)
	Biscuit Crumb and Pieces (39%) (WHEAT Flour (Calcium, Iron, Niacin, Thiamine), Wholemeal WHEAT Flour, Vegetable Oil (Palm[SG]), Sugar, Partially-inverted Sugar Syrup, Raising Agents: Sodium Bicarbonate, Malic Acid,	KJ Kcal	2230 536	1851 445
	Ammonium Bicarbonate, Disodium Diphosphate; Glucose-Fructose Syrup, Salt, Emulsifier: Mono- and diacetyl	 Fat	35	29.0
Honey camb Title	tartaric acid esters of fatty acids; Dried Skimmed MILK, Dried Whey Powder (MILK), BARLEY Malt Extract), Milk Chocolate Chips (27%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier; SOYA Lecithin; Natural	Sat	15.0	12.0
Honeycomb Tiffin (V)	Vanilla Flavouring), Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier: Polyglycerol esters of fatty	Carbs	48.0	40.0
	acids; Colours: Curcumin, Lutein; Flavourings), Golden Syrup, Honeycomb Pieces (3.3%) (Sugar, Glucose Syrup, Bicarbonate of Soda, Rice Flour), White Chocolate Flavoured Drizzle (Sugar, Vegetable Oil (Palm), Whey Powder	Sugar	24.0	20.0
	(MILK), WHEAT Flour, Emulsifier: Sunflower Lecithin; Natural Flavouring), Chocolate Drizzle (Sugar, Cocoa Mass,	Fibre Protein	3.4 5.0	2.9 4.2
	Cocoa Butter, Fat-Reduced Cocoa Powder, Emulsifier: SOYA Lecithin; Vanilla Extract). May contain EGG, NUTS and SULPHITES.	Salt	0.90	4.2
		-	veight (g)	83

Coffee#1

Coffee#1

JANUARY 2025

	TRAYBAKES			
PRODUCT	INGREDIENTS	N	UTRITION	AL INFO
NEW Maple Syrup Flapjack (Vg)	Flapjack (Gluten Free OATS (44%), Vegetable Fat Spread (Vegetable Oils (Coconut, Rapeseed, Sunflower), Water, Sea Salt, Faba Bean Preparation, Emulsifier: Sunflower Lecithin; Natural Flavourings, Colour: Carotenes), Soft Light Brown Sugar, Invert Sugar Syrup, Maple Syrup (7%)). May contain cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.	KJ Kcal Fat	per 100g 1888 451 18.7 9.5 66.9 34.2 4.7 6.0	per portion (g) 1718 410 17.0 8.6 60.9 31.1 4.3 5.5
			0.36 veight (g) per 100g 1809 432	0.33 91 per portion (g) 1357 324
NEW Cherry Bakewell (V)	Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sour Cherries (15%), Salted Butter (Butter (MILK), Salt), EGG, Coconut Oil, Ground ALMONDS (NUTS) (7%), Lemon Zest, Flaked ALMONDS (NUTS) (2%), Natural Flavouring Substances, Snow Dusting (Dextrose, WHEAT Starch, Vegetable Oil (Sustainable Palm, Rapeseed), Salt, Natural Flavouring), Raising Agents: Diphosphates, Sodium Carbonates. May contain cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.	Fat Sat Carbs Sugar Fibre Protein Salt Portion v	26.3 16.0 46.7 28.5 1.9 5.3 0.15 veight (g)	19.7 12.0 35.0 21.4 1.4 4.0 0.10 75
	TARTS			
PRODUCT	INGREDIENTS	N	UTRITION	AL INFO
Portuguese Tarts (V)	 MILK, sugar, EGG Yolk, Whole EGG, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Maize Starch, Vanilla Flavour, WHEAT Flour (Flour Treatment Agent; Ascorbic Acid [E300], Pastry Margarine (Vegetable Fat (Polm), Sunflower Oil, Water, Salt, Emulsfilers: Mono- and diglycerides of fatty acids [E471], Sunflower Lecithin [E322]; Flavourings, Acidity Regulator: Citric Acid [E30]; Preservative: Sorbic Acid [E200]; Antioxidants: Fatty acid esters of ascorbic acid [E304i], Tocopherols [E306]; Colouring: Beta-Carotene [E160ai]), Water. May contain NUTS, PEANUTS, SOYA, SESAME, SULPHITES. 	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 1105 263 11.0 4.5 36.0 20.0 4.6 0.40 veight (g)	per portion (g) 774 184 7.7 3.2 25.2 14.0 3.2 0.20 70
	DESSERTS			
PRODUCT	INGREDIENTS	N	UTRITION	AL INFO
Cookies & Cream Slice	Cream (MILK), Digestive Biscuit Crumb (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Fat, Sugar, Invert Sugar Syrup, Salt, Raising Agent: Sodium Carbonates, Ammonium Carbonates), Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Natural Vanilla Flavour, Emulsifier: SOYA Lecithin), Margarine (Vegetable Oil, Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids, Colour: Curcumin, Annatho Bixin; Flavouring), Water, Chocolate Muffin Sponge (Chocolate Muffin Sponge (Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Powdered EGG, Fat Reduced Cocoa Powder, Salt, Whey Solids (MILK), Modified Maize Starch, Vegetable Oil, Flavouring, Stabiliser: Xanthan Gum; Emulsifier: Sodium Stearoyl-2-Lactylate, Propylene Glycol Esters of Fatty Acids; Raising Agent: Diphosphates, Potassium Carbonates)), Oreo Cookies (WHEAT Flour, Sugar, Palm Oil, Fat Reduced Cocoa Powder, WHEAT Starch, Glucose-Fructose Syrup, Emulsifier: SOYA Lecithin; Salt, Raising Agent: Sodium Hydroxide, Ammonium Carbonates, Sodium Carbonates, Potassium Carbonates; Flavouring), Neutral Fond (Sugar, Dried Glucose Syrup, Beef Gelatine, Modified Starch, Dried EGG Yolk, Salt, Raising Agent: Disodium Pyrophosphate; Rapeseed Oil, Invert Sugar Syrup, Dark Chocolate Shaving (Sugar, Cocoa Mass, Cocoa Butter, Natural Vanilla Flavour, Emulsifier: SOYA Lecithin), Cocoa Powder, Beef Gelatine, Concentrated Vanilla Flavour Liquid (Flavouring, Colour: Ammonia Caramel).	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion v	per 100g 1962 479 34.1 11.4 35.7 17.1 2.1 5.5 0.59 veight (g)	per portion (g) 3002 733 52.2 17.4 54.6 26.2 3.2 8.4 0.90 153
Lotus Biscoff Cheesecake (V)	Full Fat Soft Cheese (37%) [Skimmed MILK, Cream [MILK], Salt, Preservative (Potassium Sorbate), Lactic Culture [MILK], Microbial Rennet], Biscoff Paste (20% (Crushed Caramelised Biscuit [WHEAT Flour, Sugar, Vegetable Oils (Palm & Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), SOYA Flour, Salt, Cinnamon], Rapeseed Oil, Sugar, Emulsifier (SOYA Lecithin), Acid (Citric Acid), Pasteurised Liquid Whole EGG, Biscoff Crushed Caramelised Biscuit (14%) [WHEAT Flour, Sugar, Vegetable Oils (Palm & Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Soya Flour, Salt, Cinnamon], Sugar, Double Cream [MILK], Margarine [Vegetable Oils (Palm & Rapeseed), Water, Salt, Emulsifier (Polyglycerol Esters of Fatty Acids), Colours (Cucurmin, Annatto), Flavourings], Dark Chocolate (Sugar, Cocca Mass, Cocca Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring]. May contain NUTS.	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 1644 394 25.2 9.8 33.8 22.8 8.0 0.60	per portion (g) 2334 560 35.7 14.0 48.0 32.4 11.3 0.86

Portion weight (g) 142

Nutritional & Ingredient List

PRODUCT	DESSERTS INGREDIENTS		IUTRITION	
Salted Caramel Slice	Cream (MILK), Digestive Crumb (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Oil, Sugar, Partially Inverted Sugar Syrup, Raising Agents: Sodium Carbonates, Ammonium Carbonates; Salt), Caramel Muffin Sponge Pieces (Toffee Cream Cake Mix (WHEAT Flour (WHEAT Flour, Calcium Carbonate; Iron, Niacin, Thiamin), Sugar, Demerara Sugar, Modified Maize Starch, Vegetable Oil, Flavouring, Salt, Powdered EGC, Natural Flavouring, WHEAT Gluten, Whey Solids (MILK), Colour: Carotenes, Ammonia Caramel; Raising Agents: Disodium Pyrophosphate, Sodium Carbonates; Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids, Propylene Glycol Esters of Fatty Acids), Liquid EGC, Rapeseed Oil, Manoffee Toffee Sauce (Condensed MILK (Sugar, Cream (MILK)), Margarine (Coconut Oil, Rapeseed Oil, Manoffee Toffee Sauce (Condensed MILK (Sugar, Cream (MILK)), Margarine (Coconut Oil, Rapeseed Oil, Water, Shea Fat, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids; Flavouring, Colour: Beta- Carotene), Caramel Compound Paste (Glucose Syrup, Caramelised Sugar Syrup, Invert Sugar Syrup, Natural Flavouring)), Water, White Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier SOYA Lecithin, Natural Vanilla Flavouri, Lotus Biscoff Crumb (WHEAT Flour, Sugar, Vegetable Oil, Sugar Syrup, Salt, Raising Agent: Sodium Bicarbonate; Cinnamon, SOYA Flour), Margarine (Vegetable Oil, Water, Salt, Colour: Curcumin, Annatto Bixin; Flavouring, Emulsifiers: Mono- and Diglycerides of Fatty Acids), Invert Sugar Syrup, Beef Gelatine, Modified Starch, Dried EGG Yolk, Acidity Regulator: Diphosphates; Salt), Invert Sugar Syrup, Beef Gelatine, Salt. *PLEASE NOTE: We have updated the recipe for our Salted Caramel Slice. This has different ingredient and nutritional information. Some of our stores may still sell through existing stock. Please check in store which one they have in stock before your purchase.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1840 442 28.8 9.7 40.2 24.0 0.8 5.5 0.99 weight (g)	per portion (g) 2686 645 42.1 14.2 58.7 35.0 1.1 8.0 1.44 146
PRODUCT	INGREDIENTS	N	IUTRITION	
Brie & Bacon Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment Agent: Ascarbic Acid], Brie Full Fat Soft Cheese (12%) (MILK), Chipotle Chilii Jam (12%) [Sugar, Red Pepper, White Grape Vinegar, Water, Tomato Paste, Chipotle Chili Paste (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acidity Regulator: Acetic Acid; Dried Onion, Concentrated Lemon Juice, Salt, Garlic Purée], Beechwood Smoked Bacon (12%) [Pork, Salt, Antioxidants: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite; Natural Beechwood Smoke]. May contain EGG and MUSTARD.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1255 298 9.4 4.6 42.2 9.3 2.7 12.6 0.89 weight (g)	per portion (g) 2071 492 15.5 7.6 69.6 15.3 4.5 20.8 1.47 165
Chicken & Pesto Panini	Sourdough Panini [WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT, Semalina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment Agend: Ascobic Acid],, Chicken Pesto Mix (40%) [Cooked Chicken (60%) [Chicken Breast, Camflour, Potato Starch, Stabiliser: Triphosphate: Starch Blend (Tapioca Starch, Rice Starch, Bamboo Fibre), Salt), Pesto (19%) [Basil, Sunflower, Oil, Salt, Antioxidant: Ascobic Acid], Vegetable Oil [Sunflower Oil, Rapeseed Oil], Medium Fat Hard Cheese (MILK), Extra Virgin Olive Oil, Garlic Purée, Acidity Regulator: Citric Acid], Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Spirit Vinegar, Salt, Sugar, Flavourings, Lemon Juice Concentrate, Antioxidant: Calcium Disodium EDTA), Mature Cheddar Cheese (8%) (MILK)], Mozzarella Cheese (10%) (MILK). May contain MUSTARD.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1203 287 13.3 3.5 25.9 0.4 1.2 15.3 1.00 weight (g)	per portion (g) 2526 602 28.0 7.4 54.5 0.9 2.5 32.2 2.10 210
Mozzarella & Tomato Panini (V)	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented RYE, Salt), Salt, Yeast, Malted WHEAT Flour), Tomato (18%), Mazzarella Cheese (15%) (MILK), Cheese and Pesto [Mature Cheddar Cheese (MILK), Pesto (Basil Paste (Basil, Sunflower Oil, Salt, Antioxidant; Ascorbic Acid), Vegetable Oil, Medium Fat Hard Cheese (MILK), Extra Virgin Olive Oil, Garlic Purée, Acidity Regulator; Citric Acid]. May contain EGG, and MUSTARD.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1053 251 8.7 4.0 31.2 2.4 1.7 11.0 0.89 weight (g)	210 per portion (g) 2064 492 17.1 7.8 61.2 4.7 3.3 21.6 1.74 196
Tuna Melt Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented RYE, Salt), Salt, Yeast, Malted WHEAT Flour), Tuna Melt Mix (Pole and Line Caught Tuna (38%) (FISH) (Skipjack Tuna (Katsuwonus Pelamis), Water, Salt), Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Spirit Yinegar, Salt, Sugar, Flavouring, Lemon Juice from Concentrate, Acidity Regulator: Calcium Disodium EDTA), Red Pepper (8%), Slow Roasted Tomato (8%) (fomato, Rapeseed Oil, Salt, Garlic, Oregano), Red Onion (4%), Parsley, Lemon Juice from Concentrate, Preservative: Potassium Metabisulphite (SULPHITE))], Mature Cheddar Cheese (5%) (MILK). May contain MUSTARD.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1145 273 12.1 2.1 29.3 2.5 1.5 12.7 0.90 weight (g)	
NEW Ham Hock & Cheddar Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum WHEAT Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Cheese Sauce Mix (23%) [White Sauce (Water, Rapeseed Oil, Modified Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock (Salt, Maltodextrin, Yeast Extract, Sugar, Vegetables (Onion, Parsnip), Carrot Extract, Rapeseed Oil, Tomato, Lovage), Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Mature Chedare (Cheese (25%) (MILK, Potato Starch), Italian Hard Cheese (24%) (MILK, Salt, Vegetarian Rennet, Lysozyme (EGG)), Dijon Mustard (Water, MUSTARD Seed, Spirit Vinegar, Salt, Preservative: Sodium Hydrogen SULPHITE]), Pulled Ham Hock (17%) [Pork, Brine (Water, Low Sodium Sea Salt, Preservatives: Sodium Nitrate, Sodium Nitrite]]. May contain other cereals containing GLUTEN.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1068 254 9.0 3.1 30.8 1.1 2.0 13.5 1.17 weight (g)	per portion (g) 1869 445 5.8 5.4 53.9 1.9 3.5 23.6 2.05 175

Nutritional & Ingredient List

	TOASTIES			
PRODUCT	INGREDIENTS	١	UTRITION	AL INFO
	Grilled Cheese Topped Bread (White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin),	KJ	per 100g 975	per portion (g) 1920
	Water, Yeast, Salt, SOYA Flour, Preservative: Calcium propionate; Emulsifiers: Mono- and diacetyltartaric acid	Kcal	234	460
	esters of mono- and diglycerides of fatty acids; Rapeseed Oil, Flour Treatment Agent: Ascarbic Acid), White Sauce — (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein (MILK), Sugar, Stock (CELERY), Acidity Regulator: — Lactic acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate; Spices), Mature Cheddar Cheese (12%) (MILK), Mozzarella Cheese (12%) (MILK)], Cooked Dry Cured Formed Ham (18%) (Pork, Mineral Sea	Fat	11.2	22.1
		Sat	5.0	9.9
Ham & Cheese Toastie		Carbs	19.8	38.9
	Salt, Brown Sugar, Stabilisers: Potassium Triphosphate, Sodium Triphosphate, Tetrapotassium Diphosphate;	Sugar	1.4	2.8
	Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite], Mature Cheddar Cheese (10%) (MILK), Seasoned White Sauce (White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein (MILK), Sugar, Stock	Fibre	1.0	2.0
	(CELERY), Acidity Regulator: Lactic acid; Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate;	Protein	13.6	26.9
	Spices), Cracked Black Pepper]. May contain EGG, and MUSTARD.	Salt	1.30	2.60
		Portion	weight (g)	197
			per 100g	per portion (g)
	Grilled White Bloomer Bread (White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin),	KJ	1005	1820
	Water, Yeast, Salt, SOYA Flour, Preservative; Calcium Propionate, Emulsifiers: Mono- And Diacetyl Tartaric Acid	Kcal	242	437
	Esters Of Mono- And Diglycerides Of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Mozzarella	Fat	12.6	22.8
Mushroom & Emmental	(18%) (MILK), Mature Cheddar Cheese (18%) (MILK), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock (CELERY), Acidity Regulator: Lactic Acid; Stabilisers:	Sat	6.6	12.0
Toastie	Xanthan Gum, Guar Gum; Spices, Preservative: Potassium Sorbate]], Mushroom and Emmental Mix (33%)	Carbs	20.9	37.9
(V)	[Emmental Cheese (30%) (MILK), Full Fat Soft Cheese (30%) (MILK), Roasted Chestnut Mushrooms (30%) (Chestnut	Sugar	1.7	3.2
	Mushrooms, Rapeseed Oil, Salt, Coarse Black Pepper), Mushroom and Porcini Tapenade (10%) (Grilled Mushrooms, Rapeseed Oil, Porcini Mushrooms, Concentrated Lemon Juice, Salt, Dehydrated Porcini Mushroom Powder, Garlic, Parsley, Chive}]. May contain EGG, and MUSTARD.	Fibre	1.3	2.3
		Protein	11.2	20.3
		Salt	1.10	1.90
		Portion	weight (g)	181
	Grilled Cheese Topped Bread (White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, SOYA Flour, Preservative: Calcium Propionate: Emulsifiers; Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Mozzarella (17%) (MILK), Mature Cheddar Cheese (17%) (MILK), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock (CELERY), Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Spices, Preservative: Potassium Sorbate), Manated Slow Roasted Cherry Tomato (7%) (Cherry Tomatoes (93%), Rapeseed Oil, Salt, Oregano, Gartic), Mascarpone and Tomatade Dressing (15%) (Mascarpone (50%) (Cream (MILK), Acidity Regulator: Citric Acid), Tomato Sauce (Tomato Purée, Salt, Sugar, Sunflower Oil, Oregano, Basil, White Pepper, Onion, Acidity Regulator: Citric Acid), Sunblush®Tomatade (3%) (Slow Roast Tomatoes, Tomato Concentrate, Sunflower Oil, Olive Oil, Salt, Oregano, (7%) (Cherry Tomatoes, Rapeseed Black Pepper), Mozzarella (8%) (MILK), Marinated Slow Roasted Cherry Tomato (7%) (Cherry Tomatoes, Rapeseed		per 100g	per portion (g)
		KJ	1095	1949
		Kcal Fat	261 12.1	465 21.5
		Sat	6.4	11.3
Cheese & Tomato Toastie Toastie		Carbs	28.4	50.6
(V)		Sugar	3.6	6.4
		Fibre	2.7	4.8
		Protein	11.1	19.8
		Salt	0.94	1.67
	Oil, Salt, Oregano, Garlic). May contain EGG and MUSTARD.		weight (g)	178
			per 100g	per portion (g)
		KJ	860	2270
	Sourdough Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Malted	Kcal	205	541
	BARLEY, RYE Flour], Feta Cheese (11%) [Sheep MILK, Goats MILK], Red Pepper (11%), Semi Dried Marinated Tomato	Fat	6.5	17.2
Feta and Tomato Sourdough	(8%) [Tomato, Sunflower Oil, Salt, Garlic, Oregano], Black Pepper Mayonnaise (Mayonnaise (Rapeseed Oil, Water,	Sat	2.5	6.5
Toastie	EGG, Spirit Vinegar, Salt, Sugar, Flavouring, Concentrated Lemon Juice, Antioxidant: Calcium Disodium EDTA), Black Pepper), Rocket (3%), Vinegar Glaze (2%) [Balsamic Vinegar (Wine Vinegar (Wine, Water, Antioxidant:	Carbs	29.9	78.9
(V)	SULPHITES), Concentrated Grape Must, Colour: SULPHITE Ammonia Caramel), Concentrated Grape Must, Wine	Sugar	3.9	10.3
	Vinegar (Wine, Antioxidant: SULPHITES), Thickener: Modified Starch; Colour: SULPHITE Ammonia Caramel]. May	Fibre	1.8	4.8
	contain MUSTARD.	Protein	7.5	19.8
		Salt	1.07	2.82
		Portion	weight (g)	264
			per 100g	per portion (g)
	Sourdough Bread [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Malted	KJ	882	2523
	BARLEY, RYE Flour], Pulled Pork and BBQ Mix (28%) [Pulled Pork (50%) (Pork, Salt, Pepper), Barbeque Sauce (50%)	Kcal	209	598
	(Malt Vinegar (BARLEY), Sugar, Tomato Purée, Glucose Syrup, Molasses, Thickener: Modified Starch; Salt, Worcestershire Sauce (Water, Sugar, Spirit Vinegar, Molasses, Onion Purée, Salt, Tamarind Paste, Clove, Ginger	Fat	4.4	12.6
BBQ Pulled Pork Sourdough	Purée, Garlic Purée), Colour: Ammonia Caramel; Smoke Flavouring, Spirit Vinegar, Onion, Spices, MUSTARD	Sat	0.6	1.7
Toastie	Powder, Preservative: Potassium Sorbate, Flavouring)], Carrot and Cabbage Slaw (16%) [Mayonnaise (Rapeseed	Carbs	33.7	96.5
	Oil, Water, Pasteurised EGG and EGG Yolk, Sugar, Spirit Vinegar, Salt, Lemon Juice made from Concentrate, Natural Flavouring, Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract), Carrot (24%), Red Cabbage	Sugar Fibre	6.2 1.3	17.7 3.7
	(24%). Red Onion, Parsley, Dijon Mustard (Water, MUSTARD Seed, Spirit Vinegar, Salt, Preservative; Sodium	FIDIE Distais	1.3	3./

atural Havounng, Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract), Carrot (24%), Red Cabbag (24%), Red Onion, Parsley, Dijon Mustard (Water, **MUSTARD** Seed, Spirit Vinegar, Salt, Preservative: Sodium Hydrogen **SULPHITE**), Chive]. May contain MILK and SOYA.

 Protein
 9.3
 26.6

 Salt
 1.15
 3.29

 Portion weight (g)
 286

JANUARY 2025

Coffee#1

BAPS	

Bacon Bap White Roll (WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Nacin, Thiamin), Water, KYE Rour, Yeats Sat, WHEAT Mail Flour, Bakery Improver: WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Nacin, Thiamin), Flour, Sate and Sate and	Per portion (9) 1900 455 24.0 10.6 3.7.6 3.0 3.5 2.3.8 2.20 125 per portion (9) 1717 408 17.4 408 17.4 408 15.5 1.6 3.1 4.5 15.5 2.10 160 Per portion (9) 2211 528 22.8 7.2 63.1 4.6
Biscon Bop White Roll [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, RYE Flour, Yeats, Suth, Teathmen Agent: Acaotic Acadi, Beckward Smede Sheady Bacard Smede Sheady Bacard Acaotade, Extracts of Rosemary, Preservative: Sodium Nithie: Natural Beckward Smede Sheady Bacard Carbos 30.1 Scatt 20.1 Surger Bop Vienna Roll [WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Flour Carbos 30.1 Surger 2.4 Surger Bop Vienna Roll [WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, RYE Flour, Yeats, Suth, WHEAT Moll Flour, Backery Improver: WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, RYE Flour, Yeats, Suth, WHEAT Moll Flour, Backery Improver: WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamini, Water, RYE Flour, Yeats, Suth, WHEAT Moll Flour, Backery Improver: WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamini, Flour, Rogeseed O, WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamini, Flour, Calcium Respeed O, WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamini, Flour, Carbo 31.7 Suth 1.7.6 Susage Bop Vienna Roll [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamini, Flour, Rogeseed O, WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamini, Water, Stet Flour, WHEAT Flour, Stet Stet Stet Stet Stet Stet Stet Ste	1900 455 24.0 10.6 37.6 3.0 3.5 23.8 2.20 125 per portion (g) 1717 408 17.4 408 17.4 7.0 51.0 1.6 1.6 4.5 2.10 1.6 2.10 1.6 4.5 2.10 1.6 4.5 2.10 1.6 4.5 2.10 1.6 2.10 2.10 2.11 2.10 2.11 2.10 2.10 2.11 2.10 2.10
Biscon Bop White Roll [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, RYE Flour, Yeats, Suth, Teathmen Agent: Acaotic Acadi, Beckward Smede Sheady Bacard Smede Sheady Bacard Acaotade, Extracts of Rosemary, Preservative: Sodium Nithie: Natural Beckward Smede Sheady Bacard Carbos 30.1 Scatt 20.1 Surger Bop Vienna Roll [WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Flour Carbos 30.1 Surger 2.4 Surger Bop Vienna Roll [WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, RYE Flour, Yeats, Suth, WHEAT Moll Flour, Backery Improver: WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, RYE Flour, Yeats, Suth, WHEAT Moll Flour, Backery Improver: WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamini, Water, RYE Flour, Yeats, Suth, WHEAT Moll Flour, Backery Improver: WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamini, Flour, Rogeseed O, WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamini, Flour, Calcium Respeed O, WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamini, Flour, Carbo 31.7 Suth 1.7.6 Susage Bop Vienna Roll [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamini, Flour, Rogeseed O, WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamini, Water, Stet Flour, WHEAT Flour, Stet Stet Stet Stet Stet Stet Stet Ste	1900 455 24.0 10.6 37.6 3.0 3.5 23.8 2.20 125 per portion (g) 1717 408 17.4 408 17.4 7.0 51.0 1.6 1.6 4.5 2.10 1.6 2.10 1.6 4.5 2.10 1.6 4.5 2.10 1.6 4.5 2.10 1.6 2.10 2.10 2.11 2.10 2.11 2.10 2.10 2.11 2.10 2.10
Bacon Bap White Roll (WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeat, Sati, Antoxidants: Sodium Accorbate, Editors of Rosemary, Preservative: Sodium Nitteris, Natural Beschwood Smokel, Butter (MUK), May contain EGG, and MUSTARD. Kind Social S	455 24.0 10.6 37.6 3.0 3.5 23.8 2.20 125 per portion (g) 1717 408 17.4 408 17.4 408 17.4 408 17.1 51.0 1.6 4.5 15.5 2.10 1.6 4.5 15.5 2.10 1.6 4.5 15.5 2.10 1.6 4.5 15.5 2.10 1.6 4.5 528 2.10 1.6 4.5 528 2.20 1.6 4.5 528 2.20 1.6 528 2.20 1.6 528 2.20 1.6 528 2.20 1.6 528 2.20 1.6 528 2.20 1.6 528 2.20 1.6 528 2.20 1.6 528 2.20 1.6 55 2.20 1.6 55 2.20 1.6 55 2.20 1.6 55 2.20 1.6 55 2.20 1.6 51 2.20 1.6 51 2.20 1.6 51 2.20 1.6 51 2.20 1.6 51 2.20 1.6 51 2.20 1.6 51 2.20 1.6 51 2.20 1.6 51 2.20 1.6 51 2.20 1.6 51 2.20 2.20 1.6 51 2.20 2.20 1.6 51 2.20 2.20 2.20 2.20 2.20 2.20 2.20 2.2
Bacon Bap White Roll (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Sat, Tradiment Agent: Ascorbs CALL, Becchwood Smokel Siteaki Pacco (1925) [Prok. Sati, Aniikadanti: Sadiul Ascorbate, Estracts of Rosemary, Preservative: Sadium Nither, Natural Beachwood Smokel, Butter (MUK), May Contan EGG, and MUSTARD.	24.0 10.6 37.6 3.0 23.8 2.20 125 per portion (g) 1717 408 17.4 4.5 15.5 2.10 160 4.5 15.5 2.210 160 2211 528 22.8 7.2 63.1 4.6
Bacon Bop WHEAT Moil Flour, Edicity (WHEAT Flour, Calcium Carbonate, Iron, Nicain, Thiamin); Flour Teatment Agent: Ascorbic Acid, Beechwood Smoked Sterey Bocon (22) (Pot: Antholiadins: Status Accorbate, Extracts of Rosemary; Preservative: Sodium Nithle; Natural Beechwood Smoke), Butter (MILK), Moy contain EGG, and MUSTARD. Sat 8.5 (Sat 8.5) Sugar 2.4 Fibre 2.8 Protein 19.0 Sat 1.72 Protion weight (g) Prei 1009 K.1 1073 Kccl 255 Fibre 2.8 Protein 2.8 Prot	37.6 3.0 3.5 23.8 2.20 125 per portion (g) 1717 408 17.4 7.0 51.0 1.6 4.5 15.5 2.10 160 AL INFO per portion (g) 2211 528 22.8 7.2 63.1 4.6
Bacon Bap Treatment Agent: Ascobic Acid], Beachwood Smokel Stearly Bacon (237), Pork. Salt. Antoxidanti: Sodium Carls 30.1 Ascobicte, Extracts of Rosemary: Preservative: Sodium Nilter, Matural Beachwood Smokel], Butter (Mulk), May Sugar 2.4 Sousage Bap Vienne Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiomin), Water, KPE Flour, Yeat, Sat, 17.6 Sousage Bap Vienne Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiomin), Water, KPE Flour, Yeat, Sat, 40, 1073 Sousage Bap Vienne Roll [WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiomin), Water, KPE Flour, Yeat, Sat, 40, 1073 Sousage Bap Vienne Roll [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiomin], Water, KPE Flour, Yeat, Sat, 41, 2019 Stabilier: Sodium Diphosphate; WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiomin), Butter Mulk, May contain EGG, and MUSTARD. Flore 10, 9 Stabilier: Sodium Diphosphate; WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiomin), Butter Mulk, May contain EGG, and MUSTARD. Flore 2.8 Probuct In GREDIENT NUTRITIONA Represeed Oil, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiomin), Water, Vegetable Oils (Palm or WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiomin), Scath Alt Protein, Onio Provee, Rubbed Sage, WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiomin), Water, Vegetable Oils (Palm or WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiomin), Scath Alt Tooks Alt, Alt Alt Alt Alt Protein, Onio Provee, Rubbed Sage, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Th	3.0 3.5 23.8 2.20 125 per portion (g) 1717 408 17.4 7.0 51.0 1.6 4.5 15.5 2.10 160 AL INFO per portion (g) 2211 528 22.8 7.2 63.1 4.6
Sausage Bap Vienna Roll (WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, YE Flour, Yeat, Satt, Total Represed Oil, Mathian Space Kall, Pork Lennin, Niacin, Thiamin), Water, YE Flour, Yeat, Satt, Kall Represed Oil, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Kuter, YE Flour, Yeat, Satt, Kall Represed Oil, WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, YE Flour, Yeat, Satt, Kall Represed Oil, WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Flour, Represed Oil, WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Flour, Satt Satt, Sa	3.5 23.8 2.20 125 per portion (g) 1717 408 17.4 7.0 51.0 1.6 4.5 15.5 2.10 160 AL INFO per portion (g) 2211 528 22.8 7.2 63.1 4.6
Sausage Bap Vienna Roll (WHEAT Flour, WHEAT Flour, Calcium Carbonole, Iron, Niacin, Thiamin), Water, PYE Flour, Yeast, Satt, Fortion weight (g) per 100g WHEAT Moli Flour, Bakery Improver: WHEAT Flour, Calcium Carbonole, Iron, Niacin, Thiamin), Water, PYE Flour, Yeast, Satt, Forti 10.9, Satt 4.4 Carbo 31, Satt 4.4 Sausage Bap Vienna Roll (WHEAT Flour, Calcium Carbonole, Iron, Niacin, Thiamin), Water, NYE Flour, Yeast, Satt, Forti 10.9, Satt 4.4 Carbo 31, Satt 4.4 Sausage Bap Stabiliser: Sodium Diphosphate; WHEAT Flour, Owher, Rubbed Sage, WHEAT Flour, Calcium Carbonole, Iron, Niacin, Thiamin), Buter (MUK), May contain EGG, and MUSTARD. Satt 4.4 Vertex Carbonole, Iron, Niacin, Thiamin), Butter (MUK), May contain EGG, and MUSTARD. Surger 10.0 Fibre 2.8 Protein 9.7 Satt 1.30 Portion weight (g) WHEAT Flour (WHEAT Flour, Calcium Carbonole, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil), Roberseed Oil), Robing Agents: Sodium Carbonole, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil), Ropeseed Oil, Nether Start, Satt 1.30 Portion weight (g) MI Day Breakfast Wrap Torfilia (WHEAT Flour (WHEAT Flour, Calcium Carbonole, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil), Kui Olog Satt 1.30 Atl Day Breakfast Wrap Torfilia (WHEAT Flour, WHEAT Flour, Oligo, Spices, Stabiliser, Sodium Diphosphate, Water, Stabiliser, Sodium Carbonole, Iron, Niacin, Thiamin), Water, Vegetable Oil, Robing Agents: Socia, Spices, Stabiliser, Sodium Oil), Robeseed Oil, Robing Agents: Socia, S	23.8 2.20 125 per portion (g) 1717 408 17.4 7.0 51.0 1.6 4.5 15.5 2.10 160 AL INFO per portion (g) 2211 528 22.8 7.2 63.1
Satis 1,76 Satis 1,76 Portion weight (g) Wenna Roll (WHEAT Flour, Colcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Sati, WetAT Molt Flour, Bakery Improver: WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rour, Treatment Agent: Ascotic Acid, Port and Lenill Suusage (J463) (Pork, Lenils, Potola Starch, Dextrose, Woter, Satis, Satis, Rappesed OI, WHEAT Starch, Spices (White Pepper, Nutmeg, Ginger, Muce, Chill Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Super Tool, Stat 4.4 Rappesed OI, WHEAT Starch, Spices (White Pepper, Nutmeg, Ginger, Muce, Chill Flour, Calcium, Carbonate, Iron, Niacin, Thiamin), Super Tool, Stat 4.4 Super 10.9 Stabiliser: Sodium Diphosphate: WHEAT Protein, Onion Powder, Rubbed Sog, WHEAT Flour, (WHEAT Flour, Calcium, Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rappesed Oil), Raing Agents: Sodium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rappesed Oil), Raing Agents: Sodium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rappesed Oil), Raing Agents: Sodium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rappesed Oil), Raing Agents: Sodium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rappesed Oil), Raing Agents: Sodium Carbonate, Iron, Niacin, Thiamin), Scarmbeld Egg of 2.5 All Day Breakfast Wrap Tortilla (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rappesed Oil), Roding Agents: Sodium Carbonate, Iron, Niacin, Thiamin), Scarmbeld Egg of 2.5 All Day Breakfast Wrap Tortilla (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamini), Scarmbeld Egg Oile Socie (147), Egolace Starch, Stath Wetere	2.20 125 per portion (g) 1717 408 7.0 51.0 1.6 4.5 15.5 2.10 160 AL INFO per portion (g) 2211 528 22.8 7.2 63.1 4.6
Sausage Bap Vienna Roll (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Satt, WHEAT Mat Flour, Bakery Improver: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Stel Flour, Yeast, Satt, Rapessed OI, WHEAT Stock Acid, P. Popter, Nume, Ginger, Maca, Chillip Rowder, Seet Collogen Casing, Stabiliser: Sadium Diphosphate: WHEAT Protein, Onion Powder, Rubbed Sage, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MUK), May contain EGG, and MUSTARD. Sat 4.4 PRODUCT INGREDIENTS Satilities: Sadium Diphosphate: WHEAT Protein, Onion Powder, Rubbed Sage, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MUK), May contain EGG, and MUSTARD. Protein 9.7 Satil 1.30 Portion weight (g) WRAPS Tortilla (WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapesseed Oil, Nating Agents: Sadium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapesseed Oil, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapesseed Oil, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sarambled Egg and White Sauce (14%) (Pork, Lanils, Potato Starch, Dextrase, Water, Salt, Sadi, Sadi) Rabing, Agents: Sadium Calcing, Sajice, Stabiliser: Sadium Diphosphate: WHEAT Flore, Salt, S	125 per portion (g) 1717 408 17.4 7.0 51.0 1.6 4.5 15.5 2.10 160 AL INFO per portion (g) 2211 528 22.8 7.2 63.1 4.6
Sausage Bap Vienna Roll (WHEAT Flour (WHEAT Flour, Calcium Carbonote, Iron, Niacin, Thiamin), Water, KYE Flour, Yeast, Sat, WHEAT Mail Flour, Bakery Improver: WHEAT Flour (WHEAT Flour, Calcium Carbonote, Iron, Niacin, Thiamin), Burter, KYE Flour, Yeast, Sat, WHEAT Mail Flour, Bakery Improver: WHEAT Flour (WHEAT Flour, Calcium Carbonote, Iron, Niacin, Thiamin), Foatros, Weiter, Sat, Rapeseed Oli, WHEAT Starch, Spices (White Pepper, Nutmey, Ginger, Mace, Chilli Powder), Beel Collogen Casing, Stabiliser: Sodium Diphosphate: WHEAT Flour (WHEAT Flour, Calcium Carbonote, Iron, Niacin, Thiamin), Butter (MUK), May contain EGG, and MUSTARD. Sat 4.4 Protein Carbos Stabiliser: Sodium Carbonote, Iron, Niacin, Thiamin), Butter (MUK), May contain EGG, and MUSTARD. Flore 2.8 Protein Protein Onio Page Veranse Tortilla (WHEAT Flour (WHEAT Flour, Calcium Carbonote, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Carbonote, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil, Naising Agents: Sodium Carbonote, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil, Naising Agents: Sodium Carbonote, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil, Naising Agents: Sodium Carbonote, Iron, Niacin, Thiamin), Water, Repeseed Oil, Rabing and White Sauce (14%) (Pork on lennit Bourge (24%) (Pork, Lennis, Portein Souch, Sauther Rapeseed Oil, WHEAT Starch, Bee' Collagen Casing, Spices, Stabiliser, Sodium Carbosymethy Cellulose; Satil, Flour (WHEAT Flour, Calcium Carbonote, Iron, Niacin, Thiamin), Water, Repeseed Oil, Madifia Stabiliser: Xonthon Gum, Guyar Sut, Yanger, Madified Comforos, Sati, Spice Sheet Rapeseed Oil, Nadified Portos Stach, Sati, Mhey Protein Concenter (MIKL), Sugar, Vegetable Stack, Acidi Ry Repeseed Oil, Madifie Stath, Sati, Shate Phy	Per portion (9) 1717 408 17.4 51.0 51.0 1.6 4.5 2.10 160 AL INFO Per portion (9) 2211 528 222.8 7.2 63.1 4.6
Sausage Bap Vienna Roll [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, RYE Flour, Yeast, Sath, WHEAT Malt Rour, Bakery Improver: WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Nater, Neter, Sath, Carbos, Water, Sath, Rapesseed OII, WHEAT Flour, Spices (White Pepper, Nutheng, Ginger, Macc, Chill Powden, Beef Collogen Casing, Stabiliser: Sachur Diphasphate: WHEAT Flour, Onion Powder, Rubbed Sage, WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin]), Batter (MILK), May contain EGG, and MUSTARD. Protein 9,77 Sati 1, 30 Protein 9,77 Sati 1, 30 9 Protein 9,77 Sati 1, 30 9 Protein 9,77 Sati 1, 30 9 Protein 9,77 Satin 1, 30 9 Rapeseed OII, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable OIIs (Pall Noli, Rapeseed OII, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable OIIs (Pall Noli, Rapeseed OII, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Satter, Satt, Moltane, Tanioni, Mater, Negetable OIIs (Pall Noli, Satt 3,55	1717 408 17.4 7.0 51.0 1.6 4.5 15.5 2.10 160 AL INFO per portion (g) 2211 528 22.8 7.2 63.1 4.6
Sousage Bap Vienna Roll (WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iran, Niacin, Thiamin), Water, KYE Flour, Yeat, Sat, Lageseed OI, WHEAT Starch, Spices (White Pepper, Nutneg, Ginger, Macce, Chilli Powder), Beet Collagen Casing, Stabiliser: Sodium Diphosphate; WHEAT Protein, Onion Powder, Rubbed Sage, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iran, Niacin, Thiamin), Water, Weter, Stat, S	408 17.4 7.0 51.0 1.6 4.5 15.5 2.10 160 AL INFO per portion (g) 2211 528 22.8 7.2 63.1 4.6
Sausage Bap Vienna Roll (WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, WHEAT Mail Flour, Bakery Improver: WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Flour Fad 10.9 Sausage Bap Satt Mithan Santa, Sactoria Acid, Protein, Onion Powder, Rubbed Sage, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Paur, Tarotti Agent, Xacoria Chill Power, Rubbed Sage, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MLK), May contain EGG, and MUSTARD. Satt 4.4 Protein	17.4 7.0 51.0 1.6 4.5 15.5 2.10 160 AL INFO per portion (g) 2211 528 22.8 7.2 63.1 4.6
Sausage Bap WHEAT Mait Hour, Bakey Improver: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rour Treatment Agent: Ascarbic Acid), Pork and Lentil Sausage (46%) (Pork, Lentils, Potato Starch, Dextraes, Water, Sati, Stabiliser: Sodium Diphosphate: WHEAT Protein, Onion Powder, Rubbed Sage. WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Butter (MILK), May contain EGG, and MUSTARD. Sati 4.4 Protein Quarter (MILK) Sugar 1.0 Bibliser: Sodium Diphosphate: WHEAT Protein, Onion Powder, Rubbed Sage. WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Butter (MILK), May contain EGG, and MUSTARD. Fibre 2.8 Protein 9.7 Sati 1.30 Portion weight (g) WRAPS Intermediation of the company of the co	7.0 51.0 1.6 4.5 15.5 2.10 160 AL INFO per portion (g) 2211 528 22.8 7.2 63.1 4.6
Sausage Bap Treatment Agent: Ascarbic Acid], Pork and Lentil Sousage (4%) [Pork, Lentilis, Portao Starch, Dextrose, Water, Sait, Rapeseed OII, WHEAT Starch, Spices (White Pepper, Nutmeq, Ginger, Mace, Chilli Powder), Beed Collagen Coating, Stabiliser: Sodium Diphosphate; WHEAT Protein, Onion Powder, Rubbed Sage, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin]), Butter (MUK), May contain EGG, and MUSTARD. Carbo 31.9 Protein 9.7 Sait 1.30 Protein 9.7 Sait 1.30 Protein 9.7 Sait 1.30 Portein 9.7 Sait 1.30 Portein 9.7 Sait 1.30 Portein 9.7 Sait 1.30 Portein 9.7 Sait 1.30 Portion weight (g) WITRITIONA Pertoin Pertoin All Day Breakfast Wrap Torfilla (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), WHEAT Starch, Beed Collogen Cosing, Spices, Stabiliser: Sodium Carbonate, Iron, Niacin, Thiamini), Scarambled Egg Fdt 11.0 Skimmed MILK Powder, Rubbed Sage, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamini), Scarambled Egg Scal 3.5 Carbos Starch, Sait, Whey Protein Concentrate (MUK), Sugar, Vegetable Sice, Acidit, Rapeseed Oil, Modified Fdt 11.0 S	51.0 1.6 4.5 15.5 2.10 160 AL INFO per portion (g) 2211 528 22.8 7.2 63.1 4.6
All Day Breakfast Wrap Tortilla (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Water, Vegetable Olis (Palm Oli, Ropeseed Oli, National Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Olis (Palm Oli, Ropeseed Oli, Robing Agents: Sodium Diphosphate: Stabiliser: Sodium Diphosphate: Stabiliser: Sodium Diphosphate: Stabiliser: Sodium Olis (Palm Oli, Ropeseed Oli, Robing Agents: Sodium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Olis (Palm Oli, Ropeseed Oli, Robing Agents: Sodium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Olis (Palm Oli, Ropeseed Oli, Robing Agents: Sodium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Olis (Palm Oli, Ropeseed Oli, Robing Agents: Sodium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Olis (Palm Oli, Ropeseed Oli, Robing Agents: Sodium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Olis (Palm Oli, Ropeseed Oli, Robing Agents: Sodium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Olis (Palm Oli, Stat 3.5)	1.6 4.5 15.5 2.10 160 AL INFO per portion (g) 2211 528 22.8 7.2 63.1 4.6
All Day Breakfast Wrap Torfilla (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Saith 3.05) Fibre 2.8 All Day Breakfast Wrap Torfilla (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Saith 3.05) Perton weight (g) All Day Breakfast Wrap Torfilla (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Saith 3.05) Saith 1.10 Stabilisers: Saith Rapeseed Oil, White Sauce (14%) (Scrambled Egg (Pasteurised Free Range EGG, Water, Rapesseed Oil, Tapica Starch, Skimmed MILK Powder, Lemon Juice, Salt, Ground While Pepper), White Sauce (Vater, Rapeseed Oil, Tapica Starch, Stabilisers: Saith Milk Powder, Rubesky Bacon (6%) (Park, Salt, AntioWater, Spier Stabel Beers, Stabilisers: Saith Milk Powder, Rubesky Bacon (6%) (Park, Salt, AntioWater, Spier Stabel Saith, Spier Extracts, Reservative: Potasium Sorbate), Cracked Black Pepper), Baked Beens (12%) (Beens, Tomato, Water, Spier, Stath, Mark Orack, Saith, Spier, Extracts, Reservative: Potasium Sorbate), Cracked Black Pepper), Baked Beens (12%) (Beens, Tomato, Water, Spier, Shirt Vinegar, Modified Comfiour, Saith, Spier, Extracts, Reservative: Potein Milts, Sugar, Shirt Vinegar, Modified Comfiour, Saith, Spier, Extracts, Herb Extracti, Stath 1.15 Portein Ortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Palm, Siath 1.15 Deschwood Smoked Streak Bacon (6%) (Park, Sait, AntioWater, Segar, Shirt Vinegar, Modified Comfiour, Sait, Spier, Extracts of Reservary: Preservative: Sodium Nitrite; Natural Beechwood Smoke), May contain MUSTARD.	15.5 2.10 160 AL INFO per portion (g) 2211 528 22.8 7.2 63.1 4.6
Sait 1.30 Product NUTRITIONA Product NUTRITIONA Carboxymethyl Cellulose; Salt), Pork and Lentil Sausage (24%) [Pork, Lentils, Potato Starch, Dextrose, Water, Salt, Rapeseed Oil, Raising Agents: Sodium Carboanate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Polm Oil, Ropeseed Oil, Raising Agents: Sodium Carboanate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Polm Oil, Ropeseed Oil, WHEAT Flour (WHEAT Flour, Calcium Carboanate, Iron, Niacin, Thiamin), Scambled Egg and White Sauce (14%) [Scrambled Egg (Pasteurised Free Range EGC, Water, Rapeseed Oil, Tapicca Starch, Skimmed MLK Powder, Lemon Juice, Salt, Ground White Paper), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MLK), Sugar, Vegetable Stock, Acidity Regulator: Lactic. Acid: Stabiliser: Xonthan Gum, Guar Gum; Spices, Preservative: Potassium Sorbate), Cracked Black Pepper), Baked Beans (12%) [Beans, Tomato, Water, Sugar, Spitit Vinegar, Modified Comflour, Salt, Spice Extracts, Herb Extract), Beechwood Smoked Streaky Bacon (6%) [Pork, Salt, Antioxidant: Sodium Ascrbate, Extracts of Rosemary: Preservative: Sodium Nitrite; Natural Beechwood Smoke]. May contain MUSTARD. per 100g K.J Portion weight (g) Tomato Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carboanate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Patm Oil, Rapeseed Oil), Tomato Seasoning [fomato Powder, Red Bell Pepper, Paprika, Basil), Raising Agent: Sodium per 100g K.J Y Torte	2.10 160 AL INFO per portion (g) 2211 528 22.8 7.2 63.1 4.6
All Day Breakfast Wrap Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils [Palm Oil, Rapeseed Oil), Raising Agents: Sodium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils [Palm Oil, Rapeseed Oil, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils [Palm Oil, Rapeseed Oil, WHEAT Starch, Beef Collagen Casing, Spices, Stabiliser: Sodium Diphosphate, WHEAT Protein, Onion Powder, Rubbed Sage, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Scrambled Egg and White Sauce (14%) [Scrambled Egg (Pasteurised Free Range EGG, Water, Rapeseed Oil, Modifier Potab Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Stabiliser: Xanthan Gum, Guar Gum; Spices, Preservative: Potassium Sorbate), Cracked Black Pepper), Baked Beans (12%) [Beans, Tomato, Water, Sugar, Spirit Vinegar, Modified Comflour, Salt, Spice Extracts, Herb Extract), Beechwood Smoked Streaky Bacon (6%) [Pork, Salt, Antioxidant: Sodium Austorbate, Extracts of Rosemary: Preservative: Sodium Niltrite; Natural Beechwood Smoke]. May contain MUSTARD. Pertoin yeight (g) Iomato Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil [Palm Oil, Rapeseed Oil, Tomato Seasoning (Tomato Powder, Red Bell Pepper, Paprika, Basil), Raising Agent: Sodium per 100g KJ 973	160 Per portion (g) 2211 528 222.8 7.2 63.1 4.6
WRAPS PRODUCT INGREDIENTS NUTRITIONA All Day Breakfast Wrap All Day Breakfast Wrap Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Repessed Oil), Neising Agents: Sodium Carbonate, Malic Acid, Diphosphates: Sugar, Stabilisers: Sodium Carboxymethyl Cellulose; Solf), Pork and Lentil Sausage (24%) [Pork, Lentils, Potato Starch, Dextrose, WHEAT Protein, Onlion Powder, Rubbed Sage, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamini), Scrambled Egg and White Sauce (14%) [Scrambled Egg (Pasteurised Free Range EGG, Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid: Stabilisers: Xonthan Gum, Guar Gum; Spices, Preservative: Potasium Sorbate), Cracked Black Pepper], Baked Beans (12%) [Beans, Tomato, Water, Sugar, Spirit Vinegar, Modified Comflour, Salt, Spice Extracts, Herb Extract), Beechwood Smoked Streaky Bacon (6%) [Pork, Salt, Antioxidant: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite; Natural Beechwood Smoke], May contain MUSTARD. per 100g KJ <u>993</u> Tomato Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil [Palm Oil, Rapeseed Oil), Tomato Seasoning (Tomato Powder, Red Bell Pepper, Paprika, Basil), Raising Agent: Sodium per 100g KJ <u>993</u>	AL INFO per portion (g) 2211 528 22.8 7.2 63.1 4.6
PRODUCT INGREDIENTS NUTRITIONA All Day Breakfast Wrap Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Repeseed Oil), Raising Agents: Sodium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil, WHEAT Starch, Beef Collagen Casing, Spices, Stabiliser: Sodium Diphosphates: Sugar, Stabiliser: Sodium Diphosphate, WHEAT Protein, Onion and White Sauce (14%) [Scrambled Egg (Pasteurised Free Range EGG, Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Stabiliser: Sodium Mithe Powder, Rubes Syare, Sipit Vinegar, Modified Comflour, Salt, Spice Extracts, Herb Extract), Beachwood Smoked Streaky Bacon (6%) [Pork, Salt, Antioxidant: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite; Natural Beechwood Smoke]. May contain MUSTARD.	per portion (g) 2211 528 22.8 7.2 63.1 4.6
All Day Breakfast Wrap Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Carbonates, Malic Acid, Diphosphates; Sugar, Stabiliser: Sodium Carboxymethyl Cellulose; Saltl, Pork and Lentil Sausage [24%] (Pork, Lentils, Potato Starch, Dextrose, Water, Sult, Rapeseed Oil, WHEAT Starch, Beef Collagen Casing, Spices, Stabiliser: Sodium Diphosphate, WHEAT Protein, Onion Powder, Rubbed Sage, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamini)], Scrambled Egg and White Sauce (14%) [Scrambled Egg (Pasteurised Free Range EGG, Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MLK), Sugar, Vegetable Stock, Acidity Regulator: Lacic Acid; Stabilisers: Xanthan Gum, Guar Gum; Spices, Preservative: Potassium Sorbate), Cracked Black Pepper], Baked Beans (12%) [Beans, Tomato, Water, Sugar, Spirit Vinegar, Modified Comflour, Salt, Spice Extracts, Herb Extract), Beechwood Smoked Streaky Bacon (6%) [Pork, Salt, Antioxidant: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite; Natural Beechwood Smoke]. May contain MUSTARD. Portein 9,1 Salt 1.15 Tomato Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil [Palm Oil, Rapeseed Oil, Tomato Seasoning (Tomato Powder, Red Bell Pepper, Paprika, Basil), Raising Agent: Sodium per 100g KJ 993	per portion (g) 2211 528 22.8 7.2 63.1 4.6
All Day Breakfast Wrap Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Carbonates, Malic Acid, Diphosphates; Sugar, Stabilisers: Sodium Carboxymethyl Cellulose; Salt], Pork and Lentil Sausage (24%) [Pork, Lentils, Potato Starch, Dextrose, Water, Salt, Rapeseed Oil, WHEAT Storch, Beef Collagen Casing, Spices, Stabiliser: Sodium Diphosphate, WHEAT Protein, Onion on Whet Sauce (14%) [Scrambled Egg [Pasteurised Free Range EGG, Water, Rapeseed Oil, Topicca Starch, Skimmed MILK Powder, Lemon Juice, Salt, Ground White Pepper), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Fibre 1.4 Protein 9.1 Beens (12%) [Beans, Tomato, Water, Sugar, Spirt Vergar, Modified Otim, Salt, Spice Extracts, Herb Extract), Beechwood Smoked Streaky Bacon (6%) [Pork, Salt, Antioxidant: Sodium Ascarbate, Extracts of Rosemary; Preservative: Sodium Nitrite; Natural Beechwood Smoke]. May contain MUSTARD. Tomato Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Palm Oil, Rapeseed Oil, Tomato Seasoning (Tomato Powder, Red Bell Pepper, Paprika, Basil), Raising Agent: Sodium per 100g	2211 528 22.8 7.2 63.1 4.6
All Day Breakfast Wrap Tortilla (WHEAT Flour, WIEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents: Sodium Carbonates, Malic Acid, Diphosphates; Sugar, Stabilisers: Sodium Carboxymethyl Cellulose: Salt), Pork and Lentil Sausage (24%) (Pork, Lentils, Potato Starch, Dextrose, Water, Salt, Rapeseed Oil, WHEAT Starch, Beef Collagen Casing, Spices, Stabiliser: Sodium Diphosphate, WHEAT Protein, Onion Powder, Rubbed Sage, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Scrambled Egg and White Sauce (14%) (Scrambled Egg (Pasteurised Free Range EGG, Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MLK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Spices, Preservative: Potassium Sorbate), Cracked Black Pepper), Baked Beans (12%) (Beans, Tomato, Water, Sugar, Spirit Vinegar, Modified Comflour, Salt, Spice Extracts, Herb Extract), Beechwood Smoked Streaky Bacon (6%) (Pork, Salt, Antioxidant: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite; Natural Beechwood Smoke). May contain MUSTARD. Salt 1.15 Portion weight (g) Tomato Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Palm Oil, Rapeseed Oil, Tomato Seasoning (Tomato Powder, Red Bell Pepper, Paprika, Basil), Raising Agent: Sodium per 100g KJ 993	528 22.8 7.2 63.1 4.6
All Day Breakfast Wrap Rapeseed Oil), Raising Agents: Sodium Carbonates, Malic Acid, Diphosphates; Sugar, Stabilisers: Sodium Kcal 235 All Day Breakfast Wrap Carboxymethyl Cellulose; Sall, Pork and Lentli Sausage (24%) [Pork, Lentlis, Potato Starch, Dextrose, Water, Salt, Rapeseed Oil, WHEAT Starch, Beef Collagen Casing, Spices, Stabiliser: Sodium Diphosphate, WHEAT Protein, Onion Powder, Rubbed Sage, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Scrambled Egg and White Sauce (14%) [Scrambled Egg (Pasteurised Free Range EGG, Water, Rapeseed Oil, Agoidred Egg (Pasteurised Free Range EGG, Water, Rapeseed Oil, Modified Potato Starch, Skimmed MLLK Powder, Lemon Juice, Salt, Ground White Pepper), White Sauce (Water, Rapeseed Oil, Modified Stabilisers: Xanthan Gum, Guar Gum; Spices, Preservative: Potasium Sorbate), Cracked Black Pepper], Baked Beans (12%) [Beans, Tomato, Water, Sugar, Spirit Vinegar, Modified Comflour, Salt, Spice Extracts, Herb Extract), Beechwood Smoked Streaky Bacon (6%) [Pork, Salt, Antioxidant: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite; Natural Beechwood Smoke]. May contain MUSTARD. Portion weight (g) Tomato Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Palm Oil, Rapeseed Oil), Tomato Seasoning (Tomato Powder, Red Bell Pepper, Paprika, Basil), Raising Agent: Sodium per 100g	22.8 7.2 63.1 4.6
All Day Breakfast Wrap Rapeseed Oil, WHEAT Starch, Beef Collagen Casing, Spices, Stabiliser: Sadium Diphosphate, WHEAT Protein, Onion Sat 3.5 All Day Breakfast Wrap Powder, Rubbed Sage, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Scrambled Egg and White Sauce (14%) [Scrambled Egg (Pasteurised Free Range EGG, Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Stabiliser: Xanthan Gum, Guar Gum; Spices, Preservative: Potasium Sorbate), Cracked Black Pepper], Baked Beans (12%) [Beans, Tomato, Water, Sugar, Spirit Vinegar, Modified Conflour, Salt, Spice Extracts, Herb Extract), Beechwood Smoked Streaky Bacon (6%) [Pork, Salt, Antioxidant: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite; Natural Beechwood Smoke], May contain MUSTARD. Salt 3.5 Tomato Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil [Palm Oil, Rapeseed Oil), Tomato Seasoning (Tomato Powder, Red Bell Pepper, Paprika, Basil), Raising Agent: Sodium Sat 3.5	7.2 63.1 4.6
All Day Breaktast Wrap Powder, Rubbed Sage, WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Scrambled Egg Carbs 30.5 All Day Breaktast Wrap and White Souce (14%) [Scrambled Egg (Pasteurised Free Range EGE, Water, Rapeseed Oil, Topioca Starch, Skimmed MLIK Powder, Lemon Juice, Salt, Ground White Pepper), White Souce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Spices, Preservative: Potassium Sorbate), Cracked Black Pepper], Baked Fibre 1.4 Beans (12%) [Beans, Tomato, Water, Sugar, Spirit Vinegar, Modified Comflour, Salt, Spice Extracts, Herb Extract), Beechwood Smoked Streaky Bacon (6%) [Pork, Salt, Antioxidant: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite; Natural Beechwood Smoke]. May contain MUSTARD. Salt 1.15 Tomato Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil [Palm Oil, Rapeseed Oil, Tomato Seasoning (Tomato Powder, Red Bell Pepper, Paprika, Basil), Raising Agent: Sodium per 100g	63.1 4.6
All Day bleakids with and White Sauce (14%) [Scrambled Egg (Pasteurised Free Range EGG, Water, Rapeseed Oil, Tapioca Starch, Skimmed MLK Powder, Lemon Juice, Salt, Ground White Pepper), White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Fibre 1.4 Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock, Acidity Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Spices, Preservative: Potasium Sorbate), Cracked Black Pepper], Baked Beans (12%) [Beans, Tomato, Water, Sugar, Spirit Vinegar, Modified Comflour, Salt, Spice Extracts, Herb Extract), Beechwood Smoked Streaky Bacon (6%) [Pork, Salt, Antioxidant: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite; Natural Beechwood Smoke]. May contain MUSTARD. Salt 1.15 Tomato Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Palm Oil, Rapeseed Oil), Tomato Seasoning (Tomato Powder, Red Bell Pepper, Paprika, Basil), Raising Agent: Sodium per 100g	4.6
Skimmed Milk Powder, Lemon Juice, sait, follow Minie Spice, Wilk, Sugar, Vegetable Stock, Acidity, Regulator: Lactic Acid; Potato Starch, Sait, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock, Acidity, Regulator: Lactic Acid; Stabilisers: Xanthan Gum, Guar Gum; Spices, Preservative: Potasium Sorbote), Cracked Black Pepper], Baked Beans (12%) [Beans, Tomato, Water, Sugar, Spirit Vinegar, Modified Comflour, Sait, Spice Extracts, Herb Extract), Beechwood Smoked Streaky Bacon (6%) [Pork, Sait, Antioxidant: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite; Natural Beechwood Smoke]. May contain MUSTARD. Tomato Tortilla [WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Palm Oil, Rapeseed Oil), Tomato Seasoning (Tomato Powder, Red Bell Pepper, Paprika, Basil), Raising Agent: Sodium	
Stabilisers: Xanthan Gum, Guar Gum; Spices, Preservative: Potasium Sorbately, Cracked Black Pepperl, Baked Protein 9.1 Beans (12%) [Beans, Tomato, Water, Sugar, Spirit Vinegar, Modified Comflour, Salt, Spice Extracts, Herb Extract), Beechwood Smoked Streaky Bacon (6%) [Pork, Salt, Antioxidant: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite; Natural Beechwood Smoke]. May contain MUSTARD. Protein 9.1 Salt 1.15 Portion weight (g) Tomato Tortilla [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Palm Oil, Rapeseed Oil), Tomato Seasoning (Tomato Powder, Red Bell Pepper, Paprika, Basil), Raising Agent: Sodium Pertein 9.1	2.9
Beans (12%) [Beans, Tomato, Water, Sugar, Spirit Vinegar, Modified Comflour, Salt, Spice Extracts, Herb Extract), Beechwood Smoked Streaky Bacon (4%) [Pork, Salt, Antioxidant: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite; Natural Beechwood Smoke]. May contain MUSTARD. Salt 1.15 Portion weight (g) Tomato Tortilla [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Palm Oil, Rapeseed Oil), Tomato Seasoning (Tomato Powder, Red Bell Pepper, Paprika, Basil), Raising Agent: Sodium Portion weight (g)	18.8
Beechwood Smoked Streaky Bacon (%%) [Pork, Salt, Antioxidant: Sodium Ascarbate, Extracts of Rosemary; Preservative: Sodium Nitrite; Natural Beechwood Smoke], May contain MUSTARD. Tomato Tortilla [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Palm Oil, Rapeseed Oil), Tomato Seasoning (Tomato Powder, Red Bell Pepper, Paprika, Basil), Raising Agent: Sodium	2.38
Tomato Tortilla [WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Palm Oil, Rapeseed Oil), Tomato Seasoning (Tomato Powder, Red Bell Pepper, Paprika, Basil), Raising Agent: Sodium	207
Tomato Tortilla (WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Palm Oil, Rapeseed Oil), Tomato Seasoning (Tomato Powder, Red Bell Pepper, Paprika, Basil), Raising Agent: Sodium KJ 993	
Tomato Tortilla (WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Palm Oil, Rapeseed Oil), Tomato Seasoning (Tomato Powder, Red Bell Pepper, Paprika, Basil), Raising Agent: Sodium KJ 993	
	per portion (g)
Bicarbonate; Disodium Diphosphate), Suaar, Acidity Reaulator; Malic Acid: Stabiliser: Sodium Carboxy Methyl NCOI 237 I	2095
	500
(WHEAT Flour (WHEAT Flour Calcium Carbonate Iron Niacin Thiamin) Water Yearth Rappised Oil Parsley Salt	17.9 3.6
Wrap Kibbled Onion, Cumin, Coriander, Coriander Powder, Garlic Purée, Black Pepper, Raising Agent: Sodium	76.2
(Vg) Bicarbonate], Houmous (9%) [Chickpeas, Rapeseed Oil, Water, Tahini SESAME Seed Paste, Salt, Garlic Granules, Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate], Mediterranean Vegetable Mix (11%) [Grilled Sugar 11.9	25.1
Mixed Vegetables (Red Pepper, Yellow Pepper, Courgette, Aubergine), Coriander), Chilli Jam (7%) [Gimed <u>594</u> Mixed Vegetables (Red Pepper, Yellow Pepper, Courgette, Aubergine), Coriander), Chilli Jam (7%) [Sugar, Red Fibre 4.3	9.1
Pepper, Grape Vinegar, Water, Tomato Paste, Chipotle Chilli Paste (Chipotle Chilli, Water, Tomato Paste, Sugar, Protein 61	12.9
Salt, Onion, Acidity Regulator: Acetic Acid), Dried Onion, Concentrated Lemon Juice, Salt, Garlic Purée], Rocket [7%], Cornflour Mix [Water, Cornflour]. May contain CELERY, EGG, MILK, MUSTARD, SOYA, and SULPHITES.	1.75
(7.6), Connicol Mix (Waler, Connicol), Mixy Contain CELEKT, EGG, Mick, Mostake, SOTA, and Set Tries. Portion weight (g)	211
BISCUITS & SNACKS	
PRODUCT INGREDIENTS NUTRITIONA	AL INFO
per 100g	per portion (g)
KJ 1862	1583
Sugar, Wheat Flour (WHEAT, Calcium Carbonate (E170), Iron, Niacin, Thiamine), Milk Chocolate Chunks (18%) Kcal 443	377
(Sugar, Whole MILK Powder, Cocoa Butter, Cocoa Mass, Whey Powder (MILK), Skimmed MILK Powder, Emulsifier Fat 20.0	17.0
Chocolate Chip Mini Bean (SOYA Lecithin), Vanilla Flavouring), Butter (MILK), Mini Chocolate Beans (7%) (Sugar, Whole MILK Powder, Cocoa Sat 12.0	10.2
Cookle Pumpkin, Radish, Lemon, Blackcurrant, Safflower, Purple Potato), Salt, Emulsifier (Sunflower Lecithin), Glucose Carbs 63.0	53.6
(V) Syrup, Glazing Agents (Carnauba Wax, Bees Wax, Shellac)), Water, Whole EGG Powder, Starch, Vanilla Flavouring, Sugar 44.0	37.4
Sodium Bicarbonate, Salt. Fibre 1.2 Made in a factory that handles NUTS. Protein 4.9	1.0
	4.2
Salt 0.20 Portion weight (g)	0.20
	per portion (g)
KJ 1,702	1447
Koal 408	347
Fat 16.0	13.6
Sugar Paisins (19%) (Paisins Supflower Oil) Butter (MUK), Wheat Flour (WHEAT Calcium Carbonate (F170) Iron	7.7
Oat & Kaisin Cookie Niacin, Thiamine), Rolled OATS (2.5%), Water, Whole EGG Powder, Starch, Vanilla Flavourina, Mixed Spice (0.3%), Carbs 43.0	53.6
(V) Sodium Bicarbonate, Salt. Made in a factory that handles NUTS. Sugar 44.0	37.4
Fibre 2.4	37.4
	2.0
Protein 4.0	
Protein 4.0 Salt 0.20	2.0
	2.0 3.4

Nutritional & Ingredient List

PRODUCT		N		
PRODUCT	INGREDIENTS		UTRITION	
			per 100g	per portion (g)
		KJ	1795 427	933
	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dark Chocolate (20%) [Cocoa Mass, Sugar,	Kcal Fat	427	222 8.7
	Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Golden Syrup (Invert Sugar Syrup), Light	Sat	9.9	5.1
Ginger Dunkers	Brown Sugar, Margarine [Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier (Mono- and Diglycerides of Fatty	Carbs	62.1	32.2
(V)	Acids), Flavouring, Colours (Annatto Bixin, Curcumin)], Rolled OATS, Free Range Pasteurised Whole EGG,	Sugar	37.4	19.4
	Crystalised Ginger (1.5%) (Ginger, Sugar), Ground Ginger (1%), Bicarbonate of Soda (E500ii), Ammonium Bicarbonate (E503ii).	Fibre	3.5	1.8
		Protein	4.9	2.5
		Salt	0.56	0.31
		Portion v	veight (g)	52
			per 100g	per portion (g)
Gingerbread Man		KJ	1630	962
		Kcal	386	228
	Fortified wheat Flour (WHEAT Flour, Iron, Thiamin, Nicotinic Acid, Calcium Carbonate), Sugar, Golden Syrup,	Fat	9.0	5.3
	Margarine (Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Mono - and Diglycerides of Fatty Acids), Flavouring, Colours (Curcumin, Annatto Bixin)), Water, Chocolate compound (Sugar, Vegetable Fat (Palm Kernel,	Sat	3.4	2.0
(V)	Palm), Skimmed MILK Powder, Fat Reduced Cocoa Powder, Whey Powder (MILK), Emulsifier (SOYA Lecithin),	Carbs	71.4	42.1
	Flavouring), Glucose Syrup, Ginger, Raising Agent (Sodium Bicarbonate), EGG White Powder, Humectant	Sugar	37.3	22.0
	(Glycerine), Colour (Lutein). May contain NUTS.	Fibre	1.6	0.9
		Protein	4.1	2.4
		Salt	0.10 veight (g)	0.06
				60 per portion (g)
		КJ	per 100g 2032	508
Lotus Biscuits (V)		Kcal	484	121
		Fat	19.0	4.8
	WHEAT flour, sugar, vegetable oils, candy sugar syrup, raising agent (sodium hydrogen carbonate), SOYA flour, salt, cinnamon. May contain MILK.	Sat	8.8	2.2
		Carbs	72.6	18.2
		Sugar	38.1	9.5
		Protein	4.9	1.2
		Salt	0.91	0.23
		Portion v	veight (g)	25
			per 100g	per portion (g)
		KJ	1990	995
		Kcal	476	238
		Fat	25.6	12.8
Shortbread	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (31%) (Butter (MILK), Salt),	Sat Carbs	16.8 57.7	8.4 28.8
(V)	Caster Sugar, Rice Flour, Corn Flour (Maize Starch).	Sugar	17.5	8.8
		Fibre	1.7	0.9
		Protein	5.1	2.5
		Salt	0.50	0.25
			veight (g)	50
			per 100g	per portion (g)
		KJ	1868	1214
		Kcal	445	290
		Fat	16.4	10.0
Toffee Waffle	WHEAT flour (Calcium carbonate, Iron, Niacin, Thiamin), Glucose syrup,	Sat	7.7	5.0
(V)	Sugar, Non-hydrogenated vegetable oils (Palm & Rapeseed), Butter (14% of filling) (MILK), Free Range EGCS, Molasses, Emulsifier: SOYA Lecithin,	Carbs	70.9	46.0
	Raising agent: Sodium bicarbonate, Salt, Cinnamon.	Sugar Fibre	33.7 0.6	22.0 0.4
		Protein	3.0	2.0
		Salt	0.72	0.40
		-	veight (g)	65
			per 100g	per portion (g)
		КJ	2419	242
		Kcal	582	58
		Fat	40.0	4.0
		Sat	15.0	1.5
nduiotto Mini Chocolate (Va)	Sugar, Hazelnuts, Cocoa Mass, Cocoa Butter, Soya Lecithins, natural vanilla flavouring. May contain MILK and other TREE NUTS.	Carbs	47.0	4.7
(Vg)	ONG THE HOW	Sugar	44.0	4.4
				0.5
		Fibre	5.4	0.5
		Fibre Protein	5.4 5.7	0.5
		Protein Salt		

Nutritional & Ingredient List

	CRISPS & POPCORN			
PRODUCT	INGREDIENTS	N	IUTRITION	AL INFO
Kettle Sea Salt Crisps (Vg/GF)	Select Potatoes, Sunflower Oil, Sea Salt.	KJ Kcal Fat Sat Carbs Sugar Fibre	per 100g 2139 513 30.1 3.5 51.5 0.5 6.5	per portion (g) 856 205 12.0 1.4 20.6 0.2 2.6
		Protein Salt	5.8 0.90 weight (g)	2.3 0.36 40
Kettle Sea Salt & Vinegar Crisps (Vg/GF)	Select Potatoes, Sunflower Oil, Sea Salt and Balsamic Vinegar Seasoning (Sea Salt, Potato Maltodextrin, Dried Balsamic Vinegar, Sugar, Acid: Citric Acid, Dried Red Wine Extract, Natural Flavouring).	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt Portion	per 100g 2125 509 28.1 2.8 55.8 1.5 4.9 5.7 1.40 weight (g)	per portion (g) 850 204 11.2 1.1 22.3 0.6 2.0 2.3 0.60 40
Kettle Cheddar & Onion Crisps (V/GF)	Select Potatoes, Sunflower Oil, Mature Cheddar and Red Onion Seasoning (Dried Buttermilk, Dried Mature Cheddar Cheese (MILK), Dried Onion, Dried Red Onion, Sea Salt, Dried Yeast Extract, Dried Yeast, Dried Chives, Colour: Paprika Extract).	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 2106 505 28.9 3.3 51.1 2.5 6.2 7.1 1.10 weight (g)	per portion (g) 842 202 12.0 1.3 20.4 1.0 2.5 2.8 0.40 40
Sweet 'n' Salt Popcorn (Vg/GF)	Popped Butterfly Corn (67%), Sweetening Blend (Sugar, Sweetener: Isomalt, Sweetener: Steviol Glycosides), Rapeseed Oil, Salt.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1813 432 16.7 1.1 60.9 11.1 11.5 8.2 0.57 weight (g)	per portion (g) 308 73 2.8 0.2 10.9 1.9 2.0 1.4 0.10 17