# MARCH ALLERGEN GUIDE (UK)

Verison 11 Issued: 18/03/21

### **HOW TO USE THIS GUIDE**

PASTRIES							This Pro	duct C	ontains					
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Almond Croissant	*	*	*	*		. 1	11,							
Butter Croissant	*	*	*			45						1 1		
Cinnamon Swirl	*	*	*		*	SI					. 6	1		
										•				

An  $^st$  in a box means that the product contains that allergen.

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

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

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

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

- •Cereals containing gluten: including wheat, rye, barley, oats
- Eggs
- Milk
- Tree nuts including almonds, hazelnuts, pistachios, walnuts
- Peanuts
- Fish
- Soya

- Celery
- Sulphur dioxide and sulphites
- Mustard
- Lupin
- Crustaceans e.g. prawns
- Sesame seeds
- Molluscs e.g. mussels

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

NERO

PASTRIES						T	his Produ	uct Cont	ains					
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Almond Croissant	*	*	*	*										
Apricot Croissant	*	*	*											
Butter Croissant	*	*	*											
Chocolate Twist	*	*	*				*							
Cinnamon Swirl	*	*	*											
Pain au Chocolat	*	*	*				*							
Pain aux Raisin	*	*	*											
Vegan Raspberry Croissant	*													

<b>MUFFINS &amp; SCONES</b>						T	his Produ	uct Cont	ains					
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Belgian Chocolate Muffin	*	*	*				*		*					
Blueberry Muffin	*	*	*											
Sicilian Lemon Curd Muffin	*	*	*						*					
Fruit Scone	*	*	*											

WHOLE CAKES						T	his Prod	uct Cont	ains					
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Belgian Chocolate Fudge Cake	*	*	*				*							
Billionaires Cake	*	*	*				*							
NEW Cappuccino Cake	*	*	*				*							
Carrot Cake	*	*	*	*										
Luxury Blackforest Roulade	*	*	*				*							
Nero Coffee & Caramel Cake	*	*	*						*					

LOAF CAKES						T	his Produ	Jct Cont	ains					
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Banana & Walnut Loaf Cake	*	*	*	*										
Sicilian Lemon Drizzle Loaf Cake	*	*	*											

# MARCH ALLERGEN GUIDE (UK)

Version 11 Issued: 18/03/21

<b>BROWNIES &amp; SHORTBREAD</b>						T	his Produ	uct Cont	ains					
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Caramel Shortbread	*		*				*							
Belgian Chocolate Brownie	*	*	*				*							
Caramel & Sea Salt Brownie	*	*	*				*							
Belgian Chocolate Chunk Brownie*	*	*	*				*							
Salted Caramel Chocolate	*	*	*				*							
Brownie*			ļ	ļ			l			l				

<sup>\*</sup> We have improved the recipe for our brownies. The updated brownies will appear visually different and have different nutritional and ingredient information than the previous recipe. There are no allergen changes to this product. If you require accurate ingredient and nutritional information please check with the team in store which brownie they have in stock.

CHEESECAKE						T	his Produ	uct Cont	ains					
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Sicilian Lemon Cheesecake	*	*	*											
Salted Caramel & Chocolate Vegan Cheesecake	*						*							

COOKIES						T	his Produ	uct Cont	ains					
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Belgian Chocolate Chunk Cookie	*	*	*				*							
Caramel Chocolate Cookie	*	*	*				*							
Oat & Raisin Cookie	*	*												

INDIVIDUAL CAKES						T	his Produ	uct Cont	ains					
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Cherry Bakewell Crumble Cake	*	*	*	*										
Raspberry & Amaretti Crumble Cake	*	*	*											

<b>GRAB &amp; GO CHOCOLATE</b>						T	his Produ	ct Cont	ains					
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Chocolate Coin			*				*							
Gianduja Chocolate				*			*							



PORRIDGE						T	his Produ	uct Cont	ains					
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Porridge with semi-skimmed or skimmed milk	*		*											
Porridge with Alpro Soya milk	*						*							
Porridge with Alpro Coconut milk	*						*							
Porridge with Alpro Oat milk	*													

	SAVOURY ROLLS						T	his Produ	oct Cont	ains					
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
_	Pork & Pancetta Sausage Roll	*	*	*											
5	Sourdough Bread Roll	*													
)	Vegan Vegetable 'Sausage' Roll	*													

PARCELS						T	his Produ	uct Cont	ains					
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Roasted Vegetable & Spanish Chorizo Parcel	*	*	*											
Italian Tomato & Caramelised Onion Parcel with Mozzarella	*	*	*											

SAUCES						T	his Produ	uct Cont	ains					
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Heinz Ketchup Sauce	*							*						
HP Sauce Sachet	*													

**This Product Contains** 

Version 11 Issued: 18/03/21

Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
		*											
		*											
		*											
		*											
		*											
		*											
		*											
		*											
		*											
		*											
	Gluten	Gluten Eggs	* * * * * * * * *	* * * * * * * * *	*  *  *  *  *  *  *  *  *  *  *  *  *	*  *  *  *  *  *  *  *  *  *  *  *  *	*  *  *  *  *  *  *  *  *  *  *  *  *	*  *  *  *  *  *  *  *  *  *  *  *  *	#	Gloren Eggs Milk Nuls Peanuts Pish Soyd Celety Dioxide Mustard  *	Gloren Eggs Milk Nors Pednors Pish Soyd Celery Dioxide Mustard Lupin  *  *  *  *  *  *  *  *  *  *  *  *  *	Gloren Eggs Milk Nors Pednors Pish Soyd Celery Dioxide Mostard Lopin Crostacedis  *	Gloren Eggs Milk Nors Peanors Prish Soya Celery Dioxide Mostard Lupin Crostacedris seeds  *

HOT DRINKS - TEA, HOT CHOCOLATE & SPECIALITY						Т	his Produ	uct Cont	ains					
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Tea (if served with milk)			*											
Herbal Tea														
Hot Chocolate (served with whipped cream)			*				*							
Hot Chocolate Milano (served with whipped cream)			*				*							
Chai Latte			*											
White Chocolate Mocha (served with whipped cream)			*				*							
Caramelatte (served with whipped cream)			*											

NON DAIRY MILK						T	his Produ	ct Cont	ains					
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Alpro Coconut							*							
Alpro Oat	*													
Alpro Soya							*							

CAFFÈ

**NERO** 

**HOT DRINKS - COFFEE** 



ICED DRINKS						T	his Produ	Jct Cont	ains					
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Belgian Mocha Frappe Latte			*				*							
Frappe Latte			*											
Frappe Crème - Belgian triple Chocolate			*				*							
Frappe Crème - Espresso & Caramel			*											
Frappe Crème - Salted Caramel & Pistachio			*											
Fruit Booster - Alphonso Mango & Passionfruit														
Fruit Booster - Raspberry & Italian Peach														
Iced Cappuccino			*											
Iced Coconut Latte							*							
Iced Latte			*											
Milkshake - Belgian Chocolate			*											
Milkshake - Strawberry			*											
Milkshake - Vanilla			*											

EXTRAS						TI	his Produ	uct Cont	ains					
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Whipped Cream			*											
Marshmallows														
Caramel Sauce														

SYRUPS						T	his Produ	uct Cont	ains				
Product Name	Gluten	en Eggs Milk Nuts Peanuts Fish Soya Celery Sulphur Dioxide Mustard Lupin Crustaceans Sesame seeds Molluscs										Molluscs	
All Caffe Nero Syrups													



Version **4** Issued: **18/03/21** 

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

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

PRODUCT	INGREDIENTS	١	IUTRITION	AL INFO
		1	per 100g	per portion (g)
		KJ	1701	1435
	Pastry: Wheat Flour (WHEAT Gluten, Flour Treatment Agent	Kcal	407	343
	(Ascorbic Acid E300)), Water, Palm Fat, Yeast, Sugar, Butter (MILK)	Fat	21.1	17.8
Al	2%, Rapeseed Oil, Salt, Baking Improver (WHEAT Gluten, WHEAT	Sat	9.0	7.6
Almond Croissant (V)	Flour, Yeast, Flour Treatment Agent (Ascorbic Acid E300)), Emulsifier (Mono- and diglycerides of fatty acids E471), Acidity Regulator	Carbs	43.9	36.9
(*)	(Citric Acid E330), Flavouring, <b>EGG</b> . Almond Filling (19%) (Sugar,	Sugar	13.7	11.6
	Almonds (7%) (NUTS), EGG White, Inverted Sugar Syrup, Water, EGG	Fibre	2.4	1.9
	Yolk, Invertase E1103). Topping: Almond Flakes (4.2%) (NUTS).	Protein	9.3	7.8
		Salt	0.7	0.6
		Portion w	veight (g)	84

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

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

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

### **Key for Dietary Suitability:**

**DF** = Dairy-Free

**GF** = Gluten-Free

V = Vegetarian

**Vg** = Vegan



Version 4
Issued: 18/03/2021

CONTENTS	
PASTRIES	3
MUFFINS & SCONES	4
EXTRAS	4
PORRIDGE & TOPPINGS	5
WHOLE CAKES	6
LOAF CAKES	6
BROWNIES & SHORTBREAD	7
CHEESECAKE	7
COOKIES	8
INDIVIDUAL CAKES	8
SAVOURY PASTRIES & ROLLS	<b>9</b>
PANINI	10
TOASTATI	11
BREAKFAST ROLLS	12
SALAD	12
BREAKFAST BOXES	12
SOUPS	13
SANDWICHES	13
BISCUITS & SNACKS	14
CRISPS & POPCORN	17
YOGHURTS & GRANOLA POT	17
Products only sold in Northern Ireland stores	
PANINI	
TOASTATI	
CROISSANT & CIABATTA ROLL	
SANDWICHES	
SCONES	
YOGHURTS & FRUIT	
CRISPS	21

For our stores in Northern Ireland the nutritional and ingredient information for Scones, Panini, Tostati, Sandwiches, Crisps and some Snacks is different than the information for the rest of the UK. Please refer to the information on pages 18-21 for products sold in NI stores.



Version **4** Issued: **18/03/2021** 

#### PASTIRES

	PASTIRES			
PRODUCT	INGREDIENTS		NUTRITIONAL I	NFO
			per 100g	per portion (g)
		KJ	1701	1435
		Kcal Fat	407 21.1	343 17.8
Almond Contract	Pastry: Wheat Flour (WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid E300)), Water, Palm Fat, Yeast, Sugar, Butter (MILK) 2%, Rapeseed Oil, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Yeast, Flour Treatment Agent (Ascorbic Acid E300)), Emulsifier (Mona		9.0	7.6
Almond Croissant (V)	and diglycerides of fatty acids E471), Acidity Regulator (Citric Acid E330), Flavouring, EGG. ALMOND Filling (19%) (Sugar, ALMONDS	Carbs	43.9	36.9
` '	(7%) (NUTS), EGG White, Inverted Sugar Syrup, Water, EGG Yolk, Invertase E1103). Topping: ALMOND Flakes (4.2%) (NUTS). May contain traces of other NUTS (Hazelnuts).	Jugui	13.7	11.6
		Fibre Protein	9.3	1.9 7.8
		Salt	0.7	0.6
		Po	rtion weight (g)	84
		KJ	per 100g 1081	per portion (g) 1113
		Kcal	258	266
		Fat	11	11.3
Apricot Croissant	Pastry: 55% (WHEAT flour, butter 19% (MILK), water, yeast, sugar, EGGS, salt, WHEAT gluten enzymes (amylases, hemicellulases), flour treatment agent (E300)), Apricots 26%, Pastry cream 17% (water, sugar, modified starch, powdered whey (MILK), skimmed MILK	Sat	6.7	6.9
(V)	powder, stabilizers (E263, E450iii, E339ii), colour (E160ai), flavouring), egg wash (EGGS, water).	Carbs Sugar	34 11	35 11.3
	May contain: traces of NUTS and traces of SOYA.	Fibre	2	2.1
		Protein	4.7	4.8
		Salt	0.7	0.7
		P	per 100g	115 per portion (g)
		KJ	1792	915
		Kcal	429	219
		Fat	23	11.8
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.	Sat Carbs	15 46	7.7 23.2
(V)	May contain: traces of NUTS and traces of SOYA.	Sugar	6.8	3.5
		Fibre	2.6	1.3
		Protein	8.1	4.3
		Salt	1.2 ortion weight (g)	0.6 60
			per 100g	per portion (g)
		KJ	1512	1176
		Kcal	361	281
	Pastry: WHEAT flour, butter (MILK), water, yeast, sugar, EGGS, salt, WHEAT gluten, enzymes (amylases, hemicellulases, flour treatment	Fat Sat	9.6	11.9 7.4
Chocolate Twist	agent (E300)), Pastry cream (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450iii, E339ii), colour (E160aii), flavouring), Chocolate 15.6% (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier (E322		47	37.9
(V)	(SOYA lecithin)), natural vanilla flavour), egg wash (EGGS, water), Icing sugar (Glucose, cornflour, vegetable oil). May contain:	Sugar	21	17.4
	traces of NUTS.	Fibre	3	2.3
		Protein Salt	5.7 0.8	4.3 0.6
			ortion weight (g)	90
			per 100g	per portion (g)
		KJ Kcal	1706 407	1467 350
		Fat	18.6	16
a	WHEAT Flour, Fine Butter (MILK) (19%), Water, Sugar, Yeast, EGG, Cinnamon (1.4%), Maize Starch, WHEAT Gluten, Salt, Whey Powder	Sat	12	10.3
Cinnamon Swirl (V)	(MILK), Whole MILK Powder, Skimmed MILK Powder, Thickener (Sodium Alginate), EGG Albumin Powder, Turmeric Extract, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), Natural Flavouring, Acidity Regulator (Citric Acid), Carrot Extract.	Carbs	51.2	44
(-,	May contain: traces of SESAME SEEDS, NUTS, SOYA.	Sugar	21.8	18.7
		Fibre Protein	2.78 6.7	2.4 5.8
		Salt	0.6	0.5
		Po	ortion weight (g)	86
		V I	per 100g 1786	per portion (g)
		KJ Kcal	427	1120 268
		Fat	23	14.3
Pain au Chocolat	Pastry: (WHEAT flour , Butter (MILK), water, chocolate 10% (sugar, coca mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla	Sat	15	9.3
(V)	flavour), sugar, whole <b>MILK</b> , yeast, <b>EGGS</b> , salt, <b>WHEAT</b> gluten, Emulsifier (rape lecithin), flour treatment agent (E300), enzymes (amylases, hemicellulases)), egg wash (Free Range <b>EGG</b> ). May contain: traces of NUTS.	Carbs Sugar	46 12	29.1 8.1
		Fibre	3	1.9
		Protein	7.6	4.8
		Salt	1	0.6
		Po	per 100g	75 per portion (g)
		KJ	1417	1245
		Kcal	338	296
	WHEAT flour, water, raisins 13%, Butter (MILK), sugar, yeast, corn starch, EGGS, salt, powdered whey (MILK), whole MILK powder, WHEAT gluten, EGG albumin powder, skimmed MILK powder, thickener (sodium alginate), emulsifier (rape lecithin), fruit and plant extract		14	10.8
Pain aux Raisin	(turmeric and carrot), natural flavouring, acidity regulator (citric acid), flour treatment agent (ascorbic acid), enzymes	Sat Carbs	9.1 46	6.8 43.2
(V)	(hemicellulases, amylases), egg wash (Free Range <b>EGGS</b> ), Neutral glaze (water, glucose syrup, sugar, acidity regulators (E330, E332, E333), flavour, gelling agent (pectin), preservative (potassium sorbate)).	Sugar	19	17.1
	May contain: traces of NUTS and traces of SOYA.	Fibre	2.3	2.3
		Protein	5.8	5.4
		Salt	0.8 ortion weight (g)	0.6 110
		P	per 100g	per portion (g)
		KJ	1589	1239
	WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non Hydrogenated	Kcal	379	296
	Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring), Raspberry	Fat Sat	16.3 8.2	12.7 6.4
Vegan Raspberry Croissant	Filling (16%) (Glucose Syrup, Raspberry Purée, Sugar, Raspberries (2%), Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator Tricalcium Citrate), Natural Flavouring, Preservative (Potassium Sorbate)), Sugar, Yeast, Decoration (3%) (Sugar, Non-Hydrogenated	Carbs	50.7	8.4 39.5
(Vg, DF)	Palm Oil, Food Colours (Radish, Blackcurrant, Apple concentrate)), Spelt flour, WHEAT gluten Salt, Flour Treatment Agents (Alpha-	Sugar	18.5	14.4
	Amylases, Hemicellulases, Ascorbic Acid).  May contain: traces of MILK, SESAME SEEDS, SOYA, NUTS, EGGS.	Fibre	2.7	2.1
		Protein	6.4	5
		Salt Po	0.5 ortion weight (g)	0.4 110
		11		

Version **4** Issued: **18/03/2021** 

MUFFINS & SCONES

	MUFFINS & SCONES			
PRODUCT	INGREDIENTS		NUTRITIONAL I	NFO
Belgian Chocolate Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, thiamin), sugar, water, liquid EGG, vegetable oil rapeseed, % filling (sugar, vegetable fals palm, fat-reduced cocoa, cocoa mass, fat reduced cocoa powder, emulsifier E322 (SOYA), natural vanilla flavouring), 3% = Belgian dark chocolate chunks (sugar, cocoa mass, cocoa butter, emulsifier E322 (SOYA), natural vanilla flavouring), 3% Belgian milk chocolate chunks (sugar, vhole MILK powder, cocoa butter, cocoa mass, emulsifier E322 (SOYA), natural vanilla flavouring), 3% Belgian milk chocolate chunks (sugar, whole MILK powder, Lactose (MILK), whey powder (MILK), 1.8% chocolate shavings curled mix (sugar, cocoa mass, cocoa butter, whole MILK powder, Lactose (MILK), whey powder (MILK), butter oil (MILK), emulsifier E322 (SOYA), natural vanilla flavouring, alm MILK slabs (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier E322 (SOYA), natural vanilla flavouring), raising agents (E341, E450, E501), inulin, glucose syrup, WHEAT starch, MILK prolein, modified corn starch, humectants (E420, E427), emulsifier (E471, E475), WHEAT flour, preservise (E202, E232) (Contains SULPHITES)), stabiliser E415, natural flavouring, WHEAT Gluten, salt, acidity regulator E330, anti-caking agents (E470a, E551), rapeseed oil.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1702 407 22 5 45 29 2 6 0.4 ortion weight (g)	per portion (g) 1872 448 24 6 49 32 2 7 0.4
Blueberry Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, thiamin), sugar, liquid EGG, 10% blueberries, water, 9% blueberry filling (water, blueberries, sugar, dextrose, glucose syrup, acidity regulators (E330, E331), gelling agent E440, natural flavouring, thickener E415, preservative E202), buttermilk (MILK), raising agents (E341, E450, E501), poin oil, inulin, MILK protein, WHEAT starch, emulsifiers (E471, E475), modified corn starch, WHEAT Gluten, WHEAT Gluten, Preservative E202, glucose syrup, stabiliser E415, salt, acidity regulator E330, natural flavouring, colouring E160a, rapeseed oil.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1431 342 16 2 44 21 1.2 6 0.4 ortion weight (g)	per portion (g) 1547 376 17 2 49 23 1 6 0.4
Sicilian Lemon Curd Muffin (V)	WHEAT flour (calcium carbonate, iron, niacin, thiamin), sugar, liquid EGG, water, 9% Sicilian lemon curd (sugar, liquid EGG, butter (MILK), water, concentrated lemon juice (lemon juice concentrate, preservatives (E223 (Contains SULPHITES)), E224 (Contains SULPHITES), expectable oils (repeased, poliny), water, salt, natural flavouring), natural flavouring), buttermitic (MILK), 1.8% sweet snow (dextrose, palm oil, cornflour), 0.9% lemon strip (lemon peel, sugar, glucose-fructose syrup, acidity regulator E330), raising agents (E341, E450, E501), glucose syrup, palm oil, WHEAT starch, MILK protein, emulsifiers (E471, E475), humectants (E420, E422), natural flavouring, modified corn starch, WHEAT flour, preservatives (E202, E222 (Contains SULPHITES)), WHEAT Gluten, stabiliser E415, salt, acidity regulator E330, colouring E160a, rapeseed oil.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1517 362 16 2 50 26 1 5 0.4	per portion (g) 1669 398 17 3 55 28 1 6 0.5
Fruit Scone (Scotland, England & Wales) (V)	Scone: <b>WHEAT</b> Flour (contains Calcium carbonate, Iron, Niacin & Thiamin), Milk, Butter ( <b>MILK</b> ) (10%), Suttanas (9%), <b>EGG</b> , Sugar, Raising — Agents (E450, E500), Sunflower Oil.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1281 305 10.7 0.8 46.1 14.3 1.2 6.4 1.2 ortion weight (g)	per portion (g) 1204 287 10.1 0.8 43.3 13.4 1.1 6 1.2 94

## EXTRAS

	EXTRAS		
PRODUCT	INGREDIENTS	NUTRITIONAL	INFO
Raspberry Jam (Vg, GF, DF)	Raspberry Jam: Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator; Sodium Citrate	Per 100g     KJ	per portion (g) 305 72 0.06 0 17.1 17.1 0.2 0
Strawberry Jam (Vg, GF, DF)	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid	Per 100g     KJ   1023     Kcal   241     Fat   0.1     Sat   0     Carbs   59     Sugar   59     Protein   0.4     Sat   0     Portion weight (g)	per portion (g) 307 72 0.03 0 17.7 17.7 0.12 0 30
Lakeland Butter (V. GF)	Butter: Cream ( <b>MILK</b> ). Salt	Per 100g     KJ	per portion (g) 213 52 5.7 3.7 0.1 0.1 0.04 0.1 7
Rodda's Cornish Clotted Cream (V. GF)	100% Cornish cows <b>MILK</b>	Per 100g   KJ   2413     Kcal   586     Fat   63.7     Sat   39.7     Carbs   2.2     Sugar   2.2     Protein   1.6     Satt   0.05     Portion weight (g)	per portion (g) 965 234 25.5 15.9 0.9 0.9 0.6



Version **4** Issued: **18/03/2021** 

#### PORRIDGE & TOPPINGS

	PORRIDGE & TOPPINGS			
PRODUCT	INGREDIENTS		NUTRITIONAL I	NFO
			per 100g	per portion (g)
		KJ	426	1022
		Kcal Fat	102 2.8	244 6.7
Porridge made with		Sat	1.2	2.8
Semi Skimmed Milk	Quaker Rolled OATS, Semi Skimmed MILK	Carbs	13.7	32.8
(V)		Sugar	4.1	9.8
		Fibre Protein	1.5 4.7	3.5 11.4
		Salt	0.1	0.2
		Po	rtion weight (g)	240
		KJ	per 100g 383	per portion (g) 918
		Kcal	91	219
		Fat	1.6	3.8
Porridge made with		Sat	0.4	0.9
Skimmed Milk (V)	Quaker Rolled <b>OATS</b> , Skimmed <b>MILK</b> .	Carbs Sugar	13.8 4.2	33 10.0
. ,		Fibre	1.5	3.5
		Protein	4.7	11.4
		Salt	0.1	0.2
		PC	per 100g	240 per portion (g)
		KJ	484	1161
		Kcal	116	277
Davidas		Fat Sat	2.2	10.6
Porridge made with Whole Milk	Quaker Rolled OATS, Whole MILK.	Sat Carbs	13.6	5.3 32.6
(V)		Sugar	4.0	9.6
		Fibre	1.5	3.5
		Protein Salt	4.7 0.1	11.2 0.2
			ortion weight (g)	240
			per 100g	per portion (g)
		KJ	414	993
		Kcal Fat	3.0	7.1
Porridge made with	Quaker Rolled <b>QATS</b> , Alpro Soya Milk: Water, Hulled <b>SOYA</b> beans (8.7%), Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2).	Sat	0.5	1.2
Soya Milk		Carbs	12.4	29.7
(Vg, DF)		Sugar	2.7	6.5
		Fibre Protein	2.0 4.7	4.8 11.2
		Salt	0.0	0.0
		Po	ortion weight (g)	240
		KJ	per 100g 376	per portion (g) 901
		Kcal	90	215
		Fat	2.5	6.0
Porridge made with	Quaker Rolled OATS, Alpro Coconut Milk: SOYA base (Water, Hulled SOYA beans (2.9%)), Coconut milk (3.5%) (Coconut cream,	Sat	0.9	2.0
Coconut Milk (Vg, DF)	Water), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Flavouring, Stabiliser (Gellan gum).	Carbs Sugar	12.6 3.0	30.3 7.3
(-3,,		Fibre	1.6	3.9
		Protein	3.1	7.4
		Salt	0.0	0.0
		rc	per 100g	278 per portion (g)
		KJ	428	1026
		Kcal	102	244
		Fat	2.4	5.8
Porridge made with Oat Milk	Quaker Rolled OATS, Alpro Oat Milk: OAT base (Water, OAT (10%)), Sunflower oil, Pea protein, Sea salt, Vitamins (B2, B12, D2).	Sat Carbs	0.7 16.8	1.6 40.3
(Vg, DF)	Carally annual and a second and	Sugar	3.6	8.5
		Fibre	2.2	5.2
		Protein Salt	0.0	4.9 0.0
			ortion weight (g)	278
			per 100g	per portion (g)
		KJ	1934	483
		Kcal Fat	462 22.5	115 5.6
6	Toasted pumpkin seeds (20%), Toasted sunflower seeds (20%), Golden raisins (20%) (Raisins, Sunflower oil, Preservative: SULPHUR	Sat	2.6	0.7
Seeds & Fruit Mix Topper (Vg, DF, GF)	DIOXIDE), Dried sweetened cranberries (20%) (Sugar, Cranberries, Sunflower oil), Brown linseed (20%). May contain traces of PEANUTS	Carbs	46.5	11.6
(3,-1,-1,	and NUTS.	Sugar	27.9	7.0
		Fibre Protein	13.5 11.7	3.4 2.9
		Salt	0.05	0.0
			Portion weight (g)	25
		***	per 100g	per portion (g)
		KJ Kcal	1336 319	334 80
		Fat	0.5	0.1
Fruit Mix Topper	Golden raisins (30%) (Raisins, Sunflower oil, Preservative: SULPHUR DIOXIDE), Dried sweetened cranberries (30%) (Sugar, Cranberries,	Sat	0.2	0.0
(Vg, DF, GF)	Sunflower oil), Raisins, 30% (Raisins, Sunflower oil), Dried sweetened blueberries (10%) (Blueberries, Sugar, Sunflower oil).	Carbs	75.1	18.8
		Sugar Fibre	67.4 4.4	16.8
		Protein	1.5	0.4
		Salt	0.10	0.0
			Portion weight (g)	25



Version **4** Issued: **18/03/2021** 

WHOLE CAKES	;		
PRODUCT INGREDIENTS		NUTRITIONAL I	NFO
Cake (67%) (EGG, Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niac Cocoa Butter, SOYA Lecithin, Flavouring), Vegetable Margarine (Palm Oil, Rapesee Belgian Chocolate Yoghurt (MILK), Rapeseed Oil, Water, Fat Reduced Cocoa Powder, Glycerine, Skit Fudge Cake Raising Agents (E450, E501)), Icing (Icing Sugar, Full Fat Soft Cheese (Full Fat Soft Ch	in, Thiamin), Chocolate (7%) (Cocoa Mass, Sugar, d Oil, Water, Emulsifier (E471)), Greek Style Natural Framed <b>MILK</b> Powder, Emulsifiers (E477, E471, E475), Si	at 18.7 at 8.4	per portion (g) 1759 420 19.9 8.9 54.2
(V) (4%), Fall Reduced Coccoa Powder, Water, Emulsifiers (E477, E471, E475), Chocola SOYA Lecithin, Flavouring), Chocolate Chips (Sugar, Coccoa Mass, Coccoa Butter, MUSTARD and SESAME SEEDS.	te Shavings (Sugar, Cocoa Mass, Cocoa Butter, Suga	ar 34.2 e 1.1 n 5.3	36.3 1.2 5.6 0.4
Chocolate Sponge (48%) [Sugar, <b>WHEAT</b> Flour (with Calcium Carbonate, Niacin Rapeseed Oil, Water, Fat Reduced Cocoa Powder (4.8%), Humectant (Vegetable (Bicarbonate of Soda, E450, E501)), Toffee Buttercream (25%) [Sugar, Butter ( <b>MILK</b> ), Toffee Sponge (24%) [ <b>WHEAT</b> Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Sugar Syrup, Sweetened Condensed Skimmed <b>MILK</b> , Sutter Oil ( <b>MILK</b> ), Wat	Glycerine), Skimmed <b>MILK</b> Powder, Raising Agents Natural Flavouring, Salt (0.5%), Colour (Caramel)], Sugar, Toffee Sauce (13%) [Glucose Syrup, Invert	at 20.5	per portion (g) 2321 555 27.3 10.3
Billionaires Cake (V) Flavouring), Water, Pasteurised Free Range EGG, Vegetable Margarine (Palm Oi), R Flavouring, Colours (Annatto, Curcumin)), Humectant   Vegetable Glycerine), Natural Flavouring), Gold Dusted Chocolate-Coated Malted Cereal Balls (1.1%) [M Powder, Cocoa Mass, Skimmed MILK Powder, Emulsifiers (E-322, E476), Natural Fla Flour, Powder Malt, Sugar, Salt), Thickener (E414), Gold Edible Gilter (Anti-Caking, Chocolate (0.3%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), N	apessed Oil, Water, Salt, Emulsifier (E471), Natural Cart mmed MILK Powder, Raising Agents (E450, E501), MILK Chocolate (Sugar, Cocoa Butter, Whole MILK vouring), Malted Cereal Balls (Rice Flour, WHEAT Fibl gent (E555), Colours (E171, E172)]], Belgian Dark atural Vanilla Ravouring), May contain Traces of	os 54.8 car 38.6 e 1.7 n 4.3	72.9 51.3 2.3 5.7
NUTS.		Portion weight (g)  per 100g  1656	0.9 123 per portion (g) 1888
Coffee Sponge (67%) [Sugar, WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Pasteurised Free Range EGG, Rapeseed Oil, Water, Humectant (Vegetable Glycerine), Coffee Fowder (1,1%), Raising Agents (E450, E301), Skimmed MILK Powder), Coffee Icing (29%) [Icing Sugar, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471), Natural Flavouring, Colours (Annatto Bikin, Curcumin)], Skimmed MILK Powder, Full Fat 1 Soft Cheese (Full Fat 3 Soft Cheese (MILK), Thickener (Guar Gum)), Ground Coffe Nero-Coffee Powder (1,4%), Coffee Flavouring (0,5%)), Coffee Drizzle (2,4%) [Brewed Caffe Nero-Coffee, Coffee Flavouring), Dark Chocolate Coffee Bean Decorations (1,5%) [Sugar, Coccoa & Coccoa Butter, Coffee, Emulsifier (Sunflower Lecithin), Natural Vanilla Flavouring), Fat Reduced Cocoa Powder (0,02%).  Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Fat Reduced Cocoa Powder (0,02%).	hiamin), Pasteurised Free Range EGG, Rapeseed Kc (E450, E501), Skimmed MILK Powder), Coffee Icing Free Stiffer (E471), Natural Flavouring, Colours (Annatto MILK) Thickney (Clarg August)	al 394 at 20.1 at 4.4	449 22.9 5.0
	Caffe Nero Coffee, Coffee Flavouring], Dark Coffee, Emulsifier (Sunflower Lecithin), Natural Cocoa Butter, Whole MILK Powder, Cocoa Mass, Fibr	ar 35.6 e 0.9 n 4.1	57.4 40.5 1.1 4.7 0.5
Cake (73%) (Brown Sugar, Carrot (11%), <b>EGG</b> , Rapeseed Oli, Wholemeal <b>WHEAT</b> Flo Iron, Niacin, Thiamin), Date Paste (Dates, Rice flour), Pineapple Pulp, Water, Wc Cinnamon, Salt, Mixed Spice, Thickener (E415)), Frosting (25%) (Icing Sugar, Full Fr (V) Preservative: E202), Vegetable Margarine (Palm Oli, Rapeseed Oli, Water, Emulsifie Starch, Emulsifiers (E477, E471, E475), Flavouring, Stabiliser (E410)), Walnuts (NUTS), Pi.	ur, Wheat Flour (WHEAT Flour, Calaium Carbonate, Fri Inuts (NUTS), Raising Agents (E500, E450, E501), Si 1 to 6ff Cheese (Full Fat 5off Cheese (MULK), Salt, er (E471)), Skimmed MILK Powder, Modified Maize	at 16.8 at 3.4 as 51.5 ar 31.3 e 1.8 n 3.3 It 0.6 Portion weight (g)	114 per portion (g) 2274 541 24.1 4.9 73.7 44.7 2.5 4.7 0.8 143
Single Cream (MILK), Sugar, Icing Sugar, Reduced Fat Soft Cheese (Skimmed Milk, Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), WHEAT Flour (Calcium Fie Filling (Water, 11% Black Cherries, Sugar, Modified Topioca Starch, Acidity Preservative: Potassium Sorbate) (%), White Chocolate Buthans (Sugar, Palm Oil, Woter, Free Range EGG, Rapeseed Oil, Buttermilk (Skimmed MILK, Skimmed MILK, Skimmed MILK, Scimmed MILK, Scimmed MILK, Scimmed MILK, Stabiliser: Sorbitan Tristearate; Emulsifier: SOYA Lecithin), Condensed Milk (MILK, Graway Maize Starch, Raising Agent: Sodium Bicarbonate, Flavouring, Raising Agent Bicarbonate; WHEAT Flour), Salt, Thickener Blend (Thickeners: Locust Bean Calculated Control of the Contro	m Carbonate, Niacin, Iron, Thiamin), Black Cherry  Regulator: Citric Acid; Natural Cherry Flavour, Finel Powder (MIKI), Emulsifiers SOYA Lectifin) (%), Sidids, MIKI Protein Concentrate), Margarine (Palmocolate Chips; Cocao Mass, Sugar, Dextrose, at Reduced Cocoa Powder, Whey Powder (MIKI), Sugar Inulated Sugar), Modified Potato Starch, Modified Fibi (Roking Agents: Disodium Diphosphate, Sodium	at 16.3 at 7.0 as 37.3 ar 26.7 e 1.9 n 3.7	per portion (g) 1621 386 19.0 8.3 48.3 35.5 2.5 5.1 0.5
Cake (62%) (Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, The Rapeseed Oil, Water, Humectant (Glucose, Water, Acidity Regulator: Acetic Acidity Regulator: Acidity	d), Cake Concentrate (Modified Maize Starch, assium Bicarbonate; WHEAT Rour (Calcium, Iron, Issiem Bicarbonate; WHEAT Rour (Calcium, Iron, Issiem Bicarbonate; WHEAT Rour (Calcium, Iron, Issiem Bicarbonate; Walter (Miller), Issiem Bic	of 16.2 of 5.5 os 53.7 or 37.6 e 1.07	per portion (g) 1876 447 19.1 6.5 63.3 44.4 1.3
Water, Emulsifier: Mono- and Diglycerides of Fatty Acids), Emulsifiers: Propylene Gly Fatty Acids, Polyglycerol Ester of Fatty Acids; Water, Salt,	col Ester of Fatty Acids, Mono- and Diglycerides of		0.5

# LOAF CAKES

PRODUCT	INGREDIENTS		NUTRITIONAL II	NFO
		KJ	per 100g 1650	per portion (g) 1444
		Kcal	394	345
	Banana Puree (17%) (Banana Puree, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Sugar, Wheat Flour (WHEAT Flour,	Fat	21.6	18.9
Banana & Walnut	Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, EGG, Walnuts (6%) (NUTS), Wholemeal Flour (Wholemeal WHEAT Flour, WHEAT Gluten), Water, Brown Sugar, Dessicated Coconut, Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and	Sat	2.8	2.4
Loaf Cake	White Joilen J. Waler, Brown sagur, Desacuted Cockin J. Subjance (Malze Statin, Miley) awar (Miley, Eribsinies). Micro-drain Diglyceride of Fatty acids, Sodium Stearoul-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; WHEAT protein).	Carbs	46.2	40.4
(V)	Glycerine, Cinnamon, Raising Agent; Sodium Bicarbonate, Disodium Diphospathe, Potassium Hydrogen Carbonate; Miked Spice, Salt,	Sugar	23.7	20.7
	Flavouring, Stabiliser: Xanthan Gum.	Fibre	1.9	1.7
	<u> </u>	Protein	6.6	5.8
		Salt	0.6	0.5
		Pc	rtion weight (g)	88
			per 100g	per portion (g)
	Cake (Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG, Rapeseed Oil, Water, Cake concentrate	KJ	1643	1561
	(Modified Maize Starch, WHEAT Starch, Raising agent: Disodium Diphosphate, Potassium Bicarbonate; Wheat Flour (WHEAT Flour,	Kcal	391	372
	Calcium, Iron, Niacin, Thiamin), Emulsifier: Mono- and Diglyceride of fatty acids, Propane 1,2 diol esters of fatty acid, Sodium stearoyl-2	Fat	16.6	15.8
Sicilian Lemon Drizzle	lactylate; Rapeseed Oil, Dextrose, Preservative: Potassium Sorbate; WHEAT Gluten, Acidity Regulator: Citric acid; Stabiliser: Xanthan	Sat	1.7	1.6
Loaf Cake	Gum), Sicilian Lemon Juice (3%), Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglyceride of Fatty acids,	Carbs	55.1	52.3
(V)	Sodium Stearoyl-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; WHEAT protein), Glycerine, Flavouring, Raising  Agent: Disodium Diphosphate, Potassium Hydrogen Carbonate) Fondant (Sugar, Glucose Syrup, Water, Rapeseed Oil, Palm Oil,	Sugar	29	27.6
	Agent, aboutint plantagnitate, industrial mylangeri carbonare jornatin (sogar, abutase syrup, water, adjessed oil; namour, Dextrose, Fructose, Comflour, Emulsifier: Mono- and Diglyceride of fathy acids, Sucrose esters of fathy acids; Humectant: Glycerine;	Fibre	1.1	1.0
	Rice Starch, Acidity Regulator: Citric acid), Caramelised Lemon zest (1%) (Sugar, Lemon Zest, Water), Dextrose, Cornflour, Palm Oil.	Protein	4.8	4.6
	_	Salt	0.6	0.5
		Pc	rtion weight (g)	95



Version 4 Issued: 18/03/2021

#### **BROWNIES & SHORTBREAD**

PRODUCT   PROPERTION   PROPERTION   PROPERTION   Propertion (g)   1976		BROWNIES & SHORIBREAD			_
Simple   Section   Secti	PRODUCT	INGREDIENTS		NUTRITIONAL II	NFO
South Process   South Proces					per portion (g)
Posterinaria tios (148) (149) (14					
Development Considered Mark In Hirty (Mark I, Spir Bloom Space, Coldon's North, Mich Condon's Int III (Mark Poulder, Coccos Mark Envirole)   Mark Provider, Coccos Mark Envirole (Provider), Start Coccos (Provider), Start Mark Poulder, Start Mark Po		_			
Malk Powder, Cocco Mass, Emulater (9074) cachina), Natural Viralite (Rovalcentina), District Checcolate (193)) (Cocco Mass, Singar, Cocco Mass, Emulater (9074), Natural Viralite (Rovalcentina), Natural Viralite (1964),					
Mark Proteins (Local assist through (LoCal assist (Local assist (Local assist))   Mark (Local assist)   Mark					
Profess   1,5					
Protein   1					
Solit   Sol		-			
Portion   Port		-			
Pate					
1000   1000					
Signa Chocolate Browning   Sugna Belgian Dost Chocolate Chis; (20%) Sugnar, Cacoa Mate, Cacoa Butter, Emulsifler (BOYA Lecihin), Revoluting), Butter (MINIX), Colchy (V)   Portleuted Free Range EGG, Farillied Wheat Rour (WHEAT Rour, Calchum Carbonate, Iron, Nacin, Thiamin), Fall Reduced Cocoa Public (Part)   Profile   1.4   22.4   1.4   1.6   1.6   1.4   1.6   1.			KJ		
		<del>-</del>	Kcal	447	241
Posteurised Ree Range EGG, Fortified Wheat flour (WHEAT Flour, Calcium Carbonate, Iron, Nacin, Thiomin), Fall Reduced Coccos   Corbs   \$1.4   22.2     Fibre   2.6   1.4     Fibre   3.6   1.5     F		-	Fat	23.5	12.7
Particulated Free Kongle EGG. Fortified Wifted Flour ( Declaring), Fide Realized Free Kongle EGG. Fortified Wifted Flour ( W	Relaign Checolate Brownia	Sugar, Belgian Dark Chocolate Chips (20%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Flavouring), Butter (MILK),	Sat	14.2	
Provider   1			Carbs		
Potion   S.P.   3.2   3.2   3.4   3.5   3.5	(-)	Powder, Salt.			
Part		-			
Portion weight (g)   S4   Per 100g   Per 1		<u>-</u>			
Part		<del>-</del>			
Right   Rig			PC		
Regide Corone   18%   5 weet   18%   5 weet   18%   1		Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabiliser (Pectin), Salt, Natural Flavouring), Belgian Dark Chocolate (16%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Butter (MLK), Pasteurised Free Range EGG, Fortified	V I		
Sugar					
Sugar, Caramel (18%)   Sweetened Condensed Skimmed MILK, Glucase Syrup, Plan Dil, Butler (MILK), Sugar, Emidslife (Mono- and Dighecerides of Forthy Acids, Stabiliser (Pecifin), Salt, Natural Gravaria, Bedigran Dark Chocolate (18%) (Sugar, Coandows, Cocoa Muss, Cocoa					
Caramel & Sea Salt Brownie (V)					
Cocoa Muss. Cocoa Buther, Emulsifier (SOYA Lecithin), Natural Vanilla Ravouring), Buther (MILK), Pasteurised Free Range EGG, Fortified   New RECIPE   Belgian Chocolate Chunk Brownie (V)   Protein   6   1   1   1   1   1   1   1     NEW RECIPE   Belgian Chocolate Chunk Brownie (V)   Protein   6   1   1   1   1   1   1   1   1   1	Caramel & Sea Salt Brownie				
Fibre   2.2   1.3   1					
Protein   S.1					
Regidence   Reg					
Port					
NEW RECIPE   Belgian Dark Chocolate [27%] (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Butter (MILK), Pasteurised Free Range EGG, Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced (V)   Note		-		•	
NEW RECIPE   Belgian Dark Chocolate [27%] (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Butter (V)   Sugar   Soya					
NEW RECIPE   Belgian Chocolate Chunk Brownie* (V)   Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Butter (MIKK), Pasteurised Free Range EGG, Fortfilled WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Nicicin, Thiarmin), Fat Reduced (V)   Cocoa Powder, Salt.   Cocoa Powder, Salt.   Cocoa Powder, Salt.   Cocoa Powder, Salt.   Fibre   4   2.7			K I		
Fot   26.6   17.8		-			
Salt   16.1   10.8		-			
NEW RECIPE   Selgian Dark Chocolate (27%) (Sugar, Cocoa Motts, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Butter (MILK), Pasteurised Free Range EGG, Fortified WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced (V)					
(V) Cocoa Powder, Salth.  Fibre 4  2.7  Protein 6  Sulth 0.5  0.3  Portion weight (g)  Fibre 4  2.7  Protein 6  Sulth 0.5  0.3  Portion weight (g)  Fibre 4  2.7  Protein 6  Sulth 0.5  0.3  Portion weight (g)  Fibre 4  2.7  Protein 6  Sulth 0.5  0.3  Portion weight (g)  Fibre 4  2.7  Protein 6  Sulth 0.5  0.3  Portion (g)  Fibre 4  2.7  Protein 6  Sulth 0.5  Su					
Fibre   4   2.7					
Protein   6   4	(v)	-			
Salt   0.5   0.3   Portion weight (g)   67   Portion weight (g)   67		<del>-</del>			
Portion weight (g)   67   Portion weight (g)   67   Portion weight (g)   67   Portion (g)   Portio		-			
		<u>-</u>			
NEW RECIPE   Belgian Dark Chocolate (26.5%) (Sugar, Cocoa Muss, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Fact Salted Caramel Chocolate Brownie (V)   Sugar, Caramel (3%), (Sugar, Glocos Syrup, Sweethened Condensed Mulk, Mulk, Sugar, Lactose (Mulk), Water, Unsalted Butter (Mulk), Golden Syrup, Palm Oil, Salt, Emulsifiers (Rapeseed Lecithin, Sorbitan Monostearate), Natural Flavouring), Salt.   Sugar			Po	ortion weight (g)	67
NEW RECIPE Salted Caramel Chocolate Brownie* (V)  Belgian Dark Chocolate (26.5%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Belgian Dark Chocolate (26.5%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Belgian Dark Chocolate (26.5%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Belgian Dark Chocolate (26.5%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Belgian Dark Chocolate (26.5%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Belgian Dark Chocolate (26.5%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Belgian Dark Chocolate (26.5%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Butter (MILK), Posteurised Free Range EGG, Fortified WHEAT Flour, Calcium Carbonate, Iron, Niccin, Thiamin), Fat Sat 16 11 Carbonate (V) Butter (MILK), Posteurised Free Range EGG, Fortified WHEAT Flour, Calcium Carbonate, Iron, Niccin, Thiamin), Fat Sat 16 11 Carbonate (V) Sugar (WILK), Posteurised Free Range EGG, Fortified WHEAT Flour, Carbonate, Iron, Niccin, Thiamin), Fat Sat 16 11 Sat 1				per 100g	per portion (g)
NEW RECIPE Salted Caramel Chocolate Brownie (V)  Belgian Dark Chocolate (26.5%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Butter (MILK), Posteurised Free Range EGG, Fortified WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Caramel (3%) (Sugar, Glucose Syrup, Sweetened Condensed MILK (MILK, Sugar, Lactose (MILK), Water, Unsalted Butter (MILK), Colden Syrup, Palm Oil, Salt, Emulsifiers (Rapeseed Lecithin, Sorbitan Monostearate), Natural Flavouring), Sugar 46.9  32.3		<u>-</u>	KJ	2012	1382
NEW RECIPE Salted Caramel Chocolate Brownie* (V)  Butter (MLK), Pasteurised Free Range EGG, Fortified WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Fot Reduced Cocco Powder, Caramel (3%) [Sugar, Glucose Syrup, Sweetened Condensed MLK (MLK. Sugar, Lactose (MLK), Water, Unsalted Butter (MLK), Golden Syrup, Palm Oil, Salt, Emulsifiers (Rapeseed Lecithin, Sorbitan Monostearate), Natural Flavouring), Salt.  Sugar 46.9  32.3			Kcal	483	332
Salted Caramel Chocolate Brownie*  Salted Caramel Chocolate Brownie*  (V)  Buller (MILK), Posteurised Free Range EGG, Fortified WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat  Sat 16  11  Sat 16  11  Sat 16  11  Sat 16  Sat 18  Sat 16  Sat 16  Sat 18  Sat 16  Sat 18  Sat 18  Sat 18  Sat 1		Delaine Ded Charalete (0/ 50) (Cures Conne New Conne Bullet For differ (50VA) and thin New World For	Fat	26.3	18.1
Salted Caramel Chocolate Brownie* (V)  Reduced Cocca Powder, Caramel (3%) (Sugar, Glucose Syrup, Sweetened Condensed MILK (MILK, Sugar, Lactose (MILK), Water, Unsalted Butter (MILK), Golden Syrup, Palm Oil, Salt, Emulsifiers (Rapeseed Lecithin, Sorbitan Monostearate), Natural Flavouring), Salt.  Sugar 46.9  32.3			Sat	16	11
Stratica belief (Mich, Colaci Syrap, Fall Coll, Sall, Eriosaicis (Adoseced Eccilini), Sobilida Motoscidicis, Material Tuvosing, Sali.					
Fibra 20 27	(V)		Sugar	46.9	32.3
			Fibre	3.9	2.7
Protein 5.9 4					-
Salt 0.5 0.4					
Portion weight (g) 69	A.W. 1	ecine for our brownies. The undated brownies will appear visually different and have different nutritional and incredient info			

<sup>•</sup> We have improved the recipe for our brownies. The updated brownies will appear visually different and have different nutritional and ingredient information than the previous recipe. There are no allergen changes to this product. If you require accurate ingredient and nutritional information please check with the team in store which brownie they have in stock.

#### CHEESECAKE

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



Version **4** Issued: **18/03/2021** 

#### COOKIES

	COOKIES			
PRODUCT	INGREDIENTS		NUTRITIONAL II	NFO
Belgian Chocolate Chunk Cookie (V)	Fortified Wheat Flour (WHEAT Flour, Raising Agent (Sadium Bicarbonate), Acid (Calcium Phosphate), Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Chocolate Filling (13%) (Dark (17%) and MILK (8.5%) Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Whole MILK Powder, Emulsifier (SOYA Lecifihin), Natural Vanilla Flavouring), Humectants (Sorbitol, Glycerol), Destrose, Water, Sweetlened Condensed Skimmed MILK, Sugar, Thickeners (Sodium Agjanate, Microcrystalline Cellulose, Carbonethylicellulose), Modified Maize Starch, Salt, Acidity Regulator (Tartaric Acids), Preservative (Potassium Sorbate), Emulsifier (Polyglycerol Esters of Fathy Acids)), Belgian Dark Chocolate (10%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and Diglycerides of Fathy Acids)), Pasteurised Free Range EGG, Butter (MILK), Glucose Syrup, Natural Flavouring, Raising Agent (Sodium Carbonates), Salt.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1803 430 16.5 8.1 68.8 36.4 2.3 5.3 0.9 ortion weight (g)	per portion (g) 1361 314 12.1 5.9 50.2 26.6 1.7 3.9 0.7
Caramel Chocolate Cookie (V)	Sugar, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Chocolate Filling (13%) (Dark (17%) and MILK (8.5%) Chocolate (Sugar, Cocoa Mass, Cocoa Butler, Whole MILK Powder, Emulsifier (SOYA Lecithin), Natural Flavouring), Humectant (Sorbitol), Glycerol, Dextrose, Water, Sweetened Condensed Skimmed MILK, Sugar, Thickeners (Sodium Alginate, Microcrystalline Cellulose, Carboxymethylicellulose), Modified Maize Starch, Salt, Acidity Regulator (Tardrac Acid, Pracriatve (Poltostam Sorbate), Emulsifier (Polyglycerol Esters of Fatty Acids)), Fudge Pieces (9%) (Sugar, Condensed MILK, Fondant (Sugar, Glucose, Water), Glucose Syrup, Palm Oil, Water, Emulsifier (SOYA Lecithin)), Butler (MILK), Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Pasteurised Free Range EGG, Fat Reduced Cocoa Powder, Glucose Syrup, Natural Flavouring, Raising Agent (Sodium Carbonates), Salt.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1775 423 16.9 9.0 66.2 41.6 2.5 4.9 0.7	per portion (g) 1384 330 13.2 7.0 51.6 32.4 2.0 3.8 0.5
Oat & Raisin Cookie (V)	Sugar, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Seeds (17%) (Pumpkin, Sunflower, Chia). OATS, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mon- and Diglycerides of Fatty Acids)), Raisins (13%), Pasteurised Free Range EGG, Glucose Syrup, Raising Agent (Sodium Carbonates), Cinnamon, Natural Flavouring, Salt	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1910 457 21 6.0 59,9 30.1 4 8.6 0.5	72 per porition (g) 1261 301 14 4.0 39.5 19.8 2.6 5.7 0.3 70

#### INDIVIDUAL CAKES

PRODUCT	INGREDIENTS		NUTRITIONAL I	NFO
		KJ	per 100g 1618	per portion (g) 1489
	Sugar, Cherry Filling (19%) (Dark Cherry, Sugar, Water, Modified Starch, Elderberry Concentrate, Flavouring, Acidity Regulator (Citric	Kcal	386	357
	Acid), Preservative (Potassium Sorbate)), Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Free Range	Fat	17	15.9
Charry Balcowell Crumble Calco	Pasteurised EGG, Rapessed Oil, White Fudge Icing (Sugar, Glucose Syrup, Palm Oil, Rapessed Oil, Water, Emulsifiers (Mono- and Di	Sat	4.2	3.9
Cherry Bakewell Crumble Cake (V)	Glycerides of Fatty Acids, Sodium Stearoyl - 2 Lactylate), Salt, Stabiliser (Agar), Preservative (Potassium Sorbate), Colour (Titanium Dioxide)), Butter (MILK), Water, Amaretti Biscuit (3%) (Sugar, Apricot Kernels, EGG White, Corn Flour, WHEAT flour, Rice Flour,	Carbs	52.8	49.5
(*)	Wholemed WHEAT Flour, Raising Agents (Sodium Carbonate Acid, Ammonium Carbonate Acid), Natural Flavouring), Almond Flakes	Sugar	34.9	32.6
	(3%) (NUTS), Potato Starch, WHEAT Gluten, Natural Flavouring Substances, Whey Powder (MILK), Salt, Raising Agents (Disodium	Fibre	1.2	1.1
	Diphosphate, Sodium Bicarbonate), Acidity Regulator (Citric Acid).	Protein	4.8	4.5
	Ξ	Salt	0.6	0.6
		Po	rtion weight (g)	94
			per 100g	per portion (g)
	<u>-</u>	KJ	1351	1419
		Kcal	322	338
	Raspberries (27%), Sugar, Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pasteurised Free Range EGG,	Fat	14	14.7
Raspberry & Amaretti	Rapeseed Oil, Water, Butter (MILK). Amaretti Biscuit (2.5%) (Sugar, Apricot Kernels, EGG White, Corn Flour, WHEAT Flour, Rice Flour,		3.3	3.5
Crumble Cake	Wholemeal WHEAT Flour, Raising Agents (Sodium Carbonate Acid, Ammonium Carbonate Acid), Natural Flavouring), Modified Potato	Carbs	43.7	45.9
(V)	Starch, WHEAT Gluten, Whey Powder (MILK), Salt, Raising Agents (Disodium Phosphates, Sodium Carbonates), Natural Flavourings,	Sugar	28.9	30.3
	Acidity Regulator (Citric Acid).	Fibre	2.8	3.0
		Protein	3.9	4.1
		Salt	0.5	0.6
		Pc	rtion weight (g)	105



Version **4** Issued: **18/03/2021** 

### **SAVOURY PASTRIES & ROLLS**

PRODUCT INGREDIENTS			
		NUTRITIONAL II	NFO
		per 100g	per portion (g)
	KJ	1133	1473
	Kcal	272	354
Mixed Roast Vegetables (38%) (Butternut Squash, Courgette, Red Onion, Sweet Potato), Wheat Flour (WHEAT Flour, Calcium	Fat	16	20.8
Vegan Vegerable Carbonate Iron Niacin Thiamin) Tomato Passata (14%) Palm Oil Roast Tomatoes (5%) Palm Eat Rapeseed Oil Potato Starch Salt	Sat	7.9	10.3
Sausage' Roll Poppy Seeds, Tomato Concentrate, Basil, Comfillows Oil, Garlic, Oilve Oil, Rosemary, Cracked Black Pepper, Dried Oregano, —  (Vg, DF)  Sausage' Roll Poppy Seeds, Tomato Concentrate, Basil, Comfillows Oil, Garlic, Oilve Oil, Rosemary, Cracked Black Pepper, Dried Oregano, —	Carbs Sugar	26.5 4.8	34.5 6.2
(Vg. Ur) Emulsifier: E471, Sugar, Garlic Powder, Yeast, Lemon Juice.	Fibre	2.4	3.1
<del>- ,</del>	Protein	4.2	5.5
_	Salt	0.9	1.2
	Po	ortion weight (g)	130
		per 100g	per portion (g)
	KJ	1499	1949
British Pork (33%), Wheat flour contains Gluten (with WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (13%)	Kcal	359	467
smish rork (23%), wheat nour contains cuirent (win wheat in Hour, Calcium Caronater, 100A, Naicar, Iniamin), unsairea butter (13%) (MILK), Caramelised Onion (Onions, Rapessed Oli, Cracked Black Pepper), Regaltho Cheese (MILK), Breadcrambs (WHEAT FLONR	Fat Sat	22.6 12.1	29.4 15.7
Pork & Pancetta (Gluten), Water, Salt, Yeast), Smoked Pancetta (3%) (Pork Belly (97%), Salt, Herbs, Spices, Antioxidant: Sodium Ascorbate, Preservatives:	Carbs	23.4	30.4
Sausage Roll Sodium Nitrite, Potassium Nitrate), Smoked Bacon Lardons (British Pork (94%), Curing Salt (Salt, Preservative: Sodium Nitrite, Sodium	Sugar	2.3	3.0
Nitrate)), Sugar, Antioxidant: Sodium Ascorbate), Pasteurised Free Range EGG, White Wine Vinegar, Honey, Pork Crackling (Pork Rind,	Fibre	1.4	1.8
	Protein	14.9	19.4
<del></del>	Salt	1.1	1.4
	Po	ortion weight (g)	130
		per 100g	per portion (g)
	KJ	1245	1556
<del>-</del>	Kcal	299	374
Haller Tourist & Comments of	Fat Sat	19.8 11.6	24.8 14.5
ttalian Tomato & Caramelised Caramelised Onions (31%) (Onion, Rapeseed Oil, Sugar, Salt, Thyme), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin,  Onion Parcel with Mozzarella Thiamin), Tomatoes (18%), Unsalted Butter (MILK) (15%), Mature Cheddar Cheese (MILK) (5%), Mozzarella Cheese (MILK) (5%),	Carbs	21.9	27.4
(V) Pasteurised Free Range EGG, While Wine Vinegar, Salt, Dried Parsley.	Sugar	3.6	4.5
· ·	Fibre	2	2.5
-	Protein	7.3	9.1
	Salt	0.9	1.1
	Po	ortion weight (g)	125
		per 100g	per portion (g)
<del></del>	KJ	1302	1628
Mixed Roast Vegetables (28%) (Butternut Squash, Courgette, Red Onion, Sweet Potato), Wheat Flour (WHEAT Flour, Calcium	Kcal Fat	312 19.6	390 24.5
Carbonate, Iron, Niacin, Thiaminj , Unsalted Butter (MULK) (15%), Tomato Passata (10%), Diced Chorizo (8%) (Pork (90%), Salt, Paprika,	Sat	10.7	13.4
Roasted Vegefable & Dried MILK, Dextrose, Garlic, Antioxidant: Sodium Ascorbate, Nutmeg, Preservatives: Sodium Nitrite, Potassium Nitrate, Oregano),	Carbs	25.3	31.6
Spanish Chorizo Parcel  Mozzarella Cheese (MILK) (3%), Tomatoes, Pasteurised Free Range EGG, Onion Seeds, White Wine Vinegar, Oak smoked Water, Rapeseed Oil, Salt, Tomato Concentrate, Basil, Garlic, Sunflower Oil, Olive Oil, Rosemary, Cracked Black Pepper, Dried Oregano,	Sugar	4.0	5.0
kapeseed oii, saii, romaio concerinale, basii, saiii oi oii, oive oii, rosemary, cracked black repper, bried oregand, Sugar, Yeast.	Fibre	2.4	3.0
	Protein	7.5	9.4
	Salt	1.4	1.8
	Po	ortion weight (g)	125
	14.1	per 100g	per portion (g)
	KJ Kcal	1328 318	1355 325
	Fat	17.5	17.9
Croissant [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MILK), Water, Sugar, Whole EGG, Yeast, Skimmed MILK	Sat	11.5	11.7
Ham & Cheese Croissant  Powder, Salt, Inactive WHEAT Sourdough, Flour Treatment Agent: Ascorbic Acid, Acids: Acetic Acid, Lactic Acid], British Formed Honey  Roast Ham [29%] [Pork, Honey, Salt, Brown Sugar, Anlioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], West Country Cheddar	Carbs	24.5	25
koast Ham (2%) (Pork, Honey, Sair, Brown Sugar, Antioxidant: Sodium Ascordare, Heservative: Sadium Nittrie), West Country Chedadr Cheese (MLK) (19%).	Sugar	3.4	3.5
	Fibre	1.0	1.0
	Protein	15.6	15.9
	Salt	1.3	1.4
	10	ortion weight (g)	102
	ΚI	per 100g	per portion (g) 811
	KJ Kcal	per 100g 1315	811
	KJ Kcal Fat	per 100g	
	Kcal	per 100g 1315 309	811 191
Sourdough Bread Roll WHEAT flour, water, sourdough (WHEAT), salt, yeast, dehydrated WHEAT sourdough, WHEAT gluten, deactivated yeast, malted WHEAT —	Kcal Fat	per 100g 1315 309 0.7	811 191 0.4
	Kcal Fat Sat	per 100g 1315 309 0.7 0.2 63.6 1.6	811 191 0.4 0.1
Sourdough Bread Roll  (Vg, DF)  WHEAT flour, water, sourdough (WHEAT), salt, yeast, dehydrated WHEAT sourdough, WHEAT gluten, deactivated yeast, malted WHEAT  flour, flour freatment agent (ascorbic acid).	Kcal Fat Sat Carbs Sugar Fibre	per 100g 1315 309 0.7 0.2 63.6 1.6 3.7	811 191 0.4 0.1 39.2 0.9 2.3
Sourdough Bread Roll  (Vg, DF)  WHEAT flour, water, sourdough (WHEAT), salt, yeast, dehydrated WHEAT sourdough, WHEAT gluten, deactivated yeast, malted WHEAT  flour, flour freatment agent (ascorbic acid).	Kcal Fat Sat Carbs Sugar Fibre Protein	per 100g 1315 309 0.7 0.2 63.6 1.6 3.7	811 191 0.4 0.1 39.2 0.9 2.3 6.4
Sourdough Bread Roll WHEAT flour, water, sourdough (WHEAT), solt, yeast, dehydrated WHEAT sourdough, WHEAT gluten, deactivated yeast, malted WHEAT (Vg, DF) flour, flour freatment agent (ascorbic acid).	Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 1315 309 0.7 0.2 63.6 1.6 3.7	811 191 0.4 0.1 39.2 0.9 2.3



Version 4 Issued: 18/03/2021

The following nutritional information for Panini, Tostati, Sandwiches, Salads, Breakfast Rolls and Festive Savoury is for products sold from our stores in Scotland, England and Wales. For our stores in Northern Ireland, you can find the nutritional information for Panini, Tostati, Sandwiches and other savoury products on pages 18-20.

#### **PANINI**

	FANINI			
PRODUCT	INGREDIENTS		NUTRITIONAL II	NFO
			per 100g	per portion (g)
	Sourdough Panini (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough _	KJ	992	1805
	(Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent:	Kcal	236	430
	Ascorbic Acid], Scrambled EGG & Béchamel Sauce (Scrambled EGG (19%) [Free Range Pasteurised Whole EGG, Water, Sunflower Oil,	Fat	7.1	12.9
	Skimmed MILK Powder, Lemon Juice, Salt, Pepper], Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour	Sat	2.2	4
All Day Breakfast Panini	(Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Black Pepper], British Pork Sausage with Beef Collagen Casing (10%) [British Pork, Potato Starch, Rusk (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Dextrose, Salt, -	Carbs	29.5	53.7
	WHEAT Starch, Rapeseed Oil, Beef Collagen Casing, Spices (Ground White Pepper, Ground Nutmeg, Ground Ginger, Ground Mace, _	Sugar	2.8	5.1
	Chilli Powder), WHEAT Protein, Sodium Diphosphate, Onion Powder, Rubbed Sage, WHEAT Flour (Calcium Carbonate, Iron, Niacin,	Fibre	2.1	3.8
	Thiamin)], British Beechwood Smoked Streaky Bacon (6%) [British Pork, Pork Fat, Salt, Antioxidant: Sodium Ascorbate, Preservatives:	Protein	12.4	22.6
	Potassium Nitrate, Sodium Nitrite].	Salt	1.0	1.8
		Po	ortion weight (g)	182
			per 100g	per portion (g)
		KJ	1174	2231
		Kcal	279	530
	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough -	Fat	10.6	20.1
	(Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent:	Sat	4.9	9.3
Brie and Bacon Panini	Ascorbic Acid)], Brie (MILK) (21%), Balsamic Onion Chutney (13%) [Red Onion, Sugar, Balsamic Vinegar (Wine Vinegar, Grape Must),	Carbs	32.6	61.9
	White Wine Vinegar, Water, Molasses, Cornflour, Salt, Garlic, Ginger, Black Pepper], British Beechwood Smoked Streaky Bacon (10%)	Sugar	6.4	12.2
	[British Pork, Pork Fat, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite].	Fibre	1.4	2.7
		Protein	12.7	24.1
		Salt	1.2	2.2
		Po	ortion weight (g)	190
			per 100g	per portion (g)
		KJ	967	1740
		Kcal	230	414
	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough	Fat	5.9	10.6
	(Water, Fermented XYE Rour, Satt), WHEAT Gluten, Malled WHEAT Rour, Sunflower Oil, Fermented WHEAT Rour, Rour Treatment Agent: Ascabic Acid, British Honey Roast Ham (2%) [Fork, Honey, Sattls, Rows Nagar, Antibodant: Sadium sootbate, Preservotive: Sodium Nitrite], Mozzarella & Cheddar Cheese (Mozzarella Cheese (MILK) (6%), Cheddar Cheese (MILK)(4%)], Seasoned Béchamel [Béchamel Sauce (MILK, Single Cream (MILK), Water, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Cornflour, Salt, Preservative: Potassium Sorbate, Nutrae Qleoresin), Black Pepper).	Sat	2.8	5
Ham & Mozzarella Panini		Carbs	28.8	51.8
		Sugar	3.5	6.2
		Fibre	1.7	3
		Protein	14.5	26
		Salt	1.0	1.9
	-	Po	ortion weight (g)	180
			per 100g	per portion (g)
		KJ	1095	2014
		Kcal	261	480
		Fat	11	20.3
	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iron, Nilacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough	Sat	4.8	8.8
Mozzarella & Tomato Panini (V)	(Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent: - Ascorbic Acid], Mozzarella Cheese (MILK) (16%), Cheese & Basil Pesto [Cheddar Cheese (MILK) (8%), Green Pesto (Basil Paste (Basil, -	Carbs	26.9	49.6
(V)	Sunflower Oil, Salt), Sunflower Oil, Vegetarian Medium Fat Hard Cheese (MILK), Garlic, Acidity Regulator: Cliric Acid), Tomato (13%).	Sugar	2.7	5
		Fibre	1.7	3.1
	-	Protein	12.7	23.4
		Salt	1.2	2.1
	-	Po	ortion weight (g)	184
			per 100g	per portion (g)
		KJ	1103	2151
	-	Kcal	262	513
	Sourdough Panini [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough	Fat	11.3	22.1
	(Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent:	Sat	2.5	4.9
Pole & Line Tuna Melt Panini	Ascorbic Acid], Tuna Melt Mix [Pole and Line Caught Tuna (20%) (Skipjack Tuna (FISH), Water, Salt), Mayonnaise (Rapeseed Oil, Water, Free Range Salted Egg Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon Mustard (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine	Carbs	26.4	51.5
	Vinegar, Comflour, Sugar), Red Pepper (3%), Slow Roast Tomato (2%) (Tomato, Sunflower Oil, Salt, Gartic, Oregansol), Wale Annie -	Sugar	3.1	6.1
	Parsley, Lemon Juice, Cornflour, Black Pepper], Cheddar Cheese (MILK) (7%).	Fibre	1.8	3.5
		Protein	13.1	25.6
	-	Salt	0.9	1.7
	<u> </u>	Pe	ortion weight (g)	195
			per 100g	per portion (g)
	Sourdough Panini (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Flour, Rapeseed Oil, Salt, Yeast, Sourdough	KJ	927	1928
	(Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent:	Kcal	220	458
	Ascorbic Acid], Vegan Ragu & Cheese Sauce [Tomato Ragu Sauce (Water, Tomato Paste, Crushed Tomato, Onion, White Wine	Fat	6.6	13.7
	Vinegar, Cornflour, Carrot, Sugar, Extra Virgin Olive Oil, Salt, Basil, Rosemary, Thyme, Parsley, Garlic, Black Pepper), Mozzarella Flavour -			
Vegan Meatball Panini	Plant Based Cheese (4%) (Water, Modified Potato Starch, Coconut Oil, Sea Salt, Olive Fruit Extract, Natural Flavourings, Colour:	Sat	1.4	2.9
(Vg, DF)	Natural Beta Carotene]], Vegan Wheatballs (19%) [Mushroom, Borlotti Beans, WHEAT Gluten, Rusk (WHEAT Flour (Calcium Carbonate,	Carbs	35.8	74.5
, ,	Iron, Niacin, Thiamin), Salt), Rapeseed Oil, Onion, Avocado (Avocado, Antioxidant: Ascorbic Acid, Acidity Regulator: Citric Acid, Salt),  Brown Rice, Apple (Apple, Preservative: Sodium Metabisulphite), Potato Starch, Fennel, Salt, Lemon Juice, Garlic Powder, Black	Sugar	3.9	8.1
	Pepper, Dried Red Pepper, Basil, Thyme), Vegan Mayonnaise (4%) [Water, Rapeseed Oil, Comflour, Preservative: Pectin, Sugar, Spirit _	Fibre	2.5	5.2
	Vinegar, Dijon MUSTARD (Water, Brown MUSTARD Seeds, Spirit Vinegar, Salt), Pea Protein, Salt, Concentrated Lemon Juice), Spinach	Protein	3.2	6.6
	(3%).	Salt	1.0	2.1
			ortion weight (g)	208



Version **4** Issued: **18/03/2021** 

#### TOSTATI

	TOSTATI			
PRODUCT	INGREDIENTS		NUTRITIONAL II	NFO
		KJ	per 100g 1005	per portion (g)
	Grilled Cheese Topped Bread [White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono-and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, SOYA Flour,	Kcal	239	406
	Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Béchamel Sauce (Whole MILK, Single Cream	Fat	8.9	15.1
	(MILK), Water, Comflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Mozzarella _ Cheese (MILK) (8%), Cheddar Cheese (MILK) (5%)], Chicken, Béchamel Sauce, Cheese & Bacon Mix (British Chicken Breast (8%)			
Chicken & Bacon	(Chicken Breast, Salt, Chicken Stock (Water, Chicken Carcass), Cornflour), Béchamel Sauce (Whole MILK, Single Cream (MILK), Water,	Sat	4.9	8.2
Tostati Melt	Comflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Mozzarella Cheese (MILK)	Carbs	23.5	39.9
	(5%), Cheddar Cheese (MILK) (2%), Regato Cheese (MILK) (2%) (Anti-caking Agent: Potato Starch), Chicken Gravy (2%) (Water, Roasted Chicken Stock (Chicken Stock, Salt, Onion Juice Concentrate, Carrot Extract, Tomato Paste), Cornflour, Sugar, Lemon Juice	Sugar	2.4	4.1
	Concentrate, Onion Powder, Tomato Paste, White Wine Vinegar, Garlic Purée, Salt, White Pepper), Chopped British Beechwood 🗕	Fibre	1.6	2.7
	Smoked Streaky Bacon (1%) (British Pork, Pork Fat, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), Black Pepper).	Protein	15.5	26.3
Nitrite), Dijon <b>MUSTA</b>	Millie), Dijon <b>mostako (</b> Maret, <b>mostako</b> seeds, spilit Villegar, sairi), bidak Fepperj.	Salt	1.0	1.8
		Pc	ortion weight (g)	170
		KJ	per 100g 911	per portion (g) 1594
	Grilled Cheese Topped Bread [White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers:	Kcal	218	382
	Mono-and Diglycerides of Fatty Acids, Mono-and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, SOYA Flour,	Fat	8.8	15.4
	Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Mozzarella	Sat	5.1	9
Cotto Ham & Cheese Tostati Melt	Cheese (MILK) (8%), Cheddar Cheese (MILK) (5%)], Mascarpone Cheese Béchamel [Mascarpone Full Fat Soft Cheese (MILK) (9%),	Carbs	22.3	39
iosidii Meli	Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Regato Cheese (MILK) (2%) (Regato Cheese, Anti-caking Agent: Potato Starch), Parmigiano	Sugar	2.2	3.8
	Reggiano Shavings (MILK) (<1%), Cracked Black Pepper), Cooked Formed Cured Ham with Sage & Rosemary (17%) [Pork, Water, Salt, –	Fibre	1.1	1.9
	Brown Sugar, Stabiliser: Sodium Tripolyphosphate, Sage, Rosemary, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite].	Protein	12 1.3	21
	-	Salt Pa	rtion weight (g)	175
			per 100g	per portion (g)
	Grilled Cheese and Tomato Topped Bread [White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt,	KJ	930	1691
	Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono-and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids,	Kcal	236	406
Mozzarella & Tomato Tostati Melt (V)	SOYA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Béchamel Sauce (Whole MILK,	Fat	10.4	17.9
	Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate),  Mozzarella Cheese (MILK) (8%), Semi Dried Cherry Tomato (6%), Cheddar Cheese (MILK) (5%)), Mascarpone & Tomato Tomatade	Sat	5.7	9.8
	Dressing (15%) [Mascarpone Full Fat Soft Cheese (MILK) (7%). Sun blush Tomatade (3%) (Slow Roast Tomato, Tomato Concentrate, Sunflower Oil, Olive Oil, Sott, Oregano, Sugar, Garlic), Tomato and Onion Souce (3%) [Water, Tomato Paste, Chopped Tomato, Rapeseed Oil, Sugar, White Wine Vinegar, Comflow, Garlic Puree, Concentrated Lemon Juice, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Sott), Diced Onion, Soft Dark Brown Sugar, Basil, Salt, Oregano, Cracked Black Pepper), Modified Maize Starch,	Carbs	24.3 3.7	41.8 6.4
		Sugar Fibre	1.3	2.3
		Protein	11	19
	Cracked Black Pepper, Parsley], Mozzarella Cheese (MILK) (11%).	Salt	1.0	1.7
		Pc	rtion weight (g)	172
			per 100g	per portion (g)
	Grilled Cheese & Mushroom Topped Bread [White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt,	KJ	921	1612
	Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono-and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, SOYA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid], Mozzarella Cheese (MILK) (8%),	Kcal	222	388
	Roast Seasoned Chestnut Mushrooms (8%) (Chestnut Mushroom, Olive Oil, Salt, Black Pepper), Béchamel Sauce (Whole MILK, Single	Fat	10.9	19.1
Roasted Mushroom & Mascarpone	Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Cheddar Cheese (MILK) [5%]), Mushroom & Mascarpone Dressing [Roast Seasoned Chestnut Mushrooms [7%] (Chestnut Mushroom,	Sat	4.6	8
Tostati Melt	Olive Oil, Salt, Black Pepper), Mushroom Mayonnaise (6%) (Water, Rapeseed Oil, Olive Oil, Pasteurised Salted <b>EGG</b> Yolk, Cornflour,	Carbs	22.5	39.3
(V)	White Wine Vinegar, Coarse Black Pepper, Concentrated Lemon Juice, Salt, Mushroom Stock (Mushroom Stock (Mushroom Juice Concentrate, Salt), Sugar, Rapeseed Oil, Salt, Mushroom Powder (Maltodextrin, Mushroom Juice Concentrate)), Dijon MUSTARD	Sugar	2.0	3.4
	(Water, Brown MUSTARD Seeds, Spirit Vinegar, Salt)), Mascarpone Full Fat Soft Cheese (MILK) (5%), Full Fat Soft Cheese (MILK) (3%), —	Fibre	1.5	2.6
	Mushroom and Porcini Tapenade (3%) (Grilled Mushrooms, Rapeseed Oil, Porcini, Concentrated Lemon Juice, Salt, Dehydrated	Protein	8.4	14.7
	Porcini Powder, Garlic, Parsley, Chive), Comflour, Thyme].	Salt	0.9	1.5
		Po	rtion weight (g)	175
			per 100g	per portion (g)
	Tomato Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Tomato Flakes, Tomato Powder, Yeast, Salt, Emulsifiers:	KJ Kcal	975 233	1511 362
	Mono-and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, Mono-and Diglycerides of Fatty Acids, SOYA Flour,	Fat	11.1	17.1
Roasted Tomato & Pesto	Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid, Palm Fat], Vegan Tomato Mayonnaise  [Vegan Mayonnaise (Water, Rapeseed Oil, Comflour, Preservative: Pectin, Sugar, Spirit Vinegar, Dijon MUSTARD (Water, Brown	Sat	3.1	4.8
Tostati	MUSTARD Seeds, Spirit Vinegar, Salt), Pea Protein, Salt, Concentrated Lemon Juice), Sun blush Tomatade (3%) (Slow Roast Tomato,	Carbs	32.7	50.6
(Vg, DF)	Tomato Concentrate, Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic), Slow Roast Tomato (1%) (Tomato, Sunflower Oil, Salt, Oregano), Black Roaped, Batte, (10%), Baril, Sunflower Oil, Salt, Carlic Russe, Acidity Roaped, Ciric Acid, Mazzarella Flavour P	Sugar	5.0	7.7
	Garlic, Oregano), Black Pepper], Pesto (12%) [Basil, Sunflower Oil, Salt, Garlic Puree, Acidity Regulator: Citric Acid], Mozzarella Flavour Plant Based Cheese (9%) [Water, Modified Potato Starch, Coconut Oil, Sea Salt, Olive Fruit Extract, Natural Flavourings, Colour:	Fibre	2.0	3.0
	Natural Beta Carotene], Semi Dried Cherry Tomato (9%), Spinach.	Protein	4.9	7.6
	<u> </u>	Salt	1.3 ortion weight (g)	1.9 155
		10		133

Version **4** Issued: **18/03/2021** 

#### **BREAKFAST ROLLS**

PRODUCT	INGREDIENTS		NUTRITIONAL II	NFO
		KJ	per 100g 1180	per portion (g) 1464
		Kcal	281	348
	_	Fat	CJ 1180 al 281 bit 12.3 cit 5.8 cs 31.2 cr 1.7 cr 1.3 in 13.1 cit 1.7 Portion weight (g) per 100g per 100g per 100g ct 1076 ct 12.9 ct 12.9 ct 12.9 ct 12.7 cr 1.0	15.2
	Ciabatta Roll (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, Malted WHEAT Flour, Improver (WHEAT Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed Oil, Enzyme)), Coffee Cured British Bacon (32%) (Pork Belly, Sugar, Salt, —	Sat	5.8	7.1
Coffee Cured Bacon Ciabatta	(which into, not insufficient Agent, Ascorbia Audi, Augssed Oil, 112/116)], Colid Brewed Coffee, Stabiliser: Sodium Triphosphate, Maltodextrin, Natural Flavouring, Antioxidant: Sodium Ascorbate, Preservative:	Carbs		38.7
	Sodium Nitrite], Butter (MILK)	Sugar		2.1
	_	Fibre	1.3	1.6
	_	Protein	13.1	16.2
	<u> </u>	Salt		2.1
		Po	rtion weight (g)	124
			per 100g	per portion (g)
	<u>-</u>	KJ	1076	1732
	<u>-</u>	Kcal	256	413
	Ciabatta Roll (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, Malted WHEAT Flour, Improver	Fat	12.9	20.7
	(WHEAT Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed Oil, Enzyme)], Pork Sausage in Beef Collagen Casing (46%) [Pork,	Sat	5.1	8.3
Butcher's Sausage ciabatta	Potato Starch, Water, Dextrose, Salt, Rapeseed Oil, WHEAT Starch, Beef Collagen Casing, Spices (Ground White Pepper, Ground	Carbs	26.7	42.9
	Nutmeg, Ground Ginger, Ground Mace, Chilli Powder), Stabiliser: Sodium Diphosphate, WHEAT Protein, Onion Powder, Rubbed Sage,	Sugar		1.6
	WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MILK).	Fibre	1.6	2.5
		Protein 10.2		
	_	Protein		16.4
		Salt	10.2 1.1 ortion weight (g)	16.4 1.8 161

#### SALAD

	SALAD				
PRODUCT	INGREDIENTS		NUTRITIONAL INFO		
Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Y. (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents (Monocalciu) Parsley, Corionader Powder, Cumin Powder, Sodium Bicarbonate, Cumin Seeds, Carlic Foldfel, Red Penner Houmaus & Super  (17%) (Cabbage, Beetroot, Mango Dressing (Mango Chutney (Mango, Sugar, Spiril Vir	Mixed Leaves (21%) (Spinach, Lettuce, Salanova), Falafel (20%) (Chick Peas, Onions, Water, Rapeseed Oil, Bread Crumbs (Fortified	KJ	per 100g 535	per portion (g) 1273	
	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Self-Raising Flour (Fortified Wheat Flour	our (Fortified Wheat Flour Kcal 128 m Hydrogen Carbonate)),	128	305	
	(WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents (Monocalcium Phosphate, Sodium Hydrogen Carbonate)), Parsley, Coriander Powder, Cumin Powder, Sodium Bicarbonate, Cumin Seeds, Garlic, Black Pepper), Cabbage and Beetroot Slaw		6.5	15	
	(17%) (Cabbage, Beetroot, Mango Dressing (Mango Chutney (Mango, Sugar, Spirit Vinegar, Glucose Syrup, Salt, Ground Cardamom,	Sat	0.7	1.7	
Grain Salad	Ground Coriander, Ground Cumin, Ground Paprika), White Wine Vinegar, Stabiliser (Xanthan Gum), Salt), Onions), Mixed Grains (17%) [Bulgur WHEAT, Couscous (Half Hard WHEAT Flour, Water), WHEATBERRIES, Red Quinoa, Red Peppers, Lemon Juice, Salt, Black Pepper),	Carbs 11	26		
(Vg, DF)	Red Pepper Houmous (15%) (Chick Peas, Grilled Red Peppers, Tahini SESAME SEED Paste, Rapeseed Oil, Water, Concentrated Lemon	Sugar	gar <b>3.2</b>	7.6	
	Juice, Olive Oil, Garlic Purée, Salt, Colour (Paprika Extract)), Tahini Dressing (10%) (Chick Peas, Water, Garlic and Chilli Sauce (Water, Tomato Paste, Onions, Spirit Vinegar, Garlic Purée, Chilli Purée, Cornflour, Rapeseed Oil, Sugar, Concentrated Lemon Juice, Paprika,		4.1	9.8	
	Salt, Lemon Zest, Cayenne Pepper, Chilli, Gelling Agent (Pectin)), Tahini SESAME SEED Paste, Rapeseed Oil, Concentrated Lemon	Protein	4.2	10	
	Juice, Salt, Red Wine Vinegar, Garlic Purée).	Salt	0.5	1.1	
		Po	ortion weight (g)	238	

#### **BREAKFAST BOXES**

PRODUCT	INGREDIENTS		NUTRITIONAL II	NFO
		KJ	per 100g 584	per portion (g) 1168
		Kcal	140	280
	Baked Beans (59%) [Haricot Beans, Chopped Tomato, White Onion, Tomato Paste, Rapeseed Oil, White Sugar, Salt, Black Pepper],	Fat	7.9	15.8 3.9 14.6 5.0 4.0 17.8 1.8
All Days Bas alifact Bass	Scrambled EGG & Béchamel Sauce [Free Range Scrambled EGG (19%) (Free Range Pasteurised Whole EGG, Water, Sunflower Oil,	Sat	2.0	3.9
All Day Breakfast Box	Skimmed MILK Powder, Lemon Juice, Salt, Pepper), Bechamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour — (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative; Potassium Sorbate), Black Pepper), Seasoned Mushrooms (7%)	Carbs	7.3	14.6
	[Chestnut Mushroom, Olive Oil, Salt, Black Pepper], British Beechwood Smoked Streaky Bacon (5%) [British Pork, Pork Fat, Salt,	Sugar	2.5	5.0
	Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite], Toasted Pumpkin Seeds.	Fibre	2.0	4.0
	Protein	8.9	17.8	
		Salt	0.9	1.8
		Po	rtion weight (g)	200
			per 100g	per portion (g)
	_	KJ	511	961
		Kcal	122	229
	Baked Beans (53%) [Haricot Beans, Chopped Tomato, White Onion, Tomato Paste, Rapeseed Oil, White Sugar, Salt, Black Pepper],	Fat	5.9	11.1
Vegetarian Breakfast Box	Scrambled EGG & Béchamel Sauce [Free Range Scrambled EGG (21%) (Free Range Pasteurised Whole EGG, Water, Sunflower Oil,	Sat	1.3	2.4
(V)	Skimmed MILK Powder, Lemon Juice, Salt, Pepper), Béchamel Sauce (Whole MILK, Single Cream (MILK), Water, Cornflour, WHEAT Flour	Carbs	8.9	16.7
(*)	(Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Black Pepper], Semi Dried Cherry tomato (10%),	Sugar	3.5	6.6
	Spinach (7%), Toasted Pumpkin Seeds.	Fibre	2.1	4.0
	_	Protein	7.0	13.1
		Salt	0.7	1.4
		Po	rtion weight (g)	188



Version **4** Issued: **18/03/2021** 

#### SOUPS

PRODUCT	INGREDIENTS		NUTRITIONAL II	NFO
ltalian Tomato & Basil Soup (Vg. DF)	Water, Tomatoes (22%), Tomato Purée (9%), Onion, Fennel (5%), Carrot, Rapeseed Oil, Vegetable Stock (Chicory Extract, Carrot Extract, Onion Powder, Tomato Powder, Salt, Yeast Extracts, Sunflower Oil, Natural Ravouring), Blended Oil (Sunflower Oil, Olive Oil), Garlic, Sugar, Basil (0.28%), Salt, Basil in Oil (Basil, Sunflower Oil, Salt), White Pepper, Acidity Regulator: Citric Acid	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 196 47 2.8 0.3 5.2 3.5 1.2 1 0.7 ortion weight (g)	per portion (g) 687 165 9.7 1 18.2 12.3 4.2 3.5 2.3 350
Supergreen Soup (Vg. DF)	Water, Peas (20%), Courgette (8%), Borlotti Beans (7%), Onion, Spinach (3.3%), Tofu (Water, <b>SOYA</b> , Nigari), Rapeseed Oil, Kale (1.6%), Fennel, Leek, Basil in Sunflower Oil (Basil, Sunflower Oil, Salt), Cornflour, Vegetable Stock (Chicory Extract, Carrot Extract, Onion Powder, Tomato Powder, Salt, Yeast Extracts, Sunflower Oil, Natural Flavouring), Garlic, Salt, Mint, Black Pepper, Acidity Regulator:  Ascorbic Acid.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 254 61 2.7 0.2 7.9 1.7 2.8 2.7 0.7 ortion weight (g)	per portion (g) 887 213 9.3 0.7 27.7 6.0 9.8 9.5 2.6 350
Chicken & Rice Soup	Water, Onion, MILK, Broccoli (7%), Chicken (5%), Leek, Whipping Cream (MILK), Carnaroli Rice (2.7%), Rapeseed Oil, Comflour, Black Venere Rice (1.1%), Garlic, Grana Padano (MILK, Lysozyme (EGG), Chicken Stock (Flavouring (contains EGG)), Chickory Extract, Solt, Yeast Extract, Chicken Bone Stock), Lemon Juice, Roast Chicken Stock (Roast Chicken, Rehydrated Potato Flake, Water, Yeast Extract, Salt, Chicken Fat), Salt, Black Pepper, Sage, Bay Leaf.	KJ Kcal Fat Sat Carbs Sugar Fibre Protein Salt	per 100g 338 81 4.5 1.3 6.8 1.3 1.6 4.1 0.7	per portion (g) 1183 284 15.9 4.6 23.8 4.6 5.6 14.4 2.5 350

### **SANDWICHES**

PRODUCT	INGREDIENTS		NUTRITIONAL I	NFO
		KJ	per 100g 917	per portion (g) 1852
		Kcal	222	449
	OATMEAL Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, OATMEAL, WHEAT Bran, Yeast, Salt, WHEAT Protein, — Spirit Vinegar, Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono - and Di-acetyl Tartaric Acid Esters of Mono and Di-Glycerides —	Fat	11.1	22.4
	of Fatty Acids), Vegetable Oils (Rapeseed, Palm), Malted BARLEY Flour, Flour Treatment Agent: Ascorbic Acid, Palm Fat, WHEAT	Sat	2	4.1
Free Range Egg Mayo Sandwich (V)	Starch], Free Range EGG Mayonnaise [Hard Boiled EGG (27%), Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk (EGG	Carbs	19	38.3
(*)	Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Dijon	Sugar	0.3	0.6
	MUSTARD (Water, Spirit Vinegar, Yellow MUSTARD Flour, MUSTARD Flour, Salt, Ground Yellow MUSTARD Bran, Ground Turmeric, Ground Black Pepper, Pimento, Ground Cinnamon, Ground Cloves), Black Pepper, Salt), Free Range Hard Boiled EGG (21%).	Fibre	2.0	4.0
	Black repper, interior, droute currently, droute cloves, black repper, sain, nee keinge hald boiled 200 (278).	Protein	11	22.2
	_	Salt	0.7	1.5
		Pc	ortion weight (g)	202
			per 100g	per portion (g)
	<u>-</u>	KJ 896 1820 Kcal 217 441		
	Malted Brown Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT			
	Protein, Yeast, Malted BARLEY Flour, Salt, Emulsifiers: Mono-and Diglycerides of Fathy Acids, Mono - and Di-acetyl Tartaric Acid Esters of	Fat Sat	9.7 1.1	19.6
Chargrilled Chicken	Mono and Di-Glycerides of Fatty Acids, Spirit Vinegar, Malted WHEAT Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid, Palm	Carbs	19.8	40.1
Salad Sandwich	Fat, Palm Oil, WHEAT Starch], British Chargrilled Chicken Breast (25%) [Chicken Breast, Salt, Cornflour], Black Pepper Mayonnaise	Sugar	0.9	1.9
	[Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Comflour, Sugar), Black Pepper), Tomato (7%), Cucumber (5%), Lettuce (4%).	Fibre	1.9	
		Protein	11.6	23.5
	<u>-</u>	Salt	0.7	1.4
		Po	ortion weight (g)	203
			per 100g	per portion (g)
	_	KJ	1162	2044
	Malted Brown Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT -	Kcal	282	496
	Protein, Yeast, Malted BARLEY Flour, Salt, Emulsifiers: Mono-and Dialycerides of Fatty Acids, Mono-and Di-acetyl Tartaric Acid Esters of	Fat	15.4	27.1
	Mono and Di-glycerides of Fatty Acids, Spirit Vinegar, Malted WHEAT Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid, Palm	Sat	2.8	4.9
Classic BLT Sandwich	Fat, Palm Oil, WHEAT Starch], Cooked Beechwood Smoked Streaky Bacon (15%) [Pork, Pork Fat, Salt, Antioxidant: Sodium Ascorbate,	Carbs	22.9	40.4
	Preservative: Potassium Nitrate, Sodium Nitrite), Tomato (13%), Black Pepper Mayonnaise (Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine	Sugar	1.3	2.3
	Vinegar, Cornflour, Sugar), Black Pepper], Lettuce (5%).	Fibre	2.6	4.5
	<del>-</del>	Protein	11.7	20.5
	-	Salt	0.5 ortion weight (g)	0.9 176
		10	per 100g	per portion (g)
		KJ	726	1373
	Malted Brown Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT	Kcal	176	333
	Protein, Yeast, Salt, Malted BARLEY Flour, Emulsifiers: Mono-and Diglycerides of Fatty Acids, Mono-and Di-acetyl Tartaric Acid Esters of	Fat	2.8	5.2
	Mono and Di-glycerides of Fatty Acids, Spirit Vinegar, Malted WHEAT Flour, Vegetable Oils (Rapeseed Oil, Palm Oil), Flour Treatment	Sat	0.7	1.4
Tuna, Red Pepper & Rocket Sandwich	Agent: Ascorbic Acid, Palm Fat, WHEAT Starch], Pole and Line Caught Tuna (FISH) (26%) [Skipjack Tuna (FISH), Water, Salt), Horseradish Tuna (FISH), Horseradish Tuna (FISH), Horseradish Tuna (FISH), Water, Salt), Horseradish Tuna (FISH), Ho	Carbs	24.7	46.7
& kocket sanawich	Mayonnaise [Horseradish Sauce (Water, Single Cream (MILK), Spirit Vinegar, Rapeseed Oil, Sugar, Horseradish Flakes, Cornflour, Dried – EGG Powder, MUSTARD Flour, Skimmed MILK Powder, Salt, Horseradish Powder], Mayonnaise (Water, Rapeseed Oil, Pasteurised EGG _	Sugar	1.7	3.2
	Yolk (EGG Yolk, Salt), Comflour, Spirit Vinegar, Sugar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine	Fibre	2.5	4.8
	Vinegar)], Red Pepper (7%), Rocket (4%).	Protein	11.8	22.3
		Salt	0.7	1.3
		Pc	ortion weight (g)	189



Version 4 Issued: 18/03/2021

#### **BISCUITS & SNACKS**

	BISCUITS & SNACKS			
PRODUCT	INGREDIENTS		NUTRITIONAL I	NFO
			per 100g	per portion (g)
		KJ	1841	618
		Kcal	440	130
		Fat	14.45	
Almond Biscotti	WHEAT flour, sugar, ALMONDS (15%), EGG, EGG yolk, butter, honey, partly skimmed MILK, raising agent: E 503 (ammonium	Sat Carbs	2.71 66.5	
(V)	bicarbonate), salt, natural flavour (orange), flavours.	Sugar	31.0	
		Fibre	2.7	0
		Protein	9.6	3.0
		Salt	1.6	0.05
		Po	rtion weight (g)	
		KJ	per 100g 1786	
		Kcal	425	
		Fat	16	12.6
Caramel Waffle	Glucose fructose syrup, wheat flour, sugar, palm fat, concentrated butter (MILK), sugar syrup, SOYA flour, rapeseed oil, salt, dextrin	Sat	9	7.1
(V)	(WHEAT), emulsifiers (SOYA lecithin, mono- and diglycerides of fatty acids), raising agent (sodium carbonates), cinnamon, acidity	Carbs	66	
	regulator (citric acid), natural Bourbon vanilla.	Sugar	38	
		Fibre Protein	1.5 3.5	
		Salt	0.6	
			rtion weight (g)	78
			per 100g	per portion (g)
		KJ	2276	569
		Kcal	546	per portion (g) 618 130 3 11 22 111 0 0.05 37 per pock (g) 1411 336 12.6 7.1 330 1.2 28 0.5 30 1.2 28 0.5 31 78 per portion (g) 407 136 8.0 4.7 14.0 10.2 1.7 1.5 0.01 17 1.5 0.02 17 1.5 0.03 18 1.01 1.01 1.01 1.01 1.01 1.01 1.01 1
		Fat	32	
Chocolate Coated Coffee Beans	Sugar, Cocoa paste, Roasted coffee beans, Cocoa butter, Cocoa powder, Emulsifier: SOYA lecithin, Thickener: Arabic gum, Flavours.	Sat Carbs	19 56	
(Vg, DF)	(Cocoa minimum 56%). May contains traces of: WHEAT, MILK and NUTS.	Sugar	41.0	
		Fibre	6.7	
		Protein	6.1	
		Salt	0.04	
		Po	rtion weight (g)	
		KJ	per 100g 2338	
		Kcal	562	
		Fat	38	
Dark Chocolate & Hazelnut Chocolate	Dark chocolate 57% (sugar, cocoa mass, cocoa butter, emulsifier: SOY lecithin, natural vanilla flavour), hazelnut cream 43% (sugar,	Sat	24	24 4.2
Bar	vegetable fats (coconut, palm kernel oil, shea butter in variable proportions), HAZELNUTS (14%), skimmed cocoa powder, whey	Carbs	48	
(V)	powder (contains MILK), emulsifier: SOY lecithin, natural vanilla flavour, nibbed HAZELNUTS (11,5%)]	Sugar	46.0	
		Fibre Protein	5.8 4.5	
		Salt	0.1	
			rtion weight (g)	
			per 100g	per portion (g)
		KJ	1830	
		Kcal	438	
		Fat Sat	21.5 9.6	
Eat Natural Dark Choc & Sea Salt Bar	Dark chocolate (20%) (cocoa mass, sugar, cocoa butter, emulsifier: SOYA lecithin), glucose syrup, PEANUTS 12%, crisped rice (rice, sugar), figs 8% (figs, rice flour), dried apricots 8% (apricots, rice flour), honey, sultanas 7% (sultanas, sunflower oil), shredded coconut,	Carbs	49.2	
(V)	ALMONDS 6%, cocoa powder, sea salt.	Sugar	30.7	
		Fibre	6.9	3.1
		Protein	8.5	
		Salt	0.1	
		PO	rtion weight (g)	
		KJ	2063	
		Kcal	496	
		Fat	30	
Eat Natural Vegan Bar	Dark chocolate 20% (cocoa mass, sugar, cocoa butter, emulsifier: SOYA lecithin), PEANUTS 18%, shredded coconut 14%, dried	Sat	15.3	6.9
(Vg, DF)	apricots 12%, glucose syrup, coconut blossom nectar 6%, pumpkin seeds, crisped rice (rice, sugar), sunflower seeds, roasted	Carbs	40.4	
, -	chickpeas.	Sugar	22.4	
		Protein Fibre	11.9 7.8	
		Salt	0.14	
			rtion weight (g)	
			per 100g	
		KJ	1200	
	Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sultanas (9.5%) (Sultanas, Water, Sunflower Oil,	Kcal	283	
	Preservative (E202)), Raisins (9.5%) (Raisins, Water, Sunflower Oil, Preservative (E202)), Citrus Peel (6%) (Glucose Syrup, Orange Peel,	Fat Sat	2.5 0.8	
Fruit Teacake	Lemon Peel, Fructose Syrup, Acidity Regulator (E330), Preservatives: (SULPHUR DIOXIDE, E202)), Sweetened Dried Cranberries (5%) (Cranberries, Sugar, Sunflower Oil), Sugar, Yeast, Humectant (Glucose Syrup, Water, Acidity Regulator (E260)), Bread Fat (Palm Oil,	Carbs	56.2	
(Vg, DF)	Rapeseed Oil, Water, Salt, Emulsifier (E471)), Dough Conditioner (Calcium Sulphate, SOYA Flour, Fortified Wheat Flour, WHEAT Flour,	Sugar	22.0	
	Calcium Carbonate, Iron, Niacin, Thiamin), Emulsifier (E472e), Flour Treatment Agent (E300), Enzymes), Water, Emulsifiers (E471, E472e), Acidity Regulators (E260, E525), Salt.	Fibre	3.8	
	Acidity regulatots (E200, E323), Salt.	Protein	7.3	
		Salt	0.2	
		Po	rtion weight (g)	
		KJ	per 100g 2416	per portion (g) 242
		Kcal	581	58
		Fat	40	4.0
Gianduja Chocolate	Sugar, HAZELNUTS (30%), cocoa mass, cocoa butter, emulsifier: SOY lecithin, natural vanilla flavour.	Sat	15	1.5
Glanduja Chocolate (V)	Cocoa solids: 23% min. May contain traces of MILK.	Carbs	47	4.7
		Sugar	44.0	4.4
		Protein	5.7	0.6
		Protein Salt		



Version **4** Issued: **18/03/2021** 

#### **BISCUITS & SNACKS**

	BISCUITS & SNACKS			
PRODUCT	INGREDIENTS		NUTRITIONAL I	NFO
			per 100g	per portion (g)
		KJ Kcal	1711 406	1249 296
	WHEAT Flour (contains Calcium carbonate, Iron, Niacin and Thiamin), Sugar, Margarine (Palm Oil, Water, Palm Stearin, Rapeseed Oil,	Fat	9.9	7.2
Cine & Cinnia Cingarhyand	Salt, Lemon Juice concentrate), Golden Syrup (Partially Inverted Refiners Syrup), Glucose Syrup, Icing (Sugar, Palm Fat, Glucose	Sat	4.5	3.3
Gino & Ginnie Gingerbread (V, DF)	Syrup, Water, Icing Sugar, Emulsifiers (Sunflower Lecithin, Polysorbate 60), Natural Colour (Titanium dioxide), Acid (Acetic acid), Preservative (Potassium Sorbate), Natural Flavouring, Gelling Agent (Pectin)], Humectant (Glycerine), EGG, Molasses, Rice Starch,	Carbs	72.8	53.1
* * *	Ground Ginger, Ground Mixed Spice (Cinnamon, Coriander, Ginger, Allspice, Nutmeg, Cloves), Ground Cassia, Thickener (Xanthan	Sugar	29.5	21.5
	Gum), Raising Agent (Bicarbonate of Soda), Natural Colours (Curcumin, Beetroot Extract, Spirulina), Butter Flavouring.	Fibre Protein	1.9 5.4	3.9
		Salt	0.5	0.3
		Po	rtion weight (g)	73
		K I	per 100g	per portion (g) 499
		KJ Kcal	1663 391	117
	·	Fat	0	0
Leone Mints	Sugar, Thickening agents: Arabic gum, tragacanth; Piedmont peppermint essential oil.	Sat	0	0
(Vg, GF, DF)		Carbs Sugar	97 97	29 29
		Protein	0.2	0
		Salt	0.0	0
		Po	ortion weight (g)	30
		KJ	per 100g 2136	per portion (g) 964
		Kcal	511	231
	Comments of the state of the st	Fat	26	12
Loacker Creamkakao	Crispy wafer filled with cocoa cream (75%). WHEAT flour, coconut oil, glucose syrup, sugar, fat reduced cocoa 9% in the cream, dextrose, sweet whey powder, SOYA flour, skimmed MILK power, malt extract, salt, raising agents (sodium hydrogen carbonate,	Sat	22	10
(V)	disodium diphosphate) emulsifier SOYA lecithin, HAZELNUTS, vanilla pods (Bourbon). May contain ALMONDS.	Carbs Sugar	59 28.0	26 13.0
		Protein	7.7	3.5
		Salt	0.3	0.1
		Po	ortion weight (g)	45
		KJ	per 100g 2169	per portion (g) 978
		Kcal		
	Comment of the state of the sta	Fat	27	27 12
Loacker Napolitaner	Crispy wafer filled with HAZELNUT cream (75% cream). Ingredients: WHEAT flour, coconut oil, glucose syrup, sugar, hazelnut 9% in the cream, sweet whey powder, SOYA flour, skimmed MILK powder, fat reduced cocoa, diphosphate) emulsifier SOYA lecithin, vanilla	Sat	20	8.9
(V)	pods (bourbon). May contain ALMONDS.	Carbs Sugar	59 26	27 12
		Protein	8.1	3.6
		Salt	0.3	0.2
		Po	per 100g	45 per portion (g)
		KJ	2188	985
		Kcal	523	235
Loacker Vanille	Crispy wafer filled with vanilla cream (75% cream). Ingredients: WHEAT flour, coconut oil, glucose syrup, sugar, skimmed MILK powder,	Fat Sat	27 23	12 11
(V)	dextrose, SOYA flour, malt extract, sugar, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier SOYA	Carbs	23 61	28
• •	lecithin, vanilla pods (bourbon), <b>HAZELNUT</b> . May contain ALMONDS.	Sugar	31	14
		Protein	7.8	3.5
		Salt	0.4 ortion weight (g)	0.2 45
		10	per 100g	per portion (g)
		KJ	1997	339
		Kcal	476	81
		Fat Sat	19.3 11.1	3.3 1.9
Metcalfe's® Chocolate Rice Cakes	Milk Chocolate (60%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring), Rice Cake (40%) (Wholegrain Brown Rice, Rice). (Minimum Cocoa Solids 39%).	Carbs	66.9	11.4
(V)	Rice cake (40%) (Wholegiain Brown Rice, Rice). [Williamon cocoa solias 37%).	Sugar	31.4	5.3
		Fibre Protein	1.9	0.3 1.0
		Salt	0.1	0.02
			ortion weight (g)	17.0
			per 100g	per portion (g)
		KJ Kcal	2380 572	100
		Fat	39	6.8
Milk Chocolate	Milk chocolate 57% (sugar, MILK powder, cocoa butter, cocoa mass, emulsifier: SOY lecithin, natural vanilla flavour), milk cream 43%	Sat	24	4.2
Stracciatella Bar (V)	[vegetable fats (coconut, palm kernel oil, shea butter in variable proportions), sugar, skimmed MILK powder, whey powder (contains MILK), emulsifier: SOY lecithin, natural vanilla flavour, cocoa chips (11,5%)]	Carbs	47 46.0	8.2
(4)	man, officialist. Co. Feeting, fielder value in recor, ecced crips (17,579)	Sugar Fibre	3.7	0.6
		Protein	6.6	1.2
		Salt	0.2	0.0
		Pc	per 100g	17.5
		KJ	1548	per portion (g) 1548
		Kcal	368	368
		Fat	14	14
Panettone	WHEAT flour, sultanas, fresh EGGs, butter (MILK), sugar, candied orange peels (orange peels, glucose-fructose syrup, sugar, acidity regulator; citric acid), MILK, fresh EGG yolk, natural yeast (WHEAT), emulsifiers; mono and diglycerides of fatty acids, glucose syrup,	Sat Carbs	8.5 52	8.5 52
(V)	flavourings, cocoa butter, salt. May contain traces of NUTS and SOY.	Sugar	28.0	28.0
		Fibre	1.4	1.4
		Protein	7.9	7.9
		Salt	0.5 ortion weight (g)	0.5 100
		- 10	5	100



Version 4 Issued: 18/03/2021

#### **BISCUITS & SNACKS**

	BISCUITS & SNACKS			
PRODUCT	INGREDIENTS		NUTRITIONAL II	NFO
			per 100g	per portion (g)
	_	KJ	1882	1321
		Kcal	KJ 1882 1321  coal 449 315  Fot 17.7 12.4  Sot 6.2 4.4  rbs 69.6 48.9  gar 46.0 32.3  ore 4.7 3.3  ein 4.6 3.2  Fortion weight (g) per portion (g)  KJ 1853 55.8  coal 440 133  Fot 14.2 4.3  Sot 5.6 1.7  rbs 72.3 21.7  gar 37.7 11.3  ein 4.9 1.5  sold 0.6 0.2  Portion weight (g) per portion (g)  KJ 2103 per 100g  KJ 2103 1052  coal 505 252  Fot 31.5 15.8  Sot 7.4 3.7  rbs 47.6 23.8  ein 5.7 2.9  sold 0.1 19.7  rbs 47.6 23.8  ein 5.7 2.9  sold 0.1 0.1  Portion weight (g) per portion (g)  KJ 2103 1052  coal 505 252  Fot 31.5 15.8  Sot 7.4 3.7  rbs 47.6 23.8  ein 5.7 2.9  sold 0.1 0.1  Portion weight (g) per portion (g)  Ed 30 per portion (g)  Fortion weight (g) per portion (g)  KJ 2103 1052  coal 505 252  Fot 31.5 15.8  Sot 7.4 3.7  rbs 47.6 23.8  ein 5.7 2.9  sold 0.1 0.1  Portion weight (g) per portion (g)  Fortion weight (g) per 100g  Fortion weight (g) per 100g  Fortion weight (g) per portion (g)  Fortion weight (g) per 100g  Fortion weight (g) per 100g  Fortion weight (g) per portion (g)  Fortion weight (g) per 100g  Fortion weight (g) per portion (g)  For	315
		Fat		12.4
	OATS (31%), Soft Brown Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono - and - Diglycerides of Fatty Acids)), Golden	Sat	6.2	4.4
Vegan Fruit Flapjack (Vg, DF)	Syrup, Raisins (8%) (Raisins, Sunflower Oil), Mixed Peel (6%) (Orange peel, Lemon Peel, Glucose Fructose Syrup, Sugar, Acidity Regulator	Carbs	69.6	48.9
( v g, Di )	(Citric acid)), Cranberries (4%) (cranberries, Sugar, Sunflower Oil), PISTACHIO NUTS (1%), Salt. May contain traces of other NUTS.	Sugar	46.0	32.3
		Fibre	4.7	3.3
	<del>-</del>	Protein	4.6	3.2
	<del>-</del>	Salt	0.7	0.5
		Po	ortion weight (g)	60
			per 100g	per portion (g)
		KJ	1853	558
	<u>-</u>	Kcal	440	133
	_	Fat	14.2	4.3
Vegan Stem Ginger Biscuit	WHEAT flour (WHEAT flour, Calcium carbonate, Iron, Niacin, Thiamin), Partially inverted refiners syrup, Sugar, Margarine (Palm oil,	Sat	5.6	1.7
(Vg, DF)	Rapeseed oil, Salt, Colours (Annatto, Curcumin), Natural flavouring), Stem Ginger (4.6%)(Ginger, Sugar), Ground ginger, Raising Agent — (Sodium bicarbonate, Ammonium bicarbonate).	Carbs	72.3	21.7
	(Socion dicarbonate, Annionion bicarbonate).	Sugar	37.7	11.3
	-	Protein	4.9	1.5
	<del>-</del>	Salt	0.6	0.2
	<del>-</del>	Po	ortion weight (g)	30
		KJ		
	<del>-</del>	Kcal	505	252
	<del>-</del>	Fat	31.5	15.8
Wrapped Gluten Free Chocolate	EGG, Dark Chocolate (19%) (Cocoa Solids, Sugar, Emulsifier: Sunflower Lecithin), Sugar, Rapeseed Oil, Ground ALMONDS, Chocolate — Chips (8%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Sunflower Lecithin), White Rice Flour, Clitus Fibre (Maize, Maize Starch, Clitus — Fibre), Tapioca Starch, Humectant (Glucose Syrup, Water, Acid Regulator: E260), Water, Acid: Ascorbic Acid; Preservative: Potassium — Sorbate: Raising Agents: E341, E500.	Sat		
Brownie Bar		Carbs		
(V, DF, GF)		Sugar		
	Solutie, Rusing Agents, E341, E300.	Fibre		
	<del>-</del>	Protein		
	<del>-</del>	Salt		
	<del>-</del>			
			0 107	
		ΚI		
	<del>-</del>	Kcal		
	Raspberry Jam (23%) (Glucose-Fructose Syrup, Seedless Raspberry Concentrate, Sugar, Gelling Agent: Pectin; Acidity Regulator: Citric — Acid, Sodium Citrates; Colour: Anthocyanin; Flavouring, Preservative: Potassium Sorbate), Desiccated Coconut (15%), Coconut Milk,	Sat		
Wrapped Raspberry & Coconut Slice	White Rice Flour, Sugar, Sultanas (7%) (Sultanas, Sunflower Oil), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: E471),	Carbs		
(Vg, GF)	Tapioca Starch, Cranberries (6%) (Cranberries, Sugar, Sunflower Oil), Water, Humectant (Glucose Syrup, Water, Acidity Regulator:	Sugar		
	E260), Glucose Syrup, Oligofructose, Cornflour, Raising Agents: E341, E500; Thickeners: E464, E415; Salt, Colour: E150.	Fibre		
	-	Protein		
	-	Salt		
	-			
			per 100g	per biscuit (g)
		KJ	2199	550
		Kcal	526	132
	<del>-</del>	Fat	28.2	7.1
Wrapped Shortbread	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (33%) (MILK), Icing Sugar, Light Brown Sugar (Sugar,	Sat	18.6	4.7
(V)	Molasses).	Carbs	62.3	15.6
(*)		Sugar	22.9	5.7
	<del>-</del>	Protein	5.4	1.4
	<del>-</del>		0.7	0.2
	<del>-</del>	Salt		
		Po	ortion weight (g)	25



Version 4 Issued: 18/03/2021

#### **CRISPS & POPCORN**

Please note that the crisps sold from our stores in Northern Ireland are different than those sold in the rest of the UK. Please refer to page 21 for NI crisp information.

		per 100g	nor nortion (-)
_	KJ	2139	per portion (g) 856
	Kcal	513	205
-	Fat	30.1	12
-	Sat	3.5	1.4
Select Potatoes, Sunflower Oil, Sea Salt.	Carbs	51.5	20.6
			0.2
-			2.6
			2.3
			0.4
			40
			per portion (g)
	KJ		850
-		509	204
-		28.1	11.2
-		2.8	1.1
		55.8	22.3
Sugar, Acia: Citric Acia, Dried Red Wine Extract, Natural Havouring).			0.6
-	Fibre	4.9	2.0
-	Protein	5.7	2.3
-	Salt	1.4	0.6
-	Po	rtion weight (g)	40
		per 100g	per portion (g)
	KJ	2106	842
	Kcal	505	202
	Fat	28.9	12
	Sat	3.3	1.3
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).	Carbs	51.1	20.4
	Sugar	2.5	1.0
	Fibre	6.2	2.5
	Protein	7.1	2.8
	Salt	1.1	0.4
	Po		40
			per portion (g)
			367
			87
			3.3
			0.2
Popped Butterfly Corn (75%), Rapeseed Oil, Sea Salt.			11
_			0.8
<u>-</u>			2.5
_			2.2
			0.2
	Po		20
			per portion (g)
			477
			114
			4.5
Bound Billion Con (1/07) Bound Office and also blood (6			0.3
Popped Buttertly Corn (64%), Kapeseed Oil, Sweetening Blend (Sugar, Sweetener: Isomalt, Sweetener: Steviol Glycosides), Salt.			15.1
			4.0
			2.4
-	Protein Salt	8.6 0.5	2.2 0.1
	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).	Select Potatoes, Sunflower Oil, Sea Sailt and Balsamic Vinegar Seasoning (Sea Sailt, Potato Maltodeutrin, Dried Balsamic Vinegar, Select Potatoes, Sunflower Oil, Sea Sailt and Balsamic Vinegar Seasoning (Sea Sailt, Potato Maltodeutrin, Dried Balsamic Vinegar, Sughs, Acid: Citric Acid, Dried Red Wine Extract, Natural Flavouring).  Select Potatoes, Sunflower Oil, Mature Cheddar and Red Onion Seasoning (Dried Buttermilk, Dried Mature Cheddar Cheese (MILK), Sail Potation Sailt, Dried Onion, Dried Red Onion, Sea Sailt, Dried Yeast Extract, Dried Yeast, Dried Chives, Colour: Paprika Extract).  Sail Potein Sailt Protein Sailt Prote	Sugar   0.5   Fibre   6.5   Fibre   6.5

#### **YOGHURTS & GRANOLA POT**

PRODUCT	INGREDIENTS		NUTRITIONAL I	NFO
			per 100g	per portion (g)
		KJ	704	1197
		Kcal	168	286
		Fat	9.2	15.6
Berry Granola Pot	Greek Style Yogurt (MILK) (64%), Summer Berry Compote (23%) [Sugar, Strawberries, Water, Blackberries, Blueberries, Redcurrants,	Sat	4.6	7.8
(V)	Cornflour, Lemon Juice, Natural Flavouring, Gelling Agent: Pectin], Dried Cranberry Granola (11%) [OAT Flakes, Sweetened Dried Cranberries (1%) (Cranberries, Sugar, Sunflower Oil), Sunflower Seeds, Pumpkin Seeds, Glucose Syrup, Water, Brown Rice Flour, Quinoa, –	Carbs	15.9	27.0
(-)	Freeze Dried Raspberries, Natural Flavouring].	Sugar	10.7	18.2
	and the control of th	Fibre	0.8	1.4
	_	Protein		8.6
	_		KJ   704   1197	
		Po	ortion weight (g)	170
	_			
	_		594         1040           142         249           8.4         14.7           5.2         9.1           12.2         21.4	
	_			142 249 8.4 14.7 5.2 9.1
Tim's Raspberry Yoghurt	_			
(V)	Greek Style Natural Yogurt (MILK), Sugar, Raspberries (6%), Cornflour, Natural Flavouring, Citric Acid.			
.,	_			
	_			
	<u>-</u>			
	<u>-</u>			
		Po	0 101	
	<u>-</u>			
	<u>-</u>		Sat         4.6         7.8           Carbs         15.9         27.0           Sugar         10.7         18.2           Fibre         0.8         1.4           Protein         5.1         8.6           Salt         0.9         1.6           Portion weight (g)         170         per portion (g)           KCJ         594         1040           Kcal         142         249           Fot         8.4         14.7           Sat         5.2         9.1           Corbs         12.2         21.4           Sugar         11.8         20.7           Fibre         0.4         0.7           Protein         4.9         8.6           Sat         0.2         0.4           Portion weight (g)         175           per 100g         per portion (g)           KJ         632         1106           Kcal         151         2244           Fot         8.5         14.9	
	<u>-</u>			
Tim's Honey Yoghurt				
(V)	Greek Style Natural Yogurt (MILK), Brown Sugar, Cane Sugar, Honey (4.5%), Rice Starch, Natural Flavouring, Lemon Juice Concentrate			
	<u>-</u>			
	-			
	<u>-</u>			
	-			
		Po	rtion weight (g)	175



Version 4 Issued: 18/03/2021

NORTHERN IRELAND PRODUCTS The following nutritional information for Panini, Tostati, Sandwiches, Festive Savoury, Crisps, Yoghurts and Scones is for those products sold from our stores in Northern Ireland.

	PANINI			
PRODUCT	INGREDIENTS		NUTRITIONAL	. INFO
	Sourdough Panini (61%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil,	KJ	per 100g 1024	per portion (g) 1772
	Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented	Kcal	245	424
	WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Scrambled EGG & Cheese (23%) [Scrambled EGG (EGG, Water, Rapeseed Oil, Buttermilk Powder (MILK), Cornflour, Salt, White Pepper, Antioxidant (Citric Acid), Thickener (Xanthan Gum),	Fat	8.1	14
All Day Breakfast	Preservative (Lactic Acid)), Bechamel Sauce (Skimmed <b>MILK</b> , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable	Sat	2.8	4.9
	Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Maize Starch, Salt, Emulsifier (SOYA -	Carbs	30	52
	Lecithin)), Cheddar Cheese (MILK), Black Pepper, Salt), WHEAT Starch, Calcium Carbonate, Iron, Thiamin, Niacin), Salt), WHEAT Starch, Rapeseed Oil, Parsley, Salt, Dextrose, Sage, Beef Collagen Casing, Fortified WHEAT Flour, Stabiliser (Sodium			
	Triphosphate), WHEAT Protein, Spice & Spice Herb Extracts (Pepper, Nutmeg, Chilli, Clove, Coriander Sage, Thyme, Pimento)),	Sugar	3.5 12	6 21
	Coffee Bacon (7%) [Pork Belly, Sugar, Salt, Cold Brewed Coffee, Stabiliser (Sodium Triphosphate), Maltodextrin, Natural	Protein		
	Flavouring, Anticaking Agent (Calcium Silicate), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)].	Salt	1.0	1.7
		Portic	n weight (g)	173
		KI	per 100g	per portion (g)
	Sourdough Panini (49%) (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil,	KJ Kcal	895 214	1906 456
	Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented	Fat	7.4	16
	WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Chargrilled Chicken (18%) [Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Emulsifier (Sodium Triphosphate), Potato Starch, Whey Protein (MILK), Stabiliser (Guar Gum), Salt, Vinegar,	Sat	2	43
Chargrilled Chicken & Pesto Panini	Yeast Extract], Basil Pesto (7.7%) [Basil Puree (Basil, Sunflower Oil, Salt), Sunflower Oil, Medium Fat Hard Cheese (MILK)],	Carbs	24	52
	Bechamel (Skimmed (MILK), Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato,	Sugar	2.5	5.3
	Herbs), Palm Oil, Butter (MILK), modified Maize Starch, Salt, Emulsifier (Lecithin) (SOYA)], Tomato, Spinach, Regato Cheese (MILK).	Protein	11	24
	(MILN).	Salt	1.2	2.6
		Portic	n weight (g)	213
			per 100g	per portion (g)
	-	KJ	974	1753
	Sourdough Panini (58%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil,	Kcal	233	419
	Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Ham (22%) [Pork, Water, Glucose Syrup, Emulsifiers (Triphosphates, Diphosphates), Salt, Antioxidant (Sodium Ascorbate), Dextrose, Spice Extracts, Preservative (Sodium Nitrite)], Mozzarella (11%) Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Polm Oil, Butter (MILK), Modified	Fat	6.8	12
Ham & Mozzarella Panini		Sat Carbs	3.3 28	5.9 50
		Sugar	3.2	5.8
	Maize Starch, Salt, Emulsifier (Lecithin) (SOYA)], Mature Cheddar Cheese (3%) (MILK).	Protein	14	25
	-	Salt	1.3	2.3
	-		n weight (g)	180
			per 100g	per portion (g)
	_	KJ	1101	2136
		Kcal	263	510
	Sourdough Panini (54%) (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, _	Fat	12	23
Mozzarella & Tomato Panini	Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented	Sat	2.1	4.1
(V)	WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Mozzarella (21%) (MILK), Tomato (12%), Cheddar Cheese (MILK), Basil Pesto (6.4%) [Basil, Sunflower Oil, Salt), Sunflower Oil, Medium Fat Hard Cheese (MILK)].	Carbs	27	52
	- 1.1. (2.1.) positivo monor otti otti otti otti otti otti otto ottobo (mini).	Sugar Protein	2.5 12	4.9 23
	-	Salt	1.0	2.0
	<del>-</del>		n weight (g)	194
			per 100g	per portion (g)
		KJ	1187	2493
	Sourdough Panini (50%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, –	Kcal	284	596
	Salt, Yeast, Sourdough (Water, Fermented RYE Flour, Salt), WHEAT Gluten, Malted WHEAT Flour, Sunflower Oil, Fermented	Fat	14	29
Tuna Melt Panini	WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Tuna Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG,	Sat	3.3	6.9
	Free Range EGG Yolk, Spirit Vinegar, Salt, Sugar, Flavouring, Lemon Juice Concentrate, Antioxidant (Calcium Disodium EDTA)), Red Pepper, Slow Roast Tomatoes (8%) (Slow Roast Tomatoes, Rapeseed Oil, Salt, Garlic, Oregano), Red Onion,	Carbs	26	55
	EDIAJJ, ked Pepper, slow kodst Iomatoes (8%) (slow kodst Iomatoes, kapeseed Oli, Salt, Gatlic, Oreganoj, ked Onion,  Comflour, Parsley, Lemon Zest, Cracked Black Pepper], Cheddar Cheese (12%) MILK).	Sugar	2.7	5.7
		Protein	12	25
	-	Salt	0.9 on weight (g)	1.8 210
		1 OHIC	ar weigin (g)	210

### TOSTATI

PRODUCT	INGREDIENTS		NUTRITIONAL	. INFO
	Sourdough Bread (45%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast,	KJ	per 100g 1003	per portion (g) 2008
	Sourdough Culture (RYE), SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers (E472(e), E481), Flour Treatment Agent (E300)),  Chicken and Bacon Filling (38%) [Bechamel (Skimmed MILK, Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable	Kcal	240	480
	Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Maize Starch, Salt, Emulsifier (E322)	Fat	9.9	20
	(SOYA)), Chicken (20%) (Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Stabiliser (E451), Potato Starch, Whey Protein (MILK), Emulsifier (E412), Salt, Vinegar, Yeast Extract), Formed Diced Bacon Pieces (8%) (Pork, Water, Salt, Preservative (E250),	Sat	4.6	9.3
Chicken & Bacon Tostati Melt	Stabiliser (E450), Antioxidant (E301)], Cheddar Cheese (MILK), Mozzarella (MILK), Mayonnaise (Rapeseed Oil, Water, Free	Carbs	27	53
	Range Pasteurised EGG & EGG Yolk, Spirit Vinegar, Sugar, Salt, Lemon Juice, Antioxidant (E385), Flavouring, Paprika Extract),	Sugar	1.2	2.4
	Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330))], Topping (18%) [Cheddar Cheese (MILK), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MILK Protein, Cheddar Cheese (MILK), Yeast Extract,	Protein	10	20
	Acidity Regulator (E330), Spice, Stabilisers (E412,E415), Preservative (E202), Colour (E161b)), Dijon MUSTARD (Water, MUSTARD	Salt	1.4	2.7
	Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330)), Smoked Paprika, Dried Chives].		on weight (g)	
		РОПІС	0 107	200
		KJ	per 100g 1054	per portion (g) 1951
	Sourdough Bread (49%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture (RYE), SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers (E472(e), E481), Flour Treatment Agent (E300)],	Kcal	252	466
	Sourdough Cuttole (RE), SOTA Froot, Vegetable Of In Repesseed, Emissilers (E4/2(e), E401), root inediment Agent (2000), — Ham (22%) (Pork, Water, Glucose Syrup, Emulsifiers (E45), E450), Salt, Antioxidant (E301), Dextrose, Spice Extracts, Preservative —	Fat	10	19
Ham, Cheese & Mustard	(E250), Potato Starch, Pea Fibre], Cheese and Mustard Topping (19%) [Cheddar Cheese ( <b>MILK</b> ), Cheese Sauce (Water,	Sat	4.8	8.8
Tostati Melt	Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MILK Protein, Cheddar Cheese (MILK), Yeast Extract, Acidity Regulator	Carbs 27	27	50
	(E330), Spice, Stabilisers (E412,E415), Preservative (E202), Colour (E161b)), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit	Sugar	Sugar 0.7	1.2
	Vinegar, Salt, Acidity Regulator (E330)), Wholegrain MUSTARD (Water, MUSTARD Seed, White Wine Vinegar, Glucose-Fructose – Syrup, MUSTARD Flour, Salt, Acidity Regulator (E260), Cinnamon, Pimento, Turmeric)), Cheddar Cheese (11%) (MILK).	Protein 13 Salt 1.6	23	
	Sylop, Modrate Floor, Sair, Medally Regulator (Ezzo), Chimarior, Filmello, Formerloj, Chicadar Checse (Floor, Imary).		2.9	
		Portio	n weight (g)	185
	Sourdough Bread (50%) [Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast,	KJ	per 100g 1117	per portion (g) 2010
	Sourdough Culture (RYE), SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers (E472(e), E481), Flour Treatment Agent (E3001),	Kcal	267	481
	Cheese and Mustard Topping (19%) [Cheddar Cheese (MILK), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch,	Fat	13	23
Mushroom & Mascarpone	Sugar, Salt, MILK Protein, Cheddar Cheese (MILK), Yeast Extract, Acidity Regulator (E330), Spice, Stabilisers (E412,E415),	Sat	6.6	12
Tostati Melt	Preservative (E202), Colour (E161b)), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330))), - Roasted Mushroom and Mascarpone Filling (17%) (Roasted Mushrooms, Mascarpone (Cream (MUK), MUK, Acidity Regulator -	Carbs	28	50
(V)	Roastea Mushroom and Mascarpone Hilling (17%) (koastea Mushrooms, Mascarpone (Cream (MILK), MILK, Aciairy kegulator <b>(E330)</b> , Preservative (E202, E234)), Béchamel (Béchamel Sauce (Skimmed <b>MILK</b> , Vegetable Stock (Water, Salt, Yeast Extract,	Sugar	0.6	1.1
	Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Starch (Waxy Maize),	Protein	9.9	18
	Salt, Emulsifier (Lecithin) (SOYA)), Dried Thyme], Cheddar Cheese (11%) (MILK), Roasted Mushrooms (2.8%).	Salt	0.9	1.6
	_	Portio	n weight (g)	180



Version 4 Issued: 18/03/2021

#### **CROISSANT & CIABATTA ROLL**

PRODUCT	INGREDIENTS	ı	NUTRITIONAL	. INFO
		KJ	per 100g 1401	per portion (g) 1429
		Kcal	335	342
	Butter Croissant (51%) [WHEAT Flour, Butter (MILK), Water, Sugar, MILK, Yeast, EGG, Salt, WHEAT Gluten, Emulsifier (Lecithin),	Fat	20	21
Ham & Cheese Croissant	Flour Treatment Agent (Ascorbic Acid), Enzymes], Ham formed from select cuts of pork (29%) [Pork (95%), Water, Glucose	Sat	Sat         13           Carbs         23           Sugar         4.3	13
num & Cheese Croissum	Syrup, Emulsifier (Triphosphates, Diphosphates), Salt, Antioxidant (Sodium ascorbate), Dextrose, Spice Extracts, Preservative	Carbs		24
	(Sodium Nitrite)], Mature Cheddar Cheese (20%) (MILK).	Sugar	4.3	4.4
		Protein	15	15
		Salt	8.0	1
		Portio	n weight (g)	102
		KJ	per 100g 1038	per portion (g) 1351
	Vienna Roll (54%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, RYE Flour, Yeast,	Kcal	248	323
	Salt (Anti-Caking Agent: E535), Malted WHEAT Flour, Improver (WHEAT Flour, Emulsifier: E472e, Ascorbic Acids, Sunflower Oil,	Fat	9.3	12
Bacon Ciabatta Roll	Enzymes), Improver IBIS (Fortified WHEAT Flour, Enzymes, Sunflower Oil)], Bacon* (31%) [Pork Belly, Salt, Rosemary Extract, Antioxidant: Sodium Ascorbate (E301), Preservative: Sodium Nitrite (E250)], Ballymaloe Relish (12%) [Tomatoes (41%), Vinegar, -	Sat	Sat <b>2.5</b> Carbs <b>28</b>	3.3
Bacon Claballa koli	Sugar, Onions, Sultanas, Tomato Puree (5%) Sea Salt, MUSTARD Seed, Spices1, Spread (3%) [Vegetable Oils (Rapeseed, Palm), _	Carbs		37
	Water, Reconstituted Butter MILK (3%), Salt (1.5%), Emulsifier (Mono and Di Glyceride of Fatty Acids), Stabiliser (Sodium	Sugar	4.1	5.3
	Alginate), Preservative (Potassium Sorbate), Vitamin A & D, Flavouring, Colour (Carotenes)].	Protein	12	16
		Salt	1.9	2.5
		Portio	n weight (g)	133

Molled Broof (WHEAT Flour, WHEAT Flour, Colcium corbonate, Iron, Nacin, Thiomie), Water, Yeast, SARLEY, Solt, Emulatiers, WHEAT Flour, Colcium corbonate, Iron, Nacin, Thiomie), Water, Yeast, SARLEY, Solt, Emulatiers, WEAT Profess, Water A Profe		SANDWICHES			
Mortee Broad (WHEAT Flow Colcium corbonate, inc. N. Apetin, Timorini, Water, Yeart BARLEY Sait, Emplifier (Morto and disposed policy) where an offers on other disposed and foliation programmed and the control of the	PRODUCT	INGREDIENTS	N	. INFO	
### Protein Vegelable Oils (Palm, Ropesed), Mail Estinac (RABEE), Mached WHEAT, Preservative (Colicium propionate), Fol. 1 12 ### Protein Vegelable Oils (Palm, Ropesed), Mail Estinac (RABEE), Mached WHEAT, Preservative (Colicium propionate), Fol. 1 12 ### Protein Vegelable Oils (Palm, Ropesed), Mail Estinac (RABEE), Mached Merch, Palmeson Maryonnaise (Mayonnaise (Rapesed Oil, Moter, Fee Rope Postularised Sci and 150 across (Rapesed Oil, Moter, Fee Rope Postularised Sci and 150 across (Rapesed Oil, Moter, Fee Rope Sci and 150 across (Rapesed Oil), Moter, Fee Ronge Egg Mayo Sandwich  **Chicken & Stuffing Sandwich**  Chicken & Stuffing Sandwich**		Malted Bread IWHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers		784	1514
Chargrilled Chicken Solad Sandwich   Chargrilled Chicken   235   Chicken   Singer,   Sol.   13   2.5					
Storch, Whey Protein (MULL), Stobilise (Guir Coum), 50th Vinegor, Yeast Estract, Parmeson Myogar, seman Juice Concentrale, Antiboxidant (Colcium disodium EDIA), Royacuting, Paprika Estract), Parmeson (MULL), Preservative (Lysaxyme (EGG)), Inmote, Antiboxidant (Colcium disodium EDIA), Royacuting, Paprika Estract), Parmeson (MULL), Preservative (Lysaxyme (EGG)), Inmote, Stories, Antiboxidant (Colcium disodium EDIA), Royacuting, Paprika Estract), Parmeson (MULL), Preservative (Lysaxyme (EGG)), Inmote, Stories, Antiboxidant (Colcium carbonate, Inn., Naice, Inmote), Water, Yeast, BARLEY, Salt, Emulsifiers (E37), E372, E381), WHEAT Potein, Vegetable Oils (Palm, Ropesed), Molf Estract (BARLEY), Milled WHEAT, Preservative (E28), WHEAT Flour, Naice (Public (E47), E372, E381), WHEAT Potein, Vegetable Oils (Palm, Ropesed), Molf Estract (BARLEY), Milled WHEAT, Preservative (E38), William (E37), Salt, Versal Estract), Sagar, Salt, Colcium carbonate, Inn., Naice, Rose, Barley, Vegetable (Mull), Chicken, Brine (Water, Yeast, Salt), Water, Salt, Water, Salt, Water, Salt, Water, Salt, Water, Salt, Sa					
(Ropeseed Oil, Meter, Free Kange Prateurised EGO and EGO Yolk, Spirlt Vinegar, Solt, Sugar, Lemon Juice Concentrate, Antioxidant (Calcium disodium EDIA), Rovouring, Poprilo Editors, Dynamosan ((MUK), Preservative (Lyosyme (EGG)), Tomoto, Cucumber, Apollo Leaf.  Motiled Broad (WHEAT Flour, (WHEAT Flour, Calcium corbonate, Iron, Niacin, Thiomin), Worler, Yeard, SARLEY, Solt, Emulsifiers (EAT), EZZ, 26(3), WHEAT Flour, Niacin, Properties (EAT), EZZ, 26(3), WHEAT Flour, Poprilo Collis, Poprilo Collis, Collis, Solt (EAT), EZZ, 26(3), WHEAT Flour, Poprilo Collis, Collis, Solt (EAT), EZZ, 26(3), WHEAT Flour, Poprilo Collis, Collis, Solt (EAT), EZZ, 26(3), WHEAT Flour, Weep Poprilo (EAT), Flour Floure, Apoll (ESQ)), Chicken (EAS), Solt (EAT), EZZ, 26(3), Wheat Flour, Wheat Poprilo (EAT), Flour Floure, Apoll (ESQ)), Chicken (EAS), Solt (EAT), EZZ, 26(3), Wheat Flour, Colcium corbonate, Iron, Niacin, Thiomin), Worler, Yeast, SARLEY, Solt, Emulsifiers (EAT), EZZe, E48(3), Wheat Flour, Wheat Flour, Colcium corbonate, Iron, Niacin, Thiomin), Worler, Yeast, SARLEY, Solt, Emulsifiers (EAT), EZZe, E48(3), Wheat Flour, Wheat Flour, Weeperloble Oils (Floirin, Ropeseed), Minister (EAX), Acid Reveal (ESQ)), Flour Solt, Acid Soldium Edul, Flour (WHEAT Flour, Colcium corbonate, Iron, Niacin, Thiomin), Worler, Yeast, SARLEY, Solt, Emulsifiers (EAT), EZZe, E48(3), Wheat Flour, Wheat Flour, Colcium corbonate, Iron, Niacin, Thiomin), Worler, Yeast, SARLEY, Solt, Emulsifiers (EAT), EZZe, E48(3), Wheat Flour, Wheat Flour, Colcium corbonate, Iron, Niacin, Thiomin), Worler, Yeast, SARLEY, Solt, Emulsifiers (EAT), EZZe, E48(3), Wheat Flour, Wheat	Chargrilled Chicken Salad Sandwich				
Antioxidant (Calcium disodium EDÍA), Flavouring, Poprike Estract), Parmesun ((MIK), Preservative (Lysozyme (EGG)), Jonato, 207 14.  Position 10 20 20.  Solit 0.7 14.  Position 10 20 20.  Solit 0.7 14.  Position veright (a) 193 per 100g per portion (g) (g) 193 per 100g per portion (g) 193 per 100g per portion (g) 193 per 100g per portion (g) 193 years (g) 193 per 100g per portion (g) 193 years (g) 193 year					
Mailed Bread   WHEAT Flour   WHEAT Flour, Calcium carbonate, Iron, Nacin, Thiomin), Water, Yeast, BARLEY, Soil, Emulsifiers   Soil 1, 27   1.4					
Malted Bread  WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifies (SAP), WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifies (SAP), WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Veast, BARLEY, Salt, Emulsifies (SAP), Salt, Salts (SAP), Water, Sugar, Starch, Glucose (SAP), Sobiliser (SEAI), Potato Starch, where Protein (MIAL), Clinic Manual (SAP), Clinic		Cucumber, Apollo Leaf.			
Malted Bread (WHEAT Flour (WHEAT Flour, Calcium corbonate, Iron, Nacin, Thiomin), Water, Yeast, BARLEY, Salt, Emulsifiers (E.271, E472, E481), WHEAT Flourin, Vegetable Dils (Poinn, Ropesseed), Mall Estract (BARLEY), Malted WHEAT, Preservative (E282), Meta Transfer (E541), Potato Storch, Where Potatin (MILK), Emulsifier (E412), Salt, Vinegar, Yeast Extract), Sage & Onion Sulfright (E541), Potato Storch, Where Potatin (MILK), Emulsifier (E412), Salt, Vinegar, Yeast Extract), Sage & Onion Sulfright (E541), Potato Storch, Where Potatin (MILK), Clins Einber, Vegeta, Salt, Water, Repesseed Oil, Onion, Sage, Paralley, Salt, Pepperl), Moyornatise (Water, Yeast, Barley, Yeast, Barley, Yeast, Barley, Yeast, Barley, Yeast, Barley, Salt, Emulsifier (E471), Flavouring, Calcium carbonate, Iron, Nacin, Thiomin), Water, Vesst, Barley, Salt, Emulsifiers (E471), Flavouring, Calcium carbonate, Iron, Nacin, Thiomini, Water, Yeast, Barley, Salt, Emulsifiers (E471, E472e, E481), WHEAT Flour, Calcium carbonate, Iron, Nacin, Thiomini), Water, Yeast, Barley, Salt, Emulsifiers (E471, E472e, E481), WHEAT Flour, Calcium carbonate, Iron, Nacin, Thiomini), Water, Yeast, Barley, Salt, Emulsifiers (E471, E472e, E481), WHEAT Flour, Calcium carbonate, Iron, Nacin, Thiomini), Water, Yeast, Barley, Salt, Emulsifiers (E471, E472e, E481), WHEAT Flour, Calcium carbonate, Iron, Nacin, Thiomini), Water, Yeast, Barley, Salt, Emulsifiers (E471, E472e, E481), WHEAT Flour, Calcium carbonate, Iron, Nacin, Thiomini), Water, Yeast, Barley, Salt, Emulsifiers (E471, E472e, E481), WHEAT Flour, Calcium carbonate, Iron, Nacin, Thiomini), Water, Yeast, Barley, Salt, Emulsifiers (E471, E472e, E481), WHEAT Flour, Calcium Carbonate, Iron, Nacin, Thiomini), Water, Yeast, Barley, Salt, Fruidsifiers (Markey, Machael Saltey, Flouring, Salt), Water, Yeast, Barley, Salt, Fruidsifiers, Salt,					
Molled Bread (WHEAT Flour (WHEAT Flour, Colcium carbonate, Iron, Nacin, Thiomin), Water, Yeast, BARREY, Solt, Emulsifiers (Ed71, E472, E481), WHEAT Floralin, Vegetable Oils (Planin, Respeed), Moll Edrace (RAREY), Molled WHEAT, Pissarvialine (E282), Metha Brain, Molled BARREY, Roll on the Markey, Protein (MILL), Emulsifier (E47), Uniquer, Yeast Extractly, Soga & Activacily, Soga & Activacily					
E471. E472. E481), WHEAT Frotein, Vegetable Oils (Polm, Ropesseed), Molf Extract (BARLEY, Molfred WHEAT, Preservative (E282), Molfred Standard Rom, Molfred BaRLEY, Router forment Algent (E390), Chicken 2595 (Chickens, Brine (Worter, Sugar, Standard), Worter, Vegar, Stabiliser (E541), Polato Starch, Whep Protein (MILK), Emulsifier (E412), Solf, Vengar, Vegar Standard, Worter, Sugar, Standard, Sugar, Standard, Standar		Malted Bread [WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers	ΚI		
Syrup, Stabiliser (ESA). Potato Starch, Weip Potate (MIKL), Emulsifier (E47), Sail, Vinegar, Vesa Estracid, Sog & Onion Stuffing (12%) [Readcrumb (WHEAT Flour, Calcium carbonate, Iron, Nicoria, Titorian), Water, Yeast, Sail, Weip Carbon, Weip Potation (MIKL), Emulsifier (E47), Sail, Vinegar, Vesa Estracid, Sog & Onion Stuffing (12%) [Readcrumb (WHEAT Flour, Calcium carbonate, Iron, Nicoria, Thiomin), Water, Yeast, Sail, Weip Carbon, Weip Carbo					
Stuffing (12%) [Breadcrumb (WHEAT Flour (WHEAT Flour, Calcium corbonate, Iron, Niccin, Thiomin), Water, Yeast, Sat)], Water, Ropeseed Oil, Onton's Osg. Parisley, Sat). Fepppel)], Mayornadise (Water, Ropeseed Oil, Modified Maise Strach, Poraleusised Carbs 25 42  Ropeseed Oil, Onton's Osg. Parisley, Sat). Fepppel)], Mayornadise (Water, Ropeseed Oil, Modified Maise Strach, Poraleusised Carbs 25 42  MUSTARD Fowder, Lemon Juice Concentrate. Papitica Extracts, Antioxidam (E385)], Vegetable for 15 spread (Vegetables oil Spread (V					
Chicken & Stuffling Sandwich  Ropeseed Oil, Onion, Sage, Paraley, Sott, Pepper)], Mayonanaies (Water, Ropeseed Oil, Modified Marize Stanch, Pasteurised EGG EGG Yolk, Spirit Vinegor, Sough Cancer Provider (MILK), Citure (EXD), Acidify Regulator (E300), Edge EGG Yolk, Spirit Vinegor, Sough Cancer Provider (E471), Havouring Colour (E104d), Vitamins A and D).  MostaRD Powder, Lemon Juice Concentrate, Papirika Extracts, Antioxidant (E385)], Vegetable Fol Spread (Vegetable Oils in varying proportions (Repeased, Pain, Suniflower), Water, Sall, BUTERMILK, Preservative (E202), Acidify Regulator (E300), Sall 1.1 1.8  Portion weight (1) 1.1 1.8  Portion weight (1) 1.9  Molted Bread (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (E471, E472e, E481), WHEAT Floir, Vegetable Oils (Palm, Ropeseed), Mall Extract (BARLEY), Malted BARLEY, Flour Treatment Agent (E300)), Coffee Cured Baccon (16%), [Port Relly, Sugar, Salt, Cold Brewed Coffee, Stabiliser (E451), Maltodead Market Stancer (E471), Edge Coffee, Stabiliser (E451), Maltodead Market Stancer (E471), Edge Coffee, Stabiliser (E451), Maltodead Market Stancer (E471), Edge Coffee, Stabiliser (E451), Maltodead Market, Flour Treatment Agent (E301), Edge Coffee, Stabiliser (E451), Maltodead Market, Flour Treatment Agent (E301), Edge Coffee, Stabiliser (E471), Maltodead Market, Flour Treatment Agent (E301), Edge Coffee, Stabiliser (E471), Maltodead Market, Flour Treatment Agent (E301), Edge Coffee, Stabiliser (E471), Maltodead Market, Flour Representative (E301), Edge Coffee, Stabiliser (E471), Maltodead Market, Flour Representative (E301), Edge Coffee, Stabiliser (E471), Maltodead Market, Flour Representative (E301), Edge Coffee, Stabiliser (E471), Maltodead Market, Flour Representative (E301), Edge Coffee, Stabiliser (E471), Maltodead Market, Flour Representative (E301), Edge Coffee, Stabiliser (E471), Maltodead Market, Flour Representative (E301), Edge Coffee, Stabiliser (E471), Maltodead Market, Flour Representative (E301), Edge					
EGG, EGG Yolk, Spirlf Vinegar, Sugar, Salt, Cream Powder (MILIX), Citrus Fiber, Preservative (E202), Stabilisers (E412, E415), MUSTARD Powder, Lemon Juice Concentrate, Papinic Extracts, Antioxidant (E385), Vegetable Fd1 Spread (Yegetable Citis in Varying proportions (Rapeseed, Palm, Sunflower), Water, Salt, BUTTEKMILK, Preservative (E202), Acidity Regulator (E300), Salt 1.1 1.8 Portion weight (g) Salt 1.1 1.8 Portion weight (g) Per portion (g) III 1.1 1.8 Portion weight (g) Per portion	Chicken & Stuffing Sandwich				
### AUSTARD Powder, Lemon Julice Concentrate, Proprike Extracts, Antioxidant (E385)], Vegetable Fat Spread (Vegetable Oils in varying proportions (Rapesseed, Palm, Sunflower), Water, Salt, BUTTERMILK, Preservative (E202), Acidity Regulator (E300), Solt 1.1 1.18     Solt 1.1		EGG, EGG Yolk, Spirit Vinegar, Sugar, Salt, Cream Powder (MILK), Citrus Fibre, Preservative (E202), Stabilisers (E412, E415),			
Salt 1.1 Emulsifier (E471), Rayouring Colour (E106a), Vitamins A and D).  Salt 1.1 Portion weight (g) per 100g					
Maited Bread (WHEAT Flour, Colcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (E47), E472e, E481), WHEAT Flour, Colcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (E47), E472e, E481), WHEAT Flour, Celcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (E47), E472e, E481), WHEAT Flour, Celcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (E47), E472e, E481), WHEAT Flour, Celcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (E47), E472e, E481), WHEAT Flour, Celcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (E47), E472e, E481), WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (Mono and diglycerides of fatty acids, Sodium stearoy) (Calcium Gardon), Carded Black Pepper), Free Range Egg Mayo Sandwich (V)  **Protein Meight (g) Per portion (g) KJ 1087 (Garba 114					
Malted Bread (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers [E471, E472e, E481], WHEAT Protein, Vegetable Oils (Palm, Rapeseed), Malt Extract (BARLEY), Malted BARLEY, Hour Treatment Agent (E300)]. Coffee Cured Baccon (16%), I Prot Relly, Sugar, Salt, Cold Brewed Coffee, Stabiliser (E451), Maltodæxtrin, Natural Flavouring, Anticaking Agent (E552), Antioxidant (E301), Preservative (E250)], Tomato (16%), Pepper Mayonanoise (11%) (Mayonanoise (Rapeseed Oil, Water Free Range Pasteurised EGG and EGG Yolk, Spirit Vinegar, Salt, Sugar, Lemon Juice Concentrate, Antioxidant (E385), Flavouring, Colouring (E160a)), Cracked Black Pepper], Apollo Leaf.  Protein 9.1 16 Salt 1.2 2.2 Portion weight (g) per protion (g) KJ 1087 2176 Protein 9.1 16 Salt 1.2 2.2 Portion weight (g) per protion (g) KJ 1087 2176 Per protein 9.1 176 per protion (g) KJ 1087 2176 2176 34 34 34 35 35 35 35 35 35 35 35 35 35 35 35 35		Emulsiller (E471), Flavouring Colour (E106a), Vitamins A and Dj.			
Malted Bread [WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (E471, E472e, E481), WHEAT Protein, Vegetable Oils (Palm, Rapeseed), Malt Extract (BARLEY), Malted BARLEY, Flour Treatment Agent (E300)), Coffee Cured Baccon (16%), (Pork Belly, Sugar, Salt, Cold Brewed Coffee, Stabiliser (E451), Maltodextrin, Natural Flourouring, Anticoking Agent (E552), Antioxidant (E301), Proservative (E250)), Tomato (16%), Pepper Mayonnaise (11%) (Mayonnaise (Rapeseed Oil, Water Free Range Paseurine (E250)), Tomato (16%), Pepper Mayonnaise (11%) (Mayonnaise (Rapeseed Oil, Water Free Range Paseurine, E250)), Tomato (16%), Pepper Mayonnaise (11%) (Mayonnaise (Rapeseed Oil, Water, Free Range Paseurine, E250)), Tomato (16%), Pepper Mayonnaise (11%) (Mayonnaise (Rapeseed Oil, Water, Free Range Paseurine, East (E451)), Malted Bran, Veast, Malt Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, OATS, WHEAT Bran, Yeast, Malt Flour (BARLEY), WHEAT Gluten, Salt, Vegetable Oils (Palm, Rapeseed), Emulsifiers (Mono and diacetyl tartaric esters of mono and diglycerides of fathy acids, Sodium steroyl lactylate, Mono and diglycerides of fathy acids, Sodium steroyl lactylate, Mono and diglycerides of fathy acids, Sodium steroyl lactylate, Mono and diglycerides of fathy acids, Sodium steroyl lactylate, Mono and diglycerides of fathy acids, Sodium steroyl lactylate, Mono and diglycerides of fathy acids, Sodium steroyl (Calcium disodium EDTA), Flovouring, Poppinate Stract, Plavouring, Poppinate Stract, Plavouring					
Malted Bread (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers [E471, E472e, E481), WHEAT Protein, Vegetable Oils (Palm, Rapeseed), Malt Extract (BARLEY), Malted BARLEY, Flour Treatment Agent (E300)], Coffee Cured Bacon (16%), Pork Belly, Sugar, Salt, Cold Brewed Coffee, Stabiliser (E451), Maltodextrin, Natural Sat 3.3 5.9.  [Mayonnaise (Rapeseed Oil, Water Free Range Pasteurised EGG and EGG Yolk, Spirit Vinegar, Salt, Sugar, Lemon Juice Concentrate, Antioxidant (E385), Flavouring, Colouring (E160a)), Cracked Black Pepperl, Apollo Leaf.  Oatmeal Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, OATS, WHEAT Bran, Yeast, Malt Flour (BARLEY), WHEAT Glotten, Salt, Vegetable Oils (Palm, Rapeseed), Emulsifiers (Mono and diglycerides of fathy acids, Spirit Vinegar, Salt, Lemon Juice and Legover (Calcium disodium ED1A), Flavouring, Paprike Extract), Dijon MUSTARD (Water, MuSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (Citric Acid)), Cornflour, Cracked Black Pepper), Free Range EGG (2.1%).  Malted Bread (47%) [WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (Mono and diglycerides of fathy acids, Sodium stearoy) Leaf (Salt) (S			K.I		
Classic BLT Sandwich  Classic Black Pepper, Apollo Leaf.  Sugar Sandwich  Clas		Noted Proof INVESTED IN INVESTED IN Color of Col			
Agent (E300)], Coffee Cured Baccon (16%), [Pork Belly, Sugar, Salt, Cold Brewed Coffee, Stabiliser (E451), Maltadextrin, Natural Flavouring, Anticaking Agent (E552), Antioxidant (E301), Preservative (E250)], Tomato (16%), Pepper Mayonnaise (11%) Carbs 27 48  Sugar 2.3 4.0  Sugar 2.3 4.0  Frotein 9.1 16  Solt 1.2 2.2  Portion weight (g)  per 100g  per 10g  per 1					
Mayonnaise (Rapeseed Oil, Water Free Range Pasteurised EGG and EGG Yolk, Spirit Vinegar, Salt, Sugar, Lemon Juice   Carbs 27	Classic DITC and desire		Sat	3.3	5.9
Concentrate, Antioxidant (E385), Flavouring, Colouring (E160a)), Cracked Black Pepper], Apollo Leaf.    Protein   9.1   16     Salt   1.2   2.2     Partion weight (g)   176     Protein   9.1   108     Protein   9.1   108     Salt   1.2   2.2     Partion weight (g)   176     Protein   9.1   1087     Pert 100g   Per 100g     Per 10g     Per 10g	Classic BLI Sanawich		Carbs	27	48
Protein 7.1 16 Salt 1.2 2.2 Portion weight (g) 176 per 100g KJ 1087 2196  Carmeal Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, OATS. WHEAT Bran, Yeast, Malt Flour (BARLEY), WHEAT Gluten, Salt, Vegetable Oils (Palm, Rapesed), Emulsifiers (Mono and diacetyl tartaric esters of mono and diglycerides of forthy acids, Sodium stearoy) lachylate, Mono and diglycerides of forthy acids, Sodium stearoy lachylate, Mono and diglycerides of forthy acids, Sodium stearoy) lachylate, Mono and diglycerides of forthy acids, Sodium stearoy, Industry (Calcium (Calcium disodium EDTA), Flour (green and EGG Yolk, Spirit Vinegar, Sugar, Salt, Lemon Juice, Antioxidant (Calcium disodium EDTA), Flavouring, Paprika Extract), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (Citric Acid)), Cornflour, Cracked Black Pepper), Free Range EGG (2.1%).  Malted Bread (47%) (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (Mono and diglycerides of fatty acids, Sodium stearoy)  Malted Bread (47%) (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (Mono and diglycerides of fatty acids, Sodium stearoy)  Malted Bread (47%) (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (Mono and diglycerides of fatty acids, Sodium stearoy)  Malted Bread (47%) (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (Mono and diglycerides of fatty acids, Sodium stearoy)			Sugar	2.3	4.0
Portion weight (g) per 100g per 100g per 101g per 100g per 101g per 100g per 101g per 100g per 101g pe			Protein	9.1	16
Odtmeal Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, OATS, WHEAT Bran, Yeast, Malter Plour (BARLEY), WHEAT Gluten, Salt, Vegetable Oils (Palm, Rapeseed), Emulsifiers (Mono and diacetyl tartaric esters of mono and diglycerides of fatty acids, Praeservative (Calcium propionate), Flour Treatment Agent (Ascorbic Acid), EGG Mayonnaise (40%) [[Free Range EGG (60%), Mayonnaise (Rapeseed Oil, Water, Free Range Pasteurised EGG and EGG Yolk, Spirit Vinegar, Sugar, Salt, Lemon Juice, Antioxidant (Calcium disodium EDTA), Flavouring, Paprika Extract), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (Citric Acid)), Cornflour, Cracked Black Pepper], Free Range EGG (2.1%).  Malted Bread (47%) [WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (Mono and diglycerides of fatty acids, Sodium stearoy)  Malted Bread (47%) [WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (Mono and diglycerides of fatty acids, Sodium stearoy)  Malted Bread (47%) [WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (Mono and diglycerides of fatty acids, Sodium stearoy)  Malted Bread (47%) [WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (Mono and diglycerides of fatty acids, Sodium stearoy)  Malted Bread (47%) [WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (Mono and diglycerides of fatty acids, Sodium stearoy)  Malted Bread (47%) [WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (Mono and diglycerides of fatty acids, Sodium stearoy)  Malted Bread (47%) [WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (Mono and diglycerides of fatty acids, Sodium stearoy)  Malted Bread (47%		_			
Oatmeal Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, OATS, WHEAT Bran, Yeast, Malt Kacl 260 525  Free Range Egg Mayo Sandwich (V)  Free Range Egg Mayo Sandwich (V)  (V)  Regulator (Calcium disodium EDTA), Flour information, Paprika Extract), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (Citric Acid)), Cornflour, Cracked Black Pepper), Free Range EGG (2.1%).  Malted Bread (47%) (WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, OATS, WHEAT Bran, Yeast, Malted Bread (47%) (WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, OATS, WHEAT Bran, Yeast, Malted Bread, (47%) (WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, OATS, WHEAT Bran, Yeast, Malted Bread, (47%) (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, OATS, WHEAT Bran, Yeast, Malted Bread, WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, OATS, WHEAT Bran, Yeast, Malted Bread, WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, OATS, WHEAT Bran, Yeast, Malted Bread, WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, OATS, WHEAT Bran, Yeast, Malted Bread, WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, OATS, WHEAT Bran, Yeast, Malted Bread, WHEAT Flour, WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, OATS, WHEAT Bran, Yeast, Malted, Salt, Water, Wat			Portion		
Odmed Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, OATS, WHEAT Bran, Yeast, Malt Flour (BARLEY), WHEAT Gluten, Salt, Vegetable Oils (Palm, Rapseed), Emulsifiers (Mono and diacyt) tartiaric esters of mono and diglycerides of fothy acids, Sodium stearoy) tachylate, Mono and diglycerides of fothy acids, Sealth (Calcium and diglycerides of fothy acids, Sealth (Palm, Rapseed), Emulsifiers (Mono and diacyt) relating (Palm, Rapseed), Palm, Rapseed), Palm, Rapseed, Pa		Flour (BARLEY), WHEAT Gluten, Salt, Vegetable Oils (Palm, Rapeseed), Emulsifiers (Mono and diacetyl tartaric esters of mono and diglycerides of fatty acids), Erservative (Calcium propionate), Flour Treatment Agent (Ascorbic Acid)), EGG Mayonnaise (40%) [[Free Range EGG (60%), Mayonnaise (Rapeseed Oil, Water, Free Range Pasteurised EGG and EGG Yolk, Spirit Vinegar, Sugar, Salt, Lemon Juice, Antioxidant (Calcium disodium EDTA), Flavouring, Paprika Extract), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity			
Flour (BARLEY), WHEAT Gluten, Salt, Vegetable Oils (Palm, Rapeseed), Emulsifiers (Mono and diacetyl tartaric esters of mono and diglycerides of fatty acids, Sodium stearoyl lactylate, Mono and diglycerides of fatty acids, Preservative (Calcium propionate), Flour Treatment Agent (Asorbic Acid)], EGG Mayonnoise (40%) [Ifere Range EGG (60%), Mayonnoise (40%) [Ifere					
Free Range Egg Mayo Sandwich (V)  and diglycerides of fathy acids, Sodium stearoy lactylate, Mono and diglycerides of fathy acids, Preservative (Calcium propionate). Flour Treatment Agent (Ascorbic Acid), EGG Mayonnosise (Ropeseed Oil, Water, Free Range Pasteurised EGG and EGG Yolk, Spirl Vinegar, Sugar, Salt, Lemon Juice, Antioxidant (Calcium disodium EDTA), Flavouring, Paprika Extract), Dijon MUSTARD (Water, MUSTARD Seeds, Spirlt Vinegar, Salt, Acidity Regulator (Citric Acid)), Cornflour, Cracked Black Pepper], Free Range EGG (2.1%).  Matted Bread (47%) (WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (Mono and diglycerides of fathy acids, Sodium stearoy)  Matted Bread (47%) (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (Mono and diglycerides of fathy acids, Sodium stearoy)  Matted Bread (47%) (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (Mono and diglycerides of fathy acids, Sodium stearoy)  Matted Bread (47%) (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (Mono and diglycerides of fathy acids, Sodium stearoy)  Matted Bread (47%) (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (Mono and diglycerides of fathy acids, Sodium stearoy)  Matted Bread (47%) (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Barley, Salt, Emulsifiers (Mono and diglycerides of fathy acids, Sodium stearoy)  Matted Bread (47%) (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Barley, Salt, Emulsifiers (Mono and diglycerides of fathy acids, Sodium stearoy)  Matted Bread (47%) (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Barley, Salt, Emulsifiers (Mono and diglycerides of fathy acids, Sodium stearoy)					
Propionate), Flour Treatment Agent (Ascorbic Acid)], EGG Mayonnoise (40%) [[Free Range EGG (60%), Mayonnoise (40%) [Gree Range EGG (60%), Mayonnoise (40%) [Gree Range EGG (60%), Mayonnoise (40%) [Free Range EGG (60%), Mayonnoise (40%) [Gree Range EGG (60%), Mayonnoise (40%) [Gree Range EGG (60%), Mayonnoise (40%) [Gree Range EGG (60%), Mayonnoise (40%) [Free Range EGG (60%), Mayonnoise (40%) [Free Range EGG (60%), Mayonnoise (40%) [Free Range EGG (60%), Mayonnoise (40%) [Gree Range EGG (60%), Mayonnoise (40%) [Free Range					
(Rapeseed up.), Water, Free Kange Posteursea Bed and Edd Tolk, Splirt Vinegar, Sugar, Salt, Leanny Jurice, Antioxidant (Calcium disodium EDIA), Patovining, Paprika Extract), Dijon MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Protein 9.2 19  Regulator (Citric Acid)), Cornflour, Cracked Black Pepper], Free Range EGG (2.1%).  Sugar 1.5  Sugar 1.5  Sugar 1.5  Sugar 1.5  Sugar 1.5  Sult 0.6  Protein 9.2  1.2  Protein weight (g) 202  per 100g per portion (g)  Mathed Bread (47%) (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (Mono and diglycerides of fatty acids, Acetic acid esters of mono and diglycerides of fatty acids, Sodium stearoyl  Kzul 1008  Kzul 241  462					
Regulator (Citric Acid)), Cornflour, Cracked Black Pepper), Free Range EGG (2.1%).   Protein   9.2   19					
Salt 0.6 1.2 Portion weight (g) 202 per 100g per prition (g)  Malted Bread (47%) [WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (Mono and diglycerides of fatty acids, Acetic acid esters of mono and diglycerides of fatty acids, Sodium stearoyl  Kcal 241 462					
Portion weight (g) 202 per 100g per p010g  Malted Bread (47%) [WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt, Emulsifiers (Mono and diglycerides of fatty acids, Acetic acid esters of mono and diglycerides of fatty acids, Sodium stearoyl  Kcal 241 462					
Malted Bread (47%) [WHEAT Flour, WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt,  Emulsifiers (Mono and diglycerides of fatty acids, Acetic acid esters of mono and diglycerides of fatty acids, Sodium stearoyl  Kcal  41  462					
Malted Bread (47%) [WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, BARLEY, Salt,  Emulsifiers (Mono and diglycerides of fatty acids, Acetic acid esters of mono and diglycerides of fatty acids, Sodium stearoyl  Kcal 241 462	Tuna, Red Pepper & Rocket Sandwich				
Emulsifiers (Mono and diglycerides of fatty acids, Acetic acid esters of mono and diglycerides of fatty acids, Sodium stearoyl Kcal 241 462			KJ		
			Sat	1.5	2.9
			Carbs	25	47
			Sugar	1.9	3.7
			Protein	11	21
Glucose Syrup), Red Pepper (7.3%), Rocket (4.2%). Salt 0.9 1.7		Glucose Syrup], Red Pepper (7.3%), Rocket (4.2%).	Salt	0.9	1.7
Portion weight (g) 192			Portion	n weight (g)	192



Version 4 Issued: 18/03/2021

### **SCONES**

PRODUCT	INGREDIENTS	NUTRITIONAL INFO
Plain Scone (V)	Flour ( <b>WHEAT</b> Flour ( Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk ( <b>MILK</b> ), Rapeseed oil, Sugar, Raising Agent: (Sodium Bicarbonate, <b>WHEAT</b> Flour) <b>EGG</b> ), Salt. May contain BARLEY, OAT and SOYA. Produced in an environment that handles nuts.	per 100g  KJ 1356  Kcal 322  Fat 11.1  Sat 5.7  Carbs 41  Sugar 12.2  Protein 7.2  Satt 2
Fruit Scone (V)	Flour ( <b>WHEAT</b> Flour ( Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk ( <b>MILK</b> ), <b>EGG</b> , Rapeseed Oil, Sultanas (4%), Sugar, Raising Agent: (Sodium Bicarbonate, <b>WHEAT</b> Flour), Salt.  May contain BARLEY, OAT and SOYA Produced in a Bakery handling nuts.	per 100g KJ 1368 Kcal 324 Fat 7.4 Sat 1.2 Carbs 40.7 Sugar 8.8 Protein 5.3 Salt 2.7
Cherry Scone (V)	Flour (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk (MILK), Rapeseed Oil, Glace Cherries (cherries (4%), glucose fructose syrup, sucrose, colour: Erythrosine), Preservative (SUIPHUR DIOXIDE), Sugar, Raising Agent: (Sodium Bicarbonate, Wheat Flour) EGG), Salt.  May contain BARLEY, OAT and SOYA Produced in a Bakery handling nuts.	Per 100g     K.J

### **YOGHURTS & FRUIT POTS**

PRODUCT	INGREDIENTS NU			UTRITIONAL INFO	
Clandeboye Strawberry Yoghurt	Yoghurt (86%) ( <b>MILK</b> ), Strawberry Preparation (13%) (Strawberry Puree, Sugar, Flavouring), Sugar.	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 418 100 3.9 1.6 12.9 11.1 3.1 0.1	per portion (g) 627 150 5.9 2.4 19.4 16.7 4.7 0.2	
Clandeboye Toffee Yoghurt	Yoghurt (86%) (MILK), Toffee Sauce (13%), {Water, Sugar, Glucose Syrup, Stabiliser (Maize Starch), Sweetened Condensed MILK (MILK, Sugar), Salted Butter (MILK, Salt), Sugar Syrup, Flavouring, Salt, Preservative (Potassium Sorbate), Acidity Regulator (Lactic Acid)), Sugar.	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 452 108 4.7 2.2 12.7 10.3 3.6 0.1 n weight (g)	per portion (g) 678 162 7.1 3.3 19.1 15.5 5.4 0.2	
Clandeboye Mango Snack Pot	Greek Style Yoghurt (64%) [MILK. Cultures], Mango Compote (18%) [Mango, Sugar, Water, Starch (Waxy Maize), Stabiliser (Pectin), Natural Flavouring], Granola (18%) [OATS (GLUTEN) Flakes, BARLEY (BARLEY) Flakes, Sugar, Rapeseed Oil, Black Treacle, Sunflower Seeds], a	KJ Kcal Fat Sat Carbs Sugar Protein Salt Portiol	per 100g 695 166 6.8 3.5 20.6 10.7 4.6 0.1 n weight (g)	per portion (g) 973 232 9.5 4.9 28.8 15.0 6.4 0.1	
Seasonal Fruit Salad (Vg)	Pineapple (28%), Apple (20%), Cantaloupe Melon (18%), Mango (18%), Kiwi (10%), Blueberries (5%).	KJ Kcal Fat Sat Carbs Sugar Protein Salt	per 100g 192 45.7 0.3 0.0 10.8 9.2 0.7 0.0 n weight (g)	per portion (g) 472 113 0.7 0.1 26.6 22.7 1.6 0.0 247	



Version 4 Issued: 18/03/2021

### CRISPS

	CKISI S				
PRODUCT	INGREDIENTS		NUTRITIONAL INFO		
		KJ	per 100g 2142	per portion (g) 1071	
	·	Kcal	513	257	
		Fat	29.9	15	
O'Donnell's Salt & Vinegar Crisps	Potato, Sunflower Oil, Irish Cider Vinegar and Sea Salt Flavour (Flavourings, Sea Salt, Maltodextrin, Yeast Extract, Sugar,	Sat	2.5	1.2	
(V)	Dehydrated Apple, The Apple Farm Cider Vinegar Powder). May contain traces of MILK.	Carbs	54.2	27.1	
. ,	-	Sugar	1.2	0.6	
		Protein	5.2	2.6	
		Salt	2.3	1.1	
		Portio	n weight (g)	50	
			per 100g	per portion (g)	
	_	KJ	2136	1068	
		Kcal	511	256	
		Fat	28.8	14.4	
	Potato, Sunflower Oil, Mature Irish Cheese & Red Onion Flavour (Onion Powder, Sugar, Yeast Extract, Cheese Powder (MILK),	Sat	2.4	1.2	
(V, GF)	Salt, Butter <b>MILK</b> Powder, Flavourings, Irish Cheddar Cheese Powder ( <b>MILK</b> ), Colour (Paprika Extract)).	Carbs	55.7	27.8	
		Sugar	4.9	2.5	
		Protein	5.8	2.9	
		Salt	1.3	0.7	
		Portio	n weight (g)	50	
O'Donnell's Sweet Chilli Crisps (V, GF)		KJ	per 100g 2160	per portion (g) 1080	
		Kcal	517	259	
		Fat	29.4	14.7	
	Potatoes, Sunflower Oil, Sweet Chilli Flavour (Sugar, Rice Flour, Salt, Yeast Extract, Onion Powder, Spices, Tomato Powder, Garlic Powder, Herb, Colour (Paprika Extract), Flavouring). May contain traces of MILK.	Sat	2.4	1.2	
		Carbs	55.9	28	
		Sugar	4.1	2.1	
		Protein	5.5	2.8	
		Salt	1	0.6	
		Portic	n weiaht (a)	50	