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Product title	Per Serving Text	Ingredients	Allergen	Suitable for Vegetarians or Vegans	Energy				Fat		Salt		Saturates		Sugars	
					kJ		kcal		g		g		g		g	
					Per 100g As Sold	Per Serv As Sold	Per 100g As Sold	Per Serv As Sold	Per 100g As Sold	Per Serv As Sold	Per 100g As Sold	Per Serv As Sold	Per 100g As Sold	Per Serv As Sold	Per 100g As Sold	Per Serv As Sold
Garlic Loaf	per 1/4 loaf (approx. 93g)	Wheat Flour, Water, Garlic (4%), Yeast, Salt, Extra Virgin Olive Oil, Flour Treatment Agent (Ascorbic acid), Black Pepper.	Wheat	Vegetarian Vegan	1094	1017	258	240	0.9	0.9	0.9	0.9	0.2	0.2	2.0	1.9
Truly Irresistible Sourdough Bloomer	per 1/4 bloomer (approx. 94g)	Wheat Flour, Water, Salt, Yeast,	Wheat	Vegetarian Vegan	989	929	233	219	0.9	0.8	0.8	0.7	0.1	0.1	1.7	1.6
Cinnamon Swirl	per swirl (approx. 76g)	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Salt, Acidity Regulator (Citric acid), Flavouring, Vitamin A), Sugar, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Coconut Oil, Salt, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Acidity Regulator (Citric acid), Flavouring, Vitamin A), Icing Sugar, Water, Yeast, Egg Yolk (Free Range), Glucose, Cinnamon (1%), Sucrose Syrup, Glazing Agent (Isomalt), Wheat Flour, Modified Starch (Potato Starch), Cane Molasses, Colours (Calcium carbonate, Mixed carotenes), Salt, Whey Powder (Milk- Vegetarian), Dextrose, Emulsifier (Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), Skimmed milk powder, Tapioca Starch, Processing Aids (Calcium carbonate, Enzymes), Coconut Cream Powder, Gelling Agent (Agar), Stabilisers (Calcium alginate, Tetrasodium diphosphate, Disodium phosphate), Glucose Syrup, Flavouring, Flour Treatment Agent (Ascorbic acid), Preservative (Potassium sorbate), Milk Protein, Acidity Regulator (Citric acid).	Egg Wheat Milk	Vegetarian	1938	1463	465	351	29.1	22.0	0.4	0.3	12.6	9.5	17.3	13.1
Vanilla Crown Danish	per danish (approx. 86g)	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Salt, Acidity Regulator (Citric acid), Flavouring), Water, Sugar, Icing Sugar, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Coconut Oil, Salt, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Acidity Regulator (Citric acid), Flavouring), Yeast, Pasteurised Egg Yolk (Free Range), Hazelnuts, Acetylated distarch phosphate, Glucose, Whey Powder (Milk- Vegetarian), Stabilisers (Pectin, Calcium alginate, Tetrasodium diphosphate, Disodium phosphate), Glazing Agent (Isomalt), Wheat Flour, Skimmed milk powder, Coconut Oil, Colours (Calcium carbonate, Mixed carotenes), Salt, Dextrose, Emulsifier (Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), Glucose Syrup, Tapioca Starch, Flavouring, Almond Powder, Gelling Agent (Agar), Milk Protein, Flour Treatment Agent (Ascorbic acid), Preservative (Potassium sorbate), Acidity Regulator (Citric acid).	Egg Wheat Milk Nuts	Vegetarian	1585	1363	380	327	23.5	20.2	0.5	0.4	9.0	7.8	7.4	6.4
Apple Crown	per crown (approx. 89g)	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Salt, Acidity Regulator (Citric acid), Flavouring), Apple (15%), Sugar, Water, Icing Sugar, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Coconut Oil, Salt, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Acidity Regulator (Citric acid), Flavouring), Glucose - Fructose Syrup, Yeast, Pasteurised Egg Yolk (Free Range), Cornflour, Glucose, Stabiliser (Pectin), Glazing Agent (Isomalt), Wheat Flour, Lemon Juice, Colour (Calcium carbonate), Salt, Dextrose, Emulsifier (Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), Tapioca Starch, Almond Powder, Preservative (Potassium sorbate), Gelling Agent (Agar), Flavouring, Flour Treatment Agent (Ascorbic acid), Acidity Regulator (Citric acid).	Egg Wheat Nuts	Vegetarian	1523	1348	365	323	21.6	19.1	0.4	0.3	8.8	7.8	14.7	13.0
Cheese Twist	per cheese twist (approx. 76g)	Wheat Flour, Medium Fat Hard Cheese (Milk) (25%), Butter (Milk) (20%), Emmental Cheese (Milk) (8%), Sugar, Dijon Mustard (2%) (Water, Mustard Seeds, Vinegar, Salt, Acidity Regulator (Citric acid), Antioxidant (Potassium metabisulphite)), Yeast, Malted Barley Extract, Salt, Water, Rapeseed Oil.	Barley Wheat Milk Mustard Sulphite	Vegetarian	1839	1398	441	335	26.6	20.2	0.8	0.6	16.7	12.7	4.5	3.4
Maple Pecan Plait	per plait (approx. 82g)	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Salt, Acidity Regulator (Citric acid), Flavouring), Sugar, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Coconut Oil, Salt, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Acidity Regulator (Citric acid), Flavouring), Pecan Nuts (5%), Pasteurised Egg Yolk (Egg Yolk (Free Range), Salt), Yeast, Maple Syrup (1%), Custard Powder (Sugar, Modified Starch (Acetylated distarch phosphate), Whey Powder (Milk), Skimmed milk powder, Coconut Cream Powder, Stabilisers (Calcium alginate, Tetrasodium diphosphate, Disodium phosphate), Glucose Syrup, Flavouring, Salt, Milk Protein, Colour (Mixed carotenes)), Water, Wheat Flour, Glazing Agent (Isomalt), Cane Molasses, Stabiliser (Pectin), Thickener (Thickeners (Sodium alginate, Pectin), Sucrose), Dextrose, Emulsifier (Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), Flavouring, Gelling Agent (Agar), Preservative (Potassium sorbate), Acidity Regulator (Citric acid).	Egg Wheat Milk Nuts	Vegetarian	1954	1603	469	385	30.5	25.0	0.4	0.3	11.9	9.8	16.3	13.4
Granola Squares (also 4 pack)	per square (approx. 63g)	Oats, Sugar, Butter Oil (Milk), Sunflower Seeds (5%), Palm Oil, Cornflour, Sultanas (4%), Sweetened Dried Cranberries (4%) (Sugar, Cranberries, Sunflower Oil), Honey, Raisins (3%), Pumpkin Seeds (3%), Rapeseed Oil, Molasses, Baking Powder (Raising Agents (Diphosphates, Sodium hydrogen carbonate), Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin)), Salt, Egg Powder (Free Range).	Egg Oats Wheat Milk	Vegetarian	1955	1231	467	294	23.1	14.6	0.3	0.2	9.3	5.9	31.8	20.0
4 Apple Puff Pastry Pies	per pie	Wheat Flour, Apple (24%) (Apple, Antioxidant (Ascorbic acid), Acidity Regulator (Citric acid), Salt, Preservative (Potassium sorbate)), Palm Oil, Sugar, Water, Cornflour, Salt, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Stabiliser (Hydroxypropyl methyl cellulose).	Wheat	Vegetarian Vegan	1359	991	326	237	18.0	13.1	0.5	0.4	9.5	6.9	12.8	9.3
5 Custard Doughnuts	per doughnut (approx. 55g)	Doughnut (84%) (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Sugar, Yeast, Glucose, Salt, Raising Agents (Disodium diphosphate, Sodium hydrogen carbonate), Emulsifiers (Mono- and diglycerides of fatty acids - Vegetable, Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), Flour Treatment Agent (Ascorbic acid)), Custard Filling (16%) (Water, Sugar, Modified Maize Starch, Palm Oil, Flavouring, Colours (Beta-carotene, Titanium dioxide), Acidifier (Glucono-delta-lactone), Emulsifier (Polysorbate 60), Preservative (Potassium sorbate), Carrot concentrate).	Wheat	Vegetarian Vegan	1353	744	322	177	12.0	6.6	0.5	0.3	5.5	3.0	10.9	6.0
5 Jam Doughnuts	per doughnut (approx. 55g)	Doughnut (84%) Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Palm Oil), Sugar, Yeast, Glucose, Salt, Raising Agents (Disodium diphosphate, Sodium hydrogen carbonate), Emulsifiers (Mono- and diglycerides of fatty acids - Vegetable, Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), Flour Treatment Agent (Ascorbic acid), Plum, Apple Puree; Raspberry Jam (16%) (Glucose Syrup, Raspberry Puree, Plum Puree, Apple pulp, Gelling Agent (Pectin), Colour (Anthocyanins), Acidity Regulators (Citric acid, Sodium citrates), Preservative (Potassium sorbate), Natural (Flavouring)).	Wheat	Vegetarian Vegan	1430	787	340	187	12.5	6.9	0.5	0.3	5.6	3.1	14.3	7.9
Bramley Apple Pie	per 100g (approx. 1/4 pie)	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Apple (19%), Vegetable Oil (Palm Oil, Coconut Oil, Rapeseed Oil, Sunflower Oil), Water, Sugar, Apple Purée (7%), Cornflour, Salt, Preservative (Potassium sorbate), Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Flavouring.	Wheat	Vegetarian Vegan	1273	1273	304	304	14.6	14.6	0.3	0.3	6.9	6.9	13.8	13.8
Beetroot & Apple Bread	Average Slice	: Water, Beetroot (11%), Dried Apple (5%) (Apple, Preservative (Sulphur dioxide)), Yeast, Wheat Protein, Salt, Wheat Flour, Emulsifier (Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), Flour Treatment Agent (Ascorbic acid), Sunflower Oil.	Wheat Sulphite	Vegetarian Vegan	927	464	219	109	0.8	0.4	0.8	0.4	0.2	0.1	6.5	3.3
White Demi Baguettes (also 3s)	per baguette (approx. 127g)	Wheat Flour, Water, Yeast, Salt, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegetarian Vegan	2188	2778	516	656	1.8	2.3	1.6	2.0	0.5	0.6	6.0	7.6
Green Olive Bread	per average slice (50g)	: Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Green Olives (19%) (Olives, Salt, Preservative (Lactic acid, Citric	Wheat	Vegetarian	1221	611	290	145	6.1	3.1	1.1	0.6	0.9	0.5	1.7	0.9

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					kJ		kcal		g		g		g		g	
					Per 100g As Sold	Per Serv As Sold	Per 100g As Sold	Per Serv As Sold	Per 100g As Sold	Per Serv As Sold	Per 100g As Sold	Per Serv As Sold	Per 100g As Sold	Per Serv As Sold	Per 100g As Sold	Per Serv As Sold
		acid, Ascorbic acid)), Water, Sunflower Oil, Yeast, Salt, Wheat Protein, Wheat Flour, Emulsifier (Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), Flour Treatment Agent (Ascorbic acid).		Vegan												
Mediterranean Bloomer	per 1/6 loaf (approx. 66g)	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rehydrated Sun Dried Tomatoes (3%) (Tomato, Salt, Preservative (Sulphur dioxide)), Green Olives (Green Olives, Water, Salt, Firming Agent (Lactic acid - Vegetable)), Dried Green Pepper, Salt, Yeast, Dried Red Pepper, Sunflower Oil, Dried Onion, Oregano, Rosemary, Black Pepper, Basil, Garlic, Caper Puree (Capers, White Wine Vinegar, Salt), Sugar, Garlic Extract, Basil Extract, Flour Treatment Agent (Ascorbic acid).	Wheat Sulphite	Vegetarian Vegan	1118	746	266	177	7.0	4.7	1.1	0.7	1.2	0.8	4.1	2.7
Medium White Petit Pains (also 4s)	per petit pain (approx. 71g)	Wheat Flour, Water, Yeast, Salt, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegetarian Vegan	2364	1891	558	446	2.0	1.6	2.2	1.8	0.3	0.3	4.8	3.8
Onion Batons (also 4s)	per baguette (approx. 105g)	Wheat Flour, Water, Fried Onions (2%) (Onion, Sunflower Oil), Yeast, Wheat Protein, Salt, Dried Yeast, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegetarian Vegan	1115	1171	263	276	1.5	1.5	1.2	1.2	0.3	0.3	3.6	3.8
Poppy Seed Topped White Baguette	per 1/4 baguette (approx. 100g)	Wheat Flour, Water, Poppy Seeds (2%), Yeast, Salt, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegetarian Vegan	1042	1042	246	246	1.0	1.0	0.9	0.9	0.2	0.2	2.8	2.8
Rhubarb Pie	per 100g (approx. 1/4 pie)	: Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rhubarb (27%), Vegetable Oil (Palm Oil, Coconut Oil, Rapeseed Oil, Sunflower Oil), Sugar, Water, Cornflour, Salt, Preservative (Potassium sorbate), Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Flavouring.	Wheat	Vegetarian Vegan	1279	1279	305	305	14.1	14.1	0.2	0.2	6.6	6.6	14.5	14.5
Rye Bloomer	Per slice	: Wheat Flour, Water, Rye Flour (14%), Rye Sourdough (12%) (Rye Flour, Water, Starter Culture, Salt), Sugar, Yeast, Salt, Malted Barley Flour, Wheat Protein.	Barley Rye Wheat	Vegetarian Vegan	1062	1062	251	251	0.9	0.9	0.8	0.8	0.2	0.2	4.4	4.4
Sesame Seed Topped White Baton	per 1/2 baton (approx. 100g)	Wheat Flour, Water, Sesame Seeds (1%), Yeast, Salt, Flour Treatment Agent (Ascorbic acid).	Wheat Sesame	Vegetarian Vegan	1025	1025	242	242	1.5	1.5	0.9	0.9	0.5	0.5	3.8	3.8
Sesame Seed Topped White Baguette	per 1/4 baguette (approx. 100g)	Wheat Flour, Water, Yeast, Sesame Seeds (1%), Salt, Flour Treatment Agent (Ascorbic acid).	Wheat Sesame	Vegetarian Vegan	1163	1163	274	274	1.7	1.7	1.1	1.1	0.3	0.3	3.3	3.3
Truly Irresistible Milk Chocolate Cookies	per cookie (approx. 63g)	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Milk Chocolate (29%) (Sugar, Milk Powder, Cocoa Butter, Cocoa Mass, Emulsifier (Lecithins (Soya)), Flavouring), Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Flavouring), Butter (Milk), Palm Oil, Rapeseed Oil, Whey Powder (Milk), Invert Sugar Syrup, Humectant (Glycerol - Vegetable), Egg Powder (Free Range), Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Molasses, Whey Protein Concentrate (Milk), Flavouring, Salt.	Egg Wheat Milk Soya	Vegetarian	2022	1274	483	304	24.7	15.6	0.6	0.3	12.1	7.6	35.5	22.4
Truly Irresistible Salted Caramel and Milk Chocolate Cookies	per cookie (approx. 65g)	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Milk Chocolate (21%) (Sugar, Milk Powder, Cocoa Butter, Cocoa Mass, Emulsifier (Lecithins (Soya)), Flavouring), Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Flavouring), Salted Caramel (6%) (Sugar, Sweetened Condensed Milk, Glucose Syrup (Wheat), Fondant (Sugar, Glucose, Water), Palm Oil, Butter Oil (Milk), Salt, Flavouring), Butter (Milk), Vegetable Oil (Palm, Rapeseed), Whey Powder (Milk), Invert Sugar Syrup, Humectant (Glycerol - Vegetable), Egg Powder (Free Range), Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Molasses, Whey Protein Concentrate (Milk), Flavouring.	Egg Wheat Milk Soya	Vegetarian	1962	1263	469	302	22.5	14.5	0.7	0.4	10.4	6.7	43.0	27.7
Truly irresistible Triple Chocolate Cookies	per cookie (approx. 63g)	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, White Chocolate (15%) (Sugar, Cocoa Butter, Milk Powder, Emulsifier (Lecithins (Soya)), Flavouring), Plain Chocolate (15%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (Lecithins (Soya)), Flavouring), Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Flavouring), Invert Sugar Syrup, Fat-reduced Cocoa Powder (4%), Butter (Butter (Milk), Salt), Palm Oil, Rapeseed Oil, Whey Powder (Milk), Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Egg Powder (Free Range), Whey Protein Concentrate (Milk), Molasses, Flavouring.	Egg Wheat Milk Soya	Vegetarian	2051	1292	490	309	25.6	16.1	0.6	0.4	41.3	26.0	12.3	7.8
Truly Irresistible White Chocolate Cookies	per cookie (approx. 67.5g)	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), White Chocolate (29%) (Sugar, Cocoa Butter, Milk Powder, Emulsifier (Lecithins (Soya)), Flavouring), Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Flavouring), Palm Oil, Butter (Milk), Rapeseed Oil, Whey Powder (Milk), Invert Sugar Syrup, Humectant (Glycerol - Vegetable), Egg Powder (Free Range), Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Whey Protein Concentrate (Milk), Molasses, Flavouring, Salt.	Egg Wheat Milk Soya	Vegetarian	2053	1386	491	331	25.2	17.0	0.6	0.4	12.0	8.1	38.5	26.0
Tiger Baguette	per 100g (approx. 1/4 baguette)	: Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Non-hydrogenated vegetable oils (Rapeseed Oil, Palm Oil), Yeast, Salt, Flour Treatment Agents (Ascorbic acid, L-Cysteine hydrochloride), Stabiliser (Disodium diphosphate), Malted Barley, Barley, Emulsifier (Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), Wheat Protein, Wheat Flour, Enzymes.	Barley Wheat	Vegetarian Vegan	1111	1111	263	263	2.5	2.5	0.9	0.9	0.4	0.4	4.3	4.3
Tiger Batons	per 100g (approx. 1/2 baton)	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Rapeseed, Palm), Yeast, Salt, Flour Treatment Agents (L-Cysteine hydrochloride, Ascorbic acid), Stabiliser (Diphosphates), Dehydrated Barley Malt, Barley Extract, Emulsifier (Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), Wheat Protein.	Barley Wheat	Vegetarian Vegan	1208	1208	285	285	3.0	3.0	0.9	0.9	0.5	0.5	4.2	4.2
Tiger Bloomer	per 1/8 pack (approx. 50g)	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Rapeseed, Palm), Yeast, Salt, Flour Treatment Agents (L-Cysteine hydrochloride, Ascorbic acid), Stabiliser (Disodium diphosphate), Malted Barley Extract	Barley Wheat	Vegetarian Vegan	1246	623	294	147	2.2	1.1	1.0	0.5	0.5	0.3	3.9	2.0
Tiger Rolls (also 4)	per roll (approx. 84g)	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Rapeseed, Palm), Salt, Yeast, Wheat Protein, Emulsifier (Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), Flour Treatment Agents (L-Cysteine hydrochloride, Ascorbic acid), Stabiliser (Disodium diphosphate), Malted Barley Extract .	Barley Wheat	Vegetarian Vegan	1182	993	279	235	2.8	2.4	1.0	0.9	0.4	0.3	4.6	3.9
White Baton	per 100g (approx. 1/2 baton)	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Calcium sulphate, Palm Oil, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegetarian Vegan	1073	1073	253	253	1.1	1.1	0.9	0.9	0.3	0.3	4.1	4.1
White Tin Loaf 400g	per 1/8 tin loaf (approx. 50g)	: Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast, Vegetable Oil (Rapeseed Oil, Palm Oil), Emulsifier (Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), Wheat Flour, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegetarian Vegan	1081	541	255	128	1.8	0.9	0.8	0.4	0.3	0.2	3.4	1.7
White Tin Loaf 800g	per 1/16 loaf (approx. 50g)	: Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Vegetable Oil (Rapeseed Oil, Palm Oil), Emulsifier (Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), Wheat Flour, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegetarian Vegan	1081	541	255	128	1.8	0.9	0.8	0.4	0.3	0.2	3.4	1.7
Wholemeal Tin Loaf 400g	per 1/8 loaf (approx. 50g)	Wholemeal Wheat Flour, Water, Wheat Protein, Salt, Yeast, Wheat Flour, Vegetable Oil (Rapeseed Oil, Palm Oil), Flour Treatment Agent (Ascorbic acid).	Wheat	Vegetarian Vegan	1004	502	238	119	2.2	1.1	0.9	0.4	0.4	0.2	3.5	1.8
Wholemeal Tin Loaf 800g	per 1/16th loaf (approx. 50g)	Wholemeal Wheat Flour, Water, Wheat Protein, Yeast, Salt, Vegetable Oil (Rapeseed, Palm), Wheat Flour, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegetarian Vegan	1004	502	238	119	2.2	1.1	0.9	0.4	0.4	0.2	3.5	1.8
Truly Irresistible Limited Edition Red Leicester and	per 100g (approx. 1/4 batard)	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Red Leicester Cheese (Milk) (6%) (contains Potato Starch, Colour (Annatto)), Pumpkin Seeds (4%), Flavouring, Yeast, Full Fat Hard Cheese (Milk) (1%) (contains Potato Starch), Salt, Wheat Protein, Flour	Wheat Milk	Vegetarian	1116	1116	265	265	5.3	5.3	1.1	1.1	2.6	2.6	4.9	4.9

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Pumpkin Seed Batard		Treatment Agent (Ascorbic acid), Sunflower Oil.														
Mince pie topped with a pastry star	per pie (approx. 110g)	Sugar, Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Maize Flour, Vegetable Oil (Palm Oil, Rapeseed Oil, Sunflower Oil), Apple Purée, Currants, Raisins, Sultanas, Orange Peel, Glucose - Fructose Syrup, Egg (Free Range), Water, Glucose Syrup, Lemon Peel, Brandy, Modified Maize Starch, Mixed Spice (Coriander, Cassia, Ginger, Cloves, Caraway, Nutmeg), Salt, Rice Flour, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Acidity Regulator (Citric acid), Flavouring, Colours (Annatto, Curcumin)	Egg Wheat	Vegetarian	1696	1865	404	444	14.5	16.0	0.2	0.2	6.8	7.5	35.7	39.3
Cranberry Bloomer	per 1/6 bloomer	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Cranberries (14%), Yeast, Wheat Germ, Rice Flour, Semolina (Wheat), Salt, Malted Wheat Flour, Rapeseed Oil, Flour Treatment Agent (Ascorbic acid).Cranberries contains: Sugar, Cranberries, Sunflower Oil.	Wheat	Vegetarian Vegan	1070	535	253	126	1.1	0.6	0.9	0.4	0.5	0.3	12.5	6.3
Sage and onion Bloomer	per 100g (per 1/4 pack)	: Wheat Flour, Water, Sage (3%), Palm Oil, Yeast, Onion (1%), Salt, Malted Barley, Roasted (Malted Wheat Flour), Acid (Ascorbic acid).	Barley Wheat	Vegetarian Vegan	1038	1038	245	245	2.0	2.0	0.8	0.8	0.7	0.7	1.8	1.8
Blueberry muffin	A muffin	Sugar, Fortified Wheat Flour, Rapeseed Oil, Egg (Free Range), Blueberry Filling (8%) (Glucose Syrup, Sugar, Blueberry Puree, Blueberry Juice from Concentrate, Water, Thickener (Pectin), Acidity Regulators (Citric acid, Sodium citrates, Calcium citrates), Flavouring), Blueberries (8%), Water, Whey Powder (Milk- Vegetarian), Cornflour, Wheat Starch, Raising Agents (Disodium diphosphate, Potassium hydrogen carbonate), Milk Protein, Flavouring.	Egg Wheat Milk	Vegetarian	1521	1750	364	418	18.3	21.1	0.3	0.3	1.6	1.8	28.1	32.3
Tear and Share Jalapeno and Cheddar Cheese Bread	per 100g (approx. 1/4 pack)	Wheat Flour, Water, Vegetarian Mature Cheddar Cheese (Milk) (12%), Rye Flour, Red Pepper, Green Pepper, Salt, Yeast, Wheat Gluten, Jalapeno Pepper (0.8%), Malted Barley Extract, Dried Wheat Sourdough, Vegetarian Cheese Powder (Milk), Cayenne Pepper, Roasted Malted Wheat Flour, Flour Treatment Agent (Ascorbic acid).	Barley Rye Wheat Milk	Vegetarian	1058	1058	251	251	3.9	3.9	0.9	0.9	2.0	2.0	3.0	3.0
Multiseed Bloomer	per 1/4 bloomer (approx. 100g)	: Wheat Flour, Water, Sunflower Seeds (6%), Wheat Protein, Brown Linseed (2%), Wheat Bran (2%), Yeast, Sesame Seeds (2%), Salt, Non-hydrogenated vegetable oil (Palm Oil, Rapeseed Oil), Malted Barley (0.3%).	Barley Wheat Sesame	Vegetarian Vegan	1095	1095	259	259	4.3	4.3	1.0	1.0	0.7	0.7	4.1	4.1
Poppy Seed Baton	per 1/2 baton (approx. 100g)	: Wheat Flour, Water, Poppy Seeds (2%), Yeast, Salt, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegetarian Vegan	1040	1040	246	246	1.3	1.3	0.9	0.9	0.2	0.2	3.2	3.2
White Parisien Baguette	per 1/4 parisien baguette (approx. 109g)	Wheat Flour, Water, Yeast, Salt, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegetarian Vegan	1094	1192	258	281	0.9	1.0	0.8	0.9	0.2	0.3	3.0	3.3
White Rustic Rolls	per roll (approx 87g)	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast, Wheat Flour, Emulsifier (Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), Rapeseed Oil, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegetarian Vegan	1138	990	269	234	1.9	1.7	1.1	0.9	0.8	0.7	3.2	2.8
Sultana Scones	per scone (approx. 105g)	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sultanas (19%) (with Cottonseed Oil), Water, Sugar, Margarine (Rapeseed Oil, Water, Salt, Flavourings, Emulsifier (Polyglycerol esters of fatty acids - Vegetable)), Butter (Milk), Skimmed Milk Powder, Baking Powder (Raising Agents (Disodium diphosphate, Sodium hydrogen carbonate, Wheat Flour)), Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Salt, Sunflower Oil, Stabiliser (Sodium Caseinate (Milk)), Modified Maize Starch, Stabiliser (Sodium alginate), Acidity Regulator (Disodium phosphate), Colour (Carotenes)	Wheat Milk	Vegetarian	1416	1486	336	353	8.6	9.0	0.7	0.8	3.8	4.0	23.4	24.6
4 Shortcrust Mince Pies	per mince pie (approx. 66g)	: Pastry (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Palm Oil, Water, Butter (Milk), Rapeseed Oil, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable)), Mincemeat (39%) (Sultanas, Bramley Apple Purée [Apple Purée, Preservative (Acetic acid)], Sugar, Glucose Syrup, Glycerol - Vegetable, Glace Mixed Citrus Peel [Glucose - Fructose Syrup, Orange Peel, Sugar, Lemon Peel, Preservative (Potassium sorbate), Acidity Regulator (Citric acid), Salt], Dextrose, Sunflower Oil, Vegetable Suet [Palm Oil, Rice Flour, Sunflower Oil], Mixed Spice [Coriander, Cinnamon, Ginger, Nutmeg, Caraway, Cloves], Malted Barley Extract, Cinnamon).	Barley Wheat Milk	Vegetarian	1764	1165	421	278	17.4	11.5	0.1	0.1	7.4	4.9	30.4	20.1
4 Cinnamon Crunch Ring Doughnuts	per doughnut (approx. 53g)	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin and Thiamin), Water, Sugar, Vegetable Oil (Palm, Rapeseed, Sunflower), Dextrose, Yeast, Flavouring, Soya Flour, Whey Solids (Milk), Emulsifiers (Mono- and diglycerides of fatty acids - Vegetable, Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), Raising Agents (Disodium diphosphate, Potassium carbonate), Dried Potato, Tapioca Starch, Wheat Protein, Dried Egg White (Free Range), Salt, Yeast Autolysate, Glucose Syrup, Burnt Sugar, Antioxidant (Ascorbic acid), Cinnamon	Egg Wheat Milk Soya	Vegetarian	1612	854	384	203	14.6	7.7	0.4	0.2	6.6	3.5	25.8	13.7
Cheese and Onion Bloomer	per 1/4 bloomer (approx. 88g)	: Wheat Flour, Water, Red Leicester Cheese (Milk) (5%), Mature Cheddar Cheese (Milk) (4%), Cheese Powder (Milk) (2%), Red onions (2%), Onion (2%), Yeast, Salt, Palm Oil, Muscovado sugar, Sunflower Oil, Black Pepper.	Wheat Milk	Vegetarian	1134	993	269	235	6.6	5.8	1.3	1.2	3.6	3.2	2.1	1.8
Almond Croissant	Per croissant	: Wheat Flour, Water, Butter (Milk) (18%), Almond (9%), Sugar, Glucose - Fructose Syrup, Yeast, Invert Sugar Syrup, Salt, Pasteurised liquid whole free range egg, Skimmed milk powder, Modified Potato Starch, Emulsifier (Mono- and di-acetyltartaric esters of mono- and di-glycerides of fatty acids), Whey Powder (Milk), Milk proteins, Cream Powder (Milk), Flavouring, Thickener (Sodium alginate), Colours (Curcumin, Carrot Extract), Stabilisers (Tetrasodium diphosphate, Calcium sulphate), Flour Treatment Agents (Ascorbic acid, L-cysteine), Enzymes.	Egg Wheat Nuts Milk	Vegetarian	1695	1526	406	365	23.1	20.8	0.5	0.5	12.1	10.9	11.6	10.4
Brown Bread Roll	Per roll	: Wholemeal Wheat Flour, Water, Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Malted Barley, Salt, Wheat Protein, Flour Treatment Agent (Ascorbic acid), Rapeseed Oil.	Barley Wheat	Vegetarian Vegan	931	931	221	221	1.3	1.3	0.8	0.8	0.5	0.5	5.1	5.1
Cherry Pie	Per slice	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Cherries (18%), Water, Sugar, Margarine (Palm Oil, Water, Palm Kernel Oil, Rapeseed Oil, Emulsifier (Polyglycerol esters of fatty acids - Vegetable), Flavouring, Colour (Mixed carotenes)), Cornflour.	Wheat	Vegetarian Vegan	1324	904	315	215	12.8	8.7	0.1	0.1	4.2	2.9	16.0	11.0
Ciabatta Roll	Per roll	: Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, Yeast, Salt, Malted Wheat, Wheat Protein, Flour Treatment Agent (Ascorbic acid), Rapeseed Oil.	Wheat	Vegetarian Vegan	1387	1387	328	328	4.0	4.0	1.0	1.0	0.9	0.9	3.8	3.8
Vanilla Glazed Ring Doughnuts	per doughnut (approx. 51g)	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin and Thiamin), Water, Sugar, Vegetable Oil (Palm, Rapeseed, Sunflower), Dextrose, Yeast, Flavouring, Soya Flour, Whey Solids (Milk), Emulsifiers (Mono- and diglycerides of fatty acids - Vegetable, Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), Raising Agents (Disodium diphosphate, Potassium carbonate), Dried Potato, Tapioca Starch, Wheat Protein, Dried Egg White (Free Range), Salt, Yeast Autolysate, Antioxidant (Ascorbic acid)	Egg Wheat Milk Soya	Vegetarian	1586	809	378	193	17.5	8.9	0.4	0.2	7.8	4.0	17.5	8.9
Gooseberry Pie	Per slice	: Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Gooseberries (19%), Sugar, Palm Oil, Cornflour, Rapeseed Oil, Emulsifier (Polyglycerol esters of fatty acids - Vegetable), Flavouring, Colour (Mixed carotenes).	Wheat	Vegetarian Vegan	1268	913	303	218	13.1	9.4	0.0	0.0	6.1	4.4	17.6	12.7
Multigrain Triangle	Per roll	: Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal Wheat Flour, Water, Mixed Seeds (5%) (Millet, Sunflower Seeds, Poppy Seeds, Rye Flakes, Wheat Flakes, Barley Flakes), Millet (2%), Sugar, Sunflower Oil, Poppy Seeds (2%), Yeast, Wheat Protein, Salt, Flour Treatment Agent (Ascorbic acid), Rapeseed Oil.	Barley Rye Wheat	Vegetarian Vegan	1241	1178	294	279	4.7	4.5	1.0	0.9	1.0	1.0	3.1	2.9
Organic Brown Bloomer	Per slice	: Wholemeal Wheat Flour*, Water, Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin)*, Yeast, Salt, Sunflower Oil*,	Barley	Vegetarian	1015	507	240	120	2.5	1.3	0.9	0.4	1.0	0.5	2.8	1.4

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Product title	Per Serving Text	Ingredients	Allergen	Suitable for Vegetarians or Vegans	Energy				Fat		Salt		Saturates		Sugars	
					kJ		kcal		g		g		g		g	
					Per 100g As Sold	Per Serv As Sold	Per 100g As Sold	Per Serv As Sold	Per 100g As Sold	Per Serv As Sold	Per 100g As Sold	Per Serv As Sold	Per 100g As Sold	Per Serv As Sold	Per 100g As Sold	Per Serv As Sold
		Malted Barley*, Edible Label (Potato Starch, Water, Olive Oil, Emulsifier (Citric acid esters of mono- and di-glycerides of fatty acids), Colour (Iron oxide)), Flour Treatment Agent (Ascorbic acid). * Indicates produced under organic standards	Wheat	Vegan												
Poppy Bloomer	Per slice	: Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Poppy Seeds (2%), Yeast, Salt, Wheat Protein, Sunflower Oil, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegetarian Vegan	1062	531	251	125	1.3	0.7	0.8	0.4	0.6	0.3	3.1	1.6
Pumpkin & Sunflower Seed Roll	Per roll	: Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Pumpkin Seeds (5%), Sunflower Seeds (5%), Salt, Yeast, Flour Treatment Agent (Ascorbic acid), Rapeseed Oil.	Wheat	Vegetarian Vegan	1060	1113	251	264	4.4	4.6	0.9	0.9	0.8	0.8	1.2	1.3
White Bloomer 400g/800g	Per slice	: Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Wheat Protein, Sunflower Oil, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegetarian Vegan	1113	557	263	131	1.6	0.8	0.8	0.4	0.7	0.4	2.9	1.5
White Cob	Per slice (1/8th)	: Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rice Flour, Salt, Yeast, Flour Treatment Agent (Ascorbic acid), Rapeseed Oil.	Wheat	Vegetarian Vegan	1232	616	291	145	1.4	0.7	1.0	0.5	0.3	0.2	1.2	0.6
White Crusty Bread Rolls (also 4s)	Per roll	: Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic acid), Rapeseed Oil.	Wheat	Vegetarian Vegan	1091	950	258	224	1.2	1.0	0.9	0.8	0.3	0.3	1.5	1.3
White Farmhouse Loaf 400g/800g	Per slice	: Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sunflower Oil, Salt, Wheat Protein, Flour Treatment Agent (Ascorbic acid), Rapeseed Oil.	Wheat	Vegetarian Vegan	1146	573	271	135	2.9	1.5	1.0	0.5	0.9	0.5	3.5	1.8
Chocolate Twist	Per twist	: Wheat Flour, Custard Filling (24%) (Water, Sugar, Modified Potato Starch, Whey Powder (Milk), Milk proteins, Cream Powder (Milk), Skimmed milk powder, Thickener (Sodium alginate), Colours (Curcumin, Carrot Extract), Stabilisers (Tetrasodium diphosphate, Calcium sulphate), Flavouring), Butter (Milk) (15%), Chocolate Drops (13%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (Lecithins (Soya)), Flavouring), Water, Sugar, Yeast, Pasteurised liquid whole free range egg, Gluten, Salt, Malted Wheat Flour, Wheat Germ Flour, Vitamin C Preparation, Enzymes.	Egg Wheat Soya Milk	Vegetarian	1601	1569	383	375	19.5	19.1	0.7	0.7	12.5	12.3	17.2	16.9
French Baguette	per 100g (approx. 1/3 pack)	Wheat Flour, Water, Wheat Protein, Salt, Yeast, Dried Malted Barley, Roasted Malted Wheat Flour.	Barley Wheat	Vegetarian Vegan	1093	1093	258	258	0.7	0.7	1.0	1.0	0.2	0.2	1.3	1.3
Portugese Custard Tart	A serving (one tart) contains	Custard Filling (61%) (Water, Sugar, Egg Yolk (Free Range), Wheat Flour, Milk Powder, Egg White (Free Range), Maize Starch, Thickener (Xanthan gum)), Wheat Flour, Vegetable Margarine (Palm Oil, Water, Rapeseed Oil, Coconut Oil, Emulsifiers (Mono- and di-glycerides of fatty acids, Lecithins (Sunflower), Polyglycerol esters of fatty acids - Vegetable), Salt, Acidity Regulators (Lactic acid - Vegetable, Citric acid), Antioxidants (Alpha-tocopherol, Tocopherol-rich extract, Fatty acid esters of ascorbic acid)), Water, Salt.	Egg Wheat Milk	Vegetarian	1201	697	286	166	11.0	6.4	0.5	0.3	5.1	3.0	21.1	12.2
Pizza Swirly	Per swirly	Wheat Flour, Tomato Filling (24%) (Tomato Concentrate, Water, Cherry tomato, Celery, Tapioca Starch, Saccharose, Rapeseed Oil, Rice Starch, Onion Powder, Salt, Flavouring, Parsley Extract, Thyme Extract, Rosemary Extract), Water, Gouda cheese (6%) (Milk), Medium fat hard cheese (6%) (Milk), Pasteurised Egg (Free Range), Sugar, Yeast, Rapeseed Oil, Salt, Oregano Extract, Basil.	Celery / Celeriac Egg Wheat Milk	Vegetarian	988	751	234	178	4.3	3.3	0.8	0.6	1.9	1.4	7.1	5.4
Milk Chocolate Cookies	per cookie (approx. 41.5g)	Wheat Flour (contains Calcium, Iron, Niacin, Thiamin), Sugar, Milk Chocolate (16%) (Sugar, Milk Powder, Cocoa Butter, Cocoa Mass, Emulsifier (Lecithins (Soya)), Flavouring), Palm Oil, Rapeseed Oil, Butter Oil (Milk), Humectant (Glycerol - Vegetable), Whey Powder (Milk), Egg Powder (Free Range), Molasses, Raising Agents (Disodium diphosphate, Sodium hydrogen carbonate), Whey Protein Concentrate (Milk), Flavouring.	Egg Wheat Milk Soya	Vegetarian	2004	832	478	199	21.9	9.1	0.5	0.2	9.7	4.0	40.9	17.0
White Chocolate Cookies	per cookie (approx. 41.5g)	Wheat Flour (contains Calcium, Iron, Niacin, Thiamin), Sugar, White Chocolate (16%) (Sugar, Milk Powder, Cocoa Butter, Skimmed Milk Powder, Emulsifier (Lecithins (Soya)), Flavouring), Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Flavouring), Palm Oil, Rapeseed Oil, Butter Oil (Milk), Whey Powder (Milk), Glycerol - Vegetable, Egg Powder (Free Range), Molasses, Raising Agent (Disodium diphosphate, Sodium hydrogen carbonate), Whey Protein Concentrate (Milk), Flavouring.	Egg Wheat Milk Soya	Vegetarian	1964	815	469	195	21.0	8.7	0.5	0.2	9.7	4.0	40.1	16.6
Tomato And Basil Rustic Roll	per roll (approx. 98g)	: Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Marinated Tomatoes (8%) (Tomato, Water, Sugar, Sunflower Oil, White Wine Vinegar, Salt, Garlic Purée, Capers, Oregano), Yeast, Tomato Powder, Salt, Basil, Flour Treatment Agent (Ascorbic acid), Rapeseed Oil.	Wheat	Vegetarian Vegan	1045	1024	247	242	1.1	1.1	1.1	1.1	0.2	0.2	4.4	4.3
Pretzel	per pretzel	Wheat Flour, Water, Yeast, Rapeseed Oil, Salt, Milk Powder, Wheat Protein, Glucose, Sugar, Maize Flour, Antioxidant (Ascorbic acid).	Wheat Milk	Vegetarian	1337	1136	316	269	3.8	3.2	2.0	1.7	0.4	0.3	3.8	3.2
Pain raisins	per pain au raisin	Dough (Wheat flour, butter, water, yeast, sugar, eggs, salt, wheat protein, flour treatment agent (E300)), Pastry cream (water, sugar, corn starch, powdered whey, whole milk powder, skimmed milk powder, thickener (sodium alginate)), egg albumin powder, fruit and plant extract (turmeric and carrot), natural flavouring, salt, acidity regulator (citric acid)), raisins 13%, egg, dough (wheat flour, butter 23%, water, yeast, sugar, eggs, salt, wheat protein, flour treatment agent (E300)), Pastry cream (water, sugar, corn starch, powdered whey, whole milk powder, skimmed milk powder, thickener (sodium alginate)), egg albumin powder, fruit and plant extract (turmeric and carrot), natural flavouring, salt, acidity regulator (citric acid)).	Egg Wheat Milk	Vegetarian	1434	1334	342	318	15.1	14.0	0.8	0.7	10.6	9.9	20.3	18.9
Sausage Roll	per sausage roll (approx. 60g)	Pastry (Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Palm, Rapeseed), Salt, Soya Flour, Glaze (Tapioca Dextrin, Dextrose), Flour Treatment Agent (L-Cysteine)), Pork (23%), Water, Pork Fat, Rusk (Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Salt, Raising Agent (Ammonium Bicarbonate)), Seasoning (Fortified Durum Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Salt, Raising Agent (Ammonium Bicarbonate)), Stabiliser (Triphosphate), Dextrose, Spice Extracts (Cayenne Pepper, Chilli, Coriander, Ginger, Mace, Nutmeg, Pepper), Preservative (Sodium Metabisulphite), Antioxidant (Sodium Ascorbate), Rapeseed Oil.	Wheat Soya Sulphite		1353	812	324	195	20.3	12.2	1.1	0.6	9.1	5.5	2.4	1.5
Pain chocolat	per pain au chocolat	Wheat flour, Butter (21%)(Milk), Water, Chocolate (9%)(Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (Soya lecithin), Natural Vanilla Flavour), Yeast, Sugar, Egg, Salt, Wheat Protein, Flour Treatment Agent (E300).	Egg Wheat Milk Soya	Vegetarian	1817	1811	435	283	23.4	15.2	1.1	0.7	14.8	9.6	11.6	7.5
Croissant	per croissant (70g)	Wheat Flour, Butter (Milk) (23%), Water, Sugar, Yeast, Whole Milk Powder, Salt, Wheat Protein, Egg (Free Range), Flour Treatment Agent (Ascorbic acid).	Egg Milk Wheat	Vegetarian	1829	1280	438	307	25.0	18.0	1.2	0.8	19.0	13.0	8.3	5.8
4 Truly Irresistible Shortbread Squares	per square (70g)	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Butter Oil (Milk), Belgian Milk Chocolate Chunks (13%) (Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Mass, Emulsifier (Lecithins (Soya)), Flavouring), Belgian Plain Chocolate Chunks (13%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (Lecithins (Soya)), Flavouring), Sugar, Modified Maize Starch, Cream Powder (Milk), Raising Agents (Diphosphates, Sodium hydrogen carbonate), Skimmed Milk Powder	Milk Soya Wheat	Vegetarian	2074	1052	496	347	27.0	19.0	0.6	0.4	16.0	11.0	25.0	18.0

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Product title	Per Serving Text	Ingredients	Allergen	Suitable for Vegetarians or Vegans	Energy				Fat		Salt		Saturates		Sugars	
					kJ		kcal		g		g		g		g	
					Per 100g As Sold	Per Serv As Sold	Per 100g As Sold	Per Serv As Sold	Per 100g As Sold	Per Serv As Sold	Per 100g As Sold	Per Serv As Sold	Per 100g As Sold	Per Serv As Sold	Per 100g As Sold	Per Serv As Sold
5 Oat & Raisin Cookies	per cookie (42g)	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Raisins (18%), Vegetable Oil (Palm, Rapeseed, Coconut), Oats (8%), Honey, Butter Oil (Milk), Whey Powder (Milk), Water, Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Mixed Spice (Cinnamon, Coriander, Caraway, Fennel, Ginger, Clove, Nutmeg, Turmeric), Egg Powder (Free Range), Molasses, Flavouring, Whey Protein Concentrate (Milk), Emulsifier (Mono- and diglycerides of fatty acids - Vegetable).	Egg Milk Oats Wheat	Vegetarian	1735	741	420	176	15.0	6.4	0.4	0.2	6.0	2.5	37.0	15.0
Cheese Roll	per roll (99g)	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetarian Red Leicester Cheese (6%)(Milk) (Colour (Annatto)), Yeast, Vegetarian Full Fat Hard Cheese (Milk)(1%), Salt, Yeast Extract, Wheat Protein, Flavouring, Flour Treatment Agent (Ascorbic acid).	Milk Wheat	Vegetarian	1050	1045	248	247	3.3	3.3	1.1	1.1	1.9	1.9	3.9	3.9
Bakewell Tart	per tart (108g)	Bakewell Filling (46%) (Sugar, Water, Wheat Flour, White Beans, Soya Bean Powder, Rapeseed Oil, Palm fat, Dried egg, Rice Flour, Flavouring, Potato Starch, Raising Agents (Sodium hydrogen carbonate, Diphosphates), Dextrose, Apricot Kernel, Salt, Colour (Carotenes)), Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Strawberry Filling (17%) (Sugar, Strawberry Purée (35%), Glucose Syrup, Gelling Agent (Pectins), Acidity Regulators (Citric acid, Trisodium citrate), Colour (Anthocyanins), Flavouring, Preservative (Potassium sorbate)), Palm fat, Water, Sugar, Almond (2%), Coconut Oil, Sunflower Oil, Rapeseed Oil, Salt, Mono- and diglycerides of fatty acids, Flavouring.	Almond Egg Soya Wheat	Vegetarian	1649	1781	392	424	14.4	15.6	0.4	0.4	5.9	6.4	32.1	34.7
Sunflower and Honey Batard	per 100g (approx. 1/4 batard)	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Sunflower Seeds (6%), Oats (4%), Barley Flakes (3%), Kibbled Wheat (2%), Honey Fruit Pieces (2%) (Concentrated Apple Purée, Fructose-Glucose Syrup, Concentrated Pear Puree, Honey, Sugar, Humectant (Glycerol - Vegetable), Wheat Fibre, Palm Oil, Gelling Agent (Pectin), Acidity Regulator (Lactic acid - Vegetable), Flavouring, Antioxidant (Ascorbic acid)), Linseed, Yeast, Millet, Dextrose, Salt, Flour Treatment Agents (Ascorbic acid, L-Cysteine hydrochloride), Emulsifier (Sodium stearoyl-2-lactylate - Vegetable), Soya Flour.	Barley Oats Soya Wheat	Vegetarian	1163	1163	276	276	5.9	5.9	0.8	0.8	1.0	1.0	5.1	5.1
Easter Ring Doughnuts	per doughnut (approx. 57g)	Wheat Flour, Water, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil, Coconut Oil), Dextrose, Palm Oil, Yeast, Glucose Syrup, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable, Polysorbate 60, Citric acid esters of mono- and diglycerides of fatty acids - Vegetable, Sucrose esters of fatty acids - Vegetable, Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), Rice, Humectant (Glycerol - Vegetable), Wheat, Rye, Fat reduced cocoa powder, Salt, Raising Agent (Disodium diphosphate, Sodium carbonate), Colour (Curcumin, Titanium dioxide, Carotenes), Gelling Agent (Agar), Preservative (Potassium sorbate), Stabiliser (Locust bean gum), Glazing Agent (Beeswax, white and yellow), Flavouring, Anti Oxidant (Ascorbic acid).	Rye Wheat	Vegetarian	1854	1057	444	253	24.1	13.7	0.4	0.2	11.9	6.8	21.9	12.5
Cheese and Onion Puff Pastries	per puff (approx. 68g)	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Cheddar Cheese (Milk) (6%), Onion (4%), Egg (Free Range), Dried Potato, Full Fat Soft Cheese (Milk), Skimmed Milk Powder, Cornflour, Salt, Cheese Powder (Milk), Stabiliser (Hydroxypropyl methyl cellulose), Mustard Powder, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), White Pepper	Egg, Milk, Mustard, Wheat	Vegetarian	1347	808	324	194	22.0	13.0	0.8	0.5	11.0	6.6	1.4	0.8
Summer Fruit Pie	per 1/6th pie (approx. 68g)	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Bramley Apple (18%), Sugar, Margarine (Palm Oil, Water, Palm Kernel Oil, Rapeseed Oil, Emulsifier (Polyglycerol esters of fatty acids), Flavouring, Colour (Mixed carotenes)), Water, Apple Pulp, Blackberries (4%), Raspberry (1%), Cornflour, Concentrated Lemon Juice, Acid (Ascorbic acid)	Wheat	Vegetarian Vegan	1308	893	312	213	14.0	9.8	0.1	0.1	4.8	3.3	18.0	12.0
Yum Yum	per yum yum (approx. 80g)	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Palm, Rapeseed, Sunflower), Glaze Icing (Sugar, Water, Tapioca Starch, Sunflower Oil), Palm Fat, Sugar, Yeast, Egg (Free Range), Glucose, Salt, Wheat Flour, Emulsifier (Mono- and diglycerides of fatty acids), Raising Agents (Disodium diphosphate, Sodium hydrogen carbonate, Monocalcium phosphate), Acidity Regulator (Citric acid), Flour Treatment Agent (Ascorbic acid).	Egg Wheat	Vegetarian	1665	1332	399	319	22.8	18.2	0.3	0.3	12.0	9.2	12.0	9.4
Iced Ring Doughnuts (Red and Blue Sprinkles)	per doughnut (approx. 80g)	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Sugar, Vegetable Oil (Palm, Rapeseed, Coconut), Yeast, Glucose Syrup, Salt, Emulsifiers (Citric acid esters of mono- and di-glycerides of fatty acids, Mono- and diglycerides of fatty acids, Sucrose esters of fatty acids, Polysorbate 60), Raising Agents (Disodium diphosphate, Sodium carbonate), Colours (Titanium dioxide, Anthocyanins), Lemon Concentrate, Blackcurrant Concentrate, Radish Concentrate, Gelling Agent (Agar), Preservative (Potassium sorbate), Glazing Agent (Beeswax), Flour Treatment Agent (Ascorbic acid).	Wheat	Vegetarian	1649	897	393	205	17.0	9.0	0.3	0.2	9.2	4.8	26.0	13.0