






















Item name	Ingredients	Image
Organic 100% Rye Sandwich 10 Slices	Rye flour; Water; Rye Sourdough (Rye Flour; Water); Rye Kibbled; Yeast; Salt.	
Ciabatta 400g		
Paul Sourdough Spelt Bread 800g		



Item name	Ingredients	Image
ABO Buckwheat 3 Grain Bread 400g	Filtered revitalised water; freshly milled wholegrain rice flour*; freshly milled buckwheat flour (23%)*; buckwheat grain (3%)*; linseed (2.5%)*; millet (1%)*; rice leaven*; sea salt; Aquamin F (marine multi mineral complex derived from seaweed (Lithotham	
Seven Seeded Sourdough 400g	Organic white flour; wholemeal; water; pumpkin seeds; amaranth; linseed; millet seeds; poppy seeds; sunflower seeds; sesame seeds; salt	
Hertfordshire Sourdough 400g	Organic White flour; Wholemeal Flour; Rye Flour; Water; Salt	




Item name	Ingredients	Image
Country Bloomer 400g	Organic white flour; organic dark rye; organic light rye; water; yeast; salt.	
Cracked German Rye Sourdough 800g	Rye flour* 44%; rye sourdough* 44% (water; rye flour*); water; salt. *Organically produced ingredients.	
Cracked German Rye Sourdough Roll pack 4	Rye flour* 44%; rye sourdough* 44% (water; rye flour*); water; salt. *Organically produced ingredients	
Brioche Burger Bun pack 4	Wheat flour* (fortified with calcium carbonate; iron; niacin & thiamin); milk*; water; butter* (milk); cane sugar*; yeast; salt; improver* (wheat flour*; flour treatment agent: ascorbic acid; processing aid: sunflower oil*); Enzymes: alpha amylase; amylog	




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ABO Sourdough sliced bread 400g	Filtered revitalised water; freshly milled wholegrain rice flour*; freshly milled white rice flour*; freshly milled buckwheat flour*; rice leaven*; freshly milled golden linseed*; pysllium husk*; sea salt; yeast*; ground caraway*; seaweed (fucus vesicu	
Celtic Pain d'Alsace Sourdough 500g	Dark Rye Flour;Water;Salt; fortified wheat flour* (wheat flour*; calcium carbonate; iron; nicotinic acid; thiamine);Wholemeal wheat flour; Org light Rye Flour.	
Celtic Malt&Sunflwr Sourdough 500g	Three malt flour* 30% (wheat flour*; malted wheat*; sunflower seeds*; linseeds*; sesame seeds*; malted rye*; pumpkin seeds*); water; fortified wheat flour* (wheat flour*; calcium carbonate; iron; nicotinic acid; thiamine); water; biga* (water; fortified w	
Good Grain Bakery Seeded Loaf 450g	Organic tapioca;ÿorganic brown rice flour;ÿorganic potato starch;ÿorganic maize meal;ÿorganic psyllium husk;organic quinoa flour; organic sunflower oil; yeast; pumpkin seed (3%); sunflower seed (3%); linseed (2%); organic psyllium husk; sea salt; thickener	




Item name	Ingredients	Image
Good Grain Bakery Brown Loaf 450g	Organic brown rice flour; organic tapioca; organic potato starch; organic maize meal; organic psyllium husk; organic quinoa flour; organic sunflower oil; yeast; organic carob; sea salt; thickener (xanthan gum).	
Good Grain Bakery Caraway Loaf 450g	Caraway & Molasses - Organic brown rice flour; organic tapioca; organic potato starch; organic maize meal; organic psyllium husk; organic quinoa flour; organic sunflower oil; yeast; organic carob; organic caraway seed (1%); sea salt; thickener (xanthan gum)	
ABO Sourdough style Rolls 285g	Filtered revitalised water; freshly milled wholegrain rice flour*; freshly milled white rice flour*; freshly milled buckwheat flour*; rice leaven*; freshly milled golden linseed*; psyllium husk*; sea salt; yeast*; ground caraway*; seaweed (fucus vesicu	

Item name	Ingredients	Image
Modern Baker House Sourdough 600g	Organic Wheat Flour; Organic Rye Flour; Salt & Water	
Modern Baker Seedy Sourdough 600g	Organic Wheat Flour*; Organic Rye Flour*; Salt; Water; Apple Cider Vinegar*; Pumpkin Seeds*; Sesame Seeds*; Linseeds* & Sunflower Seeds* (*organic ingredients)	
ABO Rye Style loaf buckwheat 400g	Freshly milled buckwheat flour (47%)*; filtered revitalised water; freshly milled pea flour (4%)*; buckwheat leaven*; freshly milled golden linseed (1%)*; psyllium husk*; sea salt; yeast*; carob*; ground caraway seeds*; seaweed (fucus vesiculosus).	
Modern Bakery Spr Splt Srdough 600g	Organic Spelt Flour; Organic Rye Flour; Salt & Water	

Item name	Ingredients	Image
Modern Baker Real Rye 400g	Organic Rye Flour; Salt & Water	
Z ISL Teff Chia Bread 500g		
ABO Turmeric Bread 400g	<p>Filtered revitalised water; freshly milled flour (peas & wholegrain rice)*; rice leaven*; olive oil*; sea salt; Alpine herbs (Trigonella; fennel; coriander; caraway*; turmeric (0.4%)*; paprika*; Aquamin F (marine multi mineral complex derived from seaweed</p>	
Longer Life Rice Bread 385g	<p>Freshly milled wholegrain rice flour (61%)*; filtered revitalised water; rice leaven*; galingal*; sea salt; calcium from seaweed (lithothamnion); seaweed (fucus vesiculosus bladderwrack)*; millet*. *= organic.</p>	

Item name	Ingredients	Image
Longer Life Quinoa Bread 400g	Filtered revitalised water; freshly milled golden quinoa flour (33%)*; freshly milled wholegrain rice flour*; rice leaven*; sea salt; Aquamin F (marine multi mineral complex derived from seaweed (Lithothamnium C)); seaweed (fucus vesiculosus). *= organic.	
The Heart of Nature Natural 475g	water; gluten free oat flakes; sunflower seed; brown linseed; golden linseed; rapeseed oil; pumpkin seed; millet seed; psyllium fibre; milled brown linseed; vinegar; himalayan salt	
The Heart of Nature Natural 275g	water; gluten free oat flakes; sunflower seed; brown linseed; golden linseed; rapeseed oil; pumpkin seed; millet seed; psyllium fibre; milled brown linseed; vinegar; himalayan salt	

Item name	Ingredients	Image
The Heart of Nature Chia Seeds 275g	water; gluten free oat flakes; sunflower seed; brown linseed; golden linseed; rapeseed oil; pumpkin seed; millet seed; psyllium fibre; chia seeds; milled brown linseed; vinegar; himalayan salt	
The Heart of Nature Quinoa 275g	water; gluten free oat flakes; sunflower seed; brown linseed; golden linseed; rapeseed oil; pumpkin seed; millet seed; psyllium fibre; white quinoa; milled brown linseed; vinegar; himalayan salt	
The Heart of Nature Cranb 275g	water; gluten free oat flakes; sunflower seed; brown linseed; cranberries; golden linseed; rapeseed oil; pumpkin seed; millet seed; psyllium fibre; milled brown linseed; vinegar; himalayan salt	

Item name	Ingredients	Image
The Heart of Nature Prunes 275g	water; gluten free oat flakes; sunflower seed; brown linseed; prunes; golden linseed; rapeseed oil; pumpkin seed; millet seed; psyllium fibre; milled brown linseed; vinegar; himalayan salt	
Modern Baker Superloaf 600g	Wheat flour; khorasan flour; quinoa; chia seeds; water; salt	
Modern Baker Ancient Grain 800g	Rye flour; khorasan flour; water; salt	

Item name

Ingredients

Image

Danish Rye 1kg

Water; Rye Grains; Seed Mix (Sunflower; Pumpkin; Linseed; Sesame; Poppy); Rye Sourdough (Rye Flower; Water); Rye Flakes; Salt; Malt.



Item name

Ingredients

Image

Seven Seeded Baguette 250g

Organic white flour; organic wholemeal; mix of 7 organic seeds; water; yeast; salt.



Item name

Ingredients

Image




Breakfast Sourdough 400g




Organic white flour; water; organic milk; organic honey; yeast; salt.










Pauls Pain De Campagne 400g





Item name	Ingredients	Image
Pauls Pain De Campagne 800g	Flour*; water; salt. *Organic	
Country Baguette 250g	Organic white flour; organic dark rye; organic light rye; water; yeast; salt.	
Pauls Sourdough Spelt Bread 400g		


Item name	Ingredients	Image
Organic Celtic Fruit & Nut Deli Rye 6 Slices	Rye Flour; Water; Sourdough (Rye Flour; Water); Salt.	
Organic Wholemeal Open Tin 800g Sliced	Wholemeal flour*; Water; Sourdough* (Wholemeal flour*; Water); Salt; Yeast. *denotes organic	
Organic Wholemeal Open Tin 400g Sliced	Wholemeal Flour; Water; Sourdough (Wholemeal Flour; Water); Salt; Yeast.	

Item name	Ingredients	Image
ABO Quinoa Bread 400g	Filtered revitalised water; freshly milled golden quinoa flour (33%)*; freshly milled wholegrain rice flour*; rice leaven*; sea salt; Aquamin F (marine multi mineral complex derived from seaweed (Lithothamnium C))*; seaweed (fucus vesiculosus). *= organ	
ABO Buckwheat Bread 400g	Filtered revitalised water; freshly milled buckwheat flour (31%)*; freshly milled wholegrain rice flour*; rice leaven*; sea salt; caraway seeds*; Aquamin F (marine multi mineral complex derived from seaweed (Lithothamnium C))*; seaweed (fucus vesiculosus)	
Croissant	White Flour, Water*, Butter, Sugar, Yeast*, Salt* and Egg Trace.	
Pain au Chocolat	White Flour, Water*, Butter, Chocolate, Sugar, Yeast*, Salt*, and Egg Traces.	



Item name	Ingredients	Image
Pain au Sultana	White Flour, Butter, Milk, Sultana, Sugar, Eggs, Potato Flour, Vanilla, Water, Salt* and Yeast*.	
Almond Croissant	White Flour, Frangipane (ground almonds, butter, sugar, eggs & rum), Water*, Butter, Syrup, Flaked Almonds, Sugar, Yeast, Salt* and Egg Trace.	
Seven Seeded Roll	Unbleached White Flour, Wholemeal Flour, Apple Juice, Seeds: Amaranth, Gold Linseed, Brown Linseed, Millet, Poppy, Sesame, Sunflower Seeds; Olive Oil, Salt* and Yeast*.	



Item name	Ingredients	Image
Ciabbatini	Unbleached White Flour, Water*, Olive Oil, Salt* and Yeast*.	
Brownie Bites	73% Cocoa Belgian Chocolate (cocoa mass, sugar, cocoa butter, lecithin & vanilla), Fresh Eggs, Golden Cane Sugar, Unsalted Butter, Stone Ground Unbleached White Flour.	
Granary Roll	White Flour, Water*, Granary Flour, Salt* and Yeast*.	


Item name	Ingredients	Image
Seeded Multigrain Baguette	White Flour, Granary Flour, Dark Rye Flour, Corn Flour, Wheat Bran, Water*, Salt*, Yeast and Seeds (brown linseeds, millet and bran).	
GF Vanilla Cupcake	Vanilla Icing: Cane Icing Sugar, Vegetable Margarine (Sunflower Oil, Palm Oil, Coconut Oil, Water*, Carrot Juice, Emulsifier: Sunflower Lecithin*, Lemon Juice, Natural Flavouring*), Water*, Vanilla Cupcake: Cane Sugar, Free Range Eggs, Vegetable Margarine (Sunflower Oil, Palm Oil, Coconut Oil, Water*, Carrot Juice, Emulsifier: Sunflower Lecithin*, Lemon Juice, Natural Flavouring*), Tapioca Flour, Brown Rice Flour, Gluten Free Baking Powder and Vanilla.	

Item name	Ingredients	Image
GF Chocolate Cupcake	<p>Chocolate Icing: Cane Icing Sugar, Vegetable Margarine (sunflower oil, palm oil, coconut cil, cater*, carrot cuice, emulsifier: sunflower lecithin*, lemon juice, natural flavouring*), Water*, Cocoa Powder, Cupcake: Natural Cane Sugar*, Free Range Eggs, Vegetable Margarine (sunflower oil, palm oil, coconut oil, water*, carrot juice, emulsifier: sunflower lecithin*, lemon luice, natural flavouring), Tapioca Flour, Brown Rice Flour, Cocoa Powder, Gluten Free Baking Powder Dusted with Organic Chocolate with 74% Cocoa Solids (cocoa mass, sugar, cocoa butter & vanilla powder)</p>	
GF Brownie	<p>Dairy Free Dark Chocolate, Butter, Organic Free Range Egg, Organic Caster Sugar, Vanilla Extract, Gluten Free Flour (corn & brown rice) and Xanthan Gum</p>	
Oatmeal Raisin Cookie	<p>Cane Sugar, Raisins, Oats, Butter, Wheat Flour, Free Range Egg, Raising Agent: Sodium Bicarbonate*, Spice, Molasses and Vanilla.</p>	
Chocolate chip hazelnut cookie	<p>Wheat Flour, Cane Sugar, Butter, Chocolate, Hazelnuts, Free Range Egg, Honey, Molasses, Raising Agent: Sodium Bicarbonate* and Vanilla.</p>	




Item name	Ingredients	Image
Double Chocolate Cookie	Cane Sugar, Chocolate, Wheat Flour, Butter, Free Range Egg, Honey, Cocoa Powder, Molasses, Raising Agent: Sodium Bicarbonate* and Vanilla.	
Fruit and nut loaf	White Flour, Dark Rye, Light Rye, Sultana, Figs, Apricot, Walnuts, Salt*, Yeast* and Water*	CH
GF iced chocolate mini panettone	Fresh Pears, Brown Rice Flour, Cane Sugar, Free Range Eggs, Extra Virgin Olive Oil, Cocoa Powder, Raising Agent (bicarbonate of soda*) and Icing (cane icing sugar, cocoa powder & water*).	CH
GF carrot mini panettone	Fresh Carrots, Stoneground Brown Rice Flour, Cane Sugar, Free Range Eggs, Extra Virgin Olive Oil, Cashew Nuts, Sultanas, Raising Agent: Bicarbonate of Soda*, Vanilla, Cinnamon and Mixed Spice.	CH
GF apple raisin mini panettone	Fresh Apples, Stoneground Brown Rice Flour, Cane Sugar, Raisins, Free Range Eggs, Extra Virgin Olive Oil, Cinnamon and Raising Agent: Bicarbonate of Soda*.	CH
GF banana vanilla mini panettone	Fresh Bananas, Stoneground Brown Rice Flour, Cane Sugar, Free Range Eggs, Extra Virgin Olive Oil, Vanilla, Cinnamon and Raising Agent: Bicarbonate of Soda*.	CH




Item name	Ingredients	Image
Chocolate half baked flourless cake	Whole Eggs, Chocolate 24% (cocoa mass, sugar, cocoa butter & vanilla powder), Butter, Cane Sugar and Ground Almonds.	
Pecan Tart	Pasty Dough (unsalted butter, wheat flour, icing sugar & whole eggs) and Filling (whole eggs, cane sugar, golden syrup & pecans).	
Vegan chocolate bundt cake	Cane Sugar, Wheat Flour, Rapeseed Oil, Cocoa Powder, Vinegar, Baking Powder, Salt*, Icing Sugar and Water*.	
Eccles Cake	Cane Sugar, Wheat Flour, Rapeseed Oil, Cocoa Powder, Vinegar, Baking Powder, Salt*, Icing Sugar and Water*.	
Gluten free german seeded roll	Water*, Corn Starch, Wholegrain Amaranth Flour, Rice Flour, Linseeds, Sunflower Seeds, Sesame Seeds, Sunflower Oil, Psyllium Husks, Pea Protein, Apple Fibre, Sea Salt*, Yeast*, Dextrose, Thickener (guar gum* & xanthan gum*) and Spices	
dr karg mini crisp bread	Wholegrain Wheat Flour, Mozzarella, Emmental Cheese, Tomato Flakes, Linseeds, Sesame Seeds, Sea Salt*, Yeast*, Barley Malt Extract and Provencal Herbs.	




Item name	Ingredients	Image
Seven seed bread (800g)	Unbleached White Flour, Wholemeal Flour, Water*, Seeds (amaranth, gold linseed, brown linseed, millet, poppy, sesame, sunflower seeds), Olive Oil, Salt* and Yeast*.	
Chocolate Almond Croissant	White Flour, Frangipane (ground almonds, butter, sugar, eggs & rum), Water*, Butter, Chocolate, Syrup, Flaked Almonds, Sugar, Yeast, Salt* and Egg Trace.	
Planet organic brownie bite pots	73% Cocoa Belgian Chocolate (cocoa mass, sugar, cocoa butter, lecithin* & vanilla), Fresh Eggs, Golden Cane Sugar, Unsalted Butter, and Stone Ground Unbleached White Flour.	
Planet organic cranberry seed bar bite pots	Dates, Cranberries, Oats, Linseeds, Sesame Seeds, Pumpkin Seeds, Sunflower Seeds, Olive Oil, Rice Syrup and Coconut.	




Item name	Ingredients	Image
Lemon Drizzle Cake	Fresh Apple, Brown Rice Flour, Cane Sugar, Eggs, Olive Oil, Lemon Zest, Bicarbonate of Soda and Lemon Drizzle Icing (cane sugar & lemon juice).	
Orange Carob Loaf cake	Bananas, Brown Rice Flour, Brown Rice Syrup, Spring Water*, Carob Powder, Olive Oil, Orange Zest, Vanilla Extract, Golden Linseed and Bicarbonate of Soda.	
Banana Vanilla loaf Cake	Bananas, Brown Rice Flour, Brown Rice Syrup, Eggs, Olive Oil, Vanilla, Cinnamon and Bicarbonate of Soda.	
Christmas Cake finger	Marzipan (almonds, cane sugar, water* & almond oil) Cake (currants 14%, almonds, raisins 8%, sultanas 8%, cane sugar, free range eggs, brown rice flour, dates 5%, apricots 4%, molasses, orange juice, extra virgin olive oil, orange zest, cinnamon, ginger, mixed spice, nutmeg. raising agent: bicarbonate of soda & gluten-free baking powder).	CH




Item name	Ingredients	Image
Mince Pie	Pastry (wheat flour, salted butter 27%, sugar, salt*) Mincemeat (sugar, sultanas 18%, apple puree, currants 7%, raisins 7%, apricot purée 6%, candied mixed peel (glucosefructose syrup*, orange peel, sugar, lemon peel & concentrated lemon juice) Spirit Vinegar, Sunflower Oil, Cornflour, Brandy, Ground Cinnamon, Mixed Spice (ginger, cinnamon, nutmeg & clove), cinnamon & orange oil).	CH
Hot Cross Buns (4-pack)	Fortified Wheat Flour (wheat flour, calcium carbonate*, iron*, nicotinic acid* & thiamine*), Water*, Cane Sugar, Milk, Agave Syrup, Dried Currants (includes sunflower oil), Dried Raisins (includes sunflower oil), Butter, Rapeseed Oil, Yeast*, Eggs, Orange Peel (corn glucose syrup, orange peel, citric acid* & salt*), Lemon Peel (corn glucose syrup, lemon peel, citric acid* & salt*), Mixed Spices (coriander, cinnamon, cassia, nutmeg, allspice, clove, ginger, cardamom) and salt*.	CH
Chocolate half baked flourless cake	Whole Eggs, Chocolate 24% (cocoa mass, sugar, cocoa butter & vanilla powder), Butter, Cane Sugar and Ground Almonds.	




Item name	Ingredients	Image
Scone with spelt & quinoa	Wheat Flour, Unsalted Butter (milk), Wholemeal Spelt Flour (wheat & spelt), Double Cream, Whole Milk, Currants, Flaked Almonds, Cane Sugar, Quinoa, Whole Egg, Baking Powder Raising Agents: (E500, E450) and Salt*.	
Spelt Croissant	Wholemeal spelt, butter (milk), water, white spelt, cane sugar, yeast, salt, improver (wheat flour, raising agent(E500), sunflower oil).	
Chocolate Brownie	Chocolate (cocoa mass 70%, cane sugar, cocoa butter, soya lecithin & vanilla extract), Fresh Eggs, Golden Cane Sugar, Unsalted Butter, Stone Ground Unbleached White Flour.	


Item name	Ingredients	Image
Sweet Potato Brownie	Sweet Potato, Coconut Sugar, Chocolate (cocoa mass 70%, cane sugar, cocoa butter, soya lecithin & vanilla extract), Olive Oil, Ground Almonds. Vanilla Extract, Gluten Free Baking Powder, Eggs and Seasalt*.	
Wheat free fruit & seed bar	Dates, Cranberries, Oats, Linseeds, Sesame Seeds, Pumpkin Seeds, Sunflower Seeds, Olive Oil, Rice Syrup and Coconut.	
GF Focaccia	Coconut Oil, Almond Milk, Vanilla, Bananas, Coconut Sugar, Baking Powder, Cinnamon, Bicarb of Soda, Ground Almonds, Buckwheat Flour, Quinoa Flour and Vinegar.	

Item name	Ingredients	Image
Topped vegan Banana Bread	Coconut Oil, Almond Milk, Vanilla, Bananas, Coconut Sugar, Baking Powder, Cinnamon, Bicarb of Soda, Ground Almonds, Buckwheat Flour, Quinoa Flour, Vinegar, Raspberry Chia Jam (chia, raspberries & coconut nectar), Almond Butter & Cacao Nibs.	
SALTED PEANUT CHOCOLATE CHIP SOURDOUGH COOKIE	Almond milk (rice, sunflower oil), coconut sugar, spelt flour, peanut butter, peanuts, chocolate chips (cocoa mass, coconut sugar, cocoa butter), vanilla, salt, coconut oil, bicarb of soda.	
DOUBLE CHOCOLATE HAZELNUT SOURDOUGH COOKIE	Almond milk (rice, sunflower oil), coconut sugar, spelt flour, hazelnuts, chocolate chips (cocoa mass, coconut sugar, cocoa butter), cacao powder, vanilla, salt, coconut oil, bicarb of soda.	

Item name	Ingredients	Image
CRANBERRY PECAN & OAT SOURDOUGH COOKIE	Spelt flour, oats, oat bran, vanilla, cranberries, pecans, coconut sugar, coconut oil, salt, almond milk.	
Blueberry Muffin	White Flour, Spelt Flour, Baking Powder, Salt*, Caster Sugar, Eggs, Butter, Milk and Blueberry.	
Chocolate Hazelnut Muffin	Plain White Flour, Raw Sugar, Butter, Eggs, Whole Milk, Gluten Free Baking Powder, Chocolate Buttons (cocoa mass 70%, cane sugar, cocoa butter, soya lecithin & vanilla extract) and Whole Hazelnuts.	

Item name	Ingredients	Image
GF carrot & apple muffin	Stoneground Brown Rice Flour, Cane Sugar, Fresh Apples, Fresh Carrots, Free Range Eggs, Extra Virgin Olive Oil, Desiccated Coconut, Walnuts, Dates, Raising Agent: Bicarbonate of Soda*, Cinnamon and Vanilla Extract.	
GF vegan banana & walnut muffin	Fresh Bananas, Stoneground Brown Rice Flour, Water*, Brown Rice Syrup, Walnuts, Extra Olive Oil, Golden Linseeds, Raising Agent: Bicarbonate of Soda and Cinnamon.	
GF vegan chocolate brazil muffin	Stoneground Brown Rice Flour, Fresh Pear, Fresh Bananas, Brown Rice Syrup, Water*, Extra Virgin Olive Oil, Brazil Nuts, Cocoa, Orange Zest, Golden Linseed, Raising Agent: Bicarbonate of Soda* and Sprinkled with Brazil Nuts.	

Item name	Ingredients	Image
Tomato & pesto muffIn	Ciabatta Flour, Milk, Rapeseed Oil, Egg, Tomato, Pesto (olive oil, cheddar cheese, fresh basil & garlic), Cane Sugar, Yeast* and Salt*	
Mushroom & cheese muffIn	Ciabatta Flour, Milk, Rapeseed Oil, Egg, Mushroom, Cheddar Cheese, Cane Sugar, Yeast* and Salt*.	
GF blueberry muffIn	Fresh Apples, Stoneground Brown Rice Flour, Brown Rice Syrup, Blueberries, Free Range Eggs, Extra Virgin Olive Oil, Raising Agent: Bicarbonate of Soda*.	

Item name	Ingredients	Image
Butternut squash muffin	Squash (butternut), Rice Milk, Butter, Chestnut Flour, Chopped Dates, Coconut Sugar, Eggs, Gluten Free Baking Powder, Brown Rice Syrup, Cashews, Date Syrup, Gram Flour, Rice Flour, Pumpkin Seeds and Cashew Butter.	
GF Christmas muffin	Fresh Apple, Stoneground Brown Rice Flour, Brown Rice Syrup, Crayve's Christmas Mincemeat (fresh pears, raisins, fresh apple, sultanas, currants, dates, cognac, almonds, orange juice and zest, lemon zest, cinnamon, mixed spice, nutmeg and ginger) Free Range Eggs, Extra Virgin Olive Oil, Raising Agent: Bicarbonate of Soda*, Cinnamon, Mixed Spice, Nutmeg, Ground Almond, Agave Nectar and Almond Oil.	CH
MATCHA RASPBERRY MUFFIN	White Flour, Caster Sugar, Baking Powder, Milk, Egg, Butter, Raspberry and Matcha.	