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As this list can be updated frequently, it should be used as a guide only, as while every care has been taken, the products listed may be subject to subsequent changes in supplier, recipe or allergy information. Therefore you are requested to check in store product allergen information before purchasing the product. DUE TO PREPARATION METHODS, PRODUCTS MAY CONTAIN OTHER ALLERGENS.

Product	Ingredients	Allergen	Vegetarian/Vegan	Per Serving	Nutritional Information															
					kJ per 100g	kJ per serving	kcal per 100g	kcal per serving	Fat per 100g	Fat per serving (g)	Salt per 100g	Salt per serving (g)	Saturates per 100g	Saturates per serving (g)	Sugars per 100g	Sugars per serving (g)				
<b>Cinnamon Swirl</b>	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Sugar, Water, Sucrose, Rapeseed Oil, Yeast, Pasteurised Egg Yolk (Free Range), Coconut Oil, Tapioca Starch, Glucose Syrup, Sucrose Syrup, Cinnamon (1%), Glazing Agent (Isomalt), Salt, Wheat Flour, Emulsifiers (Mono- and diglycerides of fatty acids - Vegetable, Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), Modified Starch (Potato Starch), Cane sugar syrup, Whey Powder (Milk), Dextrose, Skimmed Milk Powder, Gelling Agent (Agar), Stabilisers (Calcium alginate, Tetrasodium diphosphate, Disodium phosphate), Flavouring, Preservative (Potassium sorbate), Acidity Regulator (Citric acid), Flour Treatment Agent (Ascorbic acid), Milk Protein, Colours (Mixed carotenes).	Egg Wheat Milk	Vegetarian	per swirl	1872	1479	448	354	26.0	20.6	0.40	0.32	11.4	9.0	17.5	13.8				
<b>Cheese Twist</b>	Wheat Flour, Butter (Milk) (20%), Medium fat hard cheese (17%) (Milk, Potato Starch, Salt, Starter Culture, Rennet), Medium fat hard cheese (9%) (Milk, Potato Starch, Salt, Starter Culture, Rennet), Emmental cheese (6%) (Milk, Potato Starch, Salt, Starter Culture, Rennet), Sugar, Emmental cheese (3%) (Milk, Potato Starch, Salt, Starter Culture, Rennet), Dijon Mustard (3%) (Water, Mustard Seeds, Sugar Cane Brewed Vinegar, Salt, Acidity Regulator (Citric acid), Antioxidant (Potassium metabisulphite)), Yeast, Malted Barley Extract, Salt, Water, Rapeseed Oil.	Barley Wheat Milk Mustard Sulphite	Vegetarian	per cheese twist	1774	1348	425	323	23.8	18.1	0.97	0.74	15.2	11.5	5.9	4.5				
<b>Apple Puff Pastry Pie</b>	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Apple (21%), Water, Sugar, Palm Oil, Palm Fat, Salt, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable, Mono- and diglycerides of fatty acids), Cornflour, Antioxidant (Ascorbic acid), Acidity Regulator (Citric acid), Stabiliser (Hydroxypropyl methyl cellulose), Modified Maize Starch, Preservative (Potassium sorbate).	Wheat	Vegan	per pie	1608	1172	384	280	19.7	14.4	0.43	0.31	10.2	7.4	21.0	15.3				
<b>Beetroot &amp; Apple Bread</b>	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	Vegan	per average slice (50g)	927	464	219	109	0.8	0.4	0.77	0.38	0.2	0.1	6.5	3.3				
<b>Demi Baguette</b>	Wheat Flour, Water, Salt, Flour Treatment Agent (Ascorbic acid), Gluten, Yeast.	Wheat	Vegan	per baguette	2230	2832	526	668	2.5	3.2	1.40	1.78	0.4	0.6	7.5	9.6				
<b>Maple Pecan Plait</b>	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Vegetable Margarine (Vegetable Oil (Palm, Rapeseed, Coconut), Water, Salt, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Acidity Regulator (Citric acid), Flavouring), Sugar, Pecan Nuts (5%), Yeast, Egg Yolk (Egg Yolk, Salt), Water, 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)), Glazing Agent (Isomalt), Cane Sugar Syrup, Stabiliser (Pectin), Thickeners (Sodium alginate, Pectin, Sucrose Syrup), Dextrose, Emulsifier (Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), Flavouring, Gelling Agent (Agar), Flour Treatment Agent (Ascorbic acid), Preservative (Potassium sorbate), Acidity Regulator (Citric acid).	Egg Wheat Milk Pecan Nuts	Vegetarian	per plait	1856	1522	445	365	28.1	23.0	0.35	0.29	11.6	9.5	16.6	13.6				
<b>Medium White Petit Pain</b>	Wheat Flour, Water, Salt, Flour Treatment Agent (Ascorbic acid), Gluten, Yeast.	Wheat	Vegan	per petit pain	2358	1674	557	395	3.6	2.6	1.38	0.98	0.6	0.4	6.1	4.3				
<b>Poppy Seed Topped White Baguette</b>	Wheat Flour, Water, Poppy Seeds (2%), Salt, Flour Treatment Agent (Ascorbic acid), Gluten, Yeast.	Wheat	Vegan	per serving (100g)	1111	1111	262	262	1.1	1.1	0.87	0.87	0.2	0.2	3.7	3.7				
<b>Sesame Seed Topped White Baguette</b>	Wheat Flour, Water, Topping (2%) (Sesame Seeds), Salt, Flour Treatment Agent (Ascorbic acid), Gluten, Yeast.	Wheat Sesame	Vegan	per 1/4 baguette	1109	1109	262	262	1.8	1.8	0.97	0.97	0.3	0.3	3.6	3.6				
<b>White Baton</b>	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Calcium sulphate, Palm Oil, Flour Treatment Agent (Ascorbic acid), Wheat Flour.	Wheat	Vegan	per 100g (approx. 1/2 baton)	1073	1073	253	253	1.1	1.1	0.92	0.92	0.3	0.3	4.1	4.1				
<b>Wholemeal Tin Loaf 400g</b>	Wholemeal Wheat Flour, Water, Yeast, Salt, Vegetable Oils (Rapeseed Oil, Palm Oil), Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wheat Protein, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegan	per 1/8 loaf	1004	502	238	119	2.2	1.1	0.88	0.44	0.4	0.2	3.5	1.8				
<b>Wholemeal Tin Loaf 800g</b>	Wholemeal Wheat Flour, Water, Yeast, Salt, Vegetable Oils (Rapeseed, Palm), Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wheat Protein, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegan	per 1/16th loaf	1004	502	238	119	2.2	1.1	0.88	0.44	0.4	0.2	3.5	1.8				
<b>Multiseed Bloomer</b>	Wheat Flour, Water, Sunflower Seeds (5%), Gluten, Brown Linseed (1.5%), Wheat Bran (1.5%), Sesame Seeds (1.5%), Salt, Flour Treatment Agent (Ascorbic acid), Yeast, Shea Oil, Malted Barley (0.5%), Coconut Oil.	Barley Wheat Sesame	Vegan	per 1/5 bloomer	1262	1010	299	240	6.2	5.0	0.78	0.62	1.1	0.8	3.1	2.5				
<b>Sultana Scone</b>	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Reconstituted Skimmed Milk Powder (Water, Skimmed Milk Powder), Sultanas (19%) (Sultanas, Cottonseed Oil), Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Flavourings), Butter (Milk), Baking Powder (Raising Agent (Disodium diphosphate, Potassium carbonate), Wheat Flour, Processing aid (Silicon dioxide, Calcium Stearate, Rapeseed Oil)), Glaze (Water, Pea Protein, Dextrose), Wheat Flour, Dough conditioner (Emulsifier (Mono- and diglycerides of fatty acids), Wheat Flour, Calcium sulphate), Salt.	Wheat Milk	Vegetarian	per scone	1342	1409	318	334	8.1	8.5	0.69	0.72	3.5	3.7	21.5	22.6				
<b>White Rustic Roll</b>	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Rapeseed Oil, Flour Treatment Agent (Ascorbic Acid).	Wheat	Vegan	per roll	1018	885	240	209	1.5	1.3	0.89	0.77	0.3	0.3	2.9	2.5				
<b>Portuguese Custard Tart</b>	CUSTARD FILLING (65%) (Sugar, Water, Milk, Egg Yolk (Free Range), Wheat Flour, Egg White (Free Range), Milk Powder, Maize Starch, Thickener (Xanthan gum)), PASTRY (35%) (Wheat Flour, Water, Palm Oil, Rapeseed Oil, Salt, Coconut Oil, Emulsifier (Mono- and diglycerides of fatty acids, Lecithins (Sunflower), Polyglycerol esters of fatty acids), Acidity Regulator (Lactic acid, Citric acid), Antioxidant (Alpha-tocopherol, Tocopherol-rich extract, Ascorbyl palmitate)).	Egg Wheat Milk Soya	Vegetarian	per tart	1147	665	273	158	10.3	6.0	0.24	0.14	4.8	2.8	22.8	13.2				
<b>White Parisien Baguette</b>	Wheat Flour, Water, Salt, Flour Treatment Agent (Ascorbic acid), Gluten, Yeast.	Wheat	Vegan	per 1/4 baguette	1089	1171	257	276	0.9	1.0	1.03	1.11	0.2	0.2	3.2	3.4				
<b>Cheese &amp; Tomato Swirly</b>	Wheat Flour, Tomato Filling (23%) (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) (Contains Potato Starch), Medium hard fat cheese (6%) (Milk) (Contains Potato Starch), Egg (Free Range), Sugar, Yeast, Potato Flakes, Rapeseed Oil, Salt, Oregano Extract, Basil.	Celery Egg Wheat	Vegetarian	per swirly	1031	784	245	186	5.4	4.1	0.90	0.68	2.2	1.7	6.3	4.8				

		Milk																
<b>Almond Croissant</b>	Wheat Flour, Water, Butter (Milk) (18%), Almond (9%), Sugar, Glucose - Fructose Syrup, Yeast, Invert Sugar Syrup, Salt, Pasteurised Liquid Whole Egg (Free Range), Skimmed Milk Powder, Emulsifier (Mono- and di-acetyltartaric esters of mono- and di-glycerides of fatty acids), Modified Potato Starch, Whey Powder (Milk), Milk Protein, Cream Powder (Milk), Flavouring, Thickener (Sodium alginate), Stabilisers (Calcium sulphate, Tetrasodium diphosphate), Carrot Extract, Flour Treatment Agents (Ascorbic acid, L-cysteine), Enzymes.	Egg Wheat Milk Almond	Vegetarian	per croissant	1736	1562	416	374	24.1	21.7	0.68	0.61	13.0	11.7	10.2	9.2		
<b>Irresistible Extra Mature Cheddar and Jalapeno Roll</b>	Wheat Flour, Water, Mature Cheddar Cheese (Milk) (3%) (Mature Cheddar Cheese (Milk), Potato Starch), Extra Mature Cheddar Cheese (Milk) (3%) (Extra Mature Cheddar Cheese (Milk), Potato Starch), Red leicester cheese (contains colour annatto) (3%) (Red leicester cheese (contains colour annatto), Potato Starch), Cheese Powder (Milk) (Cheese Powder (Milk), Sodium phosphate, Salt), Red Pepper, Green Pepper, Salt, Jalapeno Pepper (1%), Yeast, Malted Barley Flour.	Barley Wheat Milk	Vegetarian	per roll	1099	1099	260	260	4.9	4.9	1.09	1.09	2.4	2.4	2.6	2.6		
<b>Irresistible Kalamata Olive Roll</b>	Wheat Flour, Water, Green Olives (9%) (Pasteurized (Green Olives), Water, Sea Salt, Extra Virgin Olive Oil, Citric acid, Lactic acid), Kalamata olives (5%) (Pasteurized (Kalamata olives), Water, Sea Salt, Red Wine Vinegar, Extra Virgin Olive Oil), Extra Virgin Olive Oil, Dark Rye Flour (Rye Flour), Salt, Yeast, Malted Barley Flour.	Barley Rye Wheat	Vegan	per roll	1052	1052	250	250	5.8	5.8	1.37	1.37	0.9	0.9	1.7	1.7		
<b>Cheese &amp; Onion Rolls</b>	Wheat Flour (Wheat Flour, Calcium carbonate, Niacin, Iron, Thiamin), Onion (15%), Water, Palm Oil, Colour Mature Cheddar Cheese (Milk) (8%) (Milk, Potato Starch, Salt, Starter Culture, Coagulant, Annatto (Permission)), Mature Cheddar Cheese (Milk) (8%) (Milk, Salt, Starter Culture, Coagulant), Potato, Egg (Free Range), Egg Yolk (Free Range), Potato Flakes, Salt, Modified Maize Starch, Stabiliser (Hydroxypropyl methyl cellulose), Dijon Mustard (Water, Mustard Seeds, Spirit Vinegar, Salt), Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Sugar, White Pepper.	Egg Wheat Milk Mustard	Vegetarian	per roll	1333	720	320	173	19.3	10.4	0.83	0.45	10.4	5.6	2.5	1.4		
<b>Chocolate Hazelnut Croissant</b>	Dough (Wheat Flour, Butter (Milk) (22%), Water, Yeast, Sugar, Egg (Free Range), Salt, Gluten, amylases, hemicellulases (Enzymes), Flour Treatment Agent (Ascorbic acid)), Cocoa hazelnut filling (21%) (Sugar, Palm Fat, Hazelnut, Fat-reduced Cocoa Powder, Lactose (Milk), Emulsifier (Lecithins (Soya))), Chocolate (2%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (Lecithins (Soya))), Natural vanilla flavour (Vanilla)), Egg wash (Egg (Free Range), Water).	Egg Wheat Milk Hazelnut Soya	Vegetarian	per croissant	1961	1863	470	447	27.8	26.4	0.83	0.79	15.5	14.7	18.7	17.8		
<b>Rye Bloomer</b>	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rye Flour (16%), Rice Flour, Yeast, Salt, Sugar, Malted Barley Flour, Rapeseed Oil, Barley Flour, Malt Extract Powder, Flour Treatment Agent (Ascorbic acid).	Barley Rye Wheat	Vegan	per 1/5th bloomer	976	781	230	184	1.1	0.9	0.88	0.70	0.3	0.3	2.4	1.9		
<b>Sausage Rolls</b>	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Pork (23%), VegetableOil (Palm Fat, Rapeseed Oil), Pork Fat, Wheat Flour, Seasoning (Durum Wheat Flour, Salt, Rusk (Wheat Flour, Salt, Raising Agent (Ammonium carbonates)), Stabiliser (Sodium triphosphate), Dextrose, Spice Extracts (Cayenne Pepper, Chilli, Coriander, Ginger, Mace, Nutmeg, Pepper), Preservative (Sodium metabisulphite), Antioxidant (Sodium ascorbate)), Salt, Flour Treatment Agent (L-Cysteine hydrochloride).	Wheat Sulphite	n/a	per sausage roll	1351	810	324	194	20.6	12.4	1.04	0.62	9.6	5.8	2.4	1.4		
<b>Irresistible Granolas</b>	Oats (32%), Sugar, Butter Oil (Milk), Water, Vegetable Oils (Palm, Rapeseed), Raisins (5%), Cornflour, Sultanas (5%), Sunflower Seeds (5%), Sweetened Dried Cranberries (4%) (Sugar, Cranberries, Sunflower Oil), Pumpkin Seeds (3%), Honey, Wheat Starch, Molasses, Raising Agents (Diphosphates, Sodium hydrogen carbonate), Salt, Egg Powder, Wheat Flour.	Egg Oats Wheat Milk	Vegetarian	per granola	1925	1444	460	345	22.2	16.7	0.27	0.20	9.1	6.8	29.9	22.4		
<b>Banana &amp; Blueberry Muffin</b>	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Rapeseed Oil, Water, Banana Purée (9%), Blueberry (6%), Fried Sweetened Banana Chips (3.5%) (Banana, Coconut Oil, Sugar, Flavouring), Egg Powder (Free Range), Humectant (Glycerol), Oats (1.5%), Raising Agent (Diphosphates, Potassium bicarbonate, Glucono-delta-lactone), Stabiliser (Xanthan gum, Sodium, potassium and calcium salts of fatty acids), Modified Maize Starch, Whey Powder (Milk), Milk Protein, Salt, Anti-caking Agent (Calcium sulphate), Antioxidant (Ascorbic acid), Acidity Regulator (Citric acid).	Egg Oats Wheat Milk	Vegetarian	per muffin	1545	1746	369	417	18.4	20.8	0.24	0.27	3.1	3.5	18.2	20.6		
<b>Raspberry Croissant</b>	Dough (Wheat Flour, Butter (Milk) (22%), Water, Yeast, Sugar, Egg, Salt, Wheat Protein, Flour Treatment Agent (Ascorbic acid)), Raspberry Filling (22%) (Glucose - Fructose Syrup, Raspberries, Sugar, Gelling Agent (Pectin), Acid (Citric acid), Acidity Regulator (Tricalcium citrate), Preservative (Potassium sorbate), Flavouring), Coated Sugar (1.0%)(Sugar, Palm Oil, Radish Concentrate, Blackcurrant Concentrate, Apple Concentrate).	Egg Wheat Milk	Vegetarian	per croissant	1549	1394	370	333	16.3	14.7	0.64	0.58	11.8	10.6	19.7	17.7		
<b>Ploughmans Bread</b>	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Sweet Pickle (12%) (Carrot, Rutabaga, Sugar, Onion, Malt Vinegar (Barley), Cauliflower, Spirit Vinegar, Salt, Modified Maize Starch, Dates, Apple, Tomato Paste, Colour (Sulphite ammonia caramel), Concentrated Lemon Juice, Ginger, Onion Powder, Clove, Nutmeg, Flavouring), Red Leicester Cheese (Milk)(8%)(Colour (Annatto)), Rice Flour, Yeast, Wheat Protein, Salt, Soya Flour, Coloured Cheddar Cheese (Milk)(2%)(Colour (Annatto)), Provolone Cheese (Milk)(2%), Rapeseed Oil, Dextrose, Emulsifier (Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids), Palm Oil, Potato Starch, Flour Treatment Agent (Ascorbic acid).	Barley Wheat Milk Soya	Vegetarian	per 1/4 bloomer	1073	751	254	178	4.9	3.5	0.81	0.57	3.3	2.3	6.3	4.4		
<b>Chocolate &amp; Salted Caramel Doughnut</b>	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Glucose Syrup, Emulsifier (Mono- and diglycerides of fatty acids, Polysorbate 60, Citric acid esters of mono- and di-glycerides of fatty acids, Sucrose esters of fatty acids, Sodium stearoyl-2-lactylate), Sweetened Condensed Skimmed Milk, Dextrose, Yeast, Butter (Milk), Cocoa Powder, Invert Sugar Syrup, Sweetened Condensed Milk, Fermented Wheat Flour, Colour (Plain caramel, Titanium dioxide, Iron oxide, Lutein), Raising Agents (Disodium diphosphate, Potassium carbonate, Sodium carbonate), Whey Powder (Milk), Salt, Cornflour, Natural (Flavouring), Gelling Agent (Agar, Pectin), Preservative (Potassium sorbate), Burnt Sugar, Stabiliser (Carboxy methyl cellulose, Guar gum), Sea Salt, Antioxidant (Ascorbic acid).	Wheat Milk	Vegetarian	per doughnut	1535	1289	366	307	14.4	12.1	0.48	0.40	7.6	6.4	16.6	13.9		
<b>Double Chocolate Doughnut</b>	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Sugar, Vegetable Oil (Palm, Rapeseed), Emulsifiers (Mono- and diglycerides of fatty acids, Polysorbate 60, Citric acid esters of mono- and di-glycerides of fatty acids, Sucrose esters of fatty acids, Sodium stearoyl-2-lactylate, Lecithins (Soya)), Dextrose, Yeast, Cocoa Powder, Double Cream (Milk), Fermented Wheat Flour, Colours (Titanium dioxide, Plain caramel, Iron oxide, Lutein), Whey Powder (Milk), Whole Milk Powder, Raising Agents (Disodium diphosphate, Potassium carbonate, Sodium carbonate), Cocoa Butter, Fructose, Humectant (Glycerol), Cocoa Mass, Salt, Flavouring, Preservative (Potassium sorbate), Gelling Agent (Agar), Acidity Regulator (Glucono-delta-lactone), Stabilisers (Carboxy methyl cellulose, Guar gum), Antioxidant (Ascorbic acid).	Wheat Milk Soya	Vegetarian	per doughnut	1613	1355	385	323	16.4	13.8	0.40	0.34	8.5	7.1	26.6	22.3		
<b>Bramley Apple Pie</b>	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Apple (30%), Vegetable Oil (Palm, Rapeseed, Coconut, Sunflower), Sugar, Water, Cornflour, Salt, Preservative (Potassium sorbate), Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Acidity Regulator (Citric acid), Flavouring.	Wheat	Vegan	per 100g (approx. 1/4 pie)	1303	1303	311	311	15.0	15.0	0.22	0.22	7.3	7.3	14.5	14.5		
<b>Rhubarb Pie</b>	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Rhubarb (29%), Vegetable Oil (Palm, Rapeseed, Coconut, Sunflower), Sugar, Rhubarb, Water, Cornflour, Salt, Preservative (Potassium sorbate), Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Acidity Regulator (Citric acid), Flavouring.	Wheat	Vegan	per 100g (approx. 1/4 pie)	1309	1309	313	313	15.1	15.1	0.21	0.21	7.4	7.4	13.9	13.9		
<b>Blueberry Crown with Almond</b>	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Blueberry Filling (21%)(Blueberries, Sugar, Cornflour, Water, Lemon Juice from Concentrate, Acidity Regulator (Citric acid), Preservative (Potassium sorbate)), Palm Oil, Water, Icing (Icing Sugar, Glucose, Water, Colour (Calcium carbonate), Tapioca Starch), Sugar, Rapeseed Oil, Almonds, Yeast, Pasteurised Egg Yolk, Wheat Protein, Coconut Oil, Wheat Flour, Glazing Agent (Isomalt), Emulsifier	Egg Wheat Almond	Vegetarian	per crown	1579	1520	378	364	22.3	21.5	0.26	0.25	9.5	9.2	14.5	14.0		

	(Mono- and diglycerides of fatty acids - Vegetable, Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), Salt, Dextrose, Almond Powder, Gelling Agent (Agar), Flavouring, Flour Treatment Agent (Ascorbic acid), Acidity Regulator (Citric acid), Preservative (Potassium sorbate).																	
<b>Apple &amp; Blackberry Lattice Pie</b>	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Bramley Apple (21%), Sugar, Margarine (Vegetable Oil (Palm, Palm Kernel. Rapeseed), Water, Emulsifier (Polyglycerol esters of fatty acids), Flavouring, Colour (Carotenes)), Blackberries (10%), Apple Purée, Comflour, Antioxidant (Ascorbic acid), Preservative (Citric acid), Salt.	Wheat	Vegan	per 1/6 pie	1310	799	312	190	12.9	7.9	0.01	0.01	6.0	3.7	19.4	11.8		
<b>Irresistible Fig, Walnut &amp; Honey Bloomer</b>	Wheat Flour, Water, Rye Flour, Figs (6%) (Figs, Rice Flour), Walnuts (6%), Honey (2%), Salt, Yeast, Malted Barley Flour, Wheat Grits.	Barley Rye Wheat Walnut	Vegetarian	per 1/5th bloomer	1123	853	267	203	6.2	4.7	0.97	0.74	0.7	0.5	5.5	4.2		
<b>Chocolate Twist</b>	Wheat Flour, Custard Filling (24%) (Water, Sugar, Modified Potato Starch, Whey Powder (Milk), Milk Protein, Cream Powder (Milk), Skimmed Milk Solids, Thickener (Sodium alginate), Stabilisers (Calcium sulphate, Tetrasodium diphosphate), Colours (Carrot Extract, Carotenes), Flavouring), Butter (Milk) (15%), Chocolate Drops (13%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (Lecithins (Soya)), Flavouring), Water, Sugar, Yeast, Pasteurised Liquid Whole Egg (Free Range), Gluten, Salt, Malted Wheat Flour, Wheat Germ Flour, Vitamin C Preparation, Enzymes.	Wheat Milk Soya Egg	Vegetarian	per twist	1553	1522	371	363	16.8	16.5	0.74	0.73	10.6	10.4	19.5	19.1		
<b>Cheese and Tomato Pizza</b>	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Tomatoes (16%), Water, Mozzarella (Milk) (10%), Extra Mature Cheddar Cheese (Milk)(8%), Vegetable Oils (Rapeseed, Palm), Sugar, Yeast, Salt, Yeast Powder, Dextrose, Palm Fat, Dried Herbs (Basil, Parsley, Oregano), Emulsifiers (Sodium stearyl-2-lactylate, Mono- and diglycerides of fatty acids), Flour Treatment Agent (Ascorbic acid).	Wheat Milk	Vegetarian	per slice	994	1044	236	248	5.7	6.0	1.03	1.08	3.1	3.3	2.0	2.1		
<b>Irresistible Three Cheese Sourdough Bloomer</b>	Wheat Flour, Water, Red Leicester Cheese (Milk) (6%) (contains Colour (Annatto)), Mature Cheddar Cheese (Milk) (6%), Vintage Farmhouse Cheddar Cheese (Milk) (5%), Cheese Powder (Milk) (Cheese Powder (Milk), Emulsifying Salt (Sodium phosphates), Salt), Salt, Yeast, Malted Barley Flour.	Barley Wheat Milk	Vegetarian	per 1/4 bloomer	1155	1040	274	247	7.7	6.9	0.89	0.80	4.6	4.2	1.7	1.5		
<b>Irresistible Sourdough Baguette</b>	Wheat Flour, Sourdough (35%) (Wheat Flour, Water, Dried Rye Sourdough, Yeast, Dried Wheat Sourdough), Water, Dried Wheat Sourdough, Fermented Wheat Flour, Yeast, Salt, Rice Flour, Flour Treatment Agent (Ascorbic acid).	Rye Wheat	Vegan	per 1/4 baguette	1122	1038	264	244	0.8	0.8	0.74	0.68	0.2	0.2	3.2	2.9		
<b>Multiseed Baton</b>	Wheat Flour, Water, Poppy Seeds (2%), Linseed (2%), Quinoa (2%), Millet (2%), Salt, Flour Treatment Agent (Ascorbic acid), Wheat Protein, Yeast.	Wheat	Vegan	per 1/4 baton	1134	567	268	134	2.0	1.0	0.73	0.37	0.3	0.2	3.5	1.8		
<b>Hot Cross Boule (New)</b>	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sultanas (5%), Raisins (5%), Yeast, Rice Flour, Orange Peel, Salt, Spices (Coriander, Cassia, Ginger, Cardamom, Cloves, Fennel, Nutmeg), Glucose - Fructose Syrup, Sugar, Wheat Protein, Cassia, Lemon Peel, Rapeseed Oil, Acidity Regulator (Citric acid), Flour Treatment Agent (Ascorbic acid).	Wheat	Vegan	per 1/5 boule	1063	766	251	181	1.0	0.7	0.88	0.63	0.6	0.4	7.9	5.7		
<b>Custard Flavour Doughnut</b>	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin, Vanilla Flavour Custard Style 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 Extract), Vegetable Oils (Palm, Rapeseed), Sugar, Yeast, Glucose, Wheat Flour, 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, Sodium hydrogen carbonate, Monocalcium phosphate), Salt, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegan	per doughnut	1264	695	300	165	9.8	5.4	0.40	0.22	4.6	2.5	12.2	6.7		
<b>Jam Doughnut</b>	Wheat Flour, Water, Plum, Apple & Raspberry Jam (16%) (Glucose Syrup, Raspberry Purée, Plum Purée, Apple pulp, Gelling Agent (Pectin), Colour (Anthocyanins), Acidity Regulators (Citric acid, Sodium citrates), Preservative (Potassium sorbate), Flavouring), Vegetable Oils (Palm, Sunflower), 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), Calcium sulphate, Flour Treatment Agent (Ascorbic acid), Rapeseed Oil.	Wheat	Vegan	per doughnut	1337	736	317	175	8.3	4.6	0.40	0.22	3.9	2.1	9.4	5.2		
<b>Raspberry &amp; White Chocolate Cookies (New)</b>	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Belgian White Chocolate Chunks (24%) (Sugar, Cocoa Butter, Milk Powder, Emulsifier (Lecithins (Soya)), Flavouring), Sugar, Vegetable Oils (Palm, Rapeseed, Coconut), Water, Butter (Milk), Whey Powder (Milk), Invert Sugar Syrup, Raspberries (1%), Humectant (Glycerol - Vegetable), Wheat Starch, Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Molasses, Flavouring, Emulsifier (Mono- and diglycerides of fatty acids).	Wheat Milk Soya	Vegetarian	per cookie	2041	1265	487	302	24.3	15.0	0.37	0.23	11.6	7.2	32.7	20.3		
<b>Chocolate Easter Egg Muffin (New)</b>	Sugar, Egg, Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Milk Chocolate Filling (10%) (Sugar, Water, Milk Chocolate (Sugar, Whole Milk Powder, Cocoa Mass, Skimmed Milk Powder, Flavouring, Emulsifier (Lecithins (Soya))), Vegetable Glycerine, Cream (Milk), Sweetened Condensed Skimmed Milk, Butter (Milk), Cocoa Mass, Comflour, Salt), Chocolate Icing (8%) (Sugar, Palm Oil, Water, Emulsifiers (Lecithins (Soya), Sucrose esters of fatty acids), Cocoa Powder, Dextrose, Fructose, Salt, Acidity Regulator (Glucono-delta-lactone), Preservative (Potassium sorbate), Flavourings), Milk Chocolate Chunks (5%) (Sugar, Cocoa Butter, Cocoa Mass, Whole Milk Powder, Whey Powder (Milk), Emulsifier (Lecithins (Soya)), Flavouring), Cocoa Powder, Comflour, Coloured White Chocolate Egg Decoration (2%) (Sugar, Cocoa Butter, Whole Milk Powder, Lactose (Milk), Skimmed Milk Powder, Cocoa Mass, Colours (Spirulina, Titanium dioxide, Beetroot red), Emulsifier (Lecithins (Soya)), Butter Oil (Milk), Flavouring, Carrot Extract), Raising Agents (Potassium hydrogen carbonate, Disodium diphosphate), Whey Powder (Milk), Emulsifier (Polyglycerol esters of fatty acids - Vegetable).	Egg Wheat Milk Soya	Vegetarian	per muffin	1737	1737	415	415	21.1	21.1	0.40	0.40	4.1	4.1	32.8	32.8		
<b>Sprinkle White Iced Ring Doughnuts (New)</b>	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Sugar, Vegetable Oils (Palm, Rapeseed, Sunflower), Yeast, Glucose Syrup, Emulsifiers (Mono- and diglycerides of fatty acids, Citric acid esters of mono- and di-glycerides of fatty acids, Sucrose esters of fatty acids, Polysorbate 60, Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids), Salt, Raising Agents (Disodium diphosphate, Sodium carbonate), Wheat Flour, Colours (Titanium dioxide, Carotenes), Potato Starch, Gelling Agent (Agar), Concentrates (Spirulina, Safflower, Elderberry), Preservative (Potassium sorbate), Glazing Agents (Shellac, Beeswax), Flavouring, Antioxidant (Ascorbic acid), Acidity Regulator (Citric acid), Flour Treatment Agent (Ascorbic acid).	Wheat	Vegetarian	per doughnut	1668	867	398	207	17.7	9.2	0.44	0.23	9.0	4.7	13.7	7.1		
<b>Double Chocolate Cookie</b>	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed, Coconut), Water, Dark Chocolate Chunks (8%) (Cocoa Mass, Sugar, Cocoa Butter, Fat-reduced Cocoa Powder, Emulsifier (Lecithins (Soya))), Milk Chocolate Chunks (8%) (Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Mass, Emulsifier (Lecithins (Soya)), Flavouring), Fat-reduced Cocoa Powder, Butter (Milk), Wheat Starch, Vegetarian Whey Powder (Milk), Humectant (Glycerol - Vegetable), Vegetarian Whey Protein Concentrate (Milk), Molasses, Raising Agent (Sodium hydrogen carbonate), Flavouring, Egg Powder, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable).	Egg Wheat Milk Soya	Vegetarian	per cookie	1899	817	453	195	19.7	8.5	0.28	0.12	8.7	3.7	34.2	14.7		
<b>Irresistible Extra Mature Cheddar and Jalapeno Sourdough Bloomer</b>	Wheat Flour, Water, Mature Cheddar Cheese (Milk) (3%) Extra Mature Cheddar Cheese (Milk) (3%), Red Leicester Cheese (contains Colour (Annatto)) (3%), Cheese Powder (Milk), Red Pepper, Green Pepper, Salt, Jalapeno Pepper (1%), Yeast, Malted Barley Flour.	Barley Wheat Milk	Vegetarian	per 1/5th bloomer	1099	835	260	198	4.9	3.7	1.09	0.83	2.4	1.8	2.6	2.0		
<b>Irresistible Sourdough Bloomer</b>	Wheat Flour, Water, Salt, Yeast, Malted Barley Flour.	Barley Wheat	Vegan	per 1/5th bloomer	996	757	235	179	1.1	0.9	0.92	0.70	0.2	0.2	1.7	1.3		

<b>Milk Chocolate Chunk Cookie</b>	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Milk Chocolate (15%) (Sugar, Milk Powder, Cocoa Butter, Cocoa Mass, Emulsifier (Lecithins (Soya)), Flavouring), Vegetable Oils (Palm, Rapeseed, Coconut), Water, Butter (Milk), Wheat Starch, Humectant (Glycerol - Vegetable), Vegetarian Whey Powder (Milk), Vegetarian Whey Protein Concentrate (Milk), Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Molasses, Wheat Flour, Egg Powder, Flavouring, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable).	Egg Wheat Milk Soya	Vegetarian	per cookie	1938	833	462	199	19.3	8.3	0.31	0.13	8.7	3.7	36.2	15.6
<b>Oat &amp; Raisin Cookie</b>	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Raisins (18%), Vegetable Oils (Palm, Rapeseed, Coconut), Oats (8%), Water, Honey, Butter (Milk), Wheat Starch, Vegetarian Whey Powder (Milk), Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Humectant (Glycerol - Vegetable), Vegetarian Whey Protein Concentrate (Milk), Cinnamon, Molasses, Flavouring, Mixed Spice (Cinnamon, Coriander, Caraway, Fennel, Ginger, Clove, Nutmeg, Turmeric), Egg Powder, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable).	Egg Oats Wheat Milk	Vegetarian	per cookie	1763	758	420	180	15.4	6.6	0.46	0.20	6.1	2.6	33.4	14.4
<b>Irresistible Kalamata Olive Sourdough Bloomer</b>	Wheat Flour, Water, Green Olives (10%) (Pasteurised Olives, Water, Sea Salt, Extra Virgin Olive Oil, Acids (Citric acid, Lactic acid)), Kalamata Olives (5%) (Pasteurised Olives, Water, Sea Salt, Red Wine Vinegar, Extra Virgin Olive Oil), Extra Virgin Olive Oil, Dark Rye Flour Salt, Yeast, Malted Barley Flour.	Barley Rye Wheat	Vegan	per 1/5th bloomer	1052	800	250	190	5.8	4.4	1.37	1.04	0.9	0.7	1.7	1.3
<b>Irresistible Chocolate Chunk Shortbread</b>	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Concentrated Butter (Milk) (22%), Belgian Plain Chocolate (13%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (Lecithins (Soya)), Flavouring), Belgian Milk Chocolate (11%) (Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Mass, Emulsifier (Lecithins (Soya)), Flavouring), Sugar, Water, Modified Maize Starch, Cream Powder (Milk), Raising Agents (Diphosphates, Sodium hydrogen carbonate), Skimmed Milk Powder, Wheat Flour.	Wheat Milk Soya	Vegetarian	per square	2206	1544	529	370	31.1	21.7	0.28	0.20	19.5	13.7	20.5	14.4
<b>Irresistible White Chocolate Cookie</b>	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Belgian White Chocolate Chunks (27%) (Sugar, Cocoa Butter, Milk Powder, Emulsifier (Lecithins (Soya)), Flavouring), Sugar, Vegetable Oils (Palm, Rapeseed, Coconut), Water, Butter (Milk), Whey Powder (Milk), Invert Sugar Syrup, Humectant (Glycerol - Vegetable), Wheat Starch, Whey Concentrate (Milk), Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Molasses, Wheat Flour, Egg Powder, Flavouring, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable).	Egg Wheat Milk Soya	Vegetarian	per cookie	2017	1250	482	299	23.3	14.4	0.45	0.28	11.0	6.8	32.9	20.4
<b>Irresistible Eton Mess Cookie (New)</b>	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Belgian White Chocolate Chunks (15%) (Sugar, Cocoa Butter, Milk Powder, Emulsifier (Lecithins (Soya)), Flavouring), Vegetable Oils (Palm, Rapeseed, Coconut), Water, Meringue Pieces (4%) (Sugar, Cocoa Butter, Wheat Starch, Egg Powder), Butter (Milk), Whey Powder (Milk), Invert Sugar Syrup, Dried Raspberries (1%), Humectant (Glycerol - Vegetable), Wheat Starch, Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Molasses, Flavouring, Emulsifier (Mono- and diglycerides of fatty acids).	Egg Wheat Milk Soya	Vegetarian	per cookie	1968	1220	470	291	22.7	14.1	0.35	0.22	10.2	6.3	29.8	18.5
<b>Irresistible Milk Chocolate Cookie</b>	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Belgian Milk Chocolate Chunks (27%) (Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Mass, Emulsifier (Lecithins (Soya)), Flavouring), Sugar, Vegetable Oils (Palm, Rapeseed, Coconut), Water, Butter (Milk), Whey Powder (Milk), Invert Sugar Syrup, Humectant (Glycerol - Vegetable), Wheat Starch, Whey Concentrate (Milk), Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Molasses, Wheat Flour, Egg Powder, Flavouring, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable).	Egg Wheat Milk Soya	Vegetarian	per cookie	2009	1245	480	297	23.4	14.5	0.43	0.27	10.9	6.8	31.5	19.5
<b>Irresistible Triple Chocolate Cookie</b>	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed, Coconut), Belgian Dark Chocolate Chunks (11%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (Lecithins (Soya)), Flavouring), Belgian White Chocolate Chunks (8%) (Sugar, Cocoa Butter, Whole Milk Powder, Emulsifier (Lecithins (Soya)), Flavouring), Belgian Milk Chocolate Chunks (8%) (Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Mass, Emulsifier (Lecithins (Soya)), Flavouring), Water, Invert Sugar Syrup, Fat-reduced Cocoa Powder (4%), Butter (Milk), Whey Powder (Milk), Wheat Starch, Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Whey Concentrate (Milk), Molasses, Flavouring, Egg Powder, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable).	Egg Wheat Milk Soya	Vegetarian	per cookie	2019	1252	482	299	23.5	14.5	0.46	0.29	11.3	7.0	36.3	22.5
<b>Tiger Bloomer</b>	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Salt, Palm Oil, Flour Treatment Agents (Ascorbic acid, L-cysteine), Barley and Barley Malt extracts, Stabiliser (Diphosphates).	Barley Wheat	Vegan	per 1/8 pack	1088	544	257	129	2.4	1.2	0.80	0.40	1.1	0.6	2.2	1.1
<b>White Chocolate Cookie</b>	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, White Chocolate (15%) (Sugar, Cocoa Butter, Whole Milk Powder, Vegetarian Whey Powder (Milk), Lactose (Milk), Milk Fat, Emulsifier (Lecithins (Soya)), Flavouring), Vegetable Oils (Palm, Rapeseed, Coconut), Water, Butter (Milk), Wheat Starch, Humectant (Glycerol - Vegetable), Vegetarian Whey Powder (Milk), Vegetarian Whey Protein Concentrate (Milk), Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Molasses, Wheat Flour, Egg Powder, Flavouring, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable).	Egg Wheat Milk Soya	Vegetarian	per cookie	1935	832	461	198	18.9	8.1	0.34	0.14	8.3	3.6	38.2	16.4
<b>Irresistible Cranberry, Pumpkin and Sunflower Bloomer (New)</b>	Wheat Flour, Water, Cranberries (8%) (Sugar, Cranberries, Sunflower Oil), Pumpkin Seeds (6%), Sunflower Seeds (6%), Wholemeal Wheat Flour, Malted Barley, Salt, Yeast, Malted Barley Flour.	Barley Wheat	Vegan	per 1/5 bloomer	1147	872	272	207	6.2	4.7	0.82	0.63	0.9	0.7	7.0	5.3
<b>Pork and Mustard Sausage Rolls (New)</b>	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Niacin, Iron, Thiamin), Vegetable Margarine (Palm Oil, Water, Salt, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable)), Pork (16%), Rusk (Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Niacin, Iron, Thiamin), Salt, Raising Agent (Ammonium hydrogen carbonate)), Water, Seasoning (Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Potato Starch, Wheat Flour, Onion Powder, Black Pepper, Stabiliser (Sodium triphosphate), Salt, Sage), Egg, Wholegrain Mustard (2%) (Water, Mustard Seeds, Spirit Vinegar, Salt, White Wine Vinegar, Sugar, Cinnamon, Coriander, Fenugreek, Turmeric, Fennel, Chilli), Pork Fat, Dijon Mustard (1%) (Water, Mustard Seeds, Spirit Vinegar, Salt), English Mustard (1%) (Water, Mustard Flour, Sugar, Spirit Vinegar, Salt, Wheat Flour, Turmeric Powder, Stabiliser (Xanthan gum)), Parsley, Black Pepper, Egg Yolk, Salt.	Egg Wheat Mustard	n/a	per sausage roll	1444	718	346	172	20.1	10.0	0.84	0.42	9.7	4.8	1.2	0.6
<b>Cherry Lattice Pie</b>	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Cherries (20%), Sugar, Margarine (Vegetable Oils (Palm, Palm Kernel, Rapeseed), Water, Emulsifier (Polyglycerol esters of fatty acids), Flavouring, Colour (Carotenes)), Maize Starch.	Wheat	Vegan	per 1/6th pie	1271	890	303	212	12.5	8.8	0.13	0.09	6.0	4.2	19.9	13.9
<b>Strawberry Shortcake Doughnut (New)</b>	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Water, Vegetable Oils (Palm, Shea, Rapeseed), Strawberry (8%), Emulsifiers (Mono- and diglycerides of fatty acids, Polysorbate 60, Citric acid esters of mono- and di-glycerides of fatty acids, Sucrose esters of fatty acids, Sodium stearoyl-2-lactylate, Lecithins (Sunflower)), Dextrose, Yeast, Fermented Wheat Flour, Lemon Juice, Raising Agents (Sodium carbonate, Disodium diphosphate, Potassium carbonate), Colours (Titanium dioxide, Lutein), Whey Powder (Milk), Freeze Dried Strawberry Pieces, Salt, Gelling Agents (Agar, Pectin), Preservative (Potassium sorbate), Invert Sugar Syrup, Stabilisers (Carboxy methyl cellulose, Guar gum), Acidity Regulator (Citric acid), Inactivated Yeast, Wheat Flour, Antioxidant (Ascorbic acid).	Wheat Milk	Vegetarian	per doughnut	1488	1235	355	294	14.5	12.0	0.43	0.36	7.4	6.1	17.3	14.4
<b>Sugared Ring Doughnut</b>	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm, Rapeseed), Yeast, Dextrose, Sugar, Emulsifiers (Mono- and diglycerides of fatty acids - Vegetable, Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), Raising Agents (Potassium hydrogen carbonate, Calcium phosphates), Soya Flour, Salt, Palm Fat, Flour Treatment Agent (Ascorbic acid), Milk Protein.	Wheat Milk Soya	Vegetarian	per doughnut	1526	748	364	178	17.0	8.3	0.41	0.20	8.0	3.9	6.2	3.0
<b>Irresistible Three Cheese Sourdough Bloomer</b>	Wheat Flour, Water, Red Leicester Cheese (Milk) (6%) (contains Colour (Annatto)), Mature Cheddar Cheese (Milk) (6%), Vintage Farmhouse Cheddar Cheese (Milk) (5%), Cheese Powder (Milk) (Cheese Powder (Milk), Emulsifying Salt (Sodium phosphates), Salt), Salt, Yeast, Malted Barley Flour.	Barley Wheat Milk	Vegetarian	per 1/5th bloomer	1155	878	274	209	7.7	5.9	0.89	0.68	4.6	3.5	1.7	1.3

<b>Irresistible Ancient Grains Sourdough Bloomer</b>	Wheat Flour, Water, Rye Flour, Spelt Flour (Wheat), Grain Mix (2%) (Barley, Spelt (Wheat), Kibbled Wheat, Maize Grits, Kibbled Rye, Durum Wheat Flour), Sunflower Seeds (2%), Pumpkin Seeds (2%), Brown Linseed (1%), Buckwheat (1%), Quinoa (1%), Salt, Poppy Seeds (0.5%), Millet (0.5%), Yeast, Malted Barley Flour.	Barley Rye Spelt Wheat	Vegan	per 1/5th bloomer	1036	788	245	186	3.0	2.2	0.94	0.72	0.5	0.4	1.7	1.3
<b>Vanilla Custard Crown with Nuts</b>	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Vegetable Margarine (Vegetable Oil (Palm, Rapeseed, Coconut), Water, Emulsifier (Mono- and diglycerides of fatty acids), Salt, Acidity Regulator (Citric acid), Flavouring), Water, Sugar, Yeast, Pasteurised Egg Yolk, Hazelnuts, Wheat Protein, Acetylated distarch phosphate, Glucose Syrup, Whey Powder (Milk), Stabilisers (Pectin, Calcium alginate, Tetrasodium diphosphate, Disodium phosphate), Wheat Flour, Glazing Agent (Isomalt), Skimmed Milk Powder, Coconut Oil, Dextrose, Emulsifiers (Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids), Salt, Flavouring, Almond Powder, Gelling Agent (Agar), Milk Protein, Flour Treatment Agent (Ascorbic acid), Colour (Mixed carotenes), Preservative (Potassium sorbate), Acidity Regulator (Citric acid).	Egg Wheat Milk Hazelnut Almond	Vegetarian	per crown	1510	1344	362	322	20.8	18.5	0.32	0.28	8.5	7.6	9.6	8.6
<b>Apple Crown with Almond</b>	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Vegetable Margarine (Vegetable Oil (Palm, Rapeseed, Coconut), Water, Emulsifier (Mono- and diglycerides of fatty acids), Salt, Acidity Regulator (Citric acid), Flavouring), Apple (15%), Sugar, Water, Glucose - Fructose Syrup, Yeast, Pasteurised Egg Yolk, Wheat Protein, Cornflour, Glucose Syrup, Stabiliser (Pectin), Wheat Flour, Glazing Agent (Isomalt), Lemon Juice, Dextrose, Emulsifier (Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids), Salt, Flavouring, Almond Powder, Gelling Agent (Agar), Milk Protein, Flour Treatment Agent (Ascorbic acid), Colour (Mixed carotenes), Preservative (Potassium sorbate), Acidity Regulator (Citric acid).	Egg Wheat Almond	Vegetarian	per crown	1628	1408	390	338	23.4	20.2	0.34	0.29	10.1	8.8	10.2	8.8
<b>Ciabatta Roll</b>	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, Malted Wheat Flour, Yeast, Salt, Rapeseed Oil, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegan	per roll	1109	1109	262	262	3.0	3.0	0.86	0.86	0.9	0.9	1.6	1.6
<b>Vanilla Glazed Ring Doughnut</b>	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	per doughnut	1586	809	378	193	17.5	8.9	0.38	0.19	7.8	4.0	17.5	8.9
<b>Multigrain Triangle</b>	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal Wheat Flour, Seed Mix (8%) (Millet, Sunflower Seeds, Poppy Seeds, Rye Flakes, Wheat Flakes, Barley Flakes), Water, Millet (3%), Sugar, Sunflower Oil, Poppy Seeds (2%), Yeast, Gluten, Salt, Rapeseed Oil, Flour Treatment Agent (Ascorbic acid).	Barley Rye Wheat	Vegan	per roll	1192	1132	282	268	4.6	4.4	0.88	0.84	2.0	1.9	2.4	2.3
<b>Organic Brown Bloomer</b>	Wholemeal Wheat Flour*, Water, Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin)*, Yeast, Sunflower Oil*, Salt, Malted Barley, Edible Label (Potato Starch, Water, Olive Oil, Maltodextrin, Colour (Iron oxide)), Flour Treatment Agent (Ascorbic acid). *Grown to Soil Association Standard for Organic Food and Farming.	Barley Wheat	Vegan	per average slice (50g)	1014	507	240	120	2.2	1.1	0.88	0.44	0.8	0.4	2.3	1.2
<b>Pumpkin &amp; Sunflower Seed Roll</b>	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sunflower Seeds (5%), Pumpkin Seeds (5%), Yeast, Salt, Rapeseed Oil, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegan	per roll	1254	1317	298	313	7.0	7.4	0.80	0.84	2.3	2.4	1.3	1.4
<b>Tiger Baguette</b>	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Salt, Calcium sulphate, Palm Oil, Wheat Flour, Flour Treatment Agents (Ascorbic acid, L-Cysteine hydrochloride), Barley, Stabiliser (Tetrasodium diphosphate), Malted Barley Extract.	Barley Wheat	Vegan	per 1/8 baguette	1121	560	265	132	2.4	1.2	0.90	0.45	0.4	0.2	3.1	1.6
<b>Tiger Baton</b>	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Salt, Calcium sulphate, Palm Oil, Wheat Flour, Flour Treatment Agents (Ascorbic acid, L-Cysteine hydrochloride), Barley, Stabiliser (Tetrasodium diphosphate), Malted Barley Extract.	Barley Wheat	Vegan	per 1/4 baton	1121	560	265	132	2.4	1.2	0.90	0.45	0.4	0.2	3.1	1.6
<b>White Bloomer</b>	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Sunflower Oil, Rapeseed Oil, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegan	per average slice (50g)	1075	538	254	127	2.3	1.2	0.85	0.43	1.3	0.7	2.4	1.2
<b>White Cob</b>	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast, Rice Flour, Rapeseed Oil, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegan	per average slice (50g)	1083	542	256	128	1.6	0.8	0.84	0.42	0.6	0.3	1.0	0.5
<b>White Crusty Batched Roll</b>	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Rapeseed Oil, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegan	per roll	1040	905	245	213	1.2	1.0	0.90	0.78	0.2	0.2	3.9	3.4
<b>White Farmhouse Loaf</b>	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sunflower Oil, Salt, Rapeseed Oil, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegan	per average slice (50g)	1095	547	259	129	2.7	1.4	0.84	0.42	1.4	0.7	1.5	0.8
<b>White Farmhouse Loaf</b>	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sunflower Oil, Salt, Rapeseed Oil, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegan	per average slice (50g)	1056	528	250	125	2.6	1.3	0.82	0.41	1.2	0.6	1.5	0.8
<b>Apple &amp; Strawberry Lattice Pie</b>	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Bramley apple (18%) (Bramley apple, Antioxidant (Ascorbic acid), Preservative (Citric acid), Salt), Sugar, Margarine (Vegetable Oils (Palm, Palm Kernel, Rapeseed), Water, Emulsifier (Polyglycerol esters of fatty acids), Flavouring, Colour (Carotenes)), Water, Strawberries (7%), Strawberry Purée (2%), Apple Purée (2%), Maize Starch, Lemon Juice from Concentrate.	Wheat	Vegan	per 1/6th pie	1388	855	331	204	14.9	9.2	0.10	0.06	4.5	2.8	20.9	12.9
<b>Cherry Pie</b>	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Cherries (17%), Sugar, Margarine (Palm Oil, Water, Palm Kernel Oil, Rapeseed Oil, Emulsifier (Polyglycerol esters of fatty acids), Flavouring, Colour (Carotenes)), Maize Starch.	Wheat	Vegan	per 1/6th pie	1324	904	315	215	12.8	8.7	0.10	0.07	4.2	2.9	15.8	10.8
<b>All Butter Croissant</b>	Wheat Flour, Butter (Milk) (23%), Sugar, Water, Yeast, Whole Milk Powder, Salt, Wheat Protein, Egg, Flour Treatment Agent (Ascorbic acid).	Egg Wheat Milk	Vegetarian	per croissant	1754	1228	420	294	22.4	15.7	0.60	0.42	16.1	11.3	6.4	4.5
<b>Bakewell Tart</b>	Bakewell Filling (46%) (Sugar, Water, Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), White Beans, Soya Bean Powder, Rice Flour, Rapeseed Oil, Flavouring, Potato Starch, Apricot Kernel, Egg Powder (Free Range), Raising Agents (Disodium diphosphate, Potassium carbonates), Dextrose, Salt, Stabiliser (Calcium phosphate), Palm Fat, Egg Albumen (Free Range), Mono- and diglycerides of fatty acids, Colour (Beta-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 (2.0%), Rapeseed Oil, Coconut Oil, Salt, Mono- and diglycerides of fatty acids, Sunflower Oil, Flavouring.	Egg Wheat Almond Soya	Vegetarian	per tart	1559	1512	371	360	12.8	12.4	0.16	0.15	5.1	4.9	30.5	29.6
<b>Pretzel</b>	Wheat Flour, Water, Yeast, Rapeseed Oil, Salt, Milk Powder, Wheat Protein, Glucose, Sugar, Maize Flour, Antioxidant (Ascorbic acid).	Wheat Milk	Vegetarian	per pretzel	1337	1136	316	269	3.8	3.2	1.98	1.68	0.4	0.3	3.8	3.2
<b>Pain au Raisin</b>	Wheat Flour, Butter (Milk) (16%), Water, Raisins (13%), Sugar, Egg, Yeast, Maize Starch, Salt, Whole Milk Powder, Wheat Protein, Dried Skimmed Milk, Thickener (Sodium alginate), Dried Egg White Powder, Turmeric Extract, Carrot Extract, Flavouring, Flour Treatment Agent (Ascorbic acid), Acidity Regulator (Citric acid).	Egg Wheat Milk	Vegetarian	per pain au raisin	1387	1526	331	364	13.6	15.0	0.51	0.56	9.9	10.9	16.1	17.7
<b>Pain Au Chocolat</b>	Wheat Flour, Butter (Milk) (22%), Chocolate (9%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (Lecithins (Soya)), Vanilla Flavour, Yeast, Sugar, Water, Egg,	Egg	Vegetarian	per pain au	1708	1281	408	306	20.8	15.6	0.61	0.46	15.0	11.3	9.8	7.4

	Salt, Wheat Protein, Flour Treatment Agent (Ascorbic acid).	Wheat Milk Soya		chocolat														
<b>Easter Nest Doughnut (New)</b>	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm, Rapeseed), Sugar, Milk Chocolate Eggs (12%) (Milk Chocolate (Sugar, Full Cream Milk Powder, Cocoa Butter, Cocoa Mass, Vegetable Oils (Palm Kernel, Sal, Shea, Mango Kernel), Emulsifier (Lecithins (Soya)), Sugar, Colours (Curcumin, Plain caramel, Beetroot red, Titanium dioxide)), Dark Chocolate Flavour Vermicelli (5%) (Sugar, Fat-reduced Cocoa Powder, Vegetable Oils (Palm, Shea), Emulsifier (Lecithins (Rapeseed))), Glazing Agent (Shellac)), Dextrose, Emulsifiers (Mono- and diglycerides of fatty acids, Polysorbate 60, Citric acid esters of mono- and di-glycerides of fatty acids, Sucrose esters of fatty acids, Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids), Yeast, Cocoa Powder, Flavouring, Colours (Plain caramel, Titanium dioxide, Iron oxide), Soya Flour, Whey Solids (Milk), Raising Agents (Potassium bicarbonate, Disodium diphosphate), Dried Potato, Wheat Protein, Dried Egg White, Salt, Yeast Autolysate, Antioxidant (Ascorbic acid), Gelling Agent (Agar), Preservative (Potassium sorbate).	Egg, Milk, Soya, Wheat																
			Vegetarian	per doughnut	1769	1344	422	321	20.4	15.5	0.36	0.27	10.1	7.7	25.8	19.6		
<b>Spicy Tomato Crown</b>	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Vegetable Oil (Palm, Rapeseed), Water, Tomato Purée, Red Pepper Purée, Cheddar Cheese (Milk), Yeast, Red Pepper, Sugar, Egg Yolk, Skimmed Milk Powder, Sunflower Oil, Tapioca Starch, Onion, Garlic Purée, Salt, Whey Powder (Milk), Coconut Oil, Paprika, Emulsifiers (Mono- and diglycerides of fatty acids - Vegetable, Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), Lemon Juice from Concentrate, Stabiliser (Pectin), Coriander, Wheat Starch, Red Chilli Purée, Dextrose, Pea Protein, Potato Protein, Parsley, Green Pepper, Basil, Black Pepper, Raising Agents (Disodium phosphate, Sodium hydrogen carbonate), Thickener (Guar gum), Chilli Powder, Ground Oregano, Rubbed Oregano, Flavouring, Yeast Extract, Garlic Powder, Cumin, Colours (Curcumin, Paprika extract), Acidity Regulator (Citric acid), Maltodextrin, Flour Treatment Agent (Ascorbic acid), Maize Starch.	Egg, Milk, Wheat																
			Vegetarian	per crown	1552	1381	372	331	23.1	20.6	0.72	0.64	9.4	8.4	6.5	5.8		