

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.

# Pret's Ingredient List



This ingredient list only covers food and drink sold in our Irish shops.

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Our kitchens are very busy places that handle allergens and that means we **can't guarantee** our food is suitable for those with allergies.

We know that many of our customers would like to understand more about our food & drink, especially if they are avoiding specific ingredients.

To make things easier, we've put together this **handy list** of all the ingredients used in Pret's food and drinks. Inside you'll find all of the products sold in our shops, with ingredients listed for easy reference.

If you have any trouble finding what you're looking for, just **ask the Manager** in the shop - they'll be more than happy to help.

**Please remember** to check our ingredient guide regularly as recipes do change from time to time - the last thing we want is for anyone to be caught out by a new take on an old favourite.

We understand that no matter how detailed our guide is, there may be times when it can't answer the questions you may have. If you need to know more, please do **visit our website at [www.pret.ie](http://www.pret.ie)**



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## Baguettes

### Avocado, Bacon & Tomato Baguette

#### Ingredients:

Stone Baked Baguette (#Wheat# Flour, Water, Brown Linseed, Malted #Wheat# Flakes, Sunflower Seeds, Yeast, Salt, #Wheatgerm, Potassium Chloride, Potassium Gluconate, Malted #Wheat# Flour, #Sesame# Seeds), Avocado (32%), Tomato (13%), Smoked Back Bacon (6%) (Pork, Salt, Preservatives: Sodium Nitrite; Potassium Nitrate), Caesar Mayonnaise (Rapeseed Oil, Water, Free Range #Egg# Yolk, Italian Hard Cheese (Cheese (#Milk#), Preservative: Lysozyme (#Egg#)), Red Wine Vinegar, Sugar, Cornflour, Concentrated Lemon Juice, Worcestershire Sauce (Water, Spirit Vinegar, Cane Molasses, Tamarind Paste, Salt, Onion Powder, Spices), Salt, Anchovy Paste (Anchovy (#Fish#), Salt, Olive Oil), Spirit Vinegar, Dried Garlic), Basil, Lemon Juice.

Nutrition Information- typical values per 100g/per baguette: Energy 886kJ/2341kJ, 212kcal/559kcal, Fat 10.0g/26.3g, Of which saturates 1.4g/3.8g, Carbohydrates 23.2g/61.2g, Of which sugars 1.5g/3.9g, Fibre 1.6g/4.2g, Protein 6.5g/17.3g, Salt 0.55g/1.45g.

### Avo, Olives & Toms Baguette

#### Ingredients:

Stone Baked Baguette (#Wheat# Flour, Water, Brown Linseed, Malted #Wheat# Flakes, Sunflower Seeds, Yeast, Salt, #Wheatgerm#, Potassium Chloride, Potassium Gluconate, Malted #Wheat# Flour, #Sesame# Seeds), Avocado (30%), Black Tapenade (9%) (Kalamata Olives, Rapeseed Oil, Tomato Paste, Salt, Concentrated Lemon Juice, Garlic, Sugar, Parsley, Oregano, Red Wine Vinegar, Extra Virgin Olive Oil), Roasted Tomatoes (8%) (Tomato, Sugar, Salt, Sunflower Oil), Rocket, Roasted Pine Nuts, Basil.

#### Nutrition Information -

Typical values per 100g/per baguette: Energy kJ 990/2343, kcal 237/561, Fat 12.4g/29.3g, Of which saturates 2.1g/5.1g, Carbohydrates 24.2g/57.3g, Of which sugars 2.4g/5.7g, Fibre 3.5g/8.2g, Protein 5.5g/13.0g, Salt 0.70g/1.65g.

### Beef & Horseradish Baguette

#### Ingredients:

Stone Baked Baguette (#Wheat# Flour, Water, Brown Linseed, Malted #Wheat# Flakes, Sunflower Seeds, Yeast, Salt, #Wheatgerm, Potassium Chloride, Potassium Gluconate, Malted #Wheat# Flour, #Sesame# Seeds), Salt Beef (29%) (Beef, Salt, Dextrose, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite), Horseradish Mayonnaise (12%) (Horseradish Sauce (Water, Rapeseed Oil, Dried Horseradish, Sugar, Salt, Acidity Regulator: Acetic Acid; Skimmed #Milk# Powder, Stabiliser: Xanthan Gum; Dried #Egg# Yolk, #Mustard# Flour, Preservative: Sodium Metabisulphite (#Sulphites#))), Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Rocket, Crispy Onions (Onion, Palm Oil, #Wheat# Flour, Salt).

#### Nutrition Information:

Typical values per 100g/per baguette: Energy 998kJ/2101kJ, 238kcal/500kcal, Fat 8.2g/17.2g, Of which saturates 2.0g/4.2g, Carbohydrates 26.9g/56.7g, Of which sugars 2.4g/5.0g, Fibre 2.5g/5.3g, Protein 12.8g/26.9g, Salt 1.40g/2.94g.

## Brie, Pistachio & Cranberry Baguette

### Ingredients:

Stone Baked Baguette (#Wheat# Flour, Water, Brown Linseed, Malted #Wheat# Flakes, Sunflower Seeds, Yeast, Salt, #Wheatgerm#, Potassium Chloride, Potassium Gluconate, Malted #Wheat# Flour, #Sesame# Seeds), Brie Cheese (#Milk#) (22%), Cranberry Sauce (9%) (Cranberries, Sugar, Water), Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Rocket, Roasted #Pistachio Nuts# (3.5%), Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 1231/2497, kcal 294/597, Fat 14.3g/28.9g, Of which saturates 5.6g/11.3g, Carbohydrates 30.4g/61.7g, Of which sugars 4.6g/9.3g, Fibre 2.8g/5.6g, Protein 9.7g/19.6g, Salt 1.05g/2.12g.

## Brie, Tomato & Basil Baguette

### Ingredients:

White Baguette (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, #Wheat# Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Brie Cheese (#Milk#) (23%), Tomato (22%), Basil.

### Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 997/1919, kcal 237/456, Fat 8.1g/15.7g, Of which saturates 5.3g/10.1g, Carbohydrates 30.7g/59.1g, Of which sugars 2.0g/3.9g, Fibre 1.7g/3.4g, Protein 9.4g/18.0g, Salt 1.18g/2.27g.

## Chicken Caesar Bacon Baguette

### Ingredients:

Stone Baked Baguette (#Wheat# Flour, Water, Brown Linseed, Malted #Wheat# Flakes, Sunflower Seeds, Yeast, Salt, #Wheatgerm#, Potassium Chloride, Potassium Gluconate, Malted #Wheat# Flour, #Sesame# Seeds), Chicken (23%) (Chicken Breast, Salt), Caesar Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Italian Hard Cheese (Cheese (#Milk#), Preservative: Lysozyme (#Egg#)), Red Wine Vinegar, Sugar, Cornflour, Concentrated Lemon Juice, Worcestershire Sauce (Water, Spirit Vinegar, Cane Molasses, Tamarind Paste, Salt, Onion Powder, Spices), Salt, Anchovy Paste (Anchovy (#Fish#), Salt, Olive Oil), Spirit Vinegar, Dried Garlic), Greek Style Yoghurt Mayonnaise Mix (Greek Style Yoghurt (#Milk#), Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Smoked Streaky Bacon (4.5%) (Pork Belly, Salt, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite), Rocket, Hard Cheese (#Milk#).

### Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 1143/2492, kcal 273/595, Fat 12.5g/27.3g, Of which saturates 2.2g/4.8g, Carbohydrates 24.9g/54.3g, Of which sugars 1.5g/3.3g, Fibre 2.0g/4.4g, Protein 14.2g/31.0g, Salt 1.15g/2.50g.

## Chicken & Stuffing Baguette

### Ingredients:

White Baguette (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, #Wheat# Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Chicken (23%) (Chicken Breast, Salt), Pork Stuffing (14%) (Pork, Smoked Bacon (Pork, Sea Salt, Water, Preservatives: Sodium Nitrite, Potassium Nitrate; Antioxidant: Ascorbic Acid), Onion, Dried Apricots (Apricots, Preservative: Sulphur Dioxide (#Sulphites#)), Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Suet (Vegetable Oils (Palm Oil, Sunflower Oil), Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Pork Belly, Lemon Juice, Sage, Salt, Rosemary, Thyme, Parsley, Black Pepper, Yeast, Raising Agent: Ammonium Carbonates), Mayonnaise (Rapeseed Oil, Water, Free Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Rocket, Crispy Onions (2%) (Onion, Palm Oil, #Wheat# Flour, Salt).

### Nutrition Information:

typical values per 100g/per baguette: Energy kJ 1221/2705, kcal 291/645, Fat 12.8g/28.3g, Of which saturates 2.2g/4.9g, Carbohydrates 30.0g/66.4g, Of which sugars 2.8g/6.2g, Fibre 1.7g/3.7g, Protein 13.3g/29.4g, Salt 1.41g/3.12g.

## Chipotle Chicken & Feta Baguette

### Ingredients:

Stone Baked Baguette (#Wheat# Flour, Water, Brown Linseed, Malted #Wheat# Flakes, Sunflower Seeds, Yeast, Salt, #Wheat#germ, Potassium Chloride, Potassium Gluconate, Malted #Wheat# Flour, #Sesame# Seeds), Cooked Chicken (21%) (Chicken Breast, Salt), Mixed Peppers (Peppers, Sunflower Oil, Salt, White Wine Vinegar, Mint, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Chipotle Ketchup (Red Pepper, Muscovado Sugar, Red Wine Vinegar, Onion, Chipotle Peppers in Adobo Sauce (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acidity Regulator: Acetic Acid), Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions), Tomato Paste, Maize Starch, Water, Garlic, Salt, Black Pepper, Cayenne Pepper), Red Tapenade (Red Pepper, Cherry Tomatoes, Rapeseed Oil, Tomato Paste, Sugar, Salt, Cornflour, Concentrated Lemon Juice, Garlic, Basil, Oregano, Rapeseed Oil and Sunflower Oil in varying proportions, Smoked Paprika, Basil Extract, Acidity Regulator: Citric Acid), Feta Cheese (#Milk#) (4%), Rocket.

### Nutrition Information:

Typical values per 100g/per baguette: Energy 891kJ/2135kJ, 212kcal/508kcal, Fat 7.6g/18.3g, Of which saturates 4.0g/9.6g, Carbohydrates 24.2g/58.0g, Of which sugars 3.2g/7.7g, Fibre 2.2g/5.2g, Protein 10.6g/25.4g, Salt 0.78g/1.86g.

## Christmas Lunch Baguette

### Ingredients:

White Baguette (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, **#Wheat#** Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Turkey Breast (19%) (Turkey Breast, Salt), Pork Stuffing (18%) (Pork, Smoked Bacon (Pork, Sea Salt, Water, Preservatives: Sodium Nitrite, Potassium Nitrate; Antioxidant: Ascorbic Acid), Onion, Dried Apricots (Apricots, Preservative: Sulphur Dioxide (**#Sulphites#**)), Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Suet (Vegetable Oils (Palm Oil, Sunflower Oil), Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Pork Belly, Lemon Juice, Sage, Salt, Rosemary, Thyme, Parsley, Black Pepper, Yeast, Raising Agent: Ammonium Carbonates), Mayonnaise (Rapeseed Oil, Water, Free-Range **#Egg#** Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Cranberry Sauce (9%) (Cranberries, Sugar, Water), Rocket, Crispy Onions (Onion, Palm Oil, **#Wheat#** Flour, Salt), Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### Nutrition Information

Typical values per 100g/per baguette: Energy kJ 1163/3006, kcal 277/717, Fat 11.5g/29.7g, Of which saturates 2.2g/5.6g, Carbohydrates 29.9g/77.3g, Of which sugars 6.2g/16.0g, Fibre 1.7g/4.5g, Protein 12.6g/32.6g, Salt 1.22g/3.16g.

## Italian Prosciutto Baguette

### Ingredients:

Stone Baked Baguette (**#Wheat#** Flour, Water, Brown Linseed, Malted **#Wheat#** Flakes, Sunflower Seeds, Yeast, Salt, **#Wheatgerm#**, Potassium Chloride, Potassium Gluconate, Malted **#Wheat#** Flour, **#Sesame#** Seeds), Tomato, Prosciutto Ham (17%) (Pork, Salt, Spices, Preservatives: Potassium Nitrate, Sodium Nitrite), Hard Cheese (**#Milk#**), Free-Range Egg Mayonnaise (Rapeseed Oil, Water, Free-Range **#Egg#** Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Basil.

### Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 1030/2271, kcal 246/542, Fat 11.1g/24.5g, Of which saturates 2.7g/6.0g, Carbohydrates 24.7g/54.5g, Of which sugars 1.7g/3.7g, Fibre 2.2g/4.9g, Protein 10.7g/23.6g, Salt 1.60g/3.53g.

## Posh Cheddar & Pickle Baguette

### Ingredients:

Stone Baked Baguette (**#Wheat#** Flour, Water, Brown Linseed, Malted **#Wheat#** Flakes, Sunflower Seeds, Yeast, Salt, **#Wheatgerm#**, Potassium Chloride, Potassium Gluconate, Malted **#Wheat#** Flour, **#Sesame#** Seeds), Mature Cheddar Cheese (**#Milk#**) (17%), Pret Pickle (15%) (Apple, Sugar, Water, Balsamic Vinegar (Red Wine Vinegar, Grape Must), Tomato Purée, Kibbled Onion, Raisins, Garlic Purée, Salt, Apple Extract, Ginger Powder), Roasted Tomatoes (Tomato, Sugar, Salt, Sunflower Oil), Red Onion, Free-Range Egg Mayonnaise (Rapeseed Oil, Water, Free-Range **#Egg#** Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), **#Mustard** Cress#, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 1170/2831, kcal 279/675, Fat 12.4g/30.0g, Of which saturates 3.9g/9.4g, Carbohydrates 30.7g/74.3g, Of which sugars 8g/19.4g, Fibre 3.0g/7.3g, Protein 9.7g/23.5g, Salt 1.18g/2.85g.

## Tuna Mayo Baguette

### Ingredients:

White Baguette (#Wheat# Flour, Water, Yeast, Salt, #Wheat# Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Tuna Mayonnaise (Pole and Line Caught Tuna (#Fish#) (29%), Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice, Sea Salt, Black Pepper), Cucumber.

### Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 940/2165, kcal 224/516, Fat 8.5g/19.6g, Of which saturates 0.7g/1.6g, Carbohydrates 25.1g/57.8g, Of which sugars 1.3g/3.0g, Fibre 1.3g/3.0g, Protein 11.1g/25.6g, Salt 1.18g/2.70g.

## Ham & Emmental Baguette

### Ingredients:

White Baguette (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, #Wheat# Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Ham (25%) (Pork, Water, Salt, Glucose Syrup, Yeast Extract, Emulsifier: Triphosphates; Preservative: Sodium Nitrite; Sugar, Antioxidant: Sodium Ascorbate; Dextrose), Emmental Cheese (#Milk#) (16%), Mustard Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, #Mustard# Flour, Spirit Vinegar, Cornflour, Sugar, Salt, Colours: Curcumin, Plain Caramel), Salad Mix in varying proportions (Apollo Lettuce, Red Chard, Spinach).

### Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 1138/2532, kcal 271/603, Fat 11.8g/26.3g, Of which saturates 4.0g/8.9g, Carbohydrates 26.0g/57.9g, Of which sugars 1.4g/3.1g, Fibre 1.6g/3.6g, Protein 14.5g/32.3g, Salt 1.70g/3.78g.

## Sweet Chilli Chicken Baguette

### Ingredients:

White Baguette (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, #Wheat# Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Chicken (24%) (Chicken Breast, Salt), Cucumber, Water, Sugar, Red Chilli Purée, Coconut Extract, Coriander, Glucose Syrup, White #Sesame# Seeds, Black #Sesame# Seeds, Toasted #Soya#, Cornflour, Rice Vinegar, #Soya# Oil, Rapeseed Oil, Garlic Purée, Salt, Diced Garlic, Shallot Purée, Lime Juice Concentrate, Cane Sugar, Ginger Purée, #Soya# Beans, Lime Leaves, Lemongrass Purée, Palm Oil, Crushed Dried Chilli, Colour: Plain Caramel; Spirit Vinegar, Stabiliser: Xanthan Gum; Sea Salt, Cane Molasses.

### Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 834/2054, kcal 197/486, Fat 3.2g/7.9g, Of which saturates 0.8g/1.9g, Carbohydrates 29.8g/73.3g, Of which sugars 4.6g/11.4g, Fibre 1.4g/3.4g, Protein 11.6g/28.6g, Salt 1.36g/3.34g.



## Rolls

### Avo Brunch Rye Roll

#### Ingredients:

Barley and Rye Roll (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Potato Flakes, Sea Salt, Yeast, #Barley# Malt Flour, Rye Sourdough (Wholemeal #Rye# Flour, Water, Starter Cultures), Malted #Wheat# Flour, Flour Treatment Agent: Ascorbic Acid; Rice Flour), Free-Range Boiled #Egg# (21%), Avocado (17%), Roasted Tomatoes (12%) (Tomato, Sugar, Salt, Sunflower Oil), Chipotle Ketchup (4%) (Red Pepper, Muscovado Sugar, Red Wine Vinegar, Onion, Chipotle Peppers in Adobo Sauce (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acidity Regulator: Acetic Acid), Vegetable Oil (Sunflower Oil and Rapeseed Oil in varying proportions), Tomato Paste, Maize Starch, Water, Garlic, Salt, Black Pepper, Cayenne Pepper), #Mustard# Cress, Basil, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

#### Nutrition Information:

Typical values per 100g/per bowl: Energy kJ 857/1761, kcal 205/420, Fat 8.3g/17.1g, Of which saturates 1.7g/3.4g, Carbohydrates 23.6g/48.4g, Of which sugars 5.3g/10.9g, Fibre 3.1g/6.3g, Protein 7.4g/15.1g, Salt 0.88g/1.80g.

### Jambon-Beurre

#### Ingredients:

Losange Baguette (#Wheat# Flour, Water, Salt, Yeast, #Wheat# Gluten, Deactivated Yeast, Malted #Wheat# Flour, Flour Treatment Agent: Ascorbic Acid), Ham (27%) (Pork, Water, Salt, Glucose Syrup, Yeast Extract, Emulsifier: Triphosphates; Preservative: Sodium Nitrite; Sugar, Antioxidant: Sodium Ascorbate; Dextrose), Cornichons (Pickled Cucumbers, Water, Salt, Acidity Regulator: Acetic Acid), Butter (#Milk#).

#### Nutrition Information

Typical values per 100g/per baguette : Energy kJ 945/1389, kcal 225/331, Fat 7.7g/11.3g, Of which saturates 4.7g/6.9g, Carbohydrates 27.4g/40.3g, Of which sugars 1.0g/1.5g, Fibre 2.0g/2.9g, Protein 10.5g/15.4g, Salt 1.73g/2.53g.

### Scandi Salmon Rye Roll

#### Ingredients:

Barley and Rye Roll (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Potato Flakes, Sea Salt, Yeast, #Barley# Malt Flour, Rye Sourdough (Wholemeal #Rye# Flour, Water, Starter Cultures), Malted #Wheat# Flour, Flour Treatment Agent: Ascorbic Acid; Rice Flour), Smoked Salmon (20%) (Salmon (#Fish#), Salt, Sugar), Cucumber, Pickled Cabbage (8%) (Red Cabbage, #Barley# Malt Vinegar, Sugar, Water, Sea Salt, Spices), Mustard Mayonnaise (7%) (Rapeseed Oil, Water, Free-Range #Egg# Yolk, #Mustard# Flour, Spirit Vinegar, Cornflour, Sugar, Salt, Colours: Curcumin, Plain Caramel), Red Onion, Dill.

#### Nutrition Information:

Typical values per 100g/per roll: Energy kJ 895/1550, kcal 213/369, Fat 7.4g/12.8g, Of which saturates 0.9g/1.5g, Carbohydrates 26.6g/46.1g, Of which sugars 5.0g/8.6g, Fibre 2.3g/4.0g, Protein 8.8g/15.2g, Salt 1.20g/2.09g.

## Spicy Chicken Rye Roll

### Ingredients:

Barley and Rye Roll (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Potato Flakes, Sea Salt, Yeast, #Barley# Malt Flour, Rye Sourdough (Wholemeal #Rye# Flour, Water, Starter Cultures), Malted #Wheat# Flour, Flour Treatment Agent: Ascorbic Acid; Rice Flour), Chicken (23%) (Chicken Breast, Salt), Chipotle Ketchup (9%) (Red Pepper, Muscovado Sugar, Red Wine Vinegar, Onion, Chipotle Peppers in Adobo Sauce (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acidity Regulator: Acetic Acid), Vegetable Oil (Sunflower Oil and Rapeseed Oil in varying proportions), Tomato Paste, Maize Starch, Water, Garlic, Salt, Black Pepper, Cayenne Pepper), Red Pepper, Pickled Cabbage (7%) (Red Cabbage, #Barley# Malt Vinegar, Sugar, Water, Sea Salt, Spices), Coriander, Mayonnaise (1%) (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Chilli Salt (Paprika, Sea Salt, Chilli Flakes).

### Nutrition Information:

Typical values per 100g/per roll: Energy kJ 750/1406, kcal 178/333, Fat 2.8g/5.2g, Of which saturates 0.5g/0.9g, Carbohydrates 26.0g/48.8g, Of which sugars 6.2g/11.6g, Fibre 2.5g/4.6g, Protein 10.9g/20.4g, Salt 1.15g/2.16g.

## Sandwiches

### Beef & Horseradish

### Ingredients:

Malted Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat#, #Wheat# Bran, Yeast, #Wheat# Gluten, #Barley# Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Salt Beef (33%) (Beef, Salt, Dextrose, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite), Horseradish Sauce (7%) (Water, Rapeseed Oil, Dried Horseradish, Sugar, Salt, Acidity Regulator: Acetic Acid; Skimmed #Milk# Powder, Stabiliser: Xanthan Gum; Dried #Egg# Yolk, #Mustard# Flour, Preservative: Sodium Metabisulphite (#Sulphites#)), Rocket, Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Crispy Onions (Onion, Palm Oil, #Wheat# Flour, Salt).

### Nutrition Information:

typical values per 100g/per sandwich: Energy kJ 940/1669, kcal 224/397, Fat 7.6g/13.4g, Of which saturates 2.2g/3.9g, Carbohydrates 23.7g/42.1g, Of which sugars 3.0g/5.2g, Fibre 3.3g/5.9g, Protein 13.6g/24.1g, Salt 1.38g/2.45g.

## Chicken, Avocado & Basil

### Ingredients:

Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat#, #Wheat# Bran, Yeast, #Wheat# Gluten, #Barley# Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Avocado (30%), Chicken (20%) (Chicken Breast, Salt), Greek Style Yoghurt Mayonnaise Mix (Greek Style Yoghurt (#Milk#), Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Salad Mix in varying proportions (Apollo Lettuce, Red Chard, Spinach), Basil, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### Nutrition Information:

Typical values per 100g/per sandwich: Energy kJ 836/2003, kcal 200/479, Fat 9.7g/23.2g, Of which saturates 2.0g/4.8g, Carbohydrates 16.9g/40.5g, Of which sugars 1.7g/4.1g, Fibre 3.1g/7.4g, Protein 9.7g/23.2g, Salt 0.83g/1.98g.

## Classic Super Club

### Ingredients:

Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat#, #Wheat# Bran, Yeast, #Wheat# Gluten, #Barley# Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Chicken (20%) (Chicken Breast, Salt), Tomato, Salad Mix in varying proportions (Apollo Lettuce, Red Chard, Spinach), Smoked Streaky Bacon (7%) (Pork Belly, Salt, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite), Free-Range Egg Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### Nutrition Information:

Typical values per 100g/per sandwich: Energy kJ 930/2168, kcal 222/517, Fat 11.2g/26.1g, Of which saturates 1.7g/4.0g, Carbohydrates 17.3g/40.3g, Of which sugars 2.0g/4.7g, Fibre 2.4g/5.6g, Protein 11.9g/27.7g, Salt 1.25g/2.93g.

## Crayfish & Rocket Bloomer

### Ingredients:

Seeded Bloomer (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, #Oatmeal#, Yeast, Sunflower Seed, Dried #Rye# Sourdough, Kibbled #Rye#, Kibbled #Wheat#, Yellow Linseed, Millet, Brown Linseed, Sugar, Salt, Rapeseed Oil, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Maize Grits, Flour Treatment Agent: Ascorbic Acid; #Wheat# Starch, #Wheat# Flour), Crayfish (35%) (Crayfish (#Crustacean#), Water, Salt), Mayonnaise (Rapeseed Oil, Water, Free Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Rocket (6%), Lemon Juice, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### Nutrition Information:

Typical values per 100g/per bloomer: Energy kJ 876/1705, kcal 209/406, Fat 8.2g/15.9g, Of which saturates 0.8g/1.5g, Carbohydrates 22.0g/42.8g, Of which sugars 1.7g/3.3g, Fibre 2.2g/4.2g, Protein 10.7g/20.9g, Salt 1.12g/2.18g.

## Egg Florentine

### Ingredients:

Free-Range Egg Mayo Mix (Free-Range #Egg#, Rapeseed Oil, Water, Salt, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Concentrated Lemon Juice, Black Pepper), Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat#, #Wheat# Bran, Yeast, #Wheat# Gluten, #Barley# Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono-and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Tomato, Hard Cheese (#Milk#), Spinach.

### Nutrition Information:

Typical values per 100g/per sandwich: Energy kJ 769/2146, kcal 184/514, Fat 9.6g/26.7g, Of which saturates 2.2g/6.2g, Carbohydrates 15.0g/41.8g, Of which sugars 2.0g/5.7g, Fibre 2.2g/6.3g, Protein 8.4g/23.5g, Salt 0.59g/1.64g.

## Free-Range Egg Mayo

### Ingredients:

Chopped Free-Range Egg Mayonnaise (46%) (Free-Range #Egg#, Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Malted Wholegrain Bread (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat#, #Wheat# Bran, Yeast, #Wheat# Gluten, #Barley# Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono-and Diglycerides of Fatty Acids), Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), #Mustard# Cress.

### Nutrition Information:

Typical values per 100g/per sandwich: Energy kJ 968/1826, kcal 232/438, Fat 12.0g/22.6g, Of which saturates 1.6g/3.0g, Carbohydrates 20.5g/38.7g, Of which sugars 1.6g/3.0g, Fibre 2.8g/5.3g, Protein 9.0g/17.0g, Salt 0.58g/1.08g.

## Ham & Cheese

### Ingredients:

Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat#, #Wheat# Bran, Yeast, #Wheat# Gluten, #Barley# Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono-and Diglycerides of Fatty Acids), Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Ham (31%) (Pork, Water, Salt, Glucose Syrup, Yeast Extract, Emulsifier: Triphosphates; Preservative: Sodium Nitrite; Sugar, Antioxidant: Sodium Ascorbate; Dextrose), Mature Cheddar Cheese (#Milk#) (21%), Butter (#Milk#), Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### Nutrition Information:

Typical values per 100g/per sandwich: Energy kJ 1140 /2219, kcal 273/531, Fat 13.5g/26.3g, Of which saturates 7.8g/15.2g, Carbohydrates 20.2g/39.3g, Of which sugars 1.7g/3.3g, Fibre 2.9g/5.6g, Protein 16.1g/31.3g, Salt 1.80g/3.50g.

## Humous & Veg

### Ingredients:

Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat#, #Wheat# Bran, Yeast, #Wheat# Gluten, #Barley# Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Cucumber, Humous (16%) (Cooked Chickpeas (Water, Chickpeas), #Sesame# Seeds, Lemon Juice, Olive Oil, Sea Salt, Dried Garlic, Antioxidant: Ascorbic Acid), Roasted Tomatoes (Tomato, Sugar, Salt, Sunflower Oil), Spinach.

### Nutrition Information:

typical values per 100g/per sandwich: Energy kJ 738/1393, kcal 176/332, Fat 5.5g/10.4g, Of which saturates 0.7g/1.4g, Carbohydrates 23.8g/44.9g, Of which sugars 4.2g/8.0g, Fibre 4.4g/8.3g, Protein 5.6g/10.5g, Salt 0.70g/1.33g.

## Kids' Chicken & Cucumber Triangles

### Ingredients:

Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat#, #Wheat# Bran, Yeast, #Wheat# Gluten, #Barley# Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Chicken (23%) (Chicken Breast, Salt), Cucumber (18%), Mayonnaise (Rapeseed Oil, Water, Free Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice).

Nutrition Information: per 100g/per sandwich: Energy kJ 900/1554, kcal 215/371, Fat 8.6g/14.8g, Of which saturates 0.7g/1.1g, Carbohydrates 22.4g/38.6g, Of which sugars 1.9g/3.3g, Fibre 2.9g/5.1g, Protein 10.6g/18.2g, Salt 0.59g/1.02g.

## Mature Cheddar & Pret Pickle

### Ingredients:

Malted Wholegrain Bread (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat#, #Wheat# Bran, Yeast, #Wheat# Gluten, #Barley# Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Tomato, Mature Cheddar Cheese (#Milk#)(18%), Pret Pickle (11%) (Apple, Sugar, Water, Balsamic Vinegar (Red Wine Vinegar, Grape Must), Tomato Purée, Kibbled Onion, Raisins, Garlic Purée, Salt, Apple Extract, Ginger Powder), Salad Mix in varying proportions (Apollo Lettuce, Red Chard, Spinach), Red Onion, Free-Range Egg Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### Nutrition Information:

Energy per 100g/per sandwich kJ 945/2118, 226/506 kcal, Fat 10.4g/23.3g, Of which saturates 3.9g/8.7g, Carbohydrates 22.9g/51.3g, Of which sugars 6.1g/13.7g, Fibre 2.9g/6.5g, Protein 8.7g/19.5g, Salt 0.90g/2.03g.

## Pret's Christmas Lunch

### Ingredients:

Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat#, #Wheat# Bran, Yeast, #Wheat# Gluten, #Barley# Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Turkey Breast (24%) (Turkey Breast, Salt), Pork Stuffing (19%) (Pork, Smoked Bacon (Pork, Sea Salt, Water, Preservatives: Sodium Nitrite, Potassium Nitrate; Antioxidant: Ascorbic Acid), Onion, Dried Apricots (Apricots, Preservative: Sulphur Dioxide (#Sulphites#)), Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Suet (Vegetable Oils (Palm Oil, Sunflower Oil), Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Pork Belly, Lemon Juice, Sage, Salt, Rosemary, Thyme, Parsley, Black Pepper, Yeast, Raising Agent: Ammonium Carbonates), Cranberry Sauce (10%) (Cranberries, Sugar, Water), Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Baby Spinach, Crispy Onions (Onion, Palm Oil, #Wheat# Flour, Salt), Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### Nutrition Information:

Typical values per 100g/per sandwich: Energy kJ 1003/2380, kcal 239/567, Fat 8.7/20.7g, Of which saturates 2.1g/5.0g, Carbohydrates 25.1g/59.6g, Of which sugars 6.9g/16.4g, Fibre 2.8g/6.7g, Protein 13.6g/32.3g, Salt 0.94g/2.24g.

## Pulled Ham and Pickle

### Ingredients:

Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat#, #Wheat# Bran, Yeast, #Wheat# Gluten, #Barley# Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Tomato, Pulled Ham (15%) (Pork, Salt, Preservatives: Sodium Nitrite, Potassium Nitrate), Pickle (10%) (Apple, Sugar, Water, Balsamic Vinegar (Red Wine Vinegar, Grape Must), Tomato Purée, Kibbled Onion, Raisins, Garlic Purée, Salt, Apple Extract, Ginger Powder), Salad Vegetable Mix (Apollo Lettuce, Red Chard, Spinach), Mayonnaise (Rapeseed Oil, Water, Free Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### Nutrition Information:

typical values per 100g/per sandwich: Energy kJ 659/1719, kcal 157/409, Fat 4.6g/12.1g, Of which saturates 0.6g/1.6g, Carbohydrates 19.7g/51.3g, Of which sugars 5.6g/14.5g, Fibre 2.7g/6.9g, Protein 7.7g/20.2g, Salt 1.10g/2.87g.

## Smoked Salmon

### Ingredients:

Malted Wholegrain Bread (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat#, Wheat Bran, Yeast, #Wheat# Gluten, #Barley# Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids), Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Smoked Salmon (40%)(Salmon (#Fish#), Salt, Sugar), Butter (#Milk#), Lemon Juice, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### Nutrition Information:

Typical values per 100g/per sandwich: Energy kJ 1082/1883, kcal 258/449, Fat 11.1g/19.3g, Of which saturates 3.4g/5.9g, Carbohydrates 23.9g/41.6g, Of which sugars 1.9g/3.3g, Fibre 3.1g/5.4g, Protein 14.1g/24.5g, Salt 0.40g/0.70g.

## Super Greens & Reds

### Ingredients:

Malted Wholegrain Bread (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat#, #Wheat# Bran, Yeast, #Wheat# Gluten, #Barley# Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids), Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Avocado (32%), Red Tapenade (9%) (Cherry Tomato, Semi-Dried Red Pepper, Rapeseed Oil, Tomato Concentrate, Sugar, Salt, Concentrated Lemon Juice, Garlic, Parsley, Chive, Basil, Basil Flavouring), Red Pepper (8%), Spinach (7%), Kalamata Olives (6%) (Kalamata Olives, Salt, Red Wine Vinegar, Extra Virgin Olive Oil, Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions)), Lemon Juice, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 819 /1837, kcal 196 / 440, Fat 10.5g/23.5g, Of which saturates 2.0g/4.5g, Carbohydrates 19.1g/42.8g, Of which sugars 2.9g/6.5g, Fibre 3.9g/8.7g, Protein 4.4g/9.9g, Salt 0.58g/1.30g.

## Tuna & Cucumber

### Ingredients:

Malted Wholegrain Bread (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat#, #Wheat# Bran, Yeast, #Wheat# Gluten, #Barley# Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Rapeseed Oil, Flour Treatment Agent Ascorbic Acid), Tuna Mayonnaise (Pole and Line Caught Tuna (#Fish#) (26%), Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice, Sea Salt, Black Pepper), Cucumber.

### Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 940/2165, kcal 224/516, Fat 8.5g/19.6g, Of which saturates 0.7g/1.6g, Carbohydrates 25.1g/57.8g, Of which sugars 1.3g/3.0g, Fibre 1.3g/3.0g, Protein 11.1g/25.6g, Salt 1.18g/2.70g.

## Slims

### Slim Chicken, Avocado & Basil

### Ingredients:

Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat#, #Wheat# Bran, Yeast, #Wheat# Gluten, #Barley# Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Avocado (30%), Chicken (20%) (Chicken Breast, Salt), Greek Style Yoghurt Mayonnaise Mix (Greek Style Yoghurt (#Milk#), Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Salad Mix in varying proportions (Apollo Lettuce, Red Chard, Spinach), Basil, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### Nutrition Information:

typical values per 100g/per sandwich: Energy kJ 836/1001, kcal 200/239, Fat 9.7g/11.6g, Of which saturates 2.0g/2.4g, Carbohydrates 16.9g/20.2g, Of which sugars 1.7g/2.0g, Fibre 3.1g/3.7g, Protein 9.7g/11.6g, Salt 0.83g/0.99g.

### Slim Chicken Caesar Bacon Baguette

#### Ingredients:

Stone Baked Baguette (#Wheat# Flour, Water, Brown Linseed, Malted #Wheat# Flakes, Sunflower Seeds, Yeast, Salt, #Wheatgerm#, Potassium Chloride, Potassium Gluconate, Malted #Wheat# Flour, #Sesame# Seeds), Chicken (23%) (Chicken Breast, Salt), Caesar Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Italian Hard Cheese (Cheese (#Milk#), Preservative: Lysozyme (#Egg#)), Red Wine Vinegar, Sugar, Cornflour, Concentrated Lemon Juice, Worcestershire Sauce (Water, Spirit Vinegar, Cane Molasses, Tamarind Paste, Salt, Onion Powder, Spices), Salt, Anchovy Paste (Anchovy (#Fish#), Salt, Olive Oil), Spirit Vinegar, Dried Garlic), Greek Style Yoghurt Mayonnaise Mix (Greek Style Yoghurt (#Milk#), Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Smoked Streaky Bacon (4.5%) (Pork Belly, Salt, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite), Rocket, Hard Cheese (#Milk#).

#### Nutrition Information:

typical values per 100g/per baguette: Energy kJ 1143/1246, kcal 273/297, Fat 12.5g/13.6g, Of which saturates 2.2g/2.4g, Carbohydrates 24.9g/27.1g, Of which sugars 1.5g/1.6g, Fibre 2.0g/2.2g, Protein 14.2g/15.5g, Salt 1.15g/1.25g.

### Slim Classic Super Club

#### Ingredients:

Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat#, #Wheat# Bran, Yeast, #Wheat# Gluten, #Barley# Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Chicken (20%) (Chicken Breast, Salt), Tomato, Salad Mix in varying proportions (Apollo Lettuce, Red Chard, Spinach), Smoked Streaky Bacon (7%) (Pork Belly, Salt, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite), Free-Range Egg Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

#### Nutrition Information:

typical values per 100g/per sandwich: Energy kJ 930/1083, kcal 222/259, Fat 11.2g/13.0g, Of which saturates 1.7g/2.0g, Carbohydrates 17.3g/20.2g, Of which sugars 2.0g/2.3g, Fibre 2.4g/2.8g, Protein 11.9g/13.9g, Salt 1.25g/1.46g.

### Slim Posh Cheddar & Pickle Baguette

#### Ingredients:

Stone Baked Baguette (#Wheat# Flour, Water, Brown Linseed, Malted #Wheat# Flakes, Sunflower Seeds, Yeast, Salt, #Wheatgerm#, Potassium Chloride, Potassium Gluconate, Malted #Wheat# Flour, #Sesame# Seeds), Mature Cheddar Cheese (#Milk#) (17%), Pret Pickle (15%) (Apple, Sugar, Water, Balsamic Vinegar (Red Wine Vinegar, Grape Must), Tomato Purée, Kibbled Onion, Raisins, Garlic Purée, Salt, Apple Extract, Ginger Powder), Roasted Tomatoes (Tomato, Sugar, Salt, Sunflower Oil), Red Onion, Free-Range Egg Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), #Mustard# Cress, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

#### Nutrition Information:

typical values per 100g/per baguette: Energy kJ 1170/1415, kcal 279/338, Fat 12.4g/15.0g, Of which saturates 3.9g/4.7g, Carbohydrates 30.7g/37.1g, Of which sugars 8.0g/9.7g, Fibre 3.0g/3.6g, Protein 9.7g/11.7g, Salt 1.18g/1.43g.



## Slim Tuna Mayo Baguette

### Ingredients:

White Baguette (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, #Wheat# Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Tuna Mayonnaise (Pole and Line Caught Tuna (#Fish#) (29%), Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice, Sea Salt, Black Pepper), Cucumber.

### Nutrition Information:

typical values per 100g/per baguette: Energy kJ 940/1083, kcal 224/258, Fat 8.5g/9.8g, Of which saturates 0.7g/0.8g, Carbohydrates 25.1g/28.9g, Of which sugars 1.3g/1.5g, Fibre 1.3g/1.5g, Protein 11.1g/12.8g, Salt 1.18g/1.36g.

## Wraps & Flatbreads

### Avocado & Herb Wrap

### Ingredients:

Avocado (29%), Kibbled Rye Wrap (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Malted #Rye# Flakes, Rapeseed Oil, Humectant: Glycerol, Raising Agents: Diphosphates, Sodium Bicarbonate, Dried Fermented #Wheat# Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids, Salt, Acidity Regulator: Citric Acid, #Wheat# Starch, Flour Treatment Agent: L-Cysteine), Cucumber, Tomato, Spinach, Greek Style Yoghurt Mayonnaise Mix (Greek Style Yoghurt (#Milk#), Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Roasted Pine Nuts, Hard Cheese (#Milk#), Basil (0.5%), Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### Nutrition Information:

Typical values per 100g/per wrap: Energy kJ 836 /2093, kcal 201/503, Fat 12.2g/30.5g, Of which saturates 2.5g/6.3g, Carbohydrates 16.4g/41.1g, Of which sugars 1.7g/4.3g, Fibre 2.4g/6.0g, Protein 5.1g/12.8g, Salt 0.53g/1.33g.

### Chicken & Caesar Wrap

Ingredients: Kibbled Rye Wrap (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Malted #Rye# Flakes, Rapeseed Oil, Humectant: Glycerol, Raising Agents: Diphosphates, Sodium Bicarbonate, Dried Fermented #Wheat# Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids, Salt, Acidity Regulator: Citric Acid, #Wheat# Starch, Flour Treatment Agent: L-Cysteine), Chicken (20%) (Chicken Breast, Salt), Tomato, Caesar Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Italian Hard Cheese (Cheese (#Milk#), Preservative: Lysozyme (#Egg#), Red Wine Vinegar, Sugar, Cornflour, Concentrated Lemon Juice, Worcestershire Sauce (Water, Spirit Vinegar, Cane Molasses, Tamarind Paste, Salt, Onion Powder, Spices), Salt, Anchovy Paste (Anchovy (#Fish#), Salt, Olive Oil), Spirit Vinegar, Dried Garlic), Cucumber, Spinach, Hard Cheese (#Milk#), Lemon Juice.

Nutrition Information:- typical values per 100g/per wrap: Energy kJ 906/2290, kcal 217/549, Fat 12.5g/31.6g, Of which saturates 1.9g/4.8g, Carbohydrates 15.7g/39.7g, Of which sugars 1.5g/3.8g, Fibre 1.3g/3.3g, Protein 9.8g/24.8g, Salt 0.85g/2.15g.

## Chicken Pesto & Rocket Wrap

### Ingredients:

Kibbled Rye Wrap (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Thiamin, Niacin), Water, Malted #Rye# Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Carbonates; Dried Fermented #Wheat# Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; #Wheat# Starch, Flour Treatment Agent: L-Cysteine), Cooked Chicken (22%) (Chicken Breast, Salt), Tomato, Pesto (9%) (Rapeseed Oil, Basil, Spinach, Pine Nuts, Basil Paste (Basil, Sunflower Oil, Salt), Medium Fat Hard Cheese (#Milk#), Garlic Puree, Salt, Acidity Regulator: Citric Acid), Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Rocket, Roasted Pine Nuts (2%), Basil, Lemon Juice.

### Nutrition Information:

Typical values per 100g/per wrap: Energy 950kJ/2129kJ, 227kcal/510kcal, Fat 13.0g/29.2g, Of which saturates 1.4g/3.1g, Carbohydrates 17.4g/39.0g, Of which sugars 1.3g/2.9g, Fibre 1.3g/2.9g, Protein 9.5g/21.2g, Salt 0.61g/1.36g.

## Chipotle Chicken and Feta Wrap

### Ingredients:

Kibbled Rye Wrap (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Malted #Rye# Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Carbonates; Dried Fermented #Wheat# Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; #Wheat# Flour, #Wheat# Starch, Flour Treatment Agent: L-Cysteine), Chicken (21%) (Chicken Breast, Salt), Peppers (Peppers, Sunflower Oil, Salt, White Wine Vinegar, Mint, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Chipotle Ketchup (Red Pepper, Muscovado Sugar, Red Wine Vinegar, Onion, Chipotle Peppers in Adobo Sauce (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acidity Regulator: Acetic Acid), Vegetable Oil (Rapeseed Oil, Sunflower Oil), Tomato Paste, Maize Starch, Water, Garlic, Salt, Black Pepper, Cayenne Pepper), Feta Cheese (#Milk#), Red Pepper, Red Tapenade (Cherry Tomato, Semi-Dried Red Pepper, Rapeseed Oil, Tomato Concentrate, Sugar, Salt, Concentrated Lemon Juice, Garlic, Parsley, Chive, Basil, Flavouring), Salad Mix in varying proportions (Apollo Lettuce, Red Chard, Spinach), Coriander.

Nutrition Information: Typical values per 100g/per wrap: Energy kJ 853/2042, kcal 204/488, Fat 9.8g/23.6g, Of which saturates 5.5g/13.2g, Carbohydrates 18.0g/43.2g, Of which sugars 3.4g/8.1g, Fibre 1.5g/3.5g, Protein 10.0g/23.9g, Salt 0.99g/2.38g.

## Greek Style Chicken Salad Flatbread

### Ingredients:

Flatbread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Salt), Chicken (22%) (Chicken Breast, Salt), Yoghurt Mayonnaise Mix (Greek Style Yoghurt (#Milk#), Mayonnaise (Rapeseed Oil, Water, Free Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice)), Cucumber, Red Pepper, Feta Cheese (#Milk#), Mixed Leaf (Spinach, Lambs Lettuce, Ruby Chard, Rocket), Pickled Cabbage (Red Cabbage, #Barley# Malt Vinegar, Sugar, Water, Sea Salt, Spices), Dill.

### Nutrition Information:

Typical values per 100g/per flatbread: Energy 848kJ/2294kJ, 203kcal/548kcal, Fat 9.7g/26.1g, Of which saturates 2.2g/5.9g, Carbohydrates 18.1g/49.0g, Of which sugars 2.8g/7.6g, Fibre 1.3g/3.4g, Protein 10.2g/27.5g, Salt 0.64g/1.72g.

## Hoisin Duck Wrap

### Ingredients:

Kibbled Rye Wrap (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Malted #Rye# Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Bicarbonate; Dried Fermented #Wheat# Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; #Wheat# Starch, Flour Treatment Agent: L-Cysteine), Shredded Duck (26%) (Duck, Water, Sugar, Salt, Chinese Five Spice (Star Anise, Cinnamon, Fennel, Black Pepper, Clove)), Cucumber, Hoisin Sauce (9%) (Demerara Sugar, White Miso Paste (Water, #Soya# Bean, Rice, Salt, Alcohol), Water, Tomato Paste, White Wine Vinegar, Dark Soy Sauce (Water, #Soya# Bean, #Wheat#, Salt, Alcohol), Cornflour, Salt, Star Anise, Ginger, Cinnamon, Fennel Seeds, Black Pepper, Clove), Spinach, Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Red Onion.

Nutrition Information: typical values per 100g/per wrap: Energy kJ 828/1875, kcal 197/447, Fat 7.7g/17.5g, Of which saturates 1.2g/2.8g, Carbohydrates 21.8g/49.4g, Of which sugars 5.7g/13.0g, Fibre 1.7g/3.8g, Protein 9.3g/21.0g, Salt 1.15g/2.61g.

## Humous & Chipotle Wrap

### Ingredients:

Kibbled Rye Wrap (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Malted #Rye# Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Bicarbonate; Dried Fermented #Wheat# Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; #Wheat# Starch, Flour Treatment Agent: L-Cysteine), Humous (24%) (Cooked Chickpeas (Water, Chickpeas), #Sesame# Seeds, Lemon Juice, Olive Oil, Sea Salt, Dried Garlic, Antioxidant: Ascorbic Acid), Red Peppers, Grated Carrot, Chipotle Ketchup (8%) (Red Pepper, Muscovado Sugar, Red Wine Vinegar, Onion, Chipotle Peppers in Adobo Sauce (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acidity Regulator: Acetic Acid), Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions), Tomato Paste, Maize Starch, Water, Garlic, Salt, Black Pepper, Cayenne Pepper), Spinach, Pickled Cabbage (Red Cabbage, #Barley# Malt Vinegar, Sugar, Water, Sea Salt, Spices), Coriander.

### Nutrition Information:

Typical values per 100g/per wrap: Energy kJ 653/1629, kcal 156/388, Fat 5.3g/13.3g, Of which saturates 0.9g/2.3g, Carbohydrates 20.7g/51.6g, Of which sugars 4.5g/11.3g, Fibre 3.3g/8.2g, Protein 4.6g/11.4g, Salt 0.70g/1.75g.

## Mediterranean Style Tuna Flatbread

### Ingredients:

Tuna Mayonnaise (34%) (Pole & Line Caught Tuna (#Fish#), Rapeseed Oil, Water, Salt, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Concentrated Lemon Juice, Black Pepper), Flatbread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Salt), Tomato, Red Pepper, Spinach, Kalamata Olives (Kalamata Olives, Salt, Rapeseed Oil), Red Onion, Basil.

### Nutrition Information:

Typical values per 100g/per flatbread: Energy 777kJ/2133kJ, 185kcal/509kcal, Fat 8.6g/23.6g, Of which saturates 0.8g/2.3g, Carbohydrates 17.8g/48.8g, Of which sugars 2.6g/7.3g, Fibre 1.5g/4.2g, Protein 8.5g/23.3g, Salt 0.80g/2.21g.

## Middle Eastern Style Chicken Flatbread

### Ingredients:

Flatbread (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Salt), Chicken (25%) (Chicken Breast, Salt), Humous (12%) (Cooked Chickpeas (Water, Chickpeas), **#Sesame#** Seeds, Lemon Juice, Olive Oil, Sea Salt, Dried Garlic, Antioxidant: Ascorbic Acid), Cucumber, Pickled Cabbage (Red Cabbage, **#Barley#** Malt Vinegar, Sugar, Water, Sea Salt, Spices), Shawarma Spice Paste (8%) (Water, Sugar, Red Pepper Purée, Salt, Coriander, Smoked Paprika, Tomato Paste, Spirit Vinegar, Red Chilli Purée, Cumin Powder, Cornflour, Garlic Powder, Lemon Juice Concentrate, Cinnamon, Olive Oil, Spearmint, Ginger Purée, Yeast Extract Powder (Yeast Extract, Salt), Onion Powder, Crushed Dried Chilli, Cardamom, Lemon Zest, Cayenne Pepper, Ground Pimento, Garlic Purée, Colour: Paprika Extract; Nutmeg, Black Pepper), Spinach, Red Onion.

### Nutrition Information:

Typical values per 100g/per flatbread: Energy 717kJ/1753kJ, 170kcal/416kcal, Fat 3.5g/8.6g, Of which saturates 0.5g/1.2g, Carbohydrates 23.1g/54.6g, Of which sugars 5.4g/13.2g, Fibre 2.5g/6.0g, Protein 10.3g/25.2g, Salt 0.80g/1.95g.

## Mexican Style Falafel & Avo Flatbread

### Ingredients:

Avocado (26%), Flatbread (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Salt), Sweet Potato Falafel (16%) (Sweet Potato, Chickpeas (Chickpeas, Water), Onion, Dried Potato, Coriander Leaf, Red Pepper, Salt, Cumin Powder, Concentrated Lemon Juice, Rapeseed Oil, Paprika, Water, Smoked Paprika, Black Pepper, Dried Garlic, Coriander Powder, Chilli Flakes), Mixed Peppers (Peppers, Sunflower Oil, Salt, White Wine Vinegar, Mint, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Red Pepper, Chipotle Ketchup (Red Pepper, Muscovado Sugar, Red Wine Vinegar, Onion, Chipotle Peppers in Adobo Sauce (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acidity Regulator: Acetic Acid), Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions), Tomato Paste, Maize Starch, Water, Garlic, Salt, Black Pepper, Cayenne Pepper), Mixed Leaf (Spinach, Lambs Lettuce, Ruby Chard, Rocket), Coriander.

### Nutrition Information:

Typical values per 100g/per flatbread: Energy 849kJ/2362kJ, 203kcal/565kcal, Fat 10.2g/28.4g, Of which saturates 4.5g/12.5g, Carbohydrates 22.5g/62.7g, Of which sugars 4.5g/12.5g, Fibre 3.1g/8.5g, Protein 3.8g/10.5g, Salt 0.48g/1.34g.

## Pret's Satay Chicken & Slaw Wrap

### Ingredients:

Kibbled Rye Wrap (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Malted #Rye# Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Carbonates; Dried Fermented #Wheat# Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; #Wheat# Flour, #Wheat# Starch, Flour Treatment Agent: L-Cysteine), Chicken (26%) (Chicken Breast, Salt), Cucumber, Soya and Coconut Sauce (Water, Coconut Extract, Sugar, Toasted #Soya#, #Soya# Oil, Rapeseed Oil, Shallot Purée, Garlic Purée, Rice Vinegar, Red Chilli Purée, Cornflour, Salt, Cane Sugar, Ginger Purée, #Soya# Beans, Lemongrass Purée, Lime Leaves, Palm Oil, Colour: Plain Caramel; Crushed Dried Chilli, Stabiliser: Xanthan Gum; Sea Salt, Cane Molasses), Carrot (9%), Spinach, Pickled Cabbage (Red Cabbage, #Barley# Malt Vinegar, Sugar, Water, Sea Salt, Spices), Coriander.

### Nutrition Information:

Typical values per 100g/per wrap: Energy kJ 670/1575, kcal 159/374, Fat 4.4g/10.3g, Of which saturates 1.2g/2.9g, Carbohydrates 18.9g/44.3g, Of which sugars 3.5g/8.2g, Fibre 1.4g/3.3g, Protein 10.3g/24.3g, Salt 1.00g/2.36g.

## Thai Style Avo Wrap

### Ingredients:

Kibbled Rye Wrap (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Malted #Rye# Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Carbonates; Dried Fermented #Wheat# Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; #Wheat# Flour, #Wheat# Starch, Flour Treatment Agent: L-Cysteine), Avocado, Cucumber, Carrot, Spinach, Edamame #Soya# Beans, Water, Sugar, Coconut Extract, Red Chilli Purée, Coriander, Toasted #Soya#, Glucose Syrup, #Soya# Oil, Rapeseed Oil, Rice Vinegar, Cornflour, Shallot Purée, Garlic Purée, Salt, Diced Garlic, Cane Sugar, Ginger Purée, Lime Juice Concentrate, #Soya# Beans, Lime Leaves, Lemongrass Purée, Palm Oil, Colour: Plain Caramel; Crushed Dried Chilli, Stabiliser: Xanthan Gum; Sea Salt, Spirit Vinegar, Cane Molasses.

### Nutrition Information:

Typical values per 100g/per wrap: Energy kJ 692/1696, kcal 165/404, Fat 6.5g/15.9g, Of which saturates 1.7g/4.1g, Carbohydrates 21.1g/51.8g, Of which sugars 4.8g/11.7g, Fibre 2.2g/5.4g, Protein 4.4g/10.8g, Salt 0.60g/1.47g.

## Breakfast

### Almond Croissant

#### Ingredients:

#Wheat# Flour, Butter (#Milk#), Water, Almond Filling (16%) (Sugar, #Almonds#, Water, #Wheat# Flour, Flavouring, Alcohol), Sugar, #Almonds# (3.5%), Yeast, #Wheat# Gluten, Icing Sugar, Free-Range #Egg#, Salt, Flour Treatment Agent: Ascorbic Acid.

#### Nutrition Information:

Typical values per 100g/per croissant: Energy kJ 1774/1597, kcal 425/383, Fat 23.5g/21.2g, Of which saturates 11.9g/10.7g, Carbohydrates 43.2g/38.9g, Of which sugars 15.9g/14.3g, Fibre 2.8g/2.5g, Protein 8.7g/7.8g, Salt 0.60g/0.55g.

### Banana, Honey & Granola Bowl

#### Ingredients:

Greek Style Yoghurt (#Milk#), Granola (20%) (#Oats#, Golden Syrup (Partially Inverted Syrup), Dark Muscovado Sugar, Pumpkin Seeds, Rapeseed Oil, Golden Linseed, Raisins (Raisins, Sunflower Oil), Concentrated Apple Juice, Buckwheat Flakes, Ground Cinnamon, Salt), Banana (17%), Honey (9%).

#### Nutrition Information:

typical values per 100g/per bowl: Energy kJ 793/1686, kcal 188/400, Fat 5.0g/10.6g, Of which saturates 1.8g/3.8g, Carbohydrates 28.6g/60.8g, Of which sugars 21.8g/46.4g, Fibre 1.7g/3.5g, Protein 6.5g/13.7g, Salt 0.14g/0.29g.

### Banana Honey Yoghurt Pot

#### Ingredient List:

Greek Style Yoghurt (#Milk#), Banana (16%), Honey (13%).

#### Nutritional Information:

Typical values per 100g/per bowl: Energy kJ 515/813, kcal 123/193, Fat 4.5g/7.1g, Of which saturates 2.9g/4.6g, Carbohydrates 16.9g/26.6g, Of which sugars 14.7g/23.1g, Fibre 0.1g/0.1g, Protein 3.7g/5.8g, Salt 0.08g/0.12g.

### Five Berry Yoghurt Pot

#### Ingredient List:

Greek Style Yoghurt (#Milk#), Five Berry Compote (24%) (Water, Strawberries, Sugar, Redcurrants, Blackcurrants, Raspberries, Blackberries, Lemon Juice, Cornflour, Gelling Agent: Pectin).

#### Nutritional Information:

Typical values per 100g/per bowl: Energy kJ 369/546, kcal 88/131 Fat 4.7g/6.9g, Of which saturates 3.1g/4.5g, Carbohydrates 7.5g/11.0g, Of which sugars 6.3g/9.3g, Fibre 0.9g/1.3g, Protein 3.7g/5.4g, Salt 0.11g/0.16g.

## **Bircher Muesli Bowl**

### **Ingredients:**

Greek Style Yoghurt (#Milk#) (61%), Apple (14%), #Oats#, Honey, Pomegranate Seeds, Pumpkin Seeds, Golden Syrup (Partially Inverted Syrup), Roasted #Pistachio Nuts# (1%), Dark Muscovado Sugar, Sugar, Sunflower Seeds, Rapeseed Oil, Sultanas, Cranberry, Golden Linseed, Raisins (Raisins, Sunflower Oil), Concentrated Apple Juice, Buckwheat Flakes, Cottonseed Oil, Sunflower Oil, Ground Cinnamon, Salt.

### **Nutrition Information:**

typical values per 100g/per bowl: Energy kJ 650/1390, kcal 155/332, Fat 6.9g/14.7g, Of which saturates 2.9g/6.2g, Carbohydrates 17.5g/37.5g, Of which sugars 13.3g/28.5g, Fibre 1.5g/3.2g, Protein 5.1g/11.0g, Salt 0.09g/0.18g.

## **Breakfast Egg & Avo Baguette**

### **Ingredients:**

White Baguette (#Wheat# Flour, Water, Yeast, Salt, #Wheat# Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Chopped Free-Range Egg Mayonnaise (31%) (Free-Range #Egg#, Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice, Sea Salt, Black Pepper, Rapeseed Oil), Avocado (24%), Lemon Juice, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### **Nutrition Information:**

Typical values per 100g/per baguette : Energy kJ 1046/1588, kcal 250/379, Fat 12.7g/19.3g, Of which saturates 2.2g/3.3g, Carbohydrates 25.1g/38.1g, Of which sugars 1.2g/1.8g, Fibre 1.9g/2.9g, Protein 7.9g/12.0g, Salt 1.33g/2.0g.

## **Full Size Breakfast Avo & Egg Baguette**

### **Ingredients:**

White Baguette (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, #Wheat# Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Chopped Free-Range Egg Mayonnaise (32%) (Free-Range #Egg#, Rapeseed Oil, Water, Salt, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Concentrated Lemon Juice, Black Pepper), Avocado (31%), Lemon Juice, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### **Nutrition Information:**

Typical values per 100g/per baguette : Energy 986kJ/2733kJ, 236kcal/654kcal, Fat 12.3g/34.2g, Of which saturates 1.7g/4.8g, Carbohydrates 23.1g/64.0g, Of which sugars 1.1g/3.1g, Fibre 1.0g/2.7g, Protein 7.5g/20.9g, Salt 1.03g/2.86g.

### **Breakfast Egg & Bacon Baguette**

#### **Ingredients:**

White Baguette (#Wheat# Flour, Water, Yeast, Salt, #Wheat# Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Chopped Free-Range Egg Mayonnaise (45%) (Free-Range #Egg#, Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice, Sea Salt, Black Pepper, Rapeseed Oil), Smoked Streaky Bacon (7%)(Pork Belly, Salt, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite).

#### **Nutrition Information:**

Typical values per 100g/per baguette: Energy kJ 846/1176, 203/282 kcal, Fat 12.2/17.0g, Of which saturates 4.2g/5.8, Carbohydrates 14.3g/19.9g, Of which sugars 0.7g/ 1.0g, Fibre 0.6g/0.8g, Protein 8.6g/12.0g, Salt 0.80g/1.10g.

### **Full Size Breakfast Bacon & Egg Mayo Baguette**

#### **Ingredients:**

White Baguette (#Wheat# Flour, Water, Yeast, Salt, #Wheat# Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Chopped Free-Range Egg Mayonnaise (43%) (Free-Range #Egg#, Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice, Sea Salt, Black Pepper, Rapeseed Oil), Smoked Streaky Bacon (7%)(Pork Belly, Salt, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite).

#### **Nutrition Information:**

Typical values per 100g/per baguette: Energy 1199kJ/2435kJ, 286kcal/581kcal, Fat 13.8g/28.1g, Of which saturates 2.7g/5.6g, Carbohydrates 27.9g/56.7g, Of which sugars 1.3g/2.5g, Fibre 1.3g/2.6g, Protein 11.9g/24.1g, Salt 1.39g/2.81g.

### **Breakfast Egg & Tomato Baguette**

#### **Ingredients:**

White Baguette (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, #Wheat# Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Free-Range Egg Mayo Mix (40%) (Free-Range #Egg#, Rapeseed Oil, Water, Salt, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Concentrated Lemon Juice, Black Pepper), Roasted Tomatoes (16%) (Tomato, Sugar, Salt, Sunflower Oil).

#### **Nutrition Information:**

Typical values per 100g/per baguette: Energy kJ 1095/1710, kcal 261/408, Fat 12.5g/19.5g, Of which saturates 1.6g/2.5g, Carbohydrates 27.2g/42.5g, Of which sugars 3.5g/5.4g, Fibre 2.0g/3.1g, Protein 9.0g/14.1g, Salt 1.17g/1.84g.



## Full Size Breakfast Roasted Tomato & Egg Mayo Baguette

### Ingredients:

White Baguette (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, #Wheat# Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Chopped Free-Range Egg Mayonnaise (40%) (Free-Range #Egg#, Rapeseed Oil, Water, Salt, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Concentrated Lemon Juice, Black Pepper), Roasted Tomatoes (14%) (Tomato, Sugar, Salt, Sunflower Oil).

### Nutrition Information:

Typical values per 100g/per baguette: Energy 1099kJ/2390kJ, 262kcal/571kcal, Fat 12.2g/26.5g, Of which saturates 1.6g/3.4g, Carbohydrates 28.0g/60.9g, Of which sugars 3.2g/6.9g, Fibre 1.9g/4.2g, Protein 9.2g/20.0g, Salt 1.18g/2.56g.

## Breakfast Smoked Salmon & Egg Baguette

### Ingredients:

White Baguette (#Wheat# Flour, Water, Yeast, Salt, #Wheat# Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Chopped Free-Range Egg Mayonnaise (40%) (Free-Range #Egg#, Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice, Sea Salt, Black Pepper, Rapeseed Oil), Smoked Salmon (11%) (Salmon (#Fish#), Salt, Sugar), #Mustard# Cress.

### Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 1021/1600, kcal 243/381, Fat 9.8g/15.4g, Of which saturates 1.3g/2.0g, Carbohydrates 25.3g/39.6g, Of which sugars 1.4g/2.2g, Fibre 1.3g/2.0g, Protein 12.8g/20.1g, Salt 1.20g/1.88g.

## Butter Croissant

### Ingredients:

#Wheat# Flour, Butter (#Milk#) (27%), Water, Sugar, Yeast, #Wheat# Gluten, Free-Range #Egg#, Salt, Flour Treatment Agent: Ascorbic Acid.

### Nutrition Information:

Typical values per 100g/per croissant: Energy kJ 1709/1213, kcal 409/290, Fat 23.7g/16.8g, Of which saturates 16.2g/11.5g, Carbohydrates 38.8g/27.5g, Of which sugars 6.3g/4.5g, Fibre 2.2g/1.6g, Protein 9.1g/6.5g, Salt 0.95g/0.68g.

## Cheese Twist

### Ingredients:

#Wheat# Flour, Cheese Béchamel Sauce Filling (26%) (Emmental Cheese (#Milk#), Pasteurised Free-Range #Egg#, Whey Powder (#Milk#), Water, Modified Starch, Salt, Coconut Oil, Dried Skimmed #Milk#, Thickener: Sodium Alginate; Dried #Egg# Yolk, Sugar), Butter (#Milk#), Emmental Cheese (#Milk#) (4%), Yeast, Sugar, Pasteurised Free Range #Egg#, Water, #Wheat# Gluten, Salt, Flour Treatment Agents: Alpha-Amylase, Hemicellulases, Ascorbic Acid.

### Nutrition Information:

typical values per 100g/per twist: Energy kJ 1519/1367, kcal 363/327, Fat 20.0g/18.0g, Of which saturates 13.0g/11.7g, Carbohydrates 34.0g/30.6g, Of which sugars 6.9g/6.2g, Fibre 1.7g/1.6g, Protein 11.0g/9.9g, Salt 0.88g/0.79g.

## Chocolate Croissant

### Ingredients:

**#Wheat#** Flour, Butter (**#Milk#**), Chocolate Filling (20%) (Sugar, Chocolate (Fat Reduced Cocoa Powder, Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Sunflower Lecithin, Vanilla Flavouring), Sunflower Oil, Palm Oil, Palm Fat, Maize Starch), Water, Sugar, Dark Chocolate Decoration (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: **#Soya#** Lecithin), Yeast, **#Wheat#** Gluten, Free-Range **#Egg#**, Salt, Flour Treatment Agent: Ascorbic Acid.

### Nutrition Information:

Typical values per 100g/per croissant: Energy kJ 1699/1461, kcal 407/350, Fat 24.0g/20.6g, Of which saturates 14.3g/12.3g, Carbohydrates 38.8g/33.4g, Of which sugars 18.1g/15.6g, Fibre 4.3g/3.7g, Protein 6.9g/5.9g, Salt 0.48g/0.40g.

## Cinnamon Danish

### Ingredients:

**#Wheat#** Flour, Butter (**#Milk#**), Water, Sugar, Yeast, Free-Range **#Egg#**, Cinnamon, Brown Sugar, Salt, Corn Starch, **#Wheat#** Gluten, Whey Powder (**#Milk#**), Whole **#Milk#** Powder, Skimmed **#Milk#** Powder, Thickener: Sodium Alginate, Free-Range **#Egg#** White Powder, Flour Treatment Agent: Ascorbic Acid, Carrot Extract, Turmeric Extract, Flavouring

### Nutrition Information:

Typical values per 100g/per swirl: Energy kJ 1556/1727, kcal 372/413, Fat 18.8g/20.9g, Of which saturates 11.9g/13.2g, Carbohydrates 43.5g/48.3g, Of which sugars 21.7g/24.1g, Fibre 2.3g/2.6g, Protein 6.0g/6.7g, Salt 0.90g/1.0g.

## Cranberry and Seed Bircher Muesli

### Ingredients:

Greek Style Yoghurt (**#Milk#**) (50%), Granola (23%) (**#Oats#**, Golden Syrup (Partially Inverted Refiners Syrup), Dark Muscovado Sugar, Pumpkin Seeds, Rapeseed Oil, Golden Linseed, Raisins (Raisins, Sunflower Oil), Concentrated Apple Juice, Buckwheat Flakes, Ground Cinnamon, Salt), Apple Juice (Apple Juice, Antioxidant: Ascorbic Acid), Cranberry and Seeds Topping (11%), (Pumpkin Seeds, Sugar, Sunflower Seeds, Sultanas, Cranberry, Cottonseed Oil, Sunflower Oil), Pomegranate Seeds, Roasted **#Pistachio Nuts#**.

### Nutrition Information:

Typical values per 100g/per pot: Energy kJ 871/1906, kcal 208/455, Fat 9.4g/20.6g, Of which saturates 2.9g/6.4g, Carbohydrates 23.0g/50.3g, Of which sugars 15.0g/32.8g, Fibre 2.2g/4.8g, Protein 6.7g/14.7g, Salt 0.10g/0.22g.

## Five Berry Bowl

### Ingredients:

Greek Style Yoghurt (#Milk#), Five Berry Compote (25%) (Water, Strawberries, Sugar, Redcurrants, Blackcurrants, Raspberries, Blackberries, Corn Flour, Lemon Juice, Gelling Agent: Pectins), #Oats#, Golden Syrup (Partially Inverted Syrup), Dark Muscovado Sugar, Pumpkin Seeds, Rapeseed Oil, Golden Linseed, Raisins (Raisins, Sunflower Oil), Concentrated Apple Juice, Buckwheat Flakes, Ground Cinnamon, Salt.

### Nutrition Information:

typical values per 100g/per bowl: Energy kJ 663/1370, kcal 158/327, Fat 6.1g/12.6g, Of which saturates 2.6g/5.4g, Carbohydrates 19.6g/40.4g, Of which sugars 12.5g/25.9g, Fibre 2.3g/4.8g, Protein 5.1g/10.5g, Salt 0.12g/0.26g.

## Mango & Banana Sunshine Bowl

### Ingredients:

Banana (15%), Mango Purée (14%), Banana Purée, Coconut Milk, #Oats#, Mango, Pomegranate Seeds (5%), Golden Syrup, Toasted Coconut, Dark Muscovado Sugar, Pumpkin Seeds, Rapeseed Oil, Golden Linseed, Raisins (Raisins, Sunflower Oil), Concentrated Apple Juice, Buckwheat Flakes, Lemon Juice, Ground Cinnamon, Turmeric, Salt, Antioxidant: Ascorbic Acid.

### Nutrition Information:

typical values per 100g/per bowl: Energy kJ 871/1452, kcal 208/346, Fat 8.3g/13.8g, Of which saturates 4.1g/6.8g, Carbohydrates 28.0g/46.7g, Of which sugars 13.0g/21.7g, Fibre 3.1g/5.2g, Protein 3.7g/6.2g, Salt 0.11g/0.18g.

## Ham, Cheese, Tomato & Bacon Croissant

### #Ingredients:

#Wheat# Flour, Margarine (Palm Fat, Water, Sunflower Oil, Salt, Emulsifier: Mono-and Diglycerides of Fatty Acids, Acidity Regulator: Citric Acid, Flavouring), Ham (12%) (Pork, Water, Salt, Flavouring, Glucose Syrup, Spice, Antioxidant: Extracts of Rosemary, Preservative: Sodium Nitrate), Water, Mozzarella Cheese (#Milk#) (8.5%), Emmental Cheese (#Milk#) (8.0%), Tomato (6.5%), Tomato Paste, Cooked Smoked Lardons (3.5%) (Pork Belly, Water, Salt, Dextrose, Spice, Antioxidant: Extracts of Rosemary, Preservative: Sodium Nitrate, Flavouring, Yeast, Sugar, Courgette, Carrot, #Eggs#, #Wheat# Gluten, Tomato Concentrate, Onion, Salt, Pepper, Poppy Seed, Garlic, Pink Peppercorns, Sunflower Oil, Acidity Regulator: Citric Acid, White Pepper, Flour Treatment Agent: Ascorbic Acid.

### Nutrition Information:

Typical values per 100g/per croissant: Energy kJ 1327/1300, kcal 318/312, Fat 19.8g/19.4g, Of which saturates 10.0g/9.8g, Carbohydrates 20.3g/19.9g, Of which sugars 3.3g/3.2g, Fibre 1.9g/1.9g, Protein 13.8g/13.5g, Salt 1.21g/1.19g.

## Mozzarella & Tomato Croissant

#Ingredients:# #Wheat# Flour, Mozzarella Cheese (#Milk#) (16%), Tomato (15%), Water, Palm Fat, Emmental Cheese (#Milk#), Tomato Paste, Yeast, #Egg#, Sugar, Sunflower Oil, Courgette, Carrot, #Wheat# Gluten, Salt, Tomato Concentrate, Onion, Acidity Regulator: Citric Acid, Emulsifier: Mono-and Diglycerides of Fatty Acids, Flavouring, Herbs (Savory, Rosemary, Thyme, Marjoram, Oregano, Basil), White Pepper, Flour Treatment Agent: Ascorbic Acid.

### Nutrition Information:

Typical values per 100g/per croissant: Energy kJ 1432/1556, kcal 344/374, Fat 22.7g/24.6g, Of which saturates 12.8g/13.9g, Carbohydrates 22.2g/24.1g, Of which sugars 3.4g/3.7g, Fibre 1.6g/1.8g, Protein 11.9g/12.9g, Salt 1.18g/1.28g.

## Pain aux Raisins

### Ingredients:

#Wheat# Flour, Butter (#Milk#) (23%), Water, Sugar, Yeast, Whole #Milk# Powder, #Egg#, Salt, #Wheat# Gluten, Flour Treatment Agent (Ascorbic Acid), Pastry Cream (Water, Sugar, Corn Starch, #Egg#, Whole #Milk# Powder, Whey Powder (#Milk#), #Egg# White Powder, Dried Skimmed #Milk#, Thickener (Sodium Alginate), Colour (Turmeric Extract, Carrot Extract), Vanilla, Salt, Natural Flavouring, Acidity Regulator (Citric Acid), Raisins (12%), Egg wash (#Egg#, Water), Brown Sugar.

### Nutrition Information:

Typical values per 100g/per pain aux raisin: Energy kJ 1375/1651, kcal 328/394, Fat 14.3g/17.2g, Of which saturates 10.2g/12.0g, Carbohydrates 41.7g/50.0g, Of which sugars 16.8g/20.1g, Fibre 2.9g/3.5g, Protein 6.7g/8.0g, Salt 0.8g/1.00g.

## Pastel de Nata

### Ingredients:

#Wheat# Flour, Sugar, Butter (#Milk#), Water, Pasteurised Free-Range #Egg# Yolk (8%), Dried Skimmed #Milk#, Glucose-Fructose Syrup, Pasteurised Free-Range #Egg# (2.5%), Corn Starch, Salt, Lemon, Cinnamon 0.5%.

### Nutrition Information:

Typical values per 100g/per pastel de nata: Energy kJ 1098/659, kcal 262/157, Fat 10.4g/6.2g, Of which saturates 6.7g/4.0g, Carbohydrates 35.3g/21.2g, Of which sugars 19.6g/11.8g, Fibre 3.7g/2.2g, Protein 4.9g/2.9g, Salt 0.55g/0.33g.

## Porridge

### Ingredients:

Whole #Milk# (91%), #Oats# (9%).

### Nutrition Information:

typical values per 100g/per bowl: Energy kJ 390/1169, kcal 151/470, Fat 3.9g/11.7g, Of which saturates 2.2g/6.5g, Carbohydrates 10.0g/29.9g, Of which sugars 3.7g/11.2g, Fibre 1.0g/2.9g, Protein 4.0g/12.0g, Salt 0.11g/0.33g.

### Triple Bacon Ciabatta

#### Ingredients:

Ciabatta Roll (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rice Flour, Extra Virgin Olive Oil, Durum #Wheat# Semolina, Yeast, Sea Salt, #Wheat# Gluten, #Rye# Flour, Sourdough Starter Culture), Smoked Back Bacon (31%) (Pork, Salt, Preservatives: Sodium Nitrite, Potassium Nitrate), Unsalted Butter (#Milk#).

#### Nutrition Information:

Typical values per 100g/per roll: Energy 1283kJ/1616kJ, 306kcal/386kcal, Fat 14.6g/18.4g, Of which saturates 7.1g/9.0g, Carbohydrates 28.4g/35.7g, Of which sugars 2.0g/2.5g, Fibre 1.8 g/2.2g, Protein 14.4g/18.2g, Salt 1.08g/1.36g.

### Triple Sausage Ciabatta

#### Ingredients:

Ciabatta Roll (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rice Flour, Extra Virgin Olive Oil, Durum #Wheat# Semolina, Yeast, Sea Salt, #Wheat# Gluten, #Rye# Flour, Sourdough Starter Culture), Pork Sausages (44%) (Pork, Crumb (Rice Flour, Chickpea Flour, Cornflour, Salt, Rapeseed Oil, Emulsifier: Mono- & Diglycerides of Fatty Acids; Dextrose), Salt, Dried Herbs (Sage, Marjoram, Parsley), Rice Flour, Ground Spices (Nutmeg, White Pepper, Black Pepper), Brown Sugar (Sugar, Cane Molasses), Sausages filled into vegetable based casings), Unsalted Butter (#Milk#).

#### Nutrition Information:

Typical values per 100g/per roll: Energy 1425kJ/2224kJ, 342kcal /533kcal, Fat 21.1g/33.0g, Of which saturates 9.2g/14.4g, Carbohydrates 24.2g/37.8g, Of which sugars 2.4g/3.7g, Fibre 1.9g/3.0g, Protein 12.7g/19.9g, Salt 1.25g/1.95g.

### Very Berry Croissant

#### Ingredients:

Mixed Berry Filling (37%) (Sugar, Strawberry, Redcurrant, Blackcurrant, Raspberry, Blackberry, Concentrated Lemon Juice, Gelling Agent: Pectins, Flavouring), #Wheat# Flour, Water, Shea Butter, Sugar, Yeast, #Wheat# Gluten, Salt, Sunflower Oil, Potato Starch, Concentrated Lemon Juice, Flour Treatment Agent: Ascorbic Acid.

#### Nutrition Information:

Typical values per 100g/per croissant: Energy kJ 1426/1255, kcal 340/299, Fat 13.9g/12.2g of which saturates 8.4g/7.4g, Carbohydrates 47.4g/41.7g, Of which sugars 24.9g/21.9g, Fibre 2.6g/2.3g, Protein 5.0g/4.4g, Salt 0.65g/0.58g.

## Ultimate Breakfast Ciabatta

### Ingredients:

Ciabatta Roll (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rice Flour, Extra Virgin Olive Oil, Durum #Wheat# Semolina, Yeast, Sea Salt, #Wheat# Gluten, #Rye# Flour, Sourdough Starter Culture), Pork Sausages (25%) (Pork, Crumb (Rice Flour, Chickpea Flour, Cornflour, Salt, Rapeseed Oil, Emulsifier: Mono- & Diglycerides of Fatty Acids; Dextrose), Salt, Dried Herbs (Sage, Marjoram, Parsley), Rice Flour, Ground Spices (Nutmeg, White Pepper, Black Pepper), Brown Sugar (Sugar, Cane Molasses), Sausages filled into vegetable based casings), Free-Range #Egg#, Roasted Tomatoes (Tomato, Sugar, Salt, Sunflower Oil), Smoked Back Bacon (7%) (Pork, Salt, Preservatives: Sodium Nitrite, Potassium Nitrate).

### Nutrition Information:

Typical values per 100g/per roll: Energy 1091kJ/2003kJ, 261kcal/479kcal, Fat 13.1g/24.1g, Of which saturates 4.0g/7.4g, Carbohydrates 21.8g/40.0g, Of which sugars 3.4g/6.2g, Fibre 2.1 g/3.8g, Protein 12.8g/23.5g, Salt 1.16g/2.12g.

## Cold Drinks

### Apple Juice

Ingredients:

See individual pack

Nutritional Information:

See individual pack

### Coke - all types

Ingredients:

See individual pack

Nutritional Information:

See individual pack

### Cranberry, Raspberry & Pomegranate Pret Still

Ingredients:

Water, Apple Juice from Concentrate (31%), Raspberry Juice (5%), Cranberry Juice from Concentrate (4.6%), Pomegranate Juice from Concentrate (3.7%), Lemon Juice.

Nutritional Information:

Typical value per 100g/Per serving: Energy (KJ) 94.8/474, Energy (Kcal) 22.4/112, Fat (g) 0.2/1.0, of which saturates (g) 0.1/0.3, Carbohydrates (g) 4.8/24, of which sugars (g) 4.8/24, Fibre (g) 0.5/2.5, Protein (g) 0.1/0.5, Salt (g) 0/0

### Easy Greens

Ingredient List:

Coconut Water (25%), Cucumber (24%), Apple (23%), Spinach (11%), Pineapple (11%), Kale (3.5%), Lime (2.0%), Mint (1.0%), antioxidant (Ascorbic Acid).

Nutritional Information:

Typical value per 100g/Per serving: Energy (KJ) 75/229, Energy (Kcal) 18/70, Fat (g) 0/0, of which saturates (g) 0/0, Carbohydrates (g) 4.4/17.6, of which sugars (g) 3.5/14.0, Fibre (g) 0/0, Protein (g) 0/0, Salt (g) 0.05/0.22.

### Ginger Shot

Ingredient List:

Apple (75%), Ginger (25%), Antioxidant (Ascorbic Acid).

Nutritional Information:

Typical value per 100g/Per serving: Energy (KJ) 212.7/234, Energy (Kcal) 50/55, Fat (g) 0.3/0.3, of which saturates (g) 0.1/0.1, Carbohydrates (g) 10.4/11.4, of which sugars (g) 8.8/9.7, Fibre (g) 1.8/2, Protein (g) 0.7/0.8, Salt (g) 0/0.

### **Green Tea & Peach Pret Still**

#### Ingredient List:

Water, Apple Juice from Concentrate (31%), Peach Juice from Concentrate (18%), Lemon Juice, Green Tea Extract (0.1%), Flavourings.

#### Nutritional Information:

Typical value per 100g/Per serving: Energy (KJ) 88/440, Energy (Kcal) 20.8/104, Fat (g) 0.2/1.2, of which saturates (g) 0.1/0.5, Carbohydrates (g) 4.3/21.7, of which sugars (g) 4.3/ 21.7, Fibre (g) 0.5/2.5, Protein (g) 0.1/0.5, Salt (g) 0/0.

### **Hot Shot**

#### Ingredients List:

Apple (60%), Orange (22%), Lemon (12%), Turmeric (3%), Ginger (2%), Cayenne Pepper, Antioxidant (Ascorbic Acid).

#### Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ)179.1/197, Energy (Kcal) 42.7/47, Fat (g) 0.2/0.2, of which saturates (g) 0/0, Carbohydrates (g) 4.7/5.2, of which sugars (g) 3.4/3.7, Fibre (g) 1.3/1.4, Protein (g) 0.4/0.4, Salt (g) 0/0.

### **Lemon & Ginger Pret Still**

#### Ingredients List:

Water, Apple Juice from Concentrate (31%), Lemon Juice (3%), Lemon Comminute from concentrate (2.38%), Ginger Flavouring (0.1%).

#### Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 78.8/394, Energy (Kcal) 18.6/93, Fat (g) 0.2/1, of which saturates (g) 0.1/0.3, Carbohydrates (g) 3.9/19.3, of which sugars (g) 3.9/19.3, Fibre (g) 0.5/2.5, Protein (g) 0.1/0.5, Salt (g) 0/0.

### **Mango, Passion Fruit & Lime Pret Still**

#### Ingredient List:

Water, Apple Juice from Concentrate (31%), Mango Purée (5%), Passion Fruit Juice (2.5%), Lime Juice (1.5%).

#### Nutritional Information:

Typical value per 100g/Per serving: Energy (KJ) 93.8/469, Energy (Kcal) 22.2/111, Fat (g) 0.3/1.3, of which saturates (g) 0.1/0.3, Carbohydrates (g) 4.7/23.3, of which sugars (g) 4.7/23.3, Fibre (g) 0.5/2.5, Protein (g) 0.1/0.5, Salt (g) 0/0.



### **Orange Juice**

**Ingredient List:**

See individual pack

**Nutritional Information:**

See individual pack

### **Orchard Blend**

**Ingredient List:**

See individual pack

**Nutritional Information:**

See individual Pack

### **Pret Apple Fizz**

**Ingredient List:**

Fruit Juices from Concentrate (Apple 65%, Grape 5%), Carbonated Water, Natural Flavourings, Antioxidant (Ascorbic Acid).

**Nutritional Information:**

Typical values per 100g/Per serving: Energy (KJ) 143/472, Energy (Kcal) 33.9/112, Fat (g) 0/0, of which saturates (g) 0/0, Carbohydrates (g) 7.9/26.1, of which sugars (g) 7.6/25.1, Fibre (g) 0/0, Protein (g) 0/0, Salt (g) 0/0

### **Pret Cucumber & Mint Seltzer**

**Ingredient List:**

Carbonated Water, Flavourings, acid (Citric Acid).

**Nutritional Information:**

Typical values per 100g/Per serving: Energy (KJ) 0/0, Energy (Kcal) 0/0, Fat (g) 0/0, of which saturates (g) 0/0, Carbohydrates (g) 0/0, of which sugars (g) 0/0, Fibre (g) 0/0, Protein (g) 0/0, Salt (g) 0/0

### **Pret Ginger Beer**

**Ingredient List:**

Fruit Juices from Concentrate (Grape 58%, Lime 1%), Carbonated Water, Ginger Juice (1%), Natural Flavourings, Acid (Citric Acid), Antioxidant (Ascorbic Acid).

**Nutritional Information:**

Typical values per 100g/Per serving: Energy (KJ) 150.9/498, Energy (Kcal) 39.1/129, Fat (g) 0/0, of which saturates (g) 0/0, Carbohydrates (g) 9/29.7, of which sugars (g) 8.9/29.4, Fibre (g) 0/0, Protein (g) 0/0, Salt (g) 0/0.

### **Pret Grape & Elderflower**

**Ingredient List:**

Fruit Juices from Concentrate (Grape 37%, Apple 15%, Lemon 5%), Carbonated Water, Elderflower Extract (0,5%), Natural Flavourings, Antioxidant (Ascorbic Acid), Lime Flower Infusion.

**Nutritional Information:**

Typical values per 100g/Per serving: Energy (KJ) 139.1/459, Energy (Kcal) 33/109, Fat (g) 0/0, of which saturates (g) 0/0, Carbohydrates (g) 7.4/24.4, of which sugars (g) 6.7/22.2, Fibre (g) 0/0, Protein (g) 0/0, Salt (g) 0/0.

### **Pret Lime & Raspberry Seltzer**

**Ingredient List:**

Carbonated Water, Flavourings, acid (Citric Acid).

**Nutritional Information:**

Typical values per 100g/Per serving: Energy (KJ) 0/0, Energy (Kcal) 0/0, Fat (g) 0/0, of which saturates (g) 0/0, Carbohydrates (g) 0/0, of which sugars (g) 0/0, Fibre (g) 0/0, Protein (g) 0/0, Salt (g) 0/0

### **Pret Rhubarb Lemonade**

**Ingredient List:**

Fruit and Vegetable Juices from Concentrate (Grape 50%, Lemon 5%, Rhubarb 5%) Carbonated Water, Lemon Juice (14%), Natural Flavouring, Colouring Concentrate (Black Carrot).

**Nutritional Information:**

Typical values per 100g/Per serving: Energy (KJ) 150/495 Energy (Kcal) 35.8/118, Fat (g) 0/0, Carbohydrates (g)8.1/26.7, of which sugars (g) 8.1/26.7, Protein (g) 0/0, Salt (g) 0/0.

### **Roots & Fruits Juice**

**Ingredient List:**

Beetroot (37%), Coconut Water (16%), Cherry (14%), Apple (13%), Raspberry (12%), Water, Lime (3%), Green Tea Extract (0.5%), Antioxidant: Ascorbic Acid.

**Nutritional Information:**

Typical values per 100g/Per serving: Energy (KJ)155.3/621, Energy (Kcal) 36.8/147, Fat (g) 0.2/0.8, of which saturates (g) 0.2/0.8, Carbohydrates (g) 6.9/27.6, of which sugars (g) 6.5/26, Fibre (g) 1.5/6, Protein (g) 1.1/4.4, Salt (g) 0.1/0.4.

### **Sparkling Spring Water**

**Ingredient List:**

See individual pack

**Nutritional Information:**

See individual pack

## **Still Water**

Ingredient List:

See individual pack

Nutritional Information:

See individual pack

## **Tropical Zest**

Ingredient List:

See individual pack

Nutritional Information:

See individual pack

## **Fruit**

### **Apple**

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ)222.4/358, Energy (Kcal) 52.8/85, Fat (g) 0.1/0.2, of which saturates (g) 0.1/0.1, Carbohydrates (g) 11.7/18.9, of which sugars (g) 11.7/18.9, Fibre (g) 2.4/3.8, Protein (g) 0.4/0.6, Salt (g) 0/0.

### **Banana**

Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 430/258, Energy (Kcal) 103.3/62, Fat (g) 0.3/0.2, of which saturates (g) 0.2/0.1, Carbohydrates (g) 23.2/13.9, of which sugars (g) 20.2/12.1, Fibre (g) 2.7/1.6, Protein (g) 1.2/0.7, Salt (g) 0/0.

### **Fruit Salad**

Ingredient List:

See individual pack

Nutritional Information

See individual pack

### **Mango & Lime Pot**

**Ingredient List:**

Mango (93%), Lime (7%).

**Nutritional Information:**

Typical values per 100g/per pot: Energy kJ 241/388, kcal 57/92, Fat 0.2g/0.3g, Of which saturates 0.1g/0.2g, Carbohydrates 12.5g/20.2g, Of which sugars 12.3g/19.7g, Fibre 1.0g/1.7g, Protein 0.7g/1.1g, Salt 0.00g/0.00g.

### **Fruit Salad Pot**

**Ingredient List:**

Watermelon, Pineapple, Kiwi, Mango, Pomegranate Seeds.

**Nutritional Information:**

Typical values per 100g/per pot: Energy kJ 213/351, kcal 50/83, Fat 0.3g/0.5g, Of which saturates 0.0g/0.0g, Carbohydrates 10.0g/16.5g, Of which sugars 7.9g/13.1g, Fibre 1.3g/2.1g, Protein 1.3g/2.1g, Salt 0.00g/0.00g

## Hot Baguettes

### Chicken, Stuffing and Cranberry Hot Baguette

#### Ingredients:

Stone Baked Baguette (#Wheat# Flour, Water, Brown Linseed, Malted #Wheat# Flakes, Sunflower Seeds, Yeast, Salt, #Wheatgerm#, Potassium Chloride, Potassium Gluconate, Malted #Wheat# Flour, #Sesame# Seeds), Pork Stuffing (20%) (Pork, Smoked Bacon (Pork, Sea Salt, Water, Preservatives: Sodium Nitrite, Potassium Nitrate; Antioxidant: Ascorbic Acid), Onion, Dried Apricots (Apricots, Preservative: Sulphur Dioxide (#Sulphites#)), Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Suet (Vegetable Oils (Palm Oil, Sunflower Oil), Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Pork Belly, Lemon Juice, Sage, Salt, Rosemary, Thyme, Parsley, Black Pepper, Yeast, Raising Agent: Ammonium Carbonates), Chicken (17%) (Chicken Breast, Salt), Emmental Cheese (#Milk#), Cranberry Sauce (8%) (Cranberries, Sugar, Water), Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice).

#### Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 1138/3358, kcal 272/801, Fat 11.9g/35.1g, Of which saturates 4.2g/12.3g, Carbohydrates 25.1g/74.1g, Of which sugars 5.6g/16.6g, Fibre 2.0g/5.8g, Protein 15.0g/44.4g, Salt 0.86g/2.54g.

### Chipotle Chicken, Mozzarella & Feta Hot Baguette

#### Ingredients:

Stone Baked Baguette (#Wheat# Flour, Water, Brown Linseed, Malted #Wheat# Flakes, Sunflower Seeds, Yeast, Salt, #Wheatgerm#, Potassium Chloride, Potassium Gluconate, Malted #Wheat# Flour, #Sesame# Seeds), Cooked Chicken (22%) (Chicken Breast, Salt), Mozzarella Cheese (#Milk#) (12%), Chipotle Ketchup (Red Pepper, Muscovado Sugar, Red Wine Vinegar, Onion, Chipotle Peppers in Adobo Sauce (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acidity Regulator: Acetic Acid), Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions), Tomato Paste, Maize Starch, Water, Garlic, Salt, Black Pepper, Cayenne Pepper), Mixed Peppers (Peppers, Sunflower Oil, Salt, White Wine Vinegar, Mint, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Feta Cheese (#Milk#) (4.5%).

#### Nutrition Information:

Typical values per 100g/per baguette: Energy 890kJ/2256kJ, 212kcal/537kcal, Fat 7.5g/19.0g, Of which saturates 4.3g/10.8g, Carbohydrates 22.5g/57.1g, Of which sugars 2.8g/7.2g, Fibre 1.8 g/4.6g, Protein 12.6g/32.1g, Salt 0.75g/1.91g.

### Chipotle Mozzarella Hot Baguette

#### Ingredients:

Stone Baked Baguette (#Wheat# Flour, Water, Brown Linseed, Malted #Wheat# Flakes, Sunflower Seeds, Yeast, Salt, #Wheatgerm#, Potassium Chloride, Potassium Gluconate, Malted #Wheat# Flour, #Sesame# Seeds), Mozzarella Cheese (#Milk#) (21%), Roasted Tomatoes (10%) (Tomato, Sugar, Salt, Sunflower Oil), Chipotle Ketchup (9%) (Red Pepper, Muscovado Sugar, Red Wine Vinegar, Onion, Chipotle Peppers in Adobo Sauce (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acidity Regulator: Acetic Acid), Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions), Tomato Paste, Maize Starch, Water, Garlic, Salt, Black Pepper, Cayenne Pepper), Red Peppers (7%), Hard Cheese (4%) (#Milk#).

#### Nutrition Information:

typical values per 100g/per baguette: Energy kJ 956/2232, kcal 227/530, Fat 7.2g/16.8g, Of which saturates 3.3g/7.7g, Carbohydrates 30.1g/70.3g, Of which sugars 4.8g/11.2g, Fibre 2.0g/4.7g, Protein 9.5g/22.2g, Salt 1.10g/2.58g.

### **Mozzarella, Pepper & Tomato Hot Baguette**

#### Ingredients:

Stone Baked Baguette (#Wheat# Flour, Water, Brown Linseed, Malted #Wheat# Flakes, Sunflower Seeds, Yeast, Salt, #Wheat#germ, Potassium Chloride, Potassium Gluconate, Malted #Wheat# Flour, #Sesame# Seeds), Mozzarella Cheese (#Milk#) (26%), Roasted Tomatoes (10%) (Tomato, Sugar, Salt, Sunflower Oil), Red Tapenade (Red Pepper, Cherry Tomatoes, Rapeseed Oil, Tomato Paste, Sugar, Salt, Cornflour, Concentrated Lemon Juice, Garlic, Basil, Oregano, Rapeseed Oil and Sunflower Oil in varying proportions, Smoked Paprika, Basil Extract, Acidity Regulator: Citric Acid), Red Pepper (7%), Hard Cheese (#Milk#) (4%).

#### Nutrition Information-

Typical values per 100g/per baguette: Energy 980kJ /2390kJ, 234kcal/570kcal, Fat 9.7g/23.8g, Of which saturates 4.4g/10.7g, Carbohydrates 24.8g/60.5g, Of which sugars 3.7g/9.0g, Fibre 2.7g/6.7g, Protein 10.3g/25.2g, Salt 0.84g/2.05g.

### **Prosciutto & Mozzarella Hot Baguette**

#### Ingredients:

Stone Baked Baguette (#Wheat# Flour, Water, Brown Linseed, Malted #Wheat# Flakes, Sunflower Seeds, Yeast, Salt, #Wheat#germ, Potassium Chloride, Potassium Gluconate, Malted #Wheat# Flour, #Sesame# Seeds), Mozzarella Cheese (#Milk#) (22%), Prosciutto Ham (12%) (Pork Leg, Salt), Roasted Tomatoes (9%) (Tomato, Sugar, Salt, Sunflower Oil), Red Tapenade (Red Pepper, Cherry Tomatoes, Rapeseed Oil, Tomato Paste, Sugar, Salt, Cornflour, Concentrated Lemon Juice, Garlic, Basil, Oregano, Rapeseed Oil and Sunflower Oil in varying proportions, Smoked Paprika, Basil Extract, Acidity Regulator: Citric Acid)).

#### Nutrition Information -

typical values per 100g/per baguette: Energy 1043kJ/2324kJ, 249kcal/554kcal, Fat 10.2g/22.6g, Of which saturates 4.3g/9.5g, Carbohydrates 25.8g/57.6g, Of which sugars 3.1g/7.0g, Fibre 2.6g/5.8g, Protein 12.2g/27.2g, Salt 1.52g/3.39g.

## Hot Wraps

### Falafel & Halloumi Hot Wrap

#### Ingredients:

Kibbled Rye Wrap (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Malted #Rye# Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Carbonates; Dried Fermented #Wheat# Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; #Wheat# Starch, Flour Treatment Agent: L-Cysteine), Halloumi Cheese (21%) (Pasteurised Cow's, Sheep and Goat's #Milk#, Salt, Microbial Rennet, Mint), Sweet Potato Falafel (21%) (Sweet Potato, Cooked Chickpeas (Chickpeas, Water), Onion, Dried Potato, Coriander Leaf, Red Pepper, Salt, Cumin Powder, Concentrated Lemon Juice, Rapeseed Oil, Paprika, Water, Smoked Paprika, Black Pepper, Dried Garlic, Coriander Powder, Chilli Flakes), Red Tapenade (Red Pepper, Cherry Tomatoes, Rapeseed Oil, Tomato Paste, Sugar, Salt, Cornflour, Concentrated Lemon Juice, Garlic, Basil, Oregano, Rapeseed Oil and Sunflower Oil in varying proportions, Smoked Paprika, Basil Extract, Acidity Regulator: Citric Acid), Red Pepper, Crispy Onions (Onion, Palm Oil, #Wheat# Flour, Salt), Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

#### Nutrition Information

Typical values per 100g/per wrap: Energy kJ 987/2615, kcal 236/625, Fat 11.1g/29.5g, Of which saturates 4.1g/10.9g, Carbohydrates 23.9g/63.4g, Of which sugars 5.6g/15.0g, Fibre 3.1g/8.1g, Protein 8.4g/22.3g, Salt 1.34g/3.54g.

### Pret's Meatball Hot Wrap

#### Ingredients:

Meatballs (37%) (Pork, Onion, Tomato Paste, Red Pepper, Paprika, Garlic Purée, Parsley, Salt, Black Pepper, Thyme, Rosemary, Sage, Flavouring), Kibbled Rye Wrap (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Malted #Rye# Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Carbonates; Dried Fermented #Wheat# Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; #Wheat# Starch, Flour Treatment Agent: L-Cysteine), Emmental Cheese (16%) (#Milk#), Chipotle Ketchup (9%) (Red Pepper, Muscovado Sugar, Red Wine Vinegar, Onion, Chipotle Peppers in Adobo Sauce (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acidity Regulator: Acetic Acid), Vegetable Oil (Sunflower Oil and Rapeseed Oil in varying proportions), Tomato Paste, Maize Starch, Water, Garlic, Salt, Black Pepper, Cayenne Pepper), Red Tapenade (6%) (Red Pepper, Cherry Tomatoes, Rapeseed Oil, Tomato Paste, Sugar, Salt, Cornflour, Concentrated Lemon Juice, Garlic, Basil, Oregano, Rapeseed Oil and Sunflower Oil in varying proportions, Smoked Paprika, Basil Extract, Acidity Regulator: Citric Acid), Red Onion, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

#### Nutrition Information

Typical values per 100g/per wrap: Energy kJ 1121 /2720, kcal 269/652, Fat 15.4g/37.4g, Of which saturates 6.9g/16.7g, Carbohydrates 18.3g/44.4g, Of which sugars 3.5g/8.4g, Fibre 1.8g/4.5g, Protein 13.3g/32.2g, Salt 1.10g/2.66g.

## Meatless Meatball Hot Wrap

### Ingredients:

Meatless Meatballs (42%) (Water, Pea Protein, Rapeseed Oil, Roasted Onions, Thyme, Shea Oil, Garlic, Parsley, Thickener: Methyl Cellulose; Dried Onion, Coconut Oil, Pea Fibre, Potato Starch, Salt, Yeast Extract, Flavouring, Caramelised Carrot Concentrate, Potato Fibre, Maltodextrin, Black Pepper, Caramelised Sugar, Carrot Concentrate, Dried Potato, Acidity Regulator: Ascorbic Acid; Fruit and Vegetable Extracts (Beetroot, Radish, Tomato), Sunflower Oil, Sugar, Leek Powder, Concentrated Lemon Juice, Bay Leaves, Sage Oil), Kibbled Rye Wrap (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Malted #Rye# Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Carbonates; Dried Fermented #Wheat# Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids, Salt; Acidity Regulator: Citric Acid; #Wheat# Starch, Flour Treatment Agent: L-Cysteine), Red Pepper, Chipotle Ketchup (Red Pepper, Muscovado Sugar, Red Wine Vinegar, Onion, Chipotle Peppers in Adobo Sauce (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acidity Regulator: Acetic Acid), Vegetable Oil (Sunflower Oil and Rapeseed Oil in varying proportions), Tomato Paste, Maize Starch, Water, Garlic, Salt, Black Pepper, Cayenne Pepper), Red Tapenade (Red Pepper, Cherry Tomatoes, Rapeseed Oil, Tomato Paste, Sugar, Salt, Cornflour, Concentrated Lemon Juice, Garlic, Basil, Oregano, Rapeseed Oil and Sunflower Oil in varying proportions, Smoked Paprika, Basil Extract, Acidity Regulator: Citric Acid), Red Onion, Crispy Onions (Onion, Palm Oil, #Wheat# Flour, Salt).

### Nutrition Information

Typical values per 100g/per wrap: Energy kJ 886/2130, kcal 211/508, Fat 8.9g/21.4g, Of which saturates 2.2g/5.4g, Carbohydrates 22.6g/54.4g, Of which sugars 4.3g/10.2g, Fibre 3.5g/8.5g, Protein 8.4g/20.2g, Salt 0.85g/2.04g.

## Italian Style Chicken Hot Wrap

### Ingredients:

Kibbled Rye Wrap (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Malted #Rye# Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Carbonates; Dried Fermented #Wheat# Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; #Wheat# Starch, Flour Treatment Agent: L-Cysteine), Chicken (25%) (Chicken Breast, Salt), Red Tapenade (Red Pepper, Cherry Tomatoes, Rapeseed Oil, Tomato Paste, Sugar, Salt, Cornflour, Concentrated Lemon Juice, Garlic, Basil, Oregano, Rapeseed Oil and Sunflower Oil in varying proportions, Smoked Paprika, Basil Extract, Acidity Regulator: Citric Acid), Emmental Cheese (#Milk#) (8%), Red Pepper, Roasted Tomatoes (Tomato, Sugar, Salt, Sunflower Oil), Hard Cheese (#Milk#) (5%), Basil.

### Nutrition Information

Typical values per 100g/per wrap: Energy kJ 941/2285, kcal 224/545, Fat 9.8g/23.8g, Of which saturates 3.2g/7.7g, Carbohydrates 19.3g/46.8g, Of which sugars 4.3g/10.4g, Fibre 2.2g/5.5g, Protein 13.7g/33.2g, Salt 1.17g/2.85g.



## Toasties

### All Day Breakfast Toastie

#### Ingredients:

Seeded Bloomer (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat# Flakes, #Rye# Flour, Poppy Seeds, Sunflower Seeds, Yeast, Millet, Salt, #Wheat# Gluten, #Oats#, Brown Linseed, Malted #Barley# Flour, Cracked #Wheat#, #Wheat# Bran, Flour Treatment Agent: Ascorbic Acid), Emmental Cheese (#Milk#), Free-Range Egg Mayonnaise (14%) (Free-Range #Egg#, Rapeseed Oil, Water, Salt, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Concentrated Lemon Juice, Black Pepper), Pork Sausage (11%) (Pork, Rice Flour, Salt, Marjoram, Sage, Parsley, Brown Sugar, Nutmeg, White Pepper, Black Pepper), Roasted Tomatoes (Tomatoes, Sunflower Oil, Sugar, Salt), Smoked Streaky Bacon (6%) (Pork Belly, Water, Salt, Preservative: Sodium Nitrite; Antioxidant: Sodium Ascorbate).

#### Nutrition Information:

typical values per 100g/per toastie: Energy KJ 1359/3176, kcal 326/761, Fat 19.0g/44.4g, Of which saturates 7.0g/16.3g, Carbohydrates 22.4g/52.3g, Of which sugars 1.8g/4.1g, Fibre 2.5g/5.8g, Protein 15.1g/35.3g, Salt 1.41g/3.28g.

### Brie & Cranberry Toastie

#### Ingredients:

Seeded Bloomer Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat# Flakes, #Rye# Flour, Poppy Seeds, Sunflower Seeds, Yeast, Millet, Salt, #Wheat# Gluten, #Oats#, Brown Linseed, Malted #Barley# Flour, Cracked #Wheat#, #Wheat# Bran, Flour Treatment Agent: Ascorbic Acid), Brie Cheese (#Milk#) (27%), Cranberry Sauce (14%) (Cranberries, Sugar, Water), Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

#### Nutrition Information:

Typical values per 100g/per toastie: Energy kJ 1166/1967, kcal 278/468, Fat 10.2g/17.3g, Of which saturates 6.2g/10.4g, Carbohydrates 34.6g/58.3g, Of which sugars 5.5g/9.2g, Fibre 3.0g/5.0g, Protein 10.3g/17.4g, Salt 1.31g/2.21g.

### Chipotle Chicken & Feta Toastie

#### Ingredients:

Seeded Bloomer Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat# Flakes, #Rye# Flour, Poppy Seeds, Sunflower Seeds, Yeast, Millet, Salt, #Wheat# Gluten, #Oats#, Brown Linseed, Malted #Barley# Flour, Cracked #Wheat#, #Wheat# Bran, Flour Treatment Agent: Ascorbic Acid), Cooked Chicken (21%) (Chicken Breast, Salt), Chipotle Ketchup (Red Pepper, Muscovado Sugar, Red Wine Vinegar, Onion, Chipotle Peppers in Adobo Sauce (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acidity Regulator: Acetic Acid), Vegetable Oil (Sunflower Oil and Rapeseed Oil in varying proportions), Tomato Paste, Maize Starch, Water, Garlic, Salt, Black Pepper, Cayenne Pepper), Red Pepper, Red Tapenade (Red Pepper, Cherry Tomatoes, Rapeseed Oil, Tomato Paste, Sugar, Salt, Cornflour, Concentrated Lemon Juice, Garlic, Basil, Oregano, Rapeseed Oil and Sunflower Oil in varying proportions, Smoked Paprika, Basil Extract, Acidity Regulator: Citric Acid), Feta Cheese (#Milk#) (6%).

#### Nutrition Information:

Typical values per 100g/per toastie: Energy 812kJ /1955kJ, 193kcal/464kcal, Fat 5.5g/13.2g, Of which saturates 1.5g/3.5g, Carbohydrates 23.9g/57.6g, Of which sugars 3.8g/9.2g, Fibre 2.4g/5.7g, Protein 10.8g/26.0g, Salt 0.95g/2.29g.

## Halloumi, Red Pepper & Basil Toastie

### Ingredients:

Seeded Bloomer (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat# Flakes, #Rye# Flour, Poppy Seeds, Sunflower Seeds, Yeast, Millet, Salt, #Wheat# Gluten, #Oats#, Brown Linseed, Malted #Barley# Flour, Cracked #Wheat#, #Wheat# Bran, Flour Treatment Agent: Ascorbic Acid), Halloumi (26%) (Pasteurised Cow's, Sheep and Goat's #Milk#, Salt, Microbial Rennet, Mint), Red Tapenade (Red Pepper, Cherry Tomatoes, Rapeseed Oil, Tomato Paste, Sugar, Salt, Cornflour, Concentrated Lemon Juice, Garlic, Basil, Oregano, Rapeseed Oil and Sunflower Oil in varying proportions, Smoked Paprika, Basil Extract, Acidity Regulator: Citric Acid), Red Pepper (8%), Kalamata Olives (Kalamata Olives. Salt. Rapeseed Oil). Basil (1%).

### Nutrition Information

Typical values per 100g/per toastie: Energy 1060kJ/2242kJ, 253kcal/535kcal, Fat 11.0g/23.3g, Of which saturates 4.4g/9.2g, Carbohydrates 26.0g/55.0g, Of which sugars 3.2g/6.7g, Fibre 2.8g/6.0g, Protein 11.1g/23.4g, Salt 1.60g/3.38g.

## Ham, Cheese & Mustard Toastie

### Ingredients:

Seeded Bloomer Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat# Flakes, #Rye# Flour, Poppy Seeds, Sunflower Seeds, Yeast, Millet, Salt, #Wheat# Gluten, #Oats#, Brown Linseed, Malted #Barley# Flour, Cracked #Wheat#, #Wheat# Bran, Flour Treatment Agent: Ascorbic Acid), Ham (28%) (Pork, Water, Salt, Glucose Syrup, Yeast Extract, Emulsifier: Triphosphates; Preservative: Sodium Nitrite; Sugar, Antioxidant: Sodium Ascorbate; Dextrose), Mature Cheddar Cheese (#Milk#) (19%), Mustard Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, #Mustard# Flour, Spirit Vinegar, Cornflour, Sugar, Salt, Colours: Curcumin, Plain Caramel).

### Nutrition Information:

typical values per 100g/per toastie: Energy kJ 1162/2412, kcal 278/577, Fat 14.7g/30.4g, Of which saturates 5.1g/10.6g, Carbohydrates 20.6g/42.7g, Of which sugars 1.8g/3.6g, Fibre 1.9g/3.9g, Protein 15.0g/31.1g, Salt 1.30g/2.69g.

## Tuna Melt Toastie

### Ingredients:

Seeded Bloomer Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat# Flakes, #Rye# Flour, Poppy Seeds, Sunflower Seeds, Yeast, Millet, Salt, #Wheat# Gluten, #Oats#, Brown Linseed, Malted #Barley# Flour, Cracked #Wheat#, #Wheat# Bran, Flour Treatment Agent: Ascorbic Acid), Pole and Line Caught Tuna (28%) (Tuna (#Fish#), Water, Salt), Emmental Cheese (#Milk#) (18%), Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Red Onion, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### Nutrition Information:

typical values per 100g/per toastie: Energy kJ 1052/2232, kcal 251/533, Fat 11.5g/24.5g, Of which saturates 4.2g/9.0g, Carbohydrates 20.1g/42.6g, Of which sugars 1.6g/3.3g, Fibre 1.9g/4.1g, Protein 15.8g/33.5g, Salt 1.11g/2.35g.

## Turkey & Trimmings Toastie

### Ingredients:

Seeded Bloomer (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat# Flakes, #Rye# Flour, Poppy Seeds, Sunflower Seeds, Yeast, Millet, Salt, #Wheat# Gluten, #Oats#, Brown Linseed, Malted #Barley# Flour, Cracked #Wheat#, #Wheat# Bran, Flour Treatment Agent: Ascorbic Acid), Mature Cheddar Cheese (#Milk#) (17%), Turkey Breast (13%) (Turkey Breast, Salt), Pulled Ham (9%) (Pork, Salt, Preservatives: Sodium Nitrite, Potassium Nitrate), Pork Stuffing (6%) (Pork, Smoked Bacon (Pork, Sea Salt, Water, Preservatives: Sodium Nitrite, Potassium Nitrate; Antioxidant: Ascorbic Acid), Onion, Dried Apricots (Apricots, Preservative: Sulphur Dioxide (#Sulphites#)), Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Suet (Vegetable Oils (Palm Oil, Sunflower Oil), Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Pork Belly, Lemon Juice, Sage, Salt, Rosemary, Thyme, Parsley, Black Pepper, Yeast, Raising Agent: Ammonium Carbonates), Caramelised Onion Chutney (Red Onions, Caramelised Red Onions (Red Onions, Muscovado Sugar, Rapeseed Oil, Colour: Plain Caramel), Sugar, Dark Brown Sugar, Balsamic Vinegar of Modena, Water, Onions, Onion Powder, Rapeseed Oil, Corn Flour, Salt, Colour: Plain Caramel; Acidity Regulator: Citric Acid; Stabiliser: Xanthan Gum), Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice).

### Nutrition Information:

Typical values per 100g/per toastie: Energy kJ 1190/2785, kcal 284/665, Fat 13.1g/30.5g, Of which saturates 4.8g/11.3g, Carbohydrates 24.6g/57.5g, Of which sugars 3.3g/7.8g, Fibre 2.4g/5.6g, Protein 15.9g/37.2g, Salt 1.45g/3.38g.

## Reuben Toastie

### Ingredients:

Seeded Bloomer (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat# Flakes, #Rye# Flour, Poppy Seeds, Sunflower Seeds, Yeast, Millet, Salt, #Wheat# Gluten, #Oats#, Brown Linseed, Malted #Barley# Flour, Cracked #Wheat#, #Wheat# Bran, Flour Treatment Agent: Ascorbic Acid), Emmental Cheese (#Milk#) (16%), Salt Beef (15%) (Beef, Salt, Dextrose, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite), Pickled Cabbage (Cabbage, #Barley# Malt Vinegar, Sugar, Water, Sea Salt, Spices), Gherkins (Gherkins, Sugar, Vinegar, Salt, Flavouring, #Mustard# Seeds, Colour: Riboflavins), Mustard Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, #Mustard# Flour, Spirit Vinegar, Cornflour, Sugar, Salt, Colours: Curcumin, Plain Caramel).

### Nutrition Information:

typical values per 100g/per toastie: Energy KJ 1031/2443, kcal 246/583, Fat 10.7g/25.5g, Of which saturates 4.3g/10.1g, Carbohydrates 23.1g/54.9g, Of which sugars 2.9g/7.0g, Fibre 2.3g/5.4g, Protein 13.1g/30.9g, Salt 1.28g/3.02g

## Hot Rolls

### Meatless Meatball Marinara Hot Roll

#### Ingredients:

Ciabatta Roll (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rice Flour, Extra Virgin Olive Oil, Durum #Wheat# Semolina, Yeast, Sea Salt, #Wheat# Gluten, #Rye# Flour, Sourdough Starter Culture), Protein Balls (22%) (Water, Pea Protein, Rapeseed Oil, Roasted Onions, Thyme, Shea Oil, Garlic, Parsley, Thickener: Methyl Cellulose; Dried Onion, Coconut Oil, Pea Fibre, Potato Starch, Salt, Yeast Extract, Flavouring, Caramelised Carrot Concentrate, Potato Fibre, Maltodextrin, Black Pepper, Caramelised Sugar, Carrot Concentrate, Dried Potato, Acidity Regulator: Ascorbic Acid; Fruit and Vegetable Extracts (Beetroot, Radish, Tomato), Sunflower Oil, Sugar, Leek Powder, Concentrated Lemon Juice, Bay Leaves, Sage Oil), Mozzarella Cheese (#Milk#) (16%), Roasted Tomatoes (Tomato, Sugar, Salt, Sunflower Oil), Red Tapenade (Cherry Tomato, Semi-Dried Red Pepper, Rapeseed Oil, Tomato Concentrate, Sugar, Salt, Concentrated Lemon Juice, Garlic, Parsley, Chive, Basil, Basil Flavouring), Chipotle Mayo (Chipotle Ketchup (Red Pepper, Muscovado Sugar, Red Wine Vinegar, Onion, Chipotle Peppers in Adobo Sauce (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acidity Regulator: Acetic Acid), Vegetable Oil (Sunflower Oil and Rapeseed Oil in varying proportions), Tomato Paste, Maize Starch, Water, Garlic, Salt, Black Pepper, Cayenne Pepper), Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice)), Basil.

#### Nutrition Information:

typical values per 100g/per roll: Energy kJ 991/2209, kcal 237/528, Fat 11.7g/26.2g, Of which saturates 3.6g/8.0g, Carbohydrates 22.0g/49.0g, Of which sugars 4.9g/11.0g, Fibre 2.9g/6.5g, Protein 9.4g/20.9g, Salt 0.93g/2.08g.

### Mexican Style Chicken & Feta Hot Roll

#### Ingredients:

Ciabatta Roll (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rice Flour, Extra Virgin Olive Oil, Durum #Wheat# Semolina, Yeast, Sea Salt, #Wheat# Gluten, #Rye# Flour, Sourdough Starter Culture), Chicken (20%) (Chicken Breast, Salt), Chipotle Ketchup (17%) (Red Pepper, Muscovado Sugar, Red Wine Vinegar, Onion, Chipotle Peppers in Adobo Sauce (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acidity Regulator: Acetic Acid), Vegetable Oil (Sunflower Oil and Rapeseed Oil in varying proportions), Tomato Paste, Maize Starch, Water, Garlic, Salt, Black Pepper, Cayenne Pepper), Mature Cheddar Cheese (#Milk#) (10%), Feta Cheese (#Milk#) (5%), Green Jalapeño Pepper (5%), Coriander, Rapeseed Oil, Water, Salt, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Concentrated Lemon Juice, Black Pepper.

#### Nutrition Information:

typical values per 100g/per roll: Energy kJ 892/1731, kcal 213/412, Fat 8.1g/15.8g, Of which saturates 3.7g/7.2g, Carbohydrates 21.4g/41.6g, Of which sugars 4.2g/8.1g, Fibre 1.4g/2.8g, Protein 12.6g/24.5g, Salt 1.39g/2.71g.

## Pigs in Blankets Hot Roll

### Ingredients:

Ciabatta Roll (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rice Flour, Extra Virgin Olive Oil, Durum #Wheat# Semolina, Yeast, Sea Salt, #Wheat# Gluten, #Rye# Flour, Sourdough Starter Culture), Cooked Pork Sausage (26%) (Pork Shoulder, Pork Fat, Water, Potato Starch, Rice Flour, Salt, Spices (Black Pepper, White Pepper, Nutmeg, Mace), Dextrose, Herbs (Sage, Parsley), Onion Powder, Emulsifier: Diphosphates; Antioxidant: Sodium Ascorbate), Cooked Smoked Bacon (9%) (Pork Belly, Water, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite), Mustard Mayonnaise (7%) (Rapeseed Oil, Water, Free-Range #Egg# Yolk, #Mustard# Flour, Spirit Vinegar, Cornflour, Sugar, Salt, Colours: Curcumin, Plain Caramel), Red Onions, Caramelised Red Onions (Red Onions, Muscovado Sugar, Rapeseed Oil, Colour: Plain Caramel), Sugar, Dark Brown Sugar, Balsamic Vinegar of Modena, Water, Onions, Onion Powder, Rapeseed Oil, Corn Flour, Salt, Colour: Plain Caramel; Acidity Regulator: Citric Acid; Stabiliser: Xanthan Gum.

### Nutrition Information:

Typical values per 100g/per roll: Energy kJ 1245/2079, kcal 298/497, Fat 16.0g/26.7g, Of which saturates 4.1g/6.8g, Carbohydrates 26.8g/44.7g, Of which sugars 5.8g/9.7g, Fibre 1.8g/3.0g, Protein 10.9g/18.1g, Salt 1.16g/1.94g.

## Soup and Soup Bread

### Butternut Masala Soup

#### Ingredients:

Water, Butternut Squash (15%), Onion, Potato, Coconut Cream (Coconut Extract, Water), Sweet Potato, Tomato, Red Pepper, Tomato Paste, Spinach, Ginger Purée, Garlic Purée, Cornflour, Rapeseed Oil, Ground Spices (Turmeric, Coriander, Cumin, Cinnamon, Cayenne Pepper, Fenugreek, Fennel Seed, Ginger, Black Pepper, Chilli, Dill Seed, Caraway Seed, White Pepper, Clove), Coriander Leaf, Salt, Lime Juice, Brown Sugar, Potato Starch, Glucose Syrup Powder, Black Pepper, Onion Powder, Sugar, Yeast Extract Powder, Carrot Extract, Leek Powder, Garlic Powder, Parsley Flakes, Sunflower Oil, Pepper Extract.

#### Nutrition Information:

typical values per 100g/per bowl: Energy kJ 255/932, kcal 61/223, Fat 2.7g/9.9g, Of which saturates 1.6g/5.7g, Carbohydrates 7.4g/27.0g, Of which sugars 3.6g/13.1g, Fibre 1.2g/4.3g, Protein 1.2g/4.4g, Salt 0.50g/1.83g.

### Christmas Ham Hock Soup

#### Ingredients:

Water, Peas (7%), Smoked Ham Hock (6%) (Pork, Water, Salt, Preservative: Sodium Nitrite), Carrot, Potato, Leeks, Red Lentils, Onion, Kale, Yellow Split Peas, Rapeseed Oil, Cornflour, Garlic Purée, Sage, Salt, Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Onion Powder, Parsnip Powder, Parsley Flakes, Rapeseed Oil, Lovage Extract, Lovage Powder, Ground Turmeric, White Pepper, Garlic Powder, Ground Mace, Ground Nutmeg), Smoked Paprika, Ground White Pepper, Ground Bay Leaves.

#### Nutrition Information:

Typical values per 100g/per soup: Energy kJ 286/1045, kcal 68/249, Fat 1.8g/6.5g, Of which saturates 0.2g/0.7g, Carbohydrates 7.2g/26.4g, Of which sugars 1.1g/4.1g, Fibre 2.7g/9.8g, Protein 4.5g/16.4g, Salt 0.70g/2.56g.

## Lentil & Bacon Soup

### Ingredients:

Water, Red Split Lentils (8%), Tomato (7%), Maple Cured Smoked Bacon (5%) (Pork, Salt, Maple Syrup, Preservative: Sodium Nitrate), Onions, Carrots, Yellow Split Peas, Spinach, Green Lentils (2.5%), #Celery#, Salted Butter (Butter (#Milk#), Salt), Vegetable and Chicken Stock (Salt, Maltodextrin, Yeast Extract, Rice Flour, Flavouring, Vegetables (Onion, #Celery#, Carrots), Sunflower Oil, Palm Fat, Spices (Pepper, Turmeric), Sugar, Chicken, Parsley, Chicken Fat, Acid: Citric Acid; Caramelised Sugar), Olive Oil, Lemon Juice, Parsley, Oak Smoked Garlic, Salt, Thyme, English Mustard (Water, #Mustard# Flour, Sea Salt, Turmeric, Pimento), Paprika, Black Pepper, Dried Red Chillies, Ground Bay Leaf.

### Nutrition Information:

typical values per 100g: Energy kJ 345, kcal 83, Fat 3.7g, Of which saturates 1.4g, Carbohydrates 7.0g, Of which sugars 1.4g, Fibre 1.4g, Protein 4.6g, Salt 0.70g.

## Mushroom Risotto Soup

### Ingredients:

Mushroom (29%), Water, Brown Rice, Onion, Cauliflower, Chestnut Mushroom, Coconut Cream (Coconut Extract, Water), Potato, Loto Rice, Parsnip, Tofu (Water, #Soya# Beans, Firming Agent: Glucono-Delta-Lactone), Fennel, Garlic Puree, Salt, Rapeseed Oil, Mushroom Stock (Mushroom Juice Concentrate, Maize Starch, Sunflower Oil, Sugar, Salt), Parsley, Porcini Mushroom, Black Pepper, Rosemary, Thyme, Tarragon.

### Nutrition Information:

Typical values per 100g/per bowl: Energy 256kJ/934kJ, 61kcal/222kcal, Fat 2.1g/7.8g, Of which saturates 1.3g/4.6g, Carbohydrates 8.1g/29.5g, Of which sugars 0.8g/2.7g, Fibre 0.8g/3.0g, Protein 2.0g/7.1g, Salt 0.59g/2.15g.

## Souper Tomato Soup

### Ingredients:

Tomatoes (37%), Water, Onion, Concentrated Tomato Juice (8%), Carrot, Tomato Paste, Rapeseed Oil, Olive Oil, Vegetable Stock (Maltodextrin, Corn Flour, Yeast Extract, Salt, Onion, Sunflower Oil, Garlic), Salt, Garlic Purée, Black Pepper, Oregano.

### Nutrition Information:

Typical values per 100g: Energy kJ 209, 50kcal, Fat 3.0g, Of which saturates 0.3g, Carbohydrates 3.9 g, Of which sugars 3.5g, Fibre 1.0g, Protein 1.5g, Salt 0.43g.

## Red Thai Veg Soup

### Ingredients:

Water, Mushrooms, Red Pepper (10%), Coconut Cream (Coconut, Water), Onion, Potato, Soya Bean (**Soya**), Tomato, Red Thai Paste(4.5%) (Sugar, Salt, Onion, Red Pepper, Sunflower Oil, Lemongrass, Garlic Purée, Galangal, Concentrated Lemon Juice, Spirit Vinegar, Rapeseed Oil, Black Pepper, Coriander, Cumin, Lime Leaf, Red Chilli, Paprika Extract, Lime Juice, Cayenne Pepper), Red Lentils, Sweetcorn, Spring Onion, Bamboo Shoot, Lime Juice, Coriander, Red Chilli, Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Ground Spices (Lovage, Turmeric, Nutmeg, Garlic, White Pepper, Mace), Parsnip Powder, Dried Parsley, Onion Powder, Lovage Extract, Sunflower Oil.

### Nutrition Information:

Typical values per 100g: Energy kJ 226, 54 kcal, Fat 2.5g, Of which saturates 1.7g, Carbohydrates 4.3g, Of which sugars 1.3g, Fibre 2.4g, Protein 2.4g, Salt 0.67g.

## Thai Chicken Soup

### Ingredients:

Water, Coconut Milk (19%), Butternut Squash (12%), Sweetcorn, Chicken (6%) (Chicken Breast, Salt), Jasmine Rice (2%), Spring Onions, Green Curry Paste (Green Chillies, Lemongrass, Garlic, Galangal, Salt, Onion, White Pepper, Kaffir Lime Zest, Coriander), Lime Juice, Ginger, Rapeseed Oil, Vegetable Stock (Salt, Yeast Extract, Rice Flour, Vegetables (Onions, **Celery**, Carrots), Parsley, Sunflower Oil, Turmeric), Basil, Mint, Garlic, Coriander, Fish Sauce (Anchovy Extract (**Fish**), Salt), Red Chillies.

### Nutrition Information:

typical values per 100g: Energy kJ 285, kcal 68, Fat 3.7g, Of which saturates 2.5g, Carbohydrates 5.3g, Of which sugars 1.9g, Fibre 0.6g, Protein 3.1g, Salt 0.50g.

## Soup Bread

### Ingredients:

White Baguette (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, **Wheat** Gluten, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid).

### Nutrition Information:

typical values per 100g/per baguette: Energy kJ 1167/770, kcal 275/182, Fat 1.1g/0.7g, Of which saturates 0.2g/0.1g.

## Stone Baked Losange Soup Baguette

### Ingredients:

**Wheat** Flour, Water, Salt, Yeast, **Wheat** Gluten, Deactivated Yeast, Malted **Wheat** Flour, Flour Treatment Agent: Ascorbic Acid.

### Nutrition Information:

Typical values per 100g: Energy kJ 1017, 240 kcal, Fat 0.6g, Of which saturates 0.1g, Carbohydrates 49g, Of which sugars 1.3g, Fibre 2.8g, Protein 8.2g, Salt 1.18g.

## Salads and Salad Pots

### Chef's Italian Salad

#### Ingredients:

Salad Mix in varying proportions (Apollo Lettuce, Red Chard, Spinach), Chicken (19%) (Chicken Breast, Salt), Tomato, French Dressing (Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions), White Wine Vinegar, Extra Virgin Olive Oil, Sugar, Sherry Vinegar, Water, Black Pepper, Lemon Juice, Salt, Garlic Purée, Colour: Plain Caramel, Stabiliser: Xanthan Gum), Mixed Peppers (Mixed Peppers, Sunflower Oil, Salt, White Wine Vinegar, Dried Mint, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Cucumber, Caesar Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Italian Hard Cheese (Cheese (#Milk#), Preservative (Lysozyme (#Egg#)), Red Wine Vinegar, Sugar, Cornflour, Concentrated Lemon Juice, Worcestershire Sauce (Water, Spirit Vinegar, Cane Molasses, Tamarind Paste, Salt, Onion Powder, Spices), Salt, Anchovy Paste (Anchovy (#Fish#), Salt, Olive Oil), Spirit Vinegar, Dried Garlic), Kalamata Olives (Olives, Salt, Red Wine Vinegar, Extra Virgin Olive Oil, Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions), Roasted #Pistachio Nuts#, Hard Cheese (#Milk#).

#### Nutrition Information:

typical values per 100g/per salad: Energy with dressing per 100g/per salad: Energy kJ 793/2479, kcal 191/598, Fat 15.9g/49.9g, Of which saturates 4.5g/14.1g, Carbohydrates 3.7g/11.6g, Of which sugars 2.7g/8.4g, Fibre 0.9g/2.7g, Protein 7.8g/24.5g, Salt 0.62g/1.93g.

Energy without dressing per 100g/per salad 100g kJ 414/1434, 108/344 kcal

### Chicken & Avocado Protein Salad

#### Ingredients:

Chicken (24%) (Chicken Breast, Salt), Free-Range Boiled #Egg# (22%), Spinach, Avocado (12%), Edamame Soya Beans (#Soya#) (11%), French Dressing (Vegetable Oil (Sunflower Oil and Rapeseed Oil in varying proportions), White Wine Vinegar, Extra Virgin Olive Oil, Sugar, Sherry Vinegar, Water, Black Pepper, Lemon Juice, Salt, Garlic Purée, Colour: Plain Caramel; Stabiliser: Xanthan Gum), Lemon, Lemon Juice, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

#### Nutrition Information:

Typical values per 100g/per salad: Energy with dressing per 100g/per salad: Energy kJ 645/1873, kcal 155/450, Fat 10.1g/29.2g, Of which saturates 2.0g/5.8g, Carbohydrates 3.2g/9.1g, Of which sugars 1.7g/4.8g, Fibre 1.4g/4.0g, Protein 12.3g/35.7g, Salt 0.74g/2.16g.

Energy without dressing per 100g/per salad kJ 517/1353, kcal 124/324



## Chipotle Chicken Burrito Salad Bowl

### Ingredients:

Chicken (18%) (Chicken Breast, Salt), Salad Mix in varying proportions (Apollo Lettuce, Red Chard, Spinach), Chipotle Ketchup (Red Pepper, Muscovado Sugar, Red Wine Vinegar, Onion, Chipotle Peppers in Adobo Sauce (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acidity Regulator: Acetic Acid), Vegetable Oil (Rapeseed Oil, Sunflower Oil), Tomato Paste, Maize Starch, Water, Garlic, Salt, Black Pepper, Cayenne Pepper), Avocado, Kibbled Rye Wrap (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Malted #Rye# Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Carbonates; Dried Fermented #Wheat# Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; #Wheat# Flour, #Wheat# Starch, Flour Treatment Agent: L-Cysteine), Baby Plum Tomatoes, Peppers (Peppers, Sunflower Oil, Salt, White Wine Vinegar, Mint, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Feta Cheese (#Milk#), Free-Range Egg Mayonnaise (Rapeseed Oil, Water, Free Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Greek Style Yoghurt (#Milk#), Lemon Juice, Coriander.

### Nutrition Information:

Typical values per 100g/per bowl: Energy kJ 637/2160, kcal 153/518, Fat 9.4g/32.0g, Of which saturates 4.5g/15.3g, Carbohydrates 8.9g/30.3g, Of which sugars 3.3g/11.1g, Fibre 1.1g/3.7g, Protein 7.4g/25.3g, Salt 0.72g/2.4g.  
Energy without dressing per 100g / per bowl: Energy kJ 618/1845, kcal 148/442

## Chicken, Pesto & Mozzarella Salad

### Ingredients:

Mozzarella Cheese (#Milk#) (20%), Mixed Leaf (Spinach, Lambs Lettuce, Ruby Chard, Rocket), Cooked Chicken (16%) (Chicken Breast, Salt), Baby Tomatoes, Pesto (Rapeseed Oil, Basil, Spinach, Pine Nuts, Basil Paste (Basil, Sunflower Oil, Salt), Medium Fat Hard Cheese (#Milk#), Garlic Puree, Salt, Acidity Regulator: Citric Acid), Mixed Peppers (Peppers, Sunflower Oil, Salt, White Wine Vinegar, Mint, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), French Dressing (Vegetable Oil (Sunflower Oil and Rapeseed Oil in varying proportions), White Wine Vinegar, Extra Virgin Olive Oil, Sugar, Sherry Vinegar, Water, Black Pepper, Lemon Juice, Salt, Garlic Purée, Colour: Plain Caramel; Stabiliser: Xanthan Gum), Lemon, Basil.

### Nutrition Information:

Typical values per 100g/per salad: Energy 779kJ /2378kJ, 188kcal/574kcal, Fat 15.5g/47.3g, Of which saturates 6.5g/19.8g, Carbohydrates 2.4g/7.5g, Of which sugars 1.6 g/5.0g, Fibre 0.6g/1.7g, Protein 9.4g/28.6g, Salt 0.49g/1.49g.  
Energy without dressing per 100g/per salad: 691kJ/1947kJ, 167kcal/469kcal.

## Egg & Spinach Protein Pot

### Ingredients:

Free-Range Boiled #Egg# (88%), Spinach (12%).

### Nutrition Information:

Typical values per 100g/per pot: Energy per 100g/per pot kJ 440/434, 105/104 kcal, Fat 5.4g/5.3g, Of which saturates 1.5g/1.5g, Carbohydrates 2.4g/2.4g, Of which sugars 0.2g/0.2g, Fibre 0.3g/0.3g, Protein 11.6g/11.4g, Salt 0.58g/0.58g.

## Greek Salad

### Ingredients:

Salad Vegetable Mix (Apollo Lettuce, Spinach, Red Chard), Tomato, Cucumber, French Dressing (Vegetable Oil (Sunflower Oil and Rapeseed Oil in varying proportions), White Wine Vinegar, Extra Virgin Olive Oil, Sugar, Sherry Vinegar, Water, Black Pepper, Lemon Juice, Salt, Garlic Purée, Colour: Plain Caramel; Stabiliser: Xanthan Gum), Feta Cheese (#Milk#) (12%), Roasted Tomatoes (Tomato, Sugar, Salt, Sunflower Oil), Lemon, Kalamata Olives (6%) (Kalamata Olives, Salt, Red Wine Vinegar, Extra Virgin Olive Oil, Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions)), Red Onion.

### Nutrition Information:

Typical values per 100g/per salad: Energy with dressing per 100g/per salad: Energy kJ 572/1236, kcal 138/298, Fat 11.3g/24.5g, Of which saturates 3.0g/6.4g, Carbohydrates 4.9g/10.5g, Of which sugars 4.3g/9.3g, Fibre 1.0g/2.1g, Protein 3.6g/7.9g, Salt 0.58g/1.25g. Energy without dressing per 100g/per salad kJ 381/716, kcal 92/172

## Humous & Falafel Mezze Salad

### Ingredients:

Humous (16%) (Cooked Chickpeas (Water, Chickpeas), #Sesame# Seeds, Lemon Juice, Olive Oil, Sea Salt, Dried Garlic, Antioxidant: Ascorbic Acid), Salad Mix in varying proportions (Apollo Lettuce, Red Chard, Spinach), French Dressing (Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions), White Wine Vinegar, Extra Virgin Olive Oil, Sugar, Sherry Vinegar, Water, Black Pepper, Lemon Juice, Salt, Garlic Purée, Colour: Plain Caramel; Stabiliser: Xanthan Gum), Sweet Potato Falafel (14%) (Sweet Potato, Cooked Chickpeas (Chickpeas, Water), Onion, Dried Potato, Coriander Leaf, Red Pepper, Salt, Cumin Powder, Concentrated Lemon Juice, Rapeseed Oil, Paprika, Water, Smoked Paprika, Black Pepper, Dried Garlic, Coriander Powder, Chilli Flakes), Kibbled Rye Wrap (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Malted #Rye# Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Carbonates; Dried Fermented #Wheat# Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; #Wheat# Starch, Flour Treatment Agent: L-Cysteine), Mixed Peppers (Peppers, Sunflower Oil, Salt, White Wine Vinegar, Dried Mint, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Cucumber, Red Tapenade (7%) (Red Pepper, Cherry Tomatoes, Rapeseed Oil, Tomato Paste, Sugar, Salt, Cornflour, Concentrated Lemon Juice, Garlic, Basil, Oregano, Rapeseed Oil and Sunflower Oil in varying proportions, Smoked Paprika, Basil Extract, Acidity Regulator: Citric Acid), Pickled Cabbage (Red Cabbage, #Barley# Malt Vinegar, Sugar, Water, Sea Salt, Spices), Lemon, Pomegranate Seeds.

### Nutrition Information

Typical values per 100g/per salad: Energy kJ 800/3181, kcal 192/765, Fat 12.9g/51.1g, Of which saturates 3.5g/13.9g, Carbohydrates 14.2g/56.3g, Of which sugars 5.3g/21.0g, Fibre 2.5g/10.1g, Protein 3.7g/14.8g, Salt 0.75g/3.00g. Energy without dressing per 100g/per salad: kJ 628/2142, kcal 151/513

## Pret's Satay Chicken & Slaw Salad

### Ingredients:

Salad Mix in varying proportions (Apollo Lettuce, Red Chard, Spinach), Chicken (19%) (Chicken Breast, Salt), Lime, Soya and Coconut Sauce (Water, Coconut Extract, Sugar, Toasted #Soya#, #Soya# Oil, Rapeseed Oil, Shallot Purée, Garlic Purée, Rice Vinegar, Red Chilli Purée, Cornflour, Salt, Cane Sugar, Ginger Purée, #Soya# Beans, Lemongrass Purée, Lime Leaves, Palm Oil, Colour: Plain Caramel; Crushed Dried Chilli, Stabiliser: Xanthan Gum; Sea Salt, Cane Molasses), Avocado, Cucumber, Carrot, Edamame #Soya# Beans (6%), Free-Range Egg Mayonnaise (Rapeseed Oil, Water, Free Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Coriander, Chilli Salt (Paprika, Sea Salt, Chilli Flakes).

### Nutrition Information:

Typical values per 100g/per salad: Energy kJ 506/1594, kcal 122/383, Fat 8.2g/25.8g, Of which saturates 1.7g/5.3g, Carbohydrates 4.5g/14.2g, Of which sugars 2.4g/7.7g, Fibre 0.9g/2.7g, Protein 7.0g/22.2g, Salt 0.64g/2.02g.

## Smoked Salmon, Egg & Avocado Salad

### Ingredients:

Smoked Salmon (21%) (Salmon (#Fish#), Salt, Sugar), Free-Range Boiled #Egg# (18%), Spinach, Avocado (15%), French Dressing (Vegetable Oil (Sunflower Oil and Rapeseed Oil in varying proportions), White Wine Vinegar, Extra Virgin Olive Oil, Sugar, Sherry Vinegar, Water, Black Pepper, Lemon Juice, Salt, Garlic Purée, Colour: Plain Caramel; Stabiliser: Xanthan Gum), Cucumber, Lemon, Lemon Juice, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### Nutrition Information:

Typical values per 100g/per salad: Energy with dressing per 100g/per salad: Energy kJ 630/1515, kcal 152/365, Fat 11.9g/28.6g, Of which saturates 2.3g/5.5g, Carbohydrates 2.4g/5.8g, Of which sugars 2.1g/5.1g, Fibre 1.1g/2.7g, Protein 8.3g/19.8g, Salt 0.88g/2.11g. Energy without dressing per 100g/per salad kJ 469/995, kcal 113/239

## Smoked Salmon Protein Box

### Ingredients:

Avocado, Free-Range Boiled #Egg# (20%), Smoked Salmon (18%) (Salmon (#Fish#), Salt, Sugar), Spinach, French Dressing (Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions), White Wine Vinegar, Extra Virgin Olive Oil, Sugar, Sherry Vinegar, Water, Black Pepper, Lemon Juice, Salt, Garlic Purée, Colour: Plain Caramel, Stabiliser: Xanthan Gum), Edamame #Soya# Beans, Lemon, Lemon Juice, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### Nutrition Information:

Typical values per 100g/per salad: kJ 727/2703 , 175/651 kcal, Fat 13.0g/48.3g, Of which saturates 2.4g/8.9g, Carbohydrates 3.2g/11.9g, Of which sugars 1.6g/5.9g, Fibre 1.2/4.5g, Protein 10.7/39.8g, Salt 1.20/4.45g.  
Energy without dressing per 100g/per salad: 481/1786 kJ, 116/429kcal

## Tuna Nicoise Salad

### Ingredients:

Pole and Line Caught Tuna (26%) (Tuna (#Fish#), Water, Salt), Salad Mix in varying proportions (Apollo Lettuce, Red Chard, Spinach), French Dressing (Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions), White Wine Vinegar, Extra Virgin Olive Oil, Sugar, Sherry Vinegar, Water, Black Pepper, Lemon Juice, Salt, Garlic Purée, Colour: Plain Caramel, Stabiliser: Xanthan Gum), Free-Range Boiled #Egg# (14%), Tomato, Cucumber, Kalamata Olives (3.0%) (Kalamata Olives, Salt, Red Wine Vinegar, Extra Virgin Olive Oil, Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions)), Red Onion, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil), Sunflower Oil, Salt.

### Nutrition Information:

typical values per 100g/per salad: Energy with dressing per 100g/per salad: Energy kJ 507/1518, kcal 122/364, Fat 7.9g/23.8g, Of which saturates 1.3g/3.8g, Carbohydrates 2.9g/8.6g, Of which sugars 2.3g/7.0g, Fibre 0.3g/1.0g, Protein 9.5g/28.5g, Salt 0.61g/1.83g.

Energy without dressing per 100g/per salad 100g kJ 250/828, 59/196 kcal

## Tricolore Salad

Ingredients: Mozzarella Cheese (#Milk#) (19%), Salad Mix in varying proportions (Apollo Lettuce, Red Chard, Spinach), Baby Tomato, French Dressing (Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions), White Wine Vinegar, Extra Virgin Olive Oil, Sugar, Sherry Vinegar, Water, Black Pepper, Lemon Juice, Salt, Garlic Purée, Colour: Plain Caramel, Stabiliser: Xanthan Gum), Avocado, Mixed Peppers (Peppers, Sunflower Oil, Salt, White Wine Vinegar, Dried Mint, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Red Tapenade (Cherry Tomato, Semi-Dried Red Pepper, Rapeseed Oil, Tomato Concentrate, Sugar, Salt, Concentrated Lemon Juice, Garlic, Parsley, Chive, Basil, Basil Flavouring), Lemon, Lemon Juice, Basil.

### Nutrition Information

Typical values per 100g/per salad: kJ 760/2496, 184/604 kcal, Fat 16.3g/53.5g, Of which saturates 6.9g/22.7g, Carbohydrates 3.9g/12.8g, Of which sugars 3.3g/10.8g, Fibre 0.9g/3.0g, Protein 4.9g/16.1g, Salt 0.35g/1.15g.

Energy without dressing per 100g/per salad: 590/1669 kJ, 143/405 kcal

## Smoked Salmon & Egg Protein Pot

### Ingredients:

Free-Range Boiled #Egg# (42%), Smoked Salmon (29%) (Salmon (#Fish#), Salt, Sugar), Spinach, Lemon, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### Nutrition Information:

Typical values per 100g/per pot: Energy per 100g/per pot kJ 543/565, 130/135 kcal, Fat 8.0g/8.3g, Of which saturates 1.7g/1.8g, Carbohydrates 1.9g/2.0g, Of which sugars 0.7g/0.7g, Fibre 0.5g/0.5g, Protein 12.4g/12.9g, Salt 1.55g/1.63g.

## Snacks

### Almond Butter Protein Ball

#### Ingredient List:

**Almond** Butter (32%), Rice Syrup, **Soya** Protein Isolate (12%), Nibbed **Almonds** (8%), Concentrated Grape Juice, Rice Starch, Rice Bran, Rice Protein (4%), Crisped Rice (Rice Flour, Sugar, Rice Bran, Rice Bran Extract), Chicory Fibre, Brown Rice Flour, Stabiliser: Guar Gum; Flavourings, Rice Bran Flour, Sea Salt.

#### Nutritional Information:

Typical value per 100g/Per serving: Energy (KJ) 1891.4/ 662, Energy (Kcal) 454.3/159, Fat (g) 24/8.4, of which saturates (g) 1.7/0.6, Carbohydrates (g) 28.9/10.1, of which sugars (g) 22/7.7, Fibre (g) 7.7/2.7, Protein (g) 26.6/9.3, Salt (g) 0.7/0.2.

### Chilli, Bean & Seed Tortilla Chips

#### Ingredient List:

Corn Flour, Sunflower Oil, Red Kidney Beans (6%), Black Eyed Beans (6%), Sugar, Salt, Brown Linseed, Pumpkin Seeds, Golden Linseed, Sunflower Seeds, Garlic Powder, Acids: Citric Acid, Tartaric Acid; Onion Powder, Tomato Powder, Chilli Powder, Spice Extracts (Chilli, Capsicum), Yeast Extract, Cayenne Pepper, Colour: Paprika Extract; Flavouring, Cumin Powder, Oregano.

#### Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 2075/830, Energy (Kcal)497.5/199, Fat (g) 27.5/11, of which saturates (g) 2.5/1, Carbohydrates (g) 52.5/21, of which sugars (g) 4.3/1.7, Fibre (g) 10/4, Protein (g) 7.8/3.1, Salt (g) 1.1/0.4.

### Cranberries in Coats

#### Ingredient List:

Yoghurt Flavoured Coating (Sugar, Vegetable Fat (Palm), Whey (**Milk**), Yoghurt Powder (**Milk**), Rice Flour, Emulsifier: Sunflower Lecithin, Glazing Agents: Gum Arabic, Shellac), Sweetened Dried Cranberries (Cranberries, Sugar, Sunflower Oil).

#### Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 2024/1012, Energy (Kcal) 483/242, Fat (g) 22.3/11.1, of which saturates (g) 12.6/6.3, Carbohydrates (g) 68.3/34.1, of which sugars (g) 60.3/30.1, Fibre (g) 2.4/1.2, Protein (g) 1.1/0.5, Salt (g) 0.19/0.1.

### Dark Chocolate Salted Almonds

#### Ingredient List:

Belgian Dark Chocolate(60%) (Cocoa Mass, Sugar, Cocoa Butter, emulsifier (**Soya** Lecithin), Natural Vanilla Flavouring), **Almonds** (39%), Salt, Cocoa Powder.

#### Nutritional Information

Typical values per 100g/Per serving: Energy (KJ) 2347/892, Energy (Kcal) 565/215, Fat (g) 39.8/15.1, of which saturates (g) 14/5.3, Carbohydrates (g) 32.7/12.4, of which sugars (g) 20.7/7.9, Fibre (g) 9.2/3.5, Protein (g) 14.4/5.5, Salt (g) 0.53/0.2.

## Fruit, Nuts & Chocolate

### Ingredient List:

**Almonds** (50%), Milk Chocolate Raisins(30%) (Milk Chocolate (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Emulsifier (**Soya** Lecithin), Natural Vanilla Flavouring), Raisins (Raisins, Sunflower Oil), glazing agents (Shellac, Gum Arabic), Sugar, Glucose Syrup, Maltodextrin, Coconut Oil, Palm Oil), Dried Sweetened Cranberries(20%) (Cranberries, Sugar, Sunflower Oil).

### Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 2308/808, Energy (Kcal) 556/195, Fat (g) 40.2/14.1, of which saturates (g) 6.1/2.2, Carbohydrates (g) 26.9/9.4, of which sugars (g) 24.5/8.6, Fibre (g) 6.8/2.4, Protein (g) 18.2/6.4, Salt (g) 0.04/0.01.

## Mature Cheddar & Red Onion Crisps

### Ingredient list:

Potato (67%), Sunflower Oil (25%), Buttermilk Powder (**Milk**), Mature Cheddar Cheese (**Milk**), Salt, Red Onion, Sugar, Onion Powder, Yeast Extract Powder, Parsley, Flavouring, Colour (Paprika Extract).

### Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 2092.5/837, Energy (Kcal) 500/200, Fat (g) 27.8/11.1, of which saturates (g) 3.3/1.3, Carbohydrates (g) 53/21.2, of which sugars (g) 2.3/0.9, Fibre (g) 4.8/1.9, Protein (g) 7.3/2.9, Salt (g) 0.9/0.4.

## Pret A Mango

### Ingredient List:

Mango (99%), Sugar

### Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 1437/503, Energy (Kcal) 339/119, Fat (g) 1.2/0.4, of which saturates (g) 0.4/0.1, Carbohydrates (g) 77.4/27.1, of which sugars (g) 49.9/17.5, Fibre (g) 5.1/1.8, Protein (g) 2.1/0.7, Salt (g) 0.01/0.01

## Sea Salt Popcorn

### Ingredient List:

Popped Corn (78%), Rapeseed Oil, Sea Salt.

### Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 2058/597, Energy (Kcal) 493/143, Fat (g) 25.2/7.3, of which saturates (g) 2.8/0.8, Carbohydrates (g) 53.4/15.5, of which sugars (g) 0.3/0.1, Fibre (g) 8.3/2.4, Protein (g) 9.0/2.6, Salt (g) 1.5/0.4

### **Sea Salt & Cider Vinegar Crisps**

**Ingredient List:**

Potato, Sunflower Oil, Suffolk Cider Vinegar Powder, Sea Salt, Rice Flour, Apple Powder, Sugar, Yeast Extract Powder, Acidity Regulator: Citric Acid.

**Nutritional Information:**

Typical values per 100g/Per serving: Energy (KJ) 2052/821, Energy (Kcal) 490/196, Fat (g) 26.5/10.6, of which saturates (g) 2.8/1.1, Carbohydrates (g) 55.5/22.2, of which sugars (g) 1.5/0.6, Fibre (g) 4.5/1.8, Protein (g) 5.5/2.2, Salt (g) 1.8/0.7

### **Sea Salt Crisps**

**Ingredient List:**

Potato (70%), Sunflower Oil (29%), Salt.

**Nutritional Information:**

Typical values per 100g/Per serving: Energy (KJ) 2117/847, Energy (Kcal) 507/203, Fat (g) 29.0/11.6, of which saturates (g) 3.0/1.2, Carbohydrates (g) 52.8/21.1, of which sugars (g) 0.3/0.1, Fibre (g) 5.5/2.2, Protein (g) 6.0/2.4, Salt (g) 0.9/0.4

### **Smoked Chipotle Crisps**

**Ingredient List:**

Potato, Sunflower Oil, Tomato Powder, Sugar, Smoked Paprika, Garlic Powder, Salt, Dried Red Bell Pepper, Sea Salt, Lemon Juice Powder, Smoked Salt, Onion Powder, Spirit Vinegar Powder, Yeast Extract Powder, Cumin Powder, Acidity Regulator: Citric Acid; Chilli Powder, Flavourings, Cayenne Pepper, Chipotle Chilli Pepper, Oregano, Coriander Powder, Colour: Paprika Extract.

**Nutritional Information:**

Typical values per 100g/Per serving: Energy (KJ) 2115/846, Energy (Kcal) 507/203, Fat (g) 29.5/11.8, of which saturates (g) 3.0/1.2, Carbohydrates (g) 52.0/20.8, of which sugars (g) 2.3/0.9, Fibre (g) 5.3/2.1, Protein (g) 6.0/2.4, Salt (g) 1.3/0.5

### **Sweet & Salt Popcorn**

**Ingredient List:**

Popped Corn (53%), Rapeseed Oil, Sugar, Salt.

**Nutritional Information:**

Typical values per 100g/Per serving: Energy (KJ) 2266/680, Energy (Kcal) 543/163, Fat (g) 33.0/9.9, of which saturates (g) 3.7/1.1, Carbohydrates (g) 54.7/16.4, of which sugars (g) 18.0/5.4, Fibre (g) 5.3/1.6, Protein (g) 4.3/1.3, Salt (g) 0.8/0.2

## Sweet Treats

### Christmas Tiffin

#### Ingredients List:

Biscuits (24%) (#Wheat# Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Oils (Palm, Rapeseed), Sugar, Wholemeal #Wheat# Flour, Glucose-Fructose Syrup, Molasses, Raising Agents: Sodium Carbonates, Diphosphates, Ammonium Carbonates; Partially Inverted Refiners Syrup, Salt, Ginger, Flavourings), White Chocolate (21%) (Sugar, Cocoa Butter, Whole #Milk# Powder, Emulsifier: #Soya# Lecithin; Vanilla Extract), Chocolate (15%) (Sugar, Cocoa Mass, Cocoa Butter, Fat-Reduced Cocoa Powder, Emulsifier: #Soya# Lecithin; Vanilla Extract), Butter (#Milk#), Sweetened Dried Cranberries (12%) (Sugar, Cranberries, Sunflower Oil), Partially Inverted Refiners Syrup, Cocoa Mass, #Pistachio Nuts# (3%), Rapeseed Oil, Flavouring, Orange Zest, Salt.

#### Nutrition Information

Typical values per 100g/per bar (75g) :Energy kJ2284 /548, kcal1713/411, Fat 35.0 g/26 g, Of which saturates 20 g/15 g, Carbohydrate 53.0 /40 g, Of which sugars 35 g/26 g, Fibre 0.8 g/0.6 g, Protein 4.8 g /3.6 g, Salt 0.31 g/0.23 g.

### Caramel Shortbread

#### Ingredients:

Salted Butter (Butter (#Milk#), Salt), Sugar, Sweetened Condensed Milk (Whole #Milk#, Sugar), Wheat Flour (#Wheat# Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Dark Chocolate (14%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: #Soya# Lecithins; Flavouring), Invert Sugar Syrup, Maize Starch, Toffee Pieces (2.5%) (Sugar, Glucose Syrup, Sweetened Condensed Milk (Whole #Milk#, Sugar), Palm Oil, Butter Oil (#Milk#), Flavouring, Glazing Agent: Carnauba Wax), White Chocolate (1.5%) (Sugar, Cocoa Butter, Whole #Milk# Powder, Skimmed #Milk# Powder, Emulsifier: #Soya# Lecithins; Flavouring), Cane Molasses, Salt.

#### Nutrition Information:

typical values per 100g/per cookie : Energy kJ 2080/1123, kcal 498/269, Fat 27.5g/14.8g, Of which saturates 17.8g/9.6g, Carbohydrates 57.2g/30.9g, Of which sugars 39.8g/21.5g, Fibre 2.4g/1.3g, Protein 4.3g/2.3g, Salt 0.66g/0.36g.

### Caramel Waffle

#### Ingredient List:

Glucose-Fructose Syrup, Wheat Flour (Wheat), Sugar, Palm Fat, Concentrated Butter (Milk), Sugar Syrup, Soya Flour (Soya), Rapeseed Oil, Wheat Fibre (Wheat), Salt, emulsifiers (Soya Lecithin (Soya), Mono- and Diglycerides of Fatty Acids), raising agent (Sodium Bicarbonate), Cinnamon, acid (Citric Acid), Ground Bourbon Vanilla.

#### Nutritional Information

Typical values per 100g/Per serving: Energy (KJ) 1785/696, Energy (Kcal) 425/166, Fat (g) 16.0/6.2, of which saturates (g) 9.0/3.5, Carbohydrates (g) 66.0/25.7, of which sugars (g) 38.0/14.8, Fibre (g) 1.5/0.6, Protein (g) 3.5/1.4, Salt (g) 0.57/0.22



## Choc Bar

### Ingredient List:

Digestive Biscuits (Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal **Wheat** Flour, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar, Invert Sugar Syrup, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Salt), Dark Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**Soya** Lecithin), Natural Vanilla Flavouring), Milk Chocolate (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Emulsifier (**Soya** Lecithin), Vanilla Extract), Unsalted Butter (**Milk**), Sultanas (Sultanas, Sunflower Oil), Golden Syrup, Salt).

### Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 2074/1452, Energy (Kcal) 497/348, Fat (g) 32.3/22.6, of which saturates (g) 19.3/13.5, Carbohydrates (g) 45.4/31.8, of which sugars (g) 35.0/24.5, Fibre (g) 3.3/2.3, Protein (g) 4.6/3.2, Salt (g) 0.5/0.3

## Chocolate Brownie Bar

### Ingredient List:

Milk Chocolate (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, **Soya** Lecithin, Natural Vanilla Flavouring), Dark Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**Soya** Lecithin), Natural Vanilla Flavouring), Sugar, Unsalted Butter (**Milk**), Pasteurised Free-Range Egg (**Egg**), Cocoa Powder, Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Black Cocoa Powder.

### Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 2074/1452, Energy (Kcal) 497/348, Fat (g) 32.3/22.6, of which saturates (g) 19.3/13.5, Carbohydrates (g) 45.4/31.8, of which sugars (g) 35.0/24.5, Fibre (g) 3.3/2.3, Protein (g) 4.6/3.2, Salt (g) 0.5/0.3

## Chocolate Chunk Cookie

### Ingredients:

Dark Chocolate (34%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Sunflower Lecithins; Flavouring), Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Butter (**Milk**), Glucose-Fructose Syrup, Water, **Wheat** Fibre, Milk Sugar (**Milk**), Black Treacle, Raising Agents: Sodium Bicarbonate, Diphosphates, Calcium Phosphates; Whey Powder (**Milk**), Salt, Flavouring, Rapeseed Oil.

### Nutrition Information:

typical values per 100g/per cookie: Energy kJ 1816/1380, kcal 432/329, Fat 16.6g/12.6g, Of which saturates 10.4g/7.9g, Carbohydrates 64.0g/48.6g, Of which sugars 33.8g/25.7g, Fibre 2.5g/1.9g, Protein 5.5g/4.2g, Salt 0.50g/0.38g.

## Chocolate Moose

### Ingredient List:

Whipping Cream (**Milk**), Sugar, Water, Cocoa Mass, Cocoa Butter, Whole **Milk** Powder, Double Cream (**Milk**), Glucose, Cocoa Powder, Cornflour, Vanilla Flavouring, Emulsifier (**Soya** Lecithin), Gelling Agent (Pectin).

### Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 1597/1278, Energy (Kcal) 382/306, Fat (g) 38.4/30.7, of which saturates (g) 17.5/14.0, Carbohydrates (g) 22.3/17.8, of which sugars (g) 20.6/16.5, Fibre (g) 1.3/1.0, Protein (g) 3.8/3.0, Salt (g) 0.1/0.1

## Dark Chocolate & Almond Butter Cookie

### Ingredient List:

Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Brown Sugar, Dark Chocolate (14%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (Sunflower Lecithins), Flavouring), Glucose-fructose syrup, Almond Butter (7%) (**Almonds**, Sea Salt), Water, Sugar, Coconut Oil, **Almonds** (3.5%), Invert Sugar, Cocoa Powder, **Wheat** Fibre, Sea Salt, raising agent (Sodium Bicarbonate).

### Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 1837/1580, Energy (Kcal) 438/377, Fat (g) 18.0/15.5, of which saturates (g) 9.0/7.7, Carbohydrates (g) 59.2/50.9, of which sugars (g) 36.5/31.4, Fibre (g) 4.0/3.4, Protein (g) 7.8/6.7, Salt (g) 0.82/0.71

## Dark Chocolate Corn Cakes

### Ingredient List:

Dark Chocolate (60%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin, Vanilla Flavouring), Corn (40%). Dark Chocolate Contains: Cocoa solids 54% minimum.

### Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 2007/1003, Energy (Kcal) 479/240, Fat (g) 22.0/11.0, of which saturates (g) 12.9/6.4, Carbohydrates (g) 60.9/30.4, of which sugars (g) 25.8/12.9, Fibre (g) 4.8/2.4, Protein (g) 7.0/3.5, Salt (g) 0.0/0.0

## Double Berry Muffin

### Ingredients:

Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Blueberry, Rapeseed Oil, Pasteurised Free Range **Egg**, Water, Potato Starch, Vegetable Glycerine, **Wheat** Gluten, Dried Skimmed **Milk**, Butter (**Milk**), Raising Agents: Sodium Carbonates, Diphosphates; Maize Starch, Salt, Demerara Sugar.

### Nutrition Information:

Typical values per 100g/per muffin: Energy kJ 1489/1846, kcal 356/441, Fat 17.4g/21.6g, Of which saturates 2.1g/2.6g, Carbohydrates 43.1g/53.4g, Of which sugars 24.6g/30.5g, Fibre 2.8g/3.5g, Protein 5.3g/6.6g, Salt 0.57g/0.71g.

## Fruit, Oat & Spelt Cookie

### Ingredients:

Fortified Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Brown Sugar, Butter (#Milk#), Spelt Flour (#Wheat#) (12%), #Oat# Flakes (9%), Water, Raisins (7%), Cranberry (4%), Pumpkin Seed, Sugar, Honey, Linseed, Raising Agents: Sodium Bicarbonate, Diphosphates, Calcium Phosphates; #Wheat# Fibre, Orange Zest, Whey Powder (#Milk#), Sunflower Oil, Rapeseed Oil, Salt, Nutmeg.

### Nutrition Information:

typical values per 100g/per cookie: Energy kJ 1694/1457, kcal 404/347, Fat 15.7g/13.5g, Of which saturates 8.8g/7.6g, Carbohydrates 57.4g/49.4g, Of which sugars 32.9g/28.3g, Fibre 3.4g/2.9g, Protein 6.5g/5.6g, Salt 0.33g/0.28g.

## Lemon Cheesecake

### Ingredient List:

Cream Cheese Mix (Full Fat Soft Cheese (Milk) (42%), Whipping Cream (Milk), Sugar, Double Cream (Milk), Lemon Concentrate, Water), Lemon Curd (27%) (Glucose, Water, Sugar, Butter Milk), Lemon Concentrate, Maize Starch, Dried Egg, Gelling Agent: Pectins, Acidity Regulator: Citric Acid, Emulsifier: Lecithin, Lemon Oil, Colour: Lutein), Ginger Biscuit Crumb (17%) (Wheat Flour, Sugar, Butter (Milk), Palm Oil, Rapeseed Oil, Invert Sugar Syrup, Treacle, Ginger Powder, Raising Agent: Sodium Bicarbonate, Salt).

### Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 1409/1339, Energy (Kcal) 337/321, Fat (g) 21.8/20.7, of which saturates (g) 12.4/11.8, Carbohydrates (g) 35.2/33.4, of which sugars (g) 23.7/22.5, Fibre (g) 1.4/1.3, Protein (g) 2.7/2.6, Salt (g) 0.3/0.3

## Lemon & Raspberry Slice

### Ingredients:

White Chocolate (41%) (Sugar, Cocoa Butter, Whole #Milk# Powder, Emulsifier: #Soya# Lecithins; Flavouring), Biscuit Crumb (23%) (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Thiamin, Niacin), Wholemeal #Wheat# Flour, Palm Oil, Rapeseed Oil, Sugar, Partially Inverted Sugar Syrup, Raising Agents: Sodium Carbonates, Ammonium Carbonates; Salt), Butter (#Milk#), Whipping Cream (#Milk#), Iced Fondant (Sugar, Glucose Syrup, Palm Oil, Rapeseed Oil, Water, Dextrose, Fructose, Maize Starch, Emulsifiers: Sucrose Esters of Fatty Acids, Mono-and Diglycerides of Fatty Acids; Humectant: Glycerol; Rice Flour, Acidity Regulator: Citric Acid), Glucose Syrup, Freeze-dried Raspberries (1%), Humectant: Glycerol; Flavouring, Emulsifier: #Soya# Lecithins; Acidity Regulator: Citric Acid; Colour: Lutein; Salt.

### Nutrition Information:

typical values per 100g/per slice: Energy kJ 2037/1039, kcal 488/249, Fat 30.0g/15.3g, Of which saturates 20.9g/10.7g, Carbohydrates 48.8g/24.9g, Of which sugars 32.7g/16.7g, Fibre 1.3g/0.7g, Protein 5.1g/2.6g, Salt 0.35g/0.18g.

## Love Bar

### Ingredient List:

**Oats** (29%), Caramel (26%) (Sugar, Glucose Syrup, Palm Oil, Sweetened Condensed Milk (**Milk**, Sugar), Rapeseed Oil, Water, Salt, Flavouring, Emulsifier (**Soya** Lecithin), Colours (Curcumin, Annatto)), Salted Butter (Butter (**Milk**), Salt), Golden Syrup, Chocolate Chunks (5%) (Cocoa Mass, Sugar, Emulsifier (**Soya** Lecithin), Vanilla Extract), Light Brown Sugar, Vanilla Pumpkin Seeds (3%) (Pumpkin Seeds, Icing Sugar, Caster Sugar, Vanilla Extract), **Pistachio Nuts** (3%), **Almonds**, Honey.

### Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 1945/1362, Energy (Kcal) 464/325, Fat (g) 24.6/17.2, of which saturates (g) 12.1/8.5, Carbohydrates (g) 54.1/37.9, of which sugars (g) 31.0/21.7, Fibre (g) 3.1/2.2, Protein (g) 5.6/3.9, Salt (g) 0.6/0.4

## Mince Pie

### Ingredients:

Mincemeat (52%) (Sugar, Apple Purée (Apple Purée, Acidity Regulator: Acetic Acid), Raisins (Raisins, Sunflower Oil), Sultanas (Sultanas, Sunflower Oil), Sweetened Dried Cranberries (3%) (Cranberries, Sugar, Rice Flour, Sunflower Oil), Diced Apple (3%), Currants (Currants, Sunflower Oil), Glucose-Fructose Syrup, Mixed Peel (Orange Peel, Glucose-Fructose Syrup, Lemon Peel, Sugar, Acidity Regulator: Citric Acid), Vegetable Suet (Palm Oil, Rice Flour, Sunflower Oil), Brandy (1%), Modified Maize Starch, Ground Mixed Spices (Coriander, Cassia Cinnamon, Ginger, Caraway, Nutmeg, Clove, Sunflower Oil), Acidity Regulator: Citric Acid; Colour: Plain Caramel; Orange Oil, Lemon Oil), Butter Pastry (Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (**#Milk#**), Sugar, Free-Range **#Egg#**, Salt), Sweet Dusting (Dextrose, Sugar, Cornflour, Palm Oil).

### Nutrition Information:

Typical values per 100g/per mince pie: Energy kJ 1573/1321, kcal 375/315, Fat 14.1g/11.8g, Of which saturates 8.8g/7.4g, Carbohydrates 57.7g/48.5g, Of which sugars 35.2g/29.6g, Fibre 1.8g/1.5g, Protein 3.3g/2.8g, Salt 0.30g/0.25g.

## Nutty Salted Caramel Brownie

### Ingredient List:

Salted Caramel(21%) (**Milk**, Sugar, Salted Butter (**Milk**, Salt), Golden Syrup (Partially Inverted Refiners Syrup), Palm Oil, Whey Powder (**Milk**), Vanilla Flavouring, Salt), Dark Chocolate(14%) (Sugar, Cocoa Mass, Cocoa Butter, Fat Reduced Cocoa Powder, Emulsifier (**Soya** Lecithin), Vanilla Extract), Sugar, Milk Chocolate(12%) (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Emulsifier (**Soya** Lecithin), Vanilla Extract), Free-Range **Egg**, Salted Butter (**Milk**, Salt), **Walnuts** (6%), **Almonds**, Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Cocoa Powder, Cocoa Mass, Vanilla Flavouring, raising agents (Diphosphates, Potassium Hydrogen Carbonate), Salt

### Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 2092/1674, Energy (Kcal) 502/402, Fat (g) 33.3/26.6, of which saturates (g) 17.4/13.9, Carbohydrates (g) 41.3/33.0, of which sugars (g) 36.4/29.1, Fibre (g) 3.0/2.4, Protein (g) 7.9/6.3, Salt (g) 0.70/0.56

## Peach and Almond Bakewell

### Ingredients:

Peach Slices in Syrup (17%) (Peaches, Water, Sugar, Glucose-Fructose Syrup, Acidity Regulator: Citric Acid), Salted Butter (Butter (#Milk#), Salt), Wheat Flour (#Wheat# Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Apricot Jam (Glucose-Fructose Syrup, Apricot Purée, Acidity Regulators: Citric Acid, Sodium Citrates; Gelling Agent: Pectins), Sugar, Pasteurised Free-Range #Egg#, Ground #Almonds# (7%), Cornflour, Water, Soft Light Brown Sugar (Sugar, Cane Molasses), Whipping Cream (Cream (#Milk#), Stabiliser: Carrageenan), Stabiliser: Guar Gum; Salt, Caramelised Sugar Syrup, Concentrated Lemon Juice, Flavouring.

### Nutrition Information:

Typical values per 100g/per slice: Energy kJ 1751/1155, kcal 419/276, Fat 21.7g/14.3g, Of which saturates 11.0g/7.2g, Carbohydrates 49.1g/32.4g, Of which sugars 27.8g/18.3g, Fibre 2.8g/1.8g, Protein 5.4g/3.5g, Salt 0.55g/0.36g.

## Popcorn Bar

### Ingredient List:

White Chocolate (Sugar, Cocoa Butter, Whole **Milk** Powder, Emulsifier (**Soya** Lecithin), Vanilla Extract), Puffed Rice (Rice, Sugar, Salt), Caramel (Sugar, Glucose Syrup, Palm Oil, Sweetened Condensed Milk (**Milk**, Sugar), Rapeseed Oil, Water, Salt, Flavouring, Emulsifier (**Soya** Lecithin), Colours (Curcumin, Annatto)), Popcorn (Corn, Sunflower Oil), Milk Chocolate (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Emulsifier (**Soya** Lecithin), Vanilla Extract), Cocoa Butter).

### Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 2111/718, Energy (Kcal) 502/171, Fat (g) 23.5/8.0, of which saturates (g) 13.8/4.7, Carbohydrates (g) 67.1/22.8, of which sugars (g) 40.9/13.9, Fibre (g) 2.1/0.7, Protein (g) 5.0/1.7, Salt (g) 0.30/0.10

## Pret Bar

### Ingredient List:

**Oats**, Butter (**Milk**), Demerara Sugar (Sugar Beet, Cane Molasses), Sweetened Condensed Milk (Whole **Milk**, Sugar), Golden Syrup (Partially Inverted Refiners Syrup), Dried Apricots (Apricots, Rice Flour), Sweetened Dried Cranberries (Sugar, Cranberries, Sunflower Oil), Pumpkin Seeds, Honey, Sultanas, Sunflower Seeds, Dried Apple Flakes, Orange Pieces (Fruit Concentrates (Concentrated Apple Purée, Concentrated Orange Juice), humectant (Glycerol), Fructose Glucose Syrup, Glucose Syrup, **Wheat** Fibre, Sugar, Palm Fat, Rice Starch, gelling agent (Pectin), acidity regulator (Citric Acid), Orange Flavouring, antioxidant (Ascorbic Acid), colour (Curcumin)), Poppy Seeds, Salt, Orange Zest.

### Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 1826/1169, Energy (Kcal) 436/279, Fat (g) 21/13, of which saturates (g) 11/7, Carbohydrates (g) 54/34, of which sugars (g) 35/22, Fibre (g) 4/2.6, Protein (g) 6.3/4.0, Salt (g) 0.17/0.11

### Pret's Chocolate Brownie Swirl

#### Ingredients:

**Wheat** Flour, Chocolate Flavoured Filling (Powdered Chocolate (Sugar, Cocoa Mass), **Egg** Whites, Sugar), Butter (**Milk**), Water, Sugar, Yeast, Dark Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Sunflower Lecithin), **Wheat** Gluten, **Egg**, Salt, Flour Treatment Agent: Ascorbic Acid.

#### Nutrition Information:

Typical values per 100g/per swirl: Energy 1660kJ/1743kJ, 397kcal/417kcal, Fat 19.8g/20.8g, Of which saturates 12.7g/13.3g, Carbohydrates 45.6g/47.9g, Of which sugars 21.8g/22.9g, Fibre 3.3g/3.5g, Protein 7.4g/7.8g, Salt 0.75g/0.79g.

### Pret's Cinnamon Crown

#### Ingredients:

Wheat Flour (**Wheat** Flour, Niacin, Thiamin, Iron, Riboflavin, Folic Acid), Butter (**Milk**), Water, Powdered Sugar (Cane Sugar, Corn Starch), Cane Sugar, Brown Sugar (Cane Sugar, Cane Molasses), Fresh Yeast, Skimmed **Milk** Powder, Honey, Cream Cheese (Pasteurised Cultured Milk and Cream (**Milk**), Salt, Stabilisers: Xanthan Gum, Locust Bean Gum, Guar Gum), Icing Sugar, Salt, Ground Sweet Cinnamon (Cassia), Dough Conditioner (**Wheat** Flour, Niacin, Iron, Thiamin, Riboflavin, Folic Acid, Stabiliser: Ascorbic Acid), Vanilla (Water, Alcohol, Sugar, Vanilla Bean Extract), Yeast, Malted **Barley** Flour, Lemon Juice Concentrate, **Egg**, Antioxidant: Citric Acid; Flour Treatment Agent: Ascorbic Acid.

#### Nutrition Information:

Typical values per 100g/per pastry: Energy kJ 1697/1646, kcal 406/394, Fat 21.2g/20.5g, Of which saturates 13.7g/13.3g, Carbohydrates 45.2g/43.9g, Of which sugars 18.2g/17.7g, Fibre 3.1g/3.0g, Protein 7.1g/6.8g, Salt 0.88g/0.85g.

### Pret's Perfect Scone

#### Ingredient List:

Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Strawberry Jam (18%) (Strawberries, Sugar, Brown Cane Sugar, Concentrated Lemon Juice, Gelling Agent: Pectins), Water, Unsalted Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Sugar, Sultanas, Salted Butter (4%) (#**Milk**#, Salt), Free-Range #**Egg**#, Raising Agents: Diphosphates, Potassium Carbonates; Skimmed #**Milk**# Powder, Salt.

#### Nutritional Information:

Typical values per 100g/per scone with butter and jam: Energy kJ 1476/2398, kcal 352/572, Fat 14.3g/23.2g, Of which saturates 5.6g/9.2g, Carbohydrates 47.9g/77.8g, Of which sugars 24.6g/39.9g, Fibre 4.8g/7.8g, Protein 5.6g/9.1g, Salt 0.65g/1.05g.

## Raspberry & Almond Bakewell Tart

### Ingredient List:

Raspberry Jam (23%) (Raspberry Puree, Sugar, Glucose Syrup, gelling agent (Pectin), acidity regulators (Citric Acid, Sodium Citrate)), Salted Butter (**Milk**, Salt), Sugar, Ground **Almonds** (14%), Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Free Range **Egg**, Slivered **Almonds** (2%), Flaked **Almonds** (1%), Almond Flavouring.

### Nutritional Information:

Typical values per 100g/Per serving: Energy (KJ) 2005/1705, Energy (Kcal) 481/409, Fat (g) 29.0/24.6, of which saturates (g) 12.4/10.5, Carbohydrates (g) 46.0/39.1, of which sugars (g) 31.0/26.3, Fibre (g) 5.0/4.2, Protein (g) 6.5/5.5, Salt (g) 0.40/0.35

## Raspberry Cheesecake Brownie

### Ingredients:

Full Fat Soft Cheese (24%)(Full Fat Soft Cheese (**Milk**), Salt), Sugar, Free-Range **Egg**, Dark Chocolate (12%)(Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithins; Vanilla Flavouring), Butter (**Milk**), Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raspberries (5%), Digestive Biscuit (2.5%) (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal **Wheat** Flour, Palm Oil, Rapeseed Oil, Sugar, Partially Inverted Sugar Syrup, Raising Agents: Sodium Carbonates, Ammonium Carbonates; Salt), Cocoa Powder, Vanilla Flavouring, Golden Syrup, Salt, Cornflour.

### Nutrition Information:

typical values per 100g/per bar: Energy kJ 1753/964, kcal 420/231, Fat 24.2g/13.3g, Of which saturates 14.9g/8.2g, Carbohydrates 43.2g/23.8g, Of which sugars 33.8g/18.6g, Fibre 1.8g/1.0g, Protein 6.4g/3.5g, Salt 0.50g/0.28g.

## S'mores Cookie

### Ingredients:

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Invert Sugar Syrup, Marshmallows (8%) (Glucose-Fructose Syrup, Sugar, Water, Pork Gelatine, Maize Starch, Flavouring), Butter (**Milk**), Milk Chocolate Pieces (6%) (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Emulsifier: **Soya** Lecithin; Flavouring), Water, Cocoa Powder, **Egg** Powder, Rapeseed Oil, Raising Agents: Sodium Carbonates, Sodium Phosphates; Soluble Coffee Powder, Salt, Flavouring.

### Nutrition Information:

typical values per 100g/per cookie: Energy kJ 1640/1476, kcal 390/351, Fat 11.5g/10.3g, Of which saturates 6.0g/5.4g, Carbohydrates 63.5g/57.2g, Of which sugars 29.1g/26.2g, Fibre 2.6g/2.3g, Protein 6.8g/6.1g, Salt 0.88g/0.79g.

## Spiced Apple and Pecan Muffin

### Ingredients

Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Rapeseed Oil, Pasteurised Free-Range **#Egg#**, **#Pecan Nuts#**, Diced Apple, Demerara Sugar, Dehydrated Apple, Water, Potato Starch, Glycerol, Ground Cinnamon, **#Wheat#** Gluten, Skimmed **#Milk#** Powder, Raising Agents: Sodium Carbonates, Diphosphates; Salt, Flavouring.

### Nutrition Information:

Typical values per 100g/per Muffin: Energy 1805kJ/2094kJ, 432kcal/502kcal, Fat 24.8g/28.8g, Of which saturates 2.2g/2.6g, Carbohydrates 44.9g/52.0g, Of which sugars 24.9g/28.8g, Fibre 2.5g/2.9g, Protein 6.1g/7.1g, Salt 0.63g/0.73g.

## Stem Ginger Cookie

### Ingredients:

Wheat Flour (**#Wheat#** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Soft Dark Brown Sugar (Sugar, Cane Molasses), Unsalted Butter (**#Milk#**) (12%), Ginger Crush (11%) (Stem Ginger, Sugar, Water), Glucose-Fructose Syrup, **#Wheat#** Fibre, Mixed Spices, Lactose Powder (**#Milk#**), Ground Ginger, Black Treacle (Invert Sugar Syrup, Cane Molasses), Raising Agents: Diphosphates, Sodium Carbonates, Calcium Phosphates; Whey Powder (**#Milk#**), Salt, Flavouring, Rapeseed Oil.

### Nutrition Information:

Typical values per 100g/per cookie: Energy 1621kJ/1394kJ, 385kcal/331kcal, Fat 10.4g/8.9g, Of which saturates 6.7g/5.8g, Carbohydrates 67.4g/57.9g, Of which sugars 37.1g/31.9g, Fibre 2.9g/2.5g, Protein 4.0g/3.5g, Salt 0.60g/0.52g.



## Barista Prepared Drinks

Ask your Barista for the nutritional information of any Barista prepared drink

### Organic Coffee

#### Americano

Ingredient List:

Water, Coffee.

#### Babyccino

Ingredient List:

Low Fat **Milk**

#### Cappuccino

Ingredient List:

Low Fat **Milk**, Water, Coffee, Chocolate Powder (Sugar, Cocoa Powder).

#### Flat White

Ingredient List:

Low Fat **Milk**, Water, Coffee.

#### Espresso

Ingredient List:

Water, Coffee

#### Latte

Ingredient List:

Low Fat **Milk**, Water, Coffee.

#### Macchiato

Ingredient List:

Low Fat **Milk**, Water, Coffee.

#### Mocha

Ingredient List:

Low Fat **Milk**, Water, Coffee, Chocolate Powder (Sugar, Cocoa Powder).

## **White Americano**

Ingredient List:

Water, Low Fat **Milk**, Coffee.

*All our Barista prepared coffees can be made with decaffeinated beans – just ask*

## **Syrups / Toppings / Other**

### **Caramel Syrup**

Ingredient List:

Sugar, Water, Natural Flavouring, Acidifying Agent (Citric Acid), Colour (Caramel).

### **Caramelised Almond Syrup**

Ingredients List:

Sugar, Water, Flavourings, colour (Plain Caramel), acidity regulator (Citric Acid).

### **Hazelnut Flavour Syrup**

Ingredient List:

Sugar, Water, Flavouring, Concentrated Lemon Juice, Colour (Plain Caramel); Preservative (Potassium Sorbate)

### **Maple Pecan Syrup**

Ingredient List:

Sugar, Water, Maple syrup, Natural flavouring, Acidity regulator (Citric acid), Natural cinnamon flavouring with other natural flavourings, Preservative (Potassium Sorbate), Natural clove flavouring.

### **Pumpkin Spice Flavour Syrup**

Ingredient List:

Sugar, Water, Natural Pumpkin Flavouring, acid (Citric Acid), Natural Flavouring, colour (Plain Caramel), Natural Cinnamon Flavouring with Other Natural Flavourings, Natural Clove flavouring

### **Salted Caramel Flavour Syrup**

Ingredient List:

Sugar, Water, Salt, Natural Flavouring, colour (Plain Caramel), acidity regulator (Citric Acid).

### **Spiced Citrus Syrup**

Ingredient List:

Sugar, Water, Natural Orange Flavouring, Acidity regulator (Citric Acid), Natural Flavouring, Natural Cinnamon Flavouring with other Natural Flavourings, Natural Tangerine Flavouring, Colours (Plain Caramel, Anthocyanins), Natural Clove Flavouring, Natural Hot Pepper Flavouring

### **Cinnamon Sprinkles**

Ingredient List:

Sugar, Cassia & Ceylon Cinnamon, Burnt Sugar, Palm Fat

### **Sugar Caramel Crunch Topping**

Ingredient List:

Sugar, Burnt Sugar, Flavouring

### **Vanilla Flavour Syrup**

Ingredient List:

Sugar, Water, Natural Flavouring, Natural Vanilla Flavouring, Concentrated Lemon Juice, Preservative (Potassium Sorbate).

### **Cream**

Ingredient List:

Cream (Milk)

### **Sweetener**

Ingredient List:

see individual pack

### **Organic Tea**

#### **English Breakfast**

Ingredients List:

Water, Black Tea.

#### **Earl Grey**

Ingredient List:

Water, Black Tea, Rose Petals, Bergamot Oil

## **Peppermint**

Ingredient List:

Water, Peppermint Leaves, Spearmint Leaves.

## **Tropical Green**

Ingredient List:

Water, Green Tea, Lemongrass, Natural Flavouring, Calendula Flower.

## **Pret's Coolers**

### **Applejito**

**Ingredients:**

Water, Concentrated Apple Juice, Concentrated Lime Juice, Dried Limes, Natural Flavouring, Natural Mint Flavouring with other natural flavourings.

### **Berry Bliss**

**Ingredients:**

Water, Concentrated Apple Juice, Concentrated Blackberry Juice, Dried Limes, Natural Flavouring, Concentrated Lemon Juice, Fruit and Vegetable Concentrates (Carrot and Blueberry).

### **Feelin' Peachy**

**Ingredients:**

Water, Concentrated Apple Juice, Concentrated Peach Puree, Concentrated Passionfruit Puree, Concentrated Pineapple Juice, Dried Oranges, Concentrated Lime Juice, Natural Peach Flavouring, Natural Flavouring, Fruit and Vegetable Concentrates (Carrot and Apple), Natural Pineapple Flavouring with other natural flavourings, colour (Anthocyanins).

### **Rhuberry Breeze**

**Ingredients:**

Water, Concentrated Apple Juice, Freeze-Dried Strawberry, Concentrated Lime Juice, Concentrated Strawberry Juice (<0.5), colour (Anthocyanins), Natural flavouring.

### **Raspberry & Lemonade Cooler**

**Ingredients:**

Water, Concentrated Apple Juice, Concentrated Raspberry Juice, Freeze Dried Raspberry, Natural Raspberry Flavouring With Other Natural Flavourings, Concentrated Sicilian Lemon Juice, colour (Anthocyanins), Concentrated Lime Juice, Natural Flavouring.

### **Mango Sunrise Cooler**

**Ingredients:**

Water, Concentrated Apple Juice, Mango Pulp, Concentrated Orange Juice, Dried Pineapple Slice, Concentrated Lime Juice, Natural Mango Flavouring With Other Natural Flavourings, Colouring Food (Concentrates of Carot and Apple), colour (Anthocyanins), Natural Blood Orange Flavouring, Natural Flavouring.

## Other Drinks

### Chai Latte

#### Ingredient List:

Low Fat **Milk**, Chai (6%) (Cane Sugar, Water, Organic Black Tea Powder, Flavouring, Caramelised Sugar, Organic Vanilla Extract, acidity regulator (Citric Acid), Spice Extracts (Cinnamon, Ginger, Black Pepper)).

### Hot Chocolate

#### Ingredient List:

Low Fat **Milk**, Water, Chocolate Powder (Sugar, Cocoa Powder).

### Matcha Latte

#### Ingredient List:

Coconut Drink (Water, Raw Cane Sugar, Coconut Milk (Coconut Cream, Water), Rice Flour, Natural Coconut Flavouring, Sea Salt, stabiliser (Gellan Gum)), Water, Matcha (Ground Japanese Green) Tea.

*We have recommended recipes, and all the above hot drinks can be served with Low Fat Milk, over ice or with the milk alternatives below.*

## Milk Alternatives

### Oat

#### Ingredient List:

Water, **Oats**, Sunflower Oil, Inulin, Sea Salt.

### Coconut

#### Ingredient List:

Coconut Drink (Water, Raw Cane Sugar, Coconut Milk (Coconut Cream, Water), Rice Flour, Natural Coconut Flavouring, Sea Salt, stabiliser (Gellan Gum)).

### Soya

#### Ingredient List:

Water, Hulled Soya beans (**Soya**), Apple Concentrate, Calcium, Sea Salt.

## Platters

### All Time Classics Platter

2 x Free Range Egg Mayo, 1 x Super Club, 1 x Ham & Cheese, 1 x Smoked Salmon

Ingredients: See individual products for full ingredient list

### Baguette Selection Platter

1 x Italian Prosciutto, 2 x Tuna & Cucumber, 1 x Posh Cheddar, 1 x Chicken Caesar & Bacon, 1 x Ham & Emmental

Ingredients: See individual products for full ingredient list

### Best of Pret Platter

2 x Pret Brownie, 1 x Love Bar, 2 x Choc Bar

Ingredients: See individual products for full ingredient list

### Breakfast Baguette Selection Platter

3 x Smoked Salmon & Egg Mayo, 3 x Egg Mayo & Bacon, 2 x Egg Mayo & Avo, 2 x Egg Mayo & Roasted Tomatoes

Ingredients: See individual products for full ingredient list

### Vegetarian Selection Platter

2 x Cheddar & Pickle, 2 x Free Range Egg Mayo, 1 x Super Greens & Reds

Ingredients: See individual products for full ingredient list

### Brownie Bar Bag

5 x Brownie Bars

Ingredients:

Milk Chocolate (25%) (Sugar, Cocoa Butter, Whole #Milk# Powder, Cocoa Mass, Emulsifier: #Soya# Lecithin; Vanilla Extract), Dark Chocolate (23%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: #Soya# Lecithin; Vanilla Flavouring), Sugar, Pasteurised Free-Range Whole #Egg#, Butter (#Milk#), Fat Reduced Cocoa Powder, Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Cocoa Powder.

### **Love Bar Bag**

5 x Love Bars

#### **Ingredients:**

#Oats# (29%), Caramel (26%) (Sugar, Glucose Syrup, Palm Oil, Sweetened Condensed Milk (Whole #Milk#, Sugar), Rapeseed Oil, Water, Salt, Flavouring, Emulsifier: #Soya# Lecithin; Colours: Curcumin, Annatto Bixin), Salted Butter (Butter (#Milk#), Salt), Golden Syrup (Partially Inverted Refiners Syrup), Dark Chocolate Chunks (5%) (Cocoa Mass, Sugar, Emulsifier: #Soya# Lecithin; Vanilla Extract), Light Brown Sugar, Vanilla Flavoured Pumpkin Seeds (3%) (Pumpkin Seeds, Icing Sugar, Caster Sugar, Vanilla Extract), #Pistachio Nuts# (3%), #Almonds# (3%), Honey.

### **Pret Bar Platter**

2 x Pret Brownie, 1 x Love Bar, 2 x Choc Bar

Ingredients: See individual products for full ingredient list

### **Pastel de Nata**

6 x Pastel de Nata

Ingredients: See individual products for full ingredient list

### **Sweet Pastry Selection Platter**

6 x Butter Croissant, 4 x Almond Croissant, 4 x Chocolate Croissant

Ingredients: See individual products for full ingredient list

### **Vegan Cookie Bag**

5 x Dark Chocolate & Almond Butter Cookies

#### **Ingredients:**

Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Brown Sugar, Dark Chocolate (14%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Sunflower Lecithins, Flavouring, Glucose-Fructose Syrup, Almond Butter (7%) (#Almonds#, Sea Salt), Water, Sugar, Coconut Oil, #Almonds# (3.5%), Invert Sugar, Cocoa Powder, #Wheat# Fibre, Sea Salt, Raising Agent: Sodium Bicarbonate.