

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.

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.

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, #Wheat#germ, 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, Worcester Sauce (Water, Molasses, Spirit Vinegar, Salt, Onion Powder, Tamarind Paste, Spices), Salt, Anchovy Paste (Anchovy (#Fish#), Salt, Olive Oil, White Wine Vinegar), Spirit Vinegar, Dried Garlic), Basil, Lemon Juice.

Nutrition Information- typical values per 100g/per baguette: Energy kJ 886/234, kcal 212/559, 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, #Wheat#germ, 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, #Wheat#germ, 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 kJ 998/2101, kcal 238/500, 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.

### BLT 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), Smoked Streaky Bacon (20%) (Pork Belly, Salt, Preservative: Sodium Nitrite; Antioxidant: Sodium Ascorbate), Tomato (19%), Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Mixed Salad Leaves (5%).

#### Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 1216/2779, kcal 291/664, Fat 14.3g/32.7g, Of which saturates 3.8g/8.8g, Carbohydrates 28.1g/64.3g, Of which sugars 1.8g/4.0g, Fibre 1.4g/3.2g, Protein 11.6g/26.4g, Salt 1.67g/3.82g.

## 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 & 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 kJ 891/2135, kcal 212/508, 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.

## Italian Prosciutto 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), 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.

## Pole & Line Caught Tuna Mayo & Cucumber 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 (41%) (Pole and Line Caught Tuna (#Fish#), Rapeseed Oil, Water, Free-Range #Egg#, Spirit Vinegar, Sugar, Salt, Capers, Red Onion, Spring Onion), Cucumber.

### Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 1025/2372, kcal 245/566, Fat 11.1g/25.7g, Of which saturates 1.7g/3.9g, Carbohydrates 24.6g/57.0g, Of which sugars 1.5g/3.5g, Fibre 1.4g/3.1g, Protein 10.9g/25.1g, Salt 1.02g/2.37g

## Posh Cheddar & Pickle 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), 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), Salad 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.

## Pret's Satay Chicken & Pickled Slaw 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), 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 (7%), Pickled Cabbage (7%) (Red Cabbage, #Barley# Malt Vinegar, Sugar, Water, Sea Salt, Spices), 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 baguette: Energy kJ 942/2388, kcal 224/568, Fat 7.0g/17.8g, Of which saturates 1.1g/2.7g, Carbohydrates 28.3g/71.9g, Of which sugars 4.0g/10.1g, Fibre 1.5g/3.8g, Protein 11.1g/28.0g, Salt 1.2g/3.05g.

## Romesco Style Red Pepper 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), Mixed Peppers (23%) (Peppers, Sunflower Oil, Salt, White Wine Vinegar, Mint, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Roasted Tomato and Pepper Sauce (13%) (Roasted Red Peppers, Water, Roasted Tomatoes, Toasted Soya Spread (Toasted #Soya#, #Soya# Oil, Cane Sugar, Palm Oil, Sea Salt), Roasted Pumpkin Seeds, Rapeseed Oil, Red Wine Vinegar, Roasted Garlic Purée, Lemon Juice Concentrate, Corn Flour, Sugar, Smoked Paprika, Salt, Ground Black Pepper, Stabiliser: Xanthan Gum), Red Pepper (7%), Kalamata Olives (Kalamata Olives, Salt, Rapeseed Oil), Basil.

### Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 1005/2411, kcal 240/577, Fat 12.6g/30.2g, Of which saturates 7.1g/17.1g, Carbohydrates 24.9g/59.8g, Of which sugars 2.4g/5.8g, Fibre 2.4g/5.8g, Protein 5.6g/13.5g, Salt 0.90g/2.16g.

## **Smoked Salmon & Cream Cheese 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), Smoked Salmon (32%) (Salmon (#Fish#), Sea Salt), Full Fat Soft Cheese (13%) (#Milk#, Stabiliser: Locust Bean Gum; Acidity Regulator: Citric Acid), Lemon Juice, Dill, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 1039/2158, kcal 248/514, Fat 10.0g/20.8g, Of which saturates 3.1g/6.4g, Carbohydrates 25.6g/53.2g, Of which sugars 1.6g/3.4g, Fibre 2.0g/4.2g, Protein 12.8g/26.5g, Salt 1.76g/3.65g.

## **The Med Chicken 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), Chicken (20%) (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)), Tomato, Feta Cheese (#Milk#) (6%), Cucumber, Kalamata Olives (3.5%) (Kalamata Olives, Salt, Rapeseed Oil), Basil.

### Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 876/2186, kcal 209/521, Fat 8.4g/20.9g, Of which saturates 1.8g/4.6g, Carbohydrates 21.7g/54.2g, Of which sugars 1.5g/3.7g, Fibre 1.8g/4.6g, Protein 10.8g/26.8g, Salt 0.80g/1.99g.

## **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), Mixed Salad Leaves.

### 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.

## 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, Folic Acid, Thiamin), Water, Malted #Wheat# Flakes, #Wheat# Bran, Yeast, #Barley# Malt Flour, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Avocado (30%), Chicken (21%) (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)), Mixed Salad Leaves, Basil, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

#### Nutrition Information:

Typical values per 100g/per sandwich: Energy kJ 751/1807, kcal 179/430, Fat 5.8g/13.9g, Of which saturates 0.7g/1.7g, Carbohydrates 19.5g/46.9g, Of which sugars 1.1g/2.6g, Fibre 1.5g/3.7g, Protein 11.4g/27.4g, Salt 0.58g/1.39g.

### Chicken Salad

#### Ingredients:

Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Water, Malted #Wheat# Flakes, #Wheat# Bran, Yeast, #Barley# Malt Flour, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Chicken (23%) (Chicken Breast, Salt), Cucumber (15%), Mayonnaise (Rapeseed Oil, Water, Free Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Butter (#Milk#), Mixed Salad Leaves (5%), Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

#### Nutrition Information:

Typical values per 100g/per sandwich: Energy kJ 1055/2255, kcal 253/540, Fat 14.4g/30.8g, Of which saturates 3.6g/7.8g, Carbohydrates 19.9g/42.5g, Of which sugars 1.3g/2.9g, Fibre 1.8g/3.9g, Protein 10.0g/21.3g, Salt 0.75g/1.60g.

### Classic Super Club

#### Ingredients:

Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Water, Malted #Wheat# Flakes, #Wheat# Bran, Yeast, #Barley# Malt Flour, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Tomato, Chicken (20%) (Chicken Breast, Salt), Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Smoked Streaky Bacon (6%) (Pork Belly, Salt, Preservative: Sodium Nitrite; Antioxidant: Sodium Ascorbate), Mixed Salad Leaves, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

#### Nutrition Information:

Typical values per 100g/per sandwich: Energy kJ 903/2269, kcal 216/542, Fat 11.0g/27.7g, Of which saturates 1.7g/4.3g, Carbohydrates 17.8g/44.7g, Of which sugars 1.6g/4.1g, Fibre 1.5g/3.9g, Protein 10.6g/26.8g, Salt 0.91g/2.29g.

## Egg Florentine

### Ingredients:

Chopped Free-Range Egg Mayo Mix (34%) (Free-range #Egg#, Rapeseed Oil, Water, Spirit Vinegar, Sugar, Salt, Black Pepper), Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Water, Malted #Wheat# Flakes, #Wheat# Bran, Yeast, #Barley# Malt Flour, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Tomato, Hard Cheese (#Milk#) (7%), Spinach.

### Nutrition Information:

Typical values per 100g/per sandwich: Energy kJ 801/2087, kcal 191/499, Fat 9.2g/23.9g, Of which saturates 2.0g/5.3g, Carbohydrates 17.5g/45.5g, Of which sugars 1.5g/3.9g, Fibre 1.9g/4.9g, Protein 8.8g/23.0g, Salt 0.62g/1.61g

## Ham & Cheese

### Ingredients:

Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Water, Malted #Wheat# Flakes, #Wheat# Bran, Yeast, #Barley# Malt Flour, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of 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; Demerara 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 1136/2210, kcal 271/528, Fat 13.6g/26.4g, Of which saturates 8.0g/15.6g, Carbohydrates 21.1g/41.0g, Of which sugars 1.3g/2.4g, Fibre 1.7g/3.4g, Protein 15.4g/30.0g, Salt 1.53g/2.97g.

## Humous & Veg

### Ingredients:

Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Water, Malted #Wheat# Flakes, #Wheat# Bran, Yeast, #Barley# Malt Flour, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of 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 765/1444, kcal 182/344, Fat 5.4g/10.3g, Of which saturates 0.7g/1.3g, Carbohydrates 26.0g/49.0g, Of which sugars 3.8g/7.3g, Fibre 3.4g/6.4g, Protein 5.6g/10.6g, Salt 0.73g/1.39g.

## Kids' Cheese & Tomato Triangles

### Ingredients:

Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Water, Malted #Wheat# Flakes, #Wheat# Bran, Yeast, #Barley# Malt Flour, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Tomato (24%), Emmental Cheese (#Milk#) (22%), Full Fat Soft Cheese (8%) (#Milk#), Stabiliser: Locust Bean Gum, Acidity Regulator: Citric Acid).

### Nutrition Information:

Typical values per 100g/per sandwich: Energy kJ 935/1669, kcal 223/398, Fat 8.7g/15.6g, Of which saturates 5.5g/9.8g, Carbohydrates 24.0g/42.8g, Of which sugars 2.2g/3.8g, Fibre 2.0g/3.55g, Protein 11.1g/19.7g, Salt 0.74g/1.33g.

## Kids' Chicken & Cucumber Triangles

### Ingredients:

Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Water, Malted #Wheat# Flakes, #Wheat# Bran, Yeast, #Barley# Malt Flour, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of 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:

Typical values per 100g/per sandwich: Energy kJ 923/1593, kcal 220/380, Fat 8.5g/14.7g, Of which saturates 0.6g/1.1g, Carbohydrates 24.2g/41.7g, Of which sugars 1.5g/2.6g, Fibre 2.1g/3.6g, Protein 10.6g/18.3g, Salt 0.64g/1.10g.

## Kids' Ham Triangles

### Ingredients:

Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Water, Malted #Wheat# Flakes, #Wheat# Bran, Yeast, #Barley# Malt Flour, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Ham (41%) (Pork, Water, Salt, Glucose Syrup, Yeast Extract, Emulsifier: Triphosphates; Preservative: Sodium Nitrite; Demerara Sugar, Antioxidant: Sodium Ascorbate; Dextrose), Butter (#Milk#).

### Nutrition Information:

Typical values per 100g/per sandwich: Energy kJ 901/1333, kcal 214/316, Fat 5.0g/7.5g, Of which saturates 2.6g/3.8g, Carbohydrates 27.6g/40.8g, Of which sugars 1.6g/2.4g, Fibre 2.2g/3.3g, Protein 13.4g/19.8g, Salt 1.27g/1.88g.

## Mature Cheddar & Pret Pickle

### Ingredients:

Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Water, Malted #Wheat# Flakes, #Wheat# Bran, Yeast, #Barley# Malt Flour, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Tomato, Mature Cheddar Cheese (#Milk#) (16%), Pret Pickle (10%) (Apple, Sugar, Water, Balsamic Vinegar (Red Wine Vinegar, Grape Must), Tomato Purée, Kibbled Onion, Raisins, Garlic Purée, Salt, Apple Extract, Ginger Powder), Mixed Salad Leaves, 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 sandwich: Energy kJ 899/2178, kcal 215/520, Fat 10.0g/24.2g, Of which saturates 3.9g/9.6g, Carbohydrates 22.5g/54.5g, Of which sugars 5.4g/13.1g, Fibre 1.8g/4.4g, Protein 7.8g/19.0g, Salt 0.97g/2.34g.

## Pulled Ham and Pickle

### Ingredients:

Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Water, Malted #Wheat# Flakes, #Wheat# Bran, Yeast, #Barley# Malt Flour, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Tomato, Pulled Ham (16%) (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), Mixed Salad Leaves, 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 722/1750, kcal 172/416, Fat 4.9g/11.9g, Of which saturates 0.6g/1.5g, Carbohydrates 22.4g/54.3g, Of which sugars 5.3g/12.8g, Fibre 2.1g/5.0g, Protein 8.4g/20.3g, Salt 1.22g/2.96g.

## Smoked Salmon

### Ingredients:

Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Water, Malted #Wheat# Flakes, #Wheat# Bran, Yeast, #Barley# Malt Flour, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Smoked Salmon (42%) (Salmon (#Fish#), Sea Salt), Butter (#Milk#), Lemon Juice, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### Nutrition Information:

Typical values per 100g/per sandwich: Energy kJ 1122/1770, kcal 268/422, Fat 11.5g/18.2g, Of which saturates 3.4g/5.4g, Carbohydrates 25.8g/40.8g, Of which sugars 1.4g/2.2g, Fibre 2.1g/3.4g, Protein 14.1g/22.2g, Salt 2.02g/3.18g.

## Tuna & Cucumber

### Ingredients:

Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Water, Malted #Wheat# Flakes, #Wheat# Bran, Yeast, #Barley# Malt Flour, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Tuna Mayonnaise (37%) (Pole and Line Caught Tuna (#Fish#), Rapeseed Oil, Water, Free-Range #Egg#, Spirit Vinegar, Sugar, Salt, Capers, Red Onion, Spring Onion), Cucumber.

### Nutrition Information:

Typical values per 100g/per sandwich: Energy kJ 963/1734, kcal 230/414, Fat 10.3g/18.5g, Of which saturates 1.5g/2.8g, Carbohydrates 23.1g/41.6g, Of which sugars 1.6g/2.9g, Fibre 2.1g/3.8g, Protein 10.2g/18.4g, Salt 0.75g/1.34g.

## Veggie New Yorker

### Ingredients:

Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Water, Malted #Wheat# Flakes, #Wheat# Bran, Yeast, #Barley# Malt Flour, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Mature Cheddar Cheese (#Milk#) (19%), Gherkins (17%) (Gherkin, Sugar, Vinegar, Salt, Flavouring, #Mustard# Seeds, Colour: Riboflavin), Pickled Cabbage (14%) (Red Cabbage, #Barley# Malt Vinegar, Sugar, Water, Sea Salt, Spices), Mustard Mayonnaise (Rapeseed Oil, Water, Free Range #Egg# Yolk, #Mustard# Flour, Spirit Vinegar, Cornflour, Sugar, Salt, Colours: Curcumin, Plain Caramel), Rocket.

### Nutrition Information:

Typical values per 100g/per sandwich: Energy kJ 1005/2165, kcal 240/518, Fat 12.3g/26.6g, Of which saturates 4.5g/9.8g, Carbohydrates 22.8g/49.0g, Of which sugars 4.5g/9.8g, Fibre 2.0g/4.3g, Protein 8.6g/18.4g, Salt 1.12g/2.40g.

## Slims

### Slim Chicken, Avocado & Basil

#### Ingredients:

Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Water, Malted #Wheat# Flakes, #Wheat# Bran, Yeast, #Barley# Malt Flour, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Avocado (30%), Chicken (21%) (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)), Mixed Salad Leaves, Basil, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil)

#### Nutrition Information:

Typical values per 100g/per sandwich: Energy kJ 751/903, kcal 179/215, Fat 5.8g/7.0g, Of which saturates 0.7g/0.9g, Carbohydrates 19.5g/23.5g, Of which sugars 1.1g/1.3g, Fibre 1.5g/1.8g, Protein 11.4g/13.7g, Salt 0.58g/0.70g.

### Chicken Caeser & Bacon Half 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), Chicken (23%) (Chicken Breast, Salt), Caesar Mayonnaise (9%) (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Italian Hard Cheese (Cheese (#Milk#), Preservative: Lysozyme (#Egg#)), Red Wine Vinegar, Sugar, Cornflour, Concentrated Lemon Juice, Worcester Sauce (Water, Molasses, Spirit Vinegar, Salt, Onion Powder, Tamarind Paste, Spices), Salt, Anchovy Paste (Anchovy (#Fish#), Salt, Olive Oil, White Wine Vinegar), Spirit Vinegar, Dried Garlic), Yoghurt Mayonnaise Mix (Greek Style Yoghurt (#Milk#), Mayonnaise (Rapeseed Oil, Water, Free Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice)), Streaky Bacon (4.5%) (Pork Belly, Water, Salt, Preservative: Sodium Nitrite; Antioxidant: Sodium Ascorbate), 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.

### Italian Prosciutto Half 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), Tomato, Prosciutto Ham (17%) (Pork, Salt, Spices, Preservatives: Potassium Nitrate, Sodium Nitrite), Mayonnaise (Rapeseed Oil, Water, Free Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Hard Cheese (#Milk#), Basil.

#### Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 1016/1120, kcal 243/267, Fat 11.0g/12.1g, Of which saturates 2.7g/2.9g, Carbohydrates 24.7g/27.2g, Of which sugars 1.6g/1.8g, Fibre 2.1g/2.4g, Protein 10.2g/11.2g, Salt 1.46g/1.61g.

## **Slim Classic Super Club**

### Ingredients:

Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Water, Malted #Wheat# Flakes, #Wheat# Bran, Yeast, #Barley# Malt Flour, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Tomato, Chicken (20%) (Chicken Breast, Salt), Mayonnaise (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Smoked Streaky Bacon (6%) (Pork Belly, Salt, Preservative: Sodium Nitrite; Antioxidant: Sodium Ascorbate), Mixed Salad Leaves, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### Nutrition Information:

Typical values per 100g/per sandwich: Energy kJ 903/1134, kcal 216/271, Fat 11.0g/13.8g, Of which saturates 1.7g/2.1g, Carbohydrates 17.8g/22.3g, Of which sugars 1.6g/2.1g, Fibre 1.5g/1.9g, Protein 10.6g/13.4g, Salt 0.91g/1.14g.

## **Posh Cheddar & Pickle Half 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), 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), Salad 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.

## **Pole & Line Caught Tuna Mayo & Cucumber Half 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 (41%) (Pole and Line Caught Tuna (#Fish#), Rapeseed Oil, Water, Free-Range #Egg#, Spirit Vinegar, Sugar, Salt, Capers, Red Onion, Spring Onion), Cucumber.

### Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 1025/1186, kcal 245/283, Fat 11.1g/12.9g, Of which saturates 1.7g/1.9g, Carbohydrates 24.6g/28.5g, Of which sugars 1.5g/1.7g, Fibre 1.4g/1.6g, Protein 10.9g/12.6g, Salt 1.02g/1.18g.

## **The Med Chicken Half 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), Chicken (20%) (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)), Tomato, Feta Cheese (#Milk#) (6%), Cucumber, Kalamata Olives (3.5%) (Kalamata Olives, Salt, Rapeseed Oil), Basil.

### Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 876/1093, kcal 209/261, Fat 8.4g/10.4g, Of which saturates 1.8g/2.3g, Carbohydrates 21.7g/27.1g, Of which sugars 1.5g/1.8g, Fibre 1.8g/2.3g, Protein 10.8g/13.4g, Salt 0.80g/1.00g.

## 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.

### 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 (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), Mixed Salad Leaves, Coriander.

#### Nutrition Information:

Typical values per 100g/per wrap: Energy kJ 834/1999, kcal 199/477, Fat 9.3g/22.2g, Of which saturates 5.5g/13.1g, Carbohydrates 18.2g/43.6g, Of which sugars 3.5g/8.4g, Fibre 1.5g/3.7g, Protein 10.0g/23.8g, Salt 1.00g/2.40g.

### Avocado & Chipotle Chicken Flatbread

#### Ingredients:

Avocado (25%), Flatbread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Salt), Chicken (18%) (Chicken Breast, Salt), Chipotle Ketchup (11%) (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), Greek Style Yoghurt (#Milk#), Red Pepper, Spinach, Coriander, Lemon Juice, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

#### Nutrition Information:

Typical values per 100g/per flatbread: Energy kJ 698/1981, kcal 166/471, Fat 5.7g/16.2g, Of which saturates 1.0g/2.8g, Carbohydrates 20.2g/57.2g, Of which sugars 3.6g/10.1g, Fibre 1.0g/2.9g, Protein 8.0g/22.8g, Salt 0.46g/1.31g.

## Chicken Caesar & Roasted Pistachio Flatbread

### Ingredients:

Flatbread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Salt), Chicken (26%) (Chicken Breast, Salt), Tomato, Caesar Mayonnaise (9%) (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Italian Hard Cheese (Cheese (#Milk#), Preservative: Lysozyme (#Egg#)), Red Wine Vinegar, Sugar, Cornflour, Concentrated Lemon Juice, Worcester Sauce (Water, Molasses, Spirit Vinegar, Salt, Onion Powder, Tamarind Paste, Spices), Salt, Anchovy Paste (Anchovy (#Fish#), Salt, Olive Oil, White Wine Vinegar), Spirit Vinegar, Dried Garlic), Mayonnaise (Rapeseed Oil, Water, Free Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Mixed Salad Leaves, Roasted #Pistachio Nuts# (3%), Hard Cheese (#Milk#).

### Nutrition Information:

Typical values per 100g/per flatbread: Energy kJ 1056/2447, kcal 253/585, Fat 13.3g/30.8g, Of which saturates 1.6g/3.6g, Carbohydrates 20.9g/48.4g, Of which sugars 2.4g/5.5g, Fibre 1.5g/3.5g, Protein 11.6g/26.8g, Salt 0.55g/1.27g.

## Italian Style Pesto Chicken Flatbread

### Ingredients:

Flatbread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Salt), Chicken (25%) (Chicken Breast, Salt), Tomato, Pesto (Rapeseed Oil, Basil, Spinach, Pine Nuts, Basil Paste (Basil, Sunflower Oil, Salt, Ascorbic Acid), Medium Fat Hard Cheese (#Milk#), Garlic Purée, Acidity Regulator: Citric Acid; Salt), Mayonnaise (Rapeseed Oil, Water, Free Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Rocket, Roasted Pine Nuts, Lemon Juice, Basil.

### Nutrition Information:

Typical values per 100g/per flatbread: Energy kJ 993/2392, kcal 238/572, Fat 12.8g/30.8g, Of which saturates 1.4g/3.3g, Carbohydrates 19.6g/47.2g, Of which sugars 2.0g/4.8g, Fibre 1.5g/3.6g, Protein 10.3g/24.8g, Salt 0.54g/1.30g.

## 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.

## Mediterranean Style Tuna Flatbread

### Ingredients:

Tuna Mayonnaise (32%) (Pole and Line Caught Tuna (#Fish#), Rapeseed Oil, Water, Free-Range #Egg#, Spirit Vinegar, Sugar, Salt, Capers, Red Onion, Spring Onion), Flatbread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Salt, Tomato, Red Pepper, Spinach, Kalamata Olives (4.5%) (Kalamata Olives, Salt, Rapeseed Oil), Red Onion, Basil.

### Nutrition Information:

Typical values per 100g/per flatbread: Energy kJ 800/2342, kcal 191/560, Fat 10.0g/29.2g, Of which saturates 1.5g/4.4g, Carbohydrates 16.8g/49.1g, Of which sugars 2.7g/8.0g, Fibre 1.6g/4.7g, Protein 7.8g/22.9g, Salt 0.65g/1.90g.

## 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 kJ 717/1753, kcal 170/416, 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 kJ 849/2362, kcal 203/565, 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.

## Rolls

### Salt Beef Rye Roll

#### Ingredients:

Barley and Rye Roll (#Wheat# Flour, Water, Potato Flakes, Sea Salt, Yeast, #Barley# Malt Flour, Rye Sourdough (Wholemeal #Rye# Flour, Water, Starter Culture), Calcium Carbonate, Malted #Wheat# Flour, Flour Treatment Agent: Ascorbic Acid; Rice Flour, Niacin, Iron), Salt Beef (20%) (Beef, Salt, Dextrose, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite), Gherkins (14%) (Gherkin, Sugar, Vinegar, Salt, Flavouring, #Mustard# Seeds, Colour: Riboflavin), Mustard Mayonnaise (7%) (Rapeseed Oil, Water, Free Range #Egg# Yolk, #Mustard# Flour, Spirit Vinegar, Cornflour, Sugar, Salt, Colours: Curcumin, Plain Caramel), Pickled Cabbage (Red Cabbage, #Barley# Malt Vinegar, Sugar, Water, Sea Salt, Spices), Crispy Onions (Onion, Palm Oil, #Wheat# Flour, Salt), Rocket.

#### Nutrition Information:

Typical values per 100g/per roll Energy kJ 945/1678, kcal 225/399, Fat 7.8g/13.9g, Of which saturates 1.8g/3.1g, Carbohydrates 27.4g/48.7g, Of which sugars 5.5g/9.7g, Fibre 2.4g/4.3g, Protein 10.0g/17.8g, Salt 1.12g/1.99g.

### 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 Culture), Malted #Wheat# Flour, Flour Treatment Agent: Ascorbic Acid; Rice Flour), Smoked Salmon (20%) (Salmon (#Fish#), Sea Salt, Cucumber, Pickled Cabbage (9%) (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 970/1679, kcal 231/400, Fat 9.1g/15.8g, Of which saturates 1.1g/1.9g, Carbohydrates 26.9g/46.6g, Of which sugars 4.9g/8.5g, Fibre 2.2g/3.8g, Protein 9.2g/16.0g, Salt 1.37g/2.36g.

### 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.

## Breakfast

### Avo & 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 Mayo Mix (33%) (Free-Range #Egg#, Rapeseed Oil, Water, Spirit Vinegar, Sugar, Salt, Black Pepper), Avocado (27%), Lemon Juice, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

#### Nutrition Information :

Typical values per 100g/per baguette: Energy kJ 978/2569, kcal 234/614, Fat 12.1g/31.8g, Of which saturates 2.0g/5.3g, Carbohydrates 22.6g/59.3g, Of which sugars 1.0g/2.6g, Fibre 2.0g/5.2g, Protein 7.7g/20.2g, Salt 1.05g/2.76g.

### Acai, Banana & Almond Butter Bowl

#### Ingredients:

Acai and Fruit Purée (57%) (Acai Berry Purée (Water, Acai Berries), Cherry Purée, Banana Purée, Water, Blackcurrants, Blackcurrant Juice Concentrate, Sugar, Blackberries, Raspberries, Strawberries, #Oats#, Stabiliser: Xanthan Gum), Granola (#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), Banana (14%), Almond Butter (8%) (#Almonds#, Sea Salt), Pomegranate Seeds.

#### Nutrition Information :

Typical values per 100g/per bowl: Energy kJ 773/1382, kcal 185/330, Fat 7.5g/13.4g, Of which saturates 1.0g/1.7g, Carbohydrates 22.8g/40.7g, Of which sugars 15.2g/27.2g, Fibre 3.6g/6.4g, Protein 4.7g/8.4g, Salt 0.14g/0.24g

### 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.

### Bacon & 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 Mayo Mix (43%) (Free-Range #Egg#, Rapeseed Oil, Water, Spirit Vinegar, Sugar, Salt, Black Pepper), Smoked Streaky Bacon (7%) (Pork Belly, Salt, Preservative: Sodium Nitrite; Antioxidant: Sodium Ascorbate).

#### Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 1163/2360, kcal 277/563, Fat 12.6g/25.6g, Of which saturates 2.4g/4.8g, Carbohydrates 28.6g/58.0g, Of which sugars 1.2g/2.3g, Fibre 1.4g/2.9g, Protein 11.7g/23.8g, Salt 1.34g/2.72g.

### 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.

## Breakfast Egg & Avo

### 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 Mayo Mix (31%) (Free-Range #Egg#, Rapeseed Oil, Water, Spirit Vinegar, Sugar, Salt, Black Pepper), Avocado (24%), Lemon Juice, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 991/1505, kcal 237/359, Fat 11.0g/16.7g, Of which saturates 1.8g/2.7g, Carbohydrates 25.5g/38.7g, Of which sugars 1.1g/1.7g, Fibre 2.0g/3.1g, Protein 7.9g/12.0g, Salt 1.30g/1.97g.

## Breakfast Egg & Bacon

### 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 Mayo Mix (45%) (Free-Range #Egg#, Rapeseed Oil, Water, Spirit Vinegar, Sugar, Salt, Black Pepper), Smoked Streaky Bacon (7%) (Pork Belly, Salt, Preservative: Sodium Nitrite; Antioxidant: Sodium Ascorbate).

### Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 1157/1608, 276/384, Fat 12.9g/17.9g, Of which saturates 2.4g/3.3g, Carbohydrates 27.6g/38.4g, Of which sugars 1.1g/1.5g, Fibre 1.4g/1.9g, Protein 11.7g/16.3g, Salt 1.32g/1.83g.

## Breakfast Egg & Tomato

### 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 Mayo Mix (42%) (Free-Range #Egg#, Rapeseed Oil, Water, Spirit Vinegar, Sugar, Salt, Black Pepper), Roasted Tomatoes (13%) (Tomato, Sugar, Salt, Sunflower Oil).

### Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 1062/1578, kcal 253/377, Fat 11.4g/16.9g, Of which saturates 1.3g/1.9g, Carbohydrates 27.7g/41.2g, Of which sugars 3.0g/4.5g, Fibre 2.0g/3.0g, Protein 9.1g/13.5g, Salt 1.12g/1.66g.

## Breakfast Salmon & Egg

### 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 Mayo Mix (41%) (Free-Range #Egg#, Rapeseed Oil, Water, Spirit Vinegar, Sugar, Salt, Black Pepper), Smoked Salmon (12%) (Salmon (#Fish#), Sea Salt), Salad Cress.

### Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 1032/1590, kcal 246/379, Fat 11.1g/17.1g, Of which saturates 1.4g/2.2g, Carbohydrates 24.9g/38.3g, Of which sugars 1.0g/1.6g, Fibre 1.3g/2.0g, Protein 11.1g/17.1g, Salt 1.29g/1.99g.

## Blueberry & Coconut Balance Bowl

### Ingredients:

Greek Style Yoghurt (#Milk#), Blueberry and Spirulina Compote (30%) (Coconut Milk (Coconut Extract, Water), Apple, Blueberry Purée, Sugar, Water, Lime Juice Concentrate, Stabiliser: Xanthan Gum; Spirulina Extract), Semi-Skimmed #Milk#, Oat and Seed Blend (#Oats#, Hemp Seeds, Pumpkin Seeds), Coconut.

### Nutrition Information:

Typical values per 100g/per bowl: Energy kJ 625/1306, kcal 149/312, Fat 7.1g/14.9g, Of which saturates 4.9g/10.3g, Carbohydrates 14.9g/31.1g, Of which sugars 7.7g/16.2g, Fibre 2.1g/4.5g, Protein 5.4g/11.2g, Salt 0.11g/0.23g.

## 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.

## 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.

## 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 & Seed Bircher Muesli

### Ingredients:

Greek Style Yogurt (#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, Sultanas, Sugar, Sunflower Seeds, Dried Cranberries, Sunflower Oil), Pomegranate Seeds, Roasted #Pistachio Nuts#.

### Nutrition Information:

Typical values per 100g/per bowl: Energy kJ 849/1857, kcal 202/443, Fat 8.5g/18.6g, Of which saturates 2.9g/6.2g, Carbohydrates 23.5g/51.5g, Of which sugars 16.1g/35.3g, Fibre 2.4g/5.2g, Protein 6.8g/14.9g, Salt 0.10g/0.21g.

## 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.

## 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.

## 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.

## Mindful Matcha & Banana Bowl

### Ingredients:

Greek Style Yoghurt (#Milk#), Granola (#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), Banana (11%), Honey, Pomegranate Seeds, Organic Matcha Tea, Freeze Dried Raspberries.

### Nutrition Information

Typical values per 100g/per bowl: Energy kJ 624/1408, kcal 149/336, Fat 6.0g/13.6g, Of which saturates 2.9g/6.5g, Carbohydrates 17.7g/40.0g, Of which sugars 12.7g/28.6g, Fibre 1.6g/3.7g, Protein 5.1g/11.5g, Salt 0.09g/0.21g.

## 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.

## Roasted Tomatoes & 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 Mayo Mix (40%) (Free-Range #Egg#, Rapeseed Oil, Water, Spirit Vinegar, Sugar, Salt, Black Pepper), Roasted Tomatoes (14%) (Tomato, Sugar, Salt, Sunflower Oil).

### Nutrition Information:

Typical values per 100g/per baguette: Energy kJ 1065/2315, kcal 254/552, Fat 11.0g/24.0g, Of which saturates 1.2g/2.7g, Carbohydrates 28.6g/62.2g, Of which sugars 3.1g/6.7g, Fibre 2.1g/4.5g, Protein 9.0g/19.7g, Salt 1.13g/2.47g.

## The Big Apple Bowl

### Ingredients:

Greek Style Yoghurt (#Milk#), Apple (21%), #Oats#, Brown Sugar, Golden Syrup (Partially Inverted Refiners Syrup), Dark Muscovado Sugar, Pumpkin Seeds, Rapeseed Oil, Golden Linseed, Raisins (Raisins, Sunflower Oil), Ground Sweet Cinnamon (Cassia), Concentrated Apple Juice, Buckwheat Flakes, Ground Cinnamon, Salt.

### Nutrition Information:

Typical values per 100g/per bowl: Energy kJ 640/1244, kcal 153/296, Fat 5.7g/11.1g, Of which saturates 2.6g/5.1g, Carbohydrates 19.8g/38.5g, Of which sugars 14.0g/27.2g, Fibre 1.3g/2.6g, Protein 4.8g/9.2g, Salt 0.09g/0.18g.

## The Big Apple Porridge

### Ingredients:

Whole #Milk#, #Oats#, Apple (6%), Brown Sugar, Ground Sweet Cinnamon (Cassia).

### Nutrition Information:

Typical values per 100g/per bowl: Energy kJ 451/1509, kcal 107/360, Fat 3.5g/11.8g, Of which saturates 2.0g/6.5g, Carbohydrates 13.9g/46.7g, Of which sugars 8.0g/26.8g, Fibre 2.8g/9.3g, Protein 3.6g/12.1g, Salt 0.09g/0.31g.

## 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 kJ 1283/1616, kJ 306/386, 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 kJ 1425/2224, kcal 342 /533, 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 kJ 1091/2003, kcal 261/479, 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 0.2g/1.0g, of which saturates 0.1g/0.3g, Carbohydrates 4.8g/24g, of which sugars 4.8g/24g, Fibre 0.5g/2.5g, Protein 0.1g/0.5g, Salt 0g/0g

### **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 0g/0g, of which saturates 0g/0g, Carbohydrates 4.4g/17.6g, of which sugars 3.5g/14.0g, Fibre 0g/0g, Protein 0g/0g, Salt 0.05g/0.22g.

### **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 0.3g/0.3g, of which saturates 0.1g/0.1g, Carbohydrates 10.4g/11.4g, of which sugars 8.8g/9.7g, Fibre 1.8g/2g, Protein 0.7g/0.8g, Salt 0g/0g.

## **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 0.2g/1.2g, of which saturates 0.1g/0.5g, Carbohydrates 4.3g/21.7g, of which sugars 4.3g/21.7g, Fibre 0.5g/2.5g, Protein 0.1g/0.5g, Salt 0g/0g.

## **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 0.2g/0.2g, of which saturates 0g/0g, Carbohydrates 4.7g/5.2g, of which sugars 3.4g/3.7g, Fibre 1.3g/1.4g, Protein 0.4g/0.4g, Salt 0g/0g.

## **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 0.2g/1g, of which saturates 0.1g/0.3g, Carbohydrates 3.9g/19.3g, of which sugars 3.9g/19.3g, Fibre 0.5g/2.5g, Protein 0.1g/0.5g, Salt 0g/0g.

## **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 0.3g/1.3g, of which saturates 0.1g/0.3g, Carbohydrates 4.7g/23.3g, of which sugars 4.7g/23.3g, Fibre 0.5g/2.5g, Protein 0.1g/0.5g, Salt 0g/0g.

## **Orange Juice**

### **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 0g/0g, of which saturates 0g/0g, Carbohydrates 7.9g/26.1g, of which sugars 7.6g/25.1g, Fibre 0g/0g, Protein 0g/0g, Salt 0g/0g

## **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 0g/0g, of which saturates 0g/0g, Carbohydrates 0g/0g, of which sugars 0g/0g, Fibre 0g/0g, Protein 0g/0g, Salt 0g/0g

## **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 0g/0g, of which saturates 0g/0g, Carbohydrates 9g/29.7g, of which sugars 8.9g/29.4g, Fibre 0g/0g, Protein 0g/0g, Salt 0g/0g.

## **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 0g/0g, of which saturates 0g/0g, Carbohydrates 7.4g/24.4g, of which sugars 6.7g/22.2g, Fibre 0g/0g, Protein 0g/0g, Salt 0g/0g.

## **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 0g/0, of which saturates 0g/0g, Carbohydrates 0g/0g, of which sugars 0g/0g, Fibre 0g/0g, Protein 0g/0g, Salt 0g/0g.

## **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 0g/0g, Carbohydrates 8.1g/26.7g, of which sugars 8.1g/26.7g, Protein 0g/0g, Salt 0g/0g.

## **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

### Medley Pot

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.

## Pret's Hot:

### Hot Baguettes

#### Chicken, Stuffing & Cranberry 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), 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, #Wheat#germ, 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 kJ 890/2256, kcal 212/537, 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, #Wheat#germ, 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 kJ 980 /2390, kcal 234/570, 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 kJ 1043/2324, kcal 249/554, 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), 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.

### 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.

## Hot Bakes

### Feta & Red Pepper Frittata

#### Ingredients:

Free-Range #Egg#, Semi-Skimmed #Milk#, Red Pepper (5%), Feta Cheese (#Milk#) (4%), Spinach, Hard Cheese (#Milk#), Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

#### Nutrition Information:

Typical values per 100g/per Frittata: Energy kJ 465/1624, kcal 111/390, Fat 7.3g/25.4g, Of which saturates 2.7g/9.5g, Carbohydrates 1.8g/6.3g, Of which sugars 1.6g/5.5g, Fibre 0.1g/0.5g, Protein 9.7g/33.9g, Salt 0.50g/1.76g.

## Toasties

### Ham & Cheese Sourdough Toastie

#### Ingredients:

Sourdough Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Wholemeal #Wheat# Flour, Wholegrain #Rye# Flour, Salt, #Wheat# Flour, Fermented #Wheat# Flour), Ham (23%) (Pork, Water, Salt, Glucose Syrup, Yeast Extract, Emulsifier: Triphosphates; Preservative: Sodium Nitrite; Demerara Sugar, Antioxidant: Sodium Ascorbate; Dextrose), Mature Cheddar Cheese (#Milk#) (15%), 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 1034/2741, kcal 246/653, Fat 9.9g/26.2g, Of which saturates 3.9g/10.3g, Carbohydrates 25.0g/66.2g, Of which sugars 0.7g/1.9g, Fibre 0.9g/2.5g, Protein 13.9g/36.8g, Salt 1.27g/3.38g.

### Pesto Caprese Sourdough Toastie

#### Ingredients:

Sourdough Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Wholemeal #Wheat# Flour, Wholegrain #Rye# Flour, Salt, #Wheat# Flour, Fermented #Wheat# Flour), Mozzarella Cheese (#Milk#) (18%), Roasted Tomatoes (9%) (Tomato, Sugar, Salt, Sunflower Oil), Pesto (7%) (Rapeseed Oil, Basil, Spinach, Pine Nuts, Basil Paste (Basil, Sunflower Oil, Salt, Ascorbic Acid), Medium Fat Hard Cheese (#Milk#), Garlic Purée, Acidity Regulator: Citric Acid; Salt), Full Fat Soft Cheese (#Milk#, Stabiliser: Locust Bean Gum, Acidity Regulator: Citric Acid), Hard Cheese (#Milk#) (3.5%), Basil.

#### Nutrition Information:

Typical values per 100g/per toastie: Energy kJ 1049/2876, kcal 250/686, Fat 11.4g/31.3g, Of which saturates 4.5g/12.3g, Carbohydrates 25.8g/70.7g, Of which sugars 2.1g/5.7g, Fibre 1.5g/4.1g, Protein 10.3g/28.4g, Salt 0.94g/2.58g.

### Romesco Chicken & Feta Sourdough Toastie

#### Ingredients:

Sourdough Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Wholemeal #Wheat# Flour, Wholegrain #Rye# Flour, Salt, #Wheat# Flour, Fermented #Wheat# Flour), Chicken (18%) (Chicken Breast, Salt), Red Pepper (9%), Roasted Tomato and Pepper Sauce (7%) (Roasted Red Peppers, Water, Roasted Tomatoes, Toasted Soya Spread (Toasted #Soya#, #Soya# Oil, Cane Sugar, Palm Oil, Sea Salt), Roasted Pumpkin Seeds, Rapeseed Oil, Red Wine Vinegar, Roasted Garlic Purée, Lemon Juice Concentrate, Corn Flour, Sugar, Smoked Paprika, Salt, Ground Black Pepper, Stabiliser: Xanthan Gum), 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#) (3%), Full Fat Soft Cheese (#Milk#, Stabiliser: Locust Bean Gum, Acidity Regulator: Citric Acid), Basil.

#### Nutrition Information:

Typical values per 100g/per toastie: Energy kJ 813/2281, kcal 193/541, Fat 4.9g/13.8g, Of which saturates 1.3g/3.5g, Carbohydrates 25.6g/71.9g, Of which sugars 1.9g/5.5g, Fibre 1.3g/3.7g, Protein 10.8g/30.4g, Salt 0.84g/2.37g.

### Triple Cheese Sourdough Toastie

#### Ingredients:

Sourdough Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Wholemeal #Wheat# Flour, Wholegrain #Rye# Flour, Salt, #Wheat# Flour, Fermented #Wheat# Flour), Mature Cheddar Cheese (#Milk#) (16%), Mozzarella Cheese (#Milk#) (10%), Mustard Mayonnaise (Rapeseed Oil, Water, Free Range #Egg# Yolk, #Mustard# Flour, Spirit Vinegar, Cornflour, Sugar, Salt, Colours: Curcumin, Plain Caramel), Hard Cheese (#Milk#) (5%).

#### Nutrition Information:

Typical values per 100g/per toastie: Energy kJ 1228/3042, kcal 293/727, Fat 14.5g/35.9g, Of which saturates 6.2g/15.3g, Carbohydrates 27.0g/66.9g, Of which sugars 0.7g/1.8g, Fibre 1.1g/2.7g, Protein 13.2g/32.7g, Salt 1.04g/2.57g.

## Tuna Melt Sourdough Toastie

### Ingredients:

Sourdough Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Wholemeal #Wheat# Flour, Wholegrain #Rye# Flour, Salt, #Wheat# Flour, Fermented #Wheat# Flour), Pole and Line Caught Tuna (#Fish#) (22%), Emmental Cheese (#Milk#) (14%), 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/1 per toastie: Energy kJ 987/2729, kcal 235/650, Fat 8.7g/24.0g, Of which saturates 3.2g/9.0g, Carbohydrates 24.0g/66.5g, Of which sugars 0.7g/1.9g, Fibre 1.0g/2.8g, Protein 14.6g/40.5g, Salt 1.02g/2.81g.

## Soup

### Barley & Rye Roll Soup Bread

#### 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)

#### Nutrition Information:

Typical values per 100g/per roll: Energy kJ 1061/923, kcal 251/218, Fat 1.5g/1.3g, Of which saturates 0.2g/0.2g, Carbohydrates 48.6g/42.3g, Of which sugars 6.2g/5.4g, Fibre 3.9g/3.4g, Protein 8.7g/7.6g, Salt 1.04g/0.91g.

### 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.

### 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 kJ 256/934, kcal 61/222, 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.

### Rich Garam Masala Lentil Soup

#### Ingredients:

Tomato (41%), Water, Onion, Carrot, Potato, Red Pepper, Spinach, Red Lentils (3%), Tomato Paste, Green Lentils (1%), Sugar, Garam Masala (0.5%) (Coriander Seeds, Cumin Seeds, Fennel Seeds, Ginger, Dill Seeds, Clove), Ground Cumin, Salt, Ground Coriander, Rapeseed Oil, Vegetable Glace (Water, Sugar, Salt, Carrot Juice Concentrate, Onion Juice Concentrate, Sunflower Oil, Maize Starch, Leek Juice Concentrate, Garlic Juice Concentrate, Nutmeg Extract), Garlic Purée, Parsley, Coriander, Red Chilli, Cumin Seeds, Ground Turmeric.

#### Nutrition Information:

Typical values per 100g/per bowl: Energy kJ 241/881, kcal 57/209, Fat 0.9g/3.3g, Of which saturates 0.1g/0.4g, Carbohydrates 8.9g/32.5g, Of which sugars 3.8g/13.9g, Fibre 2.0g/7.3g, Protein 2.4g/8.8g, 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, kcal 50, 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.

### 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.

## Salads & Protein Pots

### Chef's Italian Salad

#### Ingredients:

Mixed Salad Leaves, Chicken (19%) (Chicken Breast, Salt), Tomato, 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), Mixed Peppers (Mixed Peppers, Sunflower Oil, Salt, White Wine Vinegar, Dried Mint, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Cucumber, Caesar Mayonnaise (6%) (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Italian Hard Cheese (Cheese (#Milk#), Preservative: Lysozyme (#Egg#)), Red Wine Vinegar, Sugar, Cornflour, Concentrated Lemon Juice, Worcester Sauce (Water, Molasses, Spirit Vinegar, Salt, Onion Powder, Tamarind Paste, Spices), Salt, Anchovy Paste (Anchovy (#Fish#), Salt, Olive Oil, White Wine Vinegar), Spirit Vinegar, Dried Garlic), Kalamata Olives (4%) (Kalamata Olives, Salt, Rapeseed Oil), Roasted #Pistachio Nuts# (2%), Hard Cheese (#Milk#) (2%).

#### 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.

### 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 kJ 779/2378, kcal 188/574, 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.

### 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, kcal 105/104, 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.

## Humous & Falafel Mezze Salad

### Ingredients:

Humous (16%) (Cooked Chickpeas (Water, Chickpeas), #Sesame# Seeds, Lemon Juice, Olive Oil, Sea Salt, Dried Garlic, Antioxidant: Ascorbic Acid), Mixed Salad Leaves, 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.

## Kids' Humous & Cucumber Bowl

### Ingredients:

Cucumber (66%), Humous (34%) (Cooked Chickpeas (Chickpeas, Water, Salt), Tahini #Sesame# Seed Paste, Lemon Juice, Olive Oil, Sea Salt, Dried Garlic, Antioxidant: Ascorbic Acid).

### Nutrition Information:

Typical values per 100g/per bowl: Energy kJ 295/264, kcal 71/64, Fat 5.4g/4.9g, Of which saturates 2.7g/2.4g, Carbohydrates 1.7g/1.5g, Of which sugars 1.0g/0.9g, Fibre 2.1g/1.9g, Protein 2.9g/2.6g, Salt 0.28g/0.25g.

## Middle Eastern Style Chicken Salad

### Ingredients:

Humous (18%) (Cooked Chickpeas (Chickpeas, Water, Salt), Tahini #Sesame# Seed Paste, Lemon Juice, Olive Oil, Sea Salt, Dried Garlic, Antioxidant: Ascorbic Acid), Chicken (17%) (Chicken Breast, Salt), Mixed Salad Leaves (17%), Mixed Peppers (Peppers, Sunflower Oil, Salt, White Wine Vinegar, Mint, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Tomatoes, Cucumber, Feta Cheese (#Milk#) (8%), Lemon, Shawarma Spice Paste (3.5%) (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), Roasted #Pistachio Nuts#.

### Nutrition Information:

Typical values per 100g/per salad: Energy kJ 574/1994, kcal 138/480, Fat 9.9g/34.5g, Of which saturates 6.1g/21.3g, Carbohydrates 3.3g/11.5g, Of which sugars 2.1g/7.3g, Fibre 1.8g/6.2g, Protein 8.0g/27.9g, Salt 0.58g/2.01g.

## Pret's Satay Chicken & Slaw Salad

### Ingredients:

Mixed Salad Leaves, 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.

## Prosciutto, Chicken & Avo Salad

### Ingredients:

Chicken (20%) (Chicken Breast, Salt), Mixed Salad Leaves (20%), Free-Range Boiled #Egg#, 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), Prosciutto Ham (12%) (Pork, Salt, Spices, Preservatives: Potassium Nitrate, Sodium Nitrate), Avocado (12%), Roasted Tomatoes (Tomato, Sugar, Salt, Sunflower Oil), Chilli Salt (Paprika, Sea Salt, Chilli Flakes).

### Nutrition Information:

Typical values per 100g/per salad: Energy kJ 755/2250, kcal 182/541, Fat 12.9g/38.5g, Of which saturates 2.4g/7.3g, Carbohydrates 3.9g/11.7g, Of which sugars 2.8g/8.3g, Fibre 1.1g/3.2g, Protein 11.9g/35.4g, Salt 1.15g/3.41g.

## Romesco Style Butter Bean & Feta Salad

### Ingredients:

Roasted Tomato and Pepper Sauce (20%) (Roasted Red Peppers, Water, Roasted Tomatoes, Toasted Soya Spread (Toasted #Soya#, #Soya# Oil, Cane Sugar, Palm Oil, Sea Salt), Roasted Pumpkin Seeds, Rapeseed Oil, Red Wine Vinegar, Roasted Garlic Purée, Lemon Juice Concentrate, Corn Flour, Sugar, Smoked Paprika, Salt, Ground Black Pepper, Stabiliser: Xanthan Gum), Mixed Salad Leaves (17%), Butter Beans (17%), Mixed Peppers (Peppers, Sunflower Oil, Salt, White Wine Vinegar, Mint, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Avocado, Cucumber, Feta Cheese (#Milk#) (8%), 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, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### Nutrition Information:

Typical values per 100g/per salad: Energy kJ 686/2417, kcal 165/582, Fat 12.5g/44.0g, Of which saturates 5.4g/19.0g, Carbohydrates 7.5g/26.3g, Of which sugars 2.1g/7.5g, Fibre 2.2g/7.7g, Protein 4.7g/16.4g, Salt 0.71g/2.50g.

## Smoked Salmon, Egg & Avocado Salad

### Ingredients:

Smoked Salmon (21%) (Salmon (#Fish#), Sea Salt), Free-Range Boiled #Egg# (18%), Spinach, Avocado (15%), 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), Lemon, Lemon Juice, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

### Nutrition Information:

Typical values per 100g/per salad: Energy kJ 685/1611, kcal 161/388, Fat 12.9g/30.4g, Of which saturates 2.4g/5.7g, Carbohydrates 3.1g/7.3g, Of which sugars 1.6g/3.9g, Fibre 0.6g/1.4g, Protein 8.8g/20.7g, Salt 1.02g/2.40g.

## Tuna Nicoise Salad

### Ingredients:

Pole & Line Caught Tuna (#Fish#) (26%), Mixed Salad Leaves, Free-Range Boiled #Egg# (14%), 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), Tomato, Cucumber, Kalamata Olives (3%) (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).

### 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.

## Snacks

### 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 27.5g/11g, of which saturates 2.5g/1g, Carbohydrates 52.5g/21g, of which sugars 4.3g/1.7g, Fibre 10g/4g, Protein 7.8g/3.1g, Salt 1.1g/0.4g.

### 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 22.3g/11.1g, of which saturates 12.6g/6.3g, Carbohydrates 68.3g/34.1g, of which sugars 60.3g/30.1g, Fibre 2.4g/1.2g, Protein 1.1g/0.5g, Salt 0.19g/0.1g.

### 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 39.8g/15.1g, of which saturates 14g/5.3g, Carbohydrates 32.7g/12.4g, of which sugars 20.7g/7.9g, Fibre 9.2g/3.5g, Protein 14.4g/5.5g, Salt 0.53g/0.2g.

### 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 40g/2/14.1g, of which saturates 6.1g/2.2g, Carbohydrates 26.9g/9.4g, of which sugars 24.5g/8.6g, Fibre 6.8g/2.4g, Protein 18.2g/6.4g, Salt 0.04g/0.01g.

### 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 27.8g/11.1g, of which saturates 3.3g/1.3g, Carbohydrates 53g/21.2g, of which sugars 2.3g/0.9g, Fibre 4.8g/1.9g, Protein 7.3g/2.9g, Salt 0.9g/0.4g.

## 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 1.2g/0.4g, of which saturates 0.4g/0.1g, Carbohydrates 77.4g/27.1g, of which sugars 49.9g/17.5g, Fibre 5.1g/1.8g, Protein 2.1g/0.7g, Salt 0.01g/0.01g

## 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 25.2g/7.3g, of which saturates 2.8g/0.8g, Carbohydrates 53.4g/15.5g, of which sugars 0.3g/0.1g, Fibre 8.3g/2.4g, Protein 9.0g/2.6g, Salt 1.5g/0.4g

## 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 26.5g/10.6g, of which saturates 2.8g/1.1g, Carbohydrates 55.5g/22.2g, of which sugars 1.5g/0.6g, Fibre 4.5g/1.8g, Protein 5.5g/2.2g, Salt 1.8g/0.7g

## 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 29.0g/11.6g, of which saturates 3.0g/1.2g, Carbohydrates 52.8g/21.1g, of which sugars 0.3g/0.1g, Fibre 5.5g/2.2g, Protein 6.0g/2.4g, Salt 0.9g/0.4g

## 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 29.5g/11.8g, of which saturates 3.0g/1.2g, Carbohydrates 52.0g/20.8g, of which sugars 2.3g/0.9g, Fibre 5.3g/2.1g, Protein 6.0g/2.4g, Salt 1.3g/0.5g

## 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 33.0g/9.9g, of which saturates 3.7g/1.1g, Carbohydrates 54.7g/16.4g, of which sugars 18.0g/5.4g, Fibre 5.3g/1.6g, Protein 4.3g/1.3g, Salt 0.8g/0.2g

## Sweet Treats

### Caramelised Biscuity Bar

#### Ingredients:

White Chocolate (42%) (Sugar, Cocoa Butter, Whole #Milk# Powder, Emulsifier: #Soya# Lecithin, Vanilla Extract); Caramelised Biscuit (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Niacin, Iron), Rapeseed Oil, Sugar, Palm Oil, Candy Sugar Syrup, Raising Agents: Sodium Hydrogen Carbonate, Sodium Carbonates), Emulsifier: #Soya# Lecithin, Citric Acid, Salt, Partially Inverted Sugar Syrup, Cinnamon, #Soya# Flour), Salted Butter (Butter (#Milk#), Salt), Marshmallow (Cane Sugar, Tapioca Syrup, Water, Gelling Agent: Carrageenan; Natural Vanilla Flavouring, #Soya# Protein, Tapioca Starch), Rice Crispies (Rice, Sugar, Salt), Shortcake Biscuit (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Palm Oil, Raising agents (Ammonium Carbonates, Sodium Hydrogen Carbonate), Salt, #Wheat# Gluten Powder, Rapeseed Oil), Fruit and Flower Concentrates (Apple, Hibiscus), Rapeseed Oil, Salt).

#### Nutritional Information:

Typical values per 100g/Per serving: Energy kJ 2300/1610, Energy kcal 551/386, Fat 34.2g/23.9g, of which saturates 17.6g/12.3g, Carbohydrates 56.7g/39.7g, of which sugars 41.2g/28.8g, Fibre 0.6g/0.4g, Protein 3.9g/2.7g, Salt 0.42g/0.3g

### 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 32.3g/22.6g, of which saturates 19.3g/13.5g, Carbohydrates 45.4g/31.8g, of which sugars 35.0g/24.5g, Fibre 3.3g/2.3g, Protein 4.6g/3.2g, Salt 0.5g/0.3g

### 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 32.3g/22.6g, of which saturates 19.3g/13.5g, Carbohydrates 45.4g/31.8g, of which sugars 35.0g/24.5g, Fibre 3.3g/2.3g, Protein 4.6g/3.2g, Salt 0.5g/0.3g

### 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 18.0g/15.5g, of which saturates 9.0g/7.7g, Carbohydrates 59.2g/50.9g, of which sugars 36.5g/31.4g, Fibre 4.0g/3.4g, Protein 7.8g/6.7g, Salt 0.82g/0.71g

## 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 22.0g/11.0g, of which saturates 12.9g/6.4g, Carbohydrates 60.9g/30.4g, of which sugars 25.8g/12.9g, Fibre 4.8g/2.4g, Protein 7.0g/3.5g, Salt 0.0g/0.0g

## 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 21.8g/20.7g, of which saturates 12.4g/11.8g, Carbohydrates 35.2g/33.4g, of which sugars 23.7g/22.5g, Fibre 1.4g/1.3g, Protein 2.7g/2.6g, Salt 0.3g/0.3g

## 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 24.6g/17.2g, of which saturates 12.1g/8.5g, Carbohydrates 54.1g/37.9g, of which sugars 31.0g/21.7g, Fibre 3.1g/2.2g, Protein 5.6g/3.9g, Salt 0.6g/0.4g

## 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 23.5g/8.0g, of which saturates 13.8g/4.7g, Carbohydrates 67.1g/22.8g, of which sugars 40.9g/13.9g, Fibre 2.1g/0.7g, Protein 5.0g/1.7g, Salt 0.30g/0.10g

## 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 21g/13g, of which saturates 11g/7g, Carbohydrates 54g/34g, of which sugars 35g/22g, Fibre 4g/2.6g, Protein 6.3g/4.0g, Salt 0.17g/0.11g

## 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 kJ 1660/1743, kcal 397/417, 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.

## White Chocolate & Raspberry Cookie

### Ingredients:

Wheat Flour (#Wheat# Flour, Calcium Carbonate, Niacin, Iron, Thiamin), White Chocolate Buttons (18%) (Sugar, Whole #Milk# Powder, Cocoa Butter, Skimmed #Milk# Powder, Emulsifier: #Soya# Lecithins; Flavouring), Sugar, Butter (#Milk#), Glucose-Fructose Syrup, Freeze Dried Raspberries (6%) (Glucose Syrup, Sugar, Raspberries, Thickener: Sodium Alginate), Soft Light Brown Sugar (Sugar, Cane Molasses), #Wheat# Fibre, Lactose Powder (#Milk#), Raising Agents: Sodium Carbonates, Diphosphates, Calcium Phosphates; Whey Powder (#Milk#), Salt, Rapeseed Oil, Flavouring.

### Nutritional Information:

Typical values per 100g/per cookie: Energy kJ 1748/1574, kcal 416/374, Fat 14.3g/12.9g, Of which saturates 8.6g/8.0g, Carbohydrates 65.7g/59.2g, Of which sugars 39.1g/35.2g, Fibre 2.1g/1.9g, Protein 4.9g/4.4g, Salt 0.55g/0.50g

## **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**

### **Apple Pie Syrup**

#### Ingredient List:

Sugar, Water, Natural Flavouring, concentrated apple and other fruit juice, Natural cinnamon flavouring with other natural flavourings, colour (Plain Caramel)

### **Caramel Syrup**

#### Ingredient List:

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

### **Hazelnut Flavour Syrup**

#### Ingredient List:

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

### **Macaroon Syrup**

#### Ingredient List:

Sugar, Water, Natural Flavouring, acid (Citric acid)

### **Vanilla Flavour Syrup**

#### Ingredient List:

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

### **Frosted Mint Syrup**

#### Ingredient List:

Sugar, Water, Natural Mint Flavouring, emulsifiers (Acacia Gum, Ester Gum).

### **Gingerbread Syrup**

#### Ingredient List:

Sugar, Water, Natural Flavouring, acid (Citric Acid), Natural Cinnamon Flavouring with other Natural Flavouring, colour (Plain Caramel).

### **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**

### **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

### Apple Cinnamon Latte

Ingredient List:

Semi Skimmed #Milk#, Water, Apple Pie Syrup (Sugar, Water, Natural Flavouring, concentrated apple and other fruit juice, Natural cinnamon flavouring with other natural flavourings, colour (Plain Caramel)), Roasted Arabica Coffee Beans, Ground Sweet Cinnamon (Cassia).

### Caramel Latte

Ingredient List:

Semi Skimmed #Milk#, Water, Cream (#Milk#), Roasted Arabica Coffee Beans, Caramel Syrup (Sugar, Water, Natural Flavouring, acidity regulator (Citric Acid), colour (Plain Caramel)).

### Chai Latte

Ingredient List:

Semi Skimmed #Milk#, Organic Chai (5%) (Water, Cane Sugar, Black Tea, Ground Sweet Cinnamon (Cassia), Cardamom, Ginger, Black Pepper, Molasses, Lemon Juice).

### 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.

### Spirulina Macaron Iced Latte

Ingredient List:

Water, Semi Skimmed #Milk#, Roasted Arabica Coffee beans, Macaroon Syrup (Sugar, Water, Natural Flavouring, Acidity regulator (Citric Acid)), Blue Spirulina Powder.

### Ube Brûlée Iced Latte

Ingredient List:

Water, Semi Skimmed #Milk#, Roasted Arabica Coffee beans, Sugar, Purple Sweet Potato Powder, Natural Flavouring, Acidity Regulator (Citric Acid), Colour (Plain Caramel).

### Vanilla 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)), Organic Matcha Tea, Vanilla Syrup (Sugar, Water, Natural Flavouring, Natural Vanilla Flavouring, Concentrated Lemon Juice, Preservative (Potassium Sorbate)).

## **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**

### **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**

1 x Chicken, Avocado & Basil, 1 x Tuna & Cucumber, 1 x Free Range Egg Mayo, 1 x Cheddar & Pickle, 1 x Super Club

Ingredients: See individual products for full ingredient list

### **Breakfast Bowl Selection Platter**

2 x Blueberry & Coconut Balance Bowl, 2 x Acai, Banana & Almond Butter Bowl, 2 x Mindful Matcha & Banana Bowl, 2 x Cranberry & Seed Bircher Muesli

Ingredients: See individual products for full ingredient list

### **Brownie Bar Bag**

5 x Brownie Bars

Ingredients: See individual products for full ingredient list

### **Five Berry & Bircher Bowl Platter**

4 x Cranberry & Seed Bircher Muesli, 4 x Five Berry Bowl

Ingredients: See individual products for full ingredient list

Nutrition Information - Energy kcal 3080

### **Love Bar Bag**

5 x Love Bars

Ingredients: See individual products for full ingredient list

### **Pret Bar Platter**

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

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: See individual products for full ingredient list