

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

Pret's Ingredient List



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

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

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

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

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

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

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



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

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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, Worcestershire Sauce (Water, Spirit Vinegar, Cane Molasses, Tamarind Paste, Salt, Onion Powder, Spices), Salt, Anchovy Paste (Anchovy (#Fish#), Salt, Olive Oil), Spirit Vinegar, Dried Garlic), Basil, Lemon Juice.

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

Avo, Olives & Toms Baguette

Ingredients:

Stone Baked Baguette (#Wheat# Flour, Water, Brown Linseed, Malted #Wheat# Flakes, Sunflower Seeds, Yeast, Salt, #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 998kJ/2101kJ, 238kcal/500kcal, Fat 8.2g/17.2g, Of which saturates 2.0g/4.2g, Carbohydrates 26.9g/56.7g, Of which sugars 2.4g/5.0g, Fibre 2.5g/5.3g, Protein 12.8g/26.9g, Salt 1.40g/2.94g.

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 Caesar Bacon 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 (Rapeseed Oil, Water, Free-Range **#Egg#** Yolk, Italian Hard Cheese (Cheese (**#Milk#**), Preservative: Lysozyme (**#Egg#**)), Red Wine Vinegar, Sugar, Cornflour, Concentrated Lemon Juice, Worcestershire Sauce (Water, Spirit Vinegar, Cane Molasses, Tamarind Paste, Salt, Onion Powder, Spices), Salt, Anchovy Paste (Anchovy (**#Fish#**), Salt, Olive Oil), Spirit Vinegar, Dried Garlic), Greek Style Yoghurt Mayonnaise Mix (Greek Style Yoghurt (**#Milk#**), Rapeseed Oil, Water, Free-Range **#Egg#** Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Smoked Streaky Bacon (4.5%) (Pork Belly, Salt, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite), Rocket, Hard Cheese (**#Milk#**).

Nutrition Information:

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

Chicken & Stuffing Baguette

Ingredients:

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

Nutrition Information:

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

Chipotle Chicken & Feta Baguette

Ingredients:

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

Nutrition Information:

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

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.

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.

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, Thiamin), Water, Malted #Wheat#, #Wheat# Bran, Yeast, #Wheat# Gluten, #Barley# Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Avocado (30%), Chicken (20%) (Chicken Breast, Salt), Greek Style Yoghurt Mayonnaise Mix (Greek Style Yoghurt (#Milk#), Rapeseed Oil, Water, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Mixed Salad Leaves, Basil, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:

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

Chicken Salad

Ingredients:

Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat#, #Wheat# Bran, Yeast, #Wheat# Gluten, #Barley# Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Chicken (23%) (Chicken Breast, Salt), Cucumber (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 1037/2216, kcal 249/531, Fat 14.5g/30.9g, Of which saturates 3.7g/7.8g, Carbohydrates 18.4g/39.3g, Of which sugars 1.7g/3.6g, Fibre 2.5g/5.4g, Protein 9.9g/21.2g, Salt 0.71g/1.52g.

Classic Super Club

Ingredients:

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

Nutrition Information:

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

Egg Florentine

Ingredients:

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

Nutrition Information:

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

Free-Range Egg Mayo

Ingredients:

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

Nutrition Information:

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

Ham & Cheese

Ingredients:

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

Nutrition Information:

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

Humous & Veg

Ingredients:

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

Nutrition Information:

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

Kid's Cheese & Tomato Triangles

Ingredients:

Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat#, #Wheat# Bran, Yeast, #Wheat# Gluten, #Barley# Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), 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 913/1630, kcal 218/389, Fat 8.8g/15.7g, Of which saturates 5.5g/9.9g, Carbohydrates 22.3g/39.7g, Of which sugars 2.6g/4.6g, Fibre 2.8g/5.0g, Protein 11.0g/19.7g, Salt 0.70g/1.25g.

Kid's Chicken & Cucumber Triangles

Ingredients:

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

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

Kids' Ham Triangles

Ingredients:

Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat#, #Wheat# Bran, Yeast, #Wheat# Gluten, #Barley# Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), 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 874/1294, kcal 208/307, Fat 5.1g/7.6g, Of which saturates 2.6g/3.9g, Carbohydrates 25.5g/37.7g, Of which sugars 2.1g/3.1g, Fibre 3.2g/4.8g, Protein 13.3g/19.7g, Salt 1.22g/1.80g.

Mature Cheddar & Pret Pickle

Ingredients:

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

Nutrition Information:

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

Pulled Ham and Pickle

Ingredients: Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat#, #Wheat# Bran, Yeast, #Wheat# Gluten, #Barley# Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Tomato, Pulled Ham (15%) (Pork, Salt, Preservatives: Sodium Nitrite, Potassium Nitrate), Pickle (10%) (Apple, Sugar, Water, Balsamic Vinegar (Red Wine Vinegar, Grape Must), Tomato Purée, Kibbled Onion, Raisins, Garlic Purée, Salt, Apple Extract, Ginger Powder), 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 659/1719, kcal 157/409, Fat 4.6g/12.1g, Of which saturates 0.6g/1.6g, Carbohydrates 19.7g/51.3g, Of which sugars 5.6g/14.5g, Fibre 2.7g/6.9g, Protein 7.7g/20.2g, Salt 1.10g/2.87g.

Smoked Salmon

Ingredients:

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

Nutrition Information:

Typical values per 100g/per roll: Energy kJ 1098/1731, kcal 262/413, Fat 11.6g/18.3g, Of which saturates 3.5g/5.5g, Carbohydrates 23.9g/37.7g, Of which sugars 1.9g/2.9g, Fibre 3.1g/4.8g, Protein 14.1g/22.2g, Salt 1.97g/3.11g

Tuna & Cucumber

Ingredients:

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

Nutrition Information:

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

Veggie New Yorker

Ingredients:

Malted Wholegrain Bread (Wheat Flour (#Wheat# Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted #Wheat#, #Wheat# Bran, Yeast, #Wheat# Gluten, #Barley# Malt Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono-and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), 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 987/2126, kcal 236/509, Fat 12.4g/26.7g, Of which saturates 4.6g/9.8g, Carbohydrates 21.3g/45.9g, Of which sugars 4.9g/10.5g, Fibre 2.7g/5.7g, Protein 8.5g/18.4g, Salt 1.08g/2.33g.

Slims

Slim Chicken, Avocado & Basil

Ingredients:

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

Nutrition Information:

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

Slim Chicken Caesar Bacon Baguette

Ingredients:

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

Nutrition Information:

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

Slim Classic Super Club

Ingredients:

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

Nutrition Information:

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

Slim Posh Cheddar & Pickle Baguette

Ingredients:

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

Nutrition Information:

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

Slim Tuna Mayo Baguette

Ingredients:

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

Nutrition Information:

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

Wraps & Flatbreads

Avocado & Herb Wrap

Ingredients:

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

Nutrition Information:

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

Chicken & Caesar Wrap

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

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

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, Italian Hard Cheese (Cheese, #Milk#, Preservative: Lysozyme (#Egg#)), Water, Free-Range #Egg# Yolk, Red Wine Vinegar, Sugar, Cornflour, Concentrated Lemon Juice, Worcestershire Sauce (Water, Spirit Vinegar, Cane Molasses, Tamarind Paste, Salt, Onion Powder, Spices), Anchovy Paste (Anchovy (#Fish#), Salt, Olive Oil), Salt, 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.

Greek Style Chicken Salad Flatbread

Ingredients:

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

Nutrition Information:

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

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.

Humous & Chipotle Wrap

Ingredients:

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

Nutrition Information:

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

Middle Eastern Style Chicken Flatbread

Ingredients:

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

Nutrition Information:

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

Mexican Style Falafel & Avo Flatbread

Ingredients:

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

Nutrition Information:

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

Pret's Satay Chicken & Slaw Wrap

Ingredients:

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

Nutrition Information:

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

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 Mayonnaise (32%) (Free-Range **#Egg#**, Rapeseed Oil, Water, Salt, Free-Range **#Egg#** Yolk, Spirit Vinegar, Cornflour, Sugar, Concentrated Lemon Juice, Black Pepper), Avocado (31%), Lemon Juice, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information

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

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 Mayonnaise (43%) (Free-Range #Egg#, Rapeseed Oil, Water, Salt, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Concentrated Lemon Juice, Black Pepper), Smoked Streaky Bacon (7%) (Pork Belly, Salt, Preservative: Sodium Nitrite; Antioxidant: Sodium Ascorbate).

Nutrition Information

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

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.

Bircher Muesli Bowl

Ingredients:

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

Nutrition Information:

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

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.

Cheese Twist

Ingredients:

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

Nutrition Information:

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

Chocolate Croissant

Ingredients:

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

Nutrition Information:

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

Cinnamon Danish

Ingredients:

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

Nutrition Information:

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

Cranberry and Seed Bircher Muesli

Ingredients:

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

Nutrition Information:

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

Five Berry Bowl

Ingredients:

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

Nutrition Information:

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

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 Mayonnaise (40%) (Free-Range #Egg#, Rapeseed Oil, Water, Salt, Free-Range #Egg# Yolk, Spirit Vinegar, Cornflour, Sugar, Concentrated Lemon Juice, Black Pepper), Roasted Tomatoes (14%) (Tomato, Sugar, Salt, Sunflower Oil)

Nutrition Information

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

Triple Bacon Ciabatta

Ingredients:

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

Nutrition Information:

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

Triple Sausage Ciabatta

Ingredients:

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

Nutrition Information:

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

Very Berry Croissant

Ingredients:

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

Nutrition Information:

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

Ultimate Breakfast Ciabatta

Ingredients:

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

Nutrition Information:

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

Cold Drinks

Apple Juice

Ingredients:

See individual pack

Nutritional Information:

See individual pack

Coconut Shot

Ingredients:

Coconut Milk (58%) (Coconut Extract, Water), Banana Purée, Apple Juice, Coconut Water, Chicory Root Inulin, Lemon Juice, Agave Syrup (2.0%), Magnesium Citrate, Vanilla Extract, Antioxidant: Ascorbic Acid.

Nutritional Information:

Typical value per 100g/Per serving: Energy (KJ) 578/636, Energy (Kcal) 140/154, Fat (g) 10/11, of which saturates (g) 8.4/9.2, Carbohydrates (g) 8.7/9.6, of which sugars (g) 8.7/9.6, Fibre (g) 5.1/5.6, Protein (g) 1.3/1.4, Salt 0.02/0.02, Magnesium (mg) 70/77, Reference Intake 18%

Coke - all types

Ingredients:

See individual pack

Nutritional Information:

See individual pack

Cranberry, Raspberry & Pomegranate Pret Still

Ingredients:

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

Nutritional Information:

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

Easy Greens

Ingredient List:

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

Nutritional Information:

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

Ginger Shot

Ingredient List:

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

Nutritional Information:

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

Green Tea & Peach Pret Still

Ingredient List:

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

Nutritional Information:

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

Hot Shot

Ingredients List:

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

Nutritional Information:

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

Lemon & Ginger Pret Still

Ingredients List:

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

Nutritional Information:

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

Mango, Passion Fruit & Lime Pret Still

Ingredient List:

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

Nutritional Information:

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

Orange Juice

Ingredient List:

See individual pack

Nutritional Information:

See individual pack

Orchard Blend

Ingredient List:

See individual pack

Nutritional Information:

See individual Pack

Pret Apple Fizz

Ingredient List:

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

Nutritional Information:

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

Pret Cucumber & Mint Seltzer

Ingredient List:

Carbonated Water, Flavourings, acid (Citric Acid).

Nutritional Information:

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

Pret Ginger Beer

Ingredient List:

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

Nutritional Information:

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

Pret Grape & Elderflower

Ingredient List:

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

Nutritional Information:

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

Pret Lime & Raspberry Seltzer

Ingredient List:

Carbonated Water, Flavourings, acid (Citric Acid).

Nutritional Information:

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

Pret Rhubarb Lemonade

Ingredient List:

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

Nutritional Information:

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

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

Fruit Salad

Ingredient List:

See individual pack

Nutritional Information

See individual pack

Mango & Lime Pot

Ingredient List:

Nutritional Information:

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

Fruit Salad Pot

Ingredient List:

Watermelon, Pineapple, Kiwi, Mango, Pomegranate Seeds.

Nutritional Information:

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

Hot Baguettes

Chicken, Stuffing & 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 890kJ/2256kJ, 212kcal/537kcal, Fat 7.5g/19.0g, Of which saturates 4.3g/10.8g, Carbohydrates 22.5g/57.1g, Of which sugars 2.8g/7.2g, Fibre 1.8 g/4.6g, Protein 12.6g/32.1g, Salt 0.75g/1.91g.

Chipotle Mozzarella Hot Baguette

Ingredients:

Stone Baked Baguette (#Wheat# Flour, Water, Brown Linseed, Malted #Wheat# Flakes, Sunflower Seeds, Yeast, Salt, #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 980kJ /2390kJ, 234kcal/570kcal, Fat 9.7g/23.8g, Of which saturates 4.4g/10.7g, Carbohydrates 24.8g/60.5g, Of which sugars 3.7g/9.0g, Fibre 2.7g/6.7g, Protein 10.3g/25.2g, Salt 0.84g/2.05g.

Prosciutto & Mozzarella Hot Baguette

Ingredients:

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

Nutrition Information -

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

Hot Wraps

Falafel & Halloumi Hot Wrap

Ingredients:

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

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

Pret's Meatball Hot Wrap

Ingredients:

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

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

Italian Style Chicken Hot Wrap

Ingredients:

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

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

Toasties

All Day Breakfast Toastie

Ingredients:

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

Nutrition Information:

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

Chipotle Chicken & Feta Toastie

Ingredients:

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

Nutrition Information:

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

Halloumi, Red Pepper & Basil Toastie

Ingredients:

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

Nutrition Information

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

Ham, Cheese & Mustard Toastie

Ingredients:

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

Nutrition Information:

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

Tuna Melt Toastie

Ingredients:

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

Nutrition Information:

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

Reuben Toastie

Ingredients:

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

Nutrition Information:

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

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

Souper Tomato Soup

Ingredients:

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

Nutrition Information:

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

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 and Salad 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 (Rapeseed Oil, Water, Free-Range #Egg# Yolk, Italian Hard Cheese (Cheese (#Milk#), Preservative: Lysozyme (#Egg#); Red Wine Vinegar, Sugar, Cornflour, Concentrated Lemon Juice, Worcestershire Sauce (Water, Spirit Vinegar, Cane Molasses, Tamarind Paste, Salt, Onion Powder, Spices), Salt, Anchovy Paste (Anchovy (#Fish#), Salt, Olive Oil), Spirit Vinegar, Dried Garlic), Kalamata Olives (4%) (Olives, Salt, Red Wine Vinegar, Extra Virgin Olive Oil, Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions)), Roasted #Pistachio Nuts# (2%), Hard Cheese (#Milk#) (1.5%).

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 & Avocado Salad

Ingredients:

Chicken (25%) (Chicken Breast, Salt), Free-Range Boiled #Egg# (23%), Spinach, Avocado (13%), Edamame #Soya# Beans (12%), 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 623/1775, kcal 150/426, Fat 9.5g/27.0g, Of which saturates 2.0g/5.5g, Carbohydrates 3.0g/8.5g, Of which sugars 1.5g/4.2g, Fibre 1.4g/4.0g, Protein 12.4g/35.3g, Salt 0.74g/2.11g.

Chicken, Pesto & Mozzarella Salad

Ingredients:

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

Nutrition Information:

Typical values per 100g/per salad: Energy 779kJ /2378kJ, 188kcal/574kcal, Fat 15.5g/47.3g, Of which saturates 6.5g/19.8g, Carbohydrates 2.4g/7.5g, Of which sugars 1.6 g/5.0g, Fibre 0.6g/1.7g, Protein 9.4g/28.6g, Salt 0.49g/1.49g.

Egg & Spinach Protein Pot

Ingredients:

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

Nutrition Information:

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

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.

Smoked Salmon & Egg Protein Pot

Ingredients:

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

Nutrition Information:

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

Snacks

Chilli, Bean & Seed Tortilla Chips

Ingredient List:

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

Nutritional Information:

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

Cranberries in Coats

Ingredient List:

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

Nutritional Information:

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

Dark Chocolate Salted Almonds

Ingredient List:

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

Nutritional Information

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

Fruit, Nuts & Chocolate

Ingredient List:

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

Nutritional Information:

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

Mature Cheddar & Red Onion Crisps

Ingredient list:

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

Nutritional Information:

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

Pret A Mango

Ingredient List:

Mango (99%), Sugar

Nutritional Information:

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

Sea Salt Popcorn

Ingredient List:

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

Nutritional Information:

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

Sea Salt & Cider Vinegar Crisps

Ingredient List:

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

Nutritional Information:

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

Sea Salt Crisps

Ingredient List:

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

Nutritional Information:

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

Smoked Chipotle Crisps

Ingredient List:

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

Nutritional Information:

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

Sweet & Salt Popcorn

Ingredient List:

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

Nutritional Information:

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

Sweet Treats

Choc Bar

Ingredient List:

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

Nutritional Information:

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

Chocolate Brownie Bar

Ingredient List:

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

Nutritional Information:

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

Chocolate Chunk Cookie

Ingredients:

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

Nutrition Information:

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

Chocolate Moose

Ingredient List:

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

Nutritional Information:

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

Dark Chocolate & Almond Butter Cookie

Ingredient List:

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

Nutritional Information:

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

Dark Chocolate Corn Cakes

Ingredient List:

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

Nutritional Information:

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

Double Berry Muffin

Ingredients:

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

Nutrition Information:

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

Fruit, Oat & Spelt Cookie

Ingredients:

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

Nutrition Information:

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

Lemon Cheesecake

Ingredient List:

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

Nutritional Information:

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

Lemon & Raspberry Slice

Ingredients:

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

Nutrition Information:

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

Love Bar

Ingredient List:

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

Nutritional Information:

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

Peach and Almond Bakewell

Ingredients:

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

Nutrition Information:

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

Popcorn Bar

Ingredient List:

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

Nutritional Information:

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

Pret Bar

Ingredient List:

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

Nutritional Information:

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

Pret's Chocolate Brownie Swirl

Ingredients:

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

Nutrition Information:

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

Pret's Perfect Scone

Ingredient List:

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

Nutritional Information:

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

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

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).

Cream

Ingredient List:

Cream (**Milk**)

Sweetener

Ingredient List:

see individual pack

Organic Tea

English Breakfast

Ingredients List:

Water, Black Tea.

Earl Grey

Ingredient List:

Water, Black Tea, Rose Petals, Bergamot Oil

Peppermint

Ingredient List:

Water, Peppermint Leaves, Spearmint Leaves.

Tropical Green

Ingredient List:

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

Pret's Coolers

Applejito

Ingredients:

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

Berry Bliss

Ingredients:

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

Feelin' Peachy

Ingredients:

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

Rhuberry Breeze

Ingredients:

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

Raspberry & Lemonade Cooler

Ingredients:

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

Mango Sunrise Cooler

Ingredients:

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

Other Drinks

Chai Latte

Ingredient List:

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

Hot Chocolate

Ingredient List:

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

Matcha Latte

Ingredient List:

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

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).

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

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