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

Pret's Ingredient List

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

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

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

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

To make things easier, we've put together this handy list of all the ingredients used in Pret's food and drinks. Inside you'll find all of the products sold in our shops, with ingredients listed for easy reference. If you have any trouble finding what you're looking for, just ask the Manager in the shop - they'll be more than happy to help.

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

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



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

Contents

Baguettes	2
Sandwiches	6
Slims	10
Wraps & Flatbreads	13
Rolls	16
Breakfast	17
Porridge & Toppers	24
Cold Drinks	25
Fruit	28
Pret's Hot:	29
Hot Baguettes	29
Hot Ciabatta	30
Hot Wraps	31
Hot Bakes	32
Toasties	33
Soup	35
Salads & Protein Pots	37
Snacks	41
Sweet Treats	43
Barista Prepared Drinks:	47
Organic Coffee	47
Syrups / Toppings / Other	48
Organic Tea	49
Other Drinks	50
Milk Alternatives	51
Platters	52

Baguettes

Avocado, Bacon & Tomato Baguette

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

Nutrition Information- typical values per 100g/per baguette: Energy kJ 886/234, kcal 212/559, Fat 10.0g/26.3g, Of which saturates 1.4g/3.8g, Carbohydrates 23.2g/61.2g, Of which sugars 1.5g/3.9g, Fibre 1.6g/4.2g, Protein 6.5g/17.3g, Salt 0.55g/1.45g.

Avo, Olives & Toms Baguette

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

Nutrition Information:
Typical values per 100g/per baguette: Energy kJ 964/2282, kcal 231/546, Fat 11.8g/27.9g, Of which saturates 1.9g/4.4g, Carbohydrates 24.0g/56.9g, Of which sugars 2.4g/5.7g, Fibre 3.2g/7.6g, Protein 5.5g/13.0g, Salt 0.69g/1.63g.

Beef & Horseradish Baguette

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

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

BLT Baguette

Ingredients:
White Baguette (Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Salt, #**Wheat**# Gluten, #**Wheat**# Flour, 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, Pistachio & Cranberry 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), Brie Cheese (#**Milk**#) (22%), Cranberry Sauce (9%) (Cranberries, Sugar, Water), Mayonnaise (Rapeseed Oil, Water, Free-Range #**Egg**# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Rocket, Roasted #**Pistachio Nuts**# (3.5%), Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:
Typical values per 100g/per baguette: Energy kJ 1256/2540, kcal 300/607, Fat 14.8g/29.8g, Of which saturates 5.8g/11.8g, Carbohydrates 30.9g/62.5g, Of which sugars 5.0g/10.2g, Fibre 2.5g/5.1g, Protein 9.7g/19.6g, Salt 1.05g/2.12g.

Brie, Tomato & Basil Baguette

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

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

Chicken Caesar & Bacon Baguette

Ingredients:
Stone Baked Baguette (#**Wheat**# Flour, Water, Brown Linseed, Malted #**Wheat**# Flakes, Sunflower Seeds, Yeast, Salt, #**Wheat**#germ, Potassium Chloride, Potassium Gluconate, Malted #**Wheat**# Flour, #**Sesame**# Seeds), Chicken (23%) (Chicken Breast, Salt), Caesar Mayonnaise (9%) (Rapeseed Oil, Water, Free-Range #**Egg**# Yolk, Italian Hard Cheese (Cheese (#**Milk**#), Preservative: Lysozyme (#**Egg**#)), Red Wine Vinegar, Sugar, Cornflour, Concentrated Lemon Juice, Worcester Sauce (Water, Molasses, Spirit Vinegar, Salt, Onion Powder, Tamarind Paste, Spices), Salt, Anchovy Paste (Anchovy (#**Fish**#), Salt, Olive Oil, White Wine Vinegar), Spirit Vinegar, Dried Garlic), Yoghurt Mayonnaise Mix (Greek Style Yoghurt (#**Milk**#), Mayonnaise (Rapeseed Oil, Water, Free Range #**Egg**# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice)), 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 1136/2476, kcal 271/591, Fat 12.7g/27.8g, Of which saturates 2.1g/4.6g, Carbohydrates 24.7g/53.8g, Of which sugars 1.3g/2.9g, Fibre 2.0g/4.4g, Protein 13.5g/29.3g, Salt 0.90g/1.95g.

Chicken & Stuffing Baguette

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

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

Chipotle Chicken & Feta Baguette

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

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

Christmas 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), Chicken (23%) (Chicken Breast, Salt), Pork Stuffing (12%) (Pork, Onion, Smoked Bacon (Pork, Salt, Sea Salt, Sugar, Demerara Sugar, Preservatives: Sodium Nitrite, Sodium Nitrate; Antioxidant: Sodium Ascorbate), Dried Apricots (Apricots, Preservative: Sulphur Dioxide (#**Sulphites**#)), Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Palm Oil, Lemon Juice, Sage, Rosemary, Thyme, Parsley, Salt, Black Pepper, Raising Agent: Ammonium Carbonates; Yeast, Sunflower Oil), Emmental Cheese (#**Milk**#) (8%), Mayonnaise (Rapeseed Oil, Water, Free-Range #**Egg**# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Cranberry Sauce (7%) (Cranberries, Sugar, Water), Parsley.

Nutrition Information
Typical values per 100g/per baguette: Energy kJ 1097/2830, kcal 262/675, Fat 10.8g/28.0g, Of which saturates 2.7g/6.9g, Carbohydrates 25.8g/66.6g, Of which sugars 4.6g/11.9g, Fibre 1.9g/5.0g, Protein 14.2g/36.7g, Salt 0.80g/2.05g.

Italian Prosciutto Baguette

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

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

Pole & Line Caught Tuna Mayo & Cucumber Baguette

Ingredients:
White Baguette (Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Salt, #**Wheat**# Gluten, #**Wheat**# Flour, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Tuna Mayonnaise (41%) (Pole and Line Caught Tuna (#**Fish**#), Rapeseed Oil, Water, Salt, Free-Range #**Egg**# Yolk, Spirit Vinegar, Cornflour, Sugar, Concentrated Lemon Juice, Black Pepper), Cucumber (16%).

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

Posh Cheddar & Pickle Baguette

Ingredients:
Stone Baked Baguette (#**Wheat**# Flour, Water, Brown Linseed, Malted #**Wheat**# Flakes, Sunflower Seeds, Yeast, Salt, #**Wheat**#germ, Potassium Chloride, Potassium Gluconate, Malted #**Wheat**# Flour, #**Sesame**# Seeds), Mature Cheddar Cheese (#**Milk**#) (16%), 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, Acidity Regulators: Citric Acid, Ascorbic Acid; Sugar, Salt, Sunflower Oil), Mayonnaise (Rapeseed Oil, Water, Free-Range #**Egg**# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Red Onion, Salad Cress, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:
Typical values per 100g/per baguette: Energy kJ 1166/2653, kcal 278/633, Fat 12.4g/28.3g, Of which saturates 4.0g/9.2g, Carbohydrates 31.0g/70.5g, Of which sugars 8.2g/18.6g, Fibre 2.9g/6.7g, Protein 9.1g/20.8g, Salt 1.28g/2.91g.

Pret's Christmas Baguette

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

Nutrition Information:
Typical values per 100g/per baguette: Energy kJ 1161/2989, kcal 277/712, Fat 11.5g/29.5g, Of which saturates 2.1g/5.5g, Carbohydrates 30.1g/77.4g, Of which sugars 6.2g/16.0g, Fibre 1.6g/4.1g, Protein 12.5g/32.2g, Salt 1.29g/3.33g.

Salmon, Egg Mayo & Avo 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), Chopped Free-Range Egg Mayo Mix (26%) (Free-range #**Egg**#, Rapeseed Oil, Water, Spirit Vinegar, Sugar, Salt, Black Pepper), Avocado (15%), Smoked Salmon (13%) (Salmon (#**Fish**#), Sea Salt), Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information-
Typical values per 100g/per baguette: Energy kJ 999/2393, kcal 239/572, Fat 11.5g/27.5g, Of which saturates 1.8g/4.3g, Carbohydrates 22.6g/54.2g, Of which sugars 1.0g/2.3g, Fibre 2.3g/5.6g, Protein 10.1g/24.2g, Salt 1.13g/2.70g.

Satay Chicken & Pickled Slaw Baguette

Ingredients:
White Baguette (Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Salt, #**Wheat**# Gluten, #**Wheat**# Flour, 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 941/2388, kcal 224/568, Fat 6.9g/17.5g, Of which saturates 1.0g/2.6g, Carbohydrates 28.4g/71.4g, Of which sugars 3.9g/9.9g, Fibre 1.5g/3.8g, Protein 11.1g/28.0g, Salt 1.20g/3.01g.

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**#, Salt, Stabiliser: Guar Gum, Acid: 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.

Thai Style Chicken Baguette

Ingredients:
White Baguette (Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Salt, #**Wheat**# Gluten, #**Wheat**# Flour, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Chicken (27%) (Chicken Breast, Salt), Green Dressing (13%) (Water, Vegetable Oil (Sunflower Oil and Rapeseed Oil in varying proportions), Coconut Milk (Coconut Extract, Water), Ginger Purée, Coriander, Parsley, Spinach Leaf, White Wine Vinegar, Spring Onion, Sugar, Concentrated Lime Juice, Tamari Soy Sauce (Water, #**Soya**# Bean, Salt, Spirit Vinegar), Jalapeño Chili, Sea Salt, Lime Leaf, Garlic Purée), Red Pepper (11%), Unsalted Butter (#**Milk**#), Coriander, Coconut, Chilli Salt (Paprika, Sea Salt, Chilli Flakes).

Nutrition Information:
Typical values per 100g/per baguette: Energy kJ 894/2120, kcal 213/504, Fat 7.1g/16.8g, Of which saturates 2.7g/6.4g, Carbohydrates 24.8g/58.7g, Of which sugars 1.9g/4.5g, Fibre 1.6g/3.7g, Protein 11.6g/27.5g, Salt 0.98g/2.33g.

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 Bread (Fortified Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, #**Wheat**# Bran, Malted #**Wheat**# Flakes, #**Wheat**# Gluten, Malted #**Barley**# Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Yeast, Sugar, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Avocado (31%), Chicken (21%) (Chicken Breast, Salt), Yoghurt Mayonnaise Mix (Greek Style Yoghurt (#**Milk**#), Mayonnaise (Rapeseed Oil, Water, Free Range #**Egg**# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice)), Mixed Salad Leaves, Basil, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:
Typical values per 100g/per sandwich: Energy kJ 823/1932, kcal 197/462, Fat 10.0g/23.5g, Of which saturates 1.9g/4.4g, Carbohydrates 15.1g/35.4g, Of which sugars 1.1g/2.6g, Fibre 3.0g/7.1g, Protein 10.1g/23.7g, Salt 0.57g/1.34g.

Chicken Salad

Ingredients:
Malted Bread (Fortified Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, #**Wheat**# Bran, Malted #**Wheat**# Flakes, #**Wheat**# Gluten, Malted #**Barley**# Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Yeast, Sugar, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Chicken (24%) (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 1058/2198, kcal 254/527, Fat 15.4g/32.0g, Of which saturates 3.9g/8.2g, Carbohydrates 16.8g/34.8g, Of which sugars 1.3g/2.6g, Fibre 2.5g/5.1g, Protein 10.7g/22.3g, Salt 0.73g/1.51g.

Classic Super Club

Ingredients:
Malted Bread (Fortified Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, #**Wheat**# Bran, Malted #**Wheat**# Flakes, #**Wheat**# Gluten, Malted #**Barley**# Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Yeast, Sugar, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Chicken (21%) (Chicken Breast, Salt), Tomato, Mayonnaise (Rapeseed Oil, Water, Free-Range #**Egg**# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Streaky Bacon (7%) (Pork Belly, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite), Mixed Salad Leaves, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:
Typical values per 100g/per sandwich: Energy kJ 916/2136, kcal 219/511, Fat 11.8g/27.5g, Of which saturates 1.8g/4.2g, Carbohydrates 15.4g/36.0g, Of which sugars 1.6g/3.7g, Fibre 2.4g/5.6g, Protein 11.7g/27.2g, Salt 0.87g/2.04g.

Egg Florentine

Ingredients:
Chopped Free-Range Egg Mayo Mix (37%) (Free-Range #**Egg**#, Rapeseed Oil, Water, Salt, Free-Range #**Egg**# Yolk, Spirit Vinegar, Cornflour, Sugar, Concentrated Lemon Juice, Black Pepper), Malted Bread (Fortified Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, #**Wheat**# Bran, Malted #**Wheat**# Flakes, #**Wheat**# Gluten, Malted #**Barley**# Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Yeast, Sugar, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Tomato, Hard Cheese (#**Milk**#) (8%), Spinach.

Nutrition Information:
Typical values per 100g/per sandwich: Energy kJ 854/2020, kcal 204/483, Fat 10.6g/25.1g, Of which saturates 2.4g/5.7g, Carbohydrates 15.8g/37.4g, Of which sugars 1.4g/3.3g, Fibre 2.5g/6.0g, Protein 10.1g/24.0g, Salt 0.65g/1.53g.

Ham & Cheese

Ingredients:
Malted Bread (Fortified Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, #**Wheat**# Bran, Malted #**Wheat**# Flakes, #**Wheat**# Gluten, Malted #**Barley**# Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Yeast, Sugar, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Ham (32%) (Pork, Water, Salt, Glucose Syrup, Yeast Extract, Emulsifier: Triphosphates; Preservative: Sodium Nitrite; Demerara Sugar, Antioxidant: Sodium Ascorbate; Dextrose), Mature Cheddar Cheese (#**Milk**#) (19%), Butter (#**Milk**#), Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:
Typical values per 100g/per sandwich: Energy kJ 1131/2087, kcal 270/499, Fat 14.2g/26.2g, Of which saturates 8.2g/15.2g, Carbohydrates 18.1g/33.4g, Of which sugars 1.2g/2.2g, Fibre 2.5g/4.6g, Protein 16.3g/30.1g, Salt 1.54g/2.83g.

Humous & Veg

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

Nutrition Information:
Typical values per 100g/per sandwich: Energy kJ 765/1444, kcal 182/344, Fat 5.4g/10.3g, Of which saturates 0.7g/1.3g, Carbohydrates 26.0g/49.0g, Of which sugars 3.8g/7.3g, Fibre 3.4g/6.4g, Protein 5.6g/10.6g, Salt 0.73g/1.39g.

Kids' Cheese & Tomato Triangles

Ingredients:
Malted Bread (Fortified Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, #**Wheat**# Bran, Malted #**Wheat**# Flakes, #**Wheat**# Gluten, Malted #**Barley**# Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Yeast, Sugar, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Tomato (25%), Emmental Cheese (#**Milk**#) (23%), Full Fat Soft Cheese (8%) (#**Milk**#, Salt, Stabiliser: Guar Gum; Acid: Citric Acid).

Nutrition Information:
Typical values per 100g/per sandwich: Energy kJ 928/1600, kcal 221/382, Fat 9.7g/16.7g, Of which saturates 5.9g/10.2g, Carbohydrates 20.1g/34.7g, Of which sugars 2.1g/3.6g, Fibre 2.9g/5.0g, Protein 12.0g/20.7g, Salt 0.73g/1.26g.

Kids' Chicken & Cucumber Triangles

Ingredients:
Malted Bread (Fortified Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, #**Wheat**# Bran, Malted #**Wheat**# Flakes, #**Wheat**# Gluten, Malted #**Barley**# Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Yeast, Sugar, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Chicken (24%) (Chicken Breast, Salt), Cucumber (19%), Mayonnaise (Rapeseed Oil, Water, Free Range #**Egg**# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice).

Nutrition Information:
Typical values per 100g/per sandwich: Energy kJ 926/1537, kcal 221/367, Fat 9.6g/16.0g, Of which saturates 0.9g/1.5g, Carbohydrates 20.5g/34.1g, Of which sugars 1.4g/2.4g, Fibre 2.9g/4.9g, Protein 11.6g/19.3g, Salt 0.62g/1.03g.

Kids' Ham Triangles

Ingredients:
Malted Bread (Fortified Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, #**Wheat**# Bran, Malted #**Wheat**# Flakes, #**Wheat**# Gluten, Malted #**Barley**# Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Yeast, Sugar, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Ham (42%) (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 900/1279, kcal 214/304, Fat 6.1g/8.7g, Of which saturates 3.0g/4.3g, Carbohydrates 23.4g/33.2g, Of which sugars 1.5g/2.2g, Fibre 3.2g/4.6g, Protein 14.7g/20.9g, Salt 1.28g/1.82g.

Mature Cheddar & Pret Pickle

Ingredients:
Malted Bread (Fortified Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, #**Wheat**# Bran, Malted #**Wheat**# Flakes, #**Wheat**# Gluten, Malted #**Barley**# Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Yeast, Sugar, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Tomato, Mature Cheddar Cheese (#**Milk**#) (15%), 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, Mayonnaise (Rapeseed Oil, Water, Free-Range #**Egg**# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Red Onion, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:
Typical values per 100g/per sandwich: Energy kJ 878/2041, kcal 210/488, Fat 10.3g/23.9g, Of which saturates 3.9g/9.1g, Carbohydrates 19.9g/46.2g, Of which sugars 5.7g/13.2g, Fibre 2.7g/6.4g, Protein 8.1g/18.8g, Salt 0.93g/2.17g.

New Yorker Club Sandwich

Ingredients:
Malted Bread (Fortified Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, #**Wheat**# Bran, Malted #**Wheat**# Flakes, #**Wheat**# Gluten, Malted #**Barley**# Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Yeast, Sugar, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Salt Beef (17%) (Beef, Salt, Dextrose, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite), Emmental Cheese (13%) (#**Milk**#), Gherkins (12%) (Gherkin, Sugar, Vinegar, Salt, Flavouring, #**Mustard**# Seeds, Colour: Riboflavin), Pickled Cabbage & Carrot (Red Cabbage, Carrot, #**Barley**# Malt Vinegar, Sugar, Water, Sea Salt, Spices), Spinach, Mayonnaise (Rapeseed Oil, Water, Free Range #**Egg**# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), 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 sandwich: Energy kJ 996/2998, kcal 238/717, Fat 11.8g/35.6g, Of which saturates 3.9g/11.8g, Carbohydrates 18.9g/56.8g, Of which sugars 2.8g/8.5g, Fibre 2.7g/8.1g, Protein 12.7g/38.2g, Salt 1.02g/3.06g.

Pret's Christmas Sandwich

Ingredients:
Malted Bread (Fortified Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, #**Wheat**# Bran, Malted #**Wheat**# Flakes, #**Wheat**# Gluten, Malted #**Barley**# Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Yeast, Sugar, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Turkey (24%) (Turkey Breast, Water, Shio Koji (Rice Koji, Water, Salt, Alcohol), Cornflour, Salt), Pork Stuffing (20%) (Pork, Onion, Smoked Bacon (Pork, Salt, Sea Salt, Sugar, Demerara Sugar, Preservatives: Sodium Nitrite, Sodium Nitrate; Antioxidant: Sodium Ascorbate), Dried Apricots (Apricots, Preservative: Sulphur Dioxide (#**Sulphites**#)), Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Palm Oil, Lemon Juice, Sage, Rosemary, Thyme, Parsley, Salt, Black Pepper, Raising Agent: Ammonium Carbonates; Yeast, Sunflower Oil), Cranberry Sauce (10%) (Cranberries, Sugar, Water), Mayonnaise (Rapeseed Oil, Water, Free-Range #**Egg**# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Spinach, Crispy Onions (Onion, Palm Oil, #**Wheat**# Flour, Salt), Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:
Typical values per 100g/per sandwich: Energy kJ 1013/2344, kcal 241/559, Fat 9.3g/21.6g, Of which saturates 2.3g/5.2g, Carbohydrates 23.7g/54.8g, Of which sugars 6.7g/15.5g, Fibre 2.8g/6.5g, Protein 14.3g/33.0g, Salt 1.06g/2.45g.

Pulled Ham and Pickle

Ingredients:
Malted Wholegrain Bread (Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Water, Malted #**Wheat**# Flakes, #**Wheat**# Bran, Yeast, #**Barley**# Malt Flour, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Tomato, Pulled Ham (16%) (Pork, Salt, Preservatives: Sodium Nitrite, Potassium Nitrate), Pickle (10%) (Apple, Sugar, Water, Balsamic Vinegar (Red Wine Vinegar, Grape Must), Tomato Purée, Kibbled Onion, Raisins, Garlic Purée, Salt, Apple Extract, Ginger Powder), Mixed Salad Leaves, Mayonnaise (Rapeseed Oil, Water, Free Range #**Egg**# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:
Typical values per 100g/per sandwich: Energy kJ 722/1750, kcal 172/416, Fat 4.9g/11.9g, Of which saturates 0.6g/1.5g, Carbohydrates 22.4g/54.3g, Of which sugars 5.3g/12.8g, Fibre 2.1g/5.0g, Protein 8.4g/20.3g, Salt 1.22g/2.96g.

Smoked Salmon

Ingredients:
Malted Bread (Fortified Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, #**Wheat**# Bran, Malted #**Wheat**# Flakes, #**Wheat**# Gluten, Malted #**Barley**# Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Yeast, Sugar, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Smoked Salmon (44%) (Salmon (#**Fish**#), Sea Salt), Butter (#**Milk**#), Lemon Juice, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:
Typical values per 100g/per sandwich: Energy kJ 1131/1716, kcal 270/410, Fat 12.8g/19.4g, Of which saturates 3.9g/5.9g, Carbohydrates 21.9g/33.2g, Of which sugars 1.3g/2.0g, Fibre 3.1g/4.6g, Protein 15.4g/23.3g, Salt 2.06g/3.12g.

Super Greens & Reds

Ingredients:
Malted Bread (Fortified Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, #**Wheat**# Bran, Malted #**Wheat**# Flakes, #**Wheat**# Gluten, Malted #**Barley**# Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Yeast, Sugar, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Avocado (33%), 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%), Spinach, Kalamata Olives (6%) (Kalamata Olives, Salt, Rapeseed Oil), Lemon Juice, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information
Typical values per 100g/per sandwich: Energy kJ 776/1694, kcal 186/406, Fat 9.7g/21.2g, Of which saturates 1.9g/4.2g, Carbohydrates 17.6g/38.5g, Of which sugars 2.5g/5.4g, Fibre 4.0g/8.7g, Protein 5.0g/10.9g, Salt 0.82g/1.80g.

Tuna & Cucumber

Ingredients:
Malted Bread (Fortified Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, #**Wheat**# Bran, Malted #**Wheat**# Flakes, #**Wheat**# Gluten, Malted #**Barley**# Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Yeast, Sugar, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Tuna Mayonnaise (38%) (Pole and Line Caught Tuna (#**Fish**#), Rapeseed Oil, Water, Salt, Free-Range #**Egg**# Yolk, Spirit Vinegar, Cornflour, Sugar, Concentrated Lemon Juice, Black Pepper), Cucumber (18%).

Nutrition Information:
Typical values per 100g/per sandwich: Energy kJ 965/1680, kcal 231/402, Fat 11.3g/19.7g, Of which saturates 1.8g/3.2g, Carbohydrates 19.5g/34.0g, Of which sugars 1.6g/2.7g, Fibre 2.9g/5.1g, Protein 11.2g/19.5g, Salt 0.73g/1.28g.

Veggie New Yorker

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

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

Slims

Slim Chicken, Avocado & Basil

Ingredients:
Malted Bread (Fortified Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, #**Wheat**# Bran, Malted #**Wheat**# Flakes, #**Wheat**# Gluten, Malted #**Barley**# Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Yeast, Sugar, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Avocado (31%), Chicken (21%) (Chicken Breast, Salt), Yoghurt Mayonnaise Mix (Greek Style Yoghurt (#**Milk**#), Mayonnaise (Rapeseed Oil, Water, Free Range #**Egg**# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice)), Mixed Salad Leaves, Basil, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:
Typical values per 100g/per sandwich: Energy kJ 823/966, kcal 197/231, Fat 10.0g/11.8g, Of which saturates 1.9g/2.2g, Carbohydrates 15.1g/17.7g, Of which sugars 1.1g/1.3g, Fibre 3.0g/3.6g, Protein 10.1g/11.8g, Salt 0.57g/0.67g.

Brie, Pistachio & Cranberry Half Baguette

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

Nutrition Information:
Typical values per 100g/per baguette: Energy kJ 1256/1270, kcal 300/304, Fat 14.8g/14.9g, Of which saturates 5.8g/5.9g, Carbohydrates 30.9g/31.2g, Of which sugars 5.0g/5.1g, Fibre 2.5g/2.5g, Protein 9.7g/9.8g, Salt 1.05g/1.06g.

Chicken Caesar & Bacon Half Baguette

Ingredients:
Stone Baked Baguette (#**Wheat**# Flour, Water, Brown Linseed, Malted #**Wheat**# Flakes, Sunflower Seeds, Yeast, Salt, #**Wheat**#germ, Potassium Chloride, Potassium Gluconate, Malted #**Wheat**# Flour, #**Sesame**# Seeds), Chicken (23%) (Chicken Breast, Salt), Caesar Mayonnaise (9%) (Rapeseed Oil, Water, Free-Range #**Egg**# Yolk, Italian Hard Cheese (Cheese (#**Milk**#), Preservative: Lysozyme (#**Egg**#)), Red Wine Vinegar, Sugar, Cornflour, Concentrated Lemon Juice, Worcester Sauce (Water, Molasses, Spirit Vinegar, Salt, Onion Powder, Tamarind Paste, Spices), Salt, Anchovy Paste (Anchovy (#**Fish**#), Salt, Olive Oil, White Wine Vinegar), Spirit Vinegar, Dried Garlic), Yoghurt Mayonnaise Mix (Greek Style Yoghurt (#**Milk**#), Mayonnaise (Rapeseed Oil, Water, Free Range #**Egg**# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice)), 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 1136/1238, kcal 271/296, Fat 12.7g/13.9g, Of which saturates 2.1g/2.3g, Carbohydrates 24.7g/26.9g, Of which sugars 1.3g/1.5g, Fibre 2.0g/2.2g, Protein 13.5g/14.7g, Salt 0.90g/100g.

Italian Prosciutto Half Baguette

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

Nutrition Information:
Typical values per 100g/per baguette: Energy kJ 1136/1238, kcal 271/296, Fat 12.7g/13.9g, Of which saturates 2.1g/2.3g, Carbohydrates 24.7g/26.9g, Of which sugars 1.3g/1.5g, Fibre 2.0g/2.2g, Protein 13.5g/14.7g, Salt 0.90g/0.98g.

Mediterranean Style Tuna Half Flatbread

Ingredients:
Tuna Mayonnaise (34%) (Pole and Line Caught Tuna (#**Fish**#), Rapeseed Oil, Water, Free-Range #**Egg**#, Spirit Vinegar, Sugar, Salt, Capers, Red Onion, Spring Onion), Flatbread (Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Water, Sugar, Yeast, Salt), Tomato, Red Pepper, Spinach, Kalamata Olives (5%) (Kalamata Olives, Salt, Rapeseed Oil), Red Onion, Basil.

Nutrition Information:
Typical values per 100g/per flatbread: Energy kJ 830/1147, kcal 198/274, Fat 10.2g/14.2g, Of which saturates 1.5g/2.1g, Carbohydrates 17.2g/23.8g, Of which sugars 2.9g/4.0g, Fibre 1.4g/2.0g, Protein 8.7g/12.0g, Salt 0.51g/0.70g.

Middle Eastern Style Chicken Half Flatbread

Ingredients:
Flatbread (Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Sugar, Yeast, Salt), Chicken (24%) (Chicken Breast, Salt), Humous (14%) (Cooked Chickpeas (Chickpeas, Water, Salt), Tahini #**Sesame**# Seed Paste, Lemon Juice, Olive Oil, Sea Salt, Dried Garlic, Antioxidant: Ascorbic Acid), Pickled Cabbage (10%) (Red Cabbage, #**Barley**# Malt Vinegar, Sugar, Water, Sea Salt, Spices), Cucumber, Shawarma Spiced Paste (7%) (Water, Sugar, Red Pepper Purée, Salt, Coriander, Smoked Paprika, Tomato Paste, Spirit Vinegar, Red Chilli Purée, Cumin Powder, Cornflour, Garlic Powder, Lemon Juice Concentrate, Cinnamon, Olive Oil, Spearmint, Ginger Purée, Yeast Extract Powder (Yeast Extract, Salt), Onion Powder, Crushed Dried Chilli, Cardamom, Lemon Zest, Cayenne Pepper, Ground Pimento, Garlic Purée, colour (Paprika Extract), Nutmeg, Black Pepper), Spinach, Red Onion.

Nutrition Information:
Typical values per 100g/per flatbread: Energy kJ 694/885, kcal 165/210, Fat 3.5g/4.4g, Of which saturates 1.2g/1.6g, Carbohydrates 21.6g/27.5g, Of which sugars 5.8g/7.3g, Fibre 2.3g/2.9g, Protein 10.6g/13.5g, Salt 0.63g/0.80g.

Posh Cheddar & Pickle Half Baguette

Ingredients:
Stone Baked Baguette (#**Wheat**# Flour, Water, Brown Linseed, Malted #**Wheat**# Flakes, Sunflower Seeds, Yeast, Salt, #**Wheat**#germ, Potassium Chloride, Potassium Gluconate, Malted #**Wheat**# Flour, #**Sesame**# Seeds), Mature Cheddar Cheese (#**Milk**#) (16%), 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, Acidity Regulators: Citric Acid, Ascorbic Acid; Sugar, Salt, Sunflower Oil), Mayonnaise (Rapeseed Oil, Water, Free-Range #**Egg**# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Red Onion, Salad Cress, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:
Typical values per 100g/per baguette: Energy kJ 1166/1327, kcal 278/317, Fat 12.4g/14.1g, Of which saturates 4.0g/4.6g, Carbohydrates 31.0g/35.3g, Of which sugars 8.2g/9.3g, Fibre 2.9g/3.3g, Protein 9.1g/10.4g, Salt 1.28g/1.46g.

Pole & Line Caught Tuna Mayo & Cucumber Half Baguette

Ingredients:
White Baguette (Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Salt, #**Wheat**# Gluten, #**Wheat**# Flour, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Tuna Mayonnaise (41%) (Pole and Line Caught Tuna (#**Fish**#), Rapeseed Oil, Water, Salt, Free-Range #**Egg**# Yolk, Spirit Vinegar, Cornflour, Sugar, Concentrated Lemon Juice, Black Pepper), Cucumber (16%).

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

Pret's Christmas Half Baguette

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

Nutrition Information:
Typical values per 100g/per baguette: Energy kJ 1161/1495, kcal 277/356, Fat 11.5g/14.8g, Of which saturates 2.1g/2.7g, Carbohydrates 30.1g/38.7g, Of which sugars 6.2g/8.0g, Fibre 1.6g/2.1g, Protein 12.5g/16.1g, Salt 1.29g/1.66g.

Pret's Christmas Half Sandwich

Ingredients:
Malted Bread (Fortified Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, #**Wheat**# Bran, Malted #**Wheat**# Flakes, #**Wheat**# Gluten, Malted #**Barley**# Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Yeast, Sugar, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Turkey (24%) (Turkey Breast, Water, Shio Koji (Rice Koji, Water, Salt, Alcohol), Cornflour, Salt), Pork Stuffing (20%) (Pork, Onion, Smoked Bacon (Pork, Salt, Sea Salt, Sugar, Demerara Sugar, Preservatives: Sodium Nitrite, Sodium Nitrate; Antioxidant: Sodium Ascorbate), Dried Apricots (Apricots, Preservative: Sulphur Dioxide (#**Sulphites**#)), Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Palm Oil, Lemon Juice, Sage, Rosemary, Thyme, Parsley, Salt, Black Pepper, Raising Agent: Ammonium Carbonates; Yeast, Sunflower Oil), Cranberry Sauce (10%) (Cranberries, Sugar, Water), Mayonnaise (Rapeseed Oil, Water, Free-Range #**Egg**# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Spinach, Crispy Onions (Onion, Palm Oil, #**Wheat**# Flour, Salt), Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:
Typical values per 100g/per sandwich: Energy kJ 1013/1172, kcal 241/279, Fat 9.3g/10.8g, Of which saturates 2.3g/2.6g, Carbohydrates 23.7g/27.4g, Of which sugars 6.7g/7.8g, Fibre 2.8g/3.2g, Protein 14.3g/16.5g, Salt 1.06g/1.22g.

Satay Chicken & Pickled Slaw Half Baguette

Ingredients:
White Baguette (Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Salt, #**Wheat**# Gluten, #**Wheat**# Flour, 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 941/1183, kcal 224/281, Fat 6.9g/8.7g, Of which saturates 1.0g/1.3g, Carbohydrates 28.4g/35.7g, Of which sugars 3.9g/4.9g, Fibre 1.5g/1.9g, Protein 11.1g/14.0g, Salt 1.20g/1.50g.

Slim Classic Super Club

Ingredients:
Malted Bread (Fortified Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, #**Wheat**# Bran, Malted #**Wheat**# Flakes, #**Wheat**# Gluten, Malted #**Barley**# Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Yeast, Sugar, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Chicken (21%) (Chicken Breast, Salt), Tomato, Mayonnaise (Rapeseed Oil, Water, Free-Range #**Egg**# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Streaky Bacon (7%) (Pork Belly, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite), Mixed Salad Leaves, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:
Typical values per 100g/per sandwich: Energy kJ 916/1068, kcal 219/256, Fat 11.8g/13.8g, Of which saturates 1.8g/2.1g, Carbohydrates 15.4g/18.0g, Of which sugars 1.6g/1.9g, Fibre 2.4g/2.8g, Protein 11.7g/13.6g, Salt 0.87g/1.02g.

Slim Tuna & Cucumber

Ingredients:
Malted Bread (Fortified Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, #**Wheat**# Bran, Malted #**Wheat**# Flakes, #**Wheat**# Gluten, Malted #**Barley**# Flour, Salt, Emulsifiers: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Yeast, Sugar, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid),Tuna Mayonnaise (38%) (Pole and Line Caught Tuna (#**Fish**#), Rapeseed Oil, Water, Salt, Free-Range #**Egg**# Yolk, Spirit Vinegar, Cornflour, Sugar, Concentrated Lemon Juice, Black Pepper), Cucumber (18%).

Nutrition Information:
Typical values per 100g/per sandwich: Energy kJ 965/840, kcal 231/201, Fat 11.3g/9.9g, Of which saturates 1.8g/1.6g, Carbohydrates 19.5g/17.0g, Of which sugars 1.6g/1.4g, Fibre 2.9g/2.6g, Protein 11.2g/9.8g, Salt 0.73g/0.64g.

Thai Stvle Chicken Half Baguette

Ingredients:
White Baguette (Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Salt, #**Wheat**# Gluten, #**Wheat**# Flour, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Chicken (27%) (Chicken Breast, Salt), Green Dressing (13%) (Water, Vegetable Oil (Sunflower Oil and Rapeseed Oil in varying proportions), Coconut Milk (Coconut Extract, Water), Ginger Purée, Coriander, Parsley, Spinach Leaf, White Wine Vinegar, Spring Onion, Sugar, Concentrated Lime Juice, Tamari Soy Sauce (Water, #**Soya**# Bean, Salt, Spirit Vinegar), Jalapeño Chili, Sea Salt, Lime Leaf, Garlic Purée), Red Pepper (11%), Unsalted Butter (#**Milk**#), Coriander, Coconut, Chilli Salt (Paprika, Sea Salt, Chilli Flakes).

Nutrition Information:
Typical values per 100g/per baguette: Energy kJ 894/1061, kcal 213/252, Fat 7.1g/8.4g, Of which saturates 2.7g/3.2g, Carbohydrates 24.8g/29.4g, Of which sugars 1.9g/2.3g, Fibre 1.6g/1.9g, Protein 11.6g/13.8g, Salt 0.98g/1.16g.

Wraps & Flatbreads

Avocado & Chipotle Chicken Flatbread

Ingredients:
Avocado (25%), Flatbread (Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), 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 691/1960, kcal 165/467, Fat 6.1g/17.4g, Of which saturates 1.4g/4.0g, Carbohydrates 18.0g/51.0g, Of which sugars 3.8g/10.9g, Fibre 1.9g/5.4g, Protein 8.4g/23.8g, Salt 0.29g/0.83g.

Chicken Caesar & Roasted Pistachio Flatbread

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

Nutrition Information:
Typical values per 100g/per flatbread: Energy kJ 1042/2415, kcal 249/577, Fat 12.9g/30.0g, Of which saturates 1.5g/3.5g, Carbohydrates 20.5g/47.4g, Of which sugars 2.8g/6.4g, Fibre 1.4g/3.2g, Protein 12.0g/27.9g, Salt 0.33g/0.77g.

Chicken Pesto & Rocket Wrap

Ingredients:
Kibbled Rye Wrap (Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Malted #**Rye**# Flakes, Rapeseed Oil, Humectant: Glycerol, Raising Agents: Diphosphates, Sodium Hydrogenate Carbonate, Emulsifier: Mono- and Diglycerides of Fatty Acids; #**Wheat**# Flour, Dried Fermented #**Wheat**# Flour, Salt, Acidity Regulator: Citric Acid; #**Wheat**# Starch, Flour Treatment Agent: L-Cysteine), Cooked Chicken (22%) (Chicken Breast, Salt), Tomato, Pesto (9%) (Rapeseed Oil, Basil, Spinach, Pine Nuts, Basil Paste (Basil, Sunflower Oil, Salt), Medium Fat Hard Cheese (#**Milk**#), Garlic Puree, Salt, Acidity Regulator: Citric Acid), Mayonnaise (Rapeseed Oil, Water, Free-Range #**Egg**# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice), Rocket (7%), Pine Nuts, Basil, Lemon Juice.

Nutrition Information:
Typical values per 100g/per wrap: Energy kJ 1029/2309, kcal 247/553, Fat 14.9g/33.3g, Of which saturates 1.1g/2.5g, Carbohydrates 17.3g/38.8g, Of which sugars 1.7g/3.7g, Fibre 1.3g/3.0g, Protein 10.3g/23.0g, Salt 0.45g/1.02g.

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.

Hoisin Duck Wrap

Ingredients:
Kibbled Rye Wrap (Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Malted #**Rye**# Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Hydrogenate Carbonate; Emulsifier: Mono- and Diglycerides of Fatty Acids; #**Wheat**# Flour, Dried Fermented #**Wheat**# Flour, 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 (10%) (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 825/1868, kcal 197/445, Fat 7.7g/17.5g, Of which saturates 1.2g/2.7g, Carbohydrates 21.7g/49.0g, Of which sugars 5.8g/13.1g, Fibre 1.7g/3.9g, Protein 9.3g/21.0g, Salt 1.14g/2.59g.

Italian Style Pesto Chicken Flatbread

Ingredients:
Flatbread (Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), 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, Pine Nuts, Lemon Juice, Basil.

Nutrition Information:
Typical values per 100g/per flatbread: Energy kJ 989/2382, kcal 237/570, Fat 12.7g/30.6g, Of which saturates 1.1g/2.7g, Carbohydrates 19.2g/46.2g, Of which sugars 2.6g/6.3g, Fibre 1.1g/2.7g, Protein 10.8g/26.1g, Salt 0.34g/0.81g.

Mediterranean Style Tuna Flatbread

Ingredients:
Tuna Mayonnaise (34%) (Pole and Line Caught Tuna (#**Fish**#), Rapeseed Oil, Water, Salt, Free-Range #**Egg**#, Spirit Vinegar, Sugar, Salt, Capers, Red Onion, Spring Onion), Flatbread (Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Sugar, Yeast, Salt), Tomato, Red Pepper, Spinach, Kalamata Olives (5%) (Kalamata Olives, Salt, Rapeseed Oil), Red Onion, Basil.

Nutrition Information:
Typical values per 100g/per flatbread: Energy kJ 836/2295, kcal 200/549, Fat 10.3g/28.3g, Of which saturates 1.5g/4.2g, Carbohydrates 17.3g/47.5g, Of which sugars 2.9g/7.9g, Fibre 1.4g/4.0g, Protein 8.8g/24.0g, Salt 0.51g/1.41g.

Mexican Style Falafel & Avo Flatbread

Ingredients:
Avocado (26%), Flatbread (Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Sugar, Yeast, Salt), Sweet Potato Falafel (15%) (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), Mixed Peppers (Peppers, Sunflower Oil, Salt, White Wine Vinegar, Mint, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Red Pepper, 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 Oil (Sunflower Oil and Rapeseed Oil in varying proportions), Tomato Paste, Maize Starch, Water, Garlic, Salt, Black Pepper, Cayenne Pepper), Mixed Salad Leaves, Coriander.

Nutrition Information:
Typical values per 100g/per flatbread: Energy kJ 804/2249, kcal 192/538, Fat 9.2g/25.7g, Of which saturates 4.2g/11.9g, Carbohydrates 21.8g/61.0g, Of which sugars 4.5g/12.6g, Fibre 2.7g/7.5g, Protein 4.2g/11.7g, Salt 0.29g/0.82g.

Middle Eastern Style Chicken Flatbread

Ingredients:
Flatbread (Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Sugar, Yeast, Salt), Chicken (24%) (Chicken Breast, Salt), Humous (14%) (Cooked Chickpeas (Chickpeas, Water, Salt), Tahini #**Sesame**# Seed Paste, Lemon Juice, Olive Oil, Sea Salt, Dried Garlic, Antioxidant: Ascorbic Acid), Pickled Cabbage (10%) (Red Cabbage, #**Barley**# Malt Vinegar, Sugar, Water, Sea Salt, Spices), Cucumber, Shawarma Spiced Paste (7%) (Water, Sugar, Red Pepper Purée, Salt, Coriander, Smoked Paprika, Tomato Paste, Spirit Vinegar, Red Chilli Purée, Cumin Powder, Cornflour, Garlic Powder, Lemon Juice Concentrate, Cinnamon, Olive Oil, Spearmint, Ginger Purée, Yeast Extract Powder (Yeast Extract, Salt), Onion Powder, Crushed Dried Chilli, Cardamom, Lemon Zest, Cayenne Pepper, Ground Pimento, Garlic Purée, Colour (Paprika Extract), Nutmeg, Black Pepper), Spinach, Red Onion.

Nutrition Information:
Typical values per 100g/per flatbread: Energy kJ 694/1770, kcal 165/420, Fat 3.5g/8.9g, Of which saturates 1.2g/3.1g, Carbohydrates 21.6g/55.1g, Of which sugars 5.8g/14.7g, Fibre 2.3g/5.9g, Protein 10.6g/27.0g, Salt 0.63g/1.59g.

Satay Chicken & Slaw Wrap

Ingredients:
Kibbled Rye Wrap (Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Malted #**Rye**# Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Hydrogenate Carbonate; Emulsifier: Mono- and Diglycerides of Fatty Acids; #**Wheat**# Flour, Dried Fermented #**Wheat**# Flour, Salt, Acidity Regulator: Citric Acid; #**Wheat**# Starch, Flour Treatment Agent: L-Cysteine), Chicken (26%) (Chicken Breast, Salt), Cucumber, Soya and Coconut Satay Sauce (12%) (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, Picked Cabbage (Red Cabbage, #**Barley**# Malt Vinegar, Sugar, Water, Sea Salt, Spices), Coriander.

Nutrition Information:
Typical values per 100g/per wrap: Energy kJ 667/1559, kcal 158/370, Fat 4.3g/10.0g, Of which saturates 0.9g/2.2g, Carbohydrates 19.1g/44.5g, Of which sugars 3.5g/8.1g, Fibre 1.6g/3.7g, Protein 10.1g/23.7g, Salt 0.69g/1.61g.

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, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Salt, #**Wheat**# Gluten, #**Wheat**# Flour, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Chopped Free-Range Egg Mayo Mix (33%) (Free-Range #**Egg**#, Rapeseed Oil, Water, Salt, Free-Range #**Egg**# Yolk, Spirit Vinegar, Cornflour, Sugar, Concentrated Lemon Juice, Black Pepper), Avocado (27%), Lemon Juice, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

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

Acai, Banana & Almond Butter Bowl

Ingredients:
Acai and Fruit Purée (57%) (Acai Berry Purée (Water, Acai Berries), Cherry Purée, Banana Purée, Water, Blackcurrants, Blackcurrant Juice Concentrate, Sugar, Blackberries, Raspberries, Strawberries, #**Oats**#, Stabiliser: Xanthan Gum), Granola (#**Oats**#, Partially Inverted Refiners Syrup, Dark Muscovado Sugar, Pumpkin Seeds, Rapeseed Oil, Golden Linseed, Raisins, 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 776/1387, kcal 185/331, Fat 7.3g/13.1g, Of which saturates 0.9g/1.6g, Carbohydrates 23.3g/41.6g, Of which sugars 13.2g/23.6g, Fibre 3.9g/7.0g, Protein 4.6g/8.2g, Salt 0.12g/0.22g.

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, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Salt, #**Wheat**# Gluten, #**Wheat**# Flour, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Chopped Free-Range Egg Mayo Mix (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 kJ 1163/2360, kcal 277/563, Fat 12.6g/25.6g, Of which saturates 2.4g/4.8g, Carbohydrates 28.6g/58.0g, Of which sugars 1.2g/2.3g, Fibre 1.4g/2.9g, Protein 11.7g/23.8g, Salt 1.34g/2.72g.

Banana, Honey & Granola Bowl

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

Nutrition Information:
Typical values per 100g/per bowl: Energy kJ 732/1556, kcal 174/370, Fat 5.7g/12.2g, Of which saturates 2.5g/5.3g, Carbohydrates 24.7g/52.5g, Of which sugars 15.6g/33.1g, Fibre 2.0g/4.2g, Protein 5.0g/10.5g, Salt 0.08g/0.17g.

Banana Honey Yoghurt Pot

Ingredient List:
Greek Style Yoghurt (#**Milk**#), Banana (16%), Honey (13%).

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

Breakfast Egg & Avo

Ingredients:
White Baguette (Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Salt, #**Wheat**# Gluten, #**Wheat**# Flour, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Chopped Free-Range Egg Mayo Mix (31%) (Free-Range #**Egg**#, Rapeseed Oil, Water, Spirit Vinegar, Sugar, Salt, Black Pepper), Avocado (24%), Lemon Juice, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

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

Breakfast Egg & Bacon

Ingredients:
White Baguette (Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Salt, #**Wheat**# Gluten, #**Wheat**# Flour, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Chopped Free-Range Egg Mayo Mix (45%) (Free-Range #**Egg**#, Rapeseed Oil, Water, Spirit Vinegar, Sugar, Salt, Black Pepper), Smoked Streaky Bacon (7%) (Pork Belly, Salt, Preservative: Sodium Nitrite; Antioxidant: Sodium Ascorbate).

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

Breakfast Egg & Tomato

Ingredients:
White Baguette (Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Salt, #**Wheat**# Gluten, #**Wheat**# Flour, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Chopped Free-Range Egg Mayo Mix (42%) (Free-Range #**Egg**#, Rapeseed Oil, Water, Spirit Vinegar, Sugar, Salt, Black Pepper), Roasted Tomatoes (13%) (Tomato, Sugar, Salt, Sunflower Oil).

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

Breakfast Salmon & Egg

Ingredients:
White Baguette (Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Salt, #**Wheat**# Gluten, #**Wheat**# Flour, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Chopped Free-Range Egg Mayo Mix (41%) (Free-Range #**Egg**#, Rapeseed Oil, Water, Spirit Vinegar, Sugar, Salt, Black Pepper), Smoked Salmon (12%) (Salmon (#**Fish**#), Sea Salt), Salad Cress.

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

Blueberry & Coconut Balance Bowl

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

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

Breakfast Egg & Tomato Baguette

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

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

Butter Croissant

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

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

Chocolate Croissant

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

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

Cinnamon Danish

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

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

Cranberry & Seed Bircher Muesli

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

Nutrition Information:
Typical values per 100g/per bowl: Energy kJ 843/1844, kcal 201/440, Fat 8.2g/17.9g, Of which saturates 2.8g/6.1g, Carbohydrates 23.7g/51.9g, Of which sugars 13.3g/29.1g, Fibre 2.8g/6.2g, Protein 6.6g/14.5g, Salt 0.08g/0.17g.

Five Berry Bowl

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

Nutrition Information:
Typical values per 100g/per bowl: Energy kJ 657/1358, kcal 157/324, Fat 5.8g/12.1g, Of which saturates 2.5g/5.2g, Carbohydrates 19.8g/40.8g, Of which sugars 10.0g/20.6g, Fibre 2.7g/5.7g, Protein 4.9g/10.1g, Salt 0.11g/0.23g.

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.

Roasted Tomatoes & Egg Mayo Baguette

Ingredients:
White Baguette (Wheat Flour (#**Wheat#** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Salt, #**Wheat**# Gluten, #**Wheat**# Flour, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid), Chopped 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 (14%) (Tomato, Sugar, Salt, Sunflower Oil).

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

Sausage & 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), Sausage (30%) (Pork, Crumb (Rice Flour, Chickpea Flour, Cornflour, Salt, Rapeseed Oil, Emulsifier: Mono- and 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)), Smoked Back Bacon (17%) (Pork, Salt, Preservatives: Sodium Nitrite, Potassium Nitrate), Unsalted Butter (#**Milk**#).

Nutrition Information:
Typical values per 100g/per roll: Energy kJ 1293/1979, kcal 309/473, Fat 16.5g/25.2g, Of which saturates 6.7g/10.2g, Carbohydrates 24.2g/37.1g, Of which sugars 2.2g/3.3g, Fibre 1.8g/2.8g, Protein 15.1g/23.1g, Salt 1.29g/1.97g.

The Big Apple Bowl

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

Nutrition Information:
Typical values per 100g/per bowl: Energy kJ 636/1236, kcal 151/294, Fat 5.5g/10.7g, Of which saturates 2.6g/5.1g, Carbohydrates 20.0g/38.8g, Of which sugars 12.0g/23.4g, Fibre 1.7g/3.2g, Protein 4.6g/9.0g, Salt 0.08g/0.16g.

Triple Bacon Ciabatta

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

Nutrition Information:
Typical values per 100g/per roll: Energy kJ 1283/1616, kJ 306/386, Fat 14.6g/18.4g, Of which saturates 7.1g/9.0g, Carbohydrates 28.4g/35.7g, Of which sugars 2.0g/2.5g, Fibre1.8 g/2.2g, Protein 14.4g/18.2g, Salt 1.08g/1.36g.

Triple Sausage Ciabatta

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

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

Ultimate Breakfast Ciabatta

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

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

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.

Porridge & Toppers

Banana Cinnamon Porridge

Ingredients:
Whole #**Milk**#, #**Oats**#, Banana (7%), Brown Sugar, Ground Sweet Cinnamon (Cassia) (<0.5%).

Nutrition Information :
Typical values per 100g/per bowl: Energy kJ 430/1442, kcal 103/344, Fat 3.5g/11.7g, Of which saturates 2.0g/6.6g, Carbohydrates 12.7g/42.5g, Of which sugars 6.9g/23.0g, Fibre 2.9g/9.6g, Protein 3.7g/12.3g, Salt 0.09g/0.31g.

Pret's Proper Porridge

Ingredients:
Whole #**Milk**#, Water, #**Oats**#.

Nutrition Information:
Typical values per 100g/per bowl: Energy kJ 406/1217, kcal 97/291, 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 2.9g/8.8g, Protein 4.0g/12.0g, Salt 0.10g/0.30g.

The Big Apple Porridge

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

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

Cranberry Seed Topper

Ingredients:
Pumpkin Seeds (28%), Sultanas, Sugar, Sunflower Seeds (16%), Dried Cranberries (8%), Sunflower Oil

Nutrition Information:
Typical values per 100g: Energy kJ 1755, kcal 419, Fat 17.2g, Of which saturates 2.9g, Carbohydrates 49.3g, Of which sugars 48.8g, Fibre 6.8g, Protein 13.4g, Salt 0.02g

Five Berry Compote Topper

Ingredients:
Water, Strawberries (17%), Sugar, Redcurrants (13%), Blackcurrants (12%), Raspberries (8%), Lemon Juice, Cornflour, Gelling Agent: Pectin

Nutrition Information:
Typical values per 100g: Energy kJ 341, kcal 81, Fat 0g, Of which saturates 0g, Carbohydrates 18.3g, Of which sugars 15.3g, Fibre 3.8g, Protein 0g, Salt 0.13g

Half Proper Porridge

Ingredients:
Whole #**Milk**#, #**Oats**#.

Nutrition Information:
Typical values per 100g/per bowl: Energy kJ 406/811, kcal 97/194, Fat 3.9g/7.8g, Of which saturates 2.2g/4.4g, Carbohydrates 10.0g/20.0g, Of which sugars 3.7g/7.4g, Fibre 2.9g/5.9g, Protein 4.0g/8.0g, Salt 0.10g/0.20g.

Honey Topper

Ingredients:
Honey

Nutrition Information: Typical values per 100g/per stick: Energy kJ 1371/274, kcal 323/65, Fat 0.1g/0g, Of which saturates 0g/0g, Carbohydrates 80g/16g, Of which sugars 80g/16g, Fibre 0.1g/0g, Protein 0.4g/0.1g, Salt 0.01g/0g

Cold Drinks

Apple Juice

Ingredients:
See individual pack

Nutritional Information:
See individual pack

Coke - all types

Ingredients:
See individual pack

Nutritional Information:
See individual pack

Cranberry, Raspberry & Pomegranate Pret Still

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

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

Easy Greens

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

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

Ginger Shot

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

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

Green Tea & Peach Pret Still

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

Nutritional Information:

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

Hot Shot

Ingredients List:

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

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

Lemon & Ginger Pret Still

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

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

Mango, Passion Fruit & Lime Pret Still

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

Nutritional Information:

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

Orange Juice

Ingredient List:
See individual pack

Nutritional Information:
See individual pack

Poppi

Ingredient List:
See individual pack

Nutritional Information:
See individual pack

Pret Apple Fizz

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

Nutritional Information:
Typical values per 100g/Per serving: Energy kJ 143/472, Energy kcal 33.9/112, Fat 0g/0g, of which saturates 0g/0g, Carbohydrates 7.9g/26.1g, of which sugars 7.6g/25.1g, Fibre 0g/0g, Protein 0g/0g, Salt 0g/0g

Pret Cucumber & Mint Seltzer

Ingredient List:
Carbonated Water, Flavourings, acid (Citric Acid).

Nutritional Information:
Typical values per 100g/Per serving: Energy kJ 0/0, Energy kcal 0/0,Fat 0g/0g, of which saturates 0g/0g, Carbohydrates 0g/0g, of which sugars 0g/0g, Fibre 0g/0g, Protein 0g/0g,Salt 0g/0g

Pret Ginger Beer

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

Nutritional Information:
Typical values per 100g/Per serving: Energy kJ 150.9/498, Energy kcal 39.1/129, Fat 0g/0g, of which saturates 0g/0g, Carbohydrates 9g/29.7g, of which sugars 8.9g/29.4g, Fibre 0g/0g, Protein 0g/0g, Salt 0g/0g.

Pret Grape & Elderflower

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

Nutritional Information:
Typical values per 100g/Per serving: Energy kJ 139.1/459, Energy kcal 33/109, Fat 0g/0g, of which saturates 0g/0g, Carbohydrates 7.4g/24.4g, of which sugars 6.7g/22.2g, Fibre 0g/0g, Protein 0g/0g, Salt 0g/0g.

Pret Lime & Raspberry Seltzer

Ingredient List:
Carbonated Water, Flavourings, acid (Citric Acid).

Nutritional Information:
Typical values per 100g/Per serving: Energy kJ 0/0, Energy kcal 0/0, Fat 0g/0, of which saturates 0g/0g, Carbohydrates 0g/0g, of which sugars 0g/0g, Fibre 0g/0g, Protein 0g/0g,Salt 0g/0g

Pret Rhubarb Lemonade

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

Nutritional Information:
Typical values per 100g/Per serving: Energy kJ 150/495 Energy kcal 35.8/118, Fat 0g/0g, Carbohydrates 8.1g/26.7g, of which sugars 8.1g/26.7g, Protein 0g/0g, Salt 0g/0g.

Sparkling Spring Water

Ingredient List:
See individual pack

Nutritional Information:
See individual pack

Still Water

Ingredient List:
See individual pack

Nutritional Information:
See individual pack

Tropical Zest

Ingredient List:
See individual pack

Nutritional Information:
See individual pack

Fruit

Medley Pot

Ingredient List:
Watermelon (32%), Pineapple (28%), Honeydew Melon (15%), Cantaloupe Melon (12%), Green Grape (7%), Red Grape (6%).

Nutritional Information:
Typical values per 100g/per pot: Energy kJ 197/335, kcal 46/79, Fat 0.1g/0.2g, Of which saturates 0.0g/0.5g, Carbohydrates 10.7g/18.3g, Of which sugars 8.9g/15.1g, Protein 0.6g/1.0g, Salt 0.0g/0.0g.

Mango & Lime Pot

Ingredient List:
Mango (93%), Lime (7%).

Nutritional Information:
Typical values per 100g/per pot: Energy kJ 241/388, kcal 57/92, Fat 0.2g/0.3g, Of which saturates 0.1g/0.2g, Carbohydrates 12.5g/20.2g, Of which sugars 12.3g/19.7g, Fibre 1.0g/1.7g, Protein 0.7g/1.1g, Salt 0.0g/0.0g.

Pret's Hot:

Hot Baguettes

Chicken, Stuffing & Cranberry Hot Baguette

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

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

Chipotle Chicken, Mozzarella & Feta Hot Baguette

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

Nutrition Information:
Typical values per 100g/per baguette: Energy kJ 890/2256, kcal 212/537, Fat 7.5g/19.0g, Of which saturates 4.3g/10.8g, Carbohydrates 22.5g/57.1g, Of which sugars 2.8g/7.2g, Fibre1.8 g/4.6g, Protein 12.6g/32.1g, Salt 0.75g/1.91g.

Chipotle Mozzarella Hot Baguette

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

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

Mozzarella, Pepper & Tomato Hot Baguette

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

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

Prosciutto & Mozzarella Hot Baguette

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

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

Hot Ciabatta

Warm Chicken Caesar & Bacon Ciabatta

Ingredients:
Ciabatta (#**Wheat**# Flour, Water, Rice Semolina, Rice Flour, #**Soya**# Flour, Extra Virgin Olive Oil, Salt, Fermented #**Wheat**# Flour, Yeast, Enzymes (#**Wheat**#), Lactic Acid Bacteria), Chicken (23%) (Chicken Breast, Salt), Caesar Mayonnaise (15%) (Rapeseed Oil, Water, Free-Range #**Egg**# Yolk, Italian Hard Cheese (Cheese (#**Milk**#), Preservative: Lysozyme (#**Egg**#)), Red Wine Vinegar, Sugar, Cornflour, Concentrated Lemon Juice, Worcester Sauce (Water, Molasses, Spirit Vinegar, Salt, Onion Powder, Tamarind Paste, Spices), Salt, Anchovy Paste (Anchovy (#**Fish**#), Salt, Olive Oil, White Wine Vinegar), Spirit Vinegar, Dried Garlic), Emmental Cheese (#**Milk**#), Streaky Bacon (7%) (Pork Belly, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite), Hard Cheese (#**Milk**#), Parsley.

Nutrition Information:
Typical values per 100g/per roll: Energy kJ 1249/3321, kcal 299/795, Fat 17.3g/45.9g, Of which saturates 3.9g/10.3g, Carbohydrates 20.3g/53.9g, Of which sugars 1.1g/2.8g, Fibre 1.2g/3.2g, Protein 15.1g/40.1g, Salt 1.12g/2.99g.

Warm Three Cheese & Tomato Ciabatta

Ingredients:
Ciabatta (#**Wheat**# Flour, Water, Rice Semolina, Rice Flour, #**Soya**# Flour, Extra Virgin Olive Oil, Salt, Fermented #**Wheat**# Flour, Yeast, Enzymes (#**Wheat**#), Lactic Acid Bacteria), Mozzarella Cheese (#**Milk**#) (11%), Roasted Tomatoes (11%) (Tomato, Acidity Regulators: Citric Acid, Ascorbic Acid; Sugar, Salt, Sunflower Oil), Mature Cheddar Cheese (#**Milk**#) (11%), 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), Hard Cheese (#**Milk**#) (4.5%), Basil, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

Nutrition Information:
Typical values per 100g/per roll: Energy kJ 1080/2389, kcal 258/570, Fat 11.5g/25.4g, Of which saturates 5.1g/11.2g, Carbohydrates 26.4g/58.3g, Of which sugars 3.5g/7.7g, Fibre 2.3g/5.0g, Protein 11.1g/24.6g, Salt 1.31g/2.90g.

Hot Wraps

Falafel & Halloumi Hot Wrap

Ingredients:
Kibbled Rye Wrap (Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Malted #**Rye**# Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Hydrogenate Carbonate; Emulsifier: Mono- and Diglycerides of Fatty Acids; #**Wheat**# Flour, Dried Fermented #**Wheat**# Flour, 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 970/2572, kcal 232/615, Fat 10.8g/28.6g, Of which saturates 4.3g/11.3g, Carbohydrates 23.5g/62.4g, Of which sugars 5.4g/14.4g, Fibre 3.2g/8.4g, Protein 8.5g/22.6g, Salt 1.52g/4.04g.

Pret's Meatball Hot Wrap

Ingredients:
Meatballs (37%) (Pork, Rice Flour, Diced Onion, Red Pepper, Paprika, Tomato Paste (Tomatoes, Salt), Garlic Purée, Parsley, Salt, Black Pepper, Thyme, Rosemary, Sage), Kibbled Rye Wrap (Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Malted #**Rye**# Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Hydrogenate Carbonate; Emulsifier: Mono- and Diglycerides of Fatty Acids; #**Wheat**# Flour, Dried Fermented #**Wheat**# Flour, 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 1087/2638, kcal 260/631, Fat 13.4g/32.5g, Of which saturates 5.7g/13.8g, Carbohydrates 21.3g/51.6g, Of which sugars 3.6g/8.7g, Fibre 2.2g/5.4g, Protein 12.5g/30.3g, Salt 1.26g/3.06g.

Italian Style Chicken Hot Wrap

Ingredients:
Kibbled Rye Wrap (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Malted #**Rye**# Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Hydrogenate Carbonate; Emulsifier: Mono- and Diglycerides of Fatty Acids; #**Wheat**# Flour, Dried Fermented #**Wheat**# Flour, Salt, Acidity Regulator: Citric Acid; #**Wheat**# Starch, Flour Treatment Agent: L-Cysteine), Chicken (24%) (Chicken Breast, Salt), Red Tapenade (19%) (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), Roasted Tomatoes (Tomato, Acidity Regulators: Citric Acid, Ascorbic Acid; Sugar, Salt, Sunflower Oil), Emmental Cheese (#**Milk**#) (8%), Red Pepper, Hard Cheese (#**Milk**#) (5%), Basil.

Nutrition Information:
Typical values per 100g/per wrap: Energy kJ 936/2334, kcal 223/557, Fat 10.1g/25.1g, Of which saturates 2.9g/7.2g, Carbohydrates 19.0g/47.4g, Of which sugars 4.5g/11.3g, Fibre 2.4g/6.0g, Protein 13.1g/32.6g, Salt 0.89g/2.21g.

Hot Bakes

Feta & Red Pepper Frittata

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

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

Bacon, Cheese & Jalapeno Pastry

Ingredients:
Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Butter (#**Milk**#), Water, Soft Cheese (#**Milk**#), Smoked Bacon (8%) (Pork, Water, Salt, Sugar, Preservatives: Sodium Nitrite, Sodium Nitrate, Potassium Nitrate; Antioxidant: Sodium Ascorbate), Caramelised Onion (Onion, Rapeseed Oil, Cracked Black Pepper), Mature Cheddar Cheese (#**Milk**#) (6%), Mozzarella Cheese (#**Milk**#), Potato, White Wine Vinegar, Pasteurised #**Egg**#, Green Jalapeño (1.5%), Salt, Sugar, Garlic Purée, Lemon Zest, Parsley, Cornflour, Yeast.

Nutrition Information:
Typical values per 100g/per pastry: Energy kJ 1409/2466, kcal 338/591, Fat 20.8g/36.4g, Of which saturates 12.5g/21.9g, Carbohydrates 27.8g/48.7g, Of which sugars 3.3g/5.8g, Fibre 1.3g/2.3g, Protein 9.2g/16.1g, Salt 1.27g/2.22g.

Pigs in Blankets Hot Roll

Ingredients:
Ciabatta Roll (Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Rice Flour, Extra Virgin Olive Oil, Durum #**Wheat**# Semolina, Yeast, Sea Salt, #**Wheat**# Flour, #**Wheat**# Gluten, #**Rye**# Flour, Sourdough Starter Culture), Pigs in Blankets (35%) (Cooked Pork Sausage (Pork Shoulder, Pork Fat, Water, Potato Starch, Rice Flour, Salt, Spices (Black Pepper, White Pepper, Nutmeg, Mace), Dextrose, Herbs (Sage, Parsley), Onion Powder, Emulsifier: Diphosphates), Cooked Smoked Bacon (Pork Belly, Water, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite), Sausages Filled into Vegetable Based Casings), Onions, Mustard Mayonnaise (7%) (Rapeseed Oil, Water, Free-Range #**Egg**# Yolk, #**Mustard**# Flour, Spirit Vinegar, Cornflour, Sugar, Salt, Colours: Curcumin, Plain Caramel), Rapeseed Oil, Sugar, Sherry Vinegar, Salt, Black Pepper, Thyme.

Nutrition Information
Typical values per 100g/per roll: Energy kJ 1256/2148, kcal 301/514, Fat 16.6g/28.4g, Of which saturates 4.2g/7.2g, Carbohydrates 24.4g/41.7g, Of which sugars 4.2g/7.3g, Fibre 2.2g/3.7g, Protein 12.3g/21.1g, Salt 1.39g/2.37g.

Spinach & Feta Pastry

Ingredients:
Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Butter (#**Milk**#), Spinach (15%), Soft Cheese (#**Milk**#), Water, Feta Cheese (7%) (Sheep's #**Milk**#, Goat's #**Milk**#), Mozzarella Cheese (#**Milk**#), Pasteurised #**Egg**#, White Wine Vinegar, Pumpkin Seeds, Sunflower Seeds, Salt, Poppy Seeds, Cornflour, Cracked Black Pepper, Ground Sumac, Fennel Seeds, Lemon Zest, Dried Oregano, Ground Coriander, Dried Thyme, Yeast.

Nutrition Information:
Typical values per 100g/per pastry: Energy kJ 1312/2296, kcal 315/551, Fat 19.7g/34.5g, Of which saturates 11.9g/20.8g, Carbohydrates 25.7g/45.0g, Of which sugars 2.7g/4.7g, Fibre 3.0g/5.3g, Protein 7.2g/12.6g, Salt 1.10g/1.93g.

Toasties

Classic Cheese Bloomer Toastie

Ingredients:
Seeded Bloomer Bread (Fortified Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Rye Sourdough Ferment (Water, #**Rye**# Flour), Malted #**Wheat**# Flakes, Poppy Seeds, Sunflower Seeds, Yeast, Millet Seed, Salt, #**Wheat**# Gluten, #**Oats**#, Brown Linseed, Malted #**Barley**# Flour, Cracked #**Wheat**#, #**Wheat**# Bran, Flour Treatment Agent: Ascorbic Acid), Mature Cheddar Cheese (#**Milk**#) (19%), Mozzarella Cheese (#**Milk**#) (13%), Mustard Mayonnaise (Rapeseed Oil, Water, Free-Range #**Egg**# Yolk, #**Mustard**# Flour, Spirit Vinegar, Cornflour, Sugar, Salt, Colours: Curcumin, Plain Caramel), Hard Cheese (#**Milk**#) (6%).

Nutrition Information:
Typical values per 100g/per toastie: Energy kJ 1408/2681, kcal 337/642, Fat 18.4g/35.0g, Of which saturates 7.5g/14.3g, Carbohydrates 27.5g/52.5g, Of which sugars 1.3g/2.5g, Fibre 2.5g/4.8g, Protein 14.0g/26.8g, Salt 1.19g/2.27g.

Ham, Cheddar & Mustard Bloomer Toastie

Ingredients:
Seeded Bloomer Bread (Fortified Wheat Flour (#**Wheat#** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Rye Sourdough Ferment (Water, #**Rye**# Flour), Malted #**Wheat**# Flakes, Poppy Seeds, Sunflower Seeds, Yeast, Millet Seed, Salt, #**Wheat**# Gluten, #**Oats**#, Brown Linseed, Malted #**Barley**# Flour, Cracked #**Wheat**#, #**Wheat**# Bran, Flour Treatment Agent: Ascorbic Acid), Ham (29%) (Pork, Water, Salt, Glucose Syrup, Yeast Extract, Emulsifier: Triphosphates; Preservative: Sodium Nitrite; Demerara Sugar, Antioxidant: Sodium Ascorbate; Dextrose), Mature Cheddar Cheese (#**Milk**#) (17%), 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 1145/2381, kcal 273/568, Fat 12.2g/25.4g, Of which saturates 4.5g/9.3g, Carbohydrates 24.9g/51.8g, Of which sugars 1.3g/2.7g, Fibre 2.2g/4.6g, Protein 14.8g/30.9g, Salt 1.48g/3.08g.

Chipotle Chicken & Feta Toastie

Ingredients:
Seeded Bloomer Bread (Fortified Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Rye Sourdough Ferment (Water, #**Rye**# Flour), Malted #**Wheat**# Flakes, Poppy Seeds, Sunflower Seeds, Yeast, Millet Seed, 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 kJ 812/1955, kcal 193/464, 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.

Mediterranean Style Chicken Bloomer Toastie

Ingredients:
Seeded Bloomer Bread (Fortified Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Rye Sourdough Ferment (Water, #**Rye**# Flour), Malted #**Wheat**# Flakes, Poppy Seeds, Sunflower Seeds, Yeast, Millet Seed, Salt, #**Wheat**# Gluten, #**Oats**#, Brown Linseed, Malted #**Barley**# Flour, Cracked #**Wheat**#, #**Wheat**# Bran, Flour Treatment Agent: Ascorbic Acid), Chicken (22%) (Chicken Breast, Salt), Red Pepper (11%), Roasted Tomato and Pepper Sauce (8%) (Roasted Red Peppers, Water, Roasted Tomatoes, Toasted Soya Spread (Toasted #**Soya**#, #**Soya**# Oil, Cane Sugar, Palm Oil, Sea Salt), Roasted Pumpkin Seeds, Rapeseed Oil, Red Wine Vinegar, Roasted Garlic Purée, Lemon Juice Concentrate, Corn Flour, Sugar, Smoked Paprika, Salt, Ground Black Pepper, Stabiliser: Xanthan Gum), Red Tapenade (Red Pepper, Cherry Tomatoes, Rapeseed Oil, Tomato Paste, Sugar, Salt, Cornflour, Concentrated Lemon Juice, Garlic, Basil, Oregano, Rapeseed Oil and Sunflower Oil in varying proportions, Smoked Paprika, Basil Extract, Acidity Regulator: Citric Acid), Feta Cheese (#**Milk**#) (3.5%), Full Fat Soft Cheese (#**Milk**#, Salt, Stabiliser: Guar Gum, Acid: Citric Acid), Basil.

Nutrition Information:
Typical values per 100g/per toastie: Energy kJ 858/1953, kcal 204/464, Fat 6.3g/14.4g, Of which saturates 1.5g/3.5g, Carbohydrates 24.1g/54.9g, Of which sugars 2.3g/5.2g, Fibre 2.5g/5.7g, Protein 11.5g/26.1g, Salt 0.97g/2.20g.

Mozzarella & Pesto Bloomer Toastie

Ingredients:
Seeded Bloomer Bread (Fortified Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Rye Sourdough Ferment (Water, #**Rye**# Flour), Malted #**Wheat**# Flakes, Poppy Seeds, Sunflower Seeds, Yeast, Millet Seed, Salt, #**Wheat**# Gluten, #**Oats**#, Brown Linseed, Malted #**Barley**# Flour, Cracked #**Wheat**#, #**Wheat**# Bran, Flour Treatment Agent: Ascorbic Acid), Mozzarella Cheese (#**Milk**#) (23%), Roasted Tomatoes (11%) (Tomato, Acidity Regulators: Citric Acid, Ascorbic Acid; Sugar, Salt, Sunflower Oil), Pesto (9%) (Rapeseed Oil, Basil, Spinach, Pine Nuts, Basil Paste (Basil, Sunflower Oil, Salt, Ascorbic Acid), Medium Fat Hard Cheese (#**Milk**#), Garlic Purée, Acidity Regulator: Citric Acid; Salt), Full Fat Soft Cheese (#**Milk**#, Salt, Stabiliser: Guar Gum; Acid: Citric Acid), Hard Cheese (#**Milk**#) (4.5%), Basil.

Nutrition Information:
Typical values per 100g/per toastie: Energy kJ 1152/2546, kcal 276/609, Fat 14.4g/31.8g, Of which saturates 5.5g/12.2g, Carbohydrates 24.3g/53.7g, Of which sugars 2.5g/5.5g, Fibre 2.8g/6.1g, Protein 10.9g/24.0g, Salt 1.09g/2.41g.

Tuna & Emmental Bloomer Toastie

Ingredients:
Seeded Bloomer Bread (Fortified Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Rye Sourdough Ferment (Water, #**Rye**# Flour), Malted #**Wheat**# Flakes, Poppy Seeds, Sunflower Seeds, Yeast, Millet Seed, Salt, #**Wheat**# Gluten, #**Oats**#, Brown Linseed, Malted #**Barley**# Flour, Cracked #**Wheat**#, #**Wheat**# Bran, Flour Treatment Agent: Ascorbic Acid), Pole and Line Caught Tuna (#**Fish**#) (27%), 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 1076/2402, kcal 257/573, Fat 11.0g/24.6g, Of which saturates 4.0g/9.0g, Carbohydrates 22.2g/49.5g, Of which sugars 0.7g/1.6g, Fibre 2.1g/4.7g, Protein 16.2g/36.1g, Salt 1.18g/2.64g.

Turkey & Trimmings Toastie

Ingredients:
Seeded Bloomer Bread (Fortified Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Rye Sourdough Ferment (Water, #**Rye**# Flour), Malted #**Wheat**# Flakes, Poppy Seeds, Sunflower Seeds, Yeast, Millet Seed, Salt, #**Wheat**# Gluten, #**Oats**#, Brown Linseed, Malted #**Barley**# Flour, Cracked #**Wheat**#, #**Wheat**# Bran, Flour Treatment Agent: Ascorbic Acid), Mature Cheddar Cheese (#**Milk**#) (15%), Turkey (13%) (Turkey Breast, Water, Shio Koji (Rice Koji, Water, Salt, Alcohol), Cornflour, Salt), Slow Cooked Onions (Onions, Rapeseed Oil, Sugar, Sherry Vinegar, Salt, Black Pepper, Thyme), Ham (8%) (Pork, Water, Salt, Glucose Syrup, Yeast Extract, Emulsifier: Triphosphates; Preservative: Sodium Nitrite; Demerara Sugar, Antioxidant: Sodium Ascorbate; Dextrose), Pork Stuffing (6%) (Pork, Onion, Smoked Bacon (Pork, Salt, Sea Salt, Sugar, Demerara Sugar, Preservatives: Sodium Nitrite, Sodium Nitrate; Antioxidant: Sodium Ascorbate), Dried Apricots (Apricots, Preservative: Sulphur Dioxide (#**Sulphites**#)), Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Palm Oil, Lemon Juice, Sage, Rosemary, Thyme, Parsley, Salt, Black Pepper, Raising Agent: Ammonium Carbonates; Yeast, Sunflower Oil), Mayonnaise (Rapeseed Oil, Water, Free-Range #**Egg**# Yolk, Spirit Vinegar, Cornflour, Sugar, Salt, Concentrated Lemon Juice).

Nutrition Information:
Typical values per 100g/per toastie: Energy kJ 1165/2784, kcal 278/665, Fat 12.9g/30.8g, Of which saturates 4.3g/10.3g, Carbohydrates 24.9g/59.6g, Of which sugars 3.4g/8.2g, Fibre 2.4g/5.9g, Protein 14.4g/34.3g, Salt 1.47g/3.51g.

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.

Butter Chicken Masala Soup

Ingredients:
Water, Chicken (9%), Onion, Tomato Paste, Coconut Cream (Coconut Extract, Water), Black Lentils, Single Cream (#**Milk**#), Red Pepper, Butter (#**Milk**#) (3%), Garlic Purée, Ginger Purée, Sugar, Coriander, Red Lentils, Salt, Lemon Juice, Garam Masala (<0.5%) (Coriander Seed, Cumin Seed, Fennel Seed, Ginger, Dill Seed, Clove), Ground Cumin, Paprika, Ground Coriander, Ground Fenugreek, Ground Turmeric, Ground Cardamom, Dried Chilli.

Nutrition Information:
Typical values per 100g/per bowl: Energy kJ 410/1496, kcal 98/359, Fat 5.4g/19.8g, Of which saturates 3.3g/12.2g, Carbohydrates 6.8g/24.9g, Of which sugars 3.4g/12.5g, Fibre 2.2g/7.9g, Protein 4.5g/16.2g, Salt 0.51g/1.86g.

Butternut Masala Soup

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

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

Christmas Ham Hock Soup

Ingredients:
Water, Peas, Smoked Ham Hock (6%) (Pork, Water, Salt, Preservative: Sodium Nitrite), Carrot, Potato, Leeks, Red Lentils, Onion, Kale, Yellow Split Peas (2.5%), Rapeseed Oil, Cornflour, Garlic Purée, Sage, Vegetable Bouillon (Salt, Dried Glucose Syrup, Potato Starch, Onion Powder, Sugar, Yeast Extract, Carrot Powder, Leek Powder, Parsley, Ground Turmeric, Rapeseed Oil, White Pepper, Black Pepper Extract), Salt, Smoked Paprika, Ground White Pepper, Ground Bay Leaves.

Nutrition Information:
Typical values per 100g/per soup: Energy kJ 277/1011, kcal 66/241, Fat 2.0g/7.3g, Of which saturates 0.2g/0.9g, Carbohydrates 6.4g/23.4g, Of which sugars 1.0g/3.7g, Fibre 2.5g/9.2g, Protein 4.4g/15.9g, Salt 0.54g/1.99g.

Christmas Ham Hock Side Soup

Ingredients:
Water, Peas, Smoked Ham Hock (6%) (Pork, Water, Salt, Preservative: Sodium Nitrite), Carrot, Potato, Leeks, Red Lentils, Onion, Kale, Yellow Split Peas (2.5%), Rapeseed Oil, Cornflour, Garlic Purée, Sage, Vegetable Bouillon (Salt, Dried Glucose Syrup, Potato Starch, Onion Powder, Sugar, Yeast Extract, Carrot Powder, Leek Powder, Parsley, Ground Turmeric, Rapeseed Oil, White Pepper, Black Pepper Extract), Salt, Smoked Paprika, Ground White Pepper, Ground Bay Leaves.

Nutrition Information:
Typical values per 100g/per soup: Energy kJ 277/609, kcal 66/145, Fat 2.0g/4.4g, Of which saturates 0.2g/0.5g, Carbohydrates 6.4g/14.1g, Of which sugars 1.0g/2.2g, Fibre 2.5g/5.6g, Protein 4.4g/9.6g, Salt 0.54g/1.19g.

Creamy Roast Chicken Soup

Ingredients:
Water, Single Cream (#**Milk**#) (10%), Potato, Roast Chicken (5%) (Chicken Breast, Maize Starch, Salt), Leeks, Parsnip, Onion, Cannellini Beans, Cornflour, Chicken Stock (Yeast Extract, Chicken Fat, Salt, Water, Chicken Bones), Butter (#**Milk**#), Garlic Purée, Parsley, Salt, Rosemary, Thyme, White Pepper, Ground Bay Leaves.

Nutrition Information:
Typical values per 100g/per bowl: Energy kJ 262/955, kcal 63/229, Fat 3.4g/12.5g, Of which saturates 1.9g/7.0g, Carbohydrates 4.9g/17.8g, Of which sugars 1.1g/3.8g, Fibre 0.6g/2.1g, Protein 2.8g/10.2g, Salt 0.58g/2.12g.

Lentil & Bacon Side Soup

Ingredients:
Water, Red Split Lentils (8%), Tomatoes, Smoked Maple Cured Bacon (6%) (Pork, Salt, Maple Syrup, Preservative: Sodium Nitrate), Onion, Carrot, Yellow Split Peas, Spinach, Green Lentils (2.5%), #**Celery**#, Salted Butter (#**Milk**#, Salt), Chicken & Vegetable Stock (Salt, Yeast Extract, Maltodextrin, Rice Flour, Flavourings, Vegetables (Onion, #**Celery**#, Carrot), Sunflower Oil, Herbs & Spices (Pepper, Turmeric, Parsley), Sugar, Chicken, Chicken Fat, Acid: Citric Acid; Caramelised Sugar), Olive Oil, Lemon Juice, Parsley, Oak Smoked Garlic Purée, Salt, Thyme, English Mustard (Water, #**Mustard**# Seeds, Spirit Vinegar, Salt, Spice, Spice Extract), Smoked Paprika, Black Pepper, Red Chilli, Ground Bay Leaf.

Nutritional Information:
Typical values per 100g/per pot: Energy kJ 362/796, kcal 87/190, Fat 3.7g/8.1g, Of which saturates 1.5g/3.3g, Carbohydrates 7.1g/15.6g, Of which sugars 1.4g/3.1g, Fibre 2.8g/6.2g, Protein 4.8g/10.6g, Salt 0.78g/1.72g.

Mushroom Risotto Soup

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

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

Rich Garam Masala Lentil Soup

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

Nutrition Information:
Typical values per 100g/per bowl: Energy kJ 241/881, kcal 57/209, Fat 0.9g/3.3g, Of which saturates 0.1g/0.4g, Carbohydrates 8.9g/32.5g, Of which sugars 3.8g/13.9g, Fibre 2.0g/7.3g, Protein 2.4g/8.8g, Salt 0.59g/2.15g.

Small Tomato Soup Cup

Ingredients:
Tomatoes (35%), Water, Tomato Juice (10%), Carrot, Onion, Tomato Paste, Rapeseed Oil, Basil, Sugar, Salt, Garlic Purée, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must), Black Pepper.

Nutrition Information:
Typical values per 100g/per bowl: Energy kJ 162/356, kcal 39/85, Fat 1.4g/3.1g, Of which saturates 0.1g/0.2g, Carbohydrates 4.1g/9.1g, Of which sugars 4.0g/8.9g, Fibre 1.4g/3.0g, Protein 1.7g/3.6g, Salt 0.45g/0.99g.

Soup Baguette

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

Nutrition Information:
Typical values per 100g/per baguette: Energy kJ 1167/770, kcal 275/182, Fat 1.1g/0.7g, Of which saturates 0.2g/0.1g, Carbohydrates 55.4g/36.5g, Of which sugars 2.2g/1.4g, Fibre 2.4g/1.6g, Protein 9.7g/6.4g, Salt 1.52g/1.00g.

Souper Tomato Soup

Ingredients:
Tomatoes (35%), Water, Tomato Juice (10%), Carrot, Onion, Tomato Paste, Rapeseed Oil, Basil, Sugar, Salt, Garlic Purée, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must), Black Pepper.

Nutrition Information:
Typical values per 100g/per bowl: Energy kJ 162/590, kcal 39/141, Fat 1.4g/5.2g, Of which saturates 0.1g/0.4g, Carbohydrates 4.1g/15.1g, Of which sugars 4.0g/14.7g, Fibre 1.4g/5.0g, Protein 1.7g/6.0g, Salt 0.45g/1.64g.

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/ per bowl: Energy kJ 285/1038, kcal 68/249, Fat 3.7g/13.5g, Of which saturates 2.5g/9.1g, Carbohydrates 5.3g/19.3g, Of which sugars 1.9g/6.9g, Fibre 0.6g/2.2g, Protein 3.1g/11.3g, Salt 0.50g/1.83g.

Salads & Protein Pots

Classic Green Side Salad

Ingredients:
Tomato, Rocket (25%), Cucumber (20%), 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), Hard Cheese (#**Milk**#).

Nutrition Information:
Typical values per 100g/per bowl: Energy kJ 531/735, kcal 128/177, Fat 10.2g/14.1g, Of which saturates 2.4g/3.3g, Carbohydrates 4.1g/5.6g, Of which sugars 3.7g/5.1g, Fibre 1.0g/1.4g, Protein 4.6g/6.3g, Salt 0.30g/0.42g.

Chef's Italian Chicken Salad

Ingredients:
Mixed Salad Leaves, Chicken (19%) (Chicken Breast, Salt), Tomato, French Dressing (Vegetable Oil (Sunflower Oil and Rapeseed Oil in varying proportions), White Wine Vinegar, Extra Virgin Olive Oil, Sugar, Sherry Vinegar, Water, Black Pepper, Lemon Juice, Salt, Garlic Purée, Colour: Plain Caramel; Stabiliser: Xanthan Gum), Mixed Peppers (Mixed Peppers, Sunflower Oil, Salt, White Wine Vinegar, Dried Mint, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Cucumber, Caesar Mayonnaise (6%) (Rapeseed Oil, Water, Free-Range #**Egg**# Yolk, Italian Hard Cheese (Cheese (#**Milk**#), Preservative: Lysozyme (#**Egg**#)), Red Wine Vinegar, Sugar, Cornflour, Concentrated Lemon Juice, Worcester Sauce (Water, Molasses, Spirit Vinegar, Salt, Onion Powder, Tamarind Paste, Spices), Salt, Anchovy Paste (Anchovy (#**Fish**#), Salt, Olive Oil, White Wine Vinegar), Spirit Vinegar, Dried Garlic), Kalamata Olives (4%) (Kalamata Olives, Salt, Rapeseed Oil), Roasted #**Pistachio Nuts**# (2%), Hard Cheese (#**Milk**#) (2%).

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

Chicken & Edamame Protein Pot

Ingredients:
Chicken (55%) (Chicken Breast, Salt), Edamame #**Soya**# Beans (44%), Chilli Salt (Paprika, Sea Salt, Chilli Flakes).

Nutrition Information:
Typical values per 100g/per pot: Energy kJ 562/714, kcal 133/170, Fat 3.4g/4.3g, Of which saturates 0.2g/0.3g, Carbohydrates 5.4g/6.9g, Of which sugars 0.5g/0.6g, Fibre 2.2g/2.8g, Protein 19.2g/24.4g, Salt 0.36g/0.45g.

Chicken, Pesto & Mozzarella Protein Plate

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 Purée, 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, kcal 105/104, Fat 5.4g/5.3g, Of which saturates 1.5g/1.5g, Carbohydrates 2.4g/2.4g, Of which sugars 0.2g/0.2g, Fibre 0.3g/0.3g, Protein 11.6g/11.4g, Salt 0.58g/0.58g.

Humous & Falafel Mezze Salad

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

Nutrition Information
Typical values per 100g/per salad: Energy kJ 800/3181, kcal 192/765, Fat 12.9g/51.1g, Of which saturates 3.5g/13.9g, Carbohydrates 14.2g/56.3g, Of which sugars 5.3g/21.0g, Fibre 2.5g/10.1g, Protein 3.7g/14.8g, Salt 0.75g/3.00g.

Kids' Humous & Cucumber Bowl

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

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

Middle Eastern Style Chicken Protein Plate

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.

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.

Smoked Salmon & Egg Protein Pot

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

Nutrition Information:
Typical values per 100g/per pot: Energy kJ 587/611, kcal 141/147, Fat 9.5g/9.9g, Of which saturates 2.1g/2.2g, Carbohydrates 0.7g/0.7g, Of which sugars 0.6g/0.6g, Fibre 0.5g/0.5g, Protein 12.9g/13.4g, Salt 1.44g/1.50g.

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 Protein Plate

Ingredients:
Smoked Salmon (28%) (Salmon (#**Fish**#), Sea Salt), Free-Range Boiled #**Egg**# (22%), Avocado, Spinach, Edamame #**Soya**# Beans (11%), Cucumber, Lemon, Lemon Juice.

Nutrition Information:
Typical values per 100g/per salad: Energy kJ 606/1758, kcal 146/423, Fat 10.0g/29.0g, Of which saturates 2.1g/6.0g, Carbohydrates 2.0g/5.7g, Of which sugars 0.5g/1.5g, Fibre 1.3g/3.8g, Protein 11.3g/32.9g, Salt 1.00g/2.91g.

Smoked Salmon, Egg & Avocado Salad

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

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

Tuna Nicoise Salad

Ingredients:
Pole & Line Caught Tuna (#**Fish**#) (26%), Mixed Salad Leaves, Free-Range Boiled #**Egg**# (14%), French Dressing (Vegetable Oil (Sunflower Oil and Rapeseed Oil in varying proportions), White Wine Vinegar, Extra Virgin Olive Oil, Sugar, Sherry Vinegar, Water, Black Pepper, Lemon Juice, Salt, Garlic Purée, Colour: Plain Caramel; Stabiliser: Xanthan Gum), Tomato, Cucumber, Kalamata Olives (3%) (Olives, Salt, Red Wine Vinegar, Extra Virgin Olive Oil, Vegetable Oils (Sunflower Oil and Rapeseed Oil in varying proportions)), Red Onion, Seasoning (Sea Salt, Black Pepper, Rapeseed Oil).

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

Snacks

Chilli, Bean & Seed Tortilla Chips

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

Nutritional Information:

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

Cranberries in Coats

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

Nutritional Information:

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

Dark Chocolate Salted Almonds

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

Nutritional Information

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

Fruit, Nuts & Chocolate

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

Nutritional Information:

Typical values per 100g/Per serving: Energy kJ 2308/808, Energy kcal 556/195, Fat 40g.2/14.1g, of which saturates 6.1g/2.2g, Carbohydrates 26.9g/9.4g, of which sugars 24.5g/8.6g, Fibre 6.8g/2.4g, Protein 18.2g/6.4g, Salt 0.04g/0.01g.

Mature Cheddar & Red Onion Crisps

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

Nutritional Information:

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

Pret A Mango

Ingredient List:
Mango (99%), Sugar

Nutritional Information:

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

Sea Salt Popcorn

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

Nutritional Information:

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

Sea Salt & Cider Vinegar Crisps

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

Nutritional Information:

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

Sea Salt Crisps

Ingredient List: Potato (70%), Sunflower Oil (29%), Salt.

Nutritional Information:

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

Smoked Chipotle Crisps

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

Nutritional Information:

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

Sweet & Salt Popcorn

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

Nutritional Information:

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

Sweet Treats

Banoffee Pot

Ingredients:
Cream Cheese (Full Fat Soft Cheese (#**Milk**#), Salt, Stabiliser: Guar Gum; Acid: Citric Acid), Banana (18%), Cream (#**Milk**#), Caramel Flavoured Syrup (Sugar, Water, Natural Flavouring, Acidity Regulator: Citric Acid; Colour: Plain Caramel), Granola (10%) (#**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), Organic Cane Sugar, Organic Cocoa Powder.

Nutrition Information:
Typical values per 100g/per pot: Energy kJ 1020/1390, kcal 245/334, Fat 16.4g/22.4g, Of which saturates 10.0g/13.7g, Carbohydrates 19.6g/26.8g, Of which sugars 16.6g/22.7g, Fibre 1.0g/1.3g, Protein 4.2g/5.7g, Salt 0.40g/0.54g.

Caramelised Biscuity Bar

Ingredients:

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

Nutritional Information:

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

Choc Bar

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

Nutritional Information:

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

Chocolate Brownie Bar

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

Nutritional Information:

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

Chocolate Chunk Cookie

Ingredients:
Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Dark Chocolate (30%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Lecithins; Flavouring), Sugar, Butter (#**Milk**#) (16%), Brown Sugar, Whey Powder (#**Milk**#), Molasses, Partially Inverted Refiners Syrup, Raising Agents: Diphosphates, Sodium Carbonates, Potassium Carbonate.

Nutrition Information:
Typical values per 100g/per cookie: Energy kJ 1970/1773, kcal 471/424, Fat 23.0g/20.7g, Of which saturates 14.1g/12.7g, Carbohydrates 59.1g/53.2g, Of which sugars 34.1g/30.7g, Fibre 2.4g/2.2g, Protein 5.5g/5.0g, Salt 0.28g/0.25g.

Chocolate, Hazelnut & Praline Cookie

Ingredients: Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Milk Chocolate (19%) (Sugar, Whole #**Milk**# Powder, Cocoa Butter, Cocoa Mass, Emulsifier: #**Soya**# Lecithin; Flavouring), Sugar, Butter (#**Milk**#) (16%), Roasted #**Hazelnuts**# (7%), Caramel (4%) (Sugar, #**Milk**#, Glucose Syrup, Cornish Sea Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt), Brown Sugar, Whey Powder (#**Milk**#), Molasses, Raising Agents: Diphosphates, Sodium Carbonates, Potassium Carbonate; Partially Inverted Refiners Syrup.

Nutrition Information:
Typical values per 100g/per cookie: Energy kJ 1972/1775, kcal 471/424, Fat 24.2g/21.8g, Of which saturates 12.7g/11.4g, Carbohydrates 56.0g/50.4g, Of which sugars 34.4g/31.0g, Fibre 2.4g/2.2g, Protein 6.1g/5.5g, Salt 0.43g/0.39g.

Chocolate Pistachio Croissant Roll

Ingredients:
#**Wheat**# Flour, Butter (#**Milk**#), Sugar, Chocolate Flavoured Coating (10%) (Sugar, Palm Oil, Fat-Reduced Cocoa Powder, Palm Kernel Oil, Shea Fat, Emulsifier: Lecithins; Flavouring), #**Pistachio Nuts**# (7%), Pasteurised Free-Range #**Egg**#, Water, Yeast, Sunflower Oil, Palm Oil, Skimmed #**Milk**# Powder, Lactose (#**Milk**#), Emulsifiers: #**Soya**# Lecithin, Rapeseed Lecithin; Salt, Palm Kernel Oil, #**Wheat**# Gluten, Colours: Curcumin, Copper Complexes of Chlorophyllins; Flour Treatment Agent: Ascorbic Acid.

Nutrition Information:
Typical values per 100g/per roll: Energy kJ 2116/1926, kcal 508/462, Fat 32.5g/29.6g, Of which saturates 18.3g/16.6g, Carbohydrates 45.3g/41.3g, Of which sugars 21.8g/19.9g, Fibre 1.9g/1.7g, Protein 7.6g/6.9g, Salt 0.65g/0.59g.

Dark Chocolate Corn Cakes

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

Nutritional Information:

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

Double Berry Muffin

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

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

Dubai Style Chocolate Pot

Ingredients:
Cream Cheese (Full Fat Soft Cheese (#**Milk**#), Salt, Stabiliser: Guar Gum; Acid: Citric Acid), Cream (#**Milk**#), Organic Cane Sugar, Organic Cocoa Powder, Roasted #**Pistachio Nuts**# (7%).

Nutrition Information:
Typical values per 100g/per pot: Energy kJ 1219/1770, kcal 294/427, Fat 23.4g/34.0g, Of which saturates 13.5g/19.7g, Carbohydrates 13.1g/19.1g, Of which sugars 12.0g/17.4g, Fibre 2.8g/4.1g, Protein 6.3g/9.1g, Salt 0.52g/0.75g.

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.

Jaffa Loaf Cake

Ingredients:
Sugar, Pasteurised Free-Range #**Egg**#, Orange Marmalade (13%) (Sugar, Orange, Concentrated Orange Juice, Caramelised Sugar, Gelling Agent: Pectins; Acidity Regulator: Sodium Citrates; Orange Oil), Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Rapeseed Oil, Salted Butter (Butter (#**Milk**#), Salt), Emulsifiers: #**Wheat**# Starch, Whey Powder (#**Milk**#), Citrus Fibre, #**Wheat**# Fibre, #**Wheat**# Gluten, Rapeseed Oil; Polenta, Dark Chocolate (4.5%) (Cocoa Mass, Cocoa Butter, Sugar, Emulsifier: Lecithins (#**Soya**#), Flavouring), Water, Dark Chocolate Chunks (2.5%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Lecithins (#**Soya**#), Flavouring), Cream (#**Milk**#), Soft Brown Sugar (Sugar, Cane Molasses, Inverted Sugar Syrup), Orange Zest, Cocoa Powder, Flavouring, Chocolate Flakes (Sugar, Cocoa Butter, Whole #**Milk**# Powder, Cocoa Mass, Lactose (#**Milk**#), Whey Powder (#**Milk**#), Emulsifier: Lecithins (#**Soya**#), Flavouring), Glucose Syrup, Potato Starch, Raising Agents: Sodium Hydrogen Carbonate, Diphosphates; Humectant: Glycerol; Salt, Gelling Agent: Agar Agar; Orange Oil, Baking Powder (Raising Agents: Diphosphates, Potassium Carbonates), #**Barley**# Malt Powder, Thickener: Xanthan Gum.

Nutrition Information:
Typical values per 100g/per cake: Energy kJ 1822/2369, kcal 437/567, Fat 25.9g/33.7g, Of which saturates 10.9g/14.2g, Carbohydrates 45.7g/59.4g, Of which sugars 32.5g/42.3g, Fibre 1.5g/2.0g, Protein 4.4g/5.7g, Salt 0.64g/0.83g.

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.

Loaded Chocolate Chunk Banana Bread

Ingredients:
Banana Pulp (22%) (Banana, Lime Juice Concentrate), Rapeseed Oil, Dark Chocolate (13%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: #**Soya**# Lecithin; Vanilla Extract), Wheat Flour (#**Wheat**# Flour, Niacin, Calcium Carbonate, Iron, Folic Acid, Thiamin), Pasteurised Free-Range #**Egg**#, Dark Soft Brown Sugar (Sugar, Cane Molasses), Soft Brown Sugar (Sugar, Cane Molasses, Inverted Sugar Syrup), #**Almonds**# (6%), Sweetened Condensed Milk (Cream (#**Milk**#), Sugar), Invert Sugar Syrup, Salted Butter (Butter (#**Milk**#), Salt), Palm Oil, White Miso (#**Soya**# Beans, Cultured Rice, Sea Salt, Water), Dried Whey (#**Milk**#), Baking Powder (Raising Agents: Diphosphates, Potassium Hydrogen Carbonate), Raising Agent: Sodium Carbonates; Maple Syrup, Dried Glucose Syrup Powder, Salt, Thickener: Xanthan Gum; Flavouring.

Nutrition Information:
Typical values per 100g/per slice: Energy kJ 1798/2338, kcal 431/560, Fat 24.4g/31.7g, Of which saturates 6.0g/7.8g, Carbohydrates 45.6g/59.3g, Of which sugars 28.8g/37.4g, Fibre 2.7g/3.5g, Protein 5.8g/7.5g, Salt 0.66g/0.86g.

Love Bar

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

Nutritional Information:

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

Nutty Pistachio & Almond Loaf Cake

Ingredients:
Salted Butter (Butter (#**Milk**#), Salt), Pasteurised Free-Range #**Egg**#, Sugar, Ground #**Almonds**# (10%), Ground #**Pistachio Nuts**# (10%), Polenta, White Chocolate (6%) (Sugar, Cocoa Butter, Whole #**Milk**# Powder, Emulsifier: #**Soya**# Lecithins; Vanilla Extract), Pistachio Butter (6%) (#**Pistachio Nuts**#), Icing Sugar, Nibbed #**Pistachio Nuts**#, Flavouring, Raising Agents: Diphosphates, Sodium Carbonates; Freeze Dried Raspberries (0.5%), Thickener: Cornflour; Fruit and Flower Concentrates (Apple, Hibiscus, Safflower, Spirulina).

Nutrition Information:
Typical values per 100g/per cake: Energy kJ 1930/2508, kcal 465/604, Fat 35.0g/45.5g, Of which saturates 13.8g/17.9g, Carbohydrates 26.7g/34.7g, Of which sugars 25.2g/32.8g, Fibre 2.4g/3.1g, Protein 9.5g/12.4g, Salt 0.72g/0.94g.

Popcorn Bar

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

Nutritional Information:

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

Pret Bar

Ingredient List:

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

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

Pret's Chocolate Brownie Swirl

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

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

Triple Chocolate Cookie

Ingredients: Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Sugar, White Chocolate (18%) (Sugar, Whole #**Milk**# Powder, Cocoa Butter, Emulsifier: #**Soya**# Lecithin; Flavouring), Butter (#**Milk**#) (16%), Milk Chocolate (6%) (Sugar, Whole #**Milk**# Powder, Cocoa Butter, Cocoa Mass, Emulsifier: #**Soya**# Lecithin; Flavouring), Dark Chocolate (6%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Lecithins; Flavouring), Fat-Reduced Cocoa Powder, Brown Sugar, Whey Powder (#**Milk**#), Partially Inverted Refiners Syrup, Raising Agents: Potassium Carbonate, Diphosphates, Sodium Carbonates, Molasses.

Nutrition Information:
Typical values per 100g/per cookie: Energy kJ 1925/1733, kcal 460/414, Fat 22.2g/20.0g, Of which saturates 14.1g/12.7g, Carbohydrates 57.6g/51.8g, Of which sugars 38.2g/34.4g, Fibre 2.5g/2.3g, Protein 6.1g/5.5g, Salt 0.23g/0.21g.

Raspberry & White Chocolate Cookie

Ingredients:
Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), White Chocolate (23%) (Sugar, Whole #**Milk**# Powder, Cocoa Butter, Emulsifier: #**Soya**# Lecithin; Flavouring), Sugar, Butter (#**Milk**#) (16%), Freeze-Dried Raspberries (6%) (Glucose Syrup, Sugar, Raspberries, Thickener: Sodium Alginate), Partially Inverted Refiners Syrup, Raising Agents: Diphosphates, Sodium Carbonates, Potassium Carbonate.

Nutritional Information:
Typical values per 100g/per cookie: Energy kJ 1920/1728, kcal 458/412, Fat 20.7g/18.6g, Of which saturates 13.2g/11.9g, Carbohydrates 62.0g/55.8g, Of which sugars 39.6g/35.6g, Fibre 1.8g/1.6g, Protein 5.0g/4.5g, Salt 0.60g/0.54g.

Triple Chocolate Crunch Loaf Cake

Ingredients:
Free-Range #**Egg**#, Rapeseed Oil, Light Brown Sugar (Sugar, Cane Molasses, Inverted Sugar Syrup), Sugar, Water, Wheat Flour (#**Wheat**# Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), White Chocolate with Caramel (Cocoa Butter, Sugar, Whole #**Milk**# Powder, #**Milk**# Sugar, Whey Powder (#**Milk**#), Skimmed #**Milk**# Powder, Caramelised Sugar, Emulsifier: Lecithins (#**Soya**#); Flavouring, Salt), Milk Chocolate (Sugar, Cocoa Butter, Whole #**Milk**# Powder, Cocoa Mass, Emulsifier: Lecithins (#**Soya**#); Flavouring), White Chocolate (Sugar, Cocoa Butter, Whole #**Milk**# Powder, Emulsifier: Lecithins (#**Soya**#); Flavouring), Emulsifiers: #**Wheat**# Starch, Whey Powder (#**Milk**#), Citrus Fibre, #Wheat# Gluten, Rapeseed Oil, #**Wheat**# Fibre; Cocoa Powder, Double Cream (#**Milk**#), Cornflakes (Maize, Sugar, Salt, #**Barley**# Malt Extract), Invert Sugar Syrup, Salted Butter (Butter (#**Milk**#), Salt), Humectant: Glycerol; Raising Agent: Sodium Hydrogen Carbonate; Flavouring, Glucose Syrup, Baking Powder (Diphosphates, Potassium Carbonates), #**Barley**# Malt Powder, Salt, Thickener: Xanthan Gum.

Nutrition Information:
Typical values per 100g/per cake: Energy kJ 1671/1838, kcal 401/441, Fat 25.1g/27.6g, Of which saturates 9.1g/10.0g, Carbohydrates 36.9g/40.6g, Of which sugars 29.9g/32.9g, Fibre 2.2g/2.4g, Protein 5.7g/6.3g, Salt 0.75g/0.83g.

Zingy Lemon & Almond Loaf Cake

Ingredients:
Ground #**Almonds**# (19%), Sugar, Pasteurised Free-Range #**Egg**#, Salted Butter (Butter (#**Milk**#), Salt), Icing Sugar, Polenta, Full Fat Soft Cheese (2.5%) (#**Milk**#, Salt), Lemon Juice (2.5%), Rapeseed Oil, Lemon Zest, White Chocolate (2.0%) (Sugar, Cocoa Butter, Whole #**Milk**# Powder, Emulsifier: #**Soya**# Lecithin; Vanilla Extract), Lemon Curd (1.5%) (Sugar, Free-Range #**Egg**#, Salted Butter (Butter (#**Milk**#), Salt), Concentrated Lemon Juice, Water, Lemon Oil, Gelling Agent: Agar), Flaked #**Almonds**# (0.5%), Raising Agents: Diphosphates, Sodium Carbonates; Thickener: Cornflour; Lemon Oil, Acidity Regulator: Citric Acid.

Nutrition Information:
Typical values per 100g/per cake: Energy kJ 1825/2464, kcal 439/592, Fat 30.5g/41.2g, Of which saturates 11.0g/14.9g, Carbohydrates 33.1g/44.7g, Of which sugars 31.3g/42.3g, Fibre 1.9g/2.6g, Protein 7.0g/9.5g, Salt 0.63g/0.85g.

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:
Whole #**Milk**#.

Cappuccino

Ingredient List:
Whole #**Milk**#, Water, Coffee, Chocolate Powder (Sugar, Cocoa Powder).

Flat White

Ingredient List:
Whole #**Milk**#, Water, Coffee.

Espresso

Ingredient List:
Water, Coffee

Latte

Ingredient List:
Whole #**Milk**#, Water, Coffee.

Macchiato

Ingredient List:
Whole #**Milk**#, Water, Coffee.

Mocha

Ingredient List:
Whole #**Milk**#, Water, Coffee, Chocolate Powder (Sugar, Cocoa Powder).

White Americano

Ingredient List:
Water, Whole #**Milk**#**,** Coffee.

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

Syrups / Toppings / Other

Apple Pie Syrup

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

Blueberry Syrup

Ingredient List:

Sugar, Water, Natural Blueberry Flavouring with other Natural Flavourings, Concentrated Lemon Juice, Natural Flavouring

Caramel Syrup

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

Chocolate Cream

Ingredient List:
Cream #**Milk**#, Water, Organic Cane Sugar, Organic Cocoa Powder.

Gingerbread Syrup

Ingredient List:
Sugar, Water, Natural Flavouring, acid (Citric Acid), Natural Cinnamon Flavouring with other Natural Flavouring, colour (Plain 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

Pistachio Syrup

Ingredient List:
Sugar, Water, Natural Flavouring (Contains Pistachio Extract).

Pumpkin Spice Syrup

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

Strawberry Syrup

Ingredient List:
Sugar, Water, Concentrated Strawberry Juice, Natural Flavouring, acid (Citric Acid), colour (Anthocyanins).

Toasted Marshmallow Syrup

Ingredient List:
Sugar, Water, Flavouring, colour (Plain Caramel), acidity regulator (Citric acid).

Triple Sec (Orange) Syrup

Ingredient List:
Sugar, Water, Natural Orange and Citrus Fruits Flavouring.

Vanilla Flavour Syrup

Ingredient List:

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

Cream

Ingredient List:
Cream (#**Milk**#)

Chocolate Whipped Cream

Ingredients List:
Cream (#**Milk**#), Water, Organic Cane Sugar, Organic Cocoa Powder.

Sweetener

Ingredient List:
see individual pack

Toasted Marshmallow Cream

Ingredient List:
Cream #**Milk**#, Toasted Marshmallow Syrup (Sugar, Water, Flavouring, colour (Plain Caramel), acidity regulator (Citric acid).

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.

Other Drinks

Caramel Latte

Ingredient List:
Whole #Milk#, Water, Cream (#Milk#), Roasted Arabica Coffee Beans, Caramel Syrup (Sugar, Water, Natural Flavouring, acidity regulator (Citric Acid), colour (Plain Caramel)).

Chai Latte

Ingredient List:
Whole #**Milk**#, Organic Chai (5%) (Water, Cane Sugar, Black Tea, Ground Sweet Cinnamon (Cassia), Cardamom, Ginger, Black Pepper, Molasses, Lemon Juice).

Chocolate Orange Latte

Ingredients List:
Semi Skimmed Milk #**Milk#**, Water, Cream #**Milk#**, Roasted Arabica Coffee Beans, Organic Cane Sugar, Sugar, Organic Cocoa Powder, Natural Orange and Citrus Fruits Flavouring.

Gingerbread Latte

Ingredients List:
Semi Skimmed Milk #**Milk**#, Water, Roasted Arabica Coffee Beans, Gingerbread Syrup (Sugar, Water, Natural Flavouring, acid (Citric Acid), Natural Cinnamon Flavouring with other Natural Flavouring, colour (Plain Caramel)), Ground Sweet Cinnamon (Cassia).

Hot Chocolate

Ingredient List:
Whole #**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.

Orange Hot Chocolate

Ingredients List:
Semi Skimmed Milk #**Milk#**, Water, Cream #**Milk#**, Organic Cane Sugar, Sugar, Organic Cocoa Powder, Natural Orange and Citrus Fruits Flavouring.

Pumpkin Spiced Latte

Whole #**Milk**#, Water, Roasted Arabica Coffee Beans, Pumpkin Spice Syrup (Sugar, Water, Natural Pumpkin Flavouring, acid (Citric Acid), Natural Flavouring, colour (Plain Caramel), Natural Cinnamon Flavouring with other Natural Flavourings, Natural Clove flavouring), Ground Sweet Cinnamon (Cassia).

Toasted Marshmallow Latte

Whole #**Milk**#, Water, Cream #**Milk**#, Toasted Marshmallow Syrup (Sugar, Water, Flavouring, colour (Plain Caramel), acidity regulator (Citric Acid), Roasted Arabica Coffee Beans.

Toasted Marshmallow Hot Chocolate

Whole #**Milk**#, Water, Cream #**Milk**#, Toasted Marshmallow Syrup (Sugar, Water, Flavouring, colour (Plain Caramel), acidity regulator (Citric Acid), Organic Cane Sugar, Organic Cocoa Powder.

Vanilla Matcha Latte

Ingredient List:
Coconut Drink (Water, Raw Cane Sugar, Coconut Milk (Coconut Cream, Water), Rice Flour, Natural Coconut Flavouring, Sea Salt, stabiliser (Gellan Gum)), Organic Matcha Tea, Vanilla Syrup (Sugar, Water, Natural Flavouring, Natural Vanilla Flavouring, Concentrated Lemon Juice, Preservative (Potassium Sorbate)).

Milk Alternatives

Oat

Ingredient List:
Water, #**Oats**#, Sunflower Oil, Inulin, Sea Salt.

Coconut

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

Sova

Ingredient List:
Water, Hulled Soya beans (#**Soya**#), Apple Concentrate, Calcium, Sea Salt.

Platters

All Time Classics Platter

1 x Super Club, 1 x Ham & Cheese, 1 x Smoked Salmon, 2 x Egg Florentine.

Ingredients:
See individual products for full ingredient list

Nutrition Information:
Energy kJ 10348 , kcal 2472

Baguette Selection Platter

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

Ingredients: See individual products for full ingredient list

Nutrition Information:
Energy kJ 14723 , kcal 3514

Best of Pret Platter

1x Classic Super Club, 1x Egg florentine, 1x Chicken, Avo & Basil, 1x Mature Cheddar & Pret Pickle & 1 x Tuna & cucumber

Ingredients: See individual products for full ingredient list

Nutrition Information:
Energy kJ 10032, kcal 2394

Breakfast Bowl Selection Platter

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

Ingredients: See individual products for full ingredient list

Brownie Bar Bag

5 x Brownie Bars

Ingredients: See individual products for full ingredient list

Five Berry & Bircher Bowl Platter

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

Ingredients: See individual products for full ingredient list

Nutrition Information - Energy kcal 3080

Love Bar Bag

5 x Love Bars

Ingredients: See individual products for full ingredient list

Pret Bar Platter

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

Ingredients: See individual products for full ingredient list

Sweet Pastry Selection Platter

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

Ingredients: See individual products for full ingredient list

Veggie Selection Platter

2 x Egg Florentine, 2 x Mature Cheddar & Pret Pickle & 1 x Super Green & Reds

Ingredients:
See individual products for full ingredient list

Nutrition Information:
Energy kJ 10297, kcal 2460