

# Co-op In-Store Bakery Product Information Guide (Issued 23<sup>rd</sup> January 2026)

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Product	Ingredients	Allergens	Vegetarian or Vegan	Per serving	kJ per 100g	kJ per serving	kcal per 100g	kcal per serving	Fat per 100g	Fat per serving (g)	Saturates per 100g	Saturates per serving (g)	Carbohydrates per 100g	Carbohydrates per serving (g)	Sugars per 100g	Sugars per serving (g)	Fibre per 100g	Fibre per serving (g)	Protein per 100g	Protein per serving (g)	Salt per 100g	Salt per serving (g)
<b>All-Butter Croissant</b> <small>EAN 0240166000005 (SINGLE) EAN 5000128775700 (2 PACK) EAN 5000128776233 (4 PACK)</small>	Wheat Flour, Butter ( <b>Milk</b> ) (23%), Sugar, Water, Yeast, <b>Milk</b> Powder, Salt, <b>Wheat</b> Protein, <b>Egg</b> , Flour Treatment Agent (Ascorbic acid).	Egg Milk Wheat	Vegetarian	Per croissant	1754	1228	420	294	22	16	16	11	44	31	6.4	4.5	2.6	1.8	9.1	6.4	0.60	0.42
<b>Almond Croissant</b> <small>All-butter croissant with almond filling, topped with almonds.  EAN 0246952000006</small>	Wheat Flour, Butter ( <b>Milk</b> ) (17%), Water, Sugar, <b>Almonds</b> (7%), Yeast, <b>Egg</b> , <b>Egg</b> White, Glucose Syrup, <b>Wheat</b> Protein, Humectants (Glycerol - Vegetable, Sorbitol), Salt, Flavouring, Flour Treatment Agent (Ascorbic acid).	Almond Egg Milk Wheat	Vegetarian	Per croissant	1641	1395	392	334	20	17	13	11	43	36	14	12	2.6	2.2	9.1	7.7	0.73	0.62
<b>Apple Crown with Almond</b> <small>Pastry crown with an apple and almond filling.  EAN 0240345000000 (SINGLE) EAN 5000128963015 (2 PACK)</small>	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Palm Oil, Apple (15%), Sugar, Water, Rapeseed Oil, Glucose - Fructose Syrup, Yeast, <b>Egg</b> , Cornflour, <b>Wheat</b> Protein, Coconut Oil, <b>Wheat</b> Flour, Glucose Syrup, Glazing Agent (Isomalt), Salt, Lemon Juice, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Stabiliser (Tara gum), Ground <b>Almond</b> , Preservative (Potassium sorbate), Flavouring, Gelling Agent (Agar), Acidity Regulator (Citric acid).	Almond Egg Wheat	Vegetarian	Per crown	1603	1347	383	322	20	17	8.7	7.3	44	37	17	15	1.6	1.3	4.7	3.9	0.29	0.24
<b>Apple Pie</b> <small>A shortcrust pastry pie with an apple filling, topped with sugar  EAN 5000128698238</small>	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Bramley Apple (21%) (Apple, Water, Acidity Regulator (Citric acid), Antioxidant (Ascorbic acid), Firming Agent (Calcium chloride), Salt), Sugar, Vegetable Oils (Palm Kernel, Rapeseed), Apple Purée (8%), Water, Maize Starch, Raising Agents (Disodium diphosphate, Potassium hydrogen carbonate), Emulsifier (Polyglycerol esters of fatty acids - Vegetable), Acidity Regulator (Calcium lactate), Flavouring, Colour (Carotenes).	Wheat	Vegan	Per 1/6 pie	1318	936	314	223	14	10	7.4	5.3	42	30	17	12	1.7	1.2	3.8	2.7	0.08	0.06
<b>Bakewell Tart</b> <small>Sweet pastry case filled with cherry jam and almond flavour sponge, topped with white fondant icing and a half glacé cherry.  EAN 0246345000002</small>	Sugar, Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Cherry Jam (11%) (Glucose Syrup, Morello Cherry Purée, Pectin, Flavouring, Acidity Regulator (Citric acid, Sodium citrates)), Vegetable Oil (Palm Oil, Rapeseed Oil, Palm Kernel), Butter ( <b>Milk</b> ), <b>Egg</b> , Water, Glace Cherry (2%) (Cherry, Glucose - Fructose Syrup, Sugar, Acidity Regulator (Citric acid), Colour (Anthocyanins), Preservative ( <b>Sulphur dioxide</b> )), Glucose, Humectant (Sorbitol, Glycerol), Rice Flour, Glucose Syrup, Flavouring, Raising Agents (Disodium diphosphate, Potassium carbonates), Skimmed <b>Milk</b> Powder, Salt.	Egg Milk Sulphites Wheat	Vegetarian	Per tart	1710	1498	406	356	13	11	5.4	4.7	68	60	46	40	2.2	1.9	3.3	2.9	0.44	0.39
<b>Brookie</b> <small>Cookie base layered with brownie base, milk and Belgian dark chocolate chunks topped with white chocolate drizzle  EAN 0247203000004</small>	Sugar, Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Vegetable Oils (Palm, Rapeseed, Coconut), <b>Egg</b> , Dark Coating (7%) (Sugar, Palm Kernel Oil, Fat-reduced Cocoa Powder, Emulsifier (Lecithins <b>Soya</b> )), Flavouring), Belgian Dark Chocolate (7%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (Lecithins <b>Soya</b> )), Flavouring), Milk Chocolate (3%) (Sugar, Cocoa Butter, Cocoa Mass, Whole <b>Milk</b> Powder, Vegetarian Whey Powder ( <b>Milk</b> ), Emulsifier (Lecithins <b>Soya</b> )), Fat-reduced Cocoa Powder (2%), Glucose Syrup, White Chocolate (Sugar, Cocoa Butter, Whole <b>Milk</b> Powder, Skimmed <b>Milk</b> Powder, Lecithins <b>Soya</b> ), Flavouring), Sugar Cane Syrup, Thickener (Acacia gum), <b>Egg</b> Powder, Buttermilk Powder ( <b>Milk</b> ), Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Flavourings, Salt, Preservative (Potassium sorbate), Emulsifier (Mono- and diglycerides of fatty acids - Vegetable).	Egg Milk Soya Wheat	Vegetarian	Per brownie	1825	1241	435	296	20	13	9.6	6.5	58	40	31	21	1.9	1.3	5.2	3.6	0.30	0.20
<b>Cheese &amp; Onion Roll</b> <small>Puff pastry rolls with a cheese, onion and potato filling  EAN 5000129344233</small>	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Mature Vegetarian Cheddar Cheese ( <b>Milk</b> ) (14%), Onion (13%), Palm Oil, Potato, <b>Egg</b> , Potato Flakes, Rapeseed Oil, <b>Egg</b> White, Glaze (Water, Rapeseed Oil, Modified Maize Starch, Dextrose, Pea Protein, <b>Milk</b> Protein, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable, Lecithins (Sunflower)), Colour (Beta-carotene), Acidity Regulator (Trisodium phosphate), Modified Maize Starch, Cheese Seasoning Mix (Vegetarian Whey Powder ( <b>Milk</b> ), Vegetarian Cheese Powder ( <b>Milk</b> ), Salt, Flavouring, <b>Mustard</b> Powder), Stabiliser (Hydroxypropyl methyl cellulose), Salt, White Pepper.	Egg Milk Mustard Wheat	Vegetarian	Per roll	1353	677	324	162	18	9.2	11	5.3	31	16	1.8	0.9	1.6	0.8	7.8	3.9	0.55	0.28

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<b>Cheese &amp; Tomato Pizza Swirly</b>  Soft white bread with a tomato filling with a cheese and herb topping  EAN 0240294000007	<b>Wheat</b> Flour, Tomato Filling (25%) (Tomato Concentrate, Water, Cherry Tomato, <b>Celery</b> , Tapioca Starch, Sugar, Rapeseed Oil, Rice Starch, Onion Powder, Salt, Flavouring, Parsley Extract, Thyme Extract, Rosemary Extract), Water, Vegetarian Cheese ( <b>Milk</b> ) (6%), Vegetarian Gouda Cheese ( <b>Milk</b> ) (5%), Sugar, Yeast, Rapeseed Oil, Potato Flakes, Salt, Dried <b>Wheat</b> Sourdough, Potato Starch, Oregano Extract, Basil	Celery Milk Wheat	Vegetarian	Per swirly	1066	1120	252	265	4.1	4.3	1.3	1.3	44	46	5.7	6.0	2.5	2.7	8.7	9.2	0.77	0.81
<b>Cheese &amp; Tomato Turnover</b>  Puff pastry with a Cheddar cheese and tomato filling  EAN 0246951000007	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Mature Vegetarian Cheddar Cheese ( <b>Milk</b> ) (6%), Crème Fraîche ( <b>Milk</b> ), Cream Cheese ( <b>Milk</b> ), Mayonnaise (Water, Rapeseed Oil, Sugar, Spirit Vinegar, <b>Egg</b> Yolk, Stabilisers (Modified Maize Starch, Xanthan gum), Acidity Regulators (Acetic acid, Lactic acid), Salt, Preservative (Potassium sorbate), Colour (Mixed carotenes)), Glaze ( <b>Egg</b> , Water), Tomatoes (2%) (Tomatoes, Tomato Juice, Acidity Regulator (Citric acid)), Rapeseed Oil, <b>Egg</b> , Tomato Purée (Tomatoes, Acidity Regulator (Citric acid)), Maize Starch, Salt, Basil, Vegetarian Whey Powder ( <b>Milk</b> ), Vegetarian Cheese Powder ( <b>Milk</b> ), Salt, Yeast Extract, Potato Starch, Maltodextrin, Coconut Oil, Acid (Lactic acid), White Pepper.	Egg Milk Wheat	Vegetarian	Per turnover	1659	1523	398	365	24	22	7.7	7.2	37	34	1.1	1.0	1.2	1.1	8.6	7.9	0.64	0.59
<b>Cheese Twist</b>  Savoury pastry with cheese  EAN 0246722000007 (SINGLE) EAN 5000128775762 (2 PACK)	<b>Wheat</b> Flour, Water, Butter ( <b>Milk</b> ) (13%), Vegetarian Cheddar Cheese ( <b>Milk</b> ) (11%), <b>Egg</b> , Sugar, Vegetarian Whey Powder ( <b>Milk</b> ), Potato Starch, Yeast, <b>Wheat</b> Protein, Salt, Coconut Oil, Skimmed <b>Milk</b> Powder, Thickener (Sodium alginate), <b>Egg</b> Yolk, Flour Treatment Agent (Ascorbic acid).	Egg Milk Wheat	Vegetarian	Per twist	1541	1171	369	280	21	16	15	11	35	27	5.8	4.4	2.2	1.7	9.8	7.4	0.75	0.57
<b>Chocolate and Hazelnut Cookiesant</b>  A biscuit filled with a chocolate chips and hazelnut filling with cookie dough  EAN 5000129379310	<b>Wheat</b> Flour, Sugar, Water, Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Butter ( <b>Milk</b> ), Rapeseed Oil, Yeast, <b>Egg</b> , <b>Hazelnuts</b> (2%), Palm Fat, Chocolate Chips (2%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (Lecithins ( <b>Soya</b> )), Flavouring), Fat-reduced Cocoa Powder (1%), Humectant (Vegetable Glycerine), Lactose ( <b>Milk</b> ), Salt, <b>Wheat</b> Protein, <b>Wheat</b> Fibre, Glucose - Fructose Syrup, Whey Powder ( <b>Milk</b> ), Raising Agent (Sodium hydrogen carbonate), Flavourings, Emulsifier (Lecithins ( <b>Soya</b> )), Flour Treatment Agent (Ascorbic acid).	Egg Hazelnuts Milk Soya Wheat	Vegetarian	Per cookiesant	1835	2110	439	504	23	26	11	13	52	59	20	23	1.4	1.6	6.5	7.5	0.76	0.87
<b>Chocolate Brownie</b>  Chocolate brownie with Belgian milk and dark chocolate chunks  EAN 0246711000001	Sugar, <b>Egg</b> , Belgian Milk Chocolate (13%) (Sugar, Whole <b>Milk</b> Powder, Cocoa Butter, Cocoa Mass, Emulsifier (Lecithins ( <b>Soya</b> )), Flavouring), Dark Compound Coating (11%) (Sugar, Palm Kernel Oil, Fat-reduced Cocoa Powder, Emulsifier (Lecithins ( <b>Soya</b> )), Flavouring), Belgian Dark Chocolate (11%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (Lecithins ( <b>Soya</b> )), Flavouring), Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Vegetable Oils (Palm, Rapeseed, Coconut), Fat-reduced Cocoa Powder (3%), Thickener (Acacia gum), Flavourings, Preservative (Potassium sorbate), Salt, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable).	Egg Milk Soya Wheat	Vegetarian	Per brownie	1860	1265	444	302	22	15	12	7.9	57	38	49	33	1.2	0.8	5.3	3.6	0.22	0.15
<b>Chocolate Cruffin</b>  A muffin-shaped croissant with flaky, buttery pastry with a chocolate topping and filling.  EAN 5000129387988	<b>Wheat</b> Flour, Chocolate Filling (Sugar, Water, Palm Oil, Acidity Regulator (Glucono-delta-lactone, Calcium chloride), Modified Maize Starch, Dark Chocolate Glaze (Cocoa Mass, Sugar, Cocoa Powder, Lecithins ( <b>Soya</b> )), Flavouring), Cocoa Powder, Flavourings, Colour (Plain caramel), Gelling Agent (Gellan gum, Sodium alginate), Emulsifier (Polysorbate 80), Preservative (Potassium sorbate)), Butter ( <b>Milk</b> ) (16%), Water, Yeast, Sugar, <b>Egg</b> , <b>Wheat</b> Protein, Salt, Flour Treatment Agent (Ascorbic acid).	Egg Milk Soya Wheat	Vegetarian	Per cruffin	1498	1243	357	296	16	13	9.5	7.9	47	39	17	14	2.2	1.8	6.6	5.5	0.56	0.47
<b>Chocolate Hazelnut Croissant</b>  All-butter croissant with a cocoa and hazelnut filling  EAN 0240592000006	<b>Wheat</b> Flour, Butter ( <b>Milk</b> ) (17%), Sugar, Water, Palm Fat, Yeast, <b>Egg</b> , <b>Hazelnuts</b> (3%), Chocolate (2%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifiers (Lecithins ( <b>Soya</b> )), Flavouring), Fat-reduced Cocoa Powder (1%), Salt, <b>Wheat</b> Protein, Lactose ( <b>Milk</b> ), Emulsifiers (Lecithins ( <b>Soya</b> )), Flour Treatment Agent (Ascorbic acid).	Egg Hazelnut Milk Soya Wheat	Vegetarian	Per croissant	1811	1358	433	325	24	18	14	11	45	34	16	12	1.6	1.2	8.2	6.2	0.80	0.60

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<b>Chocolate Twist</b>  All-butter pastry twist with a custard and chocolate filling  EAN 246622000008 (SINGLE) EAN 5000128775786 (4 PACK)	<b>Wheat</b> Flour, Water, Chocolate (13%) (Sugar, Cocoa Mass, Cocoa Butter, Fat-reduced Cocoa Powder, Emulsifier (Lecithins ( <b>Soya</b> ))), Butter ( <b>Milk</b> ) (13%), Sugar, <b>Egg</b> , Potato Starch, Yeast, <b>Wheat</b> Protein, Salt, Vegetarian Whey Powder ( <b>Milk</b> ), Stabilisers (Calcium acetate, Tetrasodium diphosphate, Disodium phosphate), Skimmed <b>Milk</b> Powder, Turmeric Extract, Paprika Extract, Carrot Extract, Flour Treatment Agent (Ascorbic acid), Flavouring.	Egg Milk Soya Wheat	Vegetarian	Per twist	1571	1194	375	285	17	13	12	8.7	48	36	18	14	1.8	1.4	7.6	5.8	0.40	0.30
<b>Ciabatta</b>  White ciabatta bread roll  EAN 0240081000005	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, Salt, Yeast, Malted <b>Wheat</b> Flour, Rapeseed Oil, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegan	Per ciabatta	1105	994	261	235	2.5	2.3	0.5	0.5	49	44	4.6	4.1	2.4	2.2	9.0	8.1	0.75	0.68
<b>Cinnamon Cruffin</b>  A muffin-shaped croissant with flaky, buttery pastry coated in cinnamon sugar  EAN 0246974000008	<b>Wheat</b> Flour, Butter ( <b>Milk</b> ) (19%), Water, Sugar, Yeast, <b>Egg</b> , <b>Wheat</b> Protein, Salt, Cinnamon, Flour Treatment Agent (Ascorbic acid).	Egg Milk Wheat	Vegetarian	Per cruffin	1757	1142	420	273	22	14	14	9.2	46	30	7.6	4.9	1.3	0.8	8.5	5.5	0.70	0.46
<b>Cinnamon Swirl</b>  Glazed and iced Danish pastry swirl with an apple and cinnamon filling  EAN 0240095000008 (SINGLE) EAN 5000128820707 (2 PACK)	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Palm Oil, Water, Apple (5%), Rapeseed Oil, Yeast, <b>Egg</b> , Tapioca Starch, Coconut Oil, Glucose Syrup, Cinnamon (1%), Sugar Syrup, Stabiliser (Isomalt), Salt, Cane Sugar Syrup, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Acidity Regulator (Citric acid), Gelling Agent (Agar), Flavouring, Flour Treatment Agent (Ascorbic acid), Preservative (Potassium sorbate).	Egg Wheat	Vegetarian	Per swirl	1720	1324	411	316	21	16	8.8	6.8	49	38	15	12	2.1	1.6	6.0	4.6	0.30	0.23
<b>Cookies and Scream</b>  Orange colour cookies with white chocolate chips and cocoa cookie crumb pieces  EAN 5000129385588	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed, Coconut), White Chocolate (13%) (Sugar, Cocoa Butter, Whole <b>Milk</b> Powder, Vegetarian Whey Powder ( <b>Milk</b> ), Lactose ( <b>Milk</b> ), <b>Milk</b> Fat, Emulsifier (Lecithins ( <b>Soya</b> ))), Flavouring), Cocoa Cookie Crumb Pieces (5%) (Sugar, Cornflour, Palm Oil, Potato Starch, Fat-reduced Cocoa Powder, Dextrose, Tapioca Starch, Flavourings, Raising Agents (Ammonium hydrogen carbonate, Sodium hydrogen carbonate), Emulsifier (Lecithins ( <b>Soya</b> )), Salt), Water, Maltodextrin, Invert Sugar Syrup, Humectant (Glycerol - Vegetable), Colour (Carotenes), Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Flavourings, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable).	Milk Soya Wheat	Vegetarian	Per cookie	1949	838	465	200	22	9.5	9.8	4.2	61	26	32	14	1.8	0.8	4.4	1.9	0.29	0.12
<b>Custard Ball Doughnuts</b>  Doughnuts with a custard flavour filling coated in sugar.  EAN 5000129321616	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Custard Style Filling (22%) (Water, Sugar, Modified Maize Starch, Palm Fat, Humectant (Glycerol), Rapeseed Oil, Colour (Beta-carotene), Carrot Concentrate, Flavouring, Acid (Glucono-delta-lactone), Preservative (Potassium sorbate), Emulsifiers (Polysorbate 60, Sucrose esters of fatty acids - Vegetable)), Water, Vegetable Oils (Palm, Rapeseed), Sugar, Yeast, Emulsifiers (Mono- and diglycerides of fatty acids - Vegetable, Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), Raising Agents (Calcium phosphates, Sodium carbonates, Potassium carbonate), Salt, <b>Wheat</b> Protein, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegan	Per doughnut	1326	968	317	231	15	11	6.8	5.0	39	28	11	8.3	2.5	1.8	5.5	4.0	0.33	0.24
<b>Double Chocolate Cookies</b>  Chocolate cookies with milk chocolate and dark chocolate chunks  EAN 5000128629744	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed, Coconut), Dark Chocolate (9%) (Sugar, Cocoa Mass, Cocoa Butter, Vegetable Oils (Palm, Shea, Mango, Sal), Emulsifier (Lecithins ( <b>Soya</b> ))), Milk Chocolate (9%) (Sugar, Cocoa Mass, <b>Milk</b> Powder, Cocoa Butter, Vegetarian Whey Powder ( <b>Milk</b> ), Vegetable Oils (Palm, Shea, Mango, Sal), Emulsifier (Lecithins ( <b>Soya</b> ))), Fat-reduced Cocoa Powder (5%), Water, Maltodextrin, Invert Sugar Syrup, Vegetarian Whey Powder ( <b>Milk</b> ), Molasses, Raising Agent (Sodium hydrogen carbonate), Flavourings, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable).	Milk Soya Wheat	Vegetarian	Per cookie	1899	817	453	195	20	8.5	8.7	3.7	62	26	34	15	2.9	1.2	6.0	2.6	0.28	0.12

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<b>Easter Sprinkle Doughnuts</b>  Ring doughnuts topped with pink coloured icing and coloured sugar strands  EAN 5000129391831	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Vegetable Oils (Palm, Rapeseed, Palm Kernel, Coconut), Water, Sugar, Cornstarch, Yeast, Emulsifiers (Mono- and diglycerides of fatty acids - Vegetable, Sodium stearoyl-2-lactylate, Lecithins (Rapeseed)), Beetroot Juice from Concentrate, Lecithins (Sunflower)), Dextrose, Raising Agents (Potassium carbonate, Dicalcium diphosphate, Monocalcium phosphate), Skimmed <b>Milk</b> Powder, Colours (Calcium carbonate, Beetroot red, Lutein, Spirulina), Salt, <b>Soya</b> Flour, Glazing Agent (Acacia gum), Flavourings, Flour Treatment Agent (Ascorbic acid).	Milk Soya Wheat	Vegetarian	Per doughnut	1846	1089	443	261	27	16	13	7.8	43	25	14	8.0	2.2	1.3	5.7	3.4	0.32	0.19
<b>Elf's Candy Crunch Cookies</b>  Cookies with candy beans, milk chocolate chips and sugar strands.  EAN 5000129363333	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed, Coconut, Palm Kernel), Milk Chocolate (5%) (Sugar, <b>Milk</b> Powder, Cocoa Butter, Cocoa Mass, Emulsifier (Lecithins ( <b>Soya</b> ))), Flavouring), Maltodextrin, Water, Invert Sugar Syrup, Cocoa Butter, Humectant (Glycerol - Vegetable), Cornstarch, Vegetarian Whey Powder ( <b>Milk</b> ), Fat-reduced Cocoa Powder, Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Emulsifiers (Lecithins (Sunflower), Lecithins (Rapeseed)), Mono- and diglycerides of fatty acids - Vegetable), Colours (Anthocyanins, Curcumin, Paprika extract, Copper complexes of chlorophyllins, Beta-carotene, Beetroot red), Spirulina Extract, Flavouring, Glazing Agents (Acacia gum, Carnauba Wax, Beeswax, white and yellow, Shellac), <b>Milk</b> Powder.	Milk Soya Wheat	Vegetarian	Per cookie	1970	847	470	202	22	9.2	9.7	4.2	64	28	36	15	1.2	0.5	4.4	1.9	0.13	0.05
<b>Festive Sausage Rolls</b>  Puff pastry roll filled with British pork, sage and onion stuffing, Brussels sprouts, cranberries and carrots.  EAN 5000129363777	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Pork (20%), Palm Oil, Pork Fat, Stuffing (Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Salt, Yeast, Dehydrated Onion, Onion Powder, Sage, Sunflower Oil, Spice Extracts), Brussels Sprouts (2%), Cranberries (2%), Sage, Rapeseed Oil, Carrot (1%), Pinhead Rusk (Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Salt, Raising Agent (Ammonium hydrogen carbonate)), Glaze (Water, Rapeseed Oil, Modified Maize Starch, Dextrose, Pea Protein, <b>Milk</b> Protein, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable, Lecithins (Sunflower)), Colour (Beta-carotene), Acidity Regulator (Trisodium phosphate)), Salt, Raising Agent (Ammonium hydrogen carbonate), Black Pepper, Emulsifier (Sodium triphosphosphate), White Pepper, Nutmeg.	Milk Wheat	Vegetarian	Per roll	1300	650	311	156	17	8.3	8.0	4.0	30	15	3.4	1.7	2.4	1.2	9.2	4.6	0.81	0.41
<b>Giant Hot Cross Brioche</b>  Spiced brioche bread with raisins, sultanas and citrus peel.  EAN 5000129392432	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Water, Raisins (7%), Sultanas (5%), Mixed Peel (4%) (Orange Peel, Fructose-Glucose Syrup, Sugar, Lemon Peel, Acidity Regulator (Citric acid)), Butter ( <b>Milk</b> ), <b>Egg</b> , Sugar, Skimmed <b>Milk</b> Powder, Spices (Coriander, Cassia, Ginger, Cardamom, Clove, Fennel, Nutmeg), Rapeseed Oil, Palm Oil, Yeast, Salt, Potato Dextrin, Flavouring, Flour Treatment Agent (Ascorbic acid), Acidity Regulator (Citric acid), Preservative (Potassium sorbate), Stabiliser (Guar gum).	Egg Milk Wheat	Vegetarian	Per 1/5 loaf	1264	1011	300	240	5.7	4.6	2.6	2.1	52	42	16	13	2.9	2.3	8.6	6.9	0.54	0.43
<b>Hoppy Easter Chocolate Buns</b>  Chocolate flavour bun with chocolate flavour filling topped with icing and milk, white and dark chocolate curls  EAN 5000129373271	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Icing Sugar, Sugar, Milk, White and Dark Chocolate Curls (5%) (Sugar, Cocoa Mass, Cocoa Butter, <b>Milk</b> Powder, Skimmed <b>Milk</b> Powder, Emulsifier (Lecithins ( <b>Soya</b> ))), Flavouring), Palm Oil, Cocoa Powder, Humectant (Vegetable Glycerine), Glucose Syrup, Yeast, Palm Fat, Invert Sugar Syrup, <b>Egg</b> , Rapeseed Oil, Dextrose, Emulsifiers (Mono- and diglycerides of fatty acids - Vegetable, Polysorbate 60), Salt, Flavouring, Thickener (Modified Potato Starch), <b>Milk</b> Protein, Stabiliser (Guar gum), Colour (Carotenes), Skimmed <b>Milk</b> Powder, Raising Agents (Diphosphates, Sodium carbonates), Flour Treatment Agent (Ascorbic acid).	Egg Milk Soya Wheat	Vegetarian	Per bun	1401	1386	333	330	10	10	4.3	4.3	52	52	19	19	2.9	2.9	7.0	6.9	0.62	0.61
<b>Irresistible Berries &amp; Cherries Danish</b>  Square pastry with a vanilla custard and a berries, cherries & apple filling  EAN n/a	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Sugar, Palm Oil, Water, Strawberries (6%), Apple (6%), Cherries (5%), Rapeseed Oil, Redcurrants (3%), Whipping Cream ( <b>Milk</b> ), Yeast, <b>Egg</b> , Modified Maize Starch, <b>Wheat</b> Protein, Glucose Syrup, Modified Potato Starch, Stabilisers (Isomalt, Tara gum, Calcium alginate, Tetrasodium diphosphate, Disodium phosphate, Sodium triphosphate), Vegetarian Whey Powder ( <b>Milk</b> ), Salt, Invert Sugar, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Tapioca Starch, Skimmed <b>Milk</b> Powder, Coconut Oil, Sweet Potato, Flavouring, Acidity Regulator (Citric acid), Vanilla Extract, Gelling Agent (Agar), Preservative (Potassium sorbate), Carrot Extract, Vanilla Seeds, Flour Treatment Agent (Ascorbic acid), Thickener (Carrageenan), <b>Milk</b> Protein, Colour (Mixed carotenes).	Egg Milk Wheat	Vegetarian	Per Danish	1351	1189	323	284	15	13	6.5	5.7	41	36	15	13	1.5	1.3	5.2	4.6	0.24	0.21

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Product	Ingredients	Allergens	Vegetarian or Vegan	Per serving	kJ per 100g	kJ per serving	kcal per 100g	kcal per serving	Fat per 100g	Fat per serving (g)	Saturates per 100g	Saturates per serving (g)	Carbohydrates per 100g	Carbohydrates per serving (g)	Sugars per 100g	Sugars per serving (g)	Fibre per 100g	Fibre per serving (g)	Protein per 100g	Protein per serving (g)	Salt per 100g	Salt per serving (g)
<b>Irresistible Birthday Cake Cookie</b>  Cookie with Belgian white chocolate chunks, sugar sprinkles and fruit jelly pieces  EAN 5000129375244	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Belgian White Chocolate (13%) (Sugar, Cocoa Butter, Whole <b>Milk</b> Powder, Emulsifier (Lecithins ( <b>Soya</b> )), Flavouring), Vegetable Oils (Palm, Rapeseed), Rainbow Sugar Strands (11%) (Sugar, Concentrates (Radish, Beetroot, Spirulina, Safflower, Lemon, Blackcurrant), Colours (Paprika extract, Curcumin, Anthocyanins), Glucose Syrup, Coconut Oil, Glazing Agent (Beeswax, white and yellow)), Fruit Jelly Pieces (4%) (Apple Purée, Apple Juice, Strawberry Purée, <b>Wheat</b> Fibre, Elderberry Juice from Concentrate, Gelling Agent (Pectins), Flavouring), Butter ( <b>Milk</b> ), Humectant (Glycerol - Vegetable), Invert Sugar Syrup (Golden Syrup), Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Molasses, Flavouring, Acidity Regulator (Citric acid), Salt.	Milk Soya Wheat	Vegetarian	Per cookie	1878	1427	447	340	17	13	8.0	6.1	68	52	44	33	<0.5	<0.5	4.2	3.2	0.35	0.27
<b>Irresistible Black Forest Cookies</b>  Cookies loaded with Belgian white chocolate chunks, dried sweetened cherries and glacé cherries.  EAN 5000129377507	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Sugar, Belgian White Chocolate (15%) (Sugar, Whole <b>Milk</b> Powder, Cocoa Butter, Vegetable Oils (Palm, Shea, Mango, Sal), Emulsifier (Lecithins ( <b>Soya</b> )), Flavouring), Vegetable Oils (Palm, Rapeseed, Coconut), Dried Sweetened Cherries (5%) (Cherries, Sugar, Sunflower Oil), Fat-reduced Cocoa Powder (4%), Water, Brown Sugar, Butter ( <b>Milk</b> ), Glacé Cherries (2%) (Cherries, Glucose - Fructose Syrup, Sugar, Acid (Citric acid), Colour (Anthocyanins)), Vegetarian Whey Powder ( <b>Milk</b> ), Invert Sugar Syrup (Golden Syrup), Raising Agents (Disodium diphosphate, Sodium hydrogen carbonate, Potassium hydrogen carbonate), Molasses, Flavourings, Emulsifier (Mono- and diglycerides of fatty acids), Salt.	Milk Soya Wheat	Vegetarian	Per cookie	1848	1146	440q	273	17	10	8.2	5.1	67	41	44	27	0.8	<0.5	5.1	3.2	0.39	0.24
<b>Irresistible Blueberry and White Chocolate Cookies</b>  Blueberry flavour cookies packed with Belgian white chocolate chunks and apple infused dried blueberries  EAN 5000129377378	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed, Coconut), Apple Infused Dried Blueberries (10%) (Dried Blueberries, Concentrated Apple Juice, Sunflower Oil), Belgian White Chocolate (6%) (Sugar, Whole <b>Milk</b> Powder, Cocoa Butter, Vegetable Oils (Palm, Shea, Mango, Sal), Emulsifier (Lecithins ( <b>Soya</b> ))), Flavouring), Brown Sugar, Butter ( <b>Milk</b> ), Vegetarian Whey Powder ( <b>Milk</b> ), Invert Sugar Syrup (Golden Syrup), Lemon Peel (1%), Molasses, Water, Raising Agents (Disodium diphosphate, Sodium hydrogen carbonate, Potassium hydrogen carbonate), Flavourings, Emulsifiers (Mono- and diglycerides of fatty acids - Vegetable), Salt.	Milk Soya Wheat	Vegetarian	Per cookie	1880	1166	448	278	19	12	8.4	5.2	64	40	34	21	1.4	0.9	4.4	2.7	0.32	0.20
<b>Irresistible Cheese and Jalapeno Sourdough Bloomer</b>  White sourdough bloomer with extra mature Cheddar and Red Leicester cheeses, jalapeno peppers and red and green peppers  EAN 5000129354683	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Extra Mature Vegetarian Cheddar Cheese ( <b>Milk</b> ) (7%), Vegetarian Red Leicester Cheese ( <b>Milk</b> ) (3%) (contains Colour (Annatto norbixin)), Jalapeno Pepper (2%), Vegetarian Cheese Powder ( <b>Milk</b> ) (2%), Dried Green Pepper, Dried Red Pepper, Rice Flour, Sea Salt, Dried Jalapeno Pepper, Rapeseed Oil, Salt.	Milk Wheat	Vegetarian	per 1/5th bloomer	1024	778	243	184	4.3	3.3	2.7	2.1	40	30	2.4	1.8	2.9	2.2	9.8	7.4	0.99	0.75
<b>Irresistible Cheese Filled Croissant</b>  All-butter croissant with a cheddar filling  EAN 0242803000003	<b>Wheat</b> Flour, Butter ( <b>Milk</b> ) (18%), Water, Vegetarian Cheddar Cheese ( <b>Milk</b> ) (10%) <b>Egg</b> , Sugar, Yeast, Vegetarian Whey Powder ( <b>Milk</b> ), Potato Starch, <b>Wheat</b> Protein, Salt, Flavouring, Skimmed <b>Milk</b> Powder, Coconut Oil, Thickener (Sodium alginate), <b>Egg</b> Yolk, Tetrasodium diphosphate, Flour Treatment Agent (Ascorbic acid).	Egg Milk Wheat	Vegetarian	Per croissant	1508	1357	361	325	21	18	14	13	34	30	5.5	5.0	<0.5	<0.5	10	9.1	0.88	0.79
<b>Irresistible Chocolate Chunk Shortbread</b>  Shortbreads with chunks of Belgian milk and dark chocolate  EAN 500012896006	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Butter ( <b>Milk</b> ) (25%), Belgian Dark Chocolate (14%) (Sugar, Cocoa Mass, Vegetable Oils (Palm, Shea, Mango, Sal), Cocoa Butter, Emulsifier (Lecithins ( <b>Soya</b> ))), Flavouring), Belgian Milk Chocolate (12%) (Sugar, <b>Milk</b> Powder, Cocoa Butter, Cocoa Mass, Vegetable Oils (Palm, Shea, Mango, Sal), Emulsifier (Lecithins ( <b>Soya</b> ))), Flavouring), Sugar, Modified Maize Starch, Cream Powder ( <b>Milk</b> ), Raising Agents (Diphosphates, Sodium hydrogen carbonate), Skimmed <b>Milk</b> Powder.	Milk Soya Wheat	Vegetarian	Per square	2118	1334	507	319	29	18	18	11	56	35	28	17	1.6	1.0	5.7	3.6	0.30	0.19

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Product	Ingredients	Allergens	Vegetarian or Vegan	Per serving	kJ per 100g	kJ per serving	kcal per 100g	kcal per serving	Fat per 100g	Fat per serving (g)	Saturates per 100g	Saturates per serving (g)	Carbohydrates per 100g	Carbohydrates per serving (g)	Sugars per 100g	Sugars per serving (g)	Fibre per 100g	Fibre per serving (g)	Protein per 100g	Protein per serving (g)	Salt per 100g	Salt per serving (g)
<b>Irresistible Cranberry &amp; Brie Sourdough</b>  White sourdough bread with sweetened dried cranberries, Brie and Cheddar cheese  EAN 5000129384024	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Water, Sweetened Dried Cranberries (6%) (Sugar, Cranberries), Vegetarian Brie ( <b>Milk</b> ) (3%), Rice Flour, Vegetarian Cheddar Cheese ( <b>Milk</b> ) (2%), Sea Salt.	Milk Wheat	Vegetarian	Per 1/5th bloomer	1031	742	244	175	2.5	1.8	1.5	1.1	45	33	5.2	3.7	1.7	1.2	9.2	6.6	0.91	0.66
<b>Irresistible Deep Filled Apple Mince Pies</b>  All-butter shortcrust pastry filled with mincemeat made with sultanas, raisins, Bramley apple, mixed spice and Kentish dry cider  EAN 5000129346978	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Butter ( <b>Milk</b> ) (15%), Sultanas (10%), Raisins (7%), Bramley Apple Pulp (7%) (Bramley Apple, Preservative (Acetic Acid)), Glucose Syrup, Kentish Dry Cider (2%) (Cider, Preservative ( <b>Potassium metabisulphite</b> )), Dextrose, Vegetable Oils (Sunflower, Rapeseed), Tapioca Starch, Glacé Mixed Citrus Peel (Orange Peel, Glucose - Fructose Syrup, Lemon Peel, Sugar, Preservatives (Potassium sorbate, <b>Sulphur dioxide</b> ), Acidity Regulator (Citric acid)), Salt, Mixed Spices (Coriander, Cinnamon, Ginger, Caraway, Nutmeg, Cloves), Acidity Regulator (Citric acid), Flavouring, Colour (Plain caramel).	Milk Sulphites Wheat	Vegetarian	Per pie	1700	1445	405	344	15	13	9.5	8.1	62	53	33	28	2.6	2.2	4.3	3.7	0.22	0.19
<b>Irresistible Deluxe Doughnuts - Millionaires Doughnuts 2s</b>  Doughnuts with salted caramel flavour filling, topped with salted caramel flavour icing, biscuit crumb and sea salted fudge pieces  EAN 5000129379570	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Water, Sugar, Palm Oil, <b>Egg</b> , Glucose Syrup, Yeast, Rapeseed Oil, Modified Maize Starch, Sweetened Condensed Milk ( <b>Milk</b> , Sugar), Emulsifiers (Mono- and diglycerides of fatty acids - Vegetable, Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable, Citric acid esters of mono- and di-glycerides of fatty acids, Polysorbate 60, Sorbitan monostearate, Lecithins (Sunflower)), Raising Agents (Sodium carbonates, Calcium phosphates, Potassium carbonate), Shea Butter, Lactose ( <b>Milk</b> ), Salt, Salted Butter ( <b>Milk</b> , Salt), <b>Soya</b> Flour, Humectants (Glycerol, Glucono-delta-lactone), Colours (Plain caramel, Paprika extract), Invert Sugar Syrup, Flavouring, Malted <b>Barley</b> Flour, Preservatives (Potassium sorbate, Sorbic acid), Stabiliser (Sodium alginate), Sea Salt, Flour Treatment Agent (Ascorbic acid), <b>Milk</b> Protein, Gelling Agent (Agar), Acidity Regulators (Citric acid).	Barley Egg Milk Soya Wheat	Vegetarian	Per doughnut	1497	1347	357	321	16	14	7.6	6.8	49	44	23	20	1.0	0.9	4.0	3.6	0.42	0.38
<b>Irresistible Deluxe Doughnuts - Strawberries and Cream 2s</b>  Doughnuts with strawberry jam and vanilla flavour filling, topped with cream flavour icing, coloured white chocolate flavour lines and sugar decorations  EAN 5000129379198	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Water, Palm Oil, Glucose - Fructose Syrup, <b>Egg</b> , Strawberry Purée, Yeast, Rapeseed Oil, Palm Fat, Lactose ( <b>Milk</b> ), Glucose Syrup, Emulsifiers (Mono- and diglycerides of fatty acids, Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, Citric acid esters of mono- and diglycerides of fatty acids, Polysorbate 60, Lecithins ( <b>Soya</b> ), Sucrose esters of fatty acids), Skimmed <b>Milk</b> Powder, Modified Maize Starch, Shea Butter, Raising Agents (Calcium phosphates, Sodium carbonates, Potassium carbonate), Whey Powder ( <b>Milk</b> ), Salt, <b>Soya</b> Flour, Flavouring, Gelling Agents (Agar, Pectins), Colours (Carotenes, Beetroot red, Anthocyanins, Tricalcium citrate, Beta-carotene), Acidity Regulators (Citric acid, Glucono-delta-lactone, Trisodium citrate, Citric acid), Preservatives (Potassium sorbate, Sorbic acid), Flour Treatment Agent (Ascorbic acid), <b>Milk</b> Protein, Elderberry Concentrate, Stabiliser (Agar).	Egg Milk Soya Wheat	Vegetarian	Per doughnut	1467	1364	349	324	12	11	5.7	5.3	56	52	30	28	0.8	0.7	4.3	4.0	0.39	0.36
<b>Irresistible Dubai Style Pistachio Brownie</b>  Chocolate brownie layered with pistachio and kadayif paste, topped with milk chocolate with pistachio nuts  EAN 0247271000005	Pistachio Cream Filling (28%) (Sugar, Rapeseed Oil, White Chocolate (Sugar, Cocoa Butter, Whole <b>Milk</b> Powder, <b>Milk</b> Proteins, Skimmed <b>Milk</b> Powder, Emulsifier (Lecithins ( <b>Soya</b> ))), Flavouring), Skimmed <b>Milk</b> Powder, <b>Pistachio Nuts</b> (8%), Kadayif Paste (6%) ( <b>Wheat</b> Flour, Water, Maize Starch, Salt, Sunflower Oil, Sugar, Preservative (Potassium sorbate)), Sunflower Oil, Lactose ( <b>Milk</b> ), Vegetarian Whey Powder ( <b>Milk</b> ), Whole <b>Milk</b> Powder, Emulsifier (Lecithins ( <b>Soya</b> )), Flavouring, Plant Extracts (Spirulina, Safflower Concentrate), Salt), Sugar, Milk Chocolate (16%) (Sugar, Cocoa Butter, Whole <b>Milk</b> Powder, Cocoa Mass, Emulsifier (Lecithins ( <b>Soya</b> ))), Flavouring), <b>Egg</b> , Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Rapeseed Oil, Fat-reduced Cocoa Powder, Humectant (Glycerol - Vegetable), Thickener (Acacia gum), Sweetened Condensed Skimmed Milk (Skimmed <b>Milk</b> , Sugar), <b>Pistachio Nuts</b> (1%), Preservative (Potassium sorbate), Salt	Egg Milk Pistachio Nuts Soya Wheat	Vegetarian	Per brownie	1914	1302	457	311	23	16	6.8	4.6	54	37	36	25	2.0	1.4	6.6	4.5	0.23	0.15

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<b>Irresistible Gingerbread, Maple &amp; White Chocolate Cookies</b>  Maple syrup and ginger spice flavour cookies with Belgian white chocolate chunks  EAN 5000129383225	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Sugar, Belgian White Chocolate (18%) (Sugar, Whole <b>Milk</b> Powder, Cocoa Butter, Vegetable Oils (Palm, Shea, Mango, Sal), Emulsifier (Lecithins ( <b>Soya</b> )), Flavouring), Vegetable Oils (Palm, Rapeseed, Coconut), Butter ( <b>Milk</b> ), Brown Sugar, Water, <b>Wheat</b> Flour, Maple Syrup (1%), Ground Ginger (1%), Humectant (Glycerol), Invert Sugar Syrup (Golden Syrup), Sugar Cane Syrup, Raising Agent (Sodium hydrogen carbonate), Mixed Spice (Cinnamon, Coriander, Caraway, Fennel, Ginger, Clove, Nutmeg, Turmeric), Salt, Cinnamon, Flavouring, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable).	Milk Soya Wheat	Vegetarian	Per cookie	1943	1205	464	287	21	13	11	6.7	62	39	36	22	0.9	0.6	5.5	3.4	0.35	0.22
<b>Irresistible Kalamata Olive Roll</b>  White roll with green olives and Kalamata olives  EAN 0246701000004	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Green Olives (9%), Kalamata Olives (5%), Salt, Extra Virgin Olive Oil, Yeast, Malted <b>Wheat</b> Flour, Red Wine Vinegar, Rapeseed Oil, Flour Treatment Agent (Ascorbic acid), Sunflower Oil. <b>CAUTION: May contain olive stones</b>	Wheat	Vegan	Per roll	965	1061	228	251	3.5	3.9	0.6	0.7	41	45	4.8	5.3	2.8	3.1	7.2	7.9	1.00	1.10
<b>Irresistible Lemon Muffins</b>  Lemon flavoured muffins with lemon curd filling made with lemon oil and concentrated lemon juice, topped with lemon flavour icing and sugar dusting.  EAN 0247326000004 (SINGLE) EAN 5000129321753 (2 PACK)	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Folic acid Iron, Niacin, Thiamin), Sugar, <b>Egg</b> , Rapeseed Oil, Lemon Curd Filling (9%) (Sugar, Pasteurised Liquid Whole <b>Egg</b> , Salted Butter (1%) (Butter ( <b>Milk</b> ), Salt), Water, Concentrated Lemon Juice (Concentrated Lemon Juice, Preservatives (Potassium <b>metabisulphite</b> , Sodium <b>metabisulphite</b> )), Gelling Agent (Agar), Lemon Oil), Lemon Flavour Icing (5%) (Sugar, Palm Oil, Water, Dextrose, Fructose, Acidity Regulators (Glucono-delta-lactone, Citric acid), Salt, Emulsifier (Sucrose esters of fatty acids - Vegetable), Flavouring, Preservative (Potassium sorbate), Colour (Lutein)), Water, Lemon Zest (4%), Cornflour, Wheat Starch, Whey Powder ( <b>Milk</b> ), Lemon Juice (1%), Dextrose, Acidity Regulators (Potassium hydrogen carbonate, Disodium diphosphate), Tapioca Starch, Flavouring, Palm Oil, Lemon Oil.	Egg Milk Sulphites Wheat	Vegetarian	Per muffin	1567	1661	374	397	18	20	2.6	2.7	47	50	27	28	0.9	1.0	5.0	5.3	0.38	0.40
<b>Irresistible Lemon Muffins</b>  Lemon flavoured muffins with lemon curd filling made with Sicilian lemon oil and concentrated lemon juice, topped with lemon flavour icing and a sweet dusting.  EAN 5000129321753	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), <b>Egg</b> , Sugar, Rapeseed Oil, Lemon Curd Filling (9%) (Sugar, Pasteurised Liquid Whole <b>Egg</b> , Salted Butter (1%) (Butter ( <b>Milk</b> ), Salt), Water, Concentrated Sicilian Lemon Juice (Concentrated Sicilian Lemon Juice, Preservatives ( <b>Sodium metabisulphite</b> , <b>Potassium metabisulphite</b> )), Gelling Agent (Agar), Sicilian Lemon Oil), Lemon Flavour Icing (5%) (Sugar, Palm Oil, Water, Dextrose, Fructose, Salt, Emulsifier (Sucrose esters of fatty acids - Vegetable), Flavouring, Acidity Regulators (Glucono-delta-lactone, Citric acid), Preservative (Potassium sorbate), Colour (Lutein)), Water, Lemon Zest (4%), Cornflour, <b>Wheat</b> Starch, Whey Powder ( <b>Milk</b> ), Lemon Juice (1%), Dextrose, Raising Agents (Potassium hydrogen carbonate, Diphosphates), Tapioca Starch, Flavouring, Palm Oil, Lemon Oil, <b>Wheat</b> Flour.	Egg Milk Sulphites Wheat	Vegetarian	Per muffin	1567	1661	374	397	18	20	2.6	2.7	47	50	27	28	0.9	1.0	5.0	5.3	0.38	0.40
<b>Irresistible Maple and Raisin Sourdough Bloomer</b>  White sourdough bloomer with maple syrup and raisins  EAN 5000129340563	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Raisins (15%), Maple Syrup (3%), Sugar, <b>Wheat</b> Protein, Yeast, <b>Wheat</b> Flour, Salt, <b>Wheat</b> Fibre, Flavouring, <b>Wheat</b> Sourdough.	Wheat	Vegan	Per 1/5 <sup>th</sup> bloomer	1084	813	256	192	0.8	0.6	0.2	0.1	53	40	15	11	4.5	3.4	7.2	5.4	0.61	0.46
<b>Irresistible Matcha Strawberry &amp; Belgian White Chocolate Cookies</b>  Matcha flavoured cookie with Belgian white chocolate chunks and freeze-dried strawberry pieces.  EAN 5000129397925	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Sugar, Belgian White Chocolate (19%) (Sugar, Whole <b>Milk</b> Powder, Cocoa Butter, Vegetable Oils (Palm, Shea, Mango, Sal), Emulsifier (Lecithins ( <b>Soya</b> )), Flavouring), Vegetable Oils (Palm, Rapeseed, Coconut), Matcha Tea Powder (3%), Butter ( <b>Milk</b> ), Invert Sugar Syrup (Golden Syrup), Strawberry Freeze Dried Pieces (2%), <b>Wheat</b> Flour, Humectant (Glycerol - Vegetable), Raising Agents (Disodium diphosphate, Sodium hydrogen carbonate), Molasses, Flavourings, Salt, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable).	Milk Soya Wheat	Vegetarian	Per doughnut	1973	1223	471	292	23	14	11	6.6	60	37	36	22	2.3	1.4	4.8	3.0	0.34	0.21



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Product	Ingredients	Allergens	Vegetarian or Vegan	Per serving	kJ per 100g	kJ per serving	kcal per 100g	kcal per serving	Fat per 100g	Fat per serving (g)	Saturates per 100g	Saturates per serving (g)	Carbohydrates per 100g	Carbohydrates per serving (g)	Sugars per 100g	Sugars per serving (g)	Fibre per 100g	Fibre per serving (g)	Protein per 100g	Protein per serving (g)	Salt per 100g	Salt per serving (g)
<b>Irresistible Mediterranean Style Focaccia</b>  Focaccia rolls topped with cherry tomatoes, red peppers, yellow peppers and green pesto  EAN 0246346000001	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Cherry Tomatoes (10%), Red Pepper (5%), Yellow Pepper (5%), Green Pesto (5%) (Sunflower Oil, Basil Vegetarian Medium Fat Hard Cheese ( <b>Milk</b> ), Extra Virgin Olive Oil, Yeast, Fermented <b>Wheat</b> Flour, Salt), Emulsifier (Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), Flour Treatment Agent (Ascorbic acid).	Milk Wheat	Vegetarian	Per focaccia	1095	1259	260	299	7.8	9.0	1.1	1.3	37	43	2.9	3.3	3.0	3.5	8.9	10	1.06	1.22
<b>Irresistible Milk Chocolate Cookies</b>  Cookies with Belgian Milk Chocolate Chunks  EAN 5000128888479	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Belgian Milk Chocolate (28%) (Sugar, <b>Milk</b> Powder, Cocoa Butter, Cocoa Mass, Vegetable Oils (Palm, Shea, Mango, Sal), Emulsifier (Lecithins ( <b>Soya</b> )), Flavouring), Sugar, Vegetable Oils (Palm , Rapeseed, Coconut), Butter ( <b>Milk</b> ), Maltodextrin, Invert Sugar Syrup, Vegetarian Whey Powder ( <b>Milk</b> ), Water, Humectant (Glycerol - Vegetable), Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Molasses, Flavourings, Salt, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable).	Milk Soya Wheat	Vegetarian	Per cookie	2009	1245	480	297	23	14	11	6.8	60	37	31	20	1.5	0.9	6.3	3.9	0.43	0.27
<b>Irresistible Oat and Fruit Granola Squares</b>  Oat squares with raisins, sultanas, sunflower seeds, sweetened dried cranberries and pumpkin seeds.  EAN 5000128948548	<b>Oats</b> (35%), Sugar, Vegetable Oils (Palm, Rapeseed), Raisins (7%), Butter ( <b>Milk</b> ) (7%), Cornflour, Sultanas (4%), Sunflower Seeds (4%), Sweetened Dried Cranberries (4%) (Sugar, Cranberries, Sunflower Oil), Honey (3%), Pumpkin Seeds (2%), <b>Wheat</b> Starch, Molasses, Raising Agents (Diphosphates, Sodium hydrogen carbonate), Salt, Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin).	Oats Milk Wheat	Vegetarian	Per bar	1854	1168	443	279	20	13	7.7	4.9	57	36	28	18	4.9	3.1	6.4	4.1	0.31	0.20
<b>Irresistible Olive Sourdough Pave</b>  Wheat and rye sourdough bread baked with green and Kalamata olives, and enriched with olive oil  EAN 5000129341874	<b>Wheat</b> Flour, Water, Green Olives (8%) (Green Olives, Salt, Acidity Regulator (Citric acid)), Kalamata Olives (5%) (Olives, Water, Vegetable Oils (Olive, Rapeseed), Salt), Durum <b>Wheat</b> Sourdough, <b>Rye</b> Flour, Salt, Extra Virgin Olive Oil (0.5%), Malted <b>Barley</b> Flour, <b>Wheat</b> Protein, Malted <b>Wheat</b> Flour. CAUTION - MAY CONTAIN OLIVE STONES	Barley Rye Wheat	Vegan	per 1/5 bloomer	1011	728	240	172	4.5	3.2	0.7	0.5	42	30	2.1	1.5	2.7	1.9	6.4	4.6	1.00	0.72
<b>Irresistible Rye Sourdough Bloomer</b>  Full flavoured rye sourdough bread with a crunchy, chewy crust  EAN 5000129340129	<b>Wheat</b> Flour, Water, <b>Rye</b> Flour, Durum <b>Wheat</b> Sourdough, Dehydrated Devitalized <b>Rye</b> Sourdough ( <b>Rye</b> , <b>Wheat</b> ), Salt, Malted <b>Barley</b> Flour, <b>Wheat</b> Protein, Malted <b>Wheat</b> Flour.	Barley Rye Wheat	Vegan	per 1/5th bloomer	911	656	215	155	1.2	0.9	0.2	0.1	42	30	2.3	1.7	5.5	4.0	6.5	4.7	0.89	0.64
<b>Irresistible S'mores Cookies</b>  Cookies with marshmallows and Belgian milk chocolate chunks  EAN 5000129377491	Sugar, Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Vegetable Oils (Palm, Rapeseed, Coconut), Marshmallows (8%) (Glucose - Fructose Syrup, Sugar, Water, Dextrose, Gelling Agent (Carrageenan), Cornstarch, Rice Protein, Flavouring, Stabiliser (Polyphosphates), Colour (Beetroot red)), Belgian Milk Chocolate (8%) (Sugar, Whole <b>Milk</b> Powder, Cocoa Butter, Cocoa Mass, Vegetable Oils (Palm, Shea, Mango, Sal), Emulsifier (Lecithins ( <b>Soya</b> )), Flavouring), Fat-reduced Cocoa Powder (5%), Butter ( <b>Milk</b> ), Vegetarian Whey Powder ( <b>Milk</b> ), Molasses, Raising Agents (Sodium hydrogen carbonate), Salt, Flavourings, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable).	Milk Soya Wheat	Vegetarian	Per cookie	1784	1106	424	263	15	9.5	7.2	4.5	67	41	46	29	1.6	1.0	4.3	2.6	0.33	0.21



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Product	Ingredients	Allergens	Vegetarian or Vegan	Per serving	kJ per 100g	kJ per serving	kcal per 100g	kcal per serving	Fat per 100g	Fat per serving (g)	Saturates per 100g	Saturates per serving (g)	Carbohydrates per 100g	Carbohydrates per serving (g)	Sugars per 100g	Sugars per serving (g)	Fibre per 100g	Fibre per serving (g)	Protein per 100g	Protein per serving (g)	Salt per 100g	Salt per serving (g)
<b>Irresistible Spiced Cranberry, Orange and Almond Danish</b>  Square pastry with a vanilla custard, spiced cranberry and orange filling, topped with almonds  EAN 0247351000000	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Water, Palm Oil, Sugar, Cranberries (7%), Sliced Oranges (5%), Rapeseed Oil, Whipping Cream ( <b>Milk</b> ), <b>Almonds</b> , Yeast, <b>Egg</b> , Modified Maize Starch, Modified Potato Starch, <b>Wheat</b> Protein, Mixed Spices (Cassia, Cinnamon, Coriander, Ginger, Allspice, Nutmeg, Cloves), Stabilisers (Isomalt, Tara gum, Calcium alginate, Tetrasodium diphosphate, Disodium phosphate, Sodium triphosphate), Concentrated Lemon Juice, Vegetarian Whey Powder ( <b>Milk</b> ), Invert Sugar, Tapioca Starch, Salt, Skimmed <b>Milk</b> Powder, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Coconut Oil, Gelling Agent (Agar), Orange Oil, Vanilla Extract, Glucose Syrup, Colours (Anthocyanins, Mixed carotenes), Spent Vanilla Seeds, Flavouring, Acidity Regulator (Citric acid), Thickener (Carrageenan), Flour Treatment Agent (Ascorbic acid), <b>Milk</b> Protein, Preservative (Potassium sorbate).	Almonds Egg Milk Wheat	Vegetarian	Per pastry	1320	1201	315	287	16	15	6.2	5.6	36	33	12	11	1.5	1.4	5.8	5.3	0.22	0.20
<b>Irresistible Super Seeded Sourdough Bloomer</b>  Wheat, rye and spelt sourdough baked with a wholesome blend of quinoa, sunflower, flax and poppy seeds  EAN 5000129340051	<b>Wheat</b> Flour, Water, Sourdough ( <b>Wheat</b> Flour, Water), Spelt Flour ( <b>Wheat</b> ), <b>Rye</b> Flour, Durum <b>Wheat</b> Sourdough, Brown Linseed (2%), Millet Seeds (1.5%), Red Quinoa (1.5%), Sunflower Seeds (1.5%), Golden Linseed (1.1%), Poppy Seeds (1.1%), <b>Wheat</b> Protein, Dehydrated Devitalized <b>Rye</b> Sourdough, Salt, White Quinoa (0.7%), Spelt ( <b>Wheat</b> ), Amaranth Seeds (0.5%), Buckwheat Seeds (0.5%), Malted Flour <b>Barley</b> , Malted <b>Wheat</b> Flour.	Barley Rye Spelt Wheat	Vegan	Per 1/5 bloomer	1004	723	238	171	3.5	2.5	0.3	0.2	41	29	2.2	1.6	6.3	4.5	7.9	5.7	0.83	0.59
<b>Irresistible Triple Chocolate Cookies</b>  Chocolate cookies with Belgian milk, white and dark chocolate chunks.  EAN 5000128753821	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed, Coconut), Belgian White Chocolate (11%) (Sugar, <b>Milk</b> Powder, Cocoa Butter, Vegetable Oils (Palm, Shea, Mango, Sal), Emulsifier (Lecithins ( <b>Soya</b> )), Flavouring), Belgian Dark Chocolate (9%) (Sugar, Cocoa Mass, Vegetable Oils (Palm, Shea, Mango, Sal), Cocoa Butter, Emulsifier (Lecithins ( <b>Soya</b> )), Flavouring), Belgian Milk Chocolate (9%) (Sugar, <b>Milk</b> Powder, Cocoa Butter, Cocoa Mass, Vegetable Oils (Palm, Shea, Mango, Sal), Emulsifier (Lecithins ( <b>Soya</b> )), Flavouring), Fat-reduced Cocoa Powder (4%), Butter ( <b>Milk</b> ), Maltodextrin, Invert Sugar Syrup, Water, Vegetarian Whey Powder ( <b>Milk</b> ), Molasses, Raising Agent (Sodium hydrogen carbonate), Salt, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Flavouring.	Milk Soya Wheat	Vegetarian	Per cookie	2019	1252	482	299	23	15	11	7.0	61	38	36	23	2.9	1.8	5.8	3.6	0.46	0.29
<b>Irresistible Triple Chocolate Muffins</b>  Chocolate flavoured muffins with milk, dark and white chocolate chunks, filled with chocolate flavoured sauce, topped with chocolate flavoured icing and chocolate curls.  EAN 5000129321654	Sugar, <b>Egg</b> , Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Chocolate Sauce (8%) (Sugar, Water, Belgian Dark Chocolate (Cocoa Mass, Sugar, Fat-reduced Cocoa Powder, Emulsifier (Lecithins ( <b>Soya</b> ))), Humectant (Vegetable Glycerine), Sweetened Condensed Milk ( <b>Milk</b> , Sugar, Lactose ( <b>Milk</b> )), Cream ( <b>Milk</b> ), Butter ( <b>Milk</b> ), Cocoa Mass, Cornflour, Salt), Chocolate Flavoured Icing (Sugar, Palm Oil, Water, Cocoa Powder, Dextrose, Fructose, Emulsifier (Lecithins ( <b>Soya</b> )), Sucrose esters of fatty acids - Vegetable), Salt, Acidity Regulator (Glucono-delta-lactone), Flavouring, Preservative (Potassium sorbate)), Belgian Milk Chocolate Chunks (5%) (Sugar, Whole <b>Milk</b> Powder, Cocoa Butter, Cocoa Mass, Emulsifier (Lecithins ( <b>Soya</b> )), Flavouring), Belgian Dark Chocolate Chunks (5%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (Lecithins ( <b>Soya</b> )), Flavouring), Water, Fat-reduced Cocoa Powder, White Chocolate Chunks (2%) (Sugar, Whole <b>Milk</b> Powder, Cocoa Butter, Skimmed <b>Milk</b> Powder, Emulsifier (Lecithins ( <b>Soya</b> )), Flavouring), Cornflour, Chocolate Curls (Sugar, Cocoa Mass, Cocoa Butter, Whole <b>Milk</b> Powder, Skimmed <b>Milk</b> Powder, Emulsifier (Lecithins ( <b>Soya</b> )), Flavouring), Whey Powder ( <b>Milk</b> ), Raising Agents (Disodium diphosphate, Potassium hydrogen carbonate), Emulsifier (Polyglycerol esters of fatty acids - Vegetable), Humectant (Vegetable Glycerine).	Egg Milk Soya Wheat	Vegetarian	Per muffin	1762	1868	421	447	22	24	5.2	5.5	49	51	30	32	2.0	2.1	5.7	6.1	0.27	0.29
<b>Irresistible Triple Chocolate Muffins</b>  Chocolate flavoured muffins with milk, dark and white chocolate chunks, filled with chocolate flavoured sauce, topped with chocolate flavoured icing and chocolate curls.  EAN 5000129321654	Sugar, <b>Egg</b> , Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Rapeseed Oil, Chocolate Sauce (8%) (Sugar, Water, Belgian Dark Chocolate (Cocoa Mass, Sugar, Fat-reduced Cocoa Powder, Emulsifier (Lecithins ( <b>Soya</b> ))), Humectant (Vegetable Glycerine), Sweetened Condensed Skimmed Milk ( <b>Milk</b> , Sugar), Cream ( <b>Milk</b> ), Butter ( <b>Milk</b> ), Cocoa Mass, Cornflour, Salt), Chocolate Flavoured Icing (Sugar, Water, Cocoa Powder, Palm Oil, Dextrose, Fructose, Emulsifiers (Lecithins ( <b>Soya</b> )), Sucrose esters of fatty acids - Vegetable), Salt, Acidity Regulator (Glucono-delta-lactone), Flavouring, Preservative (Potassium sorbate)), Belgian Milk Chocolate Chunks (5%) (Sugar, Whole <b>Milk</b> Powder, Cocoa Butter, Cocoa Mass, Emulsifier (Lecithins ( <b>Soya</b> )), Flavouring), Belgian Dark Chocolate Chunks (5%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (Lecithins ( <b>Soya</b> )), Flavouring), Water, Fat-reduced Cocoa Powder, White Chocolate Chunks (2%) (Sugar, Whole <b>Milk</b> Powder, Cocoa Butter, Skimmed <b>Milk</b> Powder, Emulsifier (Lecithins ( <b>Soya</b> )), Flavouring), Cornflour, Chocolate Curls (Sugar, Cocoa Mass, Cocoa Butter, Whole <b>Milk</b> Powder, Skimmed <b>Milk</b> Powder, Emulsifier (Lecithins ( <b>Soya</b> )), Flavouring), Whey Powder ( <b>Milk</b> ), Raising Agents (Disodium diphosphate, Potassium hydrogen carbonate), Emulsifier (Polyglycerol esters of fatty acids - Vegetable), Humectant (Vegetable Glycerine), Acidity Regulator (Potassium carbonate), Enzymes (contain <b>Wheat</b> ).	Egg Milk Soya Wheat	Vegetarian	Per muffin	1762	1868	421	447	22	24	5.2	5.5	49	51	30	32	2.0	2.1	5.7	6.1	0.27	0.29

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Product	Ingredients	Allergens	Vegetarian or Vegan	Per serving	KJ per 100g	KJ per serving	kcal per 100g	kcal per serving	Fat per 100g	Fat per serving (g)	Saturates per 100g	Saturates per serving (g)	Carbohydrates per 100g	Carbohydrates per serving (g)	Sugars per 100g	Sugars per serving (g)	Fibre per 100g	Fibre per serving (g)	Protein per 100g	Protein per serving (g)	Salt per 100g	Salt per serving (g)
<b>Irresistible White Chocolate Cookies</b>  Cookies with Belgian White Chocolate  EAN 5000128821636	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Belgian White Chocolate (28%) (Sugar, <b>Milk</b> Powder, Cocoa Butter, Vegetable Oils (Palm, Shea, Mango, Sal), Emulsifier (Lecithins ( <b>Soya</b> )), Flavouring), Sugar, Vegetable Oils (Palm, Rapeseed, Coconut), Butter ( <b>Milk</b> ), Maltodextrin, Invert Sugar Syrup, Water, Vegetarian Whey Powder ( <b>Milk</b> ), Humectant (Glycerol - Vegetable), Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Molasses, Flavourings, Salt, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable).	Milk Soya Wheat	Vegetarian	Per cookie	2017	1250	482	299	23	14	11	6.8	62	39	33	20	1.0	0.6	5.2	3.2	0.45	0.28
<b>Irresistible White Sourdough Baguette</b>  Full flavoured white sourdough bread with a crunchy, chewy crust  EAN 5000129340143	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Water, Malted <b>Barley</b> , Wholemeal <b>Wheat</b> Flour, Rice Flour, <b>Wheat</b> Protein, Sea Salt, Malted <b>Wheat</b> Flour, <b>Rye</b> Flour.	Barley Rye Wheat	Vegan	Per ¼ baguette	1169	1052	276	248	0.9	0.8	0.2	0.2	56	50	2.7	2.4	2.8	2.5	9.5	8.6	0.81	0.73
<b>Irresistible White Sourdough Bloomer</b>  Full flavoured white sourdough bread with a crunchy, chewy crust  EAN 5000129339925	<b>Wheat</b> Flour, Water, Sourdough ( <b>Wheat</b> Flour, Water, <b>Wheat</b> Protein, Malted <b>Wheat</b> Flour), Durum <b>Wheat</b> Sourdough, Dehydrated Devitalized <b>Wheat</b> Sourdough, Salt, <b>Wheat</b> Protein, Malted <b>Wheat</b> Flour.	Wheat	Vegan	per 1/5th bloomer	1010	727	238	172	1.1	0.8	0.2	0.1	49	35	2.1	1.5	2.0	1.4	7.1	5.1	0.90	0.65
<b>Jam Filled Doughnuts</b>  Doughnuts with an apple and raspberry jam filling coated in sugar.  EAN 5000129321555	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Apple and Raspberry Jam (22%) (Glucose-fructose syrup, Apple Concentrate, Raspberry Concentrate, Gelling Agent (Pectins), Acidity Regulators (Citric acid, Trisodium citrate), Colour (Anthocyanins), Flavouring, Preservative (Potassium sorbate)), Water, Vegetable Oils (Palm, Rapeseed), Sugar, Yeast, Emulsifiers (Mono- and diglycerides of fatty acids - Vegetable, Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), Raising Agents (Calcium phosphates, Sodium carbonates, Potassium carbonates), Salt, <b>Wheat</b> Protein, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegan	Per doughnut	1431	1045	341	249	12	9.1	6.1	4.5	51	37	19	14	1.5	1.1	5.5	4.0	0.40	0.29
<b>Maple Pecan Plait</b>  Sweet pastry plait with a maple syrup filling, topped with pecan pieces  EAN 0240218000007 (SINGLE) EAN 5000128775694 (2 PACK)	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Palm Oil, Water, Sugar, Rapeseed Oil, <b>Pecan Nuts</b> (4%), Yeast, <b>Egg</b> , Coconut Oil, Maple Syrup (1%), <b>Wheat</b> Flour, Glazing Agent (Isomalt), Salt, Sugar Syrup, Modified Starch (Acetylated distarch phosphate), Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Stabilisers (Tara gum, Calcium alginate, Tetrasodium diphosphate, Disodium phosphate, Sodium triphosphate), Thickeners (Sodium alginate, Pectin), Vegetarian Whey Powder ( <b>Milk</b> ), Flavouring, Skimmed <b>Milk</b> Powder, Gelling Agent (Agar), Acidity Regulator (Citric acid), Glucose Syrup, Preservative (Potassium sorbate), Colour (Mixed carotenes), <b>Milk</b> Protein.	Egg Milk Pecan Nuts Wheat	Vegetarian	Per plait	1860	1451	446	348	28	22	11	8.7	42	33	12	9.6	1.8	1.4	5.9	4.6	0.35	0.27
<b>Medium White Petit Pain</b>  EAN 0246663000005 (SINGLE)	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Rapeseed Oil, <b>Wheat</b> Flour, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegan	Per petit pain	1079	701	254	165	<0.5	<0.5	<0.1	<0.1	54	35	3.3	2.1	1.7	1.1	7.9	5.1	0.81	0.53
<b>Milk Chocolate Ball Doughnuts</b>  Doughnuts with a milk chocolate filling coated in sugar  EAN 5000129321722	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Chocolate Filling (18%) (Glucose Syrup, Water, Sugar, Humectant (Glycerol), <b>Milk</b> , Palm Oil, Vegetarian Whey Powder ( <b>Milk</b> ), Whole <b>Milk</b> Powder, Cocoa Butter, Cocoa Mass, Modified Maize Starch, Acidity Regulator (Glucono-delta-lactone), Emulsifiers (Sorbitan monostearate, Lecithins ( <b>Soya</b> )), Flavourings, Preservative (Potassium sorbate), Lactose ( <b>Milk</b> )), Vegetable Oils (Palm, Rapeseed), Sugar, Yeast, Fat-reduced Cocoa Powder, <b>Wheat</b> Protein, Emulsifiers (Sodium Stearyl Lactylate, Mono- and diglycerides of fatty acids - Vegetable), <b>Soya</b> Flour, Stabiliser (Cellulose Gum), Salt, Flavouring, Raising Agents (Calcium phosphates, Potassium bicarbonate), Flour Treatment Agent (Ascorbic acid).	Milk Soya Wheat	Vegetarian	Per doughnut	1475	988	352	236	16	11	7.8	5.2	45	30	11	7.4	1.7	1.1	6.6	4.4	0.23	0.15
<b>Milk Chocolate Chunk Cookies</b>  Cookies with milk chocolate chunks  EAN 5000128794275	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Milk Chocolate (17%) (Sugar, Cocoa Mass, <b>Milk</b> Powder, Cocoa Butter, Vegetarian Whey Powder ( <b>Milk</b> ), Vegetable Oils (Palm, Shea, Mango, Sal), Emulsifier (Lecithins ( <b>Soya</b> ))), Vegetable Oils (Palm, Rapeseed, Coconut), Maltodextrin, Invert Sugar Syrup, Water, Vegetarian Whey Powder ( <b>Milk</b> ), Humectant (Glycerol - Vegetable), Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Molasses, Flavourings, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable).	Milk Soya Wheat	Vegetarian	Per cookie	1938	833	462	199	19	8.3	8.7	3.7	66	28	36	16	1.4	0.6	5.5	2.3	0.31	0.13

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Product	Ingredients	Allergens	Vegetarian or Vegan	Per serving	kJ per 100g	kJ per serving	kcal per 100g	kcal per serving	Fat per 100g	Fat per serving (g)	Saturates per 100g	Saturates per serving (g)	Carbohydrates per 100g	Carbohydrates per serving (g)	Sugars per 100g	Sugars per serving (g)	Fibre per 100g	Fibre per serving (g)	Protein per 100g	Protein per serving (g)	Salt per 100g	Salt per serving (g)
<b>Mini Traditional Danish Selection</b>  Maple Pecan Plait, Cinnamon Swirl, Lemon Coronet, Apple Lattice, Vanilla Crème Crown  EAN 5000128824514	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Palm Oil, Sugar, Water, Rapeseed Oil, Apple (5%), Yeast, Egg, Cream ( <b>Milk</b> ), Skimmed <b>Milk</b> , Coconut Oil, <b>Pecan Nuts</b> (1%), Modified Potato Starch, <b>Wheat</b> Flour, Glazing Agent (Isomalt), Lemon Juice (1%), Salt, Whey Powder ( <b>Milk</b> ), Cornflour, Maple Syrup, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Tapioca Starch, <b>Milk</b> Solids, Skimmed <b>Milk</b> Powder, Sugar syrup, Cinnamon, Cane sugar syrup, Stabilisers (Tara gum, Calcium alginate, Pectin, Tetrasodium diphosphate, Disodium phosphate, Triphosphates), Flavouring, Modified Maize Starch, Glucose Syrup, Gelling Agents (Sodium alginate, Agar), Preservative (Potassium sorbate), Lemon Juice from Concentrate, Ground <b>Almond</b> , Acidity Regulator (Citric acid), Colour (Mixed carotenes), <b>Milk</b> Protein, Starter Culture.	Almond Egg Milk Pecan Nuts Wheat	Vegetarian	Per average pastry	1671	575	400	138	23	7.8	9.6	3.3	43	15	14	4.9	1.4	<0.5	5.3	1.8	0.32	0.11
<b>Oat &amp; Raisin Cookies</b>  Spiced cookies with raisins, oats and honey  EAN 5000128996020	Fortified Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Raisins (17%), <b>Oats</b> (16%), Vegetable Oils (Palm, Rapeseed, Coconut), Maltodextrin, Honey, Water, Vegetarian Whey Powder ( <b>Milk</b> ), Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Mixed Spice (Cinnamon, Coriander, Caraway, Fennel, Ginger, Clove, Nutmeg, Turmeric), Molasses, Cinnamon, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable).	Milk Oats Wheat	Vegetarian	Per cookie	1763	758	420	180	15	6.6	6.1	2.6	63	27	33	14	2.9	1.2	5.3	2.3	0.46	0.2
<b>Pain au Chocolat</b>  All butter pastry with a chocolate filling  EAN 0240189000006 (SINGLE) EAN 5000128775717 (4 PACK)	<b>Wheat</b> Flour, Butter ( <b>Milk</b> ) (22%), Chocolate (9%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (Lecithins <b>Soya</b> )), Flavouring), Yeast, Sugar, Water, Egg, Salt, <b>Wheat</b> Protein, Flour Treatment Agent (Ascorbic acid).	Egg Milk Soya Wheat	Vegetarian	Per pain	1708	1281	408	306	21	16	15	11	44	33	9.8	7.4	4.4	3.3	9.2	6.9	0.61	0.46
<b>Pain au Raisin</b>  All butter pastry filled with a light custard and juicy raisins  EAN 0240077000002	<b>Wheat</b> Flour, Butter ( <b>Milk</b> ) (16%), Raisins (14%), Water, Sugar, Egg, Yeast, Maize Starch, Salt, <b>Milk</b> Powder, <b>Wheat</b> Protein, Skimmed <b>Milk</b> Powder, Thickener (Sodium alginate), Egg White Powder, Colour (Turmeric extract), Flour Treatment Agent (Ascorbic acid), Flavouring, Acidity Regulator (Citric acid), Carrot Extract.	Egg Milk Wheat	Vegetarian	Per pain	1387	1332	331	317	14	13	9.9	9.5	45	43	16	15	1.5	1.4	6.4	6.1	0.51	0.49
<b>Portuguese Custard Tart</b>  Light, crisp pastry filled with sweet egg custard  EAN 0240317000007 (SINGLE) EAN 5000129308860 (4 PACK)	Custard Filling (63%) (Sugar, Water, <b>Milk</b> , Egg Yolk, <b>Wheat</b> Flour, Egg White, <b>Milk</b> Powder, Maize Starch, Thickener (Xanthan gum)), Pastry (37%) ( <b>Wheat</b> Flour, Water, Palm Oil, Sunflower Oil, Salt, Rapeseed Oil, Coconut Oil, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Acidity Regulators (Lactic acid, Citric acid), Antioxidant (Alpha-tocopherol)).	Egg Milk Wheat	Vegetarian	Per tart	1147	665	273	158	10	6.0	4.8	2.8	41	23	23	13	<0.5	<0.5	4.2	2.5	0.24	0.14
<b>Pretzel</b>  EAN 0246642000002	<b>Wheat</b> Flour, Water, Rapeseed Oil, Yeast, Salt, <b>Barley</b> Malt Extract, Fermented <b>Wheat</b> Flour, Sugar, Emulsifier (Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), <b>Wheat</b> Protein, Malted <b>Wheat</b> Flour, Acidity Regulators (Calcium carbonate, Sodium hydroxide), Flour Treatment Agent (Ascorbic acid).	Barley Wheat	Vegan	Per pretzel	1261	1072	298	253	3.8	3.2	0.4	0.4	55	47	3.4	2.9	3.0	2.6	9.6	8.2	1.01	0.86
<b>Puff Pastry Mince Pies</b>  Puff pastry with a mincemeat filling  EAN 5000129366815	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Sugar, Apple, Sultanas (9%), Vegetable Oils (Palm, Rapeseed, Sunflower, Cottonseed), Palm Fat, Glucose Syrup, Demerara Sugar, Raisins (1%), Cornflour, Currants (1%), Gelling Agent (Pectin), White Wine Vinegar, Salt, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Spices (Coriander, Cinnamon, Ginger, Nutmeg, Fennel, Cloves, Cardamom), Molasses, Orange Peel, Acidity Regulator (Citric acid), Glucose - Fructose Syrup, Invert Sugar Syrup, Modified Maize Starch, Lemon Peel, Orange Oil, Preservatives (Potassium sorbate, <b>Sulphur dioxide</b> ).	Wheat Sulphites	Vegan	Per pie	1528	1069	365	255	17	12	8.6	6.0	46	32	12	12	4.0	2.8	4.5	3.1	0.14	0.1
<b>Pumpkin &amp; Sunflower Seed White Roll</b>  EAN 0240277000000	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Sunflower Seeds (4%), Pumpkin Seeds (4%), Salt, Yeast, Rice Flour, Flour Treatment Agent (Ascorbic acid), Rapeseed Oil.	Wheat	Vegan	Per roll	1079	1025	255	242	2.6	2.5	0.5	0.5	48	45	3.7	3.5	3.0	2.9	8.6	8.2	0.72	0.68

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Product	Ingredients	Allergens	Vegetarian or Vegan	Per serving	KJ per 100g	KJ per serving	kcal per 100g	kcal per serving	Fat per 100g	Fat per serving (g)	Saturates per 100g	Saturates per serving (g)	Carbohydrates per 100g	Carbohydrates per serving (g)	Sugars per 100g	Sugars per serving (g)	Fibre per 100g	Fibre per serving (g)	Protein per 100g	Protein per serving (g)	Salt per 100g	Salt per serving (g)
<b>Raspberry &amp; White Chocolate Cookies</b>  Raspberry flavour cookies with white chocolate chunks, fruit jelly pieces and sugar sprinkles  EAN 5000129369762	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed, Coconut, Palm Kernel), White Chocolate (8%) (Sugar, Cocoa Butter, <b>Milk</b> Powder, Vegetarian Whey Powder ( <b>Milk</b> ), Lactose ( <b>Milk</b> ), <b>Milk</b> Fat, Emulsifier (Lecithins ( <b>Soya</b> )), Flavouring), Fruit Jelly Pieces (3%) (Apple Purée, Apple Juice, Raspberry Purée, Thickeners ( <b>Wheat</b> Fibre, Pectin), Elderberry Juice, Flavouring), Maltodextrin, Water, Invert Sugar Syrup, Vegetarian Whey Powder ( <b>Milk</b> ), Humectant (Glycerol - Vegetable), Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Cornstarch, Molasses, Flavourings, Emulsifiers (Mono- and diglycerides of fatty acids - Vegetable, Lecithins (Rapeseed)), Colours (Beetroot red, Anthocyanins, Paprika extract), Glazing Agent (Acacia gum).	Milk Soya Wheat	Vegetarian	Per cookie	1885	810	449	193	19	8.1	8.4	3.6	65	28	35	15	1.5	0.6	4.2	1.8	0.33	0.14
<b>Rosemary &amp; Rock Salt Focaccia</b>  Soft white focaccia made with extra virgin olive oil (6%), hand topped with rosemary and rock salt  EAN 5000129329575	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil (6%), Yeast, Fermented <b>Wheat</b> Flour, Rock Salt, Rosemary (1%), Emulsifier (Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), Modified Maize Starch, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegan	per 1/4 focaccia	1025	697	243	165	5.8	3.9	1.0	0.7	46	31	3.2	2.2	1.5	1.0	1.0	0.7	1.05	0.71
<b>Salt and Pepper Tiger Roll</b>  Crusty white roll topped with salt and pepper  EAN 0246374000004	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Rapeseed, Palm), Salt, Yeast, Bulking Agent (Calcium sulphate), Palm Fat, Black Pepper, Flour Treatment Agents (Ascorbic acid, L-cysteine), <b>Wheat</b> Flour, Malted <b>Wheat</b> Flour, Dextrose.	Wheat	Vegan	Per roll	1237	1176	293	278	3.8	3.6	0.8	0.8	54	52	3.3	3.1	2.8	2.7	8.8	8.4	0.93	0.88
<b>Salted Caramel &amp; Chocolate Loaded Brownie</b>  Chocolate brownie with a salted caramel layer, topped with caramel fudge pieces, milk chocolate curls and a white chocolate drizzle.  EAN 0246711000001	Sugar, Caramel (20%) (Sweetened Condensed Milk ( <b>Milk</b> ), Sugar), Vegetable Oils (Palm, Coconut), Glucose Syrup, Invert Sugar Syrup, Sugar, Salt, Emulsifier (Lecithins ( <b>Soya</b> )), Gelling Agent (Pectin), Acidity Regulators (Sodium potassium tartrate, Sodium triphosphate), Maltodextrin, Flavouring), Vegetable Oils (Palm, Rapeseed), <b>Egg</b> , Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Cocoa Mass, Cocoa Butter, Fat-reduced Cocoa Powder, Whole <b>Milk</b> Powder, Glucose Syrup, Sweetened Condensed Milk ( <b>Milk</b> ), Sugar), Lactose ( <b>Milk</b> ), Vegetarian Whey Powder ( <b>Milk</b> ), Preservative (Potassium sorbate), Emulsifiers (Lecithins ( <b>Soya</b> ), Mono- and diglycerides of fatty acids - Vegetable), Butter ( <b>Milk</b> ), Flavouring, Humectant (Glycerol), Salt.	Egg Milk Soya Wheat	Vegetarian	Per brownie	2000	1600	480	384	31	24	14	11	46	36	35	28	2.0	1.6	4.8	3.8	0.21	0.17
<b>Santa's Sprinkle Doughnuts</b>  Chocolate iced doughnuts topped with coloured sugar strands  EAN 5000129383331	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Vegetable Oils (Palm, Rapeseed, Palm Kernel), Water, Sugar, Cornstarch, Yeast, Emulsifiers (Mono- and diglycerides of fatty acids - Vegetable, Sodium stearoyl-2-lactylate, Lecithins (Rapeseed), Lecithins ( <b>Soya</b> ), Lecithins (Sunflower)), Dextrose, Fat-reduced Cocoa Powder, Raising Agents (Potassium carbonate, Dicalcium diphosphate, Monocalcium phosphate), Skimmed <b>Milk</b> Powder, Salt, Colours (Anthocyanins, Curcumin, Paprika extract, Spirulina), <b>Soya</b> Flour, Glazing Agent (Acacia gum), Flour Treatment Agent (Ascorbic acid).	Milk Soya Wheat	Vegetarian	Per doughnut	1811	1086	434	260	25	15	12	6.9	45	27	14	8.3	2.5	1.5	5.5	3.3	0.36	0.21
<b>Sausage Rolls</b>  British pork sausagemeat in puff pastry  EAN 5000129344226	Water, Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Pork (19%), Palm Oil, Pork Fat, Rusk (Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Salt, Raising Agent (Ammonium hydrogen carbonate)), Potato Starch, Rapeseed Oil, Modified Maize Starch, Dextrose, Pea Protein, <b>Milk</b> Protein, Emulsifiers (Mono- and diglycerides of fatty acids - Vegetable, Lecithins (Sunflower)), Colour (Beta-carotene), Acidity Regulator (Trisodium phosphate), Salt, Pork Stock (Yeast Extract, Flavouring, Maltodextrin, Salt, Rapeseed Oil), Yeast Extract, White Pepper, Black Pepper, Sage, Dextrose.	Milk Wheat	n/a	Per sausage roll	1342	671	321	161	17	8.7	8.3	4.2	31	16	1.5	0.8	1.8	0.9	9.2	4.6	0.76	0.38
<b>Shortcrust Mince Pies</b>  Shortcrust pastry with a mincemeat filling  EAN 5000128761710	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Sugar, Vegetable Oils (Palm Oil, Rapeseed Oil, Sunflower Oil, Cottonseed Oil), Sultanas (11%), Bramley Apple Pulp (10%), Glucose Syrup, Raisins, Water, Tapioca Starch, Glace Mixed Citrus Peel (Orange Peel, Glucose - Fructose Syrup, Lemon Peel, Sugar, Preservatives (Potassium sorbate, <b>Sulphur dioxide</b> ), Acidity Regulator (Citric acid)), Dextrose, Currants, Apricot Purée, Mixed Spices (Coriander, Cinnamon, Ginger, Caraway, Nutmeg, Cloves), Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Roast Malted <b>Barley</b> , Orange Oil.	Barley Sulphites Wheat	Vegan	Per mince pie	1806	1138	431	271	19	12	5.3	3.3	60	38	27	17	2.6	1.6	4.7	3.0	0.02	0.01

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<b>Spooky Sprinkle Doughnuts</b> Ring doughnuts topped with an orange coloured icing and coloured sugar strands  EAN 5000129383379	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Vegetable Oils (Palm, Rapeseed, Palm Kernel, Coconut), Water, Sugar, Cornstarch, Yeast, Emulsifiers (Mono- and diglycerides of fatty acids - Vegetable, Sodium stearoyl-2-lactylate, Lecithins (Rapeseed), Lecithins ( <b>Soya</b> )), Dextrose, Raising Agents (Potassium carbonate, Dicalcium diphosphate, Monocalcium phosphate), Skimmed <b>Milk</b> Powder, Colours (Calcium carbonate, Paprika extract, Lutein, Curcumin), Spirulina Extract, Salt, Fat-reduced Cocoa Powder, <b>Soya</b> Flour, Glazing Agent (Acacia gum), Flour Treatment Agent (Ascorbic acid).	Milk Soya Wheat	Vegetarian	Per doughnut	1685	994	403	238	21	13	11	6.2	46	27	11	6.4	1.7	1.0	5.8	3.4	0.31	0.18
<b>Sugared Ring Doughnuts</b> Ring doughnuts coated in sugar  EAN 5000128779388	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm, Rapeseed), Sugar, Yeast, Emulsifiers (Mono- and diglycerides of fatty acids - Vegetable, diacetyl tartaric acid esters of mono and diglycerides), Raising Agents (Sodium carbonates, Calcium phosphates, Potassium carbonate), <b>Soya</b> Flour, Salt, Flour Treatment Agent (Ascorbic acid), <b>Milk</b> Protein.	Milk Soya Wheat	Vegetarian	Per doughnut	1591	827	380	198	19	9.7	8.4	4.4	45	23	9.8	5.1	2.5	1.3	6.7	3.5	0.40	0.21
<b>Tiger Baguette</b> Crusty white baguette with a baked paste crust.  EAN 5000128840606	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Water, <b>Wheat</b> Flour, Rice Flour, Yeast, Salt, Rapeseed Oil, Dextrose, Flour Treatment Agents (Ascorbic acid, L-cysteine).	Wheat	Vegan	Per 1/8 baguette	1083	541	255	128	1.3	0.7	<0.1	<0.1	52	26	4.2	2.1	1.8	0.9	8.3	4.2	0.79	0.40
<b>Tiger Baton</b> Crusty white baton with a baked paste crust  EAN 5000128840569	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Water, <b>Wheat</b> Flour, Rice Flour, Yeast, Salt, Rapeseed Oil, Dextrose, Flour Treatment Agents (Ascorbic acid, L-cysteine).	Wheat	Vegan	Per ¼ baton	1083	541	255	128	1.3	0.7	<0.1	<0.1	52	26	4.2	2.1	1.8	0.9	8.3	4.2	0.79	0.40
<b>Tiger Bloomer</b> Crusty White Bread  EAN 5000128639569	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, <b>Wheat</b> Flour, Rice Flour, Salt, Dextrose, Flour Treatment Agents (Ascorbic acid, L-cysteine).	Wheat	Vegan	per average slice (50g)	1093	546	258	129	2.0	1.0	0.3	0.2	50	25	3.2	1.6	2.8	1.4	8.8	4.4	0.83	0.42
<b>Vanilla Custard Crown with Nuts</b> Pastry crown, vanilla crème and almond filling, hazelnut and icing topping  EAN 0241079000007	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Sugar, Rapeseed Oil, Yeast, <b>Egg</b> , Modified Starch (Acetylated distarch phosphate), <b>Hazelnuts</b> (1%), <b>Wheat</b> Protein, Coconut Oil, Glucose Syrup, Vegetarian Whey Powder ( <b>Milk</b> ), <b>Wheat</b> Flour, Glazing Agent (Isomalt), Skimmed <b>Milk</b> Powder, Salt, Stabilisers (Tara gum, Calcium alginate, Tetrasodium diphosphate, Disodium phosphate), Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Flavouring, Ground <b>Almond</b> , Gelling Agent (Agar), <b>Milk</b> Protein, Colours (Mixed carotenes), Acidity Regulator (Citric acid), Preservative (Potassium sorbate).	Almond Egg Hazelnut Milk Wheat	Vegetarian	Per crown	1612	1290	386	309	22	17	8.9	7.1	41	33	14	11	1.7	1.4	5.6	4.4	0.33	0.26
<b>White Baton</b>  EAN 5000129346329	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, <b>Wheat</b> Flour, Rapeseed Oil, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegan	Per ½ baton	1079	1079	254	254	<0.5	<0.5	<0.1	<0.1	54	54	3.3	3.3	1.7	1.7	7.9	7.9	0.81	0.81
<b>White Chocolate Chunk Cookies</b> Cookies with white chocolate chunks  EAN 5000128802055	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, White Chocolate (17%) (Sugar, Cocoa Butter, <b>Milk</b> Powder, Vegetarian Whey Powder ( <b>Milk</b> ), Lactose ( <b>Milk</b> ), <b>Milk</b> Fat, Vegetable Oils (Palm, Shea, Sal), Emulsifier (Lecithins ( <b>Soya</b> )), Flavouring), Vegetable Oils (Palm, Rapeseed, Coconut), Maltodextrin, Invert Sugar Syrup, Water, Vegetarian Whey Powder ( <b>Milk</b> ), Humectant (Glycerol - Vegetable), Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Molasses, Flavourings, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable).	Milk Soya Wheat	Vegetarian	Per cookie	1935	832	461	198	19	8.1	8.3	3.6	97	29	38	16	1.2	0.5	4.9	2.1	0.34	0.14
<b>White Crusty Batch Rolls</b>  EAN 240157000007	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Rapeseed Oil, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegan	Per roll	1070	781	252	184	0.9	0.7	0.2	0.1	51	37	2.5	1.8	2.5	1.8	8.6	6.3	0.93	0.68

## Co-op In-Store Bakery Product Information Guide (Issued 23<sup>rd</sup> January 2026)

As this list can be updated frequently, it should be used as a guide only, as while every care has been taken, the products listed may be subject to subsequent changes in supplier, recipe, or allergy information. Therefore, you are requested to check in store product allergen information before purchasing the product. **DUE TO PREPARATION METHODS, PRODUCTS MAY CONTAIN OTHER ALLERGENS.** ALTHOUGH THE RECIPES OF THESE PRODUCTS ARE VEGAN/VEGETARIAN WE CANNOT GUARANTEE THAT TRACES OF ANIMAL PRODUCTS FROM OTHER PRODUCTS, INCLUDING ALLERGENS, WILL NOT BE PRESENT.

Product	Ingredients	Allergens	Vegetarian or Vegan	Per serving	KJ per 100g	KJ per serving	kcal per 100g	kcal per serving	Fat per 100g	Fat per serving (g)	Saturates per 100g	Saturates per serving (g)	Carbohydrates per 100g	Carbohydrates per serving (g)	Sugars per 100g	Sugars per serving (g)	Fibre per 100g	Fibre per serving (g)	Protein per 100g	Protein per serving (g)	Salt per 100g	Salt per serving (g)
<b>White Crusty Cob</b> EAN 5000128906784	Fortified Wheat Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Rice Flour, Yeast, Rapeseed Oil, Flour Treatment Agent (Ascorbic Acid).	Wheat	Vegan	Per average slice (50g)	1026	513	242	121	1.3	0.7	0.3	0.2	48	24	2.1	1.1	2.2	1.1	8.9	4.5	0.79	0.40
<b>White Demi Baguette</b> EAN 0246721000008 (SINGLE)	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Rapeseed Oil, <b>Wheat</b> Flour, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegan	Per Baguette	1079	1295	254	305	<0.5	<0.5	<0.1	<0.1	54	65	3.3	4.0	1.7	2.0	7.9	9.5	0.81	0.97
<b>White Farmhouse Loaf 800g</b> EAN 5000128802246	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Rapeseed Oil, Salt, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegan	per average slice (50g)	1056	528	250	125	2.6	1.3	1.2	0.6	46	23	1.5	0.8	3.1	1.6	8.7	4.4	0.82	0.41
<b>White Iced Sprinkle Ring Doughnut</b> White iced doughnuts topped with coloured sugar strands EAN 5000129340952	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Vegetable Oils (Palm, Rapeseed, Palm Kernel, Coconut), Water, Sugar, Cornstarch, Yeast, Emulsifiers (Mono- and diglycerides of fatty acids - Vegetable, Sodium stearoyl-2-lactylate, Lecithins (Rapeseed), Lecithins (Sunflower)), Dextrose, Skimmed <b>Milk</b> Powder, Raising Agents (Potassium carbonate, Dicalcium diphosphate, Monocalcium phosphate), Colours (Calcium carbonate, Anthocyanins, Beetroot red, Chlorophylls and chlorophyllins, Paprika extract, Lutein), Salt, <b>Soya</b> Flour, Glazing Agents (Shellac, Acacia gum), Flavourings, Spirulina Extract, Flour Treatment Agent (Ascorbic acid), Flavouring ( <b>Milk</b> ).	Milk Soya Wheat	Vegetarian	Per doughnut	1767	990	423	237	24	13	12	6.5	45	25	15	8.2	1.8	1.0	6.0	3.4	0.31	0.17
<b>White Parisien Style Baguette</b> EAN 5000129340235	Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast, <b>Wheat</b> Flour, Rapeseed Oil, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegan	Per ¼ baguette	1095	985	258	232	<0.5	<0.5	<0.1	<0.1	54	49	3.7	3.3	1.3	1.2	8.6	7.7	0.78	0.70
<b>White Rustic Roll</b> EAN 0240163000008	Fortified Wheat Flour ( <b>Wheat</b> Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Rapeseed Oil, Flour Treatment Agent (Ascorbic Acid).	Wheat	Vegan	Per roll	1018	885	240	209	1.5	1.3	0.3	0.3	45	40	2.9	2.5	4.9	4.3	8.9	7.8	0.89	0.77