

Co-op In-Store Bakery Product Information Guide (Issued 12 08 2026) ALPHABETICAL

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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)
5 Double Chocolate Chunk Cookies Chocolate cookies with milk chocolate and dark chocolate chunks EAN 5000129401363	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, 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 (Soya))), Milk Chocolate (9%) (Sugar, Cocoa Mass, Whole Milk Powder, Cocoa Butter, Vegetarian Whey Powder (Milk), Vegetable Oils (Palm, Shea, Mango, Sal), Emulsifier (Lecithins (Soya))), Water, Fat-reduced Cocoa Powder (3%), Maltodextrin, Invert Sugar Syrup, Vegetarian Whey Powder (Milk), Malted Barley Flour, Molasses, Raising Agent (Sodium hydrogen carbonate), Malted Barley Extract, Flavourings, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable).	Milk Soya Wheat Barley	Vegetarian	Per cookie	1912	822	456	196	21	9	9.5	4.1	62	27	40	17	1.4	0.6	4.6	2	0.27	0.12
All-Butter Croissant EAN 0240156000005 (SINGLE) EAN 5000128775700 (2 PACK) EAN 5000128776233 (4 PACK)	Wheat Flour, Butter (Milk) (23%), Sugar, Water, Yeast, Milk Powder, Salt, Wheat Protein, Egg , Flour Treatment Agent (Ascorbic acid).	Egg Milk Wheat	Vegetarian	Per croissant	1754	1052	420	252	22	13	16	9.7	44	26	6.4	3.8	2.6	1.6	9.1	5.5	0.60	0.36
Almond Croissant Croissant with almond filling, topped with almonds. EAN 246952000006	Wheat Flour, Water, Fat Blend (15%) (Palm Fat, Water, Coconut Oil, Concentrated Butter (Milk), Emulsifier (Mono- and diglycerides of fatty acids), Flavouring, Colour (Beta-carotenes), Acidity Regulator (Citric acid)), Sugar, Almonds (7%), Yeast, Egg , Egg White, Glucose Syrup, Wheat Protein, Humectants (Glycerol, Sorbitol), Salt, Flavouring, Flour Treatment Agent (Ascorbic acid), Thickener (Guar gum).	Almond Egg Milk Wheat	Vegetarian	Per croissant	1665	1441	395	344	19	16	11	9.6	47	41	14	13	1.5	1.3	8.8	7.7	0.62	0.54
Apple Crown with Almond Pastry crown with an apple and almond filling. EAN 0240345000000 (SINGLE) EAN 5000128963015 (2 PACK)	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Palm Oil, Apple (15%), Sugar, Water, Rapeseed Oil, Yeast, Glucose - Fructose Syrup, Egg , Cornstarch, Wheat Protein, Coconut Oil, Glucose Syrup, Stabilisers (Isomalt, Tara gum), Salt, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Lemon Juice, Ground Almond , Preservative (Potassium sorbate), Acidity Regulator (Citric acid), Flavouring, Gelling Agent (Agar), Flour Treatment Agent (Ascorbic 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
Apple Pie A shortcrust pastry pie with an apple filling, topped with sugar EAN 5000128698238	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, 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 Agent (Disodium diphosphate, Potassium hydrogen carbonate), Emulsifier (Polyglycerol esters of fatty acids - Vegetable), Acidity Regulator (Calcium lactate), Flavouring, Colour (Carotenes).	Wheat	Vegetarian	Per 1/6 pie	1251	888	298	212	13	9.1	4.8	3.4	42	30	20	14	2.4	1.7	2.9	2.1	0.11	0.08
Cheese & Onion Roll Puff pastry rolls with a cheese, onion and potato filling EAN 5000129344233	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Mature Vegetarian Cheddar Cheese (Milk) (14%), Onion (13%), Palm Oil, Potato, Egg , Potato Flakes, Rapeseed Oil, Egg White, Glaze (Water, Rapeseed Oil, Modified Maize Starch, Dextrose, Pea Protein, Milk 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 (Milk), Vegetarian Cheese Powder (Milk), Salt, Flavouring, Mustard 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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Cheese & Tomato Pizza Swirly Soft white bread with a tomato filling with a cheese and herb topping EAN 0240294000007	Wheat Flour (Flour Treatment Agent (Ascorbic acid)), Tomato Filling (25%) (Tomato Concentrate, Water, Cherry tomato, Celery , Tapioca Starch, Sugar, Rapeseed Oil, Rice Starch, Onion Powder, Salt, Flavouring, Parsley, Thyme, Rosemary), Water, Vegetarian Gouda cheese (6%) (Milk), Vegetarian Cheese (6%) (Milk), Yeast, Sugar, Rapeseed Oil, Potato Flakes, Salt, Dried Wheat Sourdough, Potato Starch, Wheat Flour, Basil, Oregano.	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
Cheese Twist Savoury pastry with cheese EAN 0246722000007 (SINGLE) EAN 5000128775762 (2 PACK)	Wheat Flour, Water, Fat Blend (13%) (Palm Fat, Water, Coconut Oil, Concentrated Butter (Milk), Emulsifier (Mono- and diglycerides of fatty acids), Flavouring, Colour (Beta-carotenes), Acidity Regulator (Citric acid)), White Cheddar Cheese (11%) (Milk , Anti-caking Agent (Powdered cellulose), Salt, Starter Culture, Coagulant), Egg , Sugar, Whey Powder (Milk), Potato Starch, Yeast, Wheat Protein, Salt, Coconut Oil, Skimmed Milk Powder, Thickener (Sodium alginate), Egg Yolk, Flour Treatment Agent (Ascorbic acid).	Egg Milk Wheat	Vegetarian	Per twist	1536	1167	368	280	21	16	9.6	7.3	34	26	6.6	5.0	1.3	1.0	9.7	7.4	0.97	0.73
Chocolate Chunk Brownie Chocolate brownie with Belgian milk and dark chocolate chunks EAN 5000129377699	Sugar, Egg , Belgian Milk Chocolate (13%) (Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Mass, Emulsifier (Lecithins (Soya)), Flavouring), Dark Compound Coating (11%) (Sugar, Palm Kernel Oil, Fat-reduced Cocoa Powder, Emulsifier (Lecithins (Soya)), Flavouring), Belgian Dark Chocolate (11%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (Lecithins (Soya)), Flavouring), Wheat Flour (Wheat 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
Chocolate Hazelnut Croissant Croissant with a cocoa and hazelnut filling EAN 0240592000006	Wheat Flour, Water, Fat Blend (15%) (Palm Fat, Water, Coconut Oil, Concentrated Butter (Milk), Emulsifier (Mono- and diglycerides of fatty acids), Flavouring, Acidity Regulator (Citric acid), Colour (Beta-carotene)), Sugar, Yeast, Egg , Hazelnuts (3%), Palm Fat, Chocolate Chips (2%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifiers (Lecithins (Soya)), Flavouring), Rapeseed Oil, Fat-reduced Cocoa Powder (1%), Salt, Wheat Protein, Lactose (Milk), Emulsifiers (Lecithins (Soya)), Flour Treatment Agent (Ascorbic acid), Thickener (Guar gum).	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	0.8	0.6
Chocolate Twist Pastry twist with a custard and chocolate filling EAN 2466220000008 (SINGLE) EAN 5000128775786 (4 PACK)	Wheat Flour, Water, Fat Blend (13%) (Palm Fat, Water, Coconut Oil, Concentrated Butter (Milk), Emulsifier (Mono- and diglycerides of fatty acids), Flavouring, Colour (Beta-carotenes), Acid (Citric acid)), Chocolate chips (10%) (Sugar, Cocoa Mass, Cocoa Butter, Fat-reduced Cocoa Powder, Emulsifier (Lecithins (Soya))), Sugar, Egg , Potato Starch, Yeast, Wheat Protein, Whey Powder (Milk), Salt, Skimmed Milk Powder, Stabiliser (Calcium acetate, Tetrasodium diphosphate, Disodium phosphate), Flavouring, Turmeric Extract, Paprika extract, Carrot Extract, Flour Treatment Agent (Ascorbic acid).	Egg Milk Soya Wheat	Vegetarian	Per twist	1545	1221	369	291	17	14	12	9.1	45	36	17	13	2.5	2.0	7.2	5.7	0.59	0.47
Ciabatta Loaf White ciabatta bread made with extra virgin olive oil (2%) EAN 5000129399271	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Water, Rice Flour, Extra Virgin Olive Oil (2%), Salt, Malted Wheat Flour, Yeast.	Wheat	Vegetarian	per 1/5 of ciabatta	1138	683	269	161	2.2	1.3	0.5	0.3	51	31	4.3	2.6	2.5	1.5	9.7	5.8	0.87	0.52
Ciabatta Roll White ciabatta bread roll EAN 0240081000005	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Water, Rice Flour, Extra Virgin Olive Oil, Salt, Yeast, Malted Wheat Flour, Deactivated Yeast, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegan	Per ciabatta	1080	896	255	212	1.5	1.2	0.3	0.2	50	42	5.5	4.6	2.9	2.4	8.8	7.3	0.81	0.67

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Cinnamon Swirl Glazed and iced Danish pastry swirl with cinnamon filling EAN 0240095000008 (SINGLE) EAN 5000128820707 (2 PACK)	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Sugar, Palm Oil, Water, Apple, Rapeseed Oil, Yeast, Egg , 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	1719	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
Custard Ball Doughnuts Doughnuts with a custard flavour filling coated in sugar. EAN 5000129321616	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Custard Style Filling (23%) (Water, Sugar, Modified Maize Starch, Palm Fat, Humectant (Glycerol - Vegetable), 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, Palm Oil, Sugar, Yeast, Rapeseed Oil, 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, Wheat Protein, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegan	Per doughnut	1359	951	324	227	14	10	6.4	4.5	43	30	11	7.6	1.3	0.9	5.3	3.7	0.34	0.24
Eton Mess Muffin Muffin with freeze™ dried strawberry pieces and strawberry jam filling, finished with pink coloured buttercream and meringue pieces. EAN 0247361000007	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Sugar, Vegetable Oils (Rapeseed, Palm), Water, Strawberry Jam (9%) (Sugar, Strawberry Purée, Glucose - Fructose Syrup, Acidity Regulators (Citric acid, Trisodium citrate), Gelling Agent (Pectin)), Egg Powder, Butter (Milk), Meringue Granules (3%) (Sugar, Shea Oil, Palm Oil, Wheat Starch, Egg Powder), Humectant (Glycerol - Vegetable), Modified Maize Starch, Clotted Cream (Milk), Emulsifiers (Polyglycerol esters of fatty acids - Vegetable, Sodium stearyl-2-lactylate - Vegetable, Mono- and diglycerides of fatty acids - Vegetable), Raising Agents (Disodium diphosphate, Sodium hydrogen carbonate, Monocalcium phosphate), Strawberry Freeze Dried Pieces (1%), Dried Egg White, Flavourings, Beetroot Concentrate.	Egg Milk Wheat	Vegetarian	Per muffin	1666	1832	398	438	20	21	4.2	4.7	50	55	31	34	0.8	0.9	5	5.5	0.54	0.60
Irresistible Berries & Cherries Danish Square pastry with a vanilla custard and a berries, cherries & apple filling EAN n/a	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Sugar, Palm Oil, Water, Strawberries (6%), Apple (6%), Cherries (5%), Rapeseed Oil, Redcurrants (3%), Whipping Cream (Milk), Yeast, Egg , Modified Maize Starch, Wheat Protein, Glucose Syrup, Modified Potato Starch, Stabilisers (Isomalt, Tara gum, Calcium alginate, Tetrasodium diphosphate, Disodium phosphate, Sodium triphosphate), Vegetarian Whey Powder (Milk), Salt, Invert Sugar, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Tapioca Starch, Skimmed Milk 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), Milk 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
Irresistible Blueberry and White Chocolate Cookies Blueberry flavour cookies packed with Belgian white chocolate chunks and apple infused dried blueberries EAN 5000129377378	Wheat Flour (Wheat 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 Milk Powder, Cocoa Butter, Vegetable Oils (Palm, Shea, Mango, Sal), Emulsifier (Lecithins (Soya)), Flavouring), Brown Sugar, Butter (Milk), Vegetarian Whey Powder (Milk), 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
Irresistible Cheese Filled Croissant Croissant with a cheddar filling and topped with grated white cheddar EAN 0242803000003	Wheat Flour, Water, Fat Blend (14%) (Palm Fat, Water, Coconut Oil, Concentrated Butter (Milk), Emulsifier (Mono- and diglycerides of fatty acids), Flavouring, Colour (Beta-carotenes), Acidity Regulator (Citric acid)), Grated White Cheddar (7%) (Milk), Egg , Sugar, Yeast, Grated White Cheddar (3%) (Milk), Whey Powder (Milk), Potato Starch, Wheat Protein, Salt, Flavouring (Milk), Coconut Oil, Skimmed Milk Powder, Thickeners (Sodium alginate, Guar gum), Egg Yolk, Flour Treatment Agent (Ascorbic acid).	Egg Milk Wheat	Vegetarian	Per croissant	1462	1214	350	290	19	16	13	11	35	29	5.7	4.7	1.4	1.2	9.5	7.9	0.87	0.72

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Irresistible Chocolate Chunk Shortbread Shortbreads with chunks of Belgian milk and dark chocolate EAN 5000128996006	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Butter (Milk) (25%), Belgian Dark Chocolate (14%) (Sugar, Cocoa Mass, Vegetable Oils (Palm, Shea, Mango, Sal), Cocoa Butter, Emulsifier (Lecithins (Soya)), Flavouring), Belgian Milk Chocolate (12%) (Sugar, Milk Powder, Cocoa Butter, Cocoa Mass, Vegetable Oils (Palm, Shea, Mango, Sal), Emulsifier (Lecithins (Soya)), Flavouring), Sugar, Modified Maize Starch, Cream Powder (Milk), Raising Agents (Diphosphates, Sodium hydrogen carbonate), Skimmed Milk 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
Irresistible Deluxe Doughnuts - Millionaires Doughnuts 2s Doughnuts with salted caramel flavour filling, topped with salted caramel flavour icing, biscuit crumb and sea salted fudge pieces EAN 5000129379570	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Water, Sugar, Palm Oil, Egg , Glucose Syrup, Yeast, Rapeseed Oil, Modified Maize Starch, Sweetened Condensed Milk (Milk , 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 (Milk), Salt, Salted Butter (Milk , Salt), Soya Flour, Humectants (Glycerol, Glucono-delta-lactone), Colours (Plain caramel, Paprika extract), Invert Sugar Syrup, Flavouring, Malted Barley Flour, Preservatives (Potassium sorbate, Sorbic acid), Stabiliser (Sodium alginate), Sea Salt, Flour Treatment Agent (Ascorbic acid), Milk 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
Irresistible Deluxe Doughnuts - Strawberries and Cream 2s 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 (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Sugar, Water, Palm Oil, Glucose - Fructose Syrup, Egg , Strawberry Purée, Yeast, Rapeseed Oil, Palm Fat, Lactose (Milk), 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 di-glycerides of fatty acids, Polysorbate 60, Lecithins (Soya), Sucrose esters of fatty acids), Skimmed Milk Powder, Modified Maize Starch, Shea Butter, Raising Agents (Calcium phosphates, Sodium carbonates, Potassium carbonate), Whey Powder (Milk), Salt, Soya 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), Milk 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
Irresistible Gingerbread, Maple & White Chocolate Cookies Maple syrup and ginger spice flavour cookies with Belgian white chocolate chunks EAN 5000129383225	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Sugar, Belgian White Chocolate (18%) (Sugar, Whole Milk Powder, Cocoa Butter, Vegetable Oils (Palm, Shea, Mango, Sal), Emulsifier (Lecithins (Soya)), Flavouring), Vegetable Oils (Palm, Rapeseed, Coconut), Butter (Milk), Brown Sugar, Water, Wheat 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
Irresistible Kalamata Olive Pave White bread with green and kalamata olives EAN 05000129341874	Wheat Flour, Water, Green Olives (9%) (Green Olives, Salt, Acidity Regulator (Citric acid)), Kalamata Olives (5%) (Kalamata Olives, Water, Salt, Preservative (Lactic acid)), Vegetable Oils (Rapeseed, Olive)), Rye Flour, Yeast, Extra Virgin Olive Oil, Malted Barley Flour, Wheat Protein, Salt, Malted Wheat Flour.	Wheat Barley Rye	Vegan	Per 1/5 bloomer	964	694	229	165	4.3	3.1	0.7	0.5	37	26	2.7	1.9	8.4	6.0	6.9	5.0	0.88	0.63
Irresistible Kalamata Olive Roll White roll with green olives and Kalamata olives EAN 0246701000004	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Green Olives (9%), Kalamata Olives (5%), Salt, Extra Virgin Olive Oil, Yeast, Malted Wheat Flour, Red Wine Vinegar, Rapeseed Oil, Flour Treatment Agent (Ascorbic acid), Sunflower Oil. CAUTION: May contain olive stones	Wheat	Vegetarian	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

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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)
Irresistible Lemon Muffins 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 5000129321883 (2 PACK)	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid Iron, Niacin, Thiamin), Sugar, Egg , Rapeseed Oil, Lemon Curd Filling (9%) (Sugar, Pasteurised Liquid Whole Egg , Salted Butter (1%) (Butter (Milk), Salt), Water, Concentrated Lemon Juice (Concentrated Lemon Juice, Preservatives (Potassium metabisulphite , Sodium metabisulphite)), 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 (Milk), 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
Irresistible Lemon Muffins 2 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 (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Egg , Sugar, Rapeseed Oil, Lemon Curd Filling (9%) (Sugar, Pasteurised Liquid Whole Egg , Salted Butter (1%) (Butter (Milk), Salt), Water, Concentrated Sicilian Lemon Juice (Concentrated Sicilian Lemon Juice, Preservatives (Sodium metabisulphite , Potassium metabisulphite)), 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, Wheat Starch, Whey Powder (Milk), Lemon Juice (1%), Dextrose, Raising Agents (Potassium hydrogen carbonate, Diphosphates), Tapioca Starch, Flavouring, Palm Oil, Lemon Oil, Wheat 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
Irresistible Matcha Strawberry & Belgian White Chocolate Cookies Matcha flavoured cookie with Belgian white chocolate chunks and freeze-dried strawberry pieces. EAN 5000129397925	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Sugar, Belgian White Chocolate (19%) (Sugar, Whole Milk Powder, Cocoa Butter, Vegetable Oils (Palm, Shea, Mango, Sal), Emulsifier (Lecithins (Soya)), Flavouring), Vegetable Oils (Palm, Rapeseed, Coconut), Matcha Tea Powder (3%), Butter (Milk), Invert Sugar Syrup (Golden Syrup), Strawberry Freeze Dried Pieces (2%), Wheat 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 cookie	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
Irresistible Mediterranean Style Focaccia Focaccia rolls topped with cherry tomatoes, red peppers, yellow peppers and green pesto EAN 0246346000001	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Water, Cherry Tomatoes, Red Pepper, Yellow Pepper, Green Pesto (Sunflower Oil, Basil, Medium Fat Hard Cheese (Milk , Salt, Starter Culture, Microbial Rennet, Potato Starch), Salt, Extra Virgin Olive Oil, Yeast, Fermented Wheat Flour, Salt, 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
Irresistible Milk Chocolate Cookies Cookies with Belgian Milk Chocolate Chunks EAN 5000128888479	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Belgian Milk Chocolate (28%) (Sugar, Milk Powder, Cocoa Butter, Cocoa Mass, Vegetable Oils (Palm, Shea, Mango, Sal), Emulsifier (Lecithins (Soya)), Flavouring), Sugar, Vegetable Oils (Palm , Rapeseed, Coconut), Butter (Milk), Maltodextrin, Invert Sugar Syrup, Vegetarian Whey Powder (Milk), 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

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Irresistible Oat and Fruit Granola Squares Oat squares with raisins, sultanas, sunflower seeds, sweetened dried cranberries and pumpkin seeds. EAN 5000128948548	Oats (35%), Sugar, Vegetable Oils (Palm, Rapeseed), Raisins (7%), Butter (Milk) (7%), Cornflour, Sultanas (4%), Sunflower Seeds (4%), Sweetened Dried Cranberries (4%) (Sugar, Cranberries, Sunflower Oil), Honey (3%), Pumpkin Seeds (2%), Wheat Starch, Molasses, Raising Agents (Diphosphates, Sodium hydrogen carbonate), Salt, Wheat Flour (Wheat 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
Irresistible Rye Sourdough Bloomer Full flavoured rye sourdough bread with a crunchy, chewy crust EAN 5000129340129	Wheat Flour, Water, Rye Flour, Durum Wheat Sourdough, Dehydrated Devitalized Rye Sourdough (Rye, Wheat), Salt, Malted Barley Flour, Wheat Protein, Malted Wheat 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
Irresistible Super Seeded Sourdough Bloomer Wheat, rye and spelt sourdough baked with a wholesome blend of quinoa, sunflower, flax, amaranth, buckwheat and poppy seeds. EAN 5000129340051	Wheat Flour, Water, Sourdough (Wheat Flour, Water), Rye Flour, Brown Linseed (2%), Spelt Flour (Wheat), Durum Wheat Sourdough, Poppy Seeds (2%), Golden Linseed (2%), Millet Seeds (1%), Red Quinoa (1%), Sunflower Seeds (1%), Dehydrated Devitalized Rye Sourdough, Wheat Protein, Spelt (Wheat), Amaranth (1%), Buckwheat (1%), Salt, White Quinoa (1%), Malted Barley Flour, Malted Wheat 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
Irresistible Triple Chocolate Cookies Chocolate cookies with Belgian milk, white and dark chocolate chunks. EAN 5000128753821	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed, Coconut), Belgian White Chocolate (11%) (Sugar, Milk Powder, Cocoa Butter, Vegetable Oils (Palm, Shea, Mango, Sal), Emulsifier (Lecithins (Soya))), Flavouring), Belgian Dark Chocolate (9%) (Sugar, Cocoa Mass, Vegetable Oils (Palm, Shea, Mango, Sal), Cocoa Butter, Emulsifier (Lecithins (Soya))), Flavouring), Belgian Milk Chocolate (9%) (Sugar, Milk Powder, Cocoa Butter, Cocoa Mass, Vegetable Oils (Palm, Shea, Mango, Sal), Emulsifier (Lecithins (Soya))), Flavouring), Fat-reduced Cocoa Powder (4%), Butter (Milk), Maltodextrin, Invert Sugar Syrup, Water, Vegetarian Whey Powder (Milk), 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
Irresistible Triple Chocolate Muffins 2 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, Egg , Wheat Flour (Wheat 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 (Soya))), Humectant (Vegetable Glycerine), Sweetened Condensed Skimmed Milk (Milk , Sugar), Cream (Milk), Butter (Milk), Cocoa Mass, Cornflour, Salt), Chocolate Flavoured Icing (Sugar, Water, Cocoa Powder, Palm Oil, Dextrose, Fructose, Emulsifiers (Lecithins (Soya), Sucrose esters of fatty acids - Vegetable), Salt, Acidity Regulator (Glucono-delta-lactone), Flavouring, Preservative (Potassium sorbate)), Belgian Milk Chocolate Chunks (5%) (Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Mass, Emulsifier (Lecithins (Soya))), Flavouring), Belgian Dark Chocolate Chunks (5%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (Lecithins (Soya))), Flavouring), Water, Fat-reduced Cocoa Powder, White Chocolate Chunks (2%) (Sugar, Whole Milk Powder, Cocoa Butter, Skimmed Milk Powder, Emulsifier (Lecithins (Soya))), Flavouring), Cornflour, Chocolate Curls (Sugar, Cocoa Mass, Cocoa Butter, Whole Milk Powder, Skimmed Milk Powder, Emulsifier (Lecithins (Soya))), Flavouring), Whey Powder (Milk), Raising Agents (Disodium diphosphate, Potassium hydrogen carbonate), Emulsifier (Polyglycerol esters of fatty acids - Vegetable), Humectant (Vegetable Glycerine), Acidity Regulator (Potassium carbonate), Enzymes (Wheat).	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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Irresistible White Sourdough Baguette Full flavoured white sourdough bread with a crunchy, chewy crust EAN 5000129340143	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Water, Malted Barley , Wholemeal Wheat Flour, Rice Flour, Wheat Protein, Sea Salt, Malted Wheat Flour, Rye Flour.	Barley Rye Wheat	Vegetarian	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
Irresistible White Sourdough Bloomer Full flavoured white sourdough bread with a crunchy, chewy crust EAN 5000129339925	Wheat Flour, Water, Sourdough (Wheat Flour, Water, Wheat Protein, Malted Wheat Flour), Durum Wheat Sourdough, Dehydrated Devitalized Wheat Sourdough, Salt, Wheat Protein, Malted Wheat 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
Jam Filled Doughnuts Doughnuts with an apple and raspberry jam filling coated in sugar. EAN 5000129321555	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Raspberry and Apple Jam (23%) (Sugar, Raspberry Purée, Apple Purée, Acidity Regulators (Citric acid, Trisodium citrate), Gelling Agent (Pectin), Colour (Anthocyanins), Flavouring), Water, Palm Oil, Sugar, Yeast, Rapeseed Oil, 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, Wheat Protein, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegan	Per doughnut	1438	1007	342	240	13	8.9	5.9	4.1	51	36	19	13	1.4	1.0	4.9	3.4	0.38	0.27
Mango Passionfruit and Lime Danish Square pastry with a lime custard and mango & passionfruit filling. EAN 5000129402209	Water, Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Mango (12%), Palm Oil, Sugar, Rapeseed Oil, Yeast, Passion Fruit Concentrate (2%), Egg , Modified Maize Starch, Wheat Protein, Modified Potato Starch, Glucose Syrup, Lime Juice from Concentrate, Stabilisers (Isomalt, Tara gum, Calcium alginate, Tetrasodium diphosphate, Disodium phosphate, Triphosphates), Vegetarian Whey Powder (Milk), Salt, Tapioca Starch, Skimmed Milk Powder, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Coconut Oil, Flavouring, Acidity Regulator (Citric acid), Gelling Agent (Agar), Colour (Carotenes), Preservative (Potassium sorbate), Flour Treatment Agent (Ascorbic acid), Milk Protein.	Egg Milk Wheat	Vegetarian	Per pastry	1411	1260	337	301	16	15	6.7	6.0	41	36	14	13	2.2	2.0	5.5	4.9	0.26	0.23
Maple Pecan Plait Sweet pastry plait with a maple syrup filling, topped with pecan pieces EAN 0240218000007 (SINGLE) EAN 5000128775694 (2 PACK)	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Palm Oil, Water, Sugar, Rapeseed Oil, Pecan Nuts (4%), Yeast, Egg , Coconut Oil, Maple Syrup (1%), Stabilisers (Isomalt, Tara gum, Calcium alginate, Tetrasodium diphosphate, Disodium phosphate, Sodium triphosphate), Salt, Cane Sugar Syrup, Modified Potato Starch, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Gelling Agents (Sodium alginate, Pectin, Agar), Whey Powder (Milk), Flavouring, Skimmed Milk Powder, Acidity Regulator (Citric acid), Glucose Syrup, Flour Treatment Agent (Ascorbic acid), Preservative (Potassium sorbate), Colour (Mixed carotenes), Milk Protein.	Egg Milk Pecan Nuts Wheat	Vegetarian	Per plait	1869	1450	446	348	28	22	11	8.7	42	33	12	9.7	1.8	1.4	5.9	4.6	0.35	0.27
Mature Cheddar and Jalapeño Bloomer White bloomer with extra mature Cheddar and Red Leicester cheeses, jalapeno peppers and red and green peppers EAN 5000129398946	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Water, Vegetarian Extra Mature Cheddar Cheese (Milk) (9%), Vegetarian Red Leicester Cheese (Milk) (contains colour Annatto norbixin) (4%), Sliced Jalapeño Pepper (3%) (Jalapeño Chilli, Water, Salt), Vegetarian Cheese Powder (Milk) (3%), Rice Flour, Red Bell Pepper, Green Pepper, Yeast, Sea Salt, Dehydrated Jalapeño Pepper, Malted Wheat Flour, Salt, Flour Treatment Agent (Ascorbic acid).	Milk Wheat	Vegetarian	Per 1/6 of bloomer	1103	662	261	157	5.4	3.2	3.6	2.2	41	25	3.9	2.3	2.6	1.6	11	6.4	0.79	0.47

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Medium White Petit Pain EAN 0246663000005 (SINGLE)	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Rapeseed Oil, Wheat 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
Milk Chocolate Chunk Cookies Cookies with milk chocolate chunks EAN 5000128794275	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Milk Chocolate (17%) (Sugar, Cocoa Mass, Milk Powder, Cocoa Butter, Vegetarian Whey Powder (Milk), Vegetable Oils (Palm, Shea, Mango, Sal), Emulsifier (Lecithins (Soya))), Vegetable Oils (Palm, Rapeseed, Coconut), Maltodextrin, Invert Sugar Syrup, Water, Vegetarian Whey Powder (Milk), 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
Mini Traditional Danish Selection Maple Pecan Plait, Cinnamon Swirl, Lemon Coronet, Apple Lattice, Vanilla Crème Crown EAN 5000128824514	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Palm Oil, Sugar, Water, Rapeseed Oil, Apple (5%), Yeast, Egg , Cream (Milk), Skimmed Milk , Coconut Oil, Pecan Nuts (1%), Modified Potato Starch, Stabilisers (Isomalt, Tara gum, Calcium alginate, Tetrasodium diphosphate, Disodium phosphate, Triphosphates, Sodium triphosphate), Lemon Juice (1%), Salt, Whey Powder (Milk), Cornflour, Maple Syrup, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Milk Solids, Skimmed Milk Powder, Sugar syrup, Cinnamon, Cane sugar syrup, Tapioca Starch, Flavouring, Modified Maize Starch, Gelling Agents (Agar, Sodium alginate, Pectin), Glucose Syrup, Acidity Regulator (Citric acid), Preservative (Potassium sorbate), Lemon Juice from Concentrate, Ground Almond , Flour Treatment Agent (Ascorbic acid), Colour (Mixed carotenes), Milk 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
Mini Yum Yum Bites 4s Fried layered sweet dough coated with a sugar glaze. EAN 5000129397956	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Vegetable Oils (Palm, Rapeseed), Water, Sugar, Yeast, Glucose Syrup, Dextrose, Salt, Cornflour, Emulsifiers (Mono- and diglycerides of fatty acids - Vegetable, Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable, Sodium stearyl-2-lactylate), Potato Starch, Flour Treatment Agents (Ascorbic acid, L-cysteine), Acidity Regulators (Calcium sulphate, Acetic acid), Thickeners (Xanthan gum, Locust bean gum, Guar gum), Preservative (Potassium sorbate).	Wheat	Vegan	Per yum yum	1876	525	450	126	28	7.8	13	3.7	44	12	21	5.8	1.6	<0.5	5	1.4	0.45	0.13
Oat & Raisin Cookies 5s Mixed spiced cookies with oats and raisins EAN 5000128996020	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Sugar, Raisins (17%), Oats (16%), Vegetable Oils (Palm, Rapeseed, Coconut), Maltodextrin, Honey, Water, Vegetarian Whey Powder (Milk), Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Molasses, Mixed Spice (Ground Cinnamon, Coriander, Caraway, Fennel, Ginger, Clove, Nutmeg, Turmeric), Ground Cinnamon, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Flavouring.	Milk Oats Wheat	Vegetarian	Per cookie	1804	776	430	185	17	7.1	6.5	2.8	63	27	33	14	2.5	1.1	5.8	2.5	0.39	0.17
Pain au Chocolat Pastry with a chocolate filling EAN 240189000006 (SINGLE) EAN 5000128775717 (4 PACK)	Wheat Flour, Fat Blend (19%) (Palm Fat, Water, Coconut Oil, Concentrated Butter (Milk), Emulsifier (Mono- and diglycerides of fatty acids), Flavouring, Colour (Beta-carotenes), Acidity Regulator (Citric acid)), Water, Chocolate (10%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (Lecithins (Soya))), Flavouring), Sugar, Yeast, Egg , Wheat Protein, Salt, Flour Treatment Agent (Ascorbic acid).	Egg Milk Soya Wheat	Vegetarian	Per pain	1793	1111	429	266	24	15	16	9.9	45	28	9.7	6	1.5	0.9	8.2	5.1	0.72	0.45
Pain au Raisins Pastry filled with a light custard and juicy raisins EAN 0240077000002	Wheat Flour, Water, Raisins (11%), Fat Blend (11%) (Palm Fat, Water, Coconut Oil, Concentrated Butter (Milk), Emulsifier (Mono- and diglycerides of fatty acids), Flavouring, Colour (Beta-carotenes), Acidity Regulator (Citric acid)), Sugar, Egg , Yeast, Cornstarch, Wheat Protein, Whey Powder (Milk), Whole Milk Powder, Salt, Egg Powder, Skimmed Milk Powder, Thickener (Sodium alginate), Colour (Turmeric Extract), Flavouring, Acidity Regulator (Citric acid), Flour Treatment Agent (Ascorbic acid), Carrot Extract.	Egg Milk Wheat	Vegetarian	Per pain	1435	1133	342	270	14	11	8.1	6.4	47	37	21	17	1.5	1.2	6.3	5.0	0.54	0.42

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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)
Portuguese Custard Tart Light, crisp pastry filled with sweet egg custard EAN 0240317000007 (SINGLE) EAN 5000129308860 (4 PACK)	Custard Filling (63%) (Sugar, Water, Milk , Egg Yolk, Wheat Flour, Egg White, Milk Powder, Maize Starch, Thickener (Xanthan gum)), Pastry (37%) (Wheat 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
Pretzel EAN 0246642000002	Wheat Flour, Water, Rapeseed Oil, Yeast, Salt, Barley Malt Extract, Fermented Wheat Flour, Sugar, Emulsifier (Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), Wheat Protein, Malted Wheat 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
Puff Pastry Mince Pies Puff pastry with a mincemeat filling EAN 5000129366815	Wheat Flour (Wheat 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, Sulphur dioxide).	Wheat Sulphites	Vegan	Per pie	1528	1070	365	256	17	12	8.6	6.0	46	32	17	12	4.0	2.8	4.5	3.2	0.14	0.10
Pumpkin & Sunflower Seed White Roll EAN 0240277000000	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Water, Pumpkin Seeds (6%), Sunflower Seeds (3%), Salt, Yeast, Flour Treatment Agent (Ascorbic acid), Rapeseed Oil.	Wheat	Vegan	Per roll	1159	950	274	225	3.2	2.6	0.8	0.7	50	41	3.6	3.0	2.8	2.3	10	8.4	0.79	0.65
Rosemary & Rock Salt Focaccia Soft white focaccia with extra virgin olive oil (4%) topped with rosemary and rock salt EAN 5000129329575	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil (4%), Rapeseed Oil, Yeast, Fermented Wheat 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	1096	745	260	177	5.5	3.7	1.6	1.1	42	28	3.2	2.2	2.5	1.7	9.5	6.5	1.02	0.69
Salted Caramel Chocolate Brownie Brownie with Belgian dark and milk chocolate topped with salted caramel flavour fudge, a drizzle of Belgian milk chocolate and sugar decoration. EAN 5000129372014	Sugar, Egg , Salted Caramel Flavour Fudge (16%) (Sugar, Glucose Syrup, Sweetened Condensed Milk (Milk , Sugar), Palm Oil, Butter Oil (Milk), Salt, Water, Flavouring), Belgian Dark Chocolate (10%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (Lecithins Soya)), Flavouring), Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Belgian Milk Chocolate (9%) (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Emulsifier (Lecithins Soya)), Flavouring), Butter (Milk), Vegetable Oils (Palm, Rapeseed, Coconut), Fat-reduced Cocoa Powder (3%), Thickener (Acacia gum), Flavourings, Preservative (Potassium sorbate), Salt, Colour (Iron oxide), Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Glazing Agent (Shellac).	Egg Milk Soya Wheat	Vegetarian	Per brownie	1779	1068	424	255	19	11	10	6.2	58	35	51	30	1	0.6	5.2	3.1	0.33	0.20
Sausage Rolls British pork sausagemeat in puff pastry EAN 5000129344226	Water, Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Pork (19%), Palm Oil, Pork Fat, Rusk (Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Salt, Raising Agent (Ammonium hydrogen carbonate)), Potato Starch, Rapeseed Oil, Modified Maize Starch, Dextrose, Pea Protein, Milk 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

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Shortcrust Mince Pies Shortcrust pastry with a mincemeat filling EAN 5000128761710	Wheat Flour (Wheat 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, Sulphur dioxide), 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 Barley , Orange Oil.	Barley Sulphites Wheat	Vegetarian	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
Sourdough Roll Bread with sourdough EAN 0247413000009	Wheat Flour, Water, Sourdough (Wheat Flour, Water, Wheat Protein, Malted Wheat Flour), Liquid Durum Wheat Sourdough (Water, Durum Wheat Flour, Stabiliser (Xanthan gum), Culture), Salt, Dehydrated Devitalized Wheat Sourdough (Water, Wheat Bran, Wheat Flour, Wheat Sourdough), Wheat Protein, Malted Wheat Flour.	Wheat	Vegan	Per roll	1113	801	263	189	1.3	0.9	0.2	0.1	54	39	3.3	2.4	2.6	1.9	7.6	5.5	0.86	0.62
Spinach and Feta Swirl Savoury pastry with cheese and spinach EAN 5000129397116	Wheat Flour, Water, Butter (Milk) (12%), Bechamel Sauce (Whey Powder (Milk), Modified Potato Starch, Salt, Coconut Oil, Skimmed Milk Powder, Thickener (Sodium alginate), Egg Powder, Sugar), Egg , Feta Cheese (Milk) (4%) (Goats Milk , Salt), Yeast, Sugar, Spinach (3%), Salt, Wheat Protein, Flavouring, Chive, Mint, Flour Treatment Agent (Ascorbic acid).	Egg Milk Wheat	Vegetarian	Per swirl	1391	1196	333	286	18	15	13	11	34	29	7.6	6.5	2.8	2.4	7.4	6.4	1.20	1.03
Sugared Ring Doughnuts Ring doughnuts coated in sugar EAN 5000128779388	Wheat Flour (Wheat 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), Soya Flour, Salt, Flour Treatment Agent (Ascorbic acid), Milk 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
Tiger Baguette Crusty white baguette with a baked paste crust. EAN 5000128840606	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Water, Wheat 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
Tiger Baton Crusty white baton with a baked paste crust EAN 5000128840569	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Water, Wheat 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
Tiger Bloomer Crusty White Bread EAN 5000128639569	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Wheat Flour, Rice Flour, Salt, Dextrose, Flour Treatment Agents (Ascorbic acid, L-cysteine).	Wheat	Vegetarian	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

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Vanilla Custard Crown with Nuts Pastry crown, vanilla crème and almond filling, hazelnut and icing topping EAN 0241079000007	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Water, Palm Oil, Sugar, Rapeseed Oil, Yeast, Egg , Modified Potato Starch, Hazelnuts (1%), Coconut Oil, Wheat Protein, Glucose Syrup, Stabilisers (Isomalt, Tara gum, Calcium alginate, Tetrasodium diphosphate, Disodium phosphate, Sodium triphosphate), Whey Powder (Milk), Skimmed Milk Powder, Salt, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Flavouring, Ground Almond , Acidity Regulator (Citric acid), Gelling Agent (Agar), Milk Protein, Colour (Mixed carotenes), Flour Treatment Agent (Ascorbic 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
White Baton EAN 5000129346329	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Water, Yeast, Salt, Wheat Flour, 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
White Chocolate Chunk Cookies Cookies with white chocolate chunks EAN 5000128802055	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, White Chocolate (17%) (Sugar, Cocoa Butter, Milk Powder, Vegetarian Whey Powder (Milk), Lactose (Milk), Milk Fat, Vegetable Oils (Palm, Shea, Sal), Emulsifier (Lecithins (Soya)), Flavouring), Vegetable Oils (Palm, Rapeseed, Coconut), Maltodextrin, Invert Sugar Syrup, Water, Vegetarian Whey Powder (Milk), 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	67	29	38	16	1.2	0.5	4.9	2.1	0.34	0.14
White Crusty Batch Rolls EAN 0240157000007	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic acid), Rapeseed Oil.	Wheat	Vegan	Per roll	1095	767	258	181	0.6	0.5	0.2	0.1	51	36	1.8	1.3	2.4	1.7	11	7.5	0.75	0.53
White Crusty Cob EAN 5000128906784	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Rice Flour, Yeast, Rapeseed Oil, Flour Treatment Agent (Ascorbic Acid).	Wheat	Vegetarian	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
White Demi Baguette EAN 0246721000008 (SINGLE)	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Water, Yeast, Salt, Wheat Flour, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegan	Per Baguette	1079	1187	254	280	<0.5	<0.5	<0.1	0.1	54	59	3.3	3.6	1.7	1.9	7.9	8.7	0.81	0.89
White Farmhouse Loaf 800g EAN 5000128802246	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, 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
White Iced Sprinkle Ring Doughnuts 4s White iced doughnuts topped with coloured sugar strands EAN 5000129401288	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Vegetable Oils (Palm, Rapeseed, Palm Kernel, Coconut), Water, Sugar, Yeast, Cornflour, Cornstarch, Emulsifiers (Mono- and diglycerides of fatty acids, Sodium stearoyl-2-lactylate, Lecithins (Rapeseed), Lecithins (Soya)), Skimmed Milk Powder, Dextrose, Raising Agents (Monocalcium phosphate, Potassium carbonate), Colours (Calcium carbonate, Anthocyanins, Beetroot red, Chlorophylls and chlorophyllins, Paprika extract, Lutein), Salt, Wheat Flour, Glazing Agents (Shellac, Acacia gum), Flavourings, Flour Treatment Agent (Ascorbic acid), Spirulina concentrate, Flavouring (Milk).	Milk Soya Wheat	Vegetarian	Per doughnut	1807	1030	433	247	25	14	13	7.1	47	27	17	9.8	1.5	0.9	5.6	3.2	0.25	0.14
White Parisien Style Baguette EAN 5000129340235	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Water, Salt, Yeast, Wheat Flour, 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

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White Rustic Roll EAN 0240163000008	Wheat Flour (Wheat Flour, Calcium carbonate, Folic acid, Iron, Niacin, Thiamin), Rice Flour, Water, Salt, Yeast, Flour Treatment Agent (Ascorbic acid), Rapeseed Oil.	Wheat	Vegan	Per roll	1080	864	255	204	1.0	0.8	0.1	0.1	51	41	2.2	1.8	1.8	1.4	9.3	7.4	0.77	0.62