

Co-op In-Store Bakery Product Information Guide (Issued 27th September 2024)

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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)
All-Butter Croissant <small>EAN 0240166000005 (SINGLE) EAN 5000128775700 (2 PACK) EAN 5000128776233 (4 PACK)</small>	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	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
Almond Croissant <small>All-butter croissant with almond filling, topped with almonds. EAN 0246952000006</small>	Wheat Flour, Butter (Milk) (17%), Water, Sugar, Almonds (7%), Yeast, Egg, Egg White, Glucose Syrup, Wheat 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
Apple Crown with Almond <small>Pastry crown with an apple and almond filling. EAN 0240345000000 (SINGLE) EAN 5000128963015 (2 PACK)</small>	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Palm Oil, Apple (15%), Sugar, Water, Rapeseed Oil, Glucose - Fructose Syrup, Yeast, Egg, Cornflour, Wheat Protein, Coconut Oil, Wheat Flour, Glucose Syrup, Glazing Agent (Isomalt), Salt, Lemon Juice, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Stabiliser (Tara gum), Ground Almond, 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
Apple Pie <small>A shortcrust pastry pie with an apple filling, topped with sugar EAN 5000128698238</small>	Wheat Flour (Wheat 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
Bakewell Tart <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 (Wheat 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 (Milk), Egg, Water, Glace Cherry (2%) (Cherry, Glucose - Fructose Syrup, Sugar, Acidity Regulator (Citric acid), Colour (Anthocyanins), Preservative (Sulphur dioxide)), Glucose, Humectant (Sorbitol, Glycerol), Rice Flour, Glucose Syrup, Flavouring, Raising Agents (Disodium diphosphate, Potassium carbonates), Skimmed Milk 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
Cheese & Onion Roll <small>Puff pastry rolls with a cheese, onion and potato filling EAN 5000129344233</small>	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
Cheese & Tomato Pizza Swirly <small>Soft white bread with a tomato filling with a cheese and herb topping EAN 0240294000007</small>	Wheat Flour, Tomato Filling (25%) (Tomato Concentrate, Water, Cherry Tomato, Celery, Tapioca Starch, Sugar, Rapeseed Oil, Rice Starch, Onion Powder, Salt, Flavouring, Parsley Extract, Thyme Extract, Rosemary Extract), Water, Vegetarian Cheese (Milk) (6%), Vegetarian Gouda Cheese (Milk) (5%), Sugar, Yeast, Rapeseed Oil, Potato Flakes, Salt, Dried Wheat 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

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Cheese & Tomato Turnover Puff pastry with a Cheddar cheese and tomato filling EAN 0246951000007	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Mature Vegetarian Cheddar Cheese (Milk) (6%), Crème Fraiche (Milk), Cream Cheese (Milk), Mayonnaise (Water, Rapeseed Oil, Sugar, Spirit Vinegar, Egg Yolk, Stabilisers (Modified Maize Starch, Xanthan gum), Acidity Regulators (Acetic acid, Lactic acid), Salt, Preservative (Potassium sorbate), Colour (Mixed carotenes)), Glaze (Egg , Water), Tomatoes (2%) (Tomatoes, Tomato Juice, Acidity Regulator (Citric acid)), Rapeseed Oil, Egg , Tomato Purée (Tomatoes, Acidity Regulator (Citric acid)), Maize Starch, Salt, Basil, Vegetarian Whey Powder (Milk), Vegetarian Cheese Powder (Milk), 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
Cheese Twist (V2) Savoury pastry with cheese EAN 0246722000007 (SINGLE) EAN 5000128775762 (2 PACK)	Wheat Flour, Water, Butter (Milk) (13%), Vegetarian Cheddar Cheese (Milk) (11%), Egg , Sugar, Vegetarian 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	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
Chocolate Hazelnut Croissant All-butter croissant with a cocoa and hazelnut filling EAN 0240592000006	Wheat Flour, Butter (Milk) (17%), Sugar, Water, Palm Fat, Yeast, Egg , Hazelnuts (3%), Chocolate (2%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifiers (Lecithins (Soya)), Flavouring), Fat-reduced Cocoa Powder (1%), Salt, Wheat Protein, Lactose (Milk), Emulsifiers (Lecithins (Soya)), 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
Chocolate Twist All-butter pastry twist with a custard and chocolate filling EAN 2466220000008 (SINGLE) EAN 5000128775786 (4 PACK)	Wheat Flour, Water, Chocolate (13%) (Sugar, Cocoa Mass, Cocoa Butter, Fat-reduced Cocoa Powder, Emulsifier (Lecithins (Soya))), Butter (Milk) (13%), Sugar, Egg , Potato Starch, Yeast, Wheat Protein, Salt, Vegetarian Whey Powder (Milk), Stabilisers (Calcium acetate, Tetrasodium diphosphate, Disodium phosphate), Skimmed Milk 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
Ciabatta White ciabatta bread roll EAN 0240081000005	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, Salt, Yeast, Malted Wheat 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
Cinnamon Cruffin A muffin-shaped croissant with flaky, buttery pastry coated in cinnamon sugar EAN 0246974000008	Wheat Flour, Butter (Milk) (19%), Water, Sugar, Yeast, Egg , Wheat 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
Cinnamon Swirl Glazed and iced Danish pastry swirl with an apple and cinnamon filling EAN 0240095000008 (SINGLE) EAN 5000128820707 (2 PACK)	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Palm Oil, Water, Apple (5%), 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	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

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Cookies and Scream Green colour cookies with white chocolate chips and cocoa cookie crumb pieces EAN 5000129363500	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed, Coconut), White Chocolate (13%) (Sugar, Cocoa Butter, Whole Milk Powder, Whey Powder (Milk), Lactose (Milk), Milk Fat, Emulsifier (Lecithins (Soya)), Flavouring), Cocoa Cookie Crumb Pieces (5%) (Sugar, Cornflour, Palm Oil, Fat-reduced Cocoa Powder, Dextrose, Tapioca Starch, Raising Agents (Ammonium hydrogen carbonate, Sodium hydrogen carbonate), Potato Starch, Flavourings, Emulsifier (Lecithins (Soya)), Salt, Flavouring), Water, Maltodextrin, Invert Sugar Syrup, Humectant (Glycerol - Vegetable), Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Flavouring, Colour (Copper complexes of chlorophyllins), Emulsifier (Mono- and diglycerides of fatty acids - Vegetable).	Milk Soya Wheat	Vegetarian	Per cookie	1919	825	458	197	21	8.9	9.0	3.9	63	27	32	14	1.2	0.5	4.1	1.8	0.17	0.07
Custard Ball Doughnuts Doughnuts with a custard flavour filling coated in sugar. EAN 5000129321616	Wheat Flour (Wheat 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, Wheat 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
Double Chocolate Cookies Chocolate cookies with milk chocolate and dark chocolate chunks EAN 5000128629744	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed, Coconut), Dark Chocolate (9%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (Lecithins (Soya)), Flavouring), Milk Chocolate (9%) (Sugar, Cocoa Butter, Cocoa Mass, Whole Milk Powder, Vegetarian Whey Powder (Milk), Emulsifier (Lecithins (Soya))), Fat-reduced Cocoa Powder, Water, Maltodextrin, Invert Sugar Syrup, Vegetarian Whey Powder (Milk), Molasses, Raising Agent (Sodium hydrogen carbonate), Flavouring, 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
Elf's Candy Crunch Cookies Cookies with candy beans, milk chocolate chips and sugar strands. EAN 5000129363333	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed, Coconut, Palm Kernel), Milk Chocolate (5%) (Sugar, Milk Powder, Cocoa Butter, Cocoa Mass, Emulsifier (Lecithins (Soya)), Flavouring), Maltodextrin, Water, Invert Sugar Syrup, Cocoa Butter, Humectant (Glycerol - Vegetable), Cornstarch, Vegetarian Whey Powder (Milk), 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), Milk 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
Festive Sausage Rolls Puff pastry roll filled with British pork, sage and onion stuffing, Brussels sprouts, cranberries and carrots. EAN 5000129363777	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Pork (20%), Palm Oil, Pork Fat, Stuffing (Wheat Flour (Wheat 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 (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Salt, Raising Agent (Ammonium hydrogen carbonate)), 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), Salt, Raising Agent (Ammonium hydrogen carbonate), Black Pepper, Emulsifier (Sodium triphosphate), 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
HOT FOOD Pork Sausage Roll Puff pastry with a seasoned British pork sausage meat filling EAN 5000129348514	Wheat Flour (Wheat Flour, Calcium carbonate, Niacin, Iron, Thiamin), Pork (26%), Vegetable Margarine (Palm Oil, Water, Salt, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable)), Water, Seasoning Mix (Wheat Flour, Potato Starch, Salt, Onion Powder, Stabiliser (Sodium triphosphate), Black Pepper, Sage), Egg , Pork Fat, Salt, Parsley.	Egg Wheat	n/a	Per sausage roll	1266	1481	304	356	20	23	9.8	11	19	22	1.3	1.6	3.0	3.5	11	12	0.92	1.08
HOT FOOD Chicken Slice Puff pastry with a creamy, seasoned British chicken filling EAN 5000129348446	Wheat Flour (Wheat Flour, Calcium carbonate, Niacin, Iron, Thiamin), Water, Vegetable Margarine (Palm Oil, Water, Salt, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable)), Chicken (18%), Cream Cheese (Milk) (Full-fat Soft Cheese (Milk), Salt, Tapioca Starch, Modified Maize Starch), Egg , Cornflour, Chicken Stock (Chicken Bones, Water, Salt, Chicken Fat), Milk Powder, Cream Powder (Milk), Yeast Extract, Salt, Maltodextrin, Sunflower Oil, Stabiliser (Hydroxypropyl methyl cellulose), Salt, White Pepper.	Egg Milk Wheat	n/a	Per slice	944	1360	226	326	12	18	7.7	11	18	26	2.9	4.1	2.0	2.9	9.4	14	0.37	0.53

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HOT FOOD Steak Slice Puff pastry with a seasoned British steak and beef gravy filling EAN 5000129348453	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Beef (28%), Vegetable Margarine (Palm Oil, Water, Salt, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable)), Water, Egg , Modified Maize Starch, Salt, Tomato Purée, Yeast Extract, Demerara Sugar (Sugar, Cane Molasses), Malt Extract (Barley), Beef Stock (Beef Stock (Beef Protein, Water, Salt), Yeast Extract, Water, Salt, Lemon Juice from Concentrate, Beef Fat (Antioxidant (Extracts of Rosemary), Emulsifier (Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable))), Stabiliser (Hydroxypropyl methyl cellulose), Black Pepper, Potato Starch, Pepper Extract, Onion Powder, Paprika, Turmeric Extract.	Barley Egg Wheat	n/a	Per slice	1179	1698	283	407	17	24	8.6	12	24	35	1.9	2.7	1.4	2.1	8.5	12	0.53	0.76
HOT FOOD Sausage, Bean and Cheese Slice Puff pastry with a British pork sausage meat, baked bean and Cheddar cheese filling EAN 5000129348439	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Vegetable Margarine (Palm Oil, Water, Salt, Emulsifiers (Mono- and diglycerides of fatty acids - Vegetable)), Pork (14%), Baked Beans (12%) (Haricot Beans, Water, Tomato, Modified Maize Starch, Sugar, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavouring), Water, Seasoning Mix (Wheat Flour, Potato Starch, Salt, Dehydrated Onion, Black Pepper, Stabiliser (Sodium tripolyphosphate), Dried Sage, Emulsifier (Sodium tripolyphosphate)), Cheddar Cheese (Milk) (3%), Egg , Pork Fat, Tomato (Tomato, Acidity Regulator (Citric acid)), Cornflour, Salt, Parsley, Paprika, Black Pepper.	Egg Milk Wheat	n/a	Per slice	1278	1841	307	441	19	27	9.8	14	26	37	3.7	5.3	2.6	3.8	7.7	11	0.80	1.15
HOT FOOD Cheese and Onion Slice Puff pastry with an onion, mature Cheddar cheese and potato filling EAN 5000129348583	Wheat Flour (Wheat Flour, Calcium carbonate, Niacin, Iron, Thiamin), Pastry Margarine (Palm Oil, Water, Salt, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable)), Onion (12%), Vegetarian Cheddar Cheese (Milk) (9%), Water, Potato (6%), Coloured Vegetarian Cheddar Cheese (3%) (Milk , Colour (Annatto norbixin)), Egg , Dried Potato (1%) (Potato, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable)), Modified Maize Starch, Stabiliser (Hydroxypropyl methyl cellulose), Dijon Mustard (Water, Mustard Seeds, Spirit Vinegar, Salt), Salt, Sugar, Vegetarian Cheese Powder (Cheddar Cheese (Milk), Cheese Powder (Milk), Milk Solids, Emulsifying Salt (Disodium diphosphate), Salt), Yeast Extract, Salt, Maltodextrin, Sunflower Oil, White Pepper.	Egg Milk Mustard Wheat	Vegetarian	Per slice	1361	1960	327	471	21	31	12	17	25	36	4.7	6.7	1.7	2.4	7.5	11	0.48	0.69
HOT FOOD Bacon and Cheese Turnover Puff pastry turnover with British Bacon, Cheddar cheese and an egg glaze EAN 5000129349870	Wheat Flour (Wheat Flour, Calcium carbonate, Niacin, Iron, Thiamin), Unsmoked Bacon (22%) (Pork, Water, Salt, Preservative (Sodium nitrite, Potassium nitrate), Antioxidant (Sodium ascorbate)), Vegetable Margarine (Palm Oil, Water, Salt, Mono- and diglycerides of fatty acids - Vegetable), Crème Fraîche (Milk), Extra Mature Cheddar Cheese (Milk) (6%), Cream Cheese (Milk), Egg , Water, Cornflour, Stabiliser (Hydroxypropyl methyl cellulose), Salt, Mustard Powder, White Pepper, Cheddar Cheese (Milk), Acidity Regulators (Sodium phosphate, Sodium citrate), Thickener (Xanthan gum), 19% Pork.	Egg Milk Mustard Wheat	n/a	Per turnover	1512	1603	363	385	24	25	12	13	26	28	1.6	1.7	1.7	1.8	11	11	1.13	1.20
HOT FOOD Festive Slice Puff pastry filled with diced chicken, sweetened dried cranberries and a creamy sauce. EAN 5000129349191	Wheat Flour (Wheat Flour, Calcium carbonate, Niacin, Iron, Thiamin), Vegetable Margarine (Palm Oil, Water, Salt, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable)), Water, Chicken Breast (18%), Single Cream (Milk), Dried Sweetened Cranberries (3%) (Cranberries, Sugar, Sunflower Oil), Cornflour, Rusk (Wheat Flour, Salt), Egg , Chicken Stock (Water, Chicken Bones, Salt), Sage, Parsley, Yeast Extract (Yeast Extract, Salt, Maltodextrin, Sunflower Oil), Onion Powder, Salt, Stabiliser (Hydroxypropyl methyl cellulose), Garlic Purée, Mustard Powder, Wheat Flour (Wheat Flour, Calcium carbonate, Niacin, Iron, Thiamin), Black Pepper, Thyme.	Egg Milk Mustard Wheat	n/a	Per slice	1212	1745	291	419	18	26	9.3	13	24	34	4.2	6.1	2.2	3.2	7.6	11	0.50	0.72
HOT FOOD Creamy Chicken Tikka Slice Puff pastry with a creamy British chicken tikka filling EAN 5000129349184	Wheat Flour (Wheat Flour, Calcium carbonate, Niacin, Iron, Thiamin), Vegetable Margarine (Palm Oil, Water, Salt, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable)), Water, Chicken Breast (18%), Tomato (Tomato, Acidity Regulator (Citric acid)), Whipping Cream (Milk), Onion, Yogurt (Milk), Egg , Cornflour, Sugar, Tomato Purée, Garlic Purée, Salt, Coriander Leaf, Lemon Juice, Cumin, Stabiliser (Hydroxypropyl methyl cellulose), Chillies, Ginger, Cumin Seeds, Turmeric, Fenugreek, Coriander, Chilli Powder, Cinnamon, Cardamom.	Egg Milk Wheat	n/a	Per slice	1131	1649	270	394	13	19	6.9	10	27	40	2.3	3.4	2.5	3.6	9.2	13	0.38	0.55

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HOT FOOD Festive Feast Sausage Roll Seasoned British pork sausage with bacon (with added water) and vegetables wrapped in puff pastry, with cranberry sauce and sage topping. EAN 5000129349900	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Thiamin, Niacin), Water, Palm Oil, Pork, Cranberry Sauce (8%) (Sugar, Cranberries, Water, Gelling Agent (Pectin), Preservative (Potassium sorbate), Acidity Regulator (Trisodium citrate)), Bacon with added water (8%) (Pork, Water, Salt, Preservative (Sodium nitrite), Potassium nitrate), Antioxidant (Sodium ascorbate), Egg , Sage Topping (2%) (Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Onion Powder, Sage, Salt), Salt, Brussels Sprouts (1%), Carrot (1%), Potato Starch, Modified Maize Starch, Pork Fat, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Stabilisers (Sodium tripolyphosphate, Hydroxypropyl methyl cellulose), Onion Powder, Parsley, Black Pepper, Sage. 17% Pork	Egg Wheat	n/a	Per sausage roll	1193	1525	286	365	16	20	7.9	10	27	35	6.0	7.6	2.0	2.5	7.3	9.3	0.62	0.79
HOT FOOD GRO - The Sausage Roll Seasoned Soya Mince encased in puff pastry EAN 5000128598309	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Vegetable Margarine (Palm Oil, Water, Salt, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable)), Water, Protein Mince (13%) (Water, Soya Bran, Onion, Sunflower Oil, Beetroot, Red Pepper, Potato Fibre, Flavouring, Sea Salt, Thickener (Methylcellulose), Corn starch), Seasoning (Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Potato Starch, Wheat Flour, Onion Powder, Black Pepper, Stabiliser (Sodium tripolyphosphate), Salt, Sage), Pastry (Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Salt, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable)), Onion, Oat Flour, Rusk (Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Salt, Raising Agent (Ammonium hydrogen carbonate)), Palm Fat, Pea Protein (Pea Protein, Pea Flour), Yeast Extract (Yeast Extract (contains Barley), Salt, Maltodextrin, Sunflower Oil), Wheat , Natural Flavouring (Maltodextrin, Salt), Potato Dextrin, Sugar, Onion Powder, Garlic Purée, Dextrose, Salt, Black Pepper, Parsley.	Barley Oats Soya Wheat	Vegan	Per sausage roll	1182	1596	282	381	13	17	6.4	8.6	32	43	2.3	3.1	2.6	3.5	9.0	12	0.90	1.22
HOT FOOD Hash Browns 3 hash browns made with seasoned potato and onion fried in sunflower oil EAN 5000128611589	Potato (86%), Sunflower Oil (9%), Onion (3%), Potato Flakes, Salt, Onion Powder, White Pepper, Dextrose, Flavouring, Turmeric.	n/a	Vegan	Per 3 hash browns	823	740	197	177	10	9.0	1.1	1.0	23	21	<0.5	<0.5	2.6	2.3	2.5	2.3	0.41	0.37
HOT FOOD Vegetable Samosas 4 Poppy seed pastry triangles filled with spiced potato, onion, carrot and peas EAN 5000129332391	Potato (22%), Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Onion (18%), Carrot (14%), Peas (14%), Rapeseed Oil, Rice Flour, Tomato Paste, Ginger Purée, Coriander Leaf, Salt, Lemon Juice from Concentrate, Cornflour, Coriander Powder, Cumin Powder, Mango Powder, Turmeric Powder, Poppy Seeds, Chilli Powder, Ajwain Seeds, Black Pepper, Cardamom, Star Anise Powder, Bay Leaf Powder, Stabiliser (Gum arabic), Asafoetida, Ginger Powder, Cloves, Nutmeg, Fenugreek, Mint.	Wheat	Vegan	Per pack	956	880	227	209	6.8	6.3	0.6	0.6	34	31	1.5	1.4	3.1	2.9	6.1	5.6	0.68	0.62
HOT FOOD Chicken Satay Cooked, chopped and shaped British chicken marinated in spices on a wooden skewer. EAN 5000129331905	Chicken (90%), Rapeseed Oil, Water, Dextrose, Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Ground Ginger, Yeast Extract (Yeast Extract (Barley), Salt, Maltodextrin, Sunflower Oil), Soya Sauce (Water, Soya Beans, Salt, Spirit Vinegar), Salt, Onion Powder, Garlic Powder, Cayenne Pepper, Emulsifier (Trisodium diphosphate).	Barley Soya Wheat	n/a	Per pack	967	522	233	126	17	9.3	2.7	1.4	2.4	1.3	2.1	1.2	1.1	0.6	16	8.9	1.69	0.91
HOT FOOD Bacon Breakfast Roll British bacon on a white roll EAN 5000128923774	Bread Roll (60%) (Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Vegetable Oils (Sunflower, Rapeseed), Salt, Rice Flour, Emulsifiers (Mono and diglycerides of fatty acids, Mono and diacetyl tartaric acid esters of mono and diglycerides of fatty acids), Dextrose, Flour Treatment Agent (Ascorbic acid)), Bacon (40%) (Pork, Salt, Preservative (Sodium nitrite)). 38% Pork	Wheat	n/a	Per roll	1110	1490	265	355	8.7	12	2.9	3.9	29	39	2.7	3.6	1.8	2.4	17	23	1.30	1.80

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HOT FOOD Sausage Breakfast Roll Sliced British pork sausages in a white roll EAN 5000128995245	Pork Sausage (56%) (Pork, Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Water, Potato Starch, Salt, Rice Flour, Sage, Black Pepper, Stabiliser (Diphosphates), Flavouring, Preservative (Sodium metabisulphite), Antioxidant (Ascorbic acid), Dextrose), (White Roll (44%) (Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Vegetable Oils (Sunflower, Rapeseed), Salt, Rice Flour, Emulsifiers (Mono and diglycerides of fatty acids, Mono and diacetyl tartaric acid esters of mono and diglycerides of fatty acids), Dextrose, Flour Treatment Agent (Ascorbic acid)). 40% Pork. Sausage skins made using pork.	Sulphites Wheat	n/a	Per roll	1089	2004	260	478	12	21	4.0	7.3	27	50	2.2	4.0	1.7	3.1	11	20	1.14	2.10
HOT FOOD Meatball Pasta British pork and beef meatballs in a rich tomato sauce with pasta, topped with Cheddar and mozzarella cheese EAN 5000129349924	Tomato Sauce (67%) (Tomatoes (Tomato, Tomato Juice, Acidity Regulator (Citric acid)), Tomato Paste (Tomato, Acidity Regulator (Citric acid)), Water, Sun-dried Tomatoes (Tomato, Tomato Concentrate, Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic), Garlic Purée, Onion, Sugar, Rapeseed Oil, Sun-dried Tomato Purée (Sun-dried Tomato, Tomato Purée, Sunflower Oil, Sugar, Salt, Basil Paste (Basil, Sunflower Oil, Salt), Parsley, Garlic Powder), Paprika, Basil, Oregano, Salt, Modified Maize Starch, Ground Chilli, Ground Black Pepper), Meatballs (17%) (Pork, Beef, Rusk (Wheat Flour, Salt), Salt, Garlic Powder, Parsley, Paprika, Ground White Pepper, Ground Black Pepper, Stabiliser (Phosphated distarch phosphate)), Cooked Pasta (11%) (Durum Wheat Semolina, Water), Mozzarella Cheese (Milk) (2%), Mature Cheddar Cheese (Milk) (2%), Rusk (Wheat Flour, Calcium carbonate, Niacin, Iron, Thiamin), Parsley. 8% Pork 7% Beef	Milk Wheat	n/a	Per pack	547	1723	131	412	6.4	20	2.1	6.5	10	33	2.2	6.8	1.4	4.4	7.3	23	0.68	2.14
HOT FOOD Macaroni Cheese Macaroni pasta in a creamy cheese sauce topped with mozzarella cheese and croutons EAN 5000129350128	Water, Semi-skimmed Milk , Cooked Pasta (18%) (Durum Wheat Semolina, Water), Mature Vegetarian Cheddar Cheese (Milk) (11%), Single Cream (Milk), Whipping Cream (Milk), Vegetarian Mozzarella Cheese (Milk) (3%), Modified Maize Starch, Croutons (2%) (Wheat Flour, Water, Calcium carbonate, Iron, Niacin, Wheat Fibre, Wheat Starch, Thiamin, Extra Virgin Olive Oil, Fermented Wheat Flour, Salt, Sunflower Oil, Malted Wheat Flour, Yeast, Spirit Vinegar, Rye Flour, Acid (Ascorbic acid), Vitamin D Yeast), White Wine, Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Dijon Mustard (Water, Mustard Seeds, Spirit Vinegar, Salt), Salt, Vegetarian Cheese Powder (Milk), Glucose Syrup, Lemon Juice, Water, Flavouring, Rapeseed Oil, Yeast Extract, Ground White Pepper, Coconut Oil, Ground Black Pepper, Ground Rosemary, Ground Nutmeg, Parsley, Smoke Flavouring.	Milk Mustard Rye Wheat	Vegetarian	Per pack	592	1866	142	446	7.2	23	3.1	9.9	12	38	1.1	3.4	1.4	4.5	6.4	20	0.67	2.11
HOT FOOD Potato Wedges Crispy skin-on potato wedges, lightly seasoned and cooked in sunflower oil. EAN 5000129360325	Potato (94%), Sunflower Oil (4%), Rice Flour, Salt, Potato Starch, Dextrin, Garlic Powder, Black Pepper, Red Pepper Powder, Onion Powder, Flavouring, Chilli Powder.	n/a	Vegan	Per pack	643	740	153	176	3.9	4.5	0.5	0.5	24	28	0.5	0.5	3.8	4.3	3.2	3.7	0.42	0.48
HOT FOOD Southern Fried Chicken Goujons Chopped and shaped chicken breast pieces with added water in a peppery Southern fried-style coating. EAN 5000129360332	Reformed Chicken Breast (60%), Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Added Water (8%), Dextrose, Spices (Black Pepper, White Pepper, Fennel), Salt, Wheat Starch, Stabilisers (Diphosphates, Triphosphates), Pea Fibre, Yeast, Pea Starch, Flavouring, Wheat Protein, Raising Agents (Diphosphates, Sodium carbonate), Onion Powder, Garlic Powder, Spice Extracts (Black Pepper Extract, Nutmeg Extract, Garlic Extract), Onion Oil.	Wheat	n/a	Per pack	842	960	200	229	7.6	8.7	0.8	0.9	17	19	1.0	1.2	0.8	0.9	16	18	0.70	0.79
HOT FOOD Pigs Under Blankets Toastie Sausage & bacon with onion marmalade on white bread topped with bechamel sauce, stuffing and cheese EAN 5000129366518	White Bloomer Bread (Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Rapeseed Oil, Soya Flour, Preservative (Calcium propionate), Emulsifier (Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids - Vegetable), Flour Treatment Agent (L-Ascorbic acid)), Sausage (22%) (Pork, Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Wheat Starch, Salt, Rapeseed Oil, Dextrose, Parsley, Sage, Stabiliser (Sodium tripolyphosphate), Wheat Protein, Alginate, Sodium alginate, Calcium chloride, Pepper, Nutmeg, Chilli, Pimento), White Sauce (Skimmed Milk , Water, Double Cream (Milk), Coconut Oil, Modified Maize Starch, Flavouring, Soya Flour, Salt, Emulsifier (Lecithins (Sunflower))), Onion Marmalade (9%) (Onion, Sugar, Brown Sugar, Red Wine Vinegar, Dried Onion, Grape Must, Olive Oil, Gelling Agent (Pectin), Acidity Regulator (Citric acid, Lemon Commminute)), Mature Cheddar Cheese (7%) (Milk), Streaky Bacon (7%) (Pork Belly, Water, Salt, Antioxidant (Sodium ascorbate), Preservative (Sodium nitrite)), Sage and Onion Stuffing (5%) (Water, Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Kibbled Onion, Salt, Oats , Dried Sage, Parsley, Yeast), Parsley. 22% Pork	Milk Oats Soya Wheat	n/a	Per pack	1203	2345	286	559	11	22	6.0	12	35	68	6.7	13	1.5	3.0	11	21	1.56	3.04

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HOT FOOD Chicken & Chorizo Slice Puff pastry filled with chicken, and fermented and dry cured pork sausage with paprika in a herby red wine sauce. EAN 5000129366839	Wheat Flour (Wheat Flour, Calcium carbonate, Niacin, Iron, Thiamin), Water, Vegetable Margarine (Palm Oil, Water, Salt, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable)), Chicken Breast (13%), Red Wine, Diced Onion, Chorizo (3%) (Pork, Water, Salt, Lactose (Milk), Paprika, Dextrose, Sugar, Smoked Paprika, Milk Protein, Garlic, Paprika Extract, Acidity Regulator (Sodium citrate), Antioxidant (Sodium erythorbate), Rosemary Extract, Black Pepper, Preservatives (Sodium nitrite, Potassium nitrate), Oregano), Garlic Purée, Egg , Rusk (Wheat Flour, Salt), Tomato Purée, Medium Fat Hard Cheese (Milk), Smoked Paprika, Sugar, Cumin Powder, Salt, Thyme, Paprika, Parsley, Black Pepper, Ground Chilli. 13% Chicken 3% Pork	Egg Milk Wheat	n/a	Per slice	1101	1596	263	382	14	20	7.2	10	27	39	3.0	4.3	2.3	3.3	6.3	9.1	0.44	0.64
Irresistible Ancient Grains Sourdough Bloomer Sourdough bread with rye and mixed seeds and grains. EAN 5000129340051	Wheat Flour, Water, Sourdough (Wheat Flour, Water), Rye Flour, Sunflower Seeds (2%), Spelt Flour (Wheat), Millet Seeds (2%), Red Quinoa (2%), Brown Linseed (1%), Poppy Seeds (1%), Wheat Protein, Yeast, Dried Rye Sourdough, Salt, Golden Linseed (1%), Amaranth (1%), Buckwheat (1%), Spelt (Wheat), Malted Barley Flour, Malted Wheat Flour.	Barley Rye Spelt Wheat	Vegan	Per 1/5 bloomer	1111	800	263	189	3.6	2.6	0.5	0.4	48	34	2.0	1.4	3.8	2.7	8.2	5.9	0.75	0.54
Irresistible Birthday Cake Cookie Cookie with Belgian white chocolate chunks, sugar sprinkles and fruit jelly pieces EAN 0246961000004	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Belgian White Chocolate (13%) (Sugar, Cocoa Butter, Whole Milk Powder, Emulsifier (Lecithins (Soya)), 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, Wheat Fibre, Elderberry Juice from Concentrate, Gelling Agent (Pectins), Flavouring), Butter (Milk), 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
Irresistible Brown Sourdough Bloomer EAN 5000129340129	Water, Wheat Flour, Sourdough (Wheat Flour, Water), Wholemeal Wheat Flour, Dehydrated Devitalized Wheat Sourdough (Water, Wheat Bran, Wheat Flour, Wheat Sourdough), Salt, Wheat Protein, Yeast, Malted Barley Flour, Malted Wheat Flour.	Barley Wheat	Vegan	per 1/5th bloomer	1019	734	241	173	1.3	0.9	0.3	0.2	47	34	2.4	1.7	3.2	2.3	8.2	5.9	0.84	0.60
Irresistible Butter Enriched Granola Oat bars 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 Cheese and Jalapeno Sourdough Bloomer White sourdough bloomer with extra mature Cheddar and Red Leicester cheeses, jalapeno peppers and red and green peppers EAN 5000129354683	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Extra Mature Vegetarian Cheddar Cheese (Milk) (7%), Vegetarian Red Leicester Cheese (Milk) (3%) (contains Colour (Annatto norbixin)), Jalapeno Pepper (2%), Vegetarian Cheese Powder (Milk) (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
Irresistible Cheese Filled Croissant All-butter croissant with a cheddar filling EAN 0242803000003	Wheat Flour, Butter (Milk) (18%), Water, Vegetarian Cheddar Cheese (Milk) (10%) Egg , Sugar, Yeast, Vegetarian Whey Powder (Milk), Potato Starch, Wheat Protein, Salt, Flavouring, Skimmed Milk Powder, Coconut Oil, Thickener (Sodium alginate), Egg 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

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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, Cocoa Butter, Emulsifier (Lecithins (Soya)), Flavouring), Belgian Milk Chocolate (12%) (Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Mass, 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 Deep Filled Apple Mince Pies All-butter shortcrust pastry filled with mincemeat made with sultanas, raisins, Bramley apple, mixed spice and Kentish dry cider EAN 5000129346978	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Butter (Milk) (15%), Sultanas (10%), Raisins (7%), Bramley Apple Pulp (7%) (Bramley Apple, Preservative (Acetic Acid)), Glucose Syrup, Kentish Dry Cider (2%) (Cider, Preservative (Potassium metabisulphite)), Dextrose, Vegetable Oils (Sunflower, Rapeseed), Tapioca Starch, Glacé Mixed Citrus Peel (Orange Peel, Glucose - Fructose Syrup, Lemon Peel, Sugar, Preservatives (Potassium sorbate, Sulphur dioxide), 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
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	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
Irresistible Kalamata Olive Sourdough Bloomer White sourdough bloomer with green and Kalamata olives EAN 5000129341874	Wheat Flour, Water, Sourdough (Wheat Flour, Water), Green Olives (8%) (Green Olives, Salt, Acidity Regulator (Citric acid)), Kalamata Olives (5%) (Kalamata Olives, Rapeseed Oil, Olive Oil, Salt), Olive Oil, Rye Flour, Yeast, Salt, Malted Barley Flour, Wheat Protein, Malted Wheat Flour. CAUTION: May contain olive stones	Barley Rye Wheat	Vegan	Per 1/5 th bloomer	1049	755	249	179	4.9	3.5	0.8	0.6	42	31	2.0	1.4	3.9	2.8	6.8	4.9	1.16	0.84
Irresistible Lemon Muffins Lemon flavoured muffins with lemon curd filling made with Sicilian lemon oil and concentrated lemon juice, topped with lemon flavour icing and sugar dusting. EAN 5000129321753	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Egg , Rapeseed Oil, Lemon Curd Filling (9%) (Sugar, Pasteurised Liquid Whole Egg , Salted Butter (Butter (Milk), Salt), Water, Concentrated Sicilian Lemon Juice (Concentrated Sicilian Lemon Juice (Concentrated Lemon Juice), Preservatives (Potassium metabisulphite , Sodium metabisulphite)), Gelling Agent (Agar), Sicilian 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 Maple and Raisin Sourdough Bloomer White sourdough bloomer with maple syrup and raisins EAN 5000129340563	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Raisins (15%), Maple Syrup (3%), Sugar, Wheat Protein, Yeast, Wheat Flour, Salt, Wheat Fibre, Flavouring, Wheat Sourdough.	Wheat	Vegan	Per 1/5 th 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

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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 Mediterranean Style Focaccia Focaccia rolls topped with cherry tomatoes, red peppers, yellow peppers and green pesto EAN 024634600001	Wheat Flour (Wheat 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 (Milk), Extra Virgin Olive Oil, Yeast, Fermented Wheat 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
Irresistible Milk Chocolate Cookies Cookies with Belgian Milk Chocolate Chunks EAN 5000128888479	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Belgian Milk Chocolate Chunks (28%) (Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Mass, Emulsifier (Lecithins (Soya)), Flavouring), Sugar, Vegetable Oils (Palm, Rapeseed, Coconut), Butter (Milk), Maltodextrin, Invert Sugar Syrup, Water, Vegetarian Whey Powder (Milk), Humectant (Glycerol - Vegetable), Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Molasses, Salt, Flavouring, 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
Irresistible Triple Chocolate Cookies Chocolate cookies with Belgian milk, white and dark chocolate chunks. EAN 5000128753821	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed, Coconut), Belgian White Chocolate Chunks (11%) (Sugar, Cocoa Butter, Whole Milk Powder, Emulsifier (Lecithins (Soya)), Flavouring), Belgian Dark Chocolate Chunks (9%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (Lecithins (Soya)), Flavouring), Belgian Milk Chocolate Chunks (9%) (Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Mass, Emulsifier (Lecithins (Soya)), Flavouring), Fat-reduced Cocoa Powder (4%), Butter (Milk), Maltodextrin, Water, Invert Sugar Syrup, Vegetarian Whey Powder (Milk), Molasses, Raising Agent (Sodium hydrogen carbonate), Salt, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable).	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 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, 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 Milk (Milk , Sugar, Lactose (Milk)), Cream (Milk), Butter (Milk), Cocoa Mass, Cornflour, Salt), Chocolate Flavoured Icing (Sugar, Palm Oil, Water, Cocoa Powder, Dextrose, Fructose, Emulsifier (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).	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
Irresistible White Chocolate Cookies Cookies with Belgian White Chocolate EAN 5000128821636	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Belgian White Chocolate Chunks (28%) (Sugar, Cocoa Butter, Whole Milk Powder, Emulsifier (Lecithins (Soya)), Flavouring), Sugar, Vegetable Oils (Palm, Rapeseed, Coconut), Butter (Milk), Maltodextrin, Invert Sugar Syrup, Water, Vegetarian Whey Powder (Milk), Humectant (Glycerol - Vegetable), Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Molasses, Salt, Flavouring, 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
Irresistible White Sourdough Baguette EAN 5000129340143	Wheat Flour, Water, Sourdough (Wheat Flour, Water), Dehydrated Devitalized Wheat Sourdough (Water, Wheat Bran, Wheat Flour, Wheat Sourdough), Salt, Yeast, Wheat Protein, Malted Wheat Flour, Flour Treatment Agent (Ascorbic acid).	Wheat	Vegan	Per ¼ baguette	1086	977	256	231	1.3	1.2	0.2	0.2	51	46	2.3	2.1	3.3	3.0	8.1	7.3	0.82	0.74
Irresistible White Sourdough Bloomer EAN 5000129339925	Wheat Flour, Water, Sourdough (Wheat Flour, Water), Salt, Yeast, Dehydrated Devitalized Wheat Sourdough (Water, Wheat Bran, Wheat Flour, Wheat Sourdough), Wheat Protein, Malted Wheat Flour.	Wheat	Vegan	Per 1/5 bloomer	1006	724	237	171	0.9	0.6	0.6	0.4	48	35	2.2	1.6	3.2	2.3	7.5	5.4	0.81	0.58

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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)
Jam Filled Doughnuts Doughnuts with an apple and raspberry jam filling coated in sugar. EAN 5000129321555	Wheat Flour (Wheat 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, Wheat 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
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, Iron, Niacin, Thiamin), Palm Oil, Water, Sugar, Rapeseed Oil, Pecan Nuts (4%), Yeast, Egg, Coconut Oil, Maple Syrup (1%), Wheat 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 (Milk), Flavouring, Skimmed Milk Powder, Gelling Agent (Agar), Acidity Regulator (Citric acid), Glucose Syrup, Preservative (Potassium sorbate), Colour (Mixed carotenes), Milk 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
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 Ball Doughnuts Doughnuts with a milk chocolate filling coated in sugar EAN 5000129321722	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Chocolate Filling (18%) (Glucose Syrup, Water, Sugar, Humectant (Glycerol), Milk , Palm Oil, Vegetarian Whey Powder (Milk), Whole Milk Powder, Cocoa Butter, Cocoa Mass, Modified Maize Starch, Acidity Regulator (Glucono-delta-lactone), Emulsifiers (Sorbitan monostearate, Lecithins (Soya)), Flavourings, Preservative (Potassium sorbate), Lactose (Milk), Vegetable Oils (Palm, Rapeseed), Sugar, Yeast, Fat-reduced Cocoa Powder, Wheat Protein, Emulsifiers (Sodium Stearyl Lactylate, Mono- and diglycerides of fatty acids - Vegetable), Soya 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
Milk Chocolate Chunk Cookies Cookies with milk chocolate chunks EAN 5000128794275	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Milk Chocolate (17%) (Sugar, Cocoa Butter, Cocoa Mass, Whole Milk Powder, Vegetarian Whey Powder (Milk), Emulsifier (Lecithins (Soya))), Vegetable Oils (Palm, Rapeseed, Coconut), Maltodextrin, Water, Invert Sugar Syrup, Vegetarian Whey Powder (Milk), Humectant (Glycerol - Vegetable), Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Molasses, Flavouring, 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, 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, Wheat Flour, Glazing Agent (Isomalt), Lemon Juice (1%), Salt, Whey Powder (Milk), Cornflour, Maple Syrup, Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Tapioca Starch, Milk Solids, Skimmed Milk 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 Almond , Acidity Regulator (Citric 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
Oat & Raisin Cookies Spiced cookies with raisins, oats and honey EAN 5000128996020	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, 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), 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

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Pain au Chocolat All butter pastry with a chocolate filling EAN 0240189000006 (SINGLE) EAN 500012877517 (4 PACK)	Wheat Flour, Butter (Milk) (22%), Chocolate (9%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (Lecithins (Soya)), Flavouring), Yeast, Sugar, Water, Egg, Salt, Wheat 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
Pain au Raisin All butter pastry filled with a light custard and juicy raisins EAN 0240077000002	Wheat Flour, Butter (Milk) (16%), Raisins (14%), Water, Sugar, Egg, Yeast, Maize Starch, Salt, Milk Powder, Wheat Protein, Skimmed Milk 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
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	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
Pumpkin & Sunflower Seed White Roll EAN 0240277000000	Wheat Flour (Wheat 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
Rosemary & Rock Salt Focaccia Soft white focaccia made with extra virgin olive oil (6%), hand topped with rosemary and rock salt EAN 5000129329575	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil (6%), 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	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
Salt and Pepper Tiger Roll Crusty white roll topped with salt and pepper EAN 0246374000004	Wheat Flour (Wheat 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), Wheat Flour, Malted Wheat 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

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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)
Salted Caramel & Chocolate Loaded Brownie 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 (Milk, Sugar), Vegetable Oils (Palm, Coconut), Glucose Syrup, Invert Sugar Syrup, Sugar, Salt, Emulsifier (Lecithins (Soya)), Gelling Agent (Pectin), Acidity Regulators (Sodium potassium tartrate, Sodium triphosphate), Maltodextrin, Flavouring), Vegetable Oils (Palm, Rapeseed), Egg), Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Cocoa Mass, Cocoa Butter, Fat-reduced Cocoa Powder, Whole Milk Powder, Glucose Syrup, Sweetened Condensed Milk (Milk, Sugar), Lactose (Milk), Vegetarian Whey Powder (Milk), Preservative (Potassium sorbate), Emulsifiers (Lecithins (Soya), Mono- and diglycerides of fatty acids - Vegetable), Butter (Milk), 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
Santa's Sprinkle Doughnuts Vanilla iced doughnuts topped with coloured sugar strands EAN 5000129363623	Wheat Flour (Wheat 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 Milk Powder, Raising Agents (Potassium carbonate, Dicalcium diphosphate, Monocalcium phosphate), Colours (Calcium carbonate, Anthocyanins, Curcumin, Paprika extract, Spirulina extract), Salt, Soya Flour, Glazing Agents (Acacia gum, Shellac), Flavourings, Flour Treatment Agent (Ascorbic acid), Flavouring (Milk).	Milk Soya Wheat	Vegetarian	Per doughnut	1801	1062	431	255	26	15	13	7.5	43	26	14	8.3	1.9	1.1	5.9	3.5	0.28	0.17
Sausage Rolls British pork sausagemeat in puff pastry EAN 5000129344226	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Pork Belly, Pork Fat, Palm Oil, Pinhead Rusk (Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Salt, Raising Agent (Ammonium hydrogen carbonate)), Rapeseed Oil, Potato Starch, 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)), Salt, Pork Stock (Yeast Extract, Flavouring, Maltodextrin, Salt, Rapeseed Oil), Yeast Extract, White Pepper, Black Pepper, Sage, Thyme, Dextrose, Nutmeg, 19% Pork	Milk Wheat	n/a	Per sausage roll	1457	728	350	175	22	11	10	5.2	28	14	1.6	0.8	1.6	0.8	8.3	4.2	0.65	0.32
Shortcrust Mince Pies Shortcrust pastry with a mincemeat filling EAN 5000128761710	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed, Sunflower), Sultanas (11%), Bramley Apple Pulp (10%) (Bramley Apple, Preservative (Acetic acid)), Glucose Syrup, Water, Raisins, Tapioca Starch, Glacé Mixed Citrus Peel (Orange Peel, Glucose - Fructose Syrup, Lemon Peel, Sugar, Preservatives (Potassium sorbate, Sulphur dioxide), Acidity Regulator (Citric acid)), Dextrose, Currants, Concentrated Apricot Purée, Mixed Spices (Coriander, Cinnamon, Ginger, Caraway, Nutmeg, Cloves), Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Barley Malt Extract (Roast Malted Barley, Water), 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
Spooky Sprinkle Doughnuts Ring doughnuts topped with an orange icing and coloured sugar strands EAN 5000129363531	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Vegetable Oils (Palm, Rapeseed, Palm Kernel, Coconut), Water, Sugar, Corn Starch, Yeast, Emulsifiers (Mono- and diglycerides of fatty acids - Vegetable, Sodium stearoyl-2-lactylate, Lecithins (Soya)), Dextrose, Raising Agents (Potassium carbonate, Dicalcium diphosphate, Monocalcium phosphate), Skimmed Milk Powder, Colours (Calcium carbonate, Paprika extract, Spirulina extract, Curcumin), Salt, Cocoa Powder, Soya Flour, Glazing Agents (Acacia gum, Shellac), 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
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 EAN 5000128840606	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Rapeseed, Palm), Salt, Yeast, Wheat Flour, Flour Treatment Agents (Ascorbic acid, L-cysteine), Barley and Barley Malt extracts, Stabiliser (Diphosphates).	Barley Wheat	Vegan	Per 1/8 baguette	1121	560	265	132	2.4	1.2	0.4	0.2	51	26	3.1	1.6	2.1	1.1	8.5	4.3	0.90	0.45

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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)
Tiger Baton Crusty white baton EAN 5000128840569	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Rapeseed, Palm), Salt, Yeast, Wheat Flour, Flour Treatment Agents (Ascorbic acid, L-cysteine), Barley and Barley Malt extracts, Stabiliser (Diphosphates).	Barley Wheat	Vegan	Per ¼ baton	1121	560	265	132	2.4	1.2	0.4	0.2	51	26	3.1	1.6	2.1	1.1	8.5	4.3	0.90	0.45
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	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
Vanilla Custard Crown with Nuts Pastry crown, vanilla crème and almond filling, hazelnut and icing toping EAN 0241079000007	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Sugar, Rapeseed Oil, Yeast, Egg , Modified Starch (Acetylated distarch phosphate), Hazelnuts (1%), Wheat Protein, Coconut Oil, Glucose Syrup, Vegetarian Whey Powder (Milk), Wheat Flour, Glazing Agent (Isomalt), Skimmed Milk Powder, Salt, Stabilisers (Tara gum, Calcium alginate, Tetrasodium diphosphate, Disodium phosphate), Emulsifier (Mono- and diglycerides of fatty acids - Vegetable), Flavouring, Ground Almond , Gelling Agent (Agar), Milk 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
White Baton EAN 5000129346329	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Wheat 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
White Chocolate Chunk Cookies Cookies with white chocolate chunks EAN 5000128802055	Fortified Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, White Chocolate (17%) (Sugar, Cocoa Butter, Whole Milk Powder, Vegetarian Whey Powder (Milk), Lactose (Milk), Milk Fat, Emulsifier (Lecithins (Soya))), Flavouring), Vegetable Oils (Palm, Rapeseed, Coconut), Maltodextrin, Water, Invert Sugar Syrup, Vegetarian Whey Powder (Milk), Humectant (Glycerol - Vegetable), Raising Agents (Sodium hydrogen carbonate, Disodium diphosphate), Molasses, Flavouring, 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
White Crusty Batch Rolls EAN 240157000007	Wheat Flour (Wheat 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
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	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
White Demi Baguette EAN 0246721000008 (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 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
White Farmhouse Loaf 800g EAN 5000128802246	Wheat Flour (Wheat 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
White Iced Sprinkle Ring Doughnut White iced doughnuts topped with coloured sugar strands EAN 5000129340952	Wheat Flour (Wheat 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 Milk Powder, Raising Agents (Potassium carbonate, Dicalcium diphosphate, Monocalcium phosphate), Colours (Calcium carbonate, Anthocyanins, Beetroot red, Chlorophylls and chlorophyllins, Paprika extract, Lutein), Salt, Soya Flour, Glazing Agents (Shellac, Acacia gum), Flavourings, Spirulina Extract, Flour Treatment Agent (Ascorbic acid), Flavouring (Milk).	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

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White Parisien Style Baguette EAN 5000129340235	Wheat Flour (Wheat Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast, Wheat 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
White Rustic Roll EAN 0240163000008	Fortified Wheat Flour (Wheat 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