Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present														Nutrition Per 100g/ml									Nutrition Per Portion							
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	Soya Products	Egg Products	Milk Products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)	Energy - kJ per 100g	Energy - kCal per 100g	Fat per 100g	Sats per 100g	Carb per 100g	Sugar per 100g	Protein per 100g	Salt per 100g	Portion Weight (g)	Energy - kJ per portion	Energy - kCal per portion	Fat per portion	Sats per portion	Carb per portion	Sugar per portion	Protein per portion	Salt per portion
Cakes																																					
Sultana Scones	YES	NO	YES	NO	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1323	313	5.2	3.1	58.6	20.4	6.9	1.3	**100**	1323	313	5.2	3.1	58.6	20.4	6.9	1.3
Chocolate Tiffin	YES	NO	YES	NO	YES	NO	YES	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		2147	515	33.4	18.5	49.2	37.3	4.2	0.6	**95**	2044	490	31.7	17.6	49.2	37.3	4.0	0.5
Raspberry and Almond Bake	YES	NO	YES	NO	NO	NO	C	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	Almond	1988	477	30.6	11.0	42.5	28.6	5.5	0.5	**85**	1690	405	26.0	9.4	36.0	24.4	4.7	0.5
Caramel Crisp Traybake	YES	NO	YES	NO	YES	NO	YES	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		2193	534	34.5	17.3	49.5	38.6	5.5	0.6	**75**	1645	401	25.9	13.0	37.1	28.9	4.1	0.5
Caramel Shortbread	YES	NO	YES	NO	NO	NO	YES	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		2042	489	28.5	18.3	53.5	35.5	5.3	0.6	**75**	1532	367	21.4	13.8	40.1	26.6	4.0	0.5
Belgian Chocolate Brownie	YES	NO	YES	NO	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1936	463	26.8	16.5	50.0	40.9	4.7	0.4	**85**	1646	394	22.8	14.0	42.5	34.8	4.0	0.3
Portuguese Custard Tart (Pastel de Nata)	YES	NO	YES	NO	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1371	328	17.5	8.9	36.3	21.8	5.8	0.3	**60**	822.6	196.8	10.5	5.34	21.78	13.08	3.5	0.2
Bakewell Tart	YES	NO	YES	NO	NO	NO	C	YES	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	Almond	1901	453	18.7	7.8	65.7	37.5	4.7	0.1	**86.0**	1635	389	16.0	6.7	57.0	32.0	4.0	0.1
Banana and pecan loaf	YES	NO	YES	C	C	C	C	YES	YES	NO	NO	NO	NO	C	NO	NO	NO	NO	YES	Pecan	1699	407	23.0	4.9	44.0	22.0	5.2	0.5	**80.0**	1360	325	18.0	3.9	35.0	18.0	4.2	0.4
Blueberry Muffin	YES	NO	YES	C	C	YES	C	YES	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1607	384	19.8	2.0	45.7	22.8	4.8	0.5	**113.0**	1816	434	22.0	2.2	52.0	26.0	5.4	0.6
Carrot & Walnut cake	YES	NO	YES	NO	NO	NO	C	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	Walnut	1631	389	17.3	3.4	52.9	30.6	4.3	0.5	**148.0**	2414	576	26.0	5.0	78.0	45.0	6.3	0.7
Cinnamon Brioche Bun	YES	NO	YES	NO	C	C	C	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1345	319	8.5	3.5	52.5	13.6	7.0	0.6	**104.0**	1399	332	8.8	3.6	55.0	14.1	7.3	0.6
Granola Square	YES	NO	C	NO	NO	YES	NO	NO	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	Almond, Pecan	1836	439	21.0	7.3	51.6	30.3	8.1	0.3	**75.0**	1377	329	16.0	5.5	39.0	23.0	6.1	0.2
Lemon Curd Tart	YES	NO	YES	NO	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		2040	488	27.4	15.0	54.7	26.5	4.8	0.2	**71.0**	1448	347	19.0	11.0	39.0	19.0	3.4	0.1
Lemon Drizzle Loaf	YES	NO	YES	NO	NO	NO	C	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1613	385	16.6	1.5	53.9	26.1	4.4	0.6	**95.0**	1533	365	16.0	1.4	51.0	25.0	4.2	0.6
Lemon Muffin	YES	NO	YES	NO	NO	YES	C	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1609	384	16.5	2.5	52.6	26.8	5.5	0.4	**104.0**	1673	399	17.0	2.6	55.0	28.0	5.7	0.4
Raspberry & Blackcurrant Ripple Whole Cake	YES	NO	YES	NO	NO	NO	C	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1616	385	17.0	2.5	53.4	33.1	3.8	0.5	**133.0**	2150	513	22.6	3.3	71.0	44.0	5.0	0.6
Raspberry and White chocolate muffin	YES	NO	YES	C	C	C	YES	YES	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	C		1597	381	17.1	2.6	51.1	28.6	4.5	0.3	**103.0**	1645	393	18.0	2.7	53.0	29.0	4.6	0.3
Raspberry Rainbow Muffin	YES	NO	YES	C	C	C	C	YES	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1605	383	17.3	2.1	52.7	28.4	3.5	0.4	**111.0**	1782	425	19.0	2.3	58.0	32.0	3.8	0.4
Salted Caramel Muffin	YES	NO	YES	C	C	C	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1688	403	17.7	2.8	55.6	29.4	4.5	0.5	**106.0**	1789	427	19.0	3.0	59.0	31.0	4.8	0.5
Triple Chocolate Muffin	YES	NO	YES	C	C	C	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1711	409	20.3	4.3	47.9	25.6	7.6	0.4	**99.0**	1695	405	20.0	4.3	47.0	25.0	7.6	0.3
Choco Crunch	YES	NO	YES	NO	YES	C	YES	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1994	476	22.0	12.2	63.5	45.0	5.4	0.4	**50.0**	997	238	11.0	6.1	32.0	23.0	2.7	0.2
Boston Cream Vanilla Éclair	YES	NO	YES	N	N	N	YES	YES	YES	NO	NO	NO	C	NO	NO	NO	NO	NO	YES	Hazlenut	1395	334	21.7	11.5	28.2	20.9	7.2	0.2	**65.0**	881	210	14.0	7.5	18.3	13.6	4.7	0.1
Banoffee Éclair	YES	NO	YES	N	N	N	YES	YES	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	C		1340	321	19.2	10.4	31.8	24.5	5.3	0.2	**65.0**	871	208	12.5	6.7	20.6	16.0	3.4	0.1
Raspberry and White Chocolate Éclair	YES	NO	YES	N	N	N	YES	YES	YES	NO	NO	NO	C	NO	NO	NO	NO	NO	C		1454	348	21.9	12.0	28.8	22.2	8.1	0.2	**65.0**	944	225	14.2	8.0	18.7	14.5	5.2	0.1
Tutti Frutti Éclair	YES	NO	YES	N	N	N	YES	YES	YES	NO	NO	NO	C	NO	NO	NO	NO	NO	C		1468	352	21.8	12.1	30.3	23.0	7.5	0.2	**65.0**	959	229	14.1	7.7	19.7	14.9	4.9	0.1
Chocolate & Hazelnut Éclair	YES	NO	YES	N	N	N	YES	YES	YES	NO	NO	NO	C	NO	NO	NO	NO	NO	YES	Hazlenut	1424	341	23.1	11.6	27.3	20.1	5.6	0.2	**65.0**	921	221	15.0	7.6	18.0	13.0	3.6	0.1

Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present														Nutrition Per 100g/ml									Nutrition Per Portion							
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	Soya Products	Egg Products	Milk Products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)	Energy - kJ per 100g	Energy - kCal per 100g	Fat per 100g	Sats per 100g	Carb per 100g	Sugar per 100g	Protein per 100g	Salt per 100g	Portion Weight (g)	Energy - kJ per portion	Energy - kCal per portion	Fat per portion	Sats per portion	Carb per portion	Sugar per portion	Protein per portion	Salt per portion
Impulse																																					
Dark Chocolate Bar	YES	NO	C	NO	NO	NO	Yes	NO	Yes	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		2200	525	32.5	19.9	47.4	40.7	7.0	0.0	**35**	777	185	11.3	6.9	16.6	14.2	2.4	0.0
Milk Chocolate Bar	YES	NO	C	NO	NO	NO	Yes	NO	Yes	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		2242	535	31.4	19.4	55.2	53.1	7.5	0.2	**35**	784	187	10.9	6.7	19.3	18.5	2.6	0.1
Milk Chocolate Honeycomb Crunch Bar	YES	NO	C	NO	NO	NO	Yes	NO	Yes	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		2228	533	31.5	19.0	55.2	54.3	7.4	0.2	**30**	668	159	9.4	5.7	16.5	16.2	2.2	0.1
Milk Chocolate Toffee Delight Bar	YES	NO	C	NO	NO	NO	Yes	NO	Yes	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		2097	500	25.0	12.5	65.7	62.6	6.3	0.2	**35**	733	175	8.8	4.4	22.9	21.9	2.2	0.1
Costa All Butter Belgian Chocolate Cookie	YES	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		2431	585	37.0	8.1	40.0	14.0	14.0	0.9	**40**	825	197	15.0	3.2	16.0	5.4	5.6	0.4
Marshmallow Crispie Bites	NO	NO	C	NO	YES	NO	YES	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1997	476	22.0	12.0	63.7	38.0	5.6	0.5	**90**	1797	429	20.0	10.8	57.0	34.0	5.0	0.4
Chocolate Coconut Bites	YES	NO	C	NO	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1950	465	29.0	23.0	45.0	40.0	7.4	0.4	**110**	2145	510	32.0	26.0	50.0	44.0	8.1	0.4
Caramel Waffles	YES	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		1803	429	16.0	9.0	67.0	38.0	3.5	0.6	**39.0**	703	167	6.2	3.5	26.1	14.8	1.4	0.2
Chocolate Chip Panatonne	YES	NO	YES	NO	YES	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1705	407	19.4	11.7	49.1	20.9	8.0	0.4	100.0	1705	407	19.4	11.7	49.1	20.9	8.0	0.4
Fruited Panatonne	YES	NO	YES	NO	NO	NO	C	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1583	377	13.0	7.6	56.0	26.0	7.7	0.5	100.0	1583	377	13.0	7.6	56.0	26.0	7.7	0.5
All Butter Mini Scottish Shortbreads	YES	NO	YES	NO	C	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		2204	527	29.8	18.2	60.9	18.8	3.4	0.3	**9.0**	198	47	2.7	1.6	5.5	1.7	0.3	0.0
Cocoa Snackwafer	YES	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	Hazelnut	2074	495	23.9	20.8	63.0	24.9	5.7	0.4	**45.0**	933	223	11.0	9.4	28.0	11.0	2.6	0.2
Fruit & Oat Biscuits	YES	NO	YES	NO	NO	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1989	475	19.9	6.8	65.5	27.2	5.5	0.8	**48.0**	955	228	9.6	3.3	31.0	13.0	2.6	0.4
Gluten Free Belgian Chocolate Brownie	YES	NO	NO	NO	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	Almond	2145	515	34.7	18.3	41.6	36.6	7.8	0.4	**60.0**	1287	309	21.0	11.0	25.0	22.0	4.7	0.3
Gluten Free Raspberry & Coconut Slice*	YES	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1933	463	24.5	12.5	54.5	33.1	3.8	0.2	**62.0**	1198	287	15.0	7.8	34.0	21.0	2.4	0.1
Gluten Free Vegan Fruity Flapjack*	YES	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	C		1817	433	16.7	5.9	62.5	34.4	5.6	0.2	**58.0**	1054	251	9.7	3.4	36.2	20.0	3.3	0.1
Icecream Cone gingerbread	YES	NO	YES	NO	NO	NO	C	YES	C	NO	NO	NO	NO	C	NO	NO	NO	NO	C		1778	421	9.8	3.4	77.5	63.9	5.3	0.4	**53.0**	945	224	5.2	1.8	41.0	33.9	2.8	0.2
Italian Biscotti	YES	NO	YES	NO	NO	NO	C	YES	YES	NO	NO	NO	NO	C	NO	NO	NO	NO	YES	Almonds	1920	457	14.7	3.1	67.8	29.9	11.4	0.3	**34.0**	653	155	5.0	1.1	23.1	10.2	3.9	0.1
Milk Chocolate Raisins	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	C	NO	NO	C	NO	C		1923	459	20.9	12.5	60.8	58.3	5.4	0.1	**35.0**	673	161	7.3	4.4	21.0	20.0	1.9	0.0
Mini Bakewell Tarts (Gluten Free)	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	Almonds	2039	487	24.2	7.9	63.8	39.9	2.5	0.2	**56.0**	1142	273	14.0	4.4	36.0	22.0	1.4	0.1
Mini Muffins	YES	NO	YES	C	C	C	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1677	401	19.6	3.0	49.3	27.8	5.8	0.4	**19.0**	319	76	3.7	0.6	9.4	5.3	1.1	0.1
Natural Mixed Nuts	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	NO	NO	C	NO	YES	Almond, hazelnut, walnut, cashew	2575	623	53.9	5.5	8.9	3.6	21.1	0.0	**30.0**	772	187	16.0	1.6	2.7	1.1	6.3	0.0
Stem Ginger Biscuits	YES	NO	YES	NO	NO	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		2047	488	20.5	6.6	68.0	27.9	5.4	0.5	**48.0**	983	234	9.8	3.2	33.0	13.0	2.6	0.2
Sweet and salty popcorn	YES	YES	NO	NO	NO	NO	NO	NO	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		1929	456	18.4	1.5	61.0	29.1	5.7	2.0	**30.0**	579	137	5.5	0.5	18.3	8.7	1.7	0.6
Vanilla Snackwafer	YES	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		2136	510	26.0	23.0	63.2	24.4	5.3	0.4	**45.0**	961	230	12.0	10.0	28.0	11.0	2.4	0.2
Vegan sugar Free Cola Bottles	YES	YES	C	C	C	C	C	NO	C	NO	NO	NO	NO	C	C	C	C	NO	C		909	217	0.3	0.3	81.0	0.0	0.0	0.1	**40.0**	364	87	0.1	0.1	32.4	0.0	0.0	0.0
Vegan Sugar Free Gummy Bears	YES	YES	C	C	C	C	C	NO	C	NO	NO	NO	NO	C	C	C	C	NO	C		909	217	0.3	0.3	81.0	0.0	0.0	0.1	**40.0**	364	87	0.1	0.1	32.4	0.0	0.0	0.0
Walking Gingerbread	YES	NO	YES	NO	NO	NO	C	YES	C	NO	NO	NO	NO	C	NO	NO	NO	NO	C		1734	410	8.2	3.0	77.5	43.5	6.7	0.24	**43.0**	746	176	3.5	1.3	33.3	18.7	2.9	0.1

*The oats in this product have been carefully produced to make sure they are free from cross contamination by other gluten containing grains. Most people with coeliac disease can tolerate pure oats. However, as they contain a protein called avenin, which is similar to gluten, you should add them to your diet slowly, especially if newly diagnosed

Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present														Nutrition Per 100g/ml									Nutrition Per Portion							
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	Soya Products	Egg Products	Milk Products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)	Energy - kJ per 100g	Energy - kCal per 100g	Fat per 100g	Sats per 100g	Carb per 100g	Sugar per 100g	Protein per 100g	Salt per 100g	Portion Weight (g)	Energy - kJ per portion	Energy - kCal per portion	Fat per portion	Sats per portion	Carb per portion	Sugar per portion	Protein per portion	Salt per portion
Cold Sandwiches																																					
Chicken and Bacon Sandwich	NO	NO	YES	NO	YES	NO	YES	YES	NO	NO	NO	NO	NO	C	NO	YES	C	NO	C		1373	328	19.3	2.8	22.9	2.7	15	1.2	**180**	2471	590	34.7	5	41.2	4.9	27	2.2
Chicken Salad Sandwich	NO	NO	YES	NO	YES	NO	YES	YES	NO	NO	NO	NO	NO	C	NO	YES	C	NO	C		699	167	3.6	0.6	21.1	2.3	11.5	0.7	**189**	1321	316	6.8	1.1	39.9	4.3	21.7	1.3
Free Range Egg Mayo Sandwich	YES	NO	YES	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	C	NO	YES	C	NO	C		1114	266	15.4	2.5	21.5	2.4	9.4	0.7	**167**	1860	444	25.7	4.2	35.9	4	15.7	1.2
Tuna & Sweetcorn on White Bread	NO	NO	YES	NO	NO	NO	YES	YES	N	YES	N	N	N	C	N	YES	C	N	C		1113	266	14.5	1.3	22.4	2.9	11	1.2	**176**	1956	486	24.4	2.3	2.3	5.1	20.2	2.3
Low Fat Chicken Flat Bread with Chilli Jam Mayo	NO	NO	YES	YES	YES	NO	NO	YES	NO	NO	NO	NO	NO	C	NO	YES	C	NO	C		711	170	2.8	0.9	24.7	8.2	10.8	0.6	**165**	1173	280	4.6	1.5	40.8	13.6	17.9	1
Chicken and Bacon Caesar Wrap	NO	NO	YES	NO	NO	NO	NO	YES	YES	YES	NO	NO	NO	C	YES	YES	C	NO	C		1085	260	12.9	3.1	24.4	4.1	11.5	1.1	**220**	2400	574	28.6	7	53.9	9.2	25.4	2.5
Soups, Paninis, Toasties, Hot Wraps and Toasted Products																																					
Tomato & Basil Soup (Gluten Free)	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO		210	51	3.2	1.7	5.0	3.8	1.0	0.6	**330**	693	168	11.0	5.6	17.0	13.0	3.3	1.9
Chicken & Vegetable Soup (Gluten Free)	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO		171	41	1.0	0.4	6.2	1.8	2.4	0.6	**330**	561	135	3.3	1.3	21.0	5.9	7.9	1.9
Ham & Cheese Panini	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	C	NO	NO	C	NO	C		1665	247	6.5	3.2	21.2	2.2	14.8	1.4	**171**	1035	398	10.5	5.2	50.2	3.5	23.9	2.2
Mozzarella, Tomato & Basil Panini	YES	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	C	NO	NO	C	NO	C		1069	256	9.1	3.9	31.5	3.5	11.5	1.2	**175**	1871	447	15.9	6.9	55.2	0.2	20.1	2.2
Ham & Cheese Toastie	NO	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	C	NO	NO	C	NO	C		892	213	6.1	3.1	28.3	3.4	10.9	1.3	**165**	1472	351	10.1	5.1	46.7	5.6	18	2.1
Cheese & Tomato Toastie	YES	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	C	NO	NO	C	NO	C		1089	260	11.8	5.8	28.1	4.6	10.9	1.1	**165**	1797	429	19.5	9.6	46.4	7.6	18	1.8
Chicken & Bacon Toastie	NO	NO	YES	NO	NO	NO	YES	YES	YES	NO	NO	NO	NO	C	NO	YES	C	NO	C		931	221	7.6	3.9	25.1	3.5	12.5	0.9	**206**	1918	455	15.7	8	51.7	7.2	25.8	1.9
Honey Roast Ham & Mature Cheddar Toastie	NO	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	C	NO	YES	C	NO	C		979	234	9.8	5.3	25.2	3.1	11.6	1.2	**182**	1782	426	17.8	9.6	45.9	5.6	21.1	2.2
Chipotle Chicken Toasite	NO	NO	YES	NO	YES	NO	YES	NO	YES	NO	NO	NO	YES	C	NO	YES	C	NO	C		931	221	7.6	3.9	25.1	3.5	12.5	0.9	**209**	1946	462	15.9	8.2	52.5	7.3	26.1	1.9
Chicken Fajita Hot Wrap	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	YES	C	NO	YES	C	NO	C		901	215	7.8	3.8	22.9	2.9	13.2	0.8	**220**	1982	473	17.2	8.4	50.4	6.4	29	1.8
Chicken & Chorizo Flat Bread	NO	NO	YES	YES	YES	NO	NO	YES	NO	NO	NO	NO	NO	C	NO	YES	C	NO	C		711	170	2.8	0.9	24.7	8.2	10.8	0.6	**165**	1173	280	4.6	1.5	40.8	13.6	17.9	1
Breakfast																																					
Fruit Tea Cake (Without Butter)	YES	NO	YES	NO	NO	NO	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1258	297	5.2	1.8	53.6	23.8	7.8	0.5	105.0	1320	311	5.5	1.9	56.0	25.0	8.2	0.5
Brown Seeded Toast- 2 slices (without butter)	YES	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	C	NO	NO	NO	NO	C		1057	252	3.7	0.9	42.6	1.1	11.9	0.9	**100**	1057	252	3.7	0.9	42.6	1.1	11.9	0.9
Greek Style Yoghurt/Granola/Berry Compote	YES	NO	YES	YES	YES	YES	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	Hazlenut	673	160	7.4	3.5	19.1	12.1	4.3	0.2	**195**	1312	312	14.4	6.8	37.2	23.6	8.4	0.4
Fresh Wholegrain Porridge (Gluten Free)	YES	NO	N	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		355	84	2.8	1.4	11.7	3.1	3.5	0.6	**300**	1066	253	8.5	4.2	35.0	9.3	10.5	1.8
Bacon Roll	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	C	NO	NO	C	NO	C		1328	317	13.2	4.1	32.9	3.3	16.2	1.5	**120**	1594	381	15.9	4.9	39.5	3.9	19.4	1.9
Breakfast Sausage Sour dough Roll	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	YES	C	NO	NO	C	NO	C		1237	296	14.6	5	30.7	2.1	10.5	1.3	**148**	1831	438	21.6	7.4	45.4	3.1	15.5	1.9
Ham & Emmenthal Croissant	NO	NO	YES	NO	NO	NO	NO	YES	YES	NO	NO	NO	NO	C	NO	NO	C	NO	C		1658	396	25.7	15.9	27.3	5.3	13.6	1	**100**	1658	396	25.7	15.9	27.3	5.3	13.6	1
Pastries																																					
Chocolate Twist	YES	NO	YES	NO	NO	NO	YES	YES	YES	NO	NO	NO	NO	C	NO	NO	NO	NO	C		1260	300	12.4	7.6	41.8	18.2	4.8	0.5	**120**	1512	360	14.9	9.1	50.2	21.8	5.8	0.6
Pain au Raisin	YES	NO	YES	NO	NO	NO	C	YES	YES	NO	NO	NO	NO	C	NO	NO	NO	NO	C		1195	285	10.4	6.6	42.7	17.2	5	0.6	**105**	1255	299	10.9	6.9	44.8	18.1	5.3	0.6
Croissant	YES	NO	YES	NO	NO	NO	C	YES	YES	NO	NO	NO	NO	C	NO	NO	NO	NO	C		1505	360	19.8	12.6	38	6.1	7.8	0.9	**80**	1204	288	15.8	10.1	30.4	4.9	6.2	0.8

Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present														Nutrition Per 100g/ml									Nutrition Per Portion							
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	Soya Products	Egg Products	Milk Products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)	Energy - kJ per 100g	Energy - kCal per 100g	Fat per 100g	Sats per 100g	Carb per 100g	Sugar per 100g	Protein per 100g	Salt per 100g	Portion Weight (g)	Energy - kJ per portion	Energy - kCal per portion	Fat per portion	Sats per portion	Carb per portion	Sugar per portion	Protein per portion	Salt per portion
Food Extras																																					
Salt Sachets	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		0	0	0.0	0.0	0.0	0.0	0.0	100.0	0.8	0	0	0.0	0.0	0.0	0.0	0.0	0.9
Black Pepper Sachets	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		1603	381	3.3	0.0	64.0	0.0	10.9	0.1	0.2	2	1	0.0	0.0	0.1	0.0	0.0	0.0
Nutella Portion	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	Hazlenut	2278	546	31.6	11.0	57.6	56.8	6.0	0.1	15.0	339	81	4.7	1.7	8.6	8.5	0.9	0.0
Salted Butter Portion	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		3036	738	81.4	52.3	0.8	0.8	0.6	1.9	6.5	197	48	5.3	3.4	0.1	0.1	0.0	0.1
Hp Brown Sauce Sachet	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		495	117	0.1	0.0	28.0	23.0	0.9	1.3	10.0	49	12	0.0	0.0	2.8	2.3	0.1	0.1
Tomato Ketchup Sachet	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO		424	100	0.1	0.0	23.2	22.8	1.2	1.8	7.0	30	7	0	0	1.6	0.4	0.1	0.1
Tiptree Honey Portion	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		1229	228	0.0	0.0	76.4	76.4	0.4	0.0	28.0	344	64	0.0	0.0	21.4	21.4	0.1	0.0
Lyles Maple Syrup Sachets	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		1326	312	0.0	0.0	77.5	77.5	0.5	0.8	20.0	265	62	0.0	0.0	15.5	15.5	0.1	0.2
Peanut Butter	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	C	Peanut	2528	610	48.8	9.6	14.7	7.0	24.4	1.3	15.0	379	92	7.3	1.4	2.2	1.1	3.7	0.2
Salted Butter Portion	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		3036	738	81.4	52.3	0.8	0.8	0.6	1.9	6	192	47	5.2	3.3	0.1	0.1	0.0	0.1
Lifestyle Sptead	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		2198	535	59.0	17.0	0.6	0.6	0.4	1.3	10	220	54	5.9	1.7	0.1	0.1	0.0	0.1
Bonne Maman Strawberry Conserve	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		1107	261	0.1	0	64	64	0.4	0	15	166	39	0.0	0	9.6	9.6	0.1	0
Lyles Maple Syrup Sachets	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		1326	312	0.0	0.0	77.5	77.5	0.5	0.8	20.0	265	62	0.0	0.0	15.5	15.5	0.1	0.2