



# BAKERY INFORMATION BEL



## **5201013 Tiger Baton**

### **Ingredients**

**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Rapeseed, Palm), Table Salt, Yeast, Flour Treatment Agents: Ascorbic Acid, L-cysteine; **Wheat** Flour, Malted **Wheat** Flour, Dextrose.

### **Nutritional Information**

Typical Values per 100g

Energy	267kcal/1129kJ
Fat	1.5g
Of which saturates	0.3g
Carbohydrate	53.9g
Of which sugars	3.1g
Fibre	2.1g
Protein	8.3g
Salt	0.88g

### **Allergens**

For allergens, including **Cereals containing Gluten**, see ingredients in **bold**. May also contain **Egg, Milk, Barley, Oat, Rye, Spelt** and **Kamut**.

### **Useful Information**

Suitable for vegetarians.

**5300877 Low GI Multiseed Cob****Ingredients**

**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin); Water; Sunflower Seeds (8%); Linseed (4%); **Wheat** Gluten; **Oat** Grits; **Wheat** Bran; Pumpkin Seeds (2%); **Rye** Flour; Yeasts; **Oats**; Dried **Wheat** Sourdough; Sourdough Powder (Pregelatinised **Wheat** Flour, Lactic Acid); Sugar; Salt; Burnt Sugar; Caramelised Sugar; Corn Grits; Full Fat **Soya** Flour; Dried **Rye** Sourdough; Malt **Barley** Flour; Flour Treatment Agents (Calcium Sulphate, Ascorbic Acid); Emulsifiers (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, **Soya** Lecithin, Sodium Stearoyl-2-lactylate); Whey Powder (**Milk**); Dextrose; Palm Fat; Raising Agent (Disodium Diphosphate) Wholemeal **Rye** Flour.

**Nutritional Information**

Typical Values per 100g

Energy	287kcal/1206kJ
Fat	8.5g
Of which saturates	1.0g
Carbohydrate	36.0g
Of which sugars	3.8g
Fibre	8.0g
Protein	13.2g
Salt	0.90g

**Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of **Sesame**.

**Useful Information**

Suitable for vegetarians.



## **5228362 White Crusty Cob**

### **Ingredients**

**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast, Rice Flour, Rapeseed Oil, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid.

### **Nutritional Information**

Typical Values per 100g

Energy	242kcal/1026kJ
Fat	1.3g
Of which saturates	0.3g
Carbohydrate	48g
Of which sugars	2.1g
Fibre	2.2g
Protein	8.9g
Salt	0.79g

### **Allergens**

For allergens, including **Cereals containing Gluten**, see ingredients in **bold**. May also contain **Egg, Milk, Soya** and **other Cereals containing Gluten**.

### **Useful Information**

Suitable for vegetarians.



## **146327 Crusty Wheat and Rye Bloomer**

### **Ingredients**

**Wheat** Flour; Water; Sourdough (**Rye** Flour, Water); **Rye** Flour; Salt; Yeast.

### **Nutritional Information**

Typical Values per 100g

Energy	235kcal/994kJ
Fat	1.4g
Of which saturates	0.4g
Carbohydrate	44.9g
Of which sugars	1.5g
Fibre	5.2g
Protein	8.1g
Salt	0.97g

### **Allergens**

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Egg, Lupin, Milk, Nuts, Mustard, Sesame, Soya** and **other Cereals containing Gluten**.

### **Useful Information**

Suitable for vegetarians and vegans.



## 5230481 White Sourdough Bloomer

### Ingredients

**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rice Flour, Salt, Rapeseed Oil.

### Nutritional Information

Typical Values per 100g

Energy	235kcal/999kJ
Fat	0.8g
Of which saturates	0.2g
Carbohydrate	48.2g
Of which sugars	1.2g
Fibre	2.2g
Protein	7.9g
Salt	0.77g

### Allergens

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain traces of **Egg, Milk, Soya, Rye, Barley, Oat, Spelt** and **Kamut**

### Useful Information

Suitable for vegetarians.



### 6610963 Seeded Sourdough Bloomer

#### Ingredients

51.5% **Wheat** Flour, Water, **Wheat** Sourdough, 5.5% Sunflower Seeds, 3.5% Linseeds, **Wheat** Gluten, 1.2% **Oat** Flakes, **Rye** Flour, Fermented **Rye** Flour, Honey, Salt, Rice Flour, 0.6% **Sesame** Seeds, **Barley** Malt, Malted **Wheat** Flour, **Wheat** Fibre, Sugar.

#### Nutritional Information

Typical Values per 100g

Energy	268kcal/1130kJ
Fat	6.1g
Of which saturates	0.6g
Carbohydrate	40g
Of which sugars	1.5g
Fibre	4.6g
Protein	11g
Salt	1g

#### Allergens

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Lupin, Milk, Nuts** and **Soya**.

#### Useful Information

Suitable for vegetarians.



## 6622 Tiger Loaf

### Ingredients

**Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, Yeast, Rapeseed Oil, Salt, **Wheat** Flour, Rice Flour, Dextrose, Flour Treatment Agents (Ascorbic Acid, L-Cysteine), Emulsifiers (Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Wholemeal **Wheat** Flour, Palm Oil, Preservatives (Acetic Acid, Calcium Propionate), Acidity Regulator (Sodium Hydroxide).

### Nutritional Information

Typical Values per 100g

Energy	258kcal/1093kJ
Fat	3.2g
Of which saturates	0.6g
Carbohydrate	47.9g
Of which sugars	2.2g
Fibre	1.6g
Protein	8.7g
Salt	0.83g

### Allergens

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Sesame, Milk, Soya, Egg, Rye, Barley, Oat, Spelt and Kamut**.

### Useful Information

Suitable for vegetarians.





## 125049 Rosemary and Olive Oil Loaf

### Ingredients

**Wheat** Flour, Water, Sourdough (Water, **Wheat** Flour, **Rye** Flour), Durum **Wheat** Semolina, Salt, Extra Virgin Olive Oil, Yeast, 1% Dried Rosemary, **Barley** Malt Extract, Salt, Yeast, Wholemeal **Rye** Flour, Dextrose, Thickener: Guar Gum.

### Nutritional Information

Typical Values per 100g

Energy	251kcal/1061kJ
Fat	2.3g
Of which saturates	0.5g
Carbohydrate	46.9g
Of which sugars	3.9g
Fibre	3.8g
Protein	8.8g
Salt	0.95g

### Allergens

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Egg, Milk, Mustard, Nuts, Sesame, Lupin** and **Soya and other Cereals containing Gluten**.

### Useful Information

Suitable for vegetarians and vegans.

**162996 Walnut & Hazelnut Rye Loaf****Ingredients**

**Rye** Flour, Water, **Wheat** Flour, 7% **Hazelnuts**, 7% Broken **Walnuts**, Yeast, Potato Flakes, Dried **Rye** Sourdough (**Rye** Flour, Starter Cultures), **Wheat** Gluten, Emulsifier: Mono- and Diglycerides Of Fatty Acids; Pregelatinised **Rye** Flour, Salt, Malt Extract (**Barley**, Water), Roasted **Wheat** Malt Flour, Acids: Lactic Acid, Acetic Acid; Flour Treatment Agent: Ascorbic Acid; Enzymes.

**Nutritional Information**

Typical Values per 100g

Energy	317kcal/1332kJ
Fat	10.7g
Of which saturates	1.1g
Carbohydrate	44.2g
Of which sugars	1.6g
Fibre	5.5g
Protein	8.3g
Salt	1.23g

**Allergens**

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Egg, Milk, Mustard, other Nuts, Sesame, Soya** and **other Cereals containing Gluten**.

**Useful Information**

Suitable for vegetarians and vegans.



## **92781 Petit Pain**

### **Ingredients**

**Wheat** Flour; Water; Yeast; Salt.

### **Nutritional Information**

Typical Values per 100g

Energy	250kcal/1060kJ
Fat	1.0g
Of which saturates	0.3g
Carbohydrate	50.0g
Of which sugars	3.2g
Fibre	2.9g
Protein	8.8g
Salt	1.00g

### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of **Sesame**.

### **Useful Information**

Suitable for vegans and vegetarians.



## 7003 White Crusty Roll

### Ingredients

**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Thiamin, Niacin, Iron); Water; Yeast; Salt; Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids); Flour Treatment Agent (Ascorbic Acid).

### Nutritional Information

Typical Values per 100g

Energy	255kcal/1079kJ
Fat	2.2g
Of which saturates	0.4g
Carbohydrate	48g
Of which sugars	2.9g
Fibre	2.7g
Protein	9.4g
Salt	1g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of **Egg**, **Milk** and **Soya**.

### Useful Information

Suitable for vegans and vegetarians.



### **5302766 Stone Baked White Roll**

#### **Ingredients**

**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin), Water, Rice Flour, Salt, Yeast, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid.

#### **Nutritional Information**

Typical Values per 100g

Energy	245kcal/1084kJ
Fat	1.3g
Of which saturates	0.3g
Carbohydrate	51.5g
Of which sugars	3.8g
Fibre	2.3g
Protein	8.5g
Salt	0.70g

#### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of **Egg, Milk, Sesame, Soya and other Cereals containing Gluten**.

#### **Useful Information**

Suitable for vegetarians.



### **5303551 Ancient Grain Roll**

#### **Ingredients**

Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin); Water; Sunflower Seeds; Ancient Grain Topping (Quinoa, Buckwheat, **Spelt**, Brown Linseed, Chia Seeds, Millet) 5%; **Wheat** Gluten; Brown Linseed, **Wheat** Bran; Yeast; Pinhead **Oats**; Wholegrain **Rye** Flour; Pumpkin Seeds, Sugar; Whey Powder (**Milk**); Salt; Rapeseed Oil; Dextrose; Malted **Barley** Flour; **Wheat** Fibre; Malted **Wheat** Flour; Palm Oil; Flour Treatment Agent (Ascorbic Acid).

#### **Nutritional Information**

Typical Values per 100g

Energy	289kcal/1212kJ
Fat	8.6g
Of which saturates	1.1g
Carbohydrate	33.4g
Of which sugars	2.7g
Fibre	18.2g
Protein	15.3g
Salt	0.79g

#### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients.

#### **Useful Information**

Suitable for vegetarians.

**5302428 Low GI Roll****Ingredients**

Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin); Water; Sunflower Seeds; **Wheat** Gluten; Brown Linseeds; **Wheat** Bran; Pinhead **Oats**; Yeast; **Rye** Flour; Pumpkin Seeds; Sugar; Salt; Whey Powder (**Milk**); Burnt Sugar; Vegetable Oils (Rapeseed Oil, Palm Oil); Dextrose; **Wheat** Fibre; Malted **Wheat** Flour; Flour Treatment Agent (Ascorbic Acid).

**Nutritional Information**

Typical Values per 100g

Energy	295kcal/1240kJ
Fat	8.5g
Of which saturates	1.1g
Carbohydrate	44.9g
Of which sugars	4.2g
Fibre	8.4g
Protein	14.0g
Salt	0.78g

**Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients.

**Useful Information**

Suitable for vegetarians.

**72938 Cheese Pretzel Roll****Ingredients**

66% **Wheat** Flour, Water, 11% Grated Cheese (**Milk**), Rapeseed Oil, Yeast, Salt, Stabiliser: Guar Gum; Dextrose, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Malted **Wheat** Flour, Acidity Regulator: Sodium Hydroxide.

**Nutritional Information**

Typical Values per 100g

Energy	269kcal/1142kJ
Fat	4.3g
Of which saturates	1.5g
Carbohydrate	45.7g
Of which sugars	3.2g
Fibre	3.1g
Protein	10.4g
Salt	1.42g

**Allergens**

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Sesame, Nuts, Egg, Lupins and Soya**.

**Useful Information**

Suitable for vegetarians.



**145636 Pretzel****Ingredients**

76% **Wheat** Flour, Water, Yeast, Rapeseed Oil, Salt, Stabiliser: Guar Gum; Dextrose, Emulsifier: Mono and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; **Wheat** Malt Flour, Acidity Regulator: Sodium Hydroxide.

**Nutritional Information**

Typical Values per 100g

Energy	283kcal/1198kJ
Fat	3.2g
Of which saturates	0.4g
Carbohydrate	51.9g
Of which sugars	3.2g
Fibre	3.9g
Protein	9.8g
Salt	1.66g

**Allergens**

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Egg, Lupins, Milk, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten**.

**Useful Information**

Suitable for vegetarians.



## 112388 Kaiser Poppy Seeded Roll

### Ingredients

70% **Wheat** Flour, Water, 3% Blue Poppy Seeds, Yeast, Salt, Rapeseed Oil, Stabiliser: Guar Gum; Dextrose, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; **Wheat** Malt Flour.

### Nutritional Information

Typical Values per 100g

Energy	279kcal/1164kJ
Fat	3.4g
Of which saturates	0.6g
Carbohydrate	49.3g
Of which sugars	2.9g
Fibre	3.8g
Protein	9.9g
Salt	0.98g

### Allergens

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Egg, Lupins, Milk, Nuts, Sesame** and **Soya**.

### Useful Information

Suitable for vegetarians.

**5308972 - 4 Ancient Grain Rolls****Ingredients**

**Wheat** Flour (**Wheat** Flour, **Wheat** Gluten, Calcium Carbonate, Iron, Niacin, Thiamin), Water, 14% Mixed Seeds and Grains (Sunflower Seeds, Brown Linseeds, **Oats**, Quinoa, Pumpkin Seeds, **Spelt** Flakes, Chia Seeds [Salvia hispanica], Buckwheat, Millet), **Wheat** Bran, **Wheat** Gluten, Yeast, Wholegrain **Rye** Flour, Sugar, Whey Powder (**Milk**), Salt, Rapeseed Oil, Dextrose, Malted **Barley** Flour, **Wheat** Fibre, Malted **Wheat** Flour, Palm Oil, Flour Treatment Agent: Ascorbic Acid.

**Nutritional Information**

Typical Values per 100g

Energy	260kcal/1090kJ
Fat	4.8g
Of which saturates	0.6g
Carbohydrate	38g
Of which sugars	2.3g
Fibre	7.3g
Protein	12.2g
Salt	0.89g

**Allergens**

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **other Cereals containing Gluten**.

**Useful Information**

Suitable for vegetarians.

**5308973 - 4 White Rustic Rolls****Ingredients**

**Wheat** Flour (**Wheat** Flour, **Wheat** Gluten, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rice Cones, Deactivated **Rye** Sourdough, Yeast, Fermented **Rye** Flour, Salt, **Wheat** Gluten, Malt **Wheat** Flour, **Wheat** Semolina, **Wheat** Flour, Flour Treatment Agent: Ascorbic Acid.

**Nutritional Information**

Typical Values per 100g

Energy	246kcal/1030kJ
Fat	0.5g
Of which saturates	0.1g
Carbohydrate	48.5g
Of which sugars	2g
Fibre	4.9g
Protein	8.7g
Salt	0.55g

**Allergens**

For allergens, see including Cereals containing Gluten, see ingredients in **bold**. May also contain **Milk** and **other Cereals containing Gluten**.

**Useful Information**

Suitable for vegetarians.

**5230356 Everything Bagel****Ingredients**

**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, 2% Mixed Seeds (Poppy Seeds, **Sesame** Seeds), Toasted Dehydrated Onions, Sugar, Maize, Yeast, Rapeseed Oil, Salt, Garlic Puree (Garlic, Brown Sugar, Sunflower Oil), Malted **Barley** Flour, Flour Treatment Agent: Ascorbic Acid.

**Nutritional Information**

Typical Values per 100g

Energy	268kcal/1121kJ
Fat	3.3g
Of which saturates	0.5g
Carbohydrate	48.9g
Of which sugars	7.9g
Fibre	3.2g
Protein	10g
Salt	0.6g

**Allergens**

For allergens, see including Cereals containing Gluten, see ingredients in **bold**.

**Useful Information**

Suitable for vegetarians and vegans.

**159004 Cheese Topped Roll****Ingredients**

**Wheat** Flour, 22.5% Full Fat Semi-hard Gouda Cheese (Gouda Cheese (**Milk**), Colour: Carotenes), Water, Salt, Invert Sugar Syrup, Yeast, Malted **Wheat** Flour, Thickener: Guar Gum; Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids.

**Nutritional Information**

Typical Values per 100g

Energy	287kcal/1211kJ
Fat	6.1g
Of which saturates	4.3g
Carbohydrate	44g
Of which sugars	3.2g
Fibre	4.4g
Protein	11.9g
Salt	1g

**Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of **Egg, Mustard, Nuts, Sesame** and **Soya**.

**Useful Information**

Suitable for vegetarians.



## **1950 Italian Style Panini Roll**

### **Ingredients**

Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin); Water; Vegetable Oils (Palm Oil, Rapeseed Oil); Sugar; Skimmed **Milk** Powder; Salt; Yeast; Extra Virgin Olive Oil; Emulsifier (Mono- and Diglycerides of Fatty Acids); Malted **Wheat** Flour; Flour Treatment Agent (Ascorbic Acid).

### **Nutritional Information**

Typical Values per 100g

Energy	273kcal/1154kJ
Fat	4.8g
Of which saturates	1.5g
Carbohydrate	46.9g
Of which sugars	3.3g
Fibre	2.6g
Protein	9.3g
Salt	0.82g

### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients.

### **Useful Information**

Suitable for vegetarians.



## **6742 Large French Baguette**

### **Ingredients**

**Wheat** Flour; Water; Salt; **Wheat** Gluten, Yeast; Flour Treatment Agent (Ascorbic Acid).

### **Nutritional Information**

Typical Values per 100g

Energy	250kcal/1040kJ
Fat	0.1g
Of which saturates	0.1g
Carbohydrate	56.0g
Of which sugars	2.4g
Fibre	3.63g
Protein	7.7g
Salt	1.0g

### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May also contain **Egg, Milk, Mustard, Nuts, Sesame, Soya** and **other Cereals containing Gluten**.

### **Useful Information**

Suitable for vegetarians.





## **5201750 Demi Baguette**

### **Ingredients**

**Wheat** Flour, Water, Salt, **Wheat** Gluten, Yeast, Dextrose, **Wheat** Malt Flour, Flour  
Treatment Agent: Ascorbic Acid.

### **Nutritional Information**

Typical Values per 100g

Energy	279kcal/1182kJ
Fat	0.5g
Of which saturates	0.1g
Carbohydrate	57.2g
Of which sugars	3.0g
Fibre	5.3g
Protein	8.9g
Salt	0.98g

### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May also contain traces of **Egg, Milk, Mustard, Nuts, Sesame, Soya** and **other Cereals containing Gluten**.

### **Useful Information**

Suitable for vegetarians.



## **5307873 White Artisan Baguette**

### **Ingredients**

**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin); Water; Fermented **Wheat** Flour; Yeast; Fermented Durum **Wheat** Flour; Salt; **Wheat** Flour; **Wheat** Gluten; Semolina (**Wheat**); Flour Treatment Agent (Ascorbic Acid).

### **Nutritional Information**

Typical Values per 100g

Energy	244kcal/1020kJ
Fat	0.6g
Of which saturates	0.1g
Carbohydrate	46.8g
Of which sugars	2.8g
Fibre	3.4g
Protein	10.3g
Salt	0.66g

### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May also contain traces of **Milk**.

### **Useful Information**

Suitable for vegetarians.

**165173 Seeded Baguette****Ingredients**

63% **Wheat** Flour, 21% Water, 6.9% Mixed Seeds (Millet, Linseed, Poppy Seed, **Sesame** Seeds, Sunflower Seeds), 1.9% **Wheat** Gluten, 1.4% **Rye** Flour, 1.4% Salt, Yeast, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; **Wheat** Malt Flour, Yeast, Flour Treatment Agent: Ascorbic Acid.

**Nutritional Information**

Typical Values per 100g

Energy	302kcal/1264kJ
Fat	2.9g
Of which saturates	0.4g
Carbohydrate	55.7g
Of which sugars	2.7g
Fibre	3.5g
Protein	10.7g
Salt	1.37g

**Allergens**

For allergens, including Cereals containing gluten, see ingredients in **bold**. May also contain **Nuts** and **Soya**.

**Useful Information**

Suitable for vegetarians.



## 144723 Rustic Baguette

### Ingredients

70% **Wheat** Flour, 31% Water, 1.5% Salt, 1% Yeast, **Wheat** Malt Flour, **Barley** Malt Extract, **Wheat** Gluten, Yeast, Flour Treatment Agent: Ascorbic Acid.

### Nutritional Information

Typical Values per 100g

Energy	263kcal/1102kJ
Fat	1.2g
Of which saturates	0.3g
Carbohydrate	52.9g
Of which sugars	2.8g
Fibre	2.8g
Protein	8.0g
Salt	1.56g

### Allergens

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Milk**, **Sesame** and **Soya**.

### Useful Information

Suitable for vegetarians.



## **61022 Olive Stick**

### **Ingredients**

**Wheat** Flour, 26% Green Olives, Water, 1.2% Olive Oil, Yeast, Salt, Malted **Wheat** Flour.

### **Nutritional Information**

Typical Values per 100g

Energy	309kcal/1300kJ
Fat	9.0g
Of which saturates	1.4g
Carbohydrate	47.8g
Of which sugars	2.4g
Fibre	2.0g
Protein	8.0g
Salt	2.56g

### **Allergens**

For allergens, including Cereals containing Gluten, see ingredients for **bold**. May also contain **Egg, Milk, Mustard, Nuts, Sesame** and **Soya**.

### **Useful Information**

Suitable for vegetarians and vegans.



## 51100 Pretzel Roll

### Ingredients

72% **Wheat** Flour, Water, Rapeseed Oil, Hefe, Salt, Stabiliser: Guar Gum; Dextrose, Emulsifier: Mono and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Malted **Wheat** Flour, Acidity Regulator: Sodium Hydroxide.

### Nutritional Information

Typical Values per 100g

Energy	267kcal/1127kJ
Fat	4.2g
Of which saturates	0.5g
Carbohydrate	46.5g
Of which sugars	3.1g
Fibre	4.0g
Protein	8.8g
Salt	1.45g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of **Egg, Lupin, Milk, Mustard, Nuts, Sesame, Soya** and **other Cereals containing Gluten**.

### Useful Information

Suitable for vegetarians and vegans.

**205457 Garlic Pretzel Puff****Ingredients**

**Wheat** Flour, 19% Butter (**Milk**), Water, Whole **Egg**, Lye (Acidity Regulator: Sodium Hydroxide), Sugar, 1.9% Seasoning (Parsley, Salt, Onion, White Pepper, Dextrose, Spice Extracts), Yeast, Iodised Salt (Salt, Potassium Iodate), Dough Improver (**Wheat** Gluten, **Wheat** Flour, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids).

**Nutritional Information**

Typical Values per 100g

Energy	376kcal/1575kJ
Fat	17.6g
Of which saturates	10.9g
Carbohydrate	45.6g
Of which sugars	3.1g
Fibre	2.5g
Protein	7.4g
Salt	1.7g

**Allergens**

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Celery**, **Mustard**, **Sesame** and **Soya**.

**Useful Information**

Suitable for vegetarians.

**210801 Pretzel Puff****Ingredients**

**Wheat** Flour, 20% Butter (**Milk**), Water, Pasteurised Whole **Egg**, Sugar, Yeast, Iodized Salt (Salt, Potassium Iodate), Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Acidity Regulator: Sodium Hydroxide.

**Nutritional Information**

Typical Values per 100g

Energy	441kcal/1845kJ
Fat	20.0g
Of which saturates	13.5g
Carbohydrate	53.2g
Of which sugars	3.8g
Fibre	3.7g
Protein	10.1g
Salt	1.80g

**Allergens**

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Celery**, **Mustard**, **Sesame** and **Soya**.

**Useful Information**

Suitable for vegetarians.





## **121278 All Butter Croissant**

### **Ingredients**

**Wheat** Flour; Butter 24% (**Milk**); Yeast; Sugar; Water; Whole **Milk** Powder; **Wheat** Gluten; Salt; **Milk** Protein; Emulsifier (Mono- and Diglycerides of Fatty Acids); **Wheat** Starch.

### **Nutritional Information**

Typical Values per 100g

Energy	403kcal/1684kJ
Fat	21.1g
Of which saturates	14.8g
Carbohydrate	43.1g
Of which sugars	5.9g
Fibre	2.8g
Protein	8.7g
Salt	0.64g

### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of **Egg, Nuts, Mustard, Soya, Celery, Sesame Seeds, other Cereals containing Gluten and Lupine**.

### **Useful Information**

Suitable for vegetarians.



### **5217353 Chocolate & Hazelnut Croissant**

#### **Ingredients**

**Wheat** Flour Blend (**Wheat** Flour, **Wheat** Gluten, Flour Treatment Agent (Ascorbic Acid), Enzymes); Butter (**Milk**); Water; Yeast; Sugar; Salt; Improver (**Wheat** Gluten, **Wheat** Flour, Flour Treatment Agent (Ascorbic Acid), Enzymes); **Egg**; Chocolate Hazelnut Filling (Sugar, Palm Oil, Hazelnuts (**Nuts**), Reduced Cocoa Powder, Skimmed **Milk** Powder, Almonds (**Nuts**), Emulsifier (**Soya** Lecithin E322), Natural Vanilla Flavouring); Chocolate Topping (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**Soya** Lecithin E322)); **Egg** Wash.

#### **Nutritional Information**

Typical Values per 100g

Energy	401kcal/1677kJ
Fat	20.7g
Of which saturates	10.5g
Carbohydrate	46.2g
Of which sugars	12.7g
Fibre	2.0g
Protein	8.5g
Salt	0.69g

#### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients.

#### **Useful Information**

Suitable for vegetarians.



## **5224306 Almond Croissant**

### **Ingredients**

**Wheat** Flour (**Wheat** Gluten); Water; Palm Fat; Yeast; Sugar; Butter (**Milk**); Coconut Oil; Rapeseed Oil; Salt; Baking Improver (**Wheat** Gluten, **Wheat** Flour, Flour Treatment Agent (Ascorbic Acid)); Emulsifier (Mono- and diglycerides of fatty acids); Acidity Regulator (Citric Acid); Flavouring; **Egg**; 17.8% **Almond** Filling (Sugar, 6.1% **Almonds**, **Egg** White, Inverted Sugar Syrup, Water, **Egg** Yolk, Invertase). Topping: 4.4% **Almond** Flakes.

### **Nutritional Information**

Typical Values per 100g

Energy	393kcal/1641kJ
Fat	21.4g
Of which saturates	9.5g
Carbohydrate	42.3g
Of which sugars	13.1g
Fibre	2.3g
Protein	8.8g
Salt	0.74g

### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of **Other Nuts**.

### **Useful Information**

Suitable for vegetarians.



## **214232 Raspberry Croissant**

### **Ingredients**

41% **Wheat** Flour, 16% Butter (**Milk**), Sugar, Fructose-Glucose Syrup, Water, Yeast, 1.8% Raspberry, 1.8% Raspberry Puree, **Egg**, Salt, 0.72% Concentrated Raspberry Puree, **Wheat** Gluten, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Inactivated Yeast, **Wheat** Malt Flour, Gelling Agents: Pectins, Sodium Alginate; Acids: Citric Acid, Calcium Citrates; Concentrated Black Carrot Juice, Natural Flavouring, Flour Treatment Agent: Ascorbic Acid; Glazing Agent: Shellac; Colours: Curcumin, Carmine.

### **Nutritional Information**

Typical Values per 100g

Energy	377kcal/1582kJ
Fat	15.1g
Of which saturates	9.5g
Carbohydrate	52.3g
Of which sugars	17.5g
Fibre	1.2g
Protein	7.3g
Salt	0.88g

### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain **Soya, Sesame, Mustard, Nuts and other Cereals containing Gluten**.

### **Useful Information**

Not suitable for vegetarians.



## **5902902 Chocolate Brioche Croissant**

### **Ingredients**

**Wheat** Flour, 18% Chocolate Flavour and Hazelnut Filling (Sugar, Vegetable Oils [Rapeseed, Palm], 2.2% Fat Reduced Cocoa Powder\*, 2.2% **Hazelnut** Paste, Emulsifier: Sunflower Lecithins; Palm Fat, Natural Flavouring), Water, Sugar, Margarine (Palm Fat, Vegetable Oils in Varying Proportions [Sunflower, Rapeseed], Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids; Acid: Citric Acid; Preservative: Sorbic Acid; Antioxidants: Fatty Acid Esters of Ascorbic Acid, Tocopherol-Rich Extract; Flavouring, Colour: Carotenes), Sunflower Oil, Yeast, Glucose-Fructose Syrup, Vegetable Fats (Palm Kernel, Palm), Salt, Emulsifiers: Sunflower Lecithins, Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Polyglycerol Polyricinoleate, Sodium Stearoyl-2-Lactylate, Sorbitan Tristearate; Whey Powder (**Milk**), **Wheat** Starch, Dextrose, **Wheat** Gluten, 0.2% Fat Reduced Cocoa Powder\*, Flour Treatment Agent: Ascorbic Acid; Turmeric, Natural Flavouring, Colour: Lutein; Flavourings, Pea Protein, Gelling Agent: Pectins; Preservative: Potassium Sorbate; Acidity Regulator: Citric Acid; Maltodextrin, Apple Juice. \*Rainforest Alliance Certified

### **Nutritional Information**

Typical Values per 100g

Energy	446kcal/1873kJ
Fat	16.7g
Of which saturates	5.4g
Carbohydrate	65.8g
Of which sugars	26.9g
Fibre	2.6g
Protein	6.8g
Salt	0.96g

### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain **Egg, Mustard, other Nuts, Sesame, Soya and other Cereals containing Gluten**.

### **Useful Information**

Not suitable for vegetarians.



### **5221170 All Butter Pain au Chocolat**

#### **Ingredients**

**Wheat** Flour (**Wheat** Gluten; Flour Treatment Agent (Ascorbic Acid E300)); Butter (**Milk**) 21.3%; Water; Yeast; Sugar; Salt; Baking Improver (**Wheat** Gluten, **Wheat** Flour, Flour Treatment Agent (Ascorbic Acid E300)); **Egg**; Filling (Chocolate 12% (min. 44.1% Cocoa Solids) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**Soya** Lecithin E322), **Egg** Wash).

#### **Nutritional Information**

Typical Values per 100g

Energy	408kcal/1700kJ
Fat	23.5g
Of which saturates	14.3g
Carbohydrate	39.3g
Of which sugars	9.3g
Fibre	3.0g
Protein	8.2g
Salt	0.68g

#### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of **Nuts** and **Sesame**.

#### **Useful Information**

Suitable for vegetarians.



## **204472 Pain au Double Choc with Hazelnut**

### **Ingredients**

**Wheat** Flour, 19% Cocoa-Hazelnut Filling (Sugar, Vegetable Oils [Rapeseed, Sunflower], Vegetable Fats [Rapeseed, Sunflower], 13% **Hazelnut** Paste, 7% Cocoa Powder, Skimmed **Milk** Powder, 3% Cocoa Butter, Emulsifier: X Natural Vanilla Flavouring), Butter (**Milk**), Water, Sugar, Yeast, 3% Chocolate Sprinkles (Sugar, Cocoa Mass\*, Cocoa Powder\*, Cocoa Butter\*, Emulsifier: Sunflower Lecithins; Glucose Syrup, X Natural Vanilla Flavouring), 2% Cocoa Powder\*, Salt, **Egg**, **Wheat** Gluten, Malted **Wheat** Flour, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid

### **Nutritional Information**

Typical Values per 100g

Energy	318kcal/1337kJ
Fat	11.2g
Of which saturates	7.2g
Carbohydrate	47.3g
Of which sugars	18.2g
Fibre	1.6g
Protein	6.2g
Salt	0.76g

### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of **Mustard, other Nuts, Sesame, Soya and other Cereals containing Gluten**.

### **Useful Information**

Not suitable for vegetarians.



### **57733 Pain aux Raisins**

#### **Ingredients**

Wheat Flour, 25% Crème Pâtissière Filling (Water, Sugar, Modified Potato Starch, Whey Powder (**Milk**), Whole **Milk** Powder, Colour: Carotenes), Water, Butter (**Milk**), 10% Raisins (Raisins, Vegetable Oils [Sunflower, Rapeseed]), Sugar, Yeast, Whole **Egg**, Salt, **Wheat** Gluten, **Wheat** Malt Flour, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid.

#### **Nutritional Information**

Typical Values per 100g

Energy	318kcal/1337kJ
Fat	11.2g
Of which saturates	7.2g
Carbohydrate	47.3g
Of which sugars	18.2g
Fibre	1.6g
Protein	6.2g
Salt	0.76g

#### **Allergens**

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten**.

#### **Useful Information**

Suitable for vegetarians.





## 204470 Pain Suisse au Chocolat

### Ingredients

30.7% **Wheat** Flour, 30.3% Crème Filling (Water, Sugar, Modified Potato Starch, Whey Powder (**Milk**), Whole **Milk** Powder, Colour: Carotenes), 11.4% Dark Chocolate Chips (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Sunflower Lecithins; Natural Vanilla Flavouring), 10.7% Butter (**Milk**), Water, Sugar, Yeast, Whole **Egg**, Salt, **Wheat** Gluten, **Wheat** Malt Flour, Deactivated Yeast, Flour Treatment Agent: Ascorbic Acid.

### Nutritional Information

Typical Values per 100g

Energy	333kcal/1396kJ
Fat	13.5g
Of which saturates	8.7g
Carbohydrate	46.1g
Of which sugars	21.8g
Fibre	1.8g
Protein	5.8g
Salt	0.76g

### Allergens

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten**.

### Useful Information

Suitable for vegetarians.



## **5221171 Maple & Pecan Plait**

### **Ingredients**

Yeast Dough (**Wheat** Flour [**WHEAT** Flour, Calcium, Iron, Niacin, Thiamin], Vegetable Margarine [Palm Oil, Water, Rapeseed Oil, Emulsifier: Mono-and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; Flavouring], Water, Yeast, Egg Mix [**EGG**, Salt], Sugar, Dough Improver Mix [**Wheat** Flour (**WHEAT** Flour, Calcium, Iron, Niacin, Thiamin), Flour Treatment Agent: Ascorbic Acid], Stabiliser: Tara Gum; Salt), Maple Syrup Filling (Vegetable Margarine [Palm Oil, Rapeseed Oil, Water, Coconut Oil, Salt, Emulsifier: Mono-and Diglycerides of Fatty Acids; Acidity Regulator: Citric Acid; Flavouring], Sugar, Water, Custard Powder [Sugar, Maize Starch, Whey Powder (**MILK**), Whole **MILK** Powder, Coconut Oil, Stabiliser: Sodium Alginate; Glucose Syrup, Flavouring, **MILK** Protein, Colour: Carotenes], 1% Maple Flavour Syrup, **Wheat** Flour [**WHEAT** Flour, Calcium, Iron, Niacin, Thiamin], Cane Sugar Syrup, Stabilisers: Pectins; Flavouring, Maple Syrup), 5.5% **PECAN NUTS**, Glaze (Water, Stabiliser: Isomalt; Sugar, Gelling Agent: Agar; Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate).

### **Nutritional Information**

Typical Values per 100g

Energy	401kcal/1676kJ
Fat	22.7g
Of which saturates	8.3g
Carbohydrate	41.5g
Of which sugars	10.9g
Fibre	2.6g
Protein	6.4g
Salt	0.35g

### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of **other Nuts**.

### **Useful Information**

Suitable for vegetarians.



## **5229547 Gingerbread Plait**

### **Ingredients**

Danish Pastry (**Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Vegetable Margarine [Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; Natural Flavouring], Water, Yeast, Salted **Egg** [**Egg**, Salt], Sugar, Bread Improver [**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Flour Treatment Agent: Citric Acid], Stabiliser: Tara Gum), 23% Gingerbread Flavoured Filling (Sugar, Vegetable Margarine [Palm Oil, Rapeseed Oil, Water, Coconut Oil, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids; Acidity Regulator: Citric Acid; Natural Flavouring], Water, Custard Powder [Sugar, Modified Potato Starch, Whey Powder (**Milk**), Skimmed **Milk** Powder, Coconut Oil, Stabilisers: Calcium Alginate, Diphosphates, Sodium Phosphates, Triphosphates; Glucose Syrup, Natural Flavouring, Colour: Carotenes; Salt, **Milk** Protein], **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Skimmed **Milk** Powder, Natural Flavouring, Thickeners: Sodium Alginate, Pectins; Cassia, Instant Coffee Powder), 3% Biscuit Crumbs (**Wheat** Flour, Sugar, Plant and Vegetable Oils [Palm Oil, Rapeseed Oil], Sugar Candy Syrup [Sugar, Water], Raising Agent: Sodium Carbonates; Salt, Cassia), 1.8% Glaze (Water, Stabiliser: Isomalt; Sugar, Gelling Agent: Agar; Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate).

### **Nutritional Information**

Typical Values per 100g

Energy	417kcal/1742kJ
Fat	23.4g
Of which saturates	9.9g
Carbohydrate	45.8g
Of which sugars	17.1g
Fibre	1.9g
Protein	5.5g
Salt	0.32g

### **Allergens**

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Nuts**.

### **Useful Information**

Suitable for vegetarians.



## **190023 Apple Turnover**

### **Ingredients**

**Wheat** Flour, 28% Apples, Vegetable Oils (Palm, Rapeseed), Water, Sugar, Modified Maize Starch, Cinnamon Mix (Cinnamon, Cassia), Salt, Acid: Citric Acid; Acidity Regulator: Calcium Lactate; Emulsifier: Mono- and Diglycerides of Fatty Acids; Pea Protein, Natural Apple Flavouring, Flour Treatment Agent: Ascorbic Acid.

### **Nutritional Information**

Typical Values per 100g

Energy	294kcal/1228kJ
Fat	16.1g
Of which saturates	8.0g
Carbohydrate	31.7g
Of which sugars	11.8g
Fibre	3.6g
Protein	3.8g
Salt	0.30g

### **Allergens**

For allergens, including **Cereals containing Gluten**, see ingredients in **bold**. May also contain **Egg, Milk, Mustard, Nuts, Sesame** and **Soya**.

### **Useful Information**

Suitable for vegans and vegetarians.



## **5229183 Blackforest Crown**

### **Ingredients**

Dough (**Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Vegetable Margarine [Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; Flavouring], Water, Yeast, Salted **Egg** [**Egg**, Salt], Sugar, **Wheat** Gluten, Flour Improver [**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Flour Treatment Agent: Ascorbic Acid], Stabiliser: Tara Gum), 31% Chocolate and Cherry Flavoured Filling (21.3% Cherry Filling [10% Cherries, Sugar, Water, Maize Starch, Gelling Agent: Gellan Gum; Acidity Regulator: Sodium Citrates; Preservative: Potassium Sorbate; Natural Flavouring], Vegetable Margarine [Palm Oil, Rapeseed Oil, Water, Coconut Oil, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids; Acidity Regulator: Citric Acid; Flavouring], Sugar, Water, 0.5% Dark Chocolate Squares [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Lecithins], Tapioca Starch, Dutch Cocoa Powder, Custard Powder [Sugar, Modified Potato Starch, Whey Powder (**Milk**), Skimmed **Milk** Powder, Coconut Oil, Stabilisers: Calcium Alginate, Diphosphates, Sodium Phosphates, Triphosphates; Glucose Syrup, Natural Flavouring, Colour: Carotenes; Salt, **Milk** Protein], **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Flavouring), 1.9% Glaze (Water, Stabiliser: Isomalt; Sugar, Gelling Agent: Agar; Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate).

### **Nutritional Information**

Typical Values per 100g

Energy	360kcal/1508kJ
Fat	18.4g
Of which saturates	7.8g
Carbohydrate	43.8g
Of which sugars	14.3g
Fibre	1.9g
Protein	5.7g
Salt	0.26g

### **Allergens**

For allergens, including **Cereals containing Gluten**, see ingredients in **bold**. May also contain **Nuts**.

### **Useful Information**

Suitable for vegetarians.



## 5201481 Belgian Bun

### Ingredients

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), 20% Icing (Sugar, Water, Dried Glucose Syrup, Gelling Agent: Agar), Water, 9% Sultanas, 6% Lemon Filling (Water, Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Dried **Egg**, **Wheat** Starch, Sugar, Glucose Syrup, **Egg** White, **Egg**, Palm Oil, Maize Starch, Lemon Oil, Concentrated Lemon Juice, Salt, Whey Powder (**Milk**), Colours: Lutein, Carotenes; Acidity Regulators: Citric Acid, Trisodium Citrate; Flavouring, Preservative: Potassium Sorbate), Palm Oil, Glace Cherry (Cherry, Fructose-Glucose Syrup, Sugar, Fruit and Vegetable Concentrates [Carrot, Aronia], Acidity Regulators: Citric Acid), Yeast, Invert Sugar Syrup, Sugar, Rapeseed Oil, Tapioca Starch, Dried Whole **Milk**, Humectant: Glycerol; Emulsifiers: Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Maize Starch, Salt, **Wheat** Flour, Acidity Regulators: Acetic Acid, Citric Acid; Antioxidant: Ascorbic Acid; Flavouring, Vitamin A.

### Nutritional Information

Typical Values per 100g

Energy	329kcal/1390kJ
Fat	7.1g
Of which saturates	3.0g
Carbohydrate	59.7g
Of which sugars	26.7g
Fibre	1.7g
Protein	5.8g
Salt	0.46g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May also contain **Soya, Rye, Barley, Oat, Spelt** and **Kamut**.

### Useful Information

Suitable for vegetarians.



## 196896 Sticky Cinnamon Bun

### Ingredients

Dough (**Wheat** Flour, Water, Baking Mix [**Wheat** Flour, Dried Pre-dough (Durum **Wheat** Semolina, **Barley** Malt Flour, Yeast, Acerola Powder), Whey Powder (**Milk**), **Wheat** Semolina, **Wheat** Starch, Salt, **Wheat** Gluten, **Wheat** Flour, Sugar, Ground Sunflower Seeds, Flour Treatment Agent: Ascorbic Acid], Rapeseed Oil, Sugar, Yeast, Wholegrain **Rye** Flour), 27% Cinnamon Flavoured Preparation (Cinnamon Mixture [Sugar, Water, Glucose Syrup, Vegetable Oils (Rapeseed, Coconut), **Wheat** Starch, 0.6% Cinnamon, **Wheat** Flour, Modified Potato Starch, Rapeseed Oil, Salt, Natural Vanilla Flavouring], Water, Custard Powder [Sugar, Modified Potato Starch, Glucose, Whey (**Milk**), Whey Powder (**Milk**), Palm Oil, Glucose Syrup, Thickener: Sodium Alginate; Plant and Vegetable Extracts (Carrot Extract, Turmeric Extract), **Egg** White, Stabiliser: Diphosphates, Calcium Sulphate; Salt, **Milk** Protein, Emulsifier: Polyglycerol Esters of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Natural Flavouring], Whole **Milk** Powder), 3% Sugar-Cinnamon Mixture (Sugar, 0.2% Cinnamon), Apricot Preparation (Glucose-Fructose Syrup, Apricot Pulp from Concentrate, Water, Gelling Agent: Pectins; Acid: Citric Acid).

### Nutritional Information

Typical Values per 100g

Energy	305kcal/1284kJ
Fat	7.6g
Of which saturates	1.2g
Carbohydrate	52.5g
Of which sugars	19.9g
Fibre	1.9g
Protein	5.6g
Salt	0.55g

### Allergens

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Celery, Lupin, Mustard, Nuts, Peanuts, Sesame, Soya** and **other Cereals containing Gluten**.

### Useful Information

Suitable for vegetarians.



## 5230465 Lemon Drizzle Bun

### Ingredients

**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Lemon Icing (20%) (Sugar, Dried Glucose Syrup, Lemon Juice, Palm Oil, Water, Humectant (Sorbitol), Gelling Agent (Agar)), Lemon Filling (12%) (Water, **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dried **Egg**, **Wheat** Starch, Sugar, Glucose Syrup, **Egg** White, **Egg**, Palm Oil, Maize Starch, Lemon Oil, Concentrated Lemon Juice, Salt, Whey Powder (**Milk**), Colours (Lutein, Plant Carotenes), Acidity Regulators (Citric Acid, Trisodium Citrate), Flavouring, Preservative (Potassium Sorbate)), Water, Palm Oil, White Chocolate Curls (Sugar, Cocoa Butter, Dried Whole **Milk**, **Milk** Sugar, Emulsifier (**Soya** Lecithins), Flavouring), Yeast, Invert Sugar Syrup, Sugar, Rapeseed Oil, Tapioca Starch, Dried Whole **Milk**, Humectant (Glycerol), Emulsifiers (Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Maize Starch, Salt, **Wheat** Flour, Acidity Regulators (Acetic Acid, Citric Acid), Antioxidant (Ascorbic Acid), Flavouring, Vitamin A.

### Nutritional Information

Typical Values per 100g

Energy	341kcal/1436kJ
Fat	8.8g
Of which saturates	4.0g
Carbohydrate	58.3g
Of which sugars	26.1g
Fibre	1.6g
Protein	6.4g
Salt	0.54g

### Allergens

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Rye**, **Barley**, **Oat**, **Spelt** and **Kamut**.

### Useful Information

Suitable for vegetarians.





## **5230478 Salted Caramel Bun**

### **Ingredients**

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, 12% Salted Caramel Flavoured Filling (Water, Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], **Wheat** Starch, Sugar, Cream (**Milk**), **Egg** White, Partially Inverted Sugar Syrup, Flavourings, Cornflour, Salt, Butter (**Milk**), Colour: Plain Caramel; Whey Powder (**Milk**), Gelling Agent: Pectins; Caramelised Sugar), Vegetable Oils (Palm, Rapeseed), 2% White Chocolate Curls (Sugar, Cocoa Butter\*, Whole **Milk** Powder, Lactose (**Milk**), Emulsifier: **Soya** Lecithins; Flavouring), Yeast, Whole **Milk** Powder, Invert Sugar Syrup, Humectants: Sorbitols, Glycerol; Tapioca Starch, Dried Glucose Syrup, Cream (**Milk**), Emulsifiers: Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Maize Starch, Salt, Partially Inverted Sugar Syrup, Golden Syrup, Gelling Agents: Agar, Pectins; Cornflour, Butter (**Milk**), Flavourings, **Wheat** Flour, Caramelised Sugar Powder, Acidity Regulators: Acetic Acid, Citric Acid; Antioxidant: Ascorbic Acid; Vitamin A.

### **Nutritional Information**

Typical Values per 100g

Energy	341kcal/1435kJ
Fat	10.0g
Of which saturates	4.9g
Carbohydrate	53.3g
Of which sugars	18.2g
Fibre	1.6g
Protein	8.5g
Salt	0.52g

### **Allergens**

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Rye, Barley, Oat, Spelt** and **Kamut**.

### **Useful Information**

Suitable for vegetarians.



## 5234260 Chocolate Mocha Bun

### Ingredients

**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin), 20% Chocolate Flavour Icing (Sugar, Water, Palm Fat, Palm Oil, **Milk** Sugar, Emulsifiers: Citric Acid Esters of Mono- and Diglycerides of Fatty Acids, Sucrose Esters of Fatty Acids, Polyoxyethylene Sorbitan Monostearate (Polysorbate 60), Mono- and Diglycerides of Fatty Acids; Cocoa Powder, Glucose Syrup, Flavourings, Colours: Plain Caramel, Vegetable Carbon; Humectant: Glycerol; Gelling Agent: Agar; Preservative: Potassium Sorbate; Acidity Regulator: Citric Acid), 10% Mocha Flavour Filling (Water, **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin], **Wheat** Starch, Flavourings, Dried **Egg** White, Salt, Whey Powder (**Milk**)), Water, Palm Oil, Rapeseed Oil, Invert Sugar Syrup, 2% Nibbed Sugar, Yeast, Dried Whole **Milk**, Humectant: Glycerol; Sugar, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Salt, Flavourings, Colours: Annatto Bixin, Curcumin; Acidity Regulators: Acetic Acid, Citric Acid; Flour Treatment Agent: Ascorbic Acid; Vitamin A.

### Nutritional Information

Typical Values per 100g

Energy	373kcal/1565kJ
Fat	15.6g
Of which saturates	7.6g
Carbohydrate	51.9g
Of which sugars	24.4g
Fibre	1.7g
Protein	5.5g
Salt	0.45g

### Allergens

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Soya** and **Other Cereals Containing Gluten**.

### Useful Information

Suitable for vegetarians.



## **5230183 Bakewell Blondie**

### **Ingredients**

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Unsalted Butter (**Milk**), 15% White Chocolate (Sugar, Whole **Milk** Powder, Cocoa Butter, Skimmed **Milk** Powder, Emulsifier: **Soya** Lecithin; Natural Flavouring), **Egg**, 9% Raspberry Sauce (Sugar, Raspberry, Glucose-Fructose Syrup, Concentrated Raspberry Puree, Water, Cornflour, Concentrated Lemon Juice, Acidity Regulators: Citric Acid, Sodium Citrates; Gelling Agent: Pectin; Natural Flavouring, Preservative: Potassium Sorbate), 5% Macaroon Paste (Sugar, Apricot Kernels, Water, Dried **Egg** White, Glucose-Fructose Syrup, Modified Tapioca Starch, Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate), 4% Glace Cherries (Cherries, Glucose-Fructose Syrup, Sugar, Acidity Regulator: Citric Acid; Colour: Anthocyanins; Preservative: Sulphur Dioxide), 2% **Almonds**, Emulsifier: Polysorbate 60; Salt, Preservative: Potassium Sorbate; Natural Flavouring.

### **Nutritional Information**

Typical Values per 100g

Energy	419kcal/1754kJ
Fat	18.9g
Of which saturates	12.4g
Carbohydrate	55.7g
Of which sugars	34.1g
Fibre	1.2g
Protein	5.8g
Salt	0.41g

### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain **other nuts** and **other cereals containing gluten**.

### **Useful Information**

Suitable for vegetarians.

**5230187 Eton Mess Blondie****Ingredients**

**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Icing (Sugar, Palm Oil, Water, Dextrose, Fructose, Salt, Emulsifier: Sucrose Esters of Fatty Acids; Natural Flavouring, Acidity Regulator: Glucono-Delta-Lactone; Preservative: Potassium Sorbate; Colour: Carotenes), Butter (**Milk**), 14% White Chocolate (Sugar, Whole **Milk** Powder, Cocoa Butter, Skimmed **Milk** Powder, Emulsifier: **Soya** Lecithin; Natural Flavouring), **Egg**, 6% Strawberry Sauce (Sugar, Strawberries, Glucose-Fructose Syrup, Cornflour, Water, Acidity Regulator: Citric Acid; Gelling Agent: Pectins; Preservative: Potassium Sorbate), Fat Coated Meringue Granules (Meringue Granules [Sugar, **Egg** Albumen Powder, **Wheat** Starch], Palm Fat), Freeze Dried Strawberry Pieces, Natural Flavouring, Emulsifier: Polysorbate 60; Salt, Preservative: Potassium Sorbate; Acidity Regulator: Citric Acid.

**Nutritional Information**

Typical Values per 100g

Energy	419kcal/1757kJ
Fat	18.1g
Of which saturates	12.0g
Carbohydrate	59.4g
Of which sugars	42.1g
Fibre	1.0g
Protein	4.1g
Salt	0.40g

**Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain **nuts** and **other cereals containing gluten**.

**Useful Information**

Suitable for vegetarians.



## **5234126 Cinnamon Bun Blondie**

### **Ingredients**

**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, 17% Cinnamon Flavour Spread (Sugar, **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, Vegetable Oils [Palm, Rapeseed], Humectant: Glycerol; Spices, Natural Flavouring, Salt, Preservative: Potassium Sorbate), Unsalted Butter (**Milk**), 14% White Chocolate (Sugar, Whole **Milk** Powder, Cocoa Butter\*, Skimmed **Milk** Powder, Emulsifier: **Soya** Lecithins; Natural Flavouring), **Egg**, 3% Cream Cheese Frosting (Sugar, Vegetable Oils [Palm, Rapeseed], Water, Cream Cheese Powder (**Milk**), Humectant: Sorbitols; Skimmed **Milk** Powder, Acid: Citric Acid; Natural Flavouring, Salt, Emulsifier: Polyoxyethylene Sorbitan Monostearate (Polysorbate 60); Preservative: Potassium Sorbate; Colour: Carotenes), Cinnamon, Natural Flavouring, Emulsifier: Polyoxyethylene Sorbitan Monostearate (Polysorbate 60); Salt, Preservative: Potassium Sorbate; Acidity Regulator: Citric Acid

### **Nutritional Information**

Typical Values per 100g

Energy	416kcal/1747kJ
Fat	18.1g
Of which saturates	11.7g
Carbohydrate	58.2g
Of which sugars	38.7g
Fibre	1.3g
Protein	4.6g
Salt	0.36g

### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain **nuts** and **other cereals containing gluten**.

### **Useful Information**

Suitable for vegetarians.



## **5229237 Triple Chocolate Blondie**

### **Ingredients**

**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), 22% White Chocolate (Sugar, Whole **Milk** Powder, Cocoa Butter\*, Skimmed **Milk** Powder, Emulsifier: **Soya** Lecithin; Natural Flavouring), Sugar, Butter (**Milk**), **Egg**, 3% Dark Chocolate (Sugar, Cocoa Mass\*, Cocoa Butter\*, Emulsifier: **Soya** Lecithin; Natural Flavouring), 3% **Milk** Chocolate (Sugar, Cocoa Butter\*, Cocoa Mass\*, Whole **Milk** Powder, Whey Powder (**Milk**), Emulsifier: **Soya** Lecithin), Cornflour, Natural Flavouring, Emulsifier: Polysorbate 60; Salt, Preservative: Potassium Sorbate; Acidity Regulator: Citric Acid.

\*Rainforest Alliance Certified. Find out more at [ra.org](http://ra.org)

### **Nutritional Information**

Typical Values per 100g

Energy	448kcal/1877kJ
Fat	21.9g
Of which saturates	14.5g
Carbohydrate	57.2g
Of which sugars	40.5g
Fibre	1.0g
Protein	5.3g
Salt	0.27g

### **Allergens**

For allergens, including **Cereals containing Gluten**, see ingredients in **bold**. May also contain **Nuts** and **other Cereals containing Gluten**.

### **Useful Information**

Suitable for vegetarians.

**5232427 Chocolate Chip Flapjack****Ingredients**

**OATS**, Butter (**MILK**), Partially Inverted Refiners Syrup, Brown Sugar, Sweetened Condensed Milk (**MILK**, Sugar), 5% Dark Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: **SOYA** Lecithins; Natural Vanilla Flavouring), 4% Caramel Flavour Fudge Pieces (Sugar, Sweetened Condensed **Milk** [**MILK**, Sugar], Fondant [Sugar, Glucose Syrup, Water], Glucose Syrup, Palm Oil, Salted Butter [Butter (**MILK**), Salt], Natural Caramel Flavouring), Salt, Natural Toffee Flavouring.

**Nutritional Information**

Typical Values per 100g

Energy	480kcal/2007kJ
Fat	25.5g
Of which saturates	17.1g
Carbohydrate	55.9g
Of which sugars	31.6g
Fibre	3.3g
Protein	5.1g
Salt	0.31g

**Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain **nuts**, **Egg** and **other cereals containing gluten**.

**Useful Information**

Suitable for vegetarians.



### **5232750 All Butter Caramel Shortbread**

#### **Ingredients**

37% Caramel (Sugar, Condensed Whole **Milk**, Glucose Syrup, Invert Sugar Syrup, Vegetable Oils [Palm, Coconut], Sea Salt, Emulsifier: **Soya** Lecithins; Gelling Agent: Pectins; Acidity Regulators: Sodium Potassium Tartrate, Triphosphates; Maltodextrin, Flavouring), Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), 17% Milk Chocolate (Sugar, Cocoa Butter\*, Whole **Milk** Powder, Cocoa Mass\*, Emulsifier: **Soya** Lecithins; Flavouring), Butter (**Milk**), Sugar, 2% Dark Chocolate (Cocoa Mass\*, Sugar, Cocoa Butter\*, Emulsifier: **Soya** Lecithins; Flavouring).

#### **Nutritional Information**

Typical Values per 100g

Energy	490kcal/2048kJ
Fat	27.4g
Of which saturates	17.6g
Carbohydrate	55.1g
Of which sugars	35.5g
Fibre	1.4g
Protein	5.1g
Salt	0.45g

#### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain **Egg**, **Nuts** and **other cereals containing gluten**.

#### **Useful Information**

Suitable for vegetarians.





## **5232752 All Butter Pecan Slice**

### **Ingredients**

40% Salted Caramel (Sugar, **Milk**, Glucose Syrup, Invert Sugar Syrup, Vegetable Oils [Palm Kernel, Coconut, Palm], Sea Salt, Emulsifier: **Soya** Lecithins; Gelling Agent: Pectins; Acidity Regulators: Sodium Potassium Tartrate, Triphosphates; Maltodextrin, Flavouring), Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (**Milk**), Sugar, 4% **Pecan Nuts**, Palm Oil, Cocoa Powder\*, Whey Powder (**Milk**), Emulsifiers: **Soya** Lecithins, Polyglycerol Polyricinoleate; Flavouring.

### **Nutritional Information**

Typical Values per 100g

Energy	496kcal/2071kJ
Fat	28.4g
Of which saturates	16.6g
Carbohydrate	54.4g
Of which sugars	29.5g
Fibre	1.5g
Protein	5.0g
Salt	0.23g

### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain **Egg**, **other Nuts** and **other cereals containing gluten**.

### **Useful Information**

Suitable for vegetarians.



### **99607 Goat's Cheese & Tomato Focaccia**

#### **Ingredients**

**Wheat** Flour, Water, 13% Cherry Tomatoes, 11% Goat Cheese with Honey (Goat 88% Cheese (**Milk**), Honey), 3% Basil Purée (90% Basil, Sunflower Oil, Salt), **Wheat** Flour, Mozzarella (**Milk**), Vegetable Oils (Rapeseed Oil, Extra Virgin Olive Oil), Yeast, **Wheat** Gluten, Salt.

#### **Nutritional Information**

Typical Values per 100g

Energy	211kcal/881kJ
Fat	5.0g
Of which saturates	2.3g
Carbohydrate	32.1g
Of which sugars	1.4g
Fibre	2.1g
Protein	8.4g
Salt	0.85g

#### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients.

#### **Useful Information**

Suitable for vegetarians.



### **5311266 Rosemary and Sea Salt Focaccia Roll**

#### **Ingredients**

**Wheat** Flour (**Wheat** Flour, **Wheat** Gluten, Calcium Carbonate, Iron, Niacin, Thiamin), Water, 5% Extra Virgin Oil, Yeast, Sourdough Starter (contains **Wheat**), 0.8% Rosemary, Salt, Malted **Wheat** Flour, **Wheat** Semolina, 0.6% Sea Salt, Parsley, Flour Trea.

#### **Nutritional Information**

Typical Values per 100g

Energy	301kcal/1271kJ
Fat	5.9g
Of which saturates	1.0g
Carbohydrate	52.9g
Of which sugars	0.7g
Fibre	2.6g
Protein	7.8g
Salt	1.02g

#### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of **Milk**.

#### **Useful Information**

Suitable for vegans and vegetarians.



## **119627 Vegetable Pizza Slice**

### **Ingredients**

**Wheat** Flour; Water; 10% Tomato Sauce (Water, 2% Tomato Paste, Tomato Powder, Salt, Rice Flour, Modified Potato Starch, Sugar, Onion, Carrot, Paprika Extract, Spices (Fenugreek, Onion Powder, Turmeric, Bay Leaf, Garlic, Leek Powder, Paprika Powder), Herbs (Basil, Parsley, Thyme, Oregano, Chilli)); 7% Red Pepper; 5% Red Onion, 5% Grated Gouda Cheese (**Milk**); 3% Green Bell Pepper, Vegetable Oils (Rapeseed Oil, Extra Virgin Olive Oil); 2% Grated Mozzarella Soft Cheese (**Milk**); Yeast; Salt; Sugar.

### **Nutritional Information**

Typical Values per 100g

Energy	209kcal/872kJ
Fat	5.2g
Of which saturates	1.7g
Carbohydrate	32.5g
Of which sugars	1.5g
Fibre	2.4g
Protein	6.9g
Salt	0.91g

### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of **Mustard, Soya, Nuts, Sesame** and **Egg**.

### **Useful Information**

Suitable for vegetarians.



### 151935 Pizza Margherita

#### Ingredients

**Wheat** Flour, 21% White Cheddar Cheese (**Milk**), Water, 11% Tomato Sauce (Water, Tomato Puree, Sugar, Modified Potato Starch, Salt, Garlic Powder, Onion Powder, Black Pepper, Preservative: Potassium Sorbate; Chili, Parsley, Basil, Thickener: Xanthan Gum), 9% Cherry Tomatoes, Rapeseed Oil, Yeast, Salt, Sugar, Extra Virgin Olive Oil, Rapeseed Fat, Enzyme (contains **Wheat**).

#### Nutritional Information

Typical Values per 100g

Energy	241kcal/1012kJ
Fat	9.4g
Of which saturates	4.4g
Carbohydrate	28.5g
Of which sugars	1.4g
Fibre	2.0g
Protein	10g
Salt	1g

#### Allergens

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Egg, Mustard, Nuts** and **Sesame**.

#### Useful Information

Suitable for vegetarians.



## **5618898 Pizza Twist**

### **Ingredients**

**Wheat** Flour, Water, 12% Fine Butter (**Milk**), 7% Tomatoes, Grated Emmental Cheese (**Milk**), Sugar, Yeast, 3% Brown Linseeds, **Egg**, 3% Black Olives, 3% Mushrooms, Double Concentrated Tomato Puree, Whey Powder (**Milk**), Modified Potato Starch, Salt, **Wheat** Gluten, Basil, Sunflower Oil, Coconut Oil, Skimmed **Milk** Powder, Thickener: Sodium Alginate; **Egg** Yolk Powder, Onion, Flour Treatment Agents: Alpha-Amylases, Hemicellulase, Ascorbic Acid; Acid: Citric Acid; Antioxidant: Ascorbic Acid; Garlic.

### **Nutritional Information**

Typical Values per 100g

Energy	351kcal/1466kJ
Fat	17g
Of which saturates	10g
Carbohydrate	36g
Of which sugars	7.8g
Fibre	3.4g
Protein	9.8g
Salt	0.93g

### **Allergens**

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Nuts**, **Sesame** and **Soya**.

### **Useful Information**

Suitable for vegetarians.



## **207369 Cheese Twist**

### **Ingredients**

36% **Wheat** Flour, Butter (**Milk**), 17% Cheddar Cheese (**Milk**) (contains Potato Starch, Colour: Annatto Norbixin), 15% Béchamel Sauce (Water, Whey Powder (**Milk**), Maize Starch, **Wheat** Flour, Cream Powder (**Milk**), Skimmed **Milk** Powder, **Milk** Protein, Salt, Nutmeg, Black Pepper), Water, Salt, Yeast, **Egg**, Sugar, **Wheat** Gluten, Flour Treatment Agent: Ascorbic Acid.

### **Nutritional Information**

Typical Values per 100g

Energy	306kcal/1276kJ
Fat	18.9g
Of which saturates	12.4g
Carbohydrate	25.7g
Of which sugars	3.5g
Fibre	0.9g
Protein	7.8g
Salt	1.01g

### **Allergens**

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Mustard, Nuts, Sesame, Soya** and **other Cereals containing Gluten**.

### **Useful Information**

Suitable for vegetarians.



### **129770 Filled Muffin, Blueberry**

#### **Ingredients**

**Wheat** Flour, Sugar, **Egg**, Rapeseed Oil, 8% Blueberry Filling (Glucose Syrup, Sugar, Water, Blueberry Puree, Blueberries, Modified Maize Starch, Blueberry Juice from Concentrate, Lemon Juice from Concentrate), 6% Blueberries, Rice Flour, 0.7% Butter (**Milk**), Palm Fat, Whey Powder (**Milk**), Thickener: Xanthan Gum; Raising Agents: Diphosphates, Potassium Carbonates; Emulsifiers: Mono- and Diglycerides of Fatty Acids, Propane-1,2-Diol Esters of Fatty Acids; Salt, Flavour, Natural Flavourings.

#### **Nutritional Information**

Typical Values per 100g

Energy	380kcal/1592kJ
Fat	17.9g
Of which saturates	2.6g
Carbohydrate	49.4g
Of which sugars	28.5g
Fibre	1.3g
Protein	4.7g
Salt	0.65g

#### **Allergens**

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Lupins, Mustard, Nuts, Sesame, Soya**, and **other Cereals containing Gluten**.

#### **Useful Information**

Suitable for vegetarians.





### **129770 Filled Muffin, Triple Chocolate**

#### **Ingredients**

Sugar, **Wheat** Flour, Whole **Egg**, Rapeseed Oil, 8% Chocolate Flavoured Filling (Sugar, Water, Glucose Syrup, Couverture [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Sunflower Lecithins; Natural Vanilla Flavouring], Modified Maize Starch, Fat Reduced Cocoa Powder, Skimmed **Milk** Powder, Salt, Natural Flavouring), Water, 5% Dark Chocolate (Sugar, Cocoa Mass, Lactose (**Milk**), Cocoa Butter, Fat Reduced Cocoa Powder, Emulsifier: Lecithins), 3% **Milk** Chocolate (Sugar, Whole **Milk** Powder, Cocoa Butter, Cocoa Mass, Emulsifier: **Soya** Lecithins; Natural Vanilla Flavouring), 2.2% Fat Reduced Cocoa Powder, Rice Flour, Whey Powder (**Milk**), Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Propane-1,2-diol Esters of Fatty Acids ; Raising Agents: Diphosphates, Potassium Carbonates; Thickener: Xanthan Gum; Flavouring, Natural Flavouring.

#### **Nutritional Information**

Typical Values per 100g

Energy	383kcal/1604kJ
Fat	18.7g
Of which saturates	3.3g
Carbohydrate	47.4g
Of which sugars	30g
Fibre	2.2g
Protein	5.2g
Salt	0.67g

#### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of **Lupins, Nuts, Sesame** and **other Cereals containing Gluten**.

#### **Useful Information**

Suitable for vegetarians.



## 129770 Filled Muffin, Salted Caramel

### Ingredients

Sugar; **Wheat** Flour; **Egg**; Rapeseed Oil; Caramel Filling [Water, Sugar, Sweetened Condensed **Milk** (Skimmed **Milk**, Sugar), Glucose Syrup (contains **Wheat**), Corn Starch, Caramel Sugar Syrup, Salt, Rice Starch]; Caramel Pieces [Sweetened Condensed **Milk** (Skimmed **Milk**, Sugar), Sugar, Glucose Syrup, Butter, Humectant: Sorbitol; Emulsifier: Mono- and Diglycerides of Fatty Acids \*\*]; Rice Flour; Sweet Whey Powder (**Milk**); Skimmed **Milk** Powder; Glucose Syrup; Thickener: Xanthan; Raising Agents: Diphosphates; Potassium Carbonates; Emulsifiers: Lactic Acid Esters of Mono- and Diglycerides of Fatty Acids\*; Acetic Acid Esters of Mono- and Diglycerides of Fatty Acids\*; Salt; Colouring Agent: Caramel.

\*plant based

### Nutritional Information

Typical Values per 100g

Energy	396kcal/1660kJ
Fat	18.5g
Of which saturates	2.3g
Carbohydrate	51.6g*
Of which sugars	32.5g
Fibre	1.0g
Protein	5.3g
Salt	0.93g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of **Lupines**, **Nuts**, **Sesame**, **Soya** and **Sulphites**.

### Useful Information

Suitable for vegetarians.



## **5211850 Premium Filled Muffins - Chocolate Orange**

### **Ingredients**

Sugar, **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), **Egg**, 7% Orange Curd (Sugar, **Egg**, Glucose-Fructose Syrup, Salted Butter [Butter (**Milk**), Salt], Concentrated Orange Juice, Water, Lemon Juice, Gelling Agent: Pectins; Acidity Regulator: Citric Acid; Orange Oil, Colour: Carotenes; Preservative: Potassium Sorbate), 5% Chocolate Flavoured Icing (Sugar, Palm Oil, Water, Cocoa Powder\*, Dextrose, Fructose, Emulsifier: **Soya** Lecithin; Salt, Acidity Regulator: Glucono-Delta-Lactone; Natural Flavouring, Preservative: Potassium Sorbate), Humectant: Glycerol; Vegetable Oils (Rapeseed, Sunflower), 4% Dark Chocolate (Sugar, Cocoa Mass\*, Cocoa Butter\*, Emulsifier: **Soya** Lecithin; Natural Flavouring), Fat Reduced Cocoa Powder\*, Modified Maize Starch, 1.8% Chocolate Orange Segments (Cocoa Mass\*, Sugar, Cocoa Butter\*, Emulsifier: **Soya** Lecithin; Natural Flavouring), Rice Starch, Orange Zest, Emulsifiers: Polyglycerol Esters of Fatty Acids, Mono-and Diglycerides of Fatty Acid, Sodium Stearoyl-2-Lactylate; Raising Agents: Diphosphates, Potassium Carbonates; Preservative: Potassium Sorbate; Natural Flavouring, Acidity Regulator: Citric Acid.

\*Rainforest Alliance certified. find out more at [ra.org](http://ra.org)

### **Nutritional Information**

Typical Values per 100g

Energy	322kcal/1353kJ
Fat	11.2g
Of which saturates	3.7g
Carbohydrate	50g
Of which sugars	30g
Fibre	1.4g
Protein	4.8g
Salt	0.41g

### **Allergens**

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Nuts** and **other Cereals containing Gluten**.

### **Useful Information**

Suitable for vegetarians.



## **5211850 Premium Filled Muffins - Speculoos**

### **Ingredients**

Brown Sugar, **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), **Egg**, 7% Speculoos Biscuit Flavoured Spread (Speculoos Biscuit [**Wheat** Flour, Sugar, Margarine (Palm Fat, Water, Rapeseed Oil, Acid: Citric Acid), Sugar Syrup, Raising Agent: Sodium Carbonates; Salt, Cinnamon], Vegetable Oils [Rapeseed, Palm], Sugar, Emulsifier: Rapeseed Lecithin; Spices, Acid: Citric Acid), Humectant: Glycerol; 5% Spiced Icing (Sugar, Palm Oil, Water, Dextrose, Fructose, Colour: Plain Caramel; Emulsifiers: Sucrose Esters of Fatty Acid; Salt, Acidity Regulator: Glucono-Delta-Lactone; Spices, Natural Flavouring, Preservative: Potassium Sorbate), Vegetable Oils (Rapeseed, Sunflower), Modified Maize Starch, Rice Starch, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids, Sodium Stearoyl-2-Lactylate; Raising Agents: Diphosphates, Potassium Carbonates; Spices, Natural Flavouring, Dark Chocolate (Sugar, Cocoa Mass\*\*, Cocoa Butter\*\*, Emulsifier: **Soya** Lecithin; Natural Flavouring), **Milk** Chocolate (Sugar, Cocoa Mass\*\*, Cocoa Butter\*\*, Whole **Milk** Powder, Skimmed **Milk** Powder, Emulsifier: **Soya** Lecithin; Natural Flavouring), White Chocolate (Sugar, Whole **Milk** Powder, Cocoa Butter\*\*, Emulsifier: **Soya** Lecithin; Natural Flavouring), Preservative: Potassium Sorbate; Acidity Regulators: Citric Acid, Potassium Hydroxide; Sugar, Salt.

\*\*Rainforest Alliance Certified. Find out more at [ra.org](http://ra.org)

### **Nutritional Information**

Typical Values per 100g

Energy	322kcal/1353kJ
Fat	11.2g
Of which saturates	3.7g
Carbohydrate	50g
Of which sugars	30g
Fibre	1.4g
Protein	4.8g
Salt	0.41g

### **Allergens**

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Nuts** and **other Cereals containing Gluten**.

### **Useful Information**

Suitable for vegetarians.



## **5224931 Victoria Sponge Muffin**

### **Ingredients**

Sugar, **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Oils (Rapeseed, Sunflower), **Egg**, 9% Buttercream (Icing Sugar, Unsalted Butter (**Milk**), Water, Cornflour, Natural Flavouring, Stabilisers: Guar Gum, Xanthan Gum) 6% Raspberry Sauce (Raspberry Purée, Glucose Syrup, Dextrose, Water, Sugar, Modified Maize Starch, Concentrated Raspberry Juice, Acidity Regulators: Citric Acid, Sodium Citrates; Colour: Anthocyanins; Natural Flavouring, Stabiliser: Pectins; Preservative: Potassium Sorbate; Thickener: Xanthan Gum) Humectant: Glycerol; Modified Maize Starch, Raising Agents: Diphosphates, Potassium Carbonates; Emulsifiers: Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate, Polyglycerol Esters of Fatty Acids; Dextrose, Natural Flavouring, Preservative: Potassium Sorbate; Rice Starch, Acidity Regulators: Citric Acid, Potassium Hydroxide; Cornflour, Vegetable Oils (Rapeseed, Palm).

### **Nutritional Information**

Typical Values per 100g

Energy	407kcal/1705kJ
Fat	20.9g
Of which saturates	3.5g
Carbohydrate	50.5g
Of which sugars	31.5g
Fibre	0.6g
Protein	3.9g
Salt	0.36g

### **Allergens**

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Nuts, Soya** and **other Cereals containing Gluten**.

### **Useful Information**

Suitable for vegetarians.

**5232069 Tiramisu Muffin****Ingredients**

Sugar, **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), **Egg**, Vegetable Oils (Rapeseed, Sunflower), 15% Mascarpone Buttercream (Icing Sugar, Mascarpone Full Fat Soft Cheese [Full Fat Soft Cheese (**Milk**), Cornflour, Salt], Unsalted Butter (**Milk**), Cornflour, Natural Flavouring, Stabilisers: Guar Gum, Xanthan Gum), Humectant: Glycerol; Modified Maize Starch, Cocoa Powder Alkalized (Cocoa Powder, Acidity Regulators: Potassium Carbonates, Calcium Hydroxide), Coffee, Raising Agents: Diphosphates, Potassium Carbonates; Natural Flavouring, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate, Polyglycerol Esters of Fatty Acids; Preservative: Potassium Sorbate; Rice Starch, Acidity Regulators: Citric Acid, Potassium Hydroxide.

**Nutritional Information**

Typical Values per 100g

Energy	384kcal/1611kJ
Fat	17.1g
Of which saturates	3.6g
Carbohydrate	53.0g
Of which sugars	33.1g
Fibre	1.2g
Protein	4.0g
Salt	0.34g

**Allergens**

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Nuts, Soya** and **other Cereals containing Gluten**.

**Useful Information**

Suitable for vegetarians.



## 5232425 Dulce de Leche Muffin

### Ingredients

Sugar, Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Oils (Rapeseed, Sunflower), **Egg**, 9% Dulce de Leche Sauce (Sweetened Condensed Skimmed Milk [Skimmed **Milk**, Sugar], Glucose Syrup, Sugar, Partially Inverted Refiners Syrup, Water, Brown Sugar, Salted Butter [Butter (**Milk**), Salt], Whole **Milk**, Emulsifier: Mono- and Diglycerides of Fatty Acids; Colour: Plain Caramel; Salt, Gelling Agent: Pectins; Preservative: Potassium Sorbate; Natural Vanilla Flavouring), 8% Caramel Flavour Fudge Pieces (Sugar, Sweetened Condensed Milk [**Milk**, Sugar], Fondant [Sugar, Glucose Syrup, Water], Glucose Syrup, Palm Oil, Salted Butter [Butter (**Milk**), Salt], Natural Caramel Flavouring), Humectant: Glycerol; Modified Maize Starch, Raising Agents: Potassium Carbonate, Glucono-Delta-Lactone, Calcium Phosphates, Diphosphates; Emulsifiers: Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate; Colour: Plain Caramel; Natural Toffee Flavouring, Preservative: Potassium Sorbate; Salt, Acidity Regulator: Citric Acid; Enzymes (contain **Wheat**).

### Nutritional Information

Typical Values per 100g

Energy	404kcal/1694kJ
Fat	17.0g
Of which saturates	2.4g
Carbohydrate	57.3g
Of which sugars	40.2g
Fibre	1.4g
Protein	4.7g
Salt	0.43g

### Allergens

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Nuts**, **Soya** and **other Cereals containing Gluten**.

### Useful Information

Suitable for vegetarians.



## **5226874 Ultimate Chocolate Brownie**

### **Ingredients**

Sugar, 17% Dark Couverture Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithins; Natural Flavouring), Unsalted Butter (**Milk**), **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), **Egg**, 7% White Chocolate (Sugar, Whole **Milk** Powder, Cocoa Butter, Skimmed **Milk** Powder, Emulsifier: **Soya** Lecithins; Natural Flavouring), 8% Dark Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: **Soya** Lecithins; Natural Flavouring), 5% **Milk** Couverture Chocolate (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Emulsifier: **Soya** Lecithins; Natural Flavouring), Salt, Preservative: Potassium Sorbate; Natural Flavouring, Raising Agents: Potassium Carbonates, Diphosphates, Calcium Phosphates; Acidity Regulator: Citric Acid.

### **Nutritional Information**

Typical Values per 100g

Energy	467kcal/1954kJ
Fat	25.4g
Of which saturates	16.8g
Carbohydrate	53g
Of which sugars	39.9g
Fibre	2.2g
Protein	5.6g
Salt	0.4g

### **Allergens**

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Nuts** and **other Cereals containing Gluten**.

### **Useful Information**

Suitable for vegetarians.





## **5232426 Smores Brownie**

### **Ingredients**

Sugar, 19% **Milk** Couverture Chocolate (Sugar, Cocoa Butter\*, Whole **MILK** Powder, Cocoa Mass\*, Emulsifier: **SOYA** Lecithins; Natural Flavouring), Butter (**MILK**), **EGG**, **Wheat** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), 8% Pink and White Marshmallows (Sugar, Glucose-Fructose Syrup, Water, Maize Starch, Dextrose, Tapioca Starch, Gelling Agent: Carrageenan; Hydrolysed Rice Protein, Natural Flavouring, Colour: Beetroot Red), Fat Reduced Cocoa Powder\*, 2% Chocolate Flavoured **Milk** Powder Coating (Sugar, Palm Kernel Fat, Fat Reduced Cocoa Powder\*, Whey Powder (**MILK**), Skimmed **MILK** Powder, Emulsifier: **SOYA** Lecithins; Natural Flavouring), Biscuit (**Wheat** Flour [**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Vegetable Fat [Palm, Rapeseed], Sugar, Invert Sugar Syrup, Tapioca Starch, Raising Agents: Sodium Bicarbonate, Ammonium Bicarbonate; Salt), Preservative: Potassium Sorbate; Salt, Acidity Regulator: Citric Acid; Natural Flavouring

### **Nutritional Information**

Typical Values per 100g

Energy	443kcal/1858kJ
Fat	20.2g
Of which saturates	13.6g
Carbohydrate	59.8g
Of which sugars	42.5g
Fibre	1.3g
Protein	4.9g
Salt	0.32g

### **Allergens**

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Nuts** and **other Cereals containing Gluten**.

### **Useful Information**

Suitable for vegetarians.



## **5233724 Mini Egg Brownie**

### **Ingredients**

Sugar, 17% Icing (Sugar, Palm Oil, Water, Cocoa Powder\*, Dextrose, Fructose, Emulsifier: **Soya** Lecithins; Salt, Acidity Regulator: Glucono-Delta-Lactone; Natural Flavouring, Preservative: Potassium Sorbate), 17% **Milk** Couverture Chocolate (Sugar, Cocoa Butter\*, Whole **Milk** Powder, Cocoa Mass\*, Emulsifier: **Soya** Lecithins; Natural Flavouring), Unsalted Butter (**Milk**), **Egg**, **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), 6% Candy Coated **Milk** Chocolate Eggs (Sugar, Cocoa Butter\*, Skimmed **Milk** Powder, Cocoa Mass\*, Whey Powder (**Milk**), Lactose (**Milk**), Butter Oil (**Milk**), Water, Tapioca Starch, Emulsifiers: Lecithins [**Soya**, Rapeseed]; Natural Flavouring, Tapioca Dextrin, Caramelised Sugar Syrup, Fruit, Plant and Vegetable Extracts [Concentrate of Pumpkin, Beetroot, Apple, Spirulina, Safflower], Colour: Curcumin; Glazing Agent: Carnauba Wax; Acidity Regulator: Citric Acid; Coconut Oil, Rapeseed Oil), Fat Reduced Cocoa Powder\*, Preservative: Potassium Sorbate; Salt, Acidity Regulator: Citric Acid; Natural Flavouring. \*Rainforest Alliance Certified.

### **Nutritional Information**

Typical Values per 100g

Energy	442kcal/1848kJ
Fat	22.1g
Of which saturates	14.1g
Carbohydrate	55.1g
Of which sugars	46.5g
Fibre	1.3g
Protein	4.9g
Salt	0.28g

### **Allergens**

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Nuts** and **other Cereals containing Gluten**.

### **Useful Information**

Suitable for vegetarians.



## 5230188 Rocky Road

### Ingredients

23% Dark Couverture Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Natural Flavouring), 15% Digestive Biscuit Pieces (**Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Wholemeal **Wheat** Flour, Shortening [Palm Oil, Rapeseed Oil], Sugar, Invert Sugar Syrup, Raising Agents: Sodium Bicarbonate, Ammonium Bicarbonate; Salt), Partially Inverted Refiners Syrup, 11% Milk Couverture Chocolate (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Emulsifier: **Soya** Lecithin; Natural Flavouring), 10% Pink and White Marshmallows (Sugar, Glucose-Fructose Syrup, Water, Maize Starch, Dextrose, Tapioca Starch, Gelling Agent: Carrageenan; Hydrolysed Rice Protein, Natural Flavouring, Colour: Beetroot Red), 8% Half Glace Cherries (Cherries, Glucose-Fructose Syrup, Sugar, Acidity Regulator: Citric Acid; Colour: Anthocyanins; Preservative: Sulphur Dioxide), Butter (**Milk**), 6% Large Crisp Rice (Rice Flour, Rice Bran, Sugar), 6% Sultana, Dextrose, Sugar, Cornflour, Vegetable Oils (Rapeseed, Palm).

### Nutritional Information

Typical Values per 100g

Energy	463kcal/1942kJ
Fat	21.2g
Of which saturates	13.1g
Carbohydrate	63.2g
Of which sugars	45.5g
Fibre	2.5g
Protein	3.7g
Salt	0.25g

### Allergens

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Egg**, **Nuts** and **other Cereals containing Gluten**.

### Useful Information

Suitable for vegetarians.



## 5226875 Cheesecake Brownie

### Ingredients

Sugar, 21% Cream Cheese (Whole **Milk**, Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Salt, Thickener: Guar Gum), 14% Dark Couverture Chocolate (Cocoa Mass\*, Sugar, Cocoa Butter\*, Emulsifier: **Soya** Lecithins; Natural Flavouring), **Egg**, Unsalted Butter (**Milk**), Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), 5% White Chocolate (Sugar, Whole **Milk** Powder, Cocoa Butter\*, Skimmed **Milk** Powder, Emulsifier: **Soya** Lecithin; Natural Flavouring), 5% Dark Chocolate (Sugar, Cocoa Mass\*, Cocoa Butter\*, Emulsifier: **Soya** Lecithins; Natural Flavouring), 0.8% Dark Chocolate Flavour Compound Coating (Sugar, Palm Kernel Fat, Fat Reduced Cocoa Powder\*, Emulsifier: **Soya** Lecithins; Natural Flavouring), 0.8% Milk Chocolate Flavour Compound Coating (Sugar, Palm Kernel Fat, Fat Reduced Cocoa Powder\*, Whey Powder (**Milk**), Skimmed **Milk** Powder, Emulsifier: **Soya** Lecithins; Natural Flavouring), Natural Flavouring, Salt, Preservative: Potassium Sorbate; Acidity Regulator: Citric Acid

### Nutritional Information

Typical Values per 100g

Energy	424kcal/1771kJ
Fat	24.8g
Of which saturates	16.5g
Carbohydrate	44.0g
Of which sugars	32.6g
Fibre	1.3g
Protein	5.6g
Salt	0.47g

### Allergens

For allergens, including **Cereals containing Gluten**, see ingredients in **bold**. May also contain **Nuts** and **other Cereals containing Gluten**.

### Useful Information

Suitable for vegetarians.



## **5221093 Triple Chocolate Cookie**

### **Ingredients**

**Wheat** Flour, 15% White Chocolate Pieces (Sugar, Cocoa Butter\*, Whole **Milk** Powder, Emulsifier: **Soya** Lecithins; Natural Flavouring), Sugar, Vegetable Oils (Palm, Rapeseed), 6% Dark Chocolate Pieces (Sugar, Cocoa Mass\*, Cocoa Butter\*, Whey Powder (**Milk**), Emulsifier: **Soya** Lecithins; Natural Flavouring), 5% **Milk** Chocolate Pieces (Sugar, Whole **Milk** Powder, Cocoa Butter\*, Cocoa Mass\*, Emulsifier: **Soya** Lecithins; Natural Flavouring), Soluble Maize Fibre, Bulking Agent: Polydextrose; Fat Reduced Cocoa Powder\*, Invert Sugar Syrup, Butter (**Milk**), **Egg** Powder, Skimmed **Milk** Powder, Humectant: Glycerol; Raising Agents: Sodium Carbonates, Diphosphates; Sugar Cane Molasses, Natural Flavouring, Salt, Stabiliser: Xanthan Gum

### **Nutritional Information**

Typical Values per 100g

Energy	473kcal/1982kJ
Fat	24.0g
Of which saturates	12.0g
Carbohydrate	55.0g
Of which sugars	33.0g
Fibre	7.7g
Protein	5.5g
Salt	0.44g

### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May also contain **Mustard, Nuts, sesame** and **other Cereals containing Gluten**.

### **Useful Information**

Suitable for vegetarians.

**5221093 Milk Chocolate Cookie****Ingredients**

**Wheat** Flour, 27% **Milk** Chocolate Pieces (Sugar, Whole **Milk** Powder, Cocoa Butter\*, Cocoa Mass\*, Emulsifier: **Soya** Lecithins; Natural Flavouring), Vegetable Oils (Palm, Rapeseed), Sugar, Bulking Agent: Polydextrose; Brown Sugar (Sugar, Sugar Cane Molasses), Dried Glucose Syrup, Invert Sugar Syrup, Butter (**Milk**), **Egg** Powder, Raising Agents: Sodium Carbonates, Diphosphates; Skimmed **Milk** Powder, Natural Flavouring, Salt, Stabiliser: Xanthan Gum.

**Nutritional Information**

Typical Values per 100g

Energy	481kcal/2010kJ
Fat	24.0g
Of which saturates	12.0g
Carbohydrate	58.0g
Of which sugars	32.0g
Fibre	5.3g
Protein	5.5g
Salt	0.95g

**Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May also contain **Mustard, Nuts, sesame** and **other Cereals containing Gluten**.

**Useful Information**

Suitable for vegetarians.



## **5221093 White Chocolate Chip Cookie**

### **Ingredients**

**Wheat** Flour, 25% White Chocolate Pieces (Sugar, Cocoa Butter\*, Whole **Milk** Powder, Emulsifier: **Soya** Lecithins; Natural Flavouring), Sugar, Vegetable Oils (Palm, Rapeseed), Bulking Agent: Polydextrose; Dried Glucose Syrup, Butter (**Milk**), Invert Sugar Syrup, **Egg** Powder, Raising Agents: Sodium Carbonates, Diphosphates; Skimmed **Milk** Powder, Natural Flavouring, Sugar Cane Molasses, Salt, Stabiliser: Xanthan Gum.

### **Nutritional Information**

Typical Values per 100g

Energy	478kcal/2000kJ
Fat	24.0g
Of which saturates	9.1g
Carbohydrate	58.0g
Of which sugars	31.0g
Fibre	4.9g
Protein	5.1g
Salt	0.48g

### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May also contain **Mustard, Nuts, sesame** and **other Cereals containing Gluten**.

### **Useful Information**

Suitable for vegetarians.

**5232500 Half & Half Cookie****Ingredients**

**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, 12% Belgian White Chocolate Chunks (Sugar, Cocoa Butter\*, Whole **Milk** Powder, Emulsifier: **Soya** Lecithins; Natural Vanilla Flavouring), 11% Belgian **Milk** Chocolate Chunks (Sugar, Whole **Milk** Powder, Cocoa Butter\*, Cocoa Mass\*, Emulsifier: **Soya** Lecithins; Natural Vanilla Flavouring), Palm Oil, Soft Dark Brown Sugar, Glucose-Fructose Syrup, Rapeseed Oil, Fat Reduced Cocoa Powder\*, **Wheat** Fibre, Lactose Powder (**Milk**), Raising Agents: Diphosphates, Sodium Carbonates, Calcium Phosphates), Whey Powder (**Milk**), Salt, Natural Flavourings.

**Nutritional Information**

Typical Values per 100g

Energy	451kcal/1891kJ
Fat	19.7g
Of which saturates	9.1g
Carbohydrate	62.3g
Of which sugars	39.9g
Fibre	2.1g
Protein	5.2g
Salt	0.55g

**Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May also contain **Egg, Nuts** and **other Cereals containing Gluten**.

**Useful Information**

Suitable for vegetarians.





## 5232502 Birthday Cookie

### Ingredients

**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, 14% Strawberry Flavoured Filling (Sugar, Strawberry Purée, Glucose Syrup, Stabilisers: Sodium Citrates; Modified Maize Starch, Maize Starch, Gelling Agent: Pectins; Acidity Regulator: Citric Acid; Natural Flavouring, Colour: Anthocyanins), Palm Oil, Rapeseed Oil, Vegetable Fats In Varying Proportions (Coconut, Palm Kernel), Coloured Sprinkles (Sugar, Water, Glucose Syrup, Beetroot Concentrate, Coconut Oil, Paprika Extract, Colours: Anthocyanins, Curcumin; Glazing Agent: Beeswax, White And Yellow), Humectant: Glycerol; **Wheat** Fibre, Glucose-Fructose Syrup, Maize Starch, Lactose Powder (**Milk**), Whey Powder (**Milk**), Natural Flavourings (Contain **Wheat**, **Milk**, **Soya**), Raising Agent: Sodium Carbonates; Salt, Emulsifier: Soya Lecithins.

### Nutritional Information

Typical Values per 100g

Energy	460kcal/1931kJ
Fat	18.6g
Of which saturates	8.8g
Carbohydrate	69.9g
Of which sugars	39.9g
Fibre	2.4g
Protein	3.8g
Salt	0.35g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May also contain **Nuts**, **Egg** and **other Cereals containing Gluten**.

### Useful Information

Suitable for vegetarians.

**128974 Pastel de Nata****Ingredients**

24% **Wheat** Flour, Water, Sugar, 12% Whole **Milk**, 11% Vegetable Margarine (Palm Oil, Sunflower Oil, Rapeseed Oil, Coconut Oil, Water, Concentrated Lemon Juice), 7% **Egg** Yolk, 2% **Egg** White, 1% Whole **Milk** Powder, Maize Starch, Salt, Thickener: Xanthan Gum.

**Nutritional Information**

Typical Values per 100g

Energy	283kcal/1188kJ
Fat	11.4g
Of which saturates	6.0g
Carbohydrate	40.0g
Of which sugars	24.0g
Fibre	1.0g
Protein	4.6g
Salt	0.24g

**Allergens**

allergens, including **Cereals containing Gluten**, see ingredients in **bold**. May also contain **Mustard, Nuts, Sesame, Soya** and **other Cereals containing Gluten**.

**Useful Information**

Suitable for vegetarians.



## **114732 Jam Doughnut**

### **Ingredients**

**Wheat** Flour, 21% Multifruit Jam (Sugar, 7% Fruits (4% Apples, 1% Raspberries, 1% Black Currants, 1% Sour Cherries), Glucose Syrup, Water, Gelling Agent: Pectins; Acid: Citric Acid; Acidity Regulator: Sodium Citrates), Vegetable Oils (Palm Oil, Sunflower, Rapeseed), Water, **Egg**, Sugar, Dextrose, Whey Powder (**Milk**), **Wheat** Starch, Salt, Yeast, **Egg** White Powder, Potato Starch, Flour Treatment Agent: Ascorbic Acid.

### **Nutritional Information**

Typical Values per 100g

Energy	344kcal/1441kJ
Fat	14.6g
Of which saturates	4.6g
Carbohydrate	45.9g
Of which sugars	15.5g
Fibre	1.9g
Protein	6.2g
Salt	0.52g

### **Allergens**

For allergens, including **Cereals containing Gluten**, see ingredients in **bold**. May also contain **Sesame, Mustard** and **Soya**.

### **Useful Information**

Suitable for vegetarians.



## 159200 Chocolate Ring Doughnut

### Ingredients

**Wheat** Flour, Vegetable Oils (Sunflower, Rapeseed, Oil Palm), Water, Sugar, Whole **Milk** Powder, Cocoa Butter\*, Cocoa Mass\*, Fat Reduced Cocoa Powder\*, Salt, Yeast, Dried Glucose Syrup, **Wheat** Starch, **Wheat** Gluten, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate, Lecithins (Rapeseed, Sunflower); Raising Agents: Diphosphates, Sodium Carbonates; Flour Treatment Agent: Ascorbic Acid.

\*Rainforest Alliance Certified. More information at [ra.org](http://ra.org)

### Nutritional Information

Typical Values per 100g

Energy	432kcal/1802kJ
Fat	25.7g
Of which saturates	12.2g
Carbohydrate	42.2g
Of which sugars	14.0g
Fibre	2.3g
Protein	6.8g
Salt	0.75g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of **Mustard**, **Sesame** and **Soya** and **other Cereals containing Gluten**.

### Useful Information

Suitable for vegetarians.



## **5708092 Chocolate Hazelnut Doughnut**

### **Ingredients**

**Wheat** Flour, Sugar, Water, Vegetable Fats (Oil Palm, Palm Kernel, Coconut), Vegetable Oils (Sunflower, Rapeseed, Oil Palm), Yeast, 2.9% Fat-Reduced Cocoa Powder\*, Whey Powder (**Milk**), Dextrose, **Wheat** Starch, 0.7% **Hazelnut** Paste, Whole **Milk** Powder, Raising Agents: Diphosphates, Sodium Carbonates; Emulsifiers: Sunflower Lecithins, Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate; **Egg** White Powder, Natural Flavourings (contain **Milk**), Salt, Stabilisers: Guar Gum, Sodium Carboxy Methyl Cellulose, Xanthan Gum; Colour: Carotenes; Flour Treatment Agent: Ascorbic Acid.

### **Nutritional Information**

Typical Values per 100g

Energy	432kcal/1805kJ
Fat	24g
Of which saturates	11g
Carbohydrate	47g
Of which sugars	26g
Fibre	2.2g
Protein	5.9g
Salt	0.45g

### **Allergens**

For allergens, including **Cereals containing Gluten**, see ingredients in **bold**. May also contain **Mustard**, **other Nuts**, **Sesame** and **Soya**.

### **Useful Information**

Suitable for vegetarians.



## **159229 Caramel Filled Ring Doughnut**

### **Ingredients**

**Wheat** Flour, Water, Vegetable Fats (Oil Palm, Palm Kernel, Coconut), Sugar, Glucose-Fructose Syrup, Vegetable Oils (Sunflower, Oil Palm), Whey Powder (**Milk**), Dextrose, Yeast, Starch, **Soya** Flour, Lactose (**Milk**), Butter (**Milk**), Raising Agents: Diphosphates, Sodium Carbonates; Emulsifiers: Lecithins (Sunflower, **Soya**), Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate; Salt, Skimmed **Milk** Powder, Whole **Milk** Powder, Colours: Carotenes, Plain Caramel; Natural Flavourings, Flour Treatment Agent: Ascorbic Acid; Preservative: Potassium Sorbate; Acid: Citric Acid; Stabilisers: Sodium Carboxy Methyl Cellulose, Cellulose Gum.

### **Nutritional Information**

Typical Values per 100g

Energy	420kcal/1754kJ
Fat	25.0g
Of which saturates	13.0g
Carbohydrate	43.0g
Of which sugars	19.0g
Fibre	1.2g
Protein	5.2g
Salt	0.88g

### **Allergens**

For allergens, including **Cereals containing Gluten**, see ingredients in **bold**. May also contain **Mustard**, **Nuts**, **Egg**, **Sesame** and **other Cereals containing Gluten**.

### **Useful Information**

Not suitable for vegetarians.



## **214375 Strawberry Cheesecake Filled Doughnut**

### **Ingredients**

**Wheat** Flour, Vegetable Fats (Palm, Palm Kernel, Coconut), Water, Sugar, 7.3% Soft Cheese (Water, Glucose-Fructose Syrup, Sugar, 9.6% Partially Skimmed Soft Cheese (**Milk**), Palm Fat, Modified Maize Starch, **Milk** Protein, **Wheat** Starch, Skimmed **Milk** Powder, Acid: Citric Acid; Salt, Preservative: Potassium Sorbate; Emulsifier: Polyoxyethylene Sorbitan Monostearate (Polysorbate 60); Thickener: Xanthan Gum; Natural Flavouring [contains **Milk**]), Whey Powder (**Milk**), Glucose Syrup, Sunflower Oil, Dextrose, Lactose (**Milk**), Yeast, Starch (Maize, Potato), 0.9% Raspberry Purée made from Concentrate, **Soya** Flour, Emulsifiers: Sunflower Lecithins, Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate; Raising Agents: Diphosphates, Sodium Carbonates; Salt, Colours: Carotenes, Paprika Extract, Beetroot Red, Anthocyanins; Thickeners: Pectins, Locust Bean Gum; Natural Flavourings, Acid: Citric Acid; Preservative: Potassium Sorbate; Skimmed **Milk** Powder, Flour Treatment Agent: Ascorbic Acid; Concentrated Beetroot Juice.

### **Nutritional Information**

Typical Values per 100g

Energy	423kcal/1764kJ
Fat	25.0g
Of which saturates	16.0g
Carbohydrate	44.0g
Of which sugars	27.0g
Fibre	1.0g
Protein	4.7g
Salt	1.10g

### **Allergens**

For allergens, including **Cereals containing Gluten**, see ingredients in **bold**. May also contain **Egg, Mustard, Nuts, Sesame** and **other Cereals containing Gluten**.

### **Useful Information**

Not suitable for vegetarians.

**116486 Pink Iced Ring Doughnut****Ingredients**

Flour (**Wheat** Flour, Rice Flour) Vegetable Oils and Fats (Palm, Rapeseed, Coconut, Shea), Water, Sugar, Yeast, Dextrose, Whey Powder (**Milk**), Skimmed **Milk** Powder, Lactose (**Milk**), **Soya** Flour, Salt, Colours: Betanin, Paprika Extract; Emulsifiers: Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-lactylate, Lecithins; Raising Agents: Diphosphates, Sodium Carbonates; Starch, Natural Flavouring, Glazing Agent: Shellac.

**Nutritional Information**

Typical Values per 100g

Energy	436kcal/1818kJ
Fat	27.3g
Of which saturates	14.7g
Carbohydrate	39.4g
Of which sugars	13.7g
Fibre	1.9g
Protein	7.2g
Salt	1.0g

**Allergens**

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Egg**, **Nuts**, **Mustard** and **Sesame**.

**Useful Information**

Not suitable for vegetarians.





## **159266 White and Milk Chocolate Drizzle Doughnut**

### **Ingredients**

**Wheat** Flour, Vegetable Oils (Palm, Palm Kernel, Coconut), Sugar, Water, Whey Powder (**Milk**), Dextrose, Lactose (**Milk**), Sunflower Oil, Yeast, Potato Starch, **Soya** Flour, Raising Agents: Sodium Carbonates, Diphosphates; Emulsifier: Sunflower Lecithins, Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-lactylate; Fat Reduced Cocoa Powder, **Milk** Powder, Salt, Natural Flavourings, Colour: Carotenes; Flour Treatment Agent: Ascorbic Acid.

### **Nutritional Information**

Typical Values per 100g

Energy	470kcal/1957kJ
Fat	31.0g
Of which saturates	21.0g
Carbohydrate	40.0g
Of which sugars	23.0g
Fibre	2.0g
Protein	6.7g
Salt	0.95g

### **Allergens**

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Egg, Mustard, Nuts, Sesame** and **other Cereals containing Gluten**.

### **Useful Information**

Not suitable for vegetarians.



## 85266 Chocolate Twist

### Ingredients

36% **Wheat** Flour, 16% Chocolate Chips (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Lecithins; Natural Vanilla Flavouring), 14% Custard Filling (Water, Sugar, Modified Potato Starch, Whey Powder (**Milk**), Whole **Milk** Powder, Colour: Carotenes), 13% Butter (**Milk**), Water, Sugar, Yeast, **Egg**, **Wheat** Gluten, Salt, Deactivated Yeast, Malted **Wheat** Flour, Flour Treatment Agent: Ascorbic Acid.

### Nutritional Information

Typical Values per 100g

Energy	330kcal/1386kJ
Fat	12.1g
Of which saturates	7.7g
Carbohydrate	47.7g
Of which sugars	16.8g
Fibre	1.7g
Protein	6.7g
Salt	0.82g

### Allergens

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Mustard**, **Nuts**, **Sesame**, **Soya**, and **other Cereals containing Gluten**.

### Useful Information

Suitable for vegetarians.



## 171757 Heart Doughnut

### Ingredients

**Wheat** Flour, Vegetable Fats (Oil Palm, Palm Kernel, Coconut), Water, Sugar, Sunflower Oil, Dextrose, Whey Powder (**Milk**), Yeast, **Soya** Flour, Lactose (**Milk**), Starch, Raising Agents: Diphosphates, Sodium Carbonates; Salt, Invert Sugar Syrup, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate, Sunflower Lecithins; Fat Reduced Cocoa Powder, Whole **Milk** Powder, Rice Flour, Colour: Carotenes; Skimmed **Milk** Powder, Natural Flavourings, Fruit and Vegetable Extracts (Radish, Redcurrant, Apple), Flour Treatment Agent: Ascorbic Acid.

### Nutritional Information

Typical Values per 100g

Energy	421kcal/1758kJ
Fat	26.0g
Of which saturates	14.0g
Carbohydrate	40.0g
Of which sugars	18.0g
Fibre	1.3g
Protein	6.2g
Salt	1.20g

### Allergens

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Egg, Nuts, Mustard, Sesame, and other Cereals containing Gluten**.

### Useful Information

Suitable for vegetarians.

**5226873 Red Velvet Muffin****Ingredients**

Sugar, **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), **Egg**, Cream Cheese Frosting (Icing Sugar, Unsalted Butter (**Milk**), Cream Cheese [**Milk**, Salt, Thickener: Guar Gum], Water, Modified Maize Starch, Concentrated Lemon Juice), Vegetable Oils (Rapeseed, Sunflower), Humectant: Glycerol; Fat Reduced Cocoa Powder\*, Modified Maize Starch, Raising Agents: Potassium Carbonate, Glucono-Delta-Lactone, Calcium Phosphates, Diphosphates; Emulsifiers: Mono- And Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate, Polyglycerol Esters of Fatty Acids; Natural Flavouring, Colour: Iron Oxide; Preservative: Potassium Sorbate; Acidity Regulators: Citric Acid, Potassium Hydroxide; Enzymes (**Wheat**).

**Nutritional Information**

Typical Values per 100g

Energy	364kcal/1527kJ
Fat	14.4g
Of which saturates	4.0g
Carbohydrate	53.6g
Of which sugars	32.7g
Fibre	1.4g
Protein	4.2g
Salt	0.23g

**Allergens**

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Nuts**, **Soya** and **other Cereals containing Gluten**.

**Useful Information**

Suitable for vegetarians.



## **5226879 Easter Muffins- Chocolate Mini Egg**

### **Ingredients**

**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), **Egg**, Sugar, 7% Chocolate Sauce (Sugar, Glucose-Fructose Syrup, Dark Chocolate [Cocoa Mass\*, Sugar, Cocoa Butter\*, Fat Reduced Cocoa Powder\*, Emulsifier: **Soya** Lecithins], Water, Sweetened Condensed Skimmed **Milk** [Skimmed **Milk**, Sugar], **Milk** Chocolate [Sugar, Whole **Milk** Powder, Cocoa Butter\*, Cocoa Mass\*, Emulsifier: **Soya** Lecithins; Natural Flavouring], Fat Reduced Cocoa Powder\*, Double Cream (**Milk**), Salted Butter [Butter (**Milk**), Salt], Gelling Agent: Pectins; Salt, Preservative: Potassium Sorbate), 6% Icing (Sugar, Palm Oil, Glucose Syrup, Water, Emulsifier: Sucrose Esters of Fatty Acids; Salt, Acidity Regulator: Glucono-Delta-Lactone; Preservative: Potassium Sorbate; Fruit and Vegetable Concentrates [Radish, Apple, Blackcurrant]), 5% Candy Coated **Milk** Chocolate Mini Eggs (Sugar, Cocoa Butter\*, Skimmed **Milk** Powder, Cocoa Mass\*, Whey Powder (**Milk**), Lactose (**Milk**), Butter Oil (**Milk**), Tapioca Starch, Emulsifier: **Soya** Lecithins; Natural Flavouring, Colour: Curcumin; Fruit, Plant and Vegetable Extracts [Pumpkin, Apple, Spirulina], Caramelised Sugar Syrup, Glazing Agent: Carnauba Wax; Coconut Oil, Rapeseed Oil, Acidity Regulator: Citric Acid), Humectant: Glycerol; Vegetable Oils (Rapeseed, Sunflower), Fat Reduced Cocoa Powder\*, 3% **Milk** Chocolate (Sugar, Cocoa Butter\*, Cocoa Mass\*, Whole **Milk** Powder, Whey Powder (**Milk**), Emulsifier: **Soya** Lecithins), Modified Maize Starch, 2% White Chocolate (Sugar, Whole **Milk** Powder, Cocoa Butter\*, Skimmed **Milk** Powder, Emulsifier: **Soya** Lecithins; Natural Flavouring), Rice Starch, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids, Sodium Stearoyl-2-Lactylate; Raising Agents: Diphosphates, Potassium Carbonate; Natural Flavouring, Preservative: Potassium Sorbate; Acidity Regulator: Citric Acid.

### **Nutritional Information**

Typical Values per 100g

Energy	324kcal/1363kJ
Fat	10.5g
Of which saturates	3.9g
Carbohydrate	50.9g
Of which sugars	29.2g
Fibre	1.6g
Protein	5.4g
Salt	0.42g



Bakery Overview – BEL

### **Allergens**

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Nuts** and **other Cereals containing Gluten**.

### **Useful Information**

Suitable for vegetarians.



## **5226879 Easter Muffins- Carrot Cake**

### **Ingredients**

**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Brown Sugar, 14% Carrots, **Egg**, 12% Cream Cheese Frosting (Icing Sugar, Butter (**Milk**), Cream Cheese (**Milk**) [Contains Thickener: Guar Gum], Water, Modified Maize Starch, Concentrated Lemon Juice), Vegetable Oils (Rapeseed, Sunflower), Humectant: Glycerol; Sultanas, **Walnuts**, Tapioca Starch, Modified Maize Starch, Raising Agents: Potassium Carbonates, Calcium Phosphates, Diphosphates; 1.3% Confectionary Decoration (Sugar, Cocoa Butter\*, Whole **Milk** Powder, Emulsifier: Sunflower Lecithins; Natural Flavouring, Colours: Riboflavins, Paprika Extract; Safflower Concentrate, Lemon Concentrate, Spirulina Concentrate, Apple Concentrate), Emulsifiers: Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate, Polyglycerol Esters of Fatty Acids; Preservative: Potassium Sorbate; Rice Starch, Cinnamon, Acidity Regulator: Citric Acid

### **Nutritional Information**

Typical Values per 100g

Energy	352kcal/1473kJ
Fat	16.5g
Of which saturates	3.9g
Carbohydrate	45.5g
Of which sugars	26.9g
Fibre	1.3g
Protein	4.5g
Salt	0.13g

### **Allergens**

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **other Nuts**, **Soya** and **other Cereals containing Gluten**.

### **Useful Information**

Suitable for vegetarians.



## **5229824 Banana Loaf**

### **Ingredients**

Brown Sugar, **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), **Egg**, Vegetable Oils (Rapeseed, Sunflower), 13% Banana (Banana, Antioxidants: Ascorbic Acid, Citric Acid), Humectant: Glycerol; 4% Fried Sweetened Banana Chips (Banana, Coconut Oil, Sugar, Natural Flavouring), Modified Maize Starch, Raising Agents: Potassium Carbonates, Diphosphates; Emulsifiers: Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate, Polyglycerol Esters of Fatty Acids; Preservative: Potassium Sorbate; Natural Flavouring, Rice Starch, Acidity Regulator: Citric Acid.

### **Nutritional Information**

Typical Values per 100g

Energy	389kcal/1589kJ
Fat	18.9g
Of which saturates	3.0g
Carbohydrate	49.6g
Of which sugars	25.6g
Fibre	0.8g
Protein	4.1g
Salt	0.35g

### **Allergens**

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Milk, Nuts, Soya**, and **other Cereals containing Gluten**.

### **Useful Information**

Suitable for vegetarians.





## 5232070 Lemon Loaf Cake

### Ingredients

**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, **Egg**, Vegetable Oils (Rapeseed, Sunflower), 6% Sicilian Lemon Curd (Sugar, **Egg**, Salted Butter [Butter (**Milk**), Salt], Water, Concentrated Lemon Juice [Concentrated Lemon Juice, Preservative: **Sodium Metabisulphite**], Gelling Agent: Agar; Lemon Oil), Humectant: Glycerol; Modified Maize Starch, Natural Flavouring, Raising Agents: Diphosphates, Potassium Carbonates, Calcium Phosphates; Lemon Zest, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate, Polyglycerol Esters of Fatty Acids; Dextrose, Preservative: Potassium Sorbate; Rice Starch, Acidity Regulator: Citric Acid; Colour: Lutein; Cornflour, Vegetable Oils (Rapeseed, Palm).

### Nutritional Information

Typical Values per 100g

Energy	388kcal/1627kJ
Fat	17.6g
Of which saturates	2.4g
Carbohydrate	52.4g
Of which sugars	27.6g
Fibre	1.3g
Protein	4.4g
Salt	0.44g

### Allergens

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Nuts**, **Soya** and **other Cereals containing Gluten**.

### Useful Information

Suitable for vegetarians.



## 5234197 Bakewell Loaf Cake

### Ingredients

**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Vegetable Oils (Rapeseed, Sunflower), **Egg**, 8% Sliced Glacé Cherries (Cherries, Glucose-Fructose Syrup, Sugar, Acidity Regulator: Citric Acid; Colour: Anthocyanins; Preservative: Sulphur Dioxide), 7% Raspberry Sauce (Raspberry Purée, Glucose Syrup, Dextrose, Water, Sugar, Modified Maize Starch, Concentrated Raspberry Juice, Acidity Regulators: Citric Acid, Sodium Citrates; Colour: Anthocyanins; Natural Flavouring, Gelling Agent: Pectins; Preservative: Potassium Sorbate; Thickener: Xanthan Gum), 6% Apricot Kernel Paste (Sugar, Apricot Kernels, Water, Dried Egg White, Glucose-Fructose Syrup, Modified Tapioca Starch, Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate), Humectant: Glycerol; 4% Flaked **Almonds**, Modified Maize Starch, Raising Agents: Potassium Carbonate, Diphosphates, Calcium Phosphates, Glucono-Delta-Lactone; Emulsifiers: Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate; Preservative: Potassium Sorbate; Natural Flavouring, Acidity Regulator: Citric Acid; Enzymes (contain **Wheat**).

### Nutritional Information

Typical Values per 100g

Energy	396kcal/1659kJ
Fat	17.9g
Of which saturates	1.8g
Carbohydrate	53.7g
Of which sugars	30.1g
Fibre	1.0g
Protein	4.5g
Salt	0.24g

### Allergens

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Milk**, other **Nuts**, **Soya** and **other Cereals containing Gluten**.

### Useful Information

Suitable for vegetarians.



## 5234199 Cookies & Cream Loaf Cake

### Ingredients

Sugar, **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), **Egg**, Vegetable Oils (Rapeseed, Sunflower), 8% Cookie Sandwich with Vanilla Flavour Filling (Cornflour, 19% Vanilla Flavour Filling [Sugar, Palm Fat, Natural Flavouring, Emulsifier: **Soya** Lecithins], Potato Starch, Sugar, Palm Fat, Fat Reduced Cocoa Powder\*, Dextrose, Tapioca Starch, Natural Flavouring, Salt, Emulsifier: **Soya** Lecithins; Raising Agents: Ammonium Carbonates, Sodium Carbonates), 7% Chocolate Sauce (Sugar, Glucose-Fructose Syrup, Dark Chocolate [Cocoa Mass\*, Sugar, Emulsifier: **Soya** Lecithins; Natural Flavouring], Water, Sweetened Condensed Skimmed **Milk** [Skimmed **Milk**, Sugar], **Milk** Chocolate [Sugar, Whole **Milk** Powder, Cocoa Butter\*, Cocoa Mass\*, Emulsifier: **Soya** Lecithins; Natural Flavouring], Fat Reduced Cocoa Powder\*, Double Cream (**Milk**), Salted Butter [Butter (**Milk**), Salt], Gelling Agent: Pectins; Salt, Preservative: Potassium Sorbate), 6% Icing (Sugar, Palm Oil, Glucose Syrup, Water, Emulsifier: Sucrose Esters of Fatty Acids; Salt, Acidity Regulator: Glucono-Delta-Lactone; Preservative: Potassium Sorbate), Humectant: Glycerol; 4% Double Cream (**Milk**), Modified Maize Starch, Raising Agents: Potassium Carbonate, Glucono-Delta-Lactone, Calcium Phosphates, Diphosphates; Emulsifiers: Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate; Natural Flavouring, Preservative: Potassium Sorbate; Acidity Regulator: Citric Acid; Enzymes (contain **Wheat**).

### Nutritional Information

Typical Values per 100g

Energy	388kcal/1627kJ
Fat	18.0g
Of which saturates	4.7g
Carbohydrate	52.1g
Of which sugars	31.6g
Fibre	1.1g
Protein	3.9g
Salt	0.35g

### Allergens

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Nuts** and **other Cereals containing Gluten**.

### Useful Information

Suitable for vegetarians.



## 5229395 Chocolate Yule Log

### Ingredients

Sugar, Vegetable Oils (Rapeseed, Sunflower), **Egg**, **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Icing (Sugar, Palm Oil, Water, Cocoa Powder, Dextrose, Fructose, Emulsifier: **Soya** Lecithin; Salt, Acidity Regulator: Glucono-Delta-Lactone; Natural Flavouring, Preservative: Potassium Sorbate), 7% Chocolate Sauce (**Milk**, Sugar, Chocolate [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Natural Flavouring], Chocolate Filling [Sugar, Vegetable Fat (Sunflower, Rapeseed), Fat Reduced Cocoa Powder, Chocolate (Sugar, Cocoa Mass, Fat Reduced Cocoa Powder, Cocoa Butter, Emulsifier: **Soya** Lecithin), Skimmed **Milk** Powder, Emulsifier: **Soya** Lecithin; Natural Flavouring], Glucose Syrup, Humectant: Glycerol; Modified Maize Starch, Water, Preservative: Potassium Sorbate; Emulsifier: Mono- and Diglycerides of Fatty Acids), Humectant: Glycerol; Fat Reduced Cocoa Powder, 3% Milk Chocolate Flake Bars (Sugar, Whole **Milk** Powder, Cocoa Butter, Cocoa Mass, Fat Reduced Cocoa Powder, Whey Powder (**Milk**), Emulsifier: **Soya** Lecithin), Modified Maize Starch, Dextrose, Raising Agents: Potassium Carbonates, Diphosphates; **Barley** Malt Extract, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate, Polyglycerol Esters of Fatty Acids; Preservative: Potassium Sorbate; Natural Flavouring, Rice Starch, Acidity Regulator: Citric Acid; Cornflour, Palm Oil (Rapeseed, Palm).

### Nutritional Information

Typical Values per 100g

Energy	410kcal/1717kJ
Fat	18.7g
Of which saturates	3.3g
Carbohydrate	54.8g
Of which sugars	29.1g
Fibre	1.9g
Protein	4.6g
Salt	0.34g

### Allergens

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Nuts** and **other Cereals containing Gluten**.

### Useful Information

Suitable for vegetarians.

**5205055 Toffee Yum Yum****Ingredients**

**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Thiamin, Niacin), Water, Sugar, Palm Oil, Sweetened Condensed Skimmed **Milk** (Skimmed **Milk**, Sugar, Lactose (**Milk**)), Butter (**Milk**), Glucose Syrup, **Egg**, Partially Inverted Sugar Syrup, Rapeseed Oil, Emulsifiers (Mono-and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate), Cornflour, **Wheat** Flour, Salt, Yeast, Muscovado Sugar, Flavouring, Dried Skimmed **Milk**, Gelling Agent (Pectins), Glazing Agent (Acetylated Distarch Adipate), Stabilisers (Guar Gum, Xanthan Gum).

**Nutritional Information**

Typical Values per 100g

Energy	412kcal/1723kJ
Fat	22.9g
Of which saturates	11.5g
Carbohydrate	46.9g
Of which sugars	21.1g
Fibre	0.7g
Protein	4.4g
Salt	0.46g

**Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May also contain traces of **Nuts** and **Peanuts**.

**Useful Information**

Suitable for vegetarians.

**159136 Sugar Cronut****Ingredients**

**Wheat** Flour, Margarine (Palm Fat, Vegetable Oils [Sunflower, Soya, Rapeseed], Water, Emulsifier: Mono- and Diglycerides of Fatty Acids; Acid: Citric Acid; Colour: Carotenes), Palm Fat, Water, Sugar, Yeast, Salt, **Wheat** Gluten, Flour Treatment Agent: Ascorbic Acid.

**Nutritional Information**

Typical Values per 100g

Energy	513kcal/2134kJ
Fat	36.0g
Of which saturates	19.0g
Carbohydrate	41.0g
Of which sugars	11.0g
Fibre	1.4g
Protein	5.5g
Salt	0.72g

**Allergens**

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Egg, Milk, Mustard, Nuts, Sesame and Soya**.

**Useful Information**

Suitable for Vegetarians.



## 159134 Chocolate Cronut

### Ingredients

**Wheat** Flour, Vegetable Fats (Palm, Palm Kernel, Coconut), Margarine (Palm Fat, Vegetable Oils [Sunflower, Soya, Rapeseed], Water, Emulsifier: Mono- and Diglycerides of Fatty Acids; Acid: Citric Acid; Colour: Carotenes), Sugar, Water, Yeast, Fat Reduced Cocoa Powder\*, Whole **Milk** Powder, Salt, 0.8% Dark Chocolate Spheres (Sugar, Cocoa Mass\*, Cocoa Butter\*, Butter (**Milk**), Emulsifiers: Sunflower Lecithins, Polyglycerol Polyricinoleate; Natural Flavouring), 0.8% **Milk** Chocolate Spheres (Sugar, Cocoa Butter\*, Whole **Milk** Powder, Cocoa Mass\*, Skimmed **Milk** Powder, Emulsifier: Sunflower Lecithins; Natural Flavouring), 0.8% White Chocolate Spheres (Sugar, Cocoa Butter\*, Whole **Milk** Powder, Emulsifier: Sunflower Lecithins; Natural Flavouring), **Wheat** Gluten, Emulsifier: Sunflower Lecithins; Natural Flavourings, Flour Treatment Agent: Ascorbic Acid; Thickener: Gum Arabic.

### Nutritional Information

Typical Values per 100g

Energy	531kcal/2209kJ
Fat	38.0g
Of which saturates	22.0g
Carbohydrate	41.0g
Of which sugars	15.0g
Fibre	1.8g
Protein	5.4g
Salt	0.62g

### Allergens

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Egg, Mustard, Nuts, Soya** and **other Cereals containing Gluten**.

**180906 Caramel Crunch Cronut****Ingredients**

**Wheat** Flour, Vegetable Fats (Palm, Palm Kernel, Coconut), Sugar, Margarine (Palm Fat, Vegetable Oils [Sunflower, Soya, Rapessed], Water, Emulsifier: Mono- and Diglycerides of Fatty Acids; Acid: Citric Acid; Colour: Carotenes), Water, 4.8% Caramel Pieces (Sugar, Butter (**Milk**), Palm Fat, Whole **Milk** Powder, Skimmed **Milk** Powder, Salt, Emulsifier: **Soya** Lecithins), Whey Powder (**Milk**), Lactose (**Milk**), Yeast, Starch (Potato, Maize), Salt, **Wheat** Gluten, Emulsifier: Sunflower Lecithins; Flour Treatment Agent: Ascorbic Acid.

**Nutritional Information**

Typical Values per 100g

Energy	517kcal/21521kJ
Fat	36.0g
Of which saturates	22.0g
Carbohydrate	43.0g
Of which sugars	23.0g
Fibre	0.7g
Protein	4.9g
Salt	0.74g

**Allergens**

For allergens, including Cereals containing Gluten, see ingredients in **bold**. May also contain **Egg, Mustard, Nuts, Sesame**, and **other Cereals containing Gluten**.

**Useful Information**

Not suitable for Vegetarians.