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Product Name	Total Product Weight (g)	Energy (kJ) per 100g	Energy (kcal) per 100g	Fat (g) per 100g	of which saturates (g) per 100g	Carbohydrates (g) per 100g	of which sugars (g) per 100g	Protein (g) per 100g	Salt (g) per 100g	Portion Weight (g)	Energy (kJ) per portion	Energy (kcal) per portion	Fat (g) per portion	of which saturates (g) per portion	Carbohydrates (g) per portion	of which sugars (g) per portion	Protein (g) per portion	Salt (g) per portion	
<b>Bread</b>																			
Baguette	107	979	234	1.3	0.3	50	1	8.2	0.85	107	1048	250	1.4	0.4	53.0	1.0	8.8	0.9	
Country Grain Batch Loaf	400	1079	255	3.3	0.9	50	1.6	9	1.3	28	335	72	0.9	0.3	14.0	0.5	2.5	0.4	
Country Grain Rolls	78	1116	267	4.8	1.6	46	2.4	8.7	1	78	871	208	3.7	1.3	35.9	1.8	6.8	0.8	
Large White Bread Roll	110	1101	263	4.6	1.5	47	1.2	7.7	0.99	110	1211	289	5.1	1.7	51.7	1.3	8.5	1.1	
Large Wholemeal Bread Roll	110	1006	237	4.8	1.3	40	1.6	9.3	0.96	110	1107	261	5.3	1.4	44.0	1.8	10.2	1.1	
Multiseed Loaves	400	1201	287	8.1	1.2	42	1.6	12	0.86	26	312	75	2.1	0.3	10.9	0.4	3.1	0.2	
Scotch Roll	65	1102	263	4.6	1.5	47	1.2	7.7	0.99	65	716	171	3.0	1.0	30.6	0.8	5.0	0.6	
White Bridge Rolls (Small)	46	1101	263	4.6	1.5	47	1.2	7.7	0.99	46	506	121	2.1	0.7	21.6	0.6	3.5	0.5	
White Bridge Rolls (Large)	68	1101	263	4.6	1.5	47	1.2	7.7	0.99	68	749	179	3.1	1.0	32.0	0.8	5.2	0.7	
White Dinner Rolls	46	1101	263	4.6	1.5	47	1.2	7.7	0.99	46	506	121	2.1	0.7	21.6	0.6	3.5	0.5	
White Loaves (small)	400	1047	250	1.7	0.5	51	0.3	7.3	1.3	28	293	70	0.5	0.1	14.3	0.1	2.0	0.4	
White Loaves (large)	800	1047	250	1.7	0.5	51	0.3	7.3	1.3	36	377	90	0.6	0.2	18.4	0.1	2.6	0.5	
Wholemeal Bridge Rolls	70	1006	237	4.8	1.3	40	1.6	9.3	0.96	70	704	166	3.4	0.9	28.0	1.1	6.5	0.7	
Wholemeal Dinner Rolls	50	1006	237	4.8	1.3	40	1.6	9.3	0.96	50	503	119	2.4	0.7	20.0	0.8	4.7	0.5	
Wholemeal Loaves (small)	400	932	220	3.7	0.6	40	0.7	9.2	1.3	28	261	62	1.0	0.2	11.2	0.2	2.6	0.4	
Wholemeal Loaves (large)	800	932	220	3.7	0.6	40	0.7	9.2	1.3	36	336	79	1.3	0.2	14.4	0.3	3.3	0.5	
Wholemeal Scotch Roll	70	1006	237	4.8	1.3	40	1.6	9.3	0.96	70	704	166	3.4	0.9	28.0	1.1	6.5	0.7	
<b>Breakfast</b>																			
Porridge Pots	70	1607	380	5.3	0.9	69	26	15	0.3	70	1125	266	3.7	0.6	48.0	18.0	10.0	0.2	
<b>Confectionery</b>																			
Almond Tart	70	1808	432	19	4.8	58	36	3.5	0.47	70	1266	302	13.3	3.4	40.6	25.2	2.5	0.3	
Bakewell Slice	117	1918	459	30	8.6	41	24	7.1	0.73	117	2244	537	35.1	10.0	48.0	28.1	8.3	0.9	
Bakewell Tart	76	1820	434	18	6.3	65	40	3.7	0.65	76	1383	330	13.7	4.8	49.4	30.4	2.8	0.5	
Caramel Crispie	48	1700	406	14	10	65	39	4	0.49	48	816	195	6.7	4.8	31.2	18.7	1.9	0.2	
Caramel Shortbread	54	2021	485	28	18	56	33	4.1	0.32	54	1091	262	15.1	9.7	30.2	17.8	2.2	0.2	
Chocolate Iced Bun	54	1690	403	16	4.6	62	48	3.1	0.44	54	913	218	8.6	2.5	33.5	25.9	1.7	0.2	
Chocolate Brownie	85	1931	462	25	15	53	45	6.1	0.46	85	1641	393	21.3	12.8	45.1	38.3	5.2	0.4	
Chocolate Flapjack	75	2095	499	26	11	61	31	7.6	0.71	75	1571	374	19.5	8.3	45.8	23.3	5.7	0.5	
Cookie Monster	97	1962	469	22	8.7	62	45	4	0.31	97	1903	455	21.3	8.4	60.1	43.7	3.9	0.3	
Cornflake Nest	60	1948	465	20	16	68	36	1.9	0.24	60	1169	279	12.0	9.6	40.8	21.6	1.1	0.1	
Currant Square	102	1604	382	15	5.5	60	39	3.4	0.43	102	1636	390	15.3	5.6	61.2	39.8	3.5	0.4	
Date Square	90	1510	360	15	5.7	54	31	3.8	0.4	90	1359	324	13.5	5.1	48.6	27.9	3.4	0.4	
Ginger Square	72	1181	281	3.3	1.3	59	34	3.6	0.65	72	850	202	2.4	0.9	42.5	24.5	2.6	0.5	
Ginger Teddy Biscuit	40	1899	452	12	4.5	80	42	5.4	0.24	40	760	181	4.8	1.8	32.0	16.8	2.2	0.1	
Iced White Bun	56	1570	370	8.8	3.6	70	55	3	0.49	56	879	207	4.9	2.0	39.2	30.8	1.7	0.3	
Jam Tart	70	1671	399	15	5.5	64	35	3.2	0.59	70	1170	279	10.5	3.9	44.8	24.5	2.2	0.4	
Lemon Tart	71	1712	409	16	6.1	63	36	3.2	0.63	71	1216	290	11.4	4.3	44.7	25.6	2.3	0.4	
Maids of Honour	80	1489	356	17	7.5	42	22	8.3	0.53	80	1191	285	13.6	6.0	33.6	17.6	6.6	0.4	
Melting Moment Biscuit	42	2320	558	35	22	55	17	4.5	1.2	42	974	234	14.7	9.2	23.1	7.1	1.9	0.5	
Muffin - Chocolate (filled)	93	1816	434	22	3.6	52	34	6.1	1.1	93	1689	404	20.0	3.3	48.0	32.0	5.7	1.0	
Oaty Biscuit	41	2310	553	33	17	57	18	8.1	0.83	41	947	227	13.5	7.0	23.4	7.4	3.3	0.3	
Parkin Biscuits	36	1772	423	11	4.5	45	40	4.9	1.2	36	638	152	4.0	1.6	16.2	14.4	1.8	0.4	
Shortbread Bunny Biscuit	46	2014	480	22	8.6	66	21	7.3	0.68	46	926	221	10.1	4.0	30.4	9.7	3.4	0.3	
<b>Creams</b>																			
Chocolate Sponge - mini	91	1494	358	21	12	36	26	5.9	0.58	91	1360	326	19.1	10.9	32.8	23.7	5.4	0.5	
Cream Doughnut	97	1346	324	18	8.9	35	9.3	5.2	0.68	97	1306	314	17.5	8.6	34.0	9.0	5.0	0.7	



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Cream Roll	360	1420	341	18	11	41	26	4.6	0.64	360	5112	1228	64.8	39.6	147.6	93.6	16.6	2.3	
Cream Scone	129	1361	326	16	6.7	43	21	4.8	0.55	129	1756	421	20.6	8.6	55.5	27.1	6.2	0.7	
Cream Slice	105	1571	378	24	15	37	18	3	0.37	105	1650	397	25.2	15.8	38.9	18.9	3.2	0.4	
Cream Sponge	313	1297	312	20	13	30	19	3.5	0.73	79	1025	246	15.8	10.3	23.7	15.0	2.8	0.6	
Cream Sponge - mini	95	1297	312	20	13	30	19	3.5	0.73	95	1232	296	19.0	12.4	28.5	18.1	3.3	0.7	
Devonshire Split	136	1338	322	14	8.6	45	23	3.7	0.58	136	1820	438	19.0	11.7	61.2	31.3	5.0	0.8	
Eclairs	98	1477	355	24	13	33	28	3	0.23	98	1447	348	23.5	12.7	32.3	27.4	2.9	0.2	
Meringue - Nuts	71	1665	399	25	16	40	39	2.8	0.12	71	1182	283	17.8	11.4	28.4	27.7	2.0	0.1	
Meringue - Mandarin	73	1533	367	22	15	40	39	1.9	0.11	73	1119	268	16.1	11.0	29.2	28.5	1.4	0.1	
Peach Melba	83	1392	333	17	7.9	42	23	2.8	0.42	83	1155	276	14.1	6.6	34.9	19.1	2.3	0.3	
Strawberry Tart	108	1187	284	13	5.9	40	19	2.2	0.37	108	1282	307	14.0	6.4	43.2	20.5	2.4	0.4	
Summer Fruit Flan	176	1102	264	15	7	31	17	2.8	0.41	176	1940	465	26.4	12.3	54.6	29.9	4.9	0.7	
Vanilla Slice	140	990	237	7.3	4.6	40	24	2.1	0.43	140	1386	332	10.2	6.4	56.0	33.6	2.9	0.6	
<b>Dallies</b>																			
Cheese Scone	89	1405	336	17	5.2	37	2	12	1.5	89	1250	299	15.1	4.6	32.9	1.8	10.7	1.3	
Chocolate Toffee Danish	139	1750	418	21	9.8	51	24	5.9	0.8	139	2433	581	29.2	13.6	70.9	33.4	8.2	1.1	
Danish Pastry	139	1540	368	15	6.9	52	32	4.9	0.6	139	2141	512	20.9	9.6	72.3	44.5	6.8	0.8	
Egg Custard Tart	83	1110	265	13	4.5	34	6.3	5	0.43	83	921	220	10.8	3.7	28.2	5.2	4.2	0.4	
Egg Custard Tart	300	1042	249	12	4	32	5.6	51	0.39	75	782	187	9.0	3.0	24.0	4.2	38.3	0.3	
Iced Teacake	85	1229	294	4	1.9	61	31	5.2	0.61	85	1045	250	3.4	1.6	51.9	26.4	4.4	0.5	
Jam Doughnut	69	1247	298	7.5	1.7	50	12	6.7	0.95	69	860	206	5.2	1.2	34.5	8.3	4.6	0.7	
Iced Finger	80	1233	295	4.7	2.2	59	23	5.7	0.73	80	986	236	3.8	1.8	47.2	18.4	4.6	0.6	
Sultana Scone	80	1408	336	11	1.3	56	21	7.3	0.1	80	1126	269	8.8	1.0	44.8	16.8	5.8	0.1	
Teacake	80	1143	273	5.3	2.4	52	16	6.8	0.8	80	914	218	4.2	1.9	41.6	12.8	5.4	0.6	
Toffee Doughnut	97	1258	301	8.6	3	50	23	4.8	0.63	97	1220	292	8.3	2.9	48.5	22.3	4.7	0.6	
Yum Yum	58	1820	435	25	7.5	47	20	4.4	0.9	58	1056	252	14.5	4.4	27.3	11.6	2.6	0.5	
<b>Pastries</b>																			
Apple Pasty	88	1335	319	19	10	36	7.5	3.5	0.69	88	1175	281	16.7	8.8	31.7	6.6	3.1	0.6	
Apple Pie	518	1136	271	13	5	38	14	3	0.5	86	977	233	11.2	4.3	32.7	12.0	2.6	0.4	
Bacon & Cheese Wrap	108	1655	396	22	11	36	1.5	12	1.3	108	1787	428	23.8	11.9	38.9	1.6	13.0	1.4	
Breakfast Roll	105	1356	324	19	9.6	29	2.9	8.5	1.4	105	1424	340	20.0	10.1	30.5	3.0	8.9	1.5	
Cheese & Onion Pasty	135	1245	298	16	7.9	32	2.8	6	0.9	135	1681	402	21.6	10.7	43.2	3.8	8.1	1.2	
Cheese Straw	21	1860	445	28	16	33	1	14	1.3	21	391	93	5.9	3.4	6.9	0.2	2.9	0.3	
Chicken Bake	140	1156	276	13	6.6	27	2.2	11	0.99	140	1618	386	18.2	9.2	37.8	3.1	15.4	1.4	
Corned Beef & Potato Pasty	119	1334	319	18	8.9	29	2.7	8.6	1.1	119	1587	380	21.4	10.6	34.5	3.2	10.2	1.3	
Curd Tart	93	1461	348	19	6.9	37	20	9.5	0.67	93	1359	324	17.7	6.4	34.4	18.6	8.8	0.6	
Curd Tart	356	1439	343	18	6.8	36	21	9.8	0.66	89	1281	305	16.0	6.1	32.0	18.7	8.7	0.6	
Lamb & Mint Bake	122	1436	343	19	9.3	35	1.8	7	0.81	122	1752	418	23.2	11.3	42.7	2.2	8.5	1.0	
Mince & Onion Pie	193	1267	303	14	4.9	34	3.5	9	1	193	2445	585	27.0	9.5	65.6	6.8	17.4	1.9	
Pizza - Cheese & Tomato	141	695	166	2.1	0.1	33	3.8	5.1	0.43	141	980	234	3.0	0.1	46.5	5.4	7.2	0.6	
Pizza - Ham & Mushroom	142	718	172	2.4	0.3	33	3.5	6.4	0.56	142	1020	244	3.4	0.4	46.9	5.0	9.1	0.8	
Pizza - Pepperoni	131	850	203	4.8	1.1	35	3.7	6.2	0.47	131	1114	266	6.3	1.4	45.9	4.8	8.1	0.6	
Quiche - Cheese & Bacon	124	1417	340	25	13	17	1.6	12	1	124	1757	422	31.0	16.1	21.1	2.0	14.9	1.2	
Quiche - Cheese & Onion	120	1393	334	25	13	18	2.4	9.3	0.63	120	1672	401	30.0	15.6	21.6	2.9	11.2	0.8	
Sausage Cheese & Beans Pasty	163	1306	312	18	8.5	29	3.4	8	1.3	163	2129	509	29.3	13.9	47.3	5.5	13.0	2.1	
Sausage Roll	63	1243	297	15	7.2	31	2.9	8.5	0.6	63	783	187	9.5	4.5	19.5	1.8	5.4	0.4	
Sausage Roll - Ultimate	146	1285	307	18	7.8	27	2.5	9.7	0.54	146	1876	448	26.3	11.4	39.4	3.7	14.2	0.8	



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Steak Bake	146	1170	280	15	6.9	28	2.1	9.2	0.5	146	1708	409	21.9	10.1	40.9	3.1	13.4	0.7	
Steak Pie	182	1350	323	16	9.7	36	1.8	10	0.46	182	2457	588	29.1	17.7	65.5	3.3	18.2	0.8	
Sweet Mince Pie	57	1711	408	17	6.2	62	36	3.7	0.56	57	975	233	9.7	3.5	35.3	20.5	2.1	0.3	
Traditional Pasty	170	1077	257	11	4.7	30	2.1	8.2	0.7	170	1831	437	18.7	8.0	51.0	3.6	13.9	1.2	
<b>Celebration Cakes</b>																			
Celebration Cake - Sponge		1625	387	13	5.2	65	54	3.7	0.6	57	926	221	7.4	3.0	37.1	30.8	2.1	0.3	
Celebration Cake - Fruit		1567	373	11	6.7	64	57	4.3	0.18	120	1880	448	13.2	8.0	76.8	68.4	5.2	0.2	
Celebration Cake - Freesale		1574	375	10	6.1	66	60	3.7	0.16	62	976	233	6.2	3.8	40.9	37.2	2.3	0.1	
<b>Sandwiches</b>	To check nutritional information for a made to order sandwich please combine bread roll, margarine spread, sandwich filling, salad and additional sauces. Where 'salad' is stated this consists of lettuce, tomato and cucumber.																		
<b>Bread Roll</b>																			
Baguette	107	979	234	1.3	0.3	50	1	8.2	0.85	107	1048	250	1.4	0.4	53.0	1.0	8.8	0.9	
Country Grain Rolls	78	1116	267	4.8	1.6	46	2.4	8.7	1	78	870	208	3.7	1.2	35.9	1.9	6.8	0.8	
Large White Bread Roll	110	1101	263	4.6	1.5	47	1.2	7.7	0.99	110	1211	289	5.1	1.7	51.7	1.3	8.5	1.1	
Large Wholemeal Bread Roll	110	1006	237	4.8	1.3	40	1.6	9.3	0.96	110	1107	261	5.3	1.4	44.0	1.8	10.2	1.1	
Scotch Roll	65	1102	263	4.6	1.5	47	1.2	7.7	0.99	65	716	171	3.0	1.0	30.6	0.8	5.0	0.6	
Wholemeal Scotch Roll	70	1006	237	4.8	1.3	40	1.6	9.3	0.96	70	704	166	3.4	0.9	28.0	1.1	6.5	0.7	
<b>Margarine</b>																			
Regular Portion	4	2040	488	55	15	0.3	0.3	0.1	0.5	4	82	20	2.2	0.6	0.0	0.0	0.0	0.1	
Large Portion	7	2040	488	55	15	0.3	0.3	0.1	0.5	7	143	34	3.9	1.1	0.0	0.0	0.0	0.0	
<b>Filling</b>																			
Bacon (Large Ptn)	79.5	892	214	12	4.6	0	0	26	3.6	79.5	709	170	9.5	3.7	0.0	0.0	20.7	2.9	
Bacon (Regular Ptn)	53	892	214	12	4.6	0	0	26	3.6	53	473	113	6.4	2.4	0.0	0.0	13.8	1.9	
Cheese Savoury (Large Ptn)	120	1699	406	40	9.4	3.2	2.3	9.1	0.93	120	2039	487	48.0	11.3	3.8	2.8	10.9	1.1	
Cheese Savoury (Regular Ptn)	80	1699	406	40	9.4	3.2	2.3	9.1	0.93	80	1359	325	32.0	7.5	2.6	1.8	7.3	0.7	
Chicken & Bacon Mayo (Lrg Ptn)	120	835	199	13	2.9	3.2	1.3	18	0.79	120	1002	239	15.6	3.5	3.8	1.6	21.6	0.9	
Chicken & Bacon Mayo (Reg Ptn)	80	835	199	13	2.9	3.2	1.3	18	0.79	80	668	159	10.4	2.3	2.6	1.0	14.4	0.6	
Chicken & Black Pepper mayo (Lrg ptn)	120	747	177	9.6	1.9	3.1	1.3	20	0.33	120	896	212	11.5	2.3	3.7	1.6	24.0	0.4	
Chicken & Black Pepper mayo (Reg ptn)	80	747	177	9.6	1.9	3.1	1.3	20	0.33	80	598	142	7.7	1.5	2.5	1.0	16.0	0.3	
Chicken Mayo (Lrg Ptn)	120	748	178	9.5	1.8	3	1.2	20	0.34	120	898	214	11.4	2.2	3.6	1.4	24.0	0.4	
Chicken Mayo (Reg Ptn)	80	748	178	9.5	1.8	3	1.2	20	0.34	80	598	142	7.6	1.4	2.4	1.0	16.0	0.3	
Chicken Tikka (Large Ptn)	120	835	199	12	1	4.1	1.8	19	0.76	120	1002	239	14.4	1.2	4.9	2.2	22.8	0.9	
Chicken Tikka (Regular Ptn)	80	835	199	12	1	4.1	1.8	19	0.76	80	668	159	9.6	0.8	3.3	1.4	15.2	0.6	
Egg Mayo (Large Ptn)	120	681	163	12	2.5	20	1.1	12	0.53	120	817	196	14.4	3.0	24.0	1.3	14.4	0.6	
Egg Mayo (Regular Ptn)	80	681	163	12	2.5	20	1.1	12	0.53	80	545	130	9.6	2.0	16.0	0.9	9.6	0.4	
Grated Cheese (Large Ptn)	75	1700	406	34	22	0.1	0.1	25	1.7	75	1275	305	25.5	16.5	0.1	0.1	18.8	1.3	
Grated Cheese (Regular Ptn)	50	1700	406	34	22	0.1	0.1	25	1.7	50	850	203	17.0	11.0	0.1	0.1	12.5	0.9	
Roast Chicken (Large Ptn)	75	441	105	1	0	0	0	24	0.77	75	331	79	0.8	0.0	0.0	0.0	18.0	0.6	
Roast Chicken (Regular Ptn)	50	441	105	1	0	0	0	24	0.77	50	221	53	0.5	0.0	0.0	0.0	12.0	0.4	
Sausage (Large Ptn)	128	1130	270	18.5	6.6	13	1.2	15	2.3	128	1446	346	23.7	8.4	16.6	1.5	19.2	2.9	
Sausage (Regular Ptn)	96	1130	270	18.5	6.6	13	1.2	15	2.3	96	1085	259	17.8	6.3	12.5	1.2	14.4	2.2	
Sliced Beef (Large Ptn)	75	680	163	3.5	1.7	0.6	0.5	27	1.9	75	510	122	2.6	1.3	0.5	0.4	20.3	1.4	
Sliced Beef (Regular Ptn)	50	680	163	3.5	1.7	0.6	0.5	27	1.9	50	340	82	1.8	0.9	0.3	0.3	13.5	1.0	
Sliced Ham (Large Ptn)	66	622	148	5.23	1.9	0.4	0.4	25.3	2.5	66	411	98	3.5	1.3	0.3	0.3	16.7	1.7	
Sliced Ham (Regular Ptn)	44	622	148	5.23	1.9	0.4	0.4	25.3	2.5	44	274	65	2.3	0.8	0.2	0.2	11.1	1.1	
Sliced Turkey (Large Ptn)	75	449	107	2.3	0.75	0.7	0.2	20.7	1.9	75	337	80	1.7	0.6	0.5	0.2	15.5	1.4	
Sliced Turkey (Regular Ptn)	50	449	107	2.3	0.75	0.7	0.2	20.7	1.9	50	225	54	1.2	0.4	0.4	0.1	10.4	1.0	
Tuna & Sweetcorn (Lrg Ptn)	120	617	147	8.5	0.7	5.1	2.4	13	0.36	120	740	176	10.2	0.8	6.1	2.9	15.6	0.4	



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Tuna & Sweetcorn (Reg Ptn)	80	617	147	8.5	0.7	5.1	2.4	13	0.36	80	494	118	6.8	0.6	4.1	1.9	10.4	0.3	
Vegan Cheeze (Reg Ptn)	30	1190	285	23	21	20	0.1	0	2.3	30	357	86	6.9	6.3	6.0	0.0	0.0	0.7	
Vegan Cheeze (Lrg Ptn)	45	1190	285	23	21	20	0.1	0	2.3	45	536	128	10.4	9.5	9.0	0.0	0.0	1.0	
Salad / Hot Extras																			
Salad Regular Portion	64	57	13	0.2	0	1.9	1.9	0.9	0.01	64	36	8	0.1	0.0	1.2	1.2	0.6	0.0	
Salad Large Portion	39	57	13	0.2	0	1.9	1.9	0.9	0.01	39	22	5	0.1	0.0	0.7	0.7	0.4	0.0	
Mushrooms Regular Ptn	50	155	57	1.5	0.4	5.2	2.3	2.1	0.03	50	78	29	0.8	0.2	2.6	1.2	1.1	0.0	
Mushrooms Large Ptn	80	155	57	1.5	0.4	5.2	2.3	2.1	0.03	80	124	46	1.2	0.3	4.2	1.8	1.7	0.0	
Chopped Tomato Reg Ptn	65	77	18	0.5	0.1	3	2.8	1	0.01	65	50	12	0.3	0.1	2.0	1.8	0.7	0.0	
Chopped Tomato Large Ptn	98	77	18	0.5	0.1	3	2.8	1	0.01	98	75	18	0.5	0.1	2.9	2.7	1.0	0.0	
Sauces																			
BBQ Sauce	15	563	133	0.1	0.1	31.5	25.5	0.5	1.2	15	84	20	0.0	0.0	4.7	3.8	0.1	0.2	
Brown Sauce	15	461	109	0.1	0.1	24	17	0.5	1.2	15	69	16	0.0	0.0	3.6	2.6	0.1	0.2	
Caesar Dressing	15	1255	299	27	2.7	11	8.7	2.6	1.7	15	188	45	4.1	0.4	1.7	1.3	0.4	0.3	
Mayonnaise	15	2985	726	79	6.3	1.4	1.3	1.1	1.5	15	448	109	11.9	0.9	0.2	0.2	0.2	0.2	
Mayonnaise (Light)	15	1108	264	26	2.6	6.1	2.3	0.5	2.3	15	166	40	3.9	0.4	0.9	0.3	0.1	0.3	
Onion Relish	15	864	207	0.9	0.3	47	47	1.4	0.29	15	130	31	0.1	0.0	7.1	7.1	0.2	0.0	
Pease Pudding	20	437	104	0.4	0	19	0	5.9	0	20	87	21	0.1	0.0	3.8	0.0	1.2	0.0	
Pickle	15	667	157	0.5	0.3	36	31	0.5	3.5	15	100	24	0.1	0.0	5.4	4.7	0.1	0.5	
Prawn Sauce	15	1200	290	22	2	22	18	0.9	1.8	15	180	44	3.3	0.3	3.3	2.7	0.1	0.3	
Ranch Dressing	15	825	197	18	5.3	6.1	3.6	2.8	0.7	15	124	30	2.7	0.8	0.9	0.5	0.4	0.1	
Salad Cream	15	1215	293	23.8	1.8	18.5	17	1.3	1.5	15	182	44	3.6	0.3	2.8	2.6	0.2	0.2	
Sweet Chilli	15	782	184	0.6	0.1	43.8	43.2	0.56	3.3	15	117	28	0.1	0.0	6.6	6.5	0.1	0.5	
Tomato Ketchup	15	435	102	0.1	0	23.2	22.8	1.2	1.8	15	65	15	0.0	0.0	3.5	3.4	0.2	0.3	
English Mustard	5	813	195	12	0.7	13	13	6.8	8.5	5	41	10	0.6	0.0	0.7	0.7	0.3	0.4	
<b>Pre-Made Sandwiches</b>	All sandwiches include margarine spread. All sandwiches which contain salad includes lettuce, cucumber, tomato and onion as standard.																		
Beef & Onion Baguette	200	841	201	3.6	1.2	27	1.2	14	1.2	200	1682	402	7.2	2.4	54.0	2.4	28.0	2.4	
Beef & Onion in Country Grain Roll	152	873	209	4.9	1.7	26	2.2	13	1.2	152	1327	318	7.4	2.6	39.5	3.3	19.8	1.8	
Beef & Onion in White Roll	139	840	201	5	1.8	23	1.6	12	1.2	139	1168	279	7.0	2.5	32.0	2.2	16.7	1.7	
Beef & Onion in Wholemeal Roll	139	795	188	5.1	1.7	20	1.8	14	1.2	139	1105	261	7.1	2.4	27.8	2.5	19.5	1.7	
Beef & Onion in Large White Roll	247	842	201	5	1.8	21	1.5	14	1.3	247	2080	496	12.4	4.4	51.9	3.7	34.6	3.2	
Beef & Onion in Large Wholemeal Roll	247	799	190	5.1	1.7	19	1.7	15	1.2	247	1974	469	12.6	4.2	46.9	4.2	37.1	3.0	
Cheese Ploughman Baguette	230	906	217	7.8	3.7	28	6	9.1	0.76	230	2084	499	17.9	8.5	64.4	13.8	20.9	1.7	
Cheese Ploughman in Country Grain Roll	165	960	229	8.9	4.1	27	7.2	8.9	0.82	165	1584	378	14.7	6.8	44.6	11.9	14.7	1.4	
Cheese Ploughman in White Roll	170	961	230	10	4.7	24	6.5	9.5	0.8	170	1634	391	17.0	8.0	40.8	11.1	16.2	1.4	
Cheese Ploughman in Wholemeal Roll	170	894	213	9.9	4.5	21	6.6	9.9	0.77	170	1520	362	16.8	7.7	35.7	11.2	16.8	1.3	
Cheese Ploughman in Large White Roll	240	965	231	9.1	4.1	27	5.9	8.8	0.82	240	2316	554	21.8	9.8	64.8	14.2	21.1	2.0	
Cheese Ploughman in Large Wholemeal Roll	240	922	219	9.2	4	25	6.1	9.6	0.81	240	2213	526	22.1	9.6	60.0	14.6	23.0	1.9	
Cheese Salad in Scotch Roll	158	1056	252	14	7.9	20	1.1	11	0.99	158	1668	398	22.1	12.5	31.6	1.7	17.4	1.6	
Cheese Savoury salad Baguette	297	1098	262	18	4.3	19	1.7	6.8	0.73	297	3261	778	53.5	12.8	56.4	5.0	20.2	2.2	
Cheese Savoury salad in Country Grain Roll	200	1163	278	19	4.6	20	2.3	6.8	0.8	200	2326	556	38.0	9.2	40.0	4.6	13.6	1.6	
Cheese Savoury salad in White Roll	190	1180	282	20	4.9	18	1.9	6.8	0.79	190	2242	536	38.0	9.3	34.2	3.6	12.9	1.5	
Cheese Savoury salad in Wholemeal Roll	190	1138	271	20	4.8	16	2	7.3	0.8	190	2162	515	38.0	9.1	30.4	3.8	13.9	1.5	
Cheese Savoury salad in Large White Roll	300	1163	278	19	4.7	19	1.8	6.8	0.79	300	3489	834	57.0	14.1	57.0	5.4	20.4	2.4	
Cheese Savoury salad in Large Wholemeal Roll	300	1105	263	19	4.6	16	1.9	7.2	0.76	300	3315	789	57.0	13.8	48.0	5.7	21.6	2.3	
Chicken & Bacon Mayo Baguette	234	933	223	8.9	2.2	24	1.2	12	0.82	234	2183	522	20.8	5.1	56.2	2.8	28.1	1.9	
Chicken & Bacon Mayo in Country Grain Roll	162	1003	240	9.8	2.6	25	1.8	13	0.92	162	1625	389	15.9	4.2	40.5	2.9	21.1	1.5	



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Chicken & Bacon Mayo in White Roll	149	1011	241	10	2.7	23	1.3	13	0.92	149	1506	359	14.9	4.0	34.3	1.9	19.4	1.4
Chicken & Bacon Mayo in Wholemeal Roll	149	949	225	11	2.6	19	1.3	14	0.88	149	1414	335	16.4	3.9	28.3	1.9	20.9	1.3
Chicken & Bacon Mayo in Large White Roll	237	988	236	10	2.8	23	1.3	12	0.87	237	2342	559	23.7	6.6	54.5	3.1	28.4	2.1
Chicken & Bacon Mayo in Large Wholemeal Roll	237	944	224	10	2.7	20	1.5	13	0.86	237	2237	531	23.7	6.4	47.4	3.6	30.8	2.0
Chicken Mayo Salad in Large White Roll	300	766	183	6.9	1.7	19	1.3	11	0.69	300	2298	549	20.7	5.1	57.0	3.9	33.0	2.1
Chicken Salad Baguette	253	629	150	2.6	0.7	22	1.6	10	0.62	253	1591	380	6.6	1.8	55.7	4.0	25.3	1.6
Chicken Salad in Country Grain Roll	171	702	168	3.7	1.1	22	1.6	11	0.73	171	1200	287	6.3	1.9	37.6	2.7	18.8	1.2
Chicken Salad in White Roll	158	658	157	3.7	1	20	1	11	0.69	158	1040	248	5.8	1.6	31.6	1.6	17.4	1.1
Chicken Salad in Wholemeal Roll	158	619	147	3.7	0.9	17	1.2	12	0.68	158	978	232	5.8	1.4	26.9	1.9	19.0	1.1
Chicken Salad in Large White Roll	256	684	163	4	1.2	20	1.6	10	0.68	256	1751	417	10.2	3.1	51.2	4.1	25.6	1.7
Chicken Salad in Large Wholemeal Roll	256	643	152	4	1.1	18	1.8	11	0.66	256	1646	389	10.2	2.8	46.1	4.6	28.2	1.7
Chicken Tikka Baguette	233	920	220	7.6	1.1	25	1.6	14	0.71	233	2144	513	17.7	2.6	58.3	3.7	32.6	1.7
Chicken Tikka in Country Grain Roll	162	990	263	8.9	1.6	25	2.2	13	0.79	162	1604	426	14.4	2.6	40.5	3.6	21.1	1.3
Chicken Tikka in White Roll	149	969	231	9.3	1.6	22	1.6	14	0.75	149	1444	344	13.9	2.4	32.8	2.4	20.9	1.1
Chicken Tikka in Wholemeal Roll	149	928	220	9.4	1.5	20	1.8	14	0.74	149	1383	328	14.0	2.2	29.8	2.7	20.9	1.1
Chicken Tikka in Large White Roll	236	976	233	9	1.6	23	1.6	13	0.77	236	2303	550	21.2	3.8	54.3	3.8	30.7	1.8
Chicken Tikka in Large Wholemeal Roll	236	932	221	9.1	1.5	21	1.8	14	0.75	236	2200	522	21.5	3.5	49.6	4.2	33.0	1.8
Corned Beef, Tomato & Onion Baguette	243	788	188	5.8	2.5	23	1.8	12	0.43	243	1915	457	14.1	6.1	55.9	4.4	29.2	1.0
Corned Beef, Tomato & Onion in Country Grain Roll	168	860	205	7.1	2.9	24	2.4	11	0.51	168	1445	344	11.9	4.9	40.3	4.0	18.5	0.9
Corned Beef, Tomato & Onion in White Roll	156	829	198	7.4	3	21	1.9	11	0.45	156	1293	309	11.5	4.7	32.8	3.0	17.2	0.7
Corned Beef, Tomato & Onion in Wholemeal Roll	156	789	187	7.5	3	18	2.1	12	0.44	156	1231	292	11.7	4.7	28.1	3.3	18.7	0.7
Corned Beef, Tomato & Onion in Large White Roll	247	848	202	7.4	3	22	1.9	11	0.49	247	2095	499	18.3	7.4	54.3	4.7	27.2	1.2
Corned Beef, Tomato & Onion in Large Wholemeal Roll	247	805	191	7.5	2.9	19	2	12	0.47	247	1988	472	18.5	7.2	46.9	4.9	29.6	1.2
Egg Mayonnaise in White Roll	149	901	216	10	2.4	21	1.1	9.6	0.76	149	1342	322	14.9	3.6	31.3	1.6	14.3	1.1
Ham in White Roll	113	948	227	6.6	2.1	27	0.9	14	1.6	113	1071	257	7.5	2.4	30.5	1.0	15.8	1.8
Ham & Cheese Baguette	230	9.6	217	6.9	3.1	26	3.2	13	1.7	230	22	499	15.9	7.1	59.8	7.4	29.9	3.9
Ham & Cheese in Country Grain Roll	172	979	234	8.8	4.1	24	3.8	13	1.7	172	1684	402	15.1	7.1	41.3	6.5	22.4	2.9
Ham & Cheese in White Roll	159	959	229	9.2	4.3	22	3.5	14	1.7	159	1525	364	14.6	6.8	35.0	5.6	22.3	2.7
Ham & Cheese in Wholemeal Roll	159	920	218	9.3	4.2	20	3.6	14	1.7	159	1463	347	14.8	6.7	31.8	5.7	22.3	2.7
Ham & Cheese in Large White Roll	253	957	229	9.1	4.2	23	3.1	13	1.6	253	2421	579	23.0	10.6	58.2	7.8	32.9	4.0
Ham & Cheese in Large Wholemeal Roll	253	915	217	9.2	4.1	20	3.2	14	1.6	253	2315	549	23.3	10.4	50.6	8.1	35.4	4.0
Ham & Pease Pudding in White Roll	138	856	205	5.5	1.8	25	0.7	13	1.3	138	1181	283	7.6	2.5	34.5	1.0	17.9	1.8
Ham Salad in White Roll	152	719	172	5	1.6	21	1.1	11	1.2	152	1093	261	7.6	2.4	31.9	1.7	16.7	1.8
Ham Salad in Large White Roll	232	772	185	5.4	1.7	23	1.1	11	1.2	232	1791	429	12.5	3.9	53.4	2.6	25.5	2.8
Seafood Cocktail Salad Baguette	244	1173	280	16	1.7	26	2.3	7.1	5.1	244	2862	683	39.0	4.1	63.4	5.6	17.3	12.4
Seafood Cocktail Salad in Country Grain Roll	172	1203	288	17	2.1	25	2.8	6.9	4.9	172	2069	495	29.2	3.6	43.0	4.8	11.9	8.4
Seafood Cocktail Salad in White Roll	159	1227	293	18	2.1	24	2.4	7	5.2	159	1951	466	28.6	3.3	38.2	3.8	11.1	8.3
Seafood Cocktail Salad in Wholemeal Roll	159	1163	277	18	2	20	2.5	7.5	5.2	159	1849	440	28.6	3.2	31.8	4.0	11.9	8.3
Seafood Cocktail Salad in Large White Roll	257	1204	288	17	2.1	24	2.3	6.9	4.9	257	3094	740	43.7	5.4	61.7	5.9	17.7	12.6
Seafood Cocktail Salad in Large Wholemeal Roll	257	1137	270	17	2	21	2.5	7.4	4.9	257	2922	694	43.7	5.1	54.0	6.4	19.0	12.6
Sweet Chilli Chicken Salad Baguette	253	628	150	2.5	0.7	22	1.5	10	0.62	253	1589	380	6.3	1.8	55.7	3.8	25.3	1.6
Sweet Chilli Chicken Salad in Country Grain Roll	191	709	169	3.4	1	25	5.9	9.7	1	191	1354	323	6.5	1.9	47.8	11.3	18.5	1.9
Sweet Chilli Chicken Salad in White Roll	178	672	160	3.3	0.9	22	5.7	9.8	0.98	178	1196	285	5.9	1.6	39.2	10.1	17.4	1.7
Sweet Chilli Chicken Salad in Wholemeal Roll	178	637	151	3.4	0.8	20	5.9	10	0.97	178	1134	269	6.1	1.4	35.6	10.5	17.8	1.7
Sweet Chilli Chicken Salad in Large White Roll	256	683	163	4	1.2	20	1.5	10	0.68	256	1748	417	10.2	3.1	51.2	3.8	25.6	1.7
Sweet Chilli Chicken Salad in Large Wholemeal Roll	256	642	152	4	1.1	18	1.7	11	0.66	256	1644	389	10.2	2.8	46.1	4.4	28.2	1.7
Tuna Salad Baguette	252	608	145	2.3	0.6	22	0.9	11	0.72	252	1532	365	5.8	1.5	55.4	2.3	27.7	1.8



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Tuna Salad in Country Grain Roll	171	693	166	3.6	1.1	22	1.5	11	0.82	171	1185	284	6.2	1.9	37.6	2.6	18.8	1.4
Tuna Salad in White Roll	158	649	155	3.5	1	20	1	11	0.79	158	1025	245	5.5	1.6	31.6	1.6	17.4	1.2
Tuna Salad in Wholemeal Roll	158	611	145	3.6	1	17	1.2	11	0.77	158	965	229	5.7	1.6	26.9	1.9	17.4	1.2
Tuna Salad in Large White Roll	256	665	159	3.7	1.1	20	1	10	0.78	256	1702	407	9.5	2.8	51.2	2.6	25.6	2.0
Tuna Salad in Large Wholemeal Roll	256	624	148	3.8	1	18	1.2	11	0.77	256	1597	379	9.7	2.6	46.1	3.1	28.2	2.0
Tuna & Sweetcorn Salad Baguette	298	660	157	5.2	0.8	20	1.7	8.3	0.49	298	1967	468	15.5	2.4	59.6	5.1	24.7	1.5
Tuna & Sweetcorn Salad in Country Grain Roll	201	732	175	6.3	1.2	21	2.3	8.3	0.57	201	1471	352	12.7	2.4	42.2	4.6	16.7	1.1
Tuna & Sweetcorn Salad in White Roll	188	698	167	6.4	1.2	19	1.9	8.3	0.53	188	1312	314	12.0	2.3	35.7	3.6	15.6	1.0
Tuna & Sweetcorn Salad in Wholemeal Roll	188	672	159	6.6	1.1	16	1.9	8.9	0.52	188	1263	299	12.4	2.1	30.1	3.6	16.7	1.0
Tuna & Sweetcorn Salad in Large White Roll	301	708	169	6.4	1.2	19	1.8	8.1	0.55	301	2131	509	19.3	3.6	57.2	5.4	24.4	1.7
Tuna & Sweetcorn Salad in Large Wholemeal Roll	301	674	159	6.5	1.1	17	2	8.7	0.53	301	2029	479	19.6	3.3	51.2	6.0	26.2	1.6
Turkey Salad Baguette	249	620	148	2.8	0.8	22	1	9.7	0.96	249	1544	369	7.0	2.0	54.8	2.5	24.2	2.4
Turkey Salad in Country Grain Roll	168	707	169	4.1	1.3	23	1.6	9.7	1	168	1188	284	6.9	2.2	38.6	2.7	16.3	1.7
Turkey Salad in White Roll	158	664	159	4.1	1.3	20	1.1	9.7	1	158	1049	251	6.5	2.1	31.6	1.7	15.3	1.6
Turkey Salad in Wholemeal Roll	158	622	147	4.1	1.2	17	1.3	11	1	158	983	232	6.5	1.9	26.9	2.1	17.4	1.6
Turkey Salad in Large White Roll	252	678	162	4.2	1.3	20	1.1	9.5	1	252	1709	408	10.6	3.3	50.4	2.8	23.9	2.5
Turkey Salad in Large Wholemeal Roll	252	636	151	4.3	1.2	18	1.2	10	1	252	1603	381	10.8	3.0	45.4	3.0	25.2	2.5
<b>Salads</b>																		
Cheese & Onion Quiche	380	655	157	12	4.3	8.7	2.9	3.8	0.25	380	2489	597	45.6	16.3	33.1	11.0	14.4	1.0
Ham & Egg	380	438	105	7.6	1	3.4	2.4	5.6	0.51	380	1664	398	28.9	3.8	12.9	9.1	21.3	1.9
Roast Chicken & Bacon	360	460	110	7.7	0.8	4.5	3.7	5.7	0.46	360	1656	396	27.7	2.9	16.2	13.3	20.5	1.7
<b>Seasonal Lines</b>																		
<b>Confectionery</b>																		
Brandy Mince Pies	73	1592	380	16	6.9	57	40	2.8	0.41	73	1162	277	11.7	5.0	41.6	29.2	2.0	0.3
Christmas Cake (medium)(decorated)	84	1578	376	11	6.7	65	58	4.3	0.17	84	1326	316	9.2	5.6	54.6	48.7	3.6	0.1
Christmas Cake (large)(decorated)	120	1578	376	11	6.7	65	58	4.3	0.17	120	1894	451	13.2	8.0	78.0	69.6	5.2	0.2
Christmas Cake (medium)(undecorated)	51	1473	351	11	5.9	57	46	4.6	0.27	51	751	179	5.6	3.0	29.1	23.5	2.3	0.1
Christmas Cake (large)(undecorated)	78	1473	351	11	5.9	57	46	4.6	0.27	78	1149	274	8.6	4.6	44.5	35.9	3.6	0.2
Christmas Cake Slab	62	1555	371	11	6.8	62	54	4.4	0.19	62	964	230	6.8	4.2	38.4	33.5	2.7	0.1
Elf/Santa Gingerbread Biscuit	47	2069	493	13	5	87	49	5.5	0.26	47	972	232	6.1	2.4	40.9	23.0	2.6	0.1
Festive Ring Buns	49	1741	413	20	8.3	55	42	3.6	0.91	49	853	202	9.8	4.1	27.0	20.6	1.8	0.4
Fox Cupcake	91	1573	375	8.8	3.5	70	56	2.9	0.48	91	1431	341	8.0	3.2	63.7	51.0	2.6	0.4
Hedgehog Cupcake	96	1793	426	18	7	63	54	2.5	0.65	96	1721	409	17.3	6.7	60.5	51.8	2.4	0.6
Hot Chocolate Cupcake	89	1733	411	19	6.7	58	48	2.5	0.77	89	1542	366	16.9	6.0	51.6	42.7	2.2	0.7
Reindeer Cupcake	94	1701	405	17	5.2	61	48	3	0.48	94	1599	381	16.0	4.9	57.3	45.1	2.8	0.5
Snowman Biscuit	71	1893	452	19	9	68	45	4.1	0.3	71	1344	321	13.5	6.4	48.3	32.0	2.9	0.2
Stocking Biscuit	94	1888	450	18	9.6	70	49	3.8	0.3	94	1774.72	423	16.92	9.024	65.8	46.06	3.572	0.282
Toffee & Ginger Muffin	95	1863	445	21	3.2	58	40	5.1	0.76	95	1770	423	20.0	3.0	55.1	38.0	4.8	0.7
Toffee Brownie	82	1797	430	21	13	56	47	4.3	0.27	82	1474	353	17.2	10.7	45.9	38.5	3.5	0.2
Truffle Log	60	1654	394	14	9.5	61	54	5.5	0.36	60	992	236	8.4	5.7	36.6	32.4	3.3	0.2
Truffle Pudding	62	1503	358	13	5.4	55	42	4.6	0.68	62	932	222	8.1	3.3	34.1	26.0	2.9	0.4
<b>Cream Cakes</b>																		
Baileys Choux Bun	110	1389	334	24	13	27	21	3.4	0.26	110	1528	367	26.4	14.3	29.7	23.1	3.7	0.3
Vegan Devonshire	134	1250	299	7.8	4.3	54	30	2.7	0.49	134	1925	460	12.0	6.6	83.2	46.2	4.2	0.8
<b>Pastries</b>																		
Chicken & Chorizo Pasty	120	1518	363	20	9.4	35	1.7	11	1.3	120	1822	436	24.0	11.3	42.0	2.0	13.2	1.6
Christmas Pasty	120	1496	357	18	8.9	36	3.2	12	0.58	120	1795	428	21.6	10.7	43.2	3.8	14.4	0.7





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Pigs in Blanket Wrap	133	1381	330	19	8.7	30	4.2	9.2	1.6	133	1837	439	25.3	11.6	39.9	5.6	12.2	2.1
Pork Pie (small)	409	1500	358	19	7.6	35	0.5	12	1.4	102	1530	365	19.4	7.8	35.7	0.5	12.2	1.4
Pork Pie (medium)	796	1439	344	18	7.2	33	0.4	12	1.4	133	1914	458	23.9	9.6	43.9	0.5	16.0	1.9
Pork Pie (large)	1468	1316	314	16	6.2	30	0.4	14	1.6	122	1606	383	19.5	7.6	36.6	0.5	17.1	2.0
Pork Pie Gala	2751	1357	324	17	6.5	31	0.3	13	1.5	172	2334	557	29.2	11.2	53.3	0.5	22.4	2.6
Pork Pie Gala with Egg	2706	1374	328	17	6.7	31	0.3	13	1.4	170	2336	558	28.9	11.4	52.7	0.5	22.1	2.4
Vegan Pizza	101	604	144	4.9	3.4	23	3.9	3.3	0.58	101	610	145	4.9	3.4	23.2	3.9	3.3	0.6
Vegan Sausage Roll	84	1480	354	21	11	43	7	9.2	1.1	84	1243	297	17.6	9.2	36.1	5.9	7.7	0.9
Vegan Cheeze & Vegetable Pasty	120	1456	348	19	9.7	38	2.6	5.3	0.58	120	1747	418	22.8	11.6	45.6	3.1	6.4	0.7
<b>Seasonal Pre-made Sandwiches</b>																		
Festive Special Baguette	234	1241	296	17	2.5	26	3	10	0.94	234	2904	693	39.8	5.9	60.8	7.0	23.4	2.2
Festive Special in Country Grain Roll	162	1296	310	18	3	26	3.6	10	1	162	2100	502	29.2	4.9	42.1	5.8	16.2	1.6
Festive Special in White Roll	149	1329	318	19	3.1	25	3.2	11	1	149	1980	474	28.3	4.6	37.3	4.8	16.4	1.5
Festive Special in Wholemeal Roll	149	1260	300	19	3	21	3.4	11	0.99	149	1877	447	28.3	4.5	31.3	5.1	16.4	1.5
Festive Special in Large White Roll	237	1294	309	18	3	25	3.1	10	1	237	3067	732	42.7	7.1	59.3	7.3	23.7	2.4
Festive Special in Large Wholemeal Roll	237	1250	297	18	3	22	3.3	11	0.99	237	2963	704	42.7	7.1	52.1	7.8	26.1	2.3
Pigs in Blanket Baguette	290	1058	253	13	4.7	25	3.3	11	1.8	290	3068	734	37.7	13.6	72.5	9.6	31.9	5.2
Pigs in Blanket in Country Grain Roll	196	1116	267	14	5.1	25	3.2	11	1.8	196	2187	523	27.4	10.0	49.0	6.3	21.6	3.5
Pigs in Blanket in White Roll	183	1131	270	14	5.4	23	2.9	11	1.9	183	2070	494	25.6	9.9	42.1	5.3	20.1	3.5
Pigs in Blanket in Wholemeal Roll	183	1074	256	14	5.3	21	3	12	1.9	183	1965	468	25.6	9.7	38.4	5.5	22.0	3.5
Pigs in Blanket in Large White Roll	293	1104	264	14	5.1	24	3.4	11	1.8	293	3235	774	41.0	14.9	70.3	10.0	32.2	5.3
Pigs in Blanket in Large Wholemeal Roll	293	1068	254	14	5.1	22	3.5	11	1.8	293	3129	744	41.0	14.9	64.5	10.3	32.2	5.3