

Product Name	Contains	May Contain	Suitable For Vegetarians	Suitable for Vegans	Weight of Product / Portion	Nutritional Information Per 100g								Nutritional Information per Product / Portion							
						Energy (KJ) Per 100g	Energy (kcal) Per 100g	Fat Per 100g	of which saturates Per 100g	Carbohydrates Per 100g	of which sugars Per 100g	Protein Per 100g	Salt Per 100g	Energy (KJ) Per Product	Energy (kcal) Per Product	Fat Per Product	of which saturates Per Product	Carbohydrates Per Product	of which sugars Per Product	Protein Per Product	Salt Per Product
SANDWICHES																					
JUST HAM	Contains Soya, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, milk, mustard, sesame, sulphites allergy.			115g	918	219	7	2	29	0.8	12	1.2	1056	252	7.5	2.3	34	0.9	14	1.4
HAM SALAD	Contains Soya, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, milk, mustard, sesame, sulphites allergy.			175g	619	148	4	1.3	20	1.2	8.4	0.8	1095	262	7.6	2.3	35	2.1	15	1.4
HAM & CHEESE	Contains Milk, Soya, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, mustard, sesame, soya, sulphites allergy.			205g	1141	273	9	4.3	32	2.4	15	1.5	2373	567	19	9	66	5	32	3.1
HAM & PEASE PUDDING	Contains Soya, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, milk, mustard, sesame, sulphites allergy.			145g	819	196	5	1.6	27	0.7	11	1	1187	284	7.6	2.3	39	0.9	16	1.4
BLT CLUB	Contains Barley, Egg, Milk, Mustard, Soya, Wheat	Not suitable for someone with a celery, crustaceans, fish, sesame, sulphites allergy.			190g	829	197	9	2.9	20	1.6	8.4	1.4	1584	377	18	5.5	38	3.1	16	2.6
BLT CLUB	Contains Egg, Milk, Mustard, Soya, Wheat	Not suitable for someone with a celery, crustaceans, fish, sesame, soya, sulphites allergy.			240g	886	212	7	2	28	2.8	8.6	1.2	2161	517	17	5	68	6.8	21	3
CHICKEN MAYONNAISE & BACON	Contains Barley, Egg, Mustard, Soya, Wheat	Not suitable for someone with a celery, crustaceans, fish, milk, sesame, sulphites allergy.			255g	993	237	15	2.1	15	1.4	10	1	2533	603	39	5.4	38	3.7	26	2.6
ROAST CHICKEN	Contains Barley, Egg, Milk, Mustard, Soya, Wheat	Not suitable for someone with a celery, crustaceans, fish, sesame, sulphites allergy.			205g	622	147	4	0.9	19	1.8	9	0.7	1274	302	8.3	1.9	38	3.7	18	1.3
ROAST CHICKEN	Contains Egg, Milk, Mustard, Wheat	Not suitable for someone with a celery, crustaceans, fish, sesame, soya, sulphites allergy.			245g	757	181	3	0.6	28	2.9	9.5	0.7	1854	443	7.7	1.4	68	7	23	1.7
TUNA MAYONNAISE	Contains Egg, Fish, Soya, Wheat	Not suitable for someone with a celery, crustaceans, milk, mustard, sesame, sulphites allergy.			220g	626	148	5	0.6	18	0.9	8.6	0.5	1401	332	10	1.3	41	2.1	19	1.2
SEAFOOD COCKTAIL	Contains Celery, Crustaceans, Egg, Fish, Soya, Wheat	Not suitable for someone with a milk, mustard, sesame, sulphites allergy.			215g	1015	242	11	1.1	20	2.4	16	1.7	2173	518	24	2.4	44	5.1	34	3.7
SEAFOOD COCKTAIL	Contains Celery, Crustaceans, Egg, Fish, Soya, Wheat	Not suitable for someone with a milk, mustard, sesame, soya sulphites allergy.			260g	1085	259	9	0.9	28	3.4	15	1.7	2821	673	2.4	2.2	73	8.9	40	4.3
CHEESE SAVOURY	Contains Egg, Milk, Soya, Wheat	Not suitable for someone with a celery, crustaceans, fish, mustard, sesame, sulphites allergy.	YES		170g	963	230	12	5.3	23	2	9.1	0.9	1656	396	21	9.1	40	3.4	16	1.6
CHEESE SALAD	Contains Milk, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, mustard, sesame, soya, sulphites allergy.	YES		215g	958	229	8	3.7	31	2.7	9	0.8	2085	499	17	8	67	5.9	20	1.8
VEGAN GREEK STYLE CHEESE & SALAD WITH SWEET CHILLI SAUCE	Contains Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, milk, mustard, sesame, soya, sulphites allergy.		YES	245g	797	190	5	3.6	32	5.5	4.9	0.9	1960	468	11	9	78	14	12	2.2
EGG MAYONNAISE	Contains Barley, Egg, Soya, Wheat	Not suitable for someone with a celery, crustaceans, fish, milk, mustard, sesame, sulphites allergy.	YES		180g	817	194	8	1.6	23	1.3	8.7	0.7	1471	349	14	2.9	42	2.3	16	1.3

CHEESE PLOUGHMAN'S	Contains Barley, Egg, Milk, Soya, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, mustard, sesame, sulphites allergy.	YES		205g	825	196	9	4.9	20	3.2	8.5	1	1700	404	19	10	42	6.6	17	2
CAESAR CHICKEN	Contains Egg, Milk, Mustard, Soya, Wheat	Not suitable for someone with a celery, crustaceans, fish, sesame, sulphites allergy.			185g	858	205	6	1.4	25	5	13	1	1579	377	11	2.5	45	9.1	24	1.9
HOT SANDWICHES																					
BRIE BACON AND RED ONION	Contains Milk, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, milk, mustard, sesame, sulphites allergy.			235g	1120	268	11	5.7	28	2.3	13	1.5	2631	629	25	13	66	5.5	31	3.6
BBQ CHICKEN & CHEESE	Contains Milk, Mustard, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, milk, sesame, sulphites allergy.			270g	965	231	6	3.4	28	5.1	15	1.1	2604	624	17	9.3	76	14	41	2.9
TUNA MELT	Contains Egg, Fish, Milk, Wheat	Not suitable for someone with a celery, crustaceans, sesame, soya, sulphites allergy.			275g	1008	242	9	3.5	25	2.2	13	1	2773	664	26	9.8	70	6	37	2.7
HAM AND CHEESE	Contains Milk, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, mustard, sesame, soya, sulphites allergy.			220g	1108	265	9	4.2	30	2.3	16	1.6	2437	583	20	9.2	65	5	35	3.4
CHEESE AND TOMATO TOASTIE	Contains Milk, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, mustard, sesame, soya, sulphites allergy.	YES		155g	1008	242	11	6.3	26	1.7	11	1	1563	375	17	9.8	40	2.7	16	1.5
HAM AND CHEESE TOASTIE	Contains Milk, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, mustard, sesame, soya, sulphites allergy.			160g	1132	271	12	6.6	24	1.1	17	1.6	1833	440	20	11	40	1.8	28	2.6
SALADS																					
CHEESE & ONION QUICHE SALAD	Contains Egg, Milk, Mustard, Soya, Wheat	Not suitable for someone with a celery, crustaceans, fish, sesame, sulphites allergy.	YES		400g	823	197	15	5.5	9.7	2.7	4.5	0.4	3294	788	62	22	39	11	18	1.7
HAM & EGG SALAD	Contains Egg, Milk, Mustard	Not suitable for someone with a celery, crustaceans, fish, sesame, soya, sulphites, wheat allergy.			335g	477	114	9	1.1	3.2	2.3	6	0.6	1600	382	28	3.8	11	7.7	20	2
CHICKEN & BACON SALAD	Contains Egg, Milk, Mustard, Wheat	Not suitable for someone with a celery, crustaceans, fish, sesame, soya, sulphites, wheat allergy.			350g	530	126	10	1.7	3.4	2.5	6	0.7	1854	443	34	6	12	8.7	21	2.6
BACON & TOMATO QUICHE SALAD	Contains Egg, Milk, Mustard, Soya, Wheat	Not suitable for someone with a celery, crustaceans, fish, sesame, sulphites allergy.	YES		400g	833	199	16	5.4	9.1	2.4	5.5	0.6	3331	797	62	22	37	9.7	22	2.3
SEAFOOD COCKTAIL SALAD	Contains Crustaceans, Fish, Egg, Milk, Mustard, Soya, Wheat	Not suitable for someone with a sesame, sulphites, wheat allergy.			360g	513	123	9	0.7	7.9	4.1	2.6	0.6	1848	441	32	2.5	28	15	9.2	2.2
SAVOURIES																					
BACON & CHEESE WRAP	Contains Milk, Wheat 25% Bacon	Not suitable for someone with a egg, mustard, soya, sulphites allergy.			80g	1641	392	24	12	31	1.2	14	1.3	1313	314	19	9.9	24	1	11	1
BACON AND TOMATO QUICHE	Contains Egg, Milk, Soya, Wheat 16% Bacon	Not suitable for someone with a sulphites allergy.			124g	1475	352	27	12	19	1.9	11	0.9	1829	437	33	15	24	2.3	14	1.2
CHEESE & ONION PASTY	Contains Milk, Sulphites, Wheat 8% Cheese	Not suitable for someone with a egg, soya allergy.	YES		145g	1209	289	16	5.8	25	0.2	8.5	0.4	1753	419	23	8.4	36	0.29	12.3	0.64
CHEESE AND ONION QUICHE	Contains Egg, Milk, Soya, Wheat, 16% Cheese	Not suitable for someone with a sulphites allergy.	YES		120g	1454	347	27	13	21	2.6	8.8	0.6	1745	417	32	15	25	3.2	11	0.7
CHEESE STRAW	Contains Milk, Wheat, 37% Cheese	Not suitable for someone with a egg, soya, sulphites allergy.	YES		21g	1860	445	28	16	33	1	14	1.3	391	93	5.9	3.4	6.9	0.2	2.9	0.3
CHICKEN BAKE	Contains Milk, Wheat, 27% Chicken	Not suitable for someone with a egg, soya, sulphites allergy.			145g	1286	307	16	7.9	31	1.3	9.4	1.1	1864	445	23	11	43	1.8	13	1.5
CORNERED BEEF & POTATO PASTY	Contains Milk, Sulphites, Wheat, 20% Corned Beef	Not suitable for someone with a egg, soya allergy.			119g	1334	319	18	8.9	29	2.7	8.6	1.1	1587	380	21	10.6	35	3.2	10.2	1.3
MINCE AND ONION PIE	Contains Milk, Soya, Wheat, 21% Beef	Not suitable for someone with a egg, mustard, sulphites allergy.			170g	1285	307	18	6.5	26	0.4	74	0.8	2184	522	31	11	45	0.7	13	1.4
SAUSAGE, CHEESE & BEANS PASTY	Contains Milk, Soya, Sulphites, Wheat, 11% Pork	Not suitable for someone with a egg, mustard allergy.			145g	1430	342	18	9.2	33	1.8	9.2	1	2073	495	27	13	48	2.6	13	1.4

SAUSAGE ROLL	Contains Milk, Sulphites, Wheat, 18% Pork	Not suitable for someone with a egg, mustard, soya allergy.			58g	1436	343	18	8.8	36	1.4	7.7	1.4	833	187	11	5.1	21	0.8	4.5	0.82
STEAK BAKE	Contains Milk, Wheat, 25% Beef	Not suitable for someone with a egg, mustard, soya, sulphites allergy.			145g	1297	310	16	8	31	1.2	9.9	1	1881	449	24	12	45	1.7	14	1.4
STEAK PIE	Contains Milk, Soya, Wheat, 23% Beef	Not suitable for someone with a egg, mustard, sulphites allergy.			170g	1209	289	16	5.8	25	0.2	8.5	0.4	2055	491	27	9.8	43	0.3	14.4	0.75
SUPER SAUSAGE ROLL	Contains Milk, Soya, Sulphites, Wheat, 18% Pork	Not suitable for someone with a egg, mustard allergy.			145g	1285	307	18	7.8	27	2.5	9.7	0.5	1863	491	26	11.3	39	3.6	14	0.8
TRADITIONAL PASTY	Contains Milk, Soya, Sulphites, Wheat, 16% Beef	Not suitable for someone with a egg, mustard allergy.			155g	1085	259	13	5.7	27	0.8	6.3	0.8	1681	401	20	8.8	42	1.2	9.8	1.2
VEGETABLE PASTY	Contains Mustard, Wheat	Not suitable for someone with a egg, milk, soya, sulphites allergy.		YES	145g	1456	348	19	9.7	38	2.6	5.3	0.6	2111	505	27.6	14.1	55	3.8	7.7	0.8
VEGAN SAUSAGE ROLL	Contains Soya, Wheat	Not suitable for someone with a egg, milk, mustard, sulphites allergy.		YES	84g	1480	354	21	11	43	7.0	9.2	1.1	1243	297	17.6	9.2	36	5.9	7.7	0.9
VEGAN STEAK BAKE	Contains Wheat	Not suitable for someone with a egg, milk, mustard, soya, sulphites allergy.		YES	145g	1266	303	16	8.1	34	1.6	4.6	1.3	1836	439	23	11.7	49	2	6.7	1.9
PIZZA																					
CHEESE & TOMATO PIZZA	Contains Milk, Wheat	Not suitable for someone with a egg, mustard, soya, sulphites allergy.		YES	140g	695	166	2	0.1	33	3.8	5.1	0.4	980	234	3	0.1	46	5.4	7.2	0.6
PEPPERONI PIZZA	Contains Wheat	Not suitable for someone with a egg, mustard, soya, sulphites allergy.			130g	850	203	5	1.1	35	3.7	6.2	0.5	1114	266	6.3	1.4	46	4.8	8.1	0.6
HAM & MUSHOOM PIZZA	Contains Milk, Wheat	Not suitable for someone with a egg, mustard, soya, sulphites allergy.			140g	718	172	2	0.3	33	3.5	6.4	0.56	1020	244	3.4	0.4	47	5.0	9.1	0.8
VEGAN PIZZA	Contains Wheat	Not suitable for someone with a egg, milk, mustard, soya, sulphites allergy.		YES	101g	604	144	5	3.4	23	3.9	3.3	0.58	610	145	4.9	3.4	23	3.9	3.3	0.6
BREAD ROLLS																					
6 WHITE DINNER ROLLS	Contains Soya, Wheat	Not suitable for someone with a egg, milk, sulphites allergy.		YES	270g	987	236	2	0.7	49	1.2	8	0.7	444	106	0.86	0.3	22	0.54	3.6	0.32
6 WHOLEMEAL DINNER ROLLS	Contains Soya, Wheat	Not suitable for someone with a egg, milk, sulphites allergy.		YES	300g	914	215	2	0.6	40	1	9.4	0.7	457	107	1.2	0.3	20	0.5	4.7	0.35
4 FRUITED TEACAKES	Contains Soya, Wheat	Not suitable for someone with a egg, milk, sulphites allergy.		YES	320g	1143	273	5	2.4	52	16	6.8	0.8	914	218	4.2	1.9	42	13	5.4	0.6
6 COUNTRY GRAIN ROLLS	Contains Barley, Soya, Wheat	Not suitable for someone with a egg, milk, sulphites allergy.		YES	450g	987	233	3	0.8	45	1.7	8	0.9	741	175	2	0.6	34	1.2	6	0.66
6 WHITE SCOTCH ROLLS	Contains Soya, Wheat	Not suitable for someone with a egg, milk, sulphites allergy.		YES	390g	987	236	2	0.7	49	1.2	8	0.7	641	153	1.2	0.5	32	0.8	5.2	0.47
6 WHOLEMEAL SCOTCH ROLLS	Contains Soya, Wheat	Not suitable for someone with a egg, milk, sulphites allergy.		YES	420g	914	215	2	0.6	40	1	9.4	0.7	640	151	1.6	0.4	28	0.7	6.6	0.48
4 LARGE WHITE ROLLS	Contains Soya, Wheat	Not suitable for someone with a egg, milk, sulphites allergy.		YES	400g	987	236	2	0.7	49	1.2	8	0.7	987	236	1.9	0.7	49	1.2	8	0.72
4 MEDIUM WHITE ROLLS	Contains Soya, Wheat	Not suitable for someone with a egg, milk, sulphites allergy.		YES	210g	987	236	2	0.7	49	1.2	8	0.7	543	130	1	0.39	27	0.66	4.4	0.4
4 LARGE WHOLEMEAL ROLLS	Contains Soya, Wheat	Not suitable for someone with a egg, milk, sulphites allergy.		YES	400g	914	215	2	0.6	40	1	9.4	0.7	914	215	2.3	0.6	40	1	9.4	0.69
CONFECTIONERY																					
APPLE PASTY	Contains Milk, Sulphites, Wheat	Not suitable for someone with a egg, soya allergy.		YES	88g	1335	319	19	10	36	7.5	3.5	0.7	1175	281	16.7	8.8	31.7	6.6	3.1	0.6
FAMILY APPLE PIE	Contains Egg, Sulphites, Wheat	Not suitable for someone with a milk, soya allergy.		YES	86g	1136	271	13	5	38	14	3	0.5	977	233	11	4.3	33	12	2.6	0.4
SMALL CURD TART	Contains Egg, Milk, Wheat	Not suitable for someone with a soya, sulphites allergy.		YES	93g	1461	348	19	6.9	37	20	9.5	0.7	1359	324	17.7	6.4	34.4	18.6	8.8	0.6
LARGE CURD TART	Contains Egg, Milk, Wheat	Not suitable for someone with a soya, sulphites allergy.		YES	89g	1439	343	18	6.8	36	21	9.8	0.7	1281	305	16	6.1	32	18.7	8.7	0.6
SMALL CUSTARD TART	Contains Egg, Milk, Wheat	Not suitable for someone with a soya, sulphites allergy.		YES	80g	1113	266	13	4	34	6.3	5	0.4	890	213	10.4	3.2	27	5	4	0.3
LARGE CUSTARD TART	Contains Egg, Milk, Wheat	Not suitable for someone with a soya, sulphites allergy.		YES	75g	1045	250	12	3.5	32	5.6	5.1	0.4	784	188	9	2.6	24	4.2	3.8	0.3
BAKEWELL SLICE	Contains Egg, Nuts, Sulphites, Wheat	Not suitable for someone with a milk, soya allergy.		YES	110g	1943	464	30	8.2	43	23	7.4	0.7	2138	510	32	9	47	25	8.1	0.7

BROWNIE	Contains Egg, Milk, Soya, Wheat	Not suitable for someone with a nuts, sulphites allergy.	YES		85g	1931	462	25	15	53	45	6.1	0.5	1641	393	21.3	12.8	45	38.3	5.2	0.4
CARAMEL SHORTBREAD	Contains Milk, Soya, Wheat	Not suitable for someone with a egg, nuts, sulphites allergy.	YES		54g	2021	485	28	18	56	33	4.1	0.3	1091	262	15.1	9.7	30.2	17.8	2.2	0.2
CARAMEL CRISPIE	Contains Milk, Soya, Wheat	Not suitable for someone with a egg, nuts, sulphites allergy.	YES		48g	1883	450	20	13	62	38	4.9	0.5	904	216	9.6	6.2	29.8	18.2	2.3	0.2
CHOCOLATE FLAPJACK	Contains Milk, Oats, Soya, Wheat	Not suitable for someone with a egg, nuts allergy.	YES		75g	2090	498	28	16	56	37	4.9	0.5	1568	374	21	12	42	28	3.6	0.4
TRIPLE CHOCOLATE MUFFIN	Contains Egg, Milk, Soya, Wheat	Not suitable for someone with a sulphites allergy.	YES		110g	1890	452	25	5.9	50	35	6.2	1	2079	497	27	6.5	55	38	6.8	1.1
COOKIE MONSTER	Contains Egg, Milk, Soya, Sulphites, Wheat		YES		87g	1917	458	20	7.5	63	46	4.6	0.4	1668	398	17.4	8.4	55	40	4	0.3
DOUBLE CHOCOLATE CHIP COOKIE	Contains Egg, Milk, Soya, Wheat	Not suitable for someone with a nuts, sulphites allergy.	YES		96g	1879	449	20	10	61	42	4.9	0.9	1804	431	19.2	9.8	58.6	40	4.7	0.8
CURRANT SQUARE	Contains Egg, Milk, Soya, Sulphites, Wheat	Not suitable for someone with a nuts, soya allergy.	YES		102g	1604	382	15	5.3	60	39	3.6	0.4	1636	390	15.3	5.4	61	39.8	3.7	0.4
FLAPJACK	Contains Oats, Sulphites	Not suitable for someone with a egg, milk, nuts, soya allergy.		YES	50g	1995	475	25	9	55	30	5.5	0.5	998	238	12.5	4.5	28	15	2.8	0.27
TEDDY GINGER BISCUIT	Contains Sulphites, Wheat	Not suitable for someone with a egg, nuts allergy.	YES		40g	1905	453	12	4.5	79	43	5.4	0.2	762	181	4.8	1.8	32	17	2.2	0.1
JAM TART	Contains Egg, Sulphites, Wheat	Not suitable for someone with a milk, soya allergy.	YES		70g	1671	399	15	5.5	64	35	3.2	0.6	1170	279	10.5	3.9	45	24.5	2.2	0.4
LEMON TART	Contains Egg, Wheat	Not suitable for someone with a milk, soya, sulphites allergy.	YES		70g	1712	409	16	6.1	63	36	3.2	0.6	1216	290	11.4	4.3	44	25.6	2.2	0.4
BUNNY SHORTBREAD BISCUIT	Contains Milk, Sulphites, Wheat	Not suitable for someone with a egg, soya allergy.	YES		46g	2014	480	22	8.6	66	21	7.3	0.7	926	221	10	4	30	9.7	3.4	0.3
DINO DINOSAUR BISCUIT	Contains Egg, Milk, Soya, Sulphites, Wheat		YES		63g	1992	475	23	12	62	27	6.2	0.6	1255	299	15	7.8	39	17	3.9	0.39
CHOCOLATE TOFFEE DANISH	Contains Egg, Milk, Soya, Wheat	Not suitable for someone with a nuts, sulphites allergy.	YES		139g	1750	418	21	9.8	51	24	5.9	0.8	2433	581	29.2	13.6	70.9	33.4	8.2	1.1
DANISH PASTRY	Contains Egg, Milk, Soya, Sulphites, Wheat	Not suitable for someone with nuts, soya allergy.	YES		139g	1540	368	15	6.9	52	32	4.9	0.6	2141	512	20.9	9.6	72.3	44.5	6.8	0.8
JAM DOUGHNUT	Contains Egg, Milk, Wheat	Not suitable for someone with a soya, sulphites allergy.	YES		69g	1180	282	6	2.6	47	13	8.1	1.2	1045	195	4.2	1.8	33	9.2	5.6	0.83
ICED FINGER	Contains Soya, Wheat	Not suitable for someone with an eggs, milk, sulphites allergy.	YES	yes	80g	1188	284	5	2.1	57	23	5.5	0.7	951	227	3.6	1.7	45	18	4.4	0.55
TOFFEE DOUGHNUT	Contains Egg, Milk, Soya, Wheat	Not suitable for someone with a sulphites allergy.	YES		69g	1180	282	6	2.6	47	13	8.1	1.2	1045	250	4.2	1.8	33	9.2	5.6	0.83
YUM YUM	Contains Egg, Milk, Wheat	Not suitable for someone with mustard, soya, sulphites allergy.	YES		55g	1640	390	16	4.8	59	41	2.8	0.6	902	195	8.9	2.6	32	22	1.5	0.32
CREAM CAKES																					
CREAM DOUGHNUT	Contains Milk, Sulphites, Wheat	Not suitable for someone with a egg, nuts, soya allergy.	YES		85g	1369	329	20	11	33	10	5.2	0.5	1164	280	17	9.3	28	8.6	4.4	0.46
CREAM SCONE	Contains Egg, Milk, Nuts, Sulphites, Wheat	Not suitable for someone with a soya allergy.	YES		130g	1361	326	16	6.7	43	21	4.8	0.6	1756	421	20.6	8.6	56	27	6.2	0.7
CREAM SLICE	Contains Milk, Soya, Sulphites, Wheat	Not suitable for someone with a egg, nuts allergy.	YES		105g	1571	378	24	15	37	18	3	0.4	1650	397	25	16	39	19	3.2	0.4
ECLAIR	Contains Egg, Milk, Soya, Wheat	Not suitable for someone sulphites allergy.	YES		98g	1477	355	24	13	33	28	3	0.2	1477	348	23	13	32	27	2.9	0.22
MINI CHOCOLATE CREAM SPONGE	Contains Egg, Milk, Soya, Sulphites, Wheat		YES		91g	1494	358	21	12	36	26	5.9	0.6	1360	326	19.1	10.9	32.8	23.7	5.4	0.5
MINI CREAM SPONGE	Contains Egg, Milk, Soya, Sulphites, Wheat		YES		95g	1297	312	20	13	30	19	3.5	0.7	1232	296	19	12.4	28.4	18.1	3.3	0.7
PEACH MELBA	Contains Egg, Gluten, Milk	Not suitable for someone with a soya, sulphites allergy.	YES		83g	1392	333	17	7.9	42	23	2.8	0.4	1155	276	14.1	6.6	34.9	19.1	2.3	0.3
STRAWBERRY TART	Contains Egg, Milk, Sulphites, Wheat	Not suitable for someone with a soya allergy.	YES		89g	1354	324	17	7.6	41	18	2.6	0.4	1218	291	16	6.8	36	16	2.4	0.38
SUMMER FRUIT FLAN	Contains Egg, Milk, Wheat	Not suitable for someone with a soya, sulphur dioxide allergy.	YES		97g	1249	299	17	7.6	34	17	3.2	0.5	1211	290	16	7.4	33	16	3.1	0.45
JAM CREAM ROLL	Contains Egg, Milk, Sulphites, Wheat	Not suitable for someone with an nuts, soya allergy.	YES		60g	1420	341	18	11	41	26	4.6	0.6	852	205	11	6.3	25	16	2.8	0.38

VANILLA SLICE	Contains Egg, Milk, Sulphites, Wheat	Not suitable for someone with an nuts, soya allergy.	YES		105g	990	237	7	4.6	40	24	2.1	0.4	1386	332	10.2	6.4	56	33.6	2.9	0.6
CHOCOLATE CREAM ROLL	Contains Egg, Milk, Soya, Sulphites, Wheat		YES		60g	1429	344	21	12	34	23	4.2	0.4	857	206	13	7	21	14	2.5	0.26
LARGE CREAM SPONGE	Contains Egg, Milk, Soya, Sulphites, Wheat		YES		78g	1297	312	20	13	30	19	3.5	0.7	1045	251	16	10	26	15	2.8	0.6
SEASONAL PRODUCTS																					
GINGERBREAD FOOTBALLER	Contains Milk, Soya, Sulphites, Wheat	Not suitable for someone with an egg allergy.	YES		90g	2066	492	14	6.4	85	50	3.2	0.7	1893	246	6.8	3.2	43	25	2.6	0.14
CHICKEN FAJITA PASTY	Contains Milk, Wheat, 16% Chicken	Not suitable for someone with an egg, mustard, soya, sulphites allergy.			146g	904	216	11	5.1	23	2.2	7.2	1	1319	315	16	7.4	33	3.1	11	1.4
CHOCOLATE BROWNIE POT	Contains Egg, Milk, Soya, Sulphites, Wheat	Not suitable for someone with a nut allergy.	YES		167g	1357	324	22	13	29	24	2.7	0.2	2266	542	37	22	48	40	4.6	0.26
STRAWBERRY TRIFLE	Contains Milk, Soya, Sulphites, Wheat	Not suitable for someone with an egg allergy.	YES		199g	545	130	7	4.3	18	15	1.5	0.1	1086	259	15	8.6	35	30	3.1	0.2
SALLY STRAWBERRY BISCUIT	Contains Egg, Milk, Soya, Sulphites, Wheat	Not suitable for someone with a nut allergy.			58g	1901	453	18	9.3	69	41	4.8	0.5	1103	263	11	5.4	40	24	2.8	0.27
OLLIE ORANGE BISCUIT	Contains Egg, Milk, Soya, Sulphites, Wheat	Not suitable for someone with a nut allergy.	YES		68g	1877	448	17	8.5	71	46	4.2	0.4	1239	295	11	5.6	47	31	2.8	0.27
MORGAN MOUSE BUN	Contains Egg, Milk, Soya, Sulphites, Wheat				70g	1819	433	21	9.2	59	46	3.3	0.9	1219	290	14	6.1	39	31	2.2	0.58
DEVONSHIRE SPLIT	Contains Wheat	Not suitable for someone with an egg, milk, soya, sulphites allergy.		YES	106g	791	189	7	3.3	30	14	2.6	0.3	1328	318	11	5.5	51	24	4.3	0.57
BANOFFEE TART	Contains Egg, Milk, Soya, Wheat	Not suitable for someone with a sulphites allergy.	YES		100g	1561	372	20	8.5	46	25	3	0.5	1561	372	20	8.5	46	25	3	0.45
JUMBO JAMMY BISCUIT	Contains Egg, Milk, Sulphites, Wheat	Not suitable for someone with a soya allergy.	YES		87g	1850	444	20	7.9	64	33	4.7	0.6	1610	383	17	6.9	56	29	4.1	0.51
LEMON MUFFIN	Contains Egg, Milk, Wheat	Not suitable for someone with a nut, soya, sulphite allergy.	YES		120g	1865	446	21	3	57	38	5.4	1	2238	535	26	3.6	69	45	6.2	1.2
BIS-KINI BISCUIT	Contains Egg, Milk, Soya, Sulphites, Wheat	Not suitable for someone with a nut allergy.			73g	1850	441	17	6.7	70	37	5.2	0.5	1369	326	12	5	52	28	3.8	0.36