

Product Name	Contains	May Contain	Vegetarians	Vegans	Weight	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
DINO BISCUIT	Contains Egg, Milk, Soya, Sulphites, Wheat	Not suitable for someone with a nut allergy.	no		60g	1255	299	15	7.8	39	17	3.9	0.32
CORNFLAKE NEST (CHOCOLATE BEANS)	Contains Milk, Soya, Sulphites, Wheat	Not suitable for someone with eggs, peanuts, nuts allergy	Yes		55g	1049	251	10	8.8	38	19	1.2	0.15
CORNFLAKE NEST (CHOCOLATE EGGS)	Contains Barley, Milk, Soya, Sulphites, Wheat	Not suitable for someone with an egg allergy.	yes		60g	1156	276	11	8.9	42	22	1.5	0.18
ICED FINGER	Contains Wheat	Not suitable for someone with an egg, milk, soya, sulphites allergy.		yes	80g	951	227	3.6	1.7	45	18	4.4	0.55
ORANGE & POPPY SEED MUFFIN	Contains Egg, Milk, Soya, Wheat	Not suitable for someone with a barley, rye, soya allergy.	yes		110g	1867	445	23	4.8	56	39	4.4	0.78
JUMBO JAMMY BISCUIT	Contains Egg, Milk, Sulphites, Wheat	Not suitable for someone with a soya allergy.	yes		85g	1610	383	17	6.9	56	29	4.1	0.51
CURRANT SQUARE	Contains Egg, Milk, Sulphites, Wheat	Not suitable for someone with a nuts, soya allergy.	yes		100g	1604	382	15	5.3	60	39	3.6	0.4
CARAMEL CRISPIE	Contains Milk, Soya, Wheat	Not suitable for someone with a egg, nuts, sulphites allergy.	yes		48g	904	216	9.6	6.2	29.8	18.2	2.3	0.2
LAMB & MINT PASTY	Contains Wheat, Milk, Soya, Celery	Not suitable for someone with an egg, sulphites, mustard allergy	no		115g	1167	279	15	7	30	2	6.8	1.3
BEBO SPREAD													
CHOCOLATE ORANGE BROWNIE POT	Contains Eggs, Milk, Soya, Wheat	Not suitable for someone with a nuts, sulphites allergy	no		265g	1965	470	27	17	52	44	4.9	0.28
FUN GINGERBREAD MAN	Contains Milk, Soya, Sulphites, Wheat	Not suitable for someone with an egg, nuts allergy	yes		45g	968	230	6.3	3	40	24	2.4	0.13
CARROT CAKE MUFFIN	Contains Egg, Milk, Rye, Soya, Sulphites, Wheat		yes		135g	2034	486	22	6.4	67	50	4.5	0.64
STEAK & ALE PIE	Contains Barley, Milk, Wheat 15% Beef	Not suitable for someone with a celery, egg, mustard, soya, sulphites allergy.	no		170g	1983	530	27	9.7	45	0.7	12	1.4
ROSE CUP CAKE	Contains Egg, Milk, Sulphites, Wheat	Not suitable for someone with soya allergy	yes		85g	1479	352	19	4.8	44	34	2.7	0.63
CORONATION CHICKEN	Contains Barley, Celery, Eggs, Mustard, Soya, Sulphites, Wheat	Not suitable for someone with a crustaceans, fish, milk, oats, sesame, sulphites	no		190g	2461	586	37	3.7	41	6.2	17	1.6
CORONATION CHICKEN	Contains Barley, Celery, Eggs, Mustard, Soya, Sulphites, Wheat	Not suitable for someone with a crustaceans, fish, milk, oats, sesame, sulphites	no		210g	2495	594	37	3.8	42	6.8	16.9	1.6
MUSHROOM & CHEESE WRAP	Contains Milk, Wheat	Not suitable for someone with a an egg, soya, sulphites allergy	yes		115g	1399	334	21	11	20	1	15.6	1.3
JUST HAM	Contains Soya, Wheat	Not suitable for someone with a barley, celery, crustaceans, egg, fish, milk, mustard, oats, sesame, sulphites allergy.	no		150g	1318	315	11	3.6	34	1	23	2.8

HAM SALAD	Contains Soya, Wheat	Not suitable for someone with a barley, celery, crustaceans, egg, fish, milk, mustard, oats sesame, sulphites allergy.	no		175g	1095	262	7.6	2.3	35	2.1	15	1.4
HAM AND CHEESE	Contains Milk, Wheat	Not suitable for someone with a barley, celery, crustaceans, egg, fish, mustard, oats, sesame, soya, sulphites allergy.	no		220g	2390	571	19	8.9	64	5.6	32	3
HAM & PEASE PUDDING	Contains Soya, Wheat	Not suitable for someone with a barley, celery, crustaceans, egg, fish, milk, mustard, oats, sesame, sulphites allergy.	no		145g	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, oats, sesame, sulphites allergy.	no		190g	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, oats, sesame, soya, sulphites allergy.	no		255g	2170	519	17	4.9	66	74	21	2.9
CORNED BEEF TOMATO & ONION.	Contains Soya, Wheat	Not suitable for someone with a barley, celery, crustaceans, egg, fish, milk, mustard, oats, sesame, sulphites allergy.	no		210g	1316	314	12	4.8	35	3	18	1.8
CHICKEN MAYONNAISE & BACON	Contains Barley, Egg, Soya, Milk, Mustard, Wheat	Not suitable for someone with a celery, crustaceans, fish, oats, sesame, sulphites allergy.	no		255g	2693	642	42	5.7	38	3.3	23	2.4
ROAST CHICKEN	Contains Barley, Egg, Milk, Mustard, Soya, Wheat	Not suitable for someone with a celery, crustaceans, fish, oats, sesame, sulphites allergy.	no		205g	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, oats, sesame, soya, sulphites allergy.	no		260g	1857	444	7.8	1.3	66	7.6	23	1.7
TUNA MAYONNAISE	Contains Egg, Fish, Soya, Wheat	Not suitable for someone with a barley, celery, crustaceans, milk, mustard, oats, sesame, sulphites allergy.	no		220g	1401	332	10	1.3	41	2.1	19	1.2
SEAFOOD COCKTAIL	Contains Celery, Crustaceans, Egg, Fish, Mustard, Soya, Wheat	Not suitable for someone with a barley, milk, oats, sesame, sulphites allergy.	no		215g	1849	442	23	2	44	5.1	16	2.8
SEAFOOD COCKTAIL	Contains Celery, Crustaceans, Egg, Fish, Mustard, Soya, Wheat	Not suitable for someone with a milk, oats, sesame, soya sulphites allergy.	no		275g	2496	597	23	1.8	72	9.5	21	3.4
CHEESE SAVOURY	Contains Egg, Milk, Soya, Wheat	Not suitable for someone with a barley, celery, crustaceans, fish, mustard, oats, sesame, sulphites allergy.	YES		170g	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		235g	2106	503	17	7.9	65	6.6	20	1.7
EGG MAYONNAISE	Contains Barley, Egg, Soya, Wheat	Not suitable for someone with a celery, crustaceans, fish, milk, mustard, sesame, sulphites allergy.	YES		180g	1471	349	14	2.9	42	2.3	16	1.3

CHEESE PLOUGHMAN'S	Contains Barley, Egg, Milk, Soya, Sulphite, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, mustard, sesame allergy.	YES		205g	1700	404	19	10	42	6.6	17	2
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	1960	468	11	9	78	14	12	2.2
BBQ CHICKEN & CHEESE	Contains Milk, Wheat	Not suitable for someone with a barley, celery, crustaceans, egg, fish, milk, mustard, oats, sesame, sulphites allergy.	no		285g	2651	635	17	9.3	75	15	41	2.8
TUNA MELT	Contains Egg, Fish, Milk, Wheat	Not suitable for someone with a barley, celery, crustaceans, oats, sesame, soya, sulphites allergy.	no		275g	2696	646	25	9.6	68	6.5	35	2.5
HAM AND CHEESE	Contains Milk, Wheat	Not suitable for someone with a barley, celery, crustaceans, egg, fish, mustard, oats, sesame, soya, sulphites allergy.	no		220g	2390	571	19	8.9	64	5.6	32	3
BRIE, BACON AND RED ONION CHUTNEY	Contains Milk, Wheat	Not suitable for someone with a barley, celery, crustaceans, egg, fish, milk, mustard, oats, sesame, sulphites allergy.	no		280g	3020	722	32	17	68	9.5	36	3.9
CHEESE & ONION QUICHE SALAD	Contains Egg, Milk, Mustard, Soya, Wheat	Not suitable for someone with a celery, crustaceans, fish, sesame, sulphites allergy.	yes		400g	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.	no		335g	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.	no		350g	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.	no		400g	3331	797	62	22	37	9.7	22	2.3
SEAFOOD COCKTAIL SALAD	Contains Celery, Crustaceans, Fish, Egg, Milk, Mustard, Soya, Wheat	Not suitable for someone with a sesame, sulphites, wheat allergy.	no		340g	21677	517	43	3.3	18	11	12	3
SEAFOOD SALAD POT	Contains Celery, Crustaceans, Fish, Egg, Mustard, Soya	Not suitable for someone with a milk, sesame, sulphites, wheat allergy.	no		140g	1137	272	21	1.5	9	4.9	9.9	2.3
EGG SALAD POT	Contains Egg	Not suitable for someone with a celery, crustaceans, fish, milk, sesame, soya, sulphites, wheat allergy.	yes		200g	1138	272	18.2	5.2	0	0	26	0.72
BACON & CHEESE WRAP	Contains Milk, Wheat 25% Bacon	Not suitable for someone with an egg, mustard, soya, sulphites allergy.	no		80g	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.	no		124g	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 celery, egg, soya allergy.	yes		145g	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		140g	1571	375	20	9.9	40	3.8	8.3	1.3
CHEESE STRAW	Contains Milk, Wheat, 37% Cheese	Not suitable for someone with an egg, soya, sulphites allergy.	yes		21g	406	97	6	3.6	7.7	0.2	2.9	0.3
CHICKEN BAKE	Contains Milk, Wheat, 27% Chicken	Not suitable for someone with a celery egg, soya, sulphites allergy.	no		145g	1468	351	17	8	35	1.9	13	1.6
CORNERED BEEF & POTATO PASTY	Contains Milk, Sulphites, Wheat, 20% Corned Beef	Not suitable for someone with a celery, egg, soya allergy.	no		145g	1594	381	21	10.2	33	2.0	12.3	1.6
MINCE AND ONION PIE	Contains Milk, Soya, Wheat, 21% Beef	Not suitable for someone with a celery, egg, mustard, sulphites allergy.	no		170g	2441	584	35	12	50	0.7	14	1.5
SAUSAGE, CHEESE & BEANS PASTY	Contains Milk, Soya, Sulphites, Wheat, 11% Pork	Not suitable for someone with a celery, egg, mustard allergy.	no		145g	1734	414	22	11	41	5.0	13	1.4
SAUSAGE ROLL	Contains Sulphites, Milk, Wheat, 18% Pork	Not suitable for someone with a celery, egg, mustard, soya allergy.	no		58g	689	165	8.3	3.8	17	0.8	4.4	0.82
STEAK BAKE	Contains Milk, Wheat, 25% Beef	Not suitable for someone with a celery, egg, mustard, soya, sulphites allergy.	no		145g	1436	343	17	8.3	35	1.7	14	1.4
STEAK PIE	Contains Milk, Soya, Wheat, 23% Beef	Not suitable for someone with a celery, egg, mustard, sulphites allergy.	no		170g	2302	550	31	11	48	0.4	16	1.20
SUPER SAUSAGE ROLL	Contains Milk, Soya, Sulphites, Wheat, 18% Pork	Not suitable for someone with a celery, egg, mustard allergy.	no		145g	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 celery, egg, mustard allergy.	no		155g	1681	401	20	8.8	42	1.2	9.8	1.2
VEGAN SAUSAGE ROLL	Contains Soya, Wheat	Not suitable for someone with a celery, egg, milk, mustard, sulphites allergy.		yes	90g	983	235	16	8.1	40	15.0	13	2.3
CHEESE & TOMATO PIZZA	Contains Milk, Wheat	Not suitable for someone with an egg, mustard, soya, sulphites allergy.	yes		140g	980	234	3	0.1	46	5.4	7.2	0.6
PEPPERONI PIZZA	Contains Milk, Wheat	Not suitable for someone with an egg, mustard, soya, sulphites allergy.	no		130g	1114	266	6.3	1.4	46	4.8	8.1	0.6
HAM & MUSHROOM PIZZA	Contains Milk, Wheat	Not suitable for someone with an egg, mustard, soya, sulphites allergy.	no		140g	1020	244	3.4	0.4	47	5.0	9.1	0.8
VEGAN PIZZA	Contains Wheat	Not suitable for someone with an egg, milk, mustard, soya, sulphites allergy.		yes	101g	610	145	4.9	3.4	23	3.9	3.3	0.6
WHOLEMEAL LOAF MEDIUM SLICED 800G	Contains Soya, Wheat	Not suitable for someone with a barley, egg, lupin, milk, oats, rye, sesame, sulphites allergy.		YES	800g	347	82	0.8	0.1	15	0.4	3.5	0.4
WHOLEMEAL LOAF MEDIUM SLICED 400G	Contains Soya, Wheat	Not suitable for someone with a barley, egg, lupin, milk, oats, rye, sesame, sulphites allergy.		YES	400g	270	64	0.6	0.1	12	0.3	2.7	0.3
SOFT WHITE LOAF MEDIUM SLICED 800G	Contains Wheat	Not suitable for someone with a barley, egg, lupin, milk, oats, rye, sesame, soya, sulphites allergy.		YES	800g	331	79	0.5	0.1	16	0.4	2.7	0.3
SOFT WHITE LOAF THICK SLICED 800G	Contains Wheat	Not suitable for someone with a barley, egg, lupin, milk, oats, rye, sesame, soya, sulphites allergy.		YES	800g	373	89	0.6	0.1	19	0.5	3	0.4
SOFT WHITE LOAF MEDIUM SLICED 400G	Contains Wheat	Not suitable for someone with a barley, egg, lupin, milk, oats, rye, sesame, soya, sulphites allergy.		YES	400g	290	69	0.5	0.1	14	0.4	2.4	0.3

COUNTRY GRAIN LOAF MEDIUM SLICED 800G	Contains Barley, Oats, Wheat	Not suitable for someone with an egg, lupin, milk, rye, sesame, soya, sulphites allergy.		YES	800g	347	83	1	0.3	16	1.3	3	0.3
LARGE WHOLEMEAL LOAF	Contains Soya, Wheat	Not suitable for someone with a barley, egg, lupin, milk, oats, rye, sesame, sulphites allergy.		YES	800g	347	82	0.8	0.1	15	0.4	3.5	0.4
SMALL WHOLEMEAL LOAF	Contains Soya, Wheat	Not suitable for someone with a barley, egg, lupin, milk, oats, rye, sesame, sulphites allergy.		YES	400g	270	64	0.6	0.1	12	0.3	2.7	0.3
LARGE SOFT WHITE LOAF	Contains Wheat	Not suitable for someone with a barley, egg, lupin, milk, oats, rye, sesame, soya, sulphites allergy.		YES	800g	331	79	0.5	0.1	16	0.4	2.7	0.3
SMALL SOFT WHITE LOAF	Contains Wheat	Not suitable for someone with a barley, egg, lupin, milk, oats, rye, sesame, soya, sulphites allergy.		YES	400g	290	69	0.5	0.1	14	0.4	2.4	0.3
LARGE COUNTRY GRAIN LOAF	Contains Barley, Oats, Wheat	Not suitable for someone with an egg, lupin, milk, rye, sesame, soya, sulphites allergy.		YES	800g	347	83	1	0.3	16	1.3	3	0.3
6 WHITE DINNER ROLLS	Contain Soya, Wheat	Not suitable for someone with a barley, egg, milk, oats, sulphites allergy.		YES	270g	444	106	0.86	0.3	22	0.54	3.6	0.32
6 WHOLEMEAL DINNER ROLLS	Contain Soya, Wheat	Not suitable for someone with a barley, egg, milk, oats, sulphites allergy.		YES	300g	457	107	1.2	0.3	20	0.5	4.7	0.35
4 FRUITED TEACAKES	Contain Soya, Wheat	Not suitable for someone with a barley, egg, milk, oats, sulphites allergy.		YES	320g	914	218	4.2	1.9	42	13	5.4	0.6
6 COUNTRY GRAIN ROLLS	Contain Barley, Oats, Soya, Wheat	Not suitable for someone with an egg, milk, sulphites allergy.		YES	450g	741	175	2	0.6	34	1.2	6	0.66
6 WHITE SCOTCH ROLLS	Contain Wheat	Not suitable for someone with a barley, egg, milk, oats, soya, sulphites allergy.		YES	390g	641	153	1.2	0.5	32	0.8	5.2	0.47
6 WHOLEMEAL SCOTCH ROLLS	Contain Wheat	Not suitable for someone with a barley, egg, milk, oats, soya, sulphites allergy.		YES	420g	640	151	1.6	0.4	28	0.7	6.6	0.48
4 LARGE WHITE ROLLS	Contain Soya, Wheat	Not suitable for someone with a barley, egg, milk, oats, sulphites allergy.		YES	400g	987	236	1.9	0.7	49	1.2	8	0.72
4 LARGE WHOLEMEAL ROLLS	Contain Soya, Wheat	Not suitable for someone with a barley, egg, milk, oats, sulphites allergy.		YES	400g	914	215	2.3	0.6	40	1	9.4	0.69
APPLE PASTY	Contain Barley, Oats, Soya, Wheat	Not suitable for someone with an egg, milk, sulphites allergy.	yes		88g	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		344g	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	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		355g	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	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		300g	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	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	1641	393	21.3	12.8	45	38.3	5.2	0.4
CARAMEL SHORTBREAD	Contains Milk, Soya, Wheat	Not suitable for someone with an egg, nuts, sulphites allergy.	yes		54g	1091	262	15.1	9.7	30.2	17.8	2.2	0Q106:AG10 8.2
CHOCOLATE FLAPJACK	Contains Milk, Oats, Soya, Sulphites, Wheat	Not suitable for someone with an egg, nuts allergy.	yes		75g	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	2079	497	27	6.5	55	38	6.8	1.1
COOKIE MONSTER	Contains Egg, Milk, Sulphites, Wheat	Not suitable for someone with a soya allergy.	yes		95g	1827	436	18	7	64	49	4	0.53
DOUBLE CHOCOLATE CHIP COOKIE	Contains Egg, Milk, Soya, Wheat	Not suitable for someone with a nuts, sulphites allergy.	yes		96g	1804	431	19.2	9.8	58.6	40	4.7	0.8
FLAPJACK	Contains Oats, Sulphites	Not suitable for someone with an egg, milk, nuts, soya allergy.		yes	50g	998	238	12.5	4.5	28	15	2.8	0.27
TEDDY GINGER BISCUIT	Contains Milk, Soya, Sulphites, Wheat	Not suitable for someone with an egg, nuts allergy.	yes		40g	762	181	4.8	1.8	32	17	2.2	0.1
JAM TART	Contains Sulphites, Wheat	Not suitable for someone with an egg, milk, soya allergy.		yes	84g	1193	285	8.6	3.3	52	25	2.3	0.16
LEMON TART	Contains Egg, Wheat	Not suitable for someone with a milk, soya, sulphites allergy.	yes		84g	1288	308	11	4.1	51	25	2.4	0.12
BUNNY SHORTBREAD BISCUIT	Contains Milk, Sulphites, Wheat	Not suitable for someone with an egg, soya allergy.	yes		46g	926	221	10	4	30	9.7	3.4	0.3
UNICORN BUNS	Contains Milk, Egg, Wheat	Not suitable for someone with a soya, sulphites allergy	yes		67g	1050	251	5.9	2.3	47	36	2.1	0.34
GINGER SQUARES - 4 PACK	Contains Sulphites, Wheat	Not suitable for someone with an egg, milk, nut, soya allergy.	yes			280g	1181	281	3.3	1.3	59	34	3.6
BAKEWELL MINI BITES	Contains Egg, Nuts, Sulphites, Wheat	Not suitable for someone with a milk, soya allergy.	yes										
CHOCOLATE BROWNIE MINI BITES	Contains Egg, Milk, Soya, Wheat	Not suitable for someone with a nuts, sulphites allergy.	yes										
CARAMEL CRISPIE MINI BITES	Contains Milk, Soya, Wheat	Not suitable for someone with an egg, nuts, sulphites allergy.	yes										
CARAMEL SHORTBREAD MINI BITES	Contains Milk, Soya, Wheat	Not suitable for someone with an egg, nuts, sulphites allergy.	yes										
CARAMEL SHORTBREAD BITS	Contains Milk, Soya, Wheat	Not suitable for someone with an egg, nuts, sulphites allergy.	yes										
GINGERBREAD BISCUIT BITS	Contains Milk, Soya, Sulphites, Wheat	Not suitable for someone with an egg, nuts allergy.	yes										
FLAPJACK BITS	Contains Milk, Oats, Soya, Sulphites, Wheat	Not suitable for someone with an egg, nuts allergy.	yes										
SHORTBREAD BISCUIT BITS	Contains Egg, Milk, Soya, Sulphites, Wheat	Not suitable for someone with a nuts allergy.	yes										
CREAM DOUGHNUT	Contains Egg, Milk, Soya, Sulphites, Wheat		yes		95g	1265	304	16	9.3	33	9.9	6.1	0.82

CREAM SLICE	Contains Milk, Soya, Sulphites, Wheat	Not suitable for someone with an egg, nuts allergy.	yes		105g	1650	397	25	16	39	19	3.2	0.4
CREAM SCONE	Contains Egg, Milk, Nuts, Sulphites, Wheat	Not suitable for someone with a soya allergy.	yes		130g	1756	421	20.6	8.6	56	27	6.2	0.7
ECLAIR	Contains Egg, Milk, Soya, Wheat	Not suitable for someone with a sulphites allergy.	yes		98g	1477	348	23	13	32	27	2.9	0.22
PEACH MELBA	Contains Egg, Gluten, Milk	Not suitable for someone with a soya, sulphites allergy.	yes		83g	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	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	1211	290	16	7.4	33	16	3.1	0.45
VANILLA SLICE	Contains Wheat, milk	Not suitable for someone with an egg, nuts, soya, sulphites allergy.	yes		105g	1386	332	10.2	6.4	56	33.6	2.9	0.6
MINI CHOCOLATE CREAM SPONGE	Contains Egg, Milk, Soya, Sulphites, Wheat		yes		91g	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	1232	296	19	12.4	28.4	18.1	3.3	0.7
CHOCOLATE TOFFEE DANISH	Contains Egg, Milk, Soya, Wheat	Not suitable for someone with a nuts, sulphites allergy.	yes		139g	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 a nuts, soya allergy.	yes		139g	2141	512	20.9	9.6	72.3	44.5	6.8	0.8
JAM DOUGHNUT	Contains Egg, Milk, Soya, Sulphites, Wheat,	Not suitable for someone with a nuts allergy.	yes		69g	813	194	4.3	1.8	33	9.2	5.7	0.83
TOFFEE DOUGHNUT	Contains Egg, Milk, Soya, Wheat	Not suitable for someone with a nuts, sulphites allergy	yes		95g	1153	276	7.3	3.5	46	23	5.6	0.76
YUM YUM	Contains Egg, Milk, Wheat	Not suitable for someone with a mustard, soya, sulphites allergy.	yes		55g	902	195	8.9	2.6	32	22	1.5	0.32
SAUSAGE ROLL - 4 PACK	Contains Milk, Sulphites, Wheat, 18% Pork	Not suitable for someone with a celery, egg, mustard, soya allergy.	no		232g	689	165	8.3	3.8	17	0.8	4.4	0.82
YUM YUM - 4 PACK	Contains Egg, Milk, Wheat	Not suitable for someone with a mustard, soya, sulphites allergy.	yes		220g	902	252	8.9	2.6	32	22	1.5	0.32
CHEESE STRAWS - 6 PACK	Contains Milk, Wheat, 37% Cheese	Not suitable for someone with an egg, soya, sulphites allergy.	yes		126g	391	93	5.9	3.4	6.9	0.2	2.9	0.3
SUPER SAUSAGE ROLL - 4 PACK	Contains Milk, Soya, Sulphites, Wheat, 18% Pork	Not suitable for someone with an egg, mustard allergy.	no		580g	1863	491	26	11.3	39	3.6	14	0.8
CHOCOLATE CELEBRATION CAKE	Contains Egg, Milk, Soya, Sulphites, Wheat	Not suitable for someone with a nut allergy.	yes			826	197	6.6	2.8	33	28	1.6	0.3
CHOCOLATE CELEBRATION CAKE (SPRINKLES)	Contains Egg, Milk, Soya, Sulphites, Wheat	Not suitable for someone with a nut allergy.	yes			826	197	6.6	2.8	33	28	1.6	0.3
VANILLA CELEBRATION CAKE	Contains Egg, Milk, Sulphites, Wheat	Not suitable for someone with a nut, soya allergy.	yes			806	192	6	2.5	34	28	1.6	0.32
VANILLA CELEBRATION CAKE (SPRINKLES)	Contains Egg, Milk, Sulphites, Wheat	Not suitable for someone with a nut, soya allergy.	yes			806	192	6	2.5	34	28	1.6	0.32