

Product Name	Contains Allergens	Not Suitable For	Vegetarians	Vegans	Storage	Weight	KCAL_Per	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
<b>Bread</b>															
COUNTRY GRAIN LOAF MEDIUM SLICED 800G	Barley, Oats, Wheat	Not suitable for someone with an egg, lupin, milk, rye, sesame, soya, sulphites allergy.		YES	Keep in Cool, Dry Place	800g	per slice	347	83	1	0.3	16	1.3	3	0.3
SOFT WHITE LOAF MEDIUM SLICED 400G	Wheat	Not suitable for someone with a barley, egg, lupin, milk, oats, rye, sesame, soya, sulphites allergy.		YES	Keep in Cool, Dry Place	400g	per slice	290	69	0.5	0.1	14	0.4	2.4	0.3
SOFT WHITE LOAF MEDIUM SLICED 800G	Wheat	Not suitable for someone with a barley, egg, lupin, milk, oats, rye, sesame, soya, sulphites allergy.		YES	Keep in Cool, Dry Place	800g	per slice	331	79	0.5	0.1	16	0.4	2.7	0.3
SOFT WHITE LOAF THICK SLICED 800G	Wheat	Not suitable for someone with a barley, egg, lupin, milk, oats, rye, sesame, soya, sulphites allergy.		YES	Keep in Cool, Dry Place	800g	per slice	373	89	0.6	0.1	19	0.5	3	0.4
WHOLEMEAL LOAF MEDIUM SLICED 400G	Soya, Wheat	Not suitable for someone with a barley, egg, lupin, milk, oats, rye, sesame, sulphites allergy.		YES	Keep in Cool, Dry Place	400g	per slice	270	64	0.6	0.1	12	0.3	2.7	0.3
WHOLEMEAL LOAF MEDIUM SLICED 800G	Soya, Wheat	Not suitable for someone with a barley, egg, lupin, milk, oats, rye, sesame, sulphites allergy.		YES	Keep in Cool, Dry Place	800g	per slice	347	82	0.8	0.1	15	0.4	3.5	0.4
<b>Bread Rolls</b>															
4 FRUITED TEACAKES	Soya, Wheat	Not suitable for someone with a barley, egg, milk, oats, sulphites allergy.		YES	Keep in Cool, Dry Place	320g		914	218	4.2	1.9	42	13	5.4	0.6
4 LARGE WHITE ROLLS	Soya, Wheat	Not suitable for someone with a barley, egg, milk, oats, sulphites allergy.		YES	Keep in Cool, Dry Place	400g		987	236	1.9	0.7	49	1.2	8	0.72
4 LARGE WHOLEMEAL ROLLS	Soya, Wheat	Not suitable for someone with a barley, egg, milk, oats, sulphites allergy.		YES	Keep in Cool, Dry Place	400g		914	215	2.3	0.6	40	1	9.4	0.69
6 COUNTRY GRAIN ROLLS	Barley, Oats, Soya, Wheat	Not suitable for someone with an egg, milk, sulphites allergy.		YES	Keep in Cool, Dry Place	450g		741	175	2	0.6	34	1.2	6	0.66
6 WHITE DINNER ROLLS	Soya, Wheat	Not suitable for someone with a barley, egg, milk, oats, sulphites allergy.		YES	Keep in Cool, Dry Place	270g		444	106	0.86	0.3	22	0.54	3.6	0.32
6 WHITE SCOTCH ROLLS	Wheat	Not suitable for someone with a barley, egg, milk, oats, soya, sulphites allergy.		YES	Keep in Cool, Dry Place	390g		641	153	1.2	0.5	32	0.8	5.2	0.47
6 WHOLEMEAL DINNER ROLLS	Soya, Wheat	Not suitable for someone with a barley, egg, milk, oats, sulphites allergy.		YES	Keep in Cool, Dry Place	300g		457	107	1.2	0.3	20	0.5	4.7	0.35
6 WHOLEMEAL SCOTCH ROLLS	Wheat	Not suitable for someone with a barley, egg, milk, oats, soya, sulphites allergy.		YES	Keep in Cool, Dry Place	420g		640	151	1.6	0.4	28	0.7	6.6	0.48
<b>Confectionery</b>															
APPLE PASTY	Barley, Oats, Soya, Wheat	Not suitable for someone with an egg, milk, sulphites allergy.	yes		Keep in Cool, Dry Place	88g		1175	281	16.7	8.8	31.7	6.6	3.1	0.6
BAKEWELL SLICE	Egg, Nuts, Sulphites, Wheat	Not suitable for someone with a milk, soya allergy.	yes		Keep in Cool, Dry Place	110g		2138	510	32	9	47	25	8.1	0.7
BLONDIE MINI BITES	Egg, Milk, Wheat	Not suitable for someone with a nuts, soya, sulphites allergy	yes		Keep in Cool, Dry Place	160g		416	99	5.5	3.3	11.7	8.6	0.9	0.15
BROWNIE	Egg, Milk, Soya, Wheat	Not suitable for someone with a nuts, sulphites allergy.	yes		Keep in Cool, Dry Place	85g		1641	393	21.3	12.8	45	38.3	5.2	0.4
CARAMEL CRISPIE	Milk, Soya, Wheat	Not suitable for someone with a egg, nuts, sulphites allergy.	yes		Keep in Cool, Dry Place	48g		904	216	9.6	6.2	29.8	18.2	2.3	0.2
CARAMEL SHORTBREAD	Milk, Soya, Wheat	Not suitable for someone with an egg, nuts, sulphites allergy.	yes		Keep in Cool, Dry Place	54g		1091	262	15.1	9.7	30.2	17.8	2.2	0.16
CHOCOLATE FLAPJACK	Milk, Oats, Soya, Sulphites, Wheat	Not suitable for someone with an egg, nuts allergy.	yes		Keep in Cool, Dry Place	75g		1568	374	21	12	42	28	3.6	0.4
CHOCOLATE TOFFEE DANISH	Egg, Milk, Soya, Wheat	Not suitable for someone with a nuts, sulphites allergy.	yes		Keep in Cool, Dry Place	139g		2433	581	29.2	13.6	70.9	33.4	8.2	1.1
COOKIE MINI BITES	Milk, Soya, Wheat	Not suitable for someone with an egg, nuts, sulphites allergy	yes		Keep in Cool, Dry Place	160g		403	96	4.3	1.3	13	7.4	1.8	0.31
COOKIE MONSTER	Egg, Milk, Sulphites, Wheat	Not suitable for someone with a nuts, soya allergy.	yes		keep in cool dry place	95g		1827	436	18	7	64	49	4	0.53
CORNFLAKE NEST	Milk, Soya, Sulphites, Wheat	Not suitable for someone with eggs, peanuts, nuts allergy	Yes		keep in cool dry place	55g		1049	251	10	8.8	38	19	1.2	0.15
CROCODILE BISCUIT	Egg, Milk, Soya, Sulphites, Wheat		yes		Keep in Cool, Dry Place	75g		1451	346	15.6	7.7	49	22.6	4.4	0.43
CURRANT SQUARE	Egg, Milk, Sulphites, Wheat	Not suitable for someone with a nuts, soya allergy.	yes		Keep in Cool, Dry Place	100g		1604	382	15	5.3	60	39	3.6	0.4
DANISH PASTRY	Egg, Milk, Soya, Sulphites, Wheat	Not suitable for someone with a nuts, soya allergy.	yes		Keep in Cool, Dry Place	139g		2141	512	20.9	9.6	72.3	44.5	6.8	0.8

DOUBLE CHOCOLATE CHIP COOKIE	Egg, Milk, Soya, Wheat	Not suitable for someone with a nuts, sulphites allergy.	yes		Keep in Cool, Dry Place	110g		2236	534	23.5	10.6	72.9	52.2	11.9	1.1
ELEPHANT BISCUIT	Egg, Milk, Soya, Sulphites, Wheat		yes		Keep in Cool, Dry Place	75g		1451	346	15.6	7.7	49	22.6	4.4	0.43
FAMILY APPLE PIE	Egg, Sulphites, Wheat	Not suitable for someone with a milk, soya allergy.	yes		Keep in Cool, Dry Place	344g	1/4 Slice of Pie	977	233	11	4.3	33	12	2.6	0.4
FLAPJACK	Oats, Sulphites	Not suitable for someone with an egg, milk, nuts, soya allergy.		yes	Keep in Cool, Dry Place	50g		998	238	12.5	4.5	28	15	2.8	0.27
GINGERBREAD FOOTBALLER	Milk, Soya, Sulphites, Wheat	Not suitable for someone with an egg allergy	yes		Keep in Cool, Dry Place	45g		968	230	6.3	3	40	24	2.4	0.13
JAM TART	Sulphites, Wheat	Not suitable for someone with an egg, milk, soya allergy.		yes	Keep in Cool, Dry Place	84g		1193	285	8.6	3.3	52	25	2.3	0.16
JUMBO JAMMY BISCUIT	Egg, Milk, Sulphites, Wheat	Not suitable for someone with a soya allergy.	yes		keep in cool dry place	85g		1610	383	17	6.9	56	29	4.1	0.51
LARGE CURD TART	Egg, Milk, Wheat	Not suitable for someone with a soya, sulphites allergy.	yes		Keep in Cool, Dry Place	355g	1/4 Slice of Tart	1281	305	16	6.1	32	18.7	8.7	0.6
LARGE CUSTARD TART	Egg, Milk, Wheat	Not suitable for someone with a soya, sulphites allergy.	yes		Keep in Cool, Dry Place	300g	1/4 Slice of Tart	784	188	9	2.6	24	4.2	3.8	0.3
LEMON MUFFIN	Egg, Milk, Wheat	Not suitable for someone with a soya, sulphites allergy	yes		Keep in Cool, Dry Place	110g		2238	535	26	3.6	69	45	6.5	1.2
LEMON TART	Egg, Wheat	Not suitable for someone with a milk, soya, sulphites allergy.	yes		Keep in Cool, Dry Place	84g		1288	308	11	4.1	51	25	2.4	0.12
PINK FINGER	Wheat	Not suitable for someone with an egg, milk, soya, sulphites allergy.		yes	keep in cool dry place	80g		951	227	3.6	1.7	45	18	4.4	0.55
PINK SUNDAE BUN	Egg, Milk, Sulphites, Wheat	Not suitable for someone with a soya allergy.	yes		Keep in Cool, Dry Place	70g		1347	321	16	7	42	34	2.6	0.63
ROCKY ROAD MINI BITES	Milk, Soya, Sulphites, Wheat	Not suitable for someone with an egg, nuts allergy			Keep in Cool, Dry Place	170g		469	112	5.5	4.2	14.6	10.3	1	0.12
SMALL CURD TART	Egg, Milk, Wheat	Not suitable for someone with a soya, sulphites allergy.	yes		Keep in Cool, Dry Place	93g		1359	324	17.7	6.4	34.4	18.6	8.8	0.6
SMALL CUSTARD TART	Egg, Milk, Wheat	Not suitable for someone with a soya, sulphites allergy.	yes		Keep in Cool, Dry Place	80g		890	213	10.4	3.2	27	5	4	0.3
SUMMER COOKIE MONSTER	Egg, Milk, Soya, Sulphites, Wheat	Not suitable for someone with a nuts allergy.	yes		Keep in Cool, Dry Place	100g		1965	468	20	8.3	70	54	2.9	0.95
TEDDY GINGER BISCUIT	Milk, Soya, Sulphites, Wheat	Not suitable for someone with an egg, nuts allergy.	yes		Keep in Cool, Dry Place	40g		762	181	4.8	1.8	32	17	2.2	0.1
TOFFEE DOUGHNUT	Egg, Milk, Soya, Wheat	Not suitable for someone with a nuts, sulphites allergy	yes		Keep in Cool, Dry Place	95g		1153	276	7.3	3.5	46	23	5.6	0.76
TRIPLE CHOCOLATE MUFFIN	Egg, Milk, Soya, Wheat	Not suitable for someone with a sulphites allergy.	yes		Keep in Cool, Dry Place	110g		2079	497	27	6.5	55	38	6.8	1.1
VANILLA SUNDAE BUN	Egg, Milk, Sulphites, Wheat	Not suitable for someone with a soya allergy.	yes		Keep in Cool, Dry Place	70g		1347	321	16	7	42	34	2.6	0.63
YUM YUM	Egg, Milk, Wheat	Not suitable for someone with a mustard, soya, sulphites allergy.	yes		Keep in Cool, Dry Place	55g		902	195	8.9	2.6	32	22	1.5	0.32
<b>Cream Cakes</b>															
CREAM DOUGHNUT	Egg, Milk, Soya, Sulphites, Wheat		yes		Keep Refrigerated	95g		1265	304	16	9.3	33	9.9	6.1	0.82
CREAM SCONE	Egg, Milk, Nuts, Sulphites, Wheat	Not suitable for someone with a soya allergy.	yes		Keep Refrigerated	130g		1756	421	20.6	8.6	56	27	6.2	0.7
CREAM SLICE	Milk, Soya, Sulphites, Wheat	Not suitable for someone with an egg, nuts allergy.	yes		Keep Refrigerated	105g		1650	397	25	16	39	19	3.2	0.4
ECLAIR	Egg, Milk, Soya, Wheat	Not suitable for someone with a sulphites allergy.	yes		Keep Refrigerated	98g		1477	348	23	13	32	27	2.9	0.22
MINI CHOCOLATE CREAM SPONGE	Egg, Milk, Soya, Sulphites, Wheat		yes		Keep Refrigerated	91g		1360	326	19.1	10.9	32.8	23.7	5.4	0.5
MINI CREAM SPONGE	Egg, Milk, Soya, Sulphites, Wheat		yes		Keep Refrigerated	95g		1232	296	19	12.4	28.4	18.1	3.3	0.7
PEACH MELBA	Egg, Gluten, Milk	Not suitable for someone with a soya, sulphites allergy.	yes		Keep Refrigerated	83g		1155	276	14.1	6.6	34.9	19.1	2.3	0.3
STRAWBERRY TART	Egg, Milk, Sulphites, Wheat	Not suitable for someone with a soya allergy.	yes		Keep Refrigerated	89g		1218	291	16	6.8	36	16	2.4	0.38
STRAWBERRY TRIFLE	Milk, Soya, Sulphites, Wheat	Not suitable for someone with an egg, allergy			Keep Refrigerated										
SUMMER FRUIT FLAN	Egg, Milk, Wheat	Not suitable for someone with a soya, sulphur dioxide allergy.	yes		Keep Refrigerated	97g		1211	290	16	7.4	33	16	3.1	0.45
VANILLA SLICE	Wheat, milk	Not suitable for someone with an egg, nuts, soya, sulphites allergy.	yes		Keep in Cool, Dry Place	105g		1386	332	10.2	6.4	56	33.6	2.9	0.6
<b>Sandwiches</b>															
BLT BAGUETTE	Egg, Milk, Mustard, Soya, Wheat	Not suitable for someone with a celery, crustaceans, fish, oats, sesame, soya, sulphites allergy.			Keep Refrigerated	250g		1919	458	15.3	4.1	60.8	7.2	16	2.4
BLT SANDWICH	Barley, Egg, Milk, Mustard, Wheat	Not suitable for someone with a celery, crustaceans, fish, lupin, oats, rye, sesame, soya, sulphites allergy.			Keep Refrigerated	220g		1670	400	18	5.3	44	4	17	2.7
BLT SUB	Barley, Egg, Milk, Mustard, Soya, Wheat	Not suitable for someone with a celery, crustaceans, fish, oats, sesame, sulphites allergy.			Keep Refrigerated	205g		1565	372	18	5.4	38	3.5	16	2.6



BACON, BRIE & RED ONION CHUTNEY	Milk, Wheat	Not suitable for someone with a barley, celery, crustaceans, egg, fish, milk, mustard, oats, sesame, sulphites allergy.				205g		2170	519	18.7	8.4	62.8	8.9	21.7	2.6
BBQ CHICKEN & CHEESE	Milk, Wheat	Not suitable for someone with a barley, celery, crustaceans, egg, fish, milk, mustard, oats, sesame, sulphites allergy.				225g		2209	529	12.8	7	69.5	13.6	30	2.3
CHEESE & HAM	Milk, Wheat	Not suitable for someone with a barley, celery, crustaceans, egg, fish, mustard, oats, sesame, soya, sulphites allergy.				215g		2287	547	19.2	8.9	59.2	5.2	31.5	2.9
TUNA MELT	Egg, Fish, Milk, Wheat	Not suitable for someone with a barley, celery, crustaceans, oats, sesame, soya, sulphites allergy.				255g		2421	580	20.9	7.5	63	6.1	31.6	2.3
<b>Salads</b>															
BACON & TOMATO QUICHE SALAD	Egg, Milk, Mustard, Soya, Wheat	Not suitable for someone with a celery, crustaceans, fish, sesame, sulphites allergy.			Keep Refrigerated	400g		3331	797	62	22	37	9.7	22	2.3
CHEESE & ONION QUICHE SALAD	Egg, Milk, Mustard, Soya, Wheat	Not suitable for someone with a celery, crustaceans, fish, sesame, sulphites allergy.	yes		Keep Refrigerated	400g		3294	788	62	22	39	11	18	1.7
CHICKEN & BACON SALAD	Egg, Milk, Mustard, Wheat	Not suitable for someone with a celery, crustaceans, fish, sesame, soya, sulphites, wheat allergy.			Keep Refrigerated	350g		1854	443	34	6	12	8.7	21	2.6
HAM & EGG SALAD	Egg, Milk, Mustard	Not suitable for someone with a celery, crustaceans, fish, sesame, soya, sulphites, wheat allergy.			Keep Refrigerated	335g		1600	382	28	3.8	11	7.7	20	2
SEAFOOD COCKTAIL SALAD	Celery, Crustaceans, Fish, Egg, Milk, Mustard, Soya, Wheat	Not suitable for someone with a sesame, sulphites, wheat allergy.			Keep Refrigerated	340g		21677	517	43	3.3	18	11	12	3
<b>Savouries</b>															
BACON & CHEESE WRAP	Milk, Wheat 25% Bacon	Not suitable for someone with an egg, mustard, soya, sulphites allergy.				80g		1313	314	19	9.9	24	1	11	1
BACON AND TOMATO QUICHE	Egg, Milk, Soya, Wheat 16% Bacon	Not suitable for someone with a sulphites allergy.			Keep Refrigerated	124g		1829	437	33	15	24	2.3	14	1.2
CHEESE & ONION PASTY	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 & TOMATO PIZZA	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
CHEESE AND ONION QUICHE	Egg, Milk, Soya, Wheat, 16% Cheese	Not suitable for someone with a sulphites allergy.	yes		Keep Refrigerated	140g		1571	375	20	9.9	40	3.8	8.3	1.3
CHEESE STRAW	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	Milk, Wheat, 27% Chicken	Not suitable for someone with a celery egg, soya, sulphites allergy.				145g		1468	351	17	8	35	1.9	13	1.6
CORNERD BEEF & POTATO PASTY	Milk, Sulphites, Wheat, 20% Corned Beef	Not suitable for someone with a celery, egg, soya allergy.				145g		1594	381	21	10.2	33	2.0	12.3	1.6
HAM & MUSHROOM PIZZA	Milk, Wheat	Not suitable for someone with an egg, mustard, soya, sulphites allergy.				140g		1020	244	3.4	0.4	47	5.0	9.1	0.8
MINCE AND ONION PIE	Milk, Soya, Wheat, 21% Beef	Not suitable for someone with a celery, egg, mustard, sulphites allergy.				170g		2441	584	35	12	50	0.7	14	1.5
MUSHROOM & CHEESE WRAP	Milk, Wheat	Not suitable for someone with a an egg, soya, sulphites allergy	yes		Kepp Refrigerated	115g		1399	334	21	11	20	1	15.6	1.3
PEPPERONI PIZZA	Milk, Wheat	Not suitable for someone with an egg, mustard, soya, sulphites allergy.				130g		1114	266	6.3	1.4	46	4.8	8.1	0.6
SAUSAGE ROLL	Sulphites, Milk, Wheat, 18% Pork	Not suitable for someone with a celery, egg, mustard, soya allergy.				58g		689	165	8.3	3.8	17	0.8	4.4	0.82
SAUSAGE, CHEESE & BEANS PASTY	Milk, Soya, Sulphites, Wheat, 11% Pork	Not suitable for someone with a celery, egg, mustard allergy.				145g		1734	414	22	11	41	5.0	13	1.4
STEAK & ALE PIE	Barley, Milk, Wheat 15% Beef	Not suitable for someone with a celery, egg, mustard, soya, sulphites allergy.				170g		1983	530	27	9.7	45	0.7	12	1.4
STEAK BAKE	Milk, Wheat, 25% Beef	Not suitable for someone with a celery, egg, mustard, soya, sulphites allergy.				145g		1436	343	17	8.3	35	1.7	14	1.4
SUPER SAUSAGE ROLL	Milk, Soya, Sulphites, Wheat, 18% Pork	Not suitable for someone with a celery, egg, mustard allergy.				145g		1863	491	26	11.3	39	3.6	14	0.8
TIKKA PASTY	Milk, Wheat	Not suitable for someone with a celery, egg, mustard, soya, sulphites allergy.	yes			145g		1459	356	17	7.7	40	3.2	7.5	1.2

TRADITIONAL PASTY	Milk, Soya, Sulphites, Wheat, 16% Beef	Not suitable for someone with a celery, egg, mustard allergy.				155g		1681	401	20	8.8	42	1.2	9.8	1.2
VEGAN PIZZA	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
VEGAN SAUSAGE ROLL	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
VEGETABLE SUPREME PIZZA	Milk, Wheat	Not suitable for someone with an egg, mustard, soya, sulphites allergy.	yes			160g		1361	325	9.1	0.8	49	6.4	13.9	1

