

Product Name	Contains	May Contain	Vegeta	Vegans	Storage Guidelines	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
Bread Loaves															
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	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	Contains 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	Contains 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	Contains 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	Contains 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	Contains 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
Bread Rolls															
4 FRUITED TEACAKES	Contain 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	Contain 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	Contain 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	Contain 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	Contain 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	Contains Barley, Wheat	Not suitable for someone with an 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	Contain 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	Contains Barley, Wheat	Not suitable for someone with an 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
Confectionary															
APPLE PASTY	Contain Sulphites, Wheat	Not suitable for someone with an egg, milk, soya allergy.	yes		Keep in Cool, Dry Place	88g		1175	281	16.7	8.8	31.7	6.6	3.1	0.6
BAKEWELL SLICE	Contains 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
BRANDY MINCE PIE	Contains Egg, Milk, Sulphites, Wheat	Not suitable for someone with a nuts, soya allergy.	yes		Keep in cool dry place	70g		1164	278	12	5	40	26	2.3	0.32
BROWNIE	Contains 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	Contains 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	Contains 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
CHEESE SCONES - 4 PACK	Contains Egg, Milk, Wheat	Not suitable for someone with a nuts, soya, sulphites allergy.	yes		Keep in Cool, Dry Place	80g		1121	268	12	2.7	33	1.9	8.7	1.1

CHOCOLATE FLAPJACK	Contains 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 ORANGE COOKIE MONSTER	Contains Egg, Milk, Soya, Sulphites, Wheat	Not suitable for someone with a nuts allergy.	Yes		Keep in cool dry place	95g		1827	436	18	7	64	49	4	0.53
CHOCOLATE ORGANCE BROWNIE	Contains Egg, Milk, Soya, Sulphites, Wheat	Not suitable for someone with a nuts allergy.			Keep in cool dry place	90g		1799	429	23	13	52	46	3.7	0.23
CHOCOLATE TOFFEE DANISH	Contains 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 MONSTER	Contains Egg, Milk, Sulphites, Soya, Wheat	Not suitable for someone with a nuts allergy.	yes		keep in cool dry place	95g		1827	436	18	7	64	49	4	0.53
CORNFLAKE NEST (CHOCOLATE BEANS)	Contains 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
CORNFLAKE TART	Contains Barley, Milk, Wheat	Not suitable for someone with an egg, nuts, soya, sulphites allergy.	Yes		Keep in cool dry place	140g		2557	611	24	10	95	58	3.8	0.79
CROCODILE BISCUIT	Wheat		yes		Keep in Cool, Dry Place	75g		1451	346	15.6	7.7	49	22.6	4.4	0.43
CURRANT SQUARE	Contains 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	Contains 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
DINO BISCUIT	Wheat		Yes		Keep in cool dry place	63g		1255	299	15	7.8	39	17	3.9	0.32
DOUBLE CHOCOLATE CHIP COOKIE	Contains 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	Wheat		yes		Keep in Cool, Dry Place	75g		1451	346	15.6	7.7	49	22.6	4.4	0.43
FAMILY APPLE PIE	Contains 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	Contains 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
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	
GINGERBREAD MAN	Contains 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
ICED BUNS - 4 PACK	Contains Egg, Milk, Wheat	Not suitable for someone with a soya, sulphites allergy			Keep in Cool, Dry Place	260g		1042	249	6.5	2.7	45	35	2.2	0.34
JAM TART	Contains 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	Contains 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	Contains 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	Contains 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 TART	Contains 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	Contains 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	Contains 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	Contains Milk, Soya, Sulphites, Wheat	Not suitable for someone with an egg, nuts allergy			Keep in Cool, Dry Place	75g		1676	401	19.7	14.8	53	37	3.6	0.44
SMALL CURD TART	Contains 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	Contains 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
STICKY TOFFEE MUFFIN	Contains Milk, Soya, Wheat	Not suitable for someone with an egg, sulphites allergy.	Yes		Keep in cool dry place	110g		1885	450	22	3.2	59	40	4.7	0.5
SULTANA SCONES - 4 PACK	Contains Egg, Milk, Wheat	Not suitable for someone with a nuts, soya, sulphites allergy.	yes		Keep in Cool, Dry Place	80g		1139	272	8.1	0.8	46	17	6.2	0.74
SWEETMINCE PIE	Contains Egg, Sulphites, Wheat	Not suitable for someone with a milk, nuts, soya allergy.	yes		Keep in cool dry place	55g		943	225	9.2	3	34	20	2	0.3
TEDDY GINGER BISCUIT	Contains 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 APPLE PASTY	Contains Milk, Sulphites, Wheat	Not suitable for someone with an egg, soya allergy.	Yes		Keep in cool dry place	90g		1598	382	18	11	48	10	5.2	0.51
TOFFEE DOUGHNUT	Contains 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	Contains 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
TRUFFLE LOG	Contains Egg, Milk, Nuts, Soya, Wheat		yes		Keep in cool dry place	80g		1323	315	11	7.6	49	43	2.4	0.8
TRUFFLE PUDDING	Contains Egg, Milk, Soya, Sulphites, Wheat	Not suitable for someone with a nuts allergy.	yes		Keep in cool dry place	60g		900	214	8	3.3	33	25	2.8	0.15
VANILLA SUNDAE BUN	Contains 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	Contains 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
Halloween Confectionary															
CREEPY BUN	Contains Egg, Milk, Sulphites, Wheat	Not suitable for someone with a soya allergy.	yes		Keep in cool dry place	75g		1400	333	15	5	48	40	2.3	0.52
GINGERBREAD TRICK OR TREATERS	Contains Milk, Soya, Sulphites, Wheat	Not suitable for someone with an egg allergy.	yes		Keep in cool dry place	45g		971	231	6.3	3	40	24	2.4	0.12
HALLOWEEN SHARING CAKE	Contains Egg, Milk, Sulphites, Wheat	Not suitable for someone with a nut allergy.	yes		Keep in cool dry place	775g	1/8 of slice	1691	403	19	7.6	54	44	3.3	0.62
PUMPKIN BISCUIT	Contains Milk, Soya, Wheat	Not suitable for someone with an egg, sulphites allergy.	yes		Keep in cool dry place	45g		890	212	10	5.5	29	14	2.6	0.26
SHORTBREAD VAMPIRE	Contains Egg, Milk, Soya, Sulphites, Wheat		yes		Keep in cool dry place	50g		970	231	10.1	4.5	33	14.4	3.1	0.3
SPOOKY RING BUN - 4 PACK	Contains Egg, Milk, Wheat	Not suitable for someone with a soya, sulphites allergy.	yes		Keep in cool dry place	260g		1050	251	5.9	2.3	47	36	2.1	0.34
Cream Cakes															
CREAM DOUGHNUT	Wheat		yes		Keep Refrigerated	95g		1265	304	16	9.3	33	9.9	6.1	0.82
CREAM SCONE	Contains Egg, Milk, Nuts, Sulphites, Wheat	Not suitable for someone with a soya, sulphites allergy.	yes		Keep Refrigerated	130g		1756	421	20.6	8.6	56	27	6.2	0.7
CREAM SLICE	Contains Milk, Soya, Wheat	Not suitable for someone with an egg, nuts, sulphites allergy.	yes		Keep Refrigerated	105g		1650	397	25	16	39	19	3.2	0.4
ECLAIR	Contains 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	Wheat		yes		Keep Refrigerated	91g		1360	326	19.1	10.9	32.8	23.7	5.4	0.5
MINI CREAM SPONGE	Wheat		yes		Keep Refrigerated	95g		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		Keep Refrigerated	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		Keep Refrigerated	89g		1218	291	16	6.8	36	16	2.4	0.38
VANILLA SLICE	Contains 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
Savouries															
BACON & CHEESE WRAP						80g									
BACON AND TOMATO QUICHE	Contains Milk, Wheat 25% Bacon	Not suitable for someone with an egg, mustard, soya, sulphites allergy.						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.			Keep Refrigerated	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 & 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
CHEESE AND ONION QUICHE	Contains 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 STRAWS	Contains Milk, Wheat, 37% Cheese	Not suitable for someone with an egg, soya, sulphites allergy.	yes		Keep in Cool, Dry Place	21g		411	98	6.1	3.6	7.8	0.2	2.9	0.32
CHICKEN BAKE	Contains 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
CHICKEN, BACON & LEEK PIE	Contains Celery Milk, Soya, Wheat 9% Chicken, 9% Smoked Bacon	Not suitable for someone with an egg, mustard, sulphites allergy.				170g		2297	549	31	11	50	1.5	14	1.8

CHILLI CON CARNE PASTY	Contains Milk, Wheat, 19% Beef	Not suitable for someone with a celery, egg, mustard, soya, sulphites allergy.				145g	1417	339	18	8.6	35	2.9	10	1.1
CORNER BEEF & POTATO PASTY	Contains 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	Contains 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	Contains 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	Contains Milk, Wheat	Not suitable for someone with an egg, soya, sulphites allergy	yes		Kepp Refrigerated	115g	1399	334	21	11	20	1	15.6	1.3
PEPPERONI PIZZA	Contains 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	Contains 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	Contains 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	Contains 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	Contains 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	Contains 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
TRADITIONAL PASTY	Contains 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 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
Salads														
BACON & TOMATO QUICHE SALAD	Contains Egg, Milk, Mustard, Soya, Wheat	Not suitable for someone with a celery, crustaceans, fish, sesame, sulphites allergy.			Keep Refrigerated	340g	2621	626	47.3	18.2	35.6	9.4	18.1	1.5
CHEESE & ONION QUICHE SALAD	Contains Egg, Milk, Mustard, Soya, Wheat	Not suitable for someone with a celery, crustaceans, fish, sesame, sulphites allergy.	yes		Keep Refrigerated	340g	2591	618	47.1	18.3	10.5	1.7	14.8	1
CHICKEN & BACON SALAD	Contains Egg, Milk, Mustard	Not suitable for someone with a celery, crustaceans, fish, sesame, soya, sulphites, wheat allergy.			Keep Refrigerated	275g	1062	253	16.1	2.9	9.8	7.8	17.2	1.3
HAM & EGG SALAD	Contains Egg, Milk, Mustard	Not suitable for someone with a celery, crustaceans, fish, sesame, soya, sulphites, wheat allergy.			Keep Refrigerated	275g	1034	246	16.2	2.8	9	6.9	16.9	1.5
SEAFOOD COCKTAIL SALAD	Contains Celery, Crustaceans, Fish, Egg, Milk, Mustard, Soya	Not suitable for someone with a sesame, sulphites, wheat allergy.			Keep Refrigerated	300g	1665	397	30.8	2.2	16.2	9.8	12.2	2.5
Sandwiches (Baguettes)														
BLT BAGUETTE	Contains 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
CHEESE & HAM BAGUETTE	Contains Milk, Wheat	Not suitable for someone with a barley, celery, crustaceans, egg, fish, mustard, oats, sesame, soya, sulphites allergy.			Keep Refrigerated	215g	2287	547	19.2	8.9	59.2	5.2	31.5	2.9
CHEESE SALAD BAGUETTE	Contains Milk, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, mustard, oats, sesame, soya, sulphites allergy.	YES		Keep Refrigerated	240g	1987	474	16.5	7.8	59.9	6.6	18.8	1.6

ROAST CHICKEN SALAD BAGUETTE	Contains Egg, Milk, Mustard, Wheat	Not suitable for someone with a celery, crustaceans, fish, oats, sesame, soya, sulphites allergy.			Keep Refrigerated	265g			1762	421	7.3	1.3	62.2	7.8	22.9	1.6
SEAFOOD COCKTAIL BAGUETTE	Contains Celery, Crustaceans, Egg, Fish, Mustard, Soya, Wheat	Not suitable for someone with a milk, oats, sesame, soya sulphites allergy.			Keep Refrigerated	265g			2394	572	22.6	1.7	66.8	9.1	20.5	3.3
Sandwiches (Hot Baguette)																
BACON, BRIE & RED ONION CHUTNEY	Contains Milk, Wheat	Not suitable for someone with a barley, celery, crustaceans, egg, fish, mustard, oats, sesame, sulphites allergy.				205g			2170	519	18.7	8.4	62.8	8.9	21.7	2.6
BBQ CHICKEN & CHEESE	Contains 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	Contains 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
MEATBALL & CHEESE	Contains Milk, Wheat	Not suitable for someone with a barley, celery, crustaceans, egg, fish, mustard, oats, sesame, sulphites allergy.				265g			2720	650	24	8.3	81	17	28	3.3
TUNA MELT	Contains 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
Sandwiches (Sub Rolls)																
BLT SUB	Contains 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
CHEESE SAVOURY SUB	Contains Egg, Milk, Soya, Wheat	Not suitable for someone with a barley, celery, crustaceans, fish, mustard, oats, sesame, sulphites allergy.	YES		Keep Refrigerated	170g			1656	396	21	9.1	40	3.4	16	1.6
CHICKEN MAYONNAISE & BACON SUB	Contains Egg, Soya, Milk, Mustard, Wheat	Not suitable for someone with a celery, crustaceans, fish, oats, sesame, sulphites allergy.			Keep Refrigerated	275g			2763	658	44.1	6.2	38	3.8	23.4	2.4
CHICKEN TIKKA SUB	Contains Egg, Milk, Mustard, Soya, Wheat	Not suitable for someone with a barley, celery, crustaceans, fish, oats, sesame, sulphites allergy.			Keep refrigerated	215g			1635	390	14.4	2.1	41	3.5	25	1.1
CORNED BEEF SUB	Contains Soya, Wheat	Not suitable for someone with a barley, celery, crustaceans, egg, fish, milk, mustard, oats, sesame, sulphites allergy.			Keep Refrigerated	180g			1316	314	12	4.8	35.3	3	18	1.8
EGG MAYONNAISE SUB	Contains Barley, Egg, Soya, Wheat	Not suitable for someone with a celery, crustaceans, fish, milk, mustard, oats, sesame, sulphites allergy.	YES		Keep Refrigerated	200g			1593	379	15.5	3.4	42	2.3	18.5	1.3
HAM & PEASE PUDDING SUB	Contains Soya, Wheat	Not suitable for someone with a barley, celery, crustaceans, egg, fish, milk, mustard, oats, sesame, sulphites allergy.			Keep Refrigerated	140g			1187	284	7.6	2.3	39	0.9	16	1.4
HAM SALAD SUB	Contains Soya, Wheat	Not suitable for someone with a barley, celery, crustaceans, egg, fish, milk, mustard, oats, sesame, sulphites allergy.			Keep Refrigerated	195g			1126	269	8.3	2.6	35	2.6	15	1.7
HONEY & MUSTARD CHICKEN SUB	Contains Barley, Egg, Mustard, Soya, Wheat	Not suitable for someone with a celery, crustaceans, fish, milk, oats, sesame, sulphites allergy.			Keep refrigerated	240g			1598	380	13	2.2	46	11	19	1.8

