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	Carbohydr ates Per Product	of which sugars Per Product	Protein Per Product	Salt Per Product
Bread Loaves		•		-0-			_								
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	5 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	1 0.4	1 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	5 0.4	1 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	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	2 0.5	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	9 347	82	0.8	0.1	. 15	5 0.4	3.5	0.4
Bread Rolls					ļ										
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	2 13	3 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	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	5 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	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	2 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	2 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	3 20	0.5	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	3 0.7	7 6.6	0.48
Confectionary	 	Not a diable for early 1995											1	1	
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	g	47	7 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 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	2 17.8	3 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	3 1.9	8.7	1.1

	T	To a series and a					1								
CHOCOLATE FLAPJACK	Contains Milk, Oats, Soya, Sulphites, Wheat	Not suitable for someone with an egg, nuts allergy.	ves		Keep in Cool, Dry Place	75g	1	1568	374	21	12	42	28	3.6	0.4
CHOCOLATE ORANGE COOKIE MONSTER	Contains Egg, Milk, Soya, Sulphites,	Not suitable for someone with a nuts	yes		Reep in Cool, bry Flace	/5g		1300	374	21	12	42		3.0	0.4
CHOCOLATE ORANGE COOKIE MONSTER	Wheat	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,	Not suitable for someone with a nuts			Keen in cool dry place	000	1	1799	429	23	13	52	46	2.7	0.23
<u> </u>	Wheat	allergy. Not suitable for someone with a nuts,			Keep in cool dry place	90g		1/99	429	23	13	52	46	3.7	0.23
CHOCOLATE TOFFEE DANISH	Contains Egg, Milk, Soya, Wheat	sulphites allergy.	yes		Keep in Cool, Dry Place	139g	i l	2433	581	29.2	13.6	70.9	33.4	8.2	1.1
	Contains Egg, Milk, Sulphites, Soya,	Not suitable for someone with a nuts		ĺ	keep in cool dry place	95g									
COOKIE MONSTER	Wheat	allergy.	yes		neep in door ary place	338	\vdash	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	i l	1049	251	10	8.8	38	19	1.2	0.15
		Not suitable for someone with an egg,	103		neep in door ary place	335			231	10	0.0	30	13	1.2	0.15
CORNFLAKE TART	Contains Barley, Milk, Wheat	nuts, soya, sulphites allergy.	Yes		Keep in cool dry place	140g	İ	2557	611	24	10	95	58	3.8	0.79
CROCODILE BISCUIT	Wheat		yes	<u> </u>	Keep in Cool, Dry Place	75g		1451	346	15.6	7.7	49	22.6	4.4	0.43
CURRANT SQUARE	Contains For Mills Culphites Wilhort	Not suitable for someone with a nuts,			Kasa ia Caal Day Blass	400-	i	1501	202	45	5.0	60	20	2.0	2.4
	Contains Egg, Milk, Sulphites, Wheat Contains Egg, Milk, Soya, Sulphites,	soya allergy. Not suitable for someone with a nuts,	yes		Keep in Cool, Dry Place	100g	 	1604	382	15	5.3	60	39	3.6	0.4
DANISH PASTRY	Wheat	soya allergy.	yes		Keep in Cool, Dry Place	139g	i	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		Not suitable for someone with a nuts,		ĺ											
	Contains Egg, Milk, Soya, Wheat	sulphites allergy.	yes		Keep in Cool, Dry Place	110g	\vdash	2236	534	23.5	10.6	72.9	52.2	11.9	1.1
ELEPHANT BISCUIT	Wheat	Nick critical of commence critical continues	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.	ves		Keep in Cool, Dry Place	344g	1/4 Slice of Pie	977	233	11	4.3	33	12	2.6	0.4
FLADIACK	95. 1	Not suitable for someone with an egg,													-
FLAPJACK	Contains Oats, Sulphites	milk, nuts, soya allergy.	<u> </u>	yes	Keep in Cool, Dry Place	50g		998	238	12.5	4.5	28	15	2.8	0.27
GINGER SQUARES - 4 PACK		Not suitable for someone with an egg,				, ,	i								
	Contains Sulphites, Wheat	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	i	968	230	6.3	3	40	24	2.4	0.13
ICED DUNG A DACK	, , , , , , , , , , , , , , , , , , , ,	Not suitable for someone with a soya,	7		, , , , , , , , , , , , , , , , , , , ,										0.20
ICED BUNS - 4 PACK	Contains Egg, Milk, Wheat	sulphites allergy			Keep in Cool, Dry Place	260g		1042	249	6.5	2.7	45	35	2.2	0.34
JAM TART		Not suitable for someone with an egg,				, ,	i								
Γ	Contains Sulphites, Wheat	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.	ves		keep in cool dry place	85g	i	1610	383	17	6.9	56	29	4.1	0.51
LARGE CURD TART		Not suitable for someone with a soya,	,												
LARGE CORD TART	Contains Egg, Milk, Wheat	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	Contain For Atill Miles	Not suitable for someone with a soya,			Kara in Carl Day Black										
	Contains Egg, Milk, Wheat	sulphites allergy. Not suitable for someone with a milk,	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	soya, sulphites allergy.	ves		Keep in Cool, Dry Place	84g	i	1288	308	11	4.1	51	25	2.4	0.12
		Not suitable for someone with an egg,				80g									
PINK FINGER	Contains Wheat	milk, soya, sulphites allergy.	<u> </u>	yes	keep in cool dry place	oug		951	227	3.6	1.7	45	18	4.4	0.55
PINK SUNDAE BUN	Contains For Mills Collabitor Wilson	Not suitable for someone with a soya			Kana in Canl. Day Blace	70:	i	1347	224	4.5	_	42	24	2.0	0.52
	Contains Egg, Milk, Sulphites, Wheat	allergy. Not suitable for someone with an egg,	yes		Keep in Cool, Dry Place	70g	 		321	16	/	42	34	2.6	0.63
ROCKY ROAD	Contains Milk, Soya, Sulphites, Wheat	nuts allergy			Keep in Cool, Dry Place	75g	i	1676	401	19.7	14.8	53	37	3.6	0.44
SMALL CURD TART		Not suitable for someone with a soya,				٦									
SMALL CURD TART	Contains Egg, Milk, Wheat	sulphites allergy.	yes	<u> </u>	Keep in Cool, Dry Place	93g		1359	324	17.7	6.4	34.4	18.6	8.8	0.6
SMALL CUSTARD TART	Contain For Atill Miles	Not suitable for someone with a soya,			Kara is God Da Diag		i						_		
	Contains Egg, Milk, Wheat	sulphites allergy. Not suitable for someone with an egg,	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	sulphites allergy.	Yes		Keep in cool dry place	110g	1	1885	450	22	3.2	59	40	4.7	0.5
SULTANA SCONES - 4 PACK		Not suitable for someone with a nuts,				ا							-		
JULIANA JUNES - 4 PACA	Contains Egg, Milk, Wheat	soya, sulphites allergy.	yes		Keep in Cool, Dry Place	80g	\longmapsto	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,	was		Keen in coal dry place	55g	į l	943	225	9.2	ا	34	20	2	0.3
		nuts, soya allergy.	yes	1	Keep in cool dry place	, ,	1	943	225	9.2	3	34	20	2	0.3
TEDDY GINGER BISCUIT		Not suitable for someone with an egg,			1		† †	,		i	1	1		İ	

	1				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 DOLLGUNUT	Contains Egg Milk Sova Wheat	Not suitable for someone with a nuts,			Keep in Coal Dry Blace	05-		1153	276	7.3	2.5	46	22	5.0	0.70
TOFFEE DOUGHNUT	Contains Egg, Milk, Soya, Wheat	sulphites allergy Not suitable for someone with a	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 Contains Egg, Milk, Nuts, Soya,	sulphites allergy.	yes		Keep in Cool, Dry Place	110g		2079	497	27	6.5	55	38	6.8	1.1
TRUFFLE LOG	Culmbiton Milana	1	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.	ves		Keep in Cool, Dry Place	55g		902	195	8.9	2.6	32	22	1.5	0.32
Halloween Confectionary			, 00			338		302	133	0.5	2.0	52		1.5	0.52
CREEPY BUN	Contains Egg, Milk, Sulphites, Wheat	Not suitable for someone with a soya				75g									
		allergy. Not suitable for someone with an egg	yes		Keep in cool dry place			1400	333	15	5	48	40	2.3	0.52
GINGERBREAD TRICK OR TREATERS	Contains Milk, Soya, Sulphites, Wheat	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.	ves		Keep in cool dry place	45g		890	212	10	5.5	29	14	2.6	0.26
SHORTBREAD VAMPIRE	Contains Egg, IVIIIK, Soya, Sulphites,	,	ves		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.	ves		Keep Refrigerated	130g		1756	421	20.6	8.6	56	27	6.2	0.7
		Not suitable for someone with an egg,				Ü									
CREAM SLICE	Contains Milk, Soya, Wheat	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.	ves		Keep Refrigerated	89g		1218	291	16	6.8	36	16	2.4	0.38
		Not suitable for someone with an egg,													
VANILLA SLICE	Contains Wheat, milk	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					1										
BACON & CHEESE WRAP	Contains Milk Wheat 259/ Passa	Not suitable for someone with an egg,				80g		1212	214	10	0.0	24	1	11	1
BACON AND TOMATO QUICHE	Contains Milk, Wheat 25% Bacon Contains Egg, Milk, Soya, Wheat 16%	mustard, soya, sulphites allergy. Not suitable for someone with a				124g		1313	314	19	9.9	24	1	11	1
	Bacon Contains Milk, Sulphites, Wheat 8%	sulphites allergy. Not suitable for someone with a celery,			Keep Refrigerated	-		1829	437	33	15	24	2.3	14	1.2
CHEESE & ONION PASTY	Cheese	l	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.	ves		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%	Not suitable for someone with an egg,				170		2297	F 40	24			4.5		4.0
	Chicken, 9% Smoked Bacon	mustard, sulphites allergy.		l	1	170g			549	31	11	50	1.5	14	1.8

	1					1	1				-				
CHILLI CON CARNE RACTY		Nick suitable for company with a select													1
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
	Contains Milk, Sulphites, Wheat, 20%	Not suitable for someone with a celery,				143g		1417	339	10	0.0	33	2.3	10	1.1
CORNED BEEF & POTATO PASTY	Corned Beef	egg, soya allergy.				145g		1594	381	21	10.2	33	2.0	12.3	1.6
HAM & MUSHROOM PIZZA		Not suitable for someone with an egg,				140g	,	1020							
	Contains Milk, Wheat	mustard, soya, sulphites allergy.				-			244	3.4	0.4	47	5.0	9.1	0.8
MINCE AND ONION PIE		Not suitable for someone with a celery,				170g		2441	584	35	12	50	0.7	14	1.5
WINCE AND ONION FIE	Contains Milk, Soya, Wheat, 21% Beef	egg, mustard, sulphites allergy.				1708	•	2441	304	33	12	30	0.7	14	1.5
		Not suitable for someone with a an													
MUSHROOM & CHEESE WRAP	Contains Milk, Wheat	egg, soya, sulphites allergy	yes		Kepp Refigerated	115g		1399	334	21	11	20	1	15.6	1.3
PEPPERONI PIZZA		Not suitable for someone with an egg,				130g		1114							
	Contains Milk, Wheat	mustard, soya, sulphites allergy.							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
		Not suitable for someone with a celery,													
SAUSAGE, CHEESE & BEANS PASTY	11% Pork	egg, mustard allergy.				145g		1734	414	22	11	41	5.0	13	1.4
STEAK & ALE PIE		Not suitable for someone with a celery,				170g		1983	530	27	9.7	45	0.7	12	1.4
	Contains Barley, Milk, Wheat 15% Beef	egg, mustard, soya, sulphites allergy.													
STEAK BAKE		Not suitable for someone with a celery,				145g		1436	343	17	8.3	35	1.7	14	1.4
STEAK BAKE	Contains Milk, Wheat, 25% Beef	egg, mustard, soya, sulphites allergy.				1438	•	1430	343	17	0.5	33	1.7	14	1.4
		Not suitable for someone with a celery,													
SUPER SAUSAGE ROLL	18% Pork	egg, mustard allergy.				145g		1863	491	26	11.3	39	3.6	14	0.8
TRADITIONAL PASTY		Not suitable for someone with a celery,				155g		1681						9.8	
	16% Beef	egg, mustard allergy.				1338		1001	401	20	8.8	42	1.2	5.0	1.2
VEGAN SAUSAGE ROLL		Nick cuitable for company with a select				00-		983						12	
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		, , , , , , , , , , , , , , , , , , , ,		,							-				
	Contains For Mills Manatonal Cours	Not suitable for someone with a celery,													
BACON & TOMATO QUICHE SALAD	Contains Egg, Milk, Mustard, Soya, Wheat	crustaceans, fish, sesame, sulphites				340g									
	· · · · · · · · · · · · · · · · · · ·	allergy.			Keep Refrigerated			2621	626	47.3	18.2	35.6	9.4	18.1	1.5
CUEFCE & ONION OLUCUS CALAD	Contains Egg, Milk, Mustard, Soya,	Not suitable for someone with a celery,				240-									
CHEESE & ONION QUICHE SALAD	Wheat	crustaceans, fish, sesame, sulphites allergy.	yes		Keep Refrigerated	340g		2591	618	47.1	18.3	10.5	1.7	14.8	. 1
		Not suitable for someone with a celery,	yes		neep nemgeratea			2331	010	47.1	10.5	10.5	1.7	14.0	
CHICKEN & BACON SALAD	Contains Egg, Milk, Mustard	crustaceans, fish, sesame, soya,				275g		1062	253	16.1	2.9	9.8	7.8	17.2	1.3
		sulphites, wheat allergy.			Keep Refrigerated										
		Not suitable for someone with a celery,													
HAM & EGG SALAD	Contains Egg, Milk, Mustard	crustaceans, fish, sesame, soya, sulphites, wheat allergy.			Koon Refrigerated	275-		1024	246	16.2	2.0	0		16.0	1.5
	Contains Celery, Crustaceans, Fish, Egg,				Keep Refrigerated	275g		1034	246	16.2	2.8	9	6.9	16.9	1.5
SEAFOOD COCKTAIL SALAD	Milk, Mustard, Soya	sesame, sulphites, wheat allergy.			Keep Refrigerated	300g		1665	397	30.8	2.2	16.2	9.8	12.2	2.5
Sandwiches (Baguettes)	·														
	Contains Egg, Milk, Mustard, Soya,	Not suitable for someone with a celery,													
BLT BAGUETTE	Wheat	crustaceans, fish, oats, sesame, soya,			l	250g		1919	458	15.3	4.1	60.8	7.2	16	2.4
		sulphites allergy.	-		Keep Refrigerated	1							1		
		Not suitable for someone with a barley,	1			1									
CHEESE & HAM BAGUETTE	Contains Milk, Wheat	celery, crustaceans, egg, fish, mustard,				215g									
		oats, sesame, soya, sulphites allergy.	<u></u>	<u>L_</u>	Keep Refrigerated	<u> </u>		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,	1			240g									
		crustaceans, egg, fish, mustard, oats,	VEC		Keep Refrigerated	1		1987	474	16.5	7.0	50.0		18.8	4.0
		sesame, soya, sulphites allergy.	YES		reeh keingerated		l	1987	474	16.5	7.8	59.9	6.6	18.8	1.6

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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
	Contains Celery, Crustaceans, Egg, Fish, Mustard, Soya, Wheat Contains Milk, Wheat Contains Milk, Wheat Contains Milk, Wheat Contains Egg, Fish, Milk, Wheat Contains Barley, Egg, Milk, Mustard, Soya, Wheat Contains Egg, Milk, Soya, Wheat Contains Egg, Milk, Mustard, Wheat Contains Egg, Milk, Mustard, Wheat Contains Egg, Milk, Mustard, Soya, Wheat Contains Egg, Milk, Mustard, Soya, Wheat Contains Soya, Wheat Contains Soya, Wheat Contains Barley, Egg, Soya, Wheat Contains Soya, Wheat	Contains Egg, Milk, Mustard, Wheat Contains Celery, Crustaceans, Egg, Fish, Mustard, Soya, Wheat Contains Milk, Wheat Contains Egg, Fish, Milk, Wheat Contains Egg, Fish, Milk, Wheat Contains Egg, Fish, Milk, Wheat Contains Egg, Fish, Milk, Wheat Contains Egg, Milk, Mustard, Soya, Wheat Contains Egg, Milk, Soya, Wheat Contains Egg, Milk, Mustard, Soya, Wheat Contains Soya, Wheat Contains Soya, Wheat Contains Soya, Wheat Contains Soya, Wheat Contains Barley, Egg, Soya, Wheat Contains Barley, Egg, Soya, Wheat Contains Soy	Contains Egg, Milk, Mustard, Wheat Contains Celery, Crustaceans, Egg, Fish, Mustard, Soya, Wheat Contains Milk, Wheat Contains Egg, Fish, Milk, Wheat Contains Egg, Fish, Milk, Wheat Contains Egg, Fish, Milk, Wheat Contains Barley, Egg, Milk, Mustard, Soya, Wheat Contains Egg, Soya, Milk, Mustard, Wheat Contains Egg, Soya, Milk, Mustard, Soya, Wheat Contains Egg, Milk, Mustard, Soya, Wheat Contains Soya, Wheat Not suitable for someone with a barley, celery, crustaceans, fish, oats, sesame, sulphites allergy. 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Not suitable for someone with a barley, celery, crustaceans, fish, milk, mustard, oats, sesame	Contains Egg, Milk, Mustard, Wheat Contains Celery, Crustaceans, Egg, Fish Mustard, Seya, Wheat Contains Milk, Milk, Soya, Wheat Contains Milk, Milk, Soya, Wheat Contains Milk, Milk, Soya, Wheat Contains Milk,	Contains Egg, Milk, Mustard, Wheat custaceans, Fish, oats, seame, soya, suphites allergy. Contains Celery, Crustaceans, Egg, Fish, Mustard, Soya, Wheat Contains Milk, Wheat Contains Marey, Egg, Milk, Mustard, Soya, Wheat Contains Marey, Egg, Milk, Mustard, Soya, Wheat Contains Milk, Whoat Contains Milk, Mustard, Soya, Not suitable for someone with a barley, colley, custaceans, fish, oats, seame, sulphites allergy. Contains Milk, Mustard, Soya, Not suitable for someone with a barley, colley, custaceans, fish, oats, seame, sulphites All Milk, Mustard, Soya, Wheat Contains Soya, Wheat Contains Soya, Wheat Contains Milk, Mustard, Soya, Contains Milk, Mustard, Soya, Contain	Contains Egg, Milk, Mustand, Wheat Contains Celey, Crustaceans, Egg, Fish, Mustand, Soya, Wheat Contains Milk, Wheat Contains Milk, Milk, Mustand, Contains Milk, Milk, Soya, Wheat Contains Milk, Milk, Soya, Wheat Contains Milk, Mi	Contains Egg, Milk, Mustand, Whest Contains Celey, Custiceness, Egg, Fish, Most suitable for comerone with a milk, wheat Contains Milk, Wheat Contains M	Contains Cale, Milk, Wheat	Contains (Egg, Malle, Mustarry, Wheel allerge of the control of th	Contains (age, Mills, Mustarder, Whise) Evaluation of the processors (age, Mills, Mustarder, Mills, Mil

JUST HAM SUB	Contains Soya, Wheat	Not suitable for someone with a barley, celery, crustaceans, egg, fish, milk, mustard, oats, sesame, sulphites allergy.		Keep Refrigerated	150g	1318	315	11	3.6	34	1	23	2.8
PLOUGHMAN'S SUB	Contains Barley, Milk, Soya, Sulphite, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, mustard, oats, sesame allergy.	YES	Keep Refrigerated	215g	1544	367	15	7.9	43	7.9	14.9	1.9
ROAST CHICKEN SALAD SUB	Contains Barley, Egg, Milk, Mustard, Soya, Wheat	Not suitable for someone with a celery, crustaceans, fish, oats, sesame, sulphites allergy.		Keep Refrigerated	225g	1299	308	8.4	1.9	39	4.3	19	1.4
SEAFOOD COCKTAIL SUB	Contains Celery, Crustaceans, Egg, Fish, Mustard, Soya, Wheat	Not suitable for someone with a barley, milk, oats, sesame, sulphites allergy.		Keep Refrigerated	235g	1933	463	24.7	2.6	44.5	5.6	15.7	2.8
TUNA MAYONNAISE SUB	Contains Egg Fish Sova Wheat	Not suitable for someone with a barley, celery, crustaceans, milk, mustard, oats, sesame, sulphites allergy.		Keep Refrigerated	235g	1454	347	12.5	1.8	40.6	2.9	19.5	1.3
Sandwiches (Wedge Packs)													
BLT SANDWICH	Contains 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
CHICKEN MAYONNAISE & BACON SANDWICH	Contains Barley, Egg, Milk, Mustard, Wheat	Not suitable for someone with a celery, crustaceans, fish, lupin, oats, rye, sesame, soya, sulphites allergy.		Keep Refrigerated	230g	2123	508	23	5.7	46	4.7	32	3.5
EGG MAYONNAISE SANDWICH		Not suitable for someone with a celery, crustaceans, fish, lupin, milk, mustard, oats, rye, sesame, soya, sulphites allergy.	yes	Keep Refrigerated	220g	1719	411	17	3.5	47	2.8	21	1.4
TUNA MAYONNAISE SANDWICH	Contains Barley, Egg, Fish, Milk, Wheat	Not suitable for someone with a celery, crustaceans, lupin, oats, rye, mustard, sesame, soya, sulphites allergy.		Keep Refrigerated	220g	1510	361	11	1.4	45	3.3	21	1.5