

Product Name	Product / Pack Weight	Energy (KJ) Per 100g	Energy (kcal) Per 100g	Fat Per 100g	of which saturates Per 100g	Carbs Per 100g	of which sugars Per 100g	Protein Per 100g	Salt Per 100g	Portion Size / 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
<b>Christmas Seasonal</b>																		
BRANDY MINCE PIE	70g	1663	398	17	7.2	58	37	3.3	0.46	70g	1164	278	12	5	40	26	2.3	0.32
CHRISTMAS COOKIE MONSTER	95g	1875	469	19	7.4	65	50	3.7	0.57	95g	1819	455	18.7	7.2	63	49	3.6	0.55
CHRISTMAS SPRINKLE BUN	69g	1841	438	22	9.3	58	47	3.3	0.89	69g	1270	303	15	6.4	40	32	2.3	0.61
FESTIVE JAMMY BISCUIT	85g	1850	440	20	7.9	64	33	4.7	0.58	85g	1610	383	17	6.9	56	29	4.1	0.51
FRUIT CAKE SLICE	75g	1572	375	11	6.7	64	57	3.5	0.6	75g	1179	281	8.3	5	48	43	2.6	0.45
GINGER & TOFFEE MUFFIN	110g	1725	412	20	3.1	53	38	4.4	0.45	110g	2070	495	24	3.8	64	46	5.3	0.54
GINGERBREAD ELF	45g	2060	490	13	6.4	86	51	5.2	0.27	45g	968	230	6.3	3	40	24	2.4	0.13
GINGERBREAD SANTA	45g	2060	490	13	6.4	86	51	5.2	0.27	45g	968	230	6.3	3	40	24	2.4	0.13
MINT CHOCOLATE BROWNIE	79g	1986	474	26	14	55	47	5.3	0.08	79g	1569	385	20	11	44	37	4.2	0.06
ROBIN BISCUIT	65g	2004	478	22	14	66	40	4.7	0.53	65g	1323	316	15	9	43	27	3.1	0.35
STOLLEN SLICE	75g	1341	319	9.9	3.3	53	32	4.1	0.3	75g	1004	239	7.4	2.5	39	23	3	0.22
SWEETMINCE PIE	55g	1715	410	19	5.5	62	36	3.7	0.55	55g	943	225	9.2	3	34	20	2	0.3
TRUFFLE LOG	80g	1654	394	14	9.5	61	54	3	1	80g	1323	315	11	7.6	49	43	2.4	0.8
TRUFFLE PUDDING	60g	1500	357	13	5.5	55	42	3.4	0.26	60g	900	214	8	3.3	33	25	2.8	0.15
WHITE CHOCOLATE CARAMEL SLICE	54g	2029	487	28	18	57	33	4	0.31	54g	1096	363	15	9.7	31	18	2.2	0.16
CHRISTMAS SHERRY TRIFLE	199g	545	130	6.9	4.3	18	15	1.5	0.1	199g	1086	259	15	8.6	35	30	3.1	0.2
CHRISTMAS TURNOVER	144g	1435	343	20	12	38	16	3.7	0.5	144g	2009	480	28	16	53	23	5.2	0.7
CHRISTMAS PIE	170g	1344	321	18	6.3	33	3.4	7.2	0.9	170g	2285	546	31	11	56	5.7	12	1.5
FESTIVE SAUSAGE ROLL	145g	1213	290	14	6.4	32	7.9	7.6	0.65	145g	1480	354	17	7.7	39	9.7	9.2	0.8
PIGS IN BLANKET POT X 4	200g	1247	298	20	7.2	20	0	12	1.3	Per Pig	624	149	10	3.6	10	0	6	0.65
PORK PIE - LARGE	1465g	1316	314	16	6.2	30	0.4	4.2	1.6	1/10 slice of pie	1927	460	23	9	44	0.59	6.1	2.3
PORK PIE - MEDIUM	795g	1438	343	18	7.2	33	0.5	4.2	0.8	1/6 slice of pie	1869	446	23	9.3	43	0.65	5.5	1
PORK PIE - SMALL	400g	1500	358	19	7.6	35	0.5	4.2	0.8	1/4 slice of pie	1500	358	19	7.6	35	0.5	4.2	0.8
PORK PIE GALA	2750g	1356	324	17	6.5	31	0.5	13	1.6	1/14 slice of pie	2657	635	33	13	61	0.98	25	3.1
PORK PIE GALA WITH EGG	2705g	1372	328	17	6.7	31	0.4	13	1.4	1/14 slice of pie	2648	633	33	13	59	0.77	25	2.7
FESTIVE SANDWICH	290g	886	212	10	3.3	21	4.3	11	1.3	290g	2569	614	29	9.6	61	12	31	3.7
FESTIVE PIZZA SLICE	170g	987	236	10	4.5	25	3.7	9.7	1	170g	1698	405	17	7.8	44	6.4	17	1.8
FATHER CHRISTMAS FRUIT CAKE - LARGE	2730g	1572	375	11	6.7	64	57	3.5	0.77	Per 55g slice	865	206	6	3.7	35	32	2.3	0.4
ICED FRUIT CAKE BAR	300g	1572	375	11	6.7	64	57	3.5	0.6	Per 50g slice	786	188	5.5	3.4	32	28	1.7	0.3

RICH FRUIT CAKE - LARGE	1710g	1483	351	11	5.9	56	46	4.2	0.18	Per 55g slice	810	193	4.9	3	25	21.0	2.0	0.12
RICH FRUIT CAKE - MEDIUM	765g	1483	351	11	5.9	56	46	4.2	0.18	Per 55g slice	810	193	4.9	3	25	21.0	2.0	0.12
TRADITIONAL CHRISTMAS CAKE - LARGE	2680g	1572	375	11	6.7	64	57	3.5	0.6	Per 55g slice	864	206	6	3.7	35	32	2.3	0.33
TRADITIONAL CHRISTMAS CAKE - MEDIUM	1290g	1572	375	11	6.7	64	57	3.5	0.6	Per 55g slice	864	206	6	3.7	35	32	2.3	0.33
YULE LOG	695g	1744	414	17	7.1	60	49	2.9	0.86	Per 70g slice	1263	290	12	5.2	42	34	2	0.6
BRANDY MINCE PIE - 4 PACK	280g	1663	398	17	7.2	58	37	3.3	0.46	Per Pie	1164	278	12	5	40	26	2.3	0.32
CHRISTMAS BREAD ROLL - 4 PACK	360g	928	222	1.9	0.7	46	1.7	7.6	0.68	Per roll	835	200	1.7	0.6	41	1.5	6.8	0.61
FESTIVE RING BUNS - 4 PACK	260g	1568	375	8.8	3.5	71	54	3.1	0.51	Per bun	1050	251	5.9	2.3	47	36	2.1	0.34
FRUIT CAKE SLICE - 4 PACK	300g	1572	375	11	6.7	64	57	3.5	0.6	Per Slice	1179	281	8.3	5	48	43	2.6	0.45
ICED MINCE PIE - 4 PACK	280g	1507	360	8.8	3	68	54	2	0.29	Per pie	1130	270	6.6	2.3	51	41	1.5	0.22
STOLLEN SLICE - 4 PACK	300g	1341	319	9.9	3.3	53	32	4.1	0.3	Per Slice	1004	239	7.4	2.5	39	23	3	0.22
SWEETMINCE PIE - 4 PACK	220g	1715	410	19	5.5	62	36	3.7	0.55	Per Pie	943	225	9.2	3	34	20	2	0.3
<b>Autumn Seasonal Range</b>																		
CARAMEL CRISPIE	48g	1883	450	20	13	62	38	4.9	0.46	48g	904	216	9.6	6.2	29.8	18.2	2.3	0.2
CHOCOLATE ORANGE BROWNIE	90g	1914	457	25	13.8	55	49	3.9	0.24	90g	1799	429	23	13	52	46	3.7	0.23
CHOCOLATE ORANGE COOKIE MONSTER	95g	1846	440	18	7.1	65	50	4	0.54	95g	1827	436	18	7	64	49	4	0.53
CORNFLAKE NEST (CHOCOLATE BEANS)	55g	1908	456	18	16	70	35	2.3	0.27	55g	1049	251	10	8.8	38	19	1.2	0.15
CORNFLAKE TART	140g	1826	437	17	7.4	68	42	2.7	0.57	140g	2557	611	24	10	95	58	3.8	0.79
CREEPY BUN	75g	1818	433	19	6.5	62	52	3	0.68	75g	1400	333	15	5	48	40	2.3	0.52
CURRENT SQUARE	100g	1604	382	15	5.3	60	39	3.6	0.4	100g	1604	382	15	5.3	60	39	3.6	0.4
GINGERBREAD TRICK OR TREATERS	45g	2065	491	13	6.4	86	52	5.2	0.25	45g	971	231	6.3	3	40	24	2.4	0.12
GINGERBREAD VAMPIRE	50g	2065	491	13	6.4	86	52	5.2	0.25	50g	1033	245	6.5	3.2	43	26	2.6	0.12
HALLOWEEN SHARING CAKE	775g	1743	415	20	7.8	56	46	3.4	0.64	1/8 of slice	1691	403	19	7.6	54	44	3.3	0.62
JUMBO JAMMY BISCUIT	85g	1850	440	20	7.9	64	33	4.7	0.58	85g	1610	383	17	6.9	56	29	4.1	0.51
PINK FINGER	80g	1188	284	4.5	2.1	57	23	5.5	0.68	80g	951	227	3.6	1.7	45	18	4.4	0.55
PUMPKIN BISCUIT	45g	1978	472	22	12	64	30	5.8	0.58	45g	890	212	10	5.5	29	14	2.6	0.26
SPOOKY RING BUN - 4 PACK	260g	1568	375	8.8	3.5	71	54	3.1	0.51	260g	1050	251	5.9	2.3	47	36	2.1	0.34
STICKY TOFFEE MUFFIN	110g	1714	410	20	2.9	53	37	4.3	0.46	110g	1885	450	22	3.2	59	40	4.7	0.5



BACON, BRIE & RED ONION CHUTNEY	205g	1058	253	9.1	4.1	30.6	4.4	10.6	1.3	205g	2170	519	18.7	8.4	62.8	8.9	21.7	2.6
BBQ CHICKEN & CHEESE	225g	940	225	5.4	3	29.6	5.8	12.8	1	225g	2209	529	12.8	7	69.5	13.6	30	2.3
CHEESE & HAM	215g	1064	254	8.9	4.1	27.6	2.4	14.7	1.4	215g	2287	547	19.2	8.9	59.2	5.2	31.5	2.9
CHEESE & TOMATO TOASTIE	240g	1012	242	12.3	5.3	26	1.3	8.6	0.9	240g	2430	581	29.5	12.8	62	3.2	20.5	2.2
HAM & CHEESE TOASTIE	215g	1224	298	14.8	6.4	28.3	0.7	13.4	1.5	215g	2657	635	32.2	13.9	61.4	1.6	29	3.3
MEATBALL & CHEESE	265g	1026	245	9.1	3.1	31	6.3	11	1.2	265g	2720	650	24	8.3	81	17	28	3.3
TUNA MELT	255g	949	227	8.2	2.9	24.7	2.4	12.4	0.9	255g	2421	580	20.9	7.5	63	6.1	31.6	2.3
<b>Salads</b>																		
BACON & TOMATO QUICHE SALAD	340g	771	184	13.9	5.4	10.5	2.8	5.3	0.4	340g	2621	626	47.3	18.2	35.6	9.4	18.1	1.5
CHEESE & ONION QUICHE SALAD	340g	762	182	13.8	5.4	3.1	0.5	4.4	0.3	340g	2591	618	47.1	18.3	10.5	1.7	14.8	1
CHICKEN & BACON SALAD	275g	386	92	5.9	1.1	3.6	2.8	6.2	0.5	275g	1062	253	16.1	2.9	9.8	7.8	17.2	1.3
HAM & EGG SALAD	275g	376	89	5.9	1	3.3	2.5	6.1	0.5	275g	1034	246	16.2	2.8	9	6.9	16.9	1.5
SEAFOOD COCKTAIL SALAD	300g	555	132	10.3	0.7	5.4	3.3	4.1	0.8	300g	1665	397	30.8	2.2	16.2	9.8	12.2	2.5
<b>Savouries</b>																		
BACON & CHEESE WRAP	80g	1641	392	24	12	31	1.2	14	1.3	80g	1313	314	19	9.9	24	1	11	1
BACON AND TOMATO QUICHE	124g	1475	352	27	12	19	1.9	11	0.94	124g	1829	437	33	15	24	2.3	14	1.2
CHEESE & ONION PASTY	145g	1209	289	16	5.8	25	0.2	8.5	0.44	145g	1753	419	23	8.4	36	0.29	12.3	0.64
CHEESE & TOMATO PIZZA	140g	695	166	2.1	0.1	33	3.8	5.1	0.4	140g	980	234	3	0.1	46	5.4	7.2	0.6
CHEESE AND ONION QUICHE	140g	1122	268	14	7	28	2.7	5.9	0.91	140g	1571	375	20	9.9	40	3.8	8.3	1.3
CHEESE STRAWS	21g	1870	447	28	16	35	0.9	13	1.4	21g	411	98	6.1	3.6	7.8	0.2	2.9	0.32
CHICKEN BAKE	145g	1012	242	12	5.5	24	1.3	9.2	1.1	145g	1468	351	17	8	35	1.9	13	1.6
CORNED BEEF & POTATO PASTY	145g	1099	263	14.5	7	23	1.4	8.5	1.1	145g	1594	381	21	10.2	33	2.0	12.3	1.6
HAM & MUSHROOM PIZZA	140g	718	172	2.4	0.3	33	3.5	6.4	0.56	140g	1020	244	3.4	0.4	47	5.0	9.1	0.8
MINCE AND ONION PIE	170g	1436	343	20	7.2	30	0.4	8.3	0.9	170g	2441	584	35	12	50	0.7	14	1.5
PEPPERONI PIZZA	130g	850	203	4.8	1.1	35	3.7	6.2	0.5	130g	1114	266	6.3	1.4	46	4.8	8.1	0.6
SAUSAGE ROLL	58g	1188	284	14	6.5	30	1.4	7.6	1.4	58g	689	165	8.3	3.8	17	0.8	4.4	0.82
SAUSAGE, CHEESE & BEANS PASTY	145g	1196	286	15	7.3	28	3.4	8.6	1	145g	1734	414	22	11	41	5.0	13	1.4
STEAK & ALE PIE	170g	1167	279	16	5.7	27	0.4	6.9	0.84	170g	1983	530	27	9.7	45	0.7	12	1.4
STEAK BAKE	145g	991	237	12	5.7	24	1.2	9.5	0.97	145g	1436	343	17	8.3	35	1.7	14	1.4
SUPER SAUSAGE ROLL	145g	1285	307	18	7.8	27	2.5	9.7	0.54	145g	1863	491	26	11.3	39	3.6	14	0.8
TRADITIONAL PASTY	155g	1085	259	13	5.7	27	0.8	6.3	0.8	155g	1681	401	20	8.8	42	1.2	9.8	1.2
VEGAN SAUSAGE ROLL	90g	1092	261	18	9	44	16.0	15.0	2.6	90g	983	235	16	8.1	40	15.0	13	2.3
<b>Bread</b>																		
4 FRUITED TEACAKES	320g	1143	273	5.3	2.4	52	16	6.8	0.8	80g	914	218	4.2	1.9	42	13	5.4	0.6
4 LARGE WHITE ROLLS	400g	987	236	1.9	0.7	49	1.2	8	0.72	100g	987	236	1.9	0.7	49	1.2	8	0.72

4 LARGE WHOLEMEAL ROLLS	400g	914	215	2.3	0.6	40	1	9.4	0.69	100g	914	215	2.3	0.6	40	1	9.4	0.69
6 COUNTRY GRAIN ROLLS	450g	987	233	2.7	0.8	45	1.7	8	0.88	75g	741	175	2	0.6	34	1.2	6	0.66
6 WHITE DINNER ROLLS	270g	987	236	1.9	0.7	49	1.2	8	0.72	45g	444	106	0.86	0.3	22	0.54	3.6	0.32
6 WHITE SCOTCH ROLLS	390g	987	236	1.9	0.7	49	1.2	8	0.72	65g	641	153	1.2	0.5	32	0.8	5.2	0.47
6 WHOLEMEAL DINNER ROLLS	300g	914	215	2.3	0.6	40	1	9.4	0.69	50g	457	107	1.2	0.3	20	0.5	4.7	0.35
6 WHOLEMEAL SCOTCH ROLLS	420g	914	215	2.3	0.6	40	1	9.4	0.69	70g	640	151	1.6	0.4	28	0.7	6.6	0.48
COUNTRY GRAIN LOAF MEDIUM SLICED 800G	800g	963	230	2.8	0.8	45	2.1	8.2	0.88	per slice	347	83	1	0.3	16	1.3	3	0.3
SOFT WHITE LOAF MEDIUM SLICED 400G	400g	1035	247	1.7	0.4	52	1.3	8.4	1	per slice	290	69	0.5	0.1	14	0.4	2.4	0.3
SOFT WHITE LOAF MEDIUM SLICED 800G	800g	1035	247	1.7	0.4	52	1.3	8.4	1	per slice	331	79	0.5	0.1	16	0.4	2.7	0.3
SOFT WHITE LOAF THICK SLICED 800G	800g	1035	247	1.7	0.4	52	1.3	8.4	1	per slice	373	89	0.6	0.1	19	0.5	3	0.4
WHOLEMEAL LOAF MEDIUM SLICED 400G	400g	966	228	2.2	0.3	43	1	9.7	1.0	per slice	270	64	0.6	0.1	12	0.3	2.7	0.3
WHOLEMEAL LOAF MEDIUM SLICED 800G	800g	966	228	2.2	0.3	43	1	9.7	1.0	per slice	347	82	0.8	0.1	15	0.4	3.5	0.4
<b>Confectionery</b>																		
APPLE PASTY	88g	1335	319	19	10	36	7.5	3.5	0.69	88g	1175	281	16.7	8.8	31.7	6.6	3.1	0.6
BAKEWELL SLICE	110g	1943	464	30	8.2	43	23	7.4	0.67	110g	2138	510	32	9	47	25	8.1	0.7
BROWNIE	85g	1931	462	25	15	53	45	6.1	0.46	85g	1641	393	21.3	12.8	45	38.3	5.2	0.4
CARAMEL SHORTBREAD	54g	2021	485	28	18	56	33	4.1	0.32	54g	1091	262	15.1	9.7	30.2	17.8	2.2	0.16
CHEESE SCONES - 4 PACK	320g	1401	335	15	3.4	42	2.4	11	1.4	80g	1121	268	12	2.7	33	1.9	8.7	1.1
CHOCOLATE FLAPJACK	75g	2090	498	28	16	56	37	4.9	0.52	75g	1568	374	21	12	42	28	3.6	0.4
CHOCOLATE TOFFEE DANISH	139g	1750	418	21	9.8	51	24	5.9	0.8	139g	2433	581	29.2	13.6	70.9	33.4	8.2	1.1
COOKIE MONSTER	95g	1846	440	18	7.1	65	50	4	0.54	95g	1827	436	18	7	64	49	4	0.53
DANISH PASTRY	139g	1540	368	15	6.9	52	32	4.9	0.6	139g	2141	512	20.9	9.6	72.3	44.5	6.8	0.8
DOUBLE CHOCOLATE CHIP COOKIE	100g	2093	500	23	10	66	43	8.5	0.74	100g	2093	500	23	10	66	43	8.5	0.74
FAMILY APPLE PIE	344g	1136	271	13	5	38	14	3	0.5	1/4 Slice of Pie	977	233	11	4.3	33	12	2.6	0.4
FLAPJACK	50g	1995	475	25	9	55	30	5.5	0.54	50g	998	238	12.5	4.5	28	15	2.8	0.27
GINGER SQUARES - 4 PACK	280g	1181	281	3.3	1.3	59	34	3.6	0.65	70g	850	202	2.4	0.9	42	24	2.6	0.5
GINGERBREAD	45g	2060	490	13	6.4	86	51	5.2	0.27	45g	968	230	6.3	3	40	24	2.4	0.13
ICED BUNS - 4 PACK	260g	1602	383	10	4.2	70	54	3.4	0.53	65g	1042	249	6.5	2.7	45	35	2.2	0.34
JAM TART	84g	1420	339	10	3.9	62	30	2.7	0.19	84g	1193	285	8.6	3.3	52	25	2.3	0.16
LARGE CURD TART	355g	1439	343	18	6.8	36	21	9.8	0.66	1/4 Slice of Tart	1281	305	16	6.1	32	18.7	8.7	0.6
LARGE CUSTARD TART	300g	1045	250	12	3.5	32	5.6	5.1	0.38	300g	784	188	9	2.6	24	4.2	3.8	0.3
LEMON TART	84g	1533	366	13	4.9	61	30	2.9	0.14	84g	1288	308	11	4.1	51	25	2.4	0.12
MELTING MOMENTS BISCUITS - 4 PACK	160g	2320	558	35	22	54	17	4.5	1.2	40g	928	223	14	8.9	22	6.7	1.8	0.47

PARKIN BISCUITS - 4 PACK	140g	1772	423	11	4.5	75	40	4.9	1.2	35g	638	152	4.1	1.6	27	14	1.7	0.43
ROCKY ROAD	75g	2235	534	26.3	19.8	70	49	4.8	0.59	75g	1676	401	19.7	14.8	53	37	3.6	0.44
SMALL CURD TART	93g	1461	348	19	6.9	37	20	9.5	0.67	93g	1359	324	17.7	6.4	34.4	18.6	8.8	0.6
SMALL CUSTARD TART	80g	1113	266	13	4	34	6.3	5	0.42	80g	890	213	10.4	3.2	27	5	4	0.3
SULTANA SCONES - 4 PACK	320g	1424	340	10	1.1	57	22	7.7	0.93	80g	1139	272	8.1	0.8	46	17	6.2	0.74
TOFFEE DOUGHNUT	95g	1214	290	7.7	3.6	49	24	5.9	0.8	95g	1153	276	7.3	3.5	46	23	5.6	0.76
TRIPLE CHOCOLATE MUFFIN	110g	1890	452	25	5.9	50	35	6.2	1	110g	2079	497	27	6.5	55	38	6.8	1.1
YUM YUM	55g	1640	390	16	4.8	59	41	2.8	0.58	55g	902	195	8.9	2.6	32	22	1.5	0.32
<b>Creams</b>																		
CREAM DOUGHNUT	95g	1304	314	17	9.6	34	10	6.3	0.85	95g	1265	304	16	9.3	33	9.9	6.1	0.82
CREAM SCONE	130g	1361	326	16	6.7	43	21	4.8	0.55	130g	1756	421	20.6	8.6	56	27	6.2	0.7
CREAM SLICE	105g	1571	378	24	15	37	18	3	0.37	105g	1650	397	25	16	39	19	3.2	0.4
ECLAIR	98g	1477	355	24	13	33	28	3	0.23	98g	1477	348	23	13	32	27	2.9	0.22
MINI CHOCOLATE CREAM SPONGE	91g	1494	358	21	12	36	26	5.9	0.58	91g	1360	326	19.1	10.9	32.8	23.7	5.4	0.5
MINI CREAM SPONGE	95g	1297	312	20	13	30	19	3.5	0.73	95g	1232	296	19	12.4	28.4	18.1	3.3	0.7
PEACH MELBA	83g	1392	333	17	7.9	42	23	2.8	0.42	83g	1155	276	14.1	6.6	34.9	19.1	2.3	0.3
STRAWBERRY TART	89g	1354	324	17	7.6	41	18	2.6	0.42	89g	1218	291	16	6.8	36	16	2.4	0.38
SUMMER FRUIT FLAN	97g	1249	299	17	7.6	34	17	3.2	0.47	97g	1211	290	16	7.4	33	16	3.1	0.45
VANILLA SLICE	105g	990	237	7.3	4.6	40	24	2.1	0.43	105g	1386	332	10.2	6.4	56	33.6	2.9	0.6