

Product Name	Contains	May Contain	Vegetarians	Vegans	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
DINO BISCUIT	Contains Egg, Milk, Soya, Sulphites, Wheat		Yes		63g		1255	299	15	7.8	39	17	3.9	0.32
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
WOOLLY SHEEP BUN	Contains Egg, Milk, Sulphites, Wheat	Not suitable for someone with a soya allergy.	yes		70g		1338	319	15	6.3	44	36	2.2	0.63
GINGERBREAD TEDDY	Contains Egg, Sulphites, Wheat	Not suitable for someone with a milk, nuts, soya allergy.	yes		40g		759	180	4.5	1.6	32	17	2.1	0.09
CARROT CAKE MUFFIN	Contains Egg, Milk, Rye, Soya, Sulphites, Wheat		yes		125g		1930	461	21	6.3	64	48	4.2	0.61
LAMB & MINT PASTY	Contains Celery, Milk, Soya, Wheat. 9% Lamb	Not suitable for someone with an egg, mustard, sulphites allergy			145g		1461	349	19	9.3	37	2.4	8.7	1.6
VALENTINE LOVE BUN - PINK	Contains Egg, Milk, Sulphites, Wheat	Not suitable for someone with a soya allergy	yes		65g		1272	303	14	5.9	42	34	2.1	0.59
VALENTINE LOVE BUN - WHITE	Contains Egg, Milk, Sulphites, Wheat	Not suitable for someone with a soya allergy	yes		65g		1272	303	14	5.9	42	34	2.1	0.59
VALENTINE BROWNIE	Contains Egg, Milk, Soya, Wheat	Not suitable for someone with a nuts, sulphites allergy	yes		80g		1451	347	17	9.6	43	38	3.5	0.09
VALENTINE BISCUIT	Contains Egg, Milk, Soya, Sulphites, Wheat		yes		70g		1447	345	17	9	47	23	4.2	0.44
VALENTINE SHARING CAKE	Contains Egg, Milk, Soya, Sulphites, Wheat		yes		665g	1/8 slice	1392	332	15	5.9	45	35	3.6	0.56
HOT CROSS BUNS - 4 PACK	Contains Wheat	Not suitable for someone with an egg, milk, soya, sulphites allergy		yes	300g		860	205	2.2	0.6	42	15	5.8	0.3
HONEY & MUSTARD CHICKEN SUB	Contains Barley, Egg, Mustard, Soya, Wheat	Not suitable for someone with abarley, egg, milk, oats, rye, soya, sulphites allergy.			240g		1598	380	13	2.2	46	11	19	1.8
CHICKEN TIKKA SUB	Contains Egg, Milk, Mustard, Soya, Wheat	Not suitable for someone with a barley, celery, crustaceans, fish, oats, sesame, sulphites allergy.			215g		1635	390	14.4	2.1	41	3.5	25	1.1
BLT BAGUETTE	Contains Egg, Milk, Mustard, Soya, Wheat	crustaceans, fish, oats, sesame, soya, sulphites allergy.			250g		1919	458	15.3	4.1	60.8	7.2	16	2.4
BLT SUB	Contains Barley, Egg, Milk, Mustard, Soya, Wheat	Not suitable for someone with a celery, crustaceans, fish, oats, sesame, sulphites allergy.			205g		1565	372	18	5.4	38	3.5	16	2.6
CHEESE & HAM BAGUETTE	Contains Milk, Wheat	crustaceans, egg, fish, mustard, oats, sesame, soya, sulphites allergy.			215g		2287	547	19.2	8.9	59.2	5.2	31.5	2.9
CHEESE SALAD BAGUETTE	Contains Milk, Wheat	crustaceans, egg, fish, mustard, oats, sesame, soya, sulphites allergy.	YES		240g		1987	474	16.5	7.8	59.9	6.6	18.8	1.6
CHEESE SAVOURY SUB	Contains Egg, Milk, Soya, Wheat	crustaceans, fish, mustard, oats, sesame, sulphites allergy.	YES		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.			275g		2763	658	44.1	6.2	38	3.8	23.4	2.4
CORNERED BEEF SUB	Contains Soya, Wheat	crustaceans, egg, fish, milk, mustard, oats, sesame, sulphites allergy.			180g		1316	314	12	4.8	35.3	3	18	1.8
EGG MAYONNAISE SUB	Contains Barley, Egg, Soya, Wheat	crustaceans, fish, milk, mustard, oats, sesame, sulphites allergy.	YES		200g		1593	379	15.5	3.4	42	2.3	18.5	1.3

HAM & PEASE PUDDING SUB	Contains Soya, Wheat	crustaceans, egg, fish, milk, mustard, oats, sesame, sulphites allergy.			140g		1187	284	7.6	2.3	39	0.9	16	1.4
HAM SALAD SUB	Contains Soya, Wheat	crustaceans, egg, fish, milk, mustard, oats, sesame, sulphites allergy.			195g		1126	269	8.3	2.6	35	2.6	15	1.7
JUST HAM SUB	Contains Soya, Wheat	crustaceans, egg, fish, milk, mustard, oats, sesame, sulphites allergy.			150g		1318	315	11	3.6	34	1	23	2.8
KIDS CHEESE ROLL	Contains Milk, Soya, Wheat	crustaceans, egg, fish, mustard, oats, sesame, sulphites allergy.	YES		69g		853	204	9.4	4.9	22	0.5	8.6	0.95
KIDS HAM ROLL	Contains Soya, Wheat	Not suitable for someone with a barley, celery, crustaceans, egg, fish, milk, mustard, oats, sesame, sulphites allergy.			80g		674	161	4.2	1.1	22	0.5	9.5	1.5
PLOUGHMAN'S SUB	Contains Barley, Milk, Soya, Sulphite, Wheat	crustaceans, egg, fish, mustard, oats, sesame allergy.	YES		215g		1544	367	15	7.9	43	7.9	14.9	1.9
ROAST CHICKEN SALAD BAGUETTE	Contains Egg, Milk, Mustard, Wheat	crustaceans, fish, oats, sesame, soya, sulphites allergy.			265g		1762	421	7.3	1.3	62.2	7.8	22.9	1.6
ROAST CHICKEN SALAD SUB	Contains Barley, Egg, Milk, Mustard, Soya, Wheat	Not suitable for someone with a celery, crustaceans, fish, oats, sesame, sulphites allergy.			225g		1299	308	8.4	1.9	39	4.3	19	1.4
SEAFOOD COCKTAIL BAGUETTE	Contains Celery, Crustaceans, Egg, Fish, Mustard, Soya, Wheat	Not suitable for someone with a milk, oats, sesame, soya sulphites allergy.			265g		2394	572	22.6	1.7	66.8	9.1	20.5	3.3
SEAFOOD COCKTAIL SUB	Contains Celery, Crustaceans, Egg, Fish, Mustard, Soya, Wheat	Not suitable for someone with a barley, milk, oats, sesame, sulphites allergy.			235g		1933	463	24.7	2.6	44.5	5.6	15.7	2.8
TUNA MAYONNAISE SUB	Contains Egg, Fish, Soya, Wheat	Not suitable for someone with a barley, celery, crustaceans, milk, mustard, oats, sesame, sulphites allergy.			235g		1454	347	12.5	1.8	40.6	2.9	19.5	1.3
BLT SANDWICH	Contains Barley, Egg, Milk, Mustard, Wheat	crustaceans, fish, lupin, oats, rye, sesame, soya, sulphites allergy.			220g		1670	399	18	5.3	44	4	17	2.7
CHICKEN MAYONNAISE & BACON SANDWICH	Contains Barley, Egg, Milk, Mustard, Wheat	crustaceans, fish, lupin, oats, rye, sesame, soya, sulphites allergy.			230g		2123	508	23	5.7	46	4.7	32	3.5
EGG MAYONNAISE SANDWICH	Contains Barley, Egg, Wheat	crustaceans, fish, lupin, milk, mustard, oats, rye, sesame, soya, sulphites allergy.	yes		220g		1719	411	17	3.5	47	2.8	21	1.4
TUNA MAYONNAISE SANDWICH	Contains Barley, Egg, Fish, Milk, Wheat	crustaceans, lupin, oats, rye, mustard, sesame, soya, sulphites allergy.			220g		1510	361	11	1.4	45	3.3	21	1.5
BACON, BRIE & RED ONION CHUTNEY	Contains Milk, Wheat	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	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	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	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
BACON & TOMATO QUICHE SALAD	Contains Egg, Milk, Mustard, Soya, Wheat	Not suitable for someone with a celery, crustaceans, fish, sesame, sulphites allergy.			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		340g		2591	618	47.1	18.3	10.5	1.7	14.8	1

CHICKEN & BACON SALAD	Contains Egg, Milk, Mustard	crustaceans, fish, sesame, soya, sulphites, wheat allergy.			275g		1062	253	16.1	2.9	9.8	7.8	17.2	1.3
HAM SALAD	Contains Egg, Milk, Mustard	crustaceans, fish, sesame, soya, sulphites, wheat allergy.			245g		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.			300g		1665	397	30.8	2.2	16.2	9.8	12.2	2.5
BACON & CHEESE WRAP	Contains 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	Contains Egg, Milk, Soya, Wheat 16% Bacon	Not suitable for someone with a sulphites allergy.			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 STRAWS	Contains Milk, Wheat, 37% Cheese	Not suitable for someone with an egg, soya, sulphites allergy.	yes		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
CORNED 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
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	sulphites allergy	yes		115g		1399	334	21	11	20	1	15.6	1.3
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
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
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
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
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	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	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	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	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	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	800g	per slice	347	82	0.8	0.1	15	0.4	3.5	0.4
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
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
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 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 WHITE SCOTCH ROLLS	Contains Barley, Wheat	Not suitable for someone with an egg, milk, oats, soya, sulphites allergy.		YES	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	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	420g		640	151	1.6	0.4	28	0.7	6.6	0.48
APPLE PASTY	Contain Sulphites, Milk, Wheat	Not suitable for someone with an egg, soya allergy.	yes		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		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 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
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	0.16
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
COOKIE MONSTER	Contains Egg, Milk, Sulphites, Soya, Wheat	Not suitable for someone with a nuts allergy.	yes		95g		1827	436	18	7	64	49	4	0.53
CORNFLAKE NEST	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 TART	Contains Barley, Egg, Milk, Wheat	Not suitable for someone with a nuts, soya, sulphites allergy.	Yes		140g		2557	611	24	10	95	58	3.8	0.79
CURRENT 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
DOUBLE CHOCOLATE CHIP COOKIE	Contains Milk, Soya, Wheat	Not suitable for someone with an egg, nuts, sulphites allergy.	yes		100g		2093	500	23	10	66	43	8.5	0.74
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
GINGERBREAD	Contains Milk, Soya, Sulphites, Wheat	Not suitable for someone with an egg allergy	yes		45g		968	230	6.3	3	40	24	2.4	0.13

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
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
LARGE CURD TART	Contains Egg, Milk, Wheat	Not suitable for someone with a soya, sulphites allergy.	yes		355g	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		300g	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		84g		1288	308	11	4.1	51	25	2.4	0.12
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
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
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
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
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	252	8.9	2.6	32	22	1.5	0.32
CHEESE SCONES - 4 PACK	Contains Egg, Milk, Wheat	sulphites allergy.	yes		80g		1121	268	12	2.7	33	1.9	8.7	1.1
CHEESE STRAWS - 6 PACK	Cheese	sulphites allergy.	yes		126g	21g each	411	98	6.1	3.6	7.8	0.2	2.9	0.32
CHOCOLATE FLAPJACK - 2 PACK	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
FLAPJACK - 4 PACK	Contains Oats, Sulphites	soya allergy.		yes	50g		998	238	12.5	4.5	28	15	2.8	0.27
GINGER SQUARES - 4 PACK	Contains Sulphites, Wheat	soya allergy.	yes		280g		850	202	2.4	0.9	42	24	2.6	0.5
ICED BUNS - 4 PACK	Contains Egg, Milk, Wheat	allergy			260g		1042	249	6.5	2.7	45	35	2.2	0.34
MELTING MOMENTS BISCUITS - 4 PACK	Contains Milk, Wheat	Not suitable for someone with an egg, nuts, soya, sulphites allergy.	yes		160g		928	223	14	8.9	22	6.7	1.8	0.47
PARKIN BISCUITS - 4 PACK	Contains Wheat	Not suitable for someone with an egg, milk, nuts, soya, sulphites allergy.		yes	140g		638	152	4.1	1.6	27	14	1.7	0.43
SAUSAGE ROLL - 5 PACK	Contains Milk, Sulphites, Wheat, 18% Pork	Not suitable for someone with a celery, egg, mustard, soya allergy.			290g	58g each	689	165	8.3	3.8	17	0.8	4.4	0.82
SULTANA SCONES - 4 PACK	Contains Egg, Milk, Wheat	sulphites allergy.	yes		80g		1139	272	8.1	0.8	46	17	6.2	0.74
SUPER SAUSAGE ROLL - 4 PACK	Contains Milk, Soya, Sulphites, Wheat, 18% Pork	Not suitable for someone with an egg, mustard allergy.			580g	145g each	1863	491	26	11.3	39	3.6	14	0.8
YUM YUM - 5 PACK	Contains Egg, Milk, Wheat	Not suitable for someone with a mustard, soya, sulphites allergy.	yes		275g	55g each	902	252	8.9	2.6	32	22	1.5	0.32
CREAM DOUGHNUT	Contains Egg, Milk, Soya, Sulphites, Wheat		yes		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		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		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		98g		1477	348	23	13	32	27	2.9	0.22
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
PEACH MELBA	Contains Egg, Gluten, Milk	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
BIG EAT	Contain Egg, Milk, Soya, Sulphites, Wheat	Not suitable for someone with a barley, crustaceans, fish, oats allergy.			185g		3062	733	38	11	68	3.2	30	4.2
TOMATO & RED PEPPER SOUP	Contains Barley, Milk	Not suitable for someone with a soya, sulphites allergy												
CREAM OF CHICKEN SOUP	Contains Barley, Egg, Milk	Not suitable for someone with an egg, soya, sulphites allergy												
SOUTHERN FRIED CHICKEN FILLET SANDWICH	Contains Barley, Celery Soya, Wheat	Not suitable for someone with a crustaceans, egg, fish, milk, oats, sesame, sulphites allergy			219g		1695	405	14	5.1	47	2	23	2.1