

Product Name	Product Contains Following Allergens	Products Not Suitable for Someone With Allergy Too	Product Suitable for Vegetari	Product Suitable for	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	Protein Per Prod	Salt Per Product
Seasonal Products															
APPLE CRUMBLE	Egg, Milk, Wheat	Soya, Sulphites	Yes		Keep in Cool, Dry Place	170g		2558	611	23	78	97	53	5.4	0.67
BRIZILLIAN CHICKEN SUB	Egg, Milk, Mustard, Soya, Wheat	Barley, Celery, Crustaceans, Fish, Oats, Sesame, Sulphites			Keep Refrigerated	215g		1277	305	7.3	1.4	42	6.2	19	1.8
CARROT CAKE MUFFIN	Egg, Milk, Rye, Soya, Sulphites, Wheat		Yes		Keep in cool dry place	125g		1930	461	21	6.3	64	48	4.2	0.61
CHICKEN & JALAPENO PIZZA	Milk, Wheat	Barley, Egg, Oats, Rye, Soya, Sulphites allergy				188g		1535	367	11	4.2	48	5.4	22	2.8
CHICKEN KATSU PASTY	Barley, Milk, Soya, Wheat, 27% Chicken	Celery, Eggs, Mustard, Sulphites				158g		1692	405	18	8.6	43	2.5	16	1.5
CHICKEN TIKKA SUB	Egg, Milk, Mustard, Soya, Wheat	Barley, Celery, Crustaceans, Fish, Oats, Sesame, Sulphites			Keep refrigerated	215g		1635	390	14.4	2.1	41	3.5	25	1.1
CLEO COOKIE MONSTER	Egg, Milk, Soya, Sulphites, Wheat	Nut	Yes		Keep in cool, dry place	100g		1975	471	20	8.6	70	55	2.9	0.92
CORNFLAKE JAM TART	Barley, Egg, Milk, Wheat	Soya, Sulphites	Yes		Keep in Cool, Dry Place	130g		2356	563	24	10	84	42	3.7	0.8
CORNFLAKE NEST	Barley, Milk, Soya, Sulphites, Wheat	Eggs, Peanuts, Nuts	Yes		Keep in cool, dry place	60g		1156	276	11	8.9	42	22	1.5	0.18
CORONATION CHICKEN	Barley, Egg, Mustard, Soya, Sulphites, Wheat	Celery, Crustaceans, Fish, Oats, Sesame			Keep Refrigerated	210g		2577	614	39	4.3	42	6.8	17	1.7
DINO BISCUIT	Egg, Milk, Soya, Sulphites, Wheat		Yes		Keep in cool dry place	63g		1255	299	15	7.8	39	17	3.9	0.32
EASTER BROWNIE	Egg, Milk, Soya, Wheat	Nut, Sulphites	Yes		Keep in cool, dry place	80g		1443	345	17	9.9	44	38	3.9	0.11
EASTER BUNNY	Egg, Milk, Soya, Sulphites, Wheat		Yes		Keep in cool, dry place	75g		1461	348	16	7.7	48	20	4.7	0.45
EASTER BUNS - 4 PACK	Contains Egg, Milk, Wheat	Soya, Sulphites	Yes		Keep in cool, dry place	70g		1083	259	6	2.4	49	38	2.1	0.35
EASTER CHIC BISCUIT	Egg, Milk, Soya, Sulphites, Wheat		Yes		Keep in cool, dry place	60g		1208	288	14	7.8	39	20	3.2	0.28
EASTER NEST BUN	Egg, Milk, Soya, Sulphites, Wheat		Yes		Keep in cool, dry place	70g		1376	328	15	4.7	45	38	2.3	0.48
EASTER SHARING CAKE	Egg, Milk, Soya, Sulphites, Wheat		Yes		Keep in cool, dry place	883g	/8 slice	1919	457	22	9	61	49	4.4	0.66
FUN GINGERBREAD	Milk, Soya, Sulphites, Wheat	Egg	Yes		Keep in cool, dry place	45g		968	230	6.3	3	40	24	2.4	0.13
GINGERBREAD TEDDY	Egg, Sulphites, Wheat	Milk, Nuts, Soya	Yes		Keep in cool dry place	40g		759	180	4.5	1.6	32	17	2.1	0.09
HOT CROSS BUNS - 4 PACK	Wheat	Egg, Milk, Soya, Sulphites		Yes	Keep in cool dry place	300g		860	205	2.2	0.6	42	15	5.8	0.3
JUMBO CHOCO BISCUIT	Egg, Milk, Soya, Sulphites, Wheat		Yes		Keep in Cool, Dry Place	85g		1702	407	22	10	48	29	3.5	0.53
JUMBO JAMMY BISCUIT	Egg, Milk, Sulphites, Wheat	Soya	Yes		keep in cool dry place	85g		1610	383	17	6.9	56	29	4.1	0.51
LAMB & MINT PASTY	Celery, Milk, Soya, Wheat. 9% Lamb	Egg, Mstard, Sulphites				145g		1461	349	19	9.3	37	2.4	8.7	1.6
LEMON MUFFIN	Egg, Milk, Wheat	Soya, Sulphites	Yes		Keep in Cool, Dry Place	120g		2238	535	26	3.6	69	48	6.5	1.2
LEMON PIE	Egg, Sulphites, Wheat	Milk, Soya	Yes		Keep in cool, dry place	90g		1458	348	14	5.9	53	30	2.7	0.48

PINK SUNDAE BUN	Egg, Milk, Soya, Sulphites, Wheat	Soya	Yes		Keep in Cool, Dry Place	70g		1347	321	16	7	42	34	2.6	0.63
ROSE BUN	Egg, Milk, Sulphites, Wheat	Nuts, Soya	Yes		Keep in cool, dry place	85g		1479	352	19	4.8	44	34	2.7	0.63
SCHOOL CAKE - 4 PACK	Egg, Milk, Wheat	Nuts, Soya, Sulphites	Yes		Keep in Cool, Dry Place	380g	er Cak	1437	343	10	4.2	58	42	4.6	0.73
SUMMER FRUIT FLAN	Egg, Milk, Wheat	Soya, Sulphites	Yes		Keep Refrigerated	175g		1830	439	24	11	51	28	4.6	0.65
SWEET CHILLI CHICKEN ROLL	Milk, Wheat, 22% Chicken	Celery, Eggs, Mustard, Sulphites				105g		1335	319	15	6.8	37	7	9.1	1.2
TONI THE TURTLE BISCUIT	Milk, Soya, Wheat	Egg, Sulphites	Yes		Keep in Cool, Dry Place	45g		890	212	10	5.5	29	14	2.6	0.26
VANILLA SUNDAE BUN	Egg, Milk, Soya, Sulphites, Wheat	Soya	Yes		Keep in Cool, Dry Place	70g		1347	321	16	7	42	34	2.6	0.63
WOOLLY SHEEP BUN	Egg, Milk, Sulphites, Wheat	Soya	Yes		Keep in cool, dry, place	70g		1338	319	15	6.3	44	36	2.2	0.63
Sandwiches															
BACON, BRIE & RED ONION CHUTNEY	Milk, Wheat	Barley, Celery, Crustaceans, Egg, Fish, Mustard, Oats, Sesame, Sulphites				205g		2170	519	18.7	8.4	62.8	8.9	21.7	2.6
BBQ CHICKEN & CHEESE	Milk, Wheat	Barley, Celery, Crustaceans, Egg, Fish, Mustard, Oats, Sesame, Sulphites				225g		2209	529	12.8	7	69.5	13.6	30	2.3
BLT BAGUETTE	Egg, Milk, Mustard, Soya, Wheat	Celery, Crustaceans, Fish, Oats, Sesame, Soya, Sulphites			Keep Refrigerated	250g		1919	458	15.3	4.1	60.8	7.2	16	2.4
BLT SUB	Barley, Egg, Milk, Mustard, Soya, Wheat	Celery, Crustaceans, Fish, Oats, Sesame, Sulphites			Keep Refrigerated	205g		1565	372	18	5.4	38	3.5	16	2.6
CHEESE & HAM	Milk, Wheat	Barley, Celery, Crustaceans, Egg, Fish, Mustard, Oats, Sesame, Soya, Sulphites				215g		2287	547	19.2	8.9	59.2	5.2	31.5	2.9
CHEESE & HAM BAGUETTE	Milk, Wheat	Barley, Celery, Crustaceans, Egg, Fish, Mustard, Oats, Sesame, Soya, Sulphites			Keep Refrigerated	215g		2287	547	19.2	8.9	59.2	5.2	31.5	2.9
CHEESE SALAD BAGUETTE	Milk, Wheat	Barley, Celery, Crustaceans, Egg, Fish, Mustard, Oats, Sesame, Soya, Sulphites	Yes		Keep Refrigerated	240g		1987	474	16.5	7.8	59.9	6.6	18.8	1.6
CHEESE SAVOURY SUB	Egg, Milk, Soya, Wheat	Barley, Celery, Crustaceans, Fish, Mustard, Oats, Sesame, Sulphites	Yes		Keep Refrigerated	170g		1656	396	21	9.1	40	3.4	16	1.6
CHICKEN MAYONNAISE & BACON SUB	Egg, Soya, Milk, Mustard, Wheat	Celery, Crustaceans, Fish, Oats, Sesame, Sulphites			Keep Refrigerated	275g		2763	658	44.1	6.2	38	3.8	23.4	2.4
CORNED BEEF SUB	Soya, Wheat	Barley, Celery, Crustaceans, Egg, Fish, Milk, Mustard, Oats, Sesame, Sulphites			Keep Refrigerated	180g		1316	314	12	4.8	35.3	3	18	1.8
EGG MAYONNAISE SUB	Barley, Egg, Soya, Wheat	Celery, Crustaceans, Fish, Milk, Mustard, Oats, Sesame, Sulphites	Yes		Keep Refrigerated	200g		1593	379	15.5	3.4	42	2.3	18.5	1.3
HAM & PEASE PUDDING SUB	Soya, Wheat	Barley, Celery, Crustaceans, Egg, Fish, Milk, Mustard, Oats, Sesame, Sulphites			Keep Refrigerated	140g		1187	284	7.6	2.3	39	0.9	16	1.4
HAM SALAD SUB	Soya, Wheat	Barley, Celery, Crustaceans, Egg, Fish, Milk, Mustard, Oats, Sesame, Sulphites			Keep Refrigerated	195g		1126	269	8.3	2.6	35	2.6	15	1.7
JUST HAM SUB	Soya, Wheat	Barley, Celery, Crustaceans, Egg, Fish, Milk, Mustard, Oats, Sesame, Sulphites			Keep Refrigerated	150g		1318	315	11	3.6	34	1	23	2.8
KIDS CHEESE ROLL	Milk, Soya, Wheat	Barley, Celery, Crustaceans, Egg, Fish, Mustard, Oats, Sesame, Soya, Sulphites	Yes		Keep Refrigerated	69g		853	204	9.4	4.9	22	0.5	8.6	0.95
KIDS HAM ROLL	Soya, Wheat	Barley, Celery, Crustaceans, Egg, Fish, Milk, Mustard, Oats, Sesame, Sulphites			Keep Refrigerated	80g		674	161	4.2	1.1	22	0.5	9.5	1.5
MEATBALL & CHEESE	Milk, Wheat	Barley, Celery, Crustaceans, Egg, Fish, Mustard, Oats, Sesame, Soya, Sulphites				265g		2720	650	24	8.3	81	17	28	3.3

PLOUGHMAN'S SUB	Barley, Milk, Soya, Sulphite, Wheat	Celery, Crustaceans, Egg, Fish, Mustard, Oats, Sesame	Yes		Keep Refrigerated	215g		1544	367	15	7.9	43	7.9	14.9	1.9
ROAST CHICKEN SALAD BAGUETTE	Egg, Milk, Mustard, Wheat	Barley, Celery, Crustaceans, Egg, Fish, Oats, Sesame, Soya, Sulphites			Keep Refrigerated	265g		1762	421	7.3	1.3	62.2	7.8	22.9	1.6
ROAST CHICKEN SALAD SUB	Barley, Egg, Milk, Mustard, Soya, Wheat	Celery, Crustaceans, Fish, Oats, Sesame, Sulphites			Keep Refrigerated	225g		1299	308	8.4	1.9	39	4.3	19	1.4
SEAFOOD COCKTAIL BAGUETTE	Celery, Crustaceans, Egg, Fish, Mustard, Soya, Wheat	Milk, Oats, Sesame, Oats, Soya Sulphites			Keep Refrigerated	265g		2394	572	22.6	1.7	66.8	9.1	20.5	3.3
SEAFOOD COCKTAIL SUB	Celery, Crustaceans, Egg, Fish, Mustard, Soya, Wheat	Barley, Milk, Oats, Sesame, Sulphites			Keep Refrigerated	235g		1933	463	24.7	2.6	44.5	5.6	15.7	2.8
TUNA MAYONNAISE SUB	Egg, Fish, Soya, Wheat	Barley, Celery, Crustaceans, Milk, Mustard, Oats, Sesame, Sulphites			Keep Refrigerated	235g		1454	347	12.5	1.8	40.6	2.9	19.5	1.3
TUNA MELT	Egg, Fish, Milk, Wheat	Barley, Celery, Crustaceans, Oats, Sesame, Soya, Sulphites				255g		2421	580	20.9	7.5	63	6.1	31.6	2.3
Salads															
BACON & TOMATO QUICHE SALAD	Egg, Milk, Mustard, Soya, Wheat	Celery, Crustaceans, Fish, Sesame, Sulphites			Keep Refrigerated	340g		2621	626	47.3	18.2	35.6	9.4	18.1	1.5
CHEESE & ONION QUICHE SALAD	Egg, Milk, Mustard, Soya, Wheat	Celery, Crustaceans, Fish, Sesame, Sulphites	Yes		Keep Refrigerated	340g		2591	618	47.1	18.3	10.5	1.7	14.8	1
CHICKEN & BACON SALAD	Egg, Milk, Mustard	Celery, Crustaceans, Fish, Sesame, Soya, Sulphites, Wheat			Keep Refrigerated	275g		1062	253	16.1	2.9	9.8	7.8	17.2	1.3
HAM SALAD	Egg, Milk, Mustard	Celery, Crustaceans, Fish, Sesame, Soya, Sulphites, Wheat			Keep Refrigerated	245g		1034	246	16.2	2.8	9	6.9	16.9	1.5
SEAFOOD COCKTAIL SALAD	Celery, Crustaceans, Fish, Egg, Milk, Mustard, Soya	Sesame, Sulphites, Wheat			Keep Refrigerated	300g		1665	397	30.8	2.2	16.2	9.8	12.2	2.5
Savouries															
BACON & CHEESE WRAP	Milk, Wheat 25% Bacon	Egg, Mustard, Soya, Sulphites				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	Contains Milk, Sulphites, Wheat 8% Cheese	Celery, Egg, Soya	Yes			145g		1753	419	23	8.4	36	0.29	12.3	0.64
CHEESE AND ONION QUICHE	Egg, Milk, Soya, Wheat, 16% Cheese	Sulphites	Yes		Keep Refrigerated	140g		1571	375	20	9.9	40	3.8	8.3	1.3
CHEESE STRAWS	Milk, Wheat, 37% Cheese	Egg, Soya, Sulphites	Yes			21g		411	98	6.1	3.6	7.8	0.2	2.9	0.32
CHICKEN BAKE	Milk, Wheat, 28% Chicken	Celery, Egg, Soya, Sulphites				145g		1468	351	17	8	35	1.9	13	1.6
CORNED BEEF & POTATO PASTY	Milk, Sulphites, Wheat, 20% Corned Beef	Celery, Egg, Soya				145g		1594	381	21	10.2	33	2.0	12.3	1.6
MINCE AND ONION PIE	Milk, Soya, Wheat, 21% Beef	Celery, Egg, Mustard, Sulphites				170g		2441	584	35	12	50	0.7	14	1.5
MUSHROOM & CHEESE WRAP	Milk, Wheat	Egg, Soya, Sulphites	Yes			115g		1399	334	21	11	20	1	15.6	1.3
SAUSAGE ROLL	Milk, Sulphites, Wheat, 18% Pork	Celery, Egg, Mustard, Soya				58g		689	165	8.3	3.8	17	0.8	4.4	0.82
SAUSAGE, CHEESE & BEANS PASTY	Milk, Soya, Sulphites, Wheat, 22% Pork	Celery, Egg, Mustard				145g		1734	414	22	11	41	5.0	13	1.4
STEAK & ALE PIE	Barley, Milk, Wheat 15% Beef	Celery, Egg, Mustard, Soya, Sulphites				170g		1983	530	27	9.7	45	0.7	12	1.4
STEAK BAKE	Milk, Wheat, 28% Beef	Celery, Egg, Mustard, Soya, Sulphites				145g		1436	343	17	8.3	35	1.7	14	1.4
SUPER SAUSAGE ROLL	Milk, Soya, Sulphites, Wheat, 31% Pork	Celery, Egg, Mustard				145g		1863	491	26	11.3	39	3.6	14	0.8
TRADITIONAL PASTY	Milk, Soya, Sulphites, Wheat, 16% Beef	Celery, Egg, Mustard				155g		1681	401	20	8.8	42	1.2	9.8	1.2
VEGAN SAUSAGE ROLL	Soya, Wheat	Celery, Egg, Milk, Mustard, Sulphites		Yes		90g		983	235	16	8.1	40	15.0	13	2.3
Pizza															
CHEESE & TOMATO PIZZA	Milk, Wheat	Egg, Mustard, Soya, Sulphites	Yes			140g		980	234	3	0.1	46	5.4	7.2	0.6
PEPPERONI PIZZA	Milk, Wheat	Egg, Mustard, Soya, Sulphites				130g		1114	266	6.3	1.4	46	4.8	8.1	0.6

Bread														
COUNTRY GRAIN LOAF MEDIUM SLICED 800G	Barley, Oats, Wheat	Egg, Lupin, Milk, Rye, Sesame, Soya, Sulphites		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	Barley, Egg, Lupin, Milk, Oats, Rye, Sesame, Soya, Sulphites		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	Barley, Egg, Lupin, Milk, Oats, Rye, Sesame, Soya, Sulphites		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	Barley, Egg, Lupin, Milk, Oats, Rye, Sesame, Soya, Sulphites		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	Barley, Egg, Lupin, Milk, Oats, Rye, Sesame, Sulphites		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	Barley, Egg, Lupin, Milk, Oats, Rye, Sesame, Sulphites		Yes	Keep in Cool, Dry Place	800g per slice	347	82	0.8	0.1	15	0.4	3.5	0.4
Rolls														
4 FRUITED TEACAKES	Soya, Wheat	Barley, Egg, Milk, Oats, Sulphites		Yes	Keep in Cool, Dry Place	320g	914	218	4.2	1.9	41.6	12.8	5.4	0.6
4 LARGE WHITE ROLLS	Soya, Wheat	Barley, Egg, Milk, Oats, Sulphites		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	Barley, Egg, Milk, Oats, Sulphites		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	Egg, Milk, Sulphites		Yes	Keep in Cool, Dry Place	450g	741	175	2	0.6	34	1.2	6	0.66
6 WHITE DINNER ROLLS	Soya, Wheat	Barley, Egg, Milk, Oats, Sulphites		Yes	Keep in Cool, Dry Place	270g	444	106	0.86	0.3	22	0.54	3.6	0.32
6 WHITE SCOTCH ROLLS	Barley, Wheat	Egg, Milk, Oats, Soya, Sulphites		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	Barley, Egg, Milk, Oats, Sulphites		Yes	Keep in Cool, Dry Place	300g	457	107	1.2	0.3	20	0.5	4.7	0.35
6 WHOLEMEAL SCOTCH ROLLS	Barley, Wheat	Egg, Milk, Oats, Soya, Sulphites		Yes	Keep in Cool, Dry Place	420g	640	151	1.6	0.4	28	0.7	6.6	0.48
Confectionery														
APPLE PASTY	Sulphites, Milk, Wheat	Egg, Soya	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	Milk, Soya	Yes		Keep in Cool, Dry Place	110g	2138	510	32	9	47	25	8.1	0.7
BROWNIE	Egg, Milk, Soya, Wheat	Nuts, Sulphites	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	Egg, Nuts, Sulphites	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	Egg, Nuts, Sulphites	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	Egg, Milk, Wheat	Nuts, Soya, Sulphites	Yes		Keep in Cool, Dry Place	80g	1121	268	12	2.7	33	1.9	8.7	1.1
CHOCOLATE FLAPJACK	Milk, Oats, Soya, Wheat	Egg, Nuts, Sulphites	Yes		Keep in Cool, Dry Place	75g	1568	374	21	12	42	28	3.6	0.4
CHOCOLATE TOFFEE DANISH	Egg, Milk, Soya, Wheat	Nuts, Sulphites	Yes		Keep in Cool, Dry Place	139g	2433	581	29.2	13.6	70.9	33.4	8.2	1.1
COOKIE MONSTER	Egg, Milk, Sulphites, Soya, Wheat	Nuts	Yes		keep in cool dry place	95g	1827	436	18	7	64	49	4	0.53
CORNFLAKE TART	Barley, Egg, Milk, Wheat	Nuts, Soya, Sulphites	Yes		Keep in cool dry place	140g	2557	611	24	10	95	58	3.8	0.79

CURRANT SQUARE	Egg, Milk, Sulphites, Wheat	Nuts, Soya	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	Nuts, Soya	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	Milk, Soya, Wheat	Egg, Nuts, Sulphites	Yes		Keep in Cool, Dry Place	100g		2093	500	23	10	66	43	8.5	0.74
FLAPJACK	Oats	Egg, Milk, Nuts, Soya, Sulphites, Wheat		Yes	Keep in Cool, Dry Place	50g		998	238	12.5	4.5	28	15	2.8	0.27
GINGER SQUARES - 4 PACK	Sulphites, Wheat	Egg, Milk, Nut, Soya	Yes		Keep in Cool, Dry Place	280g		850	202	2.4	0.9	42	24	2.6	0.5
GINGERBREAD	Milk, Soya, Sulphites, Wheat	Egg	Yes		Keep in Cool, Dry Place	45g		968	230	6.3	3	40	24	2.4	0.13
ICED BUNS - 4 PACK	Egg, Milk, Wheat	Soya, Sulphites			Keep in Cool, Dry Place	260g		1042	249	6.5	2.7	45	35	2.2	0.34
ICED FINGER	Wheat	Barley, Egg, Milk, Soya, Sulphites		Yes	keep in cool dry place	80g		951	227	3.6	1.7	45	18	4.4	0.55
JAM TART	Sulphites, Wheat	Egg, Milk, Soya		Yes	Keep in Cool, Dry Place	84g		1193	285	8.6	3.3	52	25	2.3	0.16
LARGE CURD TART	Egg, Milk, Wheat	Soya, Sulphites	Yes		Keep in Cool, Dry Place	355g	Slice of	1281	305	16	6.1	32	18.7	8.7	0.6
LARGE CUSTARD TART	Egg, Milk, Wheat	Soya, Sulphites	Yes		Keep in Cool, Dry Place	300g	Slice of	784	188	9	2.6	24	4.2	3.8	0.3
LEMON TART	Egg, Wheat	Milk, Soya, Sulphites	Yes		Keep in Cool, Dry Place	84g		1288	308	11	4.1	51	25	2.4	0.12
MELTING MOMENTS BISCUITS - 6 PACK	Milk, Wheat	Egg, Nuts, Soya, Sulphites	Yes		Keep in Cool, Dry Place	240g	per Biscu	928	223	14	8.9	22	6.7	1.8	0.47
OATY DRIZZLE BISCUITS - 6 PACK	Milk, Oats, Soya, Wheat	Egg, Nuts, Sulphites	Yes		Keep in Cool, Dry Place	240g	per Biscu	933	223	14	6.9	22	7.8	2.6	0.15
PARKIN BISCUITS - 6 PACK	Wheat	Egg, Milk, Nuts, Soya, Sulphites		Yes	Keep in Cool, Dry Place	210g	per Biscu	638	152	4.1	1.6	27	14	1.7	0.43
SAUSAGE ROLL - 4 PACK	Milk, Sulphites, Wheat, 18% Pork	Celery, Egg, Mustard, Soya			Keep in Cool, Dry Place	230g	58g each	689	165	8.3	3.8	17	0.8	4.4	0.82
SCHOOL CAKE - 4 PACK	Egg, Milk, Wheat	Nuts, Soya, Sulphites	Yes		Keep in Cool, Dry Place	380g	per Cak	1437	343	10	4.2	58	42	4.6	0.73
SMALL CURD TART	Egg, Milk, Wheat	Soya, Sulphites	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	Soya, Sulphites	Yes		Keep in Cool, Dry Place	80g		890	213	10.4	3.2	27	5	4	0.3
SULTANA SCONES - 4 PACK	Egg, Milk, Wheat	Nuts, Soya, Sulphites	Yes		Keep in Cool, Dry Place	80g		1139	272	8.1	0.8	46	17	6.2	0.74
TOFFEE DOUGHNUT	Egg, Milk, Soya, Wheat	Nuts, Sulphites	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	Sulphites	Yes		Keep in Cool, Dry Place	110g		2079	497	27	6.5	55	38	6.8	1.1
YUM YUM	Egg, Milk, Wheat	Not suitable for someone with a mustard, soya, sulphites allergy.	Yes		Keep in Cool, Dry Place	55g		902	252	8.9	2.6	32	22	1.5	0.32
Cream Cakes															
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, Sulphites, Wheat	Soya, Sulphites	Yes		Keep Refrigerated	130g		1756	421	20.6	8.6	56	27	6.2	0.7

CREAM SLICE	Milk, Soya, Wheat	Egg, Nuts, Sulphites	Yes		Keep Refrigerated	105g		1650	397	25	16	39	19	3.2	0.4
ECLAIR	Egg, Milk, Soya, Wheat	Sulphites	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	28.5	18.1	3.3	0.7
PEACH MELBA	Egg, Gluten, Milk	Soya, Sulphites	Yes		Keep Refrigerated	83g		1155	276	14.1	6.6	34.9	19.1	2.3	0.3
STRAWBERRY TART	Egg, Milk, Sulphites, Wheat	Soya	Yes		Keep Refrigerated	89g		1218	291	16	6.8	36	16	2.4	0.38
VANILLA SLICE	Milk, Wheat	Egg, Nuts, Soya, Sulphites	Yes		Keep in Cool, Dry Place	105g		1386	332	10.2	6.4	56	33.6	2.9	0.6
Breakfast															
BACON SANDWICH WHITE SCOTCH ROLL	Barley, Wheat	Celery, Crustaceans, Egg, Fish, Milk, Mustard, Oats, Sesame, Soya, Sulphites				120g		1182	282	12	4.1	32	0.8	14	2
SAUSAGE SANDWICH WHITE SCOTCH ROLL	Barley, Soya, Sulphites, Wheat	Celery, Crustaceans, Egg, Fish, Milk, Mustard, Oats, Sesame				160g		1576	377	15	5	40	1.4	19	0.68
SAUSAGE & BACON SANDWICH WHITE SCOTCH ROLL	Barley, Soya, Sulphites, Wheat	Celery, Crustaceans, Egg, Fish, Milk, Mustard, Oats, Sesame				155g		1517	363	15	5.2	37	1.2	19	1.4
EGG OMELETTE SANDWICH WHITE SCOTCH ROLL	Barley, Egg, Milk, Wheat	Celery, Crustaceans, Fish, Mustard, Oats, Sesame, Soya, Sulphites,				170g		1419	339	16	4.2	36	2.6	15	1.2
BACON SANDWICH LARGE WHITE ROLL	Soya, Wheat	Barley, Celery, Crustaceans, Egg, Fish, Milk, Mustard, Oats, Sesame, Sulphites				180g		1892	456	19	6.8	49	1.2	23	3.2
SAUSAGE SANDWICH LARGE WHITE ROLL	Soya, Sulphites, Wheat	Celery, Crustaceans, Egg, Fish, Milk, Mustard, Oats, Sesame				225g		2131	506	20	6.6	56	1.9	25	0.96
SAUSAGE & BACON SANDWICH LARGE WHITE ROLL	Soya, Sulphites, Wheat,	Celery, Crustaceans, Egg, Fish, Milk, Mustard, Oats, Sesame				245g		2390	571	25	8.5	57	1.8	31	2.4
EGG OMELETTE SANDWICH LARGE WHITE ROLL	Egg, Milk, Soya, Wheat	Celery, Crustaceans, Fish, Mustard, Oats, Sesame, Sulphites,				260g		2204	527	25	6.6	55	3.9	23	1.9
BIG EAT	Egg, Milk, Soya, Sulphites, Wheat	Barley, Celery, Crustaceans, Fish, Mustard, Oats, Sesame				185g		3062	733	38	11	68	3.2	30	4.2

