

Product Name	Contains	May Contain	Veg etari ans	Vega ns	Storage Guidelines	Weight	KCAL_P er	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
Seasonal Products															
BBQ CHICKEN PIZZA	Contains Milk, Wheat	Not suitable for someone with an egg, mustard, soya, sulphites allergy.				235g		2345	560	19	8.4	65	12	35	2.3
CHICKEN TIKKA SUB	Contains Barley, Egg, Milk, Mustard, Wheat	Not suitable for someone with a celery, crustaceans, fish, oats, sesame, soya, sulphites allergy.				195g		2050	490	28	3.3	41	3.8	15	1.3
PORK & APPLE ROLL	Contains Milk, Soya, Sulphites, Wheat, 18% Pork	Not suitable for someone with a celery, egg, mustard allergy.				119g		1479	353	18	8.2	35	4.4	10	0.79
PORK PIE	Contains Egg, Soya, Wheat 30% Pork	Not suitable for someone with a barley, milk, oats, sulphites, allergy			Keep Refrigerated	400g	1/4 slice of pie	1500	358	19	7.6	35	0.5	4.2	0.8
THE JUMBO BAKE	Contains Milk, Soya, Wheat 18% Beef	Not suitable for someone with an egg, mustard, sulphites allergy.				270g		2788	666	35	16	66	3.9	20	2.6
FRUIT FLAPJACK - MINI BITES	Contains Oats, Sulphites	Not suitable for someone with an egg, milk, nuts, soya, wheat allergy.		yes	Keep in cool dry place	200g	25g per mini bite	510	122	6	2.1	16	9.5	1.4	0.13
LEMON CREAM MUFFIN	Contains Egg, Milk, Wheat	Not suitable for someone with a soya, sulphites allergy	yes		Keep Refrigerated	85g		1489	356	23	7.7	33	21	3.8	0.57
LEMON FLAPJACK - MINI BITES	Contains Milk, Oats, Soya	Not suitable for someone with an egg, nuts, sulphites, wheat allergy.	yes		Keep in cool dry place	240g	30g per mini bite	652	155	8.7	3.9	18	11	1.6	0.15
RASPBERRY & WHITE CHOCOLATE MUFFIN	Contains Egg, Milk, Soya, Wheat	Not suitable for someone with a sulphites allergy.	yes		Keep in cool dry place	110g		2104	503	27	9.7	60	43	5.3	0.76
ROSIE, MILLIE, BROOKE GINGERBREAD	Contains Milk, Soya, Sulphites, Wheat	Not suitable for someone with an egg allergy.	yes		Keep in cool dry place	47g		968	230	6.3	3	40	24	2.4	0.13
SPRINKLE BUN	Contains Egg, Milk, Sulphites, Wheat	Not suitable for someone with a soya allergy	yes		Keep in cool dry place	70g		1329	317	16	6.8	42	34	25	0.6
APPLE CRUMBLE	Contains Egg, Milk, Wheat	Not suitable for someone with a soya, sulphites allergy	yes		Keep in Cool, Dry Place	170g		2558	611	23	78	97	53	5.4	0.67
CORNFLAKE JAM TART	Contains Barley, Egg, Milk, Wheat	Not suitable for someone with a soya, sulphites allergy	yes		Keep in Cool, Dry Place	130g		2356	563	24	10	84	42	3.7	0.8
TONI THE TURTLE 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
SUMMER FRUIT FLAN	Contains Egg, Milk, Wheat	Not suitable for someone with a soya, sulphites allergy	yes		Keep Refrigerated	175g		1830	439	24	11	51	28	4.6	0.65
CLEO COOKIE MONSTER	Contains Egg, Milk, Soya, Sulphites, Wheat	Not suitable for someone with a nut allergy	yes		Keep in cool, dry place	100g		1975	471	20	8.6	70	55	2.9	0.92

CORNFLAKE NEST	Contains Barley, Milk, Soya, Sulphites, Wheat	Not suitable for someone with eggs, peanuts, nuts allergy	yes		Keep in cool, dry place	60g		1156	276	11	8.9	42	22	1.5	0.18
GINGERBREAD TEDDY	Contains Egg, Sulphites, Wheat	Not suitable for someone with a milk, nuts, soya allergy.	yes		Keep in cool dry place	40g		759	180	4.5	1.6	32	17	2.1	0.09
LEMON PIE	Contains Egg, Sulphites, Wheat	Not suitable for someone with a milk, soya allergy	yes		Keep in cool, dry place	90g		1458	348	14	5.9	53	30	2.7	0.48
Sandwiches															
BLT SUB	Contains Barley, Egg, Milk, Mustard, Wheat	Not suitable for someone with a celery, crustaceans, fish, oats, sesame, soya, sulphites allergy.			Keep Refrigerated	205g		1633	391	18	5.4	42	4	17	2.7
CHEESE & HAM BAGUETTE	Contains Milk, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, mustard, oats, sesame, soya, sulphites allergy.			Keep Refrigerated	215g		2316	553	19	8.9	61	5.3	31	3.2
CHEESE SAVOURY SUB	Contains Barley, Egg, Milk, Wheat	Not suitable for someone with a celery, crustaceans, fish, mustard, oats, sesame, soya, sulphites allergy.	YES		Keep Refrigerated	150g		1530	366	17	7.4	42	3	14	1.4
CHICKEN MAYONNAISE & BACON SUB	Contains Barley, Egg, Milk, Mustard, Wheat	Not suitable for someone with a celery, crustaceans, fish, oats, sesame, soya, sulphites allergy.			Keep Refrigerated	255g		2529	605	38	5.7	43	4.2	22	2.4
CORNED BEEF SUB	Contains Barley, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, milk, mustard, oats, sesame, soya, sulphites allergy.			Keep Refrigerated	180g		1385	331	12	4.8	39	3.1	18	1.8
EGG MAYONNAISE SUB	Contains Barley, Egg, Wheat	Not suitable for someone with a celery, crustaceans, fish, milk, mustard, oats, sesame, soya, sulphites allergy.	YES		Keep Refrigerated	160g		1395	334	11	2.5	45	2.7	15	1.3
HAM & PEASE PUDDING SUB	Contains Barley, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, milk, mustard, oats, sesame, soya, sulphites allergy.			Keep Refrigerated	145g		1270	304	8.5	2.7	42	1.5	16	1.8
HAM SALAD SUB	Contains Barley, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, milk, mustard, oats, sesame, soya, sulphites allergy.			Keep Refrigerated	195g		1196	286	8.5	2.6	39	2.7	15	1.7
JUST HAM SUB	Contains Barley, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, milk, mustard, oats, sesame, soya, sulphites allergy.			Keep Refrigerated	150g		1389	332	11	3.6	38	1.1	23	2.8

KIDS CHEESE ROLL	Contains Barley, Milk, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, mustard, oats, sesame, soya, sulphites allergy.	YES		Keep Refrigerated	69g		853	204	9.4	4.9	22	0.5	8.6	0.95
KIDS HAM ROLL	Contains Barley, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, milk, mustard, oats, sesame, soya, sulphites allergy.			Keep Refrigerated	80g		674	161	4.2	1.1	22	0.5	9.5	1.5
PLOUGHMAN'S SUB	Contains Barley, Milk, Sulphite, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, mustard, oats, sesame soya, allergy.	YES		Keep Refrigerated	215g		1599	382	15	7.9	47	8.4	16	2
ROAST CHICKEN SALAD SUB	Contains Barley, Egg, Milk, Mustard, Wheat	Not suitable for someone with a celery, crustaceans, fish, oats, sesame, soya, sulphites allergy.			Keep Refrigerated	225g		1354	323	8.3	1.9	44	4.8	20	1.5
SEAFOOD COCKTAIL SUB	Contains Barley, Celery, Crustaceans, Egg, Fish, Mustard, Soya, Wheat	Not suitable for someone with a milk, oats, sesame, sulphites allergy.			Keep Refrigerated	215g		1743	417	21	2.3	44	4.9	14	2.4
TUNA MAYONNAISE SUB	Contains Barley, Egg, Fish, Wheat	Not suitable for someone with a celery, crustaceans, milk, mustard, oats, sesame, soya, sulphites allergy.			Keep Refrigerated	215g		1359	325	11	1.7	41	2.7	17	1.1
Hot Sandwiches															
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
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

TUNA MELT	Contains Egg, Fish, Milk, Wheat	Not suitable for someone with a barley, celery, crustaceans, oats, sesame, soya, sulphites allergy.				255g		2752	659	23	9.6	78	6.3	34	2.6
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 SALAD	Contains Egg, Milk, Mustard	Not suitable for someone with a celery, crustaceans, fish, sesame, soya, sulphites, wheat allergy.			Keep Refrigerated	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.			Keep Refrigerated	300g		1665	397	30.8	2.2	16.2	9.8	12.2	2.5
Savouries															
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.			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 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, 28% 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.			Keep Refrigerated. Not suitable for home	170g		2441	584	35	12	50	0.7	14	1.5
MUSHROOM & CHEESE WRAP	Contains Milk, Wheat	Not suitable for someone with a an egg, soya, sulphites allergy	yes		Keep Refrigerated	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, 22% 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.			Keep Refrigerated. Not suitable for home	170g		1983	530	27	9.7	45	0.7	12	1.4
STEAK BAKE	Contains Milk, Wheat, 28% 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, 31% 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
Pizza															
MARGHERITA PIZZA	Contains Milk, Wheat	Not suitable for someone with an egg, mustard, soya, sulphites allergy.	yes			175g		2030	485	18	8.2	59	6.6	24	1.7
PEPPERONI PIZZA	Contains Milk, Wheat	Not suitable for someone with an egg, mustard, soya, sulphites allergy.				190g		2275	544	24	11	59	6.6	27	2.3
Bread															
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
4 FRUITED TEACAKES	Contain Wheat	Not suitable for someone with a barley, egg, milk, oats, soya, 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 Barley, Wheat	Not suitable for someone with an egg, milk, oats, soya, 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 Barley, Wheat	Not suitable for someone with an egg, milk, oats, soya, 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, Wheat	Not suitable for someone with an egg, milk, soya, 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 Barley, Wheat	Not suitable for someone with an egg, milk, oats, soya, 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	Contains Barley, Wheat	Not suitable for someone with a barley, egg, milk, oats, soya, 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
Confectionery															
APPLE PASTY	Contain Sulphites, Milk, Wheat	Not suitable for someone with an egg, 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
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
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 TART	Contains Barley, Egg, Milk, Wheat	Not suitable for someone with a nuts, soya, sulphites allergy.	Yes		Keep in cool dry place	140g		2557	611	24	10	95	58	3.8	0.79
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

DOUBLE CHOCOLATE CHIP COOKIE	Contains Milk, Soya, Wheat	Not suitable for someone with an egg, nuts, sulphites allergy.	yes		Keep in Cool, Dry Place	100g		2093	500	23	10	66	43	8.5	0.74
GINGERBREAD	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 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
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
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
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
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
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
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
YUM YUM	Contains 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
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
GINGER SQUARES - 4 PACK	Contains Sulphites, Wheat	Not suitable for someone with an egg, milk, nut, soya allergy.	yes		Keep in Cool, Dry Place	280g		850	202	2.4	0.9	42	24	2.6	0.5
BRIGHT 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

MELTING MOMENTS BISCUITS - 6 PACK	Contains Milk, Wheat	Not suitable for someone with an egg, nuts, soya, sulphites allergy.	yes		Keep in Cool, Dry Place	240g	Per Biscuit	928	223	14	8.9	22	6.7	1.8	0.47
OATY DRIZZLE BISCUITS - 6 PACK	Contains Milk, Oats, Soya, Wheat	Not suitable for someone with an egg, nuts, sulphites allergy.	yes		Keep in Cool, Dry Place	240g	Per Biscuit	933	223	14	6.9	22	7.8	2.6	0.15
PARKIN BISCUITS - 6 PACK	Contains Wheat	Not suitable for someone with an egg, milk, nuts, soya, sulphites allergy.		yes	Keep in Cool, Dry Place	210g	Per Biscuit	638	152	4.1	1.6	27	14	1.7	0.43
SCHOOL CAKE - 4 PACK	Contains Egg, Milk, Wheat	Not suitable for someone with a nuts, soya, sulphites allergy.	yes		Keep in Cool, Dry Place	380g	Per Cake	1437	343	10	4.2	58	42	4.6	0.73
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
Creams															
CREAM DOUGHNUT	Contains Egg, Milk, Soya, Sulphites, 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	Contains 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	Contains Egg, Milk, Soya, Sulphites, 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