

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
SEASONAL														
ALL DAY BREAKFAST PASTY	Contains Milk, Soya, Sulphites, Wheat 13% Gammon	Not suitable for someone with a celery, egg, mustard allergy			145g		1504	360	17	8.1	39	4.3	11	1.8
APPLE CRUMBLE	Contains Egg, Milk, Wheat	Not suitable for someone with a soya, sulphites allergy	yes		170g		2558	611	23	78	97	53	5.4	0.67
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
BRANDY MINCE PIE	Contains Egg, Milk, Soya, Sulphites, Wheat	Not suitable for someone with a nuts, soya allergy	yes		70g		1164	278	12	5	40	26	2.3	0.32
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
CHOCOLATE ORANGE BROWNIE	Contains Egg, Milk, Soya, Sulphites, Wheat	Not suitable for someone with a nuts allergy	yes		95g		1799	429	23	13	52	46	3.7	0.23
CINNAMON MUFFIN	Contains Egg, Milk, Sulphites, Wheat	Not suitable for someone with a soya allergy	yes		110g		1917	458	24	5.3	55	39	4.6	0.47
CORNFLAKE NEST	Contains Barley, Milk, Soya, Sulphites, Wheat	Not suitable for someone with eggs, peanuts, nuts allergy	yes		60g		1156	276	11	8.9	42	22	1.5	0.18
CORNFLAKE TREACLE TART	Contains Barley, Egg, Milk, Wheat	Not suitable for someone with a soya, sulphites allergy	yes		130g		2557	611	24	10	95	58	3.8	0.79
FRUIT FLAPJACK - MINI BITES	Contains Oats, Sulphites	Not suitable for someone with an egg, milk, nuts, soya, wheat allergy.		yes	200g	25g per mini bite	510	122	6	2.1	16	9.5	1.4	0.13
GINGERBREAD FOOTBALLER	Contains Milk, Soya, Sulphites, Wheat	Not suitable for someone with an egg allergy	yes		49g		1037	247	7.9	4.6	41	26	2.4	0.14
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
GINGERBREAD TRICK OR TREATERS	Contains Milk, Soya, Sulphites, Wheat	Not suitable for someone with an egg allergy	yes		45g		971	231	6.3	3	40	24	2.4	0.12
HALLOWEEN COOKIE MONSTER	Contains Egg, Milk, Sulphites, Wheat	Not suitable for someone with a soya allergy	yes		95g		2007	478	21	7.9	69	53	4	0.61
JAM CORNFLAKE TART	Contains Barley, Egg, Milk, Wheat	Not suitable for someone with a soya, sulphites allergy	yes		130g		2356	563	24	10	84	42	3.7	0.8
LARGE APPLE PIE	Contains Egg, Sulphites, Wheat	Not suitable for someone with a milk, soya allergy	yes		515g	per1/6 of pie	977	233	11	43	33	12	2.6	0.4
LEMON FLAPJACK - MINI BITES	Contains Milk, Oats, Soya	Not suitable for someone with an egg, nuts, sulphites, wheat allergy.	yes		240g	30g per mini bite	652	155	8.7	3.9	18	11	1.6	0.15
PINK SUNDAE BUN	Contains Egg, Milk, Sulphites, Wheat	Not suitable for someone with a soya allergy.	yes		70g		1347	321	16	7	42	34	2.6	0.63
PORK & STUFFING ROLL	Contains Milk, Soya, Sulphites, Wheat 18% Pork	Not suitable for someone with a celery, egg, mustard allergy			119g		1506	360	18	8.3	36	2.1	11	1

PORK PIE	Contains Egg, Soya, Wheat 30% Pork	Not suitable for someone with a barley, milk, oats, sulphites, allergy			400g	1/4 slice of pie	1500	358	19	7.6	35	0.5	4.2	0.8
PUMPKIN BISCUIT	Contains Milk, Soya, Wheat	Not suitable for somone with an egg, sulphites allergy	yes		45g		890	212	10	5.5	29	14	2.6	0.26
PUMPKIN BUN	Contains Egg, Milk, Soya, Sulphites, Wheat		yes		70g		1343	320	16	7.6	42	34	2.3	0.62
ROSIE, MILLIE, BROOKE GINGERBREAD	Contains Milk, Soya, Sulphites, Wheat	Not suitable for someone with an egg allergy.	yes		47g		968	230	6.3	3	40	24	2.4	0.13
SCARY FACES BUNS - 4 PACK	Contains Egg, Milk, Wheat	Not suitable for somone with a soya, sulphites allergy	yes		280g		1096	262	6	2.4	50	38	2.1	0.34
SPRINKLE BUN	Contains Egg, Milk, Sulphites, Wheat	Not suitable for someone with a soya allergy	yes		70g		1329	317	16	6.8	42	34	25	0.6
STICKY TOFFEE MUFFIN	Contains Egg, Milk, Soya, Wheat	Not suitable for somone with a sulphites allergy	yes		110g		1885	450	22	3.2	59	40	4.7	0.5
SUMMER FRUIT FLAN	Contains Egg, Milk, Wheat	Not suitable for someone with a soya, sulphites allergy	yes		175g		1830	439	24	11	51	28	4.6	0.65
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
TONI THE TORTOISE BISCUIT	Contains Milk, Soya, Wheat	Not suitable for someone with an egg, sulphites allergy	yes		45g		890	212	10	5.5	29	14	2.6	0.26
TRUFFLE LOG	Contains Egg, Milk, Sulphites, Wheat		yes		80g		1323	315	11	7.6	49	43	2.4	0.8
TRUFFLE PUDDING	Contains Egg, Milk, Soya, Sulphites, Wheat	Not suitable for somone with a nuts allergy	yes		60g		900	214	7.9	3.3	33	25	2.8	0.15
SANDWICHES														
BLT SUB	Contains Barley, Egg, Milk, Mustard, Wheat	Not suitable for someone with a celery, crustaceans, fish, oats, sesame, soya, sulphites allergy.			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.			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		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.			255g		2529	605	38	5.7	43	4.2	22	2.4
CORNERD BEEF SUB	Contains Barley, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, milk, mustard, oats, sesame, soya, sulphites allergy.			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		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.			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.			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.			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		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.			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		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.			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.			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.			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 SANDW	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														
HAM SALAD	Contains Egg, Mustard	Not suitable for someone with a celery, crustaceans, fish, milk, soya, sulphites, wheat allergy.			235g		784	187	12	1.7	8.7	6.5	11	1.3
CHICKEN SALAD	Contains Egg, Mustard	Not suitable for someone with a celery, crustaceans, fish, milk, soya, sulphites, wheat allergy.			250g		783	186	10	0.9	9.5	7.3	14	0.55
SALAD		Not suitable for someone with a celery, crustaceans, egg, fish, milk, mustard, soya, sulphites, wheat allergy.		yes	170g		185	44	0.85	0.17	7.1	5.3	1.9	0.02
SAVOOURIES														
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, 28% Chicken	Not suitable for someone with a celery egg, soya, sulphites allergy.			145g		1468	351	17	8	35	1.9	13	1.6
CORNERD 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	Not suitable for someone with a an egg, soya, 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, 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.			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
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	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
BREAD ROLLS														
4 FRUITED TEACAKES	Contain Wheat	Not suitable for someone with a barley, egg, milk, oats, soya, sulphites allergy.		YES	320g		914	218	4.2	1.9	42	13	5.4	0.6

4 HOT DOG WHITE ROLLS	Contain Barley, Wheat	Not suitable for someone with an egg, milk, oats, soya, sulphites allergy.		YES	280g		691	165	1.3	0.5	34	0.8	5.6	0.5
4 LARGE WHITE ROLLS	Contain Barley, Wheat	Not suitable for someone with an egg, milk, oats, soya, sulphites allergy.		YES	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	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	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	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	Contains Barley, Wheat	Not suitable for someone with a barley, egg, milk, oats, soya, 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
CONFECTIONERY														
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 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
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 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 - 2PACK	Contains Egg, Milk, Sulphites, Wheat	Not suitable for someone with a nuts, soya allergy.	yes		200g		1604	382	15	5.3	60	39	3.6	0.4
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
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
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 DOUGHNUT	Contains Egg, Milk, Soya, Wheat	Not suitable for someone with a sulphites allergy	yes		70g		813	194	4.3	1.8	33	9.2	5.7	0.83
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
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
LARGE CURD TART	Contains Egg, Milk, Wheat	Not suitable for someone with a soya, sulphites allergy.	yes		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		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		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
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
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
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
MULTI PACKS														
CHEESE SCONES - 4 PACK	Contains Egg, Milk, Wheat	Not suitable for someone with a nuts, soya, sulphites allergy.	yes		320g	Per Scone	1121	268	12	2.7	33	1.9	8.7	1.1
CHEESE STRAWS - 5 PACK	Contains Milk, Wheat, 37% Cheese	Not suitable for someone with an egg, soya, sulphites allergy.	yes		105g	21g each	411	98	6.1	3.6	7.8	0.2	2.9	0.32
CHOCOLATE FLAPJACK - 2 PACK	Contains Milk, Oats, Soya, Wheat	Not suitable for someone with an egg, nuts, sulphites allergy.	yes		75g		1568	374	21	12	42	28	3.6	0.4
FLAPJACK - 4 PACK	Contains Oats	Not suitable for someone with an egg, milk, nuts, soya, sulphites, wheat allergy.		yes	50g		998	238	12.5	4.5	28	15	2.8	0.27
GINGER SQUARES - 4 PACK	Contains Sulphites, Wheat	Not suitable for someone with an egg, milk, nut, soya allergy.	yes		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			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		240g	Per Biscuit	928	223	14	8.9	22	6.7	1.8	0.47
PARKIN BISCUITS - 6 PACK	Contains Wheat	Not suitable for someone with an egg, milk, nuts, soya, sulphites allergy.		yes	210g	Per Biscuit	638	152	4.1	1.6	27	14	1.7	0.43
SAUSAGE ROLL - 4 PACK	Contains Milk, Sulphites, Wheat, 18% Pork	Not suitable for someone with a celery, egg, mustard, soya allergy.			230g	58g each	689	165	8.3	3.8	17	0.8	4.4	0.82

SCHOOL CAKE - 4 PACK	Contains Egg, Milk, Wheat	Not suitable for someone with a nuts, soya, sulphites allergy.	yes		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		320g	Per Scone	1139	272	8.1	0.8	46	17	6.2	0.74
SUPER SAUSAGE ROLL - 2 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 - 4 PACK	Contains Egg, Milk, Wheat	Not suitable for someone with a mustard, soya, sulphites allergy.	yes		220g	55g each	902	252	8.9	2.6	32	22	1.5	0.32
CREAMS														
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	Not suitable for someone with a soya, sulphites 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
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

