Product Name	Contains	May Contain	Vegetarians	Vegans	Weight	KCAL_Per	Energy (KJ) Per 100g	Energy (KJ) Per Product	Energy (kcal) Per 100g	Energy (kcal) Per Product	Fat Per 100g	Fat Per Product	of which saturates Per 100g	of which saturates Per Product	Carbohydrates Per 100g	Carbohydrates Per Product	of which sugars Per 100g	of which sugars Per Product	Protein Per 100g	Protein Per Product	Salt Per 100g	Salt Per Product
SEASONAL																						
ALMOND TART	Contains Egg, Wheat	Not suitable for someone with a milk, soya, sulphites allergy	YES		55g		1777	978	425	234	17	9.4	3.8	2.1	63	34	41	23	9	1.7	0.45	0.25
CHICKEN & JALAPENO PIZZA	Contains Milk, Wheat	Not suitable for someone with an egg, mustard, soya, sulphites allergy			240g		923	2215	221	529	7.5	18	3.3	7.9	26	63	2.9	6.9	13	31	1.4	3.4
CORNFLAKE NEST WITH CHOCOLATE EGGS	Contains Barley, Milk, Soya, Sulphites, Wheat	Not suitable for someone with an egg allergy	YES		60g		1926	1156	460	276	19	11	15	9	70	42	37	22	2.5	1.5	0.3	0.18
CORONATION CHICKEN SUB	Contains Barley, Egg, Mustard, Soya, Sulphites, Wheat	Not suitable for someone with a fish, celery, crustaceans, milk, oats allergy			215g		1204	2577	287	614	18	39	2	4.3	20	42	3.2	6.8	7.9	17	0.78	1.7
EASTER BROWNIE	Contains Egg, Milk, Soya, Wheat	Not suitable for someone with a soya, sulphites allergy			80g		1804	1443	432	345	21	17	12	10	55	44	47	38	4.8	3.9	0.14	0.11
EASTER BUN - 4 PACK	Contains Egg, Milk, Wheat	Not suitable for someone with a soya, sulphites allergy	YES		280g	per cake	1570	1081	375	259	8.6	6	3.4	2.4	73	49	55	38	3	2.1	0.5	0.35
EASTER BUN - CHOCOLATE	Contains Egg, Milk, Soya, Sulphites, Wheat		YES		75g		1859	1376	443	328	20	15	7.7	4.7	61	45	52	38	3.1	2.3	0.65	0.48
EASTER BUN - VANILLA	Contains Egg, Milk, Soya, Sulphites, Wheat		YES		75g		1859	1376	443	328	20	15	7.7	4.7	61	45	52	38	3.1	2.3	0.65	0.48
EASTER BUNNY BISCUIT	Contains Egg, Milk, Soya, Sulphites, Wheat		YES		75g		1949	1461	464	348	22	16	10	7.7	64	48	28	20	6.3	4.7	0.45	0.3
EASTER CHICK BISCUIT	Contains Egg, Milk, Soya, Sulphites, Wheat		YES		80g		2014	1208	480	288	23	14	11	7.6	64	39	34	20	5.4	3.2	0.47	0.28
EASTER CORNFLAKE NEST	Contains Barley, Milk, Soya, Wheat	Not suitable for someone with an egg, sulphites allergy	YES		55g		1908	14049	456	251	18	10	16	8.8	70	38	35	19	2.3	1.2	0.27	0.15
EASTER SHARING CAKE SLICE	Contains Egg, Milk, Soya, Sulphites, Wheat		YES		130g		1744	456	417	109	25	6.5	8	2	93	24	45	12	4	1	0.6	0.15
FUN GINGERBREAD BISCUIT	Contains Milk, Soya, Wheat	Not suitable for someone with an egg, sulphites allergy			45g		2060	908	490	230	13	6.3	6.4	3	86	40	51	24	5.2	2.4	0.27	0.13
HOT CROSS BUN - 4 PACK	Contains Wheat			YES	300g		1147	860	274	205	3	2.2	0.8	0.6	56	42	20	15	7.7	5.8	0.4	0.3
LAMB & MINT PASTY	Contains Celery, Milk, Soya, Wheat ,12% Lamb	Not suitable for someone with an egg, mustard, sulphites allergy			145g		1008	1461	241	349	13	19	6.4	9.3	25	37	1.7	2.4	6	8.7	1.1	1.6
LARGE CHOCOLATE CREAM SPONGE	Contains Egg, Milk, Soya, Sulphites, Wheat		YES		305g	Per 1/6 Slice	1494	791	358	189	21	11	12	6.8	38	19	26	14	5.9	3.1	0.58	0.3
LARGE CREAM SPONGE	Contains Egg, Milk, Soya, Sulphites, Wheat		YES		315g	Per 1/6 Slice	1344	712	323	168	20	11	13	6.9	33	17	21	11	3.7	1.9	0.7	0.37
LEMON MUFFIN	Contains Egg, Milk, Wheat	Not suitable for someone with a soya, sulphites allergy	YES		110g		1865	2238	446	535	21	26	8	3.6	57	6.9	38	45	5.4	6.5	1	1.2
LEMON PIE	Contains Egg, Sulphites, Wheat	Not suitable for someone with a milk, soya allergy			90g		1598	1454	382	348	16	14	6.5	5.9	58	53	30	27	2.7	2.4	0.49	0.45
LOADED CHICKEN FILLET SANDWICH	Contains Barley, Celery, Egg, Milk, Soya, Wheat	Not suitable for someone with a crustaceans, fish, mustard, oats, sulphites allergy.			255g		890	2269	213	542	10	26	3.7	9.5	19	48	1.2	3.1	12	30	1.4	3.7
PORK & CIDER PIE	Contains Milk, Soya, Wheat, 15% Pork	Not suitable for someone with a celery, egg, mustard, sulphites allergy			65g		1266	823	302	197	18	12	6.5	4.2	31	20	1.1	0.7	7	4.6	0.83	0.54
RAINBOW COOKIE	Contains Egg, Milk, Soya, Wheat	Not suitable for someone with a sulphites allergy	YES		100g		2091	2091	500	500	21	21	8.4	8.4	73	73	44	44	5.2	5.2	1	1
RASPBERRY TOPPED DOUGHNUT	Contains Egg, Milk, Soya, Wheat	Not suitable for someone with a barley, sulphites allergy	YES		95g		1263	1187	302	284	8.4	7.9	3	2.8	53	48	27	26	5	4.7	0.66	0.62
RUSSIAN SLICE	Contains Egg, Milk, Wheat	Not suitable for someone with a nuts, soya, sulphites allergy	YES		120g		1434	1721	343	411	9.7	12	4	4.8	58	69	40	48	5.7	6.9	0.69	0.83
STEAK & STILTON PIE	Contains Milk, Soya, Sulphites, Wheat, 21% Beef	Not suitable for someone with a celery, egg, mustard allergy	YES		65g		1370	891	328	213	20	13	7.7	5	29	19	0.9	0.6	9.3	6.1	0.65	0.43
SUMMER FRUIT FLAN	Contains Egg, Milk, Wheat	Not suitable for someone with a barley, soya, sulphites allergy	YES		175g		1046	1830	253	439	14	24	6.5	11	29	51	16	28	2.6	4.6	0.37	0.65
VANILLA SUNDAE	Contains Egg, Milk, Sulphites, Wheat	Not suitable for someone with a soya allergy	YES		70g		1846	1947	440	321	22	16	9.5	7	58	42	47	34	3.6	2.6	0.87	0.63
VICTORIA SPONGE MUFFIN	Contains Egg, Milk, Sulphites, Wheat	Not suitable for someone with a soya allergy	YES		120g		1709	2051	408	489	20	24	4	4.8	53	64	38	46	4	4.8	0.77	0.92
WILD MUSHROOM & GARLIC PIE	Contains Milk, Soya, Wheat	Not suitable for someone with a celery, egg, mustard, sulphites allergy			65g		1246	810	298	194	18	12	6.6	4.3	31	20	2.8	1.8	4.4	2.8	0.76	0.5
SANDWICH																						
BLT SUB	Contains Barley, Egg, Milk, Mustard, Wheat	Not suitable for someone with a celery, crustaceans, fish, oats, soya, sulphites allergy.			205g		763	1565	182	372	8.5	18	2.6	5.4	19	38	1.7	3.5	7.8	16	1.3	2.6
BLT WHITE SUB	Contains Barley, Egg, Milk, Mustard, Wheat	Not suitable for someone with a celery, crustaceans, fish, oats, soya, sulphites allergy.			200g		754	1507	180	361	8.4	17	2.6	5.1	19	38	1.5	3	7.7	15	1.2	2.4
CHEESE & HAM BAGUETTE	Contains Milk, Wheat	Not suitable for someone with a barley, celery, crustaceans, egg, fish, mustard, oats, sesame, soya, sulphites allergy.			215g		1064	2287	254	547	8.9	19.2	4.1	8.9	27.6	59.2	2.4	5.2	14.7	31.5	1.4	2.9
CHEESE SAVOURY SUB	Contains Barley, Egg, Milk, Wheat	Not suitable for someone with a celery, crustaceans, fish, mustard, oats, soya, sulphites allergy.	YES		170g		963	1636	230	396	12	21	5.3	9.1	23	40	2	3.4	9.1	16	0.91	1.6
CHICKEN MAYONNAISE & BACON SUB	Contains Egg, Milk, Mustard, Wheat	Not suitable for someone with a celery, crustaceans, fish, oats, soya, sulphites allergy.			195g		1005	2763	239	658	16.1	44.1	2.3	6.2	18.3	50.1	1.4	3.8	8.5	23.4	0.9	2.4
CORNED BEEF SUB	Contains Barley, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, milk, mustard, oats, soya, sulphites allergy.			180g		731	1316	175	314	6.7	12	2.7	4.8	19.6	35.3	3.7	6	10	18	1	1.8
EGG MAYONNAISE SUB	Contains Barley, Egg, Mustard, Wheat	Not suitable for someone with a celery, crustaceans, fish, milk, oats, soya, sulphites allergy.			160g		889	1422	213	340	7.5	12	1.8	2.9	26	42	1.9	3.1	11	17	0.9	1.4
EGG MAYONNAISE WHITE SUB	Contains Barley, Egg, Mustard, Wheat	Not suitable for someone with a celery, crustaceans, fish, milk, oats, soya, sulphites allergy.	YES		152g		863	1291	206	309	7.4	11	1.7	2.5	25	38	1.3	2	10	15	0.72	1.1
HAM & PEASE PUDDING SUB	Contains Barley, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, milk, mustard, oats, soya, sulphites allergy.			140g		819	1187	196	284	5.2	7.6	1.6	2.3	27	39	0.7	0.9	11	16	0.98	1.4
HAM SALAD SUB	Contains Barley, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, milk, mustard, oats, soya, sulphites allergy.			175g		577	1126	138	269	4.1	8.3	1.3	2.6	18	35	1.3	2.6	7.6	15	0.88	1.7
JUST HAM SUB	Contains Barley, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, milk, mustard, oats, soya, sulphites allergy.			175g		879	1318	210	315	7.1	11	2.4	3.6	23	34	0.7	1	15	23	1.9	2.8
PLOUGHMAN'S SUB	Contains Barley, Milk, Sulphite, Wheat		YES		215g		718	1544	170	367	7	15	3.7	7.9	20	43	3.7	7.9	6.9	14.9	0.9	1.9
ROAST CHICKEN SALAD SUB	Contains Barley, Egg, Milk, Mustard, Wheat	Not suitable for someone with a celery, crustaceans, fish, soya, sulphites allergy.			225g		577	1299	137	308	3.7	8.4	0.8	1.8	17	39	1.9	4.3	8.3	19	0.61	1.4
SEAFOOD COCKTAIL SUB	Contains Barley, Celery, Crustaceans, Egg, Fish, Mustard, Wheat	Not suitable for someone with a milk, oats, soya, sulphites allergy.			823	1933	196	463	10.5	24.7	1.1	2.6	1.5	3.5	18.9	44.5	2.4	5.6	6.7	15.7	1.2	2.8
TUNA MAYONNAISE SUB	Contains Barley, Egg, Fish, Mustard, Wheat	Not suitable for someone with a celery, crustaceans, milk, oats, soya, sulphites allergy.			215g		752	1618	180	386	8.3	18	1.1	2.4	17	37	1.1	2.4	9.5	20	0.64	1.4
BBQ CHICKEN & CHEESE	Contains Milk, Wheat	Not suitable for someone with a barley, celery, crustaceans, egg, fish, milk, mustard, oats, sesame, sulphites allergy.			275g		940	2209	225	529	5.4	12.8	3	7	29.6	69.5	5.8	13.6	12.8	30	1	2.3
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		1058	2170	253	519	9.1	18.7	4.1	8.4	30.6	62.8	4.4	8.9	10.6	21.7	1.3	2.6
CHEESE & HAM	Contains Milk, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, mustard, oats, sesame, soya, sulphites allergy.			215g		1064	2287	254	547	8.9	19.2	4.1	8.9	27.6	59.2	2.4	5.2	14.7	31.5	1.4	2.9
MEATBALL & CHEESE	Contains Barley, Milk, Soya, Wheat	Not suitable for someone with a celery, crustaceans, egg, fish, mustard, oats, sesame, sulphites allergy.			265g		1026	2720	245	650	9.1	24	4.1	10.9	31	83	6.6	17	11	29	1.2	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			774	1695	185	405	6.3	14	2.3	5.1	0.5	1.2	21	47	0.9	2	11	23	0.95	2.1
TUNA MELT	Contains Egg, Fish, Milk, Mustard, Wheat	Not suitable for someone with a barley, celery, crustaceans, oats, sesame, soya, sulphites allergy.			255g		1192	3041	286	728	12	30	4	10	30	76	2.4	6.1	15	37	1.1	2.9
SALAD																						
HAM SALAD	Contains Egg, Mustard	Not suitable for someone with a celery, crustaceans, fish, milk, soya, sulphites, wheat allergy.			235g		343	806	82	192	5.4	13	0.7	1.7	3.7	8.7	2.7	6.4	4.7	11	0.55	1.3
HAM & EGG SALAD	Contains Egg, Mustard	Not suitable for someone with a celery, crustaceans, fish, milk, soya, sulphites, wheat allergy.			275g		180	1044	91	249	6	16	1	2.8	3.2	8.7	2.3	6.4	6.1	17	0.52	1.4
CHICKEN SALAD	Contains Egg, Mustard	Not suitable for someone with a celery, crustaceans, fish, milk, soya, sulphites, wheat allergy.			250g		322	853	77	203	4.1	11	0.4	1	3.8	10	2.9	7.6	5.5	15	0.21	0.55
PLAIN SALAD		Not suitable for someone with a celery, crustaceans, egg, fish, milk, mustard, soya, sulphites, wheat allergy.		YES	170g		109	185	26	44	0.5	0.85	0.1	0.17	4.2	7.1	3.1	5.3	1.1	1.9	0.01	0.02
SAVOURIES																						
BACON & CHEESE WRAP	Contains Milk, Wheat 25% Bacon	Not suitable for someone with an egg, mustard, soya, sulphites allergy.			80g		1641	1313	392	314	24	19	12	9.9	31	24	1.2	1	14	11	1.1	1
BACON AND TOMATO QUICHE	Contains Egg, Milk, Soya, Wheat 16% Bacon	Not suitable for someone with a sulphites allergy.			124g		1475	1829	352	437	27	33	12	15	19	24	1.9	2.3	11	14	0.94	1.2
CHEESE & ONION PASTY	Contains Milk, Sulphites, Wheat 8% Cheese	Not suitable for someone with a celery egg, soya allergy	YES		145g		1203	1753	289	419	16	23	5.8	8.4	35	50	0.7	0.29	8.5	12.3	0.44	0.64
CHEESE AND ONION QUICHE	Contains Egg, Milk, Soya, Wheat, 16% Cheese	Not suitable for someone with a celery, egg, soya allergy.	YES		140g		1122	1571	268	375	14	20	7	9.9	28	40	2.7	3.8	5.9	8.3	0.91	1.3
CHEESE STRAWS	Contains Milk, Wheat, 37% Cheese	Not suitable for someone with an egg, soya, sulphites allergy.		YES	21g		1870	411	447	98	28	6.1	3.6	0.8	35	7.6	0.9	0.2	13	2.9	1.4	0.33
CHICKEN BAKE	Contains Milk, Wheat, 28% Chicken	Not suitable for someone with a celery egg, soya, sulphites allergy.			351g		1012	3548	242	851	12	43	5.5	19	24	85	1.3	4.6	9.2	32	1.1	3.9
CORNED BEEF & POTATO PASTY	Contains Milk, Sulphites, Wheat, 20% Corned Beef	Not suitable for someone with a celery, egg, soya allergy.			145g		1099	1594	263	381	14.5	21	7	10.2	23	33	1.4	2	8.5	12.3	1.1	1.6
MINCE AND ONION PIE	Contains Milk, Soya, Wheat, 21% Beef	Not suitable for someone with a celery, egg, mustard, sulphites allergy.			170g		1436	2441	343	584	20	35	7.2	12	30	50	0.4	0.7	8.3	14	0.9	1.5
MUSHROOM & CHEESE WRAP	Contains Milk, Wheat	Not suitable for someone with a an egg, soya, sulphites allergy	YES		115g		1216	1399	291	334	18.3	21	9.6	11	17.5	20	0.9	1	13.5	15.6	1.1	1.3
SAUSAGE ROLL	Contains Sulphites, Milk, Wheat, 18% Pork	Not suitable for someone with a celery, egg, mustard, soya allergy.			58g		1188	689	284	165	14	8.3	6.5	3.8	30	17	1.4	0.8	7.6	4.4	1.4	0.82
SAUSAGE, CHEESE & BEANS PASTY	Contains Milk, Soya, Sulphites, Wheat, 22% Pork	Not suitable for someone with a celery, egg, mustard allergy.			145g		1196	1734	286	414	15	22	7.8	11	28	41	3.4	5	8.6	13	1	1.4
STEAK & ALE PIE	Contains Barley, Milk, Wheat 15% Beef	Not suitable for someone with a celery, egg, mustard, soya, sulphites allergy.			170g		1167	1983	279	530	16	27	5.7	9.7	27	45	0.6	0.7	6.9	12	0.84	1.4
STEAK BAKE	Contains Milk, Wheat, 28% Beef	Not suitable for someone with a celery, egg, mustard, soya, sulphites allergy.			145g		931	1416	237	343	12	17	5.7	8.3	24	35	1.2	1.7	9.5	14	0.97	1.4
SUPER SAUSAGE ROLL	Contains Milk, Soya, Sulphites, Wheat, 31% Pork	Not suitable for someone with a celery, egg, mustard allergy.			145g		1285	1863	307	491	18	26	7.8	11.3	27	39	2.5	3.6	9.7	14	0.54	0.8
TRADITIONAL PASTY	Contains Milk, Soya, Sulphites, Wheat, 16% Beef	Not suitable for someone with a celery, egg, mustard allergy.			155g		1085	1681	259	401	13	20	5.7	8.8	27	42	0.8	1.2	6.3	9.8	0.8	1.2
VEGAN SAUSAGE ROLL	Contains Soya, Wheat	Not suitable for someone with a celery egg, milk, mustard, sulphites allergy.	YES	YES	90g		1092	983	261	235	18	16	9	8.1	44	40	38	35	15	13	2.6	2.3
MARGHERITA PIZZA	Contains Milk, Wheat	Not suitable for someone with a egg, mustard, soya, sulphites allergy.	YES		175g		1141	2010	272	485	10	18	4.4	8.2	33	59	3.7	6.4	13	24	0.96	1.7
PEPPERONI PIZZA	Contains Milk, Wheat	Not suitable for someone with an egg, mustard, soya, sulphites allergy.			190g		1197	2275	286	544	13	24	5.7	11	33	59	3.5	6.6	14	27	1.2	2.3
BBQ CHICKEN PIZZA	Contains Milk, Wheat	Not suitable for someone with an egg, mustard, soya, sulphites allergy.			235g		993	2345	237	560	7.9	19	3.5	8.4	27	65	4.9	12	15	35	0.96	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	963	347	230	83	2.8	1	0.8	0.3	45	16	2.1	1.3	8.2	3	0.88	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	1035	290	247	69	1.7	0.5	0.4	0.1	52	14	1.3	0.4	8.4	2.4	1	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	1035	331	247	79	1.7	0.5	0.4	0.1	52	16	1.3	0.4	8.4	2.7	1	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	1035	373	247	89	1.7	0.6	0.4	0.1	52	19	1.3	0.5	8.4	3	1	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	966	270	228	64	2.2	0.6	0.8	0.2	43	12	1	0.3	9.7	2.7	1	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	966	347	228	82	2.2	0.8	0.8	0.3	43	15	1	0.4	9.7	3.5	1	0.4
4 FRUITED TEACAKES	Contain Wheat	Not suitable for someone with a barley, egg, milk, oats, soya, sulphites allergy.		YES	320g		1143	914	273	218	5.3	4.2	2.4	1.9	52	42	16	13	6.8	5.4	0.8	0.6
4 LARGE WHITE ROLLS	Contain Barley, Wheat	Not suitable for someone with an egg, milk, oats, soya, sulphites allergy.		YES	400g		987	587	236	140	3.9	2.3	0.7	0.4	49	29	1.2	0.7	8	4.8	0.72	0.43
4 LARGE WHOLEMEAL ROLLS	Contain Barley, Wheat	Not suitable for someone with an egg, milk, oats, soya, sulphites allergy.		YES	400g		914	914	215	215	2.3	2.3	0.6	0.6	40	40	1	1	9.4	9.4	0.69	0.69
6 COUNTRY GRAIN ROLLS	Contain Barley, Oats, Wheat	Not suitable for someone with an egg, milk, soya, sulphites allergy.		YES	450g		987	742	233	175	2.7	2	0.8	0.6	49	36	1.7	1.2	8	6	0.88	0.66
6 WHITE DINNER ROLLS	Contain Barley, Wheat	Not suitable for someone with an egg, milk, oats, soya, sulphites allergy.		YES	270g		987	444	236	106	3.9	1.8	0.7	0.3	49	22	1.2	0.54	8	3.6	0.72	0.32
6 WHITE SCOTCH ROLLS	Contains Barley, Wheat	Not suitable for someone with an egg, milk, oats, soya, sulphites allergy.		YES	390g		987	641	236	153	1.9	1.2	0.7	0.5	49	32	1.2	0.8	8	5.2	0.72	0.47
6 WHOLEMEAL DINNER ROLLS	Contains Barley, Wheat	Not suitable for someone with a barley, egg, milk, oats, soya, sulphites allergy.		YES	300g		914	457	215	107	2.3	1.2	0.6	0.3	40	20	1	0.5	9.4	4.7	0.69	0.35
6 WHOLEMEAL SCOTCH ROLLS	Contains Barley, Wheat	Not suitable for someone with an egg, milk, oats, soya, sulphites allergy.		YES	420g		914	640	215	151	2.3	1.6	0.6	0.4	40	28	1	0.7	9.4	6.6	0.69	0.48
CONFECTIONERY																						
BAKEWELL SLICE	Contains Egg, Nuts, Sulphites, Wheat		YES		110g		1943	2138	464	510	30	32	8.2	9	43	47	23	25	7.4	8.1	0.67	0.7
BROWNIE	Contains Egg, Milk, Soya, Wheat	Not suitable for someone with a nuts, sulphites allergy.	YES		85g		1931	1641	462	393	25	21.3	15	12.8	53	45	45	38.1	6.1	5.2	0.46	0.4
CARAMEL CRISPIE	Contains Milk, Soya, Wheat	Not suitable for someone with a nuts, sulphites allergy.	YES		48g		1883	904	450	216	20	9.6	13	6.2	62	29.8	38	18.2	4.9	2.3	0.46	0.3
CARAMEL SHORTBREAD	Contains Milk, Soya, Wheat	Not suitable for someone with a nuts, sulphites allergy.	YES		2021	1091	485	262	28	15.1	18	9.7	8	4.3	30.2	16.3	19	10.3	4.1	2.2	0.32	0.16
CHOCOLATE FLAPJACK	Contains Milk, Oats, Soya, Wheat	Not suitable for someone with an egg, nuts, sulphites allergy.	YES		75g		2090	1568	498	374	28	21	16	12	56	42	37	28	4.9	3.6	0.52	0.4
CHOCOLATE TOFFEE DANISH	Contains Egg, Milk, Soya, Wheat	Not suitable for someone with a nuts, sulphites allergy.	YES		139g		1750	2433	418	581	21	29.2	9.8	13.6	51	70.9	24	33.4	5.9	8.2	0.8	1.1
COOKIE MONSTER	Contains Egg, Milk, Sulphites, Soya, Wheat	Not suitable for someone with a nuts allergy.	YES		85g		1846	1827	440	436	18	18	7.1	7	65	64	40	39	4	4	0.54	0.53
CORNFLAKE TREACLE TART	Contains Barley, Egg, Milk, Wheat	Not suitable for someone with a nuts, soya, sulphites allergy.	YES		140g		1826	2557	437	611	17	24	7.4	10	68	95	42	58	2.7	3.8	0.57	0.79
CURRANT SQUARE - 2PACK	Contains Egg, Milk, Sulphites, Wheat	Not suitable for someone with a nuts, soya allergy.	YES		200g		1604	1604	382	382	15	15	5.3	5.3	60	60	39	39	3.6	3.6	0.4	0.4
DANISH PASTRY	Contains Egg, Milk, Soya, Sulphites, Wheat	Not suitable for someone with a nuts, soya allergy.	YES		139g		1540	2141	368	512	15	20.9	6.9	9.6	52	72.3	32	44.5	4.9	6.8	0.6	0.8
DOUBLE CHOCOLATE CHIP COOKIE	Contains Milk, Soya, Wheat	Not suitable for someone with an egg, nuts, sulphites allergy.	YES		100g		2093	2093	500	500	23	23	10	10	66	66	43	43	8.5	8.5	0.74	0.74
GINGERBREAD	Contains Milk, Soya, Sulphites, Wheat	Not suitable for someone with a sulphites allergy.			45g		2060	968	490	230	13	6.3	6.4	3	86	40	51	24	5.2	2.4	0.27	0.13
ICED FINGER	Contains Wheat	Not suitable for someone with an egg, milk, soya, sulphites allergy.		YES	80g		1188	951	284	227	4.5	3.6	2.1	1.7	57	45	23	18	5.5	4.4	0.68	0.55
JAM DOUGHNUT	Contains Egg, Milk, Soya, Wheat	Not suitable for someone with a sulphites allergy	YES		70g		1178	813	281	194	6.2	4.3	2.6	1.8	48	33	13	9.2	8.2	5.7	1.2	0.83
JAM TART	Contains Egg, Milk, Sulphites, Wheat	Not suitable for someone with a nuts, soya allergy.	YES		51g		1859	948	444	227	17	8.9	5.5	2.8	71	36	16	8	18	1.9	0.7	0.36
JUMBO JAMMY BISCUIT