



Ingredient List

Due to the nature of our business, **we cannot guarantee that our food and drink products are allergen-free** as cross contamination may occur.

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BAGEL BUNS

Plain Bagel Bun*

Wheat Flour (**Wheat** Flour Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Maize, Yeast, Rapeseed Oil, Salt, **Wheat Gluten**, Malted **Barley** Flour, Flour Treatment Agent (Ascorbic Acid).

Nutrition Facts	Per portion (115g)	Per 100g
Energy (Kcal)	295Kcal	257kcal
Energy (Kj)	1236kj	1075kj
Fat	1.8g	1.6g
of which Saturates	0.2g	0.2g
Carbohydrates	57.5g	50g
of which Sugars	5.7g	5g
Fibre	3.5g	3.1g
Protein	10.4g	9.1g
Salt	0.73g	0.64g

Multigrain Bagel Bun*

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Brown Linseed (5%), Sunflower Seeds (3%), **Barley** Flakes (2%), Poppy Seed (2%), Sugar, Malted **Barley** Flour, **Wheat Gluten**, Yeast, Rapeseed Oil, Maize Grits, Salt, Flour Treatment Agent (Ascorbic Acid).

Nutrition Facts	Per portion (115g)	Per 100g
Energy (Kcal)	326kcal	284kcal
Energy (Kj)	1366kj	1188kj
Fat	6.4g	5.6g
of which Saturates	1.2g	1.1g
Carbohydrates	58.6g	51g
of which Sugars	5.1g	4.5g
Fibre	7.8g	6.8g
Protein	12.2g	10.6g
Salt	0.67g	0.59 g

Poppy Seed Bagel Bun*

Wheat Flour (**Wheat** Flour Calcium Carbonate, Iron, Niacin, Thiamin), Water, Poppy Seeds (2%), Sugar, Maize, Yeast, Rapeseed Oil, Salt, **Wheat Gluten**, Malted **Barley** Flour, Flour Treatment Agent (Ascorbic Acid).

Nutrition Facts	Per portion (115g)	Per 100g
Energy (Kcal)	305kcal	266Kcal
Energy (Kj)	1292kj	1124Kj
Fat	2.8g	2.4 g
of which Saturates	0.3g	0.3g
Carbohydrates	57.5g	50g
of which Sugars	5.8g	5g
Fibre	3.9g	3.4g
Protein	10.8g	9.4g
Salt	0.72g	0.63g

* Received frozen.

**Nutritional values refer to a bagel prepared with a plain bun.

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Sesame Seed Bagel Bun*

Wheat Flour (Contains Calcium Carbonate, Iron, Niacin, Thiamin), Water, **Sesame** Seeds (3%), Sugar, Maize Grits, Yeast, Rapeseed Oil, Salt, **Wheat Gluten**, Malted **Barley** Flour, Flour Treatment Agent (Ascorbic Acid).

Nutrition Facts	Per portion (115g)	Per 100g
Energy (Kcal)	299kcal	260Kcal
Energy (Kj)	1265kj	1088Kj
Fat	2.3g	2.0g
of which Saturates	0.3g	0.3g
Carbohydrates	57.1g	49.7g
of which Sugars	5.7g	5.0g
Fibre	3.2g	2.8g
Protein	10.5g	9.2g
Salt	0.71g	0.63g

Raisin & Cinnamon Bagel Bun*

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Raisins (6%), Sugar, Yeast, Maize Grits, Rapeseed Oil, Salt, Cinnamon (Cassia) (0.6%), **Wheat Gluten**, Flour Treatment Agent (Ascorbic Acid).

Nutrition Facts	Per portion (115g)	Per 100g
Energy (Kcal)	299kcal	260kcal
Energy (Kj)	1251kj	1088kj
Fat	1.6g	1.4g
of which Saturates	0.2g	0.2g
Carbohydrates	59.3g	51.6g
of which Sugars	10.9g	9.5g
Fibre	3.5g	3.1g
Protein	9.7g	8.5g
Salt	0.69g	0.6g

Cheese and Jalapeño Bagel Bun*

White **Wheat** Flour, Sugar, Salt, Malt Flour (**Barley**), Yeast, Water, Dextrose, Flour Treatment Agent (E300), Emulsifier (E472e), Grated Cheese (**Milk**), Jalapeño

Nutrition Facts	Per portion (105g)	Per 100g
Energy (Kcal)	281kcal	268kcal
Energy (Kj)	1304kj	1242kj
Fat	3.6g	3.4g
of which Saturates	0.4g	0.4g
Carbohydrates	57.4g	54.7g
of which Sugars	4.3g	4.1g
Fibre	2.4g	2.3g
Protein	9.6g	9.2g
Salt	0.63g	0.6g

* Received frozen.

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SPREAD BAGELS

Cream Cheese Bagel

BAGEL BUN OF CLIENT CHOICE*.

FULL FAT SOFT CHEESE: Cream (**Milk**), Skimmed **Milk**, **Milk** solids, Modified starch, Salt, Preservative: Potassium sorbate, Culture.

Nutrition Facts**	Per portion (165g)	Per 100g
Energy (Kcal)	434Kcal	263kcal
Energy (Kj)	1810kj	1096kj
Fat	14.3g	8.6g
of which Saturates	8.1g	4.9g
Carbohydrates	59.9g	36.3g
of which Sugars	7.7g	4.6g
Fibre	3.5g	2.1g
Protein	14.4g	8.7g
Salt	1.02g	0.61g

Marmite Bagel

BAGEL BUN OF CLIENT CHOICE*.

MARMITE: Yeast Extract (contains **Barley, Wheat, Oats, Rye**), Salt, Vegetable Juice Concentrate, Vitamins (Thiamin, Riboflavin, Niacin, Vitamin B12 and Folic Acid), Natural Flavouring (contains **Celery**).

Nutrition Facts**	Per portion (145g)	Per 100g
Energy (Kcal)	373kcal	257kcal
Energy (Kj)	1562kj	1077kj
Fat	1.8g	1.2g
of which Saturates	0.2g	0.1g
Carbohydrates	66.5g	45.8g
of which Sugars	6.0g	4.1g
Fibre	3.8g	2.6g
Protein	20.6g	14.2g
Salt	3.98g	2.74g

Peanut Butter Bagel

BAGEL BUN OF CLIENT CHOICE*.

PEANUT BUTTER: **Peanuts** (95%), Stabiliser: E471, Cane Sugar, **Peanut Oil** (1%), Sea Salt.

Nutrition Facts**	Per portion (155g)	Per 100g
Energy (Kcal)	533kcal	343Kcal
Energy (Kj)	2233kj	1440Kj
Fat	20.2g	13g
of which Saturates	4.1g	2.6g
Carbohydrates	62.3g	40.2g
of which Sugars	8.4g	5.4g
Fibre	6.7g	4.3g
Protein	22.7g	14.6g
Salt	1.74g	1.12g

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Strawberry Jam Bagel

BAGEL BUN OF CLIENT CHOICE*.

STRAWBERRY JAM: Sorbitol, Strawberry Puree, Gelling Agent: Pectin, Acidity Regulator: Citric Acid.

Nutrition Facts**	Per portion (175g)	Per 100g
Energy (Kcal)	388kcal	221Kcal
Energy (Kj)	1628kj	930Kj
Fat	1.8g	1.0g
of which Saturates	0.2g	0.1g
Carbohydrates	95.7g	54.6g
of which Sugars	7.0g	4.0g
Fibre	3.7g	2.1g
Protein	10.6g	6.0g
Salt	0.74g	0.42g

Peanut Butter and Toffee Banana

BAGEL BUN OF CLIENT CHOICE*.

PEANUT BUTTER: **Peanuts** (95%), Stabiliser: E471, Cane Sugar, **Peanut Oil** (1%), Sea Salt.**BANANA. TOFFEE SAUCE:** Glucose Syrup, Water, Sugar, Humectant (Glycerol), Sweetened Condensed **Milk** (**Milk**, Sugar), Dextrose, Modified Starch, Butter (**Milk**), Salt, Devonshire Clotted Cream (0.5%) (**Milk**), Colour (Plain Caramel), Natural Flavourings, Emulsifier (E435)

Nutrition Facts**	Per portion (205g)	Per 100g
Energy (Kcal)	601kcal	293kcal
Energy (Kj)	2515kj	1228kj
Fat	20.6g	10.1g
of which Saturates	4.4g	2.1g
Carbohydrates	78.2g	38.1g
of which Sugars	21.3g	10.4g
Fibre	7.2g	3.5g
Protein	22.2g	10.8g
Salt	1.8g	0.9g

Raspberry Cream Cheese and Blueberry

BAGEL BUN OF CLIENT CHOICE*.

FULL FAT SOFT CHEESE: Cream (**Milk**), Skimmed **Milk**, **Milk** solids, Modified starch, Salt, Preservative: Potassium sorbate, Culture. **BLUEBERRIES. RASPBERRY SAUCE:** Glucose Syrup, Water, Seedless Raspberry Puree from Concentrate (9.6%), Sugar, Dextrose, Modified Starch, Acidity Regulators (Citric Acid, Trisodium Citrate), Colour (Anthocyanin), Thickener (Pectin), Preservative (Potassium Sorbate), Natural Flavouring, Natural Raspberry Flavouring With Other Natural Flavourings.

Nutrition Facts**	Per portion (200g)	Per 100g
Energy (Kcal)	469kcal	234kcal
Energy (Kj)	1953kj	978kj
Fat	14.4g	7.2g
of which Saturates	8.1g	4.1g
Carbohydrates	68.3g	34.1g
of which Sugars	14.4g	7.2g
Fibre	4.3g	2.2g
Protein	14.7g	7.4g
Salt	1.0g	0.5g

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BREAKFAST BAGELS

Bacon Bagel

BAGEL BUN OF CLIENT CHOICE*.

BACON: Pork Meat (98%), Salt Anti-oxidant: Sodium Ascorbate (E301), Preservative: Sodium-Nitrit (E250), Beechwood Smoke. BROWN SAUCE: Water, Glucose-Fructose Syrup, Modified Maize Starch, Acidity Regulator (Acetic Acid), Molasses, Spirit Vinegar, Concentrated Apple Juice, Salt, Tomato Paste, **Rye** Flour, Caramelised Sugar Syrup, Spices (Coriander, Ginger, Clove, Cinnamon, Black Pepper), Preservative (Potassium Sorbate), Sweetener (Sodium Saccharin).

Nutrition Facts**	Per portion (175g)	Per 100g
Energy (Kcal)	508kcal	290kcal
Energy (Kj)	2130kj	1217kj
Fat	19.3g	11.0g
of which Saturates	7.2g	4.1g
Carbohydrates	59.3g	33.8g
of which Sugars	5.8g	3.3g
Fibre	3.5g	2.0g
Protein	22.4g	12.8g
Salt	1.84g	1.05g

Bacon and Egg Bagel

BAGEL OF CLIENT CHOICE*.

OMELETTE*: Free Range **Egg** (62%), **Milk**, Rapeseed Oil, Salt, Thickener (Xanthan Gum), White Pepper. BACON: Pork Meat (98%), Salt. Anti-oxidant: Sodium Ascorbate (E301), Preservative: Sodium-Nitrit (E250), Beechwood Smoke. BROWN SAUCE: Water, Glucose-Fructose Syrup, Modified Maize Starch, Acidity Regulator (Acetic Acid), Molasses, Spirit Vinegar, Concentrated Apple Juice, Salt, Tomato Paste, **Rye** Flour, Caramelised Sugar Syrup, Spices (Coriander, Ginger, Clove, Cinnamon, Black Pepper), Preservative (Potassium Sorbate), Sweetener (Sodium Saccharin).

Nutrition Facts**	Per portion (255g)	Per 100g
Energy (Kcal)	594kcal	232kcal
Energy (Kj)	2481kj	972kj
Fat	25.6g	10.0g
of which Saturates	8.6g	3.3g
Carbohydrates	61.1g	23.9g
of which Sugars	8.6g	3.3g
Fibre	4.2g	1.6g
Protein	27.4g	10.7g
Salt	1.94g	0.76g

Sausage Bagel

BAGEL OF CLIENT CHOICE*.

SAUSAGE*: Pork (73%), Rusk (**Wheat** Flour (with Calcium, Iron, Niacin, Thiamine) & Salt), Water, Pork Fat, Salt, Rapeseed Oil, Dextrose, **Wheat** Starch, Natural Hog Casing, Flavour enhancer (E621), **Wheat** Protein, Rubbed Parsley, Stabiliser (E451), **Wheat** Flour (with Calcium, Iron, Niacin, Thiamine), Spice & Herb extracts (Chilli, Coriander, Ginger, Marjoram, Nutmeg, Parsley, Pepper, Pimento, Sage). BROWN SAUCE: Water, Glucose-Fructose Syrup, Modified Maize Starch, Acidity

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Regulator (Acetic Acid), Molasses, Spirit Vinegar, Concentrated Apple Juice, Salt, Tomato Paste, **Rye** Flour, Caramelised Sugar Syrup, Spices (Coriander, Ginger, Clove, Cinnamon, Black Pepper), Preservative (Potassium Sorbate), Sweetener (Sodium Saccharin).

Nutrition Facts**	Per portion (190g)	Per 100g
Energy (Kcal)	471kcal	247kcal
Energy (Kj)	1975kj	1039kj
Fat	13.3g	7.0g
of which Saturates	4.2g	2.2g
Carbohydrates	67.1g	35.3g
of which Sugars	7.4g	3.8g
Fibre	4.1g	2.1g
Protein	19.1g	10.0g
Salt	2.24g	1.17g

Sausage and Egg Bagel

BAGEL OF CLIENT CHOICE*.

OMELETTE*: Free Range **Egg** (62%), **Milk**, Rapeseed Oil, Salt, Thickener (Xanthan Gum), White Pepper. SAUSAGE*: Pork (73%), Rusk (**Wheat** Flour (with Calcium, Iron, Niacin, Thiamine) & Salt), Water, Pork Fat, Salt, Rapeseed Oil, Dextrose, **Wheat** Starch, Natural Hog Casing, Flavour enhancer (E621), **Wheat** Protein, Rubbed Parsley, Stabiliser (E451), **Wheat** Flour (with Calcium, Iron, Niacin, Thiamine), Spice & Herb extracts (Chilli, Coriander, Ginger, Marjoram, Nutmeg, Parsley, Pepper, Pimento, Sage). BROWN SAUCE: Water, Glucose-Fructose Syrup, Modified Maize Starch, Acidity Regulator (Acetic Acid), Molasses, Spirit Vinegar, Concentrated Apple Juice, Salt, Tomato Paste, **Rye** Flour, Caramelised Sugar Syrup, Spices (Coriander, Ginger, Clove, Cinnamon, Black Pepper), Preservative (Potassium Sorbate), Sweetener (Sodium Saccharin).

Nutrition Facts**	Per portion (290g)	Per 100g
Energy (Kcal)	585kcal	201kcal
Energy (Kj)	2670kj	920kj
Fat	26.6g	9.1g
of which Saturates	8.4g	2.8g
Carbohydrates	68.9g	23.7g
of which Sugars	9.2g	3.1g
Fibre	4.8g	1.6g
Protein	28.9g	9.9g
Salt	2.74g	0.94g

Breakfast Melt Bagel

BAGEL OF CLIENT CHOICE*.

OMELETTE*: Free Range **Egg** (62%), **Milk**, Rapeseed Oil, Salt, Thickener (Xanthan Gum), White Pepper. TOMATOES. BACON: Pork Meat (98%), Salt. Anti-oxidant: Sodium Ascorbate (E301), Preservative: Sodium-Nitrite (E250), Beechwood Smoke. CHEDDAR: Cheddar Cheese (**Milk**). BROWN SAUCE: Water, Glucose-Fructose Syrup, Modified Maize Starch, Acidity Regulator (Acetic Acid), Molasses, Spirit Vinegar, Concentrated Apple Juice, Salt, Tomato Paste, **Rye** Flour, Caramelised Sugar Syrup, Spices (Coriander, Ginger, Clove, Cinnamon, Black Pepper), Preservative (Potassium Sorbate), Sweetener (Sodium Saccharin).

* Received frozen.

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Nutrition Facts**	Per portion (330g)	Per 100g
Energy (Kcal)	668kcal	202kcal
Energy (Kj)	2783kj	843kj
Fat	31.1g	9.4g
of which Saturates	12.3g	3.7g
Carbohydrates	63.1g	19.1g
of which Sugars	9.6g	2.9g
Fibre	4.9g	1.5g
Protein	31.8g	9.6g
Salt	2.24g	0.7g

Veggie Breakfast

OMELETTE*: Free Range **Egg** (62%), **Milk**, Rapeseed Oil, Salt, Thickener (Xanthan Gum), White Pepper. AVOCADO*: Avocado Slices (99%), Salt, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid. CHEDDAR: Cheddar Cheese (**Milk**). KETCHUP: Tomatoes (148g per 100g tomato ketchup), vinegar, sugar, salt, spice and herb extracts (contain **Celery**), spice.

Nutrition Facts**	Per portion (285g)	Per 100g
Energy (Kcal)	625kcal	219kcal
Energy (Kj)	2601kj	912kj
Fat	29.1g	10.2g
of which Saturates	10.5g	3.7g
Carbohydrates	62.4g	21.9g
of which Sugars	10.0g	3.5g
Fibre	4.3g	1.5g
Protein	26.2g	9.2g
Salt	1.8g	0.6g

Ultimate Vegan Bagel

BAGEL OF CLIENT CHOICE*.

HASH BROWNS: Potatoes, Sunflower Oil, Dextrose, Salt, Onion Powder, Stabiliser (E450), White pepper. TOMATOES. VEGAN ALTERNATIVE TO BACON*: Rehydrated **Soya** Protein 81%, Sunflower Oil, Salt, Natural Flavourings, Colourings (Anthocyanin, Lycopene), Acidity Regulator (Potassium Acetate). KETCHUP: Tomatoes (148g per 100g Tomato Ketchup), Vinegar, Sugar, Salt, Spice, and Herb Extracts (contain **Celery**), Spice.

Nutrition Facts**	Per portion (345g)	Per 100g
Energy (Kcal)	594kcal	172kcal
Energy (Kj)	2487kj	721kj
Fat	14.7g	4.3g
of which Saturates	1.8g	0.5g
Carbohydrates	90.9g	26.3g
of which Sugars	11.3g	3.3g
Fibre	8.3g	2.4g
Protein	21.1g	6.1g
Salt	3.0g	0.9g

* Received frozen.

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VEGGIE BAGELS

VLT Bagel

BAGEL BUN OF CLIENT CHOICE*.

TOMATOES. VEGAN ALTERNATIVE TO BACON*: Water, **Soya** Protein Concentrate, **Soya** Protein Isolate, Flavouring, Pea Protein Isolate, Vegetable Extracts (Radish, Carrot, Paprika), Potato Starch, Salt, Rapeseed Oil, Maltodextrin, Iron, Vitamin B12. LETTUCE. VEGAN ALTERNATIVE TO MAYO: Rapeseed Oil (65%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract).

Nutrition Facts**	Per portion (240g)	Per 100g
Energy (Kcal)	422kcal	175kcal
Energy (Kj)	1771kj	737kj
Fat	8.5g	3.5g
of which Saturates	0.8g	0.33g
Carbohydrates	64.2g	26.7g
of which Sugars	7.5g	3.1g
Fibre	5.8g	2.4g
Protein	21.8g	9.0g
Salt	1.95g	0.81g

Halloumi Melt Bagel

BAGEL BUN OF CLIENT CHOICE*.

HALLOUMI: Fresh Pasteurised **Milk** (Blend of Cow's, Goat's and Sheep's **Milk**), Salt, Mint, Non-Animal Rennet. TOMATOES. MINT YOGHURT: Rapeseed Oil, Water, Spirit Vinegar, Pasteurised **Egg** Yolk, Sugar, Salt, Yoghurt Powder (**Milk**), Stabiliser (Xanthan Gum), Dried Mint, Preservative (Potassium Sorbate), Black Pepper, Natural Flavouring. ROCKET.

Nutrition Facts**	Per portion (318g)	Per 100g
Energy (Kcal)	646kcal	203kcal
Energy (Kj)	2708kj	851kj
Fat	27.7g	8.7g
of which Saturates	14.0g	4.4g
Carbohydrates	62.3g	19.5g
of which Sugars	9.4g	2.9g
Fibre	4.2g	1.3g
Protein	31.8g	10.0g
Salt	2.99g	0.94g

Vegan Cream Cheese Stack Bagel

BAGEL BUN OF CLIENT CHOICE*.

VEGAN CREAMY SPREAD: Water, Coconut Oil (24%), **Soya** Protein Concentrate (9%), Salt, Sugar Tricalcium Citrate, Acidity Regulator (Lactic Acid (Dairy Free)), Thickener (Carrageenan), Natural Flavourings. AVOCADO*: Avocado Slices (99%), Salt, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid. CUCUMBER. VEGAN ALTERNATIVE TO MAYO: Rapeseed Oil (65%), Water, Spirit

* Received frozen.

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Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract).

Nutrition Facts**	Per portion (255g)	Per 100g
Energy (Kcal)	563kcal	220kcal
Energy (Kj)	2354kj	923kj
Fat	28.7g	11.2g
of which Saturates	13.8g	5.4g
Carbohydrates	59.5g	23.3g
of which Sugars	11.7g	4.5g
Fibre	4.7g	1.8g
Protein	14.2g	5.5g
Salt	1.46g	0.57g

Veggie Pesto

BAGEL BUN OF CLIENT CHOICE*.

TOMATOES. VEGAN CREAMY SPREAD: Water, Coconut Oil (24%), **Soya** Protein Concentrate (9%), Salt, Sugar Tricalcium Citrate, Acidity Regulator (Lactic Acid (Dairy Free)), Thickener (Carrageenan), Natural Flavourings. AVOCADO*: Avocado Slices (99%), Salt, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid. GREEN PESTO: Basil (50%), Sunflower Oil (39%), Vegetarian Cheese (**MILK**) (8%), Sugar, Salt, Acidity Regulator: Lactic Acid, Garlic. ROCKET.

Nutrition Facts**	Per portion (293g)	Per 100g
Energy (Kcal)	620kcal	212kcal
Energy (Kj)	2584kj	882kj
Fat	33.3g	11.4g
of which Saturates	14.7g	5.0g
Carbohydrates	62.6g	21.4g
of which Sugars	7.7g	2.6g
Fibre	5.6g	1.9g
Protein	15.3g	5.2g
Salt	1.6g	0.5g

Vegan Cream Cheese Bagel

BAGEL BUN OF CLIENT CHOICE*.

VEGAN CREAMY SPREAD: Water, Coconut Oil (24%), **Soya** Protein Concentrate (9%), Salt, Sugar Tricalcium Citrate, Acidity Regulator (Lactic Acid (Dairy Free)), Thickener (Carrageenan), Natural Flavourings.

Nutrition Facts**	Per portion (165g)	Per 100g
Energy (Kcal)	438kcal	265kcal
Energy (Kj)	1834kj	1111kj
Fat	15.8g	9.5g
of which Saturates	11.7g	7.0g
Carbohydrates	58.1g	35.2g
of which Sugars	6.2g	3.7g
Fibre	4.6g	2.7g
Protein	13.4g	8.1g
Salt	1.34g	0.81g

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SEAFOOD BAGELS

The Classic Bagel

BAGEL BUN OF CLIENT CHOICE*.

FULL FAT SOFT CHEESE: Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt, Preservative: Potassium Sorbate, Culture. SALMON: Salmon (Salmo Salar) (**Fish**) (98%), Salt, Demerara Sugar. LEMON JUICE: Lemon Juice from Concentrate 60%, Water, Acidity Regulator: Citric Acid, Preservative: Potassium **Metabisulphite**. BLACK PEPPER.

Nutrition Facts**	Per portion (205g)	Per 100g
Energy (Kcal)	474kcal	231kcal
Energy (Kj)	1980kj	965kj
Fat	17.7g	8.6g
of which Saturates	9.6g	4.6g
Carbohydrates	60.1g	29.3g
of which Sugars	8.2g	4.0g
Fibre	3.7g	1.8g
Protein	24.4g	11.9g
Salt	1.94g	0.94g

Tuna Melt Bagel

BAGEL BUN OF CLIENT CHOICE*.

TUNA MAYO MIX: Tuna 70% (**Fish**), Rapeseed Oil, Water, Pasteurised **Egg** Yolk, Spirit Vinegar, Sugar, Thickener (Modified Starch), Salt, Acidity Regulator (Acetic Acid), Stabilisers (Guar Gum, Xanthan Gum), Preservative (Potassium Sorbate), Flavourings, Colour (Beta Carotene), Lemon Juice Concentrate, Black Pepper. CHEESE: Cheddar Cheese (**Milk**).

Nutrition Facts**	Per portion (210g)	Per 100g
Energy (Kcal)	656kcal	312kcal
Energy (Kj)	2742kj	1305kj
Fat	31.2g	14.8g
of which Saturates	10.1g	4.8g
Carbohydrates	58.6g	27.9g
of which Sugars	6.1g	2.9g
Fibre	3.6g	1.7g
Protein	33.3g	15.7g
Salt	2.23g	1.06g

Tuna Mayo Bagel

BAGEL OF CLIENT CHOICE*.

TUNA MAYO MIX: Tuna 70% (**Fish**), Rapeseed Oil, Water, Pasteurised **Egg** Yolk, Spirit Vinegar, Sugar, Thickener (Modified Starch), Salt, Acidity Regulator (Acetic Acid), Stabilisers (Guar Gum, Xanthan Gum), Preservative (Potassium Sorbate), Flavourings, Colour (Beta Carotene), Lemon Juice Concentrate, Black Pepper. TOMATOES. LETTUCE. RED ONION.

* Received frozen.

**Nutritional values refer to a bagel prepared with a plain bun.

For allergens, see ingredients in **bold**.

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Nutrition Facts**	Per portion (220g)	Per 100g
Energy (Kcal)	496kcal	225kcal
Energy (Kj)	2076kj	943kj
Fat	17.4g	7.9g
of which Saturates	1.5g	0.7g
Carbohydrates	59.7g	27.1g
of which Sugars	7.0g	3.2g
Fibre	4.0g	1.8g
Protein	23.2g	10.5g
Salt	1.5g	0.7g

* Received frozen.

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DELI BAGELS

Chicken Club Bagel

BAGEL BUN OF CLIENT CHOICE*.

CHICKEN*: Chicken (98%), Salt. TOMATOES. BACON: Pork Meat 98%, Salt, Anti-Oxidant: Sodium Ascorbate (E301), Preservative: Sodium-Nitrite (E250), Beechwood Smoke. CHEESE: Cheddar Cheese (**Milk**). MAYO: Rapeseed Oil (78%), Water, Free Range Pasteurised **Egg** and **Egg Yolk** (8.9%), Spirit Vinegar, Salt, Sugar, Lemon Juice Concentrate, Antioxidant (Calcium Disodium EDTA), Flavourings, Natural Paprika Extract, Sunflower Oil. LETTUCE.

Nutrition Facts**	Per portion (280g)	Per 100g
Energy (Kcal)	648kcal	231kcal
Energy (Kj)	2862kj	1022kj
Fat	32.8g	11.7g
of which Saturates	8.9g	3.1g
Carbohydrates	59.5g	21.2g
of which Sugars	6.8g	2.4g
Fibre	4.2g	1.5g
Protein	36.0g	12.8g
Salt	2.18g	0.77g

Chicken Pesto

BAGEL OF CLIENT CHOICE*.

TOMATOES. CHICKEN*: Chicken (98%), Salt. CHEESE: Cheddar Cheese (**Milk**). PESTO: Basil (50%), Sunflower Oil (39%), Vegetarian Cheese (**Milk**) (8%), Sugar, Salt, Acidity Regulator: Lactic Acid, Garlic. ROCKET.

Nutrition Facts**	Per portion (293g)	Per 100g
Energy (Kcal)	644kcal	220kcal
Energy (Kj)	2683kj	916kj
Fat	27.2g	9.3g
of which Saturates	10.5g	3.6g
Carbohydrates	61.2g	20.9g
of which Sugars	7.0g	2.4g
Fibre	4.5g	1.5g
Protein	36.8g	12.6g
Salt	2.1g	0.7g

Reuben Pastrami Bagel

PLAIN BAGEL BUN*: **Wheat** Flour (**Wheat** Flour Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Maize, Yeast, Rapeseed Oil, Salt, **Wheat Gluten**, Malted **Barley** Flour, Flour Treatment Agent (Ascorbic Acid). PASTRAMI: Beef brisket (79%), Brine (20%) (Water, Salt, Cure (Salt, Dextrose, Stabilisers (E451, E450), Acidity Regulators:(E500, E331), Antioxidant:(E301), Preservative(E250), Black Pepper, Sugar, Coriander, Onion, Garlic. SAUER KRAUT: White Cabbage, Salt. EMMENTHAL CHEESE: Emmental Cheese (**Milk**). **MUSTARD** (Spirit Vinegar, Water, **Mustard** Seed, Salt, Turmeric, Paprika, Spice Flavouring, Garlic Powder).

* Received frozen.

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Nutrition Facts**	Per portion (285g)	Per 100g
Energy (Kcal)	632kcal	221Kcal
Energy (Kj)	2640kj	926kj
Fat	22.3g	7.8g
of which Saturates	11.5g	4g
Carbohydrates	60.7g	21.3g
of which Sugars	6.5g	2.3g
Fibre	5.5g	1.9g
Protein	34g	11.9g
Salt	5.2g	1.8g

Salt Beef Melt Bagel

BAGEL OF CLIENT CHOICE*.

SALT BEEF: Beef Brisket (75%), Water (22%), Salt (1.5%), Cure (1.5%) (Salt, Dextrose, Stabilisers (E451, E450), Acidity Regulators (E500, E331), Antioxidant (E301), Preservative (E250). EMMENTHAL CHEESE: Emmental Cheese (**Milk**). GHERKINS: Sliced Gherkins (51%), Water, Sugar, Acidity Regulator (Acetic acid), Spirit vinegar, Salt, Firming Agent (Calcium Chloride), Dill Flavouring. **MUSTARD**: Spirit Vinegar, Water, **Mustard** Seed, Salt, Turmeric, Paprika, Spice Flavouring, Garlic Powder.

Nutrition Facts**	Per portion (255g)	Per 100g
Energy (Kcal)	620kcal	243kcal
Energy (Kj)	2594kj	1017kj
Fat	26.3g	10.3g
of which Saturates	12.8g	5.0g
Carbohydrates	59.3g	23.2g
of which Sugars	7.3g	2.8g
Fibre	4.3g	1.6g
Protein	33.3g	13.0g
Salt	4.84g	1.89g

Pulled Pork

BAGEL OF CLIENT CHOICE*.

PULLED PORK: Pork Shoulder (75%), Water (22%), Salt (1.5%), Dehydrated Vegetables 0.6%, **Celery**, Onion, Carrot, Tomato, Yeast Extract, Smoked Paprika, Ginger, Garlic, Cumin, Chilli, Sage. CHEESE: Cheddar Cheese (**Milk**). RED ONIONS. BBQ SAUCE: Water, Glucose-Fructose Syrup, Tomato Paste (13%), Sugar, Modified Maize Starch, Salt, Acidity Regulators (Acetic Acid, Citric Acid), Smoke Flavourings, Colour (Ammonia Caramel), Preservative (Potassium Sorbate), Paprika, Dried Garlic, Dried Onion, Cayenne Pepper, Black Pepper.

Nutrition Facts**	Per portion (245g)	Per 100g
Energy (Kcal)	642kcal	262kcal
Energy (Kj)	2675kj	1092kj
Fat	33.3g	13.6g
of which Saturates	15.9g	6.5g
Carbohydrates	61.1g	24.9g
of which Sugars	9.0g	3.7g
Fibre	4.1g	1.7g
Protein	32.7g	13.4g
Salt	1.9g	0.8g

* Received frozen.

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MINI BAGELS

Mini Vegan Cream Cheese Stack Bagel

PLAIN MINI BAGEL BUN*: **Wheat** Flour, Water, Sugar, Salt, Vegetable Oil (**Soya**), Yeast. VEGAN CREAMY SPREAD: Water, Coconut Oil (24%), **Soya** Protein Concentrate (9%), Salt, Sugar Tricalcium Citrate, Acidity Regulator (Lactic Acid (Dairy Free)), Thickener (Carrageenan), Natural Flavourings. AVOCADO*: Avocado Slices (99%), Salt, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid. CUCUMBER. VEGAN ALTERNATIVE TO MAYO: Rapeseed Oil (65%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract).

Nutrition Facts**	Per portion (90g)	Per 100g
Energy (Kcal)	224kcal	249kcal
Energy (Kj)	941kj	1046kj
Fat	14.0g	15.6g
of which Saturates	6.7g	7.5g
Carbohydrates	18.5g	20.7g
of which Sugars	2.0g	2.3g
Fibre	1.8g	2.0g
Protein	2.9g	3.3g
Salt	0.68g	0.81g

Mini Bacon Bagel

PLAIN MINI BAGEL BUN*: **Wheat** Flour, Water, Sugar, Salt, Vegetable Oil (**Soya**), Yeast. BACON: Pork Meat (98%), Salt, Anti-oxidant: Sodium Ascorbate (E301), Preservative: Sodium-Nitrit (E250), Beechwood Smoke. BROWN SAUCE: Water, Glucose-Fructose Syrup, Modified Maize Starch, Acidity Regulator (Acetic Acid), Molasses, Spirit Vinegar, Concentrated Apple Juice, Salt, Tomato Paste, **Rye** Flour, Caramelised Sugar Syrup, Spices (Coriander, Ginger, Clove, Cinnamon, Black Pepper), Preservative (Potassium Sorbate), Sweetener (Sodium Saccharin).

Nutrition Facts**	Per portion (60g)	Per 100g
Energy (Kcal)	185kcal	308kcal
Energy (Kj)	779kj	1298kj
Fat	8.4g	14.1g
of which Saturates	2.9g	5.0g
Carbohydrates	18.6g	31.0g
of which Sugars	2.0g	3.5g
Fibre	1.2g	2.0g
Protein	5.9g	9.9g
Salt	0.77g	1.30g

Mini The Classic Bagel

PLAIN MINI BAGEL BUN*: **Wheat** Flour, Water, Sugar, Salt, Vegetable Oil (**Soya**), Yeast. FULL FAT SOFT CHEESE: Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt, Preservative: Potassium Sorbate, Culture. SALMON: Salmon (Salmo Salar) (**Fish**) (98%), Salt, Demerara Sugar. LEMON JUICE: Lemon Juice from Concentrate 60%, Water, Acidity Regulator: Citric Acid, Preservative: Potassium **Metabisulphite**. BLACK PEPPER.

* Received frozen.

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Nutrition Facts**	Per portion (80g)	Per 100g
Energy (Kcal)	188kcal	236kcal
Energy (Kj)	790kj	987kj
Fat	9.4g	11.8g
of which Saturates	4.8g	6.1g
Carbohydrates	19.0g	23.8g
of which Sugars	2.5g	3.2g
Fibre	1.3g	1.6g
Protein	8.1g	10.2g
Salt	0.92g	1.20g

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EXTRAS

Avocado*

Avocado Slices (99%), Salt, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	171kcal	703kj	17.4g	4.2g	1.8g	0.4g	0g	1.8g	0.01g

Bacon

Pork Meat 98%, Salt, Anti-Oxidant: Sodium Ascorbate (E301), Preservative: Sodium-Nitrit (E250), Beechwood Smoke.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	401kcal	1720kj	35g	14g	0g	0g	0g	24g	2g

Bacon Vegan Alternative*

Rehydrated **Soya** protein 81%, Sunflower Oil, Salt, Natural Flavourings, Colourings (Anthocyanin, Lycopene), Acidity Regulator (Potassium Acetate).

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	377kcal	1577kj	29g	2.3g	1.6g	1.6g	6.4g	25g	3.5g

Banana

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	95kcal	397kj	0.3g	0.1g	23.2g	20.9g	1.1g	1.2g	0g

Brown Sauce

Water, Glucose-Fructose Syrup, Modified Maize Starch, Acidity Regulator (Acetic Acid), Molasses, Spirit Vinegar, Concentrated Apple Juice, Salt, Tomato Paste, **Rye** Flour, Caramelised Sugar Syrup, Spices (Coriander, Ginger, Clove, Cinnamon, Black Pepper), Preservative (Potassium Sorbate), Sweetener (Sodium Saccharin).

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	81kcal	345kj	0.2g	0g	18.8g	11.1g	0.4g	0.7g	1.06g

Butter

Butter (**Milk**), Salt (1.7%).

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	745kcal	3117kj	82g	52g	0.6g	0.6g	0g	0.6g	1.5g

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Caesar Dressing

Rapeseed Oil, Water, Caesar Dressing Premix (Spirit Vinegar, Water, Garlic Puree (Water, Dried Garlic, Acidity Regulator (Citric Acid)), Medium Fat Hard Cheese (**Milk**) (contains Preservative (Lysozyme (from **Egg**)), Salt, Concentrated Lemon Juice, Dried Garlic, Dried Onion, Stabiliser (Xanthan Gum)), Sugar, Pasteurised **Egg** Yolk, Worcester Sauce (Water, Malt Vinegar (**Barley**), Sugar, Molasses, Salt, **Soy** Sauce (Water, **Soya** Beans, Wheat, Salt), Tamarind Concentrate, Onion Powder, Concentrated Lemon Juice, Ground White Pepper, Ground Chillies, Garlic Powder, Ground Ginger, Ground Cloves, Acidity Regulator (Acetic Acid), Malt Extract (**Barley**)), Salt, Cracked Black Pepper, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Natural Flavouring (contains **Milk**).

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	484kcal	1996kj	49.5g	4.7g	7.4g	3.1g	0.7g	1.9g	1.26g

Cheddar

Cheddar Cheese (**Milk**).

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	416kcal	1725kj	34.9g	21.7g	0.1g	0.1g	0g	25.4g	1.90g

Chicken*

Chicken (98%), Salt.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	138kcal	577kj	1.9g	0.5g	0g	0g	0g	30.2g	0.7g

Cream Cheese

Cream (**Milk**), Skimmed **Milk**, **Milk** Solid, Modified Starch, Salt, Potassium Sorbatum, Culture.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	278kcal	1148kj	25.1g	15.8g	7.9g	4.1g	0g	8.0g	0.54g

Emmenthal

Emmenthal Cheese (**Milk**).

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	368kcal	1540kj	28.5g	19.8g	0g	0g	0g	26.7	1.19g

Gherkins

Sliced Gherkins (51%), Water, Sugar, Acidity Regulator (Acetic acid), Spirit vinegar, Salt, Firming Agent (Calcium Chloride), Dill Flavouring.

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Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	30kcal	126kj	0.3g	0g	4.4g	4.4g	1.2g	0.4g	1.7g

Greek-style Yoghurt

Cream (**Milk**), Skimmed **Milk**, **Milk Solids**, Potassium Sorbate, Culture.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	133kcal	554kj	10g	6.3g	6.3g	6.3g	0g	4.5g	0.15g

Halloumi

Fresh Pasteurised **Milk** (Blend of Cow's, Goat's and Sheep's **Milk**), Salt, Mint, Non-Animal Rennet.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	357kcal	1494kj	25g	16.1g	2.9g	2.9g	0g	25.9g	2.3g

Hash Browns*

Potatoes, Sunflower Oil, Dextrose, Salt, Onion Powder, Stabiliser (E450), White Pepper.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	179kcal	749kj	9.5g	1.1g	20.0g	1.5g	2.2g	2.1g	1.0g

Ketchup

Tomatoes (148g per 100g Tomato Ketchup), Vinegar, Sugar, Salt, Spice and Herb Extracts (contain **Celery**), Spice.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	102kcal	435kj	0.1g	0g	23.2g	22.8g	0g	1.2g	1.8g

Lemon Juice

Lemon Juice from Concentrate 60%, Water, Acidity Regulator: Citric Acid, Preservative: Potassium **Metabisulphite**.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	12kcal	51kj	0.14g	0g	2.3g	1.1g	0.2g	0.3g	0.003g

Marmite

Yeast Extract (contains **Barley, Wheat, Oats, Rye**), Salt, Vegetable Juice Concentrate, Vitamins (Thiamin, Riboflavin, Niacin, Vitamin B12 and Folic Acid), Natural Flavouring (contains **Celery**).

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Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	260kcal	1088kj	0.1g	0.05g	30.0g	1.2g	1.1g	34.0g	10.8g

Mayo

Rapeseed Oil (78%), Water, Free Range Pasteurised **Egg & Egg Yolk** (8.9%), Spirit Vinegar, Salt, Sugar, Lemon Juice Concentrate, Antioxidant (Calcium Disodium EDTA), Flavourings, Natural Paprika Extract, Sunflower Oil.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	727kcal	3042kj	80g	6.7g	1.4g	1.3g	0g	1.2g	1.5g

Mustard

Spirit Vinegar, Water, **Mustard** Seed, Salt, Turmeric, Paprika, Spice Flavouring, Garlic Powder.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	82kcal	343kj	4.4g	0.3g	1.2g	0g	3.5g	4.3g	3.1g

Omelette*

Free Range **Egg** (62%), **Milk**, Rapeseed Oil, Salt, Thickener (Xanthan Gum), White Pepper.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	168kcal	697kj	12.4g	2.8g	3.8g	1.7g	0.4g	10.2g	0.45g

Pastrami

Beef brisket (79%), Brine (20%) (Water, Salt, Cure (Salt, Dextrose, Stabilisers (E451, E450), Acidity Regulators:(E500, E331), Antioxidant:(E301), Preservative(E250), Black Pepper, Sugar, Coriander, Onion, Garlic.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	236kcal	981kj	12.2g	4.6g	1.3g	0.9g	0g	16.8g	4.3g

Peanut Butter

Roast **Peanuts**, Stabiliser (E471), Cane Sugar, **Peanut** Oil, Sea Salt.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	631kcal	2640kj	51.0g	6.8g	14.0g	5.8g	6.9g	25.0g	0.78g

* Received frozen.

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Pesto

Basil (50%), Sunflower Oil (39%), Vegetarian Cheese (**Milk**) (8%), Sugar, Salt, Acidity Regulator: Lactic Acid, Garlic.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	509.1kcal	2098.7kj	51.5g	6.3g	8.1g	1.2g	1.2g	2.7g	1.10g

Pulled Pork

PULLED PORK: Pork Shoulder (75%), Water (22%), Salt (1.5%), Dehydrated Vegetables 0.6%, **Celery**, Onion, Carrot, Tomato, Yeast Extract, Smoked Paprika, Ginger, Garlic, Cumin, Chilli, Sage.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	236kcal	981kj	25g	10g	0.3g	0.9g	0.5g	17g	0.20g

RASPBERRY SAUCE

Glucose Syrup, Water, Seedless Raspberry Puree from Concentrate (9.6%), Sugar, Dextrose, Modified Starch, Acidity Regulators (Citric Acid, Trisodium Citrate), Colour (Anthocyanin), Thickener (Pectin), Preservative (Potassium Sorbate), Natural Flavouring, Natural Raspberry Flavouring With Other Natural Flavourings.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	242.7kcal	1015kj	0g	0g	60.5g	43.3g	0.1g	0.1g	0.05g

Salt Beef

Beef Brisket (75%), Water (22%), Salt (1.5%), Cure (1.5%) (Salt, Dextrose, Stabilisers (E451, E450), Acidity Regulators (E500, E331), Antioxidant (E301), Preservative (E250).

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	286kcal	981kj	18.2g	6.6g	1.3g	0.9g	0g	16.8g	4.3g

Sausage*

Pork (73%), Rusk (**Wheat** Flour (with Calcium, Iron, Niacin, Thiamine) & Salt), Water, Pork Fat, Salt, Rapeseed Oil, Dextrose, **Wheat** Starch, Natural Hog Casing, Flavour enhancer (E621), **Wheat** Protein, Rubbed Parsley, Stabiliser (E451), **Wheat** Flour (with Calcium, Iron, Niacin, Thiamine), Spice & Herb extracts (Chilli, Coriander, Ginger, Marjoram, Nutmeg, Parsley, Pepper, Pimento, Sage).

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	259kcal	1084kj	17.7g	6.2g	11.9g	1.0g	0.9g	13.3g	2.15g

* Received frozen.

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Sauer Krauti

White Cabbage, Salt.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	34kcal	142kj	0.3g	0.1g	4.3g	0g	2.6g	1.3g	1.3g

Smoked SalmonSalmon (*Salmo Salar*) (**Fish**) (98%), Salt, Demerara Sugar.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	102kcal	427kj	0.3g	0.1g	4.3g	0g	2.6g	1.3g	1.3g

Strawberry Jam

Sorbitol, Strawberry Puree, Gelling Agent: Pectin, Acidity Regulator: Citric Acid.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	176kcal	734kj	0g	0g	70.0g	2.0g	0g	0g	0g

Sweet Chilli Sauce

Water, Red Chillies (20%), Sugar, Glucose-Fructose Syrup, Ground Garlic (6%), Pickled Garlic (5%) [Garlic, Water, Salt, Acid (Acetic Acid)], Modified Tapioca Starch, Acid (Acetic Acid), Salt.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	184kcal	770kj	0.6g	0.1g	44.0g	43.0g	1.3g	0.5g	3.3g

Toffee SauceGlucose Syrup, Water, Sugar, Humectant (Glycerol), Sweetened Condensed **Milk** (**Milk**, Sugar), Dextrose, Modified Starch, Butter (**Milk**), Salt, Devonshire Clotted Cream (0.5%) (**Milk**), Colour (Plain Caramel), Natural Flavourings, Emulsifier (E435)

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	289kcal	1209kj	2.5g	1.6g	66g	44g	0g	0.77g	0.62g

Tuna Mayo MixTuna 70% (**Fish**), Rapeseed Oil, Water, Pasteurised **Egg** Yolk, Spirit Vinegar, Sugar, Thickener (Modified Starch), Salt, Acidity Regulator (Acetic Acid), Stabilisers (Guar Gum, Xanthan Gum), Preservative (Potassium Sorbate), Flavourings, Colour (Beta Carotene), Lemon Juice Concentrate, Black Pepper.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	260kcal	1088kj	20.7g	1.7g	1.5g	0.6g	0.2g	16.6g	0.98g

* Received frozen.

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Vegan Cream Cheese

Water, Coconut Oil (24%), **Soya** Protein Concentrate (9%), Salt, Sugar Tricalcium Citrate, Acidity Regulator (Lactic Acid (Dairy Free)), Thickener (Carrageenan), Natural Flavourings.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	286kcal	1197kj	28g	23g	1.3g	1.1g	2.2g	6.0g	1.2g

Vegan Mayo

Rapeseed Oil (65%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract).

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	550kcal	2301kj	60g	4.2g	3.3g	1.5g	0g	0g	1.17g

Yoghurt and Mint Dressing

Rapeseed Oil, Water, Spirit Vinegar, Pasteurised **Egg** Yolk, Sugar, Salt, Yoghurt Powder (**Milk**), Stabiliser (Xanthan Gum), Dried Mint, Preservative (Potassium Sorbate), Black Pepper, Natural Flavouring.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	545kcal	2280kj	57.5g	4.6g	4.3g	4.3g	0.3g	1.5g	2.05g

* Received frozen.

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GLUTEN-FREE BOXES

Gluten-Free Salmon & Cream Cheese Box

GLUTEN-FREE PLAIN BAGEL*: Maize Starch, Water, Rice flour, **Soya** protein, Humectant (Glycerine), Fermented Rice Flour, Sunflower Oil, Sugar, Stabiliser (Xanthan Gum, Hydroxypropyl Methyl Cellulose), Psyllium Fibre, Roasted Corn Flour, Yeast, Salt, Dextrose, Sugar, Spirit Vinegar, Preservatives (Calcium Propionate, Lactic Acid), Yeast Extract. FULL FAT SOFT CHEESE: Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Modified Starch, Salt, Preservative: Potassium Sorbate, Culture. SALMON: Salmon (Salmo Salar) (**Fish**) (98%), Salt, Demerara Sugar.

Nutrition Facts	Per portion (162g)	Per 100g
Energy (Kcal)	395kcal	221kcal
Energy (Kj)	1500kj	926kj
Fat	17.9g	11.0g
of which Saturates	9.7g	5.9g
Carbohydrates	35.3g	21.7g
of which Sugars	5.5g	3.3g
Fibre	4.9g	3.0g
Protein	17.2g	10.6g
Salt	2.00g	1.23g

Gluten-Free Avo & Vegan Cream Cheese Box

GLUTEN-FREE PLAIN BAGEL*: Maize Starch, Water, Rice flour, **Soya** protein, Humectant (Glycerine), Fermented Rice Flour, Sunflower Oil, Sugar, Stabiliser (Xanthan Gum, Hydroxypropyl Methyl Cellulose), Psyllium Fibre, Roasted Corn Flour, Yeast, Salt, Dextrose, Sugar, Spirit Vinegar, Preservatives (Calcium Propionate, Lactic Acid), Yeast Extract. VEGAN CREAMY SPREAD: Water, Coconut Oil (24%), **Soya** Protein Concentrate (9%), Salt, Sugar Tricalcium Citrate, Acidity Regulator (Lactic Acid (Dairy Free)), Thickener (Carrageenan), Natural Flavours. AVOCADO*: Avocado Slices (99%), Salt, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid. LEMON JUICE: Lemon Juice from Concentrate 60%, Water, Acidity Regulator: Citric Acid, Preservative: Potassium **Metabisulphite**.

Nutrition Facts	Per portion (174g)	Per 100g
Energy (Kcal)	407kcal	233kcal
Energy (Kj)	1706kj	980kj
Fat	24.7g	14.1g
of which Saturates	13.9g	7.9g
Carbohydrates	36.2g	20.8g
of which Sugars	4.2g	2.4g
Fibre	5.8g	3.3g
Protein	7.1g	4.0g
Salt	1.40g	0.80g

Gluten-Free Avo & Hummus

GLUTEN-FREE PLAIN BAGEL*: Maize Starch, Water, Rice flour, **Soya** protein, Humectant (Glycerine), Fermented Rice Flour, Sunflower Oil, Sugar, Stabiliser (Xanthan Gum, Hydroxypropyl Methyl Cellulose), Psyllium Fibre, Roasted Corn Flour, Yeast, Salt, Dextrose, Sugar, Spirit Vinegar, Preservatives (Calcium Propionate, Lactic Acid), Yeast Extract. AVOCADO*: Avocado Slices (99%),

* Received frozen.

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Salt, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid. LEMON JUICE: Lemon Juice from Concentrate 60%, Water, Acidity Regulator: Citric Acid, Preservative: Potassium **Metabisulphite**. HUMMUS: Cooked Chickpeas (57%), Water, Rapeseed Oil, Tahini (**Sesame** Seeds), Modified Maize Starch, Salt, Acid: Citric Acid, Preservative: Potassium Sorbate, Garlic Powder, Spices, Preservative: E234

Nutrition Facts	Per portion (172g)	Per 100g
Energy (Kcal)	401kcal	233kcal
Energy (Kj)	1674kj	973kj
Fat	19.1g	11.1g
of which Saturates	3.0g	1.7g
Carbohydrates	44.0g	25.6g
of which Sugars	5.7g	3.3g
Fibre	8.3g	4.8g
Protein	7.9g	4.6g
Salt	1.40g	0.81g

* Received frozen.

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SOUPS

Leek and Potato Soup

Water, Leeks (18%), Potato (18%), Onion, Cornflour, Rapeseed Oil, Vegetable Stock (Vegetable Stock (Water, Onion, Carrot Extract, Tomato, Herbs, Garlic, Spice), Salt, Glucose Syrup, Maltodextrin, Yeast Extract, Sugar, Flavourings, Rapeseed Oil), Yeast Extract, Chives, Black Pepper.

Nutrition Facts	Per portion (380g)	Per 100g
Energy (Kcal)	148kcal	39kcal
Energy (Kj)	619kj	163kj
Fat	5.3g	1.4g
of which Saturates	0.4g	0.1g
Carbohydrates	20.5g	5.4g
of which Sugars	4.5g	1.2g
Fibre	3.4g	0.9g
Protein	3.4g	0.9g
Salt	1.55g	0.41g

Tomato and Basil Soup

Water, Tomatoes (20%), Tomato Puree, Whipping Cream (**Milk**), Onion, Cornflour, Vegetable Stock (Vegetable Stock (Water, Onion, Carrot Extract, Tomato, Herbs, Garlic, Spice), Salt, Glucose Syrup, Maltodextrin, Yeast Extracts, Sugar, Flavourings, Rapeseed Oil), Basil (0.8%), Spirit Vinegar, Sugar, Garlic Puree, Yeast Extract, Black Pepper.

Nutrition Facts	Per portion (380g)	Per 100g
Energy (Kcal)	205kcal	54kcal
Energy (Kj)	858kj	226kj
Fat	11.0g	2.9g
of which Saturates	6.4g	1.7g
Carbohydrates	20.1g	5.3g
of which Sugars	12.1g	3.2g
Fibre	3.8g	1.0g
Protein	4.5g	1.2g
Salt	1.67	0.44g

Chicken Thai Soup

Water, Red Pepper, Creamed Coconut (7%), Chicken With Added Water (6%) (Chicken Breast (80%), Water, Salt), Onion, Cornflour, Coriander, Chicken Fat, Garlic Puree, Ginger Puree, Lemon Grass, Chicken Stock (Chicken Stock (Water, Chicken Stock, Onion, Carrot Juice, Tomato, Herb Extract), Glucose Syrup, Flavourings, Salt, Yeast Extracts, Maltodextrin, Sugar, Rapeseed Oil), Tomato Puree, Sugar, Red Chilli, Yeast Extract, Black Pepper, Turmeric.

Nutrition Facts	Per portion (380g)	Per 100g
Energy (Kcal)	243kcal	64kcal
Energy (Kj)	1018kj	268kj
Fat	12.5g	3.3g
of which Saturates	10.6g	2.8g
Carbohydrates	20.9g	5.5g
of which Sugars	7.9g	2.1g

* Received frozen.

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Fibre	5.7g	1.5g
Protein	9.5g	2.5g
Salt	1.63g	0.43g

Carrot & Coriander Soup

Water, Carrot (38%), Onion (10%), Whipping Cream (**Milk**), Rapeseed Oil, Vegetable Stock (Vegetable Stock (Water, Onion, Carrot Extract, Tomato, Herbs, Garlic, Spice), Salt, Glucose Syrup, Maltodextrin, Yeast Extracts, Sugar, Flavourings, Rapeseed Oil), Cornflour, Coriander (0.4%), Sugar, Yeast Extract, Concentrated Orange Juice, White Pepper.

Nutrition Facts	Per portion (380g)	Per 100g
Energy (Kcal)	205kcal	54kcal
Energy (Kj)	859kj	226kj
Fat	11.0g	2.9g
of which Saturates	6.4g	1.7g
Carbohydrates	20.1g	5.3g
of which Sugars	12.1g	3.2g
Fibre	3.8g	1.0g
Protein	4.5g	1.2g
Salt	1,67g	0.44g

* Received frozen.

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GRAB & GO

Granola and Honey Pot

GREEK STYLE YOGHURT: Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Potassium Sorbate, Culture. HONEY: Blend of Non-EU Honeys. GRANOLA: Rolled **Oats** (54%), Sugar, Glucose Syrup, Raisins (10%), Sunflower Oil, Cereal Crisps (Rice Flour, **Wheat** Flour), Humectant: Glycerol, **Oat** Bran, Honey, Colour: Plain Caramel, Natural Raisin Flavouring, Anti-oxidant: Tocopherol.

Nutrition Facts	Per portion (260g)	Per 100g
Energy (Kcal)	577kcal	222kcal
Energy (Kj)	2428kj	934kj
Fat	19.8g	7.6g
of which Saturates	10.7g	4.1g
Carbohydrates	87.3g	33.6g
of which Sugars	67.6g	26.0g
Fibre	3.0g	1.2g
Protein	10.4g	4.0g
Salt	0.6g	0.2g

Berry Pot

GREEK STYLE YOGHURT: Cream (**Milk**), Skimmed **Milk**, **Milk** Solids, Potassium Sorbate, Culture. GRANOLA: Rolled **Oats** (54%), Sugar, Glucose Syrup, Raisins (10%), Sunflower Oil, Cereal Crisps (Rice Flour, **Wheat** Flour), Humectant: Glycerol, **Oat** Bran, Honey, Colour (Plain Caramel), Natural Raisin Flavouring, Antioxidant (Tocopherol). STRAWBERRIES. BLUEBERRIES.

Nutrition Facts	Per portion (225g)	Per 100g
Energy (Kcal)	388kcal	172kcal
Energy (Kj)	1623kj	721kj
Fat	19.7g	8.8g
of which Saturates	10.6g	4.7g
Carbohydrates	40.3g	17.9g
of which Sugars	20.9g	9.3g
Fibre	3.2g	1.4g
Protein	10.6g	4.7g
Salt	0.6g	0.3g

Chicken Caesar Salad

MIXED SALAD LEAF: Batavia 40% Frisee 30% Red Oakleaf 15% Lollo Rosso 10% Red Chard 5%. CHICKEN*: Chicken (98%), Salt. CAESAR DRESSING: Rapeseed Oil, Water, Caesar Dressing Premix (Water, Garlic Puree (Water, Dried Garlic, Acidity Regulator (Citric Acid)), Medium Fat Hard Cheese (**Milk**), Acidity Regulator (Acetic Acid), Lemon Juice Concentrate, Salt, Dried Garlic, Dried Onion, Stabiliser (Xanthan Gum)), Glucose-Fructose Syrup, Pasteurised **Egg** Yolk, Cracked Black Pepper, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Tamarind Concentrate. GRANA PADANO SHAVINGS: **Milk**, Salt, Rennet. Preservative: Lysozyme from **Egg**. CROUTONS: Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Niacin (B3), Iron, Thiamine (B1)), Rapeseed Oil, Sea salt, Sugar, Yeast.

* Received frozen.

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Nutrition Facts	Per portion (190g)	Per 100g
Energy (Kcal)	415kcal	218kcal
Energy (Kj)	1724kj	907kj
Fat	27.4g	14.4g
of which Saturates	5.4g	2.9g
Carbohydrates	15.8g	8.3g
of which Sugars	3.3g	1.8g
Fibre	2.0g	1.1g
Protein	24.9g	13.1g
Salt	1.7g	0.9g

Salmon and Avo Salad

MIXED SALAD LEAF: Batavia 40% Frisee 30% Red Oakleaf 15% Lollo Rosso 10% Red Chard 5%.
 AVOCADO*: Avocado Slices (99%), Salt, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid.
 SMOKED SALMON: Salmon (Salmo Salar) (**Fish**) (98%), Salt, Demerara Sugar. CAESAR DRESSING:
 CAESAR DRESSING: Rapeseed Oil, Water, Caesar Dressing Premix (Water, Garlic Puree (Water, Dried
 Garlic, Acidity Regulator (Citric Acid)), Medium Fat Hard Cheese (**Milk**), Acidity Regulator (Acetic
 Acid), Lemon Juice Concentrate, Salt, Dried Garlic, Dried Onion, Stabiliser (Xanthan Gum)), Glucose-
 Fructose Syrup, Pasteurised **Egg** Yolk, Cracked Black Pepper, Preservative (Potassium Sorbate),
 Stabiliser (Xanthan Gum), Tamarind Concentrate. MIXED SEEDS: Sunflower Seeds (51%), Pumpkin
 Seeds (20%), Hulled Hemp Seeds (6%), **Sesame** Seeds (6%), Rapeseeds (6%), Savoury Sauce (**Soya**
 Beans, Water, Sea Salt, Koji (*Aspergillus oryzae*)), Golden Linseeds (3%), Brown Linseeds (3%).

Nutrition Facts	Per portion (205g)	Per 100g
Energy (Kcal)	346kcal	169kcal
Energy (Kj)	1430kj	698kj
Fat	33.2g	16.2g
of which Saturates	5.7g	2.8g
Carbohydrates	5.3g	2.6g
of which Sugars	2.9g	1.4g
Fibre	1.7g	0.8g
Protein	13.3g	6.5g
Salt	1.8g	0.9g

* Received frozen.

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SWEETS

Belgian Chocolate Cake*

Chocolate Buttercream (23%) [Icing Sugar, Butter (**Milk**), Fat Reduced Cocoa Powder (9%), Water], Sugar, **Wheat** Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Pasteurised Free Range **Egg**, Rapeseed Oil, Water, Fat Reduced Cocoa Powder (3.6%), Skimmed **Milk** Powder, **Milk** Chocolate Flakes (0.8%) [Sugar, Cocoa Mass, Cocoa Butter, Whole **Milk** Powder, Skimmed **Milk** Powder, Emulsifier (**Soya** Lecithin), Natural Vanilla Flavouring], White Chocolate Flakes (0.8%) [Sugar, Whole **Milk** Powder, Cocoa Butter, Emulsifier (**Soya** Lecithin), Natural Vanilla Flavouring], Raising Agents (Bicarbonate of Soda, E450, E501).

Nutrition Facts	Per portion (120g)	Per 100g
Energy (Kcal)	523kcal	436kcal
Energy (Kj)	2188kj	1824kj
Fat	28.2g	23.5g
of which Saturates	12.2g	10.2g
Carbohydrates	60.1g	50.1g
of which Sugars	45.6g	38.0g
Fibre	3.3g	2.8g
Protein	6.3g	5.3g
Salt	0.63g	0.53g

Carrot Cake*

Brown Sugar, Gluten-Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono-Calcium Phosphate, Sodium Bicarbonate), Stabiliser (Xanthan Gum)), **Egg**, Rapeseed Oil, Reduced Fat Soft Cheese (Skimmed **Milk**, Cream (**Milk**), Maize Starch, Salt, Stabilisers (Xanthan Gum, Locust Bean Gum)), Icing Sugar, Carrot (6%), Pineapple, Shortening (Palm Oil, Rapeseed Oil), Salted Butter (Butter (**Milk**), Salt), Desiccated Coconut, **Hazelnuts**, Water, Humectant (Glycerol), Cinnamon, Mixed Spice, Raising Agent (Sodium Hydrogen Carbonate), Modified Maize Starch, Stabiliser (Xanthan Gum), Natural Flavouring, Colours (Curcumin, Annatto Norbixin).

Nutrition Facts	Per portion (120g)	Per 100g
Energy (Kcal)	488kcal	407kcal
Energy (Kj)	2044kj	1704kj
Fat	27.3g	22.8g
of which Saturates	6.0g	5.0g
Carbohydrates	55.2g	46.0g
of which Sugars	38.4g	32.0g
Fibre	1.4g	1.2g
Protein	4.7g	3.9g
Salt	0.63g	0.53g

Lemon Drizzle Cake*

Lemon Sponge (85%): **Wheat** Flour, Rapeseed Oil, Pasteurised Whole **Egg**, Sugar, Water, Humectant: Glycerol; Lemon Juice (2%), Baking Powder [Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; **Wheat** Flour], Emulsifier Blend [Water, Sugar, Emulsifiers: Polyglycerol Esters of Fatty Acids, Mono and Di-glycerides of Fatty Acids; Propylene Glycol, Stearic Acid, Acidity Regulator: Potassium Hydroxide], Whole **Milk** Powder, Natural Lemon Flavouring with Other Natural

* Received frozen.

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Flavouring. Lemon Soak (7%): Water, Lemon Juice (35%), Sugar. Lemon Drizzle (3%): Powdered Fondant [Sugar, Dried Glucose Syrup], Icing Sugar [Sugar, Potato Starch], Lemon Juice (7%), Water, Natural Lemon Flavouring with Other Natural Flavourings. Nibbed Sugar (3%).

Nutrition Facts	Per portion (75g)	Per 100g
Energy (Kcal)	314kcal	419kcal
Energy (Kj)	1313kj	1751kj
Fat	16.8g	22.4g
of which Saturates	1.8g	2.4g
Carbohydrates	36.5g	48.7g
of which Sugars	21.4g	28.6g
Fibre	0.4g	0.5g
Protein	3.9g	5.3g
Salt	0.42g	0.56g

Blueberry Muffin*

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, **Egg**, Sugar, Blueberries (9%), Blueberry Filling (7%) [Glucose Syrup, Sugar, Blueberry Puree, Blueberry Juice Concentrate, Water, Thickener (Pectins), Acidity Regulators (Citric Acid, Sodium Citrates, Calcium Citrates), Flavouring] Cornflour, **Wheat** Starch, Whey Powder (**Milk**), Raising Agents (Disodium Diphosphate, Potassium Bicarbonate), Flavouring.

Nutrition Facts	Per portion (105g)	Per 100g
Energy (Kcal)	390kcal	372kcal
Energy (Kj)	1633kj	1556kj
Fat	20.6g	19.6g
of which Saturates	1.7g	1.6g
Carbohydrates	45.4g	43.3g
of which Sugars	22.5g	21.5g
Fibre	1.7g	1.6g
Protein	5.0g	4.8g
Salt	0.32g	0.31g

Triple Chocolate Muffin*

Rapeseed Oil, **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), **Egg**, Sugar, Belgian Chocolate Sauce (7%) (Sugar, Water, Belgian Dark Chocolate (Cocoa Mass, Sugar, Fat Reduced Cocoa Powder, Emulsifier (**Soya** Lecithin), Humectant: Glycerine; Sweetend Condensed **Milk** (**Milk**, Sugar, Lactose (**Milk**)), Cream (**Milk**), Unsalted Butter (**Milk**), Cocoa Mass, Cornflour, Salt], Dark Chocolate Chunks (4%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**Soya** Lecithin), Flavouring], Fat Reduced Cocoa Powder, White Chocolate Chunks (3.5%) [Sugar, Whole **Milk** Powder, Cocoa Butter, Skimmed **Milk** Powder, Emulsifier (**Soya** Lecithin), Flavouring], **Milk** Chocolate Chunks (3.5%) (Sugar, Cocoa Butter, Cocoa Mass, Whole **Milk** Powder, Whey Powder (**Milk**), Emulsifier (**Soya** Lecithin)], Whey Powder (**Milk**), Cornflour, Raising Agents (Potassium Hydrogen Carbonate, Disodium Diphosphate), Emulsifier (Polyglycerol Esters of Fatty Acids).

Nutrition Facts	Per portion (105g)	Per 100g
Energy (Kcal)	473kcal	451kcal
Energy (Kj)	1981kj	1887kj
Fat	28.3g	27g

* Received frozen.

**Nutritional values refer to a bagel prepared with a plain bun.

For allergens, see ingredients in **bold**.

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of which Saturates	5.3g	5.1g
Carbohydrates	46.2g	44g
of which Sugars	28.3g	27g
Fibre	3.1g	3g
Protein	6.7g	6.4g
Salt	0.29g	0.28g

Vanilla Donut*

Wheat Flour; Water; Vegetable Fats: Palm, Coconut; Sugar; Vegetable Oils: Sunflower, Rapeseed, Palm; Cream (**Milk**); Skimmed **Milk** Powder; Modified Starch; Emulsifier: Mono- and Diglycerides of Fatty Acids, Lecithins, Sodium Stearoyl-2- Lactylate, Polyglycerol Polyricinoleate; Dextrose; **Rye** Flour; Yeast; Cocoa Mass; Whole **Milk** Powder; Salt; Sweet Whey (**Milk**) Powder; Fat Reduced Cocoa Powder; Glucose Syrup; Raising Agent: Diphosphates, Sodium carbonates; Stabiliser: Xanthan gum, Carrageenan, Diphosphates, Calcium sulphate; Flavouring (contains **Milk**); **Egg** Yolk Powder; Thickener: Sodium Alginate; Free Range **Egg** White Powder; Carrot Concentrate; Maltodextrin; Flour Treatment Agent: Ascorbic Acid; Extracted Vanilla Bean; Natural Vanilla Flavouring.

Nutrition Facts	Per portion (70g)	Per 100g
Energy (Kcal)	291kcal	416kcal
Energy (Kj)	1218kj	1741kj
Fat	17.8g	25.5g
of which Saturates	9.3g	13.3g
Carbohydrates	29.0g	41.5g
of which Sugars	12.4g	17.8g
Fibre	1.0g	1.5g
Protein	3.1g	4.5g
Salt	0.38g	0.55g

Cocoa Creme Donut*

Wheat Flour; Sugar; Vegetable Fats: Palm, Coconut Oil, (in varying proportions); Vegetable Oils: Rapeseed, Palm; Water; Fat Reduced Cocoa Powder; Yeast; Cocoa Mass; Emulsifier: Lecithins, Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2- Lactylate, Polyglycerol Polyricinoleate; **Rye** Flour; Dextrose; Skimmed **Milk** Powder; Glucose Syrup; Salt; Raising Agent: Sodium Carbonates, Diphosphates; Thickener: Xanthan Gum; Acidity Regulator: Potassium Carbonates; Flour Treatment Agent: Ascorbic Acid; Natural Flavouring; Natural Vanilla Flavouring (contains **Milk**).

Nutrition Facts	Per portion (70g)	Per 100g
Energy (Kcal)	348kcal	497kcal
Energy (Kj)	1455kj	2079kj
Fat	21.4g	30.7g
of which Saturates	11.2g	16.0g
Carbohydrates	33.6g	48.1g
of which Sugars	17.2g	24.6g
Fibre	2.3g	3.3g
Protein	3.6g	5.2g
Salt	0.32g	0.46g

Chocolate Brownie*

Brown Sugar; Unsalted Butter (**Milk**); Free Range Pasteurized **Egg**; Belgian Dark Chocolate (15%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin, Natural Vanilla Flavouring), **Wheat** Flour

* Received frozen.

**Nutritional values refer to a bagel prepared with a plain bun.

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(**Wheat** Flour; Calcium Carbonate; Iron; Niacin; Thiamin), Dark Chocolate (7%) (Sugar; Cocoa Mass; Cocoa Powder; Cocoa Butter; Emulsifier: **Soya** Lecithin, Natural Vanilla Flavour) Fat Reduced Cocoa Powder.

Nutrition Facts	Per portion (60g)	Per 100g
Energy (Kcal)	273kcal	455kcal
Energy (Kj)	1140kj	1900kj
Fat	14.4g	24.1g
of which Saturates	8.7g	14.5g
Carbohydrates	31.0g	51.7g
of which Sugars	24.0g	40g
Fibre	2.4g	4g
Protein	3.4g	5.7g
Salt	0.069g	0.115g

Caramel Shortbread*

Wheat Flour (**Wheat** Flour; Calcium Carbonate; Iron; Niacin; Thiamine); Caramel Filling (25%) (Sugar; Glucose Syrup, Palm Fat, Sweetened condensed **Milk** (**Milk**; Sugar); Rapeseed Oil, Salt, Emulsifier: **Soya** Lecithin, Flavouring, Colour: Curcumin, Annatto Bixin) Unsalted Butter (**Milk**) (18%), **Milk** Chocolate (18%) (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Emulsifier: **Soya** Lecithin, Natural Vanilla Flavouring, Sugar.

Nutrition Facts	Per portion (55g)	Per 100g
Energy (Kcal)	282kcal	514kcal
Energy (Kj)	1180kj	2147kj
Fat	15.4g	28.1g
of which Saturates	9.0g	16.5g
Carbohydrates	33.1g	60.2g
of which Sugars	18.2g	33.1g
Fibre	0.7g	1.4g
Protein	2.3g	4.2g
Salt	0.15g	0.29g

Fruity Oat Cookie

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rolled **Oats** (23%), Sugar, Raisins (15%), Butter (**Milk**), Rapeseed Oil, Invert Sugar Syrup, Raising Agents (Sodium Carbonates Potassium Carbonates), Salt, Flavouring.

Nutrition Facts	Per portion (60g)	Per 100g
Energy (Kcal)	281Kcal	468kcal
Energy (Kj)	1176kj	1960kj
Fat	12.8g	21.3g
of which Saturates	4.3g	7.1g
Carbohydrates	37.0g	61.7g
of which Sugars	19.0g	31.6g
Fibre	2.1g	3.5g
Protein	3.4g	5.7g
Salt	0.41g	0.75g

* Received frozen.

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Triple Chocolate Cookie

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Rapeseed Oil, Rolled **Oats**, Invert Sugar Syrup, Milk Chocolate Chunks (8%)(Sugar, Whole **Milk** Powder, Cocoa Butter, Cocoa Mass, Emulsifier (**Soya** Lecithin), Natural Vanilla Flavouring), White Chocolate Chunks (8%)(Sugar, Whole **Milk** Powder, Cocoa Butter, Skimmed **Milk** Powder, Emulsifier (**Soya** Lecithin), Natural Vanilla Flavouring), Butter (**Milk**), Fat Reduced Cocoa Powder, Raising Agents (Sodium Carbonates, Potassium Carbonates), Salt, Colour (Ammonia Caramel), Natural Flavouring.

Nutrition Facts	Per portion (60g)	Per 100g
Energy (Kcal)	265kcal	441kcal
Energy (Kj)	1109kj	1848kj
Fat	12.0g	20g
of which Saturates	2.6g	4.3g
Carbohydrates	35.0g	59g
of which Sugars	16.0g	27g
Fibre	1.6g	2.6g
Protein	3.4g	5.7g
Salt	0.47g	0.79g

* Received frozen.

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HOT DRINKS

Espresso

Water, Arabica Coffee Beans.

Nutrition Facts	Per serving	Per 100g
Energy (Kcal)	0.3kj	2kj
Energy (Kj)	0.1kcal	1kcal
Fat	0g	0g
of which Saturates	0g	0g
Carbohydrates	0g	0g
of which Sugars	0g	0g
Fibre	0g	0g
Protein	0g	0g
Salt	0.006g	0.04g

Black Americano

Water, Arabica Coffee Beans.

Nutrition Facts	Per serving	Per 100g
Energy (Kcal)	0.3kj	2kj
Energy (Kj)	0.1kcal	1kcal
Fat	0g	0g
of which Saturates	0g	0g
Carbohydrates	0g	0g
of which Sugars	0g	0g
Fibre	0g	0g
Protein	0g	0g
Salt	0.006g	0.04g

Latte

Semi-Skimmed **Milk**, Water, Arabica Coffee beans.

Nutrition Facts	Regular (12oz)	Large (16oz)
Energy (Kcal)	98kcal	138kcal
Energy (Kj)	411kj	579kj
Fat	3.1g	4.5g
of which Saturates	1.9g	2.7g
Carbohydrates	9.8g	13.8g
of which Sugars	9.8g	13.8g
Fibre	0	0g
Protein	8.1g	10.5g
Salt	0.23g	0.33g

Chai Latte

Semi-Skimmed **Milk**, Chai Powder (Sugar, Maltodextrin, Potato Starch, Caramelised Sugar, Dried Glucose Syrup, Black Tea Extract (2%), Natural Flavourings, Thickener: Cellulose Gum, Spices, Cinnamon (0.6%))

Nutrition Facts	Regular (12oz)	Large (16oz)
Energy (Kcal)	233kcal	321kcal
Energy (Kj)	976kj	1348kj
Fat	5.1g	6.7g

* Received frozen.

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of which Saturates	3.0g	4.0g
Carbohydrates	34.5g	49.0g
of which Sugars	25.2g	34.4g
Fibre	0g	0g
Protein	12g	15.8g
Salt	0.56g	0.78g

Cappuccino

Semi-Skimmed **Milk**, Water, Arabica Coffee beans.

Nutrition Facts	Regular (12oz)	Large (16oz)
Energy (Kcal)	233kcal	321kcal
Energy (Kj)	976kj	1348kj
Fat	5.1g	6.7g
of which Saturates	3.0g	4.0g
Carbohydrates	34.5g	49.0g
of which Sugars	25.2g	34.4g
Fibre	0g	0g
Protein	12g	15.8g
Salt	0.56g	0.78g

Flat White

Semi-Skimmed **Milk**, Water, Arabica Coffee beans.

Nutrition Facts	Per serving (8oz)	100mL
Energy (Kcal)	328kj	193kj
Energy (Kj)	78kcal	46kcal
Fat	2.5g	1.5g
of which Saturates	1.5g	0.9g
Carbohydrates	7.8g	4.6g
of which Sugars	7.8g	4.6g
Fibre	0g	0g
Protein	5.9g	3.5g
Salt	0.19g	0.11g

Mocha

Semi-Skimmed **Milk**, Chocolate Powder (Sugar, Fat Reduced Cocoa (Cocoa Solids (25%) Minimum, Cocoa Butter (2.5%)), Anti-Caking Agent (Silicon Dioxide), Water, Arabica Coffee beans.

Nutrition Facts	Regular (12oz)	Large (16oz)
Energy (Kcal)	163kcal	219kcal
Energy (Kj)	821kj	920kj
Fat	4.8g	5.0g
of which Saturates	2.6g	3.0g
Carbohydrates	28.2g	30.5g
of which Sugars	27.7g	30.0g
Fibre	1.7g	1.7g
Protein	9.9g	11.7g
Salt	0.28g	0.34g

Hot Chocolate

Semi-Skimmed **Milk**, Chocolate Powder (Sugar, Fat Reduced Cocoa (Cocoa Solids (25%) Minimum, Cocoa Butter (2.5%)), Anti-Caking Agent (Silicon Dioxide).

* Received frozen.

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Nutrition Facts	Regular (12oz)	Large (16oz)
Energy (Kcal)	163kcal	219kcal
Energy (Kj)	821kj	920kj
Fat	4.8g	5.0g
of which Saturates	2.6g	3.0g
Carbohydrates	28.2g	30.5g
of which Sugars	27.7g	30.0g
Fibre	1.7g	1.7g
Protein	9.9g	11.7g
Salt	0.28g	0.34g

Breakfast Tea

Water, Black Tea (100%)

Nutrition Facts	Regular (12oz)	Large (16oz)
Energy (Kcal)	0.9kcal	0.9kcal
Energy (Kj)	4kj	4kj
Fat	0g	0g
of which Saturates	0g	0g
Carbohydrates	0.1g	0.1g
of which Sugars	0g	0g
Fibre	0g	0g
Protein	0.1g	0.1g
Salt	0.003g	0.003g

Earl Grey Tea

Water, Black Tea, Bergamot flavouring (4%), Natural Lemon Flavouring with Other Natural Flavourings (1%).

Nutrition Facts	Regular (12oz)	Large (16oz)
Energy (Kcal)	1kcal	1kcal
Energy (Kj)	4kj	4kj
Fat	0g	0g
of which Saturates	0g	0g
Carbohydrates	0g	0g
of which Sugars	0g	0g
Fibre	0g	0g
Protein	0g	0g
Salt	0g	0g

Green Tea

Water, Green Tea (100%).

Nutrition Facts	Regular (12oz)	Large (16oz)
Energy (Kcal)	1kcal	1kcal
Energy (Kj)	4kj	4kj
Fat	0g	0g
of which Saturates	0g	0g
Carbohydrates	0g	0g
of which Sugars	0g	0g
Fibre	0g	0g
Protein	0g	0g
Salt	0g	0g

* Received frozen.

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Peppermint Infusion

Water, Peppermint (100%)

Nutrition Facts	Regular (12oz)	Large (16oz)
Energy (Kcal)	2kcal	2kcal
Energy (Kj)	8kj	8kj
Fat	0g	0g
of which Saturates	0g	0g
Carbohydrates	0g	0g
of which Sugars	0g	0g
Fibre	0g	0g
Protein	0g	0g
Salt	0g	0g

Camomile Infusion

Water, 100% Pure Camomile Flowers.

Nutrition Facts	Regular (12oz)	Large (16oz)
Energy (Kcal)	2kcal	2kcal
Energy (Kj)	8kj	8kj
Fat	0g	0g
of which Saturates	0g	0g
Carbohydrates	0g	0g
of which Sugars	0g	0g
Fibre	0g	0g
Protein	0g	0g
Salt	0g	0g

Cranberry & Raspberry Infusion

Water, Hibiscus, Rosehips, Apple Pieces, Elderflowers (8%), Natural Flavouring, Liquorice Root, Natural Raspberry Flavouring with Other Natural Flavourings (4%).

Nutrition Facts	Regular (12oz)	Large (16oz)
Energy (Kcal)	2kcal	2kcal
Energy (Kj)	8kj	8kj
Fat	0g	0g
of which Saturates	0g	0g
Carbohydrates	0g	0g
of which Sugars	0g	0g
Fibre	0g	0g
Protein	0g	0g
Salt	0g	0g

Lemon & Ginger Infusion

Water, Ginger Root (37%), Natural Lemon Flavouring with Other Natural Flavourings (25%), Lemon Grass, Blackberry Leaves, Lemon Peel, Sweet Fennel, Natural Ginger Flavouring with other Natural Flavourings (3.5%).

Nutrition Facts	Regular (12oz)	Large (16oz)
Energy (Kcal)	2kcal	2kcal
Energy (Kj)	8kj	8kj
Fat	0g	0g
of which Saturates	0g	0g
Carbohydrates	0g	0g

* Received frozen.

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of which Sugars	0g	0g
Fibre	0g	0g
Protein	0g	0g

* Received frozen.

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SMOOTHIES and FRAPPÉ

Berries Smoothies

APPLE JUICE: Water, Apple Juice from Concentrate (25%), Sugar, Acidity Regulator-Citric Acid, Flavouring, Antioxidant - Ascorbic Acid, Sweetener- Sucralose. ORANGE JUICE: Water, Orange Juice from Concentrate (25% Sugar, Acidity Regulator-Citric Acid, Flavourings, Antioxidant - Ascorbic Acid, Sweetener- Sucralose, Colour - Beta Carotene SMOOTHIE MIXED FRUIT*: Strawberry, Raspberry, Blackberry.

Nutrition Facts	Per portion (440g)	Per 100g
Energy (Kcal)	113kcal	25kcal
Energy (Kj)	474kj	108kj
Fat	1.1g	0.2g
of which Saturates	0.1g	0g
Carbohydrates	21.8g	5.0g
of which Sugars	21.3g	4.8g
Fibre	7.9g	1.8g
Protein	2.8g	0.6g
Salt	0g	0g

Green Smoothie

APPLE JUICE: Water, Apple Juice from Concentrate (25%), Sugar, Acidity Regulator-Citric Acid, Flavouring, Antioxidant - Ascorbic Acid, Sweetener- Sucralose. ORANGE JUICE: Water, Orange Juice from Concentrate (25% Sugar, Acidity Regulator-Citric Acid, Flavourings, Antioxidant - Ascorbic Acid, Sweetener- Sucralose, Colour - Beta Carotene SMOOTHIE MIX*: Kale, Spinach, Mango.

Nutrition Facts	Per portion (440g)	Per 100g
Energy (Kcal)	119kcal	27kcal
Energy (Kj)	498kj	113kj
Fat	1.2g	0.3g
of which Saturates	0.2g	0.1g
Carbohydrates	23.9g	5.4g
of which Sugars	23.0g	5.2g
Fibre	3.2g	0.7g
Protein	26.3g	6.0g
Salt	0.1g	0g

Tropical Smoothie

APPLE JUICE: Water, Apple Juice from Concentrate (25%), Sugar, Acidity Regulator-Citric Acid, Flavouring, Antioxidant - Ascorbic Acid, Sweetener- Sucralose. ORANGE JUICE: Water, Orange Juice from Concentrate (25% Sugar, Acidity Regulator-Citric Acid, Flavourings, Antioxidant - Ascorbic Acid, Sweetener- Sucralose, Colour - Beta Carotene SMOOTHIE MIXED FRUIT*: Pineapple, Mango, Seedless Passion Fruit.

Nutrition Facts	Per portion (440g)	Per 100g
Energy (Kcal)	134kcal	30kcal
Energy (Kj)	563kj	128kj
Fat	0.8g	0.2g
of which Saturates	0.1g	0g

* Received frozen.

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Carbohydrates	30.6g	7.0g
of which Sugars	29.8g	6.8g
Fibre	3.2g	0.7g
Protein	2.8g	0.6g
Salt	0g	0g

Chocolate Shake

Semi-Skimmed **Milk**, Cocoa Milkshake Powder* (Frappe Pellets (**Milk**), Chocolate Pellets (**Soya**), Sugar Cubes).

Nutrition Facts	Per portion (355g)	Per 100g
Energy (Kcal)	326kcal	92kcal
Energy (Kj)	1365kj	385kj
Fat	13.5g	3.8g
of which Saturates	8.5g	2.4g
Carbohydrates	38.8g	10.9g
of which Sugars	37.4g	10.5g
Fibre	0.2g	0g
Protein	10.9g	3.1g
Salt	0.2g	0.1g

Vanilla Shake

Semi-Skimmed **Milk**, Ice Cubes, Frappe Powder (Sugar, Whey Powder (**Milk**), Coconut Oil, Maltodextrin, Flavouring, **Milk** Proteins, Thickener: Guar Gum), Vanilla Syrup (Sugar Solution (51%), Water, Invert Sugar Syrup (20%), Natural Flavourings, Preservative: Potassium Sorbate, Acidity Regulator: Citric Acid, Colour: Plain Caramel).

Nutrition Facts	Per portion (405g)	Per 100g
Energy (Kcal)	231kcal	94kcal
Energy (Kj)	971kj	396kj
Fat	5.1g	2.1g
of which Saturates	3.7g	1.5g
Carbohydrates	38.6g	15.8g
of which Sugars	38.4g	15.7g
Fibre	0.6g	0.3g
Protein	7.2g	2.9g
Salt	0.2g	0.1g

Frappe Latte

Semi-Skimmed **Milk**, Ice Cubes, Frappe Powder (Sugar, Whey Powder (**Milk**), Coconut Oil, Maltodextrin, Flavouring, **Milk** Proteins, Thickener: Guar Gum), Espresso Coffee (Water, Arabica Coffee Beans).

Nutrition Facts	Per portion (335g)	Per 100g
Energy (Kcal)	127kcal	38kcal
Energy (Kj)	535kj	160kj
Fat	4.1g	1.2g
of which Saturates	3.1g	0.9g
Carbohydrates	17.4g	5.2g
of which Sugars	17.2g	5.1g

* Received frozen.

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Fibre	0.6g	0.2g
Protein	4.7g	1.4g
Salt	0.1g	0.0g

Frappe Caramel

Semi-Skimmed **Milk**, Ice Cubes, Frappe Powder (Sugar, Whey Powder (**Milk**), Coconut Oil, Maltodextrin, Flavouring, **Milk** Proteins, Thickener: Guar Gum), Caramel Syrup (Sugar Solution (56%), Water, Invert Sugar Syrup (15%), Natural Flavourings, Colour: Plain Caramel, Preservative: Potassium Sorbate, Acidity Regulator: Citric Acid), Espresso Coffee (Water, Arabica Coffee Beans).

Nutrition Facts	Per portion (365g)	Per 100g
Energy (Kcal)	199kcal	55kcal
Energy (Kj)	836kj	229kj
Fat	4.1g	1.1g
of which Saturates	3.1g	0.8g
Carbohydrates	35.4g	9.7g
of which Sugars	35.2g	9.6g
Fibre	0.6g	0.2g
Protein	4.7g	1.3g
Salt	0.1g	0g

Frappe Mocha

Semi-Skimmed **Milk**, Ice Cubes, Frappe Powder (Sugar, Whey Powder (**Milk**), Coconut Oil, Maltodextrin, Flavouring, **Milk** Proteins, Thickener: Guar Gum), Chocolate Powder (Sugar, Fat Reduced Cocoa (Cocoa Solids (25%) Minimum, Cocoa Butter (2.5%)), Anti-Caking Agent (Silicon Dioxide). Espresso Coffee (Water, Arabica Coffee Beans).

Nutrition Facts	Per portion (355g)	Per 100g
Energy (Kcal)	201kcal	56kcal
Energy (Kj)	845kj	238kj
Fat	4.6g	1.3g
of which Saturates	3.4g	1.0g
Carbohydrates	32.6g	9.2g
of which Sugars	31.9g	9.0g
Fibre	2.2g	0.6g
Protein	5.8g	1.6g
Salt	0.2g	0g

Iced Coffee Latte

Ice Cubes, Semi-Skimmed **Milk**, Water, Arabica Coffee beans.

Nutrition Facts	Per portion (375g)	Per 100g
Energy (Kcal)	60kcal	46kcal
Energy (Kj)	251kj	193kj
Fat	1.9g	1.5g
of which Saturates	1.2g	0.9g
Carbohydrates	6.0g	4.6g
of which Sugars	6.0g	4.6g
Fibre	0g	0g
Protein	4.5g	3.5g
Salt	0.14g	0.11g

* Received frozen.

**Nutritional values refer to a bagel prepared with a plain bun.

For allergens, see ingredients in **bold**.

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Ice Coffee Americano

Ice Cubes, Water, Arabica Coffee beans.

Nutrition Facts	Per portion (460g)	Per 100g
Energy (Kcal)	2kj	2kj
Energy (Kj)	1kcal	1kcal
Fat	0g	0g
of which Saturates	0g	0g
Carbohydrates	0g	0g
of which Sugars	0g	0g
Fibre	0g	0g
Protein	0g	0g
Salt	0.04g	0.04g

* Received frozen.

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EXTRAS FOR COFFEE

UHT Aerosol Cream

Cream (95%) (from **Milk**), Sugar (4%), Emulsifier (Mono- and diglycerides of fatty acids), Stabiliser (Carrageenan), Propellant Gas (Nitrous Oxide).

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	336kcal	1406kj	33.0g	23.0g	6.8g	6.8g	0g	2.1g	0.003g

Chocolate Drizzle Dessert Sauce

Glucose Syrup, Water, Sugar, Dextrose, Humectant (Glycerine), Fat Reduced Cocoa Powder, Belgian Dark Chocolate (3.5%) (Cocoa Mass, Sugar, Dextrose, Emulsifier: **Soya** Lecithin), Modified Starch, Emulsifier (**Soya** Lecithin), Natural Flavouring.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g/ml	283kcal	1199kj	1.5g	0.9g	65g	46g	1.4g	1g	0.01g

Coffee Syrup -Caramel

Sugar Solution (56%), Water, Invert Sugar Syrup (15%), Natural Flavourings, Colour: Plain Caramel, Preservative: Potassium Sorbate, Acidity Regulator: Citric Acid.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g/ml	240kcal	1004kj	0g	0g	60.0g	60.0g	0g	0g	0g

Coffee Syrup – Ginger Bread

Sugar, Water, Natural Flavour, Acidifying Agent: Citric Acid, Natural Cinnamon Flavour with other Natural Flavour, Colouring Agent: E150a.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100 g/ml	33 kcal	1410kj	0g	0g	83.7g	83.5g	0g	0g	0.03g

Coffee Syrup – Hazelnut

Sugar Solution (56%), Water, Invert Sugar Syrup (15%), Natural Flavourings, Colour: Plain Caramel, Preservative: Potassium Sorbate, Acidity Regulator: Citric Acid.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt

* Received frozen.

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100g/ml	240kcal	1004kJ	0g	0g	60.0g	60.0g	0g	0g	0g
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Coffee Syrup – Vanilla

Sugar Solution (51%), Water, Invert Sugar Syrup (20%), Natural Flavourings, Preservative: Potassium Sorbate, Acidity Regulator: Citric Acid, Colour: Plain Caramel.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g/ml	240kcal	1004kJ	0g	0g	60.0g	60.0g	0g	0g	0g

Marshmallow

Glucose Syrup, Sugar, Water, Maize Starch, Beef Gelatine, Flavourings, Beetroot Juice Concentrate.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	322kcal	1347kJ	0g	0g	77.6g	61.9g	0g	2.9g	0.075g

Full Fat Milk

Cow's **Milk**.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100 g/ml	65.0kcal	272kJ	3.6g	2.3g	4.7g	4.7g	0g	3.4g	0.1g

Semi-Skimmed Milk

Cow's **Milk**.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g/ml	46kcal	193kJ	1.5g	0.9g	4.6g	4.6g	0g	3.5g	0.11g

Toffee and Devon Cream Drizzle

Glucose Syrup, Water, Sugar, Humectant (Glycerol), Sweetened Condensed **Milk** (**Milk**, Sugar), Dextrose, Modified Starch, Butter (**Milk**), Salt, Devonshire Clotted Cream (0.5%) (**Milk**), Colour (Plain Caramel), Natural Flavourings, Emulsifier (E435)

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g/ml	289kcal	1226 kJ	2.5g	1.6g	66g	44g	0g	0.77g	0.62g

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