



BAKERY INFORMATION NFL



6640 White Bloomer

Ingredients

Fortified **Wheat** Flour, Water, Yeast, Salt, Bloomer Improver, Calcium Sulphate, Rapeseed Oil, **Soy** Flour, Palm Oil, Enzymes, Ascorbic Acid.

Nutritional Information

Typical Values per 100g

Energy	259kcal/1102 kJ
Fat	1.3g
Of which saturates	0.3g
Carbohydrate	56.3g
Of which sugars	1.1g
Fibre	2.6g
Protein	9.1g
Salt	nil

Allergens

For Allergens including cereals contains gluten, see highlighted in **bold**. May contain traces of Egg and Milk.

Useful Information

Suitable for vegetarians.



6622 Tiger Loaf

Ingredients

Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Dried **Wheat** Protein, Flour Treatment Agents: Ascorbic Acid, L-Cysteine; Vegetable Fats and Oils (Rapeseed Oil, Palm Oil), **Barley** Malt Extract, Stabiliser: Diphosphates.

Nutritional Information

Typical Values per 100g

Energy	262kcal/1110kJ
Fat	3.1g
Of which saturates	0.56g
Carbohydrate	47.9g
Of which sugars	3.5g
Fibre	2.2g
Protein	9.5g
Salt	0.8g

Allergens

For allergens including cereals contains gluten, see ingredients in **bold**.

Useful Information

Suitable for vegetarians



106061 Rye Loaf

Ingredients

Flour (**Wheat, Rye**), Sourdough (Water, **Rye** Wholegrain Flour, **Rye** Flour), Water, Salt, Yeast

Nutritional Information

Typical Values per 100g

Energy	224kcal/948kJ
Fat	1.6g
Of which saturates	0.8g
Carbohydrate	42.0g
Of which sugars	2.1g
Fibre	6.5g
Protein	7.2g
Salt	1.5

Allergens

For allergens including cereals contains gluten, see ingredients in **bold**. May contain traces of Sesame.

Useful Information

Suitable for vegetarians. Suitable for vegans. No alcohol derivatives.

**5300877 Low GI Bread****Ingredients**

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Seeds (Sunflower Seeds (8%), Linseed (4%) Pumpkin Seeds 2%), **Wheat** Gluten, **Rye** Flour, Yeast, **Oats**, **Wheat** Bran, Sugar, Burnt Sugar, Salt, Emulsifiers (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, **Soya** Lecithin), **Wheat** Malt Flour, Whey Powder (From **Milk**), Dextrose, Flour Treatment Agent (Ascorbic Acid), Raising Agent (Disodium Diphosphate).

Nutritional Information

Typical Values per 100g

Energy	1206kcal/287kJ
Fat	8.5g
Of which saturates	1.03g
Carbohydrate	36g
Of which sugars	3.8g
Fibre	6.9g
Protein	13.2g
Salt	0.9g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May also contain traces of Egg.

Useful Information

Suitable for vegetarians.



92779 Champion Multiseed Loaf

Ingredients

Wheat Flour, **Rye** Sourdough (**Rye** Flour, Water), Water, **Rye** Flour, Sunflower Seeds, 3% Linseed, 1% Poppy Seed, 1% **Sesame**, Salt, Yeast, **Wheat Gluten**, Rapeseed Oil, **Barley** Malt Extract.

Nutritional Information

Typical Values per 100g

Energy	268kcal/1128kJ/
Fat	6,7 g
Of which saturates	0.8g
Carbohydrate	40,0g
Of which sugars	1,6 g
Fibre	5,3 g
Protein	9,3 g
Salt	1,49 g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of Soya.

Useful Information

Suitable for vegetarians. Suitable for vegans. No alcohol derivatives.



6742 French Baguette

Ingredients

Wheat Flour, Water, Yeast, Salt, Flour Treatment Agent: (Ascorbic Acid).

Nutritional Information

Typical Values per 100g

Energy	247kcal/1047kJ
Fat	1.0g
Of which saturates	0.12g
Carbohydrate	54.6g
Of which sugars	2.8g
Fibre	3.3g
Protein	6.89g
Salt	1.16g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of Nuts and Sesame.

Useful Information

Suitable for vegetarians. Suitable for vegans.



92781 White Split Roll

Ingredients

Wheat Flour, Water, Sourdough (**Wheat** Flour, Water, **Rye** Flour), Yeast, Salt, Dextrose, **Wheat** Malt Flour

Nutritional Information

Typical Values per 100g

Energy	258kcal/1094kJ
Fat	1.0g
Of which saturates	0.3 g
Carbohydrate	52.4 g
Of which sugars	3.2 g
Fibre	2.7 g
Protein	8.5 g
Salt	1.62 g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of Sesame.

Useful Information

Suitable for vegetarians. Suitable for vegans. No alcohol derivatives.



5201750 Sandwich Baguette

Ingredients

Wheat Flour, Water, Yeast, Salt, **Wheat** Gluten, Dextrose, Flour Treatment Agent: (Ascorbic Acid), Malted **Barley** Flour.

Nutritional Information

Typical Values per 100g

Energy	262kcal/1110kJ
Fat	1.4g
Of which saturates	0.32g
Carbohydrate	52.7g
Of which sugars	5.4g
Fibre	2.2g
Protein	8.6g
Salt	1.21g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients.

Useful Information

Suitable for vegetarians. Suitable for vegans.



7003 Round Crusty Roll

Ingredients

Fortified **Wheat** Flour, Water, High Activity Yeast, Salt, Starter Dough, Dough Improver, Rapeseed Oil

Nutritional Information

Typical Values per 100g

Energy	256kcal/1084kJ
Fat	1.2g
Of which saturates	0.3g
Carbohydrate	50.6g
Of which sugars	1.5g
Fibre	3.7g
Protein	8.9g
Salt	0.96g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients.

Useful Information

Suitable for vegetarians.



1950 Panini

Ingredients

Fortified **Wheat** Flour (**Wheat** flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil, Sunflower Oil), Sugar, Skimmed **Milk** Powder, Salt, Yeast, Extra Virgin Olive Oil, Emulsifier: mono-glycerides of fatty acids, Malted **Wheat** Flour, Flour treatment Agent: Ascorbic Acid.

Nutritional Information

Typical Values per 100g

Energy	260kcal/1121kJ
Fat	4.5 g
Of which saturates	1.35 g
Carbohydrate	49.9g
Of which sugars	2.7g
Fibre	4.3g
Protein	8.46g
Salt	1.0g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients.

Useful Information

Suitable for vegetarians. No alcohol derivatives.



51816 Cheese Topped Roll

Ingredients

Wheat Flour, Gouda Cheese 18.5% (Pasteurised **Milk**, Salt, Colour: Carotin, Cheese Cultures, Enzymes), Water, Salt, Yeast, Inverted Sugar Syrup, Thickening Agent, Guar Gum, **Wheat** Malt Flour, Emulsifier: mono-and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids.

Nutritional Information

Typical Values per 100g

Energy	305kcal/1285kJ
Fat	7.5g
Of which saturates	5.0g
Carbohydrate	44.0g
Of which sugars	3.6g
Fibre	4.8g
Protein	13.0g
Salt	1.55g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of Sesame.

Useful Information

Suitable for vegetarians. No alcohol derivatives.



5201297 Stone Baked White Roll

Ingredients

Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rice Flour, Salt, Yeast, Rapeseed Oil, Flour Treatment Agent (Ascorbic Acid)

Nutritional Information

Typical Values per 100g

Energy	251kcal/1066kJ
Fat	1.1g
Of which saturates	0.2g
Carbohydrate	54.3g
Of which sugars	1.0g
Fibre	2.6g
Protein	7.8g
Salt	0.9g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May Contain traces of Milk, Sesame & Nuts

Useful Information

Suitable for vegetarians. No alcohol derivatives.

**124342 High Protein Roll****Ingredients**

Water, 17 % Linseed, **Wheat** Protein, **Soy** Flour, Whole **Wheat** Flour , 4 % **Sesame**, **Soybean** Meal, 3 % Sunflower seeds, **Wheat Bran**, Yeast , **Oat** Fiber, Salt, Coloring
Spice Extracts (Curcuma), Thickener: Guar Gum.

Nutritional Information

Typical Values per 100g

Energy	289kcal/1203kJ
Fat	13.8g
Of which saturates	1.8g
Carbohydrate	9.8g
Of which sugars	1.2g
Fibre	12.3g
Protein	25.0g
Salt	1.03g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of Milk, Egg, Shell Fruits and Celery.

Useful Information

Suitable for vegetarians. No alcohol derivatives.



79358 High Protein Roll

Ingredients

Water, 17 % Linseed, **Wheat** Protein , **Soy** Flour, Whole **Wheat** Flour, 4 % **Sesame**, **Soybean** Meal, 3 % Sunflower Seeds, **Wheat Bran**, Yeast, **Oat** Fiber, Salt, Coloring Spice Extracts (Curcuma), Thickener: Guar Gum.

Nutritional Information

Typical Values per 100g

Energy	292kcal/1216kJ
Fat	14.1g
Of which saturates	1.8g
Carbohydrate	9.8g
Of which sugars	1.2g
Fibre	12.4g
Protein	25.2g
Salt	1.03g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of Milk, Egg, Shell Fruits, Celery

Useful Information

Suitable for vegetarians.



5851 Vanilla Crown

Ingredients

Water, **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), (Palm and Rapeseed Oil, Water, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; Natural Flavouring, Vitamin A), Custard Powder (Sugar, Modified Potato Starch, **Whey** Powder (**Milk**), Skimmed **Milk** Powder, Coconut Fat Powder, Glucose Syrup, Stabilisers (Calcium Alginate, Diphosphates) Natural Flavourings, Salt, **Milk** Protein, Colour: Carotenes), Sugar, Yeast, Glaze (Water, Glazing Agent (Isomalt), Sugar, Gelling Agent (Agar), Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid)], **Egg** Yolk, **Hazelnuts** (1.5%), Stabiliser (Pectin), Dextrose, Emulsifier (Mono- and Di-acetyl tartaric acid esters of mono- and diglycerides of fatty acids), **Almond** Powder, Anticaking Agent (Calcium Carbonate), Natural Flavouring, Flour Treatment Agent (Ascorbic Acid).

Nutritional Information

Typical Values per 100g

Energy	360kcal/1503kJ
Fat	21.9g
Of which saturates	9.0g
Carbohydrate	35.0g
Of which sugars	10.2g
Fibre	1.4g
Protein	5.1g
Salt	0.33g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain other nuts.

Useful Information

Suitable for vegetarians. No alcohol derivatives.



65260 Apple Turnover

Ingredients

Apples, Fortified **Wheat** Flour (**Wheat**, Minerals (Calcium, Iron), Vitamins (Vitamin B1, Vitamin B3), Butter (**Milk**) 19%; Water, Sugar, Glucose Syrup, Gelling Agent (E1442, E440), Salt, Acidity Regulator (E330, E333, E339), Rapeseed Oil, Tapioca Starch, Emulsifier (E322, E471), Antioxidant (E300), Dextrose, Preservative (E202), Vegetable Protein Extract, **Milk** Proteins, Colour (E160a)

Nutritional Information

Typical Values per 100g

Energy	373kcal/1558kJ
Fat	22.4g
Of which saturates	14.9g
Carbohydrate	37.2g
Of which sugars	9.3g
Fibre	1.2g
Protein	5.0g
Salt	0.61g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain Nuts, Soya and Egg.

Useful Information

Suitable for vegetarians. No alcohol derivatives.

**5201432 Pain au Chocolat****Ingredients**

Wheat Flour, Butter (**Milk**) 20.5%, Water, Chocolate (Cocoa Solids: 44.2 % minimum) 15% (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (E322 (Soya Lecithin))), Yeast, Sugar, **Wheat** Gluten, Salt, Pasteurised **Egg**, Dried Yeast, Flour Treatment Agent (E300).

Nutritional Information

Typical Values per 100g

Energy	424kcal/1770kJ
Fat	23.27g
Of which saturates	15.20g
Carbohydrate	44.13g
Of which sugars	10.03g
Fibre	2.27g
Protein	8.27g
Salt	0.91g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain Nuts and Sesame.

Useful Information

Suitable for vegetarians. No alcohol derivatives.



5201481 Sweet Belgian Bun

Ingredients

Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate Iron, Niacin (B3), Thiamin (B1)), Icing Sugar (Sugar, Dried Glucose Syrup), Water, Sultanas (9.7%), Fortified Pastry Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Citric Acid, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Vitamin A), Vegetable Margarine (Rapeseed Oil, Palm Stearin, Water, Palm Oil, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavourings, Colours (Annatto, Curcumin)), Granulated Sugar, Glace Cherries (2.2%) (Cherries, Glucose-Fructose Syrup, Sugar, Fruit and Vegetable Concentrates (Radish, Carrot, Blackcurrant), Colour (Anthocyanins), Acidity Regulator (Citric Acid), Preservative (**Sulphur** Dioxide)), Sugar Syrup (Sugar, Water, Raising Agent (Sodium Carbonates)), Yeast, Palm Fat, Lemon Juice, Lemon Filling (1.1%) (Water, Sugar, Cornflour, Lemon Concentrate, Unsalted Butter (**Milk**), Colour (Lutein)), Humectant (Sorbitol), Pasteurised Whole Liquid **Egg**, Whole **Milk** Powder, Glycerine (Humectant (Glycerol) Water), Improver (Emulsifier (Mono- and Diglycerides of Fatty Acids), **Wheat** Flour), Improver (Stabiliser (Guar Gum), **Wheat** Flour, Emulsifier: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids), Antioxidant (Ascorbic Acid)), Salt, Gelling Agent (Agar), Golden Syrup, Lemon Oil, Baking Powder (Raising Agents (Sodium Carbonates, Diphosphates), **Wheat** Flour), Colour (Curcumin).

Nutritional Information

Typical Values per 100g

Energy	349kcal/1468kJ
Fat	11.1g
Of which saturates	3.7g
Carbohydrate	55.3g
Of which sugars	24.4g
Fibre	3.0g
Protein	5.5g
Salt	0.53g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients.

Useful Information

Suitable for vegetarians.



5201481 Cinnamon Buns

Ingredients

Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate Iron, Niacin (B3), Thiamin (B1)), Water, Icing Sugar (Sugar, Dried Glucose Syrup), Vegetable Margarine (Rapeseed Oil, Palm Stearin, Water, Palm Oil, Emulsifier: mono- and diglycerides of fatty Acids, Flavourings, Colours (Annatto, Curcumin)), Fortified Pastry Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Citric Acid, Emulsifier: mono- and diglycerides of fatty acids, Flavouring, Vitamin A), Granulated Sugar, Soft Dark Brown Sugar, Sugar Syrup (Sugar, Water, Raising Agent (Sodium Carbonates)), Pasteurised Whole Liquid **Egg**, Full Fat Soft Cheese (**Milk**) (2.1%), Yeast, Whole **Milk** Powder, Cinnamon (1.1%), Palm Fat, Glycerine (Humectant (Glycerol), Water), Improver (Emulsifier: mono- and diglycerides of fatty Acids, **Wheat** Flour), Humectant (Sorbitol), Improver (Stabiliser (Guar Gum), **Wheat** Flour, Emulsifier: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, Antioxidant (Ascorbic Acid)), Salt, Lemon Juice, Baking Powder (Raising Agents (Sodium Carbonates, Diphosphates), **Wheat** Flour), Gelling Agent (Agar), Flavourings.

Nutritional Information

Typical Values per 100g

Energy	364kcal/1529kJ
Fat	14.0g
Of which saturates	4.9g
Carbohydrate	52.4g
Of which sugars	17.8g
Fibre	2.0g
Protein	6.1g
Salt	0.63g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients.

Useful Information

Suitable for vegetarians.



6138 Chocolate Twist

Ingredients

Wheat Flour, Water, Chocolate Chips 17% (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: **Soya** Lecithin), Butter 15% (**Milk**), Sugar, Whole **Milk** Powder, Modified Starch, Yeast, **Wheat Gluten**, **Milk Whey** Powder, **Eggs**, Skimmed **Milk** Powder, Salt, Gelling Agents: E401, E341, E450, Emulsifier: E472e, Flour Treatment Agent: E300, Natural Flavouring, Colour: Carotenes.

Nutritional Information

Typical Values per 100g

Energy	358kcal/1499kJ
Fat	17.8g
Of which saturates	10.9g
Carbohydrate	42.0g
Of which sugars	19.6g
Fibre	2.5g
Protein	6.3g
Salt	0.69g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain Nuts.

Useful Information

Suitable for vegetarians.



6817 Maple & Pecan Plait

Ingredients

Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Coconut and Palm Kernel Oil, Emulsifier (Mono and Diglycerides of Fatty Acids), **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Sugar, **Pecan Nuts** (4%), ReadyGlaze (Water, Glazing Agent (Isomalt), Sugar, Gelling Agent (Agar), Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid)), Yeast, **Egg** Yolk, Maple Syrup (1%), Custard Powder (Sugar, Modified Potato Starch, Whey Powder (**Milk**), Skimmed **Milk** Powder, Coconut Fat, Glucose Syrup, Stabiliser (Calcium Alginate), Natural Flavouring, Stabiliser (Tetrasodium Diphosphate), Stabiliser (Disodium Phosphate), Salt, **Milk** Protein, Colour (Mixed Carotene)), Cane Sugar Syrup, Stabiliser (Pectin), Thickeners (Sodium Alginate, Pectin), Dextrose, Emulsifier: mono- and di-acetyl tartaric acid esters of mono- and diglycerides of fatty acids), Natural Flavouring, Anticaking Agent (Calcium Carbonate), Flour Treatment Agent (Ascorbic Acid).

Nutritional Information

Typical Values per 100g

Energy	470kcal/1960kJ
Fat	30.4g
Of which saturates	12.4g
Carbohydrate	41.5g
Of which sugars	18.3g
Fibre	3.4g
Protein	5.9g
Salt	0.45g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain other nuts.

Useful Information

Suitable for vegetarians.



109880 Butter Croissant

Ingredients

Wheat Flour, 27% Butter (**Milk**), Yeast, Sugar, Water, **Milk** Powder, Liquid **Egg***, Baking Agent (**Wheat Gluten**, **Wheat** Flour, Emulsifier: mono- and diglycerides of fatty Acids **, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids**); Inactive Yeast, **Wheat** Starch), Table Salt.

*Barn eggs

**Plant based

Nutritional Information

Typical Values per 100g

Energy	427kcal/1785kJ
Fat	24.7g
Of which saturates	16.3g
Carbohydrate	41.8g
Of which sugars	8.1g
Fibre	2.2g
Protein	8.5g
Salt	0.87g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of Soy, Celery and Sesame.

Useful Information

Suitable for vegetarians. No alcohol derivatives.



1778 Chocolate Croissant

Ingredients

Wheat Flour, Filling 21% (Sugar, Non-hydrogenated Vegetable Oils (Rapeseed, Sunflower, Maize, **Soya**), **Milk** Chocolate 10% (Sugar, Cocoa Mass, Whole **Milk** Powder), Lactose (**Milk**), Modified Potato Starch, **Milk Whey** Powder, Whole **Milk** Powder, Fat Reduced Cocoa Powder, Emulsifier: **Soya** Lecithin, Natural Flavouring), Butter (**Milk**), Water, Sugar, Chocolate Decoration 3% (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin), Yeast, **Wheat Gluten**, **Eggs**, Salt, Emulsifier: Mono-and Di-acetyl Tartaric Acid Esters of Mono-and Di-glycerides of fatty acids, Flour Treatment Agent: Ascorbic Acid.

Nutritional Information

Typical Values per 100g

Energy	447kcal/1870kJ
Fat	24.8g
Of which saturates	12.8g
Carbohydrate	47.2g
Of which sugars	17.8g
Fibre	2.6g
Protein	7.5g
Salt	0.89g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain Nuts.

Useful Information

Suitable for vegetarians. No alcohol derivatives.

6849 Cheese Twist



Ingredients

Wheat Flour, Water, Butter 19% (**Milk**), Cheddar Cheese 16% (Whole **Milk**, Salt, Lactic Starters, Potato Starch, Vegetarian Rennet, Colour: Annatto), Yeast, Sugar, Modified Starch, **Wheat** Gluten, **Egg**, Salt, Cream Powder (**Milk**), **Whey** Powder (**Milk**), Lactose (**Milk**), Starch, **Milk** Proteins, Skimmed **Milk** Powder, Thickener: E401, Black Pepper, Flour Treatment Agent: E300

Nutritional Information

Typical Values per 100g

Energy	380kcal/1585kJ
Fat	24.0g
Of which saturates	15.5g
Carbohydrate	28.6g
Of which sugars	2.8g
Fibre	2.0g
Protein	11.4g
Salt	1.22g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain Nuts.

Useful Information

Suitable for vegetarians.

**5201882 Pain Aux Raisins****Ingredients**

Crème Pâtissière 31.5% (Whole Fresh **Milk**, Sugar, **Eggs**, Modified Starch, Water, **Milk Whey** Powder, Natural Caramel Flavouring with other natural flavourings (containing Alcohol), Maltodextrin, Thickener: E415, Colouring: Carotenes from natural origin), **Wheat** Flour, Butter (**Milk**), Sultanas, Water, Cane Sugar, Yeast, **Wheat Gluten**, **Eggs**, Salt, Whole **Milk** Powder, Sugar, **Wheat** Sourdough (Water, Fermented **Wheat** Flour), Emulsifier: E472e, Flour Treatment Agent: E300, Colouring: Carotenes from natural origin.

Nutritional Information

Typical Values per 100g

Energy	331kcal/1386kJ
Fat	14.7g
Of which saturates	9.4g
Carbohydrate	42.2g
Of which sugars	19.1g
Fibre	1.8g
Protein	6.5g
Salt	0.68g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain Nuts.

Useful Information

Suitable for vegetarians. Contains alcohol derivatives.



99607 Goat's Cheese & Tomato Foccacia

Ingredients

Wheat Flour, Water, Cherry Tomato, Goats Cheese (**Milk**, Honey), Basil Puree (Basil, Sunflower Oil, Salt), Vegetable Oil and Fat (Rapeseed, Sunflower, Olive), Grated Mozzarella Cheese (**Milk**), Yeast, Rice Flour, Salt, Sugar.

Nutritional Information

Typical Values per 100g

Energy	218kcal/917kJ
Fat	5.8g
Of which saturates	2.2g
Carbohydrate	32.9g
Of which sugars	3.3g
Fibre	1.7g
Protein	7.7g
Salt	0.8g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients.

Useful Information

Suitable for vegetarians. No alcohol derivatives.

**119627 Vegetable Pizza Slice****Ingredients**

Wheat Flour, Water, Tomato Sauce, (Water, Tomato Puree, Tomato Powder, Rice Flour, Salt, Native Potato Starch, Sugar, Onion, Spices, Chilli, Carrots, Herbs, Spice Extract), Red Bell Pepper, Grated Gouda Cheese (**Milk**), Red Onion, Green Bell Pepper, Vegetable Oil (Sunflower, Rapeseed, Olive), Grated Mozzarella Cheese (**Milk**), Yeast, Rice Flour, Sugar, Salt.

Nutritional Information

Typical Values per 100g

Energy	211kcal/890kJ
Fat	5.4g
Of which saturates	2.0g
Carbohydrate	32.3g
Of which sugars	2.0g
Fibre	1.8g
Protein	7.3g
Salt	0.9g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients.

Useful Information

Suitable for vegetarians. No alcohol derivatives.



117012 Margherita Swirl

Ingredients

Wheat Flour, 22 % Tomato Preparation (Water, 15 % Tomato, 12,5 % Tomato Puree Concentrate, Onion, Tapioca Starch, dried Onion, Rice Starch, Sunflower Oil, Natural Flavour, Condiment (Hydrogenated Plant Protein made from Corn and Rapeseed, Yeast), Table Salt, Colouring Agent: Paprika Extract; Lemon Juice Concentrate, Garlic Puree, Black Pepper), 13 % Gouda (Pasteurised **Cow's Milk**, Table Salt, Potato Starch, Lactic Acid Bacteria, Rennet), Water, Liquid **Egg***, Sugar, Yeast, Sauce Powder (Whole **Milk Powder**, Corn Starch, **Egg White Powder***, Table Salt, Thickener: Xanthan; Glucose Syrup, Sugar, Garlic Powder), Rapeseed Oil, Table Salt, Garlic, Baking Agent (**Wheat Flour**, Rapeseed Oil), Basil.

*from barn Eggs

Nutritional Information

Typical Values per 100g

Energy	243kcal/1025kJ
Fat	5.9g
Of which saturates	3.0g
Carbohydrate	36.8g
Of which sugars	3.7g
Fibre	2.0g
Protein	9.4g
Salt	1.02g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of Nuts, Sesame, Celery, Mustard and Soya.

Useful Information

Suitable for vegetarians. No alcohol derivatives.

**119596 Tomato & Chilli Foccacia****Ingredients**

Wheat Flour, Water, Chilli, Cheese (Cheddar (**Milk**), Chilli, Bell Pepper, Jalapeno), Tomato Chutney (Tomato Puree, Water, Pickled Gherkins (Gherkin, Pickles, Salt), Sugar, Onion, Spirit Vinegar, Mashed Bell Pepper (Bell Pepper, Food Acid: E330), Sundried Tomatoes, Cauliflower, Dried Onions, Salt), Cherry Tomato, Vegetable Oil (Sunflower, Rapeseed, Olive), Yeast, Grated Mozzarella Cheese (**Milk**), Rice Flour, Sugar, Salt, Bell Pepper.

Nutritional Information

Typical Values per 100g

Energy	224kcal/1029kJ
Fat	7.4g
Of which saturates	2.9g
Carbohydrate	35.0g
Of which sugars	2.5g
Fibre	1.6g
Protein	8.6g
Salt	1.0g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients.

Useful Information

Suitable for vegetarians. No alcohol derivatives.



123660 Cheese & Tomato Tortini

Ingredients

Wheat Flour, Water, Matured Cheese (**Milk**), Tomatoes, Grated Mozzarella Cheese (**Milk**), Yeast, Rice Flour, Vegetable Oil (Rapeseed, Sunflower), Vegetable Oil (Sunflower Oil, Olive Oil), Salt, Bread Improver (Rapeseed Oil, Rapeseed Fat, Enzyme*)

*considered as a technical aid

Nutritional Information

Typical Values per 100g

Energy	247kcal/1035kJ
Fat	9.7g
Of which saturates	4.8g
Carbohydrate	29.0g
Of which sugars	1.5g
Fibre	1.4g
Protein	10.1g
Salt	1.0g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients.

Useful Information

Not suitable for vegetarians. Not suitable for vegans. No alcohol derivatives.



85133 Blueberry Muffin

Ingredients

Sugar, **Wheat** Flour, **Egg**, Rapeseed Oil, 8% Blueberry Filling (Glucose Syrup, Sugar, Water, 11.5% Concentrated Blueberry Puree, 5% Blueberries, Modified Starch, Concentrated Lemon Juice), 7% Blueberries, Pear Sugar, **Egg** White Powder, Maize Starch, Sweet **Whey** Powder (**Milk**), Modified Starch, Skimmed **Milk** Powder, Emulsifiers; lactic acid esters of mono- and diglycerides of fatty acids, acetic acid esters of mono- and diglycerides of fatty acids; Raising Agents: Diphosphates, Sodium Carbonates; Thickener: Xanthan Gum; Salt, Natural Flavouring.

Nutritional Information

Typical Values per 100g

Energy	366kcal/1536kJ
Fat	16.2g
Of which saturates	1.9g
Carbohydrate	49.7g
Of which sugars	32.4g
Fibre	1.6g
Protein	4.6g
Salt	0.83g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May also contain Lupin, Nuts, Sesame, Soya and Sulphites.

Useful Information

Not suitable for vegetarians. Contains alcohol derivatives.



114739 Pink Iced Doughnut

Ingredients

Wheat Flour, Vegetable Fats (Palm, Coconut), Sugar, Water, Dextrose, Maize Starch, Yeast, Emulsifier: mono- and diglycerides of fatty acids, Lecithins, Sodium stearoyl-2-lactylate; Raising Agent: Potassium Carbonates, Diphosphates, Calcium Phosphates; Skimmed **Milk** Powder, Salt, Beetroot Extract, Colour: Carmines, Chlorophylls and Chlorophyllins, Beetroot Red, Paprika Extract, Lutein; **Soya** Flour, Rapeseed Oil, Glazing Agent: Acacia Gum, Shellac; Spirulina Extract, Natural Flavouring, Acid: Citric Acid.

Nutritional Information

Typical Values per 100g

Energy	428kcal/1789kJ
Fat	20.2g
Of which saturates	12.2g
Carbohydrate	49.9g
Of which sugars	18.4g
Fibre	1.9g
Protein	5.0g
Salt	0.30g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients.

Useful Information

Not suitable for vegetarians.



6215 Triple Choc Cookie

Ingredients

Wheat Flour (with Calcium, Iron, Niacin, Thiamin), White Chocolate (Sugar, Cocoa Butter, Whole **Milk** Powder, Emulsifier: **Soya** Lecithin, Natural Vanilla Flavouring), **Milk** Chocolate (Sugar, Whole **Milk** Powder, Cocoa Butter, Cocoa Mass, Emulsifier: **Soya** Lecithin, Natural Vanilla Flavouring), Plain Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: **Soya** Lecithin, Natural Vanilla Flavouring), Soft Light Brown Sugar (Sugar, Cane Molasses), Sugar, Butter (**Milk**), Vegetable Oils (Palm, Rape), Water, Fat Reduced Coco Powder, Invert Sugar Syrup, Whole **Egg** Powder, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Skimmed **Milk** Powder, Salt, Emulsifier (E471), Stabiliser (Xanthan Gum), Natural Flavouring.

Nutritional Information

Typical Values per 100g

Energy	459kcal/1921kJ
Fat	23g
Of which saturates	13.2g
Carbohydrate	55g
Of which sugars	38.6g
Fibre	2.5g
Protein	4.4g
Salt	0.51g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients.

Useful Information

Suitable for vegetarians.



6234 Double Choc Cookie

Ingredients

Wheat Flour (with Calcium, Iron, Niacin, Thiamin), **Milk** Chocolate (Sugar, Whole **Milk** Powder, Cocoa Butter, Cocoa Mass, Emulsifier: **Soya** Lecithin, Natural Vanilla Flavouring), Plain Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: **Soya** Lecithin, Natural Vanilla Flavouring), Soft Light Brown Sugar (Sugar, Cane Molasses), Sugar, Butter (**Milk**), Vegetable Oils (Palm, Rape), Invert Sugar Syrup, Whole **Egg** Powder, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Skimmed **Milk** Powder, Salt, Emulsifier (E471), Stabiliser (Xanthan Gum), Natural Flavouring.

Nutritional Information

Typical Values per 100g

Energy	496kcal/2077kJ/
Fat	24.8g
Of which saturates	13.6g
Carbohydrate	62.1g
Of which sugars	40.2g
Fibre	2.1g
Protein	5.0g
Salt	0.60g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients.

Useful Information

Suitable for vegetarians.

**114732 Jam Doughnut****Ingredients**

Wheat Flour, 19% Jam (Sugar, 35% Fruit (20% Apple, 5% Raspberry, 5% Blackcurrant, 5% Morello Cherry), Glucose-Fructose Syrup, Gelling Agent: Pectin, Acidifier: Citric Acid; Acidity Regulator: Sodium Citrate, Water, **Egg**, Palm Oil, Sunflower Oil, Baking Agent (**Whey** Powder, Emulsifier: mono- and diglyceride from fatty acids**; Baking Agent Diphosphate, Sodium Carbonate; **Wheat** Gluten, **Egg** Powder*, Hydrolysed **Wheat Gluten**), Rapeseed Oil, Sugar, 3% Decorating Powder (Dextrose, **Wheat** Starch, Palm Oil), Yeast, Salt, Potato Starch.

*from barn eggs

** plant based

Nutritional Information

Typical Values per 100g

Energy	345kcal/1445kJ
Fat	15.4g
Of which saturates	5.4g
Carbohydrate	44.6g
Of which sugars	16.1g
Fibre	1.9g
Protein	6.0g
Salt	0.74g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of Sesame.

Useful Information

Suitable for vegetarians. No alcohol derivatives.



78246 Chocolate Ring Doughnut

Ingredients

Wheat Flour, Whole **Milk** Chocolate: (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Sweet **Whey** Powder, Emulsifier: **Soya** Lecithins; Natural Vanilla Flavouring), Palm Fat, Water, Sugar, Rapeseed Oil, Yeast, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Lecithins, Sodium Stearoyl-2-lactylate; **Rye** Flour, Dextrose, Glucose Syrup, Salt, Raising Agents: Diphosphates, Sodium Carbonates; Thickener: Xanthan Gum; Natural Vanilla Flavouring (contains **Milk**)

Nutritional Information

Typical Values per 100g

Energy	416kcal/1738kJ
Fat	22.2g
Of which saturates	10.8g
Carbohydrate	46.0g
Of which sugars	15.3g
Fibre	2.0g
Protein	7.0g
Salt	0.68g

Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients.

Useful Information

Suitable for vegetarians. No alcohol derivatives.