

Product	Portion Weight (g)	Energy KJ Per Portion	Energy kCal Per Portion	Protein per portion	Carbohydrate per Portion	Fat per portion	Ingredients	Allergens	Suitable for
Tuna Sweetcorn Wrap	95.0	826.7	196.8	14.0	17.0	8.3	Wrap: Wheatflour (Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal Wheat Flour, Water, Vegetable Oil (Palm, Rapeseed), Humectant (Glycerine), Raising Agents (Disodium Diphosphate, Sodium Carbonate), Acidity Regulator (Malic Acid), stabilisers (Carboxymethylcellulose), Emulsifier (Mono and Diglycerides of Fatty Acids) Salt, Preservatives (Calcium propionate, potassium sorbate), Flour Treatment Agent (L-Cysteine). Tuna (Tuna, Water, Salt), Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene) Sweetcorn: corn, water, salt	Gluten, Fish, Egg, Mustard	
Pancake with Cheese	45.0	646.7	153.8	7.0	10.3	9.4	Buttermilk (Milk)(35%), Wheat Flour (Wheat Flour, Calcium, Iron, Niacin, Thiamin), Wholemeal Wheat Flour, Egg, Sugar, Partially Inverted Refined Syrup, Raising Agents (Diphosphates, Sodium Bicarbonate), Butter Flavour (Natural Flavour Substances, Water, Stabiliser (Xanthan Gum), Emulsifier (Citric Acid Esters of Mono- and diglycerides of Fatty Acids, Glycerol Diacetate), Wheat Fibre, Humectant (Glycerine), Preservative (E202), Salt.Cheese: (Milk, Salt, Starter, Rennet, Colour Annatto E160b).	Gluten, Eggs, Milk	vegetarians
Egg Salad Wrap	95.0	769.5	183.8	8.8	16.1	9.3	Wrap: Wheatflour (Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal Wheat Flour, Water, Vegetable Oil (Palm, Rapeseed), Humectant (Glycerine), Raising Agents (Disodium Diphosphate, Sodium Carbonate), Acidity Regulator (Malic Acid), stabilisers (Carboxymethylcellulose), Emulsifier (Mono and Diglycerides of Fatty Acids) Salt, Preservatives (Calcium propionate, potassium sorbate), Flour Treatment Agent (L-Cysteine). Boiled Eggs, Mayonnaise (Vegetable Oil, Pasteurised Egg, Vinegar, Salt, Sugar, Mustard Flavouring, Lemon Oil, Antioxidant: Calcium Disodium EDTA) Tomatoes, Scallions	Gluten, Egg, Mustard	vegetarians
Flahavan's Oaty Bar	20.0	431.0	103.0	1.2	11.0	5.8	Wholegrain Rolled Oats (43%), Vegetable Margarine (palm fat, rapeseed oil, water, salt, natural flavour), Sugar, Partially Inverted Sugar Syrup, Desiccated Coconut, Oat Flour(5.5%)	Gluten, trace Nuts, Sesame Seed, Soya	
Half Sandwich Cheese	48.8	654.6	131.5	5.9	17.2	4.0	Bread: Wheat Flour 46% (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Wheat Flour (20%), Yeast, Wheat Gluten, Salt, Fermented Wheat Flour, Soya Flour, Flour Treatment Agent (Ascorbic Acid).Cheese: (Milk, Salt, Starter, Rennet, Colour Annatto E160b).Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya, Milk. Trace Sesame Seed	
Half Sandwich Ham	52.3	354.5	60.5	4.2	1.0	4.4	Bread: Wheat Flour 46% (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Wheat Flour (20%), Yeast, Wheat Gluten, Salt, Fermented Wheat Flour, Soya Flour, Flour Treatment Agent (Ascorbic Acid).HAM: Pork (70%), Water, Starch, salt, sugars (dried glucose & maltodextrin), Stabilisers (Sodium Di, Tri & Polyphosphates), Pork Protein, Gelling agent (Carrageenan), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite). Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya. Trace Sesame Seed	
Half Sandwich Fruit Spread	53.9	592.8	116.5	3.4	23.6	0.7	Bread: Wheat Flour 46% (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Wheat Flour (20%), Yeast, Wheat Gluten, Salt, Fermented Wheat Flour, Soya Flour, Flour Treatment Agent (Ascorbic Acid).FRUIT SPREAD: Strawberries 60%, Unsweetened Grape Juice , Gelling Agent: Fruit Pectin.Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya. Trace Sesame Seed	
Half Sandwich Cheese.	48.8	654.6	131.5	5.9	17.2	4.0	Bread: Wheat Flour 46% (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Wheat Flour (20%), Yeast, Wheat Gluten, Salt, Fermented Wheat Flour, Soya Flour, Flour Treatment Agent (Ascorbic Acid).Cheese: (Milk, Salt, Starter, Rennet, Colour Annatto E160b).Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya, Milk. Trace Sesame Seed	

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Half Sandwich Ham.	52.3	354.5	60.5	4.2	1.0	4.4	Bread: Wheat Flour 46% (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Wheat Flour (20%), Yeast, Wheat Gluten, Salt, Fermented Wheat Flour, Soya Flour, Flour Treatment Agent (Ascorbic Acid).HAM: Pork (70%), Water, Starch, salt, sugars (dried glucose & maltodextrin), Stabilisers (Sodium Di, Tri & Polyphosphates), Pork Protein, Gelling agent (Carrageenan), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite). Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya. Trace Sesame Seed	
Half Sandwich Fruit Spread.	53.9	592.8	116.5	3.4	23.6	0.7	Bread: Wheat Flour 46% (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Wheat Flour (20%), Yeast, Wheat Gluten, Salt, Fermented Wheat Flour, Soya Flour, Flour Treatment Agent (Ascorbic Acid).FRUIT SPREAD: Strawberries 60%, Unsweetened Grape Juice , Gelling Agent: Fruit Pectin.Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya. Trace Sesame Seed	
Brown Grain Bread Fruit Spread.	107.7	1242.5	246.4	7.5	46.9	2.4	Bread: Wheat Flour (Wheat flour, calcium carbonate, Iron, Niacin, Thiamin), Water, Grain Mix 12% (kibbled wheat, linseed, wheat flakes), Yeast, Malted Barley Flour, Wheat Gluten, Salt, Soya flour, sugar, fermented Wheat Flour, Dextrose, Flour Treatment Agent (Ascorbic Acid), Folic Acid.FRUIT SPREAD: Strawberries 60%, Unsweetened Grape Juice , Gelling Agent: Fruit Pectin.Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya. Trace Sesame Seed	
Brown Grain Bread Fruit Spread. No Spread	107.7	1242.5	246.4	7.5	46.9	2.4	Bread: Wheat Flour (Wheat flour, calcium carbonate, Iron, Niacin, Thiamin), Water, Grain Mix 12% (kibbled wheat, linseed, wheat flakes), Yeast, Malted Barley Flour, Wheat Gluten, Salt, Soya flour, sugar, fermented Wheat Flour, Dextrose, Flour Treatment Agent (Ascorbic Acid), Folic Acid.FRUIT SPREAD: Strawberries 60%, Unsweetened Grape Juice , Gelling Agent: Fruit Pectin.	Gluten, Soya. Trace Sesame Seed	
Brown Grain Bread Chicken Tikka	117.7	1330.3	268.6	13.8	35.2	7.0	Bread: Wheat Flour (Wheat flour, calcium carbonate, Iron, Niacin, Thiamin), Water, Grain Mix 12% (kibbled wheat, linseed, wheat flakes), Yeast, Malted Barley Flour, Wheat Gluten, Salt, Soya flour, sugar, fermented Wheat Flour, Dextrose, Flour Treatment Agent (Ascorbic Acid), Folic Acid.Chicken (Chicken, Water, Salt),Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Tikka Glaze (Sugar, maltodextrin, Spices (Cumin, Turmeric, Coriander, Paprika, Chilli, Cayenne, Nutmeg, Cinnamon), Salt, Flavour Enhancer E621, Garlic Powder, Acidity Regulator E330, Colours E150c, E160c), Sweetener E951 contains a source of phenylalanine.. Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya, Eggs, Mustard. Trace Sesame Seed	
Brown Grain Bread Chicken Tikka No Spread	117.7	1330.3	268.6	13.8	35.2	7.0	Bread: Wheat Flour (Wheat flour, calcium carbonate, Iron, Niacin, Thiamin), Water, Grain Mix 12% (kibbled wheat, linseed, wheat flakes), Yeast, Malted Barley Flour, Wheat Gluten, Salt, Soya flour, sugar, fermented Wheat Flour, Dextrose, Flour Treatment Agent (Ascorbic Acid), Folic Acid.Chicken (Chicken, Water, Salt),Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Tikka Glaze (Sugar, maltodextrin, Spices (Cumin, Turmeric, Coriander, Paprika, Chilli, Cayenne, Nutmeg, Cinnamon), Salt, Flavour Enhancer E621, Garlic Powder, Acidity Regulator E330, Colours E150c, E160c), Sweetener E951 contains a source of phenylalanine.	Gluten, Soya, Eggs, Mustard. Trace Sesame Seed	

Product	Portion Weight (g)	Energy KJ Per Portion	Energy kCal Per Portion	Protein per portion	Carbohydrate per Portion	Fat per portion	Ingredients	Allergens	
Brown Grain Bread Chicken + Stuffing	117.7	1433.9	293.4	11.8	39.8	8.6	Bread: Wheat Flour (Wheat flour, calcium carbonate, Iron, Niacin, Thiamin), Water, Grain Mix 12% (kibbled wheat, linseed, wheat flakes), Yeast, Malted Barley Flour, Wheat Gluten, Salt, Soya flour, sugar, fermented Wheat Flour, Dextrose, Flour Treatment Agent (Ascorbic Acid), Folic Acid. Chicken (Chicken, Water, Salt), Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Stuffing (Breadcrumbs (wheat flour, water, yeast, salt, flour, ascorbic acid), Vegetable Oil, Lemon Juice, Onion, Sage, Oregano, Thyme). Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya, Eggs, Mustard. Trace Sesame Seed	
Brown Grain Bread Chicken + Stuffing No Spread	117.7	1433.9	293.4	11.8	39.8	8.6	Bread: Wheat Flour (Wheat flour, calcium carbonate, Iron, Niacin, Thiamin), Water, Grain Mix 12% (kibbled wheat, linseed, wheat flakes), Yeast, Malted Barley Flour, Wheat Gluten, Salt, Soya flour, sugar, fermented Wheat Flour, Dextrose, Flour Treatment Agent (Ascorbic Acid), Folic Acid. Chicken (Chicken, Water, Salt), Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Stuffing (Breadcrumbs (wheat flour, water, yeast, salt, flour, ascorbic acid), Vegetable Oil, Lemon Juice, Onion, Sage, Oregano, Thyme).	Gluten, Soya, Eggs, Mustard. Trace Sesame Seed	
Brown Grain Bread Egg Salad	120.4	1395.7	283.6	11.7	35.1	9.5	Bread: Wheat Flour (Wheat flour, calcium carbonate, Iron, Niacin, Thiamin), Water, Grain Mix 12% (kibbled wheat, linseed, wheat flakes), Yeast, Malted Barley Flour, Wheat Gluten, Salt, Soya flour, sugar, fermented Wheat Flour, Dextrose, Flour Treatment Agent (Ascorbic Acid), Folic Acid. EGG MAYO: Boiled Eggs, Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene. SPREAD: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya, Eggs, Mustard. Trace Sesame Seed	
Brown Grain Bread Egg Salad No Spread	120.4	1395.7	283.6	11.7	35.1	9.5	Bread: Wheat Flour (Wheat flour, calcium carbonate, Iron, Niacin, Thiamin), Water, Grain Mix 12% (kibbled wheat, linseed, wheat flakes), Yeast, Malted Barley Flour, Wheat Gluten, Salt, Soya flour, sugar, fermented Wheat Flour, Dextrose, Flour Treatment Agent (Ascorbic Acid), Folic Acid. EGG MAYO: Boiled Eggs, Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene	Gluten, Soya, Eggs, Mustard. Trace Sesame Seed	
Brown Grain Bread Cheddar Cheese	97.7	1366.3	276.4	12.4	34.2	9.1	Bread: Wheat Flour (Wheat flour, calcium carbonate, Iron, Niacin, Thiamin), Water, Grain Mix 12% (kibbled wheat, linseed, wheat flakes), Yeast, Malted Barley Flour, Wheat Gluten, Salt, Soya flour, sugar, fermented Wheat Flour, Dextrose, Flour Treatment Agent (Ascorbic Acid), Folic Acid. Cheese: (Milk, Salt, Starter, Rennet, Colour Annatto E160b). Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya, Milk. Trace Sesame Seed	Cheese suitable for Vegetarians
Brown Grain Bread Cheddar Cheese No Spread	97.7	1366.3	276.4	12.4	34.2	9.1	Bread: Wheat Flour (Wheat flour, calcium carbonate, Iron, Niacin, Thiamin), Water, Grain Mix 12% (kibbled wheat, linseed, wheat flakes), Yeast, Malted Barley Flour, Wheat Gluten, Salt, Soya flour, sugar, fermented Wheat Flour, Dextrose, Flour Treatment Agent (Ascorbic Acid), Folic Acid. Cheese: (Milk, Salt, Starter, Rennet, Colour Annatto E160b).	Gluten, Soya, Milk. Trace Sesame Seed	Cheese suitable for Vegetarians

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Brown Grain Bread Chicken Breast	118.7	1225.6	242.6	17.7	34.2	2.8	Bread: Wheat Flour (Wheat flour, calcium carbonate, Iron, Niacin, Thiamin), Water, Grain Mix 12% (kibbled wheat, linseed, wheat flakes), Yeast, Malted Barley Flour, Wheat Gluten, Salt, Soya flour, sugar, fermented Wheat Flour, Dextrose, Flour Treatment Agent (Ascorbic Acid), Folic Acid.Chicken: 100% Pure Chicken Breast, Water, Salt.	Gluten, Soya. Trace Sesame Seed	
Brown Grain Bread Chicken Breast No Spread	118.7	1225.6	242.6	17.7	34.2	2.8	Bread: Wheat Flour (Wheat flour, calcium carbonate, Iron, Niacin, Thiamin), Water, Grain Mix 12% (kibbled wheat, linseed, wheat flakes), Yeast, Malted Barley Flour, Wheat Gluten, Salt, Soya flour, sugar, fermented Wheat Flour, Dextrose, Flour Treatment Agent (Ascorbic Acid), Folic Acid.Chicken: 100% Pure Chicken Breast, Water, Salt.	Gluten, Soya. Trace Sesame Seed	
Brown Grain Bread Premium Turkey	102.7	1134.4	220.9	12.5	34.8	2.5	Bread: Wheat Flour (Wheat flour, calcium carbonate, Iron, Niacin, Thiamin), Water, Grain Mix 12% (kibbled wheat, linseed, wheat flakes), Yeast, Malted Barley Flour, Wheat Gluten, Salt, Soya flour, sugar, fermented Wheat Flour, Dextrose, Flour Treatment Agent (Ascorbic Acid), Folic Acid. TURKEY: Turkey Breast (75%), Water, Brine Mix (Salt, Dextrose, Gelling Agent (Carrageenan (E407a), Potassium Chloride(E508) Sstabilisers:(Sodium Diphosphate(E450), Triphosphate(E451), Polyphosphates(E452), Starch, Vinegar. SPREAD: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyrinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya. Trace Sesame Seed	
Brown Grain Bread Premium Turkey No Spread	102.7	1134.4	220.9	12.5	34.8	2.5	Bread: Wheat Flour (Wheat flour, calcium carbonate, Iron, Niacin, Thiamin), Water, Grain Mix 12% (kibbled wheat, linseed, wheat flakes), Yeast, Malted Barley Flour, Wheat Gluten, Salt, Soya flour, sugar, fermented Wheat Flour, Dextrose, Flour Treatment Agent (Ascorbic Acid), Folic Acid. TURKEY: Turkey Breast (75%), Water, Brine Mix (Salt, Dextrose, Gelling Agent (Carrageenan (E407a), Potassium Chloride(E508) Sstabilisers:(Sodium Diphosphate(E450), Triphosphate(E451), Polyphosphates(E452), Starch, Vinegar..	Gluten, Soya. Trace Sesame Seed	
Brown Grain Bread Premium Ham	104.7	1142.8	223.2	11.5	35.3	3.0	Bread: Wheat Flour (Wheat flour, calcium carbonate, Iron, Niacin, Thiamin), Water, Grain Mix 12% (kibbled wheat, linseed, wheat flakes), Yeast, Malted Barley Flour, Wheat Gluten, Salt, Soya flour, sugar, fermented Wheat Flour, Dextrose, Flour Treatment Agent (Ascorbic Acid), Folic Acid.HAM: Pork (70%), Water, Starch, salt, sugars (dried glucose & maltodextrin), Stabilisers (Sodium Di, Tri & Polyphosphates), Pork Protein, Gelling agent (Carrageenan), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite) . Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyrinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya. Trace Sesame Seed	
Brown Grain Bread Premium Ham No Spread	104.7	1142.8	223.2	11.5	35.3	3.0	Bread: Wheat Flour (Wheat flour, calcium carbonate, Iron, Niacin, Thiamin), Water, Grain Mix 12% (kibbled wheat, linseed, wheat flakes), Yeast, Malted Barley Flour, Wheat Gluten, Salt, Soya flour, sugar, fermented Wheat Flour, Dextrose, Flour Treatment Agent (Ascorbic Acid), Folic Acid.HAM: Pork (70%), Water, Starch, salt, sugars (dried glucose & maltodextrin), Stabilisers (Sodium Di, Tri & Polyphosphates), Pork Protein, Gelling agent (Carrageenan), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite) .	Gluten, Soya. Trace Sesame Seed	
Brown Grain Bread Spread	77.7	1025.9	195.4	7.4	34.2	2.2	Bread: Wheat Flour (Wheat flour, calcium carbonate, Iron, Niacin, Thiamin), Water, Grain Mix 12% (kibbled wheat, linseed, wheat flakes), Yeast, Malted Barley Flour, Wheat Gluten, Salt, Soya flour, sugar, fermented Wheat Flour, Dextrose, Flour Treatment Agent (Ascorbic Acid), Folic Acid.Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyrinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya. Trace Sesame Seed	
Brown Grain Bread No Spread	77.7	1025.9	195.4	7.4	34.2	2.2	Bread: Wheat Flour (Wheat flour, calcium carbonate, Iron, Niacin, Thiamin), Water, Grain Mix 12% (kibbled wheat, linseed, wheat flakes), Yeast, Malted Barley Flour, Wheat Gluten, Salt, Soya flour, sugar, fermented Wheat Flour, Dextrose, Flour Treatment Agent (Ascorbic Acid), Folic Acid.	Gluten, Soya. Trace Sesame Seed	

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Floury Bap Fruit Spread.	111.7	1324.8	265.2	7.7	51.9	2.9	Bap: Wheat Flour (Wheat Flour, Calcium carbonate, iron, niacin, thiamin) Water, Yeast, Rapeseed oil, Wheat Gluten, Dextrose, Salt, Emulsifiers (Mono and Diglycerides of fatty acids, sodium stearoyl-2-lactylate), Soya Flour, Preservatives (Calcium Propionate), Tapioca Starch, Slour Treatment agents (Ascorbic Acid, L-Cysteine Hydrochloride), Palm Oil).FRUIT SPREAD: Strawberries 60%, Unsweetened Grape Juice , Gelling Agent: Fruit Pectin.Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya. Trace Sesame Seed	
Floury Bap Fruit Spread. No Spread	111.7	1324.8	265.2	7.7	51.9	2.9	Bap: Wheat Flour (Wheat Flour, Calcium carbonate, iron, niacin, thiamin) Water, Yeast, Rapeseed oil, Wheat Gluten, Dextrose, Salt, Emulsifiers (Mono and Diglycerides of fatty acids, sodium stearoyl-2-lactylate), Soya Flour, Preservatives (Calcium Propionate), Tapioca Starch, Slour Treatment agents (Ascorbic Acid, L-Cysteine Hydrochloride), Palm Oil).FRUIT SPREAD: Strawberries 60%, Unsweetened Grape Juice , Gelling Agent: Fruit Pectin.	Gluten, Soya. Trace Sesame Seed	
Floury Bap Chicken Tikka	121.7	1412.6	287.4	14.0	40.2	7.5	Bap: Wheat Flour (Wheat Flour, Calcium carbonate, iron, niacin, thiamin) Water, Yeast, Rapeseed oil, Wheat Gluten, Dextrose, Salt, Emulsifiers (Mono and Diglycerides of fatty acids, sodium stearoyl-2-lactylate), Soya Flour, Preservatives (Calcium Propionate), Tapioca Starch, Slour Treatment agents (Ascorbic Acid, L-Cysteine Hydrochloride), Palm Oil).Chicken (Chicken, Water, Salt),Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Tikka Glaze (Sugar, maltodextrin, Spices (Cumin, Turmeric, Coriander, Paprika, Chilli, Cayenne, Nutmeg, Cinnamon), Salt, Flavour Enhancer E621, Garlic Powder, Acidity Regulator E330, Colours E150c, E160c), Sweetener E951 contains a source of phenylalanine. Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya, Eggs, Mustard. Trace Sesame Seed	
Floury Bap Chicken Tikka No Spread	121.7	1412.6	287.4	14.0	40.2	7.5	Bap: Wheat Flour (Wheat Flour, Calcium carbonate, iron, niacin, thiamin) Water, Yeast, Rapeseed oil, Wheat Gluten, Dextrose, Salt, Emulsifiers (Mono and Diglycerides of fatty acids, sodium stearoyl-2-lactylate), Soya Flour, Preservatives (Calcium Propionate), Tapioca Starch, Slour Treatment agents (Ascorbic Acid, L-Cysteine Hydrochloride), Palm Oil).Chicken (Chicken, Water, Salt),Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Tikka Glaze (Sugar, maltodextrin, Spices (Cumin, Turmeric, Coriander, Paprika, Chilli, Cayenne, Nutmeg, Cinnamon), Salt, Flavour Enhancer E621, Garlic Powder, Acidity Regulator E330, Colours E150c, E160c), Sweetener E951 contains a source of phenylalanine.	Gluten, Soya, Eggs, Mustard. Trace Sesame Seed	
Floury Bap Chicken + Stuffing	121.7	1516.2	312.2	12.0	44.8	9.1	.Bap: Wheat Flour (Wheat Flour, Calcium carbonate, iron, niacin, thiamin) Water, Yeast, Rapeseed oil, Wheat Gluten, Dextrose, Salt, Emulsifiers (Mono and Diglycerides of fatty acids, sodium stearoyl-2-lactylate), Soya Flour, Preservatives (Calcium Propionate), Tapioca Starch, Slour Treatment agents (Ascorbic Acid, L-Cysteine Hydrochloride), Palm Oil).Chicken (Chicken, Water, Salt), Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Stuffing (Breadcrumbs (wheat flour, water, yeast, salt, flour, ascorbic acid), Vegetable Oil, Lemon Juice, Onion, Sage, Oregano, Thyme).Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya, Eggs, Mustard. Trace Sesame Seed	

Product	Portion Weight (g)	Energy KJ Per Portion	Energy kCal Per Portion	Protein per portion	Carbohydrate per Portion	Fat per portion	Ingredients	Allergens	Suitable for
Floury Bap Chicken + Stuffing No Spread	121.7	1516.2	312.2	12.0	44.8	9.1	Bap: Wheat Flour (Wheat Flour, Calcium carbonate, iron, niacin, thiamin) Water, Yeast, Rapeseed oil, Wheat Gluten, Dextrose, Salt, Emulsifiers (Mono and Diglycerides of fatty acids, sodium stearoyl-2-lactylate), Soya Flour, Preservatives (Calcium Propionate), Tapioca Starch, Slour Treatment agents (Ascorbic Acid, L-Cysteine Hydrochloride), Palm Oil).Chicken (Chicken, Water, Salt), Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Stuffing (Breadcrumbs (wheat flour, water, yeast, salt, flour, ascorbic acid), Vegetable Oil, Lemon Juice, Onion, Sage, Oregano, Thyme).	Gluten, Soya, Eggs, Mustard. Trace Sesame Seed	
Floury Bap Egg Salad	124.4	1478.0	302.4	11.9	40.1	10.0	Bap: Wheat Flour (Wheat Flour, Calcium carbonate, iron, niacin, thiamin) Water, Yeast, Rapeseed oil, Wheat Gluten, Dextrose, Salt, Emulsifiers (Mono and Diglycerides of fatty acids, sodium stearoyl-2-lactylate), Soya Flour, Preservatives (Calcium Propionate), Tapioca Starch, Slour Treatment agents (Ascorbic Acid, L-Cysteine Hydrochloride), Palm Oil).EGG MAYO: Boiled Eggs, Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene. SPREAD: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya, Eggs, Mustard. Trace Sesame Seed	
Floury Bap Egg Salad No Spread	124.4	1478.0	302.4	11.9	40.1	10.0	Bap: Wheat Flour (Wheat Flour, Calcium carbonate, iron, niacin, thiamin) Water, Yeast, Rapeseed oil, Wheat Gluten, Dextrose, Salt, Emulsifiers (Mono and Diglycerides of fatty acids, sodium stearoyl-2-lactylate), Soya Flour, Preservatives (Calcium Propionate), Tapioca Starch, Slour Treatment agents (Ascorbic Acid, L-Cysteine Hydrochloride), Palm Oil).EGG MAYO: Boiled Eggs, Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene.	Gluten, Soya, Eggs, Mustard. Trace Sesame Seed	
Floury Bap Cheddar Cheese	101.7	1448.6	295.2	12.6	39.2	9.6	Bap: Wheat Flour (Wheat Flour, Calcium carbonate, iron, niacin, thiamin) Water, Yeast, Rapeseed oil, Wheat Gluten, Dextrose, Salt, Emulsifiers (Mono and Diglycerides of fatty acids, sodium stearoyl-2-lactylate), Soya Flour, Preservatives (Calcium Propionate), Tapioca Starch, Slour Treatment agents (Ascorbic Acid, L-Cysteine Hydrochloride), Palm Oil).Cheese: (Milk, Salt, Starter, Rennet, Colour Annatto E160b).Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya, Milk. Trace Sesame Seed	Cheese suitable for Vegetarians
Floury Bap Cheddar Cheese No Spread	101.7	1448.6	295.2	12.6	39.2	9.6	Bap: Wheat Flour (Wheat Flour, Calcium carbonate, iron, niacin, thiamin) Water, Yeast, Rapeseed oil, Wheat Gluten, Dextrose, Salt, Emulsifiers (Mono and Diglycerides of fatty acids, sodium stearoyl-2-lactylate), Soya Flour, Preservatives (Calcium Propionate), Tapioca Starch, Slour Treatment agents (Ascorbic Acid, L-Cysteine Hydrochloride), Palm Oil).Cheese: (Milk, Salt, Starter, Rennet, Colour Annatto E160b).	Gluten, Soya, Milk. Trace Sesame Seed	Cheese suitable for Vegetarians
Floury Bap Chicken Breast	122.7	1307.9	261.4	17.9	39.2	3.3	Bap: Wheat Flour (Wheat Flour, Calcium carbonate, iron, niacin, thiamin) Water, Yeast, Rapeseed oil, Wheat Gluten, Dextrose, Salt, Emulsifiers (Mono and Diglycerides of fatty acids, sodium stearoyl-2-lactylate), Soya Flour, Preservatives (Calcium Propionate), Tapioca Starch, Slour Treatment agents (Ascorbic Acid, L-Cysteine Hydrochloride), Palm Oil).Chicken: 100% Pure Chicken Breast, Water, Salt.Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya. Trace Sesame Seed	

Product	Portion Weight (g)	Energy KJ Per Portion	Energy kCal Per Portion	Protein per portion	Carbohydrate per Portion	Fat per portion	Ingredients	Allergens	Suitable for
Floury Bap Chicken Breast No Spread	122.7	1307.9	261.4	17.9	39.2	3.3	Bap: Wheat Flour (Wheat Flour, Calcium carbonate, iron, niacin, thiamin) Water, Yeast, Rapeseed oil, Wheat Gluten, Dextrose, Salt, Emulsifiers (Mono and Diglycerides of fatty acids, sodium stearoyl-2-lactylate), Soya Flour, Preservatives (Calcium Propionate), Tapioca Starch, Slour Treatment agents (Ascorbic Acid, L-Cysteine Hydrochloride), Palm Oil).Chicken: 100% Pure Chicken Breast, Water, Salt.	Gluten, Soya. Trace Sesame Seed	
Floury Bap Premium Turkey	106.7	1216.7	239.7	12.7	39.8	3.0	Bap: Wheat Flour (Wheat Flour, Calcium carbonate, iron, niacin, thiamin) Water, Yeast, Rapeseed oil, Wheat Gluten, Dextrose, Salt, Emulsifiers (Mono and Diglycerides of fatty acids, sodium stearoyl-2-lactylate), Soya Flour, Preservatives (Calcium Propionate), Tapioca Starch, Slour Treatment agents (Ascorbic Acid, L-Cysteine Hydrochloride), Palm Oil).TURKEY: Turkey Breast (75%), Water, Brine Mix (Salt, Dextrose, Gelling Agent (Carrageenan (E407a), Potassium Chloride(E508) Sstabilisers:(Sodium Diphosphate(E450), Triphosphate(E451), Polyphosphates(E452), Starch, Vinegar..SPREAD: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya. Trace Sesame Seed	
Floury Bap Premium Turkey No Spread	106.7	1216.7	239.7	12.7	39.8	3.0	Bap: Wheat Flour (Wheat Flour, Calcium carbonate, iron, niacin, thiamin) Water, Yeast, Rapeseed oil, Wheat Gluten, Dextrose, Salt, Emulsifiers (Mono and Diglycerides of fatty acids, sodium stearoyl-2-lactylate), Soya Flour, Preservatives (Calcium Propionate), Tapioca Starch, Slour Treatment agents (Ascorbic Acid, L-Cysteine Hydrochloride), Palm Oil).TURKEY: Turkey Breast (75%), Water, Brine Mix (Salt, Dextrose, Gelling Agent (Carrageenan (E407a), Potassium Chloride(E508) Sstabilisers:(Sodium Diphosphate(E450), Triphosphate(E451), Polyphosphates(E452), Starch, Vinegar..SPREAD: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya. Trace Sesame Seed	
Floury Bap Premium Ham	108.7	1225.1	242.0	11.7	40.3	3.5	Bap: Wheat Flour (Wheat Flour, Calcium carbonate, iron, niacin, thiamin) Water, Yeast, Rapeseed oil, Wheat Gluten, Dextrose, Salt, Emulsifiers (Mono and Diglycerides of fatty acids, sodium stearoyl-2-lactylate), Soya Flour, Preservatives (Calcium Propionate), Tapioca Starch, Slour Treatment agents (Ascorbic Acid, L-Cysteine Hydrochloride), Palm Oil).HAM: Pork (70%), Water, Starch, salt, sugars (dried glucose & maltodextrin), Stabilisers (Sodium Di, Tri & Polyphosphates), Pork Protein, Gelling agent (Carrageenan), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite). .Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya. Trace Sesame Seed	
Floury Bap Premium Ham No Spread	108.7	1225.1	242.0	11.7	40.3	3.5	Bap: Wheat Flour (Wheat Flour, Calcium carbonate, iron, niacin, thiamin) Water, Yeast, Rapeseed oil, Wheat Gluten, Dextrose, Salt, Emulsifiers (Mono and Diglycerides of fatty acids, sodium stearoyl-2-lactylate), Soya Flour, Preservatives (Calcium Propionate), Tapioca Starch, Slour Treatment agents (Ascorbic Acid, L-Cysteine Hydrochloride), Palm Oil).HAM: Pork (70%), Water, Starch, salt, sugars (dried glucose & maltodextrin), Stabilisers (Sodium Di, Tri & Polyphosphates), Pork Protein, Gelling agent (Carrageenan), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).	Gluten, Soya. Trace Sesame Seed	
Floury Bap Spread	81.7	1108.2	214.2	7.6	39.2	2.7	Bap: Wheat Flour (Wheat Flour, Calcium carbonate, iron, niacin, thiamin) Water, Yeast, Rapeseed oil, Wheat Gluten, Dextrose, Salt, Emulsifiers (Mono and Diglycerides of fatty acids, sodium stearoyl-2-lactylate), Soya Flour, Preservatives (Calcium Propionate), Tapioca Starch, Slour Treatment agents (Ascorbic Acid, L-Cysteine Hydrochloride), Palm Oil).	Gluten, Soya. Trace Sesame Seed	



Product	Portion Weight (g)	Energy KJ Per Portion	Energy kCal Per Portion	Protein per portion	Carbohydrate per Portion	Fat per portion	Ingredients	Allergens	
Floury Bap No Spread	81.7	1108.2	214.2	7.6	39.2	2.7	Bap: Wheat Flour (Wheat Flour, Calcium carbonate, iron, niacin, thiamin) Water, Yeast, Rapeseed oil, Wheat Gluten, Dextrose, Salt, Emulsifiers (Mono and Diglycerides of fatty acids, sodium stearoyl-2-lactylate), Soya Flour, Preservatives (Calcium Propionate), Tapioca Starch, Slour Treatment agents (Ascorbic Acid, L-Cysteine Hydrochloride), Palm Oil).Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya. Trace Sesame Seed	
Half and Half bread Fruit Spread.	107.7	1185.5	232.7	6.9	47.1	1.3	Bread: Wheat Flour 46% (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Wheat Flour (20%), Yeast, Wheat Gluten, Salt, Fermented Wheat Flour, Soya Flour, Flour Treatment Agent (Ascorbic Acid).FRUIT SPREAD: Strawberries 60%, Unsweetened Grape Juice , Gelling Agent: Fruit Pectin Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya. Trace Sesame Seed	
Half and Half bread Fruit Spread. No Spread	107.7	1185.5	232.7	6.9	47.1	1.3	Bread: Wheat Flour 46% (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Wheat Flour (20%), Yeast, Wheat Gluten, Salt, Fermented Wheat Flour, Soya Flour, Flour Treatment Agent (Ascorbic Acid).FRUIT SPREAD: Strawberries 60%, Unsweetened Grape Juice , Gelling Agent: Fruit Pectin.	Gluten, Soya. Trace Sesame Seed	
Half and Half bread Chicken Tikka	117.7	1273.3	254.9	13.2	35.4	5.9	Bread: Wheat Flour 46% (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Wheat Flour (20%), Yeast, Wheat Gluten, Salt, Fermented Wheat Flour, Soya Flour, Flour Treatment Agent (Ascorbic Acid).Chicken (Chicken, Water, Salt),Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Tikka Glaze (Sugar, maltodextrin, Spices (Cumin, Turmeric, Coriander, Paprika, Chilli, Cayenne, Nutmeg, Cinnamon), Salt, Flavour Enhancer E621, Garlic Powder, Acidity Regulator E330, Colours E150c, E160c), Sweetener E951 contains a source of phenylalanine. Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya, Eggs, Mustard. Trace Sesame Seed	
Half and Half bread Chicken Tikka No Spread	117.7	1273.3	254.9	13.2	35.4	5.9	Bread: Wheat Flour 46% (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Wheat Flour (20%), Yeast, Wheat Gluten, Salt, Fermented Wheat Flour, Soya Flour, Flour Treatment Agent (Ascorbic Acid).Chicken (Chicken, Water, Salt),Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Tikka Glaze (Sugar, maltodextrin, Spices (Cumin, Turmeric, Coriander, Paprika, Chilli, Cayenne, Nutmeg, Cinnamon), Salt, Flavour Enhancer E621, Garlic Powder, Acidity Regulator E330, Colours E150c, E160c), Sweetener E951 contains a source of phenylalanine..	Gluten, Soya, Eggs, Mustard. Trace Sesame Seed	
Half and Half bread Chicken + Stuffing	117.7	1376.9	279.7	11.2	40.0	7.5	Bread: Wheat Flour 46% (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Wheat Flour (20%), Yeast, Wheat Gluten, Salt, Fermented Wheat Flour, Soya Flour, Flour Treatment Agent (Ascorbic Acid)..Chicken (Chicken, Water, Salt), Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Stuffing (Breadcrumbs (wheat flour, water, yeast, salt, flour, ascorbic acid), Vegetable Oil, Lemon Juice, Onion, Sage, Oregano, Thyme).Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya, Eggs, Mustard. Trace Sesame Seed	



Product	Portion Weight (g)	Energy KJ Per Portion	Energy kCal Per Portion	Protein per portion	Carbohydrate per Portion	Fat per portion	Ingredients	Allergens	
Half and Half bread Chicken + Stuffing No Spread	117.7	1376.9	279.7	11.2	40.0	7.5	Bread: Wheat Flour 46% (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Wheat Flour (20%), Yeast, Wheat Gluten, Salt, Fermented Wheat Flour, Soya Flour, Flour Treatment Agent (Ascorbic Acid).Chicken (Chicken, Water, Salt), Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Stuffing (Breadcrumbs (wheat flour, water, yeast, salt, flour, ascorbic acid), Vegetable Oil, Lemon Juice, Onion, Sage, Oregano, Thyme).	Gluten, Soya, Eggs, Mustard. Trace Sesame Seed	
Half and Half bread Egg Salad	120.4	1338.7	269.9	11.0	35.3	8.4	Bread: Wheat Flour 46% (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Wheat Flour (20%), Yeast, Wheat Gluten, Salt, Fermented Wheat Flour, Soya Flour, Flour Treatment Agent (Ascorbic Acid).EGG MAYO: Boiled Eggs, Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene. SPREAD: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya, Eggs, Mustard. Trace Sesame Seed	
Half and Half bread Egg Salad No Spread	120.4	1338.7	269.9	11.0	35.3	8.4	Bread: Wheat Flour 46% (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Wheat Flour (20%), Yeast, Wheat Gluten, Salt, Fermented Wheat Flour, Soya Flour, Flour Treatment Agent (Ascorbic Acid).EGG MAYO: Boiled Eggs, Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene.	Gluten, Soya, Eggs, Mustard. Trace Sesame Seed	
Half and Half bread Cheddar Cheese	97.7	1309.3	262.7	11.7	34.4	8.0	Bread: Wheat Flour 46% (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Wheat Flour (20%), Yeast, Wheat Gluten, Salt, Fermented Wheat Flour, Soya Flour, Flour Treatment Agent (Ascorbic Acid).Cheese: (Milk, Salt, Starter, Rennet, Colour Annatto E160b).Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya, Milk. Trace Sesame Seed	Cheese suitable for Vegetarians
Half and Half bread Cheddar Cheese No Spread	97.7	1309.3	262.7	11.7	34.4	8.0	Bread: Wheat Flour 46% (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Wheat Flour (20%), Yeast, Wheat Gluten, Salt, Fermented Wheat Flour, Soya Flour, Flour Treatment Agent (Ascorbic Acid).Cheese: (Milk, Salt, Starter, Rennet, Colour Annatto E160b).	Gluten, Soya, Milk. Trace Sesame Seed	Cheese suitable for Vegetarians
Half and Half bread Chicken Breast	118.7	1168.6	228.9	17.0	34.5	1.7	Bread: Wheat Flour 46% (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Wheat Flour (20%), Yeast, Wheat Gluten, Salt, Fermented Wheat Flour, Soya Flour, Flour Treatment Agent (Ascorbic Acid).Chicken: 100% Pure Chicken Breast, Water, Salt.Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya. Trace Sesame Seed	
Half and Half bread Chicken Breast No Spread	118.7	1168.6	228.9	17.0	34.5	1.7	Bread: Wheat Flour 46% (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Wheat Flour (20%), Yeast, Wheat Gluten, Salt, Fermented Wheat Flour, Soya Flour, Flour Treatment Agent (Ascorbic Acid).Chicken: 100% Pure Chicken Breast, Water, Salt.	Gluten, Soya. Trace Sesame Seed	

Product	Portion Weight (g)	Energy KJ Per Portion	Energy kCal Per Portion	Protein per portion	Carbohydrate per Portion	Fat per portion	Ingredients	Allergens	Suitable for
Half and Half bread Premium Turkey	102.7	1077.4	207.2	11.8	35.0	1.4	Bread: Wheat Flour 46% (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Wheat Flour (20%), Yeast, Wheat Gluten, Salt, Fermented Wheat Flour, Soya Flour, Flour Treatment Agent (Ascorbic Acid).TURKEY: Turkey Breast (75%), Water, Brine Mix (Salt, Dextrose, Gelling Agent (Carrageenan (E407a), Potassium Chloride(E508) Sstabilisers:(Sodium Diphosphate(E450), Triphosphate(E451), Polyphosphates(E452), Starch, Vinegar. .SPREAD: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyrinicoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya. Trace Sesame Seed	
Half and Half bread Premium Turkey No Spread	102.7	1077.4	207.2	11.8	35.0	1.4	Bread: Wheat Flour 46% (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Wheat Flour (20%), Yeast, Wheat Gluten, Salt, Fermented Wheat Flour, Soya Flour, Flour Treatment Agent (Ascorbic Acid).TURKEY: Turkey Breast (75%), Water, Brine Mix (Salt, Dextrose, Gelling Agent (Carrageenan (E407a), Potassium Chloride(E508) Sstabilisers:(Sodium Diphosphate(E450), Triphosphate(E451), Polyphosphates(E452), Starch, Vinegar. .SPREAD: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyrinicoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya. Trace Sesame Seed	
Half and Half bread Premium Ham	104.7	709.3	121.4	8.3	1.9	8.7	Bread: Wheat Flour 46% (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Wheat Flour (20%), Yeast, Wheat Gluten, Salt, Fermented Wheat Flour, Soya Flour, Flour Treatment Agent (Ascorbic Acid).HAM: Pork (70%), Water, Starch, salt, sugars (dried glucose & maltodextrin), Stabilisers (Sodium Di, Tri & Polyphosphates), Pork Protein, Gelling agent (Carrageenan), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite). .Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyrinicoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya. Trace Sesame Seed	
Half and Half bread Premium Ham No Spread	104.7	709.3	121.4	8.3	1.9	8.7	Bread: Wheat Flour 46% (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Wheat Flour (20%), Yeast, Wheat Gluten, Salt, Fermented Wheat Flour, Soya Flour, Flour Treatment Agent (Ascorbic Acid).HAM: Pork (70%), Water, Starch, salt, sugars (dried glucose & maltodextrin), Stabilisers (Sodium Di, Tri & Polyphosphates), Pork Protein, Gelling agent (Carrageenan), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite). .	Gluten, Soya. Trace Sesame Seed	
Half and Half bread Spread	77.7	968.9	181.7	6.8	34.4	1.1	Bread: Wheat Flour 46% (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Wheat Flour (20%), Yeast, Wheat Gluten, Salt, Fermented Wheat Flour, Soya Flour, Flour Treatment Agent (Ascorbic Acid).Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyrinicoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya. Trace Sesame Seed	
Half and Half bread No Spread	77.7	968.9	181.7	6.8	34.4	1.1	Bread: Wheat Flour 46% (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Wheat Flour (20%), Yeast, Wheat Gluten, Salt, Fermented Wheat Flour, Soya Flour, Flour Treatment Agent (Ascorbic Acid).	Gluten, Soya. Trace Sesame Seed	
Roll Fruit Spread.	111.7	1371.2	252.4	7.6	51.7	1.6	Roll: Wheat Flour, Water, Yeast, Salt, Dextrose, WHEAT Gluten, Malted WHEAT Flour, Flour Treatment Agent E300 Ascorbic Acid)FRUIT SPREAD: Strawberries 60%, Unsweetened Grape Juice . Gelling Agent: Fruit Pectin.Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyrinicoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Trace nuts, sesame seed	
Roll Fruit Spread. No Spread	111.7	1371.2	252.4	7.6	51.7	1.6	Roll: Wheat Flour, Water, Yeast, Salt, Dextrose, WHEAT Gluten, Malted WHEAT Flour, Flour Treatment Agent E300 Ascorbic Acid)FRUIT SPREAD: Strawberries 60%, Unsweetened Grape Juice . Gelling Agent: Fruit Pectin.	Gluten, Trace nuts, sesame seed	

Product	Portion Weight (g)	Energy KJ Per Portion	Energy kCal Per Portion	Protein per portion	Carbohydrate per Portion	Fat per portion	Ingredients	Allergens	Suitable for
Roll Chicken Tikka	121.7	1459.0	274.6	13.9	39.9	6.2	Roll: Wheat Flour, Water, Yeast, Salt, Dextrose, WHEAT Gluten, Malted WHEAT Flour, Flour Treatment Agent E300 Ascorbic Acid)Chicken (Chicken, Water, Salt),Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Tikka Glaze (Sugar, maltodextrin, Spices (Cumin, Turmeric, Coriander, Paprika, Chilli, Cayenne, Nutmeg, Cinnamon), Salt, Flavour Enhancer E621, Garlic Powder, Acidity Regulator E330, Colours E150c, E160c), Sweetener E951 contains a source of phenylalanine.. Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Eggs, Mustard Trace nuts, sesame seed	
Roll Chicken Tikka No Spread	121.7	1459.0	274.6	13.9	39.9	6.2	Roll: Wheat Flour, Water, Yeast, Salt, Dextrose, WHEAT Gluten, Malted WHEAT Flour, Flour Treatment Agent E300 Ascorbic Acid)Chicken (Chicken, Water, Salt),Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Tikka Glaze (Sugar, maltodextrin, Spices (Cumin, Turmeric, Coriander, Paprika, Chilli, Cayenne, Nutmeg, Cinnamon), Salt, Flavour Enhancer E621, Garlic Powder, Acidity Regulator E330, Colours E150c, E160c), Sweetener E951 contains a source of phenylalanine.	Gluten, Eggs, Mustard Trace nuts, sesame seed	
Roll Chicken + Stuffing	121.7	1562.6	299.4	11.9	44.6	7.8	Chicken (Chicken, Water, Salt), Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Stuffing (Breadcrumbs (wheat flour, water, yeast, salt, flour, ascorbic acid), Vegetable Oil, Lemon Juice, Onion, Sage, Oregano, Thyme), Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Eggs, Mustard Trace nuts, sesame seed	
Roll Chicken + Stuffing No Spread	121.7	1562.6	299.4	11.9	44.6	7.8	Chicken (Chicken, Water, Salt), Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Stuffing (Breadcrumbs (wheat flour, water, yeast, salt, flour, ascorbic acid), Vegetable Oil, Lemon Juice, Onion, Sage, Oregano, Thyme), Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Eggs, Mustard Trace nuts, sesame seed	
Roll Egg Salad	124.4	1524.4	289.6	11.8	39.8	8.7	Roll: Wheat Flour, Water, Yeast, Salt, Dextrose, WHEAT Gluten, Malted WHEAT Flour, Flour Treatment Agent E300 Ascorbic Acid)EGG MAYO: Boiled Eggs, Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene)SPREAD: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Eggs, Mustard Trace nuts, sesame seed	
Roll Egg Salad No Spread	124.4	1524.4	289.6	11.8	39.8	8.7	Roll: Wheat Flour, Water, Yeast, Salt, Dextrose, WHEAT Gluten, Malted WHEAT Flour, Flour Treatment Agent E300 Ascorbic Acid)EGG MAYO: Boiled Eggs, Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene	Gluten, Eggs, Mustard Trace nuts, sesame seed	

Product	Portion Weight (g)	Energy KJ Per Portion	Energy kCal Per Portion	Protein per portion	Carbohydrate per Portion	Fat per portion	Ingredients	Allergens	Suitable for
Roll Cheddar Cheese	101.7	1495.0	282.4	12.5	39.0	8.3	Roll: Wheat Flour, Water, Yeast, Salt, Dextrose, WHEAT Gluten, Malted WHEAT Flour, Flour Treatment Agent E300 Ascorbic Acid) Cheese: (Milk, Salt, Starter, Rennet, Colour Annatto E160b). Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Milk Trace nuts, sesame seed	Cheese suitable for Vegetarians
Roll Cheddar Cheese No Spread	101.7	1495.0	282.4	12.5	39.0	8.3	Roll: Wheat Flour, Water, Yeast, Salt, Dextrose, WHEAT Gluten, Malted WHEAT Flour, Flour Treatment Agent E300 Ascorbic Acid) Cheese: (Milk, Salt, Starter, Rennet, Colour Annatto E160b).	Gluten, Milk Trace nuts, sesame seed	Cheese suitable for Vegetarians
Roll Chicken Breast	122.7	1354.3	248.6	17.8	39.0	2.0	Roll: Wheat Flour, Water, Yeast, Salt, Dextrose, WHEAT Gluten, Malted WHEAT Flour, Flour Treatment Agent E300 Ascorbic Acid)Chicken: 100% Pure Chicken Breast, Water, Salt.	Gluten, Trace nuts, sesame seed	
Roll Chicken Breast No Spread	122.7	1354.3	248.6	17.8	39.0	2.0	Roll: Wheat Flour, Water, Yeast, Salt, Dextrose, WHEAT Gluten, Malted WHEAT Flour, Flour Treatment Agent E300 Ascorbic Acid)Chicken: 100% Pure Chicken Breast, Water, Salt.	Gluten, Trace nuts, sesame seed	
Roll Premium Turkey	106.7	1263.1	226.9	12.6	39.6	1.7	Roll: Wheat Flour, Water, Yeast, Salt, Dextrose, WHEAT Gluten, Malted WHEAT Flour, Flour Treatment Agent E300 Ascorbic Acid) TURKEY: Turkey Breast (75%), Water, Brine Mix (Salt, Dextrose, Gelling Agent (Carrageenan (E407a), Potassium Chloride(E508) Sstabilisers:(Sodium Diphosphate(E450), Triphosphate(E451), Polyphosphates(E452), Starch, Vinegar. .SPREAD: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Trace nuts, sesame seed	
Roll Premium Turkey No Spread	106.7	1263.1	226.9	12.6	39.6	1.7	Roll: Wheat Flour, Water, Yeast, Salt, Dextrose, WHEAT Gluten, Malted WHEAT Flour, Flour Treatment Agent E300 Ascorbic Acid) TURKEY: Turkey Breast (75%), Water, Brine Mix (Salt, Dextrose, Gelling Agent (Carrageenan (E407a), Potassium Chloride(E508) Sstabilisers:(Sodium Diphosphate(E450), Triphosphate(E451), Polyphosphates(E452), Starch, Vinegar.	Gluten, Trace nuts, sesame seed	
Roll Premium Ham	108.7	1271.5	229.2	11.6	40.0	2.2	Roll: Wheat Flour, Water, Yeast, Salt, Dextrose, WHEAT Gluten, Malted WHEAT Flour, Flour Treatment Agent E300 Ascorbic Acid)HAM: Pork (70%), Water, Starch, salt, sugars (dried glucose & maltodextrin), Stabilisers (Sodium Di, Tri & Polyphosphates), Pork Protein, Gelling agent (Carrageenan), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite). .Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Trace nuts, sesame seed, soya	
Roll Premium Ham No Spread	108.7	1271.5	229.2	11.6	40.0	2.2	Roll: Wheat Flour, Water, Yeast, Salt, Dextrose, WHEAT Gluten, Malted WHEAT Flour, Flour Treatment Agent E300 Ascorbic Acid)HAM: Pork (70%), Water, Starch, salt, sugars (dried glucose & maltodextrin), Stabilisers (Sodium Di, Tri & Polyphosphates), Pork Protein, Gelling agent (Carrageenan), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite). .	Gluten, Trace nuts, sesame seed, soya	
Roll Spread	81.7	1154.6	201.4	7.5	39.0	1.4	Roll: Wheat Flour, Water, Yeast, Salt, Dextrose, WHEAT Gluten, Malted WHEAT Flour, Flour Treatment Agent E300 Ascorbic Acid). Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Trace nuts, sesame seed	
Roll No Spread	81.7	1154.6	201.4	7.5	39.0	1.4	Roll: Wheat Flour, Water, Yeast, Salt, Dextrose, WHEAT Gluten, Malted WHEAT Flour, Flour Treatment Agent E300 Ascorbic Acid)	Gluten, Trace nuts, sesame seed	
Soda Bread Fruit Spread.	71.7	910.6	168.5	5.1	10.5	1.8	Soda Bread: Fresh buttermilk (43%), wholemeal flour (30%), wheat flour, raising agents Bicarbonate of Soda, salt, wheatgerm.FRUIT SPREAD: Strawberries 60%, Unsweetened Grape Juice , Gelling Agent: Fruit Pectin.Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Milk	

Product	Portion Weight (g)	Energy KJ Per Portion	Energy kCal Per Portion	Protein per portion	Carbohydrate per Portion	Fat per portion	Ingredients	Allergens	Suitable for
Soda Bread Fruit Spread. No Spread	71.7	910.6	168.5	5.1	10.5	1.8	Soda Bread: Fresh buttermilk (43%), wholemeal flour (30%), wheat flour, raising agents Bicarbonate of Soda, salt, wheatgerm.FRUIT SPREAD: Strawberries 60%, Unsweetened Grape Juice , Gelling Agent: Fruit Pectin.	Gluten, Milk	
Soda Bread Chicken Tikka	111.7	1215.0	241.7	11.5	11.5	6.6	Soda Bread: Fresh buttermilk (43%), wholemeal flour (30%), wheat flour, raising agents Bicarbonate of Soda, salt, wheatgerm.Chicken (Chicken, Water, Salt),Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Tikka Glaze (Sugar, maltodextrin, Spices (Cumin, Turmeric, Coriander, Paprika, Chilli, Cayenne, Nutmeg, Cinnamon), Salt, Flavour Enhancer E621, Garlic Powder, Acidity Regulator E330, Colours E150c, E160c), Sweetener E951 contains a source of phenylalanine. Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Milk, Eggs, Mustard	
Soda Bread Chicken Tikka No Spread	111.7	1215.0	241.7	11.5	11.5	6.6	Soda Bread: Fresh buttermilk (43%), wholemeal flour (30%), wheat flour, raising agents Bicarbonate of Soda, salt, wheatgerm.Chicken (Chicken, Water, Salt),Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Tikka Glaze (Sugar, maltodextrin, Spices (Cumin, Turmeric, Coriander, Paprika, Chilli, Cayenne, Nutmeg, Cinnamon), Salt, Flavour Enhancer E621, Garlic Powder, Acidity Regulator E330, Colours E150c, E160c), Sweetener E951 contains a source of phenylalanine.	Gluten, Milk, Eggs, Mustard	
Soda Bread Chicken + Stuffing	111.7	1318.6	266.5	9.5	16.1	8.2	Soda Bread: Fresh buttermilk (43%), wholemeal flour (30%), wheat flour, raising agents Bicarbonate of Soda, salt, wheatgerm..Chicken (Chicken, Water, Salt), Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Stuffing (Breadcrumbs (wheat flour, water, yeast, salt, flour, ascorbic acid), Vegetable Oil, Lemon Juice, Onion, Sage, Oregano, Thyme).Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Milk, Eggs, Mustard	
Soda Bread Chicken + Stuffing No Spread	111.7	1318.6	266.5	9.5	16.1	8.2	Soda Bread: Fresh buttermilk (43%), wholemeal flour (30%), wheat flour, raising agents Bicarbonate of Soda, salt, wheatgerm..Chicken (Chicken, Water, Salt), Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Stuffing (Breadcrumbs (wheat flour, water, yeast, salt, flour, ascorbic acid), Vegetable Oil, Lemon Juice, Onion, Sage, Oregano, Thyme).	Gluten, Milk, Eggs, Mustard	
Soda Bread Egg Salad	114.4	1280.4	256.7	9.4	11.4	9.1	Soda Bread: Fresh buttermilk (43%), wholemeal flour (30%), wheat flour, raising agents Bicarbonate of Soda, salt, wheatgerm.EGG MAYO: Boiled Eggs, Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene SPREAD: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Milk, Eggs, Mustard	

Soda Bread Egg Salad No Spread	114.4	1280.4	256.7	9.4	11.4	9.1	Soda Bread: Fresh buttermilk (43%), wholemeal flour (30%), wheat flour, raising agents Bicarbonate of Soda, salt, wheatgerm.EGG MAYO: Boiled Eggs, Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene	Gluten, Milk, Eggs, Mustard	
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Product	Portion Weight (g)	Energy KJ Per Portion	Energy kCal Per Portion	Protein per portion	Carbohydrate per Portion	Fat per portion	Ingredients	Allergens	Suitable for
Soda Bread Cheddar Cheese	91.7	1251.0	249.5	10.1	10.5	8.7	Soda Bread: Fresh buttermilk (43%), wholemeal flour (30%), wheat flour, raising agents Bicarbonate of Soda, salt, wheatgerm. Cheese: (Milk, Salt, Starter, Rennet, Colour Annatto E160b). Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Milk	Cheese suitable for Vegetarians
Soda Bread Cheddar Cheese No Spread	91.7	1251.0	249.5	10.1	10.5	8.7	Soda Bread: Fresh buttermilk (43%), wholemeal flour (30%), wheat flour, raising agents Bicarbonate of Soda, salt, wheatgerm. Cheese: (Milk, Salt, Starter, Rennet, Colour Annatto E160b).	Gluten, Milk	Cheese suitable for Vegetarians
Soda Bread Chicken Breast	112.7	1110.3	215.7	15.4	10.5	2.4	Soda Bread: Fresh buttermilk (43%), wholemeal flour (30%), wheat flour, raising agents Bicarbonate of Soda, salt, wheatgerm. Chicken: 100% Pure Chicken Breast, Water, Salt.	Gluten, Milk	
Soda Bread Chicken Breast No Spread	112.7	1110.3	215.7	15.4	10.5	2.4	Soda Bread: Fresh buttermilk (43%), wholemeal flour (30%), wheat flour, raising agents Bicarbonate of Soda, salt, wheatgerm. Chicken: 100% Pure Chicken Breast, Water, Salt.	Gluten, Milk	
Soda Bread Premium Turkey	96.7	1019.1	194.0	10.2	11.1	2.1	Soda Bread: Fresh buttermilk (43%), wholemeal flour (30%), wheat flour, raising agents Bicarbonate of Soda, salt, wheatgerm. TURKEY: Turkey Breast (75%), Water, Brine Mix (Salt, Dextrose, Gelling Agent (Carrageenan (E407a), Potassium Chloride(E508) Sstabilisers:(Sodium Diphosphate(E450), Triphosphate(E451), Polyphosphates(E452), Starch, Vinegar..SPREAD: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Milk	
Soda Bread Premium Turkey No Spread	96.7	1019.1	194.0	10.2	11.1	2.1	Soda Bread: Fresh buttermilk (43%), wholemeal flour (30%), wheat flour, raising agents Bicarbonate of Soda, salt, wheatgerm. TURKEY: Turkey Breast (75%), Water, Brine Mix (Salt, Dextrose, Gelling Agent (Carrageenan (E407a), Potassium Chloride(E508) Sstabilisers:(Sodium Diphosphate(E450), Triphosphate(E451), Polyphosphates(E452), Starch, Vinegar..	Gluten, Milk	
Soda Bread Premium Ham	98.7	1027.5	196.3	9.2	11.6	2.6	Soda Bread: Fresh buttermilk (43%), wholemeal flour (30%), wheat flour, raising agents Bicarbonate of Soda, salt, wheatgerm. HAM: Pork (70%), Water, Starch, salt, sugars (dried glucose & maltodextrin), Stabilisers (Sodium Di, Tri & Polyphosphates), Pork Protein, Gelling agent (Carrageenan), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite). . Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Milk, trace soya	
Soda Bread Premium Ham No Spread	98.7	1027.5	196.3	9.2	11.6	2.6	Soda Bread: Fresh buttermilk (43%), wholemeal flour (30%), wheat flour, raising agents Bicarbonate of Soda, salt, wheatgerm. HAM: Pork (70%), Water, Starch, salt, sugars (dried glucose & maltodextrin), Stabilisers (Sodium Di, Tri & Polyphosphates), Pork Protein, Gelling agent (Carrageenan), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite). .	Gluten, Milk, trace soya	
Soda Bread Spread	71.7	910.6	168.5	5.1	10.5	1.8	Soda Bread: Fresh buttermilk (43%), wholemeal flour (30%), wheat flour, raising agents Bicarbonate of Soda, salt, wheatgerm. Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Milk	
Soda Bread No Spread	71.7	910.6	168.5	5.1	10.5	1.8	Soda Bread: Fresh buttermilk (43%), wholemeal flour (30%), wheat flour, raising agents Bicarbonate of Soda, salt, wheatgerm.	Gluten, Milk	
Gluten Free Fruit Spread.	101.7	983.8	185.9	3.0	35.1	2.1	Gluten Free Bread: Water, Rice Flour, Tapioca Starch, Thickeners (E460ii, E464, E466, E415, E461), Potato Starch, Maize Starch, Psyllium Husk, Yeast, Albumen Egg White Powder, Maize Starch, Caster Sugar, Rapeseed Oil, Rice Starch, Iodized Salt, Preservative (sodium propionate, sorbic acid), Wholegrain Maize Flour, Rice Bran Extract, Starter Culture. FRUIT SPREAD: Strawberries 60%, Unsweetened Grape Juice , Gelling Agent: Fruit Pectin. Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Eggs	



Product	Portion Weight (g)	Energy KJ Per Portion	Energy kCal Per Portion	Protein per portion	Carbohydrate per Portion	Fat per portion	Ingredients	Allergens	Suitable for
Gluten Free Fruit Spread. No Spread	101.7	983.8	185.9	3.0	35.1	2.1	Gluten Free Bread: Water, Rice Flour, Tapioca Starch, Thickeners (E460ii, E464, E466, E415, E461), Potato Starch, Maize Starch, Psyllium Husk, Yeast, Albumen Egg White Powder, Maize Starch, Caster Sugar, Rapeseed Oil, Rice Starch, Iodized Salt, Preservative (sodium propionate, sorbic acid), Wholegrain Maize Flour, Rice Bran Extract, Starter Culture.FRUIT SPREAD: Strawberries 60%, Unsweetened Grape Juice , Gelling Agent: Fruit Pectin.	Eggs	vegan, vegetarian, coeliac
Gluten Free Chicken Tikka	111.7	1071.6	208.1	9.3	23.4	6.7	Gluten Free Bread: Water, Rice Flour, Tapioca Starch, Thickeners (E460ii, E464, E466, E415, E461), Potato Starch, Maize Starch, Psyllium Husk, Yeast, Albumen Egg White Powder, Maize Starch, Caster Sugar, Rapeseed Oil, Rice Starch, Iodized Salt, Preservative (sodium propionate, sorbic acid), Wholegrain Maize Flour, Rice Bran Extract, Starter Culture.Chicken (Chicken, Water, Salt),Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Tikka Glaze (Sugar, maltodextrin, Spices (Cumin, Turmeric, Coriander, Paprika, Chilli, Cayenne, Nutmeg, Cinnamon), Salt, Flavour Enhancer E621, Garlic Powder, Acidity Regulator E330, Colours E150c, E160c), Sweetener E951 contains a source of phenylalanine. Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Eggs, Mustard	
Gluten Free Chicken Tikka No Spread	111.7	1071.6	208.1	9.3	23.4	6.7	Gluten Free Bread: Water, Rice Flour, Tapioca Starch, Thickeners (E460ii, E464, E466, E415, E461), Potato Starch, Maize Starch, Psyllium Husk, Yeast, Albumen Egg White Powder, Maize Starch, Caster Sugar, Rapeseed Oil, Rice Starch, Iodized Salt, Preservative (sodium propionate, sorbic acid), Wholegrain Maize Flour, Rice Bran Extract, Starter Culture.Chicken (Chicken, Water, Salt),Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Tikka Glaze (Sugar, maltodextrin, Spices (Cumin, Turmeric, Coriander, Paprika, Chilli, Cayenne, Nutmeg, Cinnamon), Salt, Flavour Enhancer E621, Garlic Powder, Acidity Regulator E330, Colours E150c, E160c), Sweetener E951 contains a source of phenylalanine.	Eggs, Mustard	
Gluten Free Chicken + Stuffing	111.7	1175.2	232.9	7.3	28.0	8.3	Gluten Free Bread: Water, Rice Flour, Tapioca Starch, Thickeners (E460ii, E464, E466, E415, E461), Potato Starch, Maize Starch, Psyllium Husk, Yeast, Albumen Egg White Powder, Maize Starch, Caster Sugar, Rapeseed Oil, Rice Starch, Iodized Salt, Preservative (sodium propionate, sorbic acid), Wholegrain Maize Flour, Rice Bran Extract, Starter Culture..Chicken (Chicken, Water, Salt), Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Stuffing (Breadcrumbs (wheat flour, water, yeast, salt, flour, ascorbic acid), Vegetable Oil, Lemon Juice, Onion, Sage, Oregano, Thyme).Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Eggs, Mustard	
Gluten Free Chicken + Stuffing No Spread	111.7	1175.2	232.9	7.3	28.0	8.3	Gluten Free Bread: Water, Rice Flour, Tapioca Starch, Thickeners (E460ii, E464, E466, E415, E461), Potato Starch, Maize Starch, Psyllium Husk, Yeast, Albumen Egg White Powder, Maize Starch, Caster Sugar, Rapeseed Oil, Rice Starch, Iodized Salt, Preservative (sodium propionate, sorbic acid), Wholegrain Maize Flour, Rice Bran Extract, Starter Culture..Chicken (Chicken, Water, Salt), Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Stuffing (Breadcrumbs (wheat flour, water, yeast, salt, flour, ascorbic acid), Vegetable Oil, Lemon Juice, Onion, Sage, Oregano, Thyme).	Eggs, Mustard	

Product	Portion Weight (g)	Energy KJ Per Portion	Energy kCal Per Portion	Protein per portion	Carbohydrate per Portion	Fat per portion	Ingredients	Allergens	Suitable for
Gluten Free Egg Salad	114.4	1137.0	223.1	7.2	23.3	9.2	Gluten Free Bread: Water, Rice Flour, Tapioca Starch, Thickeners (E460ii, E464, E466, E415, E461), Potato Starch, Maize Starch, Psyllium Husk, Yeast, Albumen Egg White Powder, Maize Starch, Caster Sugar, Rapeseed Oil, Rice Starch, Iodized Salt, Preservative (sodium propionate, sorbic acid), Wholegrain Maize Flour, Rice Bran Extract, Starter Culture. EGG MAYO: Boiled Eggs, Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene. SPREAD: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Eggs, Mustard	
Gluten Free Egg Salad No Spread	114.4	1137.0	223.1	7.2	23.3	9.2	Gluten Free Bread: Water, Rice Flour, Tapioca Starch, Thickeners (E460ii, E464, E466, E415, E461), Potato Starch, Maize Starch, Psyllium Husk, Yeast, Albumen Egg White Powder, Maize Starch, Caster Sugar, Rapeseed Oil, Rice Starch, Iodized Salt, Preservative (sodium propionate, sorbic acid), Wholegrain Maize Flour, Rice Bran Extract, Starter Culture. EGG MAYO: Boiled Eggs, Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene	Eggs, Mustard	
Gluten Free Cheddar Cheese	91.7	1107.6	215.9	7.9	22.4	8.8	Gluten Free Bread: Water, Rice Flour, Tapioca Starch, Thickeners (E460ii, E464, E466, E415, E461), Potato Starch, Maize Starch, Psyllium Husk, Yeast, Albumen Egg White Powder, Maize Starch, Caster Sugar, Rapeseed Oil, Rice Starch, Iodized Salt, Preservative (sodium propionate, sorbic acid), Wholegrain Maize Flour, Rice Bran Extract, Starter Culture. Cheese: (Milk, Salt, Starter, Rennet, Colour Annatto E160b). Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Eggs, Milk	Cheese suitable for Vegetarians
Gluten Free Cheddar Cheese No Spread	91.7	1107.6	215.9	7.9	22.4	8.8	Gluten Free Bread: Water, Rice Flour, Tapioca Starch, Thickeners (E460ii, E464, E466, E415, E461), Potato Starch, Maize Starch, Psyllium Husk, Yeast, Albumen Egg White Powder, Maize Starch, Caster Sugar, Rapeseed Oil, Rice Starch, Iodized Salt, Preservative (sodium propionate, sorbic acid), Wholegrain Maize Flour, Rice Bran Extract, Starter Culture. Cheese: (Milk, Salt, Starter, Rennet, Colour Annatto E160b).	Eggs, Milk	Cheese suitable for Vegetarians
Gluten Free Chicken Breast	112.7	966.9	182.1	13.2	22.4	2.5	Gluten Free Bread: Water, Rice Flour, Tapioca Starch, Thickeners (E460ii, E464, E466, E415, E461), Potato Starch, Maize Starch, Psyllium Husk, Yeast, Albumen Egg White Powder, Maize Starch, Caster Sugar, Rapeseed Oil, Rice Starch, Iodized Salt, Preservative (sodium propionate, sorbic acid), Wholegrain Maize Flour, Rice Bran Extract, Starter Culture. Chicken: 100% Pure Chicken Breast, Water, Salt.	Eggs	
Gluten Free Chicken Breast No Spread	112.7	966.9	182.1	13.2	22.4	2.5	Gluten Free Bread: Water, Rice Flour, Tapioca Starch, Thickeners (E460ii, E464, E466, E415, E461), Potato Starch, Maize Starch, Psyllium Husk, Yeast, Albumen Egg White Powder, Maize Starch, Caster Sugar, Rapeseed Oil, Rice Starch, Iodized Salt, Preservative (sodium propionate, sorbic acid), Wholegrain Maize Flour, Rice Bran Extract, Starter Culture. Chicken: 100% Pure Chicken Breast, Water, Salt.	Eggs	
Gluten Free Premium Turkey	96.7	875.7	160.4	8.0	23.0	2.2	Gluten Free Bread: Water, Rice Flour, Tapioca Starch, Thickeners (E460ii, E464, E466, E415, E461), Potato Starch, Maize Starch, Psyllium Husk, Yeast, Albumen Egg White Powder, Maize Starch, Caster Sugar, Rapeseed Oil, Rice Starch, Iodized Salt, Preservative (sodium propionate, sorbic acid), Wholegrain Maize Flour, Rice Bran Extract, Starter Culture. TURKEY: Turkey Breast (75%), Water, Brine Mix (Salt, Dextrose, Gelling Agent (Carrageenan (E407a), Potassium Chloride(E508) Sstabilisers:(Sodium Diphosphate(E450), Triphosphate(E451), Polyphosphates(E452), Starch, Vinegar.. SPREAD: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Eggs	

Product	Portion Weight (g)	Energy KJ Per Portion	Energy kCal Per Portion	Protein per portion	Carbohydrate per Portion	Fat per portion	Ingredients	Allergens	Suitable for
Gluten Free Premium Turkey No Spread	96.7	875.7	160.4	8.0	23.0	2.2	Gluten Free Bread: Water, Rice Flour, Tapioca Starch, Thickeners (E460ii, E464, E466, E415, E461), Potato Starch, Maize Starch, Psyllium Husk, Yeast, Albumen Egg White Powder, Maize Starch, Caster Sugar, Rapeseed Oil, Rice Starch, Iodized Salt, Preservative (sodium propionate, sorbic acid), Wholegrain Maize Flour, Rice Bran Extract, Starter Culture. TURKEY: Turkey Breast (75%), Water, Brine Mix (Salt, Dextrose, Gelling Agent (Carrageenan (E407a), Potassium Chloride(E508) Sstabilisers:(Sodium Diphosphate(E450), Triphosphate(E451), Polyphosphates(E452), Starch, Vinegar..	Eggs	
Gluten Free Premium Ham	98.7	884.1	162.7	7.0	23.5	2.7	Gluten Free Bread: Water, Rice Flour, Tapioca Starch, Thickeners (E460ii, E464, E466, E415, E461), Potato Starch, Maize Starch, Psyllium Husk, Yeast, Albumen Egg White Powder, Maize Starch, Caster Sugar, Rapeseed Oil, Rice Starch, Iodized Salt, Preservative (sodium propionate, sorbic acid), Wholegrain Maize Flour, Rice Bran Extract, Starter Culture. HAM: Pork (70%), Water, Starch, salt, sugars (dried glucose & maltodextrin), Stabilisers (Sodium Di, Tri & Polyphosphates), Pork Protein, Gelling agent (Carrageenan), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite) . Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Eggs, trace gluten, soya	
Gluten Free Premium Ham No Spread	98.7	884.1	162.7	7.0	23.5	2.7	Gluten Free Bread: Water, Rice Flour, Tapioca Starch, Thickeners (E460ii, E464, E466, E415, E461), Potato Starch, Maize Starch, Psyllium Husk, Yeast, Albumen Egg White Powder, Maize Starch, Caster Sugar, Rapeseed Oil, Rice Starch, Iodized Salt, Preservative (sodium propionate, sorbic acid), Wholegrain Maize Flour, Rice Bran Extract, Starter Culture.HAM: Pork (70%), Water, Starch, salt, sugars (dried glucose & maltodextrin), Stabilisers (Sodium Di, Tri & Polyphosphates), Pork Protein, Gelling agent (Carrageenan), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite) .	Eggs, trace gluten, soya	
Gluten Free Spread	71.7	767.2	134.9	2.9	22.4	1.9	Gluten Free Bread: Water, Rice Flour, Tapioca Starch, Thickeners (E460ii, E464, E466, E415, E461), Potato Starch, Maize Starch, Psyllium Husk, Yeast, Albumen Egg White Powder, Maize Starch, Caster Sugar, Rapeseed Oil, Rice Starch, Iodized Salt, Preservative (sodium propionate, sorbic acid), Wholegrain Maize Flour, Rice Bran Extract, Starter Culture.. Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Eggs	
Gluten Free No Spread	71.7	767.2	134.9	2.9	22.4	1.9	Gluten Free Bread: Water, Rice Flour, Tapioca Starch, Thickeners (E460ii, E464, E466, E415, E461), Potato Starch, Maize Starch, Psyllium Husk, Yeast, Albumen Egg White Powder, Maize Starch, Caster Sugar, Rapeseed Oil, Rice Starch, Iodized Salt, Preservative (sodium propionate, sorbic acid), Wholegrain Maize Flour, Rice Bran Extract, Starter Culture.	Eggs	
White Bread Fruit Spread.	107.7	1190.1	233.5	7.2	46.6	1.8	White Bread: Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Wheat Gluten, Salt, Soya Flour, Emulsifiers (Mono- and Diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, sodium stearoyl-2-lactylate), preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).FRUIT SPREAD: Strawberries 60%, Unsweetened Grape Juice , Gelling Agent: Fruit Pectin.Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya. Trace Sesame Seed	
White Bread Fruit Spread. No Spread	107.7	1190.1	233.5	7.2	46.6	1.8	White Bread: Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Wheat Gluten, Salt, Soya Flour, Emulsifiers (Mono- and Diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, sodium stearoyl-2-lactylate), preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).FRUIT SPREAD: Strawberries 60%, Unsweetened Grape Juice . Gelling Agent: Fruit Pectin.	Gluten, Soya. Trace Sesame Seed	

Product	Portion Weight (g)	Energy KJ Per Portion	Energy kCal Per Portion	Protein per portion	Carbohydrate per Portion	Fat per portion	Ingredients	Allergens	Suitable for
White Bread Chicken Tikka	117.7	1277.9	255.7	13.5	34.9	6.4	White Bread: Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Wheat Gluten, Salt, Soya Flour, Emulsifiers (Mono- and Diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, sodium stearoyl-2-lactylate), preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).Chicken (Chicken, Water, Salt),Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Tikka Glaze (Sugar, maltodextrin, Spices (Cumin, Turmeric, Coriander, Paprika, Chilli, Cayenne, Nutmeg, Cinnamon), Salt, Flavour Enhancer E621, Garlic Powder, Acidity Regulator E330, Colours E150c, E160c), Sweetener E951 contains a source of phenylalanine.. Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya, Eggs, Mustard. Trace Sesame Seed	
White Bread Chicken Tikka No Spread	117.7	1277.9	255.7	13.5	34.9	6.4	White Bread: Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Wheat Gluten, Salt, Soya Flour, Emulsifiers (Mono- and Diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, sodium stearoyl-2-lactylate), preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).Chicken (Chicken, Water, Salt),Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Tikka Glaze (Sugar, maltodextrin, Spices (Cumin, Turmeric, Coriander, Paprika, Chilli, Cayenne, Nutmeg, Cinnamon), Salt, Flavour Enhancer E621, Garlic Powder, Acidity Regulator E330, Colours E150c, E160c), Sweetener E951 contains a source of phenylalanine.	Gluten, Soya, Eggs, Mustard. Trace Sesame Seed	
White Bread Chicken + Stuffing	117.7	1381.5	280.5	11.5	39.5	8.0	White Bread: Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Wheat Gluten, Salt, Soya Flour, Emulsifiers (Mono- and Diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, sodium stearoyl-2-lactylate), preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid)Chicken (Chicken, Water, Salt), Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Stuffing (Breadcrumbs (wheat flour, water, yeast, salt, flour, ascorbic acid), Vegetable Oil, Lemon Juice, Onion, Sage, Oregano, Thyme).Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya, Eggs, Mustard. Trace Sesame Seed	
White Bread Chicken + Stuffing No Spread	117.7	1381.5	280.5	11.5	39.5	8.0	White Bread: Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Wheat Gluten, Salt, Soya Flour, Emulsifiers (Mono- and Diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, sodium stearoyl-2-lactylate), preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid) Chicken (Chicken, Water, Salt), Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Stuffing (Breadcrumbs (wheat flour, water, yeast, salt, flour, ascorbic acid), Vegetable Oil, Lemon Juice, Onion, Sage, Oregano, Thyme).	Gluten, Soya, Eggs, Mustard. Trace Sesame Seed	

Product	Portion Weight (g)	Energy KJ Per Portion	Energy kCal Per Portion	Protein per portion	Carbohydrate per Portion	Fat per portion	Ingredients	Allergens	
White Bread Egg Mayo	120.4	1343.3	270.7	11.4	34.8	8.9	White Bread: Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Wheat Gluten, Salt, Soya Flour, Emulsifiers (Mono- and Diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, sodium stearoyl-2-lactylate), preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).EGG MAYO: Boiled Eggs, Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene. SPREAD: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya, Eggs, Mustard. Trace Sesame Seed	
White Bread Egg Mayo No Spread	120.4	1343.3	270.7	11.4	34.8	8.9	White Bread: Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Wheat Gluten, Salt, Soya Flour, Emulsifiers (Mono- and Diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, sodium stearoyl-2-lactylate), preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).	Gluten, Soya, Eggs, Mustard. Trace Sesame Seed	
White Bread Cheddar Cheese	97.7	1313.9	263.5	12.1	33.9	8.5	White Bread: Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Wheat Gluten, Salt, Soya Flour, Emulsifiers (Mono- and Diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, sodium stearoyl-2-lactylate), preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). Cheese: (Milk, Salt, Starter, Rennet, Colour Annatto E160b).Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya, Milk. Trace Sesame Seed	Cheese suitable for Vegetarians
White Bread Cheddar Cheese No Spread	97.7	1313.9	263.5	12.1	33.9	8.5	White Bread: Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Wheat Gluten, Salt, Soya Flour, Emulsifiers (Mono- and Diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, sodium stearoyl-2-lactylate), preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). Cheese: (Milk, Salt, Starter, Rennet, Colour Annatto E160b).	Gluten, Soya, Milk. Trace Sesame Seed	Cheese suitable for Vegetarians
White Bread Chicken Breast	118.7	1173.2	229.7	17.4	33.9	2.2	White Bread: Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Wheat Gluten, Salt, Soya Flour, Emulsifiers (Mono- and Diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, sodium stearoyl-2-lactylate), preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).Chicken: 100% Pure Chicken Breast, Water, Salt.Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya. Trace Sesame Seed	
White Bread Chicken Breast No Spread	118.7	1173.2	229.7	17.4	33.9	2.2	White Bread: Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Wheat Gluten, Salt, Soya Flour, Emulsifiers (Mono- and Diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, sodium stearoyl-2-lactylate), preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).Chicken: 100% Pure Chicken Breast, Water, Salt.	Gluten, Soya. Trace Sesame Seed	
White Bread Premium Turkey	102.7	1082.0	208.0	12.2	34.5	1.9	White Bread: Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Wheat Gluten, Salt, Soya Flour, Emulsifiers (Mono- and Diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, sodium stearoyl-2-lactylate), preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). TURKEY: Turkey Breast (75%), Water, Brine Mix (Salt, Dextrose, Gelling Agent (Carrageenan (E407a), Potassium Chloride(E508) Sstabilisers:(Sodium Diphosphate(E450), Triphosphate(E451), Polyphosphates(E452), Starch, Vinegar. SPREAD: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya. Trace Sesame Seed	

Product	Portion Weight (g)	Energy KJ Per Portion	Energy kCal Per Portion	Protein per portion	Carbohydrate per Portion	Fat per portion	Ingredients	Allergens	Suitable for
White Bread Premium Turkey No Spread	102.7	1082.0	208.0	12.2	34.5	1.9	White Bread: Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Wheat Gluten, Salt, Soya Flour, Emulsifiers (Mono- and Diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, sodium stearoyl-2-lactylate), preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). TURKEY: Turkey Breast (75%), Water, Brine Mix (Salt, Dextrose, Gelling Agent (Carrageenan (E407a), Potassium Chloride(E508) Sstabilisers:(Sodium Diphosphate(E450), Triphosphate(E451), Polyphosphates(E452), Starch, Vinegar..	Gluten, Soya. Trace Sesame Seed	
White Bread Premium Ham	104.7	1090.4	210.3	11.2	35.0	2.4	White Bread: Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Wheat Gluten, Salt, Soya Flour, Emulsifiers (Mono- and Diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, sodium stearoyl-2-lactylate), preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).HAM: Pork (70%), Water, Starch, salt, sugars (dried glucose & maltodextrin), Stabilisers (Sodium Di, Tri & Polyphosphates), Pork Protein, Gelling agent (Carrageenan), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite) .Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya. Trace Sesame Seed	
White Bread Premium Ham No Spread	104.7	1090.4	210.3	11.2	35.0	2.4	White Bread: Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Wheat Gluten, Salt, Soya Flour, Emulsifiers (Mono- and Diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, sodium stearoyl-2-lactylate), preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).HAM: Pork (70%), Water, Starch, salt, sugars (dried glucose & maltodextrin), Stabilisers (Sodium Di, Tri & Polyphosphates), Pork Protein, Gelling agent (Carrageenan), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite) .	Gluten, Soya. Trace Sesame Seed	
White Bread Spread	77.7	973.5	182.5	7.1	33.9	1.6	White Bread: Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Wheat Gluten, Salt, Soya Flour, Emulsifiers (Mono- and Diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, sodium stearoyl-2-lactylate), preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Gluten, Soya. Trace Sesame Seed	
White Bread No Spread	77.7	973.5	182.5	7.1	33.9	1.6	White Bread: Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Wheat Gluten, Salt, Soya Flour, Emulsifiers (Mono- and Diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, sodium stearoyl-2-lactylate), preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).	Gluten, Soya. Trace Sesame Seed	
Chicken Tikka Wrap	95.0	867.0	207.2	12.7	16.9	10.0	Wrap: Wheatflour (Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal Wheat Flour, Water, Vegetable Oil (Palm, Rapeseed), Humectant (Glycerine), Raising Agents (Disodium Diphosphate, Sodium Carbonate), Acidity Regulator (Malic Acid), stabilisers (Carboxymethylcellulose), Emulsifier (Mono and Diglycerides of Fatty Acids) Salt, Preservatives (Calcium propionate, potassium sorbate), Flour Treatment Agent (L-Cysteine).Chicken (Chicken, Water, Salt),Mayonnaise (water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, sugar, spices), emulsifiers: guar gum, xanthan gum, Preservative: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene), Tikka Glaze (Sugar, maltodextrin, Spices (Cumin, Turmeric, Coriander, Paprika, Chilli, Cayenne, Nutmeg, Cinnamon), Salt, Flavour Enhancer E621, Garlic Powder, Acidity Regulator E330, Colours E150c, E160c), Sweetener E951 contains a source of phenylalanine.	Gluten, Eggs, Mustard.	
Tomato Pasta	100.0		133.0	14.6	23.1	17.7	Penne Pasta (Water, Durum Wheat Semolina), Napoli Sauce (Chopped Tomatoes, Crushed Tomatoes, Tomato Juice, Citric Acid (E330), White Onion, Green Peppers, Tomato Puree, Tomatoes, Salt, Fresh Garlic, Salt, Sugar, Oil (Rapeseed Oil))	Gluten	suitable for vegetarians
Plain Pasta	100.0		188.0	4.5	21.3	3.4	Cooked Pasta (Water, Durum Wheat Semolina), French Dressing (Water, Rapeseed Oil, Red Wine Vinegar 11%, Extra Virgin, Olive Oil 8%, Sugar, Lemon Juice from Concentrate, Salt, Spices, Garlic, Stabiliser: Xantahn Gum, Guar Gum, Herbs, Mustard Flavouring	Gluten, Mustard	suitable for vegetarians

Product	Portion Weight (g)	Energy KJ Per Portion	Energy kCal Per Portion	Protein per portion	Carbohydrate per Portion	Fat per portion	Ingredients	Allergens	Suitable for
Cheese & Ham Wrap	77.0	829.6	197.0	11.3	16.4	9.9	Wrap: Wheatflour (Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal Wheat Flour, Water, Vegetable Oil (Palm, Rapeseed), Humectant (Glycerine), Raising Agents (Disodium Diphosphate, Sodium Carbonate), Acidity Regulator (Malic Acid), stabilisers (Carboxymethylcellulose), Emulsifier (Mono and Diglycerides of Fatty Acids) Salt, Preservatives (Calcium propionate, potassium sorbate), Flour Treatment Agent (L-Cysteine). Cheddar (MILK, salt, starter culture, rennet, colour (annatto)), potato starch. Pork (70%), Water, Starch, Salt, Sugars (Dried Glucose & Maltodextrin), Stabilisers (Sodium Di, Tri & Polyphosphates), Pork Protein, Gelling Agent (Carrageenan), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite). Allergen Advice: May contain traces of Soya, Wheat and Gluten.	Gluten, Milk, trace soya	Cheese suitable for Vegetarians
Just Turkey	25.0		26.0				TURKEY: Turkey Breast (75%), Water, Brine Mix (Salt, Dextrose, Gelling Agent (Carrageenan (E407a), Potassium Chloride(E508) Sstabilisers:(Sodium Diphosphate(E450), Triphosphate(E451), Polyphosphates(E452), Starch, Vinegar..		
Just Chicken	41.0		46.0				Chicken: 100% Pure Chicken Breast, Water, Salt.		
Just Ham	25.0		26.0				HAM: Pork (70%), Water, Starch, salt, sugars (dried glucose & maltodextrin), Stabilisers (Sodium Di, Tri & Polyphosphates), Pork Protein, Gelling agent (Carrageenan), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite) .	Trace Gluten, Soya	
Scone	105.0	1271.6	301.4	9.0	51.1	6.7	Wheat Flour (Wheat flour, calcium carbonate, iron, nicotinamide, thiamin), Buttermilk (28.6%) (MILK), Sugar, Margarine (non-hydrogenated vegetable oil (palm, rapeseed), water, salt, natural flavourings), reconstituted EGG Powder, Raising agents E450, E500, Glaze 0.9% (water, Vegetable Protein (Pea), Deztrose), Salt.	Gluten, Eggs, Milk, Soya	Ovo-lacto Vegetarians
Apple	1 apple		53.0	0.4	11.8	0.1	Apple		vegetaria, vegan,
Apple Aqua Juice	200ml	196.0	46.0		11.4		Fruit Juices from Concentrate 50% (Grape, Apple 15%); Natural Mineral Water; Natural Flavouring; Fruit and Vegetable Concentrates (Apple, Safflower, Lemon, Hibiscus, Carrot).		vegetarian, vegan, lacto-vegetarians. This product is not suitable for Halal or Kosher diets
Apple Slices	50.0	116.0	27.5	0.2	6.2	0.1	Red Apple 100%		vegetarian, vegan, kosher
Breadsticks	15.0	261.3	62.0	1.7	10.4	1.4	wheat flour(92%), palm oil(4%), yeast(2%), salt(1%), malted wheat flour(1%).	Gluten, Sesame Seed,	



Product	Portion Weight (g)	Energy KJ Per Portion	Energy kCal Per Portion	Protein per portion	Carbohydrate per Portion	Fat per portion	Ingredients	Allergens	Suitable for
Carrot Batons	20.0		6.0	0.1	1.4	0.4	Carrot		vegetaria, vegan.
Cheerios Pot	10.0	160.3	38.0	0.9	7.2	0.4	Whole Cereal Grains (77.8%) (whole grain oats, whole grain wheat, whole grain barley, whole grain rice, whole grain maize), Sugar, Partially inverted brown sugar syrup, wheat starch, salt, tripotassium phosphate, colours: carotene, annatto, caramel. Antioxidant tocopherols, vitamin C, niacin, pantothenic acid, vitamin B6, riboflavin B2, Thiamin B1, Folic Acid, Vitamin B12, Calcium Carbonate and Iron.	Gluten, Nuts,	
Chocolate Rice Cake	7.7	142.8	34.2	0.5	5.0	1.6	Rice (50%), Milk Chocolate coating 50% (sweetener xylitol), cocoa butter, whole milk powder, cocoa mass, whey powder (milk), vanilla, emulsifier (sunflower lecithin).	Soya, , Milk, , Nuts, , Sesame Seed,	Suitable for Vegetarians
Crackers	16.0	296.0	70.0	1.6	10.8	2.4	Wheat flour, vegetable fat (palm fat), salt, yeast, raising agent (sodium bicarbonate).	Gluten, Nuts,	suitable for vegetarians
Golden Nuggets Cereal Pot	10.0	160.1	37.8	0.8	8.1	0.2	Cereal Grains (Whole Grain Wheat (25.8%), Wheat Flour, Whole Grain Maize Flour (11.2%), Maize Semolina), Sugar, Maize Starch, Glucose Syrup, Honey (2.5%), Vitamins and Minerals (Calcium, Niacin, Pantothenic Acid, Iron, Vitamin D, Vitamin B6, Thiamin, Riboflavin, Folic Acid), Partially Inverted Brown Sugar Syrup, Salt, Palm Oil, Colour: Carotene, Antioxidant: Tocopherols, Flavouring.	Gluten, Peanuts, Milk, , Nuts,	
Muffin	45.0	685.4	162.9	2.6	25.7	5.4	Wheat Flour (Wheat flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Rapeseed Oil, Maltodextrin, Dried Egg, Humectant: Glycerol; Oat Flakes, Whey Powder (MLK), Raising Agents: Sodium Carbonates, Diphosphates, Calcium Phosphates; Emulsifiers: Mono- and Diglycerides of Fatty acids, Sodium stearoyl-2-lactylate; Oat Blend (Oat Flour, Natural Flavouring), Modified Maize Starch, Dextrose, Preservative: Potassium Sorbate; acidity regulator: Citric acid; flavourings, Colour: Carotenes; Soya Flour	Gluten, Eggs, Soya, , Milk, , Nuts,	vegetarians
Orange	1 orange		40.0	0.5	8.5		Orange		vegetarian, vegan
Orange Aqua Juice	200ml	190.0	44.0		10.8		Fruit Juices from Concentrate 50% (Grape, Orange 14%, Apple); Natural Mineral Water; Natural Flavourings.		vegetarian, vegan, lacto-vegetarians. This product is not suitable for Halal or Kosher diets
Pineapple Slices	10.0	25.0	6.0		1.6		Pineapple (58.68%), Pineapple Juice (41.22%), Acidity Regulator (Citric Acid).		vegetarian, vegan
Plain Rice Cake	7.7	108.0	25.0	0.6	5.3	0.0	Rice 99.7%, Sea Salt 0.3%.	Trace of Sesame Seed, Milk, Soya	

Popcorn	13.0	195.0	49.0	1.6	9.7	0.7	Air-popped popcorn.		
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## Carambola

Product	Portion Weight (g)	Energy KJ Per Portion	Energy kCal Per Portion	Protein per portion	Carbohydrate per Portion	Fat per portion	Ingredients	Allergens	Suitable for
Raspberry + Vanilla Fruchee	18.0	237.2	56.9	3.1	3.2	3.4	Raspberry & Vanilla: Cream, Milk proteins, Sugar, Water, Egg Yolk Powder, Cocoa Butter, Cornflour, Salt, Natural flavours (Raspberry, vanilla), Colour: Anthocyanin	Eggs, Milk,	
Small Pancake	25.0	306.3	72.8	2.0	10.3	2.5	Buttermilk (Milk)(35%), Wheat Flour (Wheat Flour, Calcium, Iron, Niacin, Thiamin), Wholemeal Wheat Flour, Egg, Sugar, Partially Inverted Refined Syrup, Raising Agents (Diphosphates, Sodium Bicarbonate), Butter Flavour (Natural Flavour Substances, Water, Stabiliser (Xanthan Gum), Emulsifier (Citric Acid Esters of Mono- and diglycerides of Fatty Acids, Glycerol	Gluten, Eggs, Milk,	vegetarians
Soft Cheese + Crackers	31.0	465.0	111.0	3.4	11.4	5.9	Cheese, water, butter, skimmed milk powder, whey powder, milk protein, emulsifying salts (E339, E452), Salt. CRACKERS: Wheat Flour, Vegetable Oil (Palm) Non hydrogenated, Salt, Yeast, Sodium Bicarbonate, Enzyme (Neutrase), Water	Gluten, Milk, Nuts	Cheese suitable for Vegetarians
Super Hooper Corn Hoops	10.0	198.5	47.3	1.1	6.4	1.9	Corn grits* 60%, red lentil grits* 15%, sunflower oil* 20%, cheese seasoning* 5% (onion*, maltodextrin*, salt, cheddar cheese*, sugar*, skimmed milk powder*, paprika*, yeast extract*, garlic*, turmeric*, lemon powder*, pepper*, sunflower oil*). Organic ingredients	Milk,	
Sweetcorn Pot	10.0	32.0	8.0	0.2	1.4	0.1	Sweetcorn, water, sugar, salt		vegetarian, vegan, coeliacs
Wildlife Yoghurt Tube	40.0	165.6	39.2	1.3	5.6	1.1	Skimmed Milk, Water, Sugar 7%, Cream, Skimmed Milk Powder, Fructose 2.8%, Modified manioc and Maize Starch, Calcium Phosphate, Citric Acid, Guar Gum, Natural Flavourings, Potassium Sorbate, Lactic Cultures, Sodium Citrates, Vitamin D.	Milk,	vegetarian
Yoghurt Rice Cake	7.7	351.0	84.0	1.1	10.6	2.5	Compound coating with yoghurt taste 60% (contains: sugar, cocoa butter, 9% skimmed yoghurt powder, emulsifier: soya lecithin (E322)), Rice Cake 40% (contains Rice, salt).	Milk, Soya, Sesame Seed,	Suitable for Vegetarians

Cracker s	16	296	70	1.6	10.8	2.4
soft cheese	15	169	41	1.8	0.6	3.5
	31	465	111	3.4	11.4	5.9