

Product Name	Weight in Grams	Calories per portion	Protein per portion	Carbohydrates per portion	Fat per portion	Ingredients	Allergens
Chicken and stuffing wrap	76	269.25	10.05	28.2	13.19	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), Stuffing (Breadcrumbs (wheat flour, water, yeast, salt, flour, ascorbic acid), Vegetable Oil, Lemon Juice, Onion, Sage, Oregano, Thyme).	Contains: Gluten, Egg, Mustard
Chicken Tikka Wrap	76	228.95	13.3	20.66	10.59	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.	Contains: Gluten, Egg, Mustard. Contains a source of Phenylalanine
Crackers	16	70	1.5	10.7	2.4	Wheat Flour, Vegetable Oil (Palm), Salt, Raising Agent Sodium Bicarbonate, Yeast.	Contains: Gluten, May Contain traces of Nuts
French Pasta	100	186	6	27	4.3	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, xanthan gum, guar gum, herbs, mustard flavouring).	Contains: Gluten, Mustard
Gluten Free Cheddar Cheese	86	253.4	11.68	30.42	9.144	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.	Contains: Egg, Milk
Gluten Free Cheddar Cheese No Spread	86	253.4	11.68	30.42	9.144	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).	Contains: Egg, Milk
Gluten Free Chicken Breast	107	218	16.7	30.44	2.844	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.	Contains: Egg,
Gluten Free Chicken Breast No Spread	107	218	16.7	30.44	2.844	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.	Contains: Egg,
Gluten Free Chicken Tikka	107	290.95	17.1	31.96	10.044	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.	Contains: Egg, Mustard. Contains a source of Phenylalanine
Gluten Free Chicken Tikka No Spread	107	290.95	17.1	31.96	10.044	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.	Contains: Egg, Mustard. Contains a source of Phenylalanine

Gluten Free Egg Salad	106	258.1	10.8622	31.2442	9.384	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 Polyrinolate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Contains: Egg, Mustard.
Gluten Free Egg Salad No Spread	106	258.1	10.8622	31.2442	9.384	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	Contains: Egg, Mustard.
Gluten Free No Spread	66	172	6.7	30.4	2.244	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.	Contains: Egg,
Gluten Free Premium Ham	91	199	11.7	30.475	2.994	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 (83%), Water, Salt, Sugars, Stabilisers Sodium di, tri and Polyphosphate, HVP, Antioxidant Sodium Ascorbate, Pork Protein, Preservative Sodium Nitrite. Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyrinolate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Contains: Egg, trace of soya and gluten
Gluten Free Premium Ham No Spread	91	199	11.7	30.475	2.994	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 (83%), Water, Salt, Sugars, Stabilisers Sodium di, tri and Polyphosphate, HVP, Antioxidant Sodium Ascorbate, Pork Protein, Preservative Sodium Nitrite.	Contains: Egg, trace of soya and gluten
Gluten Free Premium Turkey	91	197.5	11.775	31	2.569	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, E407a, E508, Stabilisers (E450, E451, E452), Starch, Sodium Lactate: E325. SPREAD: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyrinolate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Contains: Egg,
Gluten Free Premium Turkey No Spread	91	197.5	11.775	31	2.569	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, E407a, E508, Stabilisers (E450, E451, E452), Starch, Sodium Lactate: E325.	Contains: Egg,
Gluten Free Pure Fruit Jam	88	209.4	6.766	39.706	2.398	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 Polyrinolate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Contains: Egg,
Gluten Free Pure Fruit Jam No Spread	88	209.4	6.766	39.706	2.398	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.	Contains: Egg,
Gluten Free Spread	66	172	6.7	30.4	2.244	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.	Contains: Egg,
Gluten Free Tuna Sweetcorn	106	242.14	14.26	31.492	6.192	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. 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 Spread: Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol Polyrinolate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Contains: Egg, Fish, Mustard.

Gluten Free Tuna Sweetcorn No Spread	106	242.14	14.26	31.492	6.192	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. 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	Contains: Egg, Fish, Mustard.
Healthy Grain Bread Cheddar Cheese	104	299.4	13.58	38.62	9.756	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 Polyrinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Contains: Gluten, Soya, Milk... Trace of Sesame Seeds
Healthy Grain Bread Cheddar Cheese No Spread	104	299.4	13.58	38.62	9.756	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).	Contains: Gluten, Soya, Milk... Trace of Sesame Seeds
Healthy Grain Bread Chicken Breast	125	264	18.6	38.64	3.456	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.	Contains: Gluten, Soya... Trace of Sesame Seeds
Healthy Grain Bread Chicken Breast No Spread	125	264	18.6	38.64	3.456	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.	Contains: Gluten, Soya... Trace of Sesame Seeds
Healthy Grain Bread Chicken Tikka	125	336.95	19	40.16	10.656	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 Polyrinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Contains: Gluten, Soya, Egg, Mustard. Contains a source of Phenylalanine... Trace of Sesame Seeds
Healthy Grain Bread Chicken Tikka No Spread	125	336.95	19	40.16	10.656	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.	Contains: Gluten, Soya, Egg, Mustard. Contains a source of Phenylalanine... Trace of Sesame Seeds
Healthy Grain Bread Egg Salad	124	304.1	12.7622	39.4442	9.996	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 Polyrinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Contains: Gluten, Soya, Egg, Mustard. ... Trace of Sesame Seeds
Healthy Grain Bread Egg Salad No Spread	124	304.1	12.7622	39.4442	9.996	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	Contains: Gluten, Soya, Egg, Mustard. ... Trace of Sesame Seeds
Healthy Grain Bread No Spread	84	218	8.6	38.6	2.856	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.	Contains: Gluten, Soya... Trace of Sesame Seeds
Healthy Grain Bread Premium Ham	109	245	13.6	38.675	3.606	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 (83%), Water, Salt, Sugars, Stabilisers Sodium di, tri and Polyphosphate, HVP, Antioxidant Sodium Ascorbate, Pork Protein, 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.	Contains: Gluten, Soya... Trace of Sesame Seeds trace of soya and gluten
Healthy Grain Bread Premium Ham No Spread	109	245	13.6	38.675	3.606	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 (83%), Water, Salt, Sugars, Stabilisers Sodium di, tri and Polyphosphate, HVP, Antioxidant Sodium Ascorbate, Pork Protein, Preservative Sodium Nitrite.	Contains: Gluten, Soya... Trace of Sesame Seeds trace of soya and gluten

CARAMBOLA
NOT FOR REDISTRIBUTION

Healthy Grain Bread Premium Turkey	109	243.5	13.675	39.2	3.181	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, E407a, E508, Stabilisers (E450, E451, E452), Starch, Sodium Lactate: E325.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.	Contains: Gluten, Soya... Trace of Sesame Seeds
Healthy Grain Bread Premium Turkey No Spread	109	243.5	13.675	39.2	3.181	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, E407a, E508, Stabilisers (E450, E451, E452), Starch, Sodium Lactate: E325.	Contains: Gluten, Soya... Trace of Sesame Seeds
Healthy Grain Bread Pure Fruit Jam	106	255.4	8.666	47.906	3.01	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 Polyrinicoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Contains: Gluten, Soya... Trace of Sesame Seeds
Healthy Grain Bread Pure Fruit Jam No Spread	106	255.4	8.666	47.906	3.01	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.	Contains: Gluten, Soya... Trace of Sesame Seeds
Healthy Grain Bread Spread	84	218	8.6	38.6	2.856	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.	Contains: Gluten, Soya... Trace of Sesame Seeds
Healthy Grain Bread Tuna Sweetcorn	124	288.14	16.16	39.692	6.804	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. 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 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.	Contains: Gluten, Soya... Fish, Egg, Mustard. Trace of Sesame Seeds
Healthy Grain Bread Tuna Sweetcorn No Spread	124	288.14	16.16	39.692	6.804	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. 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	Contains: Gluten, Soya... Fish, Egg, Mustard. Trace of Sesame Seeds
Pasta Med	100	135	5	20	3	Cooked Pasta (Water, durum wheat semolina), Chopped tomatoes (crushed tomatoes, tomato juice, citric acid E330), White Onion, Green peppers, tomato puree (tomatoes, salt), fresh garlic, salt, sugar, Rapeseed oil.	Contains: Gluten
Roll Cheddar Cheese	110	289.4	13.18	36.82	9.62	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 Polyrinicoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Contains: Gluten,, Milk traces of nuts
Roll Cheddar Cheese No Spread	110	289.4	13.18	36.82	9.62	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).	Contains: Gluten, , Milktraces of nuts
Roll Chicken Breast	131	254	18.2	36.84	3.32	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.	Contains: Gluten, traces of nuts
Roll Chicken Breast No Spread	131	254	18.2	36.84	3.32	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.	Contains: Gluten, traces of nuts
Roll Chicken Tikka	131	326.95	18.6	38.36	10.52	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 Polyrinicoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Contains: Gluten, Egg, Mustard. Contains a source of Phenylalanine, traces of nuts
Roll Chicken Tikka No Spread	131	326.95	18.6	38.36	10.52	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.	Contains: Gluten, Egg, Mustard. Contains a source of Phenylalanine, traces of nuts

CARAMBOLA
NOT FOR REDISTRIBUTION

Roll Egg Salad	130	294.1	12.3622	37.6442	9.86	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.	Contains: Gluten, Egg, Mustard. traces of nuts
Roll Egg Salad No Spread	130	294.1	12.3622	37.6442	9.86	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	Contains: Gluten, Egg, Mustard. traces of nuts
Roll No Spread	90	208	8.2	36.8	2.72	Roll: Wheat Flour, Water, Yeast, Salt, Dextrose, WHEAT Gluten, Malted WHEAT Flour, Flour Treatment Agent E300 Ascorbic Acid)	Contains: Gluten, traces of nuts
Roll Premium Ham	115	235	13.2	36.875	3.47	Roll: Wheat Flour, Water, Yeast, Salt, Dextrose, WHEAT Gluten, Malted WHEAT Flour, Flour Treatment Agent E300 Ascorbic Acid)HAM: Pork (83%), Water, Salt, Sugars, Stabilisers Sodium di, tri and Polyphosphate, HVP, Antioxidant Sodium Ascorbate, Pork Protein, 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.	Contains: Gluten, traces of nuts trace of soya and gluten
Roll Premium Ham No Spread	115	235	13.2	36.875	3.47	Roll: Wheat Flour, Water, Yeast, Salt, Dextrose, WHEAT Gluten, Malted WHEAT Flour, Flour Treatment Agent E300 Ascorbic Acid)HAM: Pork (83%), Water, Salt, Sugars, Stabilisers Sodium di, tri and Polyphosphate, HVP, Antioxidant Sodium Ascorbate, Pork Protein, Preservative Sodium Nitrite.	Contains: Gluten, traces of nuts trace of soya and gluten
Roll Premium Turkey	115	233.5	13.275	37.4	3.045	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, E407a, E508, Stabilisers (E450, E451, E452), Starch, Sodium Lactate: E325.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.	Contains: Gluten, traces of nuts
Roll Premium Turkey No Spread	115	233.5	13.275	37.4	3.045	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, E407a, E508, Stabilisers (E450, E451, E452), Starch, Sodium Lactate: E325.	Contains: Gluten, traces of nuts
Roll Pure Fruit Jam	112	245.4	8.266	46.106	2.874	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 Polyricinoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Contains: Gluten, traces of nuts
Roll Pure Fruit Jam No Spread	112	245.4	8.266	46.106	2.874	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.	Contains: Gluten, traces of nuts
Roll Spread	90	208	8.2	36.8	2.72	Roll: Wheat Flour, Water, Yeast, Salt, Dextrose, WHEAT Gluten, Malted WHEAT Flour, Flour Treatment Agent E300 Ascorbic Acid)	Contains: Gluten, traces of nuts
Roll Tuna Sweetcorn	130	278.14	15.76	37.892	6.668	Roll: Wheat Flour, Water, Yeast, Salt, Dextrose, WHEAT Gluten, Malted WHEAT Flour, Flour Treatment Agent E300 Ascorbic Acid), 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. 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.	Contains: Gluten, Fish, Egg, Mustard. traces of nuts
Roll Tuna Sweetcorn No Spread	130	278.14	15.76	37.892	6.668	Roll: Wheat Flour, Water, Yeast, Salt, Dextrose, WHEAT Gluten, Malted WHEAT Flour, Flour Treatment Agent E300 Ascorbic Acid), 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	Contains: Gluten, Fish, Egg, Mustard. traces of nuts
Soda Bread Cheddar Cheese	103	297.4	13.48	38.32	9.728	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.	Contains: Gluten, Milk
Soda Bread Cheddar Cheese No Spread	103	297.4	13.48	38.32	9.728	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).	Contains: Gluten, Milk
Soda Bread Chicken Breast	124	262	18.5	38.34	3.428	Soda Bread: Fresh buttermilk (43%), wholemeal flour (30%), wheat flour, raising agents Bicarbonate of Soda, salt, wheatgerm.Chicken: 100% Pure Chicken Breast, Water, Salt.	Contains: Gluten, Milk
Soda Bread Chicken Breast No Spread	124	262	18.5	38.34	3.428	Soda Bread: Fresh buttermilk (43%), wholemeal flour (30%), wheat flour, raising agents Bicarbonate of Soda, salt, wheatgerm.Chicken: 100% Pure Chicken Breast, Water, Salt.	Contains: Gluten, Milk
Soda Bread Egg Salad	123	302.1	12.6622	39.1442	9.968	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.	Contains: Gluten, Egg, Mustard. Milk

CARAMBOLA
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Soda Bread Egg Salad No Spread	123	302.1	12.6622	39.1442	9.968	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	Contains: Gluten, Egg, Mustard, Milk
Soda Bread No Spread	83	216	8.5	38.3	2.828	Soda Bread: Fresh buttermilk (43%), wholemeal flour (30%), wheat flour, raising agents Bicarbonate of Soda, salt, wheatgerm.	Contains: Gluten, Milk
Soda Bread Premium Ham	108	243	13.5	38.375	3.578	Soda Bread: Fresh buttermilk (43%), wholemeal flour (30%), wheat flour, raising agents Bicarbonate of Soda, salt, wheatgerm.HAM: Pork (83%), Water, Salt, Sugars, Stabilisers Sodium di, tri and Polyphosphate, HVP, Antioxidant Sodium Ascorbate, Pork Protein, 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.	Contains: Gluten, Milk trace of soya and gluten
Soda Bread Premium Ham No Spread	108	243	13.5	38.375	3.578	Soda Bread: Fresh buttermilk (43%), wholemeal flour (30%), wheat flour, raising agents Bicarbonate of Soda, salt, wheatgerm.HAM: Pork (83%), Water, Salt, Sugars, Stabilisers Sodium di, tri and Polyphosphate, HVP, Antioxidant Sodium Ascorbate, Pork Protein, Preservative Sodium Nitrite.	Contains: Gluten, Milk trace of soya and gluten
Soda Bread Premium Turkey	108	241.5	13.575	38.9	3.153	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, E407a, E508, Stabilisers (E450, E451, E452), Starch, Sodium Lactate: E325.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.	Contains: Gluten, Milk
Soda Bread Premium Turkey No Spread	108	241.5	13.575	38.9	3.153	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, E407a, E508, Stabilisers (E450, E451, E452), Starch, Sodium Lactate: E325.	Contains: Gluten, Milk
Soda Bread Pure Fruit Jam	105	253.4	8.566	47.606	2.982	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.	Contains: Gluten, Milk
Soda Bread Pure Fruit Jam No Spread	105	253.4	8.566	47.606	2.982	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.	Contains: Gluten, Milk
Soda Bread Spread	83	216	8.5	38.3	2.828	Soda Bread: Fresh buttermilk (43%), wholemeal flour (30%), wheat flour, raising agents Bicarbonate of Soda, salt, wheatgerm.	Contains: Gluten, Milk
Soda Bread Tuna Sweetcorn	123	286.14	16.06	39.392	6.776	Soda Bread: Fresh buttermilk (43%), wholemeal flour (30%), wheat flour, raising agents Bicarbonate of Soda, salt, wheatgerm., 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 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.	Contains: Gluten, Fish, Egg, Mustard.Milk
Soda Bread Tuna Sweetcorn No Spread	123	286.14	16.06	39.392	6.776	Soda Bread: Fresh buttermilk (43%), wholemeal flour (30%), wheat flour, raising agents Bicarbonate of Soda, salt, wheatgerm., 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	Contains: Gluten, Fish, Egg, Mustard.Milk
Soda Bread Chicken Tikka	123	334.95	18.9	39.86	10.628	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.	Contains: Gluten, Milk, Egg, Mustard. Contains a source of Phenylalanine
Soda Bread Chicken Tikka No Spread	123	334.95	18.9	39.86	10.628	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.	Contains: Gluten, Milk, Egg, Mustard. Contains a source of Phenylalanine
White Bread Cheddar Cheese	104	299.4	13.58	38.62	9.756	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.	Contains: Gluten, Soya, Milk... Trace of Sesame Seeds
White Bread Cheddar Cheese No Spread	104	299.4	13.58	38.62	9.756	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).	Contains: Gluten, Soya, Milk... Trace of Sesame Seeds

White Bread Chicken Breast	125	264	18.6	38.64	3.456	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 Polyrinicoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Contains: Gluten, Soya... Trace of Sesame Seeds
White Bread Chicken Breast No Spread	125	264	18.6	38.64	3.456	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.	Contains: Gluten, Soya... Trace of Sesame Seeds
White Bread Chicken Tikka	125	336.95	19	40.16	10.656	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 Polyrinicoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Contains: Gluten, Soya, Egg, Mustard. Contains a source of Phenylalanine... Trace of Sesame Seeds
White Bread Chicken Tikka No Spread	125	336.95	19	40.16	10.656	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.	Contains: Gluten, Soya, Egg, Mustard. Contains a source of Phenylalanine... Trace of Sesame Seeds
White Bread Egg Salad	124	304.1	12.7622	39.4442	9.996	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 Polyrinicoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Contains: Gluten, Egg, Mustard. Soya... Trace of Sesame Seeds
White Bread Egg Salad No Spread	124	304.1	12.7622	39.4442	9.996	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).	Contains: Gluten, Egg, Mustard. Soya... Trace of Sesame Seeds
White Bread No Spread	84	218	8.6	38.6	2.856	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).	Contains: Gluten, Soya... Trace of Sesame Seeds
White Bread Premium Ham	109	245	13.6	38.675	3.606	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 (83%), Water, Salt, Sugars, Stabilisers Sodium di, tri and Polyphosphate, HVP, Antioxidant Sodium Ascorbate, Pork Protein, 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.	Contains: Gluten, Soya... Trace of Sesame Seeds trace of soya and gluten
White Bread Premium Ham No Spread	109	245	13.6	38.675	3.606	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 (83%), Water, Salt, Sugars, Stabilisers Sodium di, tri and Polyphosphate, HVP, Antioxidant Sodium Ascorbate, Pork Protein, Preservative Sodium Nitrite.	Contains: Gluten, Soya... Trace of Sesame Seeds trace of soya and gluten
White Bread Premium Turkey	109	243.5	13.675	39.2	3.181	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, E407a, E508, Stabilisers (E450, E451, E452), Starch, Sodium Lactate: E325.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.	Contains: Gluten, Soya... Trace of Sesame Seeds
White Bread Premium Turkey No Spread	109	243.5	13.675	39.2	3.181	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, E407a, E508, Stabilisers (E450, E451, E452), Starch, Sodium Lactate: E325.	Contains: Gluten, Soya... Trace of Sesame Seeds

White Bread Pure Fruit Jam	106	255.4	8.666	47.906	3.01	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.	Contains: Gluten, Soya... Trace of Sesame Seeds
White Bread Pure Fruit Jam No Spread	106	255.4	8.666	47.906	3.01	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.	Contains: Gluten, Soya... Trace of Sesame Seeds
White Bread Spread	84	218	8.6	38.6	2.856	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.	Contains: Gluten, Soya... Trace of Sesame Seeds
White Bread Tuna Sweetcorn	124	288.14	16.16	39.692	6.804	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). 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 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.	Contains: Gluten, Soya, Fish, Egg, Mustard. Trace of Sesame Seeds
White Bread Tuna Sweetcorn No Spread	24	288.14	16.16	39.692	6.804	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). 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	Contains: Gluten, Soya... Fish, Egg, Mustard. Trace of Sesame Seeds
Half and Half Cheddar Cheese	104	279.4	12.78	35.02	9.484	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.	Contains: Gluten, Soya, Milk... Trace of Sesame Seeds
Half and Half Cheddar Cheese No Spread	104	279.4	12.78	35.02	9.484	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).	Contains: Gluten, Soya, Milk... Trace of Sesame Seeds
Half and Half Chicken Breast	125	244	17.8	35.04	3.184	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.	Contains: Gluten, Soya... Trace of Sesame Seeds
Half and Half Chicken Breast No Spread	125	244	17.8	35.04	3.184	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.	Contains: Gluten, Soya... Trace of Sesame Seeds
Half and Half Chicken Tikka	125	316.95	18.2	36.56	10.384	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.	Contains: Gluten, Soya, Egg, Mustard. Contains a source of Phenylalanine... Trace of Sesame Seeds
Half and Half Chicken Tikka No Spread	125	316.95	18.2	36.56	10.384	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..	Contains: Gluten, Soya, Egg, Mustard. Contains a source of Phenylalanine... Trace of Sesame Seeds

Half and Half Egg Salad	124	284.1	11.9622	35.8442	9.724	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 Polyrinicoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Contains: Gluten, Egg, Mustard. Soya... Trace of Sesame Seeds
Half and Half Egg Salad No Spread	124	284.1	11.9622	35.8442	9.724	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.	Contains: Gluten, Egg, Mustard. Soya... Trace of Sesame Seeds
Half and Half No Spread	84	198	7.8	35	2.584	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).	Contains: Gluten, Soya... Trace of Sesame Seeds
Half and Half Premium Ham	109	225	12.8	35.075	3.334	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 (83%), Water, Salt, Sugars, Stabilisers Sodium di, tri and Polyphosphate, HVP, Antioxidant Sodium Ascorbate, Pork Protein, 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.	Contains: Gluten, Soya... Trace of Sesame Seeds trace of soya and gluten
Half and Half Premium Ham No Spread	109	225	12.8	35.075	3.334	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 (83%), Water, Salt, Sugars, Stabilisers Sodium di, tri and Polyphosphate, HVP, Antioxidant Sodium Ascorbate, Pork Protein, Preservative Sodium Nitrite.	Contains: Gluten, Soya... Trace of Sesame Seeds trace of soya and gluten
Half and Half Premium Turkey	109	223.5	12.875	35.6	2.909	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, E407a, E508, Stabilisers (E450, E451, E452), Starch, Sodium Lactate: E325.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.	Contains: Gluten, Soya... Trace of Sesame Seeds
Half and Half Premium Turkey No Spread	109	223.5	12.875	35.6	2.909	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, E407a, E508, Stabilisers (E450, E451, E452), Starch, Sodium Lactate: E325.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.	Contains: Gluten, Soya... Trace of Sesame Seeds
Half and Half Pure Fruit Jam	106	235.4	7.866	44.306	2.738	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 Polyrinicoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Contains: Gluten, Soya... Trace of Sesame Seeds
Half and Half Pure Fruit Jam No Spread	106	235.4	7.866	44.306	2.738	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.	Contains: Gluten, Soya... Trace of Sesame Seeds
Half and Half Spread	84	198	7.8	35	2.584	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.	Contains: Gluten, Soya... Trace of Sesame Seeds
Half and Half Tuna Sweetcorn	124	268.14	15.36	36.092	6.532	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).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 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.	Contains: Gluten, Soya, Fish, Egg, Mustard. Trace of Sesame Seeds
Half and Half Tuna Sweetcorn No Spread	24	268.14	15.36	36.092	6.532	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).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	Contains: Gluten, Soya... Fish, Egg, Mustard. Trace of Sesame Seeds

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Floury Bap Cheddar Cheese	104	289.4	13.18	36.82	9.62	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 Polyrinicoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Contains: Gluten, Soya, Milk... Trace of Sesame Seeds
Floury Bap Cheddar Cheese No Spread	104	289.4	13.18	36.82	9.62	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).	Contains: Gluten, Soya, Milk... Trace of Sesame Seeds
Floury Bap Chicken Breast	125	254	18.2	36.84	3.32	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 Polyrinicoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Contains: Gluten, Soya... Trace of Sesame Seeds
Floury Bap Chicken Breast No Spread	125	254	18.2	36.84	3.32	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.	Contains: Gluten, Soya... Trace of Sesame Seeds
Floury Bap Chicken Tikka	125	326.95	18.6	38.36	10.52	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 Polyrinicoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Contains: Gluten, Soya, Egg, Mustard. Contains a source of Phenylalanine... Trace of Sesame Seeds
Floury Bap Chicken Tikka No Spread	125	326.95	18.6	38.36	10.52	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..	Contains: Gluten, Soya, Egg, Mustard. Contains a source of Phenylalanine... Trace of Sesame Seeds
Floury Bap Egg Salad	124	294.1	12.3622	37.6442	9.86	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 Polyrinicoleate, Mono & Diglycerides of fatty acids), Stabiliser (sodium Alginate), Preservative (potassium sorbate), Colour (annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring.	Contains: Gluten, Egg, Mustard. Soya... Trace of Sesame Seeds
Floury Bap Egg Salad No Spread	124	294.1	12.3622	37.6442	9.86	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.	Contains: Gluten, Egg, Mustard. Soya... Trace of Sesame Seeds
Floury Bap No Spread	84	208	8.2	36.8	2.72	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).	Contains: Gluten, Soya... Trace of Sesame Seeds
Floury Bap Premium Ham	109	235	13.2	36.875	3.47	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 (83%), Water, Salt, Sugars, Stabilisers Sodium di, tri and Polyphosphate, HVP, Antioxidant Sodium Ascorbate, Pork Protein, 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.	Contains: Gluten, Soya... Trace of Sesame Seeds trace of soya and gluten

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Floury Bap Premium Ham No Spread	109	235	13.2	36.875	3.47	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 (83%), Water, Salt, Sugars, Stabilisers Sodium di, tri and Polyphosphate, HVP, Antioxidant Sodium Ascorbate, Pork Protein, Preservative Sodium Nitrite.	Contains: Gluten, Soya... Trace of Sesame Seeds trace of soya and gluten
Floury Bap Premium Turkey	109	233.5	13.275	37.4	3.045	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, E407a, E508, Stabilisers (E450, E451, E452), Starch, Sodium Lactate: E325.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.	Contains: Gluten, Soya... Trace of Sesame Seeds
Floury Bap Premium Turkey No Spread	109	233.5	13.275	37.4	3.045	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, E407a, E508, Stabilisers (E450, E451, E452), Starch, Sodium Lactate: E325.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.	Contains: Gluten, Soya... Trace of Sesame Seeds
Floury Bap Pure Fruit Jam	106	245.4	8.266	46.106	2.874	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.	Contains: Gluten, Soya... Trace of Sesame Seeds
Floury Bap Pure Fruit Jam No Spread	106	245.4	8.266	46.106	2.874	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.	Contains: Gluten, Soya... Trace of Sesame Seeds
Floury Bap Spread	84	208	8.2	36.8	2.72	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.	Contains: Gluten, Soya... Trace of Sesame Seeds
Floury Bap Tuna Sweetcorn	124	278.14	15.76	37.892	6.668	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).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 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.	Contains: Gluten, Soya, Fish, Egg, Mustard. Trace of Sesame Seeds
Floury Bap Tuna Sweetcorn No Spread	24	278.14	15.76	37.892	6.668	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).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	Contains: Gluten, Soya... Fish, Egg, Mustard. Trace of Sesame Seeds
Rice Cake Chocolate No Added Sugar	16.7	74	1.1	10.8	3.5	Rice (50%), Milk Chocolate coating 50% (sweetener xylitol), cocoa butter, whole milk powder, cocoa mass, whey powder (milk), vanilla, emulsifier (sunflower lecithin).	Contains: Milk. May contain: Traces of Soya, Nuts, Sesame Seeds.
Rice Cake Yoghurt No Added Sugar	16.7	74	1.3	11	3.1	Rice 50%, yoghurt coating 50% (cocoa butter, sweetener (xylitol), yoghurt powder (milk), whey powder (milk), whole milk powder, emulsifier (sunflower lecithin).	Contains: Milk. May contain: Traces of Soya, Nuts, Sesame Seeds.
Muffin	40	142	2.1	23	4.4	Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), water, sugar, sugar/fat replacer (Soluble corn fibre, functional oat, mono and diglycerides of fatty acids, antioxidants: citric acid, ascorbic acid, natural flavouring, enzyme), Rapeseed oil, EGG, Humectant: Glycerol; Oat Flakes, Raising agents, sodium carbonate, calcium phosphates, diphosphates, whey powder (MILK), Emulsifiers: mono and diglycerides of fatty acids, sodium stearoyl-2-lactylate; Modified maize starch, dextrose, preservative potassium sorbate, acidity regulator: citric acid, flavourings, colour carotenes, Soya Flour.	Contains: Gluten, Eggs, Milk. May contain: Nuts, Soya.
Soft Cheese	15	41	1.8	0.6	3.5	Cheese, water, butter, skimmed milk powder, whey powder, milk protein, emulsifying salts (E339, E452), Salt.	Contains: Milk

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Crackers	16	70	1.5	10.7	2.4	Wheat Flour, Vegetable Oil (Palm), Salt, Raising Agent Sodium Bicarbonate, Yeast.	Contains: Gluten. May contain: traces of tree nuts
Yoghurt Choob	40	39	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, preservative: potassium sorbate, lactic cultures, acidity regulator: sodium citrates, vitamin D	Contains: Milk.
Scone	105	301	9	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), Dextrose), Salt.	Contains: Gluten, Milk, Egg. May contain: Traces of Soya.
Apple Slices	35	19	0.1	4.3	0	Apple Slices 100%	n/a
Cheerios	10	37	0.9	7.5	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.	Contains: Gluten, may contain traces of nuts
Wholemeal Breadsticks	15	58	1.8	10.2	0.9	Wholemeal wheat flour, palm oil, yeast, salt, malted wheat flour	Contains: Gluten. May contain traces of sesame seeds and soybean
Carrot Batons	40	0	0	0	0	Fresh chopped raw carrot.	n/a
Sweetcorn Pot	40	0	0	0	0	Sweetcorn, Water, Sugar, Salt	n/a
Air-popped Pop Corn	13	49	1.6	9.8	0.7	air popped pop corn	n/a
Good4U Energy Balls	20	77	1.9	9	3.2	Raisins (Raisins, Sunflower Oil), Milled sunflower seed, dates, chia (salvia hispanica) seed, Dietary Fibre (Inulin), Freeze Dried Strawberries 1.5%, Red Algae Seaweed, Natural Flavourings, Rice Bran, Rice Flour, Cocoa Powder	n/a
Edam Cheese Portion	20	63	5.1	0	4.8	Milk, Salt, Starter, Rennet	Contains: MILK
Pineapple Slices	10	6	0	1.6	0	Pineapple 59%, Water, Sugar, Acidity Regulator (Citric Acid)	N/A
Small Pancake	25	66	1.6	8.7	2.8	Whole grain wheat flour 27%, water, whole egg, sugar, rapeseed oil, full cream milk powder, buttermilk powder, wheat starch, baking powder (diphosphate, baking soda), salt, aroma	Contains: Gluten, egg, milk
Plain Rice Cake	7.7	30	0.6	6.3	0.2	Rice, Sea Salt	May Contain traces of sesame seeds
Water						Water	n/a
Apple Aqua Juice	200	46	0	11.4	0	Fruit Juices from concentrate 50% (grape, apple 15%), natural mineral water, natural flavouring, fruit and vegetable concentrates (apple, safflower, lemon, hibiscus, carrot).	n/a
Orange Aqua Juice	200	44	0	10.8	0	Fruit Juices from concentrate 50% (grape, orange (14%) apple), natural mineral water, natural flavouring.	n/a
Fresh Cold Milk	185	125	6.2	8.7	6.6	Fresh Cow's Milk	Contains: Milk
Apple						apple	n/a
Orange						orange	n/a
Banana						banana	n/a