

	Energy (KJ)	Energy (kcal)	Fat (g)	saturates (g)	carbohydrates (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
	per serving	per serving	per serving	per serving	per serving	per serving	per serving	per serving	per serving

## BREAKFAST

All Day Breakfast	3776	904	45.9	15.2	79.3	7.3	37.1	11.0	3.6
American Breakfast Total	1558	372	23.3	9.3	23.0	2.6	17.2	3.6	2.5
English Breakfast Inc. Scrambled Egg	2649	633	31.6	11.7	52.9	11.4	29.7	7.3	3.8
English Breakfast Inc. Fried egg	2648	633	31.8	11.7	52.3	10.7	30.0	7.3	3.8
Veggie Breakfast Inc. Scrambled egg	1516	362	15.9	6.5	39.0	9.2	14.2	8.7	1.3
Veggie Breakfast Inc. Fried egg	1516	362	16.1	6.5	38.4	8.5	14.6	8.7	1.3
Hot Bacon Baguette	1919	454	10.7	4.1	70.9	7.5	18.3	5.2	3.2
Hot Bacon & Mushroom Baguette	2003	474	12.2	5.1	72.4	8.0	19.3	6.2	3.2
Hot Sausage Baguette	2956	702	29.9	11.1	84.4	10.8	22.9	6.7	2.8
Hot Bacon Sandwich	1144	273	10.1	4.1	31.0	3.3	13.0	2.5	2.4
Hot Sausage Sandwich	2181	521	29.4	11.1	44.4	6.7	17.6	4.0	2.0
Fried Egg On Toast	1409	337	14.7	4.2	31.5	3.6	18.0	2.5	1.1
Scrambled Egg On Toast	1410	337	14.3	4.2	32.7	4.9	17.3	2.5	1.1
Bacon Bap	1467	351	10.9	4.1	43.9	3.5	16.5	3.5	2.5
Bacon & Egg Bap	1845	441	17.8	6.1	44.3	3.7	22.9	3.5	2.7
Beans On Toast	1200	287	1.6	0.3	51.9	11.5	11.5	8.7	1.4
Kids Brekkie With Sausage inc. Scrambled Egg	1323	316	21.2	7.5	14.9	5.3	14.5	2.8	1.2
Kids Brekkie With Sausage inc. Fried Egg	1322	316	21.4	7.5	14.3	4.6	14.9	2.8	1.2
Kids Brekkie With Bacon Inc. Scrambled egg	804	192	11.6	4.0	8.1	3.7	12.2	2.1	1.3
Kids Brekkie With Bacon Inc. Fried egg	804	192	11.8	4.0	7.5	3.0	12.6	2.1	1.4
Porridge With Semi Skimmed Milk	747	179	4.0	0.8	27.3	1.6	5.8	4.9	0.0
Porridge With Oat Milk	741	177	4.0	0.6	27.7	1.2	5.0	4.9	0.0
Porridge With Coconut Milk	710	170	3.9	0.8	26.1	0.5	5.0	4.9	0.0

## BREAKFAST EXTRAS

Baked Beans	182	44	0.3	0.1	7.1	2.8	2.2	2.1	0.3
Bacon Rasher	245	59	4.6	2.0	0.1	0.1	4.0	0.0	0.9
Sausage	763	182	14.3	5.5	6.8	1.7	6.3	0.7	0.7
Hash Browns	623	149	7.0	3.4	18.9	0.0	2.0	2.5	0.5
Fried Egg	377	90	6.9	2.0	0.4	0.2	6.4	0.0	0.2
Whole Tomato	68	16	0.2	0.0	3.5	2.3	0.8	1.1	0.0
Fried Bread	1158	277	17.7	2.3	26.7	2.7	4.3	0.9	0.6
Toast (no butter)	545	130	0.7	0.2	25.6	2.7	4.2	2.1	0.5
Plain White Baguette	1429	337	1.4	0.1	70.7	7.4	10.4	5.2	1.4
Portion of Butter	306	75	8.2	5.2	0.1	0.1	0.1	0.0	0.0
Heinz Tomato Ketchup	43	10	0.0	0.0	2.3	2.3	0.1	0.0	0.2
Brown Sauce	51	12	0.0	0.0	2.8	2.3	0.1	0.0	0.1

	Energy (KJ)	Energy (kcal)	Fat (g)	saturates (g)	carbohydrates (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
	per serving	per serving	per serving	per serving	per serving	per serving	per serving	per serving	per serving
Strawberry Jam	321	76	0.0	0.0	18.5	18.5	0.0	0.0	0.0
Raspberry Jam	319	75	0.0	0.0	18.5	18.5	0.2	0.0	0.0
Blackcurrant Jam	321	76	0.0	0.0	18.5	18.5	0.0	0.0	0.0
Honey	344	81	0.0	0.0	21.3	21.3	0.0	0.0	0.0
Orange Marmalade	319	75	0.0	0.0	18.8	18.8	0.0	0.0	0.0
Golden Syrup	386	91	0.0	0.0	22.5	22.5	0.1	0.0	0.2

	Energy (KJ)	Energy (kcal)	Fat (g)	saturates (g)	carbohydrates (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
	per serving	per serving	per serving	per serving	per serving	per serving	per serving	per serving	per serving

## JACKET POTATOES

Jacket Potato & Cheddar Cheese	1822	436	17.5	10.9	52.6	3.1	18.8	5.5	0.3
Jacket Potato & Coleslaw	1432	342	9.2	0.8	59.0	9.2	7.6	7.1	0.7
Jacket Potato & Baked Beans	1413	338	0.8	0.1	68.5	9.8	12.9	10.3	0.3
Jacket Potato & Cheddar Cheese & Coleslaw	1942	464	19.5	7.3	59.0	9.2	15.1	7.1	0.7
Jacket Potato & Ham Hock & Coleslaw	1668	398	11.0	1.4	59.1	9.3	17.2	7.5	1.3
Jacket Potato & Cheddar Cheese & Baked Beans	1923	460	11.1	6.6	68.5	9.8	20.4	10.3	0.3
Jacket Potato & Chicken Mayor	2081	497	15.3	1.4	55.4	4.1	36.6	6.1	1.2
Jacket Potato & Tuna Mayonna	2064	493	18.2	1.3	55.0	4.3	28.9	5.5	1.4
Jacket Potato & Coronation Chicken	2317	554	17.8	1.9	75.1	21.3	25.1	6.3	0.5
Jacket Potato & Chicken Tikka	2335	558	20.1	2.0	56.5	4.6	39.7	6.2	1.3
Jacket Potato with Chilli con Carne & Cheese	3020	722	6.7	3.1	131.2	9.1	34.8	13.4	1.9
Jacket Potato & Chilli Con Carne	1734	414	4.7	2.2	71.0	5.2	22.1	7.2	1.3
Jacket Potato & Atlantic Prawns	1631	390	9.9	0.9	53.7	3.6	22.5	5.5	2.1
Jacket Potato & Griddled Chicken	1559	373	2.2	0.5	53.5	3.1	36.5	6.1	1.0

	Energy (KJ)	Energy (kcal)	Fat (g)	saturates (g)	carbohydrates (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
	per serving	per serving	per serving	per serving	per serving	per serving	per serving	per serving	per serving

## SEASONAL SALADS

Mixed Leaf House Salad	308	74	5.5	0.8	3.6	2.5	2.0	1.4	0.1
Prawn Marie Rose Salad	1007	243	18.0	1.7	8.1	4.9	11.1	2.0	1.1
Griddled Chicken Salad	1454	348	17.3	2.1	20.5	4.1	26.1	2.5	1.2
Griddled Chicken & Bacon Salad	1245	298	16.0	5.2	6.0	2.7	31.5	1.4	1.7
Tuna Nicoise Salad	1593	389	28.6	4.8	7.8	4.6	24.4	7.5	1.4
Homous & Falafel Salad	1591	380	28.2	3.7	23.7	8.6	7.9	8.6	1.3
Warm Bacon & Egg Salad	1619	389	25.8	6.6	19.0	4.6	19.3	7.2	1.8
Ham Hock & Coleslaw Salad	1650	398	32.1	4.9	7.0	5.3	18.9	2.8	1.4
Basic Ploughmans (with white baguette)	2487	592	18.2	6.5	94.8	27.5	11.8	7.1	2.6
Ham Hock & Cheddar Ploughmans	3413	811	33.8	15.8	95.0	27.6	31.4	7.5	3.2
Ham Hock & Brie Ploughmans	3441	822	35.5	18.1	95.2	27.8	29.9	7.5	3.8
Brie Ploughmans	3205	766	33.7	17.5	95.1	27.7	20.3	7.1	3.2
Cheddar Ploughmans	2098	498	43.0	28.4	0.3	0.3	28.5	0.0	0.6
Brie & Cheddar Ploughmans	3895	928	47.5	26.1	95.1	27.8	30.3	7.1	3.2
Ham Hock Ploughmans	2958	704	21.9	7.7	95.1	27.7	31.0	7.8	3.7

## PLUS TOPPINGS AND EXTRAS

Houmous	666	161	14.0	1.8	4.5	0.2	3.3	1.3	0.6
Cheese	863	203	17.2	10.9	0.1	0.1	12.5	0.0	0.0
Coleslaw	383	93	8.5	0.8	3.1	2.6	0.5	0.8	0.3
Boiled Egg	274	66	4.5	1.3	0.3	0.3	6.5	4.8	0.2
Ham Hock	404	96	3.1	1.1	0.2	0.2	16.4	0.6	1.0
Tuna	1035	244	20.6	13.0	0.1	0.1	15.0	0.0	0.0
Griddled Chicken	453	107	1.3	0.4	2.4	0.2	21.4	0.0	0.5
Prawn Marie Rose	699	168	12.5	0.9	4.5	2.3	9.1	0.6	1.0
Bacon	484	117	9.3	4.0	0.0	0.0	8.1	0.0	1.1
Olives (Pitted Black)	128	31	2.9	0.4	0.7	0.0	0.3	0.6	0.4
Sweet Potato Falafel	473	110	5.8	0.6	14.1	5.2	2.3	5.2	0.1
Tomato	36	9	0.1	0.1	1.5	1.5	0.3	0.5	0.0
Sweetcorn	68	16	0.4	0.1	2.3	1.4	0.6	0.6	0.0
Sweet Pepper	26	6	0.1	0.0	1.1	1.1	0.2	0.3	0.0

	Energy (KJ)	Energy (kcal)	Fat (g)	saturates (g)	carbohydrates (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
	per serving	per serving	per serving	per serving	per serving	per serving	per serving	per serving	per serving
Cucumber	10	2	0.1	0.0	0.2	0.2	0.2	0.1	0.0
Courgette	21	5	0.1	0.0	0.5	0.4	0.5	0.2	0.0
Red Onion	25	6	0.0	0.0	1.2	0.9	0.2	0.2	0.0
Plain White Baguette	1429	337	1.4	0.1	70.7	7.4	10.4	5.2	1.4
Plain Malted Wheat Baguette	1488	350	1.4	0.1	74.0	3.5	10.4	5.6	1.7
Portion Butter	306	75	8.2	5.2	0.1	0.1	0.1	0.0	0.0

#### PLUS DRESSINGS

Caesar	243	59	6.1	0.5	0.7	0.4	0.2	0.1	0.2
Sweet Chilli	198	47	0.0	0.0	11.3	9.8	0.0	0.1	0.7
French Dressing	90	21	1.2	0.2	2.5	1.9	0.1	0.1	0.3
Balsamic	184	45	4.2	0.3	1.6	1.0	0.2	0.0	0.2
Piri Piri	24	6	0.2	0.0	0.7	0.2	0.1	0.2	0.6
Olive Oil	555	135	15.0	2.1	0.0	0.0	0.0	0.0	0.0
Pesto	273	66	6.4	0.9	0.9	0.5	0.9	0.7	0.2
Vinagrette (Fat Free)	33	8	0.0	0.0	1.8	1.8	0.0	0.1	0.1
Branston Pickle	167	39	0.1	0.1	9.0	7.8	0.1	0.5	0.9
Heinz Mayonaise	269	64	7.0	0.5	0.3	0.2	0.1	0.0	0.1
Heinz Salad Cream	123	29	2.4	0.2	1.9	1.7	0.1	0.0	0.2

	Energy (KJ)	Energy (kcal)	Fat (g)	saturates (g)	carbohydrates (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
	per serving	per serving	per serving	per serving	per serving	per serving	per serving	per serving	per serving

## TOASTIES AND PANINI

Cheddar Cheese Panini	2613	616	27.3	15.6	62.7	7.2	27.9	5.5	1.2
Ham & Cheese Panini	2537	599	22.5	12.0	62.9	7.3	33.9	5.9	1.8
Mozzarella & Tomato Panini	2368	564	22.1	9.2	65.5	9.5	22.6	6.9	1.7
Tuna Melt Panini	2760	652	29.3	17.3	64.1	8.3	30.9	5.7	1.3
Brie & Bacon Panini	2462	588	25.2	14.2	62.9	7.4	24.6	5.5	2.5
Chicken & Bacon & Mozzarella Panini	2221	528	15.6	7.6	63.8	7.5	30.2	5.5	2.1
Chicken, Tomato & Pesto Panini	2096	497	12.2	1.9	66.8	9.3	26.8	6.9	1.8
Ham, Tomato & Grain Mustard Panini	1883	446	7.4	1.4	65.6	9.6	25.4	6.5	2.8
Piri Piri Chicken & Pepper Panini	2006	475	11.3	1.2	66.5	9.1	23.7	6.1	2.2
Cheddar Cheese Toastie	2048	483	22.8	13.5	45.7	2.6	23.1	2.3	0.9
Ham & Cheese Toastie	1972	465	18.0	9.9	45.8	2.7	29.1	2.7	1.5
Mozzarella & Tomato Toastie	1813	432	17.6	7.8	48.3	4.8	18.3	3.5	1.3
Tuna Melt Toastie	2195	519	24.8	15.2	47.0	3.7	26.2	2.5	1.0
Brie & Bacon Toastie	2070	494	24.2	14.3	45.9	2.8	22.3	2.3	2.2
Chicken & Bacon & Mozzarella Toastie	1806	429	14.5	7.7	46.7	2.8	26.8	2.3	1.8
Chicken, Tomato & Pesto Toastie	1594	378	9.4	1.7	49.4	4.6	22.1	3.5	1.4
Ham, Tomato & Grain Mustard Toastie	1413	335	5.8	1.3	48.1	4.4	20.2	3.0	2.3
Piri Piri Chicken & Pepper Toastie	1564	370	10.1	1.3	49.1	4.2	19.2	2.8	1.8

## TOASTED FLATBREADS

Sweet Chilli Chicken Focaccia	1682	398	5.3	0.7	65.6	23.3	20.2	2.7	2.3
Mozzarella, Pesto & Tomato Focaccia	1759	420	19.6	6.7	43.3	4.9	15.7	3.7	1.1
Chicken Fajita Flatbread	2284	543	25.4	2.5	48.3	6.2	29.4	3.1	1.5
Hunters Chicken Flatbread	2425	575	27.4	12.9	41.9	2.3	39.3	2.2	1.9
Houmous Flatbread	2584	617	32.3	4.0	66.8	15.3	13.6	8.0	2.0
Club Sandwich	2460	582	18.8	74.7	69.4	3.9	32.3	3.5	2.1

	Energy (KJ)	Energy (kcal)	Fat (g)	saturates (g)	carbohydrates (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
	per serving	per serving	per serving	per serving	per serving	per serving	per serving	per serving	per serving

## BAGUETTES

Marie Rose Baguette	2079	497	30.1	11.1	37.2	3.7	17.5	3.6	1.8
Coronation Chicken Baguette	1431	342	14.4	1.2	35.1	2.4	16.6	2.7	1.0
Chicken Mayo & Bacon Baguette	2725	647	22.3	5.2	73.3	7.8	37.8	5.2	3.1
Sausage & Bacon Baguette	2784	662	26.9	10.3	78.5	9.4	25.6	6.0	3.2
Chicken Salad & Mayo Baguette	2373	562	13.6	1.4	75.0	9.1	34.5	5.7	2.1
Bacon & Cheese Baguette	2603	617	24.4	12.8	70.7	7.5	28.5	5.2	2.5
BLT Baguette	2360	561	21.3	4.9	72.8	9.3	18.9	5.8	2.6
Sausage Baguette	3170	753	33.9	12.6	86.3	11.3	24.7	6.9	3.0
Tuna Mayo Baguette	2140	508	11.6	1.5	76.5	9.7	23.7	6.4	2.4
Cheddar Cheese & Salad Baguette	2505	591	22.3	13.2	72.0	8.7	25.8	5.7	1.4
Cheddar Cheese & Pickle Baguette	2698	636	22.2	13.3	83.4	18.3	25.5	5.9	2.6
Egg Mayo Baguette	2259	537	17.0	2.0	74.2	8.2	21.3	5.7	2.1
Ham Hock & Salad Baguette	1874	443	4.7	1.3	72.2	8.8	27.3	6.3	2.4

## BAGUETTE EXTRAS

Houmous	666	161	14.0	1.8	4.5	0.2	3.3	1.3	0.6
Cheese	1035	244	20.6	13.0	0.1	0.1	15.0	0.0	0.0
Coleslaw	256	62	5.7	0.6	2.1	1.7	0.4	0.6	0.2
Boiled Egg	274	66	4.5	1.3	0.3	0.3	6.5	4.8	0.2
Ham Hock	404	96	3.1	1.1	0.2	0.2	16.4	0.6	1.0
Tuna	1035	244	20.6	13.0	0.1	0.1	15.0	0.0	0.0
Griddled Chicken	453	107	1.3	0.4	2.4	0.2	21.4	0.0	0.5
Egg Mayo	826	199	15.6	1.9	3.5	0.8	10.9	0.5	0.7
Coronation Chicken	724	174	11.4	1.1	8.0	5.8	9.7	0.6	0.6
Prawn Marie Rose	699	168	12.5	0.9	4.5	2.3	9.1	0.6	1.0
Tuna Mayo	691	166	10.0	1.3	5.4	1.9	13.0	1.0	1.0
Bacon	484	117	9.3	4.0	0.0	0.0	8.1	0.0	1.1
Sausage	861	208	16.3	6.2	7.8	2.0	7.2	0.8	0.8
Olives (Pitted Black)	128	31	2.9	0.4	0.7	0.0	0.3	0.6	0.4
Sweet Potato Falafel	473	110	5.8	0.6	14.1	5.2	2.3	5.2	0.1
Cucumber	16	4	0.2	0.0	0.3	0.3	0.3	0.2	0.0

	Energy (KJ)	Energy (kcal)	Fat (g)	saturates (g)	carbohydrates (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
	per serving	per serving	per serving	per serving	per serving	per serving	per serving	per serving	per serving
Courgette	21	5	0.1	0.0	0.5	0.4	0.5	0.2	0.0
Red Onion	25	6	0.0	0.0	1.2	0.9	0.2	0.2	0.0
Tomato	18	4	0.0	0.0	0.8	0.8	0.1	0.3	0.0
Pepper	26	6	0.1	0.0	1.1	1.1	0.2	0.3	0.0
Lettuce (round)	7	2	0.1	0.0	0.2	0.2	0.1	0.1	0.0
Sweetcorn	85	20	0.5	0.1	2.9	1.7	0.7	0.7	0.0
Cress	3	1	0.0	0.0	0.0	0.0	0.1	0.1	0.0
Mango Chutney	397	94	0.2	0.0	22.6	21.0	0.1	0.6	1.0
Cranberry Sauce	260	61	0.2	0.0	14.8	12.5	0.1	0.2	0.0
Branston Pickle	233	55	0.2	0.1	12.6	10.9	0.2	0.7	1.2
Heinz Mayonaise	404	97	10.5	0.8	0.5	0.2	0.1	0.0	0.2
Heinz Salad Cream	123	29	2.4	0.2	1.9	1.7	0.1	0.0	0.2
Mustard (English)	81	29	1.2	0.1	1.3	1.3	0.7	0.0	0.9



	Energy (KJ)	Energy (kcal)	Fat (g)	saturates (g)	carbohydrates (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
	per serving	per serving	per serving	per serving	per serving	per serving	per serving	per serving	per serving

## KIDS MEALS

### HOT MEALS

Spaghetti Bolognese	995	235	6.8	1.5	28.5	6.3	12.3	0.0	1.0
Macaroni Cheese	1184	282	12.2	6.8	31.4	5.4	12.8	2.0	1.5
Fish Fillet Finger	600	144	7.5	1.0	11.1	0.4	7.7	0.4	0.6
Chicken Fillet Bites	1006	245	14.3	2.1	11.2	0.5	14.2	0.5	0.5
Sausages	484	117	6.1	5.5	9.0	0.3	6.3	0.7	0.7
Kids Brekkie With Sausage inc. Scrambled Egg	1323	316	21.2	7.5	14.9	5.3	14.5	2.8	1.2
Kids Brekkie With Sausage inc. Fried Egg	1322	316	21.4	7.5	14.3	4.6	14.9	2.8	1.2
Kids Brekkie With Bacon Inc. Scrambled egg	760	182	7.0	5.4	8.0	3.6	12.2	2.1	1.3
Kids Brekkie With Bacon Inc. Fried egg	759	181	7.2	5.4	7.4	2.9	12.6	2.1	1.4

### HOT MEAL EXTRAS

Kids Chips	918	220	8.9	1.0	30.1	0.6	3.1	3.4	0.1
1/2 Baked Potato	481	116	0.1	0.0	26.3	1.5	3.1	2.8	0.1
Baked Beans	168	41	0.2	0.1	6.2	2.6	2.6	1.9	0.0
Peas	147	36	0.6	0.1	3.7	0.4	2.7	2.2	0.0

### KIDS JACKETS

1/2 Jacket Potato & Cheddar Cheese	826	197	7.0	374.3	26.3	1.5	8.1	2.8	0.1
1/2 Jacket Potato, Cheese & Baked Beans	991	238	7.2	4.4	32.4	4.1	10.7	4.6	0.1
1/2 Jacket Potato & Tuna Mayonnaise	1123	271	10.9	0.9	26.7	1.7	17.0	2.8	0.8

### KIDS LUNCH BOXES

Ham Sandwich	605	144	2.7	3.6	27.4	1.2	8.8	1.0	0.7
Cheese Sandwich	876	209	9.2	5.5	29.0	2.0	9.2	1.3	0.8
Yoghurt	174	41	1.1	0.8	4.9	4.6	2.5	0.0	0.1
Chocolate (eg Milky Way)	289	69	2.3	1.1	11.4	10.3	0.5	0.0	0.1
Quavers	359	86	4.9	0.4	9.9	0.4	0.4	0.0	0.3
Bannana (medium)	446	108	0.4	0.1	27.6	14.4	1.3	3.1	0.0
Apple	326	78	0.3	0.0	21.0	15.0	3.6	3.6	0.0
My5 Fruit Shoot	282	66	0.0	0.0	15.2	15.2	0.0	0.0	0.0

	Energy (KJ)	Energy (kcal)	Fat (g)	saturates (g)	carbohydrates (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
	per serving	per serving	per serving	per serving	per serving	per serving	per serving	per serving	per serving
Mini Water	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Strawberry Flavoured Milk	560	132	3.4	2.0	19.0	19.0	6.6	0.0	0.2
Chocolate Flavoured Milk	576	136	3.6	2.2	19.0	18.8	7.0	0.0	0.2

#### PLUS SAUCES AND EXTRAS

Heinz Tomato Ketchup	44	10	0.0	0.0	2.3	2.3	0.1	0.0	0.2
HP Brown Sauce	52	12	0.0	0.0	2.8	2.3	0.1	0.0	0.1
Heinz Mayonaise	265	64	7.0	0.5	0.3	0.2	0.1	0.0	0.1
Heinz Salad Cream	127	29	2.4	0.2	1.9	1.7	0.1	0.0	0.2
Portion Butter	306	75	8.2	5.2	0.1	0.1	0.1	0.0	0.0

	Energy (KJ)	Energy (kcal)	Fat (g)	saturates (g)	carbohydrates (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
	per serving	per serving	per serving	per serving	per serving	per serving	per serving	per serving	per serving

## SWEET TREATS

CAKES									
Traditional Chocolate Cake	2078	497	26.8	11.6	57.0	43.3	6.0	3.2	0.6
Black Forest Cake	1862	446	22.9	9.2	53.0	39.1	5.7	2.8	0.5
Coffee & Walnut Cake	1711	409	19.4	6.5	53.4	39.2	5.0	1.0	0.7
Buttercream & Jam Cake	1899	454	22.5	9.5	58.2	42.1	4.5	1.1	0.8
Earl Grey & Blackcurrant Cake	2111	505	27.9	15.3	59.5	43.1	5.0	1.0	0.9
Superfood Fruit Cake	1233	295	5.6	1.6	56.2	39.2	3.4	1.8	0.2
Orange & Poppyseed Cake	1840	440	23.3	10.3	52.8	34.3	4.7	2.1	0.7
Zucchini & Lime Cake	1936	462	21.4	7.9	63.8	44.6	4.4	0.9	0.4
Sticky Toffee Sponge	1469	352	12.3	6.6	56.2	41.5	3.5	0.8	0.5
Apple & Blackcurrant Crumble	2023	484	23.0	8.5	65.3	43.2	3.5	1.3	0.5
Vegan Chocolate Cake	2119	507	24.1	6.4	65.7	48.2	4.8	6.3	0.3
Lemon Shortbread Cheesecake	1766	423	22.5	12.2	47.8	30.8	7.2	0.7	0.2
Caramel Apple Pie	1896	453	19.4	7.4	64.5	33.6	6.4	1.7	0.3
Daim Bar Cake	954	228	13.5	5.0	21.5	19.0	5.5	1.0	0.2
Chocolate Lumpy Bumpy Cake	2207	527	34.5	19.0	46.5	36.7	6.6	2.3	0.4
Cookie Dough Cheesecake	2020	482	29.1	16.0	50.2	34.3	7.9	1.3	0.5
Carrot Cake Tray Slice	2187	523	25.5	2.6	65.3	43.6	6.8	1.8	1.2

GLUTEN FREE CAKES & BAKES									
Gluten Free Milk Choc Brownie	1702	408	28.1	13.6	34.9	33.2	6.9	1.4	0.3
Gluten Free Snowy Hills	1761	423	31.5	12.8	30.6	21.3	6.5	2.9	0.6
Gluten Free Chocolate Caramel	1887	451	29.8	11.9	44.2	34.9	5.3	2.6	0.4
Gluten & Dairy Free Oat & Raspberry	1103	297	16.8	11.2	28.0	13.4	2.4	1.7	0.2
G Free & Vegan Oat, Coconut & Chocolate	1092	261	14.0	10.1	32.5	17.4	2.9	1.9	0.2
Gluten Free Ginger Cake	1658	396	16.9	7.5	56.6	42.9	4.0	0.9	0.9
Gluten Free Mint Chocolate Cake	1710	408	19.6	9.0	52.7	40.6	4.3	1.7	0.5
Daim Bar Cake	954	228	13.5	5.0	21.5	19.0	5.5	1.0	0.2
Gluten Free Apricot & Orange Slice	1266	302	15.5	4.9	40.7	21.1	3.2	1.3	0.4
Gluten Free Pecan & Walnut Slice	1379	330	20.4	7.6	33.8	19.2	2.1	0.5	0.3
Vegan & Gluten Free Crumble Slice	1401	335	13.9	5.2	50.5	24.4	1.5	1.0	0.4

	Energy (KJ)	Energy (kcal)	Fat (g)	saturates (g)	carbohydrates (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
	per serving	per serving	per serving	per serving	per serving	per serving	per serving	per serving	per serving

**TRAYBAKES**

Caramel Shortcake Traybake	1708	408	23.2	13.6	46.7	33.5	3.7	0.7	0.5
Lemon Drizzle Slice	1178	281	13.0	7.9	38.7	27.4	3.1	0.6	0.4
Salted Caramel & Nut Slice	1678	401	24.5	11.9	41.7	28.4	3.9	1.0	0.6
Classic Chocolate Brownie	1537	367	21.6	16.1	37.9	31.6	4.2	3.2	0.3
Granola Slice	1465	350	16.0	7.0	45.0	27.6	6.1	4.2	0.2
Maple & Pecan Traybake	1706	408	24.3	9.6	41.7	24.0	4.1	2.9	0.6
White Chocolate & Cranberry Tiffin	1741	416	23.8	10.4	44.7	33.3	4.9	1.6	0.5
Honeycomb Tiffin	1777	425	23.0	11.7	48.5	32.6	5.4	1.6	0.7

	Energy (KJ)	Energy (kcal)	Fat (g)	saturates (g)	carbohydrates (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
	per serving	per serving	per serving	per serving	per serving	per serving	per serving	per serving	per serving

### MUFFINS & DOUGHNUTS

Blueberry Muffin	1993	476	25.9	3.1	54.9	27.8	5.4	1.6	0.6
Raspberry & White Chocolate Muffin	2055	491	27.0	4.1	56.0	30.0	5.8	1.3	0.6
Banana & Toffee Muffin	2213	529	27.6	4.1	64.0	37.3	5.5	1.0	0.8
Double Chocolate Muffin	2381	569	32.9	7.0	60.5	38.5	6.5	3.4	0.4
Plain Iced Ring Doughnut	641	153	6.3	3.3	21.4	13.2	1.5	0.0	0.1
Vanilla Doughnut	1342	321	18.7	10.2	33.9	15.0	3.7	1.4	0.4
Jam Doughnut	800	191	6.3	2.1	28.7	9.6	4.0	1.3	0.6

### COOKIES & PASTRIES

Teacake	1026	245	3.2	1.0	46.5	22.2	6.8	1.9	0.7
Sultana Scones	1198	286	8.9	3.2	48.1	16.2	5.2	1.6	0.8
Triple Chocolate Cookies	1467	351	17.6	8.8	43.1	31.1	3.7	2.1	0.4
Milk Chocolate Cookies	1510	361	18.8	9.4	43.4	26.0	4.2	1.1	0.6
Gingerbread Man	806	193	4.4	1.7	35.3	18.8	2.6	0.7	0.3
Ice Cream Sundae Cupcake	1258	300	14.9	5.3	39.7	28.7	1.6	0.7	0.3
Cinnamon Whirl	1578	377	22.1	9.4	39.5	15.4	4.8	1.9	0.3
Egg Custard Tart	785	188	7.9	4.0	26.2	15.0	2.3	1.1	0.2
Croissant	1469	351	18.6	11.8	37.5	2.0	7.6	5.3	0.7
Chocolate Twist	1499	358	17.1	11.4	42.9	19.6	6.8	2.7	0.7
Vanilla Cream Crown	1512	362	21.2	8.6	36.5	10.6	5.4	1.9	0.3