ALLERGENS - TRAYBAKES

Product	Ingredients & Nutritionals
Berry & Beetroot Brownie GF	**Ingredients**: Dark Chocolate (29%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Natural Vanilla Flavouring), Dark Brown Sugar (Sugar, Cane Molasses), Butter (Cream (**Milk**), Salt), Pasteurised **Egg**, Gluten Free Flour (Rice Flour, Potato Starch, Tapioca Starch, Maize Flour, Buckwheat Flour), Beetroot (3.5%), Raspberries (2.5%), Vanilla Flavouring, Gluten Free Baking Powder (Raising Agents: Mono Calcium Phosphate, Sodium Bicarbonate; Corn Starch), Stabiliser: Xanthan Gum.
	Nutritional Information per slice: Energy: 1654kj, 395kcal, total fat: 24g, of which saturates: 15g, carbohydrate: 41g, of which sugars: 33g, protein: 4.6g, salt: 0.36g
Brazil Nut & Sour Cherry Boost Bar Ve / GF	**Ingredients**: Dark Chocolate (31%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Natural Vanilla Flavouring), Dates (20%) (Dates, Rice Flour), Coconut Oil, Ground **Almonds**, **Hazelnuts** (9%), Unsweetened Tart Cherries (6%), Cocoa Powder, **Brazil Nuts** (3%), Freeze Dried Sour Cherries (1.5%), Rapeseed Oil.
	Nutritional Information per slice: Energy: 1813kj, 433kcal, total fat: 33g, of which saturates: 18g, carbohydrate: 25g, of which sugars: 21g, protein: 6.9g, salt: 0.02g
Carrot & Ginger Cake	**Ingredients**: Carrots (14%), **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Brown Sugar (Sugar, Cane Molasses), Rapeseed Oil, Pasteurised **Egg**, Sultanas (6%) (Sultanas, Sunflower Oil), Butter (Cream (**Milk**), Salt), Full Fat Soft Cheese (5%) (**Milk**) (contains Native Starch, Salt), Ginger (4.5%) (Stem Ginger, Sugar, Water), Crystallised Ginger (2%) (Ginger, Sugar), Pumpkin Seeds, Apple Juice, Chai Syrup (Cardamom, Ginger, Star Anise, Nutmeg, Cloves, Allspice, Vanilla, Mixed Spice, Fennel Seed, Cinnamon, Sugar), Ground Ginger (Contains Naturally Occurring **Sulphites**), Baking Powder (Raising Agents: Sodium Carbonate, Sodium Diphosphate; **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Raising Agent: Sodium Bicarbonate.
	Nutritional Information per slice: Energy: 1898kj, 454kcal, total fat: 22g, of which saturates: 6g, carbohydrate: 58g, of which sugars: 44g, protein: 4.5g, salt: 0.22g.
Chocolate Brownie – GF	**Ingredients**: Dark Chocolate (32%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Natural Vanilla Flavouring), Dark Brown Sugar (Sugar, Cane Molasses), Butter (Cream (**Milk**), Salt), Pasteurised **Egg**, Gluten Free Flour (Rice Flour, Potato Starch, Tapioca Starch, Maize Flour, Buckwheat Flour), Vanilla Flavouring, Gluten Free Baking Powder (Raising Agents: Mono Calcium Phosphate, Sodium Bicarbonate; Corn Starch), Stabiliser: Xanthan Gum.
	Nutritional Information per slice: Energy: 1940kj, 464kcal, total fat: 28g, of which saturates: 17g, carbohydrate: 47g, of which sugars: 38g, protein: 5.1g, salt: 0.37g.

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ALLERGENS - TRAYBAKES

Product	Ingredients & Nutritionals
Chocolate Nancy – GF	**Ingredients**: Sweetened Condensed **Milk** (17%) (**Milk**, Sugar), Sultanas (17%) (Sultanas, Sunflower Oil), Gluten Free **Oats**, Butter (Cream (**Milk**), Salt), Sweetened Dried Cranberries (11%) (Cranberries, Sugar, Sunflower Oil), Dark Chocolate (10%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Natural Vanilla Flavouring), Dried Apricots (8%) (Dried Apricots, Rice Flour, Preservative: **Sulphur Dioxide**), Desiccated Coconut, **Pistachio Nuts**, Lemon Zest, Lemon Flavouring.
	Nutritional Information per slice: Energy: 1345kj, 321kcal, total fat: 17g, of which saturates: 11g, carbohydrate: 38g, of which sugars: 25g, protein: 4.2g, salt: 0.24g
Chocolate & Hazelnut – VE	**Ingredients**: **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin), **Almond** Milk (Water, **Almond**, Tri-Calcium Phosphate, Sea Salt, Stabilisers: Locust Bean Gum, Gellan Gum; Emulsifier: Sunflower Lecithin; Vitamins (B2, B12, E, D2)), Coconut Milk (Coconut Extract, Water, Stabilisers: Guar Gum; Carboxymethyl Cellulose, Emulsifier: Polysorbate, Acidity Regulator: Citric Acid)), Brown Sugar (Sugar, Cane Molasses), Dark Chocolate (10%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Natural Vanilla Flavouring), Rapeseed Oil, Cocoa Powder (6%), **Hazelnuts** (5%), Golden Syrup (Invert Sugar Syrup), Water, Baking Powder (Raising Agents: Sodium Carbonate, Sodium Diphosphate; **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Vanilla Flavouring, Salt.
	Nutritional Information per slice: Energy: 1543kj, 369kcal, total fat: 19g, of which saturates: 6g, carbohydrate: 41g, of which sugars: 23g, protein: 5.9g, salt: 0.30g.
Salted Caramel Jewel Bar – GF	**Ingredients**: Caramel (46%) (Sweetened Condensed Skimmed **Milk**, Glucose Syrup (**Sulphites**), Invert Sugar Syrup, Palm Oil, Butter (**Milk**), Sugar, Water, Emulsifier: Mono- And Di-Glycerides Of Fatty Acids, Stabiliser: Pectin, Salt, Natural Flavouring), Butter (Cream (**Milk**), Salt), Gluten Free Flour (Rice Flour, Potato Starch, Tapioca Starch, Maize Flour, Buckwheat Flour), Gluten Free **Oats**, Sugar, Pumpkin Seeds (2%), Dark Chocolate Shavings (2%) (Sugar, Cocoa Mass, Anhydrous **Milk** Fat, Cocoa Butter, Emulsifier: **Soy** Lecithin, Natural Vanilla Flavouring), Freeze Dried Raspberries, Salt, Stabiliser: Xanthan Gum.
	Nutritional Information per slice: Energy: 1588kj, 379kcal, total fat: 21g, of which saturates: 13g, carbohydrate: 43g, of which sugars: 30g, protein: 3.9g, salt: 0.73g.
Blackcurrant & Lemon Cake – VE	**Ingredients**: **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Water, Rapeseed Oil, Blackcurrants (8%), Baking Powder (Raising Agents: Sodium Carbonate, Sodium Diphosphate; **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Lemon Juice (2%), Lemon Flavouring, Lemon Zest.
	Nutritional Information per slice: Energy: 1092kj, 261kcal, total fat: 9.1g, of which saturates: 0.7g, carbohydrate: 41g, of which sugars: 22g, protein: 3.1g, salt: 0.44g.

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ALLERGENS - TRAYBAKES

Product	Ingredients & Nutritionals
Lemon, Pistachio & Ginger Blondie	**Ingredients**: White Chocolate (35%) (Sugar, Cocoa Butter, Whole **Milk** Powder, Emulsifier: **Soya** Lecithin; Natural Vanilla Flavouring), **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin), Brown Sugar (Sugar, Cane Molasses), Sugar, Butter (Cream (**Milk**), Salt), Pasteurised **Egg**, **Pistachio Nuts** (5%), Ginger (4%) (Stem Ginger, Sugar, Water), **Milk**, Lemon Peel, Ground Ginger (Preservative: **Sulphur Dioxide**), Vanilla Flavouring, Lemon Flavouring, Baking Powder (Raising Agents: Sodium Carbonate, Sodium Diphosphate; **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin)).
	Nutritional Information per slice: Energy: 2090kj, 500kcal, total fat: 29g, of which saturates: 16g, carbohydrate: 62g, of which sugars: 50g, protein: 6.8g, salt: 0.31g.
Orange Cobble Crunch – GF	**Ingredients**: Butter (Cream (**Milk**), Salt), Dark Chocolate (19%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Natural Vanilla Flavouring), Honeycomb (15%) (Sugar, Glucose Syrup, Palm Kernel Oil, Palm Oil, Bicarbonate Of Soda, Rice Flour), White Chocolate (13%) (Sugar, Cocoa Butter, Whole **Milk** Powder, Emulsifier: **Soya** Lecithin; Natural Vanilla Flavouring), Marzipan (9%) (Sugar, **Almonds**, Glucose Syrup, Water, Invert Sugar Syrup, Preservative: Potassium Sorbate), **Almonds** (7%), Golden Syrup (Invert Sugar Syrup), Orange Oil.
	Nutritional Information per slice: Energy: 2002kj, 479kcal, total fat: 37g, of which saturates: 22g, carbohydrate: 31g, of which sugars: 29g, protein: 4.5g, salt: 0.50g.
Orange Polenta Cake – GF	**Ingredients**: Sugar, **Almonds** (16%), Butter (Cream (**Milk**), Salt), Pasteurised **Egg**, Polenta (8%) (Maize), Gluten Free Flour (Rice Flour, Potato Starch, Tapioca Starch, Maize Flour, Buckwheat Flour), Orange Zest & Juice (2.5%), Vanilla Flavouring, Edible Flower Petals (Calendula, Cornflower, Red Rose, Lavender, Jasmine), Gluten Free Baking Powder (Raising Agents: Mono Calcium Phosphate, Sodium Bicarbonate; Corn Starch), Orange Oil, Stabiliser: Xanthan Gum.
	Nutritional Information per slice: Energy: 1883kj, 450kcal, total fat: 24g, of which saturates: 9.9g, carbohydrate: 52g, of which sugars: 40g, protein: 6.5g, salt: 0.32g.
Pecan Caramel Shortbread	**Ingredients**: Caramel (43%) (Sweetened Condensed Skimmed **Milk**, Glucose Syrup (**Sulphites**), Invert Sugar Syrup, Palm Oil, Butter (**Milk**), Sugar, Water, Emulsifier: Mono- And Di-Glycerides Of Fatty Acids, Stabiliser: Pectin, Salt, Natural Flavouring), **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (Cream (**Milk**), Salt), Sugar, **Pecan Nuts** (5%), Water, Maize Starch, Dark Chocolate (1.5%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Natural Vanilla Flavouring).
	Nutritional Information per slice: Energy: 1603kj, 383kcal, total fat: 22g, of which saturates: 12g, carbohydrate: 43g, of which sugars: 30g, protein: 4g, salt: 0.44g.

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ALLERGENS - TRAYBAKES

Product	Ingredients & Nutritionals
Raspberry & Almond Blondie	**Ingredients**: White Chocolate (24%) (Sugar, Cocoa Butter, Whole **Milk** Powder, Emulsifier: **Soya** Lecithin; Natural Vanilla Flavouring), **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin), Brown Sugar (Sugar, Cane Molasses), Butter (Cream (**Milk**), Salt), Pasteurised **Egg**, Raspberries (8%), **Almonds** (6%), Sugar, Vanilla Flavouring, Baking Powder (Raising Agents: Sodium Carbonate, Sodium Diphosphate; **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin)).
	Nutritional Information per slice: Energy: 1446kj, 346kcal, total fat: 20g, of which saturates: 11g, carbohydrate: 36g, of which sugars: 25g, protein: 5.4g, salt: 0.25g.
Ginger Jake – GF	**Ingredients**: Gluten Free **Oats** (29%), Dark Brown Sugar (Sugar, Cane Molasses), Butter (Cream (**Milk**), Salt), Ginger (11%) (Stem Ginger, Sugar, Water), Gluten Free Flour (Rice Flour, Potato Starch, Tapioca Starch, Maize Flour, Buckwheat Flour), Demerara Sugar, Ground Ginger (1%) (Preservative: **Sulphur Dioxide**), Stabiliser: Xanthan Gum.
	Nutritional Information per slice: Energy: 1687kj, 403kcal, total fat: 16g, of which saturates: 9.8g, carbohydrate: 58g, of which sugars: 35g, protein: 4.5g, salt: 0.31g.

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ALLERGENS - TRAYBAKES

Product	Ingredients & Nutritionals
Christmas Florentine Bar – Seasonal (GF)	**Ingredients**: Caramel (37%) (Sweetened Condensed Skimmed **Milk**, Glucose Syrup (**Sulphites**), Invert Sugar Syrup, Palm Oil, Butter (**Milk**), Sugar, Water, Emulsifier: Mono- And Di-Glycerides Of Fatty Acids, Stabiliser: Pectin, Salt, Natural Flavouring), Butter (Cream (**Milk**), Salt), Sugar, Gluten Free Flour (Rice Flour, Potato Starch, Tapioca Starch, Maize Flour, Buckwheat Flour), Gluten Free **Oats**, Water, **Almonds** (5%), Glace Cherries (2.5%) (Cherries, Glucose-fructose Syrup, Sugar, Acidity Regulator: Citric Acid; Preservatives: Potassium Sorbate, **Sulphur Dioxide**; Colour: Erythrosine), Dark Chocolate (1.5%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Natural Vanilla Flavouring), Mixed Peel (1%) (Orange Peel, Lemon Peel, Glucose-fructose Syrup, Sugar, Acidity Regulator: Citric Acid), Salt, Stabiliser: Xanthan Gum.
	Nutritional Information per slice: Energy: 1799kj, 430kcal, total fat: 23g, of which saturates: 13g, carbohydrate: 51g, of which sugars: 38g, protein: 4.4g, salt: 0.75g
Christmas Stollen Traybake – Seasonal	**Ingredients**: Self-Raising **Wheat**flour contains **Gluten** ((with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphate, Sodium Bicarbonate), Marzipan (15%) (Sugar, **Almonds**, Glucose Syrup, Stabilisers: Sorbitol, Invertase; Preservative: Potassium Sorbate; Thickener: Sodium Alginate), Pasteurised **Egg**, Butter (Cream (**Milk**), Salt), Sugar, Brown Sugar (Sugar, Cane Molasses), Chai Syrup (5%) (Cardamom, Ginger, Star Anise, Nutmeg, Cloves, Allspice, Vanilla, Mixed Spice, Fennel Seed, Cinnamon, Sugar), Sultanas (4.5%) (Sultanas, Sunflower Oil), **Almonds**, Raisins (4%) (Raisins, Sunflower Oil), Mixed Peel (2.5%) (Orange Peel, Lemon Peel, Glucose-fructose Syrup, Sugar, Acidity Regulator: Citric Acid), Yoghurt (**Milk**), Flaked **Almonds**, Baking Powder (Raising Agents: Sodium Carbonate, Sodium Diphosphate; **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Orange Zest, Orange Juice, Mixed Spice (Allspice, Coriander, Cassia Cinnamon, Ginger, Fennel, Nutmeg, Cloves, Cardamom), Ground Cinnamon, **Almond** Flavouring, Ground Cardamom.
	Nutritional Information per slice: Energy: 1222kj, 292kcal, total fat: 14g, of which saturates: 6.3g, carbohydrate: 37g, of which sugars: 26g, protein: 4.8g, salt: 0.33g.
Christmas Winter Berry Brownie – Seasonal (GF)	**Ingredients**: Dark Chocolate (28%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Natural Vanilla Flavouring), Dark Brown Sugar (Sugar, Cane Molasses), Butter (Cream (**Milk**), Salt), Pasteurised **Egg**, Gluten Free Flour (Rice Flour, Potato Starch, Tapioca Starch, Maize Flour, Buckwheat Flour), Sweetened Dried Cranberries (5%) (Cranberries, Sugar, Sunflower Oil), White Chocolate (5%) (Sugar, Cocoa Butter, Whole **Milk** Powder, Emulsifier: **Soya** Lecithin; Natural Vanilla Flavouring), Cocoa Powder, Orange Zest, Orange Oil, Stabiliser: Xanthan Gum.
	Nutritional Information per slice: Energy: 1561kj, 373kcal, total fat: 23g, of which saturates: 14g, carbohydrate: 38g, of which sugars: 32g, protein: 3.9g, salt: 0.29g.

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ALLERGENS - TRAYBAKES

Product	Ingredients & Nutritionals
Small Batch Bakes: Lemon, Mascarpone & Rhubarb Traybake	**Ingredients:** Sugar, Butter (Cream (**Milk**), Salt), Pasteurised **Egg**, Self-Raising **Wheat**flour contains **Gluten** ((with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphate, Sodium Bicarbonate), Rhubarb Jam (9%) (Rhubarb, Sugar, (Apple Pectin, Acidity Regulator: Citric Acid, Glycerol), Vanilla Flavouring, Lemon Juice), Mascarpone Cheese (5%) (Cream (Pasteurised Cow's **Milk**), Acidity Regulator: Citric Acid), Lemons (2%), Rose Petals, Vanilla Flavouring, Cornflowers.
	Nutritional Information per slice: Energy: 2285kj, 546kcal, total fat: 25g, of which saturates: 16g, carbohydrate: 74g, of which sugars: 61g, protein: 5g, salt: 0.66g
Small Batch Bakes: Ultimate Chocolate Brownie	**Ingredients**: Dark Chocolate (36%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Natural Vanilla Flavouring), Butter (Cream (**Milk**), Salt), Dark Brown Sugar (Sugar, Cane Molasses), Evaporated **Milk** (Cow's **Milk**, Stabiliser: Sodium Phosphate; Vitamin D), Pasteurised **Egg**, Gluten Free Flour (Rice Flour, Potato Starch, Tapioca Starch, Maize Flour, Buckwheat Flour), Vanilla Flavouring, White Chocolate (Sugar, Cocoa Butter, Whole **Milk** Powder, Whey Powder (**Milk**), Lactose, Emulsifiers: **Soya** Lecithin, Sunflower Lecithin; Natural Vanilla Flavouring), Gluten Free Baking Powder (Raising Agents: Mono Calcium Phosphate, Sodium Bicarbonate; Corn Starch), Stabiliser: Xanthan Gum.
	Nutritional Information per slice: Energy: 3108kj, 743kcal, total fat: 51g, of which saturates: 33g, carbohydrate: 66g, of which sugars: 57g, protein: 7.7g, salt: 0.69g
Small Batch Bakes: Orange, Cardamom & Bay Traybake	**Ingredients:** Sugar, **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pasteurised **Egg**, Butter (Cream (**Milk**), Salt), Yoghurt (**Milk**), Mascarpone Cheese (5%) (Cream (Pasteurised Cow's **Milk**), Acidity Regulator: Citric Acid), Orange Zest & Juice (5%), Glace Orange Slices (4.5%) (Orange, Glucose-fructose Syrup, Sugar, Acidulant: Citric Acid; Preservative: Potassium Sorbate, Sodium Metabi**sulphite**), Pasteurised **Egg** Yolk, Baking Powder (Raising Agents: Sodium Carbonate, Sodium Diphosphate; **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Vanilla Flavouring, Salt, Orange Oil, Ground Cardamom, Cornflowers, Bay Leaves.
	Nutritional Information per slice: Energy: 1779kj, 425kcal, total fat: 15g, of which saturates: 9.3g, carbohydrate: 66g, of which sugars: 50g, protein: 5.6g, salt: 0.48g
Small Batch Bakes: Morello Cherry & Almond Traybake	**Ingredients:** Sugar, Butter (Cream (**Milk**), Salt), Pasteurised **Egg**, Self-Raising **Wheat**flour contains **Gluten** ((with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphate, Sodium Bicarbonate), Morello Cherry Jam (10%) (Sugar, Morello Cherries, Gelling Agent: Fruit Pectin, Acidity Regulator: Citric Acid), Mascarpone Cheese (6%) (Cream (Pasteurised Cow's **Milk**), Acidity Regulator: Citric Acid), Flaked **Almonds**, Vanilla Flavouring, **Almond** Flavouring, Freeze Dried Sour Cherries.
	Nutritional Information per slice: Energy: 2243kj, 536kcal, total fat: 26g, of which saturates: 16g, carbohydrate: 71g, of which sugars: 57g, protein: 5.2g, salt: 0.66g

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ALLERGENS - TRAYBAKES

Product	Cereals (containing Gluten)	Soya	Egg	Milk	Nuts	Peanuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Molluscs	Fish	Lupin
Berry & Beetroot Brownie – GF		YES	YES	YES										
Brazil Nut & Sour Cherry Boost Bar – Ve / GF		YES			YES - Almonds, Hazelnuts, Brazil Nuts									
Carrot & Ginger Cake	YES - Wheat		YES	YES			YES							
Chocolate Brownie – GF		YES	YES	YES										
Chocolate Nancy – GF	Contains Gluten Free Oats	YES		YES	YES - Pistachios		YES							
Chocolate & Hazelnut – Ve	YES - Wheat	YES			YES - Almonds, Hazelnuts									
Salted Caramel Jewel Bar – GF	Contains Gluten Free Oats	YES		YES			YES							
Blackcurrant & Lemon Cake – Ve	YES - Wheat													
Lemon, Pistachio & Ginger Blondie	YES - Wheat	YES	YES	YES	YES - Pistachios		YES							
Orange Cobble Crunch – GF		YES		YES	YES - Almonds									
Orange Polenta Cake - GF			YES	YES	Yes – Almonds									
Pecan Caramel Shortbread	YES - Wheat	YES		YES	YES - Pecans		YES							
Raspberry & Almond Blondie	YES - Wheat	YES	YES	YES	YES - Almonds									
Ginger Jake – GF	Contains Gluten Free Oats			YES			YES							

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ALLERGENS - TRAYBAKES

Product	Cereals (containing Gluten)	Soya	Egg	Milk	Nuts	Peanuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Molluscs	Fish	Lupin
Christmas Florentine Bar – Seasonal (GF)	Contains Gluten Free Oats	YES		YES	Yes – Almonds		YES							
Christmas Stollen Traybake – Seasonal	Yes – Wheat		YES	YES	Yes – Almonds									
Christmas Winter Berry Brownie – Seasonal (GF)		YES	YES	YES										
Small Batch Bakes: Lemon, Mascarpone & Rhubarb Traybake	Yes – Wheat		YES	YES										
Small Batch Bakes: Ultimate Chocolate Brownie		YES	YES	YES										
Small Batch Bakes: Orange, Bay & Cardamom Traybake	Yes – Wheat		YES	YES			YES							
Small Batch Bakes: Morello Cherry & Almond Traybake	Yes – Wheat		YES	YES	Yes – Almonds									

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INGREDIENTS & NUTRITIONALS – LOAF CAKES

Product	Ingredients
Chocolate Stout Cake	**Ingredients**: Sugar, Butter (Cream (**Milk**), Salt), Porter (13%) (Water, Malted **Barley** (**Gluten**), **Wheat** (**Gluten**), Hops & Yeast), **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yoghurt (**Milk**), Full Fat Soft Cheese (**Milk**) (contains Native Starch, Salt), Pasteurised **Egg**, Cacao Powder (3%), Dark Chocolate (1%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Natural Vanilla Flavouring), Vanilla Flavouring, Coffee, Raising Agent: Sodium Bicarbonate; **Milk**, Salt.
	Nutritional Information per 1/6: Energy: 1258kj, 301kcal, total fat: 13g, of which saturates: 8.6g, carbohydrate: 40g, of which sugars: 32g, protein: 3.2g, salt: 0.40g
Pistachio, Rose & Lemon Drizzle Cake	**Ingredients**: Self-Raising **Wheat**flour contains **Gluten** ((with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphate, Sodium Bicarbonate), Sugar, Pasteurised **Egg**, Butter (16%) (Cream (**Milk**), Salt), **Pistachio Nuts**, Lemons (4%), Rose Water (2%), Rice Syrup, Grape Juice Concentrate, Rose Petals.
	Nutritional Information per 1/6: Energy: 1234kj, 295kcal, total fat: 16g, of which saturates: 8g, carbohydrate: 40g, of which sugars: 29g, protein: 4.6g, salt: 0.41g
Pistachio, Rose & Lemon Drizzle Cake (GF)	**Ingredients**: Gluten Free Flour (Rice Flour, Potato Starch, Tapioca Starch, Maize Flour, Buckwheat Flour), Pasteurised **Egg**, Butter (Cream (**Milk**), Salt), Sugar, **Pistachio Nuts** (8%), Lemon Peel, Rose Water, Gluten Free Baking Powder (Raising Agents: Mono Calcium Phosphate, Sodium Bicarbonate; Corn Starch), Rose Petals, Lemon Juice, Stabiliser: Xanthan Gum.
	Nutritional Information per 1/6: Energy: 1207kj, 288kcal, total fat: 16g, of which saturates: 8.1g, carbohydrate: 39g, of which sugars: 26.6g, protein: 3.8g, salt: 0.29g
Spiced Orange Cake – GF	**Ingredients**: Sugar, Gluten Free Flour (Rice Flour, Potato Starch, Tapioca Starch, Maize Flour, Buckwheat Flour), Pasteurised **Egg**, Butter (Cream (**Milk**), Salt), Water, Rice Syrup, Grape Juice Concentrate, Oranges (1.5%), Gluten Free Baking Powder (Raising Agents: Mono Calcium Phosphate, Sodium Bicarbonate; Corn Starch), Humectant: Glycerol; Mixed Spice (Allspice, Coriander, Cinnamon, Ginger (Contains Naturally Occurring **Sulphites**), Fennel, Nutmeg, Cloves, Cardamom), Stabiliser: Xanthan Gum; Orange Oil, Vanilla Flavouring.
	Nutritional Information per 1/6: Energy: 1327kj, 317kcal, total fat: 14g, of which saturates: 8.3g, carbohydrate: 46g, of which sugars: 31g, protein: 2.9g, salt: 0.30g

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INGREDIENTS & NUTRITIONALS – LOAF CAKES

Product	Ingredients
Sticky Stem Ginger Cake	**Ingredients**: **Cow's Milk**, Dark Brown Sugar (Sugar, Cane Molasses), **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Ginger (8%) (Stem Ginger, Sugar, Water), Butter (Cream (**Milk**), Salt), Pasteurised **Egg**, Black Treacle (Cane Molasses, Invert Sugar Syrup), Crystallised Ginger (2.5%) (Ginger, Sugar), Golden Syrup (Invert Sugar Syrup), Ground Ginger (Contains Naturally Occurring **Sulphites**), Gingerbread Syrup (Sugar, Water, Natural Flavouring, Acidity Regulator: Citric Acid, Natural Cinnamon Flavouring with other Natural Flavourings, Colour: Plain Caramel; Preservative: Potassium Sorbate), Raising Agent: Sodium Bicarbonate; Ground Cinnamon.
	Nutritional Information per 1/6: Energy: 1204kj, 288kcal, total fat: 10g, of which saturates: 6.7g, carbohydrate: 45g, of which sugars: 35g, protein: 3g, salt: 0.23g.
Naked Stem Ginger Cake	**Ingredients: Milk** (Cow's **Milk**), Dark Brown Sugar (Sugar, Cane Molasses), **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (10%) (Cream (**Milk**), Salt), Ginger (10%) (Stem Ginger, Sugar, Water), Pasteurised **Egg**, Black Treacle (Cane Molasses, Invert Sugar Syrup), Golden Syrup (Invert Sugar Syrup), Ground Ginger (1%) (Contains Naturally Occurring **Sulphites**), Raising Agent: Sodium Bicarbonate; Ground Cinnamon.
	Nutritional Information per 1/6: Energy: 935kj, 223kcal, total fat: 6.8g, of which saturates: 4.3g, carbohydrate: 36.4g, of which sugars: 24.8g, protein: 3.4g, salt: 0.16g.
Sticky Toffee Cake	**Ingredients**: Sugar, Dark Brown Sugar (Sugar, Cane Molasses), **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dates (16%) (Dates, Rice Flour), Water, Pasteurised **Egg**, Butter (Cream (**Milk**), Salt), Caramel (4%) (Sweetened Condensed Skimmed **Milk**, Glucose Syrup (**Sulphites**), Invert Sugar Syrup, Palm Oil, Butter (**Milk**), Sugar, Emulsifier: Mono- And Di-Glycerides Of Fatty Acids, Stabiliser: Pectin, Salt, Natural Flavouring), **Milk**, **Pecan Nuts**, Raising Agent: Sodium Bicarbonate, Coffee, Vanilla Flavouring.
	Nutritional Information per 1/6: Energy: 1138kj, 272kcal, total fat: 7.8g, of which saturates: 4.5g, carbohydrate: 48g, of which sugars: 38g, protein: 3.3g, salt: 0.16g.
Banana & Chocolate Cake - VE	**Ingredients**: Bananas (37%), **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dark Chocolate (21%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Natural Vanilla Flavouring), Brown Sugar (Sugar, Cane Molasses), Rapeseed Oil, Baking Powder (Raising Agents: Sodium Carbonate, Sodium Diphosphate; **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin)).
	Nutritional Information per 1/6: Energy: 1191kj, 285kcal, total fat: 13g, of which saturates: 4.4g, carbohydrate: 37g, of which sugars: 22g, protein: 3.5g, salt: 0.03g.

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ALLERGENS – LOAF CAKES

Product	Cereals (containing Gluten)	Soya	Egg	Milk	Nuts	Peanuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Molluscs	Fish	Lupin
Chocolate Stout Cake	YES - Wheat, Barley	YES	YES	YES										
Pistachio, Rose & Lemon Drizzle Cake (GF)			YES	YES	YES - Pistachios									
Pistachio, Rose & Lemon Drizzle Cake	YES - Wheat		YES	YES	YES - Pistachios									
Spiced Orange Cake – GF			YES	YES			YES							
Sticky Stem Ginger Cake	YES - Wheat		YES	YES			YES							
Sticky Toffee Cake	YES - Wheat		YES	YES	YES - Pecans		YES							
Banana & Chocolate Cake - VE	YES - Wheat	YES												
Toffee Apple Cake – Seasonal	YES - Wheat		YES	YES			YES							

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INGREDIENTS & NUTRITIONALS – TARTS & ALMONDIES

Product	Ingredients
Chocolate Brownie Raspberry Tart	**Ingredients**: Dark Chocolate (18%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Natural Vanilla Flavouring), **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dark Brown Sugar (Sugar, Cane Molasses), Butter (Cream (**Milk**), Salt), Raspberry Jam (9%) (Raspberries, Vanilla Extract, Gelling Agent: Pectin), Pasteurised **Egg**, Gluten Free Flour (Rice Flour, Potato Starch, Tapioca Starch, Maize Flour, Buckwheat Flour), Sugar, Raspberries (2.5%), Pasteurised **Egg** Yolk, Freeze Dried Raspberries, Vanilla Flavouring, Rapeseed Oil, Gluten Free Baking Powder (Raising Agents: Mono Calcium Phosphate, Sodium Bicarbonate; Corn Starch), Stabiliser: Xanthan Gum.
	Nutritional Information per 1 tart: Energy: 1970kj, 471kcal, total fat: 28g, of which saturates: 17g, carbohydrate: 48g, of which sugars: 31g, protein: 5.6g, salt: 0.39g
Damson Almondie Tart	**Ingredients**: Damson Jam (21%) (Sugar, Pitted Damsons, Water, Gelling Agent: Pectin, Lemon Juice), Ground **Almonds** (21%), **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Butter (Cream (**Milk**), Salt), Pasteurised **Egg** White, Flaked **Almonds**, Pasteurised **Egg** Yolk, **Almond** Flavouring.
	Nutritional Information per 1 tart: Energy: 1771kj, 423kcal, total fat: 23g, of which saturates: 5.9g, carbohydrate: 45g, of which sugars: 31g, protein: 8.2g, salt: 0.21g
Almondie	**Ingredients**: Ground **Almonds** (46%), Sugar, Flaked **Almonds** (14%), Pasteurised **Egg** White, **Almond** Flavouring.
	Nutritional Information per 1 Almondie: Energy: 1358kj, 325kcal, total fat: 21g, of which saturates: 0.4g, carbohydrate: 25g, of which sugars: 21g, protein: 8.9g, salt: 0.05g
Honey, Pecan & Apricot Granola	**Ingredients:** Gluten Free **Oats** (40%), Demerara Sugar (Sugar, Cane Molasses), Honey (11%), Butter (Cream (**Milk**), Salt), **Almonds** (6%), Dried Apricots (5%) (Apricots, Rice Flour), **Pecan Nuts** (4.5%), Pumpkin Seeds (2.5%), Linseeds, Vanilla Flavouring, Ground Cinnamon, Salt, Orange Oil, Ground Cardamom.
	Nutritional Information per portion (45g): Energy: 833kj, 199kcal, total fat: 8.5g, of which saturates: 2.9g, carbohydrate: 26g, of which sugars: 14g, protein: 3.8g, salt: 0.19g
All Butter Shortbread Rounds	**Ingredients: Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (33%) (Cream (**Milk**), Salt), Sugar.
	Nutritional Information per 30g portion: Energy: 609kj, 146kcal, total fat: 8g, of which saturates: 5.5g, carbohydrate: 16g, of which sugars: 5.1g, protein: 1.7g, salt: 0.17g

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ALLERGENS – TARTS & ALMONDIES

Product	Cereals (containing Gluten)	Soya	Egg	Milk	Nuts	Peanuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Molluscs	Fish	Lupin
Chocolate Brownie Raspberry Tart	YES - Wheat	YES	YES	YES										
Damson Almondie Tart	YES - Wheat		YES	YES	YES - Almonds									
Almondie			YES		YES - Almonds									
Honey, Pecan & Apricot Granola	Contains Gluten Free Oats			YES	YES – Almonds, Pecan Nuts									
All Butter Shortbread Rounds	YES – Wheat			YES										

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INGREDIENTS & NUTRITIONALS – FRUIT CAKES

Product	Ingredients
Damson Brandy Fruit Cake	**Ingredients**: Raisins (14%) (Raisins, Sunflower Oil), Sultanas (14%) (Sultanas, Sunflower Oil), Pasteurised **Egg**, Butter (Cream (**Milk**), Salt), **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin), Glace Cherries (11%) (Cherries, Glucose-fructose Syrup, Sugar, Acidity Regulator: Citric Acid; Preservatives: Potassium Sorbate, **Sulphur Dioxide**; Colour: Erythrosine), Brown Sugar (Sugar, Cane Molasses), Mixed Peel (Orange Peel, Lemon Peel, Glucose-fructose Syrup, Sugar, Acidity Regulator: Citric Acid), Damson Jam (5%) (Sugar, Pitted Damsons, Water, Gelling Agent: Pectin, Lemon Juice), Brandy (4.5%), Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Natural Vanilla Flavouring), Dates (2%) (Dates, Rice Flour), Dried Pineapple (2%) (Sugar, Pineapple, Acidity Regulator: Citric Acid, Preservative: **Sulphur Dioxide**), Humectant: Glycerol; **Pecan Nuts** (1%), Vanilla Flavouring, **Almond** Flavouring, Glaze (Water, Sugar, Glucose Syrup, Gelling Agent: Pectin; Acidity Regulators: Citric Acid, Calcium Lactate; Raising Agent: Sodium Acid Pyrophosphate; Preservative: Sorbic Acid, Natural Flavouring), Mixed Spice (Allspice, Coriander, Cassia Cinnamon, Ginger, Fennel, Nutmeg, Cloves, Cardamom), Ground Ginger (Contains naturally occurring **Sulphites**).
	Nutritional Information per slice: Energy: 1201kj, 287kcal, total fat: 9.5g, of which saturates: 5.4g, carbohydrate: 46g, of which sugars: 34g, protein: 3.3g, salt: 0.22g
Gin, Clementine & Cranberry Cake	**Ingredients**: Sultanas (21%) (Sultanas, Sunflower Oil), Sweetened Dried Cranberries (14%) (Cranberries, Sugar, Sunflower Oil), Pasteurised **Egg**, Butter (Cream (**Milk**), Salt), **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dark Brown Sugar (Sugar, Cane Molasses), Gin (6.5%), Mixed Peel (Orange Peel, Lemon Peel, Glucose-fructose Syrup, Sugar, Acidity Regulator: Citric Acid), Dried Apricots (3.5%) (Dried Apricots, Rice Flour, Preservative: **Sulphur Dioxide**), Glaze (Water, Sugar, Glucose Syrup, Gelling Agent: Pectin; Acidity Regulators: Citric Acid, Calcium Lactate; Raising Agent: Sodium Acid Pyrophosphate; Preservative: Sorbic Acid, Natural Flavouring), Humectant: Glycerol; Ground Cinnamon, Candied Orange Slices (Orange Slices, Glucose-fructose Syrup, Sugar, Antioxidant: Citric Acid), Ground Nutmeg, Clementine Flavouring.
	Nutritional Information per 1/6: Energy: 1203kj, 288kcal, total fat: 9.4g, of which saturates: 5.6g, carbohydrate: 46g, of which sugars: 33g, protein: 3.4g, salt: 0.21g

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INGREDIENTS & NUTRITIONALS – FRUIT CAKES

Product	Ingredients
Light Brandy Fruit Cake – GF	**Ingredients**: Raisins (13%) (Raisins, Sunflower Oil), Sultanas (13%) (Sultanas, Sunflower Oil), Gluten Free Flour (Rice Flour, Potato Starch, Tapioca Starch, Maize Flour, Buckwheat Flour), Butter (Cream (**Milk**), Salt), Pasteurised **Egg**, Dark Brown Sugar (Sugar, Cane Molasses), Glace Cherries (Cherries, Glucose-fructose Syrup, Sugar, Acidity Regulator: Citric Acid; Preservatives: Potassium Sorbate, **Sulphur Dioxide**; Colour: Erythrosine), Mixed Peel (4.5%) (Orange Peel, Lemon Peel, Glucose-fructose Syrup, Sugar, Acidity Regulator: Citric Acid), Brandy (4%), **Almonds**, Glaze (Water, Sugar, Glucose Syrup, Gelling Agent: Pectin; Acidity Regulators: Citric Acid, Calcium Lactate; Raising Agent: Sodium Acid Pyrophosphate; Preservative: Sorbic Acid, Natural Flavouring), Humectant: Glycerol; Vanilla Flavouring, Rose Water, Mixed Spice (Allspice, Coriander, Cassia Cinnamon, Ginger, Fennel, Nutmeg, Cloves, Cardamom), Gluten Free Baking Powder (Raising Agents: Mono Calcium Phosphate, Sodium Bicarbonate; Corn Starch), Stabiliser: Xanthan Gum.
	Nutritional Information per 1/6: Energy: 1320kj, 316kcal, total fat: 12g, of which saturates: 6g, carbohydrate: 46g, of which sugars: 33g, protein: 3.5g, salt: 0.25g
Rum, Plum & Chocolate Cake	**Ingredients**: Raisins (14%) (Raisins, Sunflower Oil), Sultanas (14%) (Sultanas, Sunflower Oil), Prunes (14%) (Prunes, Preservative: Potassium Sorbate), Pasteurised **Egg**, Butter (Cream (**Milk**), Salt), Dark Brown Sugar (Sugar, Cane Molasses), **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dark Chocolate (9%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Natural Vanilla Flavouring), Rum (4.5%), Vanilla Flavouring, Rapeseed Oil, Mixed Spice (Allspice, Coriander, Cassia Cinnamon, Ginger, Fennel, Nutmeg, Cloves, Cardamom), Baking Powder (Raising Agents: Sodium Carbonate, Sodium Diphosphate; **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin)).
	Nutritional Information per 1/6: Energy: 1212kj, 290kcal, total fat: 12g, of which saturates: 7.2g, carbohydrate: 39g, of which sugars: 31g, protein: 3.9g, salt: 0.22g
Simnel Cake (Seasonal)	**Ingredients**: Marzipan (22%) (Sugar, **Almonds**, Glucose Syrup, Water, Invert Sugar Syrup, Stabilisers: Sorbitol, Invertase; Preservative: Potassium Sorbate, Thickener: Sodium Alginate), Pasteurised **Egg**, Butter (Cream (**Milk**), Salt), Brown Sugar (Sugar, Cane Molasses), **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raisins (Raisins, Sunflower Oil), Sultanas (Sultanas, Sunflower Oil), Glace Cherries (Cherries, Glucose-fructose Syrup, Sugar, Acidity Regulator: Citric Acid; Preservatives: Potassium Sorbate, **Sulphur Dioxide**; Colour: Erythrosine), Brandy (3.5%), Mixed Peel (Orange Peel, Lemon Peel, Glucose-fructose Syrup, Sugar, Acidity Regulator: Citric Acid), Baking Powder (Raising Agents: Sodium Carbonate, Sodium Diphosphate; **Wheat**flour Contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Mixed Spice (Allspice, Coriander, Cassia Cinnamon, Ginger, Fennel, Nutmeg, Cloves, Cardamom), Orange Oil.
	Nutritional Information per slice: Energy: 1560kj, 373kcal, total fat: 14g, of which saturates: 7g, carbohydrate: 54g, of which sugars: 43g, protein: 5g, salt: 0.27g.

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INGREDIENTS & NUTRITIONALS – FRUIT CAKES

Product	Ingredients
Fruit & Nut Cake – VE	**Ingredients**: Sultanas (13%) (Sultanas, Sunflower Oil), Raisins (13%) (Raisins, Sunflower Oil), Dates (13%) (Dates, Rice Flour), Ground **Almonds** (11%), Coconut Milk (Coconut Extract, Water, Stabilisers: Guar Gum; Carboxymethyl Cellulose, Emulsifier: Polysorbate, Acidity Regulator: Citric Acid)), **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin), **Pecan Nuts** (7%), Mixed Peel (6%) (Orange Peel, Lemon Peel, Glucose-fructose Syrup, Sugar, Acidity Regulator: Citric Acid), Canadian Maple Syrup, Black Treacle (Cane Molasses, Invert Sugar Syrup), Coconut Oil, Apple Juice From Concentrate, Humectant: Glycerol; Glaze (Water, Sugar, Glucose Syrup, Gelling Agent: Pectin; Acidity Regulators: Citric Acid, Calcium Lactate; Raising Agent: Sodium Acid Pyrophosphate; Preservative: Sorbic Acid, Natural Flavouring), Orange Zest, Vanilla Flavouring, Baking Powder (Raising Agents: Sodium Carbonate, Sodium Diphosphate; **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Ground Ginger (Contains Naturally Occurring **Sulphites**), Ground Cinnamon, Raising Agent: Sodium Bicarbonate.
	Nutritional Information per slice: Energy: 1299kj, 310kcal, total fat: 14g, of which saturates: 4.5g, carbohydrate: 43g, of which sugars: 30g, protein: 4.6g, salt: 0.04g.
Westmorland Pepper Cake	**Ingredients**: Raisins (16%) (Raisins, Sunflower Oil), Sultanas (16%) (Sultanas, Sunflower Oil), Pasteurised **Egg**, Butter (Cream (**Milk**), Salt), **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dark Brown Sugar (Sugar, Cane Molasses), Black Treacle (4%) (Cane Molasses, Invert Sugar Syrup), Ginger Wine (3.5%) (**Sulphur Dioxide**), Ginger (2.5%) (Stem Ginger, Sugar, Water), Rice Syrup, Grape Juice Concentrate, Black Pepper, Ground Ginger (Contains Naturally Occurring **Sulphites**), Baking Powder (Raising Agents: Sodium Carbonate, Sodium Diphosphate; **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Cloves.
	Nutritional Information per 1/6: Energy: 1543kj, 369kcal, total fat: 14g, of which saturates: 8.6g, carbohydrate: 54g, of which sugars: 39g, protein: 5.1g, salt: 0.34g

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INGREDIENTS & NUTRITIONALS – FRUIT CAKES

Product	Ingredients
Whisky & Orange Cake	**Ingredients**: Raisins (15%) (Raisins, Sunflower Oil), Sultanas (15%) (Sultanas, Sunflower Oil), Pasteurised **Egg**, Butter (Cream (**Milk**), Salt), Dark Brown Sugar (Sugar, Cane Molasses), **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin), Mixed Peel (9%) (Orange Peel, Lemon Peel, Glucose-fructose Syrup, Sugar, Acidity Regulator: Citric Acid), Dried Apricots (6%) (Dried Apricots, Rice Flour, Preservative: **Sulphur Dioxide**), Whisky (4.5%), Glace Orange Slices (Orange, Glucose-fructose Syrup, Sugar, Acidulant: Citric Acid; Preservative: Potassium Sorbate, Sodium Metabi**sulphite**), Orange Zest, Mixed Spice (Cassia Cinnamon, Coriander, Ginger, Allspice, Clove, Nutmeg), Baking Powder (Raising Agents: Sodium Carbonate, Sodium Diphosphate; **Wheat**flour contains **Gluten** (with **Wheat**flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Orange Oil.
	Nutritional Information per 1/6: Energy: 1162kj, 278kcal, total fat: 9g, of which saturates: 5.5g, carbohydrate: 46g, of which sugars: 34g, protein: 3.5g, salt: 0.22g

The information supplied here is to be used as a guide only. Please refer to individual packaging labels to confirm allergens before use. Allergens handled on the premises are: **Cereals containing Gluten**, **Tree Nuts**, **Eggs**, **Soya**, **Sulphur Dioxide & Sulphites**, **Milk**. Allergens not handled on the premises are: **Peanuts**, **Sesame**, **Fish**, **Crustaceans**, **Molluscs**, **Celery**, **Mustard**, **Lupin**. Ingredient suppliers may handle **peanuts**. We have steps in place to minimise cross contamination. Adults need around 2000 kcal a day. All nutritional information is for 1/6th of a fruit cake.

ALLERGENS – FRUIT CAKES

Product	Cereals (containing Gluten)	Soya	Egg	Milk	Nuts	Peanuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Molluscs	Fish	Lupin
Damson Brandy Fruit Cake	YES - Wheat	YES	YES	YES	YES - Pecans, Almonds		YES							
Gin, Clementine & Cranberry Cake	YES - Wheat		YES	YES			YES							
Light Brandy Fruit Cake – GF			YES	YES	YES - Almonds		YES							
Rum, Plum & Chocolate Cake	YES - Wheat	YES	YES	YES										
Simnel Cake (Seasonal)	YES - Wheat		YES	YES	YES - Almonds		YES							
Fruit & Nut Cake – VE	YES - Wheat				YES - Almonds, Pecans		YES							
Westmorland Pepper Cake	YES - Wheat		YES	YES			YES							
Whisky & Orange Cake	YES - Wheat		YES	YES			YES							

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