

NUTRITION & ALLERGEN GUIDE



Seasonal

Group	Dept	Name	Calories	Allergens
Pasties	Pasties – Other	LAMB & MINT PASTY	696	Gluten from Wheat, Milk
Savouries	Bombs	STEAK & CHEESE BOMB	736	Gluten from Wheat, Milk, Soya
Savouries	Rolls	CHEESE & CHUTNEY SAUSAGE ROLL	675	Egg, Gluten from Wheat, Milk, Sulphite
Sweet Bakery	Cakes	CADBURY CRÈME EGG SCOTCH EGG	412	Egg, Gluten from Wheat, Milk, Egg
Sweet Bakery	Cakes	CORNFLAKE TART	400	Almonds, Barley, Egg, Gluten from Wheat, Milk
Sweet Bakery	Cakes	LEMON & BLUEBERRY TART	340	Almonds, Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Cakes	CHOCOLATE FLAKE CAKE	468	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Cookies & Biscuits	NUTELLA WHOOPIE COOKIE	588	Gluten from Wheat, Hazelnuts, Milk, Soya
Sweet Bakery	Cookies & Biscuits	PEANUT BUTTER & JAM WHOOPIE COOKIE	597	Egg, Gluten from Wheat, Milk, Peanuts
Sweet Bakery	Cookies & Biscuits	BISCOFF WHOOPIE COOKIE	597	Gluten from Wheat, Milk, Soya
Sweet Bakery	Doughnuts	LEMON MERINGUE DOUGHNUT	435	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Doughnuts	JAM DOUGHNUT (PANINO)	271	Egg, Gluten from Wheat, Milk
Sweet Bakery	Tray Bakes	MILLIONAIRE SLICE	418	Almonds, Gluten from Wheat, Milk, Soya
Sweet Bakery	Cookies & Biscuits	BLUE RABBIT GINGERBREAD	259	Egg, Gluten from Wheat, Soya
Sweet Bakery	Cookies & Biscuits	PINK RABBIT GINGERBREAD	259	Egg, Gluten from Wheat, Soya
Sweet Bakery	Cookies & Biscuits	EASTER CHICK SHORTBREAD	358	Egg, Gluten from Wheat, Soya
Sweet Bakery	Cookies & Biscuits	EASTER EGG SHORTBREAD	356	Egg, Gluten from Wheat, Soya