

# NUTRITION & ALLERGEN GUIDE

MARCH 2025

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# NUTRITION & ALLERGEN GUIDE

## Breakfast

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Group	Dept	Name	Calories	Allergens
Breakfast	Breakfast Cold	ALL BUTTER CROISSANT	246	Egg, Gluten from Wheat, Milk
Breakfast	Breakfast Cold	CHOCOLATE TWIST	273	Gluten from Wheat, Egg, Milk
Breakfast	Breakfast Cold	PAIN AUX CHOCOLAT	244	Egg, Gluten from Wheat, Milk, Soya
Breakfast	Breakfast Cold	PAIN AUX RAISINS	319	Gluten from Wheat, Egg, Milk
Breakfast	Breakfast Hot	BACON	134	No allergens present
Breakfast	Breakfast Hot	DEMI BAGUETTE	385	Gluten from Wheat
Breakfast	Breakfast Hot	GRANARY TOAST SLICE	83	Gluten from Wheat
Breakfast	Breakfast Hot	HASH BROWN	67	No allergens present
Breakfast	Breakfast Hot	MALTED GRAIN ROLL	315	Barley, Gluten from Wheat, Soya
Breakfast	Breakfast Hot	OMELETTE	87	Egg, Milk
Breakfast	Breakfast Hot	SAUSAGE	55	Cereals containing Wheat Gluten, Sulphites, Soya
Breakfast	Breakfast Hot	WHITE ROLL	223	Gluten from Wheat, Soya
Breakfast	Breakfast Hot	WHITE TOAST SLICE	85	Gluten for Wheat

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## Drinks

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Group	Dept	Name	Calories	Allergens
Drinks	Cold Drinks – Iced Coffee	ICED AMERICANO (NO MILK)	3	No allergens present
Drinks	Cold Drinks – Iced Coffee	ICED AMERICANO (WITH MILK)	18	Milk
Drinks	Cold Drinks – Iced Coffee	ICED CAPPUCCINO	53	Milk
Drinks	Cold Drinks – Iced Coffee	ICED LATTE	63	Milk
Drinks	Cold Drinks – Iced Coffee	ICED MOCHA	66	Milk, Soya
Drinks	Cold Drinks – Iced Tea	GREEN ICED TEA	2	No allergens present
Drinks	Cold Drinks – Iced Tea	RASPBERRY ICED TEA	28	No allergens present
Drinks	Cold Drinks – Smoothies	BERRY GO ROUND	54	No allergens present
Drinks	Cold Drinks – Smoothies	BIG 5	72	No allergens present
Drinks	Cold Drinks – Smoothies	CHERRY POPPINS	70	No allergens present
Drinks	Cold Drinks – Smoothies	COCO LOCO	105	No allergens present
Drinks	Cold Drinks – Smoothies	PASH N SHOOT	75	No allergens present
Drinks	Cold Drinks – Smoothies	STRAWBERRY SPLIT	89	No allergens present
Drinks	Cold Drinks – Smoothies – Extras	APPLE JUICE	60	No allergens present
Drinks	Cold Drinks – Smoothies – Extras	PROTEIN POWDER	116	No allergens present
Drinks	Hot Drinks – Coffee	AMERICANO (NO MILK) LARGE	6	No allergens present
Drinks	Hot Drinks – Coffee	AMERICANO (NO MILK) REGULAR	3	No allergens present
Drinks	Hot Drinks – Coffee	AMERICANO (WITH MILK) LARGE	45	Milk
Drinks	Hot Drinks – Coffee	AMERICANO (WITH MILK) REGULAR	30	Milk
Drinks	Hot Drinks – Coffee	CAPPUCINO LARGE	103	Milk
Drinks	Hot Drinks – Coffee	CAPPUCINO REGULAR	87	Milk
Drinks	Hot Drinks – Coffee	DOUBLE ESPRESSO	6	No allergens present
Drinks	Hot Drinks – Coffee	ESPRESSO	3	No allergens present
Drinks	Hot Drinks – Coffee	FLAT WHITE	86	Milk

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Drinks	Hot Drinks – Coffee	LATTE LARGE	174	Milk
Drinks	Hot Drinks – Coffee	LATTE REGULAR	144	Milk
Drinks	Hot Drinks – Coffee	MOCHA LARGE	293	Milk
Drinks	Hot Drinks – Coffee	MOCHA REGULAR	264	Milk
Drinks	Hot Drinks – Extras	MARSHMALLOWS (PER SERVING)	40	Fish, Maise, Sulphites
Drinks	Hot Drinks – Extras	SYRUPS (PER SERVING)	100	No allergens present
Drinks	Hot Drinks – Extras	WHIPPED CREAM (PER SERVING)	32	No allergens present
Drinks	Hot Drinks – Hot Chocolate	HOT CHOCOLATE LARGE	215	Milk
Drinks	Hot Drinks – Hot Chocolate	HOT CHOCOLATE REGULAR	207	Milk
Drinks	Hot Drinks – Speciality Tea	CHAI LATTE LARGE	230	Milk
Drinks	Hot Drinks – Speciality Tea	CHAI LATTE REGULAR	200	Milk
Drinks	Hot Drinks – Speciality Tea	EARL GREY TEA	2	No allergens present
Drinks	Hot Drinks – Speciality Tea	GREEN TEA	3	No allergens present
Drinks	Hot Drinks – Speciality Tea	MATCHA LATTE LARGE	194	Milk
Drinks	Hot Drinks – Speciality Tea	MATCHA LATTE REGULAR	165	Milk
Drinks	Hot Drinks – Speciality Tea	PEPPERMINT TEA	0	No allergens present
Drinks	Hot Drinks – Speciality Tea	RASPBERRY TEA	10	No allergens present
Drinks	Hot Drinks – Tea	TEA (NO MILK) LARGE	2	No allergens present
Drinks	Hot Drinks – Tea	TEA (NO MILK) REGULAR	2	No allergens present
Drinks	Hot Drinks – Tea	TEA (WITH MILK) LARGE	30	Milk
Drinks	Hot Drinks – Tea	TEA (WITH MILK) REGULAR	25	Milk
Drinks	Hot Drinks – White Hot Chocolate	HOT CHOCOLATE LARGE	215	Milk
Drinks	Hot Drinks – White Hot Chocolate	HOT CHOCOLATE REGULAR	207	Milk

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## Pasties

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Group	Dept	Name	Calories	Allergens
Pasties	Pasties – Best Sellers Large	LARGE CHEESE & ONION PASTY	1347	Gluten from Wheat, Milk,
Pasties	Pasties – Best Sellers Large	LARGE CREAMY CHICKEN PASTY	1347	Gluten from Wheat, Milk, Soya
Pasties	Pasties – Best Sellers Large	LARGE TRADITIONAL STEAK PASTY	1271	Gluten from Wheat, Milk
Pasties	Pasties – Best Sellers Medium	CHEESE & ONION PASTY	822	Gluten from Wheat, Milk
Pasties	Pasties – Best Sellers Medium	CREAMY CHICKEN PASTY	706	Gluten from Wheat, Milk, Soya
Pasties	Pasties – Best Sellers Medium	TRADITIONAL STEAK PASTY	790	Gluten from Wheat, Milk
Pasties	Pasties – Other	CHEESE COCKTAIL PASTY	330	Gluten from Wheat, Milk, Mustard, Soya
Pasties	Pasties – Other	CHEESE COCKTAIL PASTY (Derriford Only)	439	Gluten from Wheat, Milk
Pasties	Pasties – Other	CHUNKY VEGETABLE PASTY	633	Gluten from Wheat, Sulphites
Pasties	Pasties – Other	CORNISH COCKTAIL PASTY	275	Egg, Gluten from Wheat, Milk,
Pasties	Pasties – Other	CORNISH COCKTAIL PASTY (Derriford Only)	400	Egg, Gluten from Wheat, Milk, Soya
Pasties	Pasties – Other	ORIGINAL VEGAN PASTY	649	Barley, Gluten from Wheat, Sulphites
Pasties	Pasties – Other	PEPPERED STEAK PASTY	690	Gluten from Wheat, Milk, Barley
Pasties	Pasties – Other	PORK & CIDER PASTY	719	Gluten from Wheat, Milk, Sulphites
Pasties	Pasties – Other	SRI LANKAN CURRY PASTY	707	Gluten from wheat
Pasties	Pasties – Other	STEAK & CORNISH BLUE PASTY	742	Gluten from wheat, Milk
Pasties	Pasties – Seasonal	TURKEY PASTY	704	Gluten from Barley & Wheat, Milk

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## Savouries

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Group	Dept	Name	Calories	Allergens
Savouries	Savoury Rolls	LARGE HALAL SAUSAGE ROLL (Railway sites only)	454	Gluten from Wheat, Milk, Soya, Sulphites
Savouries	Savoury Rolls	LARGE SAUSAGE ROLL	458	Gluten from Wheat, Milk, Soya, Sulphites
Savouries	Savoury Rolls	SWEET CHILLI GOURMET SAUSAGE ROLL	483	Gluten from Wheat, Milk, Sulphites
Savouries	Savoury Rolls	VEGAN ROLL	316	Gluten from Wheat
Savouries	Savoury Slices	CHEESE & ONION SLICE	490	Gluten from Wheat, Milk, Mustard, Soya
Savouries	Savoury Slices	CHICKEN & MUSHROOM SLICE	489	Egg, Gluten from Wheat, Milk
Savouries	Savoury Slices	CORNED BEEF SLICE	434	Gluten from Wheat
Savouries	Savoury Slices	FESTIVE SLICE	529	Gluten from Barley & Wheat
Savouries	Savoury Slices	STEAK SLICE	532	Barley, Egg, Gluten from Wheat, Mustard
Savouries	Savouries – Other	CHEESE & BACON TURNOVER	539	Gluten from Wheat, Milk, Soya
Savouries	Savouries – Other	CHEESE & TOMATO PIZZA	471	Gluten from Wheat & Barley, Milk
Savouries	Savouries – Other	HOT & SPICY CHICKEN PIECES	276	Gluten from Wheat, Soya
Savouries	Savouries – Other	LUXURY CHEESE STRAW	50	Gluten from Wheat, Milk
Savouries	Savouries – Other	MARGHERITA PIZZA	590	Gluten from Wheat, Milk
Savouries	Savouries – Other	MEAT FEAST PIZZA	786	Gluten from Wheat, Milk
Savouries	Savouries – Other	MEAT PATTIE	250	Gluten from Wheat, Milk, Mustard
Savouries	Savouries – Other	PEPPERONI PIZZA	507	Gluten from Wheat & Barley, Milk
Savouries	Savouries – Other	POTATO WEDGES	312	Gluten from Wheat
Savouries	Savouries – Other	SOUTHERN FRIED CHICKEN PIECES	314	Celery, Gluten from Wheat, Mustard, Soya
Savouries	Savouries – Other	SPICY CHICKEN PIZZA	533	Gluten from Wheat & Barley, Milk

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## Sweet Bakery

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Group	Dept	Name	Calories	Allergens
Sweet Bakery	Cakes	BELGIAN BUN	323	Gluten from Wheat, Egg and Milk
Sweet Bakery	Cakes	BELGIAN BUN (Derriford Hospital only)	401	Egg, Gluten from Wheat, Soya, Sulphites
Sweet Bakery	Cakes	BISCOFF COOKIE PIE	587	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Cakes	CARAMEL CRUNCH MUFFIN	402	Gluten from Wheat, Soya
Sweet Bakery	Cakes	CHELSEA BUN (Derriford Hospital only)	201	Egg, Gluten from Wheat, Soya
Sweet Bakery	Cakes	CHOCOLATE EGG NEST	396	Gluten from Barley, Milk, Soya
Sweet Bakery	Cakes	CHOCOLATE FLAKE CAKE	468	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Cakes	CINNAMON BUN	310	Egg, Gluten from Wheat, Milk
Sweet Bakery	Cakes	CORNISH FRUIT SCONE	219	Egg, Gluten from Wheat, Milk
Sweet Bakery	Cakes	CORNISH PLAIN SCONE	220	Egg, Gluten from Wheat, Milk
Sweet Bakery	Cakes	DANISH	474	Egg, Gluten from Wheat, Milk
Sweet Bakery	Cakes	OREO COOKIE PIE	591	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Cannolis	AMARETTO CANNOLI (Selected stores only)	145	Almonds, Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Cannolis	LIMONCELLO CANNOLI (Selected stores only)	146	Gluten from Wheat, Milk, Soya
Sweet Bakery	Cannolis	PISTACHIO CANNOLI (Selected stores only)	145	Gluten from Wheat, Milk, Pistachios, Soya
Sweet Bakery	Cannolis	SALTED CARAMEL CANNOLI (Selected stores only)	139	Gluten from Wheat, Milk, Soya
Sweet Bakery	Cookies & Biscuits	GINGERBREAD BUNNY	431	Egg, Gluten from Wheat
Sweet Bakery	Cookies & Biscuits	GINGERBREAD CHIC	436	Egg, Gluten from Wheat
Sweet Bakery	Cookies & Biscuits	GINGERBREAD MAN	230	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Cookies & Biscuits	LINZER BUNNY	312	Gluten from Wheat, Milk, Sulphites
Sweet Bakery	Cookies & Biscuits	TRIPLE CHOC CHUNK COOKIE	393	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Cookies & Biscuits	WHITE CHOC CHUNK COOKIE	406	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Doughnuts	BISCOFF DOUGHNUT	453	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Doughnuts	CARAMEL SQUARE DOUGHNUT	446	Gluten from Wheat, Milk, Soya
Sweet Bakery	Doughnuts	CHOC ICED FINGER DOUGHNUT	354	Egg, Gluten from Wheat, Milk, Soya,
Sweet Bakery	Doughnuts	CREAM DOUGHNUT	280	Gluten from Wheat, Milk

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## Sweet Bakery

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Sweet Bakery	Doughnuts	CREAM FINGER DOUGHNUT (Derriford Hospital only)	330	Egg, Gluten from Wheat, Milk
Sweet Bakery	Doughnuts	ICED FINGER DOUGHNUT	346	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Doughnuts	JAM DOUGHNUT	271	Egg, Gluten from Wheat, Milk
Sweet Bakery	Doughnuts	KIT KAT DOUGHNUT	459	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Doughnuts	LEMON MERINGUE DOUGHNUT	435	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Doughnuts	NUTELLA BUENO DOUGHNUT	448	Egg, Gluten from Wheat, Milk, Nuts, Soya
Sweet Bakery	Doughnuts	PINK & WHITE DOUGHNUT	452	Gluten from Wheat, Milk, Soya
Sweet Bakery	Doughnuts	ROLO DOUGHNUT	475	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Doughnuts	YUZU FLOWER DOUGHNUT	379	Egg, Gluten from Wheat, Milk
Sweet Bakery	Meringues	CARAMEL SWIRL MERINGUE	251	Egg, Milk, Soya
Sweet Bakery	Meringues	DOUBLE CHOCOLATE MERINGUE	250	Egg, Soya
Sweet Bakery	Meringues	LEMON DRIZZLE MERINGUE	253	Egg, Milk, Soya
Sweet Bakery	Meringues	RASPBERRY ETON MESS MERINGUE	259	Egg, Milk, Soya
Sweet Bakery	Saffron	SAFFRON BUN	220	Egg, Gluten from Wheat, Milk, Sulphites
Sweet Bakery	Traybakes	BERRY BAKEWELL	501	Almonds, Egg, Gluten from Wheat, Milk
Sweet Bakery	Tray Bakes	CHOCOLATE & CHERRY CAKE SLICE	638	Almonds, Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Traybakes	LEMON & WHITE CHOCOLATE BLONDIE	346	Almonds, Egg, Milk, Soya
Sweet Bakery	Traybakes	MINI EGG CARAMEL CRISPIE	445	Almonds, Gluten from Wheat, Milk, Soya
Sweet Bakery	Tray Bakes	ROLO BROWNIE	601	Almonds, Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Tray Bakes	SMORES ROCKY ROAD	498	Almonds, Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Tray Bakes	WHITE CHOCOLATE & RASPBERRY BLONDIE	459	Egg, Gluten from Wheat, Milk, Nuts, Soya
Sweet Bakery	Traybakes	WHITE CHOCOLATE & RASPBERRY BROWNIE	417	Egg, Gluten from Wheat, Milk, Soya
		APPLE	95	No allergens present
		BANANA	100	No allergens present



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## Last Chance Buys

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Pasties	Pasties – Other	STEAK & ALE PASTY	679	Gluten from Barley & Wheat, Milk
Pasties	Pasties – Other	STEAK & VEGETABLE STEW PASTY	679	Barley, Gluten from Wheat, Milk
Savouries	Bombs	CHEESE & BACON BOMB	785	Gluten from Wheat, Milk
Savouries	Bombs	STEAK & CHEESE BOMB	736	Gluten from Wheat, Milk, Soya
Savouries	Savouries – Other	CHEESE & MARMITE HOMITY PIE	597	Celery, Gluten from Barley/Oats/Rye/Wheat, Milk, Sulphites
Savouries	Savoury Rolls	HOG ROAST SAUSAGE ROLL	409	Gluten from Wheat, Milk, Soya, Sulphites
Savouries	Savoury Rolls	MUSTARD HOT DOG SAUSAGE ROLL	488	Gluten from Wheat, Milk, Mustard, Soya, Sulphites
Sweet Bakery	Cakes	CARAMAC TART	439	Almonds, Egg, Gluten from Wheat, Milk
Sweet Bakery	Cakes	CARROT CAKE MINI LOAF	388	Egg, Gluten from Wheat, Milk, Nuts, Soya
Sweet Bakery	Cakes	CHOCOLATE BRIOCHE BUN	437	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Cakes	CHOCOLATE CHERRY MINI LOAF	366	Egg, Gluten from Wheat, Soya
Sweet Bakery	Cakes	EXTREME CHOCOLATE MUFFIN	421	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Cakes	LEMON MERINGUE MINI LOAF	364	Egg, Gluten from Wheat, Milk
Sweet Bakery	Cakes	RASPBERRY CHEESECAKE MUFFIN	365	Egg, Gluten from Wheat, Milk
Sweet Bakery	Cookies & Biscuits	FULLY LOADED BOURBON COOKIE	618	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Cookies & Biscuits	FULLY LOADED CUSTARD CREAM COOKIE	609	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Cookies & Biscuits	GINGERBREAD COW	301	Egg, Gluten from Wheat
Sweet Bakery	Cookies & Biscuits	GINGERBREAD PIG	223	Egg, Gluten from Wheat
Sweet Bakery	Cookies & Biscuits	GINGERBREAD REINDEER	204	Gluten from Wheat, Milk, Soya
Sweet Bakery	Cookies & Biscuits	GINGERBREAD SHEEP	233	Egg, Gluten from Wheat
Sweet Bakery	Cookies & Biscuits	GINGERBREAD SNOWMAN	204	Gluten from Wheat, Milk, Soya
Sweet Bakery	Cookies & Biscuits	PUMPKIN SHORTBREAD	259	Egg, Gluten from Wheat
Sweet Bakery	Cookies & Biscuits	TEDDY BEAR SHORTBREAD	224	Egg, Gluten from Wheat, Milk, Soya

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## Last Chance Buys

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Sweet Bakery	Doughnuts	CHOCOLATE SPRINKLE DOUGHNUT	320	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Doughnuts	COOKIE CRUSH DOUGHNUT	345	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Doughnuts	HOT CHOCOLATE DOUGHNUT	492	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Doughnuts	MARSHMALLOW DOUGHNUT	263	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Doughnuts	STRAWBERRY SPRINKLE DOUGHNUT	294	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Doughnuts	WHITE CHOCOLATE & STRAWBERRY DOUGHNUT	425	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Tray Bakes	AUTUMN BAKEWELL	532	Almonds, Egg, Gluten from Wheat, Milk
Sweet Bakery	Tray Bakes	CHOCOLATE & HAZELNUT SHORTIE	534	Hazelnuts, Oats, Soya
Sweet Bakery	Tray Bakes	COOKIES & CREAM BROOKIE	548	Almonds, Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Tray Bakes	KINDER BROOKIE	560	Egg, Gluten from Wheat, Milk, Nuts, Soya
Sweet Bakery	Tray Bakes	SPICED PUMKIN SLICE	406	Egg, Gluten from Wheat, Milk, Soya

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Seasonal

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Group	Dept	Name	Calories	Allergens
Pasties	Pasties – Other	SRI LANKAN CURRY PASTY	707	Gluten from wheat
Pasties	Pasties – Other	STEAK & CORNISH BLUE PASTY	742	Gluten from wheat, Milk
Savouries	Savoury Rolls	SWEET CHILLI GOURMET SAUSAGE ROLL	483	Gluten from Wheat, Milk, Sulphites
Savouries	Savouries – Other	CHEESE & TOMATO PIZZA	471	Gluten from Wheat & Barley, Milk
Savouries	Savouries – Other	PEPPERONI PIZZA	507	Gluten from Wheat & Barley, Milk
Savouries	Savouries – Other	SPICY CHICKEN PIZZA	533	Gluten from Wheat & Barley, Milk
Sweet Bakery	Cakes	BISCOFF COOKIE PIE	587	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Cakes	OREO COOKIE PIE	591	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Cookies & Biscuits	GINGERBREAD BUNNY	431	Egg, Gluten from Wheat
Sweet Bakery	Cookies & Biscuits	GINGERBREAD CHIC	436	Egg, Gluten from Wheat
Sweet Bakery	Cookies & Biscuits	LINZER BUNNY	312	Gluten from Wheat, Milk, Sulphites
Sweet Bakery	Doughnuts	CARAMEL SQUARE DOUGHNUT	446	Gluten from Wheat, Milk, Soya
Sweet Bakery	Doughnuts	KIT KAT DOUGHNUT	459	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Doughnuts	PINK & WHITE DOUGHNUT	452	Gluten from Wheat, Milk, Soya
Sweet Bakery	Doughnuts	YUZU FLOWER DOUGHNUT	379	Egg, Gluten from Wheat, Milk
Sweet Bakery	Traybakes	BERRY BAKEWELL	501	Almonds, Egg, Gluten from Wheat, Milk
Sweet Bakery	Traybakes	LEMON & WHITE CHOCOLATE BLONDIE	346	Almonds, Egg, Milk, Soya
Sweet Bakery	Traybakes	MINI EGG CARAMEL CRISPIE	445	Almonds, Gluten from Wheat, Milk, Soya
Sweet Bakery	Traybakes	WHITE CHOCOLATE & RASPBERRY BROWNIE	417	Egg, Gluten from Wheat, Milk, Soya