

NUTRITIONAL INFORMATION

PRODUCT	PER 100g OF PRODUCT							
	ENERGY (kJ)	ENERGY (kcal)	FAT (g)	SATURATES (g)	CARBOHYDRATE (g)	TOTAL SUGARS (g)	PROTEIN (g)	SALT (g)

Rolls & Breads

Bran Roll	1320	315.5	5	2.2	56	5	9.6	0.9
Brown Panette	1179	281.7	2.3	0.5	52.7	0.8	9.9	0.7
Cabin Roll	1284	306.9	4.3	2	56.8	6.4	9.2	1.3
Dark Fired Morning Roll	1317	314.7	3.2	1.2	59.1	0.5	11	1.2
Harvest Bran Roll	1312.5	313.7	5	2.1	55.4	5	9.5	0.9
Multiseed Loaf	1338.6	319.9	9.4	1.5	43.9	2.1	12.8	0.9
Oat & Barley Loaf	1122	268.2	1.4	0.3	49.7	2.5	11.6	1.1
Softie Roll	1304	311.8	5.7	2.6	54.4	2.6	9.6	0.9
Sunflower Seeded Roll	1375.8	328.8	10.2	1.6	43.8	2.1	13	0.9
Traditional Morning Loaf	1317	314.7	3.2	1.2	59.1	0.5	11	1.2
Traditional Morning Roll	1317	314.7	3.2	1.2	59.1	0.5	11	1.2
White Panette	1250	298.8	1.7	0.5	58.8	0.5	10.8	0.7
Wholemeal Loaf	1142	272.9	2.6	0.7	49.3	1.7	9.8	1

Freshly Baked Savouries

Bacon & Cheese Savoury	1412.3	337.6	22.3	10.7	23	2.4	10.9	1.8
Bean & Potato Pie	671	160.3	7.4	2.9	17.6	0.5	5.5	1.2
Beef Sausage Roll	1674	400.1	26.7	13.6	32.1	0.5	7.4	2
Cheese & Onion Pasty	1470.5	351.5	22.2	11.9	31.6	2.8	5.9	1.4
Chicken Pie	1073	256.4	11.2	5.3	28.7	2.1	8.2	1.4
Large Steak Pie	1067	255.2	14.5	7	16.9	0.2	14	1.3
Macaroni Pie	973	232.5	11.3	6.1	24.7	2.7	7.8	1.4
Margherita Pizza Slice	1128	269.7	11.3	6	28.4	4.1	13	1.4
Medium Steak Pie	1159	277.1	16.02	7.7	19.2	0.2	13.8	1.3
Mince & Onion Bridie	1435	343	22.8	11.5	27.1	2.2	6.8	1.4
Pork Sausage Roll	1414	338	21.6	10.9	29	1.4	6.5	1.6
Scotch Pie	903	215.8	10.6	4.3	22.6	0.3	7.4	1.3
Steak Bake	1474	352	22.5	11.5	27.6	2.1	9.3	1.4
Steak Pie	1007	240.6	10.6	4.5	25.5	1.4	10.3	1.3
Sweet & Spicy Chicken Pasty	1468	350.9	21.4	11.4	28.7	3.5	8.5	1.3
Vegan Sausage Roll	1346	321.7	19.4	10.2	30.6	1.8	5.7	1.5

Seasonal Savouries

Chicken & Haggis Pie	1181	282.3	13.7	6.6	28.6	2.2	8.6	1.4
Black Pudding & Bean Pie	934	223.2	12.5	5.5	19.6	1.2	7.5	1.3
Steak & Black Pudding Pie	1350	323	18.1	8.3	29.6	1.2	10	1.3
Black Pudding Sausage Roll	1829	437.2	30	15.3	35.6	0.7	5.8	1.9

Fresh Cream Cakes

Small Cream Cakes

Chocolate Éclair	1520	363.4	23.7	12.4	32.8	17.4	4.7	0.4
Cream Brioche Doughnut	1533	366.5	21.3	11.9	37.8	12.5	5.5	0.6
Cream Pancake	1350	322.6	17.4	8.3	36.9	15.5	4.1	0.5
Fudge Cream Doughnut	1444	345.2	16.1	9	44.5	19.9	5.1	0.9
Individual Trifle	960	229.5	11.6	6.3	29.1	21.3	2.1	0.4
Strawberry Tart	2224	531.6	25.8	11.1	69.4	26.2	4.5	0.3
Strawberry Turnover	1848	441.8	31.1	17.4	35.5	11.4	3.9	0.8

Large Cream Cakes

Large Strawberry Torten	1530	365.7	22.1	11.6	37.9	23.6	3.6	0.8
Large Trifle	969	231.6	11.6	6.4	29.5	21.6	2.1	0.4
Medium Strawberry Torten	1713	409.5	25.9	14.5	40.5	26.3	3.4	0.7
Medium Trifle	967	231.1	11.6	6.4	29.6	21.7	2.1	0.4
Strawberry Flan	1759	420.4	21.5	10.2	52.8	22.7	3.1	0.2
Strawberry Sponge	1481	353.9	14.7	7.1	51.9	32.1	3	0.8
Strawberry Turnover	1849	442	31.1	17.4	36.1	11.5	3.9	0.8

Tea Breads & Iced Tea Breads

Tea Breads

Crumpet	1119	267.4	6.3	0.7	46.2	16.2	6	0.7
Fruit Scone	1311	313.4	7.9	3.7	53.6	19	6	0.9
Large Gridle Scone	1411	337.2	12.4	1.2	48.9	2	6.7	2.7
Pancake	1459	348.6	10.5	1.2	55.6	14.6	7.2	0.9
Potato Scone	851	203.4	3.8	1.5	37.9	0.5	3.9	1.4
Small Girdle Scone	1411	337.2	12.4	1.2	48.9	2	6.7	2.7
Wheaten Scone	1424	340.3	9.7	1	53.3	7.1	8.4	1

Seasonal Tea Bread

Hot Cross Bun	1276	305	5.9	2.6	54.5	15.9	7.8	0.8
Treacle Scone	1224.6	292.7	11.5	2.2	41.1	10.5	4.9	1.2

PER PRODUCT								SUITABLE FOR VEGETARIANS
ENERGY (kJ)	ENERGY (kcal)	FAT (g)	SATURATES (g)	CARBOHYDRATE (g)	TOTAL SUGARS (g)	PROTEIN (g)	SALT (g)	

884	211.4	3.4	1.5	37.5	3.4	6.4	0.6	YES
5187	1239.6	10.0	2.4	232.0	3.5	43.4	3.0	YES
1156	276.2	3.9	1.8	51.1	5.8	8.3	1.2	YES
869	207.7	2.2	0.8	39	0.3	7.3	0.8	YES
879	210.2	3.4	1.4	37.1	3.4	6.4	0.6	YES
6157	1471.7	43.0	7.0	202.1	9.6	58.8	3.9	YES
5050	1206.9	6.5	1.4	223.8	11.2	52.0	4.9	YES
939	224.5	4.1	1.8	39.2	1.8	6.9	0.6	YES
1032	246.6	7.7	1.2	32.9	1.6	9.7	0.6	YES
5794	1384.8	14.2	5.2	260.0	2.1	48.4	5.4	YES
882	210.9	2.2	0.8	39.6	0.3	7.4	0.8	YES
5500	1314.6	7.6	2.4	258.8	2.0	47.4	3.1	YES
5139	1228.2	11.5	3.0	221.9	7.5	44.2	4.7	YES

1553.6	371.3	24.47	11.8	25.3	2.7	12	2	NO
1274	304.6	14	5.5	33.4	0.9	10.5	2.3	NO
2009	480.1	32	16.3	38.5	0.6	8.9	2.4	NO
2132	509.6	32.3	17.2	45.8	4.1	8.5	2	YES
1470	351.2	15.4	7.3	39.3	2.9	11.2	1.9	NO
13456	3216	182.5	87.8	212.9	2.2	177	16.6	NO
1342	321	15.6	8.4	34	3.7	10.7	1.9	YES
1681	401.8	16.8	9	42.3	6.1	19.4	2	YES
7536	1801	104.1	50.3	124.4	1.3	89.5	8.4	NO
2396	572.8	38.1	19.3	45.3	3.6	11.4	2.3	NO
1103	263.6	16.8	8.5	22.7	1.1	5	1.3	NO
1255	300	14.5	6	31.4	0.4	10.2	1.8	NO
2239	535.2	34.2	17.5	42	3.1	14.1	2.1	NO
1500	358.5	15.9	6.8	38	2.1	15.3	1.9	NO
2232	533.5	32.5	17.3	43.6	5.3	13	1.9	NO
2154	514.7	31.1	16.4	49	2.9	9.1	2.4	YES

1618	386.8	18.8	9.1	39.2	3.1	11.7	1.9	NO
1606	383.9	21.5	9.4	33.7	2.1	13	2.3	NO
1971	471	26.5	12.1	43.2	1.7	14.6	1.9	NO
1445	345.4	23.7	12.1	28.1	0.6	4.6	1.5	NO

1460	348.8	22.7	11.9	31.5	16.7	4.5	0.4	YES
1840	439.8	25.5	14.2	45.4	15	6.6	0.7	YES
1835	438.7	23.7	11.3	50.2	21.1	5.6	0.7	YES
1877	449	21	11.7	57.9	25.81	6.7	1.2	YES
1901	454.4	22.9	12.6	57.7	42.1	4.2	0.9	NO
1490	356.1	17.3	7.4	46.5	17.6	3.0	0.2	YES
2421.4	578.7	40.8	22.8	46.4	14.9	5.1	1.1	YES

15761	3767	227.4	119.8	390.8	242.7	37.3	8.1	YES
11152	2665.4	133.7	73.7	340	249	24.3	5	NO
9646	2305	145.7	81.4	228.3	148	19	3.9	YES
5860.4	1401	70.1	38.7	179	131.4	12.7	2.6	NO
8531	2039	104.3	49.6	256.3	109.9	15.2	1.1	YES
5923	1416	58.8	28.3	207.7	128.5	12.1	3	YES
2423	579	40.8	22.8	47.3	15.1	5.1	1	YES

750	179.2	4.2	0.5	31.0	10.8	4.0	0.5	YES
10010	241.4	6.1	2.8	41.3	14.7	4.6	0.7	YES
2878	687.8	25.2	2.4	99.7	3.9	13.6	5.5	YES
1050	251.0	7.6	0.8	40.0	10.5	5.2	0.7	YES
340	81.4	1.5	0.6	15.2	0.2	1.5	0.6	YES
1002	239.4	8.8	0.8	34.7	1.4	4.7	1.9	YES
1196	285.9	8.1	0.9	44.7	6.0	7.1	0.8	YES

804	192.0	3.7	1.7	34.3	10.0	4.9	0.5	YES
979.7	234.1	9.2	1.7	32.9	8.4	3.9	1.0	YES

	PER 100g OF PRODUCT							
PRODUCT	ENERGY (kj)	ENERGY (kcal)	FAT (g)	SATURATES (g)	CARBOHYDRATE (g)	TOTAL SUGARS (g)	PROTEIN (g)	SALT (g)

Iced Tea Breads

Apple Danish	1319	315.2	5.9	2.9	57.9	24.6	5.9	0.7
Caramel Twist	1694	405	18	10.2	54.9	22.9	5.5	1
Doughnut large chocolate icing	1389	332	8.2	4	55.9	16	7.8	1.3
Fudge Custard Doughnut	1263	302	9.8	5.7	46.8	18.3	5.9	1.1
Pink Iced Doughring	1495	357	13.1	3.2	54.3	25.2	5	1.3
Sugar Doughring	1544	369	12.2	2.3	59.5	32.5	4.7	1.2
White Iced Doughring	1495	357	13.1	3.2	54.3	25.2	5	1.3
White with Chocolate Stripes Doughring	1529	365.5	14.4	4.3	53.2	24	5.2	1.3
Yum Yum	1724	412	21.7	11.5	45.9	3.1	7.5	1.3

Seasonal Iced Tea Bread

Raspberry Doughnut	1654	395	18.8	9.2	51.2	24.8	4.9	0.8
Raspberry White Chocolate Twist	1666	398	16.9	9	55.7	25.4	5.6	0.9
Halloween Monster Doughnut	1371	327.7	6.5	2.2	60.6	28.2	6.1	1

Small Cakes & Large Cakes

Small Cakes

Apple Shell	1021	244	9.4	4.2	32.9	9.2	3	0.5
Chocolate Crisp	1955	467.3	21	16.3	68.9	44.3	2.3	0.9
Chocolate Caramel Krispie	2054	490.9	25.8	15.6	57.7	47.4	5.5	0.4
Custard Slice	1097	262.2	10	5.4	39.2	22.7	3.5	0.7
Empire Biscuit with jelly sweet	1986	474.7	20.5	8.1	67.8	33.7	4	0.6
French Cake with wafer flower	1416	339	6.8	2.4	66.6	55.3	2.6	0.7
Fruit Slice	1037	248	9.4	4.8	37.4	23.6	3.1	0.5
Millionaire Shortbread	2033	486	25.2	15.4	58.5	38.3	5.4	0.5
Mr Blobby Biscuit	1941	464	17.8	7.1	71.8	43.2	3.4	0.5
Original Cup Cake	1682	402.1	17.9	3	55.3	40.2	4.8	0.8
Pineapple Cake	1822	435	17.7	8.5	65.2	40.6	3	0.2
Snowball	1501	358.8	9.7	2.1	65.7	43.8	3.6	0.7
Sous Lug	1855	443.4	13.1	5.2	76.7	46.9	4.1	0.8
Triple Chocolate Muffin	1598	381.2	18.2	3.3	46.9	32.6	4.8	0.8
Truffle	1734	414.5	19.9	13.4	55.5	38.8	4.3	0.9

Seasonal Small Cakes

Raspberry Lemon Cupcake	1798	429.8	22.2	8	51.9	37.2	4.7	0.8
Halloween Mummy Biscuit	2220	530.5	22.8	9.3	77.2	48.4	3.5	0.5

Large Cakes

Apple Flan	1348	322.3	14.7	5.6	40.4	15.3	3	0.2
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Components Of Hot Filled Rolls

Bacon (1 slice)	1281	306	21.7	4.8	3.3	0.3	35.4	5.8
Pork Link Sausage (1 sausage)	1081	258.2	18.2	6.9	5	0.1	18.7	2.3
Black Pudding (1 slice)	2081	497	43.2	21.6	18.2	1.6	9.9	2
Sliced Sausage (1 slice)	1110	265	14.9	6.1	12.6	0.4	19.5	2.6
Vegetarian Omelette	768	184	14	4.2	3.2	0.7	11.2	0.9

Hot Filled Morning Rolls with Butter

Bacon Roll (2 slices)	1473	352	15.7	5.8	38.2	0.4	16.9	2.5
Pork Link Sausage Roll (3 sausages)	1289	308.1	15.9	6.4	25.8	0.3	15	1.8
Black Pudding Roll (2 slices)	1747	418	24.5	11.9	39.3	0.9	9.7	1.5
Sliced Sausage Roll ((1 slice)	1319	315	14.2	6.1	31.4	0.5	14.8	1.9
Vegetarian Omelette Roll (2 omelettes)	1194	285	13.6	5.2	29.8	0.6	10.4	1.1

Hot Rolls

Ham & Cheese Baguette Melt	1282	306.5	13.1	6.7	34.5	1	13	1.7
Pepperoni & Mozzarella Baguette Melt	1088	260	8.1	4.2	35.4	4.9	10.6	1.6
Beans, Bacon & Cheese Roll Melt	1279	305.6	14.3	7.8	29.5	2.7	13.9	1.4
Ham & Cheese Roll Melt	1689	404	16.8	9.3	29.6	0.5	16.5	1.9
Tuna Roll Melt	1182	282.5	11.1	3.6	30.3	4.2	14.3	1.5
Tomato & Cheese Roll Melt	1058	252.8	9.6	5.7	29.7	4.3	11.3	1.2
Pepperoni & Mozzarella Roll Melt	1184	283	9.7	4.9	35	4.9	13.1	1.5

Soup

Lentil	314	75	1.8	0.5	8.2	1.8	4.6	1
Carrot & Coriander	226	54	3.2	1.9	4.8	3.9	0.7	0.7

	PER PRODUCT							
ENERGY (kj)	ENERGY (kcal)	FAT (g)	SATURATES (g)	CARBOHYDRATE (g)	TOTAL SUGARS (g)	PROTEIN (g)	SALT (g)	SUITABLE FOR VEGETARIANS

1701	406.6	7.6	3.8	74.6	31.7	7.6	0.9	YES
1660	396.9	17.6	10	53.8	22.4	5.4	1	YES
1083	258.9	6.4	3.1	43.6	12.5	6.2	1	YES
1578	377.3	12.3	7.1	58.5	22.9	7.4	1.3	YES
972	232	8.5	2.1	35.3	16.4	3.3	0.8	NO
1080	258	8.5	2.1	41.6	22.7	3.3	0.8	YES
972	232	8.5	2.1	35.3	16.4	3.3	0.8	YES
994	237.6	9.4	2.8	34.6	15.6	3.4	0.9	YES
1448	346	18.2	9.7	38.5	2.6	6.3	1.1	YES

1853	442.8	21.1	10.3	57.3	27.8	5.4	0.9	YES
1641	392	16.4	8.8	54.8	25	5.5	0.9	YES
1686	403	8	2.7	74.5	34.7	7.5	1.2	YES

1358	324.5	12.5	5.6	43.7	12.2	3.9	0.7	YES
1368.5	327.1	14.7	11.4	48.3	31	1.6	0.6	YES
1232	294.6	15.5	9.4	34.6	28.4	3.3	0.2	YES
1667	398.5	15.2	8.2	59.5	34.5	5.3	1.0	YES
1589	379.7	16.4	6.5	54.3	26.9	3.2	0.4	NO
1275	305.0	6.1	2.2	59.9	49.8	2.4	0.6	YES
892	213.2	8.1	4.1	32.2	20.3	2.7	0.4	YES
1423	340.2	17.6	10.8	41.0	26.8	3.8	0.3	YES
1262	302.0	11.6	4.6	46.7	28.1	2.2	0.3	NO
1547.7	369.9	16.4	2.8	50.8	37	4.4	0.7	YES
1294	309.0	12.6	6.1	46.3	28.8	2.2	0.1	YES
1456	348.1	9.4	2.1	63.8	42.5	3.4	0.7	YES
1113	266.0	7.9	3.1	46.0	28.2	2.5	0.5	YES
1758	420	20.2	3.7	51.7	35.9	5.4	0.8	YES
1179	281.9	13.6	9.1	37.7	26.4	2.9	0.6	YES

1583	378.3	19.5	7.0	45.7	32.8	4.1	0.7	YES
1598	382.0	16.4	6.7	55.6	34.8	2.5	0.4	YES

7147	1708.2	78.0	29.7	214.0	81.1	15.9	0.8	YES
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192.2	45.9	3.2	0.7	0.5	0.1	5.3	0.9	NO
357	85.2	6	2.2	1.7	0.03	6.2	0.8	NO
957	229	19.9	9.9	8.4	0.7	4.5	0.9	NO
932	222.8	12.5	5.2	10.6	0.3	16.4	2.2	NO
246	58.7	4.5	1.3	1	0.2	3.6	0.3	YES

1576	377	16.8	6.2	40.9	0.5	18	2.7	NO
2294	548.4	28.4	11.5	46	0.5	26.7	3.3	NO
2149	514	30.2	14.7	48.3	1.1	12	1.8	NO
2124	508	22.8	9.9	50.5	0.7	23.8	3.1	NO
1683	402	19.2	7.4	42	0.8	14.6	1.5	YES

2424	579.3	24.8	12.6	65.2	1.9	24.6	3.1	NO
2274	543.5	16.9	8.8	74	10.2	22.2	3.3	NO
2212	528.8	24.8	13.4	51	4.6	24	2.4	NO
2567	613.6	25.5	14.2	45	0.8	25.1	2.9	NO
1962	468.9	18.5	5.9	50.3	6.9	23.7	2.5	NO
1809	432.3	16.5	9.7	50.8	7.3	19.4	2.1	YES
1693	404.7	13.9	7.1	50	7	18.8	2.2	NO

785	187	4.5	1.2	20.5	4.5	11.5	2.5	YES
565	135	8	4.8	12	9.8	1.8	1.8	YES

PRODUCT	PER 100g OF PRODUCT							
	ENERGY (kj)	ENERGY (kcal)	FAT (g)	SATURATES (g)	CARBOHYDRATE (g)	TOTAL SUGARS (g)	PROTEIN (g)	SALT (g)
Tea & Hot Chocolate								
Hot Chocolate (12oz)	320	77	2	1.3	10.6	10.2	3.5	0.1
Tetley Tea Large	3	0.7	0	0	0.2	0	0	0
Tetley Tea Regular	4	1	0	0	0.3	0	0	0
Twining's Tea Large	2	0.7	0	0	0	0	0	0
Twining's Tea Regular	3	1	0	0	0	0	0	0

Freshly Ground Coffee								
Black Coffee Large	1.5	0.4	0	0	0	0	0	0
Black Coffee Regular	2	0.5	0	0	0	0	0	0
Cappuccino Large	167	40	1.4	0.9	4.1	4.1	2.8	0.1
Cappuccino Regular	157	38	1.3	0.8	3.9	3.9	2.5	0.1
Double Espresso	8	2	0.2	0.1	0	0	0.1	0
Espresso	8	2	0.2	0.1	0	0	0.1	0
Flat White (8oz)	136	32	1.2	0.8	3.1	3.1	2.4	0.1
Latte Large	165	39	1.4	0.9	3.8	3.8	2.9	0.1
Latte Regular	157	37	1.4	0.9	3.6	3.6	2.7	0.1
Mocha (12oz)	290	69	1.9	1.2	9.6	9.2	3.1	0.1
White Coffee Large	62	15	0.6	0.4	1.4	1.4	1.1	0
White Coffee Regular	62	15	0.6	0.4	1.4	1.4	1.1	0

Celebration Cakes								
Chocolate 8"Round	1900	454	25.5	10.2	51.9	43.5	4	0.6
Chocolate 8"Square	1895	453	25.4	10.1	51.8	43.2	4	0.6
Sponge Sugar Paste 8"Round	1632	390	12.1	4.7	67.7	58.4	2.4	0.7
Sponge Sugar Paste 8"Square	1587	379.4	11.6	4.2	65.6	54.5	2.8	0.8

Filled Rolls								
Filled Morning Rolls								
Ham Salad	981	235	4.5	2	25.5	1.3	8.1	1.2
Cheese Salad	1033	247	11.9	6.8	24.3	1.1	10.3	0.9
Cheese Savoury Salad	1136	271	16	4.1	23.3	1.6	7.9	0.9
Chicken Mayonnaise Salad	1060	253	13.2	1.5	22.8	1.3	10.3	0.7
Chicken Tikka Salad	986	236	11	1.3	23.1	1.3	10.3	0.6
Egg Mayonnaise	967	231	12.1	1.7	22.6	1.1	7.5	0.8
Tuna Mayonnaise Salad	928	222	9.5	1	22.7	1.2	10.5	1

Filled Bran Rolls								
Ham Salad	983	235	5.2	2.4	24.3	3.1	7.5	1
Cheese Salad	1035	247	12.6	7.1	23.1	2.8	9.7	0.8
Cheese Savoury Salad	1137	272	16.6	4.4	22.2	3.3	7.4	0.8
Chicken Mayonnaise Salad	1061	254	13.9	1.8	21.7	3	9.7	0.6
Chicken Tikka Salad	987	236	11.7	1.6	22	3	9.9	0.5
Egg Mayonnaise	968	231	12.8	2.1	21.4	2.8	7	0.7
Tuna Mayonnaise Salad	929	222	10.2	1.4	21.6	2.9	10	0.9

Filled Granary Rolls								
Ham, Egg Mayonnaise & Tomato	922	220	11.8	2.2	21.5	2.3	8.7	0.8
Chicken & Bacon	1300	311	18.1	3	24.9	2.3	13.4	0.9
Ploughmans	1206	288	15.8	8.9	27	5.2	10.8	1.2
Sweet Chilli Chicken	779	186	5	2	26.2	6.6	10.3	1
Tuna Mayonnaise, Red Onion & Tomato Chutney	1027	245	11.3	1.5	26.3	5	10.3	1

Filled Seeded Rolls								
Ham, Egg Mayonnaise & Tomato	989	236	12.7	2.3	21.3	1.6	9.4	0.8
Chicken & Bacon	1380	330	19.1	3.1	24.6	1.5	14.2	0.9
Ploughmans	1279	306	16.7	9	26.7	4.5	11.5	1.2
Sweet Chilli Chicken	880	210	7.3	2.8	24.9	5.9	10.8	1
Tuna Mayonnaise, Red Onion & Tomato Chutney	1102	263	12.3	1.6	26	4.3	11.1	1

Filled Baguettes								
Ham & Cheese	1178	282	11	5.6	33.4	1	12.6	1.6
Chicken Mayonnaise	973	233	11.6	1.1	22.9	1.6	8.6	0.7
Mexican Tuna	1137	272	13	1.1	26.4	1.5	11.3	1.5

Filled Batons								
Chicken Mayonnaise	1352	323	20	2.2	23.1	1.6	12.3	0.6
Chicken Tikka	1231	294	16.3	1.9	23.6	1.7	12.4	0.6
Tuna Mayonnaise	1172	280	14.9	1.7	22.9	1.5	12.6	1.1

Filled Softies								
Chicken Mayonnaise	1484	355	20.5	2.8	27.8	1.8	13.9	0.8
Egg Mayonnaise	1342	321	18.9	3.2	27.6	1.5	9.8	0.9
Tuna Mayonnaise	1283	307	14.9	2.2	27.8	1.7	14.3	1.2

ENERGY (kj)	ENERGY (kcal)	PER PRODUCT						SUITABLE FOR VEGETARIANS
		FAT (g)	SATURATES (g)	CARBOHYDRATE (g)	TOTAL SUGARS (g)	PROTEIN (g)	SALT (g)	
999	239	6.4	4	32.9	31.7	11	0.3	YES
14	3	0	0	1.0	0	0	0	YES
14	3	0	0	1.0	0	0	0	YES
10	3	0	0	0	0	0	0	YES
10	3	0	0	0	0	0	0	YES

6	1.5	0.1	0.1	0	0	0.1	0	YES
6	1.5	0.1	0.1	0	0	0.1	0	YES
542	130	4.5	2.9	13.3	13.2	9	0.3	YES
404	96	3.3	2.1	10	10	6.5	0.2	YES
808	192	6.6	0.1	20	20	0.1	0.4	YES
3	1	0.1	0	0	0	0	0	YES
295	71	2.6	1.7	6.7	6.7	5.1	0.2	YES
645	154	5.6	3.6	15	15	11.2	0.4	YES
502	120	4.4	2.8	11.6	11.6	8.7	0.3	YES
1035	247	6.6	4.2	34.2	33	11.2	0.3	YES
245	59	2.2	1.4	5.6	5.6	4.2	0.2	YES
201	48	1.8	1.1	4.6	4.6	3.5	0.1	YES

36608	8750	491.2	196	1001	839	76.1	11.1	YES
39404	9418	528.2	209.4	1076	897	84.5	11.8	YES
38670	9242	287	110.4	1603	1383.6	55.8	15.4	*YES
37600	8987	275.8	98.8	1555	1291	65.7	17.7	*YES

* Certain icing colours may not be suitable

1629	389	7.4	3.3	42.3	2.2	13.4	1.9	NO
1788	427	20.6	11.7	42	1.9	17.8	1.6	YES
2078	497	29.3	7.5	42.7	3	14.5	1.6	YES
1940	464	24.2	2.7	41.7	2.4	18.8	1.2	NO
1804	431	20.1	2.3	42.3	2.5	18.9	1.1	NO
1769	423	22.1	3.1	41.3	2	13.8	1.4	YES
1697	406	17.4	1.9	41.5	2.2	19.2	1.8	NO

1631	390	8.6	3.4	40.3	5.2	12.5	1.7	NO
1790	428	21.8	12.3	39.9	4.9	16.8	1.4	YES
2080	497	30.4	8.1	40.6	6	13.5	1.4	YES
1942	464	25.4	3.3	39.7	5.5	17.8	1	NO
1806	432	21.3	2.9	40.3	5.5	17.9	0.9	NO
1772	423	23.3	3.8	39.2	5	12.8	1.2	YES
1700	406	18.6	2.6	39.4	5.3	18.2	1.6	NO

1825	436	23.4	4.3	42.6	4.6	17.2	1.7	NO
2145	513	29.9	5	41	3.7	22.1	1.5	NO
2220	530	29	16.5	49.7	9.6	19.8	2.2	YES
1558	372	10	4	52.4	13.2	20.7	1.9	NO
1818	434	20.1	2.7	46.5	8.9	18.4	1.7	NO

1958	468	25.1	4.5	42.1	3.3	18.5	1.6	NO
2278	534	31.6	5.2	40.5	2.4	23.4	1.4	NO
2353	562	30.7	16.6	49.2	8.3	21.1	2.2	YES
1752	419	14.6	5.6	49.6	11.8	21.5	1.9	NO
1951	466	21.7	2.8	46	7.6	19.7	1.7	NO

2227	532	20.7	10.6	63.2	1.8	23.8	3	NO
2734	653	32.7	3.1	64.1	4.6	24.3	2.1	NO
2695	644	30.7	2.6	62.5	3.4	26.8	3.7	NO

2988	714	44.1	4.9	50.9	3.5	27.2	1.4	NO
2721	650	36	4.3	52.2	3.8	27.3	1.2	NO
2591	619	32.9	3.7	50.6	3.2	27.9	2.3	NO

2121	507	29.3	4	40	2.6	19.9	1.1	NO
1920	459	26.9	4.5	39.5	2.1	14	1.3	YES
1835	438	21.2	3.1	39.8	2.4	20.4	1.8	NO

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