

Bakery Product Range – Allergy Advice

Updated 08.08.2024

For more information on additives and ingredients, please check the ingredients label on the product box or contact Customer Care on 0203 966 5566.

121278Loaves

Product	Allergens	May Contain (not displayed on ticket)	Vegetarian?	Vegan?	Calorie Information
5201013 Tiger Baton 	Wheat	Traces of Barley, Egg, Milk, Oat, Rye, Spelt and Kamut	Yes	No	574kcal per item Item serves 2 people Adults need around 2000kcal a day
5300877 Low GI Multiseed Cob 	Barley, Milk, Oats, Rye, Soya, Wheat	Traces of Sesame	Yes	No	1148kcal per item Item serves 8 people Adults need around 2000kcal a day
146327 Crusty Wheat and Rye Bloomer 	Rye, Wheat	Traces of Egg, Lupin, Milk, Nuts, Mustard, Sesame, Soya and other Cereals containing Gluten.	Yes	Yes	1392kcal per item Item serves 6 people Adults need around 2000kcal a day
5230481 White Sourdough Bloomer 	Wheat	Traces of Egg, Milk, Soya, Rye, Barley, Oat, Spelt and Kamut	Yes	No	1410kcal per item Item serves 12 people Adults need around 2000kcal a day
6610963 Seeded Sourdough Bloomer 	Wheat, Oats, Rye, Sesame, Barley	Traces of Lupin, Milk, Nuts and Soya	Yes	No	1072kcal per item Item serves 4 people Adults need around 2000kcal a day

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6622 Tiger Loaf 	Wheat	Traces of Barley, Egg, Milk, Oat, Rye, Sesame, Soya, Spelt and Kamut	Yes	No	1032kcal per item Item serves 4 people Adults need around 2000kcal a day
5308937 Oats and Honey Loaf 	Wheat, Oats	Traces of Milk	Yes	No	801kcal per item Item serves 5 people Adults need around 2000kcal a day
125049 Rosemary and Olive Oil Loaf 	Wheat, Rye, Barley	Traces of Egg, Lupin, Milk, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	Yes	1255kcal per item Item serves 5 people Adults need around 2000kcal a day
5230530 Spiced Boule 	Wheat	Traces of Barley, Egg, Milk, Oat, Soya, Rye, Spelt and Kamut	Yes	No	1097kcal per item Item serves 4 people Adults need around 2000kcal a day
162996 Walnut & Hazelnut Rye Loaf 	Barley, Rye, Hazelnuts, Walnuts, Wheat	Traces of Egg, Milk, Mustard, other Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	Yes	1585kcal per item Item serves 6 people Adults need around 2000kcal a day

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Rolls / Baguettes					
Product	Allergens	May Contain (not displayed on ticket)	Vegetarian?	Vegan?	Calorie Information
92781 Petit Pain 	Wheat	Traces of Sesame	Yes	Yes	163kcal per roll Adults need around 2000kcal a day
7003 White Crusty Roll 	Wheat	Traces of Egg, Milk and Soya	Yes	Yes	191kcal per roll Adults need around 2000kcal a day
5204863 Scottish Crispy Roll 	Barley, Soya, Rye, Wheat	-	Yes	Yes	180kcal per roll Adults need around 2000kcal a day
5230154 Scottish Morning Roll 	Soya, Wheat	Traces of Egg and Milk	Yes	No	146kcal per roll Adults need around 2000kcal a day
5302428 Low GI Roll 	Milk, Oats, Rye, Wheat	-	Yes	No	221kcal per roll Adults need around 2000kcal a day

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1950 Italian Style Panini Roll 	Milk, Wheat	-	Yes	No	218kcal per roll Adults need around 2000kcal a day
5303551 Ancient Grain Roll 	Barley, Milk, Oats, Rye, Spelt, Wheat	-	Yes	No	225kcal per roll Adults need around 2000kcal a day
159004 Cheese Topped Roll Square 	Milk, Wheat	Traces of Egg, Mustard, Nuts, Sesame and Soya	Yes	No	230kcal per roll Adults need around 2000kcal a day
5302766 Stone Baked White Roll 	Wheat	Traces of Milk	Yes	No	244kcal per roll Adults need around 2000kcal a day
72938 Cheese Pretzel Roll 	Milk, Wheat	Traces of Egg, Lupins, Nuts, Sesame and Soya	Yes	No	269kcal per roll Adults need around 2000kcal a day

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112388 Kaiser Poppy Seeded Roll 	Wheat	Traces of Egg, Lupins, Milk, Nuts, Sesame and Soya	Yes	No	179kcal per roll Adults need around 2000kcal a day
5201750 Demi Baguette 	Wheat	Traces of Egg, Milk, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	No	307kcal per piece Adults need around 2000kcal a day
6742 Large French Baguette 	Wheat	Traces of Egg, Milk, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	No	1000kcal per item Item serves 4 people Adults need around 2000kcal a day
5307873 White Artisan Baguette 	Wheat	Traces of Milk	Yes	No	586kcal per item Adults need around 2000kcal a day
165173 Seeded Baguette 	Rye, Sesame, Wheat	Traces of Nuts and Soya	Yes	No	755kcal per item Item serves 2 people Adults need around 2000kcal a day

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144723 Rustic Baguette 	Wheat, Barley	Traces of Milk, Sesame and Soya	Yes	No	658kcal per item Item serves 2 people Adults need around 2000kcal a day
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61022 Olive Stick 	Wheat	Traces of Egg, Milk, Mustard, Nuts, Sesame and Soya	Yes	Yes	278kcal per piece Adults need around 2000kcal a day
95664 Pretzel 	Wheat	Traces of Egg, Lupins, Milk, Mustard, Nuts Sesame and Soya	Yes	No	273kcal per pretzel Adults need around 2000kcal a day
205457 Garlic Pretzel Puff 	Egg, Milk, Wheat	Traces of Celery, Mustard, Sesame, Soya	Yes	No	335kcal per piece Adults need around 2000kcal a day
210801 Pretzel Puff 	Egg, Milk, Wheat	Traces of Celery, Mustard, Sesame, Soya	Yes	No	392kcal per piece Adults need around 2000kcal a day
51100 Pretzel Roll 	Wheat	Traces of Egg, Lupin, Milk, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	Yes	227Kcal per piece Adults need around 2000kcal a day

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5228362 White Crusty Cob 	Wheat	Traces of Barley, Egg, Milk, Oat, Rye, Soya, Spelt and Kamut	Yes	No	968kcal per item Item serves 8 people Adults need around 2000kcal a day

5308972 – 4 Ancient Grain Rolls 	Barley, Milk, Oats, Rye, Spelt, Wheat	Traces of other Cereals containing Gluten	Yes	No	832kcal per pack Item serves 4 people Adults need around 2000kcal a day
5308973 – 4 White Rustic Rolls 	Rye, Wheat	Traces of Milk and other Cereals containing Gluten	Yes	No	836kcal per pack Item serves 4 people Adults need around 2000kcal a day
5230356 Everything Bagel 	Barley, Sesame, Wheat	-	Yes	Yes	308kcal per piece Adults need around 2000kcal a day

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Pastries					
Product	Allergens	May Contain (not displayed on ticket)	Vegetarian?	Vegan?	Calorie Information
121278 All Butter Croissant 	Egg, Milk, Wheat	Traces of Egg, Nuts, Mustard, Soya, Celery, Sesame Seeds, other Cereals containing Gluten and Lupine	Yes	No	349kcal per item Adults need around 2000kcal a day
121278 All Butter Croissant 	Egg, Milk, Wheat	Traces of Nuts and Soya	Yes	No	312kcal per item Adults need around 2000kcal a day
5217353 Chocolate – Hazelnut Croissant 	Almonds, Egg, Hazelnuts, Milk, Soya, Wheat	-	Yes	No	313kcal per piece Adults need around 2000kcal a day
5224306 Almond Croissant 	Almonds, Egg, Wheat, Milk	Traces of Other Nuts	Yes	No	307kcal per piece Adults need around 2000kcal a day
214232 Raspberry Croissant 	Egg, Milk, Wheat	Traces of Mustard, Nuts, Sesame, Soya, other Cereals containing Gluten	No	No	283kcal per piece Adults need around 2000kcal a day

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204472 Pain au Double Choc with Hazelnuts 	Egg, Hazelnuts, Milk, Wheat	Traces of Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	No	239kcal per piece Adults need around 2000kcal a day
5221170 All Butter Pain au Chocolat 	Egg, Milk, Soya, Wheat	Traces of Nuts and Sesame	Yes	No	339kcal per piece Adults need around 2000kcal a day
204470 Pain Suisse au Chocolat 	Egg, Milk, Wheat	Traces of Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten.	Yes	No	300kcal per piece Adults need around 2000kcal a day
57733 Pain aux Raisins 	Egg, Milk, Wheat	Traces of Mustard, Nuts, Sesame, Soya, and other Cereals containing Gluten	Yes	No	318kcal per piece Adults need around 2000kcal a day
5221171 Maple & Pecan Plait 	Egg, Milk, Pecans, Wheat	Traces of Other Nuts	Yes	No	372kcal per piece Adults need around 2000kcal a day

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5229547 Gingerbread Plait 	Egg, Milk, Wheat	Traces of Nuts	Yes	No	350kcal per piece Adults need around 2000kcal a day
190023 Apple Turnover 	Wheat	Traces of Milk, Nuts and Sesame	Yes	Yes	276kcal per piece Adults need around 2000kcal a day
5201481 Belgian Bun 	Egg, Milk, Wheat	Traces of Soya, Rye, Barley, Oat, Spelt and Kamut	Yes	No	326kcal per piece Adults need around 2000kcal a day
196896 Sticky Cinnamon Bun 	Wheat, Barley, Milk, Rye, Egg	Traces of Celery, Lupin, Mustard, Nuts, Peanuts, Sesame, Soya and other Cereals containing Gluten	Yes	No	397kcal per piece Adults need around 2000kcal a day
5230465 Lemon Drizzle Bun 	Egg, Milk, Soya, Wheat	Traces of Barley, Oat, Rye, Spelt and Kamut	Yes	No	334kcal per piece Adults need around 2000kcal a day
5230478 Salted Caramel Bun 	Egg, Milk, Soya, Wheat	Traces of Barley, Oat, Rye, Spelt and Kamut	Yes	No	335kcal per piece Adults need around 2000kcal a day

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5230480 Jaffa Bun 	Egg, Milk, Wheat	Traces of Barley, Oat, Rye, Soya, Spelt and Kamut	Yes	No	338kcal per piece Adults need around 2000kcal a day
5214703 Large Empire Biscuit 	Wheat	Traces of Egg, Milk, Soya, Nuts and Other Cereals Containing Gluten	No	No	698kcal per piece Adults need around 2000kcal a day
5229183 Blackforest Crown 	Egg, Milk, Wheat	Traces of Nuts	Yes	No	288kcal per piece Adults need around 2000kcal a day
5230183 Bakewell Blondie 	Wheat, Milk, Soya, Egg, Almonds	Traces of Nuts and Other Cereals Containing Gluten	Yes	No	277kcal per piece Adults need around 2000kcal a day
5230187 Eton Mess Blondie 	Egg, Milk, Soya, Wheat	Traces of Nuts and Other Cereals Containing Gluten	Yes	No	302kcal per piece Adults need around 2000kcal a day
99607 Goat's Cheese & Tomato Focaccia 	Milk, Wheat	-	Yes	No	253kcal per piece Adults need around 2000kcal a day

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59952 Mozzarella & Pesto Focaccia 	Milk, Wheat	-	Yes	No	270kcal per piece Adults need around 2000kcal a day
119627 Vegetable Pizza Slice 	Milk, Wheat	Traces of Egg, Mustard, Nuts, Soya and Sesame	Yes	No	272kcal per piece Adults need around 2000kcal a day
151935 Pizza Margherita 	Milk, Wheat	Traces of Egg, Mustard, Nuts and Sesame	Yes	No	241kcal per piece Adults need around 2000kcal a day
5618898 Pizza Twist 	Egg, Milk, Wheat	Traces of Nuts, Sesame and Soya	Yes	No	267kcal per piece Adults need around 2000kcal a day
207369 Cheese Twist 	Egg, Milk, Wheat	Traces of Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	No	291kcal per piece Adults need around 2000kcal a day

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Other					
Product	Allergens	May Contain (not displayed on ticket)	Vegetarian?	Vegan?	Calorie Information
129770 Filled Muffin, Blueberry 	Egg, Milk, Soya, Wheat	Traces of Lupins, Mustard, Nuts, Sesame, Soya, and other Cereals containing Gluten	Yes	No	380kcal per muffin Adults need around 2000kcal a day
129770 Filled Muffin, Triple Chocolate 	Egg, Milk, Soya, Wheat	Traces of Lupins, Nuts, Sesame, and other Cereals containing Gluten	Yes	No	383kcal per muffin Adults need around 2000kcal a day
129770 Filled Muffin, Salted Caramel 	Egg, Milk, Soya, Wheat	Traces of Lupins, Nuts, Sesame and Sulphites	Yes	No	396kcal per muffin Adults need around 2000kcal a day
5211850 Premium Filled Muffins - Chocolate Orange 	Egg, Milk, Soya, Wheat	Traces of Nuts and other Cereals containing Gluten	Yes	No	322kcal per piece Adults need around 2000kcal a day
5211850 Premium Filled Muffins - Speculoos 	Egg, Milk, Soya, Wheat	Traces of Nuts and other Cereals containing Gluten	Yes	No	322kcal per piece Adults need around 2000kcal a day

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5226873 Red Velvet Muffin 	Wheat, Egg, Milk	Traces of Nuts, Soya and other Cereals containing Gluten	Yes	No	341kcal per piece Adults need around 2000kcal a day
5226879 Easter Muffins- Chocolate Mini Egg 	Egg, Milk, Soya, Wheat	Traces of Nuts and other Cereals containing Gluten	Yes	No	324kcal per piece Adults need around 2000kcal a day
5226879 Easter Muffins- Carrot Cake 	Egg, Milk, Walnuts, Wheat	Traces of other Nuts, Soya and other Cereals containing Gluten	Yes	No	352kcal per piece Adults need around 2000kcal a day
5230179 Chocolate Filled Champions Muffin TBC	Barley, Egg, Milk, Soya, Wheat	Traces of Nuts and other Cereals containing Gluten	Yes	No	362kcal per piece Adults need around 2000kcal a day
5229402 Nutella Muffins 	Wheat, Milk, Egg, Soya, Hazelnuts	Traces of Nuts, Peanuts, Sesame, Mustard	Yes	No	326kcal per piece Adults need around 2000kcal a day

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5230170 Jam Filled Lidl Muffin 	Egg, Wheat	Traces of Milk, Nuts, Soya and Other Cereals containing Gluten	Yes	No	373kcal per piece Adults need around 2000kcal a day
5230174 Jam Filled Football Muffin 	Egg, Wheat	Traces of Milk, Nuts, Soya and Other Cereals containing Gluten	Yes	No	349kcal per piece Adults need around 2000kcal a day
5224931 Victoria Sponge Muffin 	Egg, Milk, Wheat	Traces of Nuts, Soya and Other Cereals containing Gluten	Yes	No	411kcal per piece Adults need around 2000kcal a day
5232069 Tiramisu Muffin 	Egg, Milk, Wheat	Traces of Nuts, Soya and Other Cereals containing Gluten	Yes	No	384kcal per piece Adults need around 2000kcal a day
5221093 Triple Choc Cookie 	Egg, Milk, Soya, Wheat	-	No	No	320kcal per cookie Adults need around 2000kcal a day
5221093 Double Choc Cookie 	Egg, Milk, Soya, Wheat	-	No	No	323kcal per cookie Adults need around 2000kcal a day

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5221093 White Chocolate Chip Cookie 	Egg, Milk, Soya, Wheat	-	No	No	330kcal per cookie Adults need around 2000kcal a day
5226874 Ultimate Chocolate Brownie 	Egg, Milk, Soya, Wheat	Traces of Nuts and other Cereals containing Gluten	Yes	No	308kcal per piece Adults need around 2000kcal a day
5226875 Cheesecake Brownie 	Egg, Milk, Soya, Wheat	Traces of Nuts and other Cereals containing Gluten	Yes	No	288kcal per piece Adults need around 2000kcal a day
5230188 Rocky Road 	Milk, Soya, Wheat	Traces of Egg, Nuts and other Cereals containing Gluten	YES	NO	259kcal per piece Adults need around 2000kcal a day
5229824 Banana Loaf 	Egg, Wheat	Traces of Milk, Nuts, Soya, and other Cereals containing Gluten	Yes	No	292kcal per piece Adults need around 2000kcal a day

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5232070 Lemon Loaf Cake 	Egg, Milk, Sulphites, Wheat	Traces of Nuts, Soya and other Cereals containing Gluten	Yes	No	349kcal per piece Adults need around 2000kcal a day
5229237 Triple Chocolate Blondie 	Egg, Milk, Soya, Wheat	Traces of Nuts and other Cereals containing Gluten	Yes	No	296kcal per piece Adults need around 2000kcal a day
128974 Pastel de Nata 	Egg, Milk, Wheat	Traces of Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	No	164kcal per piece Adults need around 2000kcal a day
114732 Jam Filled Doughnut 	Egg, Milk, Wheat	Traces of Mustard, Sesame and Soya	Yes	No	258kcal per doughnut Adults need around 2000kcal a day
5708092 Chocolate & Hazelnut Doughnut 	Wheat, Milk, Egg, Hazelnuts	Traces of Mustard, Other Nuts, Sesame, Soya	Yes	No	389kcal per doughnut Adults need around 2000kcal a day

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159229 Caramel Filled Ring Doughnut 	Milk, Soya, Wheat	Traces of Egg, Mustard, Nuts, Sesame and other Cereals containing Gluten	No	No	307kcal per doughnut Adults need around 2000kcal a day
116486 Pink Iced Ring Doughnut 	Milk, Soya, Wheat	Traces of Egg, Nuts, Mustard and Sesame	No	No	231kcal per doughnut Adults need around 2000kcal a day
116486 Pink Iced Ring Doughnut 	Milk, Soya, Wheat	Traces of Egg, Mustard, Nuts, Sesame and other Cereals containing Gluten	No	No	250kcal per doughnut Adults need around 2000kcal a day
159200 Chocolate Ring Doughnut 	Milk, Soya, Wheat	Traces of Sesame	No	No	242kcal per doughnut Adults need around 2000kcal a day
213962 Football Ring Doughnut with Choc Hazelnut Filling 	Hazelnuts, Milk, Soya, Wheat	Traces of Egg, Mustard, other Nuts, Sesame and other Cereals containing Gluten	No	No	326kcal per doughnut Adults need around 2000kcal a day
5205055 Toffee Filled Yum Yum 	Egg, Milk, Wheat	Traces of Nuts and Peanuts	Yes	No	350kcal per piece Adults need around 2000kcal a day

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164794 Square Doughnuts – Chocolate 	Milk, Soya, Wheat	Traces of Egg, Mustard Nuts, Sesame and other Cereals containing Gluten	No	No	246kcal per piece Adults need around 2000kcal a day
164794 Square Doughnuts – Pink 	Milk, Soya, Wheat	Traces of Egg, Mustard, Nuts, Sesame and other Cereals containing Gluten	No	No	284kcal per piece Adults need around 2000kcal a day
198579 Boston Cream Doughnut 	Egg, Milk, Wheat	Traces of Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten	No	No	320kcal per piece Adults need around 2000kcal a day
109878 Halloween Doughnut 	Milk, Soya, Wheat	Traces of Egg, Mustard, Nuts and Sesame	Yes	No	234kcal per piece Adults need around 2000kcal a day
178802 Lidl Ring Doughnut 	Milk, Soya, Wheat	Traces of Egg, Mustard, Nuts, Sesame and other Cereals containing Gluten	Yes	No	234kcal per piece Adults need around 2000kcal a day
85266 Chocolate Twist 	Egg, Milk, Wheat	Traces of Mustard, Nuts, Sesame, Soya, and other Cereals containing Gluten	Yes	No	297kcal per piece Adults need around 2000kcal a day

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180905 Star Filled Doughnut 	Wheat, Milk, Soya	Traces of Egg, Nuts, Mustard	No	No	367kcal per piece Adults need around 2000kcal a day
171757 Heart Doughnut 	Milk, Soya, Wheat	Traces of Egg, Nuts, Mustard, Sesame, and other Cereals containing Gluten	Yes	No	303kcal per piece Adults need around 2000kcal a day
164793 Easter Doughnuts - Colours 	Milk, Soya, Wheat	Traces of Egg, Mustard, Nuts and other Cereals containing Gluten	No	No	275kcal per piece Adults need around 2000kcal a day
164793 Easter Doughnuts - Cookies 	Milk, Soya, Wheat	Traces of Egg, Nuts, Mustard and other Cereals containing Gluten	No	No	275kcal per piece Adults need around 2000kcal a day
5229395 Chocolate Yule Log 	Egg, Wheat, Soya, Milk, Barley	Traces of Nuts and other Cereals containing Gluten	Yes	No	381kcal per piece Adults need around 2000kcal a day

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159136 Sugar Cronut 	Wheat	Traces of Egg, Milk, Mustard, Nuts and Soya	Yes	No	410kcal per piece Adults need around 2000kcal a day
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Hot					
Product	Allergens	May Contain (not displayed on ticket)	Vegetarian?	Vegan?	Calorie Information
5224795 Rowe's Vegan Roll 	Wheat	Traces of Egg and Milk	Yes	Yes	266kcal per piece Adults need around 2000kcal a day