





Bakery Product Range – Allergy Advice

Updated 13.04.2026

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Loaves					
Product	Allergens	May Contain (not displayed on ticket)	Vegetarian?	Vegan?	Calorie Information
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	Yes	1410kcal per item Item serves 12 people Adults need around 2000kcal a day
6610963 Seeded Sourdough Loaf 	Barley, Oats, Rye, Sesame, Wheat	Traces of Lupin, Milk, Nuts, Soya and other Cereals containing Gluten	Yes	Yes	1072kcal per item Item serves 11 people Adults need around 2000kcal a day





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225744 San Francisco Style Sourdough Bloomer TBC	Barley, Rye, wheat	Traces of Egg, Milk, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten.	Yes	No	1578kcal per item Item serves 12 people Adults need around 2000kcal a day
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Rolls B a u e t t e s					
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 other Cereals containing Gluten	Yes	Yes	189kcal 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

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<p>5303551 Ancient Grain Roll</p> 	<p>Barley, Milk, Oats, Rye, Spelt, Wheat</p>		<p>Yes</p>	<p>No</p>	<p>225kcal per roll Adults need around 2000kcal a day</p>
<p>92782 Pumpkin Seeded Roll</p> <p>TBC</p>	<p>Barley, Oats, Rye, Wheat</p>	<p>Traces of Egg, Milk, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten</p>	<p>Yes</p>	<p>Yes</p>	<p>247kcal per roll Adults need around 2000kcal a day</p>
<p>5302766 Stone Baked White Roll</p> 	<p>Wheat</p>	<p>Traces of Milk and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>244kcal per roll Adults need around 2000kcal a day</p>
<p>5302766 Stone Baked White Roll</p> 	<p>Wheat</p>	<p>Traces of Egg, Milk, Sesame, Soya and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>230kcal per roll Adults need around 2000kcal a day</p>
<p>5312639 Olive Focaccia</p> <p>TBC</p>	<p>Wheat</p>	<p>Traces of Milk and other Cereals containing Gluten</p>	<p>Yes</p>	<p>Yes</p>	<p>265kcal per roll Adults need around 2000kcal a day</p>






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<p>72938 Cheese Pretzel Roll</p> 	<p>Milk, Wheat</p>	<p>Traces of Egg, Lupin, Nuts, Sesame and Soya</p>	<p>Yes</p>	<p>No</p>	<p>269kcal per roll Adults need around 2000kcal a day</p>
<p>1950 Italian Style Panini Roll</p> 	<p>Milk, Wheat</p>		<p>Yes</p>	<p>No</p>	<p>218kcal per roll Adults need around 2000kcal a day</p>
<p>5201750 Demi Baguette</p> 	<p>Wheat</p>	<p>Traces of Egg, Milk, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten</p>	<p>Yes</p>	<p>Yes</p>	<p>298kcal per piece Adults need around 2000kcal a day</p>
<p>6742 Large French Baguette</p> 	<p>Wheat</p>	<p>Traces of Egg, Milk, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>1000kcal per item Item serves 4 people Adults need around 2000kcal a day</p>
<p>5307873 White Artisan Baguette</p> 	<p>Wheat</p>	<p>Traces of Milk</p>	<p>Yes</p>	<p>No</p>	<p>586kcal per item Adults need around 2000kcal a day</p>

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<p>144723 Rustic Baguette</p> 	<p>Barley, Wheat</p>	<p>Traces of Egg, Milk, Mustard, Nuts, Sesame, Soya, Sulphites and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>650kcal per item Item serves 5 people Adults need around 2000kcal a day</p>
<p>95664 Pretzel</p> 	<p>Wheat</p>	<p>Traces of Egg, Lupin, Milk, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>272kcal per piece Adults need around 2000kcal a day</p>
<p>99773 Cheese Covered Pretzel</p> 	<p>Milk, Wheat</p>	<p>Traces of Egg, Lupin, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>298kcal per piece Adults need around 2000kcal a day</p>
<p>5007219 Pizza Pretzel</p> 	<p>Milk, Wheat</p>	<p>Traces of Egg, Lupin, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>234kcal per piece Adults need around 2000kcal a day</p>




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<p>51100 Pretzel Roll</p> 	<p>Wheat</p>	<p>Traces of Egg, Lupin, Milk, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten</p>	<p>Yes</p>	<p>Yes</p>	<p>227Kcal per piece Adults need around 2000kcal a day</p>
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Pastries					
Product	Allergens	May Contain (not displayed on ticket)	Vegetarian?	Vegan?	Calorie Information
<p>121278 All Butter Croissant</p> 	<p>Milk, Wheat</p>	<p>Traces of Celery, Egg, Lupin, Mustard, Nuts Sesame, Soya and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>306kcal per item Adults need around 2000kcal a day</p>
<p>121278 All Butter Croissant</p> 	<p>Egg, Milk, Wheat</p>	<p>Traces of Mustard, Nuts, Sesame, soya and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>229kcal per item Adults need around 2000kcal a day</p>
<p>5217353 Chocolate Hazelnut Croissant</p> 	<p>Egg, Hazelnuts, Milk, Soya, Wheat</p>	<p>Traces of other Nuts and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>302kcal per piece Adults need around 2000kcal a day</p>

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<p>5217353 Chocolate Hazelnut Croissant</p> 	<p>Egg, Hazelnuts, Milk, Soya, Wheat</p>	<p>Traces of other Nuts, Sesame and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>352kcal per piece Adults need around 2000kcal a day</p>
<p>5224306 Almond Croissant</p> 	<p>Almonds, Egg, Milk, Wheat</p>	<p>Traces of Other Nuts</p>	<p>Yes</p>	<p>No</p>	<p>303kcal per piece Adults need around 2000kcal a day</p>
<p>183989 Ham & Cheese Croissant</p> 	<p>Egg, Milk, Wheat</p>	<p>Traces of Celery, Nuts, Mustard, Sesame, Soya and other Cereals containing Gluten</p>	<p>No</p>	<p>No</p>	<p>394kcal per piece Adults need around 2000kcal a day</p>
<p>5902902 Chocolate Brioche Croissant</p> 	<p>Hazelnut, Milk, Wheat</p>	<p>Traces of Egg, Mustard, other Nuts, Sesame, Soya and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>448kcal per piece Adults need around 2000kcal a day</p>

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<p>1000881 Pistachio Brioche</p> <p>Croissant</p> 	<p>Milk, Pistachio Nuts, Soya, Wheat</p>	<p>Traces of Egg, Mustard, other Nuts, Sesame and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>336kcal per piece</p> <p>Adults need around 2000kcal a day</p>
<p>204472 Pain au Double Choc with Hazelnuts</p> 	<p>Egg, Hazelnuts, Milk, Wheat</p>	<p>Traces of Mustard, other Nuts, Sesame, Soya and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>329kcal per piece</p> <p>Adults need around 2000kcal a day</p>
<p>5221170 All Butter Pain au Chocolat</p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Nuts and Sesame</p>	<p>Yes</p>	<p>No</p>	<p>339kcal per piece</p> <p>Adults need around 2000kcal a day</p>
<p>5221170 All Butter Pain au Chocolat</p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Nuts and Sesame</p>	<p>Yes</p>	<p>No</p>	<p>373kcal per piece</p> <p>Adults need around 2000kcal a day</p>

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<p>204470 Pain Suisse au Chocolat</p> 	<p>Egg, Milk, Wheat</p>	<p>Traces of Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten.</p>	<p>Yes</p>	<p>No</p>	<p>300kcal per piece Adults need around 2000kcal a day</p>
<p>1003251 Caramel Suisse</p> 	<p>Barley, Egg, Milk, Wheat</p>	<p>Traces of Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten.</p>	<p>No</p>	<p>No</p>	<p>308kcal per piece Adults need around 2000kcal a day</p>
<p>57733 Pain aux Raisin</p> 	<p>Egg, Milk, Wheat</p>	<p>Traces of Mustard, Nuts, Sesame, Soya, and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>318kcal per piece Adults need around 2000kcal a day</p>
<p>5221171 Maple & Pecan Plait</p> 	<p>Egg, Milk, Pecans, Wheat</p>	<p>Traces of Other Nuts</p>	<p>Yes</p>	<p>No</p>	<p>337kcal per piece Adults need around 2000kcal a day</p>

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<p>190023 Apple Turnover</p> 	<p>Wheat</p>	<p>Traces of Egg, Milk, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten</p>	<p>Yes</p>	<p>Yes</p>	<p>309kcal per piece Adults need around 2000kcal a day</p>
<p>6205048 Spinach & Feta Borek</p> 	<p>Milk, Wheat</p>	<p>Traces of Celery, Egg, Lupin, Mustard, Nuts, Peanuts, Sesame, Soya, Sulphites and other Cereals containing Gluten</p>	<p>No</p>	<p>No</p>	<p>253kcal per piece Adults need around 2000kcal a day</p>
<p>5311266 Rosemary & Sea Salt Focaccia Roll</p> <p>TBC</p>	<p>Wheat</p>	<p>Traces of Milk and other Cereals containing Gluten</p>	<p>Yes</p>	<p>Yes</p>	<p>247kcal per piece Adults need around 2000kcal a day</p>
<p>1003727 Focaccia Pizza Peperoni</p> 	<p>Milk, Wheat</p>	<p>Traces of Egg, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten</p>	<p>No</p>	<p>No</p>	<p>340kcal per piece Adults need around 2000kcal a day</p>

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<p>119627 Vegetable Pizza Slice</p> 	<p>Milk, Wheat</p>	<p>Traces of Egg, Mustard, Nuts, Soya and Sesame</p>	<p>Yes</p>	<p>No</p>	<p>272kcal per piece Adults need around 2000kcal a day</p>
<p>151935 Pizza Margherita</p> 	<p>Milk, Wheat</p>	<p>Traces of Egg, Mustard, Nuts and Sesame</p>	<p>Yes</p>	<p>No</p>	<p>241kcal per piece Adults need around 2000kcal a day</p>
<p>229657 Mozzarella & Pesto Pizza</p> 	<p>Milk, Wheat</p>	<p>Traces of Egg, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten</p>	<p>No</p>	<p>No</p>	<p>305kcal per piece Adults need around 2000kcal a day</p>
<p>207369 Cheese Twist</p> 	<p>Egg, Milk, Wheat</p>	<p>Traces of Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>303kcal per piece Adults need around 2000kcal a day</p>
<p>5205055 Toffee Filled Yum</p> 	<p>Egg, Milk, Wheat</p>	<p>Traces of Nuts and Peanuts</p>	<p>Yes</p>	<p>No</p>	<p>350kcal per piece Adults need around 2000kcal a day</p>

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<p>85266 Chocolate Twist</p> 	<p>Egg, Milk, Wheat</p>	<p>Traces of Mustard, Nuts, Sesame, Soya, and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>303kcal per piece Adults need around 2000kcal a day</p>
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Other					
Product	Allergens	May Contain (not displayed on ticket)	Vegetarian?	Vegan?	Calorie Information
<p>129770 Filled Muffin, Blueberry</p> 	<p>Egg, Milk, Wheat</p>	<p>Traces of Lupins, Nuts, Sesame, Soya, and other Cereals containing Gluten</p>	<p>No</p>	<p>No</p>	<p>373kcal per muffin Adults need around 2000kcal a day</p>
<p>129770 Filled Muffin, Triple Chocolate</p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Lupins, Nuts, Sesame, and other Cereals containing Gluten</p>	<p>No</p>	<p>No</p>	<p>391kcal per muffin Adults need around 2000kcal a day</p>
<p>129770 Filled Muffin, Salted Caramel</p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Lupins, Nuts, Sesame and Sulphites</p>	<p>Yes</p>	<p>No</p>	<p>396kcal per muffin Adults need around 2000kcal a day</p>

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<p>5224931 Victoria Sponge Muffin</p> 	<p>Egg, Milk, Wheat</p>	<p>Traces of Nuts, Soya and Other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>411kcal per piece Adults need around 2000kcal a day</p>
<p>5914233 Dubai Chocolate Muffin</p> 	<p>Egg, Hazelnuts, Milk, Pistachio Nuts, Soya, Wheat</p>	<p>Traces of Celery, Crustaceans, Fish, Lupin, Molluscs, Mustard, other Nuts, Peanuts, Sesame, Sulphites and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>552kcal per piece Adults need around 2000kcal a day</p>
<p>5233952 Tablet Muffin</p> 	<p>Egg, Milk, Wheat</p>	<p>Traces of Nuts, Soya and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>457kcal per piece Adults need around 2000kcal a day</p>
<p>5234816 Raspberry & Cream Muffin</p> 	<p>Egg, Milk, Wheat</p>	<p>Traces of Nuts, Soya and other Cereals Containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>434kcal per piece Adults need around 2000kcal a day</p>

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<p>5234271 Henry Hippo Muffin</p> 	<p>Egg, Wheat</p>	<p>Traces of Nuts, Milk, Soya and other Cereals Containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>395kcal per piece Adults need around 2000kcal a day</p>
<p>5236525 Chocolate Chip Muffin</p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Nuts and other Cereals Containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>393kcal per piece Adults need around 2000kcal a day</p>
<p>5226879 Carrot Cake Muffin</p> 	<p>Egg, Milk, Walnuts, Wheat</p>	<p>Traces of other Nuts and other Cereals Containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>352kcal per piece Adults need around 2000kcal a day</p>
<p>5226879 Chocolate Mini Egg Muffin</p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Nuts and other Cereals Containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>324kcal per piece Adults need around 2000kcal a day</p>

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<p>5914694 Speculoos Muffin</p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Nuts, Sesame and other Cereals Containing Gluten</p>	<p>No</p>	<p>No</p>	<p>473kcal per piece Adults need around 2000kcal a day</p>
<p>5234288 School Cake</p> 	<p>Egg, Wheat</p>	<p>Traces of Nuts, Milk, Soya and other Cereals Containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>180kcal per piece Adults need around 2000kcal a day</p>
<p>5234422 Sticky Toffee Cake</p> 	<p>Egg, Milk, Wheat</p>	<p>Traces of Nuts, Soya and other Cereals Containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>261kcal per piece Adults need around 2000kcal a day</p>
<p>5236523 Chocolate Fudge Cake</p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Nuts and other Cereals Containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>183kcal per piece Adults need around 2000kcal a day</p>
<p>5221093 Triple Chocolate Cookie</p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Mustard, Nuts, Sesame and other Cereals Containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>322kcal per cookie Adults need around 2000kcal a day</p>

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<p>5221093 Milk Chocolate Cookie</p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Mustard, Nuts, Sesame and other Cereals Containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>325kcal per cookie Adults need around 2000kcal a day</p>
<p>5221093 White Chocolate Cookie</p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Mustard, Nuts, Sesame and other Cereals Containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>333kcal per cookie Adults need around 2000kcal a day</p>
<p>5232506 Triple Chocolate Cookie</p> 	<p>Milk, Soya, Wheat</p>	<p>Traces of Egg, Nuts and other Cereals Containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>344kcal per cookie Adults need around 2000kcal a day</p>

<p>5232506 Milk Chocolate Cookie</p> 	<p>Milk, Soya, Wheat</p>	<p>Traces of, Egg, Nuts and other Cereals Containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>350kcal per cookie Adults need around 2000kcal a day</p>
<p>5232506 White Chocolate Cookie</p> 	<p>Milk, Soya, Wheat</p>	<p>Traces of Egg, Nuts and other Cereals Containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>350kcal per cookie Adults need around 2000kcal a day</p>






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<p>5232500 Half & Half Cookie</p> 	<p>Milk, Soya, Wheat</p>	<p>Traces of Egg, Nuts and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>303kcal per cookie Adults need around 2000kcal a day</p>
<p>5234273 Half & Half Chocolate & Caramel Cookie</p> 	<p>Milk, Soya, Wheat</p>	<p>Traces of Egg, Nuts and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>296kcal per cookie Adults need around 2000kcal a day</p>
<p>5236886 Hazelnut Filled Cookie with Drizzle</p> 	<p>Egg, Hazelnuts, Milk, Soya, Wheat</p>	<p>Traces of other Nuts and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>383kcal per cookie Adults need around 2000kcal a day</p>
<p>5236947 Easter Gingerbread Chick</p> 	<p>Egg, Wheat</p>	<p>Traces of Nuts and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>228kcal per cookie Adults need around 2000kcal a day</p>
<p>5236947 Easter Gingerbread Egg</p> 	<p>Egg Wheat</p>	<p>Traces of Nuts and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>218kcal per cookie Adults need around 2000kcal a day</p>





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<p>5214703 Large Empire Biscuit</p> 	<p>Wheat</p>	<p>Traces of Egg, Milk, Soya, Nuts and Other Cereals Containing Gluten</p>	<p>No</p>	<p>No</p>	<p>698kcal per piece Adults need around 2000kcal a day</p>
<p>5236229 Large Lemon Meringue Empire Biscuit</p> <p>TBC</p>	<p>Egg, Milk, Sulphites, Wheat</p>	<p>Traces of Soya and Other Cereals Containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>587kcal per piece Adults need around 2000kcal a day</p>
<p>5235591 Caramelised Biscuit Empire</p> 	<p>Milk, Soya, Wheat</p>	<p>Traces of Egg and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>623kcal per piece Adults need around 2000kcal a day</p>
<p>5237701 Caramelised Biscuit Slice</p> 	<p>Milk, Soya, Wheat</p>	<p>Traces of Nuts, Peanuts and other Cereals containing Gluten</p>	<p>No</p>	<p>No</p>	<p>358kcal per piece Adults need around 2000kcal a day</p>
<p>5235101 Brookie</p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Nuts and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>294kcal per piece Adults need around 2000kcal a day</p>

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<p>5226874 Ultimate Chocolate Brownie</p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Nuts and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>308kcal per piece Adults need around 2000kcal a day</p>
<p>5226875 Cheesecake Brownie</p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Nuts and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>288kcal per piece Adults need around 2000kcal a day</p>
<p>5233724 Mini Egg Brownie</p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Nuts and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>261kcal per piece Adults need around 2000kcal a day.</p>
<p>5236328 Red Velvet Brownie</p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Nuts and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>304kcal per piece Adults need around 2000kcal a day.</p>
<p>5229237 Triple Chocolate Blondie</p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Nuts and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>296kcal per piece Adults need around 2000kcal a day</p>

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<p>5233953 Tablet Blondie</p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Nuts and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>296kcal per piece Adults need around 2000kcal a day</p>
<p>5234270 Strawberries & Cream Blondie</p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Nuts and Other Cereals Containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>326kcal per piece Adults need around 2000kcal a day</p>
<p>5235594 Banoffee Slice</p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Nuts and Other Cereals Containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>315kcal per piece Adults need around 2000kcal a day</p>
<p>5236426 Millionaire Honeycomb Slice</p> 	<p>Barley, Milk, Oats, Soya, Wheat</p>	<p>Traces of Egg, Nuts and Other Cereals Containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>286kcal per piece Adults need around 2000kcal a day</p>
<p>5232750 All Butter Caramel Shortbread</p> 	<p>Milk, Soya, Wheat</p>	<p>Traces of Egg, Nuts and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>328kcal per piece Adults need around 2000kcal a day</p>

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<p>5234588 Lemon Millionaire Shortbread</p> 	<p>Milk, Soya, Wheat</p>	<p>Traces of Egg, Nuts and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>273kcal per piece Adults need around 2000kcal a day</p>
<p>5235592 Coconut & Jam Shortbread</p> 	<p>Milk, Soya, Wheat</p>	<p>Traces of Egg, Nuts and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>366kcal per piece Adults need around 2000kcal a day</p>
<p>5235100 Chocolate & Banana Loaf</p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Nuts and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>300kcal per piece Adults need around 2000kcal a day</p>
<p>5234268 Tiramisu Loaf Cake</p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Nuts and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>312kcal per piece Adults need around 2000kcal a day</p>




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<p>5235106 Chocolate Orange Loaf</p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Nuts and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>317kcal per piece Adults need around 2000kcal a day</p>
<p>5235106 Speculoos Loaf</p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Nuts and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>336kcal per piece Adults need around 2000kcal a day</p>

<p>128974 Pastel de Nata</p> 	<p>Egg, Milk, Wheat</p>	<p>Traces of Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>164kcal per piece Adults need around 2000kcal a day</p>
<p>114732 Jam Filled Doughnut</p> 	<p>Egg, Milk, Wheat</p>	<p>Traces of Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>265kcal per doughnut Adults need around 2000kcal a day</p>
<p>5708092 Chocolate & Hazelnut Doughnut</p> 	<p>Egg, Hazelnuts, Milk, Wheat</p>	<p>Traces of Mustard, other Nuts, Sesame, Soya and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>365kcal per doughnut Adults need around 2000kcal a day</p>

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<p>5310976 Cookies & Cream Doughnut</p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Sulphites and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>325kcal per doughnut</p> <p>Adults need around 2000kcal a day</p>
<p>5310975 White Chocolate & Speculoos Doughnut</p> <p>TBC</p>	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Sulphites and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>336kcal per doughnut</p> <p>Adults need around 2000kcal a day</p>
<p>5312117 Chocolate Puddle Doughnut</p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Sulphites and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>286kcal per doughnut</p> <p>Adults need around 2000kcal a day</p>
<p>5312453 Snowball Puddle Doughnut</p> 	<p>Egg, Milk, Soya, Wheat</p>		<p>Yes</p>	<p>No</p>	<p>290kcal per doughnut</p> <p>Adults need around 2000kcal a day</p>
<p>5311485 Eton Mess Doughnut</p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Sulphites and other Cereals containing Gluten</p>	<p>No</p>	<p>No</p>	<p>281kcal per doughnut</p> <p>Adults need around 2000kcal a day</p>

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<p>159229 Caramel Filled Ring Doughnut</p> 	<p>Milk, Soya, Wheat</p>	<p>Traces of Egg, Mustard, Nuts, Sesame and other Cereals containing Gluten</p>	<p>No</p>	<p>No</p>	<p>307kcal per doughnut Adults need around 2000kcal a day</p>
<p>214375 Strawberry Cheesecake Filled Doughnut</p> 	<p>Milk, Soya, Wheat</p>	<p>Traces of Egg, Mustard, Nuts, Sesame and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>330kcal per doughnut Adults need around 2000kcal a day</p>
<p>159266 White and Milk Chocolate Drizzle Doughnut</p> 	<p>Milk, Soya, Wheat</p>	<p>Traces of Egg, Mustard, Nuts, Sesame and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>374kcal per doughnut Adults need around 2000kcal a day</p>
<p>116486 Pink Iced Ring Doughnut</p> 	<p>Milk, Soya, Wheat</p>	<p>Traces of Egg, Nuts, Mustard and Sesame</p>	<p>No</p>	<p>No</p>	<p>231kcal per doughnut Adults need around 2000kcal a day</p>

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<p>116486 Pink Iced Ring Doughnut</p> 	<p>Milk, Soya, Wheat</p>	<p>Traces of Egg, Mustard, Nuts, Sesame and other Cereals containing Gluten</p>	<p>No</p>	<p>No</p>	<p>250kcal per doughnut Adults need around 2000kcal a day</p>
<p>159200 Chocolate Ring Doughnut</p> 	<p>Milk, Wheat</p>	<p>Traces of Egg, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>242kcal per doughnut Adults need around 2000kcal a day</p>
<p>159136 Sugar Cronut</p> 	<p>Wheat</p>	<p>Traces of Egg, Milk, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>410kcal per piece Adults need around 2000kcal a day</p>
<p>159134 Chocolate Cronut</p> 	<p>Milk, Wheat</p>	<p>Traces of Egg, Mustard, Nuts, Sesame, Soya other Cereals containing Gluten</p>	<p>No</p>	<p>No</p>	<p>504kcal per piece Adults need around 2000kcal a day</p>

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<p>180906 Caramel Crunch Cronut</p> 	<p>Milk, Soya, Wheat</p>	<p>Traces of Egg, Mustard, Nuts, Sesame and other Cereals containing Gluten</p>	<p>No</p>	<p>No</p>	<p>429kcal per piece Adults need around 2000kcal a day</p>
<p>5201481 Belgian Bun</p> 	<p>Egg, Milk, Wheat</p>	<p>Traces of Soya and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>364kcal per piece Adults need around 2000kcal a day</p>
<p>5201481 Cinnamon Bun</p> 	<p>Egg, Milk, Wheat</p>	<p>Traces of Soya and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>374kcal per piece Adults need around 2000kcal a day</p>
<p>196896 Sticky Cinnamon Bun</p> 	<p>Barley, Egg, Milk, Rye, Wheat</p>	<p>Traces of Celery, Lupin, Mustard, Nuts, Peanuts, Sesame, Soya and other Cereals containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>397kcal per piece Adults need around 2000kcal a day</p>
<p>5230478 Salted Caramel Bun</p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Barley, Oat, Rye, Spelt and Kamut</p>	<p>Yes</p>	<p>No</p>	<p>334kcal per piece Adults need around 2000kcal a day</p>

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