





Bakery Product Range – Allergy Advice

Updated 25.04.2023

For more information on additives and ingredients, please check the ingredients label on the product box or contact Customer Services on 0370 444 1234.

Loaves					
Product	Allergens	May Contain (not displayed on ticket)	Vegetarian?	Vegan?	Calorie Information
6622 Tiger Loaf 	Barley, Wheat	Traces of Milk, Egg, Soya and Other Cereals containing Gluten	Yes	No	1048kcal per item Item serves 5 people Adults need around 2000kcal a day
 5201013 Tiger Baton	Wheat	Traces of Egg, Milk, Barley, Oat, Rye, Spelt and Kamut	Yes	No	574kcal per item Item serves 2 people Adults need around 2000kcal a day
5301192 White Sourdough Boule 	Wheat	Traces of Egg, Milk, Soya, Rye, Barley, Oats, Spelt & Kamut	Yes	No	952kcal per item Item serves 5 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





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146327 Crusty Sourdough Rye Bloomer 	Rye, Wheat	Traces of Mustard, Egg, Milk, Sesame, Soya, Lupins and Nuts	Yes	No	1392kcal per item Item serves 6 people Adults need around 2000kcal a day
5306473 Cheese Loaf 	Milk, Wheat	-	Yes	No	996kcal per item Item serves 5 people Adults need around 2000kcal a day
5304413 Ancient Grain Loaf 	Wheat, Spelt, Rye	Traces of Milk	Yes	No	1060kcal per item Item serves 5 people Adults need around 2000kcal a day
6610964 White Sourdough Bloomer 	Rye, Wheat	Traces of Lupin, Milk, Nuts, Sesame and Soya	Yes	No	856kcal per item Item serves 4 people Adults need around 2000kcal a day




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5227041 White  Sourdough Bloomer	Wheat	Traces of Egg, Milk, Soya and Other Cereals containing Gluten.	Yes	No	1023kcal per item Item serves 4 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
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

Rolls / Baguettes

Product	Allergens	May Contain (not displayed on ticket)	Vegetarian?	Vegan?	Calorie Information
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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
5210062 Scottish White Morning Roll 	Wheat	-	Yes	Yes	174kcal per roll Adults need around 2000kcal a day
5207475 Scottish Morning Roll 	Soya, Wheat	-	Yes	Yes	168kcal per roll Adults need around 2000kcal a day
5204863 Crusty Morning Roll 	Barley, Soya, Rye, Wheat	-	Yes	Yes	180kcal 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
5201750 Demi Baguette 	Wheat	Traces of Nuts	Yes	No	330kcal per piece Adults need around 2000kcal a day




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6742 Large French  Baguette	Wheat	-	Yes	No	936kcal per item Item serves 4 people Adults need around 2000kcal a day
5307873 White Sourdough Baguette 	Wheat	Traces of Milk	Yes	No	586kcal per item Adults need around 2000kcal a day
95664 Pretzel 	Wheat	Traces of Mustard, Sesame, Egg, Milk, Soya, Lupins and Nuts	Yes	No	273kcal per pretzel 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	Milk , Wheat, Egg	Traces of Lupins, Celery, Mustard, Nuts, Sesame and Soya	Yes	No	349kcal 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





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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
57733 Pain aux Raisins 	Egg, Milk, Wheat	Traces of Mustard, Sesame, Nuts and Soya	Yes	No	323kcal 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
65260 Apple Turnover 	Egg, Milk, Wheat	Traces of Nuts and Sesame	Yes	No	329kcal per piece Adults need around 2000kcal a day





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190023 Apple  Turnover	Wheat	Traces of Egg, Milk, Mustard, Nuts and Sesame	Yes	Yes	297kcal per piece Adults need around 2000kcal a day
140656 Cherry &  Custard Lattice	Milk, Wheat	Traces of Egg, Nuts and Soya	Yes	No	329kcal per piece Adults need around 2000kcal a day
5201481 Sweet Buns, Belgian Bun 	Egg, Milk, Wheat, Soya	-	Yes	No	312kcal per piece Adults need around 2000kcal a day
5201481 Sweet Buns, Cinnamon 	Egg, Milk, Wheat, Soya	-	Yes	No	324kcal per piece Adults need around 2000kcal a day





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5201481 Sweet Buns, Lemon Drizzle 	Egg, Milk, Wheat, Soya	-	Yes	No	329kcal 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	679kcal per piece Adults need around 2000kcal a day
5224386 Cinnamon Swirl 	Egg, Milk, Wheat	Traces of Nuts	Yes	No	290kcal per piece Adults need around 2000kcal a day
118056 Cheese Twist 	Milk, Wheat, Mustard, Barley	Traces of Celery, Egg, Nuts, Sesame and Soya	Yes	No	321kcal per piece Adults need around 2000kcal a day





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119627 Vegetable Pizza Slice 	Milk, Wheat	Traces of Mustard, Soya, Nuts, Sesame and Egg	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
99607 Goat's Cheese & Tomato Focaccia 	Milk, Wheat	-	Yes	No	253kcal per piece Adults need around 2000kcal a day
59952 Mozzarella & Pesto Focaccia 	Milk, Wheat	-	Yes	No	270kcal 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, Nuts, Sesame and Sulphites	Yes	No	383kcal per muffin Adults need around 2000kcal a day
129770 Filled Muffin, Triple Chocolate 	Egg, Milk, Soya, Wheat	Traces of Lupins, Nuts, Sesame and Sulphites	Yes	No	409kcal 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
129770 Filled Muffin, Lemon Poppyseed TBC	Egg, Milk, Soya, Wheat	Traces of Lupins, Nuts, Sesame and Sulphites	Yes	No	384kcal per muffin Adults need around 2000kcal a day


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5226873 Red Velvet Valentine's Muffin 	Egg, Milk, Wheat	Traces of Nuts, Soya and other Cereals containing Gluten	Yes	No	337kcal per muffin Adults need around 2000kcal a day
5226879 Chocolate Mini Egg Muffin 	Egg, Milk, Walnuts, Soya, Wheat	Traces of other Nuts and other Cereals containing Gluten	Yes	No	352kcal per muffin Adults need around 2000kcal a day
5226879 Carrot Cake Muffin 	Egg, Milk, Walnuts, Soya, Wheat	Traces of other Nuts and other Cereals containing Gluten	Yes	No	352kcal per muffin Adults need around 2000kcal a day
5224931 Coronation Muffin TBC	Egg, Milk, Wheat	Traces of Nuts, Soya and other Cereals containing Gluten	Yes	No	423kcal per muffin Adults need around 2000kcal a day






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5221093 Triple Choc Cookie 	Egg, Milk, Soya, Wheat	-	Yes	No	317kcal per cookie Adults need around 2000kcal a day
5221093 Double Choc Cookie 	Egg, Milk, Soya, Wheat	-	Yes	No	320kcal per cookie Adults need around 2000kcal a day
5221093 White Chocolate Chip Cookie 	Egg, Milk, Soya, Wheat	-	Yes	No	325kcal per cookie Adults need around 2000kcal a day
5213806 Ultimate Chocolate Brownie 	Egg, Milk, Soya, Wheat	Traces of Nuts and Other Cereals Containing Gluten	Yes	No	305kcal per brownie Adults need around 2000kcal a day
128974 Pastel de Nata 	Egg, Milk, Wheat	Traces of Nuts, Sesame, and Soya	Yes	No	164kcal per piece Adults need around 2000kcal a day
114732 Jam Filled Doughnut 	Egg, Milk, Wheat	Traces of Sesame	Yes	No	259kcal per doughnut Adults need around 2000kcal a day


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5708092 Chocolate &  Hazelnut Doughnut	Wheat, Milk, Egg, Soya, Hazelnuts	Traces of Almonds, Pistachios, Sesame, other Nuts and Mustard	Yes	No	376kcal per doughnut Adults need around 2000kcal a day
5705706 Filled Ring  Doughnuts, Lemon	Milk, Soya, Wheat	Traces of Egg and Nuts	Yes	No	296kcal per doughnut Adults need around 2000kcal a day
5705706 Filled Ring Doughnuts, Salted  Caramel	Milk, Soya, Wheat	Traces of Egg and Nuts	Yes	No	296kcal per doughnut Adults need around 2000kcal a day





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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
159200 Chocolate Iced Doughnut 	Milk, Soya, Wheat	Traces of Egg, Nuts and Mustard	No	No	224kcal per doughnut Adults need around 2000kcal a day
5205055 Toffee Yum Yum 	Egg, Milk, Wheat	Traces of Nuts, Peanuts and Sesame	Yes	No	431kcal per piece Adults need around 2000kcal a day
5709749 Jaffa Doughnut 	Milk, Wheat, Egg	Traces of Nuts, Soya, Hazelnuts, Almonds, Sesame and Mustard	Yes	No	330kcal per doughnut Adults need around 2000kcal a day


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Hot					
Product	Allergens	May Contain (not displayed on ticket)	Vegetarian?	Vegan?	Calorie Information
<p>5224737 Rowe's</p>  <p>Sausage Roll</p>	Barley, Milk, Wheat	Traces of Egg	No	No	268kcal per piece Adults need around 2000kcal a day
<p>5224795 Rowe's</p>  <p>Vegan Roll</p>	Wheat	Traces of Egg and Milk	Yes	Yes	266kcal per piece Adults need around 2000kcal a day


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5224796 Rowe's Bacon & Cheese  Turnover	Milk, Wheat	Traces of Egg	No	No	336kcal per piece Adults need around 2000kcal a day
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