

Food product	Dietary Information		Ingredients
	Allergens Contained	May Contain	
Breadsticks	Contains Wheat Contains Barley	May Contain Milk May Contain Sesame May Contain Soya	Wheat Flour, Olive Oil (7%), Yeast, Barley Malt Extract, Salt
Water biscuits	Contains Wheat	May Contain Sesame	Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Salt, Glucose Syrup, Raising Agent (Sodium Carbonates)
Pancakes	Contains Eggs Contains Milk Contains Wheat	May Contain Cereals Containing Gluten	Water, Wheat Flour, Sugar, Egg , Rapeseed Oil, Whey Powder (Milk), Dried Skimmed Milk , Spirit Vinegar, Flavouring, Coconut Oil, Emulsifier (Lecithins), Preservative (Potassium Sorbate), Raising Agent (Sodium Carbonates), Salt
Rice cakes		May Contain Soya	Rice, Sea Salt
Pitta	Contains Wheat	May Contain Cereals Containing Gluten May Contain Eggs May Contain Milk May Contain Soya	Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Rapeseed Oil, Salt, Preservative (Calcium Propionate)
Sugar free jelly			Water, Glucose-Fructose Syrup, Sugar, Gelling Agent: Carrageenan, Fruit and Vegetable Concentrate (Carrot, Safflower, Apple, Lemon), Acidity Regulators: E330, E 296, Natural Flavouring, Salt
Cereal Weetabix	Contains Barley Contains Wheat		Wholewheat (95%), Malted Barley Extract, Sugar, Salt, Niacin, Iron, Riboflavin (B2), Thiamin (B1), Folic Acid
Cereal puffed wheat	Contains Wheat	May Contain Cereals Containing Gluten May Contain Soya	Durum Wheat

Bitesize shredded wheat cereal	Contains Wheat	May Contain Nuts May Contain Peanuts	Whole Grain Wheat (100%)
Apple loaf	Contains Barley Contains Wheat		Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)), Water, Sugar, Sweetened Apple Flavoured Pieces (9%) (Fructo-Glucose Syrup, Concentrated Apple Purée, Glucose Syrup, Glycerine, Sugar, Wheat Fibre, Palm Fat, Gelling Agent: Pectin, Acidity Regulator: Citric Acid, Flavouring, Antioxidant: Ascorbic Acid), Maize Starch, Apple Purée (4%), Vegetable Fats (Rapeseed, Palm), Malted Barley Flour, Flavourings, Salt, Preservative: Calcium Propionate, Yeast
Sandwich thins	Contains Soya Contains Wheat	May Contain Milk May Contain Sesame	Wheat Flour [with Calcium, Iron, Niacin (B3) and Thiamin (B1)], Water, Vegetable Oils (Rapeseed and Sustainable Palm), Yeast, Dextrose, Salt, Wheat Gluten, Sugar, Stabiliser: Xanthan Gum, Emulsifiers: E471, E481, Gelling Agent: E466, Soya Flour, Preservative: Calcium Propionate, Flavouring, Flour Treatment Agents: Ascorbic Acid (Vitamin C), E920 (Vegetarian)
Laughing cow	Contains Milk		Rehydrated Skimmed Milk , Cheeses, Milk Protein, Lactic Acid Concentrate (Milk), Emulsifying Salts (Polyphosphates), Butter , Natural flavouring
Pitta Bread	Contains Wheat	May Contain Cereals Containing Gluten May Contain Eggs May Contain Milk May Contain Soya	Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Rapeseed Oil, Salt, Preservative (Calcium Propionate)
Bagel thins	Contains Soya Contains Wheat	May Contain Milk May Contain Sesame	Wheat Flour [with Calcium, Iron, Niacin (B3) and Thiamin (B1)], Water, Malted Wheat Flour, Wheat Gluten, Sugar, Dextrose, Yeast, Salt, Soya Flour, Maize, Preservative: Calcium Propionate, Rice Flour, Gelling Agent: E466, Acidity Regulator: Citric Acid, Emulsifiers: E472e, E481, Flour Treatment Agents: Ascorbic Acid (Vitamin C), E920 (Vegetarian)

Flora light spread			Water, Vegetable Oils (Rapeseed, Sunflower, Linseed), Coconut Fat, Salt 1.2%, Emulsifier (Mono-and Diglycerides of Fatty Acids), Vinegar, Natural Flavourings, Vitamin A
Bread	Contains Soya Contains Wheat		Water, Wheat Flour (with added Calcium, Folic Acid, Iron, Niacin, Thiamin) (32%), Wholemeal Flour (Wheat) (32%), Yeast, Calcium Sulphate, Salt, Wheat Protein, Soya Flour, Preservative: E282, Emulsifiers: E472e, E471, E322 (Rapeseed), Flour Treatment Agent: Ascorbic Acid
Crumpet thins	Contains Wheat	May Contain Eggs May Contain Milk May Contain Sesame May Contain Soya	Wheat Flour [with Calcium, Iron, Niacin (B3) and Thiamin (B1)], Water, Raising Agents: E450, E500, E501, Yeast, Salt, Sugar, Preservative: Calcium Propionate
Banana loaf	Contains Wheat		Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)), Water, Sweetened Banana Flavoured Pieces (11%) (Fructose-Glucose Syrup, Concentrated Pear Purée, Concentrated Banana Purée, Humectant: Glycerol, Sugar, Wheat Fibre, Palm Fat, Gelling Agent: Pectin, Malic Acid, Natural Flavouring, Concentrated Lemon Juice), Banana Purée (8%), Sugar, Vegetable Fats (Rapeseed, Palm), Dextrose, Chicory Root Fibre, Salt, Yeast, Flavourings, Preservative: Calcium Propionate, Colour: Lutein