

Product Description	Energy (kjoules) per unit	Energy (kcal) per unit	Protein (g) per unit	Carbohydrates (g) per unit	of which are sugars (g) per unit	Fat (g) per unit	of which are saturates per unit	Fibre (g) per unit	Sodium (g) per unit	Equivalent as salt (g) per unit	Product suitable for Vegetarian
Muffins											
After Dark Muffin Royale	3941	943	11.2	95.1	68.4	57.6	12.7	2.9	0.7	1.8	✓
Almond	2190	524	11.0	56.3	25.9	28.3	3.9	2.9	0.6	1.4	✓
Apple & Cinnamon	1983	743	7.8	62.6	31.7	21.2	3.4	1.7	0.6	1.5	✓
Banana & Pecan	2188	523	8.8	61.5	30.8	26.8	3.8	2.7	0.6	1.4	✓
Banoffee	2412	576	8.9	75.2	44.2	26.6	6.0	1.9	0.6	1.5	✓
Blackberry & Apple Crumble	2062	492	8.3	64.7	31.7	22.2	3.6	2.6	0.6	1.5	✓
Black Forest Cherry Muffin Royale											
Blueberry	1877	448	7.8	56.9	26.8	21.0	3.3	1.9	0.6	1.4	✓
Cherry & Coconut	2686	642	9.7	77.8	44.3	32.4	12.3	3.5	0.6	1.6	✓
Cherry Bakewell	2260	539	8.6	73.8	40.3	23.2	3.7	1.5	0.6	1.6	✓
Cherry Chocolate Chip	2674	638	9.8	86.3	52.4	28.1	6.6	3.2	0.6	1.6	✓
Chocolate & Orange (Halloween)	2654	631	10.3	81.4	45.8	29.5	7.3	3.3	0.6	1.6	✓
Chocolate & Strawberry (Valentine)	2485	592	8.7	83.9	52.8	24.6	5.4	2.4	0.6	1.5	✓
Chocolate Chip	2347	560	9.2	69.0	38.2	27.5	7.3	3.4	0.6	1.5	✓
Choc Work Orange Muffin Royale	2895	691	9.7	90.0	57.4	32.5	9.1	3.0	0.6	1.6	✓
Coffee & Walnut	2551	611	11.3	62.1	31.8	35.2	4.5	2.7	0.6	1.4	✓
Country Style	2336	556	8.3	83.1	53.0	21.1	3.3	3.1	0.6	1.5	✓
Cranberry & Apple Crumble	2046	488	8.1	63.9	30.8	22.2	3.6	2.3	0.6	1.5	✓
Cranberry & Orange (Low Fat)	1432	338	6.5	70.3	43.8	3.4	1.0	2.9	0.4	1.1	✓
Double Choc Chunk	3125	749	10.4	71.9	45.8	4.7	9.1	4.3	0.7	1.7	✓
Jam Roly Poly	2427	578	9.1	81.8	47.8	23.8	4.0	1.7	0.6	1.6	✓
Lemon & Blueberry (Low Fat)	1501	354	6.6	74.3	46.0	3.4	1.0	2.9	0.4	1.1	✓
Maple & Pecan	2441	584	9.5	63.0	31.0	32.7	4.3	2.9	0.6	1.5	✓
Mini	555	132	2.0	19.2	11.8	5.2	0.8	0.3	0.1	0.3	✓
Mini Apple	1120	267	4.6	33.9	15.7	12.6	2.0	0.9	0.3	0.9	✓
Mini Banana	1133	270	4.7	34.5	16.3	12.6	2.0	0.9	0.3	1.1	✓
Mini Strawberry	1411	337	5.7	43.2	20.7	15.7	2.5	1.0	0.4	1.4	✓
Mixed Berry	1884	450	7.9	57.2	27.1	21.1	3.3	2.4	0.6	1.4	✓
Polka Dot	2172	518	8.2	70.5	40.0	22.6	4.3	1.4	0.6	1.5	✓
Raspberry & Apple	2068	493	8.3	64.8	31.6	22.3	3.7	2.3	0.6	1.4	✓
St Clements	2305	549	8.6	76.2	42.2	23.3	3.7	1.5	0.6	1.6	✓
Sticky Toffee	2412	575	8.0	76.5	44.0	26.3	6.9	1.3	0.6	1.5	✓
Sultana	2460	586	9.3	84.4	50.9	23.4	3.7	2.3	0.6	1.6	✓
Toffee Apple	2724	650	9.1	88.9	52.4	28.6	8.2	1.7	0.6	1.6	✓
Muffin of the Month											
Lemon Curd - July	2150	512	7.0	53.3	40.09	21.3	4.1	1.4	0.6	1.4	✓
Summer Berry Crumble - August	1912	456	7.2	59.5	27.0	21.0	4.0	1.9	0.5	1.4	✓
Banna Honey and Oats - September	2437	577	17.3	96.6	4.1	13.5	2.6	13.2	0.1	0.2	✓
Savoury Muffins											
Cheese & Bacon Muffins	1557	420	15.9	37.0	13.0	23.2	9.1	1.0	1.0	2.5	✗

Cookies											
Double Choc Chip Cookie	1785	426	5.0	54.6	41.1	21.4	7.9	2.8	0.3	0.8	✓

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Product Description	per unit	per unit	per unit	per unit	per unit	per unit	per unit	per unit	per unit	per unit	Vegetarian
White Choc Chip Cookie	1819	434	5.3	59.1	40.5	20.2	7.5	0.8	0.5	1.2	✓
Oatmeal & Raisin Cookie	1645	392	4.8	59.8	42.0	15.3	4.9	2.6	0.4	1.0	✓
Chock Chunk Shortbread (Grab & Go)	561	133	1.4	21.6	11.6	4.6	2.3	0.5	0.1	0.3	✓
Ginger Thins (Grab & Go)	669	160	1.2	17.7	6.9	6.4	5.9	0.5	0.1	0.3	✓
Spotty Cookie (Grab & Go)	1123	268	2.6	38.2	21.1	11.6	6.2	0.9	0.2	0.5	✓
Other Sweet Treats											
Sultana Scons	1475	350	6.8	60.1	26.0	9.2	2.4	2.0	0.6	1.4	✓
Carrot Cake	1745	415	5.0	65.9	44.5	14.6	2.9	1.6	0.5	1.3	✓
Chocolate Brownie	2647	629	7.4	97.3	73.8	23.4	7.3	3.7	1.0	2.4	✓
Teacake	TBC	TBC	TBC	TBC	TBC	TBC	TBC	TBC	TBC	TBC	TBC
Flapjack	TBC	TBC	TBC	TBC	TBC	TBC	TBC	TBC	TBC	TBC	TBC
Pastries											
Cinnamon Swirl	1760	421	6.3	42.7	10.5	25.0	11.4	3.2	0.2	0.6	✓
Croissant with Jam	TBC	TBC	TBC	TBC	TBC	TBC	TBC	TBC	TBC	TBC	TBC
Maple & Pecan Pastry	1900	455	5.5	42.8	13.9	29.1	12.0	3.5	0.2	0.6	✓
Apricot Croissant	TBC	TBC	TBC	TBC	TBC	TBC	TBC	TBC	TBC	TBC	TBC
Pain Au Chocolat	TBC	TBC	TBC	TBC	TBC	TBC	TBC	TBC	TBC	TBC	TBC
Scones											
Blueberry Scones	1102	262	5.4	42.5	12.6	7.8	2.1	1.7	0.5	1.2	✓
CheeseScones	1377	329	10.6	37.7	10.4	15.1	6.8	1.2	0.6	1.5	✓
Cerry Scones	1289	306	5.4	53.9	24.7	7.6	2.0	1.5	0.5	1.2	✓
Mixed Fruit Scones	1267	301	5.7	52.1	22.7	7.7	2.0	2.0	0.5	1.2	✓
Plain	1258	299	6.3	48.1	13.2	9.0	2.4	1.5	0.6	14.0	✓
Spiced Scones	1258	299	5.7	51.5	22.1	7.7	2.0	2.4	0.5	1.2	✓
Sultana Scones	1265	300	5.8	51.8	22.0	7.8	2.1	1.8	0.5	1.2	✓