

Storage Instructions – All Products : Store in a cool, dry, dark place.

Original Flapjack

Weight 60g

Ingredients: Wholegrain **Oatflakes (45%)**, Vegetable Fat Spread (Vegetable Oils, Water, Salt), Partially Inverted Refiners Syrup, Sugar.

Allergy Advice: For allergens, including cereals containing gluten, please see ingredients in **bold**.

May also contain nuts.

Suitable for Vegetarians.

Typical Nutritional Values	per 100g	per portion
Energy	475.5 kcal 1985.3 kj	297.2 kcal 1240.8 kj
Fat	25.8 g	16.1 g
of which saturates	8.7 g	5.4 g
of which polyunsaturates	4.9 g	3.1 g
Carbohydrates	53.0 g	33.1 g
of which sugars	27.6 g	17.3 g
Fibre	4.2 g	2.6 g
Protein	5.7 g	3.6 g
Salt	0.6 g	0.4 g

Cherry & Almond Flapjack

Weight 60g



Ingredients: Wholegrain **Oatflakes (43%)**, Vegetable Fat Spread (Vegetable Oils, Water, Salt), Partially Inverted Refiners Syrup, Sugar, Cherries (4%) (Glucose–Fructose Syrup, Potassium Sorbate E202, Citric Acid E330, Erythrosine E127, **Sulphur** Dioxide E220), **Almonds (1.5%)**, **Almond** Natural Flavouring (Natural Flavouring Substances, Water, Vegetable Oil (Sunflower), Thickener (Xanthan Gum), Acidity Regulator (Citric acid), Preservative (Potassium Sorbate)).

Allergy Advice: For allergens, including cereals containing gluten, please see ingredients in **bold**.

CONTAINS NUTS.

Suitable for Vegetarians.

Typical Nutritional Values	per 100g	per portion
Energy	470.6 kcal 1965.4 kj	305.9 kcal 1277.5 kj
Fat	25.5 g	16.6 g
of which saturates	8.4 g	5.5 g
of which polyunsaturates	4.9 g	3.2 g
Carbohydrates	52.5 g	34.1 g
of which sugars	27.4 g	17.8 g
Fibre	4.2 g	2.7 g
Protein	5.8 g	3.8 g
Salt	0.6 g	0.4 g

Storage Instructions – All Products : Store in a cool, dry, dark place.

Chocolate Chip Flapjack

Weight 60g

Ingredients: Wholegrain **Oatflakes** (44%), Vegetable Fat Spread (Vegetable Oils, Water, Salt), Partially Inverted Refiners Syrup, Sugar, Plain Chocolate Chips (4%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**Soya** Lecithin), Natural Vanilla Flavouring).

Allergy Advice: For allergens, including cereals containing gluten, please see ingredients in **bold**.

May also contain nuts.

Suitable for Vegetarians.

Typical Nutritional Values	per 100g	per portion
Energy	484.7 kcal 2021.8 kj	302.9 kcal 1263.6 kj
Fat	27.6 g	17.2 g
of which saturates	9.6 g	6.0 g
of which polyunsaturates	5.0 g	3.2 g
Carbohydrates	50.8 g	31.7 g
of which sugars	24.9 g	15.6 g
Fibre	4.5 g	2.8 g
Protein	5.9 g	3.7 g
Salt	0.6 g	0.4 g

Fruity Flapjack

Weight 70g

Ingredients: Base (83%): Wholegrain **Oatflakes**(42%), Vegetable Fat Spread (Vegetable Oils, Water, Salt), Partially Inverted Refiners Syrup, Sugar.

Topping : Apricot Jam (14%) (Glucose Syrup, Sugar Syrup, Concentrated Apricot Puree, Water, Acidity Regulator (Citric Acid), Gelling Agent (Pectin), Natural Flavouring, Preservative (Potassium Sorbate)), Sweetened Dried Cranberries (2%)(Cranberries, Sugar, Sunflower Oil), White Chocolate: Sugar, Cocoa Butter, Whole **Milk** Powder, Emulsifier : **Soya** Lecithin, Natural Vanilla Flavouring, Plain Chocolate Chips (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**Soya** Lecithin), Natural Vanilla Flavouring), Pumpkin Seeds (1%).

Allergy Advice: For allergens, including cereals containing gluten, please see ingredients in **bold**.

May also contain nuts.

Suitable for Vegetarians.

Typical Nutritional Values	per 100g	per portion
Energy	458.0 kcal 1912.7 kj	320.6 kcal 1338.9 kj
Fat	23.5 g	16.4 g
of which saturates	8.1 g	5.7 g
of which polyunsaturates	4.3 g	3.0 g
Carbohydrates	54.5 g	38.2 g
of which sugars	29.3 g	20.5 g
Fibre	4.1 g	2.9 g
Protein	5.3 g	3.7 g
Salt	1.3 g	0.9 g

Storage Instructions – All Products : Store in a cool, dry, dark place.

Triple Chocolate Brownie



Weight 60g

Ingredients: White Sugar, Vegetable Fat Spread (Vegetable Oils, Water, Salt), Blended Chocolate Flavour (Sugar, Vegetable Oil, Whey Powder (**Milk**), Fat reduced Cocoa Powder (6%), Emulsifier (**Soya** Lecithin), Flavouring), Egg, **Wheat** Flour, Plain Chocolate Chips (2%) (Sugar, Cocoa Mass (33.0%), Cocoa Butter (8.0%), Emulsifier (**Soya** Lecithin <1%), natural vanilla flavouring), White Chocolate Chunks (2%) (Sugar, Cocoa Butter, Full cream **Milk** Powder, Whey Powder, Vegetable oils, Emulsifier (**Soya** Lecithin), Vanilla Flavour),

Allergy Advice: For allergens, including cereals containing gluten, please see ingredients in **bold**.

May also contain Nuts.

Suitable for Vegetarians.

Typical Nutritional Values	per 100g	per portion
Energy	471.3 kcal	282.8 kcal
	1965.7 kj	1179.4 kj
Fat	28.3 g	17.0 g
of which saturates	14.4 g	8.6 g
of which polyunsaturates	3.0 g	1.8 g
Carbohydrates	46.4 g	27.9 g
of which sugars	38.4 g	23.0 g
Fibre	2.0 g	1.2 g
Protein	5.4 g	3.3 g
Salt	0.5 g	0.3 g

Caramel Shortbread

Weight 70g

Ingredients:

Shortbread (50%) - Fortified **Wheat** Flour, 70% Vegetable Fat Spread (Vegetable Oils, Water, Salt, **Buttermilk** powder, Preservative (Potassium Sorbate), Emulsifier (mono- diglycerides of fatty acids), Citric Acid, Flavourings, Vitamin A and D, Colour (Carotenes), Sugar.

Caramel (35%) - Sweetened Condensed Milk (Full Cream **Milk**, Sugar), Sugar, Vegetable Fat Spread (Vegetable Oils, Water, Salt), Partially Inverted Refiners Syrup.

Blended Chocolate Flavour Coating (15%) - Sugar, Vegetable Oil, Whey Powder (**Milk**), Fat reduced Cocoa Powder (11%), Emulsifier (**Soya** Lecithin), Flavouring.

Allergy Advice: For allergens, including cereals containing gluten, please see ingredients in **bold**.

May contain nuts.

Suitable for Vegetarians.

Typical Nutritional Values	per 100g	per portion
Energy	455.4 kcal	341.5 kcal
	1913.2 kj	1434.9 kj
Fat	23.4 g	17.6 g
of which saturates	10.2 g	7.7 g
of which polyunsaturates	0.8 g	0.6 g
Carbohydrates	56.1 g	42.1 g
of which sugars	37.9 g	28.4 g
Fibre	0.9 g	0.6 g
Protein	5.2 g	3.9 g
Salt	0.4 g	0.3 g

Storage Instructions – All Products : Store in a cool, dry, dark place.

Rocky Road

Crushed biscuit pieces bound together with chocolate and marshmallow.

Weight 65g

Ingredients: Biscuit Pieces (41%) (**Wheat** Flour, **Wholemeal Flour**, Vegetable Oils, Sugar, Invert Sugar Syrup, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Salt), Blended Chocolate Flavour (37%) (Sugar, Vegetable Oil, Whey Powder (**Milk**), Fat reduced Cocoa Powder, Emulsifier (**Soya** Lecithin), Flavouring), Vegetable Fat Spread (Vegetable Oils, Water, Salt), Cocoa Powder, Marshmallows (4%) (Glucose-fructose Syrup, Sugar, Water, Gelatine, Anti-Caking Agent: Maize Starch, Natural Flavour, Colour: E162), White Chocolate (Sugar, Cocoa Butter, Whole **Milk** Powder, Emulsifier(**Soya** Lecithin), Natural Vanilla Flavouring).

Typical Values per 100g		Per portion	
Energy	570.5 kcal 2378.1 kj	356.5 kcal 1486.3 kj	
Fat	36.0 g	22.5 g	
of which saturates	18.3 g	11.4 g	
of which polyunsaturates	7.4 g	4.6 g	
Carbohydrates	56.8 g	35.5 g	
of which sugars	31.2 g	19.5 g	
Fibre	1.4 g	0.9 g	
Protein	5.6 g	3.5 g	
Salt	0.4 g	0.3 g	

Allergy Advice: For allergens, including cereals containing gluten, please see ingredients in **bold**.

May also contain nuts.

NOT suitable for Vegetarians.

Yoghurt & Cranberry Tiffin

Crushed biscuit pieces bound together with yoghurt flavoured drops and cranberries.

Weight 60g

Ingredients: Biscuit Pieces (53%) (Fortified **Wheat** Flour, Wholemeal Flour, Vegetable Oils, Sugar, Invert Sugar Syrup, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Salt), Yoghurt Drops (19%)(Sugar, Palm Oil, Whey **Milk** Powder, Fortified **Wheat** Flour, Skimmed **Milk** Yoghurt Powder, Emulsifier : **Soya** Lecithin), Vegetable Fat Spread (Vegetable Oils, Water, Salt), Sweetened Dried Cranberries (4.5%) (Cranberries, Sugar, Sunflower Oil, Partially Inverted Refiners Syrup).

Typical Values per 100g		Per portion	
Energy	561.9 kcal 2344.9 kj	337.1 kcal 1407.0 kj	
Fat	33.0 g	19.8 g	
of which saturates	16.6 g	10.0 g	
of which polyunsaturates	7.2 g	4.3 g	
Carbohydrates	62.0 g	37.2 g	
of which sugars	33.7 g	20.2 g	
Fibre	1.6 g	0.9 g	
Protein	5.4 g	3.2 g	
Salt	0.6 g	0.4 g	

Allergy Advice: For allergens, including cereals containing gluten, please see ingredients in **bold**.

May also contain nuts.

Storage Instructions: Store in a cool dry place.

Suitable for Vegetarians.

Storage Instructions – All Products : Store in a cool, dry, dark place.

We are committed to using sustainably sourced palm oil and no genetically modified ingredients.

Rich Fruit Cake



Weight **80g**

Ingredients: Mixed Fruit with Peel (Sultanas, Raisins, Currants, Mixed Peel (Orange & Lemon), Glucose-Fructose Syrup, Sugar, Citric Acid E330, **Sulphur Dioxide**), **Wheat** Flour, Sugar, Vegetable Fat Spread (Vegetable Oils, Water, Salt), Free Range **Eggs**, Cherries (Glucose–Fructose Syrup, Potassium Sorbate E202, Citric Acid E330, Erythrosine E127, **Sulphur Dioxide** E220), **Almonds**, Apple Juice, Brandy, Cane Molasses (Partially Inverted Sugar Syrup. Sucrose, Invert Sugar, Mineral matter, Organic Non-Sugars), Lemon Oil, Orange Oil, Mixed Spices (Cinnamon, Coriander, Ginger, Allspice, Nutmeg, Cloves),

Typical Nutritional Values	per 100g	per portion
Energy	351.5 kcal 1480.7 kj	281.2 kcal 1184.5 kj
Fat	11.3 g	9.0 g
of which saturates	3.6 g	2.9 g
of which polyunsaturates	1.9 g	1.5 g
Carbohydrates	58.9 g	47.2 g
of which sugars	46.0 g	36.8 g
Fibre	1.9 g	1.5 g
Protein	3.8 g	3.0 g
Salt	0.3 g	0.2 g

Allergy Advice: For allergens, including cereals containing gluten, please see ingredients in **bold**.

Contains NUTS.

Suitable for Vegetarians.

Gluten Free Original Flapjack

Weight **60g**

Ingredients: Gluten Free Oatflakes, Vegetable Fat Spread (Vegetable Oils, Water, Salt), Partially Inverted Refiners Syrup, Sugar.

Allergy Advice: For allergens please see ingredients in **bold**.

May contain nuts.

Made using Non-Gluten containing ingredients. In manufacturing this product, strict measures have been taken to minimise cross-contamination with gluten-containing foods. Please contact us if you are at all concerned.

Typical Nutritional Values	per 100g	per portion
Energy	475.1 kcal 1986.3 kj	475.1 kcal 1986.3 kj
Fat	24.8 g	24.8 g
of which saturates	8.5 g	8.5 g
of which polyunsaturates	4.5 g	4.5 g
Carbohydrates	55.0 g	55.0 g
of which sugars	27.7 g	27.7 g
Fibre	4.5 g	4.5 g
Protein	5.8 g	5.8 g
Salt	0.6 g	0.6 g

Suitable for Vegetarians.

Storage Instructions – All Products : Store in a cool, dry, dark place.

Storage Instructions – All Products : Store in a cool, dry, dark place.

Gluten Free Cherry & Almond Flapjack

Weight 60g

Ingredients: Gluten Free Oatflakes, Vegetable Fat Spread (Vegetable Oils, Water, Salt), Partially Inverted Refiners Syrup, Sugar, Cherries (4%) (Glucose–Fructose Syrup, Potassium Sorbate E202, Citric Acid E330, Erythrosine E127, **Sulphur Dioxide** E220), **Almonds** (1%), **Almond** Natural Flavouring: Natural Flavouring Substances, Water, Vegetable Oil (Sunflower), Thickener (Xanthan Gum), Acidity Regulator (Citric acid), Preservative (Potassium Sorbate).

Allergy Advice: For allergens please see ingredients in **bold**.

Contains NUTS.

Made using Non-Gluten containing ingredients. In manufacturing this product, strict measures have been taken to minimise cross-contamination with gluten-containing foods. Please contact us if you are at all concerned.

Suitable for Vegetarians.

Typical Nutritional Values	per 100g	per portion
Energy	470.2 kcal 1966.3 kj	305.6 kcal 1278.1 kj
Fat	24.5 g	15.9 g
of which saturates	8.3 g	5.4 g
of which polyunsaturates	4.5 g	2.9 g
Carbohydrates	54.4 g	35.4 g
of which sugars	27.5 g	17.9 g
Fibre	4.4 g	2.9 g
Protein	5.9 g	3.8 g
Salt	0.6 g	0.4 g

Gluten Free Chocolate Chip Flapjack

Weight 60g

Ingredients: Gluten Free Oatflakes, Vegetable Fat Spread (Vegetable Oils, Water, Salt), Partially Inverted Refiners Syrup, Sugar, Plain Chocolate Chips (4%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**Soya** Lecithin), Natural Vanilla Flavouring).

Allergy Advice: For allergens please see ingredients in **bold**.

May contain nuts.

Made using Non-Gluten containing ingredients. In manufacturing this product, strict measures have been taken to minimise cross-contamination with gluten-containing foods. Please contact us if you are at all concerned.

Suitable for Vegetarians.

Typical Nutritional Values	per 100g	per portion
Energy	484.2 kcal 2022.7 kj	302.6 kcal 1264.2 kj
Fat	26.6 g	16.6 g
of which saturates	9.5 g	5.9 g
of which polyunsaturates	4.7 g	2.9 g
Carbohydrates	52.8 g	33.0 g
of which sugars	25.0 g	15.6 g
Fibre	4.8 g	3.0 g
Protein	6.0 g	3.8 g
Salt	0.6 g	0.4 g

Storage Instructions – All Products : Store in a cool, dry, dark place.

Gluten Free Chocolate Brownie

Weight 60g



Ingredients: White Sugar, Vegetable Fat Spread (Vegetable Oils, Water, Salt), Blended Chocolate Flavour (Sugar, Vegetable Oil, Whey Powder (**Milk**), Fat reduced Cocoa Powder (6%), Emulsifier (**Soya** Lecithin), Flavouring), Egg, Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Plain Chocolate Chips (2%) (Sugar, Cocoa Mass (33.0%), Cocoa Butter (8.0%), Emulsifier (**Soya** Lecithin <1%), natural vanilla flavouring), White Chocolate Chunks (2%) (Sugar, Cocoa Butter, Full cream **Milk** Powder, Whey Powder, Vegetable oils, Emulsifier (**Soya** Lecithin), Vanilla Flavour),

Typical Nutritional Values	per 100g	per portion
Energy	470.2 kcal	282.1 kcal
	1961.3 kj	1176.8 kj
Fat	28.3 g	17.0 g
of which saturates	14.5 g	8.7 g
of which polyunsaturates	3.0 g	1.8 g
Carbohydrates	46.7 g	28.0 g
of which sugars	37.4 g	22.5 g
Fibre	1.7 g	1.0 g
Protein	5.1 g	3.0 g
Salt	0.5 g	0.3 g

Allergy Advice: For allergens please see ingredients in **bold**.

May contain nuts.

Made using Non-Gluten containing ingredients. In manufacturing this product, strict measures have been taken to minimise cross-contamination with gluten-containing foods. Please contact us if you are at all concerned.

Suitable for Vegetarians.

Storage Instructions – All Products : Store in a cool, dry, dark place.

Victoria Sandwich

Weight 540g



Ingredients: **Wheat** Flour, Sugar, Vegetable Fat Spread (Vegetable Oils, Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids/**Soya** Lecithin, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate, Butter**milk**, Colours: Carotenes/Annatto/Curcumin, Flavourings, Vitamins A, D), Free Range **Eggs**, Raising Agents (E450/E500),

Strawberry Jam (7%) Glucose Syrup, Sugar, Strawberries, Gelling Agent: Pectin, Colours: Anthocyanin/Carotene, Strawberry Flavouring, Acidity Regulator: Citric Acid/Trisodium Citrate

Vanilla Flavour Frosting (20%) Icing Sugar (with Anti-caking agent - E341), Vegetable Fat Spread (Vegetable Oils, Water, Salt), Vanilla flavouring (Flavouring components: flavouring substances, flavouring preparations. Water, Propylene Glycol, Caramel Sugar Syrup; Thickener: Xanthan Gum; Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate).

Allergy Advice: For allergens, including cereals containing gluten, please see ingredients in **bold**.

May also contain nuts.

Suitable for Vegetarians.

Nutritional Analysis - Typical Values	per 100g	per 1\8th cake (67g)
Energy	402.1 kcal 1689.0 kj	271.4 kcal 1140.1 kj
Fat	20.8 g	14.1 g
of which saturates	6.6 g	4.5 g
of which polyunsaturates	1.9 g	1.3 g
Carbohydrates	49.6 g	33.5 g
of which sugars	35.5 g	23.9 g
Fibre	0.8 g	0.6 g
Protein	4.2 g	2.8 g
Salt	0.8 g	0.6 g

Coffee Sandwich

Weight 540g

Ingredients: **Wheat** Flour, Sugar, Vegetable Fat Spread (Vegetable Oils, Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids/**Soya** Lecithin, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate, Butter**milk**, Colours: Carotenes/Annatto/Curcumin, Flavourings, Vitamins A, D), Free Range **Eggs**,), Coffee Flavouring (Colour: Plain Caramel, Water, Chicory Instant Powder, Propylene Glycol, Antioxidant; Ascorbic Acid), Raising Agents (E450/E500).

Coffee Flavour Frosting (23%) Icing Sugar, Vegetable Fat Spread (Vegetable Oils, Water, Salt), Coffee Flavouring (Colour: Plain Caramel, Water, Chicory Instant Powder, Propylene Glycol, Antioxidant; Ascorbic Acid).

Allergy Advice: For allergens, including cereals containing gluten, please see ingredients in **bold**.

May also contain nuts.

Suitable for Vegetarians.

Nutritional Analysis - Typical Values	per 100g	per 1\8th cake (67g)
Energy	410.5 kcal 1724.7 kj	277.1 kcal 1164.2 kj
Fat	22.2 g	15.0 g
of which saturates	7.1 g	4.8 g
of which polyunsaturates	2.0 g	1.3 g
Carbohydrates	48.3 g	32.6 g
of which sugars	33.9 g	22.9 g
Fibre	0.8 g	0.6 g
Protein	4.4 g	3.0 g
Salt	0.9 g	0.6 g

Storage Instructions – All Products : Store in a cool, dry, dark place.

Chocolate Sandwich

Weight 540g

Ingredients: Sugar, Vegetable Fat Spread (Vegetable Oils, Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids/**Soya** Lecithin, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate, **Buttermilk**, Colours: Carotenes/Annatto/Curcumin, Flavourings, Vitamins A, D), Free Range **Eggs**, **Wheat** Flour, Cocoa Powder, Raising Agents (E450/E500).

Chocolate Flavour Frosting (23%) Icing Sugar, Vegetable Fat Spread (Vegetable Oils, Water, Salt), Cocoa.

Allergy Advice: For allergens, including cereals containing gluten, please see ingredients in **bold**.

May also contain nuts.

Suitable for Vegetarians.

Nutritional Analysis - Typical Values	per 100g	per 1\8th cake (67g)
Energy	431.3 kcal 1810.2 kj	291.1 kcal 1221.9 kj
Fat	24.0 g	16.2 g
of which saturates	7.9 g	5.3 g
of which polyunsaturates	2.2 g	1.5 g
Carbohydrates	47.8 g	32.3 g
of which sugars	34.2 g	23.1 g
Fibre	1.3 g	0.9 g
Protein	4.9 g	3.3 g
Salt	0.9 g	0.6 g

Storage Instructions – All Products : Store in a cool, dry, dark place.

All Butter Shortbread

Weight 140g



Ingredients: **Wheat** Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Butter (33%) (Cream (**Milk**), Salt, Water), Sugar

Allergy Advice: For allergens, including cereals containing gluten, please see ingredients in **bold**.

May also contain nuts.

Suitable for Vegetarians.

Typical value per 100g	
Energy	506kcal 2112kJ
Fat	29.1g
Of which saturates	19.0g
Polyunsaturates	1.1g
Carbohydrates	54.9g
Of which sugars	18.4g
Fibre	1.7g
Protein	5.6g
Salt	0.5g

All Butter Chocolate Chip Shortbread

Weight 140g



Ingredients: **Wheat** Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Butter (28%) (Cream (**Milk**), Salt, Water), Plain Chocolate Chips (14%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: **Soya** Lecithin, Natural Vanilla Flavouring), Sugar

Allergy Advice: For allergens, including cereals containing gluten, please see ingredients in **bold**.

May also contain nuts.

Suitable for Vegetarians.

Typical value per 100g	
Energy	551kcal 2305kJ
Fat	29g
Of which saturates	18.7g
Polyunsaturates	1.1g
Carbohydrates	66.2g
Of which sugars	34.5g
Fibre	2.4g
Protein	5.4g
Salt	0.5g

All Butter Lemon Shortbread

Weight 140g

Ingredients: **Wheat** Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Butter (33%) (Cream (**Milk**), Salt, Water), Sugar, Lemon Oil

Allergy Advice: For allergens, including cereals containing gluten, please see ingredients in **bold**.

May also contain nuts.

Suitable for Vegetarians.

Typical value per 100g	
Energy	506kcal 2112kJ
Fat	29.1g
Of which saturates	19.0g
Polyunsaturates	1.1g
Carbohydrates	54.9g
Of which sugars	18.4g
Fibre	1.7g
Protein	5.6g
Salt	0.5g

Storage Instructions – All Products : Store in a cool, dry, dark place.

All Butter Ginger Biscuits



With Real Ginger Pieces

Weight 140g

Ingredients: **Wheat** Flour (with Raising Agents (E500, E341), Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Butter 13% (Cream (**Milk**), Salt, Water), Golden Syrup, Free Range **Eggs**, Crushed Stem Ginger in Syrup 4.5% (Stem Ginger, Sugar, Water, Preservative: **Sulphur** Dioxide), Bicarbonate of Soda, Ground Ginger

Allergy Advice: For allergens, including cereals containing gluten, please see ingredients in **bold**.

May also contain nuts.

Suitable for Vegetarians.

Typical value per 100g	
Energy	454kcal 1914kJ
Fat	13.3g
Of which saturates	8.1g
Polyunsaturates	0.6g
Carbohydrates	76.1g
Of which sugars	39.9g
Fibre	3.7g
Protein	6.2g
Salt	0.6g

Oat Crunchies



Weight 140g

Ingredients: **Oats** (22%), **Wheat** Flour (with Raising Agents (E500, E341), Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Vegetable Fat Spread (Vegetable Oils, Water, Salt, Butter**milk**, Preservative: Potassium Sorbate, Emulsifier: Mono-diglycerides of Fatty Acids, Citric Acid, Flavourings, Colour: Vitamin A & D, Carotenes), Butter (Cream (**Milk**), Salt, Water), Golden Syrup, Bicarbonate of Soda

Allergy Advice: For allergens, including cereals containing gluten, please see ingredients in **bold**.

May also contain nuts.

Suitable for Vegetarians.

Typical value per 100g	
Energy	405kcal 1703kJ
Fat	19.9g
Of which saturates	8.9g
Polyunsaturates	1.4g
Carbohydrates	50.7g
Of which sugars	21.2g
Fibre	3.3g
Protein	5.7g
Salt	0.7g

Storage Instructions – All Products : Store in a cool, dry, dark place.

GLUTEN FREE Oat Crunchies

Weight 140g

Ingredients: Gluten Free Oats (22%), Sugar, Gluten Free Flour Blend ((Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono Calcium Phosphate, Sodium Bicarbonate), Xanthan Gum) Partially Inverted Refiners Syrup, Vegetable Fat Spread (Vegetable Oils, Water, Salt, Butter~~milk~~, Preservative: Potassium Sorbate, Emulsifier: Mono-diglycerides of Fatty Acids, Citric Acid, Flavourings, Colour: Carotenes, Vitamin A & D), Butter (Cream (~~Milk~~), Salt, Water), Bicarbonate of Soda

Typical value per 100g	
Energy	409kcal 1721kJ
Fat	119.6g
Of which saturates	9.0g
Polyunsaturates	1.1g
Carbohydrates	54.2g
Of which sugars	21.8g
Fibre	2.5g
Protein	4.5g
Salt	0.8g

Allergy Advice: For allergens, including cereals containing gluten, please see ingredients in **bold**.

Made using Non-Gluten containing ingredients. In manufacturing this product steps have been taken to minimise cross-contamination with gluten-containing foods. Please contact us if you are at all concerned.

May also contain nuts.

Suitable for Vegetarians.

GLUTEN FREE Chocolate Orange Oat Crunchies

Weight 140g

INGREDIENTS

Ingredients: Gluten Free Oats (22%), Gluten Free Flour Blend ((Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono Calcium Phosphate, Sodium Bicarbonate), Xanthan Gum), Sugar, Butter (Cream (~~Milk~~), Salt, Water), Partially Inverted Refiners Syrup, Vegetable Fat Spread (Vegetable Oils, Water, Salt, Butter~~milk~~, Preservative: Potassium Sorbate, Emulsifier: Mono-diglycerides of Fatty Acids, Citric Acid, Flavourings, Colour: Carotenes, Vitamin A & D), Plain Chocolate(8%) (Sugar, Cocoa Mass, Cocoa Butter, Vegetable Oils, Emulsifier ~~Soya~~ Lecithin, Natural Flavouring), Orange Oil,



Typical value per 100g	
Energy	417kcal 1753kJ
Fat	20.1g
Of which saturates	9.6g
Polyunsaturates	1.1g
Carbohydrates	54.7g
Of which sugars	24.9g
Fibre	2.8g
Protein	4.3g
Salt	0.7g

Allergy Advice: For allergens, including cereals containing gluten, please see ingredients in **bold**.

Made using Non-Gluten containing ingredients. In manufacturing this product steps have been taken to minimise cross-contamination with gluten-containing foods. Please contact us if you are at all concerned.

May also contain nuts.

Suitable for Vegetarians.