

PRODUCT	PER 100g OF PRODUCT							
	ENERGY (kJ)	ENERGY (kcal)	FAT (g)	SATURATES (g)	CARBOHYDRATE (g)	TOTAL SUGARS (g)	PROTEIN (g)	SALT (g)
<b>Rolls &amp; Breads</b>								
Bran Roll	1371	328	6.3	2.7	56.1	4.9	10	0.9
Cabin Roll	1301	310.9	4.9	2.3	56.5	6.8	9.1	1.5
Dark Fired Morning Roll	1317	314.8	3.4	1.3	58.4	0.5	11.7	1.2
Harvest Bran Roll	1362	326	6.3	2.1	55.5	4.9	10	0.9
Multiseed Loaf	1339	319.9	9.4	1.5	43.9	2.1	12.8	0.9
Softie Roll	1319	315.3	5.6	2.5	55.9	5.5	9.3	0.9
Traditional Morning Loaf	1317	314.8	3.4	1.3	58.4	0.5	11.7	1.2
Traditional Morning Roll	1317	314.8	3.4	1.3	58.4	0.5	11.7	1.2
Wholemeal Loaf	1142	272.9	2.6	0.7	49.3	1.7	9.8	1
<b>Freshly Baked Savouries</b>								
Bean & Potato Pie	676.4	161.7	7	2.7	18.6	0.5	5.7	1
Beef Sausage Roll	1230	310.6	18.9	9.5	27.7	0.5	6.9	1.9
Cheese & Onion Pasty	1426	341	21.3	11.6	30.1	1.8	6.7	1.2
Chicken Pie	1073	256.4	11	5.2	29.2	2.2	8.1	1.5
Large Steak Pie	1045	250	14.2	6.8	16.5	0.2	13.8	1.4
Macaroni Pie	993.3	237.4	11.1	5.9	26.4	2.8	7.7	1.4
Margherita Pizza Slice	1191	284.6	11.5	6.1	31.1	4.3	13.4	1.4
Medium Steak Pie	1135	271	15.7	7.6	18.7	0.2	13.5	1.3
Mince & Onion Bridie	1362	325.6	20.3	10.3	28.2	1.3	7.1	1.4
Pork Sausage Roll	1320	315.6	18.6	9.4	29.7	0.5	6.7	1.6
Scotch Pie	899.2	214.9	9.9	3.8	23.4	0.3	7.7	1.3
Steak Bake	1385	331	19.6	10	28.4	1.2	9.7	1.4
Shell Steak Pie	1013	242	10.5	4.3	25.9	1.4	10.4	1.3
Sweet & Spicy Chicken Pasty	1377	329.1	18.4	9.9	29.5	2.7	8.9	1.3
<b>Seasonal Savouries</b>								
Chicken & Haggis Pie	1251	299	15.4	7.2	27.9	2.2	9.1	1.7
Black Pudding & Bean Pie	923.3	220.7	12.4	5.4	19.2	1.2	7.6	1.4
Steak & Black Pudding Pie	1269	303.3	16.8	7.7	28	1.3	9.74	1.4
Black Pudding Sausage Roll	1444	345.1	22	11.1	31.3	0.7	5.2	1.8
Steak & Haggis Pie	1219	291.3	14.9	6.7	26.8	1.7	10.2	1.7
<b>Fresh Cream Cakes</b>								
<b>Small Cream Cakes</b>								
Apple Turnover	1681	401.8	28	15.7	34.2	10.4	3.5	0.7
Chocolate Éclair	1298	310.2	21.1	11.6	26.6	16.2	3.5	0.3
Cream Pancake	1437	343.5	19.1	9.3	38.2	16.2	4.4	0.5
Fudge Cream Doughnut	1519	363	16.8	8.4	46.8	19.6	5.7	1
Individual Trifle	935.8	223.7	11.7	6.5	27.5	20.2	2	0.4
Strawberry Tart	1571	375.5	17	7.5	51.7	21.1	3.4	0.3
Strawberry Turnover	1845	441	31.4	17.6	35.2	11.9	3.9	0.8

PER PRODUCT							
ENERGY (kJ)	ENERGY (kcal)	FAT (g)	SATURATES (g)	CARBOHYDRATE (g)	TOTAL SUGARS (g)	PROTEIN (g)	SALT (g)
918.7	219.6	4.2	1.8	37.6	3.3	6.7	0.6
1171	279.9	4.4	2.1	50.8	6.1	8.2	1.3
869.3	207.8	2.2	0.9	38.5	0.3	7.7	0.8
912.6	218.1	4.2	1.8	37.2	3.3	6.7	0.6
6157	1471.7	43.0	7.0	202.1	9.6	58.8	3.9
949.8	227	4	1.8	40.3	3.9	6.7	0.6
5795	1385.2	14.8	5.7	256.8	2.1	51.3	5.4
882	210.9	2.3	0.9	39.1	0.3	7.8	0.8
5139	1228.2	11.5	3.0	221.9	7.5	44.2	4.7
1285	307.2	13.4	5.2	35.3	0.9	10.7	2
1690	404	24.5	12.3	36	0.6	9	2.5
2167	518	32.4	17.7	45.8	2.8	10.2	1.8
1556	371.8	16	7.5	42.3	3.2	11.8	2.1
13161	3146	178.5	85.8	207.6	2.2	173.7	17.1
1391	332.4	15.6	8.3	37	3.9	10.7	2
1775	424.1	17.2	9	46.4	6.4	20	2.1
7375	1763	101.9	49.2	121.4	1.3	88	8.6
2357	563.3	35	17.7	48.7	2.3	12.3	2.4
1083	258.8	15.3	7.7	24.4	0.4	5.5	1.3
1223	292.3	13.4	5.2	31.8	0.3	10.4	1.8
2202	526.4	31.2	15.9	45.2	1.9	15.3	2.2
1600	382.4	16.6	7	41	2.6	16.5	2
2190	523.3	29.3	15.7	46.8	4.2	14.1	2
2202	526.2	27	12.7	49.2	3.9	15.9	3.1
1625	388.4	21.8	9.5	33.8	2.1	13.3	2.4
2005	479.2	26.6	12.1	44.2	2.1	15.4	2.1
1184	283	18	9.1	25.7	0.6	4.3	1.5
2145	512.7	26.2	11.7	47.2	2.9	18	3
2774	663	46.2	25.9	56.4	17.2	5.8	1.2
1246	297.8	20.3	11.1	25.6	15.5	3.3	0.3
1955	467.1	26	12.6	51.9	22.1	5.9	0.7
1974	471.9	21.8	11	60.9	25.4	7.4	1.3
1853	442.8	23.2	12.9	54.4	40	4	0.8
1053	251.6	11.4	5.0	34.6	14.1	2.3	0.2
2417	577.8	41.2	23.1	46.2	15.5	5.1	1.0

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	ENERGY (kj)	ENERGY (kcal)	FAT (g)	SATURATES (g)	CARBOHYDRATE (g)	TOTAL SUGARS (g)	PROTEIN (g)

<b>Large Cream Cakes</b>								
Large Strawberry Torten	1323	316.2	19.5	10.3	32	19.7	3.2	0.7
Large Trifle	943.3	225.5	11.7	6.5	27.8	20.2	2.1	0.4
Medium Strawberry Torten	1197	286.2	16.8	10.3	31.4	19.7	3.2	0.4
Medium Trifle	941.6	225.1	11.7	6.4	27.9	20.3	2.1	0.4
Strawberry Flan	1335	319	15.6	7.7	41.7	18.7	2.5	0.2
Strawberry Sponge	990.4	236.7	7.9	4.6	39.4	24.5	2.8	0.4

**Tea Breads & Iced Tea Breads**

<b>Tea Breads</b>								
Crumpet	1048	250.5	6.4	0.7	41.7	12.8	6	0.7
Fruit Scone	1300	310.8	7.7	3.5	53.5	19.5	5.9	0.9
Large Girdle Scone	1458	348.5	12.5	1.2	50.8	2	6.8	2.2
Pancake	1393	332.8	9.9	1.1	53.4	14.8	6.9	0.9
Potato Scone	759.4	181.5	2.8	1	34.8	0.4	3.7	1.6
Small Girdle Scone	1458	348.5	12.5	1.2	50.8	2	6.8	2.2
Wheaten Scone	1383	330.5	9.2	1	51.9	7.3	8.4	1

**Seasonal Tea Bread**

Hot Cross Bun	1269	303	5.8	2.6	54.4	15.7	7.9	0.8
Treacle Scone	1225	292.7	11.5	2.2	41.1	10.5	4.9	1.2

<b>Iced Tea Breads</b>								
Apple Danish	1328	317.3	5.4	2.7	59	24.5	6.5	0.7
Caramel Twist	1699	406	18.2	8.7	54.5	22.5	5.5	1
Caramel Yum Yum	1774	424	21.1	10.2	52.5	21.8	5.4	1.1
Fudge Custard Doughnut	1149	274.6	9.7	5.4	41.2	17.1	5.2	0.9
Pink Iced Doughring	1483	354.6	12.7	1.3	53.9	26.5	5.4	1.5
Sugar Doughring	1534	367	11.9	1.2	59	33.4	5.1	1.4
White Iced Doughring	1483	354.6	12.7	1.3	53.9	26.5	5.4	1.5
Yum Yum	1724	412	21.7	11.5	45.9	3.1	7.5	1.3

**Small Cakes & Large Cakes**

<b>Small Cakes</b>								
Apple Shell	993	237.4	9.1	4	31.6	6.1	3.2	0.5
Chocolate Crisp	1955	467.3	21	16.3	68.9	44.3	2.3	0.9
Custard Slice	1073	256.4	9.9	5.3	38	21.8	3.4	0.7
Empire Biscuit with jelly sweet	1975	472	19.8	7.8	68.6	35.8	4	0.5
French Cake with wafer flower	1411	337.3	6.4	2.3	67.4	52.4	2.5	0.6
Fruit Slice	974.8	233	8.7	4.4	35.5	22.3	3	0.5
Millionaire Shortbread	2099	501.7	25.2	15.4	63.9	39.9	4.1	0.4
Mr Blobby Biscuit	1905	455.4	16.6	6.6	72.6	46.3	3.4	0.4
Original Cup Cake	1678	401	18	3	55	40	4.8	0.8
Pineapple Cake	1755	419.4	16.1	8.1	64.8	40.4	3	0.3
Snowball	1502	359	9.7	2.1	65.8	43.9	3.6	0.7
Sous Lug	1626	388.5	11	4.4	68.4	43.3	3.5	0.7
Triple Chocolate Muffin	1672	399.7	19.1	3.4	49	34	5.2	0.8
Truffle	1673	399.8	18.1	11.8	55.6	39	4	0.8

<b>Large Cakes</b>								
Apple Flan	1265	302.4	13	5.2	39	14.1	3	0.3
Gingerbread	1588	379	13.7	1.9	59.5	30.4	5.9	0.3

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13629	3257	200.8	105.6	328.8	2.2.5	33.2	6.6
10857	2595	135.1	74.3	320.1	232.9	23.9	4.8
7807	1866	109.2	67	204.7	128.3	20.6	2.3
5706	1364	70.8	39	168.9	122.9	12.5	2.5
6476	1548	75.7	37.1	202	90.8	12.2	1.2
5101	1219	40.2	23.5	202.7	126	14.4	1.8

807.1	192.9	5.0	0.6	32.1	9.8	4.6	0.6
1001	239.3	5.9	2.7	41.2	15	4.6	0.7
2975	710.9	25.6	2.4	103.6	4.0	13.9	4.4
1003	240.0	7.1	0.8	38.4	10.7	5.0	0.7
303.8	72.6	1.1	0.4	13.9	0.2	1.5	0.6
1035	247.4	8.9	0.8	36.1	1.4	4.8	1.5
1162	277.6	7.7	0.8	43.6	6.2	7.1	0.8

799	191.0	3.7	1.7	34.1	9.9	5.0	0.5
979.7	234.1	9.2	1.7	32.9	8.4	3.9	1.0

1713	409.3	6.9	3.4	76.1	31.6	8.3	0.9
1666	398	17.8	8.6	53.4	22.1	5.4	1
1987	475	23.7	11.4	58.7	24.4	6.1	1.2
1436	343	12.1	6.7	51.5	21.3	6.4	1.1
964	231	8.3	0.9	35.3	17.2	3.5	1
1074	257	8.4	0.9	41.3	23.4	3.6	1
964	231	8.3	0.9	35.3	17.2	3.5	1
1448	346	18.2	9.7	38.5	2.6	6.3	1.1

1321	315.8	12.0	5.3	42.0	8.1	4.2	0.7
1369	327.1	14.7	11.4	48.3	31	1.6	0.6
1631	389.7	15.1	8.1	57.8	33.2	5.2	1.0
1580	377.6	15.9	6.3	54.9	28.6	3.2	0.4
1270	303.6	5.7	2.0	60.7	47.1	2.2	0.6
838.3	200.4	7.5	3.8	30.5	19.2	2.5	0.4
1805	431.4	21.6	13.3	54.9	34.0	3.5	0.4
1238	296.0	10.8	4.3	47.2	30.1	2.2	0.3
1543	369	16.5	2.8	50.5	36.6	4.4	0.7
1246	297.8	11.4	5.8	46.0	28.7	2.1	0.2
1457	348.3	9.4	2.1	63.8	42.5	3.4	0.7
975.2	233.1	6.6	2.6	41.0	26.0	2.1	0.4
1840	420	21	3.7	53.9	37.4	5.7	0.9
1138	271.9	12.3	8.0	37.8	26.5	2.8	0.5

6705	1603.0	69.2	27.4	206.9	74.6	15.8	1.6
5715	1366.0	49.2	6.9	214.2	109.4	21.2	1.0

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	ENERGY (kj)	ENERGY (kcal)	FAT (g)	SATURATES (g)	CARBOHYDRATE (g)	TOTAL SUGARS (g)	PROTEIN (g)

**Components Of Hot Filled Rolls**

Bacon (1 slice)	1281	306	21.7	4.8	3.3	0.3	35.4	5.8
Pork Link Sausage (1 sausage)	1081	258.2	18.2	6.9	5	0.1	18.7	2.3
Black Pudding (1 slice)	2081	497	43.2	21.6	18.2	1.6	9.9	2
Sliced Sausage (1 slice)	1110	265	14.9	6.1	12.6	0.4	19.5	2.6
Omelette (1 piece)	512	122.3	8.2	2.4	1.1	1	11.3	0.8

**Hot Filled Morning Rolls with Butter**

Bacon Roll (2 slices)	1473	352	15.7	5.8	38.2	0.4	16.9	2.5
Pork Link Sausage Roll (3 sausages)	1289	308.1	15.9	6.4	25.8	0.3	15	1.8
Black Pudding Roll (2 slices)	1747	418	24.5	11.9	39.3	0.9	9.7	1.5
Sliced Sausage Roll ((1 slice)	1319	315	14.2	6.1	31.4	0.5	14.8	1.9
Omelette (2 pieces)	963	230.1	10.8	4.3	22.6	0.8	10.2	1

**Hot Rolls**

Ham & Cheese Baguette Melt	1283	306.6	13.1	6.7	34.5	1	13	1.7
Pepperoni & Mozzarella Baguette Melt	1133	271	9.2	4.4	35.2	4.9	10.7	1.4
Beans, Bacon & Cheese Roll Melt	1275	304.8	14.4	7.8	29.2	2.7	13.8	1.4
Ham & Cheese Roll Melt	1421	339.7	17.5	9.6	28.6	0.3	16.5	1.6
Tuna Roll Melt	1222	292.1	12.3	3.8	29.7	4.1	14.3	1.3
Tomato & Cheese Roll Melt	1097	262.1	10.8	5.9	29.1	4.3	11.3	1
Pepperoni & Mozzarella Roll Melt	1231	294.2	11.1	5.2	34.3	4.9	13.1	1.3

**Soup**

Lentil	314	75	1.8	0.5	8.2	1.8	4.6	1
Hearty Vegetable Soup	160	38	0.2	0.1	5.9	0.1	2.1	0.58

**Tea & Hot Chocolate**

Hot Chocolate	367	80	1.6	1.1	12.8	11.7	3.5	0.1
Hot Chocolate with Cream	402	96	3.6	2.7	12.1	11.4	3.4	0.1
Hazelnut Hot Chocolate with Cream	469	112	3.3	2.2	16.9	16.1	3.1	0.1
Tetley Tea Large	3	0.7	0	0	0.2	0	0	0
Tetley Tea Regular	4	1	0	0	0.3	0	0	0
Twining's Tea Large	2	0.7	0	0	0	0	0	0
Twining's Tea Regular	3	1	0	0	0	0	0	0

**Freshly Ground Coffee**

Black Coffee Large	1.5	0.4	0	0	0	0	0	0
Black Coffee Regular	2	0.5	0	0	0	0	0	0
Cappuccino Large	167	40	1.4	0.9	4.1	4.1	2.8	0.1
Cappuccino Regular	157	38	1.3	0.8	3.9	3.9	2.5	0.1
Double Espresso	8	2	0.2	0.1	0	0	0.1	0
Espresso	8	2	0.2	0.1	0	0	0.1	0
Flat White (8oz)	136	32	1.2	0.8	3.1	3.1	2.4	0.1
Latte Large	165	39	1.4	0.9	3.8	3.8	2.9	0.1
Latte Regular	157	37	1.4	0.9	3.6	3.6	2.7	0.1
Mocha (12oz)	290	69	1.9	1.2	9.6	9.2	3.1	0.1
White Coffee Large	62	15	0.6	0.4	1.4	1.4	1.1	0
White Coffee Regular	62	15	0.6	0.4	1.4	1.4	1.1	0

**Celebration Cakes**

Chocolate 8"Round	1901	454.3	24.8	8.4	53.5	43.4	3.3	0.5
Chocolate 8"Square	1897	453.3	24.6	8.3	53.3	43.1	3.4	0.5
Sponge Sugar Paste 8"Round	1533	366.5	9	3.2	68.9	58.9	2.4	0.7
Sponge Sugar Paste 8"Square	1507	360.3	9.4	3	66.1	54.4	2.8	0.8

**Filled Rolls**

**Filled Morning Rolls**

Ham Salad	813	194.4	6.9	3.1	24.5	1.1	8.2	0.9
Cheese Salad	1088	260.1	13.7	7.6	23.5	1.1	10.3	0.9
Cheese Savoury Salad	1141	272.6	16.1	4.2	23.3	1.5	8.2	0.9
Chicken Mayonnaise Salad	1063	254	13.2	1.5	22.9	1.3	10.5	0.7
Chicken Tikka Salad	927.2	221.6	9.1	1.2	23.6	1.7	10.4	0.7
Egg Mayonnaise	970.3	231.9	12.1	1.8	22.6	1.1	7.8	0.8
Tuna Mayonnaise Salad	931.4	222.6	9.5	1.1	22.8	1.2	10.7	1

**Filled Bran Rolls**

Ham Salad	781	186.6	6.3	2.8	24.1	2.9	7.7	0.8
Cheese Salad	975.9	233.3	10.5	5.5	26	3.2	8	0.7
Cheese Savoury Salad	1161	277.4	17.2	4.7	22.5	3.3	7.4	0.8
Chicken Mayonnaise Salad	1083	258.8	14.3	2	22	3	10	0.6
Chicken Tikka Salad	947.3	226.4	10.2	1.7	22.8	3.3	9.8	0.6
Egg Mayonnaise	990.4	236.7	13.2	2.3	21.8	2.7	7.2	0.7
Tuna Mayonnaise Salad	951.5	227.4	10.6	1.6	21.9	2.9	10.1	0.9

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192.2	45.9	3.2	0.7	0.5	0.1	5.3	0.9
357	85.2	6	2.2	1.7	0.03	6.2	0.8
957	229	19.9	9.9	8.4	0.7	4.5	0.9
932	222.8	12.5	5.2	10.6	0.3	16.4	2.2
194.5	46.5	3.1	0.9	0.4	0.4	4.3	0.3

1576	377	16.8	6.2	40.9	0.5	18	2.7
2294	548.4	28.4	11.5	46	0.5	26.7	3.3
2149	514	30.2	14.7	48.3	1.1	12	1.8
2124	508	22.8	9.9	50.5	0.7	23.8	3.1
1492	356.7	16.7	6.7	35	1.2	15.9	1.5

2425	579.5	24.8	12.6	65.2	1.9	24.6	3.1
2368	566	19.3	9.1	73.5	10.1	22.3	2.9
2206	527.2	24.9	13.5	50.4	4.6	23.9	2.4
2160	516.4	26.6	14.5	43.5	0.5	25	2.4
2029	484.8	20.5	6.3	49.3	6.9	23.7	2.2
1876	448.3	18.4	10.1	49.8	7.3	19.4	1.8
1760	420.7	15.9	7.4	49	7	18.8	1.9

785	187	4.5	1.2	20.5	4.5	11.5	2.5
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815	195	4	2.6	29.9	28.3	8.4	0.3
1054	252	9.4	6.2	31.6	29.9	8.9	0.3
1323	316	9.4	6.2	47.6	45.3	8.9	0.3
14	3	0	0	1.0	0	0	0
14	3	0	0	1.0	0	0	0
10	3	0	0	0	0	0	0
10	3	0	0	0	0	0	0

6	1.5	0.1	0.1	0	0	0.1	0
6	1.5	0.1	0.1	0	0	0.1	0
542	130	4.5	2.9	13.3	13.2	9	0.3
404	96	3.3	2.1	10	10	6.5	0.2
808	192	6.6	0.1	20	20	0.1	0.4
3	1	0.1	0	0	0	0	0
295	71	2.6	1.7	6.7	6.7	5.1	0.2
645	154	5.6	3.6	15	15	11.2	0.4
502	120	4.4	2.8	11.6	11.6	8.7	0.3
1035	247	6.6	4.2	34.2	33	11.2	0.3
245	59	2.2	1.4	5.6	5.6	4.2	0.2
201	48	1.8	1.1	4.6	4.6	3.5	0.1

38023	9088	485.4	168.8	1065	865.2	66.1	10.3
40969	9792	531.3	180.2	1151	930.4	72.9	11
36325	8682	213.9	74.7	1632	1396	56.6	16.2
35711	8535	221.8	72	1866	1288	67	18.1

1350	322.6	11.4	5.1	40.7	1.8	13.7	1.5
1948	465.5	24.5	13.5	42.1	1.9	18.5	1.7
2087	498.9	29.4	7.7	42.7	3	15.1	1.6
1966	469.9	24.4	2.8	42.3	2.4	19.4	1.2
1697	405.6	16.6	2.2	43.3	3	19.1	1.3
1776	424.4	22.1	3.2	41.4	2	14.3	1.4
1704	407.4	17.4	2	41.7	2.2	19.7	1.8

1296	309.8	10.4	4.6	40	4.9	12.9	1.3
1688	403.5	18.1	9.5	45	5.5	13.8	1.2
2124	507.7	31.4	8.6	41.1	6.1	13.9	1.4
2003	478.8	26.4	3.7	40.8	5.5	18.3	1
1734	414.4	18.6	3.1	41.7	6	18	1.1
1812	433.2	24.1	4.1	39.9	5	13.2	1.2
1741	416.2	19.4	2.9	40.1	5.2	18.6	1.6

PRODUCT	PER 100g OF PRODUCT							
	ENERGY (kJ)	ENERGY (kcal)	FAT (g)	SATURATES (g)	CARBOHYDRATE (g)	TOTAL SUGARS (g)	PROTEIN (g)	SALT (g)

**Filled Granary Rolls**

Ham, Egg Mayonnaise & Tomato	936.7	223.9	11.9	2.2	20.4	2	9	0.8
Chicken & Bacon	1315	314.2	18.1	3.1	23.4	1.8	13.5	0.9
Ploughmans	1223	292.3	15.8	9	25.8	4.9	11	1.2
Sweet Chilli Chicken	790.7	189	5	2	25.1	6.3	10.5	1
Tuna Mayonnaise, Red Onion & Tomato Chutney	1021	244.1	11.1	1.5	24.2	3.9	10.5	0.9

**Filled Seeded Rolls**

Ham, Egg Mayonnaise & Tomato	1006	240.5	13.6	2.5	20.3	1.6	9.3	0.8
Chicken & Bacon	1409	336.8	20.4	3.5	23.5	1.4	14.2	0.9
Ploughmans	1301	310.9	17.6	9.4	26.1	4.6	11.3	1.2
Sweet Chilli Chicken	901.2	215.4	8	3.1	24.7	5.9	10.7	0.9
Tuna Mayonnaise, Red Onion & Tomato Chutney	1102	263.3	13	1.9	24.3	3.5	11	0.9

**Filled Baguettes**

Ham & Cheese	1179	282	11	5.6	33.4	1	12.6	1.6
Chicken Mayonnaise	973	233	11.6	1.1	22.8	1.6	8.6	0.7
Mexican Tuna	1137	272	13	1.1	26.4	1.5	11.3	1.5

**Filled Batons**

Chicken Mayonnaise	1351	323	19.8	2.2	23.3	1.6	12.3	0.6
Chicken Tikka	1167	279	14.2	1.8	24.3	2.1	12.2	0.7
Tuna Mayonnaise	1173	280.1	14.8	1.7	23.2	1.5	12.6	1.1

**Filled Softies**

Chicken Mayonnaise	1491	356.4	20.4	2.7	28.7	3.3	13.8	0.8
Egg Mayonnaise	1350	322.6	10.7	3.1	28.4	2.9	9.7	0.9
Tuna Mayonnaise	1290	308.4	14.8	2.1	28.6	3.1	14.1	1.2
Cheese Savoury	1610	384.8	24.8	6.8	29.4	3.8	10.3	1.1

PER PRODUCT							
ENERGY (kJ)	ENERGY (kcal)	FAT (g)	SATURATES (g)	CARBOHYDRATE (g)	TOTAL SUGARS (g)	PROTEIN (g)	SALT (g)

1855	443.3	23.4	4.3	40.4	3.9	17.6	1.7
2169	518.4	29.9	5.1	38.7	3	22.3	1.5
2251	537.9	29.1	16.5	47.5	8.9	20.2	2.2
1581	377.9	9.9	4	50.2	12.5	20.9	1.9
1808	432.1	19.6	2.6	42.9	6.8	18.6	1.6

1942	464.2	26.2	4.9	39.2	3.1	18	1.6
2255	538.9	32.7	5.6	37.5	2.3	22.7	1.4
2302	550.3	31.2	16.6	46.3	8.1	20.1	2.1
1793	428.6	16	6.2	49.2	11.7	21.3	1.9
1895	452.9	22.4	3.2	41.8	6	19	1.6

2228	532.5	20.8	10.6	63.1	1.8	23.8	3
2734	653	32.7	3.1	64.1	4.6	24.3	2.1
2695	644	30.8	2.6	62.4	3.4	26.8	3.7

2986	714	43.8	4.9	51.5	3.5	27.1	1.4
2579	616.4	31.5	4.1	53.8	4.6	26.9	1.5
2592	619.4	32.7	3.7	51.2	3.2	27.8	2.3

2132	509.6	29.2	4	41.1	4.7	19.7	1.1
1930	461.4	26.8	4.5	40.6	4.2	13.8	1.3
1845	441	21.1	3	40.8	4.5	20.2	1.8
2302	550.2	35.5	9.8	42	5.5	14.7	1.6

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