

## BREAD

| SPECIALITY LOAVES            | INGREDIENTS   | Allergens (Contains)                             | Allergens (May contain) | Shelf Life |
|------------------------------|---|--|-------------------------|------------|
| <b>CHEWY BROWN</b>           | Water, Campaillou Flour ( <b>Wheat Flour (Gluten)</b> ), <b>Rye Flour (Gluten)</b> , Fermented <b>Rye Flour (Gluten)</b> , <b>Wheat Gluten</b> , Toasted <b>Rye Malt Flour (Gluten)</b> , Burnt Sugar, <b>Wheat Malt Flour (Gluten)</b> , Flour Improver: Ascorbic Acid), Meteillou Flour ( <b>Wheat Flour (Gluten)</b> ), White Recasting, <b>Gluten</b> , Salt, <b>Rye Leaven (Gluten)</b> , <b>Rye Flour (Gluten)</b> , Ascorbic Acid), Yeast, Salt  | Cereals containing gluten:<br>Wheat, Rye         | Eggs, Milk, Sesame      | 2 days     |
| <b>CHEWY WHITE</b>           | Water, White Flour ( <b>Wheat Flour (Gluten)</b> ), Calcium Carbonate, Iron, Niacin, Thiamin), Traditional French <b>Wheat Flour (Gluten)</b> , Salt, Yeast, Light <b>Rye Flour (Rye Flour (Gluten)</b> ), L-Ascorbic Acid (E300), <b>Rye Malt Flour (Gluten)</b> ), Stoneground <b>Wheat Flour (Wheat Flour (Gluten)</b> ), <b>Wheat Gluten</b> , Malted <b>Wheat Flour (Gluten)</b> )   | Cereals containing gluten:<br>Wheat, Rye         | Soya                    | 2 days     |
| <b>STONEGROUND SOURDOUGH</b> | Stoneground <b>Wheat Flour (Wheat Flour (Gluten)</b> ), <b>Wheat Gluten</b> , Malted <b>Wheat Flour (Gluten)</b> ), Water, White Sour Starter (Traditional French <b>Wheat Flour (Gluten)</b> ), Water, Light <b>Rye Flour (Rye Flour (Gluten)</b> ), L-Ascorbic Acid (E300), <b>Rye Malt Flour (Gluten)</b> ), Stoneground <b>Wheat Flour (Wheat Flour (Gluten)</b> ), <b>Wheat Gluten</b> , Malted <b>Wheat Flour (Gluten)</b> ), <b>Rye Sour Starter (Light Rye Flour (Rye Flour (Gluten)</b> ), L-Ascorbic Acid (E300), <b>Rye Malt Flour (Gluten)</b> ), Water), Salt, Yeast | Cereals containing gluten:<br>Wheat, Rye         |                         | 2 days     |
| <b>WHITE SOURDOUGH</b>       | Water, White Flour ( <b>Wheat Flour (Gluten)</b> ), Calcium Carbonate, Iron, Niacin, Thiamin), Traditional French <b>Wheat Flour (Gluten)</b> , White Sour Starter (Traditional French <b>Wheat Flour (Gluten)</b> ), Water, Light <b>Rye Flour (Rye Flour (Gluten)</b> ), L-Ascorbic Acid (E300), <b>Rye Malt Flour (Gluten)</b> ), Stoneground <b>Wheat Flour (Wheat Flour (Gluten)</b> ), <b>Wheat Gluten</b> , Malted <b>Wheat Flour (Gluten)</b> ), Salt, Yeast  | Cereals containing gluten:<br>Wheat, Rye         | Soya                    | 2 days     |
| <b>FRENCH COB</b>            | White Flour ( <b>Wheat Flour (Gluten)</b> ), White Recasting, <b>Gluten</b> , <b>Barley Flour (Gluten)</b> , Ascorbic Acid), Water, Campaillou Flour ( <b>Wheat Flour (Gluten)</b> ), <b>Rye Flour (Gluten)</b> , Fermented <b>Rye Flour (Gluten)</b> , <b>Wheat Gluten</b> , Toasted <b>Rye Malt Flour (Gluten)</b> , Burnt Sugar, <b>Wheat Malt Flour (Gluten)</b> , Flour Improver: Ascorbic Acid), Salt, Yeast  | Cereals containing gluten:<br>Wheat, Rye, Barley |                         | 2 days     |

# Real

## PÂTISSERIE

|                                       |  |   |                           |        |
|---------------------------------------|--|---|---------------------------|--------|
| <b>MULTI-CEREAL</b>                   | White Flour ( <b>Wheat Flour (Gluten)</b> ), White Recasting, <b>Gluten</b> , <b>Barley Flour (Gluten)</b> , Ascorbic Acid), Water, Multicereal Concentrate ( <b>Sesame Seeds</b> , Sunflower Seeds, Brown Linseeds, Yellow Linseeds, <b>Rye Flour (Gluten)</b> , Oatmeal, <b>Barley Flour (Gluten)</b> , <b>Wheat Gluten</b> , <b>Wheat Flour (Gluten)</b> , Roasted <b>Barley Malt (Gluten)</b> , Malted <b>Wheat Flour (Gluten)</b> , Emulsifier (E472e), Flour Treatment Agent (E300)), Salt, Yeast                            | Cereals containing gluten: Wheat, Barley; Sesame, Oats  | Eggs, Milk, Soya          | 2 days |
| <b>HONEY &amp; SPELT</b>              | Honey and <b>Spelt Flour (Spelt Flour (Gluten)</b> , Wholemeal <b>Spelt Flour (Gluten)</b> , Sunflower Seeds, Coarsely-ground <b>Lupin Seeds</b> , <b>Sesame</b> , Course Wholemeal <b>Spelt (Gluten)</b> , <b>Spelt Flakes (Gluten)</b> , Baker's Honey, Salt, Sugar, Dextrose, Thickener (E412), <b>Barley Malt Extract (Gluten)</b> , Emulsifier (E472e), Acidity Regulators (R339, E340), Flavouring, Ascorbic Acid), Water, Yeast   | Cereals containing gluten: Spelt, Barley; Lupin; Sesame | Eggs, Milk, Mustard, Soya | 2 days |
| <b>FJORD</b>                          | Fjord Flour ( <b>Rye Flour (Gluten)</b> , <b>Wheat Flour (Gluten)</b> ), Sunflower Seeds, Toasted <b>Soy Grits</b> , Linseed, <b>Wheat Gluten</b> , Toasted <b>Rye Malt Flour (Gluten)</b> , Toasted <b>Barley Malt Flour (Gluten)</b> , Salt, Spices (Paprika, Chili, Pepper, Cumin, Turmeric, Ginger), Vegetables (Onion, Sweet Pepper, Garlic), Bouillon Powder (Salt, Flavour, Sal Ammoniac), Sugar, Herbs, Natural Flavour, <b>Wheat Malt Flour (Gluten)</b> , Ascorbic Acid, Smoke Flavour), Water, Rolled Oats, Salt, Yeast | Cereals containing gluten: Wheat, Rye, Barley; Soya     |                           | 2 days |
| <b>RYE SOURDOUGH</b>                  | Light <b>Rye Flour (Rye Flour (Gluten)</b> , L-Ascorbic Acid (E300), <b>Rye Malt Flour (Gluten)</b> ), Water, <b>Rye Sour Starter (Light Rye Flour (Rye Flour, L-Ascorbic Acid (E300), Rye Malt Flour)</b> , Water), Salt, Yeast   | Cereals containing gluten: Rye                          |                           | 2 days |
| <b>BRIOCHE</b>                        | Strong French <b>Wheat Flour (Wheat Flour (Gluten)</b> , <b>Wheat Gluten</b> , Ascorbic Acid), Pasteurised Whole <b>Egg</b> , <b>Butter (Milk)</b> , Granulated Sugar, Yeast, Salt   | Eggs; Cereals containing gluten: Wheat; Milk            | Mustard, Soya             | 2 days |
| <b>FOCACCIA Herb</b>                  | Strong French <b>Wheat Flour (Wheat Flour (Gluten)</b> , <b>Wheat Gluten</b> , Ascorbic Acid), Water, Extra Virgin Olive Oil, Dried Thyme, Salt, Yeast   | Cereals containing gluten: Wheat                        |                           | 2 days |
| <b>FOCACCIA Green and Black Olive</b> | Strong French <b>Wheat Flour (Wheat Flour (Gluten)</b> , <b>Wheat Gluten</b> , Ascorbic Acid), Water, Extra Virgin Olive Oil, Green Olives (Green Olives, Brine, Sunflower Oil, Herbs de Provence, Citric Acid), Black Olives (Black Olives, Salt, Sunflower Oil, Thyme), Dried Thyme, Salt, Yeast   | Cereals containing gluten: Wheat                        |                           | 2 days |
| <b>FOCACCIA Cheese and Red Onion</b>  | Strong French <b>Wheat Flour (Wheat Flour (Gluten)</b> , <b>Wheat Gluten</b> , Ascorbic Acid), Water, Emmental Cheese (Pasteurised Cows <b>Milk</b> , Salt, Starter, Vegetarian Rennet, Potato Starch), Red  | Cereals containing gluten: Wheat; Milk                  |                           | 2 days |

Onion, Extra Virgin Olive Oil, Dried Rosemary, Salt, Yeast

**CIABATTA**

White Flour (**Wheat Flour (Gluten)**), Calcium Carbonate, Iron, Niacin, Thiamin, **Gluten**, Fungal Alpha Amylase), Water, Salt, Yeast, Extra Virgin Olive Oil

Cereals containing gluten: Wheat

Soya

2 days

## SANDWICH LOAVES

**WHITE**

White Flour (**Wheat Flour (Gluten)**), Calcium Carbonate, Iron, Niacin, Thiamin, **Gluten**, Fungal Alpha Amylase), Water, Bread Fat (Palm Oil), Salt, Yeast, Improver (**Gluten**)

Cereals containing gluten: Wheat

Milk, Soya

2 days

**WHOLEMEAL**

Wholemeal Flour (**Wheat Flour (Gluten), Gluten**), Water, Yeast, Bread Fat (Palm Oil), Salt, Improver (**Gluten**)

Cereals containing gluten: Wheat

Milk, Soya

2 days

**WHOLEMEAL SEEDED**

Wholemeal Flour (**Wheat Flour (Gluten), Gluten**), Water, Yeast, Bread Fat (Palm Oil), Salt, Improver (**Gluten**), Sunflower Kernels, Poppy Seeds, Organic Hulled Millet Seeds, Pumpkin Seeds, Golden Linseeds, Brown Linseeds

Cereals containing gluten: Wheat

(Tree) Nuts, Celery, Gluten, Lupin, Milk, Mustard, Peanut, Sesame, Soya, Sulphites

2 days

**LIGHTGRAIN**

White Flour (**Wheat Flour (Gluten)**), Calcium Carbonate, Iron, Niacin, Thiamin, **Gluten**, Fungal Alpha Amylase), Water, Malted Concentrate (Malted **Wheat Flakes (Gluten)**, **Wheat Flour (Gluten)**, Malted **Barley (Gluten)**), Yeast, Bread Fat (Palm Oil), Salt, Improver (**Gluten**)

Cereals containing gluten: Wheat, Barley

Milk, Soya

2 days

## BAGUETTES

**WHITE BAGUETTE**

White Flour (**Wheat Flour (Gluten)**), White Recasting, **Gluten**, **Barley Flour (Gluten)**, Ascorbic Acid), Water, Salt, Yeast, Improver (**Gluten**)

Cereals containing gluten: Wheat, Barley

Milk, Soya

2 days

# Real

## PÂTISSERIE

|  |   |   |   |        |
|--|---|---|---|--------|
| <b>WHITE BAGUETTE WITH SUNFLOWER SEEDS</b> | White Flour ( <b>Wheat Flour (Gluten)</b> ), White Recasting, <b>Gluten</b> , <b>Barley Flour (Gluten)</b> , Ascorbic Acid), Water, Salt, Yeast, Improver ( <b>Gluten</b> ), Pasteurised Whole <b>Egg</b> , Sunflower Kernels   | Eggs; Cereals containing gluten: Wheat, Barley    | (Tree) Nuts, Milk, Mustard, Sesame, Soya, Sulphites | 2 days |
| <b>WHITE BAGUETTE WITH POPPY SEEDS</b>     | White Flour ( <b>Wheat Flour (Gluten)</b> ), White Recasting, <b>Gluten</b> , <b>Barley Flour (Gluten)</b> , Ascorbic Acid), Water, Salt, Yeast, Improver ( <b>Gluten</b> ), Poppy Seeds, Pasteurised Whole <b>Egg</b>  | Eggs; Cereals containing gluten: Wheat, Barley    | Milk, Mustard, Soya                                 | 2 days |
| <b>TRADITIONAL BAGUETTE</b>                | Water, White Flour ( <b>Wheat Flour (Gluten)</b> ), Calcium Carbonate, Iron, Niacin, Thiamin), Traditional French <b>Wheat Flour (Gluten)</b> , White Sour Starter (Traditional French <b>Wheat Flour (Gluten)</b> , Water, Light <b>Rye Flour (Rye Flour (Gluten))</b> , L-Ascorbic Acid (E300), <b>Rye Malt Flour (Gluten)</b> ), Stoneground <b>Wheat Flour (Wheat Flour (Gluten))</b> , <b>Wheat Gluten</b> , Malted <b>Wheat Flour (Gluten)</b> ), Salt, Yeast   | Cereals containing gluten: Wheat, Rye             | Soya  | 3 days |
| <b>SOFT BAGUETTE</b>                       | White Flour ( <b>Wheat Flour (Gluten)</b> ), Calcium Carbonate, Iron, Niacin, Thiamin, <b>Gluten</b> , Fungal Alpha Amylase), Water, Improver ( <b>Gluten</b> ), Yeast, Pasteurised Whole <b>Egg</b>  | Eggs; Cereals containing gluten: Wheat            | Milk, Mustard, Soya                                 | 2 days |
| <b>ROLLS AND BAPS</b>                      |   |   |   |        |
| <b>BURGER BUN/GOURMET HOT DOG BUNS</b>     | White Flour ( <b>Wheat Flour (Gluten)</b> ), Calcium Carbonate, Iron, Niacin, Thiamin, <b>Gluten</b> , Fungal Alpha Amylase), Water, Campaillou Flour ( <b>Wheat Flour (Gluten)</b> , <b>Rye Flour (Gluten)</b> ), Fermented <b>Rye Flour (Gluten)</b> , <b>Wheat Gluten</b> , Toasted <b>Rye Malt Flour (Gluten)</b> , Burnt Sugar, <b>Wheat Malt Flour (Gluten)</b> , Flour Improver: Ascorbic Acid), Pasteurised Whole <b>Egg</b> , Margarine (Vegetable Oils (Palm, Rapeseed), Water, Salt, Emulsifier (Polyglycerol Esters of Fatty Acids), Colouring (Curcumin, Annatto), Flavouring), Yeast, Granulated Sugar, Dried Whole <b>Milk Powder</b> , Bread Fat (Palm Oil), Salt, Improver ( <b>Gluten</b> ) | Eggs, Cereals containing gluten: Wheat, Rye; Milk | Mustard, Soya                                       | 2 days |

# Real

## PÂTISSERIE

|   |  |  |  |        |
|---|--|--|--|--------|
| <b>BURGER BUN SEEDED</b>                        | White Flour ( <b>Wheat Flour (Gluten)</b> ), Calcium Carbonate, Iron, Niacin, Thiamin, <b>Gluten</b> , Fungal Alpha Amylase), Water, Campaillou Flour ( <b>Wheat Flour (Gluten)</b> , <b>Rye Flour (Gluten)</b> ), Fermented <b>Rye Flour (Gluten)</b> , <b>Wheat Gluten</b> , Toasted <b>Rye Malt Flour (Gluten)</b> , Burnt Sugar, <b>Wheat Malt Flour (Gluten)</b> , Flour Improver: Ascorbic Acid), Pasteurised Whole <b>Egg</b> , Margarine (Vegetable Oils (Palm, Rapeseed), Water, Salt, Emulsifier (Polyglycerol Esters of Fatty Acids), Colouring (Curcumin, Annatto), Flavouring), Yeast, Granulated Sugar, Dried Whole <b>Milk Powder</b> , Bread Fat (Palm Oil), Salt, Improver ( <b>Gluten</b> ), Sunflower Kernels, Poppy Seeds, Organic Hulled Millet Seeds, Golden Linseeds, Brown Linseeds, Pumpkin Seeds | Eggs, Cereals containing gluten: Wheat, Milk | (Tree) Nuts, Celery, Gluten, Lupin, Milk, Mustard, Peanut, Sesame, Soya, Sulphites | 2 days |
| <b>BRIOCHE</b>                                  | Strong French <b>Wheat Flour (Wheat Flour (Gluten)</b> , <b>Wheat Gluten</b> , Ascorbic Acid), Pasteurised Whole <b>Egg</b> , Butter ( <b>Milk</b> ), Granulated Sugar, Yeast, Salt  | Eggs; Cereals containing gluten: Wheat; Milk | Mustard, Soya  | 2 days |
| <b>BRIOCHE WITH SUNFLOWER SEEDS</b>             | Strong French <b>Wheat Flour (Wheat Flour (Gluten)</b> , <b>Wheat Gluten</b> , Ascorbic Acid), Pasteurised Whole <b>Egg</b> , Butter ( <b>Milk</b> ), Granulated Sugar, Yeast, Sunflower Kernels, Salt   | Eggs; Cereals containing gluten: Wheat; Milk | (Tree) Nuts, Eggs, Gluten, Mustard, Sesame, Soya, Sulphites                        | 2 days |
| <b>BRIOCHE WITH POPPY SEEDS</b>                 | Strong French <b>Wheat Flour (Wheat Flour (Gluten)</b> , <b>Wheat Gluten</b> , Ascorbic Acid), Pasteurised Whole <b>Egg</b> , Butter ( <b>Milk</b> ), Granulated Sugar, Yeast, Poppy Seeds, Salt   | Eggs; Cereals containing gluten: Wheat; Milk | Mustard, Soya  | 2 days |
| <b>BRIOCHE WITH SUNFLOWER &amp; POPPY SEEDS</b> | Strong French <b>Wheat Flour (Wheat Flour (Gluten)</b> , <b>Wheat Gluten</b> , Ascorbic Acid), Pasteurised Whole <b>Egg</b> , Butter ( <b>Milk</b> ), Granulated Sugar, Yeast, Salt, Poppy Seeds, Sunflower Kernels  | Eggs; Cereals containing gluten: Wheat; Milk | (Tree) Nuts, Mustard, Sesame, Soya, Sulphites                                      | 2 days |
| <b>WHITE BAPS</b>                               | White Flour ( <b>Wheat Flour (Gluten)</b> ), Calcium Carbonate, Iron, Niacin, Thiamin, <b>Gluten</b> , Fungal Alpha Amylase), Water, Improver ( <b>Gluten</b> ), Yeast, Pasteurised Whole <b>Egg</b>   | Eggs; Cereals containing gluten: Wheat       | Milk, Mustard, Soya  | 2 days |
| <b>WHITE FLOURED BAPS (VG)</b>                  | White Flour ( <b>Wheat Flour (Gluten)</b> ), Calcium Carbonate, Iron, Niacin, Thiamin, <b>Gluten</b> , Fungal Alpha Amylase), Water, Improver ( <b>Gluten</b> ), Yeast   | Cereals containing gluten: Wheat             | Milk, Soya   | 2 days |

# Real

## PÂTISSERIE

|                                   |   |  |   |        |
|-----------------------------------|---|--|---|--------|
| <b>WHITE WITH SUNFLOWER SEEDS</b> | White Flour ( <b>Wheat Flour (Gluten)</b> , Calcium Carbonate, Iron, Niacin, Thiamin, <b>Gluten</b> , Fungal Alpha Amylase), Water, Improver ( <b>Gluten</b> ), Yeast, Pasteurised Whole <b>Egg</b> , Sunflower Kernels   | Eggs; Cereals containing gluten: Wheat | (Tree) Nuts, Milk, Mustard, Sesame, Soya, Sulphites | 2 days |
| <b>WHITE WITH POPPY SEEDS</b>     | White Flour ( <b>Wheat Flour (Gluten)</b> , Calcium Carbonate, Iron, Niacin, Thiamin, <b>Gluten</b> , Fungal Alpha Amylase), Water, Improver ( <b>Gluten</b> ), Yeast, Pasteurised Whole <b>Egg</b> , Poppy Seeds   | Eggs; Cereals containing gluten: Wheat | Milk, Mustard, Soya                                 | 2 days |
| <b>WHITE WITH CHEESE</b>          | White Flour ( <b>Wheat Flour (Gluten)</b> , Calcium Carbonate, Iron, Niacin, Thiamin, <b>Gluten</b> , Fungal Alpha Amylase), Water, Improver ( <b>Gluten</b> ), Yeast, Emmental Cheese (Pasteurised Cows <b>Milk</b> , Salt, Starter, Vegetarian Rennet, Potato Starch) | Cereals containing gluten: Wheat; Milk | Soya  | 2 days |

## PASTRIES

|                               |   |  |              |        |
|-------------------------------|---|--|--------------|--------|
| <b>CROISSANT</b>              | White Flour ( <b>Wheat Flour (Gluten)</b> , <b>Wheat Malt Flour (Gluten)</b> , Ascorbic Acid), Butter ( <b>Milk</b> ), Water, Granulated Sugar, Dried Whole <b>Milk Powder</b> , Yeast, Salt, Pasteurised Whole <b>Egg</b>  | Eggs; Cereals containing gluten: Wheat; Milk       | Soya         | 2 days |
| <b>PAIN AU CHOCOLAT</b>       | White Flour ( <b>Wheat Flour (Gluten)</b> , <b>Wheat Malt Flour (Gluten)</b> , Ascorbic Acid), Butter ( <b>Milk</b> ), Water, Chocolate Batons (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier ( <b>Soya Lecithin</b> ), Natural Vanilla Flavouring), Granulated Sugar, Pasteurised Whole <b>Egg</b> , Dried Whole <b>Milk Powder</b> , Yeast, Salt  | Eggs; Cereals containing gluten: Wheat; Milk; Soya |              | 2 days |
| <b>VEGAN CROISSANT</b>        | White Flour ( <b>Wheat Flour (Gluten)</b> , <b>Wheat Malt Flour (Gluten)</b> , Ascorbic Acid), Water, Granulated Sugar, Premium Vegan Margarine (Vegetable Fats (Palm), Water, Vegetable Oils (Rapeseed), Emulsifier: Sunflower Lecithin, Salt, Acidity Regulator (Lemon Juice), Preservative (Potassium Sorbate), Vitamin E), Yeast, Salt  | Cereals containing gluten: Wheat                   | Soya         | 2 days |
| <b>VEGAN PAIN AU CHOCOLAT</b> | White Flour ( <b>Wheat Flour (Gluten)</b> , <b>Wheat Malt Flour (Gluten)</b> , Ascorbic Acid), Water, Chocolate Batons (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier ( <b>Soya Lecithin</b> ), Natural Vanilla Flavouring), Granulated Sugar, Premium Vegan Margarine (Vegetable Fats (Palm), Water, Vegetable Oils (Rapeseed), Emulsifier: Sunflower Lecithin, Salt, Acidity Regulator (Lemon Juice), Preservative (Potassium Sorbate), Vitamin E), Yeast, Salt | Cereals containing gluten: Wheat; Soya             | Milk         | 2 days |
| <b>ALMOND CROISSANT</b>       | Granulated Sugar, Butter ( <b>Milk</b> ), Water, White Flour ( <b>Wheat Flour (Gluten)</b> , <b>Wheat Malt Flour (Gluten)</b> , Ascorbic Acid), Ground <b>Almonds</b> (Nuts), Pasteurised Whole <b>Egg</b> , Icing Sugar, White Flour ( <b>Wheat Flour (Gluten)</b> , White Recasting, <b>Gluten</b> , <b>Barley Flour</b> )  | (Tree) Nuts: Almonds; Eggs; Cereals containing     | Peanut, Soya | 2 days |



# Real

## PÂTISSERIE

|                                |   |  |                          |        |
|--------------------------------|---|--|--------------------------|--------|
|                                | (Gluten), Ascorbic Acid), Dried Whole Milk Powder, Yeast, Salt  | gluten: Wheat, Barley; Milk  |                          |        |
| <b>ALMOND PAIN AU CHOCOLAT</b> | Granulated Sugar, Butter (Milk), Water, White Flour (Wheat Flour (Gluten), Wheat Malt Flour (Gluten), Ascorbic Acid), Ground Almonds (Nuts), Pasteurised Whole Egg, Chocolate Batons (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (Soya Lecithin), Natural Vanilla Flavouring), Icing Sugar, White Flour (Wheat Flour (Gluten), White Recasting, Gluten, Barley Flour (Gluten), Ascorbic Acid), Dried Whole Milk Powder, Yeast, Salt  | (Tree) Nuts: Almonds; Eggs; Cereals containing gluten: Wheat, Barley; Milk; Soya | Peanut                   | 2 days |
| <b>PAIN AUX RAISINS</b>        | Strong French Wheat Flour (Wheat Flour (Gluten), Wheat Gluten, Ascorbic Acid), Pasteurised Whole Egg, Milk, Sultanas (Sunflower Oil), Butter (Milk), Granulated Sugar, Water, Creme Patissiere Powder (Eggs, Milk), Yeast, Salt   | Eggs; Cereals containing gluten: Wheat; Milk                                     | Mustard, Soya, Sulphites | 2 days |
| <b>CHOCOLATE TWIST</b>         | Belgian Chocolate Chips (Sugar, Cocoa Mass, Cocoa Butter, Dextrose, Emulsifier (Soya Lecithin)), White Flour (Wheat Flour (Gluten), Wheat Malt Flour (Gluten), Ascorbic Acid), Butter (Milk), Water, Milk, Granulated Sugar, Pasteurised Whole Egg, Dried Whole Milk Powder, Creme Patissiere Powder (Eggs, Milk), Yeast, Salt  | Eggs; Cereals containing gluten: Wheat; Milk; Soya                               |                          | 2 days |
| <b>APPLE DANISH</b>            | Apples, White Flour (Wheat Flour (Gluten), White Recasting, Gluten, Barley Flour (Gluten), Ascorbic Acid), Water, Blond Glaze (Glucose-fructose Syrup, Water, Sugar, Fruit Puree, Gelling Agents, Citric Acid, Flavouring, Potassium Sorbate, Paprika Extract), Pasteurised Whole Egg, Flaked Almonds (Nuts), Apple Compote (Apples, Sugar), Butter (Milk), Granulated Sugar, Dried Whole Milk Powder, Yeast, Creme Patissiere Powder (Eggs, Milk), Icing Sugar, Salt, Improver (Gluten), Ground Cinnamon | (Tree) Nuts: Almonds; Eggs; Cereals containing gluten: Wheat, Barley; Milk       | Peanut, Soya             | 2 days |
| <b>APRICOT DANISH</b>          | Water, White Flour (Wheat Flour (Gluten), White Recasting, Gluten, Barley Flour (Gluten), Ascorbic Acid), Blond Glaze (Glucose-fructose Syrup, Water, Sugar, Fruit Puree, Gelling Agents, Citric Acid, Flavouring, Potassium Sorbate, Paprika Extract), Apricot Halves (Apricots, Water, Sugar, Acidity Regulator (Citric Acid)), Fondant, Creme Patissiere Powder (Eggs, Milk), Pasteurised Whole Egg, Butter (Milk), Granulated Sugar, Dried Whole Milk Powder, Yeast, Salt, Improver (Gluten)          | Eggs; Cereals containing gluten: Wheat, Barley; Milk                             | Soya                     | 2 days |
| <b>RED FRUIT DANISH</b>        | Water, White Flour (Wheat Flour (Gluten), White Recasting, Gluten, Barley Flour (Gluten), Ascorbic Acid), Blond Glaze (Glucose-fructose Syrup, Water, Sugar, Fruit Puree, Gelling Agents, Citric Acid, Flavouring, Potassium Sorbate, Paprika Extract),   | Eggs; Cereals containing gluten:   | Soya                     | 2 days |

# Real

## PÂTISSERIE

Fondant, Creme Patissiere Powder (**Eggs, Milk**), Raspberries, Pasteurised Whole **Egg**, Butter (**Milk**), Granulated Sugar, Dried Whole **Milk** Powder, Yeast, Salt, Improver (**Gluten**)

Wheat,  
Barley; Milk

### CINNAMON DANISH

White Flour (**Wheat** Flour (**Gluten**), White Recasting, **Gluten, Barley** Flour (**Gluten**), Ascorbic Acid), Water, Pasteurised Whole **Egg**, Granulated Sugar, Creme Patissiere Powder (**Eggs, Milk**), Light Muscovado Sugar, Butter (**Milk**), Dried Whole **Milk** Powder, Margarine (Vegetable Oils and Fats, Water, Salt, Emulsifier, Citric Acid, Flavouring, Carotenes), Yeast, Cornflour, Salt, Improver (**Gluten**), Ground Cinnamon

Eggs;  
Cereals  
containing  
gluten:  
Wheat,  
Barley; Milk

Soya

2 days

### CHEESE STRAW

White Flour (**Wheat** Flour (**Gluten**), **Wheat** Malt Flour (**Gluten**), Ascorbic Acid), Butter (**Milk**), Water, Emmental Cheese (Pasteurised Cows **Milk**, Salt, Starter, Vegetarian Rennet, Potato Starch), Salt, Pasteurised Whole **Egg**, Sea Salt Flakes, Black Pepper

Eggs;  
Cereals  
containing  
gluten:  
Wheat; Milk

Mustard,  
Soya

2 days

## PÂTISSERIE

### ALMOND BITE

Granulated Sugar, Butter (**Milk**), **Egg** Whites (**Egg** Whites, Acidifier (E330), Preservative (E202), Stabiliser (E415, E412)), Ground **Almonds** (Nuts), White Flour (**Wheat** Flour (**Gluten**), White Recasting, **Gluten, Barley** Flour (**Gluten**), Ascorbic Acid), Salt

(Tree) Nuts:  
Almonds;  
Eggs;  
Cereals  
containing  
gluten:  
Wheat,  
Barley; Milk

Peanut,  
Soya

2 days

### PISTACHIO/RASPBERRY ALMOND BITE

Raspberries, Granulated Sugar, Butter (**Milk**), **Egg** Whites (**Egg** Whites, Acidifier (E330), Preservative (E202), Stabiliser (E415, E412)), Ground **Almonds** (Nuts), White Flour (**Wheat** Flour (**Gluten**), White Recasting, **Gluten, Barley** Flour (**Gluten**), Ascorbic Acid), **Pistachio** Paste (Roasted **Pistachios**, Food Colouring: E100, E141), Salt

(Tree) Nuts:  
Almonds,  
Pistachios;  
Eggs;  
Cereals  
containing  
gluten:  
Wheat,  
Barley; Milk

Peanut,  
Soya

2 days

### CHOCOLATE MOELLEAU

Pasteurised Whole **Egg**, Caster Sugar, Dark Chocolate 54% (Cocoa mass, Sugar, Cocoa butter, Emulsifier: **Soya** Lecithin, Vanilla Extract), Butter (**Milk**), White Flour (**Wheat** Flour (**Gluten**), White Recasting, **Gluten, Barley** Flour (**Gluten**), Ascorbic Acid)

Eggs;  
Cereals  
containing  
gluten:  
Wheat,  
Barley; Milk;  
Soya

2 days

## TARTS



# Real

## PÂTISSERIE

|                     |  |  |                         |        |
|---------------------|--|--|-------------------------|--------|
| <b>APPLE (VG)</b>   | Apple Compote (Apples, Sugar), Golden Delicious Apples, Sugar Glaze (Sugar, Water, Glucose Fructose Syrup, Gelling Agent: Pectins (E 440), Acidity Regulator: Citric Acid (E 330), Potassium Citrates (E 332), Calcium Phosphates (E 341); Preservative: Potassium Sorbate (E 202)), Water, White Flour ( <b>Wheat Flour (Gluten), Wheat Malt Flour (Gluten)</b> ), Ascorbic Acid, Salt, Premium Vegan Margarine (Vegetable Fats (Palm), Water, Vegetable Oils (Rapeseed), Emulsifier: Sunflower Lecithin, Salt, Acidity Regulator (Lemon Juice), Preservative (Potassium Sorbate), Vitamin E)   | Cereals containing gluten: Wheat                               | Soya, Sulphites         | 2 days |
| <b>APRICOT (VG)</b> | Vegan Puff Pastry ( <b>Wheat Flour (Wheat Flour, Wheat Malt Flour, Flour Treatment Agent: E300)</b> , Water, Premium Vegan Margarine (Vegetable Fats (Palm), Water, Vegetable Oils (Rapeseed), Emulsifier: Sunflower Lecithin, Salt, Acidity Regulator: Lemon Juice, Preservative: Potassium Sorbate, Vitamin E), Table Salt (Salt, Anti Caking Agent E535)), Tinned Apricots (Apricots, Water, Sugar, Acidity Regulator (Citric Acid)), Ground <b>Almonds</b> (Nuts), Caster Sugar, Vegetable Oil, Cornflour, <b>Almond Milk</b> (Water, <b>Almond</b> (2.3%), Sugar, Calcium (Tri-Calcium Phosphate), Sea Salt, Stabilisers (Locust Bean Gum, Gellan Gum), Emulsifier (Lecithins (Sunflower)), Natural Flavouring, Vitamins (B2, B12, E, D2)), <b>Almond</b> Extract, Vanilla Extract, Sugar Glaze (Sugar, Water, Glucose Fructose Syrup, Gelling Agent: Pectins (E 440), Acidity Regulator: Citric Acid (E 330), Potassium Citrates (E 332), Calcium Phosphates (E 341); Preservative: Potassium Sorbate (E 202)) | (Tree) Nuts: Almonds; Cereals containing gluten: Wheat         | Peanut, Soya, Sulphites | 2 days |
| <b>PEAR (VG)</b>    | Tinned Pears (Pear Halves, Water, Sugar, Citric Acid (E330), Calcium Chloride (E509), Glucose-Fructose Syrup), Ground <b>Almonds</b> (Nuts), Caster Sugar, Vegetable Oil, Cornflour, <b>Almond Milk</b> (Water, <b>Almond</b> (2.3%), Sugar, Calcium (Tri-Calcium Phosphate), Sea Salt, Stabilisers (Locust Bean Gum, Gellan Gum), Emulsifier (Lecithins (Sunflower)), Natural Flavouring, Vitamins (B2, B12, E, D2)), <b>Almond</b> Extract, Vanilla Extract, White Flour ( <b>Wheat Flour (Gluten), White Recasting, Gluten, Barley Flour (Gluten)</b> , Ascorbic Acid), Salt, Icing Sugar, Apple Compote (Apples, Sugar), Premium Vegan Margarine (Vegetable Fats (Palm), Water, Vegetable Oils (Rapeseed), Emulsifier: Sunflower Lecithin, Salt, Acidity Regulator (Lemon Juice), Preservative (Potassium Sorbate), Vitamin E), Sugar Glaze (Sugar, Water, Glucose Fructose Syrup, Gelling Agent: Pectins (E 440), Acidity Regulator: Citric Acid (E 330), Potassium Citrates (E 332),                           | (Tree) Nuts: Almonds; Cereals containing gluten: Wheat, Barley | Peanut, Sulphites       | 2 days |

# Real

## PÂTISSERIE

Calcium Phosphates (E 341); Preservative: Potassium Sorbate (E 202))

|                             |  |   |                                |               |
|-----------------------------|--|---|--------------------------------|---------------|
| <b>PEAR &amp; CHOCOLATE</b> | <p>Tinned Pears (Pear Halves, Water, Sugar, Citric Acid (E330), Calcium Chloride (E509), Glucose-Fructose Syrup), Ground <b>Almonds</b> (Nuts), Caster Sugar, White Flour (<b>Wheat Flour (Gluten)</b>), White Recasting, <b>Gluten, Barley Flour (Gluten)</b>, Ascorbic Acid), <b>Almond Milk</b> (Water, <b>Almond</b> (2.3%), Sugar, Calcium (Tri-Calcium Phosphate), Sea Salt, Stabilisers (Locust Bean Gum, Gellan Gum), Emulsifier (Lecithins (Sunflower)), Natural Flavouring, Vitamins (B2, B12, E, D2)), Sugar Glaze (Sugar, Water, Glucose Fructose Syrup, Gelling Agent: Pectins (E 440), Acidity Regulator: Citric Acid (E 330), Potassium Citrates (E 332), Calcium Phosphates (E 341); Preservative: Potassium Sorbate (E 202)), Premium Vegan Margarine (Vegetable Fats (Palm), Water, Vegetable Oils (Rapeseed), Emulsifier: Sunflower Lecithin, Salt, Acidity Regulator (Lemon Juice), Preservative (Potassium Sorbate), Vitamin E), Icing Sugar, Cornflour, Whipping Cream (<b>Milk</b>), Apple Compote (Apples, Sugar), Vegetable Oil, Water, Glucose Syrup, Cocoa Powder (Cocoa Powder, Acidity Regulator: E501i), Vanilla Extract, Pork Gelatine, <b>Almond Extract</b>, Salt</p> | <p>(Tree) Nuts: Almonds; Cereals containing gluten: Wheat, Barley; Milk</p> | <p>Peanut, Soya, Sulphites</p> | <p>2 days</p> |
| <b>CHOCOLATE</b>            | <p>Whipping Cream (<b>Milk</b>), Dark Chocolate 54% (Cocoa mass, Sugar, Cocoa butter, Emulsifier: <b>Soya Lecithin</b>, Vanilla Extract), White Flour (<b>Wheat Flour (Gluten)</b>), White Recasting, <b>Gluten, Barley Flour (Gluten)</b>, Ascorbic Acid), Butter (<b>Milk</b>), Icing Sugar, Pasteurised Whole <b>Egg</b>, Salt</p>  | <p>Eggs; Cereals containing gluten: Wheat, Barley; Milk; Soya</p>           | <p>2 days</p>                  |               |
| <b>LEMON MERINGUE</b>       | <p>Water, Granulated Sugar, <b>Egg Whites (Egg Whites, Acidifier (E330), Preservative (E202), Stabiliser (E415, E412))</b>, Lemon Zest, Lemon Juice, Caster Sugar, Butter (<b>Milk</b>), Pasteurised Whole <b>Egg</b>, Icing Sugar, Salt, White Flour (<b>Wheat Flour (Gluten)</b>), White Recasting, <b>Gluten, Barley Flour (Gluten)</b>, Ascorbic Acid)</p>   | <p>Eggs; Cereals containing gluten: Wheat, Barley; Milk</p>                 | <p>Soya</p>                    | <p>2 days</p> |

## ENGLISH CAKES

|  |  |  |                    |        |
|--|--|--|--------------------|--------|
| <b>VICTORIA SPONGE</b>                           | Margarine (Vegetable Oils (Sustainable Palm, Rapeseed), Buttermilk, Water, Salt, Natural Flavouring, Colour (Carotenes)), Caster Sugar, Free Range Eggs, Organic Self-raising Flour ( <b>Wheat Flour (Gluten)</b> ), Raising Agents (Mono-Calcium Phosphate, Sodium Bicarbonate), Calcium Carbonate, Iron, Thiamine, Niacin), Blackcurrant Jam (Blackcurrants, Sugar, Water, Apple Pectin, Citric Acid), Icing Sugar, Milk, Butter ( <b>Milk</b> ), Corn Flour, Baking Powder ( <b>Gluten</b> ), Vanilla Extract   | Eggs;<br>Cereals containing gluten:<br>Wheat; Milk                           | Soya               | 7 days |
| <b>TUNISIAN ORANGE CAKE</b>                      | Free Range Eggs, Caster Sugar, Vegetable Oil, Ground Almonds (Nuts), Breadcrumbs (White Flour ( <b>Wheat Flour (Gluten)</b> ), White Recasting, <b>Gluten</b> , Barley Flour ( <b>Gluten</b> ), Ascorbic Acid), Water, Campaillou Flour ( <b>Wheat Flour (Gluten)</b> , Rye Flour ( <b>Gluten</b> ), Fermented Rye Flour ( <b>Gluten</b> ), <b>Wheat Gluten</b> , Toasted Rye Malt Flour ( <b>Gluten</b> ), Burnt Sugar, <b>Wheat Malt Flour (Gluten)</b> , Flour Improver: Ascorbic Acid), Salt, Yeast), Lemon Juice, Fresh Orange Juice, Baking Powder ( <b>Gluten</b> ), Orange Oil, Ground Cinnamon  | (Tree) Nuts: Almonds; Eggs; Cereals containing gluten:<br>Wheat, Rye, Barley | Milk, Peanut, Soya | 7 days |
| <b>VEGAN CHOCOLATE &amp; RASPBERRY CAKE (VG)</b> | Soya Milk (Soya Base (Water, Hulled Soya Beans), Sugar, Acidity Regulator (Potassium Phosphate), Calcium Carbonate, Flavouring, Sea Salt, Stabiliser (Gellan Gum), Potassium Iodide, Vitamins (B2, B12, D2)), Caster Sugar, Organic Plain Flour (Organic <b>Wheat Flour (Gluten)</b> , Calcium Carbonate, Iron, Thiamine, Niacin), Raspberry Jam (Raspberries, Sugar, Water, Apple Pectin, Citric Acid), Dark Chocolate 54% (Cocoa mass, Sugar, Cocoa butter, Emulsifier: Soya Lecithin, Vanilla Extract), Raspberries, Vegan Margarine (Vegetable Oils (Sunflower, Palm, Linseed), Water, Salt, Natural Flavouring, Vitamin E, Natural Colour (Carotenes)), Cocoa Powder, Agave Syrup, Coconut Oil, Vanilla Extract, Baking Powder ( <b>Gluten</b> ), Bicarbonate of Soda, Freeze-dried Raspberries, Salt | Cereals containing gluten:<br>Wheat; Soya                                    | Milk               | 7 days |
| <b>NUTTY APRICOT LOAF (VG)</b>                   | Caster Sugar, Organic Plain Flour (Organic <b>Wheat Flour (Gluten)</b> , Calcium Carbonate, Iron, Thiamine, Niacin), Soya Milk (Soya Base (Water, Hulled Soya Beans), Sugar, Acidity Regulator (Potassium Phosphate), Calcium Carbonate, Flavouring, Sea Salt, Stabiliser (Gellan Gum), Potassium Iodide, Vitamins (B2, B12, D2)), Vegetable Oil, Tinned Apricots (Apricots, Water, Sugar, Acidity Regulator (Citric Acid)), Praline Paste ( <b>Hazelnuts</b> , Sugar) ( <b>Soya</b> ), Dark Chocolate 54% (Cocoa mass,  | (Tree) Nuts: Hazelnuts; Cereals containing gluten:<br>Wheat; Soya; Sulphites | Milk               | 7 days |

# Real

## PÂTISSERIE

Sugar, Cocoa butter, Emulsifier: **Soya** Lecithin, Vanilla Extract), Dried Apricot (**Sulphites**), Vegan Margarine (Vegetable Oils (Sunflower, Palm, Linseed), Water, Salt, Natural Flavouring, Vitamin E, Natural Colour (Carotenes)), Lemon Juice, Coconut Oil, Agave Syrup, **Hazelnuts**, Baking Powder (**Gluten**), Vanilla Extract

### CARAMEL BANANA LOAF

Bananas, Organic Plain Flour (Organic **Wheat** Flour (**Gluten**), Calcium Carbonate, Iron, Thiamine, Niacin), Icing Sugar, Caster Sugar, Margarine (Vegetable Oils (Sustainable Palm, Rapeseed), Buttermilk, Water, Salt, Natural Flavouring, Colour (Carotenes)), Free Range **Eggs**, Sultanas (Sunflower Oil), **Walnuts**, Light Muscovado Sugar, Butter (**Milk**), **Milk**, Whisky (Alcohol), Black Tea, Baking Powder (**Gluten**), Vanilla Extract, Bicarbonate of Soda

(Tree) Nuts: Walnuts; Eggs; Cereals containing gluten: Wheat; Milk

Soya

7 days

### SALTED FUDGE BROWNIE

Caster Sugar, Butter (**Milk**), Free Range **Eggs**, Dark Chocolate 54% (Cocoa mass, Sugar, Cocoa butter, Emulsifier: **Soya** Lecithin, Vanilla Extract), Organic Gluten-free Flour (Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat)), Cocoa Powder, Sea Salt Flakes, Salt

Eggs; Milk; Soya

Gluten

7 days

### DATE & ORANGE FLAPJACK (VG)

Vegan Margarine (Vegetable Oils (Sunflower, Palm, Linseed), Water, Salt, Natural Flavouring, Vitamin E, Natural Colour (Carotenes)), Light Muscovado Sugar, Dried Dates (Dates, Rice Flour), **Oats**, Organic Gluten-free Flour (Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat)), Desiccated Coconut, Orange Juice from Concentrate, Golden Syrup, Water, Vanilla Extract, Orange Oil

Cereals containing gluten: Oats

(Tree) Nuts, Milk, Peanut, Sesame, Soya

7 days

### GIN AND TONIC CAKE

Icing Sugar, Caster Sugar, Margarine (Vegetable Oils (Sustainable Palm, Rapeseed), Buttermilk, Water, Salt, Natural Flavouring, Colour (Carotenes)), Free Range **Eggs**, Organic Self-rising Flour (**Wheat** Flour (**Gluten**), Raising Agents (Mono-Calcium Phosphate, Sodium Bicarbonate), Calcium Carbonate, Iron, Thiamine, Niacin), Butter (**Milk**), Tonic Water (Carbonated Water, Sugar, Citric Acid, Flavourings (including Quinine), Sweetener (Sodium Saccharin)), Brighton Gin (Alcohol), Water, Corn Flour, Lemon, Candied Lime Peel, Baking Powder (**Gluten**), Lime essence monpropylene glycol, ethanol.

Cereals containing gluten: wheat, eggs, Milk

7 days

## SAVOURY

### QUICHE LORRAINE

Quiche Pastry (French **Wheat** Flour (**Gluten**), Butter (**Milk**), Water, Salt), **Milk**, Pasteurised Whole **Egg**, Bacon (15%) (Pork Belly, Salt, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)),

Eggs; Cereals containing

Mustard, Soya

2 days

# Real

PÂTISSERIE

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Ham Ends (12%), Whipping Cream (Milk), Mature Cheddar (Milk), Egg Yolks (Egg Yolk, Citric Acid (E330), Preservative (E202)), Black Pepper

gluten:  
Wheat; Milk

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**QUICHE VEGETARIAN**

Quiche Pastry (French Wheat Flour (Gluten), Butter (Milk), Water, Salt), Milk, Pasteurised Whole Egg, Carrots, Leeks, Whipping Cream (Milk), Mushrooms, Egg Yolks (Egg Yolk, Citric Acid (E330), Preservative (E202))

Eggs;  
Cereals  
containing  
gluten:  
Wheat; Milk

Mustard,  
Soya

2 days

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