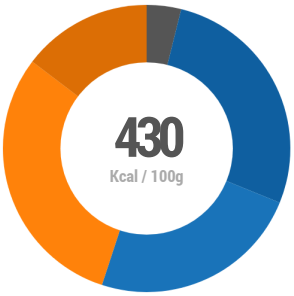
ALM003 - ALMOND FLAN

ALMOND FLAN

OVERVIEW ... U / 7970939



CALORIES:

51.2% Carbs

3.9% Protein

45% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.15KG SERVING	%RI
Energy(Kj)	1819 kJ	22%	20837 kJ	248%
Energy(kcal)	434 kcal	22%	4978 kcal	249%
Fat	21 g	30%	246 g	351%
of which saturates	7 g	35%	80 g	400%
Carbohydrate	55 g	21%	630 g	242%
of which sugars	29 g	32%	336 g	373%
Fibre	1.7 g	7%	20 g	80%
Protein	4.4 g	9%	51 g	102%
Salt	0.21 g	4%	2.4 g	40%

CONTAINS:

WHEAT, ALMONDS, EGGS, MILK

MAY CONTAIN:

HAZELNUTS, PECANS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

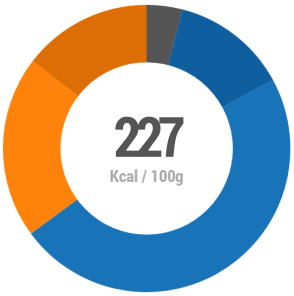
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7970939** | Last Modified: **11 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

APP001 - APPLE STRUDEL

APPLE STRUDEL

OVERVIEW ... U / 5897542



CALORIES:

60.9% Carbs

4% Protein

35.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 211G SERVING	%RI
Energy(Kj)	964 kJ	11%	2032 kJ	24%
Energy(kcal)	229 kcal	11%	484 kcal	24%
Fat	8.8 g	13%	19 g	27%
of which saturates	3.7 g	19%	7.7 g	39%
Carbohydrate	35 g	13%	73 g	28%
of which sugars	7.4 g	8%	16 g	18%
Fibre	1.3 g	5%	2.6 g	10%
Protein	2.3 g	5%	4.8 g	10%
Salt	0.36 g	6%	0.76 g	13%

CONTAINS:

WHEAT, EGGS, MILK, SULPHITES

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5897542** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

APP002 - APPLE TURNOVER

APPLE TURNOVER

OVERVIEW ... U / 5897011

CALORIES:

50.6% Carbs

4.6% Protein

44.8% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 165G SERVING	%RI
Energy(Kj)	1355 kJ	16%	2232 kJ	27%
Energy(kcal)	324 kcal	16%	533 kcal	27%
Fat	16 g	23%	26 g	37%
of which saturates	6.6 g	33%	11 g	55%
Carbohydrate	41 g	16%	67 g	26%
of which sugars	3.4 g	4%	5.7 g	6%
Fibre	1.6 g	6%	2.7 g	11%
Protein	3.7 g	7%	6 g	12%
Salt	0.58 g	10%	0.95 g	16%

CONTAINS:

WHEAT, SULPHITES

MAY CONTAIN:

TREE NUTS, PEANUTS, EGGS, MILK, FISH, CRUSTACEANS, SESAME, SOYA

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5897011** | Last Modified: **9 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

APP004 - APPLE PIE

APPLE PIE

OVERVIEW ... U / 7580681

CALORIES:

59.9% Carbs

0.9% Protein

39.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 2.17KG SERVING	%RI
Energy(Kj)	1113 kJ	13%	24142 kJ	287%
Energy(kcal)	265 kcal	13%	5757 kcal	288%
Fat	11 g	16%	247 g	353%
of which saturates	4.5 g	23%	98 g	490%
Carbohydrate	39 g	15%	852 g	328%
of which sugars	16 g	18%	349 g	388%
Fibre	1.6 g	6%	36 g	144%
Protein	0.6 g	1%	13 g	26%
Salt	0.03 g	1%	0.58 g	10%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

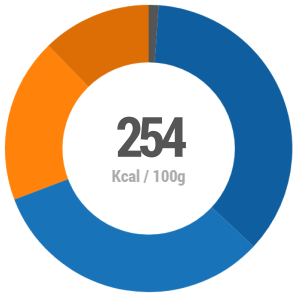
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7580681** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

APP005 - APPLE FLAN

APPLE FLAN

OVERVIEW ... U / 7581017



CALORIES:

68.1% Carbs

1.1% Protein

30.8% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.94KG SERVING	%RI
Energy(Kj)	1088 kJ	13%	21110 kJ	251%
Energy(kcal)	259 kcal	13%	5021 kcal	251%
Fat	8.7 g	12%	169 g	241%
of which saturates	3.5 g	18%	67 g	335%
Carbohydrate	44 g	17%	845 g	325%
of which sugars	23 g	26%	442 g	491%
Fibre	1.8 g	7%	35 g	140%
Protein	0.7 g	1%	14 g	28%
Salt	0.17 g	3%	3.3 g	55%

CONTAINS:

WHEAT, EGGS, MILK, SULPHITES

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA

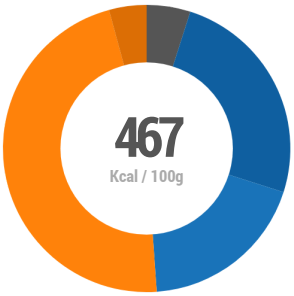
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7581017** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BAR001 - BANANA BAR

BANANA BAR

OVERVIEW ... U / 5967196



CALORIES:

44% Carbs

4.9% Protein

51.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.29KG SERVING	%RI
Energy(Kj)	1960 kJ	23%	25356 kJ	302%
Energy(kcal)	469 kcal	23%	6069 kcal	303%
Fat	27 g	39%	343 g	490%
of which saturates	2.2 g	11%	28 g	140%
Carbohydrate	51 g	20%	665 g	256%
of which sugars	29 g	32%	378 g	420%
Fibre	1 g	4%	13 g	52%
Protein	5.6 g	11%	73 g	146%
Salt	0.97 g	16%	12.5 g	208%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS

PEANUTS FISH CRUSTACEANS SESAME

SOYA SULPHITES

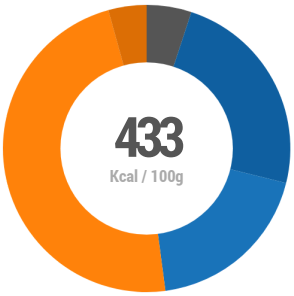
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5967196** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BAR002 - BLUEBERRY BAR

BLUEBERRY BAR

OVERVIEW ... U / 5967415



CALORIES:

42.9% Carbs

5% Protein

52.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.37KG SERVING	%RI
Energy(Kj)	1817 kJ	22%	24891 kJ	296%
Energy(kcal)	435 kcal	22%	5959 kcal	298%
Fat	25 g	36%	343 g	490%
of which saturates	2.1 g	11%	28 g	140%
Carbohydrate	46 g	18%	637 g	245%
of which sugars	26 g	29%	354 g	393%
Fibre	1 g	4%	13 g	52%
Protein	5.4 g	11%	73 g	146%
Salt	0.91 g	15%	12.5 g	208%

CONTAINS:

WHEAT, EGGS, MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

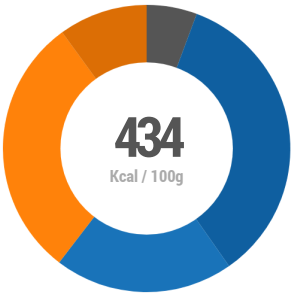
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5967415** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BAR003 - CARROT TOPPING BAR

CARROT TOPPING BAR

OVERVIEW ... U / 6032904



CALORIES:

54.8% Carbs

5.7% Protein

39.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.82KG SERVING	%RI
Energy(Kj)	1834 kJ	22%	33454 kJ	398%
Energy(kcal)	437 kcal	22%	7978 kcal	399%
Fat	19 g	27%	348 g	497%
of which saturates	4.8 g	24%	88 g	440%
Carbohydrate	59 g	23%	1085 g	417%
of which sugars	38 g	42%	685 g	761%
Fibre	1.7 g	7%	31 g	124%
Protein	6 g	12%	110 g	220%
Salt	1.1 g	18%	20.6 g	343%

CONTAINS:

WHEAT, BARLEY | EGGS | MILK

MAY CONTAIN:

TREE NUTS | PEANUTS | FISH | CRUSTACEANS | SESAME | SOYA | SULPHITES

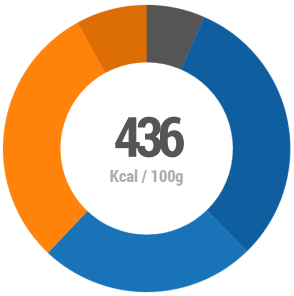
Cakes & Desserts | U Ref Code: | Nutritics ID: **U6032904** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

BAR004 - CARROT BAR

CARROT BAR

OVERVIEW ... U / 5968252



CALORIES:

55.5% Carbs

6.5% Protein

37.9% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.42KG SERVING	%RI
Energy(Kj)	1847 kJ	22%	26179 kJ	312%
Energy(kcal)	440 kcal	22%	6240 kcal	312%
Fat	18 g	26%	261 g	373%
of which saturates	3.9 g	20%	55 g	275%
Carbohydrate	61 g	23%	859 g	330%
of which sugars	34 g	38%	482 g	536%
Fibre	2.2 g	9%	31 g	124%
Protein	7 g	14%	99 g	198%
Salt	1.3 g	22%	17.8 g	297%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

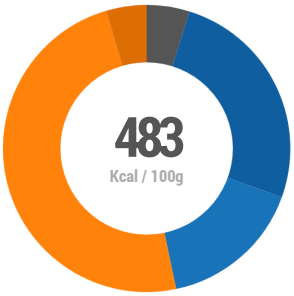
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5968252** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BAR005 - CHOCOLATE & CUSTARD FILLING BAR

CHOCOLATE & CUSTARD FILLING BAR

OVERVIEW ... U / 6033741



CALORIES:

41.9% Carbs

4.8% Protein

53.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.44KG SERVING	%RI
Energy(Kj)	2027 kJ	24%	29274 kJ	349%
Energy(kcal)	486 kcal	24%	7012 kcal	351%
Fat	29 g	41%	413 g	590%
of which saturates	2.4 g	12%	35 g	175%
Carbohydrate	50 g	19%	729 g	280%
of which sugars	31 g	34%	447 g	497%
Fibre	1.6 g	6%	22 g	88%
Protein	5.8 g	12%	84 g	168%
Salt	1 g	17%	14.8 g	247%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

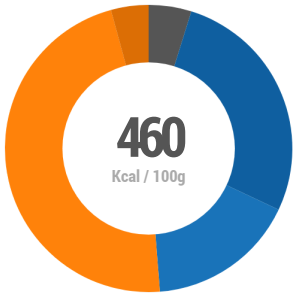
Cakes & Desserts | U Ref Code: | Nutritics ID: **U6033741** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BAR006 - CHOCOLATE & VANILLA , MARBLE BAR

CHOCOLATE & VANILLA , MARBLE BAR

OVERVIEW ... U / 6034509



CALORIES:

43.9% Carbs

4.8% Protein

51.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.43KG SERVING	%RI
Energy(Kj)	1932 kJ	23%	27596 kJ	329%
Energy(kcal)	462 kcal	23%	6605 kcal	330%
Fat	26 g	37%	374 g	534%
of which saturates	2.2 g	11%	31 g	155%
Carbohydrate	51 g	20%	722 g	278%
of which sugars	31 g	34%	447 g	497%
Fibre	1.2 g	5%	17 g	68%
Protein	5.5 g	11%	78 g	156%
Salt	0.93 g	16%	13.3 g	222%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME

SULPHITES

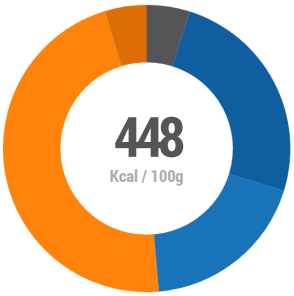
Cakes & Desserts | U Ref Code: | Nutritics ID: **U6034509** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BAR007 - ORANGE & CHOCOLATE TOPPING BAR

ORANGE & CHOCOLATE TOPPING BAR

OVERVIEW ... U / 6034236



CALORIES:

43.8% Carbs

4.8% Protein

51.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.38KG SERVING	%RI
Energy(Kj)	1881 kJ	22%	25942 kJ	309%
Energy(kcal)	450 kcal	23%	6209 kcal	310%
Fat	26 g	37%	353 g	504%
of which saturates	2.3 g	12%	32 g	160%
Carbohydrate	49 g	19%	678 g	261%
of which sugars	28 g	31%	385 g	428%
Fibre	0.9 g	4%	13 g	52%
Protein	5.3 g	11%	74 g	148%
Salt	0.91 g	15%	12.6 g	210%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME

SULPHITES

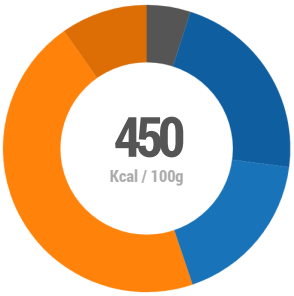
Cakes & Desserts | U Ref Code: | Nutritics ID: **U6034236** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BAR008 - COCONUT BAR

COCONUT BAR

OVERVIEW ... U / 5968006



CALORIES:

39.9% Carbs

4.9% Protein

55.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.33KG SERVING	%RI
Energy(Kj)	1894 kJ	23%	25142 kJ	299%
Energy(kcal)	454 kcal	23%	6027 kcal	301%
Fat	28 g	40%	366 g	523%
of which saturates	4.9 g	25%	65 g	325%
Carbohydrate	45 g	17%	597 g	230%
of which sugars	25 g	28%	331 g	368%
Fibre	2 g	8%	27 g	108%
Protein	5.5 g	11%	73 g	146%
Salt	0.89 g	15%	11.8 g	197%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS — PEANUTS — FISH — CRUSTACEANS — SESAME

SOYA — SULPHITES

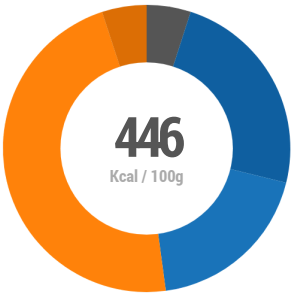
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5968006** | Last Modified: **11 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BAR010 - ORANGE & COCONUT BAR

ORANGE & COCONUT BAR

OVERVIEW ... U / 5967685



CALORIES:

42.9% Carbs

5% Protein

52.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.35KG SERVING	%RI
Energy(Kj)	1873 kJ	22%	25327 kJ	302%
Energy(kcal)	449 kcal	22%	6064 kcal	303%
Fat	26 g	37%	350 g	500%
of which saturates	2.5 g	13%	34 g	170%
Carbohydrate	48 g	18%	648 g	249%
of which sugars	27 g	30%	360 g	400%
Fibre	1.1 g	4%	15 g	60%
Protein	5.4 g	11%	74 g	148%
Salt	0.93 g	16%	12.5 g	208%

CONTAINS:

WHEAT, EGGS, MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

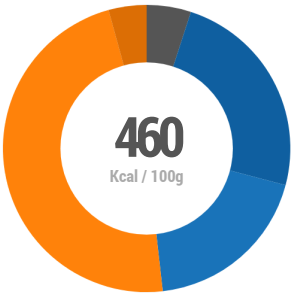
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5967685** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BAR012 - LEMON BAR

LEMON BAR

OVERVIEW ... U / 5967814



CALORIES:

43.2% Carbs

5% Protein

51.8% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.3KG SERVING	%RI
Energy(Kj)	1930 kJ	23%	25027 kJ	298%
Energy(kcal)	462 kcal	23%	5991 kcal	300%
Fat	26 g	37%	343 g	490%
of which saturates	2.2 g	11%	28 g	140%
Carbohydrate	50 g	19%	646 g	248%
of which sugars	28 g	31%	360 g	400%
Fibre	1 g	4%	13 g	52%
Protein	5.6 g	11%	73 g	146%
Salt	0.99 g	17%	12.8 g	213%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

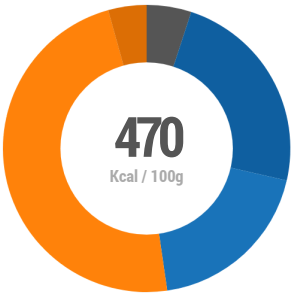
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5967814** | Last Modified: **11 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BAR013 - MADEIRA TRADICIONAL BAR

MADEIRA TRADICIONAL BAR

OVERVIEW ... U / 5967871



CALORIES:

42.7% Carbs

5% Protein

52.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.26KG SERVING	%RI
Energy(Kj)	1971 kJ	23%	24778 kJ	295%
Energy(kcal)	472 kcal	24%	5933 kcal	297%
Fat	27 g	39%	343 g	490%
of which saturates	2.3 g	12%	28 g	140%
Carbohydrate	50 g	19%	631 g	243%
of which sugars	28 g	31%	348 g	387%
Fibre	1 g	4%	13 g	52%
Protein	5.8 g	12%	73 g	146%
Salt	1 g	17%	12.5 g	208%

CONTAINS:

WHEAT, EGGS, MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

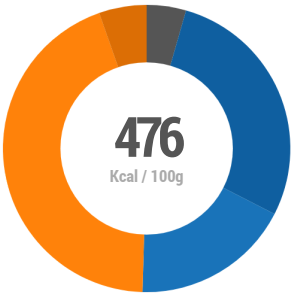
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5967871** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BAR014 - CARAMEL BAR

CARAMEL BAR

OVERVIEW ... U / 6033054



CALORIES:

46% Carbs

4.4% Protein

49.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.41KG SERVING	%RI
Energy(Kj)	1995 kJ	24%	28146 kJ	335%
Energy(kcal)	477 kcal	24%	6733 kcal	337%
Fat	26 g	37%	369 g	527%
of which saturates	2.8 g	14%	40 g	200%
Carbohydrate	55 g	21%	773 g	297%
of which sugars	33 g	37%	472 g	524%
Fibre	0.9 g	4%	13 g	52%
Protein	5.2 g	10%	73 g	146%
Salt	0.92 g	15%	13 g	217%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

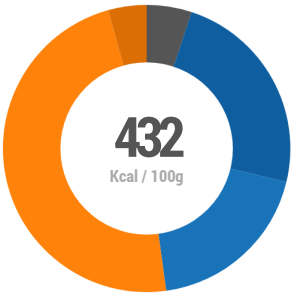
Cakes & Desserts | U Ref Code: | Nutritics ID: **U6033054** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BAR015 - RASPBERRY BAR

RASPBERRY BAR

OVERVIEW ... U / 5967937



CALORIES:

42.8% Carbs

5.1% Protein

52.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.37KG SERVING	%RI
Energy(Kj)	1817 kJ	22%	24893 kJ	296%
Energy(kcal)	435 kcal	22%	5960 kcal	298%
Fat	25 g	36%	344 g	491%
of which saturates	2.1 g	11%	28 g	140%
Carbohydrate	46 g	18%	634 g	244%
of which sugars	26 g	29%	351 g	390%
Fibre	1.2 g	5%	17 g	68%
Protein	5.4 g	11%	74 g	148%
Salt	0.91 g	15%	12.5 g	208%

CONTAINS:

WHEAT, EGGS, MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

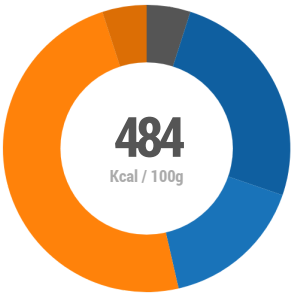
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5967937** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BAR016 - CHOCOLATE FILLING BAR

CHOCOLATE FILLING BAR

OVERVIEW ... U / 6033612



CALORIES:

41.5% Carbs

4.9% Protein

53.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.46KG SERVING	%RI
Energy(Kj)	2032 kJ	24%	29591 kJ	352%
Energy(kcal)	487 kcal	24%	7089 kcal	354%
Fat	29 g	41%	419 g	599%
of which saturates	2.7 g	14%	39 g	195%
Carbohydrate	50 g	19%	730 g	281%
of which sugars	31 g	34%	446 g	496%
Fibre	1.7 g	7%	25 g	100%
Protein	6 g	12%	87 g	174%
Salt	1 g	17%	14.9 g	248%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

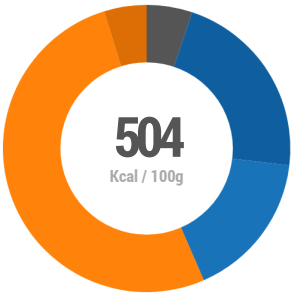
Cakes & Desserts | U Ref Code: | Nutritics ID: **U6033612** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BAR019 - CHOCOLATE BAR

CHOCOLATE BAR

OVERVIEW ... U / 6033369



CALORIES:

38.4% Carbs

5.1% Protein

56.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.3KG SERVING	%RI
Energy(Kj)	2117 kJ	25%	27534 kJ	328%
Energy(kcal)	508 kcal	25%	6602 kcal	330%
Fat	32 g	46%	412 g	589%
of which saturates	2.7 g	14%	35 g	175%
Carbohydrate	48 g	18%	629 g	242%
of which sugars	27 g	30%	357 g	397%
Fibre	1.7 g	7%	22 g	88%
Protein	6.5 g	13%	84 g	168%
Salt	1.1 g	18%	14.3 g	238%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

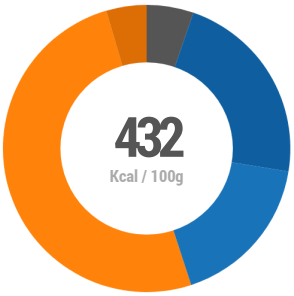
Cakes & Desserts | U Ref Code: | Nutritics ID: **U6033369** | Last Modified: **9 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BAR020 - COFFEE & WALNUT BAR

COFFEE & WALNUT BAR

OVERVIEW ... U / 5968090



CALORIES:

39.7% Carbs

5.3% Protein

55% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.41KG SERVING	%RI
Energy(Kj)	1812 kJ	22%	25597 kJ	305%
Energy(kcal)	434 kcal	22%	6134 kcal	307%
Fat	26 g	37%	373 g	533%
of which saturates	2.2 g	11%	31 g	155%
Carbohydrate	43 g	17%	607 g	233%
of which sugars	24 g	27%	340 g	378%
Fibre	1 g	4%	14 g	56%
Protein	5.6 g	11%	80 g	160%
Salt	0.83 g	14%	11.7 g	195%

CONTAINS:

WHEAT, WALNUTS, EGGS, MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

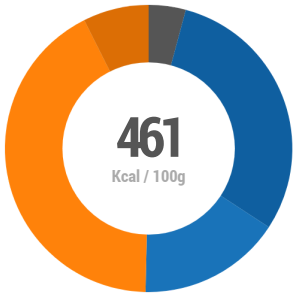
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5968090** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BAR021 - LEMON FILLING BAR

LEMON FILLING BAR

OVERVIEW ... U / 6026754



CALORIES:

46.2% Carbs

4.2% Protein

49.7% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.65KG SERVING	%RI
Energy(Kj)	1933 kJ	23%	31916 kJ	380%
Energy(kcal)	462 kcal	23%	7635 kcal	382%
Fat	25 g	36%	420 g	600%
of which saturates	3.8 g	19%	63 g	315%
Carbohydrate	53 g	20%	879 g	338%
of which sugars	35 g	39%	572 g	636%
Fibre	0.8 g	3%	14 g	56%
Protein	4.7 g	9%	78 g	156%
Salt	0.86 g	14%	14.2 g	237%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

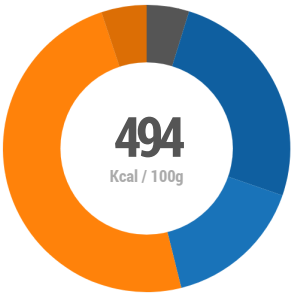
Cakes & Desserts | U Ref Code: | Nutritics ID: **U6026754** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

BAR022 - CHOCOLATE & ORANGE FILLING BAR

CHOCOLATE & ORANGE FILLING BAR

OVERVIEW ... U / 6034107



CALORIES:

41.3% Carbs

4.8% Protein

53.9% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.43KG SERVING	%RI
Energy(Kj)	2074 kJ	25%	29623 kJ	353%
Energy(kcal)	497 kcal	25%	7097 kcal	355%
Fat	30 g	43%	422 g	603%
of which saturates	2.8 g	14%	40 g	200%
Carbohydrate	51 g	20%	729 g	280%
of which sugars	32 g	36%	450 g	500%
Fibre	1.5 g	6%	22 g	88%
Protein	5.9 g	12%	84 g	168%
Salt	1 g	17%	14.6 g	243%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

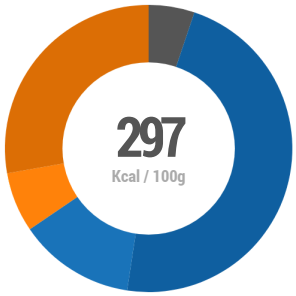
Cakes & Desserts | U Ref Code: | Nutritics ID: **U6034107** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BLA001 - BLACK FOREST GATEAUX

BLACK FOREST GATEAUX

OVERVIEW ... U / 7570319



CALORIES:

60.3% Carbs

5.2% Protein

34.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.6KG SERVING	%RI
Energy(Kj)	1264 kJ	15%	20223 kJ	241%
Energy(kcal)	301 kcal	15%	4815 kcal	241%
Fat	11 g	16%	182 g	260%
of which saturates	9.2 g	46%	147 g	735%
Carbohydrate	45 g	17%	719 g	277%
of which sugars	35 g	39%	562 g	624%
Fibre	1.7 g	7%	28 g	112%
Protein	3.8 g	8%	60 g	120%
Salt	0.84 g	14%	13.4 g	223%

CONTAINS:

WHEAT EGGS MILK SOYA SULPHITES

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME

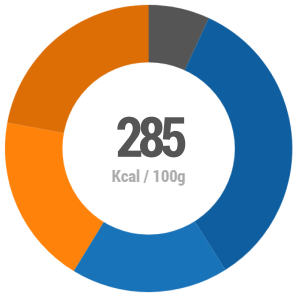
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7570319** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BOL001 - BOLO DE FEIJAO (ALMOND CAKE)

BOLO DE FEIJAO (ALMOND CAKE)

OVERVIEW ... U / 5940220



CALORIES:

51.9% Carbs

6.9% Protein

41.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 75G SERVING	%RI
Energy(Kj)	1215 kJ	14%	916 kJ	11%
Energy(kcal)	290 kcal	15%	219 kcal	11%
Fat	13 g	19%	9.9 g	14%
of which saturates	7 g	35%	5.3 g	27%
Carbohydrate	37 g	14%	28 g	11%
of which sugars	24 g	27%	18 g	20%
Fibre	2 g	8%	1.5 g	6%
Protein	5 g	10%	3.7 g	7%
Salt	0.34 g	6%	0.26 g	4%

CONTAINS:

WHEAT ALMONDS EGGS

MAY CONTAIN:

PEANUTS MILK FISH CRUSTACEANS SESAME

SOYA SULPHITES

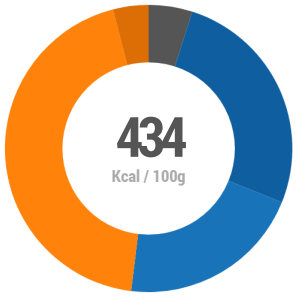
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5940220** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BOL002 - BOLO DE ARROZ (RICE CAKE)

BOLO DE ARROZ (RICE CAKE)

OVERVIEW ... U / 5941354



CALORIES:

47% Carbs

4.9% Protein

48.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 95G SERVING	%RI
Energy(Kj)	1822 kJ	22%	1726 kJ	21%
Energy(kcal)	436 kcal	22%	413 kcal	21%
Fat	23 g	33%	22 g	31%
of which saturates	1.9 g	10%	1.8 g	9%
Carbohydrate	51 g	20%	48 g	18%
of which sugars	28 g	31%	27 g	30%
Fibre	0.9 g	4%	0.8 g	3%
Protein	5.3 g	11%	5 g	10%
Salt	0.85 g	14%	0.8 g	13%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

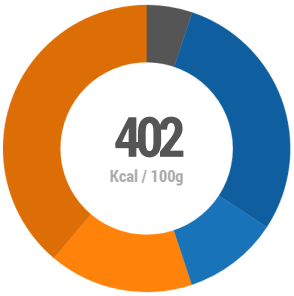
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5941354** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BOL003 - BOLO DE COCO (COCONUT CAKE)

BOLO DE COCO (COCONUT CAKE)

OVERVIEW ... U / 5886553



CALORIES:

39.8% Carbs

5.1% Protein

55.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 95G SERVING	%RI
Energy(Kj)	1722 kJ	21%	1636 kJ	19%
Energy(kcal)	413 kcal	21%	393 kcal	20%
Fat	25 g	36%	23 g	33%
of which saturates	17 g	85%	16 g	80%
Carbohydrate	40 g	15%	38 g	15%
of which sugars	29 g	32%	28 g	31%
Fibre	6.1 g	24%	5.7 g	23%
Protein	5.1 g	10%	4.9 g	10%
Salt	0.35 g	6%	0.33 g	6%

CONTAINS:

WHEAT, EGGS, MILK, SULPHITES

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA

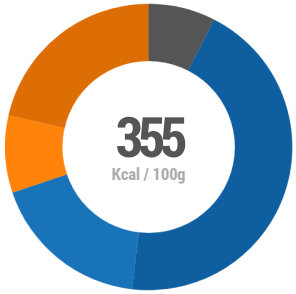
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5886553** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BOL004 - BOLO SEPO (VANILLA SPONGE & CHOCOLATE)

BOLO SEPO (VANILLA SPONGE & CHOCOLATE)

OVERVIEW ... U / 5902624



CALORIES:

62.3% Carbs

7.5% Protein

30.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 165G SERVING	%RI
Energy(Kj)	1499 kJ	18%	2468 kJ	29%
Energy(kcal)	356 kcal	18%	587 kcal	29%
Fat	12 g	17%	20 g	29%
of which saturates	8.5 g	43%	14 g	70%
Carbohydrate	55 g	21%	91 g	35%
of which sugars	39 g	43%	65 g	72%
Fibre	1.1 g	4%	1.8 g	7%
Protein	6.6 g	13%	11 g	22%
Salt	0.78 g	13%	1.3 g	22%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME

SULPHITES

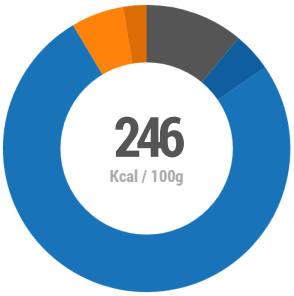
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5902624** | Last Modified: **9 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BOL006 - BOLO DO CACO

BOLO DO CACO

OVERVIEW ... U / 6037452



CALORIES:

80.4% Carbs

11% Protein

8.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 151G SERVING	%RI
Energy(Kj)	1057 kJ	13%	1595 kJ	19%
Energy(kcal)	250 kcal	13%	377 kcal	19%
Fat	2.3 g	3%	3.5 g	5%
of which saturates	0.7 g	4%	1.1 g	6%
Carbohydrate	50 g	19%	75 g	29%
of which sugars	2.7 g	3%	4.1 g	5%
Fibre	2 g	8%	3.1 g	12%
Protein	6.6 g	13%	10 g	20%
Salt	1.2 g	20%	1.8 g	30%

CONTAINS:

WHEAT

MAY CONTAIN:

TREE NUTS, PEANUTS, EGGS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

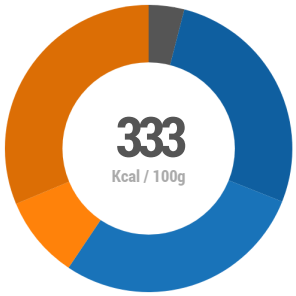
Breads - General | U Ref Code: | Nutritics ID: **U6037452** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BOL007 - BOLO DE BOLACHA (BISCUIT CAKE)

BOLO DE BOLACHA (BISCUIT CAKE)

OVERVIEW ... U / 7575521



CALORIES:

55.4% Carbs

4% Protein

40.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.68KG SERVING	%RI
Energy(Kj)	1398 kJ	17%	23534 kJ	280%
Energy(kcal)	333 kcal	17%	5612 kcal	281%
Fat	15 g	21%	253 g	361%
of which saturates	12 g	60%	195 g	975%
Carbohydrate	46 g	18%	778 g	299%
of which sugars	23 g	26%	379 g	421%
Fibre	0 g	0%	1 g	4%
Protein	3.3 g	7%	55 g	110%
Salt	0.53 g	9%	8.9 g	148%

CONTAINS:

WHEAT MILK SOYA SULPHITES

MAY CONTAIN:

TREE NUTS PEANUTS EGGS FISH CRUSTACEANS SESAME

Cakes & Desserts | U Ref Code: | Nutritics ID: **U7575521** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BOL011 - BOLO PRETO

BOLO PRETO

OVERVIEW ... U / 7971044

CALORIES:

38.8% Carbs

5.5% Protein

55.7% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 800G SERVING	%RI
Energy(Kj)	2351 kJ	28%	18810 kJ	224%
Energy(kcal)	564 kcal	28%	4509 kcal	225%
Fat	35 g	50%	278 g	397%
of which saturates	2.9 g	15%	23 g	115%
Carbohydrate	54 g	21%	434 g	167%
of which sugars	23 g	26%	187 g	208%
Fibre	1.7 g	7%	13 g	52%
Protein	7.8 g	16%	62 g	124%
Salt	1.1 g	18%	8.6 g	143%

CONTAINS:

WHEAT WALNUTS EGGS

MAY CONTAIN:

PEANUTS MILK FISH CRUSTACEANS SESAME

SOYA SULPHITES

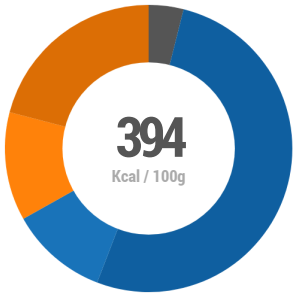
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7971044** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BOL034 - BOLO BRIGADEIRO CHOCOLATE 12"

BOLO BRIGADEIRO CHOCOLATE 12"

OVERVIEW ... U / 7575956



CALORIES:

62.9% Carbs

3.9% Protein

33.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 2.1KG SERVING	%RI
Energy(Kj)	1679 kJ	20%	35264 kJ	420%
Energy(kcal)	400 kcal	20%	8394 kcal	420%
Fat	15 g	21%	305 g	436%
of which saturates	9.2 g	46%	193 g	965%
Carbohydrate	62 g	24%	1304 g	502%
of which sugars	51 g	57%	1074 g	1193%
Fibre	2.7 g	11%	57 g	228%
Protein	3.8 g	8%	80 g	160%
Salt	0.52 g	9%	11 g	183%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

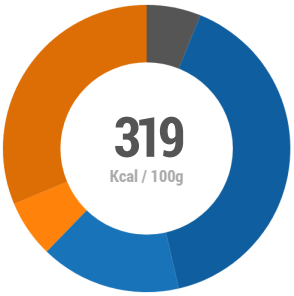
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7575956** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BOL035 - BOLO BRIGADEIRO COCO 12"

BOLO BRIGADEIRO COCO 12"

OVERVIEW ... U / 7576175



CALORIES:

56.2% Carbs

6.1% Protein

37.7% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.31KG SERVING	%RI
Energy(Kj)	1357 kJ	16%	17793 kJ	212%
Energy(kcal)	324 kcal	16%	4242 kcal	212%
Fat	13 g	19%	175 g	250%
of which saturates	11 g	55%	145 g	725%
Carbohydrate	45 g	17%	587 g	226%
of which sugars	32 g	36%	421 g	468%
Fibre	2.3 g	9%	31 g	124%
Protein	4.9 g	10%	64 g	128%
Salt	0.92 g	15%	12.1 g	202%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME

SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U7576175** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BRE001 - BREAD ROLLS

BREAD ROLLS

OVERVIEW ... U / 6037860

CALORIES:

83.9% Carbs

12.4% Protein

3.7% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 76G SERVING	%RI
Energy(Kj)	1259 kJ	15%	957 kJ	11%
Energy(kcal)	297 kcal	15%	226 kcal	11%
Fat	1.2 g	2%	0.9 g	1%
of which saturates	0.2 g	1%	0.1 g	1%
Carbohydrate	61 g	23%	47 g	18%
of which sugars	1.3 g	1%	1 g	1%
Fibre	2.7 g	11%	2 g	8%
Protein	8.8 g	18%	6.7 g	13%
Salt	1.5 g	25%	1.1 g	18%

CONTAINS:

WHEAT

MAY CONTAIN:

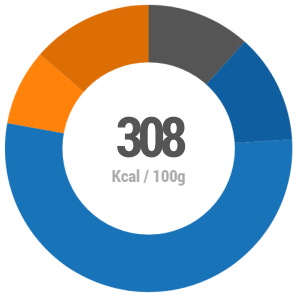
Breads - General | U Ref Code: | Nutritics ID: **U6037860** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BRI001 - BRIOCHE ROLL

BRIOCHE ROLL

OVERVIEW ... U / 5900434



CALORIES:

66.2% Carbs

11.7% Protein

22.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 101G SERVING	%RI
Energy(Kj)	1318 kJ	16%	1325 kJ	16%
Energy(kcal)	313 kcal	16%	314 kcal	16%
Fat	7.6 g	11%	7.6 g	11%
of which saturates	4.7 g	24%	4.7 g	24%
Carbohydrate	51 g	20%	51 g	20%
of which sugars	9.5 g	11%	9.6 g	11%
Fibre	2.1 g	8%	2.1 g	8%
Protein	9.1 g	18%	9.1 g	18%
Salt	1.4 g	23%	1.4 g	23%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

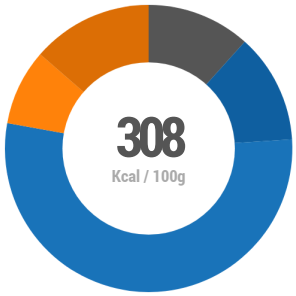
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5900434** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BRI002 - BRIOCHE BAP

BRIOCHE BAP

OVERVIEW ... U / 6107943



CALORIES:

66.2% Carbs

11.7% Protein

22.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 101G SERVING	%RI
Energy(Kj)	1318 kJ	16%	1325 kJ	16%
Energy(kcal)	313 kcal	16%	314 kcal	16%
Fat	7.6 g	11%	7.6 g	11%
of which saturates	4.7 g	24%	4.7 g	24%
Carbohydrate	51 g	20%	51 g	20%
of which sugars	9.5 g	11%	9.6 g	11%
Fibre	2.1 g	8%	2.1 g	8%
Protein	9.1 g	18%	9.1 g	18%
Salt	1.4 g	23%	1.4 g	23%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U6107943** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BRO001 - BROA DE MILHO

BROA DE MILHO

OVERVIEW ... U / 6498214

CALORIES:

82.6% Carbs

10% Protein

7.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 701G SERVING	%RI
Energy(Kj)	1378 kJ	16%	9666 kJ	115%
Energy(kcal)	326 kcal	16%	2285 kcal	114%
Fat	2.6 g	4%	18 g	26%
of which saturates	0.4 g	2%	3 g	15%
Carbohydrate	64 g	25%	451 g	173%
of which sugars	6.1 g	7%	43 g	48%
Fibre	6.9 g	28%	48 g	192%
Protein	8 g	16%	56 g	112%
Salt	1.7 g	28%	12.1 g	202%

CONTAINS:

WHEAT, RYE

MAY CONTAIN:

TREE NUTS, PEANUTS, EGGS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

Breads - General | U Ref Code: | Nutritics ID: **U6498214** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

BUN003 - BELGIUM BUN

BELGIUM BUN

OVERVIEW ... U / 5945284

CALORIES:

78.2% Carbs

8.7% Protein

13% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 203G SERVING	%RI
Energy(Kj)	1308 kJ	16%	2660 kJ	32%
Energy(kcal)	309 kcal	15%	629 kcal	31%
Fat	4.4 g	6%	9 g	13%
of which saturates	1.4 g	7%	2.9 g	15%
Carbohydrate	60 g	23%	122 g	47%
of which sugars	29 g	32%	58 g	64%
Fibre	1.5 g	6%	3.1 g	12%
Protein	6.8 g	14%	14 g	28%
Salt	1.1 g	18%	2.2 g	37%

CONTAINS:

WHEAT, EGGS, MILK, SULPHITES

MAY CONTAIN:

TREE NUTS, PEANUTS, FISH, CRUSTACEANS, SESAME, SOYA

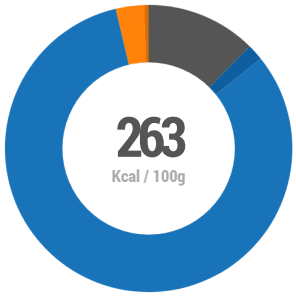
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5945284** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CAR001 - CARCACAS

CARCACAS

OVERVIEW ... U / 6317976



CALORIES:

83.9% Carbs

12.4% Protein

3.7% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 110G SERVING	%RI
Energy(Kj)	1135 kJ	14%	1249 kJ	15%
Energy(kcal)	268 kcal	13%	294 kcal	15%
Fat	1.1 g	2%	1.2 g	2%
of which saturates	0.2 g	1%	0.2 g	1%
Carbohydrate	55 g	21%	61 g	23%
of which sugars	1.2 g	1%	1.3 g	1%
Fibre	2.4 g	10%	2.6 g	10%
Protein	8 g	16%	8.8 g	18%
Salt	1.3 g	22%	1.5 g	25%

CONTAINS:

WHEAT

MAY CONTAIN:

TREE NUTS, PEANUTS, EGGS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

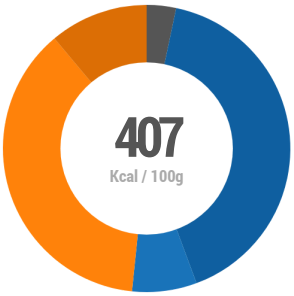
Breads - General | U Ref Code: | Nutritics ID: **U6317976** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CAR006 - CARROT CAKE

CARROT CAKE

OVERVIEW ... U / 7187801



CALORIES:

48.3% Carbs

3.3% Protein

48.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.91KG SERVING	%RI
Energy(Kj)	1707 kJ	20%	32544 kJ	387%
Energy(kcal)	408 kcal	20%	7781 kcal	389%
Fat	22 g	31%	417 g	596%
of which saturates	5 g	25%	96 g	480%
Carbohydrate	49 g	19%	939 g	361%
of which sugars	42 g	47%	797 g	886%
Fibre	0.5 g	2%	7.3 g	29%
Protein	3.4 g	7%	64 g	128%
Salt	1 g	17%	19.5 g	325%

CONTAINS:

WHEAT, BARLEY | EGGS | MILK

MAY CONTAIN:

TREE NUTS | PEANUTS | FISH | CRUSTACEANS | SESAME | SOYA | SULPHITES

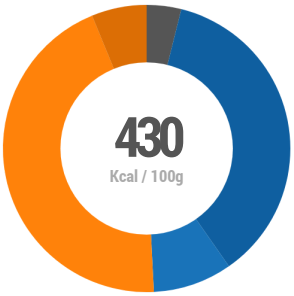
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7187801** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CAR007 - PLAIN CARROT CAKE

PLAIN CARROT CAKE

OVERVIEW ... U / 7187954



CALORIES:

45.3% Carbs

3.9% Protein

50.8% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1KG SERVING	%RI
Energy(Kj)	1801 kJ	21%	18094 kJ	215%
Energy(kcal)	431 kcal	22%	4330 kcal	217%
Fat	24 g	34%	244 g	349%
of which saturates	3 g	15%	30 g	150%
Carbohydrate	49 g	19%	489 g	188%
of which sugars	39 g	43%	393 g	437%
Fibre	0.7 g	3%	7.2 g	29%
Protein	4.1 g	8%	42 g	84%
Salt	1.4 g	23%	13.9 g	232%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS — PEANUTS — FISH — CRUSTACEANS — SESAME

SOYA — SULPHITES

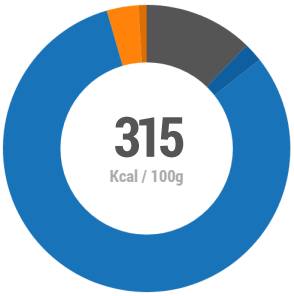
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7187954** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CAS001 - CASEIRINHOS

CASEIRINHOS

OVERVIEW ... U / 6321858



CALORIES:

83.3% Carbs

12.3% Protein

4.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 50G SERVING	%RI
Energy(Kj)	1357 kJ	16%	683 kJ	8%
Energy(kcal)	320 kcal	16%	161 kcal	8%
Fat	1.6 g	2%	0.8 g	1%
of which saturates	0.3 g	2%	0.2 g	1%
Carbohydrate	66 g	25%	33 g	13%
of which sugars	1.7 g	2%	0.9 g	1%
Fibre	2.8 g	11%	1.4 g	6%
Protein	9.4 g	19%	4.7 g	9%
Salt	1.6 g	27%	0.8 g	13%

CONTAINS:

WHEAT

MAY CONTAIN:

TREE NUTS, PEANUTS, EGGS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

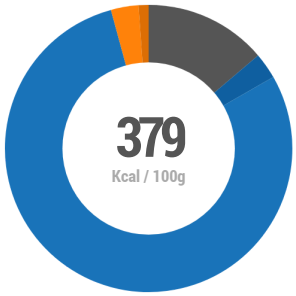
Breads - General | U Ref Code: | Nutritics ID: **U6321858** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CAS002 - CASEIRINHOS GRANARY

CASEIRINHOS GRANARY

OVERVIEW ... U / 6359076



CALORIES:

82% Carbs

13.8% Protein

4.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 50G SERVING	%RI
Energy(Kj)	1645 kJ	20%	818 kJ	10%
Energy(kcal)	388 kcal	19%	193 kcal	10%
Fat	1.8 g	3%	0.9 g	1%
of which saturates	0.5 g	3%	0.2 g	1%
Carbohydrate	78 g	30%	39 g	15%
of which sugars	2.8 g	3%	1.4 g	2%
Fibre	4.4 g	18%	2.2 g	9%
Protein	13 g	26%	6.5 g	13%
Salt	1.1 g	18%	0.56 g	9%

CONTAINS:

WHEAT, BARLEY

MAY CONTAIN:

TREE NUTS, PEANUTS, EGGS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

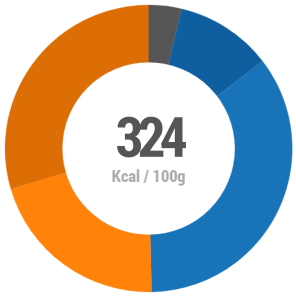
Breads - General | U Ref Code: | Nutritics ID: **U6359076** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CHA001 - CHANTILLY TURNOVER

CHANTILLY TURNOVER

OVERVIEW ... U / 5897125



CALORIES:

46% Carbs

3.7% Protein

50.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 215G SERVING	%RI
Energy(Kj)	1364 kJ	16%	2940 kJ	35%
Energy(kcal)	327 kcal	16%	703 kcal	35%
Fat	18 g	26%	39 g	56%
of which saturates	11 g	55%	23 g	115%
Carbohydrate	37 g	14%	80 g	31%
of which sugars	8.8 g	10%	19 g	21%
Fibre	1.2 g	5%	2.7 g	11%
Protein	3 g	6%	6.5 g	13%
Salt	0.51 g	9%	1.1 g	18%

CONTAINS:

WHEAT MILK SOYA SULPHITES

MAY CONTAIN:

TREE NUTS PEANUTS EGGS FISH CRUSTACEANS SESAME

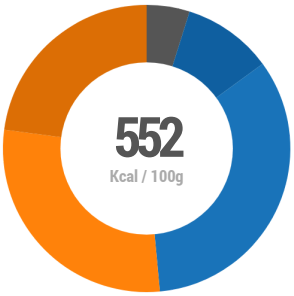
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5897125** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CHA002 - CHANTILLY MILLE FUIELLE

CHANTILLY MILLE FUIELLE

OVERVIEW ... U / 5941723



CALORIES:

43.7% Carbs

4.8% Protein

51.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 88G SERVING	%RI
Energy(Kj)	2326 kJ	28%	2057 kJ	24%
Energy(kcal)	557 kcal	28%	492 kcal	25%
Fat	32 g	46%	28 g	40%
of which saturates	14 g	70%	12 g	60%
Carbohydrate	60 g	23%	53 g	20%
of which sugars	14 g	16%	12 g	13%
Fibre	2.1 g	8%	1.9 g	8%
Protein	6.7 g	13%	5.9 g	12%
Salt	1.1 g	18%	0.98 g	16%

CONTAINS:

WHEAT, MILK, SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; EGGS; FISH; CRUSTACEANS; SESAME; SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5941723** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CHE001 - CHERRY PIE

CHERRY PIE

OVERVIEW ... U / 7581362

CALORIES:

63.9% Carbs

0.7% Protein

35.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 2.06KG SERVING	%RI
Energy(Kj)	1287 kJ	15%	26504 kJ	316%
Energy(kcal)	306 kcal	15%	6311 kcal	316%
Fat	12 g	17%	246 g	351%
of which saturates	4.7 g	24%	97 g	485%
Carbohydrate	49 g	19%	1003 g	386%
of which sugars	24 g	27%	491 g	546%
Fibre	1 g	4%	20 g	80%
Protein	0.6 g	1%	12 g	24%
Salt	0.01 g	0%	0.28 g	5%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

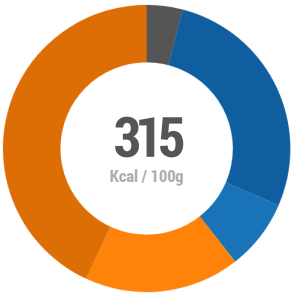
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7581362** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CHE002 - BLACK CHERRY CHEESECAKE

BLACK CHERRY CHEESECAKE

OVERVIEW ... U / 7115137



CALORIES:

35.4% Carbs

4% Protein

60.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.87KG SERVING	%RI
Energy(Kj)	1315 kJ	16%	24595 kJ	293%
Energy(kcal)	316 kcal	16%	5905 kcal	295%
Fat	21 g	30%	396 g	566%
of which saturates	15 g	75%	282 g	1410%
Carbohydrate	28 g	11%	521 g	200%
of which sugars	22 g	24%	403 g	448%
Fibre	0.5 g	2%	8.3 g	33%
Protein	3.2 g	6%	60 g	120%
Salt	0.23 g	4%	4.3 g	72%

CONTAINS:

WHEAT MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS EGGS FISH CRUSTACEANS SESAME SULPHITES

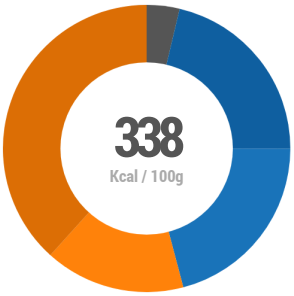
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7115137** | Last Modified: **6 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CHE003 - STRAWBERRY CHEESECAKE

STRAWBERRY CHEESECAKE

OVERVIEW ... U / 7115173



CALORIES:

42.2% Carbs

3.7% Protein

54.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.96KG SERVING	%RI
Energy(Kj)	1209 kJ	14%	23706 kJ	282%
Energy(kcal)	291 kcal	15%	5697 kcal	285%
Fat	20 g	29%	398 g	569%
of which saturates	14 g	70%	282 g	1410%
Carbohydrate	23 g	9%	452 g	174%
of which sugars	18 g	20%	353 g	392%
Fibre	1.2 g	5%	24 g	96%
Protein	3.1 g	6%	61 g	122%
Salt	0.22 g	4%	4.4 g	73%

CONTAINS:

WHEAT, MILK, SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; EGGS; FISH; CRUSTACEANS; SESAME; SULPHITES

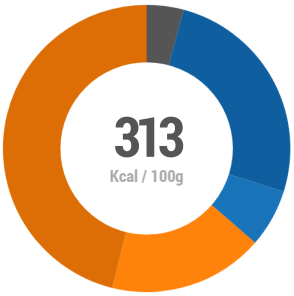
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7115173** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CHE004 - KIWI CHEESECAKE

KIWI CHEESECAKE

OVERVIEW ... U / 7124317



CALORIES:

32.3% Carbs

4.1% Protein

63.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.94KG SERVING	%RI
Energy(Kj)	1310 kJ	16%	25362 kJ	302%
Energy(kcal)	315 kcal	16%	6095 kcal	305%
Fat	22 g	31%	428 g	611%
of which saturates	16 g	80%	310 g	1550%
Carbohydrate	25 g	10%	488 g	188%
of which sugars	20 g	22%	389 g	432%
Fibre	0.7 g	3%	14 g	56%
Protein	3.2 g	6%	63 g	126%
Salt	0.25 g	4%	4.8 g	80%

CONTAINS:

WHEAT, MILK, SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; EGGS; FISH; CRUSTACEANS; SESAME; SULPHITES

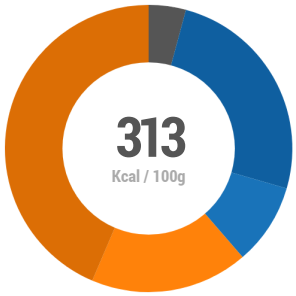
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7124317** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CHE009 - MIXED FRUIT CHEESECAKE

MIXED FRUIT CHEESECAKE

OVERVIEW ... U / 7124359



CALORIES:

34.5% Carbs

4.2% Protein

61.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.86KG SERVING	%RI
Energy(Kj)	1277 kJ	15%	23770 kJ	283%
Energy(kcal)	307 kcal	15%	5711 kcal	286%
Fat	21 g	30%	397 g	567%
of which saturates	15 g	75%	282 g	1410%
Carbohydrate	25 g	10%	467 g	180%
of which sugars	20 g	22%	368 g	409%
Fibre	0.7 g	3%	13 g	52%
Protein	3.3 g	7%	61 g	122%
Salt	0.24 g	4%	4.4 g	73%

CONTAINS:

WHEAT MILK SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS — PEANUTS — EGGS — FISH — CRUSTACEANS

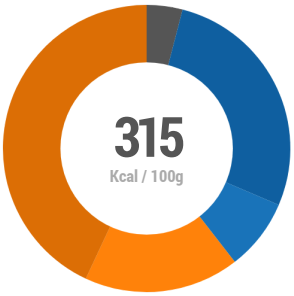
SESAME — SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U7124359** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CHE011 - STRAWBERRY TOPPING CHEESECAKE

OVERVIEW ... U / 7115089



CALORIES:

35.5% Carbs

4% Protein

60.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.87KG SERVING	%RI
Energy(Kj)	1317 kJ	16%	24620 kJ	293%
Energy(kcal)	316 kcal	16%	5911 kcal	296%
Fat	21 g	30%	396 g	566%
of which saturates	15 g	75%	282 g	1410%
Carbohydrate	28 g	11%	523 g	201%
of which sugars	22 g	24%	404 g	449%
Fibre	0.5 g	2%	8.7 g	35%
Protein	3.2 g	6%	59 g	118%
Salt	0.24 g	4%	4.4 g	73%

CONTAINS:

WHEAT MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS EGGS FISH CRUSTACEANS SESAME SULPHITES

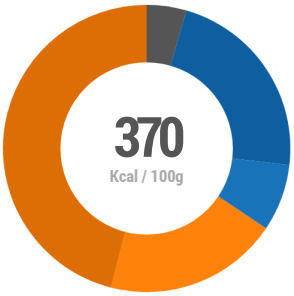
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7115089** | Last Modified: **9 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CHE025 - PLAIN CHEESECAKE

PLAIN CHEESECAKE

OVERVIEW ... U / 6996559



CALORIES:

29.9% Carbs

4.5% Protein

65.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.4KG SERVING	%RI
Energy(Kj)	1544 kJ	18%	21615 kJ	257%
Energy(kcal)	371 kcal	19%	5198 kcal	260%
Fat	27 g	39%	378 g	540%
of which saturates	19 g	95%	265 g	1325%
Carbohydrate	28 g	11%	388 g	149%
of which sugars	21 g	23%	290 g	322%
Fibre	0.5 g	2%	6.3 g	25%
Protein	4.1 g	8%	58 g	116%
Salt	0.29 g	5%	4.1 g	68%

CONTAINS:

WHEAT MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS EGGS FISH CRUSTACEANS SESAME SULPHITES

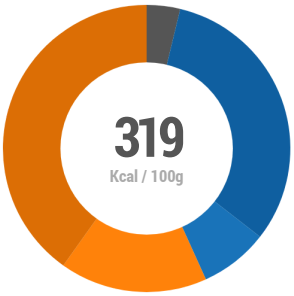
Cakes & Desserts | U Ref Code: | Nutritics ID: **U6996559** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CHE028 - LEMON CHEESECAKE

LEMON CHEESECAKE

OVERVIEW ... U / 6998851



CALORIES:

39.5% Carbs

3.8% Protein

56.8% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.99KG SERVING	%RI
Energy(Kj)	1336 kJ	16%	26593 kJ	317%
Energy(kcal)	320 kcal	16%	6376 kcal	319%
Fat	20 g	29%	400 g	571%
of which saturates	14 g	70%	283 g	1415%
Carbohydrate	31 g	12%	627 g	241%
of which sugars	25 g	28%	504 g	560%
Fibre	0.5 g	2%	9.4 g	38%
Protein	3 g	6%	60 g	120%
Salt	0.27 g	5%	5.4 g	90%

CONTAINS:

WHEAT, MILK, SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; EGGS; FISH; CRUSTACEANS; SESAME; SULPHITES

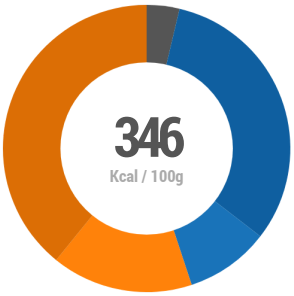
Cakes & Desserts | U Ref Code: | Nutritics ID: **U6998851** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CHE030 - RASPBERRY CHEESECAKE

RASPBERRY CHEESECAKE

OVERVIEW ... U / 6996730



CALORIES:

41.2% Carbs

3.7% Protein

55.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.87KG SERVING	%RI
Energy(Kj)	1450 kJ	17%	27123 kJ	323%
Energy(kcal)	348 kcal	17%	6500 kcal	325%
Fat	21 g	30%	396 g	566%
of which saturates	15 g	75%	282 g	1410%
Carbohydrate	36 g	14%	668 g	257%
of which sugars	28 g	31%	515 g	572%
Fibre	0.6 g	2%	11 g	44%
Protein	3.2 g	6%	60 g	120%
Salt	0.25 g	4%	4.7 g	78%

CONTAINS:

WHEAT MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS EGGS FISH CRUSTACEANS SESAME SULPHITES

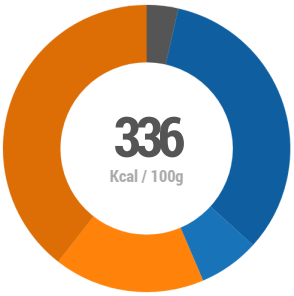
Cakes & Desserts | U Ref Code: | Nutritics ID: **U6996730** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CHE034 - ORANGE CHEESECAKE

ORANGE CHEESECAKE

OVERVIEW ... U / 6998923



CALORIES:

40% Carbs

3.5% Protein

56.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 2KG SERVING	%RI
Energy(Kj)	1408 kJ	17%	28087 kJ	334%
Energy(kcal)	338 kcal	17%	6733 kcal	337%
Fat	21 g	30%	421 g	601%
of which saturates	15 g	75%	294 g	1470%
Carbohydrate	34 g	13%	672 g	258%
of which sugars	28 g	31%	557 g	619%
Fibre	0.5 g	2%	8.3 g	33%
Protein	3 g	6%	60 g	120%
Salt	0.26 g	4%	5.2 g	87%

CONTAINS:

WHEAT, MILK, SOYA

MAY CONTAIN:

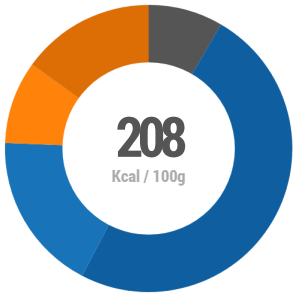
HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; EGGS; FISH; CRUSTACEANS; SESAME; SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U6998923** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CHE046 - STRAWBERRY SPONGE CHEESECAKE 12"

OVERVIEW ... U / 15566024



CALORIES:

67.2% Carbs

8.4% Protein

24.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 2.3KG SERVING	%RI
Energy(Kj)	885 kJ	11%	20347 kJ	242%
Energy(kcal)	210 kcal	11%	4827 kcal	241%
Fat	5.6 g	8%	130 g	186%
of which saturates	3.5 g	18%	80 g	400%
Carbohydrate	35 g	13%	805 g	310%
of which sugars	26 g	29%	590 g	656%
Fibre	0.6 g	2%	13 g	52%
Protein	4.3 g	9%	100 g	200%
Salt	0.57 g	10%	13.1 g	218%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

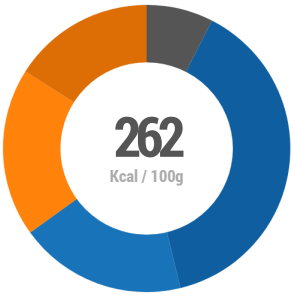
TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U15566024** | Last Modified: **9 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CHE047 - LOTUS BISCUIT CHEESECAKE 12"

OVERVIEW ... U / 15564664



CALORIES:

57.5% Carbs

7.5% Protein

35% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 2.3KG SERVING	%RI
Energy(Kj)	1105 kJ	13%	25408 kJ	302%
Energy(kcal)	263 kcal	13%	6049 kcal	302%
Fat	10 g	14%	234 g	334%
of which saturates	4.6 g	23%	107 g	535%
Carbohydrate	38 g	15%	865 g	333%
of which sugars	25 g	28%	582 g	647%
Fibre	0.6 g	2%	13 g	52%
Protein	4.9 g	10%	112 g	224%
Salt	0.66 g	11%	15.2 g	253%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

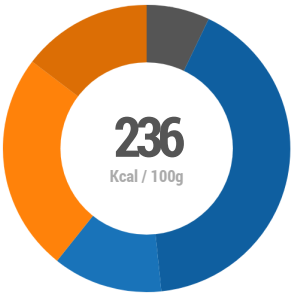
TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U15564664** | Last Modified: **9 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CHE048 - PISTACHIO CHEESECAKE

OVERVIEW ... U / 15629920



CALORIES:

53.6% Carbs

7.1% Protein

39.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 2.65KG SERVING	%RI
Energy(Kj)	998 kJ	12%	26434 kJ	315%
Energy(kcal)	238 kcal	12%	6302 kcal	315%
Fat	10 g	14%	273 g	390%
of which saturates	3.8 g	19%	102 g	510%
Carbohydrate	32 g	12%	838 g	322%
of which sugars	24 g	27%	646 g	718%
Fibre	0.5 g	2%	14 g	56%
Protein	4.2 g	8%	112 g	224%
Salt	0.62 g	10%	16.5 g	275%

CONTAINS:

WHEAT PISTACHIOS EGGS MILK SOYA

MAY CONTAIN:

PEANUTS FISH CRUSTACEANS SESAME SULPHITES

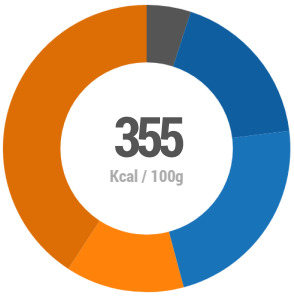
Cakes & Desserts | U Ref Code: | Nutritics ID: **U15629920** | Last Modified: **9 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CHO001 - CHOCOLATE ECLAIR CHANTILLY

CHOCOLATE ECLAIR CHANTILLY

OVERVIEW ... U / 5900494



CALORIES:

40.9% Carbs

5% Protein

54.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 100G SERVING	%RI
Energy(Kj)	1489 kJ	18%	1490 kJ	18%
Energy(kcal)	357 kcal	18%	357 kcal	18%
Fat	21 g	30%	21 g	30%
of which saturates	16 g	80%	16 g	80%
Carbohydrate	37 g	14%	37 g	14%
of which sugars	16 g	18%	16 g	18%
Fibre	0.5 g	2%	0.5 g	2%
Protein	4.4 g	9%	4.4 g	9%
Salt	0.68 g	11%	0.68 g	11%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME

SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5900494** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CHO002 - CHOCOLATE GATEAUX

CHOCOLATE GATEAUX

OVERVIEW ... U / 6538183

CALORIES:

54.9% Carbs

4% Protein

41.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 2.04KG SERVING	%RI
Energy(Kj)	1404 kJ	17%	28712 kJ	342%
Energy(kcal)	335 kcal	17%	6852 kcal	343%
Fat	15 g	21%	309 g	441%
of which saturates	6.5 g	33%	133 g	665%
Carbohydrate	45 g	17%	930 g	358%
of which sugars	35 g	39%	708 g	787%
Fibre	2 g	8%	42 g	168%
Protein	3.2 g	6%	66 g	132%
Salt	0.64 g	11%	13.1 g	218%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME

SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U6538183** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CHO003 - CHOCOLATE ECLAIR CUSTARD

CHOCOLATE ECLAIR CUSTARD

OVERVIEW ... U / 5942053

CALORIES:

63.6% Carbs

4.6% Protein

31.8% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 125G SERVING	%RI
Energy(Kj)	1211 kJ	14%	1518 kJ	18%
Energy(kcal)	288 kcal	14%	361 kcal	18%
Fat	10 g	14%	13 g	19%
of which saturates	6.3 g	32%	7.9 g	40%
Carbohydrate	46 g	18%	57 g	22%
of which sugars	27 g	30%	33 g	37%
Fibre	0.5 g	2%	0.7 g	3%
Protein	3.3 g	7%	4.1 g	8%
Salt	0.6 g	10%	0.75 g	13%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

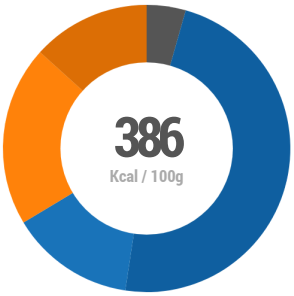
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5942053** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CHO014 - CHOCOLATE BROWNIE TRAY 12"

CHOCOLATE BROWNIE TRAY 12"

OVERVIEW ... U / 7570796



CALORIES:

62% Carbs

4.4% Protein

33.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.78KG SERVING	%RI
Energy(Kj)	1637 kJ	19%	29077 kJ	346%
Energy(kcal)	390 kcal	20%	6921 kcal	346%
Fat	14 g	20%	256 g	366%
of which saturates	5.7 g	29%	101 g	505%
Carbohydrate	60 g	23%	1062 g	408%
of which sugars	46 g	51%	822 g	913%
Fibre	2 g	8%	35 g	140%
Protein	4.2 g	8%	75 g	150%
Salt	0.49 g	8%	8.8 g	147%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

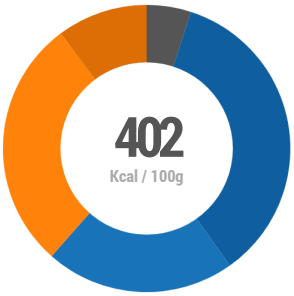
TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

| U Ref Code: | Nutritics ID: **U7570796** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CHO017 - CHOCOLATE & PECAN BROWNIE TRAY

OVERVIEW ... U / 10878828



CALORIES:

56.5% Carbs

5% Protein

38.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 2.05KG SERVING	%RI
Energy(Kj)	1699 kJ	20%	34891 kJ	415%
Energy(kcal)	405 kcal	20%	8317 kcal	416%
Fat	17 g	24%	353 g	504%
of which saturates	4.5 g	23%	93 g	465%
Carbohydrate	57 g	22%	1165 g	448%
of which sugars	35 g	39%	725 g	806%
Fibre	1.7 g	7%	35 g	140%
Protein	5 g	10%	103 g	206%
Salt	0.42 g	7%	8.7 g	145%

CONTAINS:

WHEAT, PECANS, EGGS, MILK

MAY CONTAIN:

HAZELNUTS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

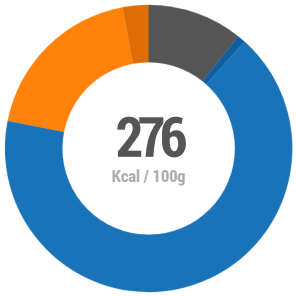
| U Ref Code: | Nutritics ID: **U10878828** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CIA004 - CIABATTA

CIABATTA

OVERVIEW ... U / 6407247



CALORIES:

67.4% Carbs

10.7% Protein

21.9% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 106G SERVING	%RI
Energy(Kj)	1185 kJ	14%	1251 kJ	15%
Energy(kcal)	281 kcal	14%	297 kcal	15%
Fat	6.7 g	10%	7.1 g	10%
of which saturates	0.9 g	5%	0.9 g	5%
Carbohydrate	46 g	18%	49 g	19%
of which sugars	0.6 g	1%	0.7 g	1%
Fibre	2.5 g	10%	2.6 g	10%
Protein	7.5 g	15%	8 g	16%
Salt	1.4 g	23%	1.5 g	25%

CONTAINS:

WHEAT, RYE

MAY CONTAIN:

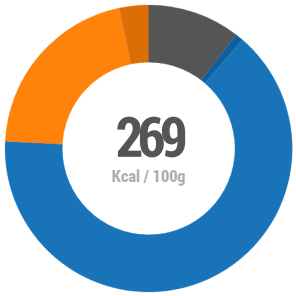
Breads - General | U Ref Code: | Nutritics ID: **U6407247** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CIA005 - LARGE OLIVE CIABATTA

CIA005 - LARGE OLIVE CIABATTA

OVERVIEW ... U / 6408621



CALORIES:

65.4% Carbs

10.4% Protein

24.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 584G SERVING	%RI
Energy(Kj)	1153 kJ	14%	6735 kJ	80%
Energy(kcal)	274 kcal	14%	1599 kcal	80%
Fat	7.2 g	10%	42 g	60%
of which saturates	1 g	5%	5.7 g	29%
Carbohydrate	44 g	17%	256 g	98%
of which sugars	0.6 g	1%	3.4 g	4%
Fibre	2.5 g	10%	15 g	60%
Protein	7.1 g	14%	42 g	84%
Salt	1.5 g	25%	8.5 g	142%

CONTAINS:

WHEAT, RYE

MAY CONTAIN:

TREE NUTS, PEANUTS, EGGS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

Breads - General | U Ref Code: | Nutritics ID: **U6408621** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CIA006 - LARGE TOMATO CIABATTA

CIA006 - LARGE TOMATO CIABATTA

OVERVIEW ... U / 6408708

CALORIES:

60.5% Carbs

9.9% Protein

29.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 584G SERVING	%RI
Energy(Kj)	1257 kJ	15%	7339 kJ	87%
Energy(kcal)	299 kcal	15%	1745 kcal	87%
Fat	9.6 g	14%	56 g	80%
of which saturates	1.3 g	7%	7.4 g	37%
Carbohydrate	44 g	17%	258 g	99%
of which sugars	0.8 g	1%	4.5 g	5%
Fibre	3.2 g	13%	18 g	72%
Protein	7.3 g	15%	43 g	86%
Salt	1.5 g	25%	8.5 g	142%

CONTAINS:

WHEAT, RYE

MAY CONTAIN:

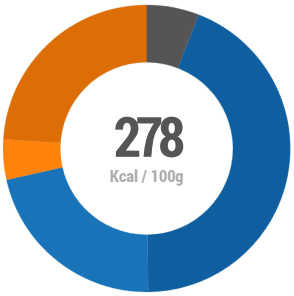
Breads - General | U Ref Code: | Nutritics ID: **U6408708** | Last Modified: **11 Dec 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

COF001 - COFFEE GATEAUX

COFFEE GATEAUX

OVERVIEW ... U / 6538387



CALORIES:

65.6% Carbs

5.9% Protein

28.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.23KG SERVING	%RI
Energy(Kj)	1178 kJ	14%	14515 kJ	173%
Energy(kcal)	280 kcal	14%	3448 kcal	172%
Fat	8.8 g	13%	109 g	156%
of which saturates	7.4 g	37%	91 g	455%
Carbohydrate	46 g	18%	562 g	216%
of which sugars	31 g	34%	377 g	419%
Fibre	0.7 g	3%	9 g	36%
Protein	4.1 g	8%	51 g	102%
Salt	1.1 g	18%	13 g	217%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

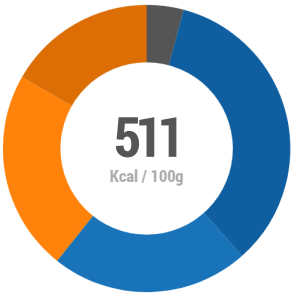
Cakes & Desserts | U Ref Code: | Nutritics ID: **U6538387** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

COOOO1 - COOKIES CHOCOLATE CHIP

COOKIES CHOCOLATE CHIP

OVERVIEW ... U / 5895646



CALORIES:

56.6% Carbs

4.1% Protein

39.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 75G SERVING	%RI
Energy(Kj)	2161 kJ	26%	1628 kJ	19%
Energy(kcal)	515 kcal	26%	388 kcal	19%
Fat	22 g	31%	17 g	24%
of which saturates	9.5 g	48%	7.1 g	36%
Carbohydrate	72 g	28%	54 g	21%
of which sugars	44 g	49%	33 g	37%
Fibre	2.2 g	9%	1.6 g	6%
Protein	5.3 g	11%	4 g	8%
Salt	0.71 g	12%	0.53 g	9%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME

SULPHITES

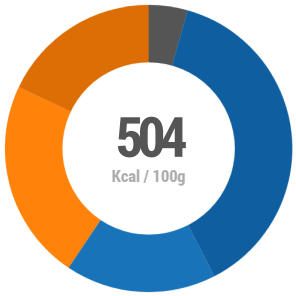
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5895646** | Last Modified: **1 Dec 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

COOOO2 - DOUBLE CHOCOLATE COOKIES

DOUBLE CHOCOLATE COOKIES

OVERVIEW ... U / 5895805



CALORIES:

55% Carbs

4.4% Protein

40.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 75G SERVING	%RI
Energy(Kj)	2144 kJ	26%	1604 kJ	19%
Energy(kcal)	512 kcal	26%	383 kcal	19%
Fat	23 g	33%	17 g	24%
of which saturates	10 g	50%	7.5 g	38%
Carbohydrate	69 g	27%	52 g	20%
of which sugars	48 g	53%	36 g	40%
Fibre	3.9 g	16%	2.9 g	12%
Protein	5.5 g	11%	4.1 g	8%
Salt	0.75 g	13%	0.56 g	9%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME

SULPHITES

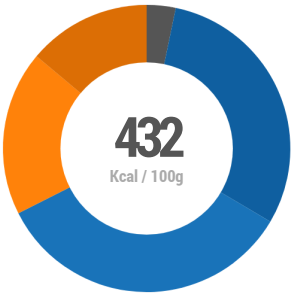
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5895805** | Last Modified: **1 Dec 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

COR001 - CORNICOPS (CUSTARD)

CORNICOPS (CUSTARD)

OVERVIEW ... U / 5895889



CALORIES:

64.3% Carbs

3.3% Protein

32.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 92G SERVING	%RI
Energy(Kj)	1828 kJ	22%	1677 kJ	20%
Energy(kcal)	435 kcal	22%	399 kcal	20%
Fat	16 g	23%	14 g	20%
of which saturates	6.7 g	34%	6.1 g	31%
Carbohydrate	69 g	27%	64 g	25%
of which sugars	33 g	37%	30 g	33%
Fibre	1.7 g	7%	1.5 g	6%
Protein	3.5 g	7%	3.2 g	6%
Salt	1.2 g	20%	1.1 g	18%

CONTAINS:

WHEAT MILK

MAY CONTAIN:

TREE NUTS PEANUTS EGGS FISH CRUSTACEANS

SESAME SOYA SULPHITES

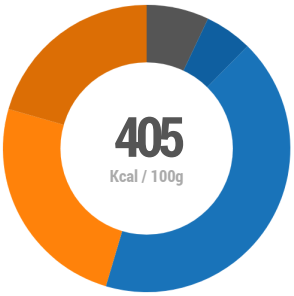
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5895889** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CRO001 - CROISSANT PLAIN

PLAIN CROISSANT

OVERVIEW ... U / 15507796



CALORIES:

47.6% Carbs

7% Protein

45.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 98G SERVING	%RI
Energy(Kj)	1707 kJ	20%	1668 kJ	20%
Energy(kcal)	408 kcal	20%	399 kcal	20%
Fat	20 g	29%	20 g	29%
of which saturates	9.2 g	46%	9 g	45%
Carbohydrate	48 g	18%	47 g	18%
of which sugars	5.4 g	6%	5.3 g	6%
Fibre	1.9 g	8%	1.9 g	8%
Protein	6.9 g	14%	6.8 g	14%
Salt	0.82 g	14%	0.8 g	13%

CONTAINS:

WHEAT

MAY CONTAIN:

CRO002 - CROISSANT CUSTARD

CROISSANT CUSTARD

OVERVIEW ... U / 17202018

CALORIES:

61% Carbs

5.2% Protein

33.8% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 185G SERVING	%RI
Energy(Kj)	1232 kJ	15%	2278 kJ	27%
Energy(kcal)	293 kcal	15%	542 kcal	27%
Fat	11 g	16%	20 g	29%
of which saturates	5 g	25%	9.2 g	46%
Carbohydrate	44 g	17%	82 g	32%
of which sugars	20 g	22%	36 g	40%
Fibre	1.2 g	5%	2.2 g	9%
Protein	3.7 g	7%	6.8 g	14%
Salt	0.54 g	9%	0.99 g	17%

CONTAINS:

WHEAT

MAY CONTAIN:

TREE NUTS, PEANUTS, EGGS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

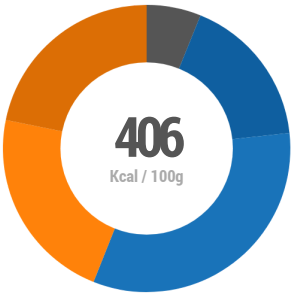
Cakes & Desserts | U Ref Code: | Nutritics ID: **U17202018** | Last Modified: **9 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CRO003 - CHOCOLATE CROISSANT

CHOCOLATE CROISSANT

OVERVIEW ... U / 5760730



CALORIES:

49.9% Carbs

6.1% Protein

44% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 98G SERVING	%RI
Energy(Kj)	1718 kJ	20%	1686 kJ	20%
Energy(kcal)	410 kcal	21%	403 kcal	20%
Fat	20 g	29%	19 g	27%
of which saturates	9.8 g	49%	9.7 g	49%
Carbohydrate	51 g	20%	50 g	19%
of which sugars	17 g	19%	17 g	19%
Fibre	2.6 g	10%	2.6 g	10%
Protein	6.1 g	12%	6 g	12%
Salt	0.64 g	11%	0.63 g	11%

CONTAINS:

WHEAT, MILK, SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; EGGS; FISH; CRUSTACEANS; SESAME; SULPHITES

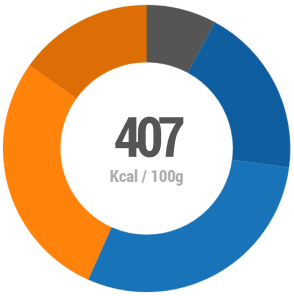
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5760730** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CRO004 - ALMOND CROISSANT

ALMOND CROISSANT

OVERVIEW ... U / 5768218



CALORIES:

48.8% Carbs

7.9% Protein

43.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 107G SERVING	%RI
Energy(Kj)	1721 kJ	20%	1849 kJ	22%
Energy(kcal)	411 kcal	21%	441 kcal	22%
Fat	20 g	29%	21 g	30%
of which saturates	6.9 g	35%	7.4 g	37%
Carbohydrate	50 g	19%	53 g	20%
of which sugars	20 g	22%	21 g	23%
Fibre	1.9 g	8%	2.1 g	8%
Protein	8.1 g	16%	8.6 g	17%
Salt	0.55 g	9%	0.6 g	10%

CONTAINS:

WHEAT ALMONDS EGGS

MAY CONTAIN:

PEANUTS MILK FISH CRUSTACEANS SESAME

SOYA SULPHITES

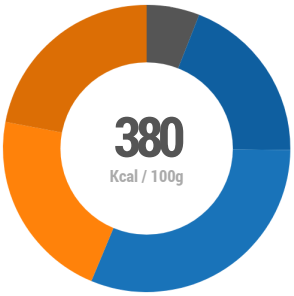
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5768218** | Last Modified: **9 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CRO005 - PAIN AU CHOCOLAT CROISSANT

PAIN AU CHOCOLAT CROISSANT

OVERVIEW ... U / 5775778



CALORIES:

50.3% Carbs

6% Protein

43.7% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 77G SERVING	%RI
Energy(Kj)	1608 kJ	19%	1246 kJ	15%
Energy(kcal)	384 kcal	19%	298 kcal	15%
Fat	18 g	26%	14 g	20%
of which saturates	9.3 g	47%	7.2 g	36%
Carbohydrate	48 g	18%	37 g	14%
of which sugars	18 g	20%	14 g	16%
Fibre	2.5 g	10%	2 g	8%
Protein	5.5 g	11%	4.3 g	9%
Salt	0.57 g	10%	0.44 g	7%

CONTAINS:

WHEAT MILK SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS — PEANUTS — EGGS — FISH — CRUSTACEANS

SESAME — SULPHITES

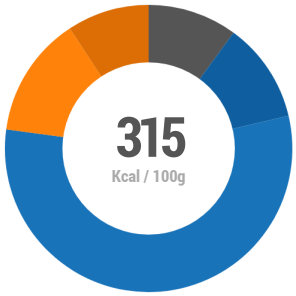
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5775778** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CRO006 - PORTUGUESE PLAIN CROISSANT

PORTUGUESE PLAIN CROISSANT

OVERVIEW ... U / 5778598



CALORIES:

67.1% Carbs

10.1% Protein

22.9% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 140G SERVING	%RI
Energy(Kj)	1340 kJ	16%	1874 kJ	22%
Energy(kcal)	318 kcal	16%	444 kcal	22%
Fat	8 g	11%	11 g	16%
of which saturates	3.2 g	16%	4.5 g	23%
Carbohydrate	53 g	20%	74 g	28%
of which sugars	8.9 g	10%	12 g	13%
Fibre	1.8 g	7%	2.5 g	10%
Protein	7.9 g	16%	11 g	22%
Salt	1.3 g	22%	1.8 g	30%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

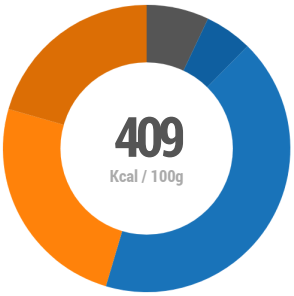
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5778598** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CRO007 - PLAIN LONG CROISSANT

PLAIN LONG CROISSANT

OVERVIEW ... U / 5775481



CALORIES:

47.6% Carbs

7% Protein

45.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 75G SERVING	%RI
Energy(Kj)	1726 kJ	21%	1286 kJ	15%
Energy(kcal)	412 kcal	21%	307 kcal	15%
Fat	21 g	30%	15 g	21%
of which saturates	9.4 g	47%	7 g	35%
Carbohydrate	49 g	19%	36 g	14%
of which sugars	5.5 g	6%	4.1 g	5%
Fibre	1.9 g	8%	1.4 g	6%
Protein	7 g	14%	5.2 g	10%
Salt	0.82 g	14%	0.61 g	10%

CONTAINS:

WHEAT

MAY CONTAIN:

TREE NUTS, PEANUTS, EGGS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

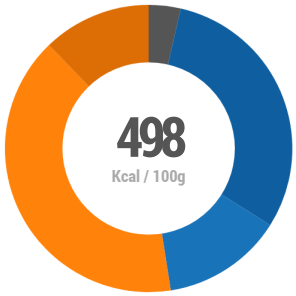
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5775481** | Last Modified: **9 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CUP001 - CUPCAKES

CUPCAKES

OVERVIEW ... U / 5941468



CALORIES:

43.9% Carbs

3.6% Protein

52.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 66G SERVING	%RI
Energy(Kj)	2085 kJ	25%	1381 kJ	16%
Energy(kcal)	499 kcal	25%	331 kcal	17%
Fat	29 g	41%	19 g	27%
of which saturates	6.7 g	34%	4.5 g	23%
Carbohydrate	55 g	21%	36 g	14%
of which sugars	38 g	42%	25 g	28%
Fibre	0.6 g	2%	0.5 g	2%
Protein	4.4 g	9%	2.9 g	6%
Salt	0.77 g	13%	0.51 g	9%

CONTAINS:

WHEAT EGGS MILK FISH SOYA

MAY CONTAIN:

TREE NUTS PEANUTS CRUSTACEANS SESAME SULPHITES

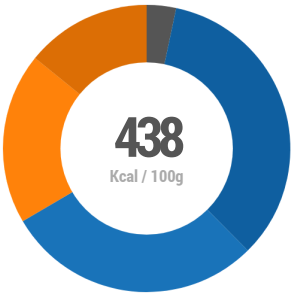
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5941468** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

CUS001 - CUSTARD MILLE FUIELLE

CUSTARD MILLE FUIELLE

OVERVIEW ... U / 5911993



CALORIES:

63.2% Carbs

3.3% Protein

33.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 175G SERVING	%RI
Energy(Kj)	1851 kJ	22%	3247 kJ	39%
Energy(kcal)	440 kcal	22%	773 kcal	39%
Fat	16 g	23%	29 g	41%
of which saturates	6.9 g	35%	12 g	60%
Carbohydrate	69 g	27%	122 g	47%
of which sugars	38 g	42%	66 g	73%
Fibre	1.1 g	4%	2 g	8%
Protein	3.6 g	7%	6.4 g	13%
Salt	0.98 g	16%	1.7 g	28%

CONTAINS:

WHEAT MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS EGGS FISH CRUSTACEANS SESAME SULPHITES

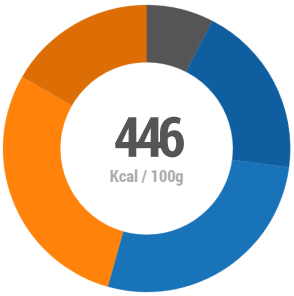
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5911993** | Last Modified: **6 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

DAN001 - ALMOND DANISH

ALMOND DANISH

OVERVIEW ... U / 5790637



CALORIES:

46.8% Carbs

7.6% Protein

45.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 118G SERVING	%RI
Energy(Kj)	1887 kJ	22%	2230 kJ	27%
Energy(kcal)	451 kcal	23%	533 kcal	27%
Fat	23 g	33%	27 g	39%
of which saturates	8.3 g	42%	9.8 g	49%
Carbohydrate	52 g	20%	62 g	24%
of which sugars	22 g	24%	26 g	29%
Fibre	2.3 g	9%	2.8 g	11%
Protein	8.5 g	17%	10 g	20%
Salt	1 g	17%	1.2 g	20%

CONTAINS:

WHEAT, ALMONDS, EGGS

MAY CONTAIN:

HAZELNUTS, PECANS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS, PEANUTS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

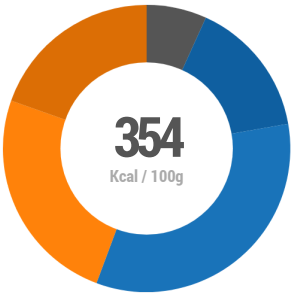
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5790637** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

DAN002 - CINNAMON DANISH

CINNAMON DANISH

OVERVIEW ... U / 5790847



CALORIES:

48.9% Carbs

6.8% Protein

44.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 169G SERVING	%RI
Energy(Kj)	1495 kJ	18%	2520 kJ	30%
Energy(kcal)	357 kcal	18%	602 kcal	30%
Fat	17 g	24%	29 g	41%
of which saturates	7.7 g	39%	13 g	65%
Carbohydrate	43 g	17%	73 g	28%
of which sugars	14 g	16%	23 g	26%
Fibre	1.4 g	6%	2.4 g	10%
Protein	5.9 g	12%	9.9 g	20%
Salt	1 g	17%	1.7 g	28%

CONTAINS:

WHEAT, EGGS

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; MILK; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

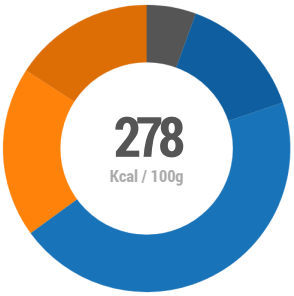
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5790847** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

DAN003 - APPLE DANISH

APPLE DANISH

OVERVIEW ... U / 5791468



CALORIES:

59.4% Carbs

5.6% Protein

35% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 178G SERVING	%RI
Energy(Kj)	1180 kJ	14%	2099 kJ	25%
Energy(kcal)	281 kcal	14%	500 kcal	25%
Fat	11 g	16%	19 g	27%
of which saturates	4.9 g	25%	8.7 g	44%
Carbohydrate	41 g	16%	73 g	28%
of which sugars	9.9 g	11%	18 g	20%
Fibre	1.7 g	7%	3 g	12%
Protein	3.8 g	8%	6.8 g	14%
Salt	0.64 g	11%	1.1 g	18%

CONTAINS:

WHEAT, EGGS, SULPHITES

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; MILK; FISH; CRUSTACEANS; SESAME; SOYA

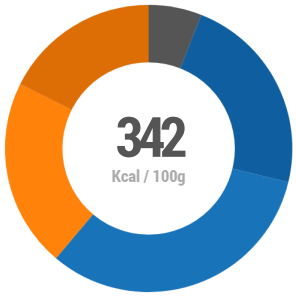
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5791468** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

DAN004 - APRICOT DANISH

APRICOT DANISH

OVERVIEW ... U / 5791669



CALORIES:

55.2% Carbs

6% Protein

38.8% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 130G SERVING	%RI
Energy(Kj)	1447 kJ	17%	1881 kJ	22%
Energy(kcal)	345 kcal	17%	448 kcal	22%
Fat	15 g	21%	19 g	27%
of which saturates	6.7 g	34%	8.7 g	44%
Carbohydrate	47 g	18%	61 g	23%
of which sugars	20 g	22%	25 g	28%
Fibre	1.4 g	6%	1.8 g	7%
Protein	5 g	10%	6.5 g	13%
Salt	0.92 g	15%	1.2 g	20%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

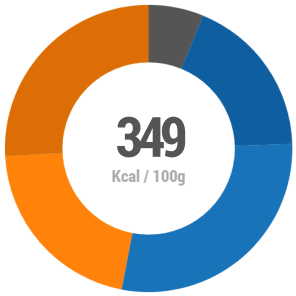
HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS — PEANUTS — FISH — CRUSTACEANS — SESAME

SOYA — SULPHITES

DAN005 - COCONUT DANISH (TRANCA)

COCONUT DANISH (TRANCA)

OVERVIEW ... U / 5879563



CALORIES:

46.8% Carbs

6.2% Protein

47% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 146G SERVING	%RI
Energy(Kj)	1481 kJ	18%	2166 kJ	26%
Energy(kcal)	354 kcal	18%	518 kcal	26%
Fat	18 g	26%	27 g	39%
of which saturates	10 g	50%	15 g	75%
Carbohydrate	41 g	16%	60 g	23%
of which sugars	16 g	18%	23 g	26%
Fibre	2.7 g	11%	4 g	16%
Protein	5.3 g	11%	7.8 g	16%
Salt	0.85 g	14%	1.2 g	20%

CONTAINS:

WHEAT, EGGS, MILK, SULPHITES

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA

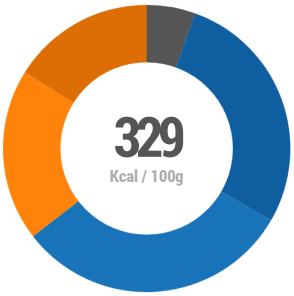
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5879563** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

DAN006 - RAISIN DANISH

RAISIN DANISH

OVERVIEW ... U / 5792731



CALORIES:

59% Carbs

5.5% Protein

35.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 147G SERVING	%RI
Energy(Kj)	1392 kJ	17%	2050 kJ	24%
Energy(kcal)	331 kcal	17%	488 kcal	24%
Fat	13 g	19%	19 g	27%
of which saturates	5.9 g	30%	8.7 g	44%
Carbohydrate	49 g	19%	72 g	28%
of which sugars	23 g	26%	34 g	38%
Fibre	1.4 g	6%	2.1 g	8%
Protein	4.4 g	9%	6.5 g	13%
Salt	0.81 g	14%	1.2 g	20%

CONTAINS:

WHEAT, MILK, SULPHITES

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; EGGS; FISH; CRUSTACEANS; SESAME; SOYA

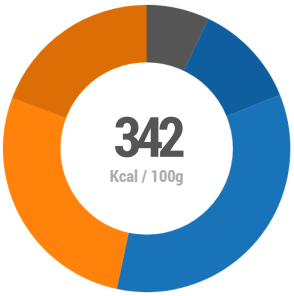
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5792731** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

DAN007 - CUSTARD DANISH (FERRADURA)

CUSTARD DANISH (FERRADURA)

OVERVIEW ... U / 5792803



CALORIES:

46.3% Carbs

7.1% Protein

46.7% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 203G SERVING	%RI
Energy(Kj)	1449 kJ	17%	2939 kJ	35%
Energy(kcal)	346 kcal	17%	703 kcal	35%
Fat	18 g	26%	36 g	51%
of which saturates	7.3 g	37%	15 g	75%
Carbohydrate	40 g	15%	80 g	31%
of which sugars	10 g	11%	21 g	23%
Fibre	1.9 g	8%	3.9 g	16%
Protein	6.1 g	12%	12 g	24%
Salt	0.99 g	17%	2 g	33%

CONTAINS:

WHEAT, ALMONDS, EGGS, MILK

MAY CONTAIN:

HAZELNUTS, PECANS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5792803** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

DAN008 - PINEAPPLE DANISH

PINEAPPLE DANISH

OVERVIEW ... U / 5792926

CALORIES:

56.5% Carbs

5.9% Protein

37.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 164G SERVING	%RI
Energy(Kj)	1185 kJ	14%	1944 kJ	23%
Energy(kcal)	282 kcal	14%	463 kcal	23%
Fat	12 g	17%	19 g	27%
of which saturates	5.3 g	27%	8.7 g	44%
Carbohydrate	40 g	15%	65 g	25%
of which sugars	18 g	20%	29 g	32%
Fibre	1.2 g	5%	2 g	8%
Protein	4 g	8%	6.6 g	13%
Salt	0.73 g	12%	1.2 g	20%

CONTAINS:

WHEAT, EGGS, MILK, SULPHITES

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA

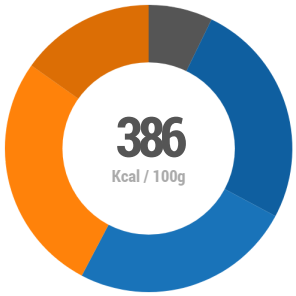
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5792926** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

DAN009 - ALMOND TWIST DANISH

ALMOND TWIST DANISH

OVERVIEW ... U / 5879701



CALORIES:

50.5% Carbs

7.2% Protein

42.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 111G SERVING	%RI
Energy(Kj)	1635 kJ	19%	1822 kJ	22%
Energy(kcal)	390 kcal	20%	435 kcal	22%
Fat	18 g	26%	20 g	29%
of which saturates	6.5 g	33%	7.3 g	37%
Carbohydrate	49 g	19%	54 g	21%
of which sugars	25 g	28%	28 g	31%
Fibre	1.7 g	7%	1.9 g	8%
Protein	7 g	14%	7.8 g	16%
Salt	0.83 g	14%	0.92 g	15%

CONTAINS:

WHEAT, ALMONDS, EGGS

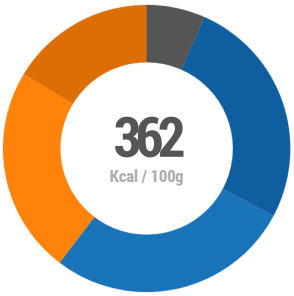
MAY CONTAIN:

HAZELNUTS, PECANS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS, PEANUTS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

DAN010 - CINNAMON TWIST DANISH

CINNAMON TWIST DANISH

OVERVIEW ... U / 5792962



CALORIES:

53.8% Carbs

6.6% Protein

39.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 107G SERVING	%RI
Energy(Kj)	1530 kJ	18%	1635 kJ	19%
Energy(kcal)	365 kcal	18%	390 kcal	20%
Fat	16 g	23%	17 g	24%
of which saturates	6.6 g	33%	7 g	35%
Carbohydrate	49 g	19%	52 g	20%
of which sugars	24 g	27%	25 g	28%
Fibre	1.3 g	5%	1.4 g	6%
Protein	5.9 g	12%	6.3 g	13%
Salt	0.86 g	14%	0.92 g	15%

CONTAINS:

WHEAT, EGGS

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS, PEANUTS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5792962** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

DAN011 - APRICOT CROWN DANISH

APRICOT CROWN DANISH

OVERVIEW ... U / 5793016

CALORIES:

53.3% Carbs

7.2% Protein

39.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 158G SERVING	%RI
Energy(Kj)	1188 kJ	14%	1873 kJ	22%
Energy(kcal)	283 kcal	14%	447 kcal	22%
Fat	12 g	17%	19 g	27%
of which saturates	5.5 g	28%	8.7 g	44%
Carbohydrate	38 g	15%	59 g	23%
of which sugars	16 g	18%	25 g	28%
Fibre	1.3 g	5%	2 g	8%
Protein	5 g	10%	7.8 g	16%
Salt	0.72 g	12%	1.1 g	18%

CONTAINS:

WHEAT, EGGS

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; MILK; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

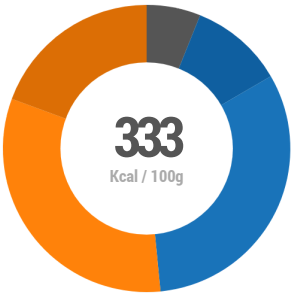
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5793016** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

DAN012 - PEAR & ALMOND CROWN

PEAR & ALMOND CROWN

OVERVIEW ... U / 15426508



CALORIES:

42.4% Carbs

6.1% Protein

51.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 119G SERVING	%RI
Energy(Kj)	1410 kJ	17%	1680 kJ	20%
Energy(kcal)	337 kcal	17%	402 kcal	20%
Fat	19 g	27%	23 g	33%
of which saturates	7.2 g	36%	8.5 g	43%
Carbohydrate	35 g	13%	42 g	16%
of which sugars	8.8 g	10%	10 g	11%
Fibre	1.9 g	8%	2.3 g	9%
Protein	5.2 g	10%	6.2 g	12%
Salt	0.64 g	11%	0.76 g	13%

CONTAINS:

WHEAT, ALMONDS, EGGS, MILK

MAY CONTAIN:

HAZELNUTS, PECANS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U15426508** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

DAN013 - CHERRY DANISH

CHERRY DANISH

OVERVIEW ... U / 5793073

CALORIES:

56.1% Carbs

5.9% Protein

38% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 158G SERVING	%RI
Energy(Kj)	1222 kJ	15%	1926 kJ	23%
Energy(kcal)	291 kcal	15%	459 kcal	23%
Fat	12 g	17%	19 g	27%
of which saturates	5.5 g	28%	8.7 g	44%
Carbohydrate	41 g	16%	64 g	25%
of which sugars	18 g	20%	28 g	31%
Fibre	1.2 g	5%	1.9 g	8%
Protein	4.2 g	8%	6.6 g	13%
Salt	0.72 g	12%	1.1 g	18%

CONTAINS:

WHEAT, EGGS

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS, PEANUTS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

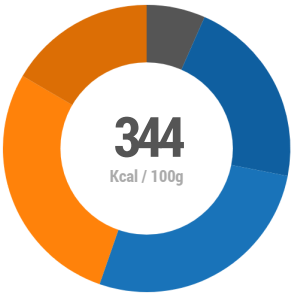
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5793073** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

DAN014 - PECAN DANISH

PECAN DANISH

OVERVIEW ... U / 5793235



CALORIES:

48.7% Carbs

6.6% Protein

44.7% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 142G SERVING	%RI
Energy(Kj)	1451 kJ	17%	2067 kJ	25%
Energy(kcal)	347 kcal	17%	494 kcal	25%
Fat	17 g	24%	24 g	34%
of which saturates	6.3 g	32%	9 g	45%
Carbohydrate	42 g	16%	60 g	23%
of which sugars	18 g	20%	26 g	29%
Fibre	1.2 g	5%	1.7 g	7%
Protein	5.6 g	11%	8 g	16%
Salt	0.8 g	13%	1.1 g	18%

CONTAINS:

WHEAT, PECANS, EGGS

MAY CONTAIN:

HAZELNUTS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; MILK; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5793235** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

DAN016 - APPLE CROWN DANISH

APPLE CROWN DANISH

OVERVIEW ... U / 5793187

CALORIES:

57.5% Carbs

5.7% Protein

36.8% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 167G SERVING	%RI
Energy(Kj)	1194 kJ	14%	1992 kJ	24%
Energy(kcal)	284 kcal	14%	475 kcal	24%
Fat	12 g	17%	19 g	27%
of which saturates	5.2 g	26%	8.7 g	44%
Carbohydrate	41 g	16%	68 g	26%
of which sugars	9.8 g	11%	16 g	18%
Fibre	1.4 g	6%	2.3 g	9%
Protein	4 g	8%	6.6 g	13%
Salt	0.68 g	11%	1.1 g	18%

CONTAINS:

WHEAT, EGGS, SULPHITES

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; MILK; FISH; CRUSTACEANS; SESAME; SOYA

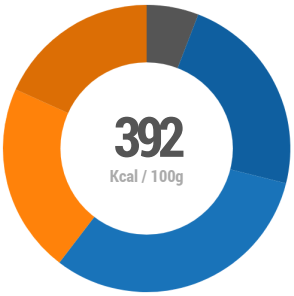
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5793187** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

DAN017 - RASPBERRY & CREAM CHEESE SWIRL

RASPBERRY & CREAM CHEESE SWIRL

OVERVIEW ... U / 15988933



CALORIES:

54.5% Carbs

5.8% Protein

39.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 128G SERVING	%RI
Energy(Kj)	1657 kJ	20%	2125 kJ	25%
Energy(kcal)	395 kcal	20%	507 kcal	25%
Fat	17 g	24%	22 g	31%
of which saturates	7.9 g	40%	10 g	50%
Carbohydrate	53 g	20%	69 g	27%
of which sugars	23 g	26%	29 g	32%
Fibre	1.7 g	7%	2.1 g	8%
Protein	5.6 g	11%	7.2 g	14%
Salt	1 g	17%	1.3 g	22%

CONTAINS:

WHEAT, EGGS, MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

OTHER PROPERTIES:

VEGETARIAN

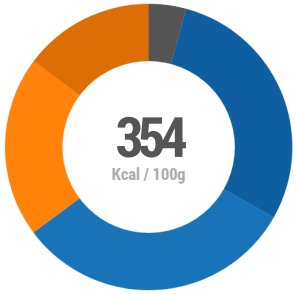
Cakes & Desserts | U Ref Code: | Nutritics ID: **U15988933** | Last Modified: **8 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

DEL001 - DELICIAS (PUFF PASTRY, CUSTARD & CINNAMON)

DELICIAS (PUFF PASTRY, CUSTARD & CINNAMON)

OVERVIEW ... U / 5886922



CALORIES:

60.6% Carbs

4.2% Protein

35.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 201G SERVING	%RI
Energy(Kj)	1497 kJ	18%	3004 kJ	36%
Energy(kcal)	356 kcal	18%	715 kcal	36%
Fat	14 g	20%	28 g	40%
of which saturates	5.8 g	29%	12 g	60%
Carbohydrate	54 g	21%	108 g	42%
of which sugars	26 g	29%	52 g	58%
Fibre	1.2 g	5%	2.4 g	10%
Protein	3.7 g	7%	7.4 g	15%
Salt	0.92 g	15%	1.8 g	30%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5886922** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU001 - DOUGHNUT WHITE ICING RING

DOUGHNUT WHITE ICING RING

OVERVIEW ... U / 5709817

CALORIES:

66.7% Carbs

7.7% Protein

25.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 113G SERVING	%RI
Energy(Kj)	1268 kJ	15%	1439 kJ	17%
Energy(kcal)	301 kcal	15%	342 kcal	17%
Fat	8.5 g	12%	9.6 g	14%
of which saturates	1.2 g	6%	1.4 g	7%
Carbohydrate	50 g	19%	56 g	22%
of which sugars	23 g	26%	26 g	29%
Fibre	1.2 g	5%	1.4 g	6%
Protein	5.8 g	12%	6.6 g	13%
Salt	0.97 g	16%	1.1 g	18%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

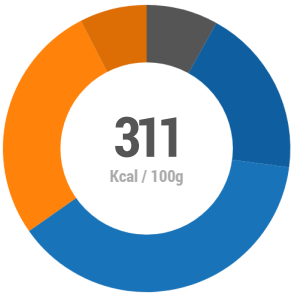
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5709817** | Last Modified: **9 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU002 - DOUGHNUT CHOCOLATE RING

DOUGHNUT CHOCOLATE RING

OVERVIEW ... U / 5710975



CALORIES:

57.2% Carbs

8.1% Protein

34.7% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 108G SERVING	%RI
Energy(Kj)	1321 kJ	16%	1428 kJ	17%
Energy(kcal)	315 kcal	16%	340 kcal	17%
Fat	12 g	17%	13 g	19%
of which saturates	2.6 g	13%	2.8 g	14%
Carbohydrate	45 g	17%	48 g	18%
of which sugars	15 g	17%	16 g	18%
Fibre	1.3 g	5%	1.4 g	6%
Protein	6.4 g	13%	6.9 g	14%
Salt	1.1 g	18%	1.1 g	18%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

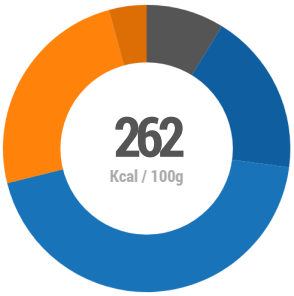
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5710975** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU003 - APPLE FILLING DOUGHNUT

APPLE FILLING DOUGHNUT

OVERVIEW ... U / 5713087



CALORIES:

62.3% Carbs

8.8% Protein

28.9% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 173G SERVING	%RI
Energy(Kj)	1118 kJ	13%	1934 kJ	23%
Energy(kcal)	266 kcal	13%	460 kcal	23%
Fat	8.4 g	12%	15 g	21%
of which saturates	1.2 g	6%	2.1 g	11%
Carbohydrate	41 g	16%	71 g	27%
of which sugars	12 g	13%	21 g	23%
Fibre	1.6 g	6%	2.8 g	11%
Protein	5.8 g	12%	10 g	20%
Salt	0.95 g	16%	1.6 g	27%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5713087** | Last Modified: **2 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU004 - CUSTARD FILLING

CUSTARD FILLING DOUGHNUT

OVERVIEW ... U / 15541981

CALORIES:

63.9% Carbs

8.3% Protein

27.8% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 153G SERVING	%RI
Energy(Kj)	1303 kJ	16%	1999 kJ	24%
Energy(kcal)	309 kcal	15%	475 kcal	24%
Fat	9.4 g	13%	14 g	20%
of which saturates	1.4 g	7%	2.2 g	11%
Carbohydrate	49 g	19%	75 g	29%
of which sugars	18 g	20%	28 g	31%
Fibre	1.4 g	6%	2.2 g	9%
Protein	6.5 g	13%	10 g	20%
Salt	1.1 g	18%	1.7 g	28%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

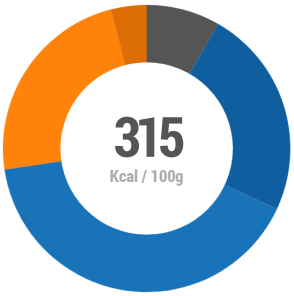
Cakes & Desserts | U Ref Code: | Nutritics ID: **U15541981** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU005 - JAM FILLING

JAM FILLING

OVERVIEW ... U / 5713234



CALORIES:

64.4% Carbs

8.3% Protein

27.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 150G SERVING	%RI
Energy(Kj)	1341 kJ	16%	2017 kJ	24%
Energy(kcal)	318 kcal	16%	479 kcal	24%
Fat	9.6 g	14%	14 g	20%
of which saturates	1.4 g	7%	2.1 g	11%
Carbohydrate	51 g	20%	76 g	29%
of which sugars	19 g	21%	28 g	31%
Fibre	1.4 g	6%	2.1 g	8%
Protein	6.6 g	13%	10 g	20%
Salt	1.1 g	18%	1.6 g	27%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5713234** | Last Modified: **9 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU006 - DOUGHNUT PLAIN SUGAR RING

DOUGHNUT PLAIN SUGAR RING

OVERVIEW ... U / 5709658

CALORIES:

61.5% Carbs

8.9% Protein

29.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 97G SERVING	%RI
Energy(Kj)	1277 kJ	15%	1244 kJ	15%
Energy(kcal)	303 kcal	15%	296 kcal	15%
Fat	9.9 g	14%	9.6 g	14%
of which saturates	1.4 g	7%	1.4 g	7%
Carbohydrate	46 g	18%	45 g	17%
of which sugars	15 g	17%	15 g	17%
Fibre	1.4 g	6%	1.4 g	6%
Protein	6.8 g	14%	6.6 g	13%
Salt	1.1 g	18%	1.1 g	18%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME

SOYA SULPHITES

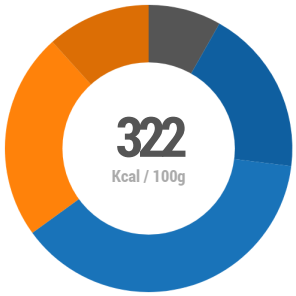
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5709658** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU007 - CHANTILLY JAM SPLIT DOUGHNUT

CHANTILLY JAM SPLIT DOUGHNUT

OVERVIEW ... U / 5718904



CALORIES:

56.8% Carbs

8.2% Protein

35% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 172G SERVING	%RI
Energy(Kj)	1366 kJ	16%	2352 kJ	28%
Energy(kcal)	325 kcal	16%	560 kcal	28%
Fat	13 g	19%	22 g	31%
of which saturates	4.2 g	21%	7.2 g	36%
Carbohydrate	46 g	18%	79 g	30%
of which sugars	15 g	17%	26 g	29%
Fibre	1.4 g	6%	2.4 g	10%
Protein	6.7 g	13%	12 g	24%
Salt	1.1 g	18%	1.9 g	32%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

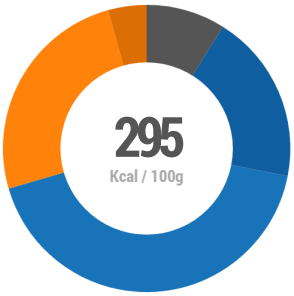
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5718904** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU008 - BLUEBERRY FILLING

BLUEBERRY FILLING

OVERVIEW ... U / 5713252



CALORIES:

61.6% Carbs

8.9% Protein

29.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 150G SERVING	%RI
Energy(Kj)	**1254** kJ	15%	**1875** kJ	22%
Energy(kcal)	**298** kcal	15%	**446** kcal	22%
Fat	**9.7** g	14%	**14** g	20%
of which saturates	**1.4** g	7%	**2.1** g	11%
Carbohydrate	**45** g	17%	**68** g	26%
of which sugars	**14** g	16%	**21** g	23%
Fibre	**1.5** g	6%	**2.2** g	9%
Protein	**6.7** g	13%	**10** g	20%
Salt	**1.1** g	18%	**1.7** g	28%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

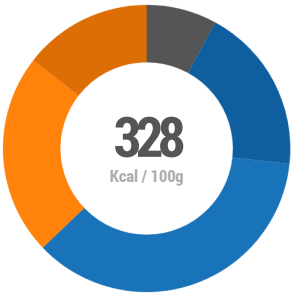
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5713252** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU009 - CHANTILLY FILLING DOUGHNUT

CHANTILLY FILLING DOUGHNUT

OVERVIEW ... U / 5713267



CALORIES:

54.9% Carbs

7.9% Protein

37.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 153G SERVING	%RI
Energy(Kj)	1391 kJ	17%	2134 kJ	25%
Energy(kcal)	331 kcal	17%	509 kcal	25%
Fat	14 g	20%	21 g	30%
of which saturates	5.3 g	27%	8.1 g	41%
Carbohydrate	45 g	17%	69 g	27%
of which sugars	15 g	17%	24 g	27%
Fibre	1.3 g	5%	2.1 g	8%
Protein	6.6 g	13%	10 g	20%
Salt	1.1 g	18%	1.7 g	28%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

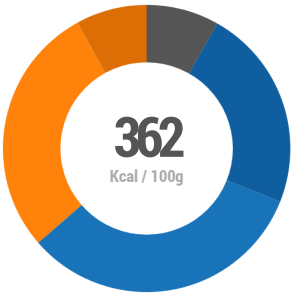
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5713267** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU010 - NUTELLA FILLING DOUGHNUT

NUTELLA FILLING DOUGHNUT

OVERVIEW ... U / 5718430



CALORIES:

55.4% Carbs

8.2% Protein

36.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 155G SERVING	%RI
Energy(Kj)	1533 kJ	18%	2382 kJ	28%
Energy(kcal)	365 kcal	18%	567 kcal	28%
Fat	15 g	21%	23 g	33%
of which saturates	3.2 g	16%	5 g	25%
Carbohydrate	50 g	19%	78 g	30%
of which sugars	21 g	23%	32 g	36%
Fibre	1.3 g	5%	2.1 g	8%
Protein	7.5 g	15%	12 g	24%
Salt	1.1 g	18%	1.7 g	28%

CONTAINS:

WHEAT HAZELNUTS EGGS MILK SOYA

MAY CONTAIN:

PEANUTS FISH CRUSTACEANS SESAME SULPHITES

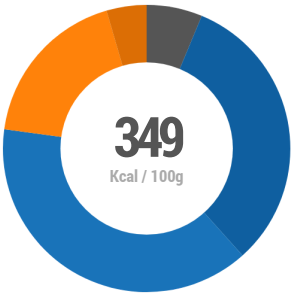
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5718430** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU011 - BOLA DE BERLIM DOUGHNUT

BOLA DE BERLIM DOUGHNUT

OVERVIEW ... U / 5718808



CALORIES:

70.9% Carbs

6.3% Protein

22.8% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 190G SERVING	%RI
Energy(Kj)	1482 kJ	18%	2811 kJ	33%
Energy(kcal)	351 kcal	18%	667 kcal	33%
Fat	8.9 g	13%	17 g	24%
of which saturates	1.7 g	9%	3.3 g	17%
Carbohydrate	62 g	24%	117 g	45%
of which sugars	28 g	31%	53 g	59%
Fibre	1.2 g	5%	2.2 g	9%
Protein	5.5 g	11%	11 g	22%
Salt	1.3 g	22%	2.5 g	42%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5718808** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU012 - CHOCOLATE CREAM SPLIT DOUGHNUT

CHOCOLATE CREAM SPLIT DOUGHNUT

OVERVIEW ... U / 5719024

CALORIES:

53.7% Carbs

7.9% Protein

38.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 177G SERVING	%RI
Energy(Kj)	1399 kJ	17%	2478 kJ	30%
Energy(kcal)	333 kcal	17%	591 kcal	30%
Fat	14 g	20%	25 g	36%
of which saturates	4.9 g	25%	8.6 g	43%
Carbohydrate	44 g	17%	79 g	30%
of which sugars	14 g	16%	25 g	28%
Fibre	1.3 g	5%	2.4 g	10%
Protein	6.7 g	13%	12 g	24%
Salt	1.1 g	18%	2 g	33%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

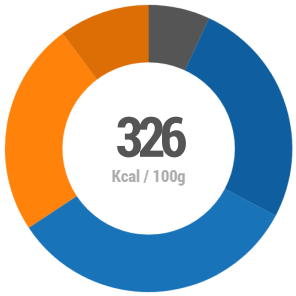
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5719024** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU013 - DOUGHNUT CHOCOLATE SPRINKLE RING

DOUGHNUT CHOCOLATE SPRINKLE RING

OVERVIEW ... U / 5711026



CALORIES:

58.8% Carbs

6.9% Protein

34.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 121G SERVING	%RI
Energy(Kj)	1380 kJ	16%	1669 kJ	20%
Energy(kcal)	328 kcal	16%	397 kcal	20%
Fat	12 g	17%	15 g	21%
of which saturates	3.7 g	19%	4.5 g	23%
Carbohydrate	48 g	18%	58 g	22%
of which sugars	21 g	23%	25 g	28%
Fibre	1.1 g	4%	1.4 g	6%
Protein	5.7 g	11%	6.9 g	14%
Salt	0.94 g	16%	1.1 g	18%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

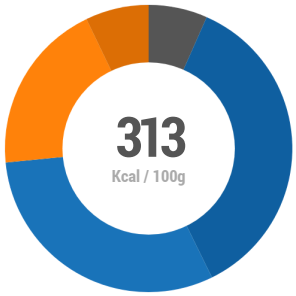
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5711026** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU014 - DOUGHNUT COLOUR SPRINKLE RING

DOUGHNUT COLOUR SPRINKLE RING

OVERVIEW ... U / 5711062



CALORIES:

66.8% Carbs

6.6% Protein

26.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 126G SERVING	%RI
Energy(Kj)	1329 kJ	16%	1679 kJ	20%
Energy(kcal)	316 kcal	16%	399 kcal	20%
Fat	9.2 g	13%	12 g	17%
of which saturates	2.5 g	13%	3.1 g	16%
Carbohydrate	52 g	20%	66 g	25%
of which sugars	28 g	31%	36 g	40%
Fibre	1.1 g	4%	1.4 g	6%
Protein	5.3 g	11%	6.7 g	13%
Salt	0.87 g	15%	1.1 g	18%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME

SOYA SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5711062** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU015 - DOUGHNUT PINK RING

DOUGHNUT PINK RING

OVERVIEW ... U / 5711284

CALORIES:

66.7% Carbs

7.7% Protein

25.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 114G SERVING	%RI
Energy(Kj)	1266 kJ	15%	1439 kJ	17%
Energy(kcal)	300 kcal	15%	342 kcal	17%
Fat	8.4 g	12%	9.6 g	14%
of which saturates	1.2 g	6%	1.4 g	7%
Carbohydrate	50 g	19%	56 g	22%
of which sugars	23 g	26%	26 g	29%
Fibre	1.2 g	5%	1.4 g	6%
Protein	5.8 g	12%	6.6 g	13%
Salt	0.96 g	16%	1.1 g	18%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

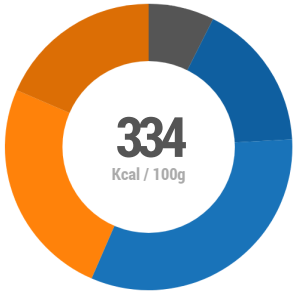
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5711284** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU016 - DOUGHNUT CHOCOLATE AND COCONUT RING

DOUGHNUT CHOCOLATE AND COCONUT RING

OVERVIEW ... U / 5711446



CALORIES:

49.1% Carbs

7.4% Protein

43.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 119G SERVING	%RI
Energy(Kj)	1428 kJ	17%	1697 kJ	20%
Energy(kcal)	341 kcal	17%	405 kcal	20%
Fat	16 g	23%	19 g	27%
of which saturates	6.9 g	35%	8.2 g	41%
Carbohydrate	41 g	16%	49 g	19%
of which sugars	14 g	16%	17 g	19%
Fibre	2.9 g	12%	3.5 g	14%
Protein	6.4 g	13%	7.6 g	15%
Salt	0.96 g	16%	1.1 g	18%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

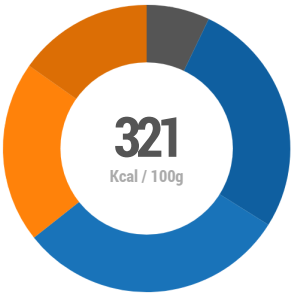
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5711446** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU017 - DOUGHNUT COCONUT ICING RING

DOUGHNUT COCONUT ICING RING

OVERVIEW ... U / 5711488



CALORIES:

57.2% Carbs

7.1% Protein

35.7% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 124G SERVING	%RI
Energy(Kj)	1375 kJ	16%	1708 kJ	20%
Energy(kcal)	328 kcal	16%	407 kcal	20%
Fat	13 g	19%	16 g	23%
of which saturates	5.4 g	27%	6.7 g	34%
Carbohydrate	46 g	18%	57 g	22%
of which sugars	22 g	24%	27 g	30%
Fibre	2.8 g	11%	3.5 g	14%
Protein	5.9 g	12%	7.3 g	15%
Salt	0.89 g	15%	1.1 g	18%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

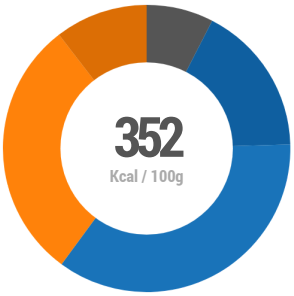
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5711488** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU018 - CHOCOLATE SPLIT DOUGHNUT

CHOCOLATE SPLIT DOUGHNUT

OVERVIEW ... U / 5719105



CALORIES:

52.5% Carbs

7.5% Protein

39.9% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 177G SERVING	%RI
Energy(Kj)	1491 kJ	18%	2642 kJ	31%
Energy(kcal)	356 kcal	18%	630 kcal	32%
Fat	16 g	23%	28 g	40%
of which saturates	4.1 g	21%	7.2 g	36%
Carbohydrate	46 g	18%	82 g	32%
of which sugars	15 g	17%	27 g	30%
Fibre	1.6 g	6%	2.8 g	11%
Protein	6.7 g	13%	12 g	24%
Salt	1.1 g	18%	1.9 g	32%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

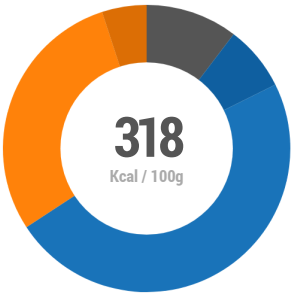
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5719105** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU019 - PLAIN DOUGHNUT

PLAIN DOUGHNUT

OVERVIEW ... U / 5718859



CALORIES:

55.4% Carbs

10.4% Protein

34.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 119G SERVING	%RI
Energy(Kj)	1352 kJ	16%	1611 kJ	19%
Energy(kcal)	322 kcal	16%	383 kcal	19%
Fat	12 g	17%	14 g	20%
of which saturates	1.8 g	9%	2.1 g	11%
Carbohydrate	44 g	17%	52 g	20%
of which sugars	5.8 g	6%	6.9 g	8%
Fibre	1.7 g	7%	2.1 g	8%
Protein	8.4 g	17%	10 g	20%
Salt	1.4 g	23%	1.6 g	27%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5718859** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU021 - ICED TWIST DOUGHNUT

ICED TWIST DOUGHNUT

OVERVIEW ... U / 5722225

CALORIES:

65.1% Carbs

8.1% Protein

26.8% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 172G SERVING	%RI
Energy(Kj)	1366 kJ	16%	2352 kJ	28%
Energy(kcal)	324 kcal	16%	559 kcal	28%
Fat	9.6 g	14%	16 g	23%
of which saturates	1.4 g	7%	2.4 g	12%
Carbohydrate	52 g	20%	90 g	35%
of which sugars	22 g	24%	38 g	42%
Fibre	1.4 g	6%	2.4 g	10%
Protein	6.6 g	13%	11 g	22%
Salt	1.1 g	18%	1.9 g	32%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

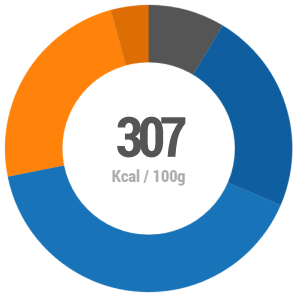
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5722225** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU022 - CHOCOLATE FILLING DOUGHNUT

CHOCOLATE FILLING DOUGHNUT

OVERVIEW ... U / 5718607



CALORIES:

63.2% Carbs

8.6% Protein

28.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 151G SERVING	%RI
Energy(Kj)	1310 kJ	16%	1984 kJ	24%
Energy(kcal)	311 kcal	16%	471 kcal	24%
Fat	9.6 g	14%	15 g	21%
of which saturates	1.5 g	8%	2.2 g	11%
Carbohydrate	49 g	19%	74 g	28%
of which sugars	18 g	20%	27 g	30%
Fibre	1.6 g	6%	2.4 g	10%
Protein	6.7 g	13%	10 g	20%
Salt	1.1 g	18%	1.7 g	28%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5718607** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU023 - DOUGHNUT PLAIN RING

DOUGHNUT PLAIN RING

OVERVIEW ... U / 5516057

CALORIES:

55.4% Carbs

10.4% Protein

34.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 87G SERVING	%RI
Energy(Kj)	1238 kJ	15%	1074 kJ	13%
Energy(kcal)	295 kcal	15%	256 kcal	13%
Fat	11 g	16%	9.6 g	14%
of which saturates	1.6 g	8%	1.4 g	7%
Carbohydrate	40 g	15%	35 g	13%
of which sugars	5.3 g	6%	4.6 g	5%
Fibre	1.6 g	6%	1.4 g	6%
Protein	7.7 g	15%	6.6 g	13%
Salt	1.3 g	22%	1.1 g	18%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

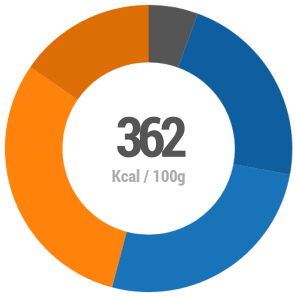
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5516057** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU024 - DOUGHNUT TRIPLE CHOCOLATE RING

DOUGHNUT TRIPLE CHOCOLATE RING

OVERVIEW ... U / 5712895



CALORIES:

48.6% Carbs

5.5% Protein

45.9% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 148G SERVING	%RI
Energy(Kj)	1526 kJ	18%	2255 kJ	27%
Energy(kcal)	365 kcal	18%	539 kcal	27%
Fat	18 g	26%	27 g	39%
of which saturates	6.2 g	31%	9.1 g	46%
Carbohydrate	44 g	17%	65 g	25%
of which sugars	20 g	22%	30 g	33%
Fibre	1.4 g	6%	2.1 g	8%
Protein	5.1 g	10%	7.5 g	15%
Salt	0.77 g	13%	1.1 g	18%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

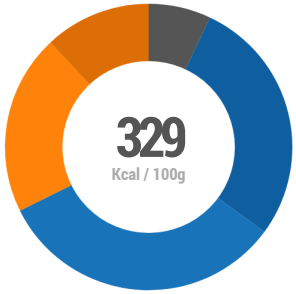
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5712895** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU026 - CHANTILLY JAM SPLIT COLOUR SPRINKLE DOUGHNUT

CHANTILLY JAM SPLIT COLOUR SPRINKLE DOUGHNUT

OVERVIEW ... U / 5718946



CALORIES:

60.6% Carbs

7% Protein

32.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 197G SERVING	%RI
Energy(Kj)	1395 kJ	17%	2748 kJ	33%
Energy(kcal)	332 kcal	17%	654 kcal	33%
Fat	12 g	17%	23 g	33%
of which saturates	4.4 g	22%	8.6 g	43%
Carbohydrate	50 g	19%	98 g	38%
of which sugars	23 g	26%	45 g	50%
Fibre	1.2 g	5%	2.4 g	10%
Protein	5.9 g	12%	12 g	24%
Salt	0.99 g	17%	1.9 g	32%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

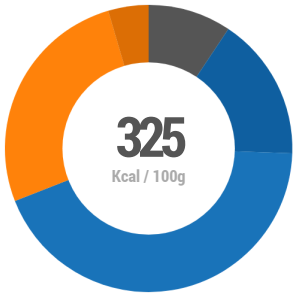
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5718946** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU027 - PLAIN SUGAR DOUGHNUT

PLAIN DOUGHNUT

OVERVIEW ... U / 12288569



CALORIES:

59.7% Carbs

9.4% Protein

31% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 129G SERVING	%RI
Energy(Kj)	1381 kJ	16%	1781 kJ	21%
Energy(kcal)	328 kcal	16%	423 kcal	21%
Fat	11 g	16%	14 g	20%
of which saturates	1.6 g	8%	2.1 g	11%
Carbohydrate	48 g	18%	62 g	24%
of which sugars	13 g	14%	17 g	19%
Fibre	1.6 g	6%	2.1 g	8%
Protein	7.7 g	15%	10 g	20%
Salt	1.3 g	22%	1.6 g	27%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

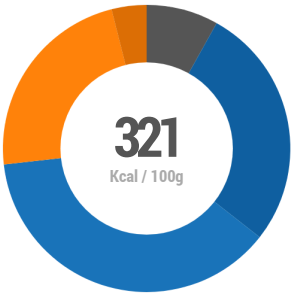
Cakes & Desserts | U Ref Code: | Nutritics ID: **U12288569** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU042 - ICED FINGER DOUGHNUT

ICED FINGER DOUGHNUT

OVERVIEW ... U / 5722240



CALORIES:

65.1% Carbs

8.1% Protein

26.8% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 172G SERVING	%RI
Energy(Kj)	1366 kJ	16%	2352 kJ	28%
Energy(kcal)	324 kcal	16%	559 kcal	28%
Fat	9.6 g	14%	16 g	23%
of which saturates	1.4 g	7%	2.4 g	12%
Carbohydrate	52 g	20%	90 g	35%
of which sugars	22 g	24%	38 g	42%
Fibre	1.4 g	6%	2.4 g	10%
Protein	6.6 g	13%	11 g	22%
Salt	1.1 g	18%	1.9 g	32%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5722240** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU043 - DOUGHNUT OREO RING

DOUGHNUT OREO RING

OVERVIEW ... U / 5713048

CALORIES:

65.8% Carbs

7.5% Protein

26.7% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 126G SERVING	%RI
Energy(Kj)	1322 kJ	16%	1670 kJ	20%
Energy(kcal)	314 kcal	16%	397 kcal	20%
Fat	9.2 g	13%	12 g	17%
of which saturates	1.7 g	9%	2.1 g	11%
Carbohydrate	51 g	20%	65 g	25%
of which sugars	23 g	26%	29 g	32%
Fibre	1.4 g	6%	1.8 g	7%
Protein	5.9 g	12%	7.5 g	15%
Salt	0.95 g	16%	1.2 g	20%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5713048** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU046 - PISTACHIO CREAM FILLING DOUGHNUT

PISTACHIO CREAM FILLING DOUGHNUT

OVERVIEW ... U / 13378860

CALORIES:

65.3% Carbs

8% Protein

26.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 169G SERVING	%RI
Energy(Kj)	1259 kJ	15%	2123 kJ	25%
Energy(kcal)	299 kcal	15%	504 kcal	25%
Fat	8.8 g	13%	15 g	21%
of which saturates	1.3 g	7%	2.2 g	11%
Carbohydrate	48 g	18%	82 g	32%
of which sugars	20 g	22%	34 g	38%
Fibre	1.3 g	5%	2.2 g	9%
Protein	6 g	12%	10 g	20%
Salt	1 g	17%	1.7 g	28%

CONTAINS:

WHEAT, PISTACHIOS, EGGS, MILK

MAY CONTAIN:

PEANUTS, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U13378860** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

DOU047 - RASPBERRY & CREAM CHEESE RING DOUGHNUT

RASPBERRY & CREAM CHEESE RING DOUGHNUT

OVERVIEW ... U / 15636651

CALORIES:

59.6% Carbs

7.3% Protein

33.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 116G SERVING	%RI
Energy(Kj)	1355 kJ	16%	1572 kJ	19%
Energy(kcal)	323 kcal	16%	374 kcal	19%
Fat	12 g	17%	14 g	20%
of which saturates	3.2 g	16%	3.7 g	19%
Carbohydrate	48 g	18%	55 g	21%
of which sugars	21 g	23%	25 g	28%
Fibre	1.3 g	5%	1.5 g	6%
Protein	5.9 g	12%	6.8 g	14%
Salt	0.95 g	16%	1.1 g	18%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

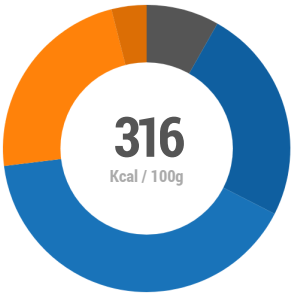
OTHER PROPERTIES:

VEGETARIAN

DOU062 - RASPBERRY FILLING DOUGHNUT

RASPBERRY FILLING DOUGHNUT

OVERVIEW ... U / 5910736



CALORIES:

64.9% Carbs

8.2% Protein

26.9% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 152G SERVING	%RI
Energy(Kj)	1346 kJ	16%	2052 kJ	24%
Energy(kcal)	320 kcal	16%	487 kcal	24%
Fat	9.5 g	14%	14 g	20%
of which saturates	1.4 g	7%	2.1 g	11%
Carbohydrate	51 g	20%	78 g	30%
of which sugars	19 g	21%	29 g	32%
Fibre	1.6 g	6%	2.4 g	10%
Protein	6.6 g	13%	10 g	20%
Salt	1.1 g	18%	1.7 g	28%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

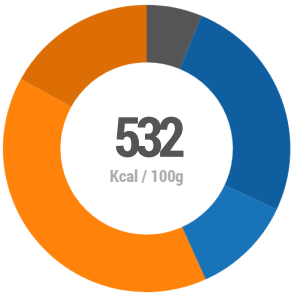
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5910736** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

FLO002 - FLORENTINE

FLORENTINE

OVERVIEW ... U / 5897749



CALORIES:

37% Carbs

6.2% Protein

56.7% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 70G SERVING	%RI
Energy(Kj)	2279 kJ	27%	1599 kJ	19%
Energy(kcal)	547 kcal	27%	384 kcal	19%
Fat	34 g	49%	24 g	34%
of which saturates	10 g	50%	7 g	35%
Carbohydrate	49 g	19%	35 g	13%
of which sugars	34 g	38%	24 g	27%
Fibre	4.9 g	20%	3.4 g	14%
Protein	9.6 g	19%	6.7 g	13%
Salt	0.03 g	1%	0.02 g	0%

CONTAINS:

WHEAT ALMONDS MILK SOYA SULPHITES

MAY CONTAIN:

PEANUTS EGGS FISH CRUSTACEANS SESAME

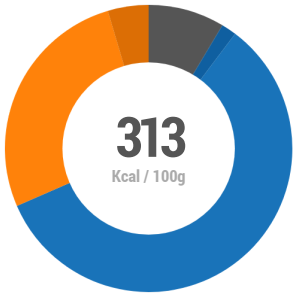
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5897749** | Last Modified: **6 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

FOC002 - FOCCACINA PLAIN

FOCCACINA PLAIN

OVERVIEW ... U / 6358131



CALORIES:

59.9% Carbs

8.6% Protein

31.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 150G SERVING	%RI
Energy(Kj)	1328 kJ	16%	1989 kJ	24%
Energy(kcal)	316 kcal	16%	473 kcal	24%
Fat	11 g	16%	16 g	23%
of which saturates	1.6 g	8%	2.4 g	12%
Carbohydrate	47 g	18%	70 g	27%
of which sugars	1.3 g	1%	2 g	2%
Fibre	1.9 g	8%	2.9 g	12%
Protein	6.5 g	13%	9.8 g	20%
Salt	1.1 g	18%	1.6 g	27%

CONTAINS:

WHEAT

MAY CONTAIN:

TREE NUTS, PEANUTS, EGGS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

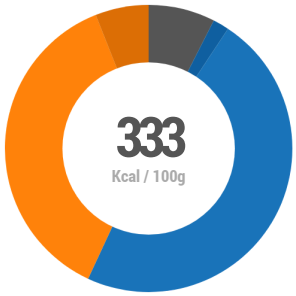
Breads - General | U Ref Code: | Nutritics ID: **U6358131** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

FOC003 - FOCCACINA TOMATO

FOCCACINA TOMATO

OVERVIEW ... U / 6358788



CALORIES:

49.4% Carbs

7.5% Protein

43.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 152G SERVING	%RI
Energy(Kj)	1424 kJ	17%	2162 kJ	26%
Energy(kcal)	340 kcal	17%	516 kcal	26%
Fat	16 g	23%	24 g	34%
of which saturates	2.2 g	11%	3.4 g	17%
Carbohydrate	41 g	16%	63 g	24%
of which sugars	1.5 g	2%	2.3 g	3%
Fibre	3.3 g	13%	5 g	20%
Protein	6.1 g	12%	9.2 g	18%
Salt	1.3 g	22%	1.9 g	32%

CONTAINS:

WHEAT

MAY CONTAIN:

TREE NUTS, PEANUTS, EGGS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

Breads - General | U Ref Code: | Nutritics ID: **U6358788** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

FOC004 - FOCCACINA OLIVE

FOCCACINA OLIVE

OVERVIEW ... U / 6358659

CALORIES:

56.9% Carbs

8.2% Protein

34.9% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 151G SERVING	%RI
Energy(Kj)	1225 kJ	15%	1844 kJ	22%
Energy(kcal)	292 kcal	15%	439 kcal	22%
Fat	11 g	16%	17 g	24%
of which saturates	1.6 g	8%	2.5 g	13%
Carbohydrate	41 g	16%	62 g	24%
of which sugars	1.2 g	1%	1.7 g	2%
Fibre	2 g	8%	3.1 g	12%
Protein	5.8 g	12%	8.7 g	17%
Salt	1.2 g	20%	1.9 g	32%

CONTAINS:

WHEAT

MAY CONTAIN:

TREE NUTS, PEANUTS, EGGS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

Breads - General | U Ref Code: | Nutritics ID: **U6358659** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

FRE001 -SMALL FRENCH BREAD

SMALL FRENCH BREAD

OVERVIEW ... U / 6317850

CALORIES:

83.9% Carbs

12.4% Protein

3.7% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 99G SERVING	%RI
Energy(Kj)	1259 kJ	15%	1249 kJ	15%
Energy(kcal)	297 kcal	15%	294 kcal	15%
Fat	1.2 g	2%	1.2 g	2%
of which saturates	0.2 g	1%	0.2 g	1%
Carbohydrate	61 g	23%	61 g	23%
of which sugars	1.3 g	1%	1.3 g	1%
Fibre	2.7 g	11%	2.6 g	10%
Protein	8.8 g	18%	8.8 g	18%
Salt	1.5 g	25%	1.5 g	25%

CONTAINS:

WHEAT

MAY CONTAIN:

TREE NUTS, PEANUTS, EGGS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

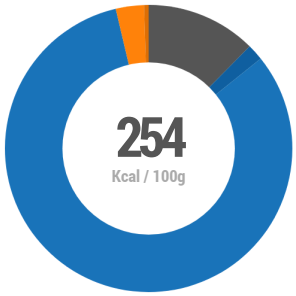
Breads - General | U Ref Code: | Nutritics ID: **U6317850** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

FRE002 - FRENCH BREAD (LARGE)

FRENCH BREAD (LARGE)

OVERVIEW ... U / 6321672



CALORIES:

83.9% Carbs

12.4% Protein

3.7% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 465G SERVING	%RI
Energy(Kj)	1096 kJ	13%	5096 kJ	61%
Energy(kcal)	258 kcal	13%	1202 kcal	60%
Fat	1 g	1%	4.8 g	7%
of which saturates	0.1 g	1%	0.7 g	4%
Carbohydrate	53 g	20%	248 g	95%
of which sugars	1.2 g	1%	5.4 g	6%
Fibre	2.3 g	9%	11 g	44%
Protein	7.7 g	15%	36 g	72%
Salt	1.3 g	22%	6 g	100%

CONTAINS:

WHEAT

MAY CONTAIN:

TREE NUTS, PEANUTS, EGGS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

Breads - General | U Ref Code: | Nutritics ID: **U6321672** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

FRE004 - FRENCH DEMI BAGUETTE

FRENCH DEMI BAGUETTE

OVERVIEW ... U / 6321054

CALORIES:

83.9% Carbs

12.4% Protein

3.7% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 130G SERVING	%RI
Energy(Kj)	1247 kJ	15%	1621 kJ	19%
Energy(kcal)	294 kcal	15%	382 kcal	19%
Fat	1.2 g	2%	1.5 g	2%
of which saturates	0.2 g	1%	0.2 g	1%
Carbohydrate	61 g	23%	79 g	30%
of which sugars	1.3 g	1%	1.7 g	2%
Fibre	2.6 g	10%	3.4 g	14%
Protein	8.8 g	18%	11 g	22%
Salt	1.5 g	25%	1.9 g	32%

CONTAINS:

WHEAT

MAY CONTAIN:

TREE NUTS, PEANUTS, EGGS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

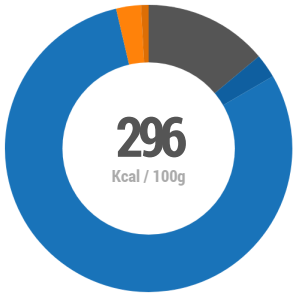
Breads - General | U Ref Code: | Nutritics ID: **U6321054** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

FRE005 - FRENCH DEMI BAGUETTE - GRANARY

FRENCH DEMI BAGUETTE - GRANARY

OVERVIEW ... U / 6351474



CALORIES:

82.5% Carbs

13.9% Protein

3.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 145G SERVING	%RI
Energy(Kj)	1284 kJ	15%	1861 kJ	22%
Energy(kcal)	303 kcal	15%	439 kcal	22%
Fat	1.2 g	2%	1.7 g	2%
of which saturates	0.3 g	2%	0.4 g	2%
Carbohydrate	61 g	23%	88 g	34%
of which sugars	2 g	2%	2.9 g	3%
Fibre	3.5 g	14%	5 g	20%
Protein	10 g	20%	15 g	30%
Salt	0.89 g	15%	1.3 g	22%

CONTAINS:

WHEAT, BARLEY

MAY CONTAIN:

TREE NUTS, PEANUTS, EGGS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

Breads - General | U Ref Code: | Nutritics ID: **U6351474** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

FRU002 - FRUIT FLAN

FRUIT FLAN

OVERVIEW ... U / 8008467

CALORIES:

78.9% Carbs

3.5% Protein

17.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.81KG SERVING	%RI
Energy(Kj)	888 kJ	11%	16092 kJ	192%
Energy(kcal)	210 kcal	11%	3814 kcal	191%
Fat	4.5 g	6%	82 g	117%
of which saturates	2.3 g	12%	41 g	205%
Carbohydrate	39 g	15%	715 g	275%
of which sugars	28 g	31%	502 g	558%
Fibre	1.7 g	7%	30 g	120%
Protein	2 g	4%	37 g	74%
Salt	0.25 g	4%	4.5 g	75%

CONTAINS:

WHEAT, EGGS, MILK, SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SULPHITES

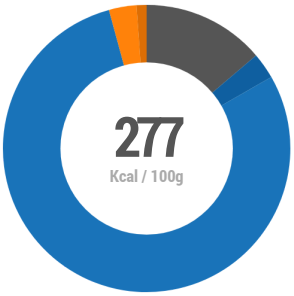
Cakes & Desserts | U Ref Code: | Nutritics ID: **U8008467** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

GRA001 - GRANARY BAPS

GRANARY BAPS

OVERVIEW ... U / 6490783



CALORIES:

82% Carbs

13.8% Protein

4.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 165G SERVING	%RI
Energy(Kj)	1202 kJ	14%	1984 kJ	24%
Energy(kcal)	284 kcal	14%	468 kcal	23%
Fat	1.3 g	2%	2.1 g	3%
of which saturates	0.3 g	2%	0.6 g	3%
Carbohydrate	57 g	22%	94 g	36%
of which sugars	2 g	2%	3.4 g	4%
Fibre	3.2 g	13%	5.3 g	21%
Protein	9.6 g	19%	16 g	32%
Salt	0.82 g	14%	1.4 g	23%

CONTAINS:

WHEAT, BARLEY

MAY CONTAIN:

TREE NUTS, PEANUTS, EGGS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

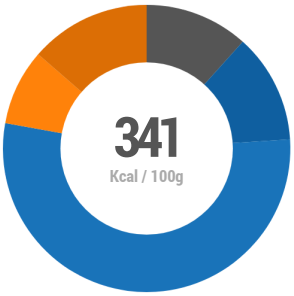
Breads - General | U Ref Code: | Nutritics ID: **U6490783** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

HOT001 - HOT DOG ROLLS

HOT DOG ROLLS

OVERVIEW ... U / 6358953



CALORIES:

66.2% Carbs

11.7% Protein

22.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 100G SERVING	%RI
Energy(Kj)	1458 kJ	17%	1458 kJ	17%
Energy(kcal)	346 kcal	17%	346 kcal	17%
Fat	8.4 g	12%	8.4 g	12%
of which saturates	5.2 g	26%	5.2 g	26%
Carbohydrate	56 g	22%	56 g	22%
of which sugars	11 g	12%	11 g	12%
Fibre	2.3 g	9%	2.3 g	9%
Protein	10 g	20%	10 g	20%
Salt	1.6 g	27%	1.6 g	27%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

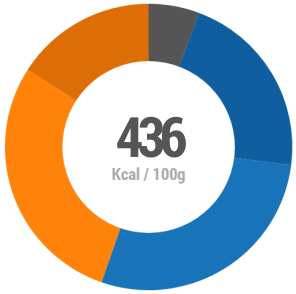
Breads - General | U Ref Code: | Nutritics ID: **U6358953** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

JES001 - JESUITA PUFF PASTRY, CUSTARD & CINNAMON, ALMOND)

JESUITA PUFF PASTRY, CUSTARD & CINNAMON, ALMOND)

OVERVIEW ... U / 5886655



CALORIES:

49.6% Carbs

5.7% Protein

44.7% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 148G SERVING	%RI
Energy(Kj)	1848 kJ	22%	2733 kJ	33%
Energy(kcal)	442 kcal	22%	653 kcal	33%
Fat	22 g	31%	32 g	46%
of which saturates	7.7 g	39%	11 g	55%
Carbohydrate	54 g	21%	80 g	31%
of which sugars	23 g	26%	34 g	38%
Fibre	2.5 g	10%	3.7 g	15%
Protein	6.5 g	13%	9.6 g	19%
Salt	0.93 g	16%	1.4 g	23%

CONTAINS:

WHEAT, ALMONDS, EGGS, MILK

MAY CONTAIN:

HAZELNUTS, PECANS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

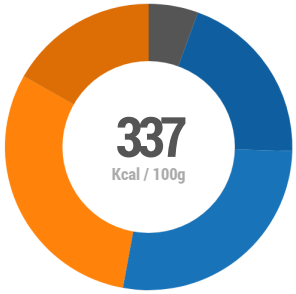
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5886655** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

JES002 - JESUITA CHOCOLATE (PUFF PASTRY, CHOCOLATE ALMOND)

JESUITA CHOCOLATE (PUFF PASTRY, CHOCOLATE ALMOND)

OVERVIEW ... U / 5886844



CALORIES:

47.3% Carbs

5.6% Protein

47.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 170G SERVING	%RI
Energy(Kj)	1434 kJ	17%	2433 kJ	29%
Energy(kcal)	343 kcal	17%	582 kcal	29%
Fat	18 g	26%	30 g	43%
of which saturates	6.3 g	32%	11 g	55%
Carbohydrate	40 g	15%	68 g	26%
of which sugars	17 g	19%	28 g	31%
Fibre	2.3 g	9%	3.9 g	16%
Protein	4.9 g	10%	8.4 g	17%
Salt	0.62 g	10%	1 g	17%

CONTAINS:

WHEAT, ALMONDS

MAY CONTAIN:

HAZELNUTS, PECANS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS, PEANUTS, EGGS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

LOA002 - LOAF LARGE

LOAF LARGE

OVERVIEW ... U / 6490000

CALORIES:

83.4% Carbs

12.2% Protein

4.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 936G SERVING	%RI
Energy(Kj)	1069 kJ	13%	10004 kJ	119%
Energy(kcal)	252 kcal	13%	2360 kcal	118%
Fat	1.2 g	2%	11 g	16%
of which saturates	0.2 g	1%	2.3 g	12%
Carbohydrate	52 g	20%	484 g	186%
of which sugars	1.3 g	1%	12 g	13%
Fibre	2.3 g	9%	22 g	88%
Protein	7.4 g	15%	69 g	138%
Salt	1.2 g	20%	11.5 g	192%

CONTAINS:

WHEAT, RYE

MAY CONTAIN:

TREE NUTS, PEANUTS, EGGS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

Breads - General | U Ref Code: | Nutritics ID: **U6490000** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

LOA004 - LOAF GRANARY

LOAF GRANARY

OVERVIEW ... U / 6489904

CALORIES:

82% Carbs

13.8% Protein

4.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 969G SERVING	%RI
Energy(Kj)	1243 kJ	15%	12041 kJ	143%
Energy(kcal)	293 kcal	15%	2841 kcal	142%
Fat	1.3 g	2%	13 g	19%
of which saturates	0.4 g	2%	3.5 g	18%
Carbohydrate	59 g	23%	569 g	219%
of which sugars	2.1 g	2%	20 g	22%
Fibre	3.3 g	13%	32 g	128%
Protein	9.9 g	20%	96 g	192%
Salt	0.85 g	14%	8.3 g	138%

CONTAINS:

WHEAT, BARLEY

MAY CONTAIN:

TREE NUTS, PEANUTS, EGGS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

Breads - General | U Ref Code: | Nutritics ID: **U6489904** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

LOA005 - LOAF TIN GRANARY

LOAF TIN GRANARY

OVERVIEW ... U / 6671177

CALORIES:

82% Carbs

13.8% Protein

4.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 917G SERVING	%RI
Energy(Kj)	1313 kJ	16%	12041 kJ	143%
Energy(kcal)	310 kcal	16%	2841 kcal	142%
Fat	1.4 g	2%	13 g	19%
of which saturates	0.4 g	2%	3.5 g	18%
Carbohydrate	62 g	24%	569 g	219%
of which sugars	2.2 g	2%	20 g	22%
Fibre	3.5 g	14%	32 g	128%
Protein	10 g	20%	96 g	192%
Salt	0.9 g	15%	8.3 g	138%

CONTAINS:

WHEAT, BARLEY

MAY CONTAIN:

Breads - General | U Ref Code: | Nutritics ID: **U6671177** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

LOA006 - LOAF TIN

LOAVES TIN

OVERVIEW ... U / 6322452

CALORIES:

83.4% Carbs

12.2% Protein

4.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 956G SERVING	%RI
Energy(Kj)	1046 kJ	12%	10004 kJ	119%
Energy(kcal)	247 kcal	12%	2360 kcal	118%
Fat	1.2 g	2%	11 g	16%
of which saturates	0.2 g	1%	2.3 g	12%
Carbohydrate	51 g	20%	484 g	186%
of which sugars	1.3 g	1%	12 g	13%
Fibre	2.3 g	9%	22 g	88%
Protein	7.2 g	14%	69 g	138%
Salt	1.2 g	20%	11.5 g	192%

CONTAINS:

WHEAT, RYE

MAY CONTAIN:

TREE NUTS, PEANUTS, EGGS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

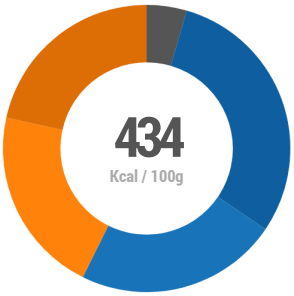
Breads - General | U Ref Code: | Nutritics ID: **U6322452** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

LON001 - LONDON CHEESECAKE

LONDON CHEESECAKE

OVERVIEW ... U / 5941573



CALORIES:

52.8% Carbs

4.5% Protein

42.7% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 194G SERVING	%RI
Energy(Kj)	1831 kJ	22%	3554 kJ	42%
Energy(kcal)	437 kcal	22%	848 kcal	42%
Fat	21 g	30%	40 g	57%
of which saturates	10 g	50%	20 g	100%
Carbohydrate	57 g	22%	111 g	43%
of which sugars	33 g	37%	63 g	70%
Fibre	1.7 g	7%	3.3 g	13%
Protein	4.9 g	10%	9.5 g	19%
Salt	0.73 g	12%	1.4 g	23%

CONTAINS:

WHEAT, EGGS, MILK, SULPHITES

MAY CONTAIN:

TREE NUTS, PEANUTS, FISH, CRUSTACEANS, SESAME, SOYA

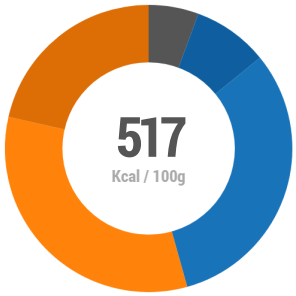
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5941573** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

MAD001 - MADNUTS SPECULOOS

MADNUTS SPECULOOS

OVERVIEW ... U / 16967096



CALORIES:

40% Carbs

5.6% Protein

54.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 104G SERVING	%RI
Energy(Kj)	2173 kJ	26%	2260 kJ	27%
Energy(kcal)	521 kcal	26%	542 kcal	27%
Fat	31 g	44%	32 g	46%
of which saturates	12 g	60%	13 g	65%
Carbohydrate	52 g	20%	54 g	21%
of which sugars	11 g	12%	11 g	12%
Fibre	1.8 g	7%	1.9 g	8%
Protein	7.3 g	15%	7.6 g	15%
Salt	0.96 g	16%	1 g	17%

CONTAINS:

WHEAT, EGGS, MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

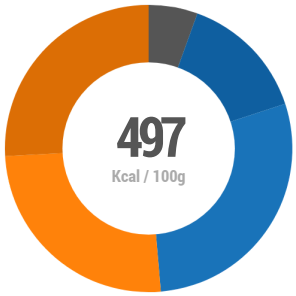
| U Ref Code: | Nutritics ID: **U16967096** | Last Modified: **13 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

MAD002 - MADNUTS CHOCOLATE

MADNUTS CHOCOLATE

OVERVIEW ... U / 16967144



CALORIES:

43.1% Carbs

5.5% Protein

51.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 104G SERVING	%RI
Energy(Kj)	2093 kJ	25%	2168 kJ	26%
Energy(kcal)	501 kcal	25%	519 kcal	26%
Fat	28 g	40%	29 g	41%
of which saturates	14 g	70%	15 g	75%
Carbohydrate	54 g	21%	56 g	22%
of which sugars	18 g	20%	19 g	21%
Fibre	1.9 g	8%	1.9 g	8%
Protein	6.9 g	14%	7.1 g	14%
Salt	0.86 g	14%	0.89 g	15%

CONTAINS:

WHEAT, EGGS, MILK, SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SULPHITES

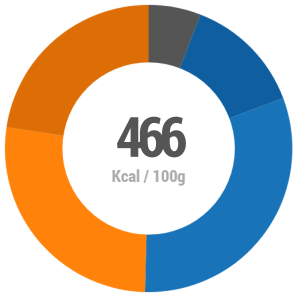
| U Ref Code: | Nutritics ID: **U16967144** | Last Modified: **27 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

MAD003 - MADNUTS CINNAMON

MADNUTS CINNAMON

OVERVIEW ... U / 16967208



CALORIES:

44.5% Carbs

5.9% Protein

49.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 100G SERVING	%RI
Energy(Kj)	1984 kJ	24%	1984 kJ	24%
Energy(kcal)	475 kcal	24%	475 kcal	24%
Fat	26 g	37%	26 g	37%
of which saturates	12 g	60%	12 g	60%
Carbohydrate	52 g	20%	52 g	20%
of which sugars	16 g	18%	16 g	18%
Fibre	4.3 g	17%	4.3 g	17%
Protein	6.9 g	14%	6.9 g	14%
Salt	0.86 g	14%	0.86 g	14%

CONTAINS:

WHEAT, EGGS, MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

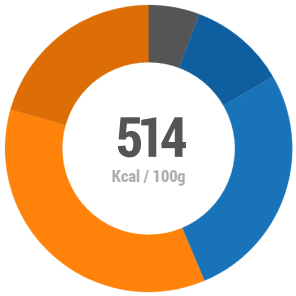
| U Ref Code: | Nutritics ID: **U16967208** | Last Modified: **12 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

MAD004 - MADNUTS PISTACHIO

MADNUTS PISTACHIO

OVERVIEW ... U / 16967276



CALORIES:

37.9% Carbs

5.7% Protein

56.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 105G SERVING	%RI
Energy(Kj)	2163 kJ	26%	2271 kJ	27%
Energy(kcal)	519 kcal	26%	544 kcal	27%
Fat	32 g	46%	34 g	49%
of which saturates	12 g	60%	12 g	60%
Carbohydrate	49 g	19%	51 g	20%
of which sugars	14 g	16%	15 g	17%
Fibre	2 g	8%	2.1 g	8%
Protein	7.5 g	15%	7.9 g	16%
Salt	1 g	17%	1.1 g	18%

CONTAINS:

WHEAT, PISTACHIOS, EGGS, MILK, SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME

SULPHITES

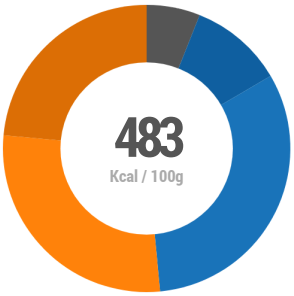
| U Ref Code: | Nutritics ID: **U16967276** | Last Modified: **12 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

MAD005 - MADNUTS RASPBERRY

MADNUTS RASPBERRY

OVERVIEW ... U / 16967324



CALORIES:

42.5% Carbs

6% Protein

51.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 94G SERVING	%RI
Energy(Kj)	2037 kJ	24%	1914 kJ	23%
Energy(kcal)	488 kcal	24%	458 kcal	23%
Fat	28 g	40%	26 g	37%
of which saturates	13 g	65%	12 g	60%
Carbohydrate	51 g	20%	48 g	18%
of which sugars	13 g	14%	12 g	13%
Fibre	2.4 g	10%	2.2 g	9%
Protein	7.3 g	15%	6.8 g	14%
Salt	0.92 g	15%	0.86 g	14%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS — PEANUTS — FISH — CRUSTACEANS — SESAME

SOYA — SULPHITES

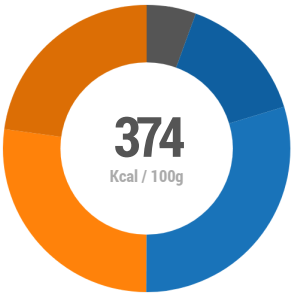
| U Ref Code: | Nutritics ID: **U16967324** | Last Modified: **12 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

MAD006 - MADNUTS COOKIES & CREAM

MADNUTS COOKIES & CREAM

OVERVIEW ... U / 16967356



CALORIES:

44.5% Carbs

5.6% Protein

49.9% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 135G SERVING	%RI
Energy(Kj)	1572 kJ	19%	2123 kJ	25%
Energy(kcal)	376 kcal	19%	508 kcal	25%
Fat	21 g	30%	28 g	40%
of which saturates	9.5 g	48%	13 g	65%
Carbohydrate	42 g	16%	56 g	22%
of which sugars	14 g	16%	19 g	21%
Fibre	1.3 g	5%	1.8 g	7%
Protein	5.2 g	10%	7 g	14%
Salt	0.67 g	11%	0.9 g	15%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS — PEANUTS — FISH — CRUSTACEANS — SESAME

SULPHITES

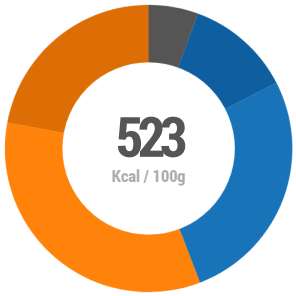
| U Ref Code: | Nutritics ID: **U16967356** | Last Modified: **12 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

MAD007 - MADNUTS BUENO

MADNUTS BUENO

OVERVIEW ... U / 17153462



CALORIES:

38.6% Carbs

5.6% Protein

55.8% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 106G SERVING	%RI
Energy(Kj)	2197 kJ	26%	2339 kJ	28%
Energy(kcal)	527 kcal	26%	561 kcal	28%
Fat	32 g	46%	35 g	50%
of which saturates	13 g	65%	14 g	70%
Carbohydrate	51 g	20%	54 g	21%
of which sugars	16 g	18%	17 g	19%
Fibre	1.6 g	6%	1.7 g	7%
Protein	7.3 g	15%	7.8 g	16%
Salt	0.84 g	14%	0.9 g	15%

CONTAINS:

WHEAT, HAZELNUTS, EGGS, MILK, SOYA

MAY CONTAIN:

PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME

SULPHITES

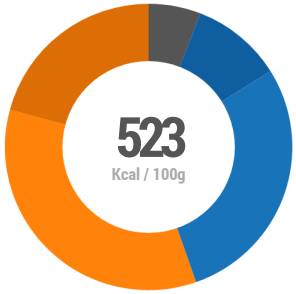
| U Ref Code: | Nutritics ID: **U17153462** | Last Modified: **5 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

MAD008 - MADNUTS SALTED CARAMEL & PISTACHIO

MADNUTS SALTED CARAMEL & PISTACHIO

OVERVIEW ... U / 17153442



CALORIES:

38.8% Carbs

5.9% Protein

55.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 104G SERVING	%RI
Energy(Kj)	2202 kJ	26%	2286 kJ	27%
Energy(kcal)	528 kcal	26%	548 kcal	27%
Fat	32 g	46%	33 g	47%
of which saturates	12 g	60%	13 g	65%
Carbohydrate	51 g	20%	53 g	20%
of which sugars	13 g	14%	14 g	16%
Fibre	2 g	8%	2.1 g	8%
Protein	7.8 g	16%	8.1 g	16%
Salt	0.95 g	16%	0.99 g	17%

CONTAINS:

WHEAT, PISTACHIOS, EGGS, MILK, SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SULPHITES

| U Ref Code: | Nutritics ID: **U17153442** | Last Modified: **5 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

MIL001 - MILK BRIOCHE (PAO DE LEITE)

MILK BRIOCHE (PAO DE LEITE)

OVERVIEW ... U / 5902423

CALORIES:

77.2% Carbs

11.7% Protein

11.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 91G SERVING	%RI
Energy(Kj)	1228 kJ	15%	1114 kJ	13%
Energy(kcal)	290 kcal	15%	263 kcal	13%
Fat	3.5 g	5%	3.2 g	5%
of which saturates	1.4 g	7%	1.3 g	7%
Carbohydrate	55 g	21%	50 g	19%
of which sugars	9.3 g	10%	8.4 g	9%
Fibre	1.9 g	8%	1.7 g	7%
Protein	8.4 g	17%	7.6 g	15%
Salt	1.3 g	22%	1.2 g	20%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

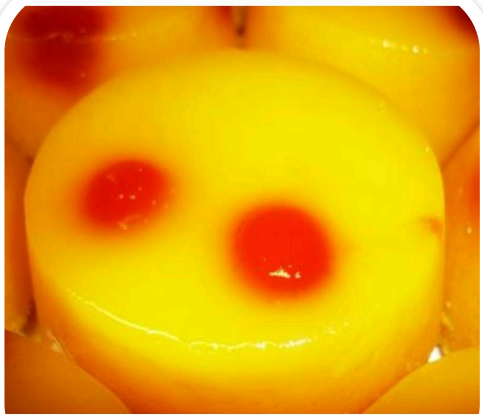
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5902423** | Last Modified: **15 Jan 2026**

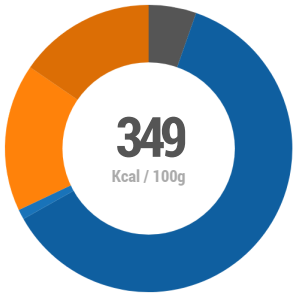
Generated by Nutritics v6.20 on 13th Feb 2026

MIM001 - MIMOS (PORTUGUESE PUDDING)

MIMOS (PORTUGUESE PUDDING)

OVERVIEW ... U / 5911126





CALORIES:

62.6% Carbs

5.4% Protein

32% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 81G SERVING	%RI
Energy(Kj)	1481 kJ	18%	1206 kJ	14%
Energy(kcal)	352 kcal	18%	287 kcal	14%
Fat	12 g	17%	10 g	14%
of which saturates	6 g	30%	4.9 g	25%
Carbohydrate	55 g	21%	45 g	17%
of which sugars	54 g	60%	44 g	49%
Fibre	1.5 g	6%	1.2 g	5%
Protein	4.7 g	9%	3.8 g	8%
Salt	0.04 g	1%	0.03 g	1%

CONTAINS:

EGGS SULPHITES

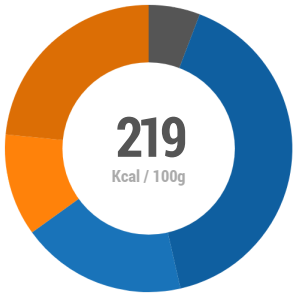
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5911126** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

MIX002 - MIXED FRUIT GATEAUX

MIXED FRUIT GATEAUX

OVERVIEW ... U / 7571381



CALORIES:

59.3% Carbs

5.8% Protein

34.9% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 2.05KG SERVING	%RI
Energy(Kj)	904 kJ	11%	18563 kJ	221%
Energy(kcal)	215 kcal	11%	4422 kcal	221%
Fat	8.5 g	12%	174 g	249%
of which saturates	5.7 g	29%	117 g	585%
Carbohydrate	31 g	12%	631 g	243%
of which sugars	22 g	24%	457 g	508%
Fibre	1.2 g	5%	26 g	104%
Protein	3.3 g	7%	68 g	136%
Salt	0.59 g	10%	12.1 g	202%

CONTAINS:

WHEAT, ALMONDS, EGGS, MILK, SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SULPHITES

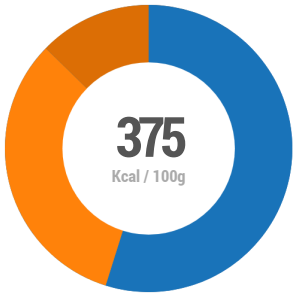
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7571381** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

MOL001 - MOLOTOFF 12"

MOLOTOFF 12"

OVERVIEW ... U / 7587716



CALORIES:

44.3% Carbs

10.5% Protein

45.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.11KG SERVING	%RI
Energy(Kj)	1567 kJ	19%	17396 kJ	207%
Energy(kcal)	374 kcal	19%	4154 kcal	208%
Fat	19 g	27%	209 g	299%
of which saturates	5.3 g	27%	59 g	295%
Carbohydrate	42 g	16%	461 g	177%
of which sugars	42 g	47%	461 g	512%
Fibre		-		-
Protein	9.8 g	20%	108 g	216%
Salt	0.08 g	1%	0.87 g	15%

CONTAINS:

EGGS

MAY CONTAIN:

WHEAT, TREE NUTS, PEANUTS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

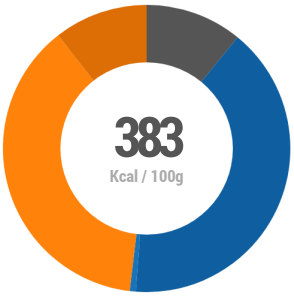
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7587716** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

MOL002 - MOLOTOFF 12" OVOS E AMENDOA

MOLOTOFF 12" OVOS E AMENDOA

OVERVIEW ... U / 7971170



CALORIES:

41% Carbs

10.9% Protein

48.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.58KG SERVING	%RI
Energy(Kj)	1619 kJ	19%	25578 kJ	305%
Energy(kcal)	387 kcal	19%	6116 kcal	306%
Fat	20 g	29%	323 g	461%
of which saturates	4.5 g	23%	71 g	355%
Carbohydrate	39 g	15%	619 g	238%
of which sugars	39 g	43%	609 g	677%
Fibre	1.5 g	6%	23 g	92%
Protein	11 g	22%	171 g	342%
Salt	0.11 g	2%	1.7 g	28%

CONTAINS:

ALMONDS, EGGS

MAY CONTAIN:

WHEAT, PEANUTS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

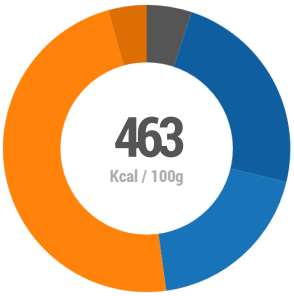
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7971170** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

MUF021 - BLUEBERRY MUFFIN

BLUEBERRY MUFFIN

OVERVIEW ... U / 5722753



CALORIES:

42.8% Carbs

5.1% Protein

52.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 120G SERVING	%RI
Energy(Kj)	1942 kJ	23%	2330 kJ	28%
Energy(kcal)	465 kcal	23%	558 kcal	28%
Fat	27 g	39%	32 g	46%
of which saturates	2.2 g	11%	2.7 g	14%
Carbohydrate	50 g	19%	59 g	23%
of which sugars	27 g	30%	33 g	37%
Fibre	1.1 g	4%	1.3 g	5%
Protein	5.8 g	12%	6.9 g	14%
Salt	0.98 g	16%	1.2 g	20%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

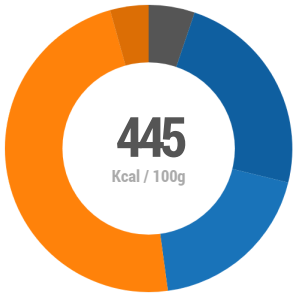
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5722753** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

MUF023 - RASBERRY MUFFIN

RASBERRY MUFFIN

OVERVIEW ... U / 5722777



CALORIES:

42.7% Carbs

5.2% Protein

52.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 125G SERVING	%RI
Energy(Kj)	1879 kJ	22%	2349 kJ	28%
Energy(kcal)	450 kcal	23%	562 kcal	28%
Fat	26 g	37%	32 g	46%
of which saturates	2.1 g	11%	2.7 g	14%
Carbohydrate	48 g	18%	59 g	23%
of which sugars	26 g	29%	33 g	37%
Fibre	1.9 g	8%	2.4 g	10%
Protein	5.7 g	11%	7.1 g	14%
Salt	0.94 g	16%	1.2 g	20%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

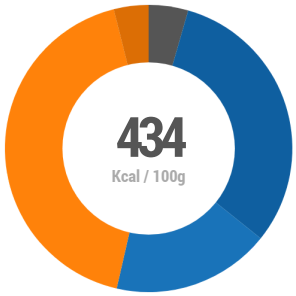
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5722777** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

MUF024 - LEMON FILLING MUFFIN

LEMON FILLING MUFFIN

OVERVIEW ... U / 5722807



CALORIES:

49.1% Carbs

4.4% Protein

46.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 145G SERVING	%RI
Energy(Kj)	1822 kJ	22%	2642 kJ	31%
Energy(kcal)	435 kcal	22%	631 kcal	32%
Fat	22 g	31%	32 g	46%
of which saturates	1.9 g	10%	2.7 g	14%
Carbohydrate	53 g	20%	77 g	30%
of which sugars	34 g	38%	49 g	54%
Fibre	0.9 g	4%	1.3 g	5%
Protein	4.7 g	9%	6.9 g	14%
Salt	0.85 g	14%	1.2 g	20%

CONTAINS:

WHEAT, EGGS, MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

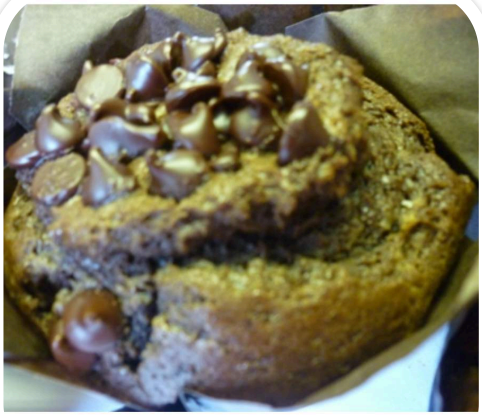
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5722807** | Last Modified: **12 Feb 2026**

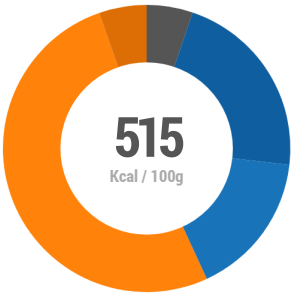
Generated by Nutritics v6.20 on 13th Feb 2026

MUF025 - CHOCOLATE MUFFIN

CHOCOLATE MUFFIN

OVERVIEW ... U / 5743250





CALORIES:

37.9% Carbs

5.2% Protein

56.9% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 120G SERVING	%RI
Energy(Kj)	2161 kJ	26%	2593 kJ	31%
Energy(kcal)	518 kcal	26%	622 kcal	31%
Fat	33 g	47%	39 g	56%
of which saturates	3.1 g	16%	3.7 g	19%
Carbohydrate	49 g	19%	59 g	23%
of which sugars	28 g	31%	33 g	37%
Fibre	2 g	8%	2.3 g	9%
Protein	6.7 g	13%	8 g	16%
Salt	1.1 g	18%	1.3 g	22%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

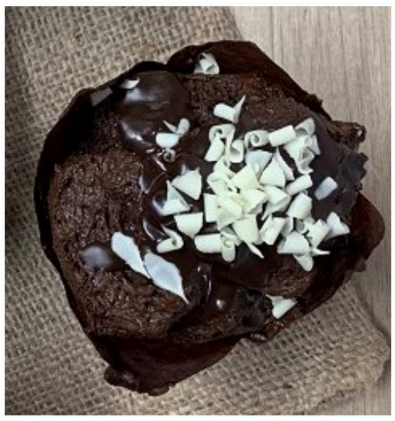
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5743250** | Last Modified: **27 Nov 2025**

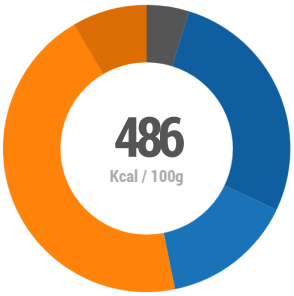
Generated by Nutritics v6.20 on 13th Feb 2026

MUF026 - CHOCOLATE FILLING MUFFIN

CHOCOLATE FILLING MUFFIN

OVERVIEW ... U / 5742179





CALORIES:

42.1% Carbs

4.8% Protein

53.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 150G SERVING	%RI
Energy(Kj)	2046 kJ	24%	3068 kJ	37%
Energy(kcal)	490 kcal	25%	735 kcal	37%
Fat	29 g	41%	43 g	61%
of which saturates	4.6 g	23%	6.8 g	34%
Carbohydrate	51 g	20%	77 g	30%
of which sugars	33 g	37%	50 g	56%
Fibre	1.9 g	8%	2.9 g	12%
Protein	5.8 g	12%	8.7 g	17%
Salt	0.95 g	16%	1.4 g	23%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

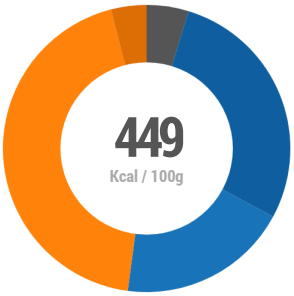
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5742179** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

MUF027 - CHERRY MUFFIN

CHERRY MUFFIN

OVERVIEW ... U / 5736214



CALORIES:

47.4% Carbs

4.7% Protein

47.9% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 135G SERVING	%RI
Energy(Kj)	1887 kJ	22%	2547 kJ	30%
Energy(kcal)	451 kcal	23%	609 kcal	30%
Fat	24 g	34%	32 g	46%
of which saturates	2 g	10%	2.7 g	14%
Carbohydrate	53 g	20%	72 g	28%
of which sugars	32 g	36%	43 g	48%
Fibre	1 g	4%	1.4 g	6%
Protein	5.2 g	10%	7 g	14%
Salt	0.88 g	15%	1.2 g	20%

CONTAINS:

WHEAT, EGGS, MILK, SULPHITES

MAY CONTAIN:

TREE NUTS, PEANUTS, FISH, CRUSTACEANS, SESAME, SOYA

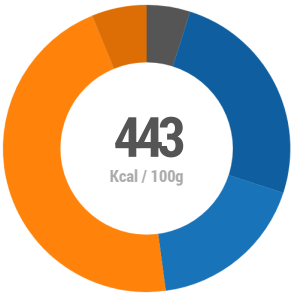
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5736214** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

MUF028 - CHOCOLATE CHIP MUFFIN

CHOCOLATE CHIP

OVERVIEW ... U / 5736364



CALORIES:

43% Carbs

4.9% Protein

52.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 135G SERVING	%RI
Energy(Kj)	1859 kJ	22%	2510 kJ	30%
Energy(kcal)	445 kcal	22%	601 kcal	30%
Fat	26 g	37%	35 g	50%
of which saturates	3 g	15%	4.1 g	21%
Carbohydrate	48 g	18%	64 g	25%
of which sugars	28 g	31%	38 g	42%
Fibre	1.3 g	5%	1.8 g	7%
Protein	5.3 g	11%	7.2 g	14%
Salt	0.87 g	15%	1.2 g	20%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

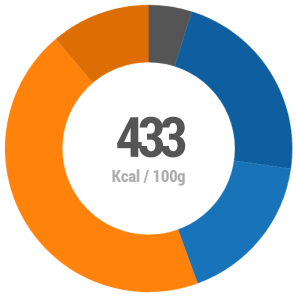
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5736364** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

MUF029 - ORANGE & COCONUT MUFFIN

ORANGE & COCONUT MUFFIN

OVERVIEW ... U / 5736391



CALORIES:

39.6% Carbs

4.9% Protein

55.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 130G SERVING	%RI
Energy(Kj)	1826 kJ	22%	2374 kJ	28%
Energy(kcal)	438 kcal	22%	569 kcal	28%
Fat	27 g	39%	35 g	50%
of which saturates	5.4 g	27%	7 g	35%
Carbohydrate	43 g	17%	56 g	22%
of which sugars	24 g	27%	32 g	36%
Fibre	2.2 g	9%	2.9 g	12%
Protein	5.2 g	10%	6.8 g	14%
Salt	0.83 g	14%	1.1 g	18%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS — PEANUTS — FISH — CRUSTACEANS — SESAME

SOYA — SULPHITES

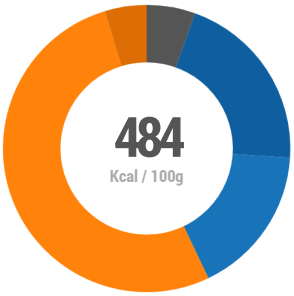
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5736391** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

MUF030 - WALNUT MUFFIN

WALNUT MUFFIN

OVERVIEW ... U / 5736463



CALORIES:

37.5% Carbs

5.5% Protein

57.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 130G SERVING	%RI
Energy(Kj)	2028 kJ	24%	2636 kJ	31%
Energy(kcal)	486 kcal	24%	632 kcal	32%
Fat	31 g	44%	40 g	57%
of which saturates	2.5 g	13%	3.3 g	17%
Carbohydrate	45 g	17%	59 g	23%
of which sugars	25 g	28%	32 g	36%
Fibre	1.2 g	5%	1.6 g	6%
Protein	6.6 g	13%	8.5 g	17%
Salt	0.9 g	15%	1.2 g	20%

CONTAINS:

WHEAT, WALNUTS, EGGS, MILK

MAY CONTAIN:

PEANUTS, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

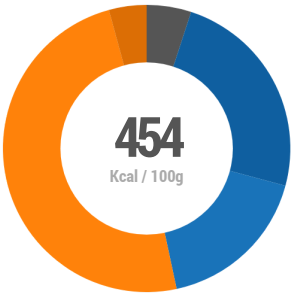
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5736463** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

MUF031 - MARBLE MUFFIN

MARBLE MUFFIN

OVERVIEW ... U / 5736520



CALORIES:

41.6% Carbs

5% Protein

53.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 130G SERVING	%RI
Energy(Kj)	1904 kJ	23%	2475 kJ	29%
Energy(kcal)	456 kcal	23%	593 kcal	30%
Fat	27 g	39%	35 g	50%
of which saturates	2.1 g	11%	2.8 g	14%
Carbohydrate	47 g	18%	61 g	23%
of which sugars	27 g	30%	36 g	40%
Fibre	1.2 g	5%	1.6 g	6%
Protein	5.6 g	11%	7.3 g	15%
Salt	0.96 g	16%	1.3 g	22%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

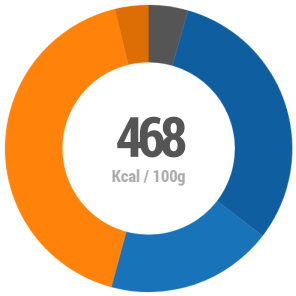
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5736520** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

MUF032 - STRAWBERRY FILLING MUFFIN

STRAWBERRY FILLING MUFFIN

OVERVIEW ... U / 5741918



CALORIES:

49.8% Carbs

4.4% Protein

45.8% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 135G SERVING	%RI
Energy(Kj)	1967 kJ	23%	2656 kJ	32%
Energy(kcal)	470 kcal	24%	635 kcal	32%
Fat	24 g	34%	32 g	46%
of which saturates	2 g	10%	2.7 g	14%
Carbohydrate	58 g	22%	79 g	30%
of which sugars	36 g	40%	49 g	54%
Fibre	0.9 g	4%	1.2 g	5%
Protein	5.1 g	10%	6.9 g	14%
Salt	0.87 g	15%	1.2 g	20%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

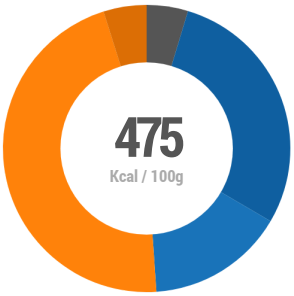
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5741918** | Last Modified: **9 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

MUF033 - CHOCOLATE & CUSTARD FILLING MUFFIN

CHOCOLATE & CUSTARD FILLING MUFFIN

OVERVIEW ... U / 5742134



CALORIES:

44.3% Carbs

4.6% Protein

51.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 145G SERVING	%RI
Energy(Kj)	2000 kJ	24%	2900 kJ	35%
Energy(kcal)	479 kcal	24%	694 kcal	35%
Fat	27 g	39%	39 g	56%
of which saturates	2.6 g	13%	3.7 g	19%
Carbohydrate	53 g	20%	76 g	29%
of which sugars	34 g	38%	50 g	56%
Fibre	1.7 g	7%	2.5 g	10%
Protein	5.5 g	11%	8 g	16%
Salt	0.97 g	16%	1.4 g	23%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

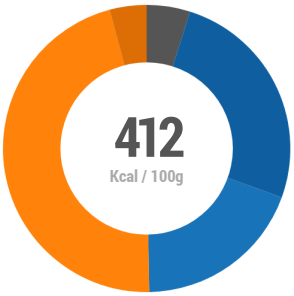
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5742134** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

MUF034 -BLUEBERRY FILLING MUFFIN

BLUEBERRY FILLING MUFFIN

OVERVIEW ... U / 5737111



CALORIES:

44.8% Carbs

4.9% Protein

50.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 140G SERVING	%RI
Energy(Kj)	1731 kJ	21%	2423 kJ	29%
Energy(kcal)	414 kcal	21%	580 kcal	29%
Fat	23 g	33%	32 g	46%
of which saturates	1.9 g	10%	2.7 g	14%
Carbohydrate	46 g	18%	65 g	25%
of which sugars	26 g	29%	37 g	41%
Fibre	1 g	4%	1.4 g	6%
Protein	5 g	10%	6.9 g	14%
Salt	0.84 g	14%	1.2 g	20%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

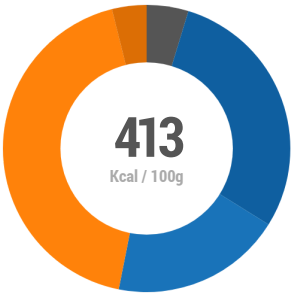
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5737111** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

MUF035 - RASPBERRY FILLING MUFFIN

RASPBERRY FILLING MUFFIN

OVERVIEW ... U / 5736781



CALORIES:

48.4% Carbs

4.7% Protein

46.9% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 150G SERVING	%RI
Energy(Kj)	1745 kJ	21%	2617 kJ	31%
Energy(kcal)	417 kcal	21%	626 kcal	31%
Fat	22 g	31%	32 g	46%
of which saturates	1.8 g	9%	2.7 g	14%
Carbohydrate	50 g	19%	75 g	29%
of which sugars	30 g	33%	45 g	50%
Fibre	1.8 g	7%	2.7 g	11%
Protein	4.8 g	10%	7.2 g	14%
Salt	0.8 g	13%	1.2 g	20%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME

SOYA SULPHITES

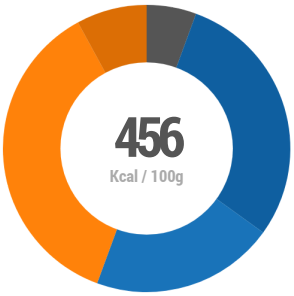
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5736781** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

MUF036 - CARROT MUFFIN

CARROT MUFFIN

OVERVIEW ... U / 5736751



CALORIES:

50% Carbs

5.6% Protein

44.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 150G SERVING	%RI
Energy(Kj)	1921 kJ	23%	2882 kJ	34%
Energy(kcal)	459 kcal	23%	688 kcal	34%
Fat	23 g	33%	34 g	49%
of which saturates	4 g	20%	6 g	30%
Carbohydrate	57 g	22%	86 g	33%
of which sugars	34 g	38%	50 g	56%
Fibre	1.4 g	6%	2.1 g	8%
Protein	6.3 g	13%	9.4 g	19%
Salt	1.1 g	18%	1.7 g	28%

CONTAINS:

WHEAT, BARLEY · EGGS · MILK

MAY CONTAIN:

TREE NUTS · PEANUTS · FISH · CRUSTACEANS · SESAME · SOYA · SULPHITES

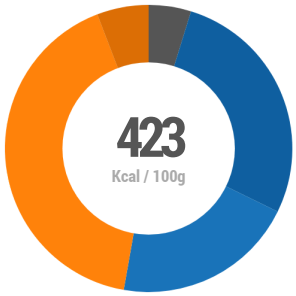
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5736751** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

MUF037 - BANOFFEE MUFFIN

BANOFFEE MUFFIN

OVERVIEW ... U / 5736760



CALORIES:

48% Carbs

4.8% Protein

47.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 145G SERVING	%RI
Energy(Kj)	1779 kJ	21%	2580 kJ	31%
Energy(kcal)	425 kcal	21%	617 kcal	31%
Fat	22 g	31%	32 g	46%
of which saturates	2.7 g	14%	4 g	20%
Carbohydrate	51 g	20%	74 g	28%
of which sugars	29 g	32%	42 g	47%
Fibre	1.3 g	5%	1.8 g	7%
Protein	5 g	10%	7.2 g	14%
Salt	0.78 g	13%	1.1 g	18%

CONTAINS:

OATS, WHEAT · EGGS · MILK · SOYA

MAY CONTAIN:

TREE NUTS · PEANUTS · FISH · CRUSTACEANS · SESAME · SULPHITES

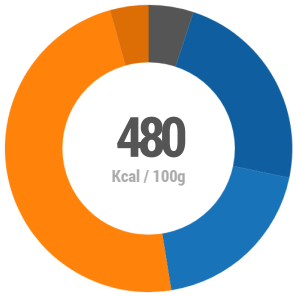
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5736760** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

MUF050 - PLAIN MUFFIN

PLAIN MUFFIN

OVERVIEW ... U / 5722261



CALORIES:

42.4% Carbs

5% Protein

52.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 115G SERVING	%RI
Energy(Kj)	2011 kJ	24%	2313 kJ	28%
Energy(kcal)	482 kcal	24%	554 kcal	28%
Fat	28 g	40%	32 g	46%
of which saturates	2.3 g	12%	2.7 g	14%
Carbohydrate	51 g	20%	59 g	23%
of which sugars	28 g	31%	32 g	36%
Fibre	1 g	4%	1.2 g	5%
Protein	5.9 g	12%	6.8 g	14%
Salt	1 g	17%	1.2 g	20%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

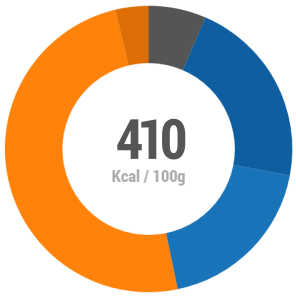
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5722261** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

MUF105 - WHOLEMEAL & OAT MUFFIN BLUEBERRY FILLING

WHOLEMEAL & OAT MUFFIN BLUEBERRY FILLING

OVERVIEW ... U / 5743877



CALORIES:

40.3% Carbs

6.5% Protein

53.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 161G SERVING	%RI
Energy(Kj)	1735 kJ	21%	2794 kJ	33%
Energy(kcal)	416 kcal	21%	669 kcal	33%
Fat	24 g	34%	39 g	56%
of which saturates	1.7 g	9%	2.7 g	14%
Carbohydrate	41 g	16%	67 g	26%
of which sugars	22 g	24%	35 g	39%
Fibre	3 g	12%	4.9 g	20%
Protein	6.6 g	13%	11 g	22%
Salt	1 g	17%	1.6 g	27%

CONTAINS:

OATS, WHEAT | WALNUTS | EGGS | MILK

MAY CONTAIN:

PEANUTS | FISH | CRUSTACEANS | SESAME | SOYA | SULPHITES

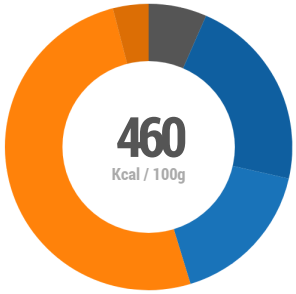
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5743877** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

MUF106 - WHOLEMEAL & OAT MUFFIN CHOCOLATE FILLING

WHOLEMEAL & OAT MUFFIN CHOCOLATE FILLING

OVERVIEW ... U / 5743919



CALORIES:

38.8% Carbs

6.5% Protein

54.7% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 163G SERVING	%RI
Energy(Kj)	1946 kJ	23%	3172 kJ	38%
Energy(kcal)	467 kcal	23%	760 kcal	38%
Fat	28 g	40%	46 g	66%
of which saturates	2.1 g	11%	3.3 g	17%
Carbohydrate	45 g	17%	73 g	28%
of which sugars	25 g	28%	41 g	46%
Fibre	3.4 g	14%	5.5 g	22%
Protein	7.5 g	15%	12 g	24%
Salt	1.1 g	18%	1.7 g	28%

CONTAINS:

OATS, WHEAT · WALNUTS · EGGS · MILK

MAY CONTAIN:

PEANUTS · FISH · CRUSTACEANS · SESAME · SOYA · SULPHITES

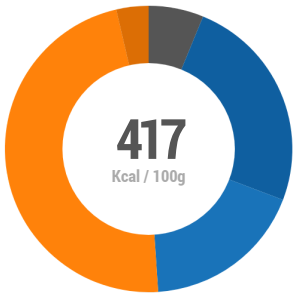
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5743919** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

MUF107 - WHOLEMEAL & OAT MUFFIN CUSTARD FILLING

WHOLEMEAL & OAT MUFFIN CUSTARD FILLING

OVERVIEW ... U / 5743967



CALORIES:

42.8% Carbs

6.2% Protein

51.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 165G SERVING	%RI
Energy(Kj)	1768 kJ	21%	2918 kJ	35%
Energy(kcal)	423 kcal	21%	699 kcal	35%
Fat	24 g	34%	39 g	56%
of which saturates	1.7 g	9%	2.8 g	14%
Carbohydrate	45 g	17%	74 g	28%
of which sugars	26 g	29%	42 g	47%
Fibre	3 g	12%	4.9 g	20%
Protein	6.4 g	13%	11 g	22%
Salt	1 g	17%	1.7 g	28%

CONTAINS:

OATS, WHEAT | WALNUTS | EGGS | MILK

MAY CONTAIN:

PEANUTS | FISH | CRUSTACEANS | SESAME | SOYA | SULPHITES

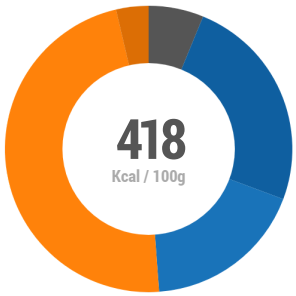
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5743967** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

MUF108 - WHOLEMEAL & OAT MUFFIN LEMON FILLING

WHOLEMEAL & OAT MUFFIN LEMON FILLIG

OVERVIEW ... U / 5743565



CALORIES:

42.6% Carbs

6.2% Protein

51.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 165G SERVING	%RI
Energy(Kj)	1772 kJ	21%	2923 kJ	35%
Energy(kcal)	424 kcal	21%	700 kcal	35%
Fat	24 g	34%	39 g	56%
of which saturates	1.7 g	9%	2.8 g	14%
Carbohydrate	45 g	17%	74 g	28%
of which sugars	26 g	29%	42 g	47%
Fibre	3 g	12%	4.9 g	20%
Protein	6.4 g	13%	11 g	22%
Salt	1 g	17%	1.7 g	28%

CONTAINS:

OATS, WHEAT | WALNUTS | EGGS | MILK

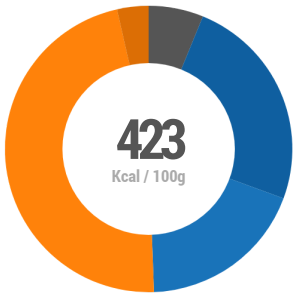
MAY CONTAIN:

PEANUTS | FISH | CRUSTACEANS | SESAME | SOYA | SULPHITES

MUF109 - WHOLEMEAL & OAT MUFFIN STRAWBERRY FILLING

WHOLEMEAL & OAT MUFFIN STRAWBERRY FILLING

OVERVIEW ... U / 5744036



CALORIES:

43.2% Carbs

6.2% Protein

50.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 164G SERVING	%RI
Energy(Kj)	1791 kJ	21%	2937 kJ	35%
Energy(kcal)	429 kcal	21%	703 kcal	35%
Fat	24 g	34%	39 g	56%
of which saturates	1.7 g	9%	2.7 g	14%
Carbohydrate	46 g	18%	75 g	29%
of which sugars	26 g	29%	42 g	47%
Fibre	2.9 g	12%	4.8 g	19%
Protein	6.5 g	13%	11 g	22%
Salt	1 g	17%	1.6 g	27%

CONTAINS:

OATS, WHEAT | WALNUTS | EGGS | MILK

MAY CONTAIN:

PEANUTS | FISH | CRUSTACEANS | SESAME | SOYA | SULPHITES

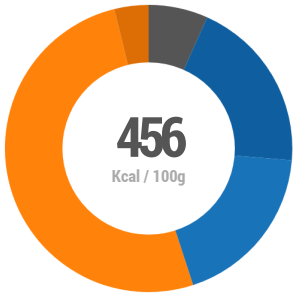
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5744036** | Last Modified: **9 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

MUF110 - WHOLEMEAL & OAT MUFFIN PLAIN

WHOLEMEAL & OAT MUFFIN PLAIN

OVERVIEW ... U / 5744063



CALORIES:

38.3% Carbs

6.7% Protein

55% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 140G SERVING	%RI
Energy(Kj)	1928 kJ	23%	2699 kJ	32%
Energy(kcal)	462 kcal	23%	647 kcal	32%
Fat	28 g	40%	39 g	56%
of which saturates	1.9 g	10%	2.7 g	14%
Carbohydrate	44 g	17%	61 g	23%
of which sugars	22 g	24%	31 g	34%
Fibre	3.4 g	14%	4.8 g	19%
Protein	7.5 g	15%	11 g	22%
Salt	1.2 g	20%	1.6 g	27%

CONTAINS:

OATS, WHEAT · WALNUTS · EGGS · MILK

MAY CONTAIN:

PEANUTS · FISH · CRUSTACEANS · SESAME · SOYA · SULPHITES

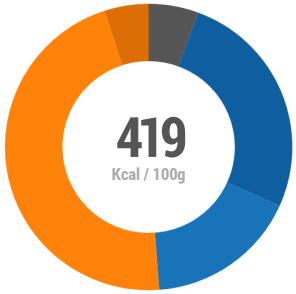
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5744063** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

MUF111 - WHOLEMEAL MORELO CHERRY CHOCOLATE MUFFIN

WHOLEMEAL MORELO CHERRY CHOCOLATE MUFFIN

OVERVIEW ... U / 5910445



CALORIES:

43.2% Carbs

5.6% Protein

51.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 151G SERVING	%RI
Energy(Kj)	1774 kJ	21%	2671 kJ	32%
Energy(kcal)	425 kcal	21%	640 kcal	32%
Fat	24 g	34%	36 g	51%
of which saturates	2.3 g	12%	3.5 g	18%
Carbohydrate	45 g	17%	68 g	26%
of which sugars	27 g	30%	41 g	46%
Fibre	2.9 g	12%	4.4 g	18%
Protein	5.8 g	12%	8.7 g	17%
Salt	1.2 g	20%	1.9 g	32%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

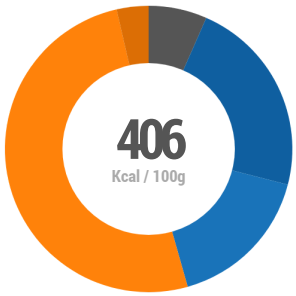
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5910445** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

MUF112 - WHOLEMEAL BLUEBERRY & ALMOND MUFFIN

WHOLEMEAL BLUEBERRY & ALMOND MUFFIN

OVERVIEW ... U / 5910094



CALORIES:

39% Carbs

6.6% Protein

54.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 140G SERVING	%RI
Energy(Kj)	1724 kJ	21%	2414 kJ	29%
Energy(kcal)	413 kcal	21%	579 kcal	29%
Fat	25 g	36%	34 g	49%
of which saturates	1.6 g	8%	2.3 g	12%
Carbohydrate	40 g	15%	56 g	22%
of which sugars	23 g	26%	32 g	36%
Fibre	3.2 g	13%	4.5 g	18%
Protein	6.8 g	14%	9.6 g	19%
Salt	1.2 g	20%	1.6 g	27%

CONTAINS:

WHEAT ALMONDS EGGS MILK

MAY CONTAIN:

PEANUTS FISH CRUSTACEANS SESAME SOYA

SULPHITES

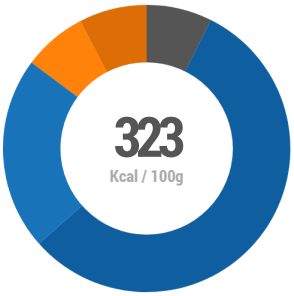
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5910094** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

NAP001 - NAPKIN (CUSTARD)

NAPKIN (CUSTARD)

OVERVIEW ... U / 5902654



CALORIES:

77.8% Carbs

7.4% Protein

14.8% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 122G SERVING	%RI
Energy(Kj)	1369 kJ	16%	1667 kJ	20%
Energy(kcal)	324 kcal	16%	394 kcal	20%
Fat	5.3 g	8%	6.5 g	9%
of which saturates	2.7 g	14%	3.3 g	17%
Carbohydrate	63 g	24%	76 g	29%
of which sugars	45 g	50%	55 g	61%
Fibre	0.7 g	3%	0.9 g	4%
Protein	5.9 g	12%	7.1 g	14%
Salt	0.84 g	14%	1 g	17%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5902654** | Last Modified: **9 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

ORA001 - ORANGE CAKE LONG (TORTA DE LARANJA)

ORANGE CAKE LONG (TORTA DE LARANJA)

OVERVIEW ... **U / 7661618**

CALORIES:

78.5% Carbs

7% Protein

14.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.9KG SERVING	%RI
Energy(Kj)	1058 kJ	13%	20107 kJ	239%
Energy(kcal)	250 kcal	13%	4754 kcal	238%
Fat	4 g	6%	76 g	109%
of which saturates	1.4 g	7%	28 g	140%
Carbohydrate	49 g	19%	931 g	358%
of which sugars	40 g	44%	761 g	846%
Fibre	0.5 g	2%	7.1 g	28%
Protein	4.3 g	9%	82 g	164%
Salt	0.74 g	12%	14 g	233%

CONTAINS:

WHEAT, EGGS, MILK

MAY CONTAIN:

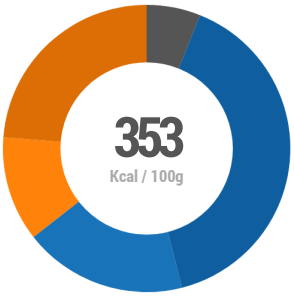
HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U7661618** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

ORE001 - CHOCOLATE OREO DRIP CAKE

OVERVIEW ... U / 9296792



CALORIES:

58.4% Carbs

6.1% Protein

35.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1000G SERVING	%RI
Energy(Kj)	1493 kJ	18%	14932 kJ	178%
Energy(kcal)	356 kcal	18%	3557 kcal	178%
Fat	14 g	20%	139 g	199%
of which saturates	9.3 g	47%	93 g	465%
Carbohydrate	51 g	20%	513 g	197%
of which sugars	35 g	39%	353 g	392%
Fibre	2.5 g	10%	25 g	100%
Protein	5 g	10%	50 g	100%
Salt	1.1 g	18%	10.9 g	182%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

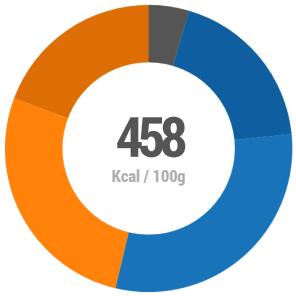
Cakes & Desserts | U Ref Code: | Nutritics ID: **U9296792** | Last Modified: **5 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PAL001 - PALMIERS

PALMIERS

OVERVIEW ... U / 5885467



CALORIES:

49.2% Carbs

4.5% Protein

46.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 110G SERVING	%RI
Energy(Kj)	1929 kJ	23%	2119 kJ	25%
Energy(kcal)	461 kcal	23%	506 kcal	25%
Fat	24 g	34%	26 g	37%
of which saturates	9.8 g	49%	11 g	55%
Carbohydrate	56 g	22%	62 g	24%
of which sugars	22 g	24%	24 g	27%
Fibre	1.7 g	7%	1.8 g	7%
Protein	5.2 g	10%	5.7 g	11%
Salt	0.85 g	14%	0.94 g	16%

CONTAINS:

WHEAT

MAY CONTAIN:

TREE NUTS, PEANUTS, EGGS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

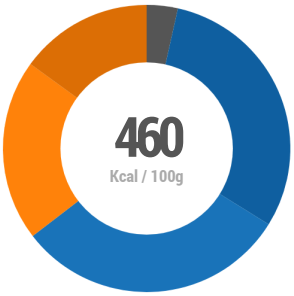
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5885467** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PAL002 - PALMIERS RECHEADOS

PALMIERS RECHEADOS

OVERVIEW ... U / 5885563



CALORIES:

61.1% Carbs

3.5% Protein

35.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 189G SERVING	%RI
Energy(Kj)	1944 kJ	23%	3680 kJ	44%
Energy(kcal)	463 kcal	23%	876 kcal	44%
Fat	18 g	26%	34 g	49%
of which saturates	7.7 g	39%	15 g	75%
Carbohydrate	70 g	27%	133 g	51%
of which sugars	35 g	39%	66 g	73%
Fibre	1.3 g	5%	2.4 g	10%
Protein	4 g	8%	7.6 g	15%
Salt	1.1 g	18%	2.1 g	35%

CONTAINS:

WHEAT MILK

MAY CONTAIN:

TREE NUTS PEANUTS EGGS FISH CRUSTACEANS

SESAME SOYA SULPHITES

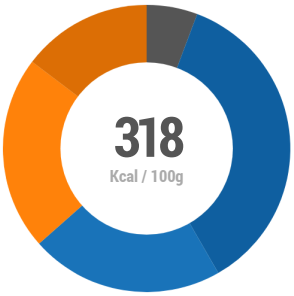
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5885563** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PAL003 - PALMIERS CHOCOLATE

PALMIERS CHOCOLATE

OVERVIEW ... U / 5885785



CALORIES:

57.7% Carbs

5.7% Protein

36.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 230G SERVING	%RI
Energy(Kj)	1341 kJ	16%	3079 kJ	37%
Energy(kcal)	319 kcal	16%	733 kcal	37%
Fat	13 g	19%	30 g	43%
of which saturates	5.2 g	26%	12 g	60%
Carbohydrate	46 g	18%	105 g	40%
of which sugars	29 g	32%	66 g	73%
Fibre	0.8 g	3%	1.9 g	8%
Protein	4.5 g	9%	10 g	20%
Salt	0.5 g	8%	1.2 g	20%

CONTAINS:

WHEAT, EGGS, MILK, SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SULPHITES

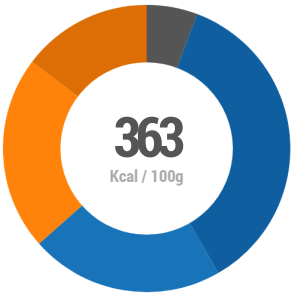
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5885785** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PAL005 - PALMIERS DOCE OVO

PALMIERS DOCE OVO

OVERVIEW ... U / 5885620



CALORIES:

57.7% Carbs

5.7% Protein

36.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 201G SERVING	%RI
Energy(Kj)	1532 kJ	18%	3078 kJ	37%
Energy(kcal)	365 kcal	18%	733 kcal	37%
Fat	15 g	21%	30 g	43%
of which saturates	5.9 g	30%	12 g	60%
Carbohydrate	52 g	20%	105 g	40%
of which sugars	33 g	37%	66 g	73%
Fibre	0.9 g	4%	1.9 g	8%
Protein	5.2 g	10%	10 g	20%
Salt	0.57 g	10%	1.2 g	20%

CONTAINS:

WHEAT, EGGS

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; MILK; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5885620** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PAO002 - PAO DE DEUS

PAO DE DEUS

OVERVIEW ... U / 5902456

CALORIES:

66.1% Carbs

9.6% Protein

24.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 137G SERVING	%RI
Energy(Kj)	1290 kJ	15%	1771 kJ	21%
Energy(kcal)	306 kcal	15%	421 kcal	21%
Fat	8.1 g	12%	11 g	16%
of which saturates	5.4 g	27%	7.4 g	37%
Carbohydrate	50 g	19%	68 g	26%
of which sugars	16 g	18%	21 g	23%
Fibre	3 g	12%	4.1 g	16%
Protein	7.2 g	14%	9.9 g	20%
Salt	1 g	17%	1.4 g	23%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME

SOYA SULPHITES

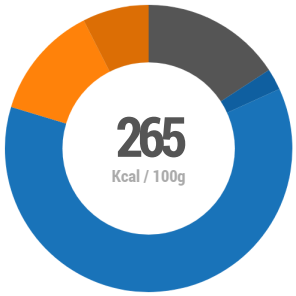
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5902456** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PAO003 - PAO COM CHORICO

PAO COM CHORICO

OVERVIEW ... U / 6505016



CALORIES:

63.9% Carbs

15.8% Protein

20.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 120G SERVING	%RI
Energy(Kj)	1135 kJ	14%	1362 kJ	16%
Energy(kcal)	269 kcal	13%	323 kcal	16%
Fat	6 g	9%	7.2 g	10%
of which saturates	2.2 g	11%	2.6 g	13%
Carbohydrate	42 g	16%	51 g	20%
of which sugars	1.6 g	2%	1.9 g	2%
Fibre	1.9 g	8%	2.3 g	9%
Protein	10 g	20%	12 g	24%
Salt	1.8 g	30%	2.2 g	37%

CONTAINS:

WHEAT, RYE

MILK

MAY CONTAIN:

TREE NUTS

PEANUTS

EGGS

FISH

CRUSTACEANS

SESAME

SOYA

SULPHITES

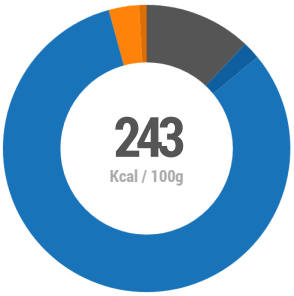
Breads - General | U Ref Code: | Nutritics ID: **U6505016** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PAO006 - PAO CASEIRO

PAO CASEIRO

OVERVIEW ... U / 6359247



CALORIES:

83.7% Carbs

12% Protein

4.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 923G SERVING	%RI
Energy(Kj)	1049 kJ	12%	9684 kJ	115%
Energy(kcal)	247 kcal	12%	2284 kcal	114%
Fat	1.1 g	2%	11 g	16%
of which saturates	0.2 g	1%	2.1 g	11%
Carbohydrate	51 g	20%	471 g	181%
of which sugars	1.2 g	1%	11 g	12%
Fibre	2.2 g	9%	21 g	84%
Protein	7.1 g	14%	66 g	132%
Salt	0 g	0%	0.09 g	2%

CONTAINS:

WHEAT, RYE

MAY CONTAIN:

TREE NUTS, PEANUTS, EGGS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

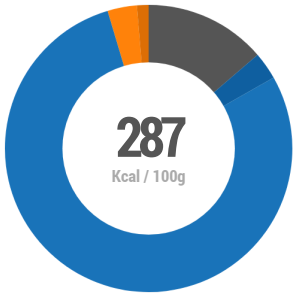
Breads - General | U Ref Code: | Nutritics ID: **U6359247** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PAO013 - PAO CASEIRO GRANARY

PAO CASEIRO GRANARY

OVERVIEW ... U / 6327027



CALORIES:

81.7% Carbs

13.7% Protein

4.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 975G SERVING	%RI
Energy(Kj)	1246 kJ	15%	12153 kJ	145%
Energy(kcal)	294 kcal	15%	2867 kcal	143%
Fat	1.5 g	2%	14 g	20%
of which saturates	0.4 g	2%	4.1 g	21%
Carbohydrate	59 g	23%	572 g	220%
of which sugars	2.2 g	2%	22 g	24%
Fibre	3.3 g	13%	32 g	128%
Protein	9.9 g	20%	96 g	192%
Salt	0.85 g	14%	8.3 g	138%

CONTAINS:

WHEAT, BARLEY

MAY CONTAIN:

TREE NUTS, PEANUTS, EGGS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

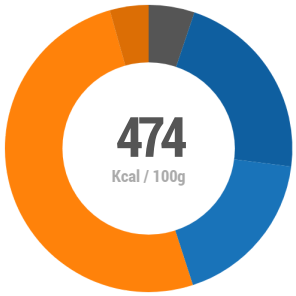
Breads - General | U Ref Code: | Nutritics ID: **U6327027** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PAO014 - PAO DE LÓ MARBLE (CHOC & VANILLA) 12"

CHOCOLATE & VANILLA , MARBLE

OVERVIEW ... U / 7575356



CALORIES:

39.9% Carbs

5.2% Protein

55% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 2.76KG SERVING	%RI
Energy(Kj)	1988 kJ	24%	54867 kJ	653%
Energy(kcal)	476 kcal	24%	13149 kcal	657%
Fat	29 g	41%	799 g	1141%
of which saturates	2.3 g	12%	63 g	315%
Carbohydrate	47 g	18%	1304 g	502%
of which sugars	26 g	29%	714 g	793%
Fibre	1.3 g	5%	37 g	148%
Protein	6.1 g	12%	167 g	334%
Salt	1 g	17%	28.6 g	477%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

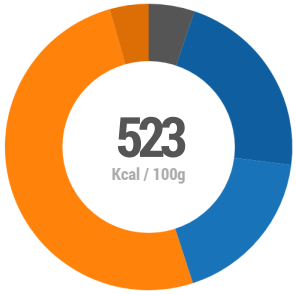
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7575356** | Last Modified: **19 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PAO014 - PAO DE LÓ MARBLE (CHOC & VANILLA) 12" copy

CHOCOLATE & VANILLA , MARBLE

OVERVIEW ... U / 17059724



CALORIES:

39.9% Carbs

5.2% Protein

55% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 2.5KG SERVING	%RI
Energy(Kj)	2195 kJ	26%	54867 kJ	653%
Energy(kcal)	526 kcal	26%	13149 kcal	657%
Fat	32 g	46%	799 g	1141%
of which saturates	2.5 g	13%	63 g	315%
Carbohydrate	52 g	20%	1304 g	502%
of which sugars	29 g	32%	714 g	793%
Fibre	1.5 g	6%	37 g	148%
Protein	6.7 g	13%	167 g	334%
Salt	1.1 g	18%	28.6 g	477%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

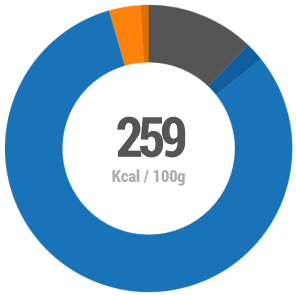
Cakes & Desserts | U Ref Code: | Nutritics ID: **U17059724** | Last Modified: **19 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PAO024 - PAO DE CROA

PAO DE CROA

OVERVIEW ... U / 6505118



CALORIES:

83.4% Carbs

12.2% Protein

4.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 895G SERVING	%RI
Energy(Kj)	1117 kJ	13%	10004 kJ	119%
Energy(kcal)	264 kcal	13%	2360 kcal	118%
Fat	1.3 g	2%	11 g	16%
of which saturates	0.3 g	2%	2.3 g	12%
Carbohydrate	54 g	21%	484 g	186%
of which sugars	1.4 g	2%	12 g	13%
Fibre	2.4 g	10%	22 g	88%
Protein	7.7 g	15%	69 g	138%
Salt	1.3 g	22%	11.5 g	192%

CONTAINS:

WHEAT, RYE

MAY CONTAIN:

TREE NUTS, PEANUTS, EGGS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

Breads - General | U Ref Code: | Nutritics ID: **U6505118** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PAO026 - PAO DE CROA GRANARY

PAO DE CROA GRANARY

OVERVIEW ... U / 6505042

CALORIES:

82% Carbs

13.8% Protein

4.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 959G SERVING	%RI
Energy(Kj)	1256 kJ	15%	12041 kJ	143%
Energy(kcal)	296 kcal	15%	2841 kcal	142%
Fat	1.4 g	2%	13 g	19%
of which saturates	0.4 g	2%	3.5 g	18%
Carbohydrate	59 g	23%	569 g	219%
of which sugars	2.1 g	2%	20 g	22%
Fibre	3.4 g	14%	32 g	128%
Protein	10 g	20%	96 g	192%
Salt	0.86 g	14%	8.3 g	138%

CONTAINS:

WHEAT, BARLEY

MAY CONTAIN:

Breads - General | U Ref Code: | Nutritics ID: **U6505042** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PAO040 - PAO DE LÓ

PAO DE LÓ

OVERVIEW ... U / 8002456

CALORIES:

79.1% Carbs

9.7% Protein

11.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 550G SERVING	%RI
Energy(Kj)	1418 kJ	17%	7800 kJ	93%
Energy(kcal)	335 kcal	17%	1843 kcal	92%
Fat	4.1 g	6%	23 g	33%
of which saturates	2.1 g	11%	12 g	60%
Carbohydrate	66 g	25%	361 g	139%
of which sugars	35 g	39%	190 g	211%
Fibre	1.5 g	6%	8.3 g	33%
Protein	8.1 g	16%	44 g	88%
Salt	2 g	33%	11.1 g	185%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

SOYA

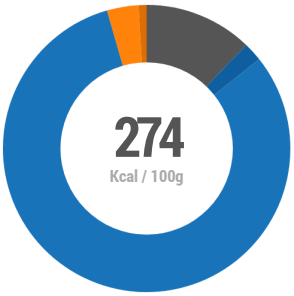
Cakes & Desserts | U Ref Code: | Nutritics ID: **U8002456** | Last Modified: **7 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PAP001 - PAPO SECO

PAPO SECO

OVERVIEW ... U / 6324183



CALORIES:

83.4% Carbs

12.2% Protein

4.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 110G SERVING	%RI
Energy(Kj)	1182 kJ	14%	1301 kJ	15%
Energy(kcal)	279 kcal	14%	307 kcal	15%
Fat	1.4 g	2%	1.5 g	2%
of which saturates	0.3 g	2%	0.3 g	2%
Carbohydrate	57 g	22%	63 g	24%
of which sugars	1.5 g	2%	1.6 g	2%
Fibre	2.6 g	10%	2.8 g	11%
Protein	8.2 g	16%	9 g	18%
Salt	1.4 g	23%	1.5 g	25%

CONTAINS:

WHEAT, RYE

MAY CONTAIN:

TREE NUTS, PEANUTS, EGGS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

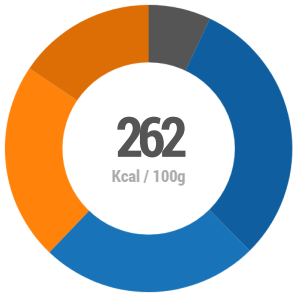
Breads - General | U Ref Code: | Nutritics ID: **U6324183** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PAS001 - PASTEL DE NATA

PASTEL DE NATA

OVERVIEW ... U / 5555524



CALORIES:

55.1% Carbs

7% Protein

37.9% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 80G SERVING	%RI
Energy(Kj)	1105 kJ	13%	881 kJ	10%
Energy(kcal)	263 kcal	13%	210 kcal	11%
Fat	11 g	16%	8.8 g	13%
of which saturates	4.5 g	23%	3.6 g	18%
Carbohydrate	36 g	14%	29 g	11%
of which sugars	20 g	22%	16 g	18%
Fibre	0.7 g	3%	0.6 g	2%
Protein	4.6 g	9%	3.6 g	7%
Salt	0.35 g	6%	0.28 g	5%

CONTAINS:

WHEAT, EGGS, MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

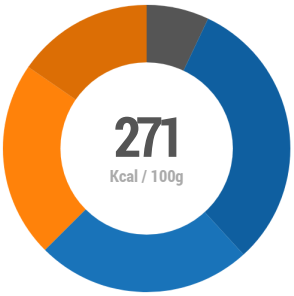
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5555524** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PAS012 - BLUEBERRY PASTEL DE NATA

BLUEBERRY PASTEL DE NATA

OVERVIEW ... U / 5555638



CALORIES:

55.5% Carbs

7% Protein

37.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 70G SERVING	%RI
Energy(Kj)	1143 kJ	14%	803 kJ	10%
Energy(kcal)	272 kcal	14%	191 kcal	10%
Fat	11 g	16%	7.9 g	11%
of which saturates	4.6 g	23%	3.3 g	17%
Carbohydrate	38 g	15%	26 g	10%
of which sugars	21 g	23%	15 g	17%
Fibre	0.8 g	3%	0.6 g	2%
Protein	4.7 g	9%	3.3 g	7%
Salt	0.36 g	6%	0.25 g	4%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS — PEANUTS — FISH — CRUSTACEANS — SESAME

SOYA — SULPHITES

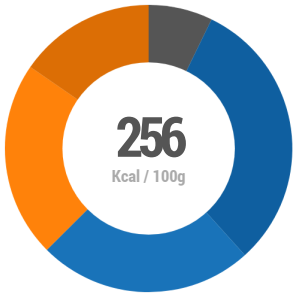
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5555638** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PAS014 - RASPBERRY PASTEL DE NATA

RASPBERRY PASTEL DE NATA

OVERVIEW ... U / 5555707



CALORIES:

55.3% Carbs

7.2% Protein

37.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 75G SERVING	%RI
Energy(Kj)	1089 kJ	13%	813 kJ	10%
Energy(kcal)	260 kcal	13%	194 kcal	10%
Fat	11 g	16%	7.9 g	11%
of which saturates	4.4 g	22%	3.3 g	17%
Carbohydrate	35 g	13%	26 g	10%
of which sugars	20 g	22%	15 g	17%
Fibre	1.6 g	6%	1.2 g	5%
Protein	4.6 g	9%	3.4 g	7%
Salt	0.34 g	6%	0.25 g	4%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS

PEANUTS FISH CRUSTACEANS SESAME

SOYA SULPHITES

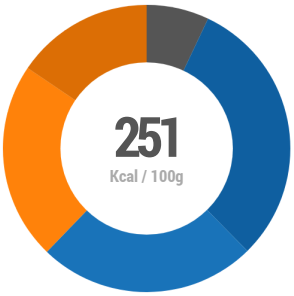
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5555707** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PAS039 - CINNAMON PASTEL DE NATA

CINNAMON PASTEL DE NATA

OVERVIEW ... U / 5910856



CALORIES:

55.2% Carbs

7% Protein

37.8% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 75G SERVING	%RI
Energy(Kj)	1060 kJ	13%	798 kJ	10%
Energy(kcal)	253 kcal	13%	190 kcal	10%
Fat	11 g	16%	7.9 g	11%
of which saturates	4.3 g	22%	3.3 g	17%
Carbohydrate	35 g	13%	26 g	10%
of which sugars	19 g	21%	14 g	16%
Fibre	0.9 g	4%	0.7 g	3%
Protein	4.4 g	9%	3.3 g	7%
Salt	0.33 g	6%	0.25 g	4%

CONTAINS:

WHEAT, EGGS, MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

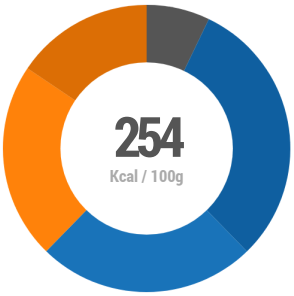
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5910856** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PAS042 - PASSION FRUIT PASTEL DE NATA

PASSSION FRUIT PASTEL DE NATA

OVERVIEW ... U / 5944951



CALORIES:

55.2% Carbs

7.1% Protein

37.7% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 75G SERVING	%RI
Energy(Kj)	1074 kJ	13%	807 kJ	10%
Energy(kcal)	256 kcal	13%	192 kcal	10%
Fat	11 g	16%	8 g	11%
of which saturates	4.4 g	22%	3.3 g	17%
Carbohydrate	35 g	13%	26 g	10%
of which sugars	19 g	21%	15 g	17%
Fibre	0.7 g	3%	0.6 g	2%
Protein	4.5 g	9%	3.4 g	7%
Salt	0.34 g	6%	0.25 g	4%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS

PEANUTS FISH CRUSTACEANS SESAME

SOYA SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5944951** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PAS044 - Vegan Pastel de Nata

Vegan Pastel de Nata

OVERVIEW ... U / 8430130

CALORIES:

57.2% Carbs

6.1% Protein

36.7% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 80G SERVING	%RI
Energy(Kj)	1210 kJ	14%	968 kJ	12%
Energy(kcal)	288 kcal	14%	231 kcal	12%
Fat	12 g	17%	9.3 g	13%
of which saturates	4.9 g	25%	3.9 g	20%
Carbohydrate	41 g	16%	33 g	13%
of which sugars	20 g	22%	16 g	18%
Fibre	1.1 g	4%	0.9 g	4%
Protein	4.4 g	9%	3.5 g	7%
Salt	0.45 g	8%	0.36 g	6%

CONTAINS:

WHEAT, SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; EGGS; MILK; FISH; CRUSTACEANS; SESAME; SULPHITES

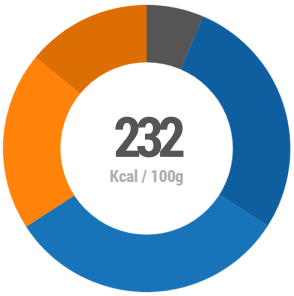
Cakes & Desserts | U Ref Code: | Nutritics ID: **U8430130** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PAS046 - APPLE & CINNAMON PASTEL DE NATA

APPLE & CINNAMON PASTEL DE NATA

OVERVIEW ... U / 7161206



CALORIES:

59.4% Carbs

6.4% Protein

34.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 90G SERVING	%RI
Energy(Kj)	981 kJ	12%	883 kJ	11%
Energy(kcal)	233 kcal	12%	210 kcal	11%
Fat	8.8 g	13%	7.9 g	11%
of which saturates	3.6 g	18%	3.3 g	17%
Carbohydrate	34 g	13%	31 g	12%
of which sugars	16 g	18%	14 g	16%
Fibre	0.8 g	3%	0.7 g	3%
Protein	3.7 g	7%	3.3 g	7%
Salt	0.28 g	5%	0.25 g	4%

CONTAINS:

WHEAT, EGGS, MILK, SULPHITES

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA

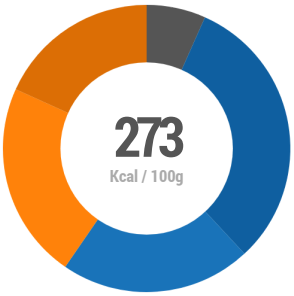
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7161206** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PAS048 - CHOCOLATE PASTEL DE NATA

CHOCOLATE PASTEL DE NATA

OVERVIEW ... U / 7161194



CALORIES:

52.9% Carbs

6.7% Protein

40.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 80G SERVING	%RI
Energy(Kj)	1154 kJ	14%	923 kJ	11%
Energy(kcal)	275 kcal	14%	220 kcal	11%
Fat	12 g	17%	9.8 g	14%
of which saturates	5.5 g	28%	4.4 g	22%
Carbohydrate	36 g	14%	29 g	11%
of which sugars	21 g	23%	17 g	19%
Fibre	1.2 g	5%	1 g	4%
Protein	4.5 g	9%	3.6 g	7%
Salt	0.31 g	5%	0.25 g	4%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS — PEANUTS — FISH — CRUSTACEANS — SESAME

SOYA — SULPHITES

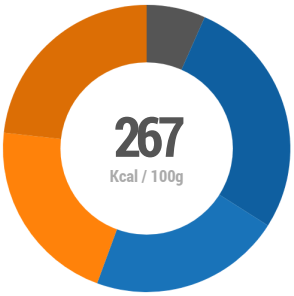
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7161194** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PAS050 - COCONUT PASTEL DE NATA

COCONUT PASTEL DE NATA

OVERVIEW ... U / 7160777



CALORIES:

49% Carbs

6.6% Protein

44.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 80G SERVING	%RI
Energy(Kj)	1135 kJ	14%	908 kJ	11%
Energy(kcal)	271 kcal	14%	217 kcal	11%
Fat	13 g	19%	11 g	16%
of which saturates	6.9 g	35%	5.5 g	28%
Carbohydrate	33 g	13%	26 g	10%
of which sugars	18 g	20%	15 g	17%
Fibre	1.8 g	7%	1.4 g	6%
Protein	4.5 g	9%	3.6 g	7%
Salt	0.32 g	5%	0.25 g	4%

CONTAINS:

WHEAT, EGGS, MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

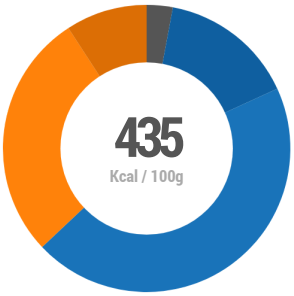
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7160777** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PEC001 - PECAN PIE

PECAN PIE

OVERVIEW ... U / 7581266



CALORIES:

60% Carbs

2.9% Protein

37% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.76KG SERVING	%RI
Energy(Kj)	1834 kJ	22%	32274 kJ	384%
Energy(kcal)	437 kcal	22%	7688 kcal	384%
Fat	18 g	26%	315 g	450%
of which saturates	4.4 g	22%	78 g	390%
Carbohydrate	65 g	25%	1151 g	443%
of which sugars	17 g	19%	292 g	324%
Fibre	0.5 g	2%	9.6 g	38%
Protein	3.2 g	6%	57 g	114%
Salt	0.09 g	2%	1.5 g	25%

CONTAINS:

WHEAT, PECANS, EGGS, MILK

MAY CONTAIN:

HAZELNUTS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

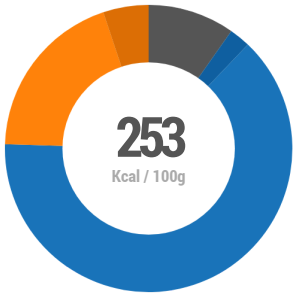
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7581266** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PIZ003 - PIZZA DOUGH BALLS

PIZZA DOUGH BALLS

OVERVIEW ... U / 7971272



CALORIES:

65.7% Carbs

9.8% Protein

24.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 220G SERVING	%RI
Energy(Kj)	1081 kJ	13%	2375 kJ	28%
Energy(kcal)	257 kcal	13%	564 kcal	28%
Fat	6.9 g	10%	15 g	21%
of which saturates	1.4 g	7%	3.2 g	16%
Carbohydrate	42 g	16%	92 g	35%
of which sugars	1.5 g	2%	3.3 g	4%
Fibre	1.8 g	7%	4 g	16%
Protein	6 g	12%	13 g	26%
Salt	0.84 g	14%	1.8 g	30%

CONTAINS:

WHEAT

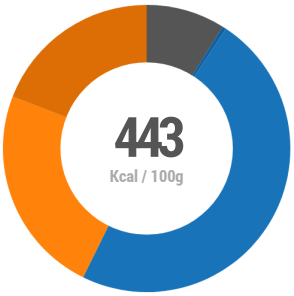
Breads - General | U Ref Code: | Nutritics ID: **U7971272** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PRO001 - PROFITEROLES PLAIN

PROFITEROLES PLAIN

OVERVIEW ... U / 7582862



CALORIES:

48.4% Carbs

8.9% Protein

42.7% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 8G SERVING	%RI
Energy(Kj)	1867 kJ	22%	149 kJ	2%
Energy(kcal)	445 kcal	22%	36 kcal	2%
Fat	21 g	30%	1.7 g	2%
of which saturates	9.4 g	47%	0.8 g	4%
Carbohydrate	54 g	21%	4.3 g	2%
of which sugars	0.5 g	1%	0 g	0%
Fibre	0 g	0%	0 g	0%
Protein	9.9 g	20%	0.8 g	2%
Salt	1.5 g	25%	0.12 g	2%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

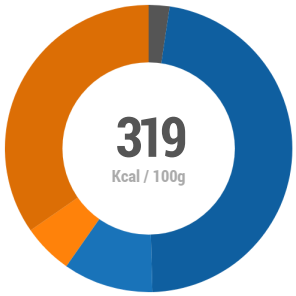
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7582862** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PRO002 - PROFITEROLE TRAY

PROFITEROLE TRAY

OVERVIEW ... U / 7665446



CALORIES:

57.4% Carbs

2.3% Protein

40.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.3KG SERVING	%RI
Energy(Kj)	1345 kJ	16%	17482 kJ	208%
Energy(kcal)	321 kcal	16%	4170 kcal	209%
Fat	14 g	20%	185 g	264%
of which saturates	12 g	60%	159 g	795%
Carbohydrate	46 g	18%	594 g	228%
of which sugars	38 g	42%	489 g	543%
Fibre	1.1 g	4%	15 g	60%
Protein	1.9 g	4%	24 g	48%
Salt	0.3 g	5%	4 g	67%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

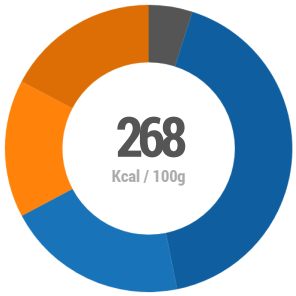
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7665446** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PRO003 - PROFITEROLE GATEAUX

PROFITEROLE GATEAUX

OVERVIEW ... U / 7639790



CALORIES:

62.3% Carbs

4.9% Protein

32.8% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 2.86KG SERVING	%RI
Energy(Kj)	1141 kJ	14%	32648 kJ	389%
Energy(kcal)	272 kcal	14%	7768 kcal	388%
Fat	9.8 g	14%	280 g	400%
of which saturates	5.1 g	26%	147 g	735%
Carbohydrate	42 g	16%	1197 g	460%
of which sugars	28 g	31%	804 g	893%
Fibre	1.2 g	5%	36 g	144%
Protein	3.4 g	7%	98 g	196%
Salt	0.66 g	11%	18.8 g	313%

CONTAINS:

WHEAT ALMONDS EGGS MILK SOYA

MAY CONTAIN:

PEANUTS FISH CRUSTACEANS SESAME SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U7639790** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PRO004 - PROFITEROLES CREME PAST

PROFITEROLES CREME PASTELEIRO

OVERVIEW ... U / 7639916

CALORIES:

75.7% Carbs

4% Protein

20.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 31G SERVING	%RI
Energy(Kj)	1074 kJ	13%	333 kJ	4%
Energy(kcal)	254 kcal	13%	79 kcal	4%
Fat	5.7 g	8%	1.8 g	3%
of which saturates	2.6 g	13%	0.8 g	4%
Carbohydrate	48 g	18%	15 g	6%
of which sugars	30 g	33%	9.3 g	10%
Fibre	0.5 g	2%	0 g	0%
Protein	2.5 g	5%	0.8 g	2%
Salt	0.59 g	10%	0.18 g	3%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

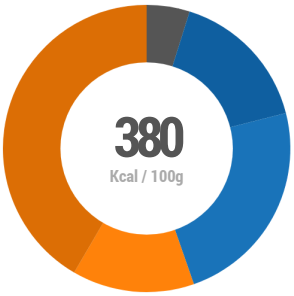
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7639916** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PRO008 - PROFITEROLES CHANTILLY

PROFITEROLES CHANTILLY

OVERVIEW ... U / 7640159



CALORIES:

39.8% Carbs

4.8% Protein

55.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 19G SERVING	%RI
Energy(Kj)	1592 kJ	19%	302 kJ	4%
Energy(kcal)	381 kcal	19%	72 kcal	4%
Fat	23 g	33%	4.4 g	6%
of which saturates	18 g	90%	3.3 g	17%
Carbohydrate	38 g	15%	7.2 g	3%
of which sugars	15 g	17%	2.9 g	3%
Fibre	0 g	0%	0 g	0%
Protein	4.6 g	9%	0.9 g	2%
Salt	0.8 g	13%	0.15 g	3%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

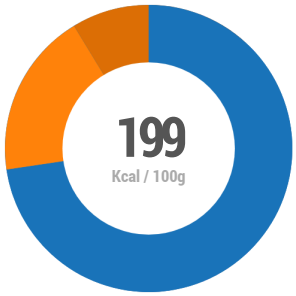
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7640159** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PUD002 - PUDIM FLAN 12" (CARAMEL PUDDING)

PUDIM FLAN 12" (CARAMEL PUDDING)

OVERVIEW ... U / 7206633



CALORIES:

60.9% Carbs

11.8% Protein

27.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 2.8KG SERVING	%RI
Energy(Kj)	838 kJ	10%	23468 kJ	279%
Energy(kcal)	199 kcal	10%	5572 kcal	279%
Fat	6 g	9%	169 g	241%
of which saturates	1.9 g	10%	54 g	270%
Carbohydrate	30 g	12%	848 g	326%
of which sugars	30 g	33%	848 g	942%
Fibre	0 g	0%	0 g	0%
Protein	5.8 g	12%	163 g	326%
Salt	0.14 g	2%	3.8 g	63%

CONTAINS:

EGGS, MILK

MAY CONTAIN:

WHEAT, TREE NUTS, PEANUTS, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U7206633** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

PUD003 - PUDIM DE MARACUJA 12" (PASSION FRUIT)

PUDIM DE MARACUJA 12" (PASSION FRUIT)

OVERVIEW ... U / 7576286

CALORIES:

55.6% Carbs

3.8% Protein

40.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 2.13KG SERVING	%RI
Energy(Kj)	1128 kJ	13%	23988 kJ	286%
Energy(kcal)	269 kcal	13%	5720 kcal	286%
Fat	12 g	17%	257 g	367%
of which saturates	11 g	55%	240 g	1200%
Carbohydrate	37 g	14%	794 g	305%
of which sugars	35 g	39%	753 g	837%
Fibre	0 g	0%	4.1 g	16%
Protein	2.5 g	5%	54 g	108%
Salt	0.25 g	4%	5.3 g	88%

CONTAINS:

WHEAT MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS EGGS FISH CRUSTACEANS SESAME SULPHITES

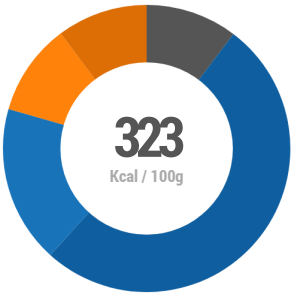
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7576286** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

QUE001 - QUEIJADA DA MADEIRA

QUEIJADA DA MADEIRA

OVERVIEW ... U / 5945086



CALORIES:

69.1% Carbs

10.3% Protein

20.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 164G SERVING	%RI
Energy(Kj)	1365 kJ	16%	2234 kJ	27%
Energy(kcal)	323 kcal	16%	529 kcal	26%
Fat	7.4 g	11%	12 g	17%
of which saturates	3.7 g	19%	6 g	30%
Carbohydrate	56 g	22%	91 g	35%
of which sugars	41 g	46%	68 g	76%
Fibre	0.6 g	2%	1 g	4%
Protein	8.3 g	17%	14 g	28%
Salt	0.29 g	5%	0.48 g	8%

CONTAINS:

WHEAT MILK

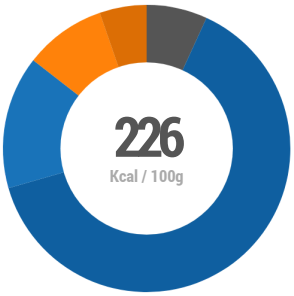
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5945086** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

QUE002 - QUEIJADA DE LARANJA

QUEIJADA DE LARANJA

OVERVIEW ... U / 5902405



CALORIES:

78.7% Carbs

6.8% Protein

14.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 155G SERVING	%RI
Energy(Kj)	961 kJ	11%	1492 kJ	18%
Energy(kcal)	227 kcal	11%	353 kcal	18%
Fat	3.6 g	5%	5.6 g	8%
of which saturates	1.3 g	7%	2.1 g	11%
Carbohydrate	45 g	17%	69 g	27%
of which sugars	36 g	40%	56 g	62%
Fibre	0.5 g	2%	0.5 g	2%
Protein	3.9 g	8%	6 g	12%
Salt	0.68 g	11%	1.1 g	18%

CONTAINS:

WHEAT, EGGS, MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5902405** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

RAS001 - RASPBERRY CREAM ROLL

RASPBERRY CREAM ROLL

OVERVIEW ... U / 8054856

CALORIES:

69.2% Carbs

8.8% Protein

22% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 168G SERVING	%RI
Energy(Kj)	1235 kJ	15%	2074 kJ	25%
Energy(kcal)	293 kcal	15%	492 kcal	25%
Fat	7.1 g	10%	12 g	17%
of which saturates	4.6 g	23%	7.8 g	39%
Carbohydrate	50 g	19%	85 g	33%
of which sugars	35 g	39%	60 g	67%
Fibre	1 g	4%	1.7 g	7%
Protein	6.3 g	13%	11 g	22%
Salt	0.63 g	11%	1.1 g	18%

CONTAINS:

WHEAT, EGGS, MILK, SOYA

MAY CONTAIN:

TREE NUTS, PEANUTS, FISH, CRUSTACEANS, SESAME, SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U8054856** | Last Modified: **9 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

RIN001 - RINS CREME PASTELEIRO / CHOCOLATE

RINS CREME PASTELEIRO / CHOCOLATE

OVERVIEW ... U / 5942140

CALORIES:

69.4% Carbs

3.8% Protein

26.9% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 150G SERVING	%RI
Energy(Kj)	1439 kJ	17%	2158 kJ	26%
Energy(kcal)	342 kcal	17%	512 kcal	26%
Fat	10 g	14%	15 g	21%
of which saturates	6.1 g	31%	9.1 g	46%
Carbohydrate	59 g	23%	89 g	34%
of which sugars	31 g	34%	47 g	52%
Fibre	0.5 g	2%	0.6 g	2%
Protein	3.2 g	6%	4.8 g	10%
Salt	1 g	17%	1.6 g	27%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

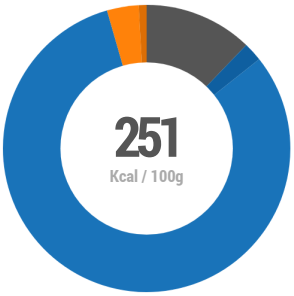
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5942140** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

ROS002 - ROSCA

ROSCA

OVERVIEW ... U / 6498109



CALORIES:

83.4% Carbs

12.2% Protein

4.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 925G SERVING	%RI
Energy(Kj)	1081 kJ	13%	10004 kJ	119%
Energy(kcal)	255 kcal	13%	2360 kcal	118%
Fat	1.2 g	2%	11 g	16%
of which saturates	0.2 g	1%	2.3 g	12%
Carbohydrate	52 g	20%	484 g	186%
of which sugars	1.3 g	1%	12 g	13%
Fibre	2.4 g	10%	22 g	88%
Protein	7.5 g	15%	69 g	138%
Salt	2.5 g	42%	22.8 g	380%

CONTAINS:

WHEAT, RYE

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS

PEANUTS

EGGS

MILK

FISH

CRUSTACEANS

SESAME

SOYA

SULPHITES

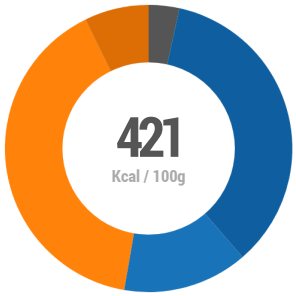
Breads - General | U Ref Code: | Nutritics ID: **U6498109** | Last Modified: **10 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

ROU001 - ROUND CAKE CARAMEL

ROUND CAKE CARAMEL

OVERVIEW ... U / 7993562



CALORIES:

49.3% Carbs

3.4% Protein

47.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 233G SERVING	%RI
Energy(Kj)	1770 kJ	21%	4116 kJ	49%
Energy(kcal)	423 kcal	21%	984 kcal	49%
Fat	22 g	31%	51 g	73%
of which saturates	3.4 g	17%	7.9 g	40%
Carbohydrate	52 g	20%	121 g	47%
of which sugars	37 g	41%	86 g	96%
Fibre	0.9 g	4%	2.2 g	9%
Protein	3.6 g	7%	8.4 g	17%
Salt	0.71 g	12%	1.6 g	27%

CONTAINS:

WHEAT, EGGS, MILK, SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SULPHITES

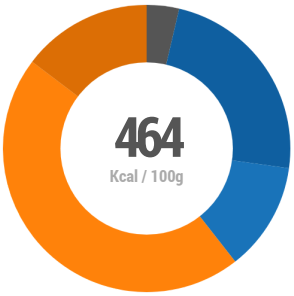
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7993562** | Last Modified: **10 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

ROU002- ROUND TRIPLE CHOCOLATE

ROUND TRIPLE CHOCOLATE

OVERVIEW ... U / 7993517



CALORIES:

35.8% Carbs

3.6% Protein

60.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 234G SERVING	%RI
Energy(Kj)	1949 kJ	23%	4569 kJ	54%
Energy(kcal)	468 kcal	23%	1097 kcal	55%
Fat	31 g	44%	73 g	104%
of which saturates	7.6 g	38%	18 g	90%
Carbohydrate	42 g	16%	97 g	37%
of which sugars	27 g	30%	64 g	71%
Fibre	1.8 g	7%	4.2 g	17%
Protein	4.2 g	8%	9.9 g	20%
Salt	0.61 g	10%	1.4 g	23%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

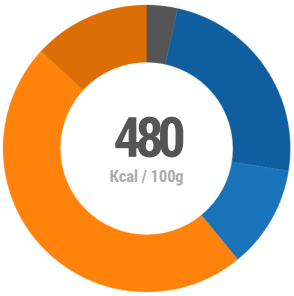
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7993517** | Last Modified: **11 Dec 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

ROU003 - ROUND CAKE OREO

ROUND CAKE OREO

OVERVIEW ... U / 7993265



CALORIES:

35.6% Carbs

3.5% Protein

60.9% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 211G SERVING	%RI
Energy(Kj)	2010 kJ	24%	4241 kJ	50%
Energy(kcal)	483 kcal	24%	1018 kcal	51%
Fat	33 g	47%	69 g	99%
of which saturates	7 g	35%	15 g	75%
Carbohydrate	43 g	17%	90 g	35%
of which sugars	29 g	32%	61 g	68%
Fibre	1.1 g	4%	2.4 g	10%
Protein	4.2 g	8%	8.8 g	18%
Salt	0.7 g	12%	1.5 g	25%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS

PEANUTS FISH CRUSTACEANS SESAME

SOYA SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U7993265** | Last Modified: **10 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

RUS001 - RUSSO (PUFF PASTRY, CUSTARD, CHANTILLY, CINNAMON)

RUSSO (PUFF PASTRY, CUSTARD, CHANTILLY, CINNAMON)

OVERVIEW ... U / 5896351

CALORIES:

54.8% Carbs

3.6% Protein

41.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 127G SERVING	%RI
Energy(Kj)	1634 kJ	19%	2071 kJ	25%
Energy(kcal)	390 kcal	20%	494 kcal	25%
Fat	18 g	26%	23 g	33%
of which saturates	8.8 g	44%	11 g	55%
Carbohydrate	53 g	20%	67 g	26%
of which sugars	22 g	24%	28 g	31%
Fibre	1.4 g	6%	1.8 g	7%
Protein	3.5 g	7%	4.5 g	9%
Salt	0.99 g	17%	1.3 g	22%

CONTAINS:

WHEAT, MILK, SOYA

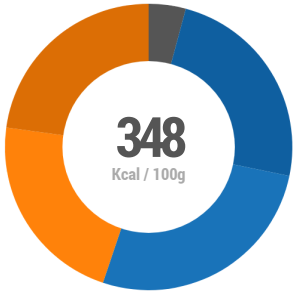
MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; EGGS; FISH; CRUSTACEANS; SESAME; SULPHITES

RUS002 - RUSSO CHOCOLATE (PUFF PASTRY, CHOCOLATE, CHANTILLY, CINNAMON)

RUSSO CHOCOLATE (PUFF PASTRY, CHOCOLATE, CHANTILLY, CINNAMON)

OVERVIEW ... U / 5896900



CALORIES:

51% Carbs

4.2% Protein

44.8% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 127G SERVING	%RI
Energy(Kj)	1473 kJ	18%	1874 kJ	22%
Energy(kcal)	352 kcal	18%	448 kcal	22%
Fat	17 g	24%	22 g	31%
of which saturates	8.8 g	44%	11 g	55%
Carbohydrate	44 g	17%	56 g	22%
of which sugars	21 g	23%	27 g	30%
Fibre	2 g	8%	2.6 g	10%
Protein	3.6 g	7%	4.6 g	9%
Salt	0.66 g	11%	0.84 g	14%

CONTAINS:

WHEAT MILK SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS

PEANUTS EGGS FISH CRUSTACEANS

SESAME SULPHITES

SCO001 - FRUIT SCONES

FRUIT SCONES

OVERVIEW ... U / 6035253

CALORIES:

65.2% Carbs

9.2% Protein

25.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 137G SERVING	%RI
Energy(Kj)	1223 kJ	15%	1674 kJ	20%
Energy(kcal)	290 kcal	15%	397 kcal	20%
Fat	8.1 g	12%	11 g	16%
of which saturates	3.2 g	16%	4.3 g	22%
Carbohydrate	47 g	18%	64 g	25%
of which sugars	14 g	16%	20 g	22%
Fibre	1.8 g	7%	2.5 g	10%
Protein	6.7 g	13%	9.1 g	18%
Salt	2.1 g	35%	2.8 g	47%

CONTAINS:

WHEAT, EGGS, MILK, SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U6035253** | Last Modified: **10 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

SCO002 - PLAIN SCONES

PLAIN SCONES

OVERVIEW ... U / 6035034

CALORIES:

61.9% Carbs

9.8% Protein

28.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 125G SERVING	%RI
Energy(Kj)	1199 kJ	14%	1503 kJ	18%
Energy(kcal)	285 kcal	14%	357 kcal	18%
Fat	8.8 g	13%	11 g	16%
of which saturates	3.4 g	17%	4.3 g	22%
Carbohydrate	43 g	17%	55 g	21%
of which sugars	10 g	11%	13 g	14%
Fibre	1.7 g	7%	2.1 g	8%
Protein	7 g	14%	8.8 g	18%
Salt	2.3 g	38%	2.8 g	47%

CONTAINS:

WHEAT, EGGS, MILK, SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SULPHITES

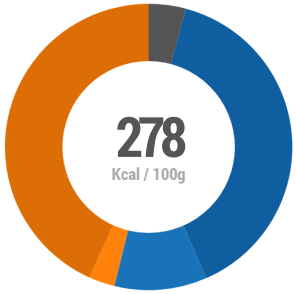
Cakes & Desserts | U Ref Code: | Nutritics ID: **U6035034** | Last Modified: **10 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

SEM001 - SEMI FRIO MORANGO (STRAWBERRY MOUSSE)

SEMIFRIO MORANGO

OVERVIEW ... U / 7653215



CALORIES:

49.7% Carbs

4.2% Protein

46.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.56KG SERVING	%RI
Energy(Kj)	1118 kJ	13%	17443 kJ	208%
Energy(kcal)	267 kcal	13%	4171 kcal	209%
Fat	14 g	20%	223 g	319%
of which saturates	13 g	65%	208 g	1040%
Carbohydrate	31 g	12%	491 g	189%
of which sugars	27 g	30%	426 g	473%
Fibre	0.6 g	2%	9.3 g	37%
Protein	2.9 g	6%	45 g	90%
Salt	0.27 g	5%	4.3 g	72%

CONTAINS:

WHEAT, PEANUTS, EGGS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

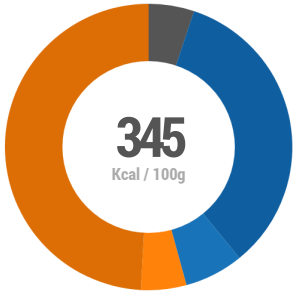
MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS

SEM006 - SEMI FRIO CHOCOLATE (CHOCOLATE MOUSSE)

SEMI FRIO CHOCOLATE (CHOCOLATE MOUSSE)

OVERVIEW ... U / 7654283



CALORIES:

40.6% Carbs

5.1% Protein

54.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.21KG SERVING	%RI
Energy(Kj)	1447 kJ	17%	17484 kJ	208%
Energy(kcal)	347 kcal	17%	4189 kcal	209%
Fat	21 g	30%	251 g	359%
of which saturates	19 g	95%	227 g	1135%
Carbohydrate	35 g	13%	423 g	163%
of which sugars	29 g	32%	354 g	393%
Fibre	1 g	4%	12 g	48%
Protein	4.4 g	9%	53 g	106%
Salt	0.41 g	7%	4.9 g	82%

CONTAINS:

WHEAT, EGGS, MILK, SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SULPHITES

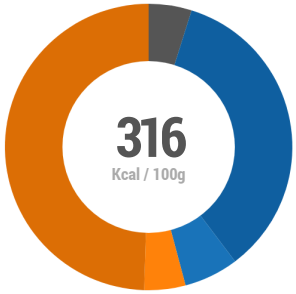
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7654283** | Last Modified: **10 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

SEM007- SEMIFRIO MARACUJA (PASSION FRUIT MOUSSE)

SEMIFRIO MARACUJA (PASSION FRUIT MOUSSE)

OVERVIEW ... U / 7671785



CALORIES:

41% Carbs

4.8% Protein

54.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.18KG SERVING	%RI
Energy(Kj)	1324 kJ	16%	15613 kJ	186%
Energy(kcal)	317 kcal	16%	3740 kcal	187%
Fat	19 g	27%	224 g	320%
of which saturates	17 g	85%	205 g	1025%
Carbohydrate	32 g	12%	383 g	147%
of which sugars	28 g	31%	325 g	361%
Fibre	0.5 g	2%	3.7 g	15%
Protein	3.8 g	8%	45 g	90%
Salt	0.35 g	6%	4.1 g	68%

CONTAINS:

WHEAT, EGGS, MILK, SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U7671785** | Last Modified: **10 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

SEM012 - SEMIFRIO LIMAO (LEMON MOUSSE)

SEMIFRIO LIMAO (LEMON MOUSSE)

OVERVIEW ... U / 7652858

CALORIES:

50.1% Carbs

4% Protein

45.9% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.56KG SERVING	%RI
Energy(Kj)	1207 kJ	14%	18873 kJ	225%
Energy(kcal)	288 kcal	14%	4508 kcal	225%
Fat	15 g	21%	228 g	326%
of which saturates	13 g	65%	206 g	1030%
Carbohydrate	36 g	14%	562 g	216%
of which sugars	31 g	34%	489 g	543%
Fibre	0.5 g	2%	6.7 g	27%
Protein	2.9 g	6%	45 g	90%
Salt	0.35 g	6%	5.4 g	90%

CONTAINS:

WHEAT, EGGS, MILK, SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SULPHITES

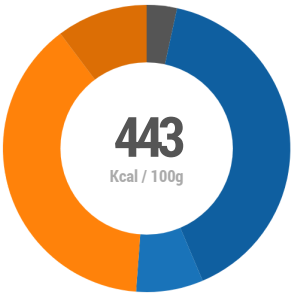
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7652858** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

SLI001 - CARROT SLICE

CARROT SLICE

OVERVIEW ... U / 5826253



CALORIES:

47.8% Carbs

3.4% Protein

48.8% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 200G SERVING	%RI
Energy(Kj)	1859 kJ	22%	3721 kJ	44%
Energy(kcal)	444 kcal	22%	890 kcal	45%
Fat	24 g	34%	48 g	69%
of which saturates	5.1 g	26%	10 g	50%
Carbohydrate	53 g	20%	106 g	41%
of which sugars	45 g	50%	89 g	99%
Fibre	0.5 g	2%	0.9 g	4%
Protein	3.8 g	8%	7.5 g	15%
Salt	1.2 g	20%	2.3 g	38%

CONTAINS:

WHEAT, BARLEY · EGGS · MILK

MAY CONTAIN:

TREE NUTS · PEANUTS · FISH · CRUSTACEANS · SESAME · SOYA · SULPHITES

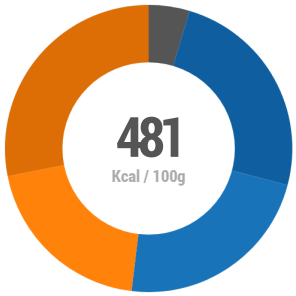
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5826253** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

SLI002 - COCONUT PUFF PASTRY SLICE

COCONUT PUFF PASTRY SLICE

OVERVIEW ... U / 5826283



CALORIES:

47.3% Carbs

4.6% Protein

48.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 151G SERVING	%RI
Energy(Kj)	2047 kJ	24%	3081 kJ	37%
Energy(kcal)	490 kcal	25%	737 kcal	37%
Fat	26 g	37%	39 g	56%
of which saturates	15 g	75%	23 g	115%
Carbohydrate	57 g	22%	86 g	33%
of which sugars	29 g	32%	44 g	49%
Fibre	4.4 g	18%	6.6 g	26%
Protein	5.5 g	11%	8.3 g	17%
Salt	0.86 g	14%	1.3 g	22%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS — PEANUTS — FISH — CRUSTACEANS — SESAME

SOYA — SULPHITES

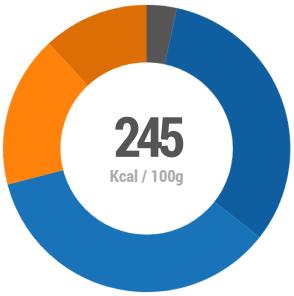
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5826283** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

SLI003 - FRUIT PUFF PASTRY

FRUIT PUFF PASTRY

OVERVIEW ... U / 5835469



CALORIES:

67.6% Carbs

3.4% Protein

29% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 191G SERVING	%RI
Energy(Kj)	904 kJ	11%	1725 kJ	21%
Energy(kcal)	215 kcal	11%	411 kcal	21%
Fat	7.9 g	11%	15 g	21%
of which saturates	3.2 g	16%	6.2 g	31%
Carbohydrate	33 g	13%	63 g	24%
of which sugars	20 g	22%	38 g	42%
Fibre	1.8 g	7%	3.4 g	14%
Protein	2.1 g	4%	4 g	8%
Salt	0.38 g	6%	0.72 g	12%

CONTAINS:

WHEAT, EGGS

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; MILK; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

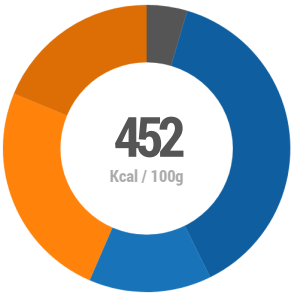
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5835469** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

SLI004 - CHOCOLATE SLICE

CHOCOLATE SLICE

OVERVIEW ... U / 5826274



CALORIES:

51.9% Carbs

4.6% Protein

43.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 202G SERVING	%RI
Energy(Kj)	1914 kJ	23%	3863 kJ	46%
Energy(kcal)	457 kcal	23%	922 kcal	46%
Fat	22 g	31%	44 g	63%
of which saturates	9.4 g	47%	19 g	95%
Carbohydrate	59 g	23%	118 g	45%
of which sugars	43 g	48%	87 g	97%
Fibre	2.8 g	11%	5.6 g	22%
Protein	5.1 g	10%	10 g	20%
Salt	0.99 g	17%	2 g	33%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

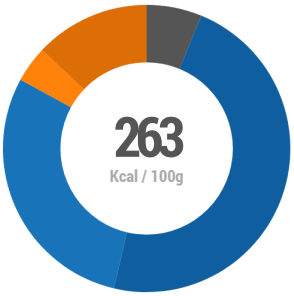
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5826274** | Last Modified: **11 Dec 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

SLI005 - CREAM & FRUIT SPONGE SLICE

CREAM & FRUIT SPONGE SLICE

OVERVIEW ... U / 5835940



CALORIES:

76.7% Carbs

6.2% Protein

17.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 215G SERVING	%RI
Energy(Kj)	1059 kJ	13%	2276 kJ	27%
Energy(kcal)	251 kcal	13%	539 kcal	27%
Fat	5 g	7%	11 g	16%
of which saturates	3.8 g	19%	8.2 g	41%
Carbohydrate	47 g	18%	100 g	38%
of which sugars	31 g	34%	67 g	74%
Fibre	1.2 g	5%	2.5 g	10%
Protein	4.1 g	8%	8.8 g	18%
Salt	1 g	17%	2.2 g	37%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS

PEANUTS

FISH

CRUSTACEANS

SESAME

SULPHITES

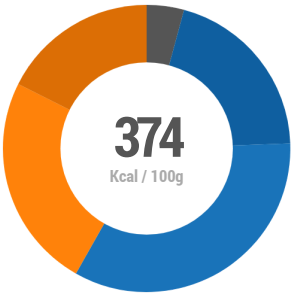
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5835940** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

SLI006 - APPLE PUFF PASTRY SLICE

APPLE PUFF PASTRY SLICE

OVERVIEW ... U / 5835859



CALORIES:

54% Carbs

4.2% Protein

41.8% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 125G SERVING	%RI
Energy(Kj)	1584 kJ	19%	1973 kJ	23%
Energy(kcal)	378 kcal	19%	471 kcal	24%
Fat	17 g	24%	22 g	31%
of which saturates	7.3 g	37%	9.1 g	46%
Carbohydrate	51 g	20%	63 g	24%
of which sugars	19 g	21%	24 g	27%
Fibre	1.4 g	6%	1.8 g	7%
Protein	3.9 g	8%	4.9 g	10%
Salt	0.94 g	16%	1.2 g	20%

CONTAINS:

WHEAT, MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; EGGS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

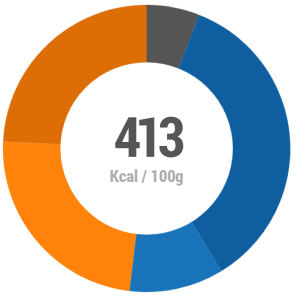
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5835859** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

SLI011 - MARBLE (XADREZ) SLICE

MARBLE (XADREZ) SLICE

OVERVIEW ... U / 5870803



CALORIES:

46% Carbs

6% Protein

48.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 131G SERVING	%RI
Energy(Kj)	1735 kJ	21%	2268 kJ	27%
Energy(kcal)	415 kcal	21%	542 kcal	27%
Fat	22 g	31%	29 g	41%
of which saturates	11 g	55%	15 g	75%
Carbohydrate	47 g	18%	62 g	24%
of which sugars	37 g	41%	48 g	53%
Fibre	1.2 g	5%	1.5 g	6%
Protein	6.1 g	12%	7.9 g	16%
Salt	0.56 g	9%	0.73 g	12%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5870803** | Last Modified: **9 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

SLI012 - EGG YOLK CREAM SLICE

EGG YOLK CREAM SLICE

OVERVIEW ... U / 5838760

CALORIES:

80.3% Carbs

8.4% Protein

11.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 256G SERVING	%RI
Energy(Kj)	984 kJ	12%	2515 kJ	30%
Energy(kcal)	232 kcal	12%	594 kcal	30%
Fat	2.9 g	4%	7.4 g	11%
of which saturates	1.2 g	6%	3.1 g	16%
Carbohydrate	46 g	18%	118 g	45%
of which sugars	33 g	37%	85 g	94%
Fibre	0.8 g	3%	2 g	8%
Protein	4.8 g	10%	12 g	24%
Salt	0.89 g	15%	2.3 g	38%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS — PEANUTS — FISH — CRUSTACEANS — SESAME

SOYA — SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5838760** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

SLI013 - CARAMALISED EGG YOLK SLICE

CARAMALISED EGG YOLK SLICE

OVERVIEW ... U / 5838856

CALORIES:

75.5% Carbs

9.1% Protein

15.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 210G SERVING	%RI
Energy(Kj)	1234 kJ	15%	2590 kJ	31%
Energy(kcal)	292 kcal	15%	613 kcal	31%
Fat	5 g	7%	10 g	14%
of which saturates	1.9 g	10%	4 g	20%
Carbohydrate	55 g	21%	115 g	44%
of which sugars	39 g	43%	82 g	91%
Fibre	0.8 g	3%	1.6 g	6%
Protein	6.6 g	13%	14 g	28%
Salt	1.1 g	18%	2.3 g	38%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS

PEANUTS FISH CRUSTACEANS SESAME

SOYA SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5838856** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

SLI014 - CINNAMON EGG YOLK SLICE

CINNAMON EGG YOLK SLICE

OVERVIEW ... U / 5838961

CALORIES:

80.1% Carbs

8.5% Protein

11.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 186G SERVING	%RI
Energy(Kj)	1322 kJ	16%	2457 kJ	29%
Energy(kcal)	312 kcal	16%	580 kcal	29%
Fat	3.9 g	6%	7.3 g	10%
of which saturates	1.7 g	9%	3.1 g	16%
Carbohydrate	62 g	24%	115 g	44%
of which sugars	44 g	49%	82 g	91%
Fibre	1.2 g	5%	2.1 g	8%
Protein	6.6 g	13%	12 g	24%
Salt	1.2 g	20%	2.3 g	38%

CONTAINS:

WHEAT, EGGS, MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5838961** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

SLI015 - CREAM STRAWBERRY SPONGE SLICE

CREAM STRAWBERRY SPONGE SLICE

OVERVIEW ... U / 5853829

CALORIES:

80.5% Carbs

6.2% Protein

13.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 195G SERVING	%RI
Energy(Kj)	1080 kJ	13%	2110 kJ	25%
Energy(kcal)	256 kcal	13%	499 kcal	25%
Fat	4.2 g	6%	8.2 g	12%
of which saturates	3 g	15%	5.8 g	29%
Carbohydrate	49 g	19%	96 g	37%
of which sugars	32 g	36%	63 g	70%
Fibre	1.5 g	6%	2.9 g	12%
Protein	4.5 g	9%	8.7 g	17%
Salt	1.1 g	18%	2.1 g	35%

CONTAINS:

WHEAT, EGGS, MILK, SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SULPHITES

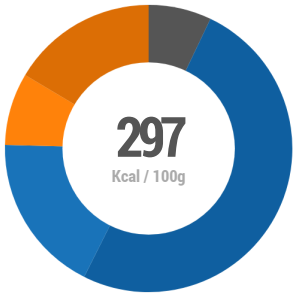
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5853829** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

SLI018 - BLACK FOREST SLICE

BLACK FOREST SLICE

OVERVIEW ... U / 5853673



CALORIES:

68.3% Carbs

7.1% Protein

24.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 190G SERVING	%RI
Energy(Kj)	1271 kJ	15%	2410 kJ	29%
Energy(kcal)	302 kcal	15%	572 kcal	29%
Fat	8.1 g	12%	15 g	21%
of which saturates	5.4 g	27%	10 g	50%
Carbohydrate	51 g	20%	96 g	37%
of which sugars	37 g	41%	71 g	79%
Fibre	2.6 g	10%	4.9 g	20%
Protein	5.2 g	10%	9.8 g	20%
Salt	1.1 g	18%	2.1 g	35%

CONTAINS:

WHEAT, EGGS, MILK, SOYA

MAY CONTAIN:

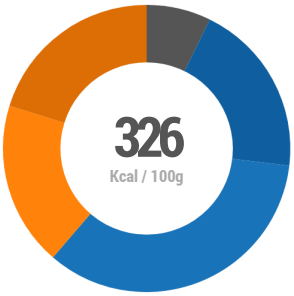
HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5853673** | Last Modified: **10 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

SPE001 - VEGAN RASPBERRY CROISSANT

OVERVIEW ... U / 12256949



CALORIES:

54.1% Carbs

7.2% Protein

38.7% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 90G SERVING	%RI
Energy(Kj)	1386 kJ	17%	1247 kJ	15%
Energy(kcal)	330 kcal	17%	297 kcal	15%
Fat	14 g	20%	13 g	19%
of which saturates	7.3 g	37%	6.6 g	33%
Carbohydrate	44 g	17%	40 g	15%
of which sugars	16 g	18%	14 g	16%
Fibre	2.4 g	10%	2.2 g	9%
Protein	5.9 g	12%	5.3 g	11%
Salt	0.45 g	8%	0.41 g	7%

CONTAINS:

WHEAT

MAY CONTAIN:

TREE NUTS, PEANUTS, EGGS, MILK, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

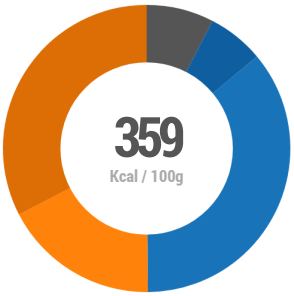
Cakes & Desserts | U Ref Code: | Nutritics ID: **U12256949** | Last Modified: **16 Jun 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

SPE002 - BUTTER CROISSANT

BUTTER CROISSANT

OVERVIEW ... U / 5776528



CALORIES:

42.3% Carbs

7.6% Protein

50.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 60G SERVING	%RI
Energy(Kj)	1520 kJ	18%	912 kJ	11%
Energy(kcal)	364 kcal	18%	218 kcal	11%
Fat	20 g	29%	12 g	17%
of which saturates	13 g	65%	7.8 g	39%
Carbohydrate	38 g	15%	23 g	9%
of which sugars	5.7 g	6%	3.4 g	4%
Fibre	2.2 g	9%	1.3 g	5%
Protein	6.9 g	14%	4.1 g	8%
Salt	1 g	17%	0.6 g	10%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME

SOYA SULPHITES

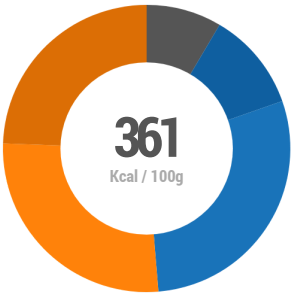
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5776528** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

SPE003 - CROISSANT MARZIPAN

CROISSANT MARZIPAN

OVERVIEW ... U / 5776714



CALORIES:

40.2% Carbs

8.5% Protein

51.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 97G SERVING	%RI
Energy(Kj)	1521 kJ	18%	1476 kJ	18%
Energy(kcal)	364 kcal	18%	353 kcal	18%
Fat	21 g	30%	20 g	29%
of which saturates	9.8 g	49%	9.5 g	48%
Carbohydrate	36 g	14%	35 g	13%
of which sugars	10 g	11%	9.8 g	11%
Fibre	2.3 g	9%	2.2 g	9%
Protein	7.3 g	15%	7.1 g	14%
Salt	0.69 g	12%	0.67 g	11%

CONTAINS:

WHEAT ALMONDS EGGS MILK

MAY CONTAIN:

PEANUTS FISH CRUSTACEANS SESAME SOYA

SULPHITES

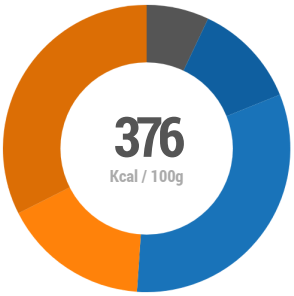
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5776714** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

SPE005 - PAIN AU CHOCOLAT

PAIN AU CHOCOLAT

OVERVIEW ... U / 5776996



CALORIES:

44% Carbs

7% Protein

48.9% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 68G SERVING	%RI
Energy(Kj)	1596 kJ	19%	1085 kJ	13%
Energy(kcal)	382 kcal	19%	260 kcal	13%
Fat	20 g	29%	14 g	20%
of which saturates	14 g	70%	9.2 g	46%
Carbohydrate	41 g	16%	28 g	11%
of which sugars	11 g	12%	7.6 g	8%
Fibre	2.7 g	11%	1.8 g	7%
Protein	6.8 g	14%	4.6 g	9%
Salt	0.9 g	15%	0.61 g	10%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5776996** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

SPE006 - PAIN AU RAISIN

PAIN AU RAISIN

OVERVIEW ... U / 5777140

CALORIES:

60.7% Carbs

6.6% Protein

32.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 110G SERVING	%RI
Energy(Kj)	1216 kJ	14%	1338 kJ	16%
Energy(kcal)	289 kcal	14%	318 kcal	16%
Fat	10 g	14%	11 g	16%
of which saturates	6.7 g	34%	7.4 g	37%
Carbohydrate	43 g	17%	48 g	18%
of which sugars	24 g	27%	27 g	30%
Fibre	1.7 g	7%	1.8 g	7%
Protein	4.8 g	10%	5.2 g	10%
Salt	0.61 g	10%	0.67 g	11%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS — PEANUTS — FISH — CRUSTACEANS — SESAME

SOYA — SULPHITES

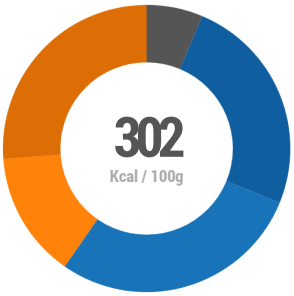
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5777140** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

SPE007 - TORSADE CHOCOLATE

TORSADE CHOCOLATE

OVERVIEW ... U / 5777254



CALORIES:

53.3% Carbs

6.3% Protein

40.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 82G SERVING	%RI
Energy(Kj)	1288 kJ	15%	1056 kJ	13%
Energy(kcal)	307 kcal	15%	252 kcal	13%
Fat	14 g	20%	11 g	16%
of which saturates	8.8 g	44%	7.2 g	36%
Carbohydrate	40 g	15%	33 g	13%
of which sugars	19 g	21%	15 g	17%
Fibre	2.5 g	10%	2.1 g	8%
Protein	4.8 g	10%	3.9 g	8%
Salt	0.61 g	10%	0.5 g	8%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

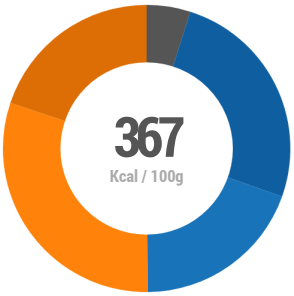
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5777254** | Last Modified: **27 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

SPE009 - VANILA CUSTARD CROWN

VANILA CUSTARD CROWN

OVERVIEW ... U / 5790343



CALORIES:

45% Carbs

4.9% Protein

50.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 101G SERVING	%RI
Energy(Kj)	1546 kJ	18%	1562 kJ	19%
Energy(kcal)	370 kcal	19%	374 kcal	19%
Fat	20 g	29%	21 g	30%
of which saturates	8.1 g	41%	8.2 g	41%
Carbohydrate	41 g	16%	42 g	16%
of which sugars	23 g	26%	24 g	27%
Fibre	1.4 g	6%	1.4 g	6%
Protein	4.5 g	9%	4.6 g	9%
Salt	0.35 g	6%	0.35 g	6%

CONTAINS:

WHEAT, HAZELNUTS, ALMONDS, EGGS, MILK

MAY CONTAIN:

PECANS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS, PEANUTS, FISH, CRUSTACEANS, SESAME, SOYA, SULPHITES

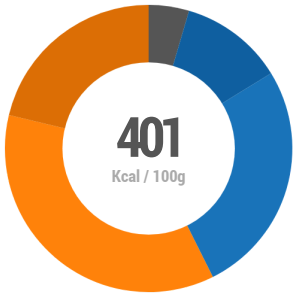
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5790343** | Last Modified: **13 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

SPE010 - MAPLE & PECAN PLAIT

MAPLE & PECAN PLAIT

OVERVIEW ... U / 5778283



CALORIES:

38.1% Carbs

4.5% Protein

57.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 95G SERVING	%RI
Energy(Kj)	1682 kJ	20%	1598 kJ	19%
Energy(kcal)	403 kcal	20%	383 kcal	19%
Fat	26 g	37%	24 g	34%
of which saturates	9.5 g	48%	9 g	45%
Carbohydrate	38 g	15%	36 g	14%
of which sugars	12 g	13%	11 g	12%
Fibre	1 g	4%	0.9 g	4%
Protein	4.6 g	9%	4.3 g	9%
Salt	0.43 g	7%	0.41 g	7%

CONTAINS:

WHEAT, PECANS, EGGS, MILK

MAY CONTAIN:

HAZELNUTS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

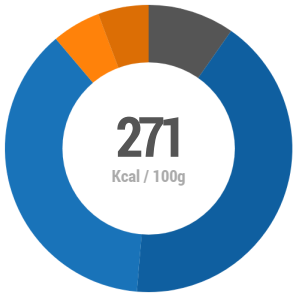
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5778283** | Last Modified: **13 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

SPO002 - SPONGE VANILLA

SPONGE VANILLA

OVERVIEW ... U / 7575626



CALORIES:

79.1% Carbs

9.7% Protein

11.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 520G SERVING	%RI
Energy(Kj)	1157 kJ	14%	6017 kJ	72%
Energy(kcal)	273 kcal	14%	1422 kcal	71%
Fat	3.4 g	5%	17 g	24%
of which saturates	1.7 g	9%	8.9 g	45%
Carbohydrate	54 g	21%	279 g	107%
of which sugars	28 g	31%	146 g	162%
Fibre	1.2 g	5%	6.4 g	26%
Protein	6.6 g	13%	34 g	68%
Salt	1.6 g	27%	8.6 g	143%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

SOYA

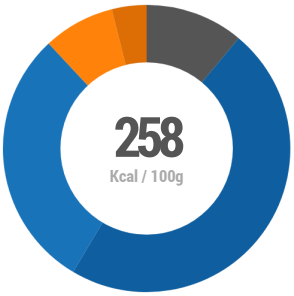
| U Ref Code: | Nutritics ID: **U7575626** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

SPO005 - CHOCOLATE SPONGE

CHOCOLATE SPONGE

OVERVIEW ... U / 7575779



CALORIES:

77% Carbs

11.1% Protein

12% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 425G SERVING	%RI
Energy(Kj)	1116 kJ	13%	4743 kJ	56%
Energy(kcal)	264 kcal	13%	1122 kcal	56%
Fat	3.4 g	5%	15 g	21%
of which saturates	1.1 g	6%	4.8 g	24%
Carbohydrate	50 g	19%	212 g	82%
of which sugars	31 g	34%	130 g	144%
Fibre	2.9 g	12%	13 g	52%
Protein	7 g	14%	30 g	60%
Salt	1.6 g	27%	6.8 g	113%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

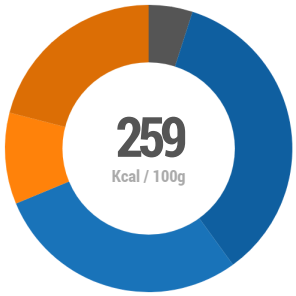
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7575779** | Last Modified: **15 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

STR001 - STRAWBERRY GATEAUX

STRAWBERRY GATEAUX

OVERVIEW ... U / 7394477



CALORIES:

63.8% Carbs

4.9% Protein

31.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 2.06KG SERVING	%RI
Energy(Kj)	937 kJ	11%	19351 kJ	230%
Energy(kcal)	223 kcal	11%	4612 kcal	231%
Fat	9 g	13%	186 g	266%
of which saturates	6 g	30%	125 g	625%
Carbohydrate	31 g	12%	645 g	248%
of which sugars	23 g	26%	470 g	522%
Fibre	1.6 g	6%	34 g	136%
Protein	3.4 g	7%	69 g	138%
Salt	0.59 g	10%	12.2 g	203%

CONTAINS:

WHEAT, ALMONDS, EGGS, MILK, SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME

SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U7394477** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

STR009 - STRAWBERRY STRUDEL

STRAWBERRY STRUDEL

OVERVIEW ... U / 5912260

CALORIES:

64.1% Carbs

3.7% Protein

32.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 180G SERVING	%RI
Energy(Kj)	1227 kJ	15%	2211 kJ	26%
Energy(kcal)	292 kcal	15%	526 kcal	26%
Fat	10 g	14%	19 g	27%
of which saturates	4.3 g	22%	7.7 g	39%
Carbohydrate	46 g	18%	83 g	32%
of which sugars	14 g	16%	25 g	28%
Fibre	1.5 g	6%	2.7 g	11%
Protein	2.7 g	5%	4.8 g	10%
Salt	0.43 g	7%	0.77 g	13%

CONTAINS:

WHEAT, EGGS, MILK, SULPHITES

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5912260** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

SWI001 - SWISS ROLL (JAM)

SWISS ROLL (JAM)

OVERVIEW ... U / 5902663

CALORIES:

71.2% Carbs

10.6% Protein

18.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 160G SERVING	%RI
Energy(Kj)	1061 kJ	13%	1698 kJ	20%
Energy(kcal)	251 kcal	13%	402 kcal	20%
Fat	5.1 g	7%	8.1 g	12%
of which saturates	2.6 g	13%	4.2 g	21%
Carbohydrate	44 g	17%	71 g	27%
of which sugars	31 g	34%	49 g	54%
Fibre	0.9 g	4%	1.4 g	6%
Protein	6.5 g	13%	10 g	20%
Salt	0.61 g	10%	0.98 g	16%

CONTAINS:

WHEAT, EGGS, MILK, SOYA

MAY CONTAIN:

TREE NUTS, PEANUTS, FISH, CRUSTACEANS, SESAME, SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5902663** | Last Modified: **9 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

TAR001 - STRAWBERRY TART

STRAWBERRY TART

OVERVIEW ... U / 5794918

CALORIES:

77.7% Carbs

0.6% Protein

21.7% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 169G SERVING	%RI
Energy(Kj)	984 kJ	12%	1666 kJ	20%
Energy(kcal)	234 kcal	12%	396 kcal	20%
Fat	7.4 g	11%	13 g	19%
of which saturates	2.9 g	15%	4.9 g	25%
Carbohydrate	40 g	15%	68 g	26%
of which sugars	25 g	28%	42 g	47%
Fibre	2 g	8%	3.3 g	13%
Protein	0.5 g	1%	0.8 g	2%
Salt	0.1 g	2%	0.17 g	3%

CONTAINS:

WHEAT, EGGS, MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

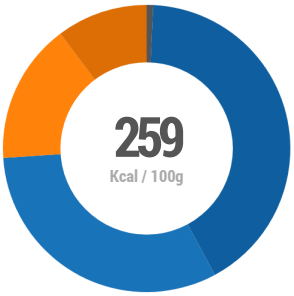
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5794918** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

TAR002 - FRUIT TART

FRUIT TART

OVERVIEW ... U / 5800183



CALORIES:

73.2% Carbs

0.7% Protein

26.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 165G SERVING	%RI
Energy(Kj)	1027 kJ	12%	1689 kJ	20%
Energy(kcal)	244 kcal	12%	401 kcal	20%
Fat	7.5 g	11%	12 g	17%
of which saturates	3 g	15%	4.9 g	25%
Carbohydrate	43 g	17%	70 g	27%
of which sugars	27 g	30%	44 g	49%
Fibre	1.6 g	6%	2.6 g	10%
Protein	0.5 g	1%	0.8 g	2%
Salt	0.11 g	2%	0.18 g	3%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS — PEANUTS — FISH — CRUSTACEANS — SESAME

SOYA — SULPHITES

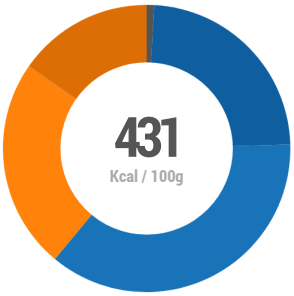
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5800183** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

TAR004 - APPLE TART

APPLE TART

OVERVIEW ... U / 5800408



CALORIES:

60.2% Carbs

0.8% Protein

39% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 131G SERVING	%RI
Energy(Kj)	**1827** kJ	22%	**2389** kJ	28%
Energy(kcal)	**436** kcal	22%	**570** kcal	29%
Fat	**19** g	27%	**24** g	34%
of which saturates	**7.3** g	37%	**9.6** g	48%
Carbohydrate	**65** g	25%	**85** g	33%
of which sugars	**26** g	29%	**33** g	37%
Fibre	**1.9** g	8%	**2.5** g	10%
Protein	**0.9** g	2%	**1.2** g	2%
Salt	**0.03** g	1%	**0.04** g	1%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS — PEANUTS — FISH — CRUSTACEANS — SESAME

SOYA — SULPHITES

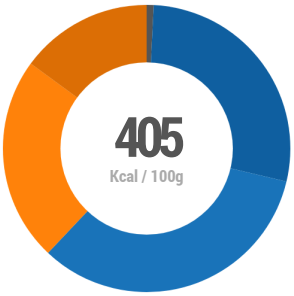
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5800408** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

TAR005 - CHERRY TART

CHERRY TART

OVERVIEW ... U / 5800333



CALORIES:

61.2% Carbs

0.8% Protein

38% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 142G SERVING	%RI
Energy(Kj)	1712 kJ	20%	2434 kJ	29%
Energy(kcal)	408 kcal	20%	580 kcal	29%
Fat	17 g	24%	24 g	34%
of which saturates	6.7 g	34%	9.6 g	48%
Carbohydrate	62 g	24%	88 g	34%
of which sugars	28 g	31%	40 g	44%
Fibre	1.2 g	5%	1.7 g	7%
Protein	0.8 g	2%	1.2 g	2%
Salt	0.03 g	1%	0.04 g	1%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS

PEANUTS FISH CRUSTACEANS SESAME

SOYA SULPHITES

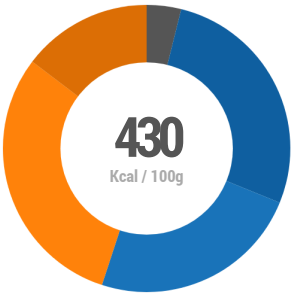
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5800333** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

TAR006 - ALMOND TART

ALMOND TART

OVERVIEW ... U / 5801686



CALORIES:

51.2% Carbs

3.9% Protein

45% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 135G SERVING	%RI
Energy(Kj)	1819 kJ	22%	2456 kJ	29%
Energy(kcal)	434 kcal	22%	587 kcal	29%
Fat	21 g	30%	29 g	41%
of which saturates	7 g	35%	9.4 g	47%
Carbohydrate	55 g	21%	74 g	28%
of which sugars	29 g	32%	40 g	44%
Fibre	1.7 g	7%	2.4 g	10%
Protein	4.4 g	9%	6 g	12%
Salt	0.21 g	4%	0.28 g	5%

CONTAINS:

WHEAT, ALMONDS, EGGS, MILK

MAY CONTAIN:

HAZELNUTS, PECANS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

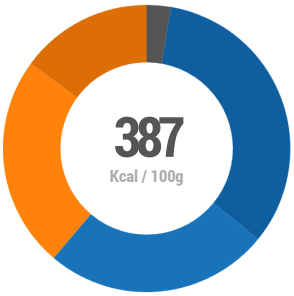
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5801686** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

TAR007 - PEAR TART

PEAR TART

OVERVIEW ... U / 5800534



CALORIES:

58.5% Carbs

2.7% Protein

38.8% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 141G SERVING	%RI
Energy(Kj)	1631 kJ	19%	2294 kJ	27%
Energy(kcal)	389 kcal	19%	547 kcal	27%
Fat	17 g	24%	23 g	33%
of which saturates	6.4 g	32%	9 g	45%
Carbohydrate	56 g	22%	79 g	30%
of which sugars	32 g	36%	45 g	50%
Fibre	1.1 g	4%	1.6 g	6%
Protein	2.7 g	5%	3.7 g	7%
Salt	0.19 g	3%	0.27 g	5%

CONTAINS:

WHEAT, ALMONDS, EGGS, MILK

MAY CONTAIN:

HAZELNUTS, PECANS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

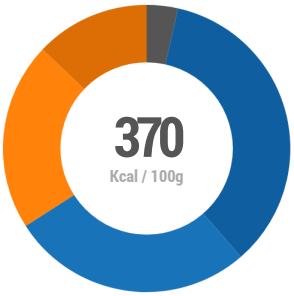
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5800534** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

TAR008 - APPLE & CUSTARD TART

APPLE & CUSTARD TART

OVERVIEW ... U / 5801251



CALORIES:

62.4% Carbs

3.5% Protein

34.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 110G SERVING	%RI
Energy(Kj)	1561 kJ	19%	1710 kJ	20%
Energy(kcal)	372 kcal	19%	407 kcal	20%
Fat	14 g	20%	15 g	21%
of which saturates	5.3 g	27%	5.8 g	29%
Carbohydrate	58 g	22%	63 g	24%
of which sugars	32 g	36%	36 g	40%
Fibre	0.8 g	3%	0.8 g	3%
Protein	3.2 g	6%	3.5 g	7%
Salt	0.06 g	1%	0.07 g	1%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

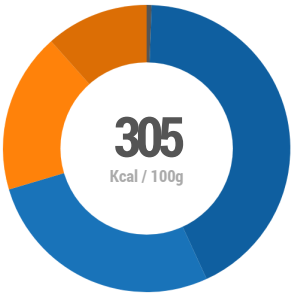
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5801251** | Last Modified: **30 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

TAR009 - LEMON TART

LEMON TART

OVERVIEW ... U / 5801296



CALORIES:

69.8% Carbs

0.5% Protein

29.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 126G SERVING	%RI
Energy(Kj)	1297 kJ	15%	1628 kJ	19%
Energy(kcal)	308 kcal	15%	387 kcal	19%
Fat	10 g	14%	13 g	19%
of which saturates	3.9 g	20%	4.9 g	25%
Carbohydrate	53 g	20%	67 g	26%
of which sugars	32 g	36%	41 g	46%
Fibre	0.9 g	4%	1.2 g	5%
Protein	0.5 g	1%	0.6 g	1%
Salt	0.13 g	2%	0.16 g	3%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS — PEANUTS — FISH — CRUSTACEANS — SESAME

SOYA — SULPHITES

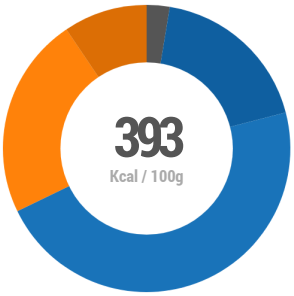
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5801296** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

TAR010 - PECAN TART

PECAN TART

OVERVIEW ... U / 5800924



CALORIES:

65.2% Carbs

2.6% Protein

32.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 135G SERVING	%RI
Energy(Kj)	1660 kJ	20%	2236 kJ	27%
Energy(kcal)	395 kcal	20%	532 kcal	27%
Fat	14 g	20%	19 g	27%
of which saturates	4.1 g	21%	5.5 g	28%
Carbohydrate	64 g	25%	86 g	33%
of which sugars	18 g	20%	24 g	27%
Fibre	0.6 g	2%	0.8 g	3%
Protein	2.6 g	5%	3.5 g	7%
Salt	0.08 g	1%	0.11 g	2%

CONTAINS:

WHEAT, PECANS, EGGS, MILK

MAY CONTAIN:

HAZELNUTS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

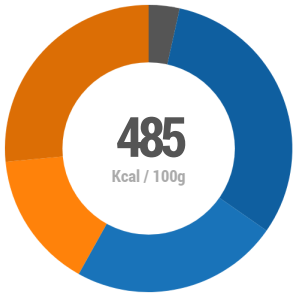
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5800924** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

TAR015 - CHOCOLATE & ORANGE TART

CHOCOLATE & ORANGE TART

OVERVIEW ... U / 5801185



CALORIES:

54.6% Carbs

3.5% Protein

41.9% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 126G SERVING	%RI
Energy(Kj)	2049 kJ	24%	2573 kJ	31%
Energy(kcal)	489 kcal	24%	614 kcal	31%
Fat	23 g	33%	28 g	40%
of which saturates	14 g	70%	18 g	90%
Carbohydrate	66 g	25%	83 g	32%
of which sugars	38 g	42%	48 g	53%
Fibre	2.1 g	8%	2.6 g	10%
Protein	4.2 g	8%	5.3 g	11%
Salt	0.54 g	9%	0.68 g	11%

CONTAINS:

WHEAT, EGGS, MILK, SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SULPHITES

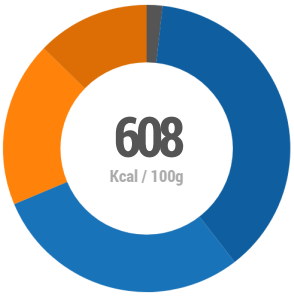
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5801185** | Last Modified: **10 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

TAR016 - CHERRY BAKEWELL TART

CHERRY BAKEWELL TART

OVERVIEW ... U / 5801563



CALORIES:

66.9% Carbs

1.8% Protein

31.3% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 130G SERVING	%RI
Energy(Kj)	2570 kJ	31%	3346 kJ	40%
Energy(kcal)	611 kcal	31%	796 kcal	40%
Fat	21 g	30%	28 g	40%
of which saturates	8.6 g	43%	11 g	55%
Carbohydrate	102 g	39%	132 g	51%
of which sugars	57 g	63%	75 g	83%
Fibre	1.5 g	6%	2 g	8%
Protein	2.7 g	5%	3.5 g	7%
Salt	0.37 g	6%	0.48 g	8%

CONTAINS:

WHEAT, EGGS, MILK, SOYA, SULPHITES

MAY CONTAIN:

TREE NUTS, PEANUTS, FISH, CRUSTACEANS, SESAME

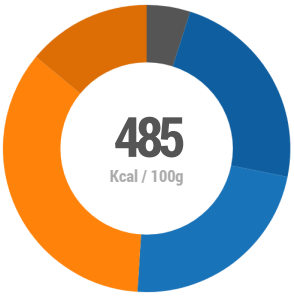
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5801563** | Last Modified: **30 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

TAR017 - APPLE FRANGIPANE TART

APPLE FRANGIPANE TART

OVERVIEW ... U / 5801641



CALORIES:

46.1% Carbs

4.9% Protein

49% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 131G SERVING	%RI
Energy(Kj)	2062 kJ	25%	2711 kJ	32%
Energy(kcal)	493 kcal	25%	648 kcal	32%
Fat	26 g	37%	35 g	50%
of which saturates	7.5 g	38%	9.9 g	50%
Carbohydrate	56 g	22%	73 g	28%
of which sugars	28 g	31%	37 g	41%
Fibre	3.1 g	12%	4.1 g	16%
Protein	6.5 g	13%	8.6 g	17%
Salt	0.21 g	4%	0.28 g	5%

CONTAINS:

WHEAT, ALMONDS, EGGS, MILK

MAY CONTAIN:

HAZELNUTS, PECANS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5801641** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

TAR018 - BLACK FOREST TART

BLACK FOREST TART

OVERVIEW ... U / 5801314

CALORIES:

61.9% Carbs

3.1% Protein

34.9% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 146G SERVING	%RI
Energy(Kj)	1637 kJ	19%	2383 kJ	28%
Energy(kcal)	390 kcal	20%	567 kcal	28%
Fat	15 g	21%	22 g	31%
of which saturates	6.3 g	32%	9.2 g	46%
Carbohydrate	60 g	23%	87 g	33%
of which sugars	35 g	39%	51 g	57%
Fibre	1.4 g	6%	2 g	8%
Protein	3.1 g	6%	4.5 g	9%
Salt	0.41 g	7%	0.59 g	10%

CONTAINS:

WHEAT, EGGS, MILK, SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SULPHITES

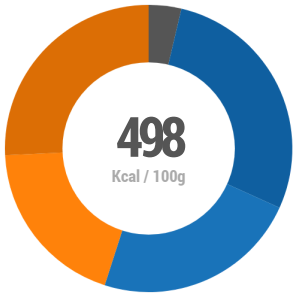
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5801314** | Last Modified: **10 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

TAR019 - BROWNIE TART

BROWNIE TART

OVERVIEW ... U / 6176718



CALORIES:

51.3% Carbs

3.7% Protein

45.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 123G SERVING	%RI
Energy(Kj)	2104 kJ	25%	2585 kJ	31%
Energy(kcal)	503 kcal	25%	617 kcal	31%
Fat	25 g	36%	31 g	44%
of which saturates	14 g	70%	18 g	90%
Carbohydrate	64 g	25%	78 g	30%
of which sugars	35 g	39%	43 g	48%
Fibre	2.1 g	8%	2.6 g	10%
Protein	4.6 g	9%	5.6 g	11%
Salt	0.54 g	9%	0.66 g	11%

CONTAINS:

WHEAT, PECANS, EGGS, MILK, SOYA

MAY CONTAIN:

HAZELNUTS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME

SULPHITES

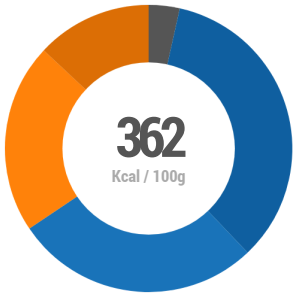
Cakes & Desserts | U Ref Code: | Nutritics ID: **U6176718** | Last Modified: **10 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

TAR024 - TARTE DE NATAS 12"

TARTE DE NATAS 12"

OVERVIEW ... U / 7971599



CALORIES:

62.1% Carbs

3.5% Protein

34.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 2.5KG SERVING	%RI
Energy(Kj)	1525 kJ	18%	38120 kJ	454%
Energy(kcal)	363 kcal	18%	9073 kcal	454%
Fat	14 g	20%	346 g	494%
of which saturates	5.2 g	26%	131 g	655%
Carbohydrate	56 g	22%	1403 g	540%
of which sugars	31 g	34%	778 g	864%
Fibre	0.7 g	3%	16 g	64%
Protein	3.1 g	6%	79 g	158%
Salt	0.06 g	1%	1.5 g	25%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

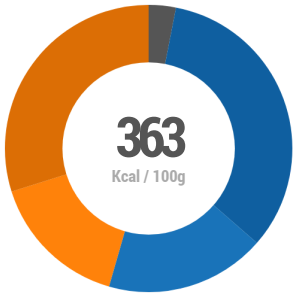
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7971599** | Last Modified: **3 Nov 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

TAR027 - TARTE DE COCO (COCONUT TART)

TARTE DE COCO (COCONUT TART)

OVERVIEW ... U / 7661960



CALORIES:

51.4% Carbs

3.1% Protein

45.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 2.13KG SERVING	%RI
Energy(Kj)	1552 kJ	18%	33143 kJ	395%
Energy(kcal)	371 kcal	19%	7924 kcal	396%
Fat	18 g	26%	393 g	561%
of which saturates	12 g	60%	257 g	1285%
Carbohydrate	47 g	18%	996 g	383%
of which sugars	30 g	33%	647 g	719%
Fibre	4 g	16%	84 g	336%
Protein	2.8 g	6%	59 g	118%
Salt	0.26 g	4%	5.6 g	93%

CONTAINS:

WHEAT, EGGS, MILK, SULPHITES

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA

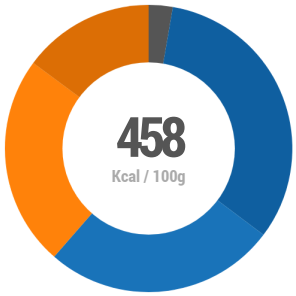
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7661960** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

TAR033 - APRICOT TART

APRICOT TART

OVERVIEW ... U / 6178242



CALORIES:

58.7% Carbs

2.7% Protein

38.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 119G SERVING	%RI
Energy(Kj)	1928 kJ	23%	2303 kJ	27%
Energy(kcal)	460 kcal	23%	549 kcal	27%
Fat	20 g	29%	23 g	33%
of which saturates	7.5 g	38%	9 g	45%
Carbohydrate	67 g	26%	80 g	31%
of which sugars	37 g	41%	45 g	50%
Fibre	0.9 g	4%	1.1 g	4%
Protein	3.1 g	6%	3.7 g	7%
Salt	0.23 g	4%	0.28 g	5%

CONTAINS:

WHEAT, ALMONDS, EGGS, MILK, SULPHITES

MAY CONTAIN:

HAZELNUTS, PECANS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA

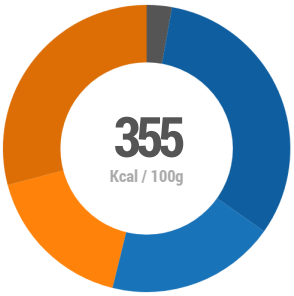
Cakes & Desserts | U Ref Code: | Nutritics ID: **U6178242** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

TAR034 - COCONUT TART

COCONUT TART

OVERVIEW ... U / 5879632



CALORIES:

51% Carbs

2.8% Protein

46.2% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 167G SERVING	%RI
Energy(Kj)	1515 kJ	18%	2535 kJ	30%
Energy(kcal)	362 kcal	18%	606 kcal	30%
Fat	18 g	26%	30 g	43%
of which saturates	11 g	55%	19 g	95%
Carbohydrate	45 g	17%	76 g	29%
of which sugars	28 g	31%	47 g	52%
Fibre	3.7 g	15%	6.1 g	24%
Protein	2.5 g	5%	4.2 g	8%
Salt	0.18 g	3%	0.3 g	5%

CONTAINS:

WHEAT, EGGS, MILK, SULPHITES

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA

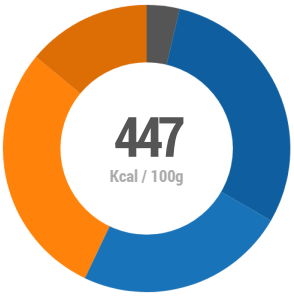
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5879632** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

TAR036 - ALMOND BAKEWELL TART

ALMOND BAKEWELL TART

OVERVIEW ... U / 5801716



CALORIES:

53.4% Carbs

3.7% Protein

42.9% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 136G SERVING	%RI
Energy(Kj)	1892 kJ	23%	2574 kJ	31%
Energy(kcal)	452 kcal	23%	614 kcal	31%
Fat	21 g	30%	29 g	41%
of which saturates	6.9 g	35%	9.4 g	47%
Carbohydrate	60 g	23%	81 g	31%
of which sugars	33 g	37%	45 g	50%
Fibre	1.7 g	7%	2.4 g	10%
Protein	4.4 g	9%	6 g	12%
Salt	0.2 g	3%	0.28 g	5%

CONTAINS:

WHEAT, ALMONDS, EGGS, MILK

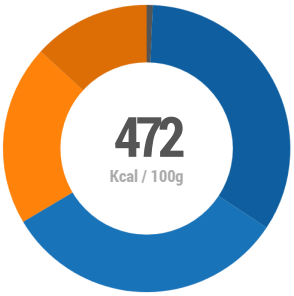
MAY CONTAIN:

HAZELNUTS, PECANS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

TAR037 - RASPBERRY TART

RASPBERRY TART

OVERVIEW ... U / 8054883



CALORIES:

65.8% Carbs

0.7% Protein

33.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 138G SERVING	%RI
Energy(Kj)	1997 kJ	24%	2760 kJ	33%
Energy(kcal)	475 kcal	24%	657 kcal	33%
Fat	18 g	26%	24 g	34%
of which saturates	6.9 g	35%	9.6 g	48%
Carbohydrate	78 g	30%	107 g	41%
of which sugars	40 g	44%	55 g	61%
Fibre	1.5 g	6%	2.1 g	8%
Protein	0.8 g	2%	1.2 g	2%
Salt	0.06 g	1%	0.08 g	1%

CONTAINS:

WHEAT EGGS MILK

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SOYA SULPHITES

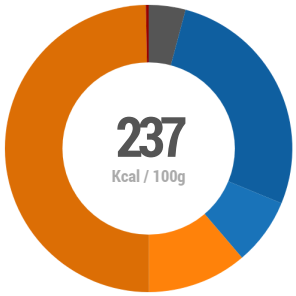
Cakes & Desserts | U Ref Code: | Nutritics ID: **U8054883** | Last Modified: **30 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

TIR001 - TIRAMISU

TIRAMISU

OVERVIEW ... U / 7660067



CALORIES:

34.6% Carbs

4.1% Protein

60.9% Fat

0.3% Alcohol

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.8KG SERVING	%RI
Energy(Kj)	991 kJ	12%	17856 kJ	213%
Energy(kcal)	238 kcal	12%	4287 kcal	214%
Fat	16 g	23%	289 g	413%
of which saturates	13 g	65%	236 g	1180%
Carbohydrate	21 g	8%	370 g	142%
of which sugars	16 g	18%	289 g	321%
Fibre	0 g	0%	4.2 g	17%
Protein	2.5 g	5%	45 g	90%
Salt	0.23 g	4%	4.1 g	68%

CONTAINS:

WHEAT, EGGS, MILK, SOYA, SULPHITES

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME

TOA001 - TOASTED SPONGE CUSTARD (TOASTADINHO)

TOASTED SPONGE CUSTARD (TOASTADINHO)

OVERVIEW ... U / 5902603

CALORIES:

75.5% Carbs

5.8% Protein

18.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 210G SERVING	%RI
Energy(Kj)	1331 kJ	16%	2792 kJ	33%
Energy(kcal)	315 kcal	16%	661 kcal	33%
Fat	6.5 g	9%	14 g	20%
of which saturates	3.8 g	19%	7.9 g	40%
Carbohydrate	59 g	23%	124 g	48%
of which sugars	38 g	42%	81 g	90%
Fibre	1.1 g	4%	2.3 g	9%
Protein	4.5 g	9%	9.5 g	19%
Salt	0.97 g	16%	2 g	33%

CONTAINS:

WHEAT, EGGS, MILK, SOYA, SULPHITES

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME

TOR001 - TORTA DE COCO

TORTA DE COCO

OVERVIEW ... U / 7993928

CALORIES:

32.6% Carbs

3.6% Protein

63.7% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.08KG SERVING	%RI
Energy(Kj)	2805 kJ	33%	30298 kJ	361%
Energy(kcal)	675 kcal	34%	7285 kcal	364%
Fat	47 g	67%	508 g	726%
of which saturates	26 g	130%	281 g	1405%
Carbohydrate	54 g	21%	585 g	225%
of which sugars	45 g	50%	486 g	540%
Fibre	5 g	20%	55 g	220%
Protein	6.2 g	12%	67 g	134%
Salt	0.47 g	8%	5 g	83%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U7993928** | Last Modified: **9 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

TOR002 - TORTA DE AMENDOA LONG (ALMOND)

TORTA DE AMENDOA LONG (ALMOND)

OVERVIEW ... U / 7661456

CALORIES:

56% Carbs

11.3% Protein

32.7% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 980G SERVING	%RI
Energy(Kj)	1681 kJ	20%	16477 kJ	196%
Energy(kcal)	400 kcal	20%	3921 kcal	196%
Fat	14 g	20%	140 g	200%
of which saturates	3.4 g	17%	34 g	170%
Carbohydrate	55 g	21%	540 g	208%
of which sugars	44 g	49%	429 g	477%
Fibre	2.5 g	10%	25 g	100%
Protein	12 g	24%	113 g	226%
Salt	0.64 g	11%	6.2 g	103%

CONTAINS:

WHEAT, ALMONDS, EGGS, MILK, SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME

SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U7661456** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

TOR003 - TORTA CHOCOLATE

TORTA CHOCOLATE

OVERVIEW ... U / 7661318

CALORIES:

61.3% Carbs

9.1% Protein

29.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 839G SERVING	%RI
Energy(Kj)	1290 kJ	15%	10825 kJ	129%
Energy(kcal)	307 kcal	15%	2573 kcal	129%
Fat	10 g	14%	84 g	120%
of which saturates	4.8 g	24%	41 g	205%
Carbohydrate	47 g	18%	390 g	150%
of which sugars	32 g	36%	271 g	301%
Fibre	1.5 g	6%	13 g	52%
Protein	6.9 g	14%	58 g	116%
Salt	0.65 g	11%	5.5 g	92%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

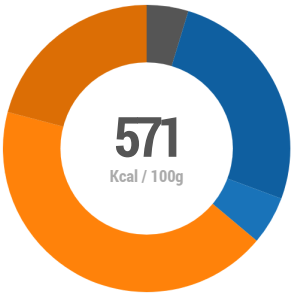
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7661318** | Last Modified: **9 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

TOR004 - TORTA DE NOZ

TORTA DE NOZ

OVERVIEW ... U / 7993616



CALORIES:

31.4% Carbs

4.7% Protein

63.9% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.29KG SERVING	%RI
Energy(Kj)	2382 kJ	28%	30734 kJ	366%
Energy(kcal)	573 kcal	29%	7387 kcal	369%
Fat	41 g	59%	523 g	747%
of which saturates	13 g	65%	171 g	855%
Carbohydrate	45 g	17%	577 g	222%
of which sugars	37 g	41%	478 g	531%
Fibre	1.1 g	4%	14 g	56%
Protein	6.7 g	13%	86 g	172%
Salt	0.38 g	6%	4.9 g	82%

CONTAINS:

WHEAT, WALNUTS, EGGS, MILK, SOYA

MAY CONTAIN:

PEANUTS, FISH, CRUSTACEANS, SESAME, SULPHITES

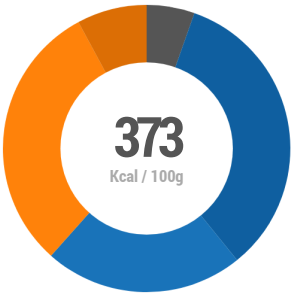
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7993616** | Last Modified: **9 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

TOR005 - TORTA SALAMI LONG

TORTA SALAMI LONG

OVERVIEW ... U / 8006217



CALORIES:

56.2% Carbs

5.4% Protein

38.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 2.75KG SERVING	%RI
Energy(Kj)	1575 kJ	19%	43306 kJ	516%
Energy(kcal)	375 kcal	19%	10322 kcal	516%
Fat	16 g	23%	438 g	626%
of which saturates	3.3 g	17%	90 g	450%
Carbohydrate	52 g	20%	1440 g	554%
of which sugars	31 g	34%	866 g	962%
Fibre	1.3 g	5%	35 g	140%
Protein	5 g	10%	138 g	276%
Salt	0.74 g	12%	20.2 g	337%

CONTAINS:

WHEAT, PECANS, ALMONDS, WALNUTS, EGGS, MILK, SOYA, SULPHITES

MAY CONTAIN:

HAZELNUTS, CASHEWS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS, PEANUTS, FISH, CRUSTACEANS, SESAME

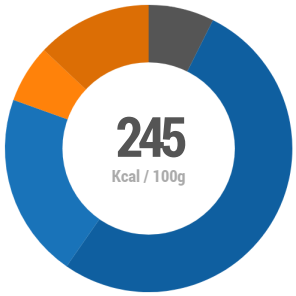
Cakes & Desserts | U Ref Code: | Nutritics ID: **U8006217** | Last Modified: **10 Dec 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

TOR006 - TORTA RASPBERRY CREAM ROLL LONG

TORTA RASPBERRY CREAM ROLL LONG

OVERVIEW ... U / 8021013



CALORIES:

73.1% Carbs

7.4% Protein

19.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.2KG SERVING	%RI
Energy(Kj)	1042 kJ	12%	12506 kJ	149%
Energy(kcal)	247 kcal	12%	2963 kcal	148%
Fat	5.3 g	8%	64 g	91%
of which saturates	3.5 g	18%	43 g	215%
Carbohydrate	45 g	17%	538 g	207%
of which sugars	32 g	36%	385 g	428%
Fibre	0.9 g	4%	11 g	44%
Protein	4.5 g	9%	54 g	108%
Salt	0.46 g	8%	5.5 g	92%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U8021013** | Last Modified: **9 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

TOR010 - EGG YOLK

EGG YOLK

OVERVIEW ... U / 5871652

CALORIES:

68.5% Carbs

11.2% Protein

20.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 145G SERVING	%RI
Energy(Kj)	1216 kJ	14%	1769 kJ	21%
Energy(kcal)	288 kcal	14%	419 kcal	21%
Fat	6.5 g	9%	9.5 g	14%
of which saturates	2.8 g	14%	4.1 g	21%
Carbohydrate	49 g	19%	71 g	27%
of which sugars	39 g	43%	56 g	62%
Fibre	0.6 g	2%	0.9 g	4%
Protein	7.9 g	16%	12 g	24%
Salt	0.6 g	10%	0.88 g	15%

CONTAINS:

WHEAT, EGGS, MILK, SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SULPHITES

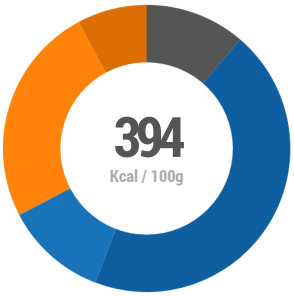
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5871652** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

TOR011 - ALMOND CARAMALISED

ALMOND CARAMALISED

OVERVIEW ... U / 5872210



CALORIES:

56% Carbs

11.3% Protein

32.7% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 140G SERVING	%RI
Energy(Kj)	1681 kJ	20%	2354 kJ	28%
Energy(kcal)	400 kcal	20%	560 kcal	28%
Fat	14 g	20%	20 g	29%
of which saturates	3.4 g	17%	4.8 g	24%
Carbohydrate	55 g	21%	77 g	30%
of which sugars	44 g	49%	61 g	68%
Fibre	2.5 g	10%	3.5 g	14%
Protein	12 g	24%	16 g	32%
Salt	0.64 g	11%	0.89 g	15%

CONTAINS:

WHEAT, ALMONDS, EGGS, MILK, SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME

SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5872210** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

TOR015 - TORTA SLICE CHOCOLATE

TORTA SLICE CHOCOLATE

OVERVIEW ... U / 5879821

CALORIES:

61.3% Carbs

9.1% Protein

29.6% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 120G SERVING	%RI
Energy(Kj)	1290 kJ	15%	1546 kJ	18%
Energy(kcal)	307 kcal	15%	368 kcal	18%
Fat	10 g	14%	12 g	17%
of which saturates	4.8 g	24%	5.8 g	29%
Carbohydrate	47 g	18%	56 g	22%
of which sugars	32 g	36%	39 g	43%
Fibre	1.5 g	6%	1.8 g	7%
Protein	6.9 g	14%	8.3 g	17%
Salt	0.65 g	11%	0.78 g	13%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

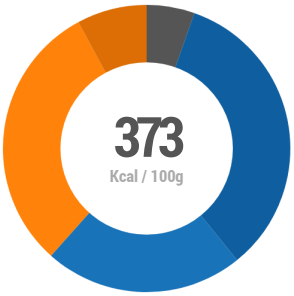
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5879821** | Last Modified: **9 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

TOR016 - TORTA SALAMI SLICE

TORTA SALAMI SLICE

OVERVIEW ... U / 8007546



CALORIES:

56.2% Carbs

5.4% Protein

38.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 250G SERVING	%RI
Energy(Kj)	1575 kJ	19%	3937 kJ	47%
Energy(kcal)	375 kcal	19%	938 kcal	47%
Fat	16 g	23%	40 g	57%
of which saturates	3.3 g	17%	8.2 g	41%
Carbohydrate	52 g	20%	131 g	50%
of which sugars	31 g	34%	79 g	88%
Fibre	1.3 g	5%	3.1 g	12%
Protein	5 g	10%	13 g	26%
Salt	0.74 g	12%	1.8 g	30%

CONTAINS:

WHEAT, PECANS, ALMONDS, WALNUTS, EGGS, MILK, SOYA, SULPHITES

MAY CONTAIN:

HAZELNUTS, CASHEWS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS, PEANUTS, FISH, CRUSTACEANS, SESAME

Cakes & Desserts | U Ref Code: | Nutritics ID: **U8007546** | Last Modified: **10 Dec 2025**

Generated by Nutritics v6.20 on 13th Feb 2026

VAN001 - VANILLA CUSTARD ROLL

VANILLA CUSTARD ROLL

OVERVIEW ... U / 5902642

CALORIES:

74.4% Carbs

8.5% Protein

17.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 166G SERVING	%RI
Energy(Kj)	1302 kJ	16%	2161 kJ	26%
Energy(kcal)	308 kcal	15%	511 kcal	26%
Fat	5.8 g	8%	9.7 g	14%
of which saturates	3 g	15%	5 g	25%
Carbohydrate	57 g	22%	95 g	37%
of which sugars	38 g	42%	63 g	70%
Fibre	0.8 g	3%	1.3 g	5%
Protein	6.4 g	13%	11 g	22%
Salt	0.92 g	15%	1.5 g	25%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME

SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5902642** | Last Modified: **9 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

VAN002 - VANILLA SPONGE CUSTARD (PATA DE VEADO)

VANILLA SPONGE CUSTARD (PATA DE VEADO)

OVERVIEW ... U / 5902633

CALORIES:

67.3% Carbs

9% Protein

23.8% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 157G SERVING	%RI
Energy(Kj)	1324 kJ	16%	2073 kJ	25%
Energy(kcal)	314 kcal	16%	492 kcal	25%
Fat	8.2 g	12%	13 g	19%
of which saturates	4.7 g	24%	7.3 g	37%
Carbohydrate	52 g	20%	82 g	32%
of which sugars	35 g	39%	55 g	61%
Fibre	1.7 g	7%	2.7 g	11%
Protein	6.9 g	14%	11 g	22%
Salt	0.86 g	14%	1.3 g	22%

CONTAINS:

WHEAT, EGGS, MILK, SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SULPHITES

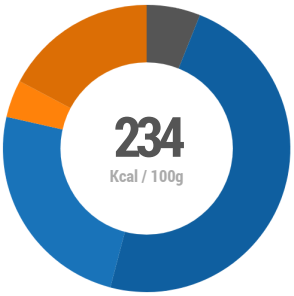
Cakes & Desserts | U Ref Code: | Nutritics ID: **U5902633** | Last Modified: **12 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

VIC001 - VICTORIA SPONGE ROUND

VICTORIA SPONGE ROUND

OVERVIEW ... U / 7637912



CALORIES:

72.5% Carbs

6% Protein

21.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.32KG SERVING	%RI
Energy(Kj)	996 kJ	12%	13173 kJ	157%
Energy(kcal)	236 kcal	12%	3123 kcal	156%
Fat	5.6 g	8%	74 g	106%
of which saturates	4.5 g	23%	59 g	295%
Carbohydrate	43 g	17%	562 g	216%
of which sugars	28 g	31%	372 g	413%
Fibre	0.8 g	3%	10 g	40%
Protein	3.6 g	7%	47 g	94%
Salt	0.89 g	15%	11.8 g	197%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U7637912** | Last Modified: **9 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

VIC002 - VICTORIA SPONGE SQUARE

VICTORIA SPONGE SQUARE

OVERVIEW ... U / 7994288

CALORIES:

72.5% Carbs

6% Protein

21.5% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 1.48KG SERVING	%RI
Energy(Kj)	890 kJ	11%	13173 kJ	157%
Energy(kcal)	211 kcal	11%	3123 kcal	156%
Fat	5 g	7%	74 g	106%
of which saturates	4 g	20%	59 g	295%
Carbohydrate	38 g	15%	562 g	216%
of which sugars	25 g	28%	372 g	413%
Fibre	0.7 g	3%	10 g	40%
Protein	3.2 g	6%	47 g	94%
Salt	0.8 g	13%	11.8 g	197%

CONTAINS:

WHEAT EGGS MILK SOYA

MAY CONTAIN:

TREE NUTS PEANUTS FISH CRUSTACEANS SESAME SULPHITES

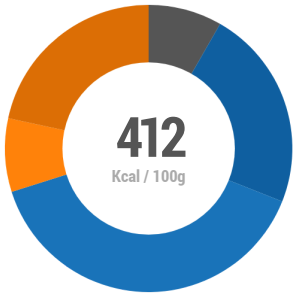
Cakes & Desserts | U Ref Code: | Nutritics ID: **U7994288** | Last Modified: **9 Jan 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

VIR001 - VIRIATO (CREME PATISSERIE & COCONUT)

VIRIATO (CREME PATISSERIE & COCONUT)

OVERVIEW ... U / 5969365



CALORIES:

61.8% Carbs

8.3% Protein

29.9% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 180G SERVING	%RI
Energy(Kj)	1778 kJ	21%	3205 kJ	38%
Energy(kcal)	423 kcal	21%	762 kcal	38%
Fat	14 g	20%	25 g	36%
of which saturates	9.9 g	50%	18 g	90%
Carbohydrate	64 g	25%	115 g	44%
of which sugars	23 g	26%	42 g	47%
Fibre	4.8 g	19%	8.6 g	34%
Protein	8.7 g	17%	16 g	32%
Salt	1.3 g	22%	2.3 g	38%

CONTAINS:

WHEAT, EGGS, MILK

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; FISH; CRUSTACEANS; SESAME; SOYA; SULPHITES

Cakes & Desserts | U Ref Code: | Nutritics ID: **U5969365** | Last Modified: **10 Feb 2026**

Generated by Nutritics v6.20 on 13th Feb 2026

WHI001 - WHITE BAPS

WHITE BAPS

OVERVIEW ... U / 6323856

CALORIES:

83.4% Carbs

12.2% Protein

4.4% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER 155G SERVING	%RI
Energy(Kj)	1069 kJ	13%	1657 kJ	20%
Energy(kcal)	252 kcal	13%	391 kcal	20%
Fat	1.2 g	2%	1.9 g	3%
of which saturates	0.2 g	1%	0.4 g	2%
Carbohydrate	52 g	20%	80 g	31%
of which sugars	1.3 g	1%	2 g	2%
Fibre	2.3 g	9%	3.6 g	14%
Protein	7.4 g	15%	11 g	22%
Salt	1.2 g	20%	1.9 g	32%

CONTAINS:

WHEAT, RYE

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS

PEANUTS

EGGS

MILK

FISH

CRUSTACEANS

SESAME

SOYA

SULPHITES