



# Nutritional Information per 100g



Product	Energy (Kcal)	Energy (Kj)	Protein (g)	Total Carbs	Total Sugar	Fats (g)	Of Which saturates	Fibre (g)	Sodium (g)	Suitability	Net Weight
<b>FLAPJACKS</b>											
Apple Strudel	435	1823	4.1	50.8	29.9	23.7	6.8	3.2	0.334	Vegan	95g
Apricot & Choc Chip	442	1850	4.6	48.4	24.5	25.2	7.7	3.8	0.324	Vegetarian	95g
Cherry Sultana	434	1823	4	51	30	23.7	6.8	3	0.325	Vegan	95g
Chocolate Chip	457	1908	3.6	49	26.3	26.6	8.2	3.6	0.337	Vegetarian	95g
Clotted Cream & Honey	441	1841	4.6	48.2	24.6	25.2	8.3	3.5	0.319	Vegetarian	95g
Plain	421	1756	3.4	42	24.2	26.4	7.8	2.5	0.364	Vegan	95g
Raspberry	427	1782	4	51	31	22.8	6.5	3	0.306	Vegan	95g
Sunflower & Raisin	448	1754	5.2	47.9	26.9	26.3	6.8	3.2	0.325	Vegan	95g
Walnut & Maple	468	1954	4.1	45.2	26.2	29.3	7.2	3.2	0.337	Vegan	95g
<b>MULTIGRAIN</b>											
Date & Apple	422	1755	3.5	53.6	35.4	21.4	6.1	2.7	0.302	Vegetarian	95g
Honey Almond	440	1846	4.7	49	26.9	25.6	7.2	3.2	0.300	Vegetarian	95g
Lemon	426	1782	3.9	51.6	31.1	22.8	6.5	2.9	0.306	Vegetarian	95g
Strawberry	426	1782	3.9	51.6	31.1	22.8	6.5	2.9	0.306	Vegetarian	95g
<b>ICED</b>											
Banoffee	450	1884	3.6	51.5	33	26.3	6.7	2.5	0.335	Vegetarian	95g
Cappuccino	465	1884	3.9	53.6	32.5	24.4	7.3	2.8	0.228	Vegetarian	95g
Cherry Bakewell	455	1845	3.7	54	36	23.1	6.6	2.6	0.231	Vegetarian	95g
Chocoholic	462	1873	3.8	51.8	31.5	25.2	7.6	3.2	0.298	Vegetarian	95g
Coffee Walnut	468	1909	4.1	45.2	26.2	29.3	7.2	3.2	0.337	Vegetarian	95g
Orange & Lemon	434	1817	3.5	52.9	32.8	23.5	6.7	3.6	0.216	Vegetarian	95g
Strawberries & Cream	449	1868	3.3	53.2	35	25.4	6.8	2.3	0.308	Vegetarian	95g
Toffee Apple	449	1882	3.6	53.2	35	25.4	6.7	2.7	0.348	Vegetarian	95g
Triple Choc	462	1873	3.8	51.8	31.5	25.2	7.6	3.2	0.298	Vegetarian	95g
Yoghurt & Apricot	466	1951	4.5	51	30	27	11	3.3	0.315	Vegetarian	95g
<b>CAKES</b>											
Caramel Shortbread	474	1984	3	57	36	24.8	7.4	0.8	0.193	Vegetarian	75g
Cherry Shortbread	453	1894	3.9	52	22	24	3.6	1.3	0.168	Vegetarian	75g
Choc Chip Shortbread	475	1980	4.3	50.9	21.7	26.9	5.3	1.9	0.162	Vegetarian	75g
Lemon Shortbread	474	1984	2.9	57	36.6	24.8	7.5	0.8	0.258	Vegetarian	75g
Chocolate Fudge Brownie	435	1834	2	55.8	43.6	2.9	5	6.1	2.6	Vegetarian	75g
Chocolate Tiffin	513	2146	3.3	54	20.4	27	6.2	1.69	0.39	Vegetarian	100g
Mint Bar	436	1824	4.3	49.7	28.4	23	5.3	1.95	0.162	Vegetarian	95g
Rich Fruit Cake	340	1431	1.36	51	41	13	1.6	0.69	0.079	Vegetarian	60g
Caramel Crunchy Cake	449	1885	2.9	56.3	36.3	24	6.7	1.3	0.493	Vegetarian	80g
Choc Cherry Crunchy Cake	432	1824	3.6	58.8	37.6	21	6.4	2.4	0.388	Vegetarian	80g
Choc Chip Crunchy Cake	446	1876	3.6	57	36.3	23	7.1	2.3	0.418	Vegetarian	80g
Lemon Crunchy Cake	432	1815	3.3	57	36.5	22	6.2	2.4	0.427	Vegetarian	80g
<b>CRUMBLES</b>											
Almond & Apricot	392	1601	3.6	57	34.6	16.5	4.8	9.8	0.176	Vegetarian	80g
Blackcurrant & Apple	393	1601	3.6	57	34.6	16.5	4.8	9.8	0.176	Vegetarian	80g
Fruit	359	1488	3.3	58.7	37.2	12.4	3.9	2.4	0.174	Vegetarian	80g
Raspberry	392	1601	3.2	56	33.5	16.2	4.5	9.7	0.175	Vegetarian	80g