

## Avacardy Ingredients & allergen list

### Chocolate Brownie

Dark Brown Sugar, Whole Fresh Free Range EGGS, Milk Chocolate Chips (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: E322 (SOYA), Natural Vanilla Flavouring), Butter (MILK), Plain Flour (WHEAT Flour (Calcium, Iron, Niacin, Thiamine)), Dark Chocolate Coating (Sugar, Cocoa Mass, Vegetable Fats (Palm, Shea), Butter Oil (MILK), Cocoa Butter, Emulsifier: E322 (SOYA), E476, Natural Flavouring), Margarine (Vegetable Oils and Fats (Palm Oil, Rapeseed Oil), Water, Salt, Colours: Natural Carotenes, Citric Acid), Fat-Reduced Cocoa Powder.

<b>Nutrition</b>	<b>values per 100g</b>	
Energy kcal	463	kcal
Energy kJ	1935	kJ
Fat	24.9	g
Saturated fat	17	g
Carbohydrate	53.4	g
Sugar	43.1	g
Protein	5.1	g
Fibre	2.4	g
Salt	0.18	g

### Jammy Dodger Blondie

Plain Flour (WHEAT Flour (Calcium Carbonate, Iron, Nicotinamide, Thiamine)), Sugar, White Chocolate Chips (Sugar, Cocoa Butter, Full Cream MILK Powder, WHEY Powder (MILK), Vegetable Oils, Emulsifier: SOYA Lecithin, Vanilla Flavour), Fresh Free-Range EGGS, Margarine (Vegetable Oils and Fats (Palm Oil, Rapeseed Oil), Water, Salt, Colours: Natural Carotenes, Citric Acid), Butter (MILK), Mixed Fruit Jam (Glucose-Fructose Syrup, Mixed Fruits (Apples, Plums, Rhubarb), SULPHITES, Colour: E163, Gelling Agent: E440, Citric Acid, Flavouring, Acidity Regulator: E331, Preservative: E202, Anti-oxidant: E300) Jammie Dodgers (WHEAT Flour (with Calcium Carbonate, Iron, Niacin and Thiamine), Raspberry Flavoured Apple Jam (Glucose-Fructose Syrup, Apples (Apple, Preservative (Sodium METABISULPHITE)), Sugar, Humectant (Glycerol), Acid (Citric Acid), Acidity Regulator (Sodium Citrates), Flavourings, Colours (Anthocyanins, Annatto), Gelling Agent (Pectin)), Vegetable Oils (Sustainable Palm, Rapeseed), Sugar, Partially Inverted Sugar Syrup, Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate), Salt, Flavourings).

<b>Nutrition</b>	<b>values per 100g</b>	
Energy kcal	422	kcal
Energy kJ	1123	kJ
Fat	21	g
Saturated fat	10	g
Carbohydrate	57.4	g
Sugar	43.1	g
Protein	3.76	g
Fibre	2.4	g
Salt	0.22	g

### **Carrot Cake**

WHEAT flour [raising agents (e450, e500, e341)], sugar [contains: dried glucose syrup], carrots (19%), rapeseed oil, free range EGGS, butter (MILK), cinnamon, orange juice from concentrate

<b>Nutrition</b>	<b>values per 100g</b>	
Energy kcal	357	kcal
Energy kJ	1498	kJ
Fat	15.9	g
of which saturates	1.3	g
Carbohydrate	49.8	g
of which sugars	36.9	g
Fibre	0.9	g
Protein	3.8	g
Salt	0.1	g

### **Victoria Cake**

margarine (rapeseed oil, palm water, water, salt, emulsifier: e471, e100, e160b, flavouring (contains MILK)), WHEAT flour (calcium carbonate, iron, niacin, thiamin, raising agents: e450, e500, e341), sugar, whole free range EGGS, icing sugar, raspberry jam (10%) [contains: glucose-fructose syrup, raspberries, pectin sugar, acids: (e330, e331), preservative e202], icing sugar, raising agents: e450; e500; e341, dried glucose syrup, vanilla flavouring (water, propylene glycol, caramel sugar syrup, thickening agent: e415, citric acid: e330, preservatives: potassium sorbate, flavour enhancer e636)

<b>Nutrition</b>	<b>values per 100g</b>	
Energy kcal	406	kcal
Energy kJ	1694	kJ
Fat	25.7	g
of which Saturates	3.3	g
Carbohydrates	43.9	g
of which Sugars	35.1	g
Fibre		
Protein	2.6	g
Salt	0.3	g

### **Chocolate fudge cake**

SOYA Milk (Water, SOYA Bean, Tricalcium Phosphate, Flavouring, Stabiliser: E418, Vitamin B12, Riboflavin, Vitamin D), Self-Raising Flour (WHEAT Flour (Calcium Carbonate, Iron, Nicotinamide, Thiamine), Raising Agents: E341, E222), Icing Sugar, Margarine (Vegetable Oils and Fats (Palm Oil, Rapeseed Oil), Water, Salt, Colours: Natural Carotenes, Citric Acid), Fat-Reduced Cocoa Powder, Sugar, Rapeseed Oil, Dark Chocolate Chips (Sugar, Cocoa Mass, Cocoa Butter, Fat-Reduced Cocoa Powder, Emulsifier: E322(SOYA), Vanilla Extract), Vanilla Flavour (Water, Propylene Glycol, Caramelised Sugar Syrup, Thickener: Xanthan Gum, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate), Baking Powder.

<b>Nutrition</b>	<b>values per 100g</b>	
Energy kcal	489	kcal
Energy kJ	2045.98	kJ
Fat	22	g
of which Saturates	15	g
Carbohydrates	33	g
of which Sugars	23	g
Fibre		
Protein	6.5	g
Salt	23	g

### **Red Velvet cake**

sugar [contains: E341(iii), dried glucose syrup], **WHEAT** flour, (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), free range **EGGS**, rapeseed oil, water, starch, modified potato starch, whey powder (**MILK**), raising agents [E450, E500], emulsifiers (E471, E481); fat-reduced cocoa powder, **WHEAT** gluten, rapeseed oil, cream cheese flavoured icing (13%) [sugar, palm oil, rapeseed oil, water, cream cheese powder (**MILK**) (7%), natural flavouring, stabilisers (E466, E412), colours (E120, E172), enzymes.

<b>Nutrition</b>	<b>values per 100g</b>	
Energy kcal	386	kcal
Energy kJ	1614	kJ
Fat	20	g
of which Saturates	3.8	g
Carbohydrates	48.1	g
of which Sugars	30	g
Fibre		
Protein	4.7	g
Salt	0.1	g

### **Sprinkle Party Cake**

margarine (rapeseed oil, palm water, water, salt, emulsifier: e471, e100, e160b, flavouring (contains MILK)), **WHEAT** flour (calcium carbonate, iron, niacin, thiamin, raising agents: e450, e500, e341), sugar, whole free range **EGGS**, icing sugar, raising agents: e450; e500; e341, dried glucose syrup, vanilla flavouring (water, propylene glycol, caramel sugar syrup, thickening agent: e415, citric acid: e330, preservatives: potassium sorbate, flavour enhancer e636)

<b>Nutrition</b>	<b>values per 100g</b>	
Energy kcal	406	kcal
Energy kJ	1694	kJ
Fat	25.7	g
of which Saturates	3.3	g
Carbohydrates	43.9	g
of which Sugars	35.1	g
Fibre		
Protein	2.6	g
Salt	0.3	g

## Retro Sweets

(Kingsway Candy Necklace, Swizzles Mini Me, Parma Violets, Fizzers, Lovehearts)

Candy Necklace – Dextrose, Glucose syrup, Acid Citric acid, Flavourings E129, E102, E133, E110, Anti-caking agent magnesium stearate, **WARNING E102, E110, E129 may have an adverse effect on activity and attention in children**

Mini Me – Glucose syrup, Sugar, Vegetable oils (palm and palm kernel), Acid regulators citric acid, malic acid, Flavourings **Lysed Soya Protein**, Modified starch, Anti-caking agent Stearic Acid, magnesium stearate, magnesium carbonate, Emulsifier Glycerol Mono Stearate, Colours Ammonia Caramel, Anthocyanin, Copper Chlorophyllin, Lutein.

Lovehearts – Sugar, Acidity regulator; Malic acid, Stearic acid, Sodium carbonate, Modified starch, Magnesium stearate, anti-caking agent; magnesium carbonate, Flavourings and colours Anthocyanin, beetroot red, Copper Chlorophyllin, Curcumin, Lutein, Paprika extract.

Parma Violets – Sugar, Stearic Acid, Modified starch, Glucose syrup, Anti-caking agent; magnesium carbonate, Colours; Anthocyanin

Fizzers – Sugar, Acidity regulator; Malic acid, Stearic Acid, Sodium bicarbonate, Modified starch, Magnesium stearate, Anti-caking agent; magnesium carbonate, Flavouring Anthocyanin, Copper Chlorophyllin, Curcumin, Lutein, Paprika extract.