Pecan Caramel Shortbread

Ingredients: Caramel (43%) (Sweetened Condensed Skimmed Milk, Glucose Syrup (Sulphites), Invert Sugar Syrup, Palm Oil, Butter (Milk), Sugar, Water, Emulsifier: Mono-And Di-Glycerides Of Fatty Acids, Stabiliser: Pectin, Salt, Natural Flavouring), Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (Cream (Milk), Salt), Sugar, Pecan Nuts (5%), Water, Maize Starch, Dark Chocolate (1.5%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Soya Lecithin; Natural Vanilla Flavouring).

Nutritional Information per slice Energy: 1603kj, 383kcal, total fat: 22g, of which saturates: 12g, carbohydrate: 43g, of which sugars: 30g, protein: 4g, salt: 0.44g. *Adults need around 2000 kcal a day.*

Raspberry & Almond Blondie

Ingredients: White Chocolate (24%) (Sugar, Cocoa Butter, Whole Milk Powder, Emulsifier: Soya Lecithin; Natural Vanilla Flavouring), Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin), Brown Sugar (Sugar, Cane Molasses), Butter (Cream (Milk), Salt), Pasteurised Egg, Raspberries (8%), Almonds (6%), Sugar, Vanilla Flavouring, Baking Powder (Raising Agents: Sodium Carbonate, Sodium Diphosphate; Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin)).

Nutritional Information per slice: Energy: 1446kj, 346kcal, total fat: 20g, of which saturates: 11g, carbohydrate: 36g, of which sugars: 25g, protein: 5.4g, salt: 0.25g. *Adults need around 2000 kcal a day.*

Orange Cobble Crunch

Ingredients: Butter (Cream (Milk), Salt), Dark Chocolate (19%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Soya Lecithin; Natural Vanilla Flavouring), Honeycomb (15%) (Sugar, Glucose Syrup, Palm Kernel Oil, Palm Oil, Bicarbonate Of Soda, Rice Flour), White Chocolate (13%) (Sugar, Cocoa Butter, Whole Milk Powder, Emulsifier: Soya Lecithin; Natural Vanilla Flavouring), Marzipan (9%) (Sugar, Almonds, Glucose Syrup, Water, Invert Sugar Syrup, Preservative: Potassium Sorbate), Almonds (7%), Golden Syrup (Invert Sugar Syrup), Orange Oil.

Nutritional Information per slice: Energy: 2002kj, 479kcal, total fat: 37g, of which saturates: 22g, carbohydrate: 31g, of which sugars: 29g, protein: 4.5g, salt: 0.50g. *Adults need around 2000 kcal a day.*

Pecan & Apricot Granola Bar

Ingredients: Gluten Free Oats, Butter (Cream (Milk), Salt), Golden Syrup (Invert Sugar Syrup), Brown Sugar (Sugar, Cane Molasses), Organic Dried Apricots (9%) (Organic

Apricots, Organic Rice Flour), **Pecan Nuts** (6%), **Almonds** (4.5%), Pumpkin Seeds, Sunflower Seeds, Honey, Vanilla Flavouring, Ground Cinnamon, Salt, Linseeds, Ground Cardamom, Orange Oil.

Nutritional Information per slice: Energy: 1692kj, 404kcal, total fat: 24g, of which saturates: 10g, carbohydrate: 39g, of which sugars: 24g, protein: 6g, salt: 0.50g. *Adults need around 2000 kcal a day.*

Lemon Pistachio & Ginger Blondie

Ingredients: White Chocolate (35%) (Sugar, Cocoa Butter, Whole Milk Powder, Emulsifier: Soya Lecithin; Natural Vanilla Flavouring), Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin), Brown Sugar (Sugar, Cane Molasses), Sugar, Butter (Cream (Milk), Salt), Pasteurised Egg, Pistachio Nuts (5%), Ginger (4%) (Stem Ginger, Sugar, Water), Milk, Lemon Peel, Ground Ginger (Preservative: Sulphur Dioxide), Vanilla Flavouring, Lemon Flavouring, Baking Powder (Raising Agents: Sodium Carbonate, Sodium Diphosphate; Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin)).

Nutritional Information per slice: Energy: 2090kj, 500kcal, total fat: 29g, of which saturates: 16g, carbohydrate: 62g, of which sugars: 50g, protein: 6.8g, salt: 0.31g. *Adults need around 2000 kcal a day.*

Damson Brownie

Ingredients: Dark Chocolate (30%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Soya Lecithin; Natural Vanilla Flavouring), Dark Brown Sugar (Sugar, Cane Molasses), Butter (Cream (Milk), Salt), Pasteurised Egg, Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin), Damson Jam (8%) (Sugar, Pitted Damsons, Water, Gelling Agent: Pectin, Lemon Juice), Baking Powder (Raising Agents: Sodium Carbonate, Sodium Diphosphate; Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin)).

Nutritional Information per slice: Energy: 1718kj, 411kcal, total fat: 24g, of which saturates: 15g, carbohydrate: 44g, of which sugars: 36g, protein: 4.9g, salt: 0.31g. *Adults need around 2000 kcal a day.*

Contains: Almonds, Egg, Milk, Oats, Pecan Nuts, Pistachio Nuts, Soya, Sulphites, Wheatflour contains Gluten.