Name of Product	Yorkshire Parkin
Ingredients	Oatmeal, (21%), Brown sugar, Partially Inverted syrup, Milk, Wheat flour (Wheat fortified with Calcium Carbonate, Iron, Niacin Thiamine), margarine (Vegetable Oils, (Rapeseed Oil, Palm Oil in various proportions, RSPO SOURCED) water, salt, Emulsifier Polyglycerol esters of fatty acids, colours Curcumin, Annatto, Flavourings.) Black treacle, (2%), Ginger, Raising Agent Sodium Bicarbonate. Allergens shown in BOLD Please be aware we handle nuts in the bakery

Energy (kj)	1563kj	Energy (kcal)	371kcal
Fat	9.9g	of which saturates	4.2g
Carbohydrate	65.6g	of which sugars	43.7g
Salt	0.5g	Protein	4.7g

Name of Product	Yorkshire Parkin Biscuits
Ingredients	Wheat flour (Wheat flour fortified with Calcium Carbonate, Iron, Niacin and Thiamine), (27%) Demerara sugar (27%), Oatmeal (12.4%), Margarine, (vegetable oils (rapeseed and palm oil in various proportions (RSPO SOURCED), Water, salt, Emulsifier (Polyglycerol Esters of Fatty Acids), Colours (curcumin, annatto) Flavourings, Oatmeal (12.4%) OATS , partially inverted syrup (11%), Black Treacle (3%), Free Range Egg (3%), Bicarbonate of Soda(1.5%) Ginger (1.5%), Raising Agents; Sodium Bicarbonate (1.5%).
	Allergens shown in BOLD
	Please be aware we handle nuts in the bakery

Energy (kj)	1851kj	Energy (kcal)	439kcal	Salt	1.89g
Fat	14.3g	of which saturates	4.8g		
Carbohydrate	73.9g	of which sugars	41.5g		
Fibre	2.4g	Protein	4.9g		

Name of Product	Ginger Parkin & Chocolate Biscuits
Ingredients	Wheat Flour (Wheat, fortified with Calcium Carbonate, Iron, Niacin, and Thiamine), Demerara Sugar, Margarine (Vegetable oils, (rapeseed and palm oil in various proportions, RSPO Sourced) Oatmeal (Oats), Partially inverted syrup, Belgian Dark Chocolate Chips, (Sugar 58.5%, Cocoa Mass 33.0%, Cocoa Butter 8.0%, Emulsifier; Soya Lecithin (Soya) <1%, Natural Vanilla Flavouring<1%), Free Range Egg, Treacle, Raising agent; Sodium Bicarbonate, Ground Ginger 1.45%
	Allergens shown in BOLD Please be aware we handle nuts in the bakery

Nutrition Labelling-Typical value Per 100g/100ml

Energy (kj)	1922kj	Energy (kcal)	457kcal	Salt	1.75g
Fat	16.9g	of which saturates	6.5g		
Carbohydrate	72.2g	of which sugars	40.4g		
Fibre	3.2g	Protein	5.2g		

Name of Product	Stem Ginger Savoury Biscuits
Ingredients	Oatmeal (Oats), Water, Wheat Flour (Wheat fortified with calcium carbonate, iron, niacin, and thiamine), Stem Ginger in sugar syrup (stem ginger, sugar, water), vegetable oil (Soya Bean Oil and sunflower oil in various proportions (Soya), Yorkshire Rapeseed Oil, ground ginger 1.04%, Sodium Bicarbonate, Salt
	Allergen ingredients in BOLD Please be aware we handle nuts in the bakery

Nutrition Labelling-Typical value Per 100g/100ml

Energy (kj)	1535kj	Energy (kcal)	366kcal
Fat	16g	of which saturates	1.5g
Carbohydrate	49g	of which sugars	7.0g
Salt	0.5g	Protein	6.3g

Name of Product	Ginger Parkin Flapjack
Ingredients	Rolled Oats (37.4%)Oatmeal (6.23%),Partially Inverted Syrup, Black treacle (1.87%), Ginger (0.75%), Brown Sugar, Margarine (vegetable oil, (Palm and rapeseed oil in various proportions RSPO SOURCED), Water, Salt, Emulsifier (Polyglycerol esters of fatty acids), Colours (Curcumin), (Annatto), Flavourings), Demerara sugar.
	Allergens shown in BOLD Please be aware we handle nuts in the bakery

Nutrition Labelling-Typical value Per 100g/100ml

Energy (kj)	1853kj	Energy (kcal)	441kcal
Fat	20.2g	of which saturates	6.4g
Carbohydrate	62.0g	of which sugars	33.7g
Salt	0.6g	Protein	5.4g

Name of Product	Chocolate Ginger Tiffin
Ingredients	Parkin Biscuit:(24.7%)
	Wheat flour, Demerara sugar, Oatmeal, Margarine, (vegetable oils, Water, salt,
	emulsifiers E475, Colours E100 E160b Flavourings), Partially inverted syrup, Free range
	Egg, Black Treacle, Ginger, Raising Agents; Sodium Bicarbonate,
	Shortbread Biscuit. (11.4%)
	Wheat Flour Butter (contains milk), Sugar, Ground Rice, cornflour
	Milk Chocolate Couverture, (17%)
	(Contains milk solids 21%, cocoa solids 35.1%, Sugar, Cocoa Butter, Whole milk
	powder, Cocoa Mass, Emulsifiers, E322, Natural Vanilla.
	Digestive Biscuits. (10.1%)
	Wheat Flour, Vegetable Oil, sugar, Whole meal Wheat flour, partially inverted syrup,
	Raising agents, sodium Bicarbonate, salt. Butter (contains milk)_(15.2%), Partially
	inverted syrup (8.5%), Raisins (6.6%)
	Drinking Chocolate, (5.7%) sugar, whey powder, (contains milk), Fat reduced cocoa
	powder, Hydrogenated vegetable fat, glucose syrup, salt, stabilisers, E340, E452, Milk
	Protein, Emulsifiers, E481, flavouring, Cocoa Powder (0.7%)
	Allergens shown in BOLD
	Please be aware we handle nuts in the bakery

Nutrition Labelling-Typical value Per 100g/100ml

Energy (kj)	2165kj	Energy (kcal)	517kcal	Salt	1.2g
Fat	30.8g	of which saturates	16.9g		
Carbohydrate	58.6g	of which sugars	37.6g		
Fibre	1g	Protein	4.5g		