

White Chocolate & Raspberry Blondie: Unrefined Golden Caster Sugar, Self Raising GF Flour Mix (Rice, Potato, Tapioca, Maize & Buckwheat, Mono-calcium Phosphate, Sodium Bicarbonate, Xanthan gum), Ground **ALMONDS**, Sunflower Oil, **ALMOND** Milk (Water, **ALMOND** (5%)), White Chocolate (7.3%)(Sugar, Cocoa Butter (36%), Rice Flour, Natural Flavouring, Emulsifier (sunflower lecithin).), Apple Puree, Raspberry, Lemon Juice, Baking Powder (Mono-calcium Phosphate, Corn Starch, Sodium Bicarbonate), Sea Salt.

Chocolate Chip Cookie Dough Blondie: Unrefined Golden Caster Sugar, Self Raising GF Flour Mix (Rice, Potato, Tapioca, Maize & Buckwheat, Mono-calcium Phosphate, Sodium Bicarbonate, Xanthan gum), Ground **ALMONDS**, Dark Chocolate (15%)(Cocoa (cocoa butter, cocoa mass), sugar, emulsifier (sunflower lecithin).), Sunflower Oil, **ALMOND** Milk (Water, **ALMOND** (5%)), Apple Puree, Baking Powder (Mono-calcium Phosphate, Corn Starch, Sodium Bicarbonate), Sea Salt.

Caramelised White Chocolate Blondie: Unrefined Golden Caster Sugar, Self Raising GF Flour Mix (Rice, Potato, Tapioca, Maize & Buckwheat, Mono-calcium Phosphate, Sodium Bicarbonate, Xanthan gum), Ground **ALMONDS**, Caramelised White Chocolate (11%)(Cocoa Butter (32%), Rice Flour, Coconut Oil, Flavouring (Vanilla), Emulsifier (Sunflower Lecithin).), Sunflower Oil, **ALMOND** Milk (Water, **ALMOND** (5%)), White Chocolate (Sugar, Cocoa Butter (36%), Rice Flour, Natural Flavouring, Emulsifier (sunflower lecithin).), Apple Puree, Lemon Juice, Baking Powder (Mono-calcium Phosphate, Corn Starch, Sodium Bicarbonate), Sea Salt.

Hazelnut Brownie: Unrefined Light Muscovado Sugar, Self-Raising GF Flour Mix (Rice, Potato, Tapioca, Maize & Buckwheat, Monocalcium Phosphate, Sodium Bicarbonate, Xanthan gum), Ground **ALMONDS**, 100% Cacao Powder, **ALMOND** Milk (Water, **ALMOND** (5%)), Sunflower Oil, **HAZELNUTS** (6%), Apple Puree (Apple (66.6%), Water), Baking Powder (Mono calcium Phosphate, Corn Starch, Sodium Bicarbonate), Sea Salt.

Classic Brownie: Unrefined Light Muscovado Sugar, Self-Raising GF Flour Mix (Rice, Potato, Tapioca, Maize & Buckwheat, Monocalcium Phosphate, Sodium Bicarbonate, Xanthan gum), Ground **ALMONDS**, 100% Cacao Powder, **ALMOND** Milk (Water, **ALMOND** (5%)), Sunflower Oil, Apple Puree (Apple (66.6%), Water), Chocolate (Cocoa (cocoa butter, Cocoa mass), sugar, emulsifier (sunflower lecithin)), Cocoa Nibs, Baking Powder (Mono calcium Phosphate, Corn Starch, Sodium Bicarbonate), Sea Salt.

Salted Caramel Brownie: Unrefined Light Muscovado Sugar, Self Raising GF Flour Mix (Rice, Potato, Tapioca, Maize & Buckwheat, Monocalcium Phosphate, Sodium Bicarbonate, Xanthan gum), Ground **ALMONDS**, 100% Cacao Powder, **ALMOND** Milk (Water, **ALMOND** (5%)), Sunflower Oil, Salted Caramel (5.7%)(Coconut Milk (Coconut Extract, Water, Stabilisers: Carboxymethyl Cellulose and Polysorbato 60), Unrefined Light Muscovado Sugar, Sea Salt, Sunflower Oil), Apple Puree (Apple (66.6%), Water), Chocolate (Cocoa (cocoa butter, Cocoa mass), sugar, emulsifier (sunflower lecithin)), Baking Powder (Mono calcium Phosphate, Corn Starch, Sodium Bicarbonate), Sea Salt.

Mango & Ginger Brownie: Unrefined Light Muscovado Sugar, Self-Raising GF Flour Mix (Rice, Potato, Tapioca, Maize & Buckwheat, Monocalcium Phosphate, Sodium Bicarbonate, Xanthan gum), Ground **ALMONDS**, 100% Cacao Powder, Sunflower Oil, Mango Puree (5.7%)(96% Fresh Mango, 4% Sugar), Dried Mango (4.6%), **ALMOND** Milk (Water, **ALMOND** (5%)), Apple Puree (Apple (66.6%), Water), Baking Powder (Mono calcium Phosphate, Corn Starch, Sodium Bicarbonate), Ground Ginger, Sea Salt.

Margarita Brownie: Unrefined Light Muscovado Sugar, Self Raising GF Flour Mix (Rice, Potato, Tapioca, Maize & Buckwheat, Monocalcium Phosphate, Sodium Bicarbonate, Xanthan gum), Ground **ALMONDS**, 100% Cacao Powder, Sunflower Oil, **ALMOND** Milk (Water, **ALMOND** (5%)), Apple Puree (Apple (66.6%), Water), Lime Juice (3.6%), Baking Powder (Mono calcium Phosphate, Corn Starch, Sodium Bicarbonate), Sea Salt, Lime Zest.

Nutritional Information (Per Slice)	Raspberry Blondie	Chocolate Chip Blondie	White Chccocolate Blondie	Hazelnut Brownie	Classic Brownie	Salted Caramel Brownie	Mango Brownie	Margarita Brownie
Energy KJ	548 kJ	507 kJ	483 kJ	509 kJ	529 kJ	511 kJ	486 kJ	476 kJ
Kcal	130 kcal	121 kcal	116 kcal	122 kcal	126 kcal	122 kcal	116 kcal	114 kcal

Nutritional Information (Per Slice)	Raspberry Blondie	Chocolate Chip Blondie	White Chocolate Blondie	Hazelnut Brownie	Classic Brownie	Salted Caramel Brownie	Mango Brownie	Margarita Brownie
Fat	6g	5.8g	5.5g	5.8g	5.7g	4.2g	4.9g	5.1g
of which Saturates	0.75g	1.2g	1.1g	0.8g	1.1g	0.8g	0.8g	0.8g
Carbohydrate	17g	15.3g	14.8g	14.6g	15.6g	18.7g	15.1g	14.4g
of which Sugars	11g	10.4g	9.6g	10.0g	10.8g	12.3g	10.3g	9.8g
Protein	1.7g	1.7g	1.6g	2.1g	2.4g	2.5g	2.1g	2.0g
Salt	0.20g	0.17g	0.24g	0.21g	0.21g	0.30g	0.21g	0.33g

Chocolate Cheesecake: Coconut Milk (Coconut Extract (60%), Water, Stabilisers (Guar Gum, Sodium Carboxy methyl Cellulose, Xanthan Gum), Emulsifier (Mono-and Diglycerides of Fatty acids, Polysorbate 60).), Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Cocoa Butter (12.6%), Vegan Block (Shea Butter, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier (Lecithin)), Unrefined Golden Caster Sugar, Sunflower Butter (100% Sunflower Seeds), 100% Cocoa Powder (4.3%), Water, Unrefined Light Muscovado Sugar, Cocoa Nibs (2.8%), Lemon, Sea Salt, Xanthan Gum.

Raspberry Cheesecake: Coconut Milk (Coconut Extract (60%), Water, Stabilisers (Guar Gum, Sodium Carboxy methyl Cellulose, Xanthan Gum), Emulsifier (Mono-and Diglycerides of Fatty acids, Polysorbate 60).), Cocoa Butter, Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Vegan Block (Shea Butter, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier (Lecithin)), Unrefined Golden Caster Sugar, Raspberry Puree (8.2%) (Raspberry Pulp (90%), Sugar (10%)), Sunflower Butter (100% Sunflower Seeds), Water, Raspberry (3.8%), Unrefined Light Muscovado Sugar, White Chocolate (2.5%) (Cocoa Butter (32%), Rice Flour, Coconut Oil, Flavouring (Vanilla), Emulsifier (Sunflower Lecithin)), Lemon, Sea Salt, Xanthan Gum.

Passion Fruit Cheesecake: Coconut Milk (Coconut Extract (60%), Water, Stabilisers (Guar Gum, Sodium Carboxy methyl Cellulose, Xanthan Gum), Emulsifier (Mono-and Diglycerides of Fatty acids, Polysorbate 60).), Cocoa Butter, Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Vegan Block (Shea Butter, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier (Lecithin)), Unrefined Golden Caster Sugar, Passionfruit Puree (8.6%) (Passion Fruit Juice and Pulp (90%), Sugar (10%)), Sunflower Butter (100% Sunflower Seeds), Water, Unrefined Light Muscovado Sugar, Dried Passion Fruit (2.6%), Lemon, Xanthan Gum, Sea Salt.

	Energy KJ	Kcal	Fat (g)	of which Saturates (g)	Carbohydrate (g)	of which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Chocolate Cheesecake (per 72g pot)	1162	279	20.8	11.5	18.9	9.5	2.3	3	0.4
Passion Fruit Cheesecake (per 72g pot)	1166	280	21	11.4	19.8	11.3	1.5	2.1	0.27
Raspberry Cheesecake (per 72g pot)	1158.5	278	20.7	11.3	20.2	11.6	1.2	2.1	0.26

Lemon Drizzle: Unrefined Golden Caster Sugar, Gluten Free Self-Raising Flour (flour blend (rice, potato, tapioca, maize, buckwheat), raising agents (mono-calcium phosphate, sodium bicarbonate), thickener (xanthan gum)), **ALMOND** Milk, Ground **ALMONDS**, Sunflower Oil, Lemon (5.2%), Lemon Glaze (3.6%) (Unrefined Golden Caster Sugar, Lemon Juice (33.3%)), Baking Powder (mono calcium phosphate, corn starch, sodium bicarbonate.), Raspberry, Sea Salt, Xanthan Gum.

Sticky Toffee Pudding: Gluten Free Self-Raising Flour (flour blend (rice, potato, tapioca, maize, buckwheat), raising agents (mono-calcium phosphate, sodium bicarbonate), thickener (xanthan gum)), Dates,

Unrefined Light Muscovado Sugar, Water, Unrefined Dark Muscovado Sugar, Sunflower Oil, Toffee Sauce (3.5%)(Vegan Block (Shea Butter, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier (Lecithin)), Unrefined Golden Caster Sugar, Water, Unrefined Light Muscovado Sugar), White Chocolate (Sugar, Cocoa Butter (36%), Rice Flour, Natural Flavouring, Emulsifier (sunflower lecithin)), Dark Chocolate (White Sugar, Cocoa (50%) (cocoa butter, cocoa mass), emulsifier (Sunflower lecithin)), Sea Salt, Lemon, Baking Powder (mono calcium phosphate, corn starch, sodium bicarbonate.), Bicarbonate of Soda, Ground Cinnamon.

Raspberry Bakewell: Unrefined Golden Caster Sugar, **ALMOND** Milk, Gluten Free Self-Raising Flour (flour blend (rice, potato, tapioca, maize, buckwheat), raising agents (mono-calcium phosphate, sodium bicarbonate), thickener (xanthan gum)), Ground **ALMONDS**, Raspberry Jam (10.9%) (Sugar, Raspberries, Gelling Agent: Citrus Pectin; Acidity Regulator: Sodium Citrate), Sunflower Oil, Flaked **ALMONDS**, Lemon, Almond Essence (Sunflower Oil, Almond Extract), Sea Salt, Baking Powder (mono calcium phosphate, corn starch, sodium bicarbonate.), Xanthan Gum.

Carrot & Pecan Cake: Carrot (24.6%), Gluten Free Self-Raising Flour (flour blend (rice, potato, tapioca, maize, buckwheat), raising agents (mono-calcium phosphate, sodium bicarbonate), thickener (xanthan gum)), Unrefined Golden Caster Sugar, Unrefined Light Muscovado Sugar, Water, **PECANS**, Orange Syrup (Unrefined Golden Caster Sugar, Orange Juice), Apple Puree (Apple (66.6%), Water), Sunflower Oil, White Chocolate (Sugar, Cocoa Butter (36%), Rice Flour, Natural Flavouring, Emulsifier (sunflower lecithin)), Lemon, Baking Powder (mono calcium phosphate, corn starch, sodium bicarbonate.), Sea Salt.

Chocolate & Salted Caramel Cake: Unrefined Golden Caster Sugar, **ALMOND** Milk, Gluten Free Self-Raising Flour (flour blend (rice, potato, tapioca, maize, buckwheat), raising agents (mono-calcium phosphate, sodium bicarbonate), thickener (xanthan gum)), Ground **ALMONDS**, 100% Cacao Powder (7%), Sunflower Oil, Orange, Salted Caramel (3.3%) (Coconut Milk (Coconut Extract, Water, Stabilisers: Carboxymethyl Cellulose and Polysorbato 60), Unrefined Light Muscovado Sugar, Sea Salt, Sunflower Oil), Dark Chocolate (2.8%) (White Sugar, Cocoa (50%) (cocoa butter, cocoa mass), emulsifier (Sunflower lecithin)), Lemon, Baking Powder (mono calcium phosphate, corn starch, sodium bicarbonate.), Sea Salt, Xanthan Gum.

Banana Cake: Banana (28%), Gluten Free Self-Raising Flour (flour blend (rice, potato, tapioca, maize, buckwheat), raising agents (mono-calcium phosphate, sodium bicarbonate), thickener (xanthan gum)), Unrefined Light Muscovado Sugar, Unrefined Golden Caster Sugar, Water, Dark Chocolate (White Sugar, Cocoa (50%) (cocoa butter, cocoa mass), emulsifier (Sunflower lecithin)), Apple Puree (Apple (66.6%), Water), Sunflower Oil, **Gluten Free OATS**, Lemon, Sea Salt, Bicarbonate of Soda.

Allergen Advice: For Allergens see ingredients in **BOLD**

Made in a premises that handles **NUTS (Almonds, Pecans & Hazelnut) & Gluten Free OATS**.

Cake	Energy KJ	Kcal	Fat (g)	of which Saturates (g)	Carbohydrate (g)	of which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Carrot & Pecan	929	221	8.1	1.3	35.3	35	1.4	1.1	0.52
Raspberry Bakewell	1010	241	12	1.1	28.8	28.3	1.8	3.6	0.42
Chocolate & Salted Caramel	907	217	10.9	2.4	24.7	23.7	3.1	3.6	0.41
Lemon Drizzle	1002	239	12.1	1.2	28.3	27.7	1.9	3.4	0.49
Sticky Toffee Pudding	882	210	7.2	1.7	34.8	34.6	1.5	0.7	0.92
Banana	646	153	3.9	0.9	28.4	26.7	0.7	0.7	0.48

Festive Scones: Gluten Free Self-Raising Flour (Rice, Potato, Tapioca, Maize & Buckwheat, Mono-Calcium Phosphate, Sodium Bicarbonate, Xanthan Gum), Vegan Block (Shea Butter, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier (Lecithin)), **Gluten Free OAT Milk** (Water, **Gluten Free OATS** (11%), Sunflower Oil, Salt), Raisins, Carrot Juice, Golden Caster Sugar, Xanthan Gum, Cinnamon, Ground Ginger, Nutmeg, Cloves, Baking Powder (Mono-Calcium Phosphate, Corn Starch, Sodium Bicarbonate), Salt.

	Energy KJ	Kcal	Fat (g)	of which Saturates (g)	Carbohydrate (g)	of which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Festive Scone (100g)	914	217	15.1	7.9	19.7	18.3	1.6	0.5	0.74
Festive Scone Per serving (40g)	366	87	6.1	3.2	7.9	7.3	0.6	0.2	0.30

Mince Pie Slice: Apple, Plain GF Flour Mix (flour blend (rice, potato, tapioca, maize, buckwheat)), Golden Caster Sugar, **ALMOND** Milk (Water, **ALMOND** (5%)), Raisins, Self-Raising GF Flour Mix (flour blend (rice, potato, tapioca, maize, buckwheat), raising agents (mono-calcium phosphate, sodium bicarbonate), thickener (xanthan gum)), Vegan Block (Shea Butter, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier (Lecithin)), **ALMONDS**, Dates, **PECANS**, Unrefined Light Muscovado Sugar, Sunflower Oil, Lemon, Water, Carrot, Ginger, Orange, Cinnamon, Sea Salt, Baking Powder (Mono Calcium Phosphate, Corn Starch, Sodium Bicarbonate), Xanthan Gum.

	Energy KJ	Kcal	Fat (g)	of which Saturates (g)	Carbohydrate (g)	of which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Mince Pie Slice (100g)	1286	307	15.4	3.2	37.1	29	2.7	3.8	0.41
Mince Pie Slice - Per Serving (32g)	412	98	4.9	1	11.9	9.3	0.9	1.2	0.13

Not Clotted Cream: Shea Butter, Water, **GF OATS**, Coconut Oil, Rapeseed Oil, Sunflower Oil, Carrot Juice, Cane Sugar, Emulsifier (Lecithin), Sea Salt.

	Energy KJ	Kcal	Fat (g)	of which Saturates (g)	Carbohydrate (g)	of which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Not Clotted Cream' 100g	2406	575	61.9	31.5	6.2	4.1	0.4	0.4	0.4
Not Clotted Cream' Per Serving 20g	481	115	12.4	6.3	1.2	0.8	0.1	0.1	0.1

Speculoos: **GLUTEN FREE OAT FLOUR**, Golden Caster Sugar, Sunflower Oil, Cornflour, Unrefined Light Muscovado Sugar, Dark Muscovado Sugar, Water, Flax Seeds, Cinnamon, Sea Salt, Baking Soda.

	Energy KJ	Kcal	Fat (g)	of which Saturates (g)	Carbohydrate (g)	of which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Speculoos (100g)	1977	471	17.7	2.3	69.6	37	5.5	5.5	1.57
Speculoos Per serving (10g)	198	47	1.8	0.2	7.0	3.7	0.6	0.5	0.16

Smoked Paprika Savoury Crackers: Plain GF Flour Mix (flour blend (rice, potato, tapioca, maize, buckwheat)), Vegan Block (Shea Butter, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier

(Lecithin)), Water, Sea Salt, Smoked Paprika, Chilli Flakes.

	Energy KJ	Kcal	Fat (g)	of which Saturates (g)	Carbohydrate (g)	of which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Paprika & Chilli Biscuit Per 100g	1782	423	23.7	12.3	49.1	0.3	1.4	3.5	1.14
Paprika & Chilli Biscuit Per serving (7g)	125	30	1.7	0.9	3.4	0.0	0.1	0.2	0.08

Rosemary & Sea Salt Savoury Crackers: Plain GF Flour Mix (flour blend (rice, potato, tapioca, maize, buckwheat)), Vegan Block (Shea Butter, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier (Lecithin)), Water, Rosemary, Sea Salt.

	Energy KJ	Kcal	Fat (g)	of which Saturates (g)	Carbohydrate (g)	of which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Rosemary & Sea Salt Biscuit Per 100g	1789	424	23.7	12.4	49.6	0.2	1.5	3.3	1.05
Rosemary & Sea Salt Biscuit Per serving (7g)	125	30	1.7	0.9	3.5	0.0	0.1	0.2	0.07

Gingerbread Blondie: Golden Caster Sugar, Self-Raising GF Flour Mix (flour blend (rice, potato, tapioca, maize, buckwheat), raising agents (mono-calcium phosphate, sodium bicarbonate), thickener (xanthan gum)), Ground **ALMONDS**, Sunflower Oil, **ALMOND** Milk (Water, **ALMOND** (5%)), White Chocolate (Sugar, Cocoa Butter (36%), Rice Flour, Natural Flavouring, Emulsifier (sunflower lecithin)), Apple Puree (Apple (66.6%), Water), Lemon, **Speculoos (GLUTEN FREE OAT FLOUR**, Golden Caster Sugar, Sunflower Oil, Cornflour, Unrefined Light Muscovado Sugar, Dark Muscovado Sugar, Water, Flax Seeds, Cinnamon, Sea Salt, Baking Soda.), Ginger, Baking Powder (Mono Calcium Phosphate, Corn Starch, Sodium Bicarbonate), Cinnamon, Sea Salt, Nutmeg.

	Energy KJ	Kcal	Fat (g)	of which Saturates (g)	Carbohydrate (g)	of which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Gingerbread Blondie (100g)	1544	369	20.2	2.6	39.4	37.6	3.1	5.9	0.69
Gingerbread Blondie Per serving (24g)	370	89	4.9	0.6	9.5	9.0	0.8	1.4	0.16

Fruit & Nut Mix: Raisins, **ALMONDS**, **PECANS**, Dried Mango.

	Energy KJ	Kcal	Fat (g)	of which Saturates (g)	Carbohydrate (g)	of which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Fruit & Nut Mix Per 100g	1723	415	29.4	2.4g	23.3	22.8	6.7	10.9	0.02

Mushroom Pate: Mushrooms (38.4%), Water, Organic Green Lentils, Sunflower Oil, Garlic, Smoked Paprika, Onion, Thyme, Sage, Black Pepper, Sea Salt, Bay Leaves.

	Energy KJ	Kcal	Fat (g)	of which Saturates (g)	Carbohydrate (g)	of which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Mushroom Pate (100g)	314	75	5.9	2.6	2.7	0.4	1.7	2.2	0.19

	Energy KJ	Kcal	Fat (g)	of which Saturates (g)	Carbohydrate (g)	of which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Mushroom Pate - Per Pot (85g)	267	64	5.0	2.2	2.3	0.4	1.4	1.8	0.16

Sundried Tomato Pate: Butter Beans, Tomato Oil (7.6%), Sundried Tomato (3.8%), Vegan Block (Shea Butter, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier (Lecithin)), Lemon, Water, Thyme, Black Pepper, Sea Salt.

	Energy KJ	Kcal	Fat (g)	of which Saturates (g)	Carbohydrate (g)	of which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Sundried Tomato Pate (100g)	2040	494	53.1	10.5	2.8	1	1.5	1	0.36
Sundried Tomato Pate - Per Pot (85g)	1734	420	45.1	8.9	2.4	0.9	1.2	0.8	0.31

Christmas Pudding Brownie: Unrefined Light Muscovado Sugar, Self-Raising GF Flour Mix (flour blend (rice, potato, tapioca, maize, buckwheat), raising agents (mono-calcium phosphate, sodium bicarbonate), thickener (xanthan gum)), Ground **ALMONDS**, Sunflower Oil, Cacao Powder, **ALMOND** Milk (Water, **ALMOND** (5%)), Apple Puree (Apple (66.6%), Water), Orange, Dates, Raisins, Dark Chocolate (White Sugar, Cocoa (50%) (cocoa butter, cocoa mass), emulsifier (Sunflower lecithin)) Baking Powder (Mono Calcium Phosphate, Corn Starch, Sodium Bicarbonate), Ginger, Cinnamon, Nutmeg, Sea Salt.

	Energy KJ	Kcal	Fat (g)	of which Saturates (g)	Carbohydrate (g)	of which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Christmas Pudding Brownie (100g)	1485	355	16.9	2.6	43.3	41.4	4.5	5.2	0.74
Christmas Pudding Brownie Per serving (24g)	356	85	4.1	0.6	10.4	9.9	1.1	1.3	0.18

Mince Meat: Apple, Raisins, Dates, **PECANS**, Unrefined Light Muscovado Sugar, Ginger, Orange, Cinnamon.

	Energy KJ	Kcal	Fat (g)	of which Saturates (g)	Carbohydrate (g)	of which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Mince Meat (100g)	1977	471	17.7	2.3	69.6	37	5.5	5.5	1.57
Mince Meat Per serving (80g)	198	47	1.8	0.2	7.0	3.7	0.6	0.5	0.16

POSITIVE BAKES PRODUCTS ARE MADE IN AN ENVIROMENT WHICH CONTAINS NUTS (ALMONDS, PECANS, HAZELNUTS) & GLUTEN FREE OATS

Bird&Blend Gingerbread Chai: Rooibos, cardamom, cinnamon, ginger, mallow flowers, flavour

Bird &Blend Great British Cuppa: Indian Assam black tea, Ceylon black tea, Chinese Yunnan tea.

Bird & Blend Teas packed in an environment which contains **NUTS**