



Category	Description	Per 100g											Per Serving										
		Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	Serving Weight (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	
		Chilled Sandwich	89645	Free-range mayo BLT TRIPLE	888	212	8.25	2.08	21.20	1.14	2.30	12.00	1.05	0.42	279.0	2478	591	23.02	5.80	59.15	3.18	6.42	33.48
Chilled Sandwich	89646	Free-range mayo EGG & BACON TRIPLE	957	228	8.95	2.16	22.04	1.78	2.88	13.43	1.03	0.41	261.0	2498	596	23.36	5.64	57.53	4.64	7.52	35.05	2.69	1.07
Chilled Sandwich	89623	Free-range mayo ROAST CHICKEN	861	204	4.19	0.59	25.05	1.89	2.98	15.08	0.84	0.34	168.0	1446	343	7.03	0.99	42.08	3.17	5.00	25.34	1.41	0.56
Chilled Sandwich	89629	Malted brown bread ROAST CHICKEN SALAD *NEW RECIPE*	691	164	3.37	0.50	19.15	1.68	2.32	13.09	0.66	0.26	212.0	1466	348	7.15	1.05	40.59	3.56	4.91	27.76	1.40	0.56
Chilled Sandwich	89630	Horseradish & red onion TUNA MAYO	697	165	2.53	0.52	23.17	3.27	2.92	10.96	0.87	0.35	179.0	1248	296	4.54	0.93	41.47	5.85	5.23	19.62	1.56	0.62
Chilled Sandwich	89635	Horseradish & parsley BEEF TOPSIDE	722	171	3.39	0.80	22.70	2.45	1.76	11.54	0.85	0.34	188.0	1357	322	6.37	1.50	42.68	4.61	3.32	21.70	1.60	0.64
Chilled Sandwich	89628	Proper piccalilli HAM HOCK & CHEDDAR	761	181	5.04	2.70	22.08	1.92	1.65	10.91	0.87	0.35	186.0	1415	336	9.38	5.03	41.07	3.57	3.07	20.29	1.62	0.65
Chilled Sandwich	91471	Soft oatmeal bread FREE-RANGE EGG & SALAD CREAM	891	213	9.69	1.32	22.52	2.68	2.34	7.68	0.80	0.32	176.0	1568	374	17.06	2.32	39.63	4.72	4.11	13.52	1.41	0.56
Chilled Sandwich	89634	Malted brown bread CHEDDAR PLOUGHMAN'S	1086	259	11.36	6.77	26.73	6.35	3.04	11.02	1.34	0.54	173.0	1879	449	19.65	11.70	46.24	10.99	5.26	19.06	2.32	0.93
Chilled Sandwich	89639	Malted brown bread ROAST CHICKEN & STUFFING TRIPLE	835	199	6.24	1.03	22.06	1.60	2.41	12.35	0.82	0.33	294.0	2455	584	18.34	3.04	64.86	4.70	7.07	36.30	2.41	0.97
Chilled Sandwich	91472	Soft oatmeal bread CHEESE & ONION	1133	271	14.90	5.60	22.70	1.90	2.10	10.50	1.07	0.43	177.0	2005	480	26.37	9.91	40.18	3.36	3.72	18.59	1.89	0.75
Chilled Sandwich	91470	Soft oatmeal bread PRAWN MAYO	721	171	5.20	0.54	20.95	0.51	1.96	9.22	1.44	0.57	177.0	1276	303	9.20	0.96	37.09	0.90	3.47	16.31	2.54	1.02
Chilled Sandwich	91469	Parmigiano-Reggiano ROAST CHICKEN & BACON CAESAR	949	226	10.52	3.18	20.81	2.50	1.26	11.51	0.71	0.28	238.0	2258	539	25.03	7.58	49.53	5.94	3.01	27.39	1.69	0.68
Chilled Sandwich	91473	Malted brown bread ROAST CHICKEN & BACON	952	227	8.11	1.52	21.66	1.66	2.55	15.48	1.09	0.43	200.0	1904	453	16.23	3.05	43.31	3.32	5.10	30.96	2.17	0.87
Chilled Sandwich	91475	Malted brown bread TUNA & SWEETCORN	775	184	5.58	0.78	21.18	1.85	2.81	10.92	0.86	0.34	207.0	1603	381	11.55	1.62	43.84	3.83	5.82	22.61	1.77	0.71
Chilled Sandwich	91476	Malted brown bread FREE-RANGE EGG MAYO & CRESS	956	228	10.16	1.62	23.14	1.94	2.94	9.60	0.90	0.36	170.0	1625	388	17.27	2.75	39.34	3.30	4.99	16.33	1.52	0.61
Chilled Sandwich	91477	Plain & simple CHEDDAR CHEESE	1310	313	15.18	9.22	30.19	0.62	1.49	13.12	1.31	0.52	127.0	1663	397	19.28	11.71	38.34	0.78	1.89	16.66	1.66	0.67
Chilled Sandwich	91703	Chipotle & coleslaw SPICY BBQ CHICKEN	916	218	8.15	2.16	25.09	5.88	1.83	10.22	0.68	0.27	239.0	2190	522	19.47	5.17	59.97	14.06	4.38	24.42	1.64	0.65
Chilled Sandwich	91706	Sausage, bacon & free-range egg ALL-DAY BREAKFAST	1019	243	11.22	3.00	23.03	2.48	1.25	11.91	1.20	0.48	202.0	2059	491	22.67	6.07	46.53	5.01	2.53	24.06	2.43	0.97
Chilled Sandwich	91705	Mango chutney CHICKEN TIKKA	760	181	5.39	0.77	22.88	3.84	1.40	9.46	0.86	0.34	208.0	1581	376	11.20	1.60	47.58	8.00	2.91	19.67	1.78	0.71
Chilled Sandwich	91474	Malted brown bread SMOKED HAM & CHEDDAR	1010	241	9.96	4.32	21.82	1.72	2.75	14.64	1.31	0.52	176.0	1778	424	17.53	7.61	38.40	3.03	4.83	25.76	2.31	0.92
Chilled Sandwich	91478	Plain & simple SMOKED BRITISH HAM	908	215	5.06	2.68	29.30	0.60	1.61	12.35	1.24	0.49	131.0	1190	282	6.64	3.51	38.39	0.79	2.11	16.18	1.62	0.65
Chilled Sandwich	91707	Lentil daal & coriander ONION BHAJI (0% Fat Yoghurt - Analytical)	899	214	8.10	2.20	27.30	0.90	5.30	5.50	0.64	0.26	226.0	2032	484	18.31	4.97	61.70	2.03	11.98	12.43	1.45	0.58

Category	Description	Per 100g										Per Serving											
		Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	Serving Weight (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	
		Hot Sandwich (HTO*)	89686	Mustardy HAM & CHEESE MELT	1121	267	11.32	6.24	24.95	1.00	2.13	15.37	1.55	0.62	170.3	1909	455	19.27	10.62	42.48	1.70	3.62	26.18
Hot Sandwich (HTO*)	89680	Sweetcorn & red pepper CHEESY TUNA MELT	750	178	4.77	2.10	22.05	1.73	1.22	11.12	0.68	0.27	240.0	1800	427	11.44	5.05	52.92	4.15	2.93	26.70	1.64	0.66
Hot Sandwich (HTO*)	89681	Mozzarella & pesto ITALIAN-STYLE FOCACCIA	994	237	10.07	4.30	26.15	1.01	1.46	9.69	0.93	0.37	179.0	1778	424	18.03	7.69	46.81	1.80	2.61	17.34	1.67	0.67
Hot Sandwich (HTO*)	89673	New York-style PASTRAMI BAGEL	899	213	5.33	2.50	29.51	4.93	1.59	11.00	1.27	0.51	198.0	1779	422	10.56	4.95	58.42	9.77	3.14	21.78	2.52	1.01
Hot Sandwich (HTO*)	89679	Meal pot CHICKEN CURRY & RICE	413	98	2.90	0.40	10.10	3.20	1.44	7.20	0.70	0.28	255.0	1053	250	7.40	1.02	25.76	8.16	3.67	18.36	1.79	0.71
Hot Sandwich (HTO*)	89683	Hot Pot EGG, BEANS & BACON	361	87	4.22	1.23	5.61	1.88	2.25	5.40	0.52	0.21	250.0	903	216	10.54	3.09	14.02	4.71	5.64	13.51	1.30	0.52
Hot Sandwich (HH**)	89672	Mature Cheddar BACON & CHEESE ROLL	1249	298	11.22	5.20	31.25	1.94	3.26	16.27	1.03	0.41	135.0	1686	402	15.15	7.02	42.19	2.63	4.40	21.96	1.39	0.56
Hot Sandwich (HH**)	89678	Proper Cumberland SAUSAGE & EGG ROLL	1067	255	11.61	4.26	24.81	2.70	2.35	11.57	0.93	0.37	195.0	2080	497	22.64	8.32	48.39	5.27	4.58	22.56	1.81	0.72
Hot Sandwich (HH**)	89675	Tomato chutney BACON ROLL	1204	286	8.58	3.17	35.25	4.86	3.53	15.23	1.02	0.41	130.0	1565	372	11.15	4.12	45.82	6.32	4.60	19.80	1.33	0.53
Hot Sandwich (HH**)	89687	Ragu & cheese MELTIN' MEATBALL WRAP	978	233	10.05	4.51	23.91	3.71	1.83	10.88	0.75	0.30	232.0	2269	541	23.31	10.47	55.48	8.61	4.24	25.25	1.75	0.70
Hot Sandwich (HH**)	89682	Smoky salsa MELTIN' MEXICAN CHICKEN WRAP	874	208	6.63	2.78	25.02	4.01	1.77	11.15	0.73	0.29	208.0	1819	432	13.79	5.78	52.05	8.35	3.67	23.20	1.53	0.61

* HTO - Products are Heated to Order

** HH - Products are Hot Held in the Hot Unit Cabinet

Category	Description	Per 100g										Per Serving											
		Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	Serving Weight (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	
		Chilled Snack	89669	Caesar-style MEDITERRANEAN CHICKEN SALAD	504	121	7.68	1.49	3.67	2.08	0.98	8.81	0.60	0.24	199.0	1003	241	15.28	2.96	7.30	4.15	1.96	17.53
Chilled Snack	89668	Sweet chilli & ginger SALMON SALAD	566	135	4.99	0.77	14.04	3.68	2.07	7.40	0.35	0.14	217.0	1227	293	10.83	1.66	30.46	7.98	4.49	16.05	0.77	0.31
Chilled Snack	90108	Balsamic vinegar DRESSING	2315	562	59.60	3.90	6.40	6.30	0.10	0.00	0.34	0.13	30.0	694	169	17.88	1.17	1.92	1.89	0.03	0.00	0.10	0.04
Chilled Snack	89647	Crispy & refreshing APPLE SLICES	229	54	0.10	0.00	11.70	11.70	2.60	0.30	0.00	0.00	120.0	274	65	0.12	0.00	14.04	14.04	3.12	0.36	0.00	0.00
Chilled Snack	89652	Sweet & seedless GREEN GRAPES	287	68	0.20	0.10	15.20	15.20	1.20	0.70	0.00	0.00	120.0	345	81	0.24	0.12	18.24	18.24	1.44	0.84	0.00	0.00
Chilled Snack	89653	Sweet & seedless RED GRAPES	313	74	0.10	0.00	17.00	17.00	1.30	0.60	0.00	0.00	120.0	376	89	0.12	0.00	20.40	20.40	1.56	0.72	0.00	0.00
Chilled Snack	89656	Sweet & tangy APPLE, GRAPES & CHEDDAR	582	139	7.40	4.60	11.10	11.10	1.60	6.30	0.44	0.18	110.0	641	153	8.14	5.06	12.21	12.21	1.76	6.93	0.48	0.19
Chilled Snack	90784	Sweet & juicy PINEAPPLE CHUNKS	190	45	0.20	0.00	9.80	9.80	1.20	0.40	0.01	0.00	160.0	305	72	0.32	0.00	15.68	15.68	1.92	0.64	0.01	0.00
Chilled Snack	90785	Sweet & juicy MELON CHUNKS	71	17	0.10	0.00	3.20	3.20	0.70	0.40	0.01	0.01	160.0	113	27	0.16	0.00	5.12	5.12	1.12	0.64	0.02	0.01
Chilled Snack	89667	Raspberry ripple YOGHURT & GRANOLA	485	115	3.56	0.45	10.76	5.97	2.01	9.09	0.06	0.02	165.0	801	191	5.87	0.74	17.76	9.85	3.31	15.00	0.09	0.04
Chilled Snack	89649	Mixed seeds EGG & SPINACH	558	134	8.71	2.36	0.99	0.18	0.88	12.46	0.39	0.16	103.0	575	138	8.97	2.44	1.02	0.18	0.90	12.84	0.40	0.16
Chilled Snack	89648	Creamy houmous CRUNCHY VEG STICKS	333	80	3.12	0.38	9.54	4.60	1.48	2.58	0.48	0.19	125.0	417	99	3.90	0.47	11.92	5.75	1.85	3.22	0.60	0.24
Chilled Snack	89658	Balti-spiced VEG SAMOSA	889	213	10.10	0.80	23.90	4.30	3.20	4.90	1.10	0.44	100.0	889	213	10.10	0.80	23.90	4.30	3.20	4.90	1.10	0.44
Chilled Snack	89657	Balti-spiced CHICKEN SAMOSA	1032	247	12.10	1.30	23.70	4.90	2.70	9.40	0.96	0.38	100.0	1032	247	12.10	1.30	23.70	4.90	2.70	9.40	0.96	0.38
Chilled Snack	89663	All-butter puff pastry STEAK SLICE (Chilled)	1422	341	21.10	12.00	27.30	1.40	1.50	9.70	0.69	0.28	148.0	2104	505	31.23	17.76	40.40	2.07	2.22	14.36	1.02	0.41
Chilled Snack	89659	All-butter puff pastry SAUSAGE ROLL (6" Chilled)	1563	375	24.60	13.10	26.40	1.60	1.80	11.30	1.48	0.59	112.0	1751	420	27.55	14.67	29.57	1.79	2.02	12.66	1.66	0.66
Chilled Snack	90781	Pork & apple HOG ROAST ROLL (Chilled)	1511	363	23.10	10.60	22.90	3.20	1.70	14.90	1.16	0.47	140.0	2115	508	32.34	14.84	32.06	4.48	2.38	20.86	1.63	0.65
Chilled Snack	90783	Bombay-style CHICKEN SLICE (Chilled)	1303	312	18.00	12.30	27.20	3.30	2.80	9.00	0.78	0.31	160.0	2085	499	28.80	19.68	43.52	5.28	4.48	14.40	1.24	0.50

Category	Description	Per 100g										Per Serving											
		Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	Serving Weight (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	
		Hot Savoury	89703	All-butter puff pastry LARGE SAUSAGE ROLL (6")	1566	376	24.60	13.10	26.40	1.60	1.80	11.30	1.48	0.59	112.0	1753	421	27.55	14.67	29.57	1.79	2.02	12.66
Hot Savoury	89708	All-butter puff pastry STEAK SLICE	1422	341	21.10	12.00	27.30	1.40	1.50	9.70	0.69	0.28	148.0	2104	505	31.23	17.76	40.40	2.07	2.22	14.36	1.02	0.41
Hot Savoury	89706	Bombay-style CHICKEN SLICE	1303	312	18.00	12.30	27.20	3.30	2.80	9.00	0.78	0.31	160.0	2085	499	28.80	19.68	43.52	5.28	4.48	14.40	1.25	0.50
Hot Savoury	89709	Beef & veg CORNISH PASTY	1038	248	12.50	6.50	27.20	1.10	1.60	5.90	0.88	0.35	283.0	2938	702	35.38	18.40	76.98	3.11	4.53	16.70	2.48	0.99
Hot Savoury	89707	Pork & apple HOG ROAST ROLL	1408	338	21.20	9.90	22.90	5.60	1.70	13.00	1.05	0.42	140.0	1972	473	29.68	13.86	32.06	7.84	2.38	18.20	1.47	0.59
Hot Savoury	89704	Bacon & cheese PASTRY TURNOVER	1425	342	22.40	12.80	21.30	2.40	1.40	13.10	2.09	0.84	100.0	1425	342	22.40	12.80	21.30	2.40	1.40	13.10	2.09	0.84
Hot Savoury	89705	Tikka-style VEG SLICE	1498	360	22.86	13.72	31.29	2.89	2.53	5.90	0.75	0.30	118.0	1768	424	26.98	16.19	36.92	3.41	2.98	6.96	0.89	0.36
Baked Confectionery	89689	Crisp & buttery CLASSIC CROISSANT	1752	419	21.90	14.60	43.10	6.10	4.70	10.10	0.98	0.39	72.0	1262	302	15.77	10.51	31.03	4.39	3.38	7.27	0.71	0.28
Baked Confectionery	89688	Rich & buttery PAIN AU CHOCOLAT	1818	435	23.60	15.40	44.20	11.90	5.50	8.80	0.73	0.29	80.0	1455	348	18.88	12.32	35.36	9.52	4.40	7.04	0.58	0.23
Baked Confectionery	89692	Crisp & buttery MULTIGRAIN CROISSANT	1700	408	23.70	15.50	34.60	3.60	8.10	10.00	0.73	0.29	68.0	1156	277	16.12	10.54	23.53	2.45	5.51	6.80	0.50	0.20
Baked Confectionery	89701	Rich & sticky CHOCOLATE BROWNIE	1915	459	27.40	16.70	45.40	36.40	4.00	5.70	0.44	0.17	81.0	1551	372	22.19	13.53	36.77	29.48	3.24	4.62	0.35	0.14
Baked Confectionery	89700	Mixed fruit & seeds OATY FLAPJACK	1708	409	19.30	8.40	46.00	25.10	12.00	7.80	0.18	0.07	78.0	1332	319	15.05	6.55	35.88	19.58	9.36	6.08	0.14	0.06
Baked Confectionery	89699	Citrus-glazed LEMON DRIZZLE CAKE	1707	408	20.20	12.40	49.70	31.90	3.30	5.20	0.61	0.24	71.0	1212	290	14.34	8.80	35.29	22.65	2.34	3.69	0.43	0.17
Baked Confectionery	89696	Warming spices CARROT CAKE	1612	385	18.80	5.10	48.10	30.00	2.30	5.00	0.37	0.15	77.0	1241	296	14.48	3.93	37.04	23.10	1.77	3.85	0.28	0.11
Baked Confectionery	89690	Sweet & nutty MAPLE PECAN PLAIT	1944	466	29.20	12.10	44.90	18.60	1.90	5.00	0.32	0.13	82.0	1594	382	23.94	9.92	36.82	15.25	1.56	4.10	0.26	0.10
Baked Confectionery	91130	Smooth & creamy CUSTARD TART	1179	281	10.50	5.00	41.10	23.10	2.10	4.40	0.27	0.11	58.0	684	163	6.09	2.90	23.84	13.40	1.22	2.55	0.16	0.06
Baked Confectionery	91127	Almond & hazelnut VANILLA CRÈME CROWN	1577	377	20.50	8.50	40.90	12.50	2.00	6.30	0.30	0.12	88.0	1388	332	18.04	7.48	35.99	11.00	1.76	5.54	0.26	0.11
Baked Confectionery	91126	Gently spiced CINNAMON SWIRL	1403	334	13.95	8.60	45.35	15.12	1.86	5.93	0.91	0.36	86.0	1207	288	12.00	7.40	39.00	13.00	1.60	5.10	0.78	0.31
Baked Confectionery	91129	Rich & gooey TRIPLE CHOCOLATE MUFFIN	1667	398	19.80	3.70	49.20	28.70	2.30	4.70	0.02	0.01	110.0	1834	438	21.78	4.07	54.12	31.57	2.53	5.17	0.02	0.01
Baked Confectionery	91128	Hand-crafted CHOCOLATE CHUNK COOKIE	1900	453	19.80	12.00	61.20	33.40	2.90	6.10	1.42	0.57	72.5	1377	329	14.36	8.70	44.37	24.22	2.10	4.42	1.03	0.41
Baked Confectionery	91631	Sweet & fruity BLUEBERRY MUFFIN	1397	337	15.80	1.70	46.30	22.30	1.20	3.70	0.02	0.01	110.0	1537	371	17.38	1.87	50.93	24.53	1.32	4.07	0.02	0.01
Baked Confectionery		JO DBS T&S Pain au Chocolate	1823	436	23.00	15.00	48.00	13.00	3.10	7.70	1.00	0.40	61.0	1112	266	14.03	9.15	29.28	7.93	1.89	4.70	0.61	0.24
Baked Confectionery		JO DBS T&S All-butter Croissant	2033	488	24.00	15.00	47.00	8.00	26.00	8.10	1.20	0.48	50.0	1016	244	12.00	7.50	23.50	4.00	13.00	4.05	0.60	0.24