



# FLAPJACKS

Gourmet Flapjacks	Ingredients
Dark & Fruity	Gluten free oats, margarine (vegetable oils, water, salt, emulsifier (E475), colours (E100, E160b), flavourings), golden syrup, brown sugar, dates (dates, rice flour) (6%), raisins (6%).
Ginger & Apricot	OATS, salted butter (MILK), brown sugar, golden syrup, apricot fruit filling (apricot (60%), water, sugar, modified starch, natural flavouring, acid: citric acid, vegetable extracts) (7%), crystallised ginger (stem ginger in E223 brine, cane sugar, water) (5%), apricots (dried apricots, rice flour, E220) (5%).
Maple	OATS, salted butter (MILK), margarine (vegetable oils, water, salt, emulsifier (E475), colours (E100, E160b), flavourings) brown sugar, golden syrup (14%), maple syrup (3%).
Nutoffee	OATS, salted butter (MILK), brown sugar, golden syrup, toffees (7%) (glucose syrup, sugar, palm oil, sweetened condensed skimmed MILK, water, salt, emulsifier (mono and di glycerides of fatty acids), molasses, flavouring), BRAZIL NUTS (4.5%), ALMONDS.
Orange & Dark choc	OATS, salted butter (MILK), brown sugar, golden syrup, Belgian dark chocolate (min cocoa: 50.0%. cocoa mass, sugar, SOYA lecithin, natural vanilla flavouring) (9%), orange zest (4%).
Yo Berry	OATS, salted butter (MILK), brown sugar, golden syrup, non hydrogenated yoghurt topping (sugar, vegetable oil, whey powder (MILK), skimmed MILK yoghurt powder, WHEAT flour, emulsifier: SOYA lecithin), summer berries (6%), balsamic vinegar (0.6%).
Toasted Coconut	Gluten-free oats, golden syrup, dark chocolate ((cocoa mass, sugar, cocoa butter, SOYA lecithin, natural vanilla) min cocoa: 70.0%), desiccated coconut (13%), sugar, coconut oil (8%), margarine (vegetable oil (palm & rapeseed), water, salt, emulsifier mono- and diglycerides of fatty acids (E471), colourings (annatto E160b, curcumin E100), natural flavouring), toasted coconut (2%)

Allergen Advice! For allergens, including cereals containing gluten, see ingredients in UPPERCASE.  
Allergens handled on the premises: nuts, gluten, WHEAT, cow's MILK, soya, EGG, sulphur dioxide.



# TRAYBAKES

Traybakes	Ingredients
Blueberry Bakewell	Salted butter (MILK), sugar, ground ALMONDS, WHEAT flour, mixed fruit jam (8%) (glucose syrup, apple puree, red plum puree from concentrate, apricot puree from concentrate, raspberry seeds, gelling agent: pectin, acidity regulators: citric acid, sodium citrate, elderberry juice concentrate, colour: anthocyanin, raspberry puree), free range EGG, blueberries (5%), marzipan (sugar, ALMONDS, glucose syrup, invert sugar syrup), flaked ALMONDS, natural almond flavour, snow dusting (dextrose, WHEAT starch, non hydrogenated vegetable oil, salt, natural flavouring).
Caramel Slice	Shortbread base (42%) (salted butter (MILK), WHEAT flour, sugar, rice flour), caramel (42%) (sweetened condensed MILK (whole MILK, sugar), sugar, salted butter (MILK), golden syrup), Belgian MILK chocolate (sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, natural vanilla flavour).
Chococarnage	Belgian plain chocolate ((cocoa mass, sugar, SOYA lecithin, natural vanilla) min cocoa 50%), Digestive biscuit (wheat flour, vegetable oil, sugar, wholemeal flour (WHEAT), partially inverted refiners syrup, raising agents, salt), salted butter (MILK) golden syrup, sultanas, natural glace cherries (cherries, glucose fructose syrup, sugar, colour: anthocyanin, acidity regulator: citric acid, preservative: sulphur dioxide), Shortcake (WHEAT flour, vegetable fat, sugar, WHEAT GLUTEN, salt, raising agent), rich tea biscuit (WHEAT flour, sugar, vegetable oil, malt extract (BARLEY), invert sugar syrup, raising agent, salt), desiccated coconut, Belgian MILK chocolate (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier: SOYA lecithin, natural vanilla flavour), vanilla extract.
Cocoa Cluster	Sugar, plain chocolate (min cocoa: 50%. cocoa mass, sugar, SOYA lecithin, natural vanilla flavour), margarine (vegetable oils, water, salt, emulsifier (E475), colours (E100, E160b), flavourings), free range EGGS, flour blend (rice, potato, tapioca, maize, buckWHEAT), HAZELNUTS (6%), vanilla extract, salt.
Espresso Cheesecake Brownie	Sugar, free range EGG, dark chocolate ((cocoa mass, sugar, cocoa butter, SOYA lecithin, natural vanilla) min cocoa: 70.0%), salted butter (MILK), cream cheese (MILK, cream (MILK), MILK solids, salt, lactic culture, corn starch modified), WHEAT flour, sweetened condensed MILK (whole MILK, sugar), plain chocolate (min cocoa: 50%. cocoa mass, sugar, SOYA lecithin, natural vanilla flavour), reduced fat cocoa, golden syrup, coffee, vanilla extract.

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# TRAYBAKES

Traybakes	Ingredients
Lemon Polenta	Sugar, salted butter (MILK), ground ALMONDS, free range EGG, polenta, icing sugar (sugar, anti-caking agent (E341)), lemon juice (7%), lemon zest (2%), lemon thyme, raising agent.
Raspberry Bakewell	Salted butter (MILK), ALMONDS, raspberry jam (glucose syrup, raspberry puree from concentrate, raspberries, gelling agent: pectin, acidity regulator: citric acid, sodium citrate), sugar, free range EGG, WHEAT flour, semolina (WHEAT), lemon zest.
Honeycomb Rocky Road	Milk chocolate (sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, natural vanilla flavour), golden syrup, digestive biscuit (WHEAT flour, vegetable oil, sugar, whole-meal flour (WHEAT), partially inverted refiners syrup, raising agents, salt), dark chocolate (Cocoa mass: 50.0%, sugar, emulsifier: SOYA lecithin, natural vanilla flavour), rich tea biscuit (WHEAT flour, sugar, vegetable oil, malt extract (BARLEY), invert sugar syrup, raising agent, salt), salted butter (MILK), margarine (vegetable oil (palm & rapeseed), water, salt, emulsifier mono- and diglycerides of fatty acids (E471), colourings (annatto E160b, curcumin E100), natural flavouring), raisins, marshmallows (glucose-fructose syrup, sugar, water, gelatine (pork), maize starch, vanilla flavour), natural glace cherries (cherries, glucose fructose syrup, sugar, colour: anthocyanin, acidity regulator: citric acid, preservative: sulphur dioxide), shortcake (WHEAT flour, vegetable fat, sugar, WHEAT gluten, salt, raising agent), honeycomb (sugar, glucose syrup, bicarbonate of soda (3%), snow dusting (dextrose, WHEAT starch, non-hydrogenated vegetable oil, salt, natural flavouring).
Salted Caramel Bubbles	Dark chocolate ((cocoa mass, sugar, cocoa butter, SOYA lecithin, natural vanilla) min cocoa: 70.0%), shortcake (WHEAT flour, vegetable fat, sugar, WHEAT gluten, salt, raising agent), sweetened condensed MILK (whole MILK, sugar), butter (MILK), brown sugar, golden syrup, sea salt.
Jewel Bar (Formerly known as Super Caramel Slice)	Sugar, roasted HAZELNUTS, free range EGGS, sweetened condensed MILK (whole MILK, sugar), margarine (vegetable oils, water, salt, emulsifier (E475), colours (E100, E160b), flavourings), buckWHEAT flakes, pumpkin seeds, salted butter (MILK), dried sweetened cranberries (sugar, cranberries, sunflower oil), plain chocolate (cocoa mass (50%), sugar, SOYA lecithin, natural vanilla flavour), white chocolate (sugar, whole MILK powder, cocoa butter, skimmed MILK powder, SOYA lecithin, natural vanilla flavour), sunflower seeds, flour blend (rice, potato, tapioca, maize, buckWHEAT).
Ultimate Brownie	Sugar, free range EGG, salted butter (MILK), dark chocolate ((cocoa mass, sugar, cocoa butter, SOYA lecithin, natural vanilla) min cocoa: 70.0%), white chocolate chunks (sugar, whole MILK powder, cocoa butter, skimmed MILK powder, SOYA lecithin, natural vanilla), reduced fat cocoa, MILK chocolate chunks (sugar, cocoa butter, whole cream MILK powder, cocoa mass, skimmed MILK powder, SOYA lecithin, natural vanilla), WHEAT flour, plain chocolate chunks ((cocoa mass, sugar, SOYA lecithin, natural vanilla) min cocoa: 50%), raising agent.

Traybakes continued overleaf

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# TRAYBAKES

Traybakes	Ingredients
Feel Good Granola	OATS, salted butter (MILK), honey (9%), sunflower seeds, pumpkin seeds, brown sugar, golden syrup, dried sweetened cranberries (sugar, cranberries, sunflower oil), raisins, dates (dates, rice flour), crisp rice (rice flour, sugar, malt extract (from BARLEY), sunflower oil, emulsifier: sunflower lecithin), ground cinnamon.
Ultimate Almond Brownie	SOYA lecithin, natural vanilla) min cocoa: 70.0%), salted butter (MILK), free-range EGG, flour blend (rice, potato, tapioca, maize, buckwheat), ground ALMONDS, vanilla extract.
Loveberry Blondie	WHEAT flour, white chocolate (sugar, cocoa butter, whole MILK powder, SOYA lecithin, natural vanilla), berries (raspberries, blueberries, redcurrants) (16%), sugar, free range EGG, salted butter (MILK), white chocolate chunks (sugar, whole MILK powder, cocoa butter, skimmed MILK powder, SOYA lecithin, natural vanilla), MILK, salt, vanilla extract, raising agent.
Strawberries and Cream	Salted butter (milk), sugar, icing sugar (sugar, anti-caking agent), flour blend (rice, potato, tapioca, maize, buckwheat), free range egg, ground almonds, cream cheese (milk), cream (milk), milk solids, salt, lactic culture, corn starch modified), strawberries (2.5%), raspberries, pistachios, lemon juice, vanilla extract, raising agent.
Coco Zing	Salted butter (MILK), icing sugar (sugar, anti-caking agent (E341)), sugar, flour blend (rice, potato, tapioca, maize, buckwheat), ground ALMONDS, free range EGG, mango pulp (mango 90%, sugar, citric acid), polenta, lime juice, desiccated coconut, lime zest, raising agent.
Salted Caramel Brownie	Sugar, sweetened condensed milk (whole MILK, sugar), salted butter (MILK), dark chocolate (cocoa mass, sugar, cocoa butter, SOYA lecithin, natural vanilla) min cocoa: 70.0%, WHEAT flour, free range EGG, golden syrup, cocoa powder, sea salt flakes.
Raspberries and Cream	Salted butter (MILK), sugar, icing sugar (sugar, anti-caking agent (E341), flour blend (rice, potato, tapioca, maize, buckwheat), free range EGG, ground ALMONDS, cream cheese (MILK, cream (MILK), MILK solids, salt, lactic culture, corn starch modified), raspberries (6%), PISTACHIOS, lemon juice, vanilla extract, gluten free raising agent.
Nutterscotch Blondie	Sugar, white chocolate with caramel (cocoa butter, sugar, whole MILK powder, MILK sugar, whey powder (MILK), skimmed MILK powder, caramelised sugar, emulsifier: SOYA lecithin, natural vanilla flavouring) (17%), coconut oil, free range EGG, WHEAT flour (Contains Calcium, Iron, Nicotinamide, Thiamine), WALNUTS (9%), white chocolate (sugar, whole MILK powder, cocoa butter, skimmed MILK powder, SOYA lecithin, natural vanilla), double cream (MILK), salt, raising agent: (E450i, E500ii), WHEAT flour (Contains Calcium, Iron, Nicotinamide, Thiamine)
Lemon, Ginger & Turmeric	WHEAT flour (Contains Calcium, Iron, Nicotinamide, Thiamine), sugar, coconut oil, free range EGG, crystallised ginger (stem ginger in E223 brine, cane sugar, water) (10.7%), lemon zest (5.4%), ginger (4.1%), lemon juice (4.1%), honey, caramelised lemon zest (sugar, lemon zest, water) (2%), ground turmeric (0.4%), raising agent: (E450i, E500ii), WHEAT flour (Contains Calcium, Iron, Nicotinamide, Thiamine), ground ginger, salt.

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**TRAYCAKES**

Traycakes	Ingredients
Carrot & Orange	<p>Sponge (74%) (sugar, WHEAT flour, carrots (11%), sunflower oil, oranges, free range EGG, WALNUTS, raising agents, spices, salt), Frosting (26%) (icing sugar (sugar, anti-caking agent (E341)), cream cheese (MILK, cream (MILK), MILK solids, salt, lactic culture, corn starch modified), salted butter (MILK), orange zest).</p>
Chocolate & Seville Orange	<p>Sponge (87%) (sugar, free range EGG, salted butter (MILK), oranges (15%), dark chocolate ((cocoa mass, sugar, cocoa butter, SOYA lecithin, natural vanilla) min cocoa: 70.0%), reduced fat cocoa, flour blend (rice, potato, tapioca, maize, buckWHEAT), ground ALMONDS, raising agent), ganache (12%) (cream (MILK), dark chocolate ((cocoa mass, sugar, cocoa butter, SOYA lecithin, natural vanilla) min cocoa: 70.0%)), plain chocolate ((cocoa mass, sugar, SOYA lecithin, natural vanilla flavouring) min cocoa: 50%), caramelised orange zest (sugar, orange zest, water) (1%).</p>
Lemon & Raspberry Swirl	<p>Sponge (96%) (sugar, WHEAT flour, buttermilk (MILK), sunflower oil, free range EGG, raspberries (5%), lemon zest (2.7%), lemon juice (1.7%), raising agent, salt), drizzle (4%) (icing sugar (sugar, anti-caking agent (E341)), lemon juice).</p>
Salted Sticky Toffee	<p>Sponge (71%) (WHEAT flour, dates (dates, rice flour), sugar, water, free range EGG, salted butter (MILK), MILK, black treacle, raising agents, vanilla extract, spices), frosting (27%) (icing sugar (icing sugar, anti-caking agent (E341)), cream cheese (MILK, cream (MILK), MILK solids, salt, lactic culture, corn starch modified), toffee sauce (MILK), salted butter (MILK)), toffee sauce (1.6%) (sugar, golden syrup, cream (MILK), salted butter (MILK), vanilla extract, sea salt), crushed caramel (sugar, glucose syrup, whole MILK, cream (MILK), butter (MILK), salt, natural vanilla, emulsifiers: rapeseed lecithin and sucrose esters of fatty acids), sea salt flakes.</p>
Chocolate Milk Stout	<p>Sponge (76%): WHEAT flour, milk stout (malted BARLEY, flaked OATS, terrified WHEAT, lactose (MILK sugar), yeast, hops) (12%), black treacle, golden syrup, salted butter (MILK), dark chocolate ((cocoa mass, sugar, cocoa butter, SOYA lecithin, natural vanilla) min cocoa: 70.0%), dark sugar, buttermilk (MILK), free range EGGS, reduced fat cocoa (cocoa cake, potassium carbonate), raising agent,, vanilla essence (water, alcohol (35%), sugar, vanilla bean extractives), salt. Frosting (24%): Icing sugar (sugar, anti-caking agent (E341)), cream cheese (MILK, cream (MILK), MILK solids, salt, lactic culture, corn starch modified), salted butter (MILK), vanilla paste (pure vanilla extractives, sugar, vanilla bean, natural thickener).</p>

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**TRAYCAKES**

Traycakes	Ingredients
Banoffee	<p>Sponge (80%) (sugar, wheat flour, banana (17%), sunflower oil, buttermilk (MILK), free range EGG, salted butter (MILK), lemon juice, raising agent, salt), frosting (18%) (icing sugar (icing sugar, anti-caking agent E341), white chocolate (sugar, cocoa butter, whole MILK powder, SOYA lecithin, natural vanilla), double cream (MILK), cream cheese (MILK, cream (MILK), MILK solids, salt, lactic culture, corn starch modified), salted butter (MILK)), white chocolate shavings (2%) (sugar, cocoa butter, whole MILK powder, whey powder (MILK), lactose (MILK), emulsifier (SOYA lecithin), vanilla extract).</p>
Honey and Bergamot	<p>Sponge (89%) (sugar, WHEAT flour, buttermilk (MILK), free range EGG, coconut oil, sunflower oil, raising agent: (E450i, E500ii), WHEAT flour (Contains Calcium, Iron, Nicotinamide, Thiamine), salt, bergamot oil (0.1%)), Topping (11%)(icing sugar (sugar, anti-caking agent E341), honey (2%), honeycomb pieces (sugar, glucose syrup, bicarbonate of soda) (2%), MILK, cornflower petals).</p>
Dark Cherry and Marzipan	<p>WHEAT flour, sugar, apple sauce (re-hydrated apple, water, sugar, lemon juice from concentrate, modified starch, spirit vinegar, salt, preservative: E223), coconut oil, dark cherries (11.5%), ALMONDS (8.5%), marzipan (sugar, ALMONDS, glucose syrup, stabiliser (E420, E1103), preservative (E202), thickener (E401)) (3%), water, soya cream (water, vegetable oil (sunflower), hulled SOYA BEANS, fructose-glucose syrup, emulsifier (sucrose esters of fatty acids), stabilisers), raising agent (WHEAT), PISTACHIOS, natural almond flavour, salt.</p>
Orange Almond Polenta	<p>Sugar, oranges (22%), polenta (15%), free range EGG, ALMONDS (11%), sunflower oil, marmalade (sugar, Seville orange pulp, brown sugar, sweet orange pulp, acidity regulator: citric acid,) flour blend (rice, potato, tapioca, maize, buckwheat), water, raising agent, salt.</p>
Queen Vic	<p>Sugar, WHEAT flour, icing sugar (sugar, anti-caking agent (E341)), salted butter (MILK), free range EGG, raspberries (7%), sunflower oil, double cream (MILK), buttermilk (MILK), raising agent, snow dusting (dextrose, WHEAT starch, non-hydrogenated sustainable palm oil, salt, natural flavouring), vanilla paste, vanilla extract, salt.</p>

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**TRAYCAKES**

Traycakes	Ingredients
English Garden	<p>Sponge (78%) (WHEAT flour, sugar, salted butter (MILK), courgette, free range EGG, cucumber, lemon zest, mint, raising agent, vanilla extract, salt), Topping (22%)(icing sugar (sugar, anti caking agent E341), cream cheese (MILK, cream (MILK), MILK solids, salt, lactic culture, corn starch modified), salted butter (MILK), natural flavourings), edible dried elderflowers.</p>
Mulled Apple	<p>WHEAT flour, sugar, bramley apple (20%), coconut oil, sultanas, apple sauce (re-hydrated apple, water, sugar, lemon juice from concentrate, modified starch, spirit vinegar, salt, preservative: E223) (5.5%), apple juice (3.5%), PECANS, OATS, raising agents (WHEAT), mulling spice mix (cinnamon, ginger, clove, nutmeg, cardamom), orange zest, cinnamon, salt.</p>
Triple Belgian Chocolate	<p>Sugar, free range EGG, olive oil blend (pomace olive oil, SOYA oil), buttermilk (MILK), dark chocolate ((cocoa mass, sugar, cocoa butter, SOYA lecithin, natural vanilla) min cocoa: 70.0%) (11%), WHEAT flour, plain chocolate ((cocoa mass, sugar, SOYA lecithin, natural vanilla) min cocoa: 50%) (8%), double cream (MILK), cocoa powder, golden syrup, milk chocolate (sugar, cocoa butter, whole cream MILK powder, cocoa mass, skimmed MILK powder, SOYA lecithin, natural vanilla) (1%), white chocolate (sugar, cocoa butter, Whole MILK powder, whey powder (MILK), lactose (MILK), emulsifier (SOYA lecithin), vanilla extract) (1%), raising agent, vanilla extract, salt.</p>
Lemon Drizzle	<p>Sugar, WHEAT flour, buttermilk (MILK), sunflower oil, lemon drizzle (9%) (icing sugar (sugar, anti-caking agent (E341)), lemon juice (1.7%), buttermilk (MILK) free range EGGS, lemon curd (6.5%) (sugar, water, glucose syrup, concentrated lemon juice (lemon juice, sulphur dioxide), margarine, water, lemon juice concentrate), EGG powder, WHEAT starch, modified WHEAT starch, gelling agent: Pectin, Sicilian lemon oil, acidity regulators: citric acid, trisodium citrate, colours: lutein, curcumin), lemon zest (3.5%), lemon juice (2.6%), raising agent, salt.</p>
Soffee Walnut	<p>Sugar, WHEAT flour, icing sugar (icing sugar, anti-caking agent (E341),buttermilk (MILK), free range EGG, WALNUTS (6.8%), coconut oil, water, cream cheese (MILK, cream (MILK), MILK solids, salt, lactic culture, corn starch modified), RYE flour, sunflower oil, butter (MILK)(butter, salt), coffee, double cream (MILK), raising agent: (E450i, E500ii), WHEAT flour (Contains Calcium, Iron, Nicotinamide, Thiamine), salt.</p>

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# LOAFCAKE\$

Traycakes	Ingredients
Banana & Chocolate	Banana (46%), WHEAT flour, coconut oil, sugar, plain chocolate (min cocoa: 55%. cocoa mass, sugar, cocoa butter, SOYA lecithin, natural vanilla flavour) (7%), raising agent, vanilla extract, salt.
Lemon & Courgette	Sugar, coconut oil, free-range EGG, courgette (12%), ground ALMONDS, flour blend (rice, potato, tapioca, maize, buck-wheat), polenta, lemon (4%), PISTACHIOS, raising agent, salt.
Poached Pear & Ginger	Wheat flour, semi skimmed MILK, pear (13%), salted butter (MILK), sugar, black treacle, golden syrup, free range EGG, crystallised ginger (stem ginger in E223 brine, cane sugar, water) (3%), ground ginger (0.9%), raising agent.
Smashing Pumpkin	Sugar, pumpkin puree (24%), WHEAT flour, coconut oil, free-range EGG, pumpkin seeds, spices, raising agents, salt.
Marmalady Grey	WHEAT flour, raisins, sultanas, free range EGG, chopped dates (dates, rice flour), dark sugar, sun-flower oil, marmalade (sugar, seville orange pulp, brown sugar, sweet orange pulp, acidity regulator: citric acid) (4%), sweetened dried cranberries (cranberries, sugar, sunflower oil), dried apricots (apricots, rice flour, E220), raising agent, orange zest, lemon juice, earl grey (loose leaf - ceylon UVA, bergamot oil, natural flavouring (bergamot), marigold petal, orange peel) (0.22%), ground mixed spice, salt, ground nutmeg, ground cinnamon.
Mocha Walnut	Sugar, WHEAT flour, buttermilk (MILK), WALNUTS (9%), free range EGG, olive oil blend (pomace olive oil, SOYA oil), salted butter (MILK), dark chocolate ((cocoa mass, sugar, cocoa butter, SOYA lecithin, natural vanilla) min cocoa: 70.0%) (4%), coffee (2%), reduced fat cocoa, raising agent (diphosphates (E450), sodium carbonates (E 500); WHEAT flour(calcium carbonate (E 170); iron; vitamin B1; vitamin B3)), vanilla extract, salt

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# LOAFCAKE\$

Traycakes	Ingredients
Coconut Passion	Sugar, flour blend (rice, potato, tapioca, maize, buckwheat), coconut oil, free range EGG, buttermilk (MILK), dessicated coconut (9%), passion fruit puree (passion fruit, sugar, glucose syrup) (6%), coconut chips (3%), gluten free baking powder, xanthan gum, salt, coconut flavouring.

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**BOOSTS**

Traycakes	Ingredients
Cocoa & Orange	Dates (dates, rice flour), sultanas, gluten-free oats, CASHEW NUTS, sunflower seeds, cocoa (4%), pumpkin seeds, water, coconut oil, cocoa nibs, orange oil.
Sour Cherry and Hazelnut	Dates (dates, rice flour), sultanas, gluten-free oats, sunflower seeds, HAZELNUTS (4%), pumpkin seeds, dried sweetened cranberries (cranberries, apple juice, sunflower oil), water, CASHEW NUTS, sour cherries (1.4%), coconut oil.
Superseedy	Pumpkin seeds (22%), sunflower seeds (17%), dates (dates, rice flour), honey, WALNUTS, golden linseed (5%), linseed (4%), chia seeds (3%), water, coconut oil, poppy seeds (2%), tamari soy sauce (water, SOYBEANS, salt, spirit vinegar).
Sour Cherry Boost	Dates, gluten-free oats, dried cranberries (cranberries, apple juice, sunflower oil), sunflower seeds, water, HAZELNUTS (3.2%), pumpkin seeds, sour cherries (2.1%), coconut oil, freeze dried cherries.
Raw Brownie Boost	Dates, cacao powder, water, buckwheat flour, ALMONDS, coconut oil, cacao nibs, salt.
Breakfast Boost	Date syrup, gluten-free oats, coconut oil, dates, pumpkin seeds, sunflower seeds, dates (dates, rice flour), sultanas, brown puffed rice (whole brown rice), linseeds, chia seeds, dried cranberries (cranberries, apple juice, sunflower oil), spices, salt.

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# SEASONAL CAKES

Traycakes	Ingredients
Chocolate Milk Stout	<p>Sponge (76%): WHEAT flour, milk stout (malted BARLEY, flaked OATS, terrified WHEAT, lactose (MILK sugar), yeast, hops) (12%), black treacle, golden syrup, salted butter (MILK), dark chocolate ((cocoa mass, sugar, cocoa butter, SOYA lecithin, natural vanilla) min cocoa: 70.0%), dark sugar, buttermilk (MILK), free range EGGS, reduced fat cocoa (cocoa cake, potassium carbonate), raising agent,, vanilla essence (water, alcohol (35%), sugar, vanilla bean extractives), salt. Frosting (24%): Icing sugar (sugar, anti-caking agent (E341)), cream cheese (MILK, cream (MILK), MILK solids, salt, lactic culture, corn starch modified), salted butter (MILK), vanilla paste (pure vanilla extractives, sugar, vanilla bean, natural thickener).</p>
Dark Chocolate and Ginger Florentine	<p>Gluten free oats, brown sugar, butter (MILK) (butter, salt), ALMONDS, dark chocolate ([cocoa mass, sugar, cocoa butter, SOYA lecithin, natural vanilla flavouring] min cocoa: 70.0%) (10%), crystallised ginger (stem ginger in E223 brine, cane sugar, water) (9.5%), golden syrup, double cream (MILK), flour blend (rice, potato, tapioca, maize, buckwheat), honey, mixed peel (80% orange peel) 20% lemon peel, glucose-fructose syrup, salt, citric acid E330, E220).</p>
Tartberry Tart	<p>WHEAT flour, cranberries (15.5%), redcurrants (15.5%), coconut oil, brown sugar, dried sweetened cranberries (sugar, cranberries, sunflower oil) (11%), semolina (WHEAT), orange zest, SOYA cream (water, sunflower oil, hulled SOYA BEANS, fructose-glucose syrup, emulsifier [sucrose esters of fatty acids], stabilisers [xanthan gum, guar gum, carrageenan], sea salt, flavouring), pumpkin seeds, caramelised orange zest (sugar, orange zest, water) , flour blend (rice potato tapioca, maize, buckwheat), salt.</p>
Christmas Frangipane	<p>Mincemeat (apple, sultanas, sugar, glucose-fructose syrup, currants, candied peel, veg suet (palm oil, rice flour), modified maize starch, acetic acid, citric acid, mixed spice, caramel, orange oil) (27%), WHEAT flour, salted butter (), sugar, ALMONDS (8.5%), natural glaze cherries (cherries, glucose fructose syrup,, sugar, colour: anthocyanin, acidity regulator: citric acid, preservative: sulphur dioxide), free range EGG, marzipan (sugar, ALMONDS, glucose syrup, invert sugar syrup), white chocolate (sugar, whole MILK powder, butter, skimmed MILK powder, SOYA lecithin, natural vanilla), dried sweetened cranberries(sugar, cranberries, sunflower oil), brandy, PISTACHIOS, coconut oil, orange zest, natural almond flavour, raising agent (WHEAT)</p>

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# SEASONAL CAKES

Traycakes	Ingredients
Bramble & Pear Crumble	Salted butter (MILK), WHEAT flour, sugar, pears (13%), blackberries (11%), free range EGG, ground ALMONDS, granola (OAT flakes, sugar, palm oil, sunflower seeds, honey, ALMONDS, flavouring, sugar syrup powder), pumpkin seeds, raising agent, vanilla extract (water, alcohol (35%), sugar, vanilla bean extractives).
Marmalady Grey	WHEAT flour, raisins, sultanas, free range EGG, chopped dates (dates, rice flour), dark sugar, sun-flower oil, marmalade (sugar, seville orange pulp, brown sugar, sweet orange pulp, acidity regulator: citric acid) (4%), sweetened dried cranberries (cranberries, sugar, sunflower oil), dried apricots (apricots, rice flour, E220), raising agent, orange zest, lemon juice, earl grey (loose leaf - ceylon UVA, bergamot oil, natural flavouring (bergamot), marigold petal, orange peel) (0.22%), ground mixed spice, salt, ground nutmeg, ground cinnamon.
Super Dark Brownie	Dark chocolate ((cocoa mass, sugar, cocoa butter, SOYA lecithin, natural vanilla min cocoa: 70.0%)) (17%), coconut oil, dark sugar, sugar, WHEAT flour, apple sauce (re-hydrated apple (47%), water, sugar, lemon juice from concentrate, modified starch, spirit vinegar, salt, preservative: E223), water, soya cream (water, vegetable oil (sunflower), hulled SOYA BEANS (4%), fructose-glucose syrup, emulsifier (sucrose esters of fatty acids), stabilisers), cocoa (reduced fat), black treacle, cocoa nibs, ground flax seeds, vanilla extract, sea salt flakes (0.52%), raising agent.

Allergen Advice! For allergens, including cereals containing gluten, see ingredients in UPPERCASE.  
Allergens handled on the premises: nuts, gluten, WHEAT, cow's MILK, soya, EGG, sulphur dioxide.