



# FLAPJACKS

	Suitable For		Ingredients Contain								
	Vegetarians	Vegans	Nuts	Wheat	Gluten	Milk	Soybean	Egg	Sulphur dioxide (>10mg/kg)	Peanuts	Sesame Seeds
<b>Gourmet Flapjacks</b>											
Dark & Fruity	★	★			NGCI						
Ginger & Apricot	★				★	★					
Maple	★				★	★					
Orange & Dark Chocolate	★				★	★	★				
Yo Berry	★			★	★	★	★				
Toasted Coconut Flapjack	★	★					★				

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 Allergens fish, crustaceans, molluscs, celery and celeriac, mustard, lupin are NOT handled on the premises.  
 We have steps in place to minimise cross contamination, please ask if you would like details of these.  
 This information is supplied as a guide only. Please refer to product packaging to confirm individual allergen data before use.

NGCI = No Gluten Containing ingredients

# TRAYBAKES

	Suitable For		Ingredients Contain								
	Vegetarians	Vegans	Nuts	Wheat	Gluten	Milk	Soybean	Egg	Sulphur dioxide (>10mg/kg)	Peanuts	Sesame Seeds
<b>Traybakes</b>											
Blueberry Bakewell	★		★	★	★	★		★			
Caramel Slice	★			★	★	★	★				
Cocoa Cluster	★		★		NGCI		★	★			
Espresso Cheesecake Brownie	★			★	★	★	★	★			
Espresso Caramel Brownie	★					★	★	★			
Feel Good Granola	★		June contain		★	★					
Lemon Polenta	★		★		NGCI	★		★			
Raspberry Bakewell	★		★	★	★	★		★			
Honeycomb Rocky Road				★	★	★	★				
Salted Caramel Bubbles	★			★	★	★	★				
Jewel Bar (Formerly known as Super Caramel Slice)	★		★		NGCI	★	★	★			
Ultimate Almond Brownie	★		★		NGCI	★	★	★			
Ultimate Brownie	★			★	★	★	★	★			
Super Dark Brownie	★	★		★	★		★				
Lemon, Ginger & Turmeric	★			★				★			
Salted Caramel Brownie	★				★	★	★	★			
Nutterscotch Blondie	★		★	★	★	★		★			
Rhubarb N' Gin	★		★	★	★			★			

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# TRAYCAKES

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	Vegetarians	Vegans	Nuts	Wheat	Gluten	Milk	Soybean	Egg	Sulphur dioxide (>10mg/kg)	Peanuts	Sesame Seeds
Traycakes											
Carrot & Orange	★		★	★	★	★		★			
Chocolate & Caramelised Orange	★		★		NGCI	★	★	★			
Lemon & Raspberry Swirl	★			★	★	★		★			
Sticky Toffee	★			★	★	★		★			
Honey and Bergamot	★				★	★		★			
Dark Cherry and Marzipan	★	★	★	★	★		★				
Queen Vic	★			★	★	★		★			
English Garden	★				★	★		★			
Mulled Apple	★	★	★		★						
Triple Belgian Chocolate	★				★	★	★	★			
Lemon Drizzle	★			★	★	★		★			
Scoffee Walnut	★		★		★	★		★			
Egghunt	★	★	★	★	★		★				
Hummingbird Cake	★		★	★	★	★		★			

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# LOAFCAKES

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	Vegetarians	Vegans	Nuts	Wheat	Gluten	Milk	Soybean	Egg	Sulphur dioxide (>10mg/kg)	Peanuts	Sesame Seeds
Loafcakes											
Lemon & Courgette	★		★					★			
Smashing Pumpkin	★			★	★			★			
Poached Pear & Ginger	★			★	★	★		★			
Banana & Chocolate Bread	★	★		★	★		★				
Coconut Passion	★				NGCI	★		★			

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**BOOSTS**

	Suitable For		Ingredients Contain								
	Vegetarians	Vegans	Nuts	Wheat	Gluten	Milk	Soybean	Egg	Sulphur dioxide (>10mg/kg)	Peanuts	Sesame Seeds
Seasonal Cakes											
Breakfast Boost	★	★			NGCI						
Sour Cherry Boost	★	★	★		NGCI						
Raw Brownie Boost	★	★	★		NGCI						
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