

FLAPJACKS

	Suitable For		Ingredients Contain								
	Vegetarians	Vegans	Nuts	Wheat	Gluten	Milk	Soybean	Egg	Sulphur dioxide (>10mg/kg)	Peanuts	Sesame Seeds
Gourmet Flapjacks											
Dark & Fruity	★	★			NGCI						
Ginger & Apricot	★				★	★					
Maple	★				★	★					
Orange & Dark Chocolate	★				★	★	★				
Yo Berry	★			★	★	★	★				
Toasted Coconut Flapjack	★	★			NGCI		★				
<p>The following allergens ARE handled on the premises: nuts, gluten, wheat, cow's milk, soy beans, eggs, sulphur dioxide.</p> <p>Allergens fish, crustaceans, molluscs, celery and celeriac, mustard, lupin are NOT handled on the premises.</p> <p>We have steps in place to minimise cross contamination, please ask if you would like details of these.</p> <p>This information is supplied as a guide only. Please refer to product packaging to confirm individual allergen data before use.</p>											
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
Traybakes											
Blueberry Bakewell	★		★	★	★	★		★			
Caramel Slice	★			★	★	★	★				
Cocoa Cluster	★		★		NGCI		★	★			
Espresso Caramel Brownie	★				NGCI	★	★	★			
Feel Good Granola	★		May 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	★		★	★	★			★			
Strawberries and Cream	★		★		NGCI	★		★			
Gingerlicious	★			★		★	★	★			
Christmas Frangipane	★		★	★		★	★	★			
Orange, Fig & Cranberry	★		★		NGCI			★			

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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 & Caramalised Orange	★		★		NGCI	★	★	★			
Sticky Toffee	★			★	★	★		★			
Honey and Bergamot	★			★	★	★		★			
Dark Cherry and Marzipan	★	★	★	★	★		★				
Queen Vic	★			★	★	★		★			
Mulled Apple	★	★	★	★	★						
Triple Belgian Chocolate	★			★	★	★	★	★			
Lemon Drizzle	★			★	★	★		★			
Scoffee Walnut	★		★	★	★	★		★			
Egghunt	★	★	★	★	★		★				
Hummingbird Cake	★		★	★	★	★		★			
Choc Milk Stout	★			★	★	★	★	★			
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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	★		★		NGCI			★			
Smashing Pumpkin	★			★	★			★			
Poached Pear & Ginger	★			★	★	★		★			
Banana & Chocolate Bread	★	★		★	★		★				
Coconut Passion	★				NGCI	★		★			
Spiced Parsnip	★	★	★	★	★						
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BOOST\$

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	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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SINGLE SLICES
BAKESMITHS

	Suitable For		Ingredients Contain								
	Vegetarians	Vegans	Nuts	Wheat	Gluten	Milk	Soybean	Egg	Sulphur dioxide (>10mg/kg)	Peanuts	Sesame Seeds
Single Slices											
Boost	★	★			NGCI						
Salted Caramel Brownie	★			★		★	★	★			
Superdark Brownie	★	★		★			★				
Ultimate Brownie	★			★		★	★	★			
Friand	★		★	★		★	★	★			
Fruit and Nut	★										
Bitter Lemon and Apricot Polenta	★		★					★			
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