

Black Forest Sponge Cake

Ingredients: Cream Cheese Frosting (24%) (Sugar, Vegetable Oils (Palm, Rapeseed), Water, Cream Cheese Powder(MILK), Humectant (Sorbitol Syrup), Acid (Citric Acid) , Salt, Emulsifiers (E435,E471), Preservative (Potassium Sorbate), Natural Flavouring, Colour (Algal Carotenes)), Red Cherry Filling (13%) (Water, Cherries, Sugar, Modified Maize Starch, Citric Acid, Natural Flavouring, Preservative E202, Trisodium Citrate E331, Colours E122,E124), Sugar, WHEAT Flour (Contains Calcium, Iron, Niacin, Thiamin), EGG, Rapeseed Oil, Cherries (7%) (Cherries, Glucose Fructose Syrup, Citric Acid (E330), Colour E163, Sulphur Dioxide(E220) (SULPHITES), MILK Chocolate (6%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Vanilla Extract), Dark Chocolate (3%) (Cocoa Mass, Sugar, Emulsifier: SOYA Lecithin (E322), Natural Vanilla Flavouring), Emulsifier: Vegetable Glycerine (E422), Modified Maize Starch, Cocoa Powder, Whey Powder (MILK), Raising Agents (E500ii, E450) (WHEAT), Emulsifier (Containing Glucose Syrup Solids, Emulsifiers (E472b, E471, E477, Skimmed MILK Powder, Stabiliser (E450)), Salt, Natural Flavouring, Preservative: Potassium Sorbate (E202)

NUTRITION INFORMATION

| | per 100g | per 160g |
|--------------------|-----------------|-----------------|
| Energy | 1742kJ/416kcal | 2787kJ/665kcal |
| Fat | 19g | 31g |
| of which Saturates | 6.5g | 10g |
| Carbohydrate | 57g | 91g |
| of which Sugars | 42g | 67g |
| Fibre | 1.5g | 2.4g |
| Protein | 4.1g | 6.6g |
| Salt | 0.07g | 0.12g |

Coffee & Walnut Sponge Cake

Ingredients: Cream Cheese Frosting (37%) (Sugar, Vegetable Oils (Palm, Rapeseed), Water, Cream Cheese Powder(MILK), Humectant (Sorbitol Syrup), Acid (Citric Acid) , Salt, Emulsifiers (E435,E471), Preservative (Potassium Sorbate), Natural Flavouring, Colour (Algal Carotenes)), WHEAT Flour (Contains Calcium, Iron, Niacin, Thiamin), Sugar, EGG, Rapeseed Oil, WALNUTS (NUTS) (5%), Emulsifier: Vegetable Glycerine (E422), Modified Maize Starch, Natural Flavouring, Whey Powder (MILK), Raising Agents (E500ii, E450) (WHEAT), Emulsifier (Containing Glucose Syrup Solids, Emulsifiers (E472b, E471, E477, Skimmed MILK Powder, Stabiliser (E450)), Coffee, Salt, Preservative: Potassium Sorbate (E202)

NUTRITION INFORMATION

| | per 100g | per 160g portion |
|--------------------|-----------------|-------------------------|
| Energy | 1946kJ/465kcal | 3113kJ/745kcal |
| Fat | 25g | 39g |
| of which Saturates | 7.2g | 11g |
| Carbohydrate | 57g | 91g |
| of which Sugars | 40g | 63g |
| Fibre | 1.0g | 1.5g |
| Protein | 4.8g | 7.6g |
| Salt | 0.05g | 0.08g |

Banoffee Caramel Sponge Cake

Ingredients: Cream Cheese Frosting (24%) (Sugar, Vegetable Oils (Palm, Rapeseed), Water, Cream Cheese Powder(MILK), Humectant (Sorbitol Syrup), Acid (Citric Acid) , Salt, Emulsifiers (E435,E471), Preservative (Potassium Sorbate), Natural Flavouring, Colour (Algal Carotenes)), WHEAT Flour (Contains Calcium, Iron, Niacin, Thiamin), Sugar, EGG, Caramel (11%) (Sugar, Glucose Syrup, Sweetened Condensed MILK (MILK, Sugar, Lactose (MILK)), Unsalted Butter (From MILK), Partially Inverted Syrup, Palm Oil, Salt, Emulsifiers: E322 Rapeseed Lecithin, E491 Sorbitan Monostearate, Natural Flavouring), Rapeseed Oil, Caramel Fudge Pieces (6%) (Sugar, Full Cream Condensed MILK, Fondant (Sugar, Glucose, Water), Glucose Syrup, Palm Oil, Water, Salt), Emulsifier: Vegetable Glycerine (E422), Modified Maize Starch, Banana Chips (1%) (Banana, Coconut Oil, Sugar, Natural Flavouring), Natural Flavouring, Whey Powder (MILK), Raising Agents (E500ii, E450) (WHEAT), Emulsifier (Containing Glucose Syrup Solids, Emulsifiers (E472b, E471, E477, Skimmed MILK Powder, Stabiliser (E450)), Salt, Preservative: Potassium Sorbate (E202)

NUTRITION INFORMATION

| | per 100g | per 160g portion |
|--------------------|-----------------|-------------------------|
| Energy | 1886kJ/450kcal | 3017kJ/720kcal |
| Fat | 21g | 34g |
| of which Saturates | 6.9g | 11g |
| Carbohydrate | 61g | 98g |
| of which Sugars | 43g | 68g |
| Fibre | 0.6g | 1.0g |
| Protein | 3.9g | 6.3g |
| Salt | 0.05g | 0.09g |

Lemon Curd Drizzle Sponge

Ingredients: Cream Cheese Frosting (26%) (Sugar, Vegetable Oils (Palm, Rapeseed), Water, Cream Cheese Powder (MILK), Humectant (Sorbitol Syrup), Acid (Citric Acid) , Salt, Emulsifiers (E435,E471), Preservative (Potassium Sorbate), Natural Flavouring, Colour (Algal Carotenes)), WHEAT Flour (Contains Calcium, Iron, Niacin, Thiamin), Sugar, EGG, Rapeseed Oil, Lemon Curd (10%) (Sugar, Pasteurised Whole EGG, Margarine, Vegetable Oil (Non Hydrogenated), Palm Oil, Rapeseed Oil, Water, Salt, Natural Flavourings), Lemon Juice (16%), Lemon Oil)), Emulsifier: Vegetable Glycerine (E422), Modified Maize Starch, White Chocolate(2%) (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier : SOYA Lecithin (E322), Natural Flavouring), Candied Mixed Citrus Peel (2%) (Orange Peel, Lemon Peel, Glucose Fructose Syrup, Salt, Acidity Regulator, Citric Acid), Whey Powder (MILK), Raising Agents (E500ii, E450) (WHEAT), Emulsifier (Containing Glucose Syrup Solids, Emulsifiers (E472b, E471, E477, Skimmed MILK Powder, Stabiliser (E450)), Salt, Natural Lemon Flavouring, Preservative: Potassium Sorbate (E202), Natural Flavouring

NUTRITION INFORMATION

| | per 100g | per 160g portion |
|--------------------|-----------------|-------------------------|
| Energy | 1859kJ/444kcal | 2974kJ/710kcal |
| Fat | 21g | 34g |
| of which Saturates | 6.6g | 11g |
| Carbohydrate | 59g | 95g |
| of which Sugars | 42g | 67g |
| Fibre | 0.7g | 1.1g |
| Protein | 4.5g | 7.2g |
| Salt | 0.09g | 0.14g |

Victoria Sponge

Ingredients: Cream Cheese Frosting (27%) (Sugar, Vegetable Oils (Palm, Rapeseed), Water, Cream Cheese Powder(MILK), Humectant (Sorbitol Syrup), Acid (Citric Acid) , Salt, Emulsifiers (E435,E471), Preservative (Potassium Sorbate), Natural Flavouring, Colour (Algal Carotenes)), WHEAT Flour (Contains Calcium, Iron, Niacin, Thiamin), Sugar, EGG, Rapeseed Oil, Raspberry Jam (9%) (Sugar, Seedless Raspberries, Gelling Agent: Pectin, Lemon Juice), Emulsifier: Vegetable Glycerine (E422), Modified Maize Starch, Whey Powder (MILK), Raising Agents (E500ii, E450) (WHEAT), Emulsifier (Containing Glucose Syrup Solids, Emulsifiers (E472b, E471, E477, Skimmed MILK Powder, Stabiliser (E450)), Sugar Dusting (Dextrose, Cornflour, Vegetable Oil (Palm)), Preservative: Potassium Sorbate (E202), Salt, Natural Flavouring

NUTRITION INFORMATION

| | per 100g | per 160g portion |
|--------------------|-----------------|-------------------------|
| Energy | 1817kJ/434kcal | 2906kJ/694kcal |
| Fat | 20g | 32g |
| of which Saturates | 5.5g | 8.8g |
| Carbohydrate | 60g | 96g |
| of which Sugars | 41g | 66g |
| Fibre | 0.7g | 1.1g |
| Protein | 4.1g | 6.6g |
| Salt | 0.06g | 0.09g |

Triple Chocolate Sponge Cake

Ingredients: Sugar, WHEAT Flour (Contains Calcium, Iron, Niacin, Thiamin), Chocolate Flavoured Frosting (14%) (Sugar, Vegetable Oils (Palm, Rapeseed), Water, Fat Reduced Cocoa Powder 5%, Humectant (Sorbitol Syrup), Emulsifiers (Lecithin, Polysorbate 60), Salt, Acid (Citric Acid), Preservative (Potassium Sorbate), Natural Flavouring)), Cream Cheese Frosting (14%) (Sugar, Vegetable Oils (Palm, Rapeseed), Water, Cream Cheese Powder(MILK), Humectant (Sorbitol Syrup), Acid (Citric Acid) , Salt, Emulsifiers (E435,E471), Preservative (Potassium Sorbate), Natural Flavouring, Colour (Algal Carotenes)), EGG, Rapeseed Oil, MILK Chocolate (10%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Vanilla Extract), Dark Chocolate (3%) (Cocoa Mass, Sugar, Emulsifier: SOYA Lecithin (E322), Natural Vanilla Flavouring), Emulsifier: Vegetable Glycerine (E422), White Chocolate (2%) (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier : SOYA Lecithin (E322), Natural Flavouring), Modified Maize Starch, Cocoa Powder, Whey Powder (MILK), Raising Agents (E500ii, E450) (WHEAT), Emulsifier (Containing Glucose Syrup Solids, Emulsifiers (E472b, E471, E477, Skimmed MILK Powder, Stabiliser (E450)), Salt, Natural Flavouring, Preservative: Potassium Sorbate (E202)

NUTRITION INFORMATION

| | per 100g | per 160g |
|--------------------|-----------------|-----------------|
| Energy | 1963kJ/469kcal | 3141kJ/750kcal |
| Fat | 24g | 39g |
| of which Saturates | 7.9g | 13g |
| Carbohydrate | 58g | 93g |
| of which Sugars | 41g | 66g |
| Fibre | 1.8g | 2.8g |
| Protein | 5.1g | 8.2g |
| Salt | 0.08g | 0.13g |

Salted Caramel Sponge Cake

Ingredients: Cream Cheese Frosting (23%) (Sugar, Vegetable Oils (Palm, Rapeseed), Water, Cream Cheese Powder(MILK), Humectant (Sorbitol Syrup), Acid (Citric Acid) , Salt, Emulsifiers (E435,E471), Preservative (Potassium Sorbate), Natural Flavouring, Colour (Algal Carotenes)), WHEAT Flour (Contains Calcium, Iron, Niacin, Thiamin), Sugar, EGG, Caramel (11%) (Sugar, Glucose Syrup, Sweetened Condensed MILK (MILK, Sugar, Lactose (MILK)), Unsalted Butter (From MILK), Partially Inverted Syrup, Palm Oil, Salt, Emulsifiers: E322 Rapeseed Lecithin, E491 Sorbitan Monostearate, Natural Flavouring), Rapeseed Oil, Caramel Fudge Pieces (3%) (Sugar, Full Cream Condensed MILK, Fondant (Sugar, Glucose, Water), Glucose Syrup, Palm Oil, Water, Salt), MILK Chocolate (3%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Vanilla Extract), Emulsifier: Vegetable Glycerine (E422), MILK Chocolate and Caramel Pieces (2%) (Glucose Syrup, Sugar, Palm Oil, Skimmed MILK Powder, Cocoa Butter, Cocoa Mass, Whey Powder (From MILK), MILK Fat, Emulsifiers (E471, Sunflower Lecithin, E442, E476), Salt, Flavourings, Sodium Hydrogen Carbonate), Caramel Chocolate Pieces (2%) (MILK, Sugar, Glucose Syrup, Cocoa Butter, Vegetable Fats (Palm, Shea), Cocoa Mass, Glucose-Fructose Syrup, Dried Whey (From MILK), Emulsifiers (E442, E471, E476), Salt, Sodium Bicarbonate, Flavourings), Dark Chocolate (Cocoa Mass, Sugar, Emulsifier: SOYA Lecithin (E322), Natural Vanilla Flavouring), Modified Maize Starch, Whey Powder(MILK), Raising Agents (E500ii, E450) (WHEAT), Emulsifier (Containing Glucose Syrup Solids, Emulsifiers (E472b, E471, E477, Skimmed MILK Powder, Stabiliser (E450)), Salt, Preservative: Potassium Sorbate (E202), Natural Flavouring

NUTRITION INFORMATION

| | per 100g | per 160g portion |
|--------------------|-----------------|-------------------------|
| Energy | 1926kJ/460kcal | 3082kJ/736kcal |
| Fat | 22g | 35g |
| of which Saturates | 7.5g | 12g |
| Carbohydrate | 62g | 99g |
| of which Sugars | 44g | 70g |
| Fibre | 0.8g | 1.3g |
| Protein | 4.2g | 6.7g |
| Salt | 0.11g | 0.17g |

Battenberg Sponge Cake

Ingredients: Cream Cheese Frosting (31%) (Sugar, Vegetable Oils (Palm, Rapeseed), Water, Cream Cheese Powder(MILK), Humectant (Sorbitol Syrup), Acid (Citric Acid) , Salt, Emulsifiers (E435,E471), Preservative (Potassium Sorbate), Natural Flavouring, Colour (Algal Carotenes)), WHEAT Flour (Contains Calcium, Iron, Niacin, Thiamin), Sugar, EGG, Rapeseed Oil, Apricot Jam (8%) (Sugar, Apricots, Gelling Agent: Pectin, Lemon Juice), ALMONDS (6%) (NUTS), Battenberg Cake Decoration (3%) (Icing Sugar, Apricot Filling (Glucose-Fructose Syrup, Apricots, Sugar, Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator (Sodium Citrates), Preservative (Potassium Sorbate)), Sugar, WHEAT Flour (With Added Calcium, Iron, Niacin, Thiamin), Glucose Syrup, Vegetable Oils (Palm, Rapeseed), SOYA Flour, Desiccated Coconut (Contains Preservative (Sodium Metabisulphite (SULPHITES))), Skimmed MILK Powder, Humectant (Vegetable Glycerine), Dried EGG White, Dried EGG, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Salt, Emulsifier (Mono- And Diglycerides Of Fatty Acids), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Flavouring, Colours (Cochineal, Lutein)), Emulsifier: Vegetable Glycerine (E422), White Chocolate (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier : SOYA Lecithin (E322), Natural Flavouring), Modified Maize Starch, Whey Powder (MILK), Flavouring (NUTS), Raising Agents (E500ii, E450) (WHEAT), Emulsifier (Containing Glucose Syrup Solids, Emulsifiers (E472b, E471, E477, Skimmed MILK Powder, Stabiliser (E450)), Salt, Preservative: Potassium Sorbate (E202), Natural Flavouring, Colours: E104, E102, E122, E129 E104, E102, E122, E129 may have an adverse effect on attention and activity in children

Not suitable for vegetarians

NUTRITION INFORMATION

| | per 100g | per 160g |
|--------------------|-----------------|-----------------|
| Energy | 1912kJ/457kcal | 3059kJ/731kcal |
| Fat | 23g | 36g |
| of which Saturates | 6.5g | 10g |
| Carbohydrate | 58g | 93g |
| of which Sugars | 42g | 67g |
| Fibre | 1.3g | 2.1g |
| Protein | 5.3g | 8.5g |
| Salt | 0.07g | 0.10g |

Chocolate Orange Sponge Cake

Ingredients: Chocolate Flavoured Frosting (26%) (Sugar, Vegetable Oils (Palm, Rapeseed), Water, Fat Reduced Cocoa Powder 5%, Humectant (Sorbitol Syrup), Emulsifiers (Lecithin, Polysorbate 60), Salt, Acid (Citric Acid), Preservative (Potassium Sorbate), Natural Flavouring)), Sugar, WHEAT Flour (Contains Calcium, Iron, Niacin, Thiamin), EGG, Rapeseed Oil, Cream Cheese Frosting (6%) (Sugar, Vegetable Oils (Palm, Rapeseed), Water, Cream Cheese Powder(MILK), Humectant (Sorbitol Syrup), Acid (Citric Acid) , Salt, Emulsifiers (E435,E471), Preservative (Potassium Sorbate), Natural Flavouring, Colour (Algal Carotenes)), MILK Chocolate (6%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Vanilla Extract), MILK Chocolate Orange Pieces (5%) (Sugar, Cocoa Mass, Cocoa Butter, Skimmed MILK Powder, Whey Powder (From MILK), Vegetable Fats (Palm, Shea), MILK Fat, Emulsifiers (SOYA Lecithin, E476), Orange Oil, Flavouring), Dark Chocolate (3%) (Cocoa Mass, Sugar, Emulsifier: SOYA Lecithin (E322), Natural Vanilla Flavouring), Emulsifier: Vegetable Glycerine (E422), Modified Maize Starch, Cocoa Powder, Whey Powder (MILK), Raising Agents (E500ii, E450) (WHEAT), Natural Flavouring, Emulsifier (Containing Glucose Syrup Solids, Emulsifiers (E472b, E471, E477, Skimmed MILK Powder, Stabiliser (E450)), Salt, Preservative: Potassium Sorbate (E202), Colour: Paprika Extract E160c

NUTRITION INFORMATION

| | per 100g | per 160g portion |
|--------------------|-----------------|-------------------------|
| Energy | 1965kJ/469kcal | 3144kJ/751kcal |
| Fat | 25g | 39g |
| of which Saturates | 7.9g | 13g |
| Carbohydrate | 58g | 92g |
| of which Sugars | 42g | 67g |
| Fibre | 1.9g | 3.1g |
| Protein | 4.8g | 7.7g |
| Salt | 0.07g | 0.12g |

Biscoff Caramel Sponge Cake

Ingredients: WHEAT Flour (Contains Calcium, Iron, Niacin, Thiamin), Sugar, Cream Cheese Frosting (14%) (Sugar, Vegetable Oils (Palm, Rapeseed), Water, Cream Cheese Powder(MILK), Humectant (Sorbitol Syrup), Acid (Citric Acid), Salt, Emulsifiers (E435,E471), Preservative (Potassium Sorbate), Natural Flavouring, Colour (Algal Carotenes)), EGG, Rapeseed Oil, Caramelised Biscuit Spread (9%) (Caramelised Biscuits 58% (WHEAT Flour, Sugar, Vegetable Oils (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier (SOYA Lecithin), Acid (Citric Acid)), Caramelised Biscuits (5%) (WHEAT Flour, Sugar, Vegetable Oils (Palm, Rapeseed), Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), SOYA Flour, Salt, Cinnamon), Caramel Fudge Pieces (4%) (Sugar, Full Cream Condensed MILK, Fondant (Sugar, Glucose, Water), Glucose Syrup, Palm Oil, Water, Salt), MILK Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Vanilla Extract), Caramel (3%) (Sugar, Glucose Syrup, Sweetened Condensed MILK (MILK, Sugar, Lactose (MILK)), Unsalted Butter (From MILK), Partially Inverted Syrup, Palm Oil, Salt, Emulsifiers: E322 Rapeseed Lecithin, E491 Sorbitan Monostearate, Natural Flavouring), Emulsifier: Vegetable Glycerine (E422), Caramelised Biscuits with a Caramelised Biscuit Filling (2%) (WHEAT Flour, Sugar, Vegetable Oils (Palm, Rapeseed), Brown Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), SOYA Flour, Salt, Cinnamon, Emulsifier (SOYA Lecithin)), Modified Maize Starch, Whey Powder (MILK), Raising Agents (E500ii, E450) (WHEAT), Emulsifier (Containing Glucose Syrup Solids, Emulsifiers (E472b, E471, E477, Skimmed MILK Powder, Stabiliser (E450)), Salt, Preservative: Potassium Sorbate (E202), Natural Flavouring

NUTRITION INFORMATION

| | per 100g | per 160g portion |
|--------------------|-----------------|-------------------------|
| Energy | 1966kJ/469kcal | 3145kJ/751kcal |
| Fat | 23g | 37g |
| of which Saturates | 5.6g | 9.0g |
| Carbohydrate | 62g | 100g |
| of which Sugars | 41g | 66g |
| Fibre | 0.8g | 1.3g |
| Protein | 4.3g | 6.8g |
| Salt | 0.16g | 0.26g |

Raspberry & Lemon Meringue Sponge Cake

Ingredients: Cream Cheese Frosting (31%) (Sugar, Vegetable Oils (Palm, Rapeseed), Water, Cream Cheese Powder (MILK), Humectant (Sorbitol Syrup), Acid (Citric Acid), Salt, Emulsifiers (E435, E471), Preservative (Potassium Sorbate), Natural Flavouring, Colour (Algal Carotenes)), WHEAT Flour (Contains Calcium, Iron, Niacin, Thiamin), Sugar, EGG, Rapeseed Oil, Lemon Curd (6%) (Sugar, Pasteurised Whole EGG, Margarine, (Vegetable Oil (Not Hydrogenated), Palm Oil, Rapeseed Oil, Water, Salt, Natural Flavourings), Lemon Juice, Lemon Oil)), Raspberry Jam (4%) (Sugar, Raspberries, Gelling Agent: Pectin, Lemon Juice)), Emulsifier: Vegetable Glycerine (E422), Modified Maize Starch, Lemon Meringues (1%) (Sugar, Pasteurised EGG White, Shea Kernel Oil, Flavourings, Palm Oil, Plant And Fruit Extracts (Apple, Safflower, Lemon), Acidity Regulator: Citric Acid, Emulsifier : Sunflower Lecithin, Colour: Curcumin), Whey Powder (MILK), Dried Raspberries, Raising Agents (E500ii, E450) (WHEAT), Emulsifier (Containing Glucose Syrup Solids, Emulsifiers (E472b, E471, E477, Skimmed MILK Powder, Stabiliser (E450)), Salt, Natural Lemon Flavouring, Preservative: Potassium Sorbate (E202), Natural Flavouring

NUTRITION INFORMATION

| | per 100g | per 160g |
|--------------------|-----------------|-----------------|
| Energy | 1848kJ/441kcal | 2957kJ/706kcal |
| Fat | 21g | 33g |
| of which Saturates | 6.5g | 10g |
| Carbohydrate | 60g | 96g |
| of which Sugars | 43g | 69g |
| Fibre | 0.7g | 1.1g |
| Protein | 4.1g | 6.6g |
| Salt | 0.07g | 0.11g |

Carrot Cake

Ingredients: Cream Cheese Frosting (33%) (Sugar, Vegetable Oils (Palm, Rapeseed), Water, Cream Cheese Powder (MILK) 7%, Humectant (Sorbitol Syrup), Acid (Citric Acid) , Salt, Emulsifiers (E435,E471), Preservative (Potassium Sorbate), Natural Flavouring, Colour (Algal Carotenes)), WHEAT Flour (Contains Calcium, Iron, Niacin, Thiamin), Sugar, EGG, Rapeseed Oil, Carrots (8%), WALNUTS (4%), Emulsifier: Vegetable Glycerine (E422), Black Treacle, Modified Maize Starch, Whey Powder (MILK), Mixed Spice, PISTACHIO NUTS, Raising Agents (E500ii, E450) (WHEAT), Emulsifier (Containing Glucose Syrup Solids, Emulsifiers (E472b, E471, E477, Skimmed MILK Powder, Stabiliser (E450)), Caramel Colour E150c, Salt, Preservative: Potassium Sorbate (E202), Natural Flavouring

NUTRITION INFORMATION

| | per 100g | per 160g |
|--------------------|-----------------|-----------------|
| Energy | 1830kJ/438kcal | 2928kJ/700kcal |
| Fat | 22g | 36g |
| of which Saturates | 6.4g | 10g |
| Carbohydrate | 55g | 88g |
| of which Sugars | 38g | 61g |
| Fibre | 1.3g | 2.1g |
| Protein | 4.5g | 7.2g |
| Salt | 0.07g | 0.11g |

(VEGAN) Cookies & Cream Cake

Ingredients: Frosting (26%) (Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt , Flavourings)), Sugar, WHEAT Flour, Dark Chocolate (11%) (Cocoa Mass, Sugar, Emulsifier: SOYA Lecithin (E322), Natural Vanilla Flavouring), Rapeseed Oil, Water, Chocolate Icing (4%) (Sugar, Vegetable Oil (Palm), Water, Cocoa Powder, Dextrose, Fructose, Emulsifier (E322 From SOYbean, E473), Salt, Acidity Regulator (E575), Natural Flavouring, Preservative (Potassium Sorbate)) , Chocolate Flavour Sandwich Biscuits with a Vanilla Flavour Filling (4%) (WHEAT Flour, Sugar, Palm Oil, Rapeseed Oil, Fat-Reduced Cocoa Powder, WHEAT Starch, Glucose-Fructose Syrup, Raising Agents (Potassium Carbonates, Ammonium Carbonates, Sodium Carbonates), Salt, Emulsifiers (SOYA Lecithin, Sunflower Lecithin), Flavouring), Tapioca Starch, WHEAT Gluten, Emulsifier: Vegetable Glycerine (E422), Dextrose, Chocolate Flakes (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin, Flavouring), Salt, Raising Agents: E500, E450 (WHEAT), Stabiliser: E404, E339, Emulsifier: E471, Natural Flavours, Colour: Carotenes E160a, Flour Treatment Agent: E300, Preservative: Potassium Sorbate (E202)

NUTRITION INFORMATION

| | per 100g | per 160g |
|--------------------|-----------------|-----------------|
| Energy | 1881kJ/448kcal | 3009kJ/718kcal |
| Fat | 20g | 32g |
| of which Saturates | 7.4g | 12g |
| Carbohydrate | 63g | 101g |
| of which Sugars | 46g | 74g |
| Fibre | 1.5g | 2.4g |
| Protein | 4.5g | 7.2g |
| Salt | 0.60g | 0.96g |

(VEGAN) Blueberry & Lemon Sponge Cake

Ingredients: Frosting (28%) (Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt , Flavourings)), Sugar, WHEAT Flour, Blueberry Jam (12%) (Sugar, Wild Blueberries, Gelling Agent: Pectin, Lemon Juice), Rapeseed Oil, Water, Blueberry Fruit Pieces (3%) (Concentrated Apple Puree, Blueberry Puree, Concentrated Blackberry Juice, Glucose Syrup, Fructose Glucose Syrup, Glycerol, WHEAT Fibre, Palm Fat, Malic Acid, Citric Acid, Natural Flavouring), Tapioca Starch, WHEAT Gluten, Candied Mixed Citrus Peel (Orange Peel, Lemon Peel, Glucose Fructose Syrup, Salt, Acidity Regulator, Citric Acid), Emulsifier: Vegetable Glycerine (E422), Dextrose, Natural Lemon Flavouring, Salt, Raising Agents: E500, E450 (WHEAT), Stabiliser: E404, E339, Emulsifier: E471, Natural Flavours, Colour: Carotenes E160a, Flour Treatment Agent: E300, Preservative: Potassium Sorbate (E202), Lemon Juice

NUTRITION INFORMATION

| | per 100g | per 160g |
|--------------------|-----------------|-----------------|
| Energy | 1728kJ/411kcal | 2766kJ/657kcal |
| Fat | 16g | 25g |
| of which Saturates | 5.0g | 8.0g |
| Carbohydrate | 64g | 102g |
| of which Sugars | 48g | 77g |
| Fibre | 0.8g | 1.3g |
| Protein | 3.9g | 6.2g |
| Salt | 0.55g | 0.89g |

No Gluten Containing Ingredients (NGCI) St Clements Sponge Cake

Ingredients: Cream Cheese Frosting (27%) (Sugar, Vegetable Oils (Palm, Rapeseed), Water, Cream Cheese Powder(MILK), Humectant (Sorbitol Syrup), Citric Acid , Salt, Emulsifiers (E435,E471), Preservative (Potassium Sorbate), Natural Flavouring, Colour (Algal Carotenes)), EGG, Sugar, Rapeseed Oil, Lemon Curd (11%) (Sugar, Pasteurised Whole EGG, Margarine, (Vegetable Oil (Non- Hydrogenated), Palm Oil, Rapeseed Oil, Water, Salt, Natural Flavourings), Lemon Juice (16%), Lemon Oil)), Potato Starch, Emulsifier: Vegetable Glycerine (E422), Candied Mixed Citrus Peel (3%) (Orange Peel, Lemon Peel, Glucose Fructose Syrup, Salt, Acidity Regulator, Citric Acid), Modified Starch, Palm Oil, White Chocolate (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier : SOYA Lecithin (E322), Natural Flavouring), Whey Powder (From MILK), Raising Agents: E450,E500, Emulsifiers: E481,E472e, E472b,E475e, Salt, Flavourings, Thickener E415, Natural Flavouring, Glucose Syrup, Skimmed MILK Powder, Preservative: Potassium Sorbate (E202), Natural Lemon Flavouring

NUTRITION INFORMATION

| | per 100g | per 160g |
|--------------------|-----------------|-----------------|
| Energy | 1921kJ/459kcal | 3074kJ/735kcal |
| Fat | 24g | 39g |
| of which Saturates | 7.8g | 12g |
| Carbohydrate | 58g | 94g |
| of which Sugars | 42g | 66g |
| Fibre | 0.1g | 0.2g |
| Protein | 3.3g | 5.3g |
| Salt | 0.64g | 1.0g |

No Gluten Containing Ingredients (NGCI)

Banana & Chocolate Sponge Cake

Ingredients: Cream Cheese Frosting (20%) (Sugar, Vegetable Oils (Palm, Rapeseed), Water, Cream Cheese Powder(MILK), Humectant (Sorbitol Syrup), Citric Acid , Salt, Emulsifiers (E435,E471), Preservative (Potassium Sorbate), Natural Flavouring, Colour (Algal Carotenes)), EGG, Sugar, Rapeseed Oil, Chocolate Frosting (11%) (Sugar, Water, Vegetable Oil (Palm), Cocoa Powder, Dextrose, Fructose, Emulsifier (E322 From SOYBEAN, E473), Salt, Acidity Regulator (E575), Natural Flavouring, Preservative (Potassium Sorbate)), Potato Starch, MILK Chocolate (8%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Vanilla Extract), Emulsifier: Vegetable Glycerine (E422), Modified Starch, Dark Chocolate (2%) (Cocoa Mass, Sugar, Emulsifier: SOYA Lecithin (E322), Natural Vanilla Flavouring), Palm Oil, White Chocolate (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier : SOYA Lecithin (E322), Natural Flavouring), Whey Powder (From MILK), Raising Agents: E450,E500, Emulsifiers: E481,E472e, E472b,E475e, Natural Flavouring, Salt, Flavourings, Thickener E415, Glucose Syrup, Skimmed MILK Powder, Preservative: Potassium Sorbate (E202), Colour: E102

E102 may have an adverse effect on attention and activity in children

NUTRITION INFORMATION

| | per 100g | per 160g |
|--------------------|-----------------|-----------------|
| Energy | 1968kJ/471kcal | 3149kJ/754kcal |
| Fat | 26g | 41g |
| of which Saturates | 8.3g | 13g |
| Carbohydrate | 57g | 92g |
| of which Sugars | 41g | 65g |
| Fibre | 0.7g | 1.1g |
| Protein | 3.6g | 5.7g |
| Salt | 0.67g | 1.1g |

White Chocolate & Raspberry Sponge Loaf

Ingredients: WHEAT Flour (Contains Calcium, Iron, Niacin, Thiamin), Sugar, EGG, Rapeseed Oil, White Chocolate (10%) (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier : SOYA Lecithin (E322), Natural Flavouring), Raspberry Fruit Pieces (7%) (Concentrated Apple Puree, Raspberry Puree, Fructose Glucose Syrup, Glucose Syrup, Sugar, Humectant: Glycerol, WHEAT Fibre, Palm Fat, Gelling Agent: Pectin, Malic Acid, Citric Acid, Natural Flavouring), Raspberry Jam (4%) (Raspberry Puree, Glucose Syrup, Sugar, Gelling Agent: Pectin, Acidity Regulators: Citric Acid, Trisodium Citrate, Colour: Anthocyanin), Emulsifier: Vegetable Glycerine (E422), Modified Maize Starch, Whey Powder (MILK), Raising Agents (E500ii, E450) (WHEAT), Emulsifier (Containing Glucose Syrup Solids, Emulsifiers (E472b, E471, E477, Skimmed MILK Powder, Stabiliser (E450)), Natural Flavouring, Salt, Freeze Dried Raspberries, Preservative: Potassium Sorbate (E202)

NUTRITION INFORMATION

| | per 100g | per 80g Slice |
|--------------------|-----------------|----------------------|
| Energy | 1777kJ/424kcal | 1422kJ/339kcal |
| Fat | 19g | 16g |
| of which Saturates | 3.5g | 2.8g |
| Carbohydrate | 57g | 46g |
| of which Sugars | 36g | 28g |
| Fibre | 1.5g | 1.2g |
| Protein | 5.3g | 4.2g |
| Salt | 0.10g | 0.08g |

Chocolate & Pecan Long Loaf Cake

Ingredients: WHEAT Flour (Contains Calcium, Iron, Niacin, Thiamin), Sugar, EGG, Rapeseed Oil, MILK Chocolate (10%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Vanilla Extract), Topping (Sugar, Vegetable Oils (Rapeseed, Palm), Sunflower Seed Paste, SOYA Flour, Fat Reduced Cocoa Powder, Emulsifiers (E492, SOYA Lecithin), Flavouring), PECAN NUTS (4%), Emulsifier: Vegetable Glycerine (E422), Dark Chocolate (3%) (Cocoa Mass, Sugar, Emulsifier: SOYA Lecithin (E322), Natural Vanilla Flavouring), Modified Maize Starch, Whey Powder (MILK), Raising Agents (E500ii, E450) (WHEAT), Emulsifier (Containing Glucose Syrup Solids, Emulsifiers (E472b, E471, E477, Skimmed MILK Powder, Stabiliser (E450)), Salt, Preservative: Potassium Sorbate (E202), Natural Flavouring

NUTRITION INFORMATION

| | per 100g | |
|--------------------|-----------------|--|
| Energy | 1931kJ/462kcal | |
| Fat | 25g | |
| of which Saturates | 4.6g | |
| Carbohydrate | 54g | |
| of which Sugars | 33g | |
| Fibre | 1.8g | |
| Protein | 6.2g | |
| Salt | 0.09g | |

Nutella Chocolate Hazelnut Long Loaf Cake

Ingredients: Sugar, WHEAT Flour (Contains Calcium, Iron, Niacin, Thiamin), EGG, Rapeseed Oil, MILK Chocolate (7%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Vanilla Extract), HAZELNUT Spread With Cocoa (6%) (Sugar, Palm Oil, HAZELNUTS (13%), Skimmed MILK Powder, Fat Reduced Cocoa Powder, Emulsifier: SOYA Lecithin, Vanillin), HAZELNUT Praline (5%) (Sugar, HAZELNUTS (50%)), Emulsifier: Vegetable Glycerine (E422), HAZLENUTS (3%), Modified Maize Starch, Cocoa Powder, Dark Chocolate (Cocoa Mass, Sugar, Emulsifier: SOYA Lecithin (E322), Natural Vanilla Flavouring), Whey Powder (MILK), Raising Agents (E500ii, E450) (WHEAT), Emulsifier (Containing Glucose Syrup Solids, Emulsifiers (E472b, E471, E477, Skimmed MILK Powder, Stabiliser (E450)), Salt, Natural Flavouring, Preservative: Potassium Sorbate (E202)

NUTRITION INFORMATION

| | per 100g | |
|--------------------|-----------------|--|
| Energy | 1912kJ/457kcal | |
| Fat | 24g | |
| of which Saturates | 4.8g | |
| Carbohydrate | 53g | |
| of which Sugars | 33g | |
| Fibre | 2.2g | |
| Protein | 6.7g | |
| Salt | 0.09g | |

Sticky Ginger Sponge Loaf

Ingredients: WHEAT Flour (Contains Calcium, Iron, Niacin, Thiamin), Sugar, EGG, Rapeseed Oil, Black Treacle, Stem Ginger (7%) (Stem Ginger, Sugar, Water), Invert Sugar Syrup, Emulsifier: Vegetable Glycerine (E422), White Chocolate (3%) (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier : SOYA Lecithin (E322), Natural Flavouring), Modified Maize Starch, Crystallised Ginger (2%) (Ginger, Sugar), Whey Powder (MILK), Caramel Colour E150c, Ginger, Mixed Spice, Raising Agents (E500ii, E450) (WHEAT), Emulsifier (Containing Glucose Syrup Solids, Emulsifiers (E472b, E471, E477, Skimmed MILK Powder, Stabiliser (E450)), Salt, Preservative: Potassium Sorbate (E202), Natural Flavouring

NUTRITION INFORMATION

| | per 100g | per 80g slice |
|--------------------|-----------------|----------------------|
| Energy | 1685kJ/401kcal | 1348kJ/321kcal |
| Fat | 16g | 13g |
| of which Saturates | 2.1g | 1.7g |
| Carbohydrate | 59g | 47g |
| of which Sugars | 39g | 31g |
| Fibre | 1.2g | 1.0g |
| Protein | 4.7g | 3.7g |
| Salt | 0.14g | 0.11g |

Very Cherry Bakewell Long Loaf Cake

Ingredients: Cherries (25%) (Cherries, Glucose Fructose Syrup, Citric Acid (E330), Colour(E127, E163), Sulphur Dioxide (E220) (SULPHITES), WHEAT Flour (Contains Calcium, Iron, Niacin, Thiamin), Sugar, EGG, Rapeseed Oil, Emulsifier: Vegetable Glycerine (E422), ALMONDS (2%) (NUTS), Modified Maize Starch, Whey Powder (MILK), Raising Agents (E500ii, E450) (WHEAT), Emulsifier (Containing Glucose Syrup Solids, Emulsifiers (E472b, E471, E477, Skimmed MILK Powder, Stabiliser (E450)), Salt, Flavouring (ALMONDS,NUTS), Preservative: Potassium Sorbate (E202), Natural Flavouring

NUTRITION INFORMATION

| | per 100g | |
|--------------------|-----------------|--|
| Energy | 1692kJ/403kcal | |
| Fat | 16g | |
| of which Saturates | 1.6g | |
| Carbohydrate | 60g | |
| of which Sugars | 41g | |
| Fibre | 1.6g | |
| Protein | 4.7g | |
| Salt | 0.08g | |

Sticky Toffee Sponge Loaf

Ingredients: WHEAT Flour (Contains Calcium, Iron, Niacin, Thiamin), Sugar, EGG, Rapeseed Oil, Caramel Fudge Pieces (13%) (Sugar, Full Cream Condensed MILK, Fondant (Sugar, Glucose, Water), Glucose Syrup, Palm Oil, Water, Salt), Black Treacle, Invert Sugar Syrup, Caramel (4%) (Sugar, Glucose Syrup, Sweetened Condensed MILK (MILK, Sugar, Lactose (MILK)), Unsalted Butter (From MILK), Partially Inverted Syrup, Palm Oil, Salt, Emulsifiers: E322 Rapeseed Lecithin, E491 Sorbitan Monostearate, Natural Flavouring), Modified Maize Starch, Whey Powder (MILK), Raising Agents (E500ii, E450) (WHEAT), Emulsifier (Containing Glucose Syrup Solids, Emulsifiers (E472b, E471, E477, Skimmed MILK Powder, Stabiliser (E450)), Salt, Preservative: Potassium Sorbate (E202), Natural Flavouring

NUTRITION INFORMATION

| | per 100g | per 80g Slice |
|--------------------|-----------------|----------------------|
| Energy | 1704kJ/406kcal | 1363kJ/325kcal |
| Fat | 18g | 14g |
| of which Saturates | 2.9g | 2.3g |
| Carbohydrate | 57g | 46g |
| of which Sugars | 39g | 31g |
| Fibre | 0.8g | 0.6g |
| Protein | 4.5g | 3.6g |
| Salt | 0.12g | 0.10g |

Triple Berry Long Loaf Cake

Ingredients : Sugar, WHEAT Flour (Contains Calcium, Iron, Niacin, Thiamin), EGG, Rapeseed Oil, Strawberry Jam (5%) (Glucose Fructose Syrup, Strawberries (35%), Sugar, Gelling Agent: Pectin, Citric Acid, Colouring: Anthocyanin, Preservative: Potassium Sorbate, Acidity Regulator: Sodium Citrate), Raspberry Fruit Pieces (5%) (Concentrated Apple Puree, Raspberry Puree, Fructose Glucose Syrup, Glucose Syrup, Sugar, Humectant: Glycerol, WHEAT Fibre, Palm Fat, Gelling Agent: Pectin, Malic Acid, Citric Acid, Natural Flavouring), Blueberry Fruit Pieces (5%) (Concentrated Apple Puree, Blueberry Puree, Concentrated Blackberry Juice, Glucose Syrup, Fructose Glucose Syrup, Glycerol, WHEAT Fibre, Palm Fat, Malic Acid, Citric Acid, Natural Flavouring), Emulsifier: Vegetable Glycerine (E422), Modified Maize Starch, Whey Powder (MILK), Raising Agents (E500ii, E450) (WHEAT), Emulsifier (Containing Glucose Syrup Solids, Emulsifiers (E472b, E471, E477, Skimmed MILK Powder, Stabiliser (E450)), Natural Flavouring, Salt, Preservative: Potassium Sorbate (E202)

NUTRITION INFORMATION

| | per 100g | |
|--------------------|-----------------|--|
| Energy | 1710kJ/407kcal | |
| Fat | 17g | |
| of which Saturates | 1.8g | |
| Carbohydrate | 58g | |
| of which Sugars | 35g | |
| Fibre | 1.7g | |
| Protein | 4.8g | |
| Salt | 0.09g | |

Spiced Farmhouse Sponge Loaf

Ingredients: WHEAT Flour (Contains Calcium, Iron, Niacin, Thiamin), Sugar, EGG, Rapeseed Oil, Sultanas (11%), Cherries (6%) (Cherries, Glucose Fructose Syrup, Citric Acid (E330), Colour E127, Sulphur Dioxide (E220) (SULPHITES), Emulsifier: Vegetable Glycerine (E422), Modified Maize Starch, Candied Mixed Citrus Peel (2%) (Orange Peel, Lemon Peel, Glucose Fructose Syrup, Salt, Acidity Regulator, Citric Acid), Whey Powder (MILK), Raising Agents (E500ii, E450) (WHEAT), Emulsifier (Containing Glucose Syrup Solids, Emulsifiers (E472b, E471, E477, Skimmed MILK Powder, Stabiliser (E450)), Mixed Spice, Salt, Preservative: Potassium Sorbate (E202), Natural Flavouring

NUTRITION INFORMATION

| | per 100g | per 80g |
|--------------------|-----------------|----------------|
| Energy | 1692kJ/403kcal | 1523kJ/363kcal |
| Fat | 17g | 15g |
| of which Saturates | 1.6g | 1.5g |
| Carbohydrate | 59g | 53g |
| of which Sugars | 38g | 34g |
| Fibre | 1.5g | 1.4g |
| Protein | 4.8g | 4.4g |
| Salt | 0.08g | 0.07g |