

PRE PACKAGED FOOD & BEVERAGE ALLERGY MATRIX

Latest Update: 14/6/2022

PLEASE NOTE:
 This allergen information is compiled using data received from suppliers and we cannot accept liability for its accuracy or completeness. While every effort is made to keep this information up to date, from time to time there may be changes to product ingredients. It is essential to read the packaging, upon purchase of the product for direct information from the supplier.
 Please note - not all products are available in all cinemas and some promotional, regional and trial products may not be listed. If you have any queries about the information provided contact ODEON Guest Services (Email: GS@Odeon.co.uk Post: FREEPOST ODEON)

Products	PRODUCT INFORMATION					NUTRITIONAL INFORMATION PER 100G										NUTRITIONAL INFORMATION PER SERVING									
	Pack size	INGREDIENTS (Allergens in BOLD)	Storage Information	Instructions for use	Serving size	ENERGY (KJ)	ENERGY (CAL)	FAT (g)	OF WHICH SATURATES (g)	CARBOHYDRATE (g)	OF WHICH SUGARS (g)	FIBRE (g)	PROTEIN (g)	SALT (g)	ENERGY (KJ)	ENERGY (CAL)	FAT (g)	OF WHICH SATURATES (g)	CARBOHYDRATE (g)	OF WHICH SUGARS (g)	FIBRE (g)	PROTEIN (g)	SALT (g)		
PRE PACKED POPCORN																									
Butterkist Crunchy Toffee Coated Popcorn 14 x 170g	170g	Sugar, Glucose Syrup, Popped Maize, Rapeseed Oil, Butter (MILK), Salt, Single Cream (MILK), Invert Sugar Syrup, Maltose, Emulsifier: Sunflower Lecithin.	Store in a cool, dry place. Once opened store in an airtight container.	Warning: Whilst every effort to remove unroasted corn is taken, some hard kernels may remain which could damage your teeth.	30g (5.6 servings per pack)	1789	424	9.4	3.1	80	51	3.2	3.1	1.3	537	127	2.8	0.9	24	15	1	0.9	0.39		
Joe & Seph's Salted Caramel Pouch	80g	Corn, Sugar, Butter (MILK), Corn Syrup, Sea Salt	Store in a cool, dry, dark place. Once open consume within 5 days.	Once open consume within 5 days.	20g	2016	481	22.1	14.4	65.2	40.3	4.2	3.3	1.4	403.2	96.2	4.42	2.88	13.04	8.06	0.84	0.66	0.28		
Joe & Seph's Caramel & Belgian Chocolate Pouch	80g	Corn, Sugar, Butter (MILK), Chocolate (13%), Sugar, White Milk Powder, Cocoa Butter (20%), Cocoa Mass (17%), Soy Lecithin, Natural Vanilla, Corn Syrup	Store in a cool, dry, dark place. Once open consume within 5 days.	Once open consume within 5 days.	20g	2003	480	27	16	62	39	3.8	3.8	0.48	400.6	96	5.4	3.2	12.4	7.8	0.76	0.76	0.096		
Joe & Seph's Peanut Butter Pouch	80g	Corn, Sugar, Butter (MILK), Peanuts (25%), Corn Syrup	Store in a cool, dry, dark place. Once open consume within 5 days.	Once open consume within 5 days.	20g	2253	539	30.6	12.5	58.1	31.5	3	7.8	0.6	450.6	107.8	6.12	2.5	11.62	6.3	0.6	1.56	0.12		
Joe & Seph's Trio of Chocolate	80g	Corn, Sugar, Butter (MILK), Chocolate Cookies (2%), Wheat Flour, Cocoa (20%), Sugar, Butter (MILK) (11%), Palm Oil, Cocoa Powder, Invert Sugar Syrup, Pasteurised Free Range Eggs, Baking Powder, Salt, Soy Lecithin, Chocolate (13%), Sugar, White Milk Powder, Cocoa Butter (20%), Cocoa Mass (17%), Soy Lecithin, Natural Vanilla, White Chocolate (5%) (Sugar (46.5%), Cocoa Butter (29.9%), White Milk Powder (23.5%), Soy Lecithin, Natural Vanilla), Corn Syrup, Cream (MILK), Cocoa Powder	Store in a cool, dry, dark place. Once open consume within 5 days.	n/a	20g	2096	502	27.2	17.3	61.2	38.8	3.5	3.9	0.7	419.2	100.4	5.44	3.46	12.24	7.76	0.7	0.78	0.14		
Joe & Seph's Strawberries & Cream	80g	Corn, Sugar, Butter (MILK), Corn Syrup, Double Cream (MILK) (9%), Dried Strawberry (2%), Natural Strawberry Flavour, Salt	Store in a cool, dry, dark place. Once open consume within 5 days.	Once open consume within 5 days.	20g	1958	470	27	17	58	35	3.7	3.4	0.57	391.6	94	5.4	3.4	11.6	7	0.74	0.68	0.114		
White Chocolate Popcorn	80g	Corn, Butter (MILK), Sugar, White Chocolate (16%) (Sugar (48.5%), Cocoa Butter (29.9%), White Milk Powder (23.5%), Soy Lecithin, Natural Vanilla), Corn Syrup, Dark Chocolate (10%) (Cocoa Mass (43%), Sugar, Cocoa Butter (13%), Emulsifier (Soy Lecithin), Natural Vanilla Flavouring), Extra Virgin Olive Oil, Glucose Syrup, Glaze Free Soy Lecithin, Sunflower Oil, Cocoa Butter, Salt	Store in a cool, dry, dark place. Once open consume within 5 days.	Once open consume within 5 days.	20g	2048	492	29	18	58	35	3.6	4.4	0.51	409.6	98	5.80	3.60	11.60	7.00	0.72	0.88	0.10		
Vegan Chocolate Popcorn	80g	Corn, Sugar, Dark Chocolate (10%) (Cocoa Mass (43%), Sugar, Cocoa Butter (13%), Emulsifier (Soy Lecithin), Natural Vanilla Flavouring), Extra Virgin Olive Oil, Glucose Syrup, Glaze Free Soy Lecithin, Sunflower Oil, Cocoa Butter, Salt	Store in a cool, dry, dark place. Once open consume within 5 days.	Once open consume within 5 days.	20g	1476	351	11.5	2.9	62.9	41.6	4.2	3.9	0.29	295	70	2.30	0.58	12.58	8.32	0.84	0.78	0.06		
EVENT POPCORN - Sweet Popcorn 180 x 50g	180 x 50g	Butterfly Corn (Grains), Rapeseed Oil, Sugar	Store in a dry and cool place, protected from sunlight.		50g	2024	484	22	1.8	62	34	0	5.8	<0.01	1012	242	11	0.9	31	17	0	2.9	<0.005		
NUTS																									
Cambridge Baked Sweet Chill Peanuts & Cashews 80g Pouch	80g	Peanuts (57%), Cashew Nuts (38%), Sweet Chili Seasoning (4%), Sugar, Salt, Dried Soy Sauce (Contains: Soy beans, Salt, Spirit Vinegar), Garlic, Onion, Chili, Yeast Extract, Tomato, Red Bell Pepper, Paprika Extract, Spices, Citric Acid, Rapeseed Oil, Natural Flavouring, Stabiliser: Gum Arabic	Storage: Cool & dry, Under 23°C. Away from heat or direct sunlight.	Eat as a snack anytime	80g	2369	570	47.6	8.9	13.8	6	4.9	19.9	1.5	1895	456	38.1	7.1	11.0	4.8	3.9	15.9	1.2		
Cambridge Caramelised Cashews 80g Pouch	80g	Cashew Nuts (78%), Sugar, Honey, Salt	Storage: Cool & dry, Under 23°C. Away from heat or direct sunlight.	Eat as a snack anytime	80g	2266	543	32.5	6.0	43.4	21.9	2.1	18.1	0.5	1813	434	26.0	4.8	34.7	17.5	1.7	14.5	0.4		
Cambridge Caramelised Sesame Peanuts 80g Pouch	80g	Peanuts (61%), Sugar, Sesame Seeds (9%), Honey, Salt	Storage: Cool & dry, Under 23°C. Away from heat or direct sunlight.	Eat as a snack anytime	80g	2240	541	31.9	5.8	40.7	28.8	3.6	21.0	0.6	1792	433	25.5	4.6	32.6	23.0	2.9	16.8	0.5		
Cambridge Baked Hickory Smoke Almonds 80g Pouch	80g	84% Almonds, 4% Hickory Smoke Flavouring (Salt, Malto-dextrin, Yeast Extract, Dextrose, Smoke Flavouring, Rapeseed Oil, Acidity regulator: Citric Acid), Stabiliser: Gum Arabic	Storage: Cool & dry, Under 23°C. Away from heat or direct sunlight.	Eat as a snack anytime	80g	2399	574	50.0	3.8	9.2	5.5	7.3	21.2	1.9	1919	459	40.0	3.0	7.4	4.4	5.8	17.0	1.5		
Cambridge Baked Salted Cashews 80g Pouch	80g	Cashew Nuts (98%), Salt, Sunflower Oil	Storage: Cool & dry, Under 23°C. Away from heat or direct sunlight.	Eat as a snack anytime	80g	2533	611	50.9	10.1	18.8	5.6	3.2	20.5	1.00	2026	489	40.7	8.08	15.0	4.5	2.6	16.4	0.8		
Cambridge Caramelised Cashews 45g Pouch	45g	Cashew Nuts (78%), Sugar, Honey, Salt	Storage: Cool & dry, Under 23°C. Away from heat or direct sunlight.	Eat as a snack anytime	45g	2266	543	32.5	6.0	43.4	21.9	2.1	18.1	0.5	1020	244	14.6	2.7	19.5	9.9	0.9	8.1	0.2		
Cambridge Baked Salted Mixed Nuts 45g Pouch	45g	Cashew Nuts (59%), Almonds (27%), Hazelnuts (12%), Salt, Sunflower Oil	Storage: Cool & dry, Under 23°C. Away from heat or direct sunlight.	Eat as a snack anytime	45g	2542	612	53.0	7.7	14.1	5.2	4.8	20.2	1.0	1144	275	23.9	3.5	6.3	2.3	2.2	9.1	0.5		
Cambridge Baked Dry Roasted Peanuts 45g Pouch	45g	Peanuts (97%), Yeast Extract, Salt, Rice Flour, Paprika, Onion, Smoked Salt, Cashew, Oregon, Garlic Powder, Turmeric, Oil, Citric Acid, Paprika Extract, Stabiliser: Gum Arabic	Storage: Cool & dry, Under 23°C. Away from heat or direct sunlight.	Eat as a snack anytime	45g	2379	575	49.5	8.9	9.1	4.4	6.3	23.7	1.7	1071	259	22.3	4.0	4.1	2.0	2.8	10.7	0.8		
Sahara Hot Nuts Medium	90g	Peanuts 49% Potato Starch, Vegetable Oils (Palm, Rapeseed), Salt, Invert Sugar, Wheat Starch Spices (Garlic Powder, Curcumin Seed, Chiles, Paprika Powder, Oregon) Flavour Enhancer (E621) Onion Modified Maize Starch, Tomato Powder, Flavour (contains Celery, Colour (E120,E160a), Antioxidant (E307), Spice Extract	Best before see box		90g	2227	534	34	8	41.2	4.6	0	13.9	4.1	2004	480	31	7.2	37	4.14	0	12.51	3.69		
Sahara Hot Nuts Large	120g	Peanuts 49% Potato Starch, Vegetable Oils (Palm, Rapeseed), Salt, Invert Sugar, Wheat Starch Spices (Garlic Powder, Curcumin Seed, Chiles, Paprika Powder, Oregon) Flavour Enhancer (E621) Onion Modified Maize Starch, Tomato Powder, Flavour (contains Celery, Colour (E120,E160a), Antioxidant (E307), Spice Extract	Best before see box		120g	2672	641	40.8	9.6	49.44	5.52	0	16.68	4.92											
Sahara Hot Nuts XLarge	180g	Peanuts 49% Potato Starch, Vegetable Oils (Palm, Rapeseed), Salt, Invert Sugar, Wheat Starch Spices (Garlic Powder, Curcumin Seed, Chiles, Paprika Powder, Oregon) Flavour Enhancer (E621) Onion Modified Maize Starch, Tomato Powder, Flavour (contains Celery, Colour (E120,E160a), Antioxidant (E307), Spice Extract	Best before see box		180g	4009	961	61.2	14.4	74.2	8.28	0	25	7.38											
FRUIT																									
Urban Fruit Strawberry 90g	90g	Strawberries, Apple Juice Concentrate (Our packing house handles nuts and seeds)	Store in a cool and dry place.	N/A	90g	1218	291	0.2	0	67.3	58.1	6.1	2.0	0	1056	262	0.18	0	61	35	5.5	1.8	0		
Urban Fruit Mango 100g	100g	Mango (Our packing house handles nuts and seeds)	Store in a cool and dry place.	N/A	100g	1277	305	0.3	0.1	68.2	56.6	9.0	2.9	0	1277	305	0.3	0.1	68.2	56.6	9.0	2.9	0		
HANG BAGS																									
Maltsters Pouch 100g	100g	Sugar, Skimmed MILK Powder, Cocoa Butter, Glucose Syrup, BARLEY malt extract, Cocoa Mass, Palm fat, LACTOSE and protein from whey (from MILK), Emulsifiers (SOYA lecithin E492), WHEAT flour, Palm kernel oil, Flavouring agents (E341-E300) WHEAT gluten, Salt, Glazing agent (pectin) Natural vanilla extract, Milk chocolate contains milk solids 14% minimum, Milk chocolate contains vegetable fats in addition to cocoa butter	Store in a cool dry area. Best before date on reverse of pouch	N/A	3 servings per pouch	2105 KJ	503 kcal	25g	15g	62g	53g	N/A	8.1g	0.42g	761 kJ	171 kcal	8.4g	5.2g	21g	18g	N/A	2.8g	0.14g		
Galaxy Maltreels 120g	120g	Sugar, Cocoa butter, Skimmed MILK powder, Cocoa mass, LACTOSE and protein from whey (from MILK), Palm fat, Whey powder (from MILK), MILK fat, Emulsifier (SOYA lecithin), Dextrose, Natural colours (CICUTIN), Vegetable carbon, Beetroot red Starch, Glazing agent (Carmelita wax) Palm kernel oil, Natural vanilla extract, MILK chocolate contains milk solids 14% minimum, Milk chocolate vegetable fats in addition to cocoa butter	Store in a cool dry area. Best before date on reverse of pouch	N/A	3 servings per pouch	2087 KJ	498 kcal	22g	13g	69g	68g	N/A	5.3g	0.24g	868 kJ	207 kcal	9.1g	5.4g	29g	28g	N/A	2.2g	0.10g		

Munchies Pouch	8x104g	Sugar, Glucose Syrup, Whole and skimmed milk powder, Vegetable fats (Palm, Rapeseed, Shea) Mango kernel Kokum gurgi/ Salt, Invert sugar syrup, Cocoa butter, Cocoa mass, Sweetened condensed skimmed milk, Lactose and proteins from whey (from MILK), Whey powder (from MILK), Wheat flour (contains Calcium Iron, Thiamin and Nicotin), Emulsifier (Sunflower lecithin), Barley malt extract, Raising agents (Ammonium bicarbonate, Sodium bicarbonate), Salt, Natural vanilla flavouring.	Store cool and dry	Important: Young children (less than 4 years) have limited chewing ability and could choke on small sweets.	6 pieces	2051	490	23.4	12.8	64.4	56.9	1.2	4.6	0.32	561	134	6.4	3.5	17.6	15.6	0.3	1.3	0.09	
Milkybar Giant Buttons	8x103g	Ingredients: Whole and skimmed milk powder (37.3%), Sugar, Cocoa butter, Vegetable fat (Palm Shea/Mango kernel) Salt, Emulsifier (Sunflower lecithin), Natural flavouring.	Store cool and dry	Important: Young children (less than 4 years) have limited chewing ability and could choke on small sweets.	10 pieces	2270	543	31.7	19.1	53.1	52.6	0	10.6	0.34	454	109	6.4	3.9	10.7	10.6	0	2.1	0.07	
Fruit Pastilles Bag	10x150g	Sugar, Glucose Syrup, Gelatine, Gum arabic, Modified starch, Concentrated fruit juice (1%) (Blackcurrant, Orange, Lime, Lemon, Strawberry), Acids (Malic acid, Citric acid, Lactic acid), Acidity regulator (Trisodium citrate), Colours (Anthocyanins, Curcumin, Beta-carotene, Cochineal extract of cochineal), Flavours.	Store cool and dry	Important: Young children (less than 4 years) have limited chewing ability and could choke on small sweets.	7 sweets	1467	345	0.1	0	79	55.9	3.9	4.2	0.27	391	92	trace	21.1	14.9	1	1.1	0	0	
Rowntrees Randoms Sharing Bag	12x150g	Glucose Syrup, Sugar, Gelatine, Concentrated fruit juices (1.3%) (Apple, Blueberry, Orange, Raspberry, Lemon, Mandarin, Strawberry, Black carrot), Acids (Citric acid, Tartaric acid, Malic acid), Flavourings, Glaze (Vegetable fat Palm kernel, Glazing agent: Carnauba wax), Fruit and vegetable concentrates (Black carrot, Hibiscus, Carrot, Safflower), Spirulina concentrate, Vegetable oils (Coconut, Rapeseed), Invert sugar syrup, Fructose, Humectant (Glycerol), Natural colours (Pigment extract, Chlorophyll and chlorophyllins, Carotenes), Stabilisers (Carrageenan, Locust bean gum), Acidity regulators (Sodium ascorbate, Sodium citrate), Fruit puree concentrates (Blueberry, Strawberry, Raspberries), Salt, Caramelised sugar syrup.	Store cool and dry	Important: Young children (less than 4 years) have limited chewing ability and could choke on small sweets.	7 sweets	1420	334	0.1	0.1	77.4	53.1	1.1	5.4	0.03	414	97	trace	trace	22.6	15.5	0.3	1.6	0.01	
Munchies Biscuits	8x101g	Sugar, Vegetable fats (Palm, Rapeseed, Mango kernel, Sal, Shea), MILK powder (Whole and skimmed), Cocoa butter, Lactose and proteins from whey (from MILK), Whey powder (from MILK), Cocoa mass, Wheat flour (contains Calcium, Iron, Thiamin and Nicotin), Emulsifier (Lecithin), Natural Flavouring, Salt, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Fat-Reduced Cocoa Powder, Barley Malt Extract, Milk Chocolate contains Milk Solids 14% minimum and Vegetable Fats in addition to Cocoa Butter.	Store cool and dry	Milk chocolates with soft chocolate fudge flavour filling (30%) and a crisp biscuit centre (5%)	6 sweets	2240	536	30.3	15.7	58.3	54.4	1.7	6.2	0.28	591	142	8	4.1	15.4	14.4	0.5	1.6	0.07	
Munchies Salted Caramel Fudge	8x97g	Sugar, Vegetable Fats (Palm, Shea, Rapeseed), Dried Whole Milk, Cocoa Butter, Lactose and Proteins from Whey (from MILK), Whey Powder (from MILK), Skimmed Milk Powder, Cocoa Mass, Wheat Flour (contains Calcium, Iron, Thiamin and Nicotin), Emulsifier (Lecithin), Natural Flavouring, Salt, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Fat-Reduced Cocoa Powder, Barley Malt Extract, Milk Chocolate contains Milk Solids 14% minimum and Vegetable Fats in addition to Cocoa Butter.	Ambient	Ready to eat	6 sweets	2229	533	30	15.6	59.4	56	1.1	5.9	0.35	589	141	7.9	4.1	15.7	14.8	0.3	1.6	0.09	
Aero Bubbles Peppermint	8x102g	Sugar, Vegetable fats (Mango kernel/ Palm/ Shea, Sunflower, Coconut), Lactose and proteins from whey (from MILK), Whey powder (from MILK), Skimmed milk powder, Dried whole milk, Cocoa butter, Cocoa mass, Butterfat (from MILK), Emulsifier (Sunflower lecithin), Glazing agent (Gum arabic), Glucose Syrup, Natural Flavouring, Colours (Copper complexes of chlorophyllins, Curcumin).	Store cool and dry	Important: Young children (less than 4 years) have limited chewing ability and could choke on small sweets.	8 sweets	2242	536	29.7	17.7	62.4	62.1	0.7	4.3	0.22	536	128	7.1	4.2	15	14.9	0.2	1	0.05	
Cadbury Giant Button	119g	Milk** Sugar Cocoa Butter Cocoa Mass Vegetable Fats (Palm, Shea) Emulsifier (E442) Flavourings **The equivalent of 426 ml of Fresh Liquid Milk in every 227 g of Milk Chocolate Milk Solids 20 % minimum, actual 23 % Cocoa Solids 20 % minimum Contains Vegetable Fats in addition to Cocoa Butter.	Ambient- Store in a dry place, protect form heat.		25g	234	535	30	18	57	56	2.1	7.3	0.24	2234	559	134	7.6	4.6	14	14	0.5	1.8	0.06
Twirl Bites	109g	Milk Sugar Cocoa Butter Cocoa Mass Whey Powder (from MILK) Vegetable Fats (Palm, Shea) Emulsifier (E442, E471) Flavourings Milk Solids 14 % minimum Cocoa Solids 25 % minimum Contains Vegetable Fats in addition to Cocoa Butter.	Ambient- Store in a dry place, protect form heat.		7 Pieces	2216	530	29	17	58	58	2.3	7	0.25	496	119	6.5	3.8	13	13	0.5	1.6	0.06	
Caramel Nibbles	120g	Milk** Sugar Cocoa Butter Glucose Syrup Vegetable Fats (Palm, Shea) Glucose-Fructose Syrup Cocoa Mass Whey Powder (from MILK) Emulsifier (E442) Flavourings Salt Sodium Hydrogen Carbonate Milk Chocolate: Milk Solids 20 % minimum, actual 23 % Contains Vegetable Fats in addition to Cocoa Butter. **The equivalent of 426 ml of Fresh Liquid Milk in every 227 g of Milk Chocolate. MAY CONTAIN NUTS	Ambient- Store in a dry place, protect form heat.		25g	2079	497	26	15	59	52	1.6	5.7	0.32	520	124	6.5	3.8	15	13	0.4	1.4	0.08	
Wine Gums	190g	Glucose Syrup (contains Sulphites) Sugar Steviol Glycolide Acids (Malic Acid, Acetic Acid) Colours (Anthocyanins, Vegetable Carbon, Paprika Extract, Lutens, Curcumin) Flavourings Vegetable Oil (Palm Kernel, Coconut, Sunflower) Glazing Agent (Carnauba Wax)	Ambient- Store in a dry place, protect form heat.		4 sweets	1400	329	0.2	0.2	76	57	4.8	0.03	330	78	<0.1	<0.1	18	14		1.1	<0.01		
Sour Patch Kids	140g	Sugar Glucose Syrup Water Starich Gelatine Acid (Malic Acid) Concentrated Apple Juice Colours (Anthocyanins, Vegetable Carbon, Paprika Extract, Lutens, Curcumin) Acidity Regulator (Calcium Citrates) Flavourings Palm Oil.	Ambient- Store in a dry place, protect form heat.		8 Sweets	1386	326	0.1	<0.1	77	63	2.8	0.03	333	78	<0.1	<0.1	18	15		0.7	<0.01		
Kiwi Bites Milk Pouch 8x90g	90g	Sugar, Vegetable fats (Palm, Shea, Sunflower), Dried whole MILK, Cocoa butter, Cocoa mass, Wheat flour (contains Calcium, Iron, Thiamin and Nicotin), Whey powder (from MILK), Skimmed MILK powder, Fat-reduced cocoa powder, Lactose (from MILK), Butterfat (from MILK), Emulsifiers (Lecithin, E471), Whole Wheat flour, Rice flour, Raising agents (Calcium carbonate, Ammonium bicarbonate, Sodium bicarbonate), Salt, Barley malt extract, Flavouring.	Store in a cool, dry place	Important: Young children (less than 4 years) have limited chewing ability and could choke on small sweets.	1 Pouch (90g)	2209	529	29.2	15.9	59.6	53	2.1	5.8	0.25	416	100	5.5	3	11.3	10	0.4	1.1	0.05	
Cadbury Mini Fingers	125g	Wheat Flour (with Calcium, Iron, Nicotin, Thiamin) Sugar Vegetable Oil (Palm, Rapeseed) Cocoa Butter Cocoa Mass Skimmed Milk Powder Whey Proteinate (from MILK) Milk Fat Partially Inverted Sugar Syrup Salt Emulsifiers (E442, E471), Soya Lecithin, Raising Agents (Sodium Hydrogen Carbonate, Ammonium Hydrogen Carbonate) Flavourings MAY CONTAIN NUTS	Ambient- Store in a dry place, protect form heat.		25g (C.8 Biscuits)	2109	504	24	12	64	37	2.3	6.1	0.45	527	126	6.1	3.1	16	9.3	0.6	1.5	0.11	
Cadbury Mini Eggs Carton 38.3g	38.3	Sugar, Milk, Cocoa Butter, Cocoa Mass, Skimmed Milk Powder, Whey Proteinate Powder (from MILK), Vegetable Fats (Palm, Shea), Milk Fat, Modified Starches (Maltose, Tapioca), Emulsifiers (E442, E476), Flavourings, Maltodextrin, Colours (Anthocyanins, Beetroot Red, Paprika Extract, Carotenes), Milk Chocolate: Milk Solids 14 % minimum, Cocoa Solids 25 % minimum, Contains Vegetable Fats in addition to Cocoa Butter.	Store in a dry place. Protect from heat.	Choking Hazard: This product is not suitable for children under 4.	38.3g	2072	494	21	13	70	69	1.6	4.2	0.15	787	188	8.1	4.8	27	26	0.6	1.6	0.06	
MISC																								
Trebor Extra Strong Mints	41.3g	Sugar Glucose Syrup Starich Natural Mini Flavouring Gelatine Stabiliser (E415)	Ambient- Store in a dry place, protect form heat.		1 Sweet (2.4g)	1677	395	<0.1	0	98	94	0.3	<0.01	40	9	<0.1	0	2.4	2.3		<0.1	0		
Trebor Softmints Peppermint Mints	44.9	Sugar Glucose Syrup Modified Starich Natural Mini Flavour Glazing Agent.	Ambient- Store in a dry place, protect form heat.	Choking Hazard: This product is not suitable for children under 4.	7 sweets	1589 kJ	374 kcal	<0.1g	0 g	93 g	73 g	<0.1 g	<0.01 g	378 kJ	89 kcal	<0.1 g	0 g	22 g	17 g		<0.1 g	<0.01 g		
Lindt Milk Bar 38g	38g x 24	Milk chocolate with a smooth melting filling (4%) Ingredients: sugar, vegetable fat (coconut, palm kernel), cocoa butter, whole MILK powder, cocoa mass, LACTOSE, skim MILK powder, anhydrous MILK fat, emulsifier (SOYA lecithin), BARLEY malt extract, flavourings. May contain HAZELNUTS. ALMONDS Milk chocolate contains: cocoa solids: 30% minimum, Milk solids: 14% minimum.	Cool and dry	Unwrap packaging and consume	24 pieces	2520	606	44	33	46	45	0	5.5	0.14	630	151.5	11	8.25	11.5	11.25	0	1.38	0.035	
Lindt Wafer 30g	30g x 24	Milk chocolate with water (10%) and hazelnut filling Ingredients: sugar, cocoa butter, whole MILK powder, HAZELNUT (7%), cocoa mass, skimmed MILK powder, WHEAT flour, LACTOSE, anhydrous MILK fat, emulsifier (SOYA lecithin), EGG yolk powder, palm oil, fructose, corn starch, humectant (sorbitol), Flavouring, salt. May contain ALMONDS. Milk chocolate contains: Cocoa solids: 31% min, Milk solids: 25% minimum.	Cool and dry	Unwrap packaging and consume	24 pieces	2265	541	32	15	56	44	0	6.8	0.2	566.25	135.25	8	3.75	14	11	0	1.7	0.05	
Lindt Gold Bar 300g	300g x 10	Ingredients: Sugar, cocoa butter, whole MILK powder, cocoa mass, LACTOSE, skim MILK powder, emulsifier (SOYA lecithin), BARLEY malt extract, flavouring. Allergens: May contain HAZELNUTS, ALMONDS and other NUTS. Cocoa Solids %: Milk chocolate contains: Cocoa solids: 31% min, Milk solids: 25% min.	Cool and dry	Unwrap packaging and consume	10 pieces	2242	537	31	20	57	56	0	6.5	0.23	224.2	53.7	3.1	2	5.7	5.6	0	0.65	0.023	

Cadbury Dairy Milk 850g	850g	Milk** Sugar Cocoa Butter Cocoa Mass Vegetable Fats (Palm, Shea) Emulsifiers (E442, E470) Flavourings **The equivalent of 426 ml of Fresh Liquid Milk in every 227 g of Milk Chocolate Milk Solids 20 % minimum, actual 20 % Cocoa Solids 20 % minimum Contains Vegetarian Fats in addition to Cocoa Butter - May Contain Nuts - Wheat	Ambient, Store in a dry place, protect form heat.	4 Chunks (25g)	2232	534	30	18	57	56	2.1	7.3	0.24	557	133	7.6	4.6	14	14	0.5	1.8	0.06	
Jelly Belly 20 Assorted Flavours 100g Box	100g	Sugar, glucose syrup, modified cornstarch, acidity regulators (E325, E330, E331), natural fruit concentrates, stabilisers (E401, E402), natural flavours	Cool Dry Place	Not suitable for under 5 year olds	100g	1530	360		90	67			0.02	1630	360	0	0	90	67			0.02	
Jelly Belly Sourz Mix 100g Box	100g	Sugar, glucose syrup, modified cornstarch, acidity regulators (E297, E325, E330, E331), apple juice concentrate, lemon puree, grape juice concentrate, cherry juice concentrate, orange puree, flavourings, fruit and vegetable concentrates (apple, carrot, black currant, spirulina, pumpkin), glazing agents (E501, E503, E504), colours (E100, E117)	Cool Dry Place	Not suitable for under 5 year olds	100g	1514	356		89	60			0.2	1514	356			89	60			0.2	
KIDS MIX SWEETS																							
BEAR YoYo Strawberry Xtreme 20g Delisted	20g	Apples (55.8%), pears (32.9%), strawberries (1.0%), black carrot extract (0.3%)	Store in a cool and dry place	N/A	20g	1170	280	0	0	63	42	10	1.9	0	234	56	0	0	13	8.4	2.0	0.4	0
BEAR YoYo Blackcurrant Sour 20g Delisted	20g	Apples (40%), Pears (30%), Lemon Juice (3%), Buttermilk Squash (11%), Blackcurrant (5%), Carrot (5%), Beetroot (5%), Spirulina Extract (0.1%)	Store in a cool and dry place	N/A	20g	1170	280	0	0	63	42	10	1.9	0	234	56	0	0	13	8.4	2.0	0.4	0
BEAR YoYo Blackcurrant 20g	20g	Apples (61.7%), pears (30.8%), blackcurrants (7.5%)	Store in a cool and dry place	N/A	20g	1170	280	0	0	63	42	10	1.9	0	234	56	0	0	13	8.4	2.0	0.4	0
BEAR YoYo Strawberry Xtreme 20g	20g	Apples (41.1%), pears (41.7%), pumpkin (7.3%), strawberries (6.0%), lemon (2.2%), black carrot extract (0.1%)	Store in a cool and dry place	N/A	20g	1170	280	0	0	63	42	10	1.9	0	234	56	0	0	13	8.4	2.0	0.4	0
Cadbury Buttons 14.4g	14.4	Milk** Sugar Cocoa Butter Cocoa Mass Vegetable Fats (Palm, Shea) Emulsifier (E442) Flavourings Milk Solids 20 % minimum, actual 23 % Cocoa Solids 20 % minimum Contains Vegetable Fats in addition to Cocoa Butter **The equivalent of 426 ml of Fresh Liquid Milk in every 227 g of Milk Chocolate	Ambient, Store in a dry place, protect form heat.		30g	2234	535	30	18	57	56	2.1	7.3	0.24	670	160	9.1	5.5	17	17	0.6	2.2	0.07
Jelly Tots 28g	20(4x28g)	Sugar, Glucose Syrup, Starch, Malt, Maleic Acid, Citric Acid, Lactic Acid, Concentrated Fruit Juices (Apple, Blackcurrant, Lime, Orange, Strawberry, Lemon), Acidity Regulator (Tri-sodium Citrate), Flavourings, Colours (Anthocyanins, Copper Complexes of Chlorophylls, Beta-Carotene, Curcumin)	Store in a cool and dry place.	Young children (less than 4 years) have limited chewing ability and could choke on small sweets.	Contains 8 Servings	1474	347	0.1	0.1	86.4	59	0	0.1	0.44	189	44	trace	trace	11.1	7.6	0	0	0.01
Oreo Original Sandwich Biscuits Twin Pack 20g	22g	WHEAT Flour, Sugar, Palm Oil, Refined Oil, Fat Reduced Cocoa Powder 4.5 %, WHEAT Starch, Glucose-Fructose Syrup, Raising Agents (Potassium Carbonate, Ammonium Carbonate, Sodium Bicarbonate), Salt, Emulsifiers SOYA Lecithin, Sunflower Lecithin)	Store in a dry place, protect from heat.		2 Biscuits	1990	474	19	5.2	68	38	2.7	5.4	0.74	438	104	4.3	1.2	15	8.3	0.6	1.2	0.16
ROL-O Tube 52g	36x22g	Glucose Syrup, Sugar, Whole and Skimmed Milk Powder, Invert Sugar Syrup, Cocoa Mass, Vegetable Fats (Palm, Mango kernel, Salt, Shea), Cocoa Butter, Sweetened Condensed Skimmed Milk, Butterfat (from Milk), Lactose and Proteins from Whey (from Milk), Whey powder (from Milk), Emulsifier (Sunflower lecithin), Salt, Flavourings.	Store cool and dry	Young children (less than 4 years) have limited chewing ability and could choke on small sweets.	Contains 2 servings (Per 9 sweets, 26g)	2004	478	20.7	11.4	67.4	58	1.2	4.8	0.32	521	124	5.4	3	17.5	15.1	0.3	1.2	0.08
Smarties Multipack 12 x 4 x 34g	12 x 4 x 34g	Sugar, Skimmed Milk Powder, Cocoa Mass, Cocoa Butter, Wheat Flour, Butterfat (from Milk), Lactose and Proteins from Whey (from Milk), Rice Starch, Emulsifier (Lecithins), Colours (Beta-carotene, Curcumin), Natural Flavourings, Spirulina Concentrate, Glazing Agents (Carnauba Wax, Beeswax White), Fruit and Vegetable Concentrates (Safflower, Radish), Barley Malt Extract	Store cool and dry	Important: Young children (less than 4 years) have limited chewing ability and could choke on small sweets.	1 bag	1973	470	18.8	11.4	68	62.8	1.8	6.3	0.12	337	80	3.2	1.9	11.6	10.7	0.3	1.1	0.02
Nestle Smarties Mini Bag 15g	60x15g	Sugar, Cocoa Butter, Skimmed milk powder, Cocoa mass, Butterfat (from Milk), Wheat flour, Lactose and proteins from whey (from Milk), Rice starch, Emulsifier (Sunflower lecithin), Fruit and vegetable concentrates (Safflower, Radish, Black carrot, Lemon, Hibiscus), Spirulina concentrate, Glazing agents (Carnauba wax, Beeswax white), Natural flavours.	Store cool and dry	Important: Young children (less than 4 years) have limited chewing ability and could choke on small sweets.	1 bag	2006	478	19.6	11.3	69.5	64.1	1	5.4	0.14	301	72	2.9	1.7	10.4	9.6	0.2	0.8	0.02
Nestle Randoms Mini Bag 20g	60x20g	Glucose syrup, Sugar, Gelatine, Acids (Maleic acid, Tartaric acid, Citric acid), Concentrated apple juice (1%), Flavourings, Glaze (Palm oil, Glazing agent, Carnauba wax), Fruit and vegetable concentrates (Black carrot, Camell, Hibiscus), Acidity regulator (Sodium ascorbate), Invert sugar syrup, Vegetable fats (Cocoa, Refined Sunflower), Colours (Chlorophyll and chlorophyllins, Paprika extract, Carotenes), Natural flavours.	Store cool and dry	Important: Young children (less than 4 years) have limited chewing ability and could choke on small sweets.	1 bag	1403	330	0.1	0.1	76.2	56.8	0	4.9	0.06	275	65	trace	trace	15.2	11.4	0	1	0.01
Nestle Milkbar Mini Bag 12g	60x12g	Milk powders (Whole and skimmed) (37.5%), Sugar, Cocoa butter, Vegetable fat (Mango kernel Palm Saff Shea), Emulsifier (Sunflower lecithin), Natural flavouring	Store cool and dry	Important: Young children (less than 4 years) have limited chewing ability and could choke on small sweets.	1 bag	2265	542	31.7	19.1	52.9	52.5	0	10.8	0.35	272	65	3.8	2.3	6.3	6.3	0	1.3	0.04
Kit Kat Bumpy Milk Chocolate Easter Figure 24x29	29g	Sugar, Vegetable Fats (Palm, Rapeseed, Sunflower), Skimmed Milk Powder, Cocoa Butter, Cocoa Mass, Rice Flour, Lactose (from Milk), Fat-Reduced Cocoa Powder, Whey Powder (from Milk), Butterfat (from Milk), Emulsifier (Lecithins), Potato Starch, Maltose Starch, Raising Agent (Sodium Bicarbonate), Salt, Whey Protein Concentrate (from Milk), Natural Flavourings, Vegetable Fats (Bamboo), Milk Chocolate contains Milk Solids 14% minimum	Store in a cool, dry place	Important: Young children (less than 4 years) have limited chewing ability and could choke on small sweets.	1 Bar (29g)	537	2242	31.4	17.3	55.6	50.4	2.9	6.2	0.25	647	155	9.1	5	16.1	14.6	0.8	1.8	0.07
BOTTLED DRINKS - CORE																							
Coca Cola 500ml	500ml	Ingredients: Carbonated Water, Sugar, Colour (Caramel E150d), Acid (Phosphoric Acid), Natural Flavourings	Store cool and dry	Best served chilled	250ML	180	42	0	0	10.6	10.6	0	0	0	400	105	0	0	27	27	0	0	0
Coke Diet 500ml	500ml	Ingredients: Carbonated Water, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Natural Flavourings including Caffeine, Acids (Phosphoric Acid, Citric Acid)	Store cool and dry	Best served chilled	250ML	1.6	0.4	0	0	0	0	0	0	0	4	1	0	0	0	0	0	0	0
Coke Zero 500ml	500ml	Ingredients: Carbonated Water, Colour (Caramel E150d), Acid (Phosphoric Acid), Sweeteners (Aspartame, Acesulfame K), Natural Flavourings including Caffeine, Acidity Regulator (Sodium Citrate)	Store cool and dry	Best served chilled	250ML	1.4	0.3	0	0	0	0	0	0.02	4	1	0	0	0	0	0	0	0	0.05
Coke Zero Cherry 500ml	500ml	Ingredients: Carbonated Water, Colour (Caramel E150d), Acid (Phosphoric Acid), Sweeteners (Aspartame, Acesulfame K), Natural Flavourings including Caffeine, Acidity Regulator (Sodium Citrate)	Store cool and dry	Best served chilled	250ML	1.5	0.4	0	0	0	0	0	0	0.01	4	1	0	0	0	0	0	0	0.02
Coke Zero Raspberry 500ml	500ml	Carbonated Water, Colour (Caramel E150d), Acid (Phosphoric Acid), Natural Flavourings including Caffeine, Sweeteners (Aspartame, Acesulfame K), Acidity Regulator (Sodium Citrate)	Store cool and dry For Best Before End See side of cap or bottle neck for date	Please open by hand. Serve chilled. Once open, refrigerate and consume within 3 days.	250ml	1.8	0.4	0	0	0	0	0	0.01	5	1	0	0	0	0	0	0	0	0.03
Coca-Cola Zero Zero 500ml (Caffeine Free) (Ni C)	500ml	Carbonated Water, Colour (Caramel E150d), Acid (Phosphoric Acid), Sweeteners (Aspartame, Acesulfame K), Natural Flavourings, Acidity Regulator (Sodium Citrate)	Store Cool and Dry	N/A	100ml	1.4	0.3	0	0	0	0	0	0	0.02	1.4	0.3	0	0	0	0	0	0	0.02
Fanta Orange 500ml	500ml	Ingredients: Carbonated Water, Sugar, Orange Juice From Concentrate (3.1%), Citrus Fruit From Concentrate (1.3%), Acids (Citric Acid, Maleic Acid), Vegetable Extracts (Carmel, Parsley), Sweeteners (Acesulfame K, Sucralose), Preservative (Potassium Sorbate), Acidity Regulator (Sodium Citrate), Stabiliser (Guar Gum), Natural Orange Flavourings With Other Natural Flavourings, Antioxidant (Ascorbic Acid)	Store cool and dry	Best served chilled	250ML	81	19	0	0	4.5	4.5	0	0	0	203	48	0	0	11	11	0	0	0
Fanta Lemon 500ml (Ni Only)	500ml	Carbonated Water, Lemon Juice from Concentrate (5%), Sugar, Acidity Regulator (Sodium Citrate), Citric acid, Sweeteners (Acesulfame K, Aspartame), Maleic acid, Preservative (Potassium Sorbate), Stabilisers (Acacia Gum, Glyceryl Esters of Wood Rosin), Antioxidant (Ascorbic Acid), Natural Lemon Flavouring with Other Natural Flavourings.	Store cool and dry For Best Before End See side of cap or bottle neck for date	Please open by hand. Serve chilled. Once open, refrigerate and consume within 3 days.	250ml	81	19	0	0	4.5	4.5	0	0	0.02	203	48	0	0	11	11	0	0	0.05
Fanta Orange Zero 500ml (Ni Only)	500ml	Carbonated Water, Orange Juice from Concentrate (7%), Citrus Extract (1%), Citric Acid, Sweeteners (Acesulfame K, Aspartame, Sodium Saccharin), Preservative (Potassium Sorbate), Natural Orange Flavouring with other Natural Flavourings, Antioxidant (Ascorbic Acid), Stabiliser (Guar Gum), Colour (Carmel), Fruit and Vegetable Concentrates (Blackcurrant and Blackcurrant)	Store cool and dry For Best Before End See side of cap or bottle neck for date	Please open by hand. Best served chilled. Once open, refrigerate and consume within 3 days.	250	18.6	4.4	0	0	0.8	0.8	0	0	0	46.5	11	0	0	2	2	0	0	0
Fanta Fruit Twist 500ml	500ml	Ingredients: Carbonated Water, Sugar, Fruit Juices From Concentrate 4.4% (Orange 3.4%, Peach 0.9%, Apple 0.4%, Passion Fruit 0.1%), Vegetable Acid Plant Concentrates (Citrus, Safflower, Acids: Citric Acid, Maleic Acid), Sweeteners (Acesulfame K, Aspartame), Preservative (Potassium Sorbate), Natural Flavourings, Stabilisers (Glyceryl Esters of Wood Rosin, Guar Gum)	Store cool and dry	Best served chilled	250ML	85	20	0	0	4.8	4.8	0	0	0	213	50	0	0	16	16	0	0	0
Dr Pepper 500ml	500ml	Ingredients: Carbonated Water, Sugar, Colour (Caramel E150d), Acid (Phosphoric Acid), Sweeteners (Aspartame, Acesulfame K), Preservative (Potassium Sorbate), Flavourings including Caffeine	Store cool and dry	Best served chilled	250ML	85	20	0	0	4.9	4.9	0	0	0	213	50	0	0	12	12	0	0	0
Sprite Regular 500ml	500ml	Ingredients: Carbonated Water, Sugar, Acid (Citric Acid), Sweeteners (Acesulfame K, Aspartame), Acidity Regulator (Sodium Citrate), Natural Lemon and Lime Flavourings	Store cool and dry	Best served chilled	250ML	61	14	0	0	3.3	3.3	0	0	0.01	153	35	0	0	8.3	8.3	0	0	0.03
In Br'u 500ml	500ml	Carbonated Water, Sugar, Acid (Citric Acid) Flavourings (including Aspartame, Ammonium Ferric Citrate & Quinine) Sweeteners (Aspartame, Acesulfame K) Preservative (E211) Colours (Sunset Yellow FCF, Brilliant Blue)	Store in a cool dry place away from direct sunlight		2x250ml	80	19	0	0	4.5	4.5	0	<0.5	<0.01	200	47.5	0	0	11.25	11.25	0	<0.5	<0.01

Capri Sun No Added Sugar Orange 200ml	200ml	Ingredients: Water, fruit juices from concentrate 16.9% (orange 14.5%, lemon 2.4%), natural flavouring, sweetener (steviol glycosides), antioxidant (ascorbic acid). CONTAINS NATURALLY OCCURRING FRUIT ACIDS.	For Best Before End: See side of cap or bottle neck for date.	200ML	29	7	0	0	1.6	1.3	0	0	0	0	58	14	0	0	3.2	2.6	0	0	0	
Deep RiverRock Still Water (NI Only)	330ml	Deep RiverRock Still Water	For Best Before End: See side of cap or bottle neck for date.	330ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Backcountry Fruit Shoot 200ml	200ml x 24	Ingredients: Water, Fruit Juices from Concentrate (Apple 6%, Blackcurrant 2%, Plum), Acid (Citric Acid), Natural Colour (Anthocyanins), Natural Flavouring, Preservatives (Potassium Sorbate, Dimethyl Dicarbonate), Acidity Regulator (Sodium Citrate), Antioxidant (Ascorbic Acid), Sweeteners (Acesulfame K, Saccharin), Vitamins (Niacin, B6, Biotin).	Chiller	24	20	5	0	0	0.8	0.8	0	0	0.03	40	10	0	0	1.6	1.6	0	0	0	0.06	
Orange Fruit Shoot 200ml	200ml x 24	Ingredients: Water, Orange Juice from Concentrate (8%), Acid (Citric Acid), Natural Flavouring, Preservatives (Potassium Sorbate, Dimethyl Dicarbonate), Antioxidant (Ascorbic Acid), Acidity Regulator (Sodium Citrate), Carrot Concentrate, Sweeteners (Acesulfame K, Saccharin), Stabiliser (Xanthan Gum), Vitamins (Niacin, B6).	Chiller	24	20	5	0	0	0.8	0.8	0	0	0.02	40	10	0	0	1.6	1.6	0	0	0	0.04	
Fruite Juice Orange 250ml (NI Only)	250ml	Water, Orange Juice from Concentrate (8%), Acid (Citric Acid), Natural Flavouring, Preservatives (Potassium Sorbate, Dimethyl Dicarbonate), Potassium Sorbate, Sweeteners (Acesulfame K, Saccharin), Acidity Regulator (Sodium Citrate), Antioxidant (Ascorbic Acid), Colour (Carotenes), Stabiliser (Xanthan Gum), Vitamins (Niacin, Pantothenic Acid, B6, Folic Acid).	Store in a cool, dry place away from direct sunlight. Best before end see bottle neck for date.	250ml	36	9	0.6	0.6	0.6	0.6	0	0	0.03	90	23	1.5	1.5	1.5	1.5	0	0	0	0.08	
Fruite Juice Apple & Backcountry 250ml (NI Only)	250ml	Water, Apple Juice from Concentrate (8%), Backcountry Juice from Concentrate (2%), Acid (Citric Acid), Acidity Regulator (Sodium Citrate), Sweeteners (Sucralose, Acesulfame K), Natural Flavourings, Preservatives (Potassium Sorbate, Dimethyl Dicarbonate), Antioxidant (Ascorbic Acid), Vitamins (Niacin, Pantothenic Acid, B6, Folic Acid).	Store in a cool, dry place away from direct sunlight. Best before end see bottle neck for date.	250ml	21	5	0	0	1.2	1.1	0	0	0.03	53	13	0	0	3	2.8	0	0	0	0.08	
BAR SOFT DRINKS																								
Fentimans Traditional Ginger Beer Glass Bottle	275ml	Carbonated water, fermented ginger root extract (water, glucose syrup, ginger root, pear juice concentrate, yeast), sugar, glucose syrup, pear juice concentrate, natural flavourings (ginger, lemon, capsicum), cream of tartar, acid, citric acid, herbal infusions (spearmint, juniper, yarrow).	Store in a cool place or refrigerate.	1	166	39	0	0	9	7.8	0	0	0	0	-0.01	456.5	107.25	0	0	24.75	21.45	0	0	-0.03
Fentimans Rose Lemonade Glass Bottle	275ml	Carbonated water, sugar, clarified lemon juice from concentrate (7%), glucose syrup, fermented ginger root extract (water, glucose syrup, ginger root, pear juice concentrate, yeast), pear juice concentrate, natural flavourings (lemon, orange), acid, tartaric acid, citric acid, natural colour (red cabbage extract). Backcountry Juice.	Store in a cool place or refrigerate.	1	176	41	0	0	9.2	7.5	0	0	0	0	-0.01	484	112.75	0	0	25.3	20.625	0	0	-0.03
BAR MIXERS																								
Coca-Cola 200ml	200ml	Ingredients: Carbonated Water, Sugar, Colour (Caramel E150d), Acid (Phosphoric Acid), Natural Flavourings Including Caffeine.	Best served chilled	200ML	180	42	0	0	10.6	10.6	0	0	0	0	360	84	0	0	21	21	0	0	0	
Schweppes Lemonade 200ml	200ml	Ingredients: Carbonated Water, Sugar, Lemon Juice from Concentrate (2%), Acid (Citric Acid), Flavouring Acidity Regulator (Sodium Citrate), Sweeteners (Aspartame, Sodium Saccharin), Preservative (Potassium Sorbate), Antioxidant (Ascorbic Acid).	Store cool and dry	200ML	78	18	0	0	4.2	4.2	0	0	0.04	156	36	0	0	8.4	8.4	0	0	0	0.06	
Schweppes Soda Water	200ml	Ingredients: Carbonated Water, Sodium Bicarbonate.	Store cool and dry	200ML	0	0	0	0	0	0	0	0	0.06	0	0	0	0	0	0	0	0	0	0.1	
Reus Cranberry Juice	200ml x 24	Ingredients: Water, Cranberry (2%), Sugar, Chiller.	Chiller	24	195	47	0	0	11	11	0	0	0	0	0	0	0	22	22	0	0	0	0	
Diet Coke 200ml	200ml	Ingredients: Carbonated Water, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Natural Flavourings Including Caffeine, Acid (Phosphoric Acid), Citric Acid.	Store cool and dry	200ML	1.6	0.4	0	0	0	0	0	0	0	3.2	1	0	0	0	0	0	0	0	0	
Coke Zero 200ml Bottle	200ml	Ingredients: Carbonated Water, Colour (Caramel E150d), Acid (Phosphoric Acid), Sweeteners (Aspartame, Acesulfame K), Natural Flavourings Including Caffeine, Acidity Regulator (Sodium Citrate).	Store cool and dry	200ML	1.4	0.4	0	0	0	0	0	0	0.02	2.8	1	0	0	0	0	0	0	0	0	0.04
Schweppes Orange Juice 200ml	200ml	Ingredients: Orange Juice from Concentrate.	Store cool and dry	200ML	201	47	0	0	11.2	11.2	0	0	0	402	84	0	0	22	22	0	0	0	0	
Schweppes 1783 Tonic	200ml	Ingredients: Carbonated Water, Sugar, Acid (Citric Acid), Natural Flavourings Including Quinine.	Store cool and dry	200ML	138	32	0	0	7.8	7.8	0	0	0	276	64	0	0	15.6	15.6	0	0	0	0	
Schweppes 1783 Light Tonic	200ml	Ingredients: Carbonated Water, Sugar, Citric Acid, Natural Flavourings Including Quinine.	Store cool and dry	200ML	195	46	0	0	11	11	0	0	0	312	74	0	0	8	8	18	0	0	0	
Schweppes 1783 Golden Ginger Ale	200ml	Ingredients: Carbonated Water, Sugar, Acid (Citric Acid), Acidity Regulator (Sodium Citrate), Colour (Caramel E150d), Natural Citrus and Citrus Flavourings With Other Natural Flavourings.	Store cool and dry	200ML	138	33	0	0	7.9	7.9	0	0	0.02	276	66	0	0	16	16	0	0	0	0	0.04
Schweppes 1783 Cucurmer	200ml	Ingredients: Carbonated Water, Sugar, Acid (Citric Acid), Natural Flavourings Including Quinine, Antioxidant (Ascorbic Acid).	Store cool and dry	200ML	139	33	0	0	7.9	7.9	0	0	0	278	66	0	0	16	16	0	0	0	0	
Schweppes 1783 Saly Lemon Tonic	200ml	Ingredients: Carbonated Water, Sugar, Acid (Citric Acid), Sea Salt, Acidity Regulator (Sodium Citrate), Natural Lemon Flavouring With Other Natural Flavourings Including Quinine, Antioxidant (Ascorbic Acid).	Store cool and dry	200ML	140	33	0	0	7.7	7.7	0	0	0.29	280	66	0	0	15	15	0	0	0	0	0.58
Schweppes Russian Pink Soda 200ml	200ml	Ingredients: Carbonated Water, Sugar, Acid (Citric Acid), Preservative (Sodium Benzoate), Sweeteners (Sodium Saccharin, Aspartame), Colour (Anthocyanins, Flavonones).	Store cool and dry	200ML	84	20	0	0	4.6	4.6	0	0	0.01	168	40	0	0	9.2	9.2	0	0	0	0	0.02
Coca-Cola Signature Mixers Smokey	200ml	Ingredients: Carbonated water, sugar, colour (E150d), acid (E330), natural flavourings including caffeine.	Store cool and dry	200ML	182	43	0	0	10.6	10.6	0	0	0	364	86	0	0	21.2	21.2	0	0	0	0	
Coca-Cola Signature Mixers Spicy	200ml	Ingredients: Carbonated water, sugar, colour (E150d), acid (E330), natural flavourings including caffeine.	Store cool and dry	200ML	182	43	0	0	10.6	10.6	0	0	0	364	86	0	0	21.2	21.2	0	0	0	0	
Schweppes Slimline Elderflower Tonic 200ml	200ml	Ingredients: Carbonated Water, Acid (Citric Acid), Acidity Regulator (Sodium Citrate), Natural Flavourings Including Quinine, Sweeteners (Aspartame, Acesulfame K), Preservative (Potassium Sorbate).	Store cool and dry	200ML	8	2	0	0	0	0	0	0	0.1	16	4	0	0	0	0	0	0	0	0	0.2
IMPULSE ICES																								
Magnum Classic Ice Cream 110ml	110ml	Reconstituted skimmed MILK, sugar, cocoa butter, water, coconut oil, cocoa mass, glucose syrup, glucose-fructose syrup, whole MILK powder, whey solids (MILK), emulsifiers (SOY lecithin, E476, E471), emulsified vanilla bean pieces, stabilisers (E407, E410, E412, E414), natural vanilla flavouring (with MILK), flavouring, colour (E160a). May contain: almonds. Gluten Free. Rainforest Alliance Certified.	Store at -18 degrees C	110ml	1266	302	18	13	30	27	3.3	0.12	1000	239	14	10	24	21	0	0	2.6	0.1		
Magnum White Ice Cream 110ml	110ml	Reconstituted skimmed MILK, sugar, cocoa butter, water, coconut oil, glucose syrup, whole MILK powder, glucose-fructose syrup, whey solids (MILK), butter oil (MILK), skimmed MILK powder, emulsifiers (E471, E476, E442, E478), emulsified vanilla bean pieces, stabilisers (E412, E410, E407), natural vanilla flavouring (with MILK), flavouring, colour (E160a). May contain: soy and almonds. Gluten Free. Rainforest Alliance Certified.	Store at -18 degrees C	110ml	1258	300	17	12	32	29	3.5	0.15	994	237	14	9.7	25	23	0	0	2.7	0.12		
Magnum Double Caramel Ice Cream 88ml	88ml	Reconstituted skimmed MILK, sugar, coconut oil, cocoa mass, glucose-fructose syrup, cocoa butter, whole MILK powder, glucose syrup, butter oil (MILK), whey solids (MILK), fat-reduced cocoa powder, emulsifiers (E471, E476, E442), stabilisers (E407, E412, E410), modified starch, colours (E150d, E160a), skimmed MILK powder, emulsified vanilla bean pieces, natural vanilla flavouring (with MILK), flavourings, salt. Gluten free. Rainforest Alliance Certified.	Store at -18 degrees C	88ml	1408	338	20	14	36	33	3.2	0.17	1028	246	14	11	26	24	0	0	2.4	0.17		
Magnum White Cookies and Cream Ice Cream 90ml	90ml	Reconstituted skimmed MILK, sugar, cocoa butter, glucose syrup, cream (MILK) (4.5%), whole MILK powder, vegetable oils (sunflower, coconut), fructose, WHEAT Flour, butter oil (MILK), whey solids (MILK), skimmed MILK powder or concentrate, glucose-fructose syrup, emulsifiers (E471, E442, E478), stabilisers (E407, E412, E410), cocoa powder, salt, flavourings. May contain: soy and almonds. Rainforest Alliance Certified.	Store at -18 degrees C	90ml	1330	317	18	12	34	28	4	0.21	1090	260	15	9.6	28	23	0	0	3.2	0.17		
Magnum Vegan Classic Ice Cream 90ml	90ml	Water, sugar, cocoa butter, cocoa mass, glucose syrup, coconut oil, glucose-fructose syrup, pea protein, flavourings, emulsifiers (sunflower lecithin, E471), emulsified vanilla bean pieces, stabilisers (E412, E410, E407), salt, colour (E160a). May contain: milk. Rainforest Alliance Certified.	Store at -18 degrees C	90ml	1383	330	20	14	34	28	1.6	0.11	982	234	14	9.9	24	20	0	0	1.1	0.08		
Magnum Ruby	90ml	Reconstituted skimmed MILK, sugar, water, cocoa butter (8%), skimmed MILK powder, glucose syrup, coconut oil, butter oil (MILK), fructose, raspberry puree (2%), whey concentrate (MILK), cocoa mass (1%), glucose-fructose syrup, emulsifier (E471, E320, E476, E442), whole MILK powder, stabilisers (E410, E412, E407), acidity regulator (E330), flavourings. May contain: soy and almonds.	Store at -18 degrees C	90ml	1274	304	16	11	34	28	4.6	0.16	917	219	12	7.8	25	20	0	0	3.3	0.12		
Magnum Mint	100ml	Ingredients: Reconstituted skimmed MILK, sugar, cocoa butter, cocoa mass, coconut oil, glucose syrup, whole MILK powder, fructose, butter oil (MILK), emulsifiers (E471, SOY lecithin, E476), whey solids (MILK), stabilisers (E410, E412, E407), flavourings (MILK). May contain: nuts. Gluten free. Rainforest Alliance Certified TM	Frozen at -18 degrees for 180 days	1 portion	1269	303	18	13	30	26	3.1	0.1	990	236	14	9.9	24	21	0	0	2.4	0.08		

Magnum Double Goo Caramel Billionaire	85ml	Ingredients: Reconstituted skimmed MLK , sugar, glucose syrup, cocoa butter, skimmed MLK powder, glucose-fructose syrup, butter oil (MLK), vegetable oils (coconut, sunflower), skimmed MLK powder or concentrate, fructose, starch, whey solids (MLK), rice flour, emulsifiers (E471, E476, E322), caramelised sugar syrup, stabilisers (E410, E407, E412), colour (E150b), flavourings, salt, butter (MLK), cocoa mass, raising agent (E501). May contain: egg, soy, almond, cashew, wheat and barley. ¹ Rainforest Alliance Certified TM	Store at -18 degrees C	85ml	1357	325	17	12	38	29		4.4	0.33	964	231	12	8.2	27	21	3.1	0.23
Magnum White Chocolate Berry Mix		Ingredients: Reconstituted skimmed MLK , sugar, cocoa butter, glucose syrup, skimmed MLK powder, coconut fat, blackcurrant puree butter oil (MLK), whole MLK powder, raspberry puree (3%), fructose, cocoa mass, whey solids (MLK), beetroot juice concentrate, emulsifiers (E471, sunflower lecithins, SOY lecithin, E476), glucose-fructose syrup, acid (citric acid), skimmed MLK powder or concentrate, stabilisers (locust bean gum, guar gum, carrageenan), exhausted vanilla bean pieces, natural vanilla flavouring (see MLK), flavourings, colour (carotenes). May contain: almond. ¹ Rainforest Alliance Certified TM	Store at -18 degrees C	85ml	1419	339	21	14	32	28		4.4	0.16	929	222	14	9.2	21	18	2.9	0.11
Ben & Jerry's Cookie Dough Ice Cream 100ml	100ml	Cream (MLK) (27%), water, condensed skimmed MLK , sugar, WHEAT flour, brown sugar, free range EGG yolk, vegetable oils (coconut, fully refined soybean), butter (MLK), fat reduced cocoa powder, whole EGG , cocoa mass, molasses, vanilla, reduced cocoa powder, guar gum, carrageenan), flavourings, salt, cocoa butter, emulsifier (SOY lecithin), natural butter flavouring (MLK), natural vanilla flavouring. Sugar, cocoa, vanilla, traded in compliance with Fairtrade Standards, total 23%.	Store at -18 degrees C	100ml	1158	276	16	9.9	30	25		4	0.14	880	210	12	7.5	23	19	3	0.11
Ben & Jerry's Chocolate Fudge Brownie Ice Cream 100ml	100ml	Water, cream (MLK) (24%), sugar, condensed skimmed MLK , cocoa powder (4%), WHEAT flour, fat reduced cocoa powder, fully refined soybean oil, invert sugar, free range EGG yolk, whole EGG , EGG white, salt, stabilisers (guar gum, carrageenan), vanilla extract, BARLEY flour, raising agent (sodium bicarbonate) Sugar (excluding invert sugar), cocoa, vanilla, traded in compliance with Fairtrade Standards, total 29%.	Store at -18 degrees C	100ml	1062	253	12	7.4	31	28		4.2	0.21	807	192	9.3	5.7	24	21	3.2	0.16
Ben & Jerry's Caramel Chew Chew Ice Cream 100ml	100ml	Cream (MLK) (26%), water, sugar, condensed skimmed MLK , glucose syrup, vegetable oils (coconut, sunflower), free range EGG yolk, butter (MLK), whole MLK powder, reduced fat cocoa powder, skimmed MLK powder, stabilisers (guar gum, carrageenan), salt, emulsifier (SOY lecithin), acidity regulator (sodium bicarbonate), citric acid, natural vanilla flavour, vanilla extract. May contain nuts. Sugar, cocoa, vanilla, traded in compliance with Fairtrade Standards, total 20%.	Store at -18 degrees C	100ml	1158	276	16	11	30	27		3.5	0.18	904	215	12	8.6	23	21	2.7	0.14
Ben & Jerry's Vanilla Ice Cream 100ml	100ml	CREAM (34%), water, condensed skimmed MLK , sugar, free range EGG yolk, vanilla extract, stabilisers (guar gum, carrageenan). Sugar, vanilla, traded in compliance with Fairtrade Standards, total 19%.	Store at -18 degrees C	100ml	975	232	15	9.6	20	20		4	0.14	702	167	11	6.9	14	14	2.9	0.1
Ben & Jerry's 'Whiz' Cookie Dough Ice Cream Sandwich Bites	80ml	Sugar, WHEAT flour, CREAM (13%), water, condensed skimmed MLK , MLK fat, free range EGG yolk, cocoa mass, brown sugar, fat reduced cocoa powder, EGG , SOYBEAN oil, raising agent (sodium bicarbonate), cocoa butter, molasses, salt, stabilisers (guar gum, locust bean gum), vanilla extract, natural BUTTER flavouring, natural vanilla flavouring, natural brown sugar flavour with other natural flavourings, emulsifier (SOY lecithin). May contain nuts and peanuts. Sugar, vanilla, cocoa, traded in compliance with Fairtrade standards.	Store at -18 degrees C	80ml	1413	337	14	9.3	47	30		4.7	0.26	918	219	9.1	6	31	20	3.1	0.17
Sharing bags of cookie dough chunks	170ml	WHEAT flour, brown sugar, sugar, butter (MLK), fully refined soybean oil, EGG , water, cocoa mass, molasses, vanilla extract, salt, cocoa butter, emulsifier (SOY lecithin). Sugar, cocoa, vanilla, mass balance is used to match Fairtrade sourcing, total 20%.	Store at -18 degrees C	28g	1769	423	15	6.7	67	40		4	0.43	495	118	4.3	1.9	19	11	1.1	0.12
BBJ Strawberry Cheesecake 100ml	100ml	Cream (MLK) (24%), water, sugar, condensed skimmed MLK , strawberry puree (9%), strawberry pieces (5%), vegetable oils (fully refined soybean, rapeseed), invert sugar, free range EGG yolk, corn starch, WHEAT flour, whole WHEAT flour, cream cheese (MLK) (9.5%), MLK fat, stabilisers (pectin, guar gum, locust bean gum, carrageenan), lemon juice concentrate, salt, emulsifier (SOY lecithin), molasses, honey, raising agent (sodium bicarbonate), natural flavouring, electrolyte juice concentrate, acidity regulator (citric acid), Sugar (excluding king sugar), honey, traded in compliance with Fairtrade Standards, total 6%.	Store at -18 degrees C	100ml	1037	247	14	7.3	27	24		3.2	0.22	746	178	9.9	5.2	20	17	2.3	0.16
Peaco Pop	80ml	Sugar, water, skimmed MLK powder, cream (MLK) (14%), vegetable oils (sunflower, fully refined soybean), WHEAT flour, coconut fat, EGG yolk, cocoa mass, glucose syrup, fat reduced cocoa powder, butter (MLK), brown sugar, salt, emulsifiers (SOY lecithin, sunflower lecithin), stabilisers (guar gum, locust bean gum), molasses, cocoa butter, EGG flavourings, whole MLK powder, MLK fat, vanilla extract. May contain: nuts. *Sugar, cocoa, vanilla, mass balance is used to match Fairtrade sourcing, total 22%. ¹ First into Fairtrade sourcing. ² Free range eggs.	Frozen at -18 degrees. For BBO see pack.	1 portion	1473	352	22	9.7	33	28		4.6	0.38	1016	243	15	6.7	23	19	3.2	0.26
Carle D'or Strawberry Ice Cream 100ml	100ml	Reconstituted skimmed MLK , strawberry puree (22%), sugar, glucose-fructose syrup, coconut oil, whey solids (MLK), glucose syrup, skimmed MLK powder or concentrate, beetroot juice concentrate, lemon juice concentrate, carrot juice concentrate, emulsifier (mono- and diglycerides of fatty acids), stabilisers (carrageenan, locust bean gum, guar gum), natural flavouring, acidity regulator (citric acid), cocoa (caramel), May contain: gluten, egg, nuts and peanuts.	Store at -18 degrees C	100ml	701	167	5.9	5.3	25	23		2.8	0.14	350	84	2.9	2.7	13	11	1.4	0.07
Carle D'or Chocolate Ice Cream 100ml	100ml	Reconstituted skimmed MLK , glucose-fructose syrup, glucose syrup, sugar, coconut oil, water, fat reduced cocoa powder (9%), cocoa mass (1.5%), whey solids (MLK), emulsifiers (mono- and diglycerides of fatty acids, ammonium phosphates), stabilisers (sodium alginate). May contain: gluten, eggs, milk and peanuts.	Store at -18 degrees C	100ml	911	217	9.6	8.2	28	23		3.3	0.13	456	109	4.8	4.1	14	11	1.7	0.07
Wafis Calippo Orange Ice Lily 105ml	105ml	Water, orange juice from concentrate (20%), sugar, glucose syrup, apple juice from concentrate (5%), fructose syrup, acidity regulator (citric acid), stabilisers (locust bean gum, tara gum), colour (orange extract, curcumin), flavouring. May contain: MLK. Gluten free.	Store at -18 degrees C	105ml	400	95	-0.5	-0.5	23	19		-0.5	-0.13	420	100	-0.5	-0.5	24	20	-0.5	-0.13
Wafis Twister Ice Cream Lily 80ml	80ml	Water, sugar, reconstituted skimmed MLK , glucose syrup, lemon juice (4.5%), strawberry juice (4%), fructose syrup, malodextrin, pineapple juice (1.4%), coconut oil, whey solids (MLK), glucose-fructose syrup, stabilisers (locust bean gum, guar gum, carrageenan), flavourings (contain MLK), acidity regulator (citric acid), colour (erythrosine, curcumin), electrolyte juice concentrate, beetroot juice concentrate, emulsifier (mono- and diglycerides of fatty acids). Gluten free.	Store at -18 degrees C	80ml	445	106	1.1	0.9	22	18		0.5	0.03	316	75	0.7	0.6	16	13	0.5	0.02
Cometto Strawberry Ice Cream Cone 120ml	120ml	Reconstituted skimmed MLK , sugar, strawberry puree (9%), WHEAT flour, vegetable oils (coconut, sunflower), glucose syrup, fructose, strawberry juice from concentrate (1%), fat reduced cocoa powder, cocoa butter, emulsifiers (sunflower lecithins, mono- and diglycerides of fatty acids, ammonium phosphates), whole MLK powder, potato starch, stabilisers (locust bean gum, guar gum, carrageenan), salt, acidity regulator (citric acid), caramelised sugar syrup, beetroot juice concentrate, whey solids (MLK), flavourings (contain MLK). May contain: soy.	Store at -18 degrees C	120ml	1072	256	10	8.4	38	25		2.1	0.18	804	192	7.8	6.3	28	19	1.6	0.14
Wafis Solero Exotic Ice Cream Lily 90ml	90ml	Reconstituted skimmed MLK , sugar, water, peach puree (7%), glucose-fructose syrup, passion fruit juice (6%), pineapple juice from concentrate (6%), mango puree (6%), coconut oil, whey solids (MLK), stabilisers (locust bean gum, guar gum, carrageenan), emulsifier (mono- and diglycerides of fatty acids), colour (carotenes), acidity regulator (citric acid), natural flavouring (contains MLK). Gluten free.	Store at -18 degrees C	90ml	604	144	3	2.7	27	25		1.7	0.08	411	98	2.1	1.9	18	17	1.2	0.08
Kinder Bueno Ice Cream Cone 90ml	90ml	Reconstituted skimmed MLK , sugar, vegetable oils (coconut, sunflower in varying proportions), WHEAT flour, cream (MLK), HAZELNUT paste (5%), water, glucose-fructose syrup, skimmed MLK powder, glucose syrup, whole MLK powder, whey solids (MLK), dextrose, fat reduced cocoa powder, butter oil (MLK), cocoa mass, potato starch, emulsifiers (mono- and diglycerides of fatty acids), SOYBEAN lecithins, sunflower lecithins, ammonium phosphates), caramelised sugar syrup, stabilisers (locust bean gum, guar gum, carrageenan), cocoa butter, salt, flavouring. May contain: egg, other nuts.	Store at -18 degrees C	90ml	1423	340	19	11	36	26		4.9	0.25	854	204	11	6.4	22	16	2.9	0.15
Kinder Ice Cream Stick 36ml	36ml	Pasteurised whole MLK , reconstituted skimmed MLK , sugar, glucose-fructose syrup, glucose syrup, cocoa butter, whole MLK powder, cream (MLK), fructose syrup, butter (MLK), cocoa mass, skimmed MLK powder or concentrate, emulsifiers (mono- and diglycerides of fatty acids, SOY lecithin), stabilisers (guar gum, locust bean gum, carrageenan), flavouring.	Store at -18 degrees C	36ml	964	229	11	6.7	30	23		3.1	0.11	260	62	2.9	1.8	8.1	6.1	0.8	0.03

Conetto nermad	120ml	Reconstituted skimmed MLK , sugar, raspberry puree (11%), WHEAT flour, vegetable oil (coconut, sunflower), glucose syrup, raspberry juice from concentrate (3%), lemon juice from concentrate, fructose, cocoa butter, fat-reduced cocoa powder, potato starch, whole MLK powder, emulsifiers (mono- and diglycerides of fatty acids, sunflower lecithin, ammonium phosphates), SOYBEAN lecithins, stabilisers (locust bean gum, guar gum, carrageenan), acidity regulator (citric acid), sweetener (sugar), natural flavourings, purple carrot juice concentrate, WHEAT starch, apple juice concentrate, glazing agents (gum arabic, xanthan), whey solids (MLK), malted WHEAT flour, rice flour, spirulina, raising agents (sodium bicarbonate, ammonium bicarbonate). May contain: egg, barley, almonds, hazelnuts and walnuts.	Store at -18 degrees C		120ml	1046	250	9.4	7.2	38		28		2	0.17	827	197	7.4	5.7	30	22	1.6	0.13
B&J Strawberry Cheesecake 100ml	100ml	Cream (MLK) (24%), water, sugar, condensed skimmed MLK , strawberry puree (8%), strawberry pieces (5%), vegetable oil (fully refined soybean, rapeseed), icing sugar, free range EGG yolk, corn starch, WHEAT flour, whole WHEAT flour, cream cheese (MLK) (0.9%), MLK fat, stabilisers (pectin, guar gum, locust bean gum, carrageenan), lemon juice concentrate, salt, emulsifier (SOY lecithin), molasses, honey raising agent (sodium bicarbonate), natural flavouring, elderberry juice concentrate, acidity regulator (acidic acid), Sugar (excluding icing sugar), honey, fructose. In compliance with Fairtrade Standards, total 25% F.V.	Store at -18 degrees C		100ml	1037	247	14	7.3	27		24		3.2	0.22	746	178	9.9	5.2	20	17	2.3	0.16
Peace Pop	80ml	Sugar, water, skimmed MLK powder, cream (MLK) (14%), vegetable oils (sunflower, fully refined soybean), WHEAT flour, coconut fat, EGG yolk, cocoa mass, glucose syrup, fat-reduced cocoa powder, butter (MLK), brown sugar, salt, emulsifiers (SOY lecithin, sunflower lecithin), stabilisers (guar gum, locust bean gum), molasses, cocoa butter, EGG flavourings, whole MLK powder, MLK fat, vanilla extract. May contain: nuts. *Sugar, cocoa, vanilla mass balance is used to match Fairtrade sourcing, total 25% F.V. Visit info.fairtrade.net/sourcing. *Free range eggs	Frozen at -18 degrees. For BBO see pack.		1 portion	1473	352	22	9.7	33		28		4.6	0.38	1016	243	15	6.7	23	19	3.2	0.26
Conetto Soft Vanilla and Chocolate	140ml	Reconstituted skimmed MLK , sugar, coconut fat, WHEAT flour, dextrose, glucose-fructose syrup, fructose, soluble corn fibre, sunflower oil, fat-reduced cocoa powder, emulsifiers (mono- and diglycerides of fatty acids, sunflower lecithin, ammonium phosphates), potato starch, stabilisers (guar gum, locust bean gum, carrageenan), salt, flavourings, caramelised sugar syrup. May contain hazelnut.	Frozen at -18 degrees. For BBO see pack.		1 portion	1111	265	12	9.8	35		26		3.1	0.21	900	215	9.4	7.9	29	21	2.5	0.17
Twister Peak-A-Blue	70ml	Water, sugar, glucose syrup, melon juice (5%) [1], apple puree (4.5%), strawberry juice (4%) [1], fructose, lemon juice (0.9%) [1], stabilisers (guar gum, locust bean gum), blueberry puree (0.3%), acidity regulator (citric acid), spirulina concentrate, flavourings, elderberry juice concentrate, beetroot juice concentrate, cocoa (cocoa mass) [1] from concentrate. May contain milk. Gluten free Allergen/Diet List.	Frozen at -18 degrees. For BBO see pack.		1 portion	386	92	<0.5	<-0.1	22		17		<0.5	<-0.02	278	66	<0.5	<-0.1	16	12	<0.5	<-0.01
JUDES ICE CREAM																							
Judes Salted Caramel ice cream	100ml	Ingredients: fresh whole milk , fresh double cream (milk) (16%), caramel (13%) (sweetened condensed milk , glucose-fructose syrup, sugar, water), sugar, skimmed milk powder, pasteurised free range egg yolk, burnt sugar syrup, English sea salt, stabilisers (locust bean gum and guar gum). For allergens see ingredients in bold. May also contain traces of nuts and peanuts.	Store frozen at less than -18 C	None	1 unit	567	135	7.0	4.3	15.0	15	N/A	2.7	0.30	567	135	7.0	4.3	15.0	15	N/A	2.7	0.30
Judes Very Vanilla ice cream	100ml	Ingredients: fresh whole milk , fresh double cream (milk) (14%), sugar, skimmed milk powder, pasteurised free range egg yolk, dextrose, Madagascar bourbon vanilla extract, stabilisers (locust bean gum and guar gum), spent vanilla bean. For allergens see ingredients in bold. May also contain traces of nuts and peanuts.	Store frozen at less than -18 C	None	1 unit	515	123	6.4	3.8	13	13	N/A	3	0.1	515	123	6.4	3.8	13	13	N/A	3	0.1
Judes Truly Chocolate ice cream	100ml	Ingredients: fresh whole milk , sugar, fresh double cream (milk) (9%), skimmed milk powder, Colombian cocoa (3%) (cocoa mass, contains cocoa solids 47% minimum), cocoa powder, pasteurised free range egg yolk, stabilisers (locust bean gum and guar gum), vanilla extract. For allergens see ingredients in bold. May also contain traces of nuts and peanut.	Store frozen at less than -18 C	None	1 unit	560	133	6.5	3.6	15	14	N/A	3.2	0.09	560	133	6.5	3.6	15	14	N/A	3.2	0.09
Judes Strawberries & Cream ice cream	100ml	Ingredients: fresh whole milk , fresh double cream (milk) (14%), sugar, strawberry puree (12%), strawberries in syrup (9%) (strawberries (56%), sugar, water), skimmed milk powder, pasteurised free range egg yolk, lemon juice, dextrose, stabilisers (locust bean gum and guar gum), natural flavouring, spirulina extract, beetroot juice. For allergens see ingredients in bold. May also contain traces of nuts and peanuts.	Store frozen at less than -18 C	None	1 unit	561	133	6.3	3.8	16	16	N/A	2.9	0.10	561	133	6.3	3.8	16	16	N/A	2.9	0.10
Judes Mango Sorbet	100ml	Ingredients: alphonso mango pulp (40%), water, sugar, lime juice, glucose syrup, stabilisers (xanthan gum, pectin and guar gum). For allergens see ingredients in bold. Made at a site that handles milk, egg, nuts, and peanuts.	Store frozen at less than -18 C	None	1 unit	315	74	0.1	0.0	18	17	N/A	0.2	0.00	315	74	0.1	0.0	18	17	N/A	0.2	0.00
Judes Low Carbie Vegan Chocolate ice cream	100ml	Ingredients: water, coconut milk (14%), soluble corn fibre, glucose syrup, sweetener, erythritol, sugar, cocoa powder, emulsifier: mono and di-glycerides of fatty acids, stabilisers: locust bean gum, guar gum and carrageenan, natural flavourings, sweetener: steviol glycosides (stevia), vanilla extract, sea salt. For allergens see ingredients in bold. May also contain traces of nuts and peanuts.	Store frozen at -18 C	None	1 unit	306	73	2.6	1.9	10.9	4.8	N/A	0.7	0.08	306	73	2.6	1.9	10.9	4.8	N/A	0.7	0.08
For all our products available from our Franchise Partners, Co-ops, Coffee Republics and Creams currently being served in our Deliver Co-ops stores, if you can please send the links on the Allergen webpage to print off the necessary Nutritional and Allergen information. Please note this date is accurate up until the point where the products enter the store. Once displayed the allergen status of the products is likely to change.																							