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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 S (g)	OF WHICH SUGARS (g)	FIBRE (g)	PROTEIN (g)	SALT (g)	ENERGY (KJ)	ENERGY (CAL)	FAT (g)	OF WHICH SATURATES (g)	CARBOHYDRATE S (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, Molasses, Emulsifier: Sunflower Lecithin.	Store in a cool, dry place. Once opened, store in an airtight container.	Warning: Whilst every effort to remove unpopped 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	6.06	0.84	0.66	0.28
Joe & Seph's Caramel & Belgian Chocolate Pouch	80g	Corn, Sugar, Butter (MILK), Chocolate (13%) (Sugar, Whole MILK Powder, Cocoa Butter (20%), Cocoa Mass (17%), Soya 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, Milk Chocolate (30%), Sugar, Butter (MILK) (11%), Palm Oil, Cocoa Powder, Invert Sugar Syrup, Pasteurised Free Range Eggs, Baking Powder, Salt, Soya Lecithin), Chocolate (13%) (Sugar, Whole MILK Powder, Cocoa Butter (20%), Cocoa Mass (17%), Soya Lecithin, Natural Vanilla), White Chocolate (5%) (Sugar (46.5%), Cocoa Butter (29.5%), Whole MILK Powder (23.5%), Soya Lecithin, Natural Vanilla), Corn Syrup, Cream (MILK), Cocoa Powder	Store in a cool, dry, dark place. Once open consume within 5 days	Once open consume within 5 days	20g	2096	502	27.2	17.3	61.2	38.8	3.54	3.9	0.7	419.2	100.4	5.44	3.46	12.24	7.76	0.708	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 (10%) (Sugar (46.5%), Cocoa Butter (29.5%), Whole MILK Powder (23.5%), Soya 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	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 (Soya Lecithin), Natural Vanilla Flavouring), Extra Virgin Olive Oil, Glucose Syrup, Gluten Free Oats, Sunflower Oil, Cocoa Powder, Salt.	Store in a cool dry space.	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, Suagr	Store in a dry and cool place, protect 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
CRISPS																							
Pipers Cheddar 150g	150g	Potatoes, Sunflower Oil, Onion Powder, Sea Salt, Yeast Extract Powder, Cheese Powder - from Milk, Sugar, Full Cream Milk Powder, Paprika Extract Potatoes, Sunflower Oil, Lactose, Sugar, Salt, Smoked salt, Garlic, Smoked Spanish Paprika, Smoked sugar, Onion, Flavourings, Yeast Extract Powder, Spices-Chilli/Pepper, Paprika extract, Citric Acid, Anti-caking agent (Silicon Dioxide), Free flow aid Tricalcium Phosphate, Pork, Smoked paprika, Ginger, Pepper, Paprika extract, Sodium nitrate	Dry, clean and at ambient temperature	N/A	40g	2227.0	533.0	30.8	3.5	56.1	1.5	3.3	6.2	1.6	890.8	213.2	12.3	1.4	22.4	0.6	1.3	2.5	0.6
Pipers Chorizo 150g	150g	Potatoes, Sunflower Oil, Dried Black Summer Truffle, Mushroom Extract, Salt, Rice Flour, Onion, Yeast Extract, Natural Flavouring, Rosemary, Garlic Powder, Thyme, Acidity Regulator, Sugar, Citric Acid, White Pepper.	Dry, clean and at ambient temperature	N/A	40g	2196.0	526.0	30.1	3.1	56.9	5.6	3.6	5.0	2.0	878.4	210.4	12.0	1.2	22.8	2.2	1.4	2.0	0.8
Savoursmiths Truffle and Rosemary 150g	150g	This flavour is suitable for Vegetarian and Vegan diets. MSG Free, Gluten Free, Lactose Free.	Ambient	Everyone	15 pieces	2100	502	28	3	53	4	5	7	1.2	700	167	9.33	1.00	17.67	17.67	1.67	2.33	0.40
Savoursmiths Parmesan and Port 150g	150g	Potatoes, Sunflower Oil, Dried Black Summer Truffle, Mushroom Extract, Salt, Rice Flour, Onion, Yeast Extract, Natural Flavouring, Rosemary, Garlic Powder, Thyme, Acidity Regulator, Sugar, Citric Acid, White Pepper.	Ambient	Everyone	15 pieces	2430	581	28	3	52	5	4	7	1.4	810	194	9.33	1.00	17.33	17.33	1.33	2.33	0.47
Savoursmiths Champers and Serrano Chilli 150g	150g	This flavour is suitable for Vegetarian and Vegan Diets. It is Lactose Free, MSG Free and Gluten Free.	Ambient	Everyone	15 pieces	2088	499	28	3	53	4	5	7	1.3	696	166	9.33	1.00	17.67	17.67	1.67	2.33	0.43
Savoursmiths Desert Salt 150g	150g	Potatoes, Sunflower Oil, Desert Salt	Ambient	Everyone	15 pieces	2029	485	26.5	2.8	49	3	6.4	6.7	0.8	676	162	8.83	0.93	16.33	16.33	2.13	2.23	0.27
Savoursmiths Truffle and Rosemary 40g	40g	This flavour is suitable for Vegetarian and Vegan diets. MSG Free, Gluten Free, Lactose Free.	Ambient	Everyone	15 pieces	2100	502	28	3	53	4	4	7	1.4	700	167	9.33	1.00	17.67	17.67	1.33	2.33	0.47
Savoursmiths Parmesan and Port 40g	40g	Potatoes, Sunflower Oil, Dried Black Summer Truffle, Mushroom Extract, Salt, Rice Flour, Onion, Yeast Extract, Natural Flavouring, Rosemary, Garlic Powder, Thyme, Acidity Regulator, Sugar, Citric Acid, White Pepper.	Ambient	Everyone	15 pieces	2430	581	28	3	52	5	5	7	1.2	810	194	9.33	1.00	17.33	17.33	1.67	2.33	0.40
Savoursmiths Desert Salt 40g	40g	This flavour is suitable for Vegans and Vegetarians. Gluten Free.	Ambient	Everyone	15 pieces	2029	485	26.5	2.8	49	3	6.4	6.7	0.8	676	162	8.83	0.93	16.33	16.33	2.13	2.23	0.27
NUTS																							
Sensations Nuts California Honey 145g	145g	Peanuts, Sugar, Sunflower Oil, Potato Starch, Honey Powder, Wheat Starch, Fructose, Salt, Tapioca Dextrin, Colour, (Plain Caramel), Molasses Powder, Thickening Agent (Xanthan Gum)	Dry, clean and at ambient temperature. Once opened store in an airtight container and consume within 3 days.	N/A	30g	2348.0	561.0	40.0	5.8	31.0	25.0	5.0	19.0	1.4	704.4	168.3	12	1.74	9.3	7.5	1.5	5.7	0.42
Sensations Streetmix 115g	115g	Corn (24%), Broad Beans (12%), Peanuts (11%), Rice, Sunflower Oil [with Antioxidant (Tocopherol-Rich Extract), Sugar, Starch (contains Wheat), Salt, Mexican Flavour (Paprika Powder, Chilli Powder, Cumin, Cayenne Pepper, White Pepper, Garlic Powder, Onion Powder, Dextrose, Yeast Powder, Yeast Extract, Tomato Powder, Flavouring, Acid (Citric Acid)), Soy Sauce (contains Wheat), Colours (Beetroot Red, Paprika Extract, Annatto), Potassium Chloride, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Caramelised Sugar, Turmeric Extract, Capsicum Extract, Liquorice Powder	Dry, clean and at ambient temperature	N/A	30g	2163.0	518.0	28.3	3.4	51.7	5.8	6.0	11.0	1.6	648.9	155.4	8.5	1.0	15.5	1.7	1.8	3.3	0.5
Cambrook Baked Sweet Chilli Peanuts & Cashews 80g Pouch	80g	Peanuts (57%), Cashew Nuts (38%), Sweet Chilli Seasoning (4%) Sugar, Salt, Dried Soy Sauce (Contains: Soy beans, Salt, Spirit Vinegar), Garlic, Onion, Chilli, 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
Cambrook 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

Cambrook 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
Cambrook Baked Hickory Smoke Almonds 80g Pouch	80g	94% Almonds , 4% Hickory Smoke Flavouring (Salt, Maltodextrin, 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
Cambrook 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
Cambrook 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
Cambrook 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
Cambrook Baked Dry Roasted Peanuts 45g Pouch	45g	Peanuts (93%), Yeast Extract, Salt, Rice Flour, Paprika, Onion, Smoked Salt, Carob, Oregano, Garlic Powder, Turmeric, Dill, Cinnamon, 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, TONG Sugar, Wheat , Starch, Spices (Garlic Powder, Cumin Seed, Chillies, Paprika Powder, Oregano), 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, TONG Sugar, Wheat , Starch, Spices (Garlic Powder, Cumin Seed, Chillies, Paprika Powder, Oregano), 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, TONG Sugar, Wheat , Starch, Spices (Garlic Powder, Cumin Seed, Chillies, Paprika Powder, Oregano), 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 cool and dry For Best Before End See Base.	For adults & kids (over 4 years)	90g	1218	291	0.2	0	67.3	58.1	6.1	2	0	219	52	0	0	12	10	1.1	0.4	0
Urban Fruit Mango 100g	100g	Mangoes (Our packing house handles nuts and seeds)	Store cool and dry For Best Before End See Base.	For adults & kids (over 4 years)	100g	1277	305	0.3	0.1	68.2	56.6	9	2.9	0	230	55	0.3	0.1	12	10	1.6	0.5	0
HANG BAGS																							
Malters Pouch 102g	102g	Sugar, Cocoa butter, Skimmed milk powder, Cocoa mass, Cocoa butter extract, Cocoa Mass, Palm fat, LACTOSE and protein from whey (from MILK), Emulsifiers (SOYA lecithin E492), WHEAT flour, Palm kernel fat, Palm kernel oil, Raising agents (E341 E500 E501) WHEAT gluten, Salt, Glazing agent (pectins) 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 Minstrels 125g	125g	Sugar, Cocoa butter, Skimmed milk powder, Cocoa mass, Cocoa butter extract, Cocoa Mass, Palm fat, Whey powder (from MILK) MILK fat, Emulsifier (SOYA lecithin) Dextrin, Natural colours (Circumin, Vegetable carbon, Beetroot red) Starch, Glazing agent (Carnauba wax) Palm kernel oil, Natural vanilla extracts, 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, Cocoa butter, Skimmed milk powder, Cocoa mass, Cocoa butter extract, Cocoa Mass, Palm fat, Whey powder (from MILK) MILK fat, Emulsifier (SOYA lecithin) Dextrin, Natural colours (Circumin, Vegetable carbon, Beetroot red) Starch, Glazing agent (Carnauba wax) Palm kernel oil, Natural vanilla extracts, MILK chocolate contains milk solids 14% minimum, MILK chocolate vegetable fats in addition to cocoa butter	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 (37.5%), Sugar, Cocoa butter, Vegetable fat (Palm) Shea Mango kernel/ Sal), 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 Niacin), 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.	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, Copper complexes of chlorophyllins), Flavourings.	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 ax), Fruit and vegetable concentrates (Black carrot, Hibiscus, Carrot, Safflower), Spirulina concentrate, Vegetable oils (Coconut, Rapeseed), Invert sugar syrup, Fructose, Humectant (Glycerol), Natural colours (Paprika extract, Chlorophylls and chlorophyllins, Carotenes), Stabilisers (Carageenan, Locust bean gum), Acidity regulators (Sodium ascorbate, Sodium citrate), Fruit puree concentrates (Blueberry, Strawberry, Raspberry), 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 Brownie	8x101g	Sugar, Cocoa butter, Skimmed milk powder, Cocoa mass, Cocoa butter extract, Cocoa Mass, Palm fat, Whey powder (from MILK), Cocoa mass, Wheat flour (contains Calcium, Iron, Thiamin and Niacin), Fat-reduced cocoa powder, Emulsifier (Sunflower lecithin), Raising agents (Sodium bicarbonate, Ammonium bicarbonate), Natural flavourings, Salt, Wheat gluten powder.	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
Aero Bubbles Peppermint	8x102g	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	2234	535	30	18	57	56	2.1	7.3	0.24	559	134	7.6	4.6	14	14	0.5	1.8	0.06
Twirl Bites	109g	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.		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 Cocoa Mass Vegetable Fats (Palm, Shea) 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, Salt, Gelatine Acids (Malic Acid, Acetic Acid) Colours (Anthocyanins, Vegetable Carbon, Paprika Extract, Lutein, Curcumin) Flavourings Vegetable Oils (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 Starch Gelatine Acid (Malic Acid) Concentrated Apple Juice Colours (Anthocyanins, Vegetable Carbon, Paprika Extract, Lutein, 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
Cadbury Mini Fingers	125g	Wheat Flour (with Calcium, Iron, Niacin, Thiamin) Sugar Vegetable Oils (Palm, Rapeseed) Cocoa Butter Cocoa Mass Skimmed MILK Powder Whey Permeate (from MILK) MILK Fat Partially Inverted Sugar Syrup Salt Emulsifiers (E442, E476, 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
After Eight Bites	8x107g	Sugar, Cocoa mass, Glucose syrup, Vegetable fat (Palm) Shea/ Salt/ Illipe/ Kokum gurgi/ Mango kernel), Cocoa butter, Butterfat (from MILK), Emulsifier (Sunflower lecithin), Natural peppermint oil, Citric acid, Stabiliser (Invertase)	Store cool and dry	Important: Young children (less than 4 years) have limited chewing ability and could choke on small sweets.	6 pieces	1948	464	19.3	11	67.5	60.7	4.1	3.1	0.01	605	144	6	3.4	20.9	18.8	1.3	1	<0.01
MISC																							

Trebor Extra Strong Mints	41.3g	Sugar Glucose Syrup Starch Natural Mint Flavouring Gelatine Stabiliser (E415) Milk chocolate with a 50% minimum milk content 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	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	
Lindt Milk Bar 38g	38g x 24	Ingredients: sugar, cocoa butter, whole MILK powder, HAZELNUT (7%), cocoa mass, skimmed MILK powder, WHEAT flour, LACTOSE, anhydrous MILK fat, emulsifier (SOYA lecithin), BARLEY malt extract, fructose, corn starch, humectant (sorbitol), EGG yolk powder, palm oil, flavouring, salt. May contain ALMONDS. Milk chocolate contains: cocoa solids: 25% minimum 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: 20% min	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	Ingredients: sugar, cocoa butter, whole MILK powder, HAZELNUT (7%), cocoa mass, skimmed MILK powder, WHEAT flour, LACTOSE, anhydrous MILK fat, emulsifier (SOYA lecithin), BARLEY malt extract, fructose, corn starch, humectant (sorbitol), EGG yolk powder, palm oil, flavouring, salt. May contain ALMONDS. Milk chocolate contains: Cocoa solids: 25% minimum 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: 20% min	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	Milk** Sugar Cocoa Butter Cocoa Mass Vegetable Fats (Palm, Shea) Emulsifiers (E442, E476) 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 - May Contain Nuts, Wheat	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	Sugar, glucose syrup, modified cornstarch, acidity regulators (E325, E330, E331), strawberry puree, flavourings, lemon puree, pomgranate juice concentrate, peach puree concentrate, concentrates of apple, carrot, spirulina, black carrot, black currant, pumpkin), glazing agents (E901, E903, E904), coconut, thickener (tapioca dextrin), colours (E100, E162, E163i, E171)	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 Cocktail Classics 200g Gable Gift Box	200g	Sugar, glucose syrup, modified cornstarch, acidity regulators (E325, E330, E331), strawberry puree, flavourings, lemon puree, pomgranate juice concentrate, peach puree concentrate, concentrates of apple, carrot, spirulina, black carrot, black currant, pumpkin), glazing agents (E901, E903, E904), coconut, thickener (tapioca dextrin), colours (E100, E162, E163i, E171)	Cool Dry Place	Not suitable for under 5 year olds	100g	1547	364	0.5	0.2	91	60			0.14	1547	364	0.5	0.2	91	60			0.14
Jelly Belly 20 Assorted Flavours 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 (E901, E903, E904), colours (E100, E171)	Cool Dry Place	Not suitable for under 5 year olds	100g	1530	360			90	67			0.02	1530	360	0	0	90	67			0.02
Jelly Belly Sours 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 (E901, E903, E904), colours (E100, E171)	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 20g	20g	Apples, Pears, Strawberries & black carrot extract (less than 1%)	Store cool and dry For Best Before End See Base.	Young children 2 years+	2 rolls	1170	280	0	0	63	42	10	1.9	0	234	56	0	0	13	8.4	2	0.4	0
BEAR YoYo Blackcurrant Sour 20G	20g	Apples, Pears, Lemon, Butternut, Blackcurrant, Carrot, Beetroot Wheat Flour, sugar, vegetable oil, rapeseed oil, cocoa butter, cocoa mass, skimmed milk powder, whey permeate (from milk), fat reduced cocoa powder, 1.4% milk fat raising agents (ammonium carbonates, sodium carbonate, diphosphates) salt, emulsifiers (E442, E476) Flavourings - May Contain Nuts	Store cool and dry For Best Before End See Base.	Young children 2 years+	2 rolls	1170	280	0	0	63	42	10	1.9	0	234	56	0	0	13	8.4	2	0.4	0
Cadbury Animal Biscuits	139.3g	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.		19.9g (bag)	2025	483	20	9.1	67	27	2.8	7.7	0.64	405	96	4	1.8	13.3	5.4	0.6	1.5	0.14
Cadbury Buttons 14.4g	14.4	Sugar, Glucose Syrup, Starch, Acids (Malic Acid, Citric Acid, Lactic Acid), Concentrated Fruit Juices (Apple, Blackcurrant, Lime, Orange, Strawberry, Lemon), Acidity Regulator (Trisodium Citrate), Flavourings, Colours (Anthocyanins, Copper Complexes of Chlorophyllins, Beta-Carotene, Curcumin)	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)	Glucose syrup, sugar, whole and skimmed milk powder, invert sugar syrup, cocoa mass, vegetable fats (palm, mango kernel, sal, 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 in a cool, dry place.	Young children (less than 4 years) have limited chewing ability and could choke on small sweets.	Contains 8 Servings	1403	330	0.1	0.1	78.2	56.8	0	4.9	0.05	275	65	trace	trace	15.2	11.4	0	1	0.01
ROLO Tube 52g	36x52g	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 (beetroot red, carotene, curcumin), natural flavouring, spirulina concentrate, glazing agents (carnauba wax, beeswax white), fruit and vegetable concentrates (safflower, radish), barley malt extract	Store cool and dry	Young children (less than 4 years) have limited chewing ability and could choke on small sweets	Contains 2 servings (Per 5 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	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 vanilla flavouring.	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	Glucose syrup, Sugar, Gelatine, Acids (Malic acid, Tartaric acid, Citric acid), Concentrated apple juice (1%), Flavourings, Glaze (Palm oil, Glazing agent, Carnauba wax), Fruit and vegetable concentrates (Black carrot, Carrot, Hibiscus), Acidity regulator (Sodium ascorbate), Invert sugar syrup, Vegetable fats (Coconut, Rapeseed, Sunflower), Colours (Chlorophylls and chlorophyllins, Paprika extract, Carotenes), Maltodextrin, spirulina, MILK powders (Whole and skimmed) (37.5%), Sugar, Cocoa butter, Vegetable fat (Mango kernel/ Palm/ Sal/ 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	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 (Malic acid, Tartaric acid, Citric acid), Concentrated apple juice (1%), Flavourings, Glaze (Palm oil, Glazing agent, Carnauba wax), Fruit and vegetable concentrates (Black carrot, Carrot, Hibiscus), Acidity regulator (Sodium ascorbate), Invert sugar syrup, Vegetable fats (Coconut, Rapeseed, Sunflower), Colours (Chlorophylls and chlorophyllins, Paprika extract, Carotenes), Maltodextrin, spirulina, MILK powders (Whole and skimmed) (37.5%), Sugar, Cocoa butter, Vegetable fat (Mango kernel/ Palm/ Sal/ 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	1403	330	0.1	0.1	78.2	56.8	0	4.9	0.05	275	65	trace	trace	15.2	11.4	0	1	0.01
Nestle Milkybar Mini Bag 12g	60x12g	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 vanilla 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
Coffee Impulse																							
SS Chocolate Cup Cake	70g	Chocolate cake (62%) (sugar, rapeseed oil, egg, wheat flour (wheat flour, calcium carbonate, iron, niacin, thiamin), raising agents (E500i, E450, E341), chocolate cake mix (cocoa powder, modified maize starch, potato starch, wheat flour (wheat flour, calcium carbonate, iron, niacin, thiamin), chocolate (sugar, cocoa mass, fat reduced cocoa butter, flavouring), fat reduced cocoa powder, raising agents (E500, E450, E341), skimmed milk powder, rapeseed oil, whey powder (milk), wheat starch, emulsifiers (E471, E477, E481), wheat gluten, salt, flavouring, stabiliser (E415)), water, flavouring, humectant (E422), chocolate chips (sugar, cocoa mass, cocoa butter, emulsifier (soya lecithin)), flavouring), preservative (E202), chocolate butter cream icing (35%) (icing sugar, butter (milk), salt), cocoa powder, flavouring, humectant (E422)), milk chocolate curls (1.5%) (sugar, cocoa mass, cocoa butter, whole milk powder, skimmed milk powder, emulsifier (soya lecithin), natural vanilla flavouring)	Store in a cool, dry place For Best Before See Film	Once open consume within 24hrs	1 Serving	1824.00	436.00	24.00	9.70	49.00	37.00	1.90	3.80	0.90	1259.00	301.00	16.00	6.80	36.00	28.00	1.40	2.60	0.66
SS Raspberry Cup Cake	70g	Icing Sugar, Sugar, Salted Butter (Butter (MILK), Salt), Self Raising Flour (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin) Raising Agents (E341, E500)), EGG, Rapeseed Oil, Cake Mix (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Modified Maize Starch, Potato Starch, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Skimmed MILK Powder, WHEAT Starch, Rapeseed Oil, Raising Agents (E450, E500), Whey Powder (MILK), Emulsifiers (E471, E477, E481), WHEAT Gluten, Salt, Stabiliser (E415)), Water, White Chocolate Chunks (3%) (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier (SOYA Lecithin), Flavouring), Raspberry Flavoured Pieces (3%) (Fruit (Raspberry Juice, Raspberries, Apple Puree), Sugar, Fructose Syrup, Rice Meal, Palm Oil, Flavouring, Gelling Agent (E440), Acid (E330)), Flavouring, Humectant (E422), White Chocolate Curls (0.3%) (Sugar, Cocoa Butter, Full Cream MILK Powder, Whey Powder (MILK), Vegetable Oils (Palm, Sal, Shea, Mango Kernel), Emulsifier (SOYA Lecithin), Flavouring)), Preservative (E202), Pink Colouring (Water, Colour (E122)).	Store in a cool, dry place For Best Before See Film	Once open consume within 24hrs	1 Serving	1828.00	437.00	23.00	8.80	55.00	42.00	0.56	3.30	0.83	1280.00	306.00	16.00	6.10	38.00	29.00	0.39	2.30	0.58

SS Sticky Toffee Muffin	100g	Sugar, EGG, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Caramel Filling (13%) (Glucose Syrup, Sweetened Condensed Skimmed MILK, Water, Sugar, Palm Oil, Modified Maize Starch, Emulsifiers (E471, SOYA Lecithin) Flavouring, Acidity Regulator (E331), Salt Preservative (E202), Acid (E334), Gelling Agent (E440)), Cake Mix (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Modified Maize and Potato Starch, Skimmed MILK Powder, WHEAT Starch, Rapeseed Oil, Raising Agents (E450, E500), Whey Powder (MILK), Emulsifiers (E471, E477, E481), WHEAT Gluten, Salt, Stabiliser (E415)), Water, Caramel Fudge Pieces (3%) (Sugar, Full Cream Condensed MILK, Fondant (Sugar, Glucose, Water), Glucose Syrup, Palm Fat, Water, Emulsifier (SOYA Lecithin), Flavouring, Toffee Flavour Coating (2%) (Sugar, Vegetable Oils (Palm Kernel, Palm), Whey Powder (MILK), (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Cocoa Butter, Emulsifiers (SOYA Lecithin, E476), Flavouring, Colour (E160b)), Humectant (E422), Preservative (E202).	Store in a cool, dry place For Best Before See Film	Once open consume within 24hrs	1 Serving	1634.00	390.00	19.00	3.50	50.00	31.00	0.60	4.80	0.71	1634.00	390.00	19.00	3.50	50.00	31.00	0.60	4.80	0.71
SS Chocolate Muffin	100g	Sugar, Rapeseed Oil, EGG, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Chocolate Cake Mix (11%) (Cocoa Powder, Modified Maize and Potato Starch, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Chocolate (Sugar, Cocoa Mass, Fat Reduced Cocoa Butter, Flavouring), Fat Reduced Cocoa Powder, Raising Agents (E500, E450, E341) Skimmed MILK Powder, Rapeseed Oil, Whey Powder (MILK), WHEAT Starch, Emulsifiers (E471, E477, E481), WHEAT Gluten, Salt, Flavouring, Stabiliser (E415)), Water, Chocolate Filling (6%) (Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Whole MILK Powder, Emulsifier (SOYA Lecithin), Natural Flavouring), Humectants (E420, E422), Dextrose, Water, Sweetened Condensed Skimmed MILK, Sugar, Thickeners (E401, E460, E466), Modified Starch, Salt Acid (E334), Preservative (E202), Emulsifier (E455)), Chocolate Chunks (5%) (Cocoa Mass, Sugar, Emulsifier (SOYA Lecithin), Flavouring), Chocolate Flavour Fudge Topping (4%) (Sugar, Vegetable Oil (Rapeseed, Palm*)), Glucose Syrup, Water, Fat Reduced Cocoa Powder, Emulsifiers (E471, E492, SOYA Lecithin), Colour (E150), Acidity Regulator (E575), Salt, Preservative (E202), Flavouring), Flavouring, Humectant (E422), Chocolate Flavour Coating (Sugar, Vegetable Oils (Palm Kernel, Palm*)), Whey Powder (MILK), Fat Reduced Cocoa Powder, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Emulsifiers (SOYA Lecithin, E476), Flavouring) Preservative (E202).	Store in a cool, dry place For Best Before See Film	Once open consume within 24hrs	1 Serving	1693.00	405.00	21.00	4.70	48.00	28.00	2.20	5.00	0.87	1693.00	405.00	21.00	4.70	48.00	28.00	2.20	5.00	0.87
SS Fruity Blueberry	100g	Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG, Rapeseed Oil, Cake Mix (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Modified Maize Starch, Potato Starch, Skimmed MILK Powder, WHEAT Starch, Rapeseed Oil, Raising Agents (E450, E500), Whey Powder (MILK), Emulsifiers (E471, E477, E481), WHEAT Gluten, Salt, Stabiliser (E415)), Blueberry Filling (8%) (Sugar, Blueberry (30%), Water, Glucose-Fructose Syrup, Modified Starch, Acid (E330), Gelling Agent (E440), Thickener (E460), Preservative (E202), Natural Flavouring), Water, Blueberry Flavoured Pieces (5%) (Fruit (Apple Puree, Blueberry, Blueberry Juice), Sugar, Glucose-Fructose Syrup, Rice Meal, Palm Oil*, Gelling Agent (E440), Flavouring, Citrus Fibre, Acid (E330)), Flavouring, Glycerine, OATS, Natural Flavouring, Preservative (E202).	Store in a cool, dry place For Best Before See Film	Once open consume within 24hrs	1 Serving	1555.00	371.00	18.00	3.00	47.00	28.00	1.10	4.80	0.70	1555.00	371.00	18.00	3.00	47.00	28.00	1.10	4.80	0.70
SS Blue & Rasp. Muffin Twins	2 x 55g	Fruity Blueberry: Sugar, EGG, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Fruit Filling (11%) (Sugar, Apple Puree, Blueberry Puree (30%), Modified Maize Starch, Gelling Agent (E418), Chokeberry Juice Concentrate, Acid (E330), Preservative (E202), Flavouring), Cake Mix (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Modified Maize Starch, Potato Starch, Skimmed MILK Powder, WHEAT Starch, Rapeseed Oil, Raising Agents (E450, E500), Whey Powder (MILK), Emulsifiers (E471, E477, E481), WHEAT Gluten, Salt, Stabiliser (E415)), OATS, Water, Blueberry Flavoured Pieces (5%) (Fruit (Apple Puree, Blueberry, Blueberry Juice), Sugar, Glucose-Fructose Syrup, Rice Meal, Palm Oil, Gelling Agent (E440), Flavouring, Citrus Fibre (Orange), Acid (E330)), Flavouring, Humectant (E422), Preservative (E202). Raspberry White Chocolate: Sugar, EGG, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Fruit Filling (10%) (Sugar, Apple Puree, Raspberry Puree (30%), Modified Maize Starch, Gelling Agent (E418), Chokeberry Juice Concentrate, Acid (E330), Flavouring, Colour (E163), Preservative (E202)), Strawberry Flavour Fudge Filling (9%) (Sugar, Glucose Syrup, Vegetable Oil (Rapeseed, Palm), Water, Skimmed MILK Powder, Emulsifiers (E471, E492), Flavouring, Salt, Preservative (E202), Colour (E122)), Cake Mix (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Modified Maize Starch, Potato Starch, Skimmed MILK Powder, WHEAT Starch, Rapeseed Oil, Raising Agents (E450, E500), Whey Powder (MILK), Emulsifiers (E471, E477, E481), WHEAT Gluten, Salt, Stabiliser (E415)), Water, Raspberry Flavoured Pieces (4%) (Fruit Brownie Mix (Sugar, Fat Reduced Cocoa Powder, Potato Starch, Palm Oil, Whey Powder (MILK), Dextrose, EGG White Powder, Raising Agents (E450, E500), Emulsifier (E471), Salt, Thickener (E415), Water, Rapeseed Oil, Chocolate Chunks (7%) (Cocoa Mass, Sugar, Emulsifier (SOYA Lecithin), Flavouring), Humectant (E422), Flavouring, Preservative (E202).	Store in a cool, dry place For Best Before See Film	Once open consume within 24hrs	1 Serving	1562/ 1627	373/ 388	17/ 18	2.5/ 4.5	49/ 51	29/ 34	1.1/ 0.86	4.7/ 4.2	0.69/ 0.63	859/ 895	205/ 214	10/ 10	1.4/ 2.5	27/ 28	16/ 18	0.6/ 0.47	2.6/ 2.3	0.38/ 0.35
SS GF Brownie	70g	Biscuit Crumb (35%) (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Oil (Palm, Rapeseed), Sugar, Wholemeal WHEAT Flour, Raising Agents (E500, E503, E334, E450, E296), Partially Inverted Sugar Syrup, Salt, Whey Powder (MILK), Dried Malt Extract (BARLEY)), Chocolate Flavour Coating (24%) (Sugar, Vegetable Oils (Palm Kernel, Palm), Whey Powder (MILK), Fat Reduced Cocoa Powder, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Emulsifiers (SOYA Lecithin, E476), Flavouring), Margarine (Palm and Rapeseed Oil, Water, Salt, Emulsifier (E475), Flavouring), Partially Inverted Sugar Syrup, Sugar, Raisins (5%) (Raisins, Sunflower Oil), Sweetened Dried Cherries (5%) (Cherries, Glucose-Fructose Syrup, Sugar, Acidity Regulator (E330), Preservatives (E202, SULPHUR DIOXIDE), Colour (E127)), Cocoa Powder.	Store in a cool, dry place For Best Before See Side of Pack	Once open consume within 24hrs	1 Serving	1684.00	402.00	18.00	5.00	53.00	36.00	3.80	4.50	0.85	1179.00	281.00	13.00	3.50	37.00	25.00	2.70	3.10	0.59
SS Tiffin	70g	Biscuit Crumb (35%) (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Oil (Palm, Rapeseed), Sugar, Wholemeal WHEAT Flour, Raising Agents (E500, E503, E334, E450, E296), Partially Inverted Sugar Syrup, Salt, Whey Powder (MILK), Dried Malt Extract (BARLEY)), Chocolate Flavour Coating (24%) (Sugar, Vegetable Oils (Palm Kernel, Palm), Whey Powder (MILK), Fat Reduced Cocoa Powder, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Emulsifiers (SOYA Lecithin, E476), Flavouring), Margarine (Palm and Rapeseed Oil, Water, Salt, Emulsifier (E475), Flavouring), Partially Inverted Sugar Syrup, Sugar, Raisins (5%) (Raisins, Sunflower Oil), Sweetened Dried Cherries (5%) (Cherries, Glucose-Fructose Syrup, Sugar, Acidity Regulator (E330), Preservatives (E202, SULPHUR DIOXIDE), Colour (E127)), Cocoa Powder.	Store in a cool, dry place For Best Before Back of Film	Once open consume within 24hrs	1 Serving	1981.00	473.00	24.00	13.00	59.00	38.00	3.10	4.40	0.50	1394.00	333.00	17.00	9.00	41.00	27.00	2.20	3.10	0.35
SS Caramel Shortcake	70g	Caramel Filling (34%) (Sugar, Palm Oil, Glucose Syrup, Water, Humectant (E420), Sweetened Condensed MILK (MILK, Sugar), Emulsifiers (E475, E471, E473), Colours (E150d, E160a), Flavouring, WHEAT Protein, Salt, Preservative (E202), Acid (E334), Biscuit Crumb (31%) (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Oils (Palm, Rapeseed), Sugar, Wholemeal WHEAT Flour, Raising Agents (E500, E503, E334, E450, E296), Partially Inverted Sugar Syrup, Salt, Whey Powder (MILK), Dried Malt Extract (BARLEY)), Chocolate Flavour Topping (17%) (Sugar, Vegetable Oils (Palm Kernel, Palm), Whey Powder (MILK), Fat Reduced Cocoa Powder, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Emulsifiers (SOYA Lecithin, E476), Flavouring), Salted Butter (Butter (MILK), Salt), Toffee Flavour Topping (2%) (Sugar, Vegetable Oils (Palm Kernel, Palm), Whey Powder (MILK), (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Cocoa Butter, Emulsifiers (SOYA Lecithin, E476), Flavouring, Colour (E160b)).	Store in a cool, dry place For Best Before See Back of Film	Once open consume within 24hrs	1 Serving	2092.00	501.00	28.00	17.00	58.00	40.00	1.60	3.50	0.59	1464.00	350.00	20.00	12.00	40.00	28.00	1.10	2.40	0.41

SS Bakewell Flapjack	70g	OATS, White Chocolate Flavour Topping (18%) (Sugar, Vegetable Oils (Palm Kernel, Palm), Whey Powder (MILK), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Emulsifier (SOYA Lecithin), Flavouring), Partially Inverted Sugar Syrup, Salted Butter (Butter (MILK), Salt), Brown Sugar, Mixed Fruit Jam (5%) (Glucose Syrup, Apple, Plum, Rhubarb, Acidity Regulators (E330, E331), Colour (E163), Gelling Agent (E440), Flavouring, Preservative (E202)), Sweetened Condensed MILK (MILK, Sugar), Flavouring, Chocolate Flavour Topping (Sugar, Vegetable Oils (Palm Kernel, Palm), Whey Powder (MILK), Fat Reduced Cocoa Powder, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Emulsifiers (SOYA Lecithin, E476), Flavouring)	Store in a cool, dry place For Best Before See Side of Film	Once open consume within 24hrs	1 Serving	1930.00	461.00	21.00	13.00	62.00	34.00	3.50	4.90	0.42	1351.00	322.00	14.00	9.20	44.00	24.00	2.40	3.40	0.29
SS All Butter Flapjack	70g	OATS, Partially Inverted Sugar Syrup, Salted Butter (18%) (Butter (MILK), Salt), Brown Sugar, Sweetened Condensed MILK (MILK, Sugar)	Store in a cool, dry place For Best Before See Side of Film	Once open consume within 24hrs	1 Serving	1884.00	449.00	18.00	11.00	63.00	29.00	4.50	5.70	0.47	1319.00	314.00	13.00	7.50	44.00	20.00	3.10	4.00	0.33
SS Indulgent Chocolate Brownie	55g	Brownie Cake Mix (Sugar, Fat Reduced Cocoa Powder (19%), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Whey Powder (MILK), Dextrose, EGG White Powder, Roasted WHEAT Malt Flour, Raising Agents (E450, E500, E341), Emulsifier (E471), Salt, Thickener (E416)), Water, Rapeseed Oil, Humectant (E422), Flavouring, Preservative (E202)	Store in a cool, dry place For Best Before See Side of Film	Once open consume within 24hrs	1 Serving	1652.00	394.00	18.00	5.30	51.00	34.00	4.00	5.10	1.00	909.00	217.00	9.80	2.90	28.00	19.00	2.20	2.80	0.57
SS Indulgent Chocolate Brownie	55g	Brownie Cake Mix (Sugar, Fat Reduced Cocoa Powder (19%), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Whey Powder (MILK), Dextrose, EGG White Powder, Roasted WHEAT Malt Flour, Raising Agents (E450, E500, E341), Emulsifier (E471), Salt, Thickener (E415), Water, Rapeseed Oil, Humectant (E422), Flavouring, Preservative (E202)	Store in a cool, dry place For Best Before See Side of Film	Once open consume within 24hrs	1 Serving	1652.00	394.00	18.00	5.30	51.00	34.00	4.00	5.10	1.00	909.00	217.00	9.80	2.90	28.00	19.00	2.20	2.80	0.57
BOTTLED DRINKS - CORE																							
Diet Coke Mango 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	1.2	0.3	0	0	0	0	0	0	0.01	3	1	0	0	0	0	0	0	0.03
Diet Coke Strawberry 500ml	500ml	Carbonated Water, Colour (Caramel E150d), Phosphoric Acid, Sweeteners (Aspartame, Acesulfame K), Natural Flavourings incl. Caffeine, 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	1.9	0.5	0	0	0	0	0	0	0.01	5	3	0	0	0	0	0	0	0.03
Coca Cola 500ml	500ml	Ingredients:Carbonated Water, Sugar, Colour (Caramel E150d), Acid (Phosphoric Acid), Natural Flavourings Including Caffeine	Store cool and dry	Best served chilled	250ML	180	42	0	0	10.6	10.6	0	0	0	450	105	0	0	27	27	0	0	0
Coke Diet 500ml	500ml	Ingredients:Carbonated Water, Sugar, Colour (Caramel E150d), Acid (Phosphoric Acid), 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	0.02	4	1	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 Peach 500ml	500ml	Ingredients:Carbonated Water, Colour (Caramel E150d), Acid (Phosphoric Acid), Natural Flavourings Including Caffeine, Sweeteners (Aspartame, Acesulfame K), Acidity Regulator (Sodium Citrate)	Store cool and dry	Best served chilled	250ML	1.7	0.4	0	0	0	0	0	0	0.01	4	1	0	0	0	0	0	0	0.03
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	0.01	5	1	0	0	0	0	0	0	0.03
Fanta Zero Orange 500ml	500ml	Ingredients:Carbonated Water, Orange Fruit Concentrate(4%), Acids (Citric Acid, Malic Acid), Sweeteners (Acesulfame K, Aspartame), Preservative (Potassium Sorbate), Natural Orange Flavouring With Other Natural Flavourings, Vegetable Concentrates (Carrot, Pumpkin), Antioxidant (Ascorbic Acid), Stabiliser (Guar Gum)	Store cool and dry	Best served chilled	250ML	13	3	0	0	0.5	0.5	0	0	0	33	8	0	0	1.3	1.3	0	0	0
Fanta Lemon 500ml	500ml	Carbonated Water, Lemon Juice from Concentrate (5%), Sugar, Acidity Regulator (Sodium Gluconate), Citric acid, Sweeteners (Acesulfame K, Aspartame), Malic acid, Preservative (Potassium Sorbate), Stabilisers (Acacia Gum, Glycerol Esters of Wood Rosins), 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 Zero Exotic 500ml	500ml	Carbonated Water, Fruit Juices from Concentrate 4.4% (Orange 3.4%, Peach 0.5%, Apple 0.4%, Passion Fruit 0.1%), Citric Acid, Malic Acid, Preservative (Potassium Sorbate), Vegetable and Plant Concentrates (Carrot, Safflower), Sweeteners (Aspartame, Acesulfame K), Natural Flavourings, Stabilisers (Glycerol Esters of Wood Rosins, Guar Gum)	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	13	3	0	0	0.5	0.5	0	0	0	33	8	0	0	1.3	1.3	0	0	0
Fanta Wildberries 500ml	500ml	Carbonated Water, Fruit Juices from Concentrate 2.2% (Apple 1.5%, Blackberry 0.6%, Raspberry 0.1%), Citric Acid, Malic Acid, Vegetable and Plant Concentrates (Carrot, Hibiscus), Sweeteners (Acesulfame K, Aspartame), Acidity Regulator (Sodium Citrate), Preservative (Potassium Sorbate), Antioxidant (Ascorbic Acid), 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	10	2	0	0	0.3	0.3	0	0	0.02	25	5	0	0	0.8	0.8	0	0	0.04
Fanta Fruit Twist 500ml	500ml	Ingredients:Carbonated Water, Sugar, Fruit Juices From Concentrate 4.4% (Orange 3.4%, Peach 0.5%, Apple 0.4%, Passion Fruit 0.1%), Vegetable And Plant Concentrates (Carrot, Safflower), Acids (Citric Acid, Malic Acid), Sweeteners (Acesulfame K, Aspartame), Preservative (Potassium Sorbate), Natural Flavouring, Stabilisers (Glycerol Esters Of Wood Rosins, 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
Lilt 500ml	500ml	Carbonated Water, Fruit Juices from Concentrates 5% (Pineapple, Grapefruit), Sugar, Citric Acid, Antioxidant (Ascorbic Acid), Sweeteners (Acesulfame K, Aspartame, Sodium Saccharin), Preservative (Potassium Sorbate), Flavourings, Stabilisers (Acacia Gum, Guar Gum, Sucrose Acetate Isobutyrate, Glycerol Esters of Wood Rosin, Colour (Carotenes))	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	84	20	0	0	4.6	4.6	0	0	0	210	50	0	0	12	12	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
Dr Pepper Zero 500ml	500ml	Ingredients:Carbonated Water, Colour (Caramel E150d), Flavourings Including Caffeine, Acid (Phosphoric Acid), Sweeteners (Aspartame, Acesulfame K), Preservative (Potassium Sorbate)	Store cool and dry	Best served chilled	250ML	2.1	0.5	0	0	0	0	0	0	0	5	1	0	0	0	0	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
San Pellegrino Aranciata Can 330ml	330ml	Orange Juice from Concentrate (16%), Sugar, Carbon Dioxide, Orange Extract, Acid: Citric Acid, Stabilisers: Pectins, Natural Orange Flavouring, Sweetener: Steviol Glycosides, Natural Flavourings, Sweetener from natural origin	Store cool and dry For Best Before End See Base	Serve chilled	1	91	22	0	0	4.7	4.7	0.1	0	0	302	71 cal	0	0	15.5	15.5	0.3	0	0
San Pellegrino Limonata Can 330ml	330ml	Water, Lemon Juice from Concentrate (Lemon Juice from Concentrate (11%), Lemon Juice (5%)), Sugar, Carbon Dioxide, Natural Lemon Flavouring, Stabilisers: Pectins, Sweetener: Steviol Glycosides, Natural Flavourings, Sweetener from natural origin	Store cool and dry For Best Before End See Base	serve chilled	1	91	22	0	0	4.7	4.7	0.1	0	0	302	71 cal	0	0	15.5	15.5	0.3	0	0
Im Bru 500ml	500ml	Carbonated Water, Sugar, Acid (Citric Acid), Flavourings (Including Caffeine, Ammonium Ferric Citrate & Quinine), Sweeteners (Aspartame, Acesulfame K), Preservative (E211), Colours (Sunset Yellow FCF, Ponceau 4R)	Store in a cool dry place away from direct sunlight		2x250ml	84	20	0	0	4.8	4.7	0	<0.5	<0.01	210	49	0	0	12	11.75	0	<0.5	<0.02
Im Bru Diet 500ml	500ml	Carbonated Water, Acid (Citric Acid), Flavourings (Including Caffeine, Ammonium Ferric Citrate & Quinine), Sweeteners (Acesulfame K, Aspartame), Preservative (E211), Colours (Sunset Yellow FCF, Ponceau 4R)	Store in a cool dry place away from direct sunlight		2x250ml	3	0.7	0	0	0	0	0	<0.5	<0.01	07-Jan	1.75	0	0	0	0	0	<0.5	<0.02

Oasis Summer Fruits 500ml	500ml	Ingredients: Water, Sugar, Fruit Juices From Concentrate 5% (Apple 1.7%, Strawberry 1.5%, Redcurrant 1.2%, Cherry 0.6%), Acid (Citric Acid), Natural Berry Flavouring With Other Natural Flavourings, Fruit And Vegetable Concentrates (Blueberry, Blackcurrant, Carrot, Apple, Hibiscus), Stabiliser (Polyphosphates), Acidity Regulator (Sodium Citrate), Preservatives (Potassium Sorbate, Sodium Benzoate), Sweeteners (Aspartame, Acesulfame K).	Store cool and dry.	Best served chilled. Refrigerate after opening and consume within 3 days.	250ML	74	17	0	0	4.1	4.1	0	0	0.08	185	43	0	0	10	10	0	0	0.2
Oasis Citrus Punch 500ml	500ml	Ingredients: Water, Sugar, Fruit Juices From Concentrate 5% (Orange 3.7%, Tangerine 1%, Lemon 0.5%), Acid (Citric Acid), Plant Concentrate (Safflower), Natural Orange Flavouring With Other Natural Flavourings, Stabilisers (Polyphosphates, Modified Starch, Glycerol Esters Of Wood Rosins), Acidity Regulator (Sodium Citrate), Preservatives (Potassium Sorbate, Sodium Benzoate), Sweeteners (Aspartame, Acesulfame K).	Store cool and dry.	Best served chilled. Refrigerate after opening and consume within 3 days.	250ML	77	18	0	0	4.1	4.1	0	0	0.08	193	45	0	0	10	10	0	0	0.2
Oasis Kiwi Apple Sour 500ml	500ml	Ingredients: Water, Fruit Juices From Concentrate 5% (Apple 4.5%, Kiwi 0.5%), Acid (Citric Acid), Stabiliser (Polyphosphates), Preservatives (Potassium Sorbate, Sodium Benzoate), Acidity Regulator (Sodium Citrate), Sweeteners (Acesulfame K, Aspartame, Sodium Saccharin), Natural Flavourings, Fruit And Plant Concentrates (Apple, Hibiscus, Safflower).	Store cool and dry.	Best served chilled. Refrigerate after opening and consume within 3 days.	250ML	18	4	0	0	0.6	0.6	0	0	0.09	45	10	0	0	1.5	1.5	0	0	0.23
Oasis Citrus Punch Zero 500ml	500ml	Water, Fruit Juices From Concentrate 5.2% (Orange 3.7%, Mandarin 1%, Lemon 0.5%), Citric Acid, Stabilisers (Polysorbates, Modified Starch, Glycerol Esters of Wood Rosin), Preservatives (Potassium Sorbate, Sodium Benzoate), Acidity Regulator (Sodium Citrate), Sweeteners (Acesulfame-K, Aspartame, Sodium Saccharin), Vegetable Extract (Safflower), Natural Orange Flavouring with Other Natural Flavourings.	Store cool and dry For Best Before End See side of cap or bottle neck for date.	Serve chilled. Once open, refrigerate and consume within 3 days.	250ml	16	3.8	0	0	0.5	0.5	0	0	0.08	40	10	0	0	1.3	1.3	0	0	0.2
Oasis Summer Fruits Zero 500ml	500ml	Water, Fruit Juices From Concentrate 5% (Apple 1.7%, Strawberry 1.5%, Redcurrant 1.2%, Cherry 0.6%), Citric Acid, Natural Berry Flavouring with Other Natural Flavourings, Fruit and Vegetable Concentrates (Blueberry, Blackcurrant, Carrot, Apple, Hibiscus), Stabiliser (Polyphosphates), Acidity Regulator (Sodium Citrate), Preservatives (Potassium Sorbate, Sodium Benzoate), Sweeteners (Aspartame, Acesulfame K, Sodium Saccharin).	Store cool and dry For Best Before End See side of cap or bottle neck for date.	Serve chilled. Once open, refrigerate and consume within 3 days.	250ml	14	3	0	0	0.5	0.5	0	0	0.09	35	8	0	0	1	1	0	0	0.23
Glaceau Vitamin Water: Defence 500ml	500ml	Ingredients: spring water, flavour enhancer (erythritol), citric acid, vitamins (c, niacin, pantothenic acid, B6), fruit and vegetable concentrates (carrot, blackcurrant), sweetener (steviol glycosides), natural flavourings, mineral salt (zinc gluconate).	Store cool and dry out of direct sunlight.	Refrigerate after opening and consume within 3 days.	250ML	5	1	0	0	1	0	0	0	0	10	3	0	0	2	0	0	0	0
Lipton Iced Tea Peach 500ml	500ml x 12	Water, Sugar, Acids (Malic Acid, Citric Acid), Black Tea Extract (0.14%), Peach Juice from Concentrate (0.1%), Flavourings, Antioxidant (Ascorbic Acid), Acidity Regulator (Trisodium Citrate), Sweetener (Steviol Glycosides).	Chiller		12	82	19	0.5	0.1	4.7	4.5	0	0.5	0.02	410	95	2.5	0.5	23.5	22.5	0	2.5	0.1
Lipton Ice Tea Raspberry 500ml	500ml x 12	Ingredients: Water, Sugar, Acid (Citric Acid), Tea Extract (0.12%), Raspberry Juice from Concentrate (0.1%), Flavouring, Acidity Regulator (Trisodium Citrate), Antioxidant (Ascorbic Acid), Sweetener (Steviol Glycosides).	Chiller		12	82	19	0.5	0.1	4.6	4.5	0	0.5	0.03	410	95	2.5	0.5	23	22.5	0	2.5	0.15
Fuze Tea Mango & Chamomile 400ml	400ml	Ingredients: Green Tea Infusion (91%) (Water, Concentrated Green Tea (1) Infusion (**)), Sugar, Mango Juice From Concentrate (1%), Acid (Citric Acid), Acidity Regulator (Sodium Citrate), Antioxidant (Ascorbic Acid), Natural Flavourings, Sweeteners (Steviol Glycosides - from the Stevia Plant), Camomile Extracts (1) Rainforest Alliance Certified™.	Store cool and dry.	Best served chilled.	400ML	78	19	0	0	4.3	4.3	0	0	0.03	312	76	0	0	17	17	0	0	0.12
Fuze Tea Black Peach 400ml	400ml	Ingredients: Black Tea Infusion (91%) (Water, Concentrated Black Tea (1) Infusion (**)), Peach Juice From Concentrate (5%), Sugar, Acids (Citric Acid, Malic Acid), Natural Peach Flavouring, Natural Flavourings, Acidity Regulator (Sodium Citrate), Antioxidant (Ascorbic Acid), Hibiscus Extracts, Sweetener (Steviol Glycosides - from the Stevia Plant) (1) Rainforest Alliance Certified™.	Store cool and dry.	Best served chilled.	400ML	79	19	0	0	4.3	4.3	0	0	0.03	316	76	0	0	17	17	0	0	0.12
Blackcurrant Fruit Shoot 275ml	275ml x 24	Water, Fruit Juices from Concentrate (Apple 6%, Blackcurrant 2%, Plum), Acid (Citric Acid), Natural Flavourings, Acidity Regulator (Sodium Citrate), Carrot and Blueberry Concentrate, Antioxidant (Ascorbic Acid), Sweeteners (Acesulfame K, Sucralose).	Chiller		24	18	4	0	0	0.8	0.8	0	0	0.03	49.5	11	0	0	2.2	2.2	0	0	0.0825
Orange Fruit Shoot 275ml	275ml x 24	Ingredients: Water, Orange Juice from Concentrate (8%), Acid (Citric Acid), Natural Flavouring, Preservatives (Potassium Sorbate, Dimethyl Dicarboxylate), Antioxidant (Ascorbic Acid), Acidity Regulator (Sodium Citrate), Carrot Concentrate, Sweeteners (Acesulfame K, Sucralose), Stabiliser (Xanthan Gum), Vitamins (Niacin, B6, Biotin).	Chiller		24	26	6	0	0	1.2	1.2	0	0	0.03	71.5	16.5	0	0	3.3	3.3	0	0	0.0825
Fruite Apple Juice 330ml	330ml	100% Pure Apple juice from Concentrate	For Best Before End See side of cap or bottle neck for date.	Chill and shake well. After opening, this product should be refrigerated and consumed within 3 days.	330ml	183	43	0	0	10.5	8.5	0	0.2	0	604	142	0	0	34.7	28.1	0	0.7	0
Fruite Orange Juice 330ml	330ml	100% Pure Orange juice from Concentrate	For Best Before End See side of cap or bottle neck for date.	Chill and shake well. After opening, this product should be refrigerated and consumed within 3 days.	330ml	191	45	0	0	10.7	9.1	0	0.7	0.01	630	149	0	0	35.3	30	0	2.3	0.03
Capri Sun Orange 330ml	330ml	Ingredients: Spring water, fruit juices from concentrate 12% (orange 7%, lemon, lime), sugar, natural flavouring, sweetener (steviol glycosides), antioxidant (ascorbic acid)	Store in a cool dry place	Refrigerate after opening and consume within 3 days	330ML	89	21	0	0	4.6	4.9	0	0	0	293	69	0	0	16	16	0	0	0
Nescafe Azera Nitro Americano Can 192ml	12x192ml	Water, Sugar, Soluble Coffee (1.6%), Acidity Regulator (E500), Nitrogen, Semi-Skimmed Milk (75%), Water, Sugar, Soluble Coffee (1.5%), Stabiliser (E460, E466), Acidity Regulators (E500, E332), Nitrogen.	Store in a cool, dry place.	Best served chilled.	Single serve	49	12	trace	Nil	2.5	2.5	0.6	0.1	0.05									
Nescafe Azera Nitro Latte Can 192ml	12x192ml	Water, Sugar, Soluble Coffee (1.6%), Acidity Regulator (E500), Nitrogen, Semi-Skimmed Milk (75%), Water, Sugar, Soluble Coffee (1.5%), Stabiliser (E460, E466), Acidity Regulators (E500, E332), Nitrogen.	Store in a cool, dry place.	Best served chilled.	Single serve	217	52	1.2	0.07	7	6.8	0.8	2.7	0.18									
BOTTLED DRINKS - WATER																							
600ml Glaceau Smartwater STILL	500ml	Ingredients: Vapour Distilled Spring Water, Electrolytes (Calcium Chloride, Magnesium Chloride, Potassium Bicarbonate).	Store in a cool and dry place, away from sunlight, strong odours and chemicals.	Open by hand	-	0	0	0	0	0	0	0	0	0	-	-	-	-	-	-	-	-	
600ml Glaceau Smartwater Sparkling	500ml	Ingredients: Vapour distilled carbonated spring water, electrolytes (calcium chloride, magnesium chloride, potassium bicarbonate)	Store in a cool and dry place, away from sunlight, strong odours and chemicals.	Open by hand	-	0	0	0	0	0	0	0	0	0	-	-	-	-	-	-	-	-	
Glaceau Smart Water 850ml	850ml	Ingredients: Vapour Distilled Spring Water, Electrolytes (Calcium Chloride, Magnesium Chloride, Potassium Bicarbonate).	Store in a cool and dry place, away from sunlight, strong odours and chemicals.	Open by hand	None	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
RiverRock Still 500ml	500ml	Deep RiverRock Still Water	For Best Before End See side of cap or bottle neck for date.	Serve chilled. Once open, refrigerate and consume within 3 days.	500ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
RiverRock Sparkling 500ml	500ml	Deep RiverRock Carbonated Water	For Best Before End See side of cap or bottle neck for date.	Serve chilled. Once open, refrigerate and consume within 3 days.	500ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
RiverRock Sparkling Lemon & Lime 500ml IRE	500ml	Deep RiverRock Sparkling Water 99.6%, Natural Citrus Flavouring with other Natural Flavourings, Acid (Citric Acid), Preservatives (Potassium Sorbate, Sodium Benzoate), Sweeteners (Sucralose, Acesulfame K).	For Best Before End See side of cap or bottle neck for date.	Serve chilled. Once open, refrigerate and consume within 3 days.	200ml	7	2	0	0	0	0	0	0	0.02	18	5	0	0	0	0	0	0.05	
RiverRock Still 750ml	750ml	Deep RiverRock Still Water	For Best Before End See side of cap or bottle neck for date.	Serve chilled. Once open, refrigerate and consume within 3 days.	750ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Acqua Panna 500ml	500ml	Natural Mineral Water	Store cool and dry For Best Before End See Base.	serve chilled	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
San Pellegrino Sparkling Water 500ml	500ml	Natural Mineral Water, Natural Carbon Dioxide	Store cool and dry For Best Before End See Base.	serve chilled	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Nestle Pure Life Water 330ml	330ml	Calcium 59.0 Magnesium 10.0 Potassium 1.2 Sodium 1.9 Bicarbonate 184.6 Chloride 18.1 Sulphate 9.7 pH at source 6.5 Dry residue at 180°C 248.0	Store cool and dry For Best Before End See Base.	NA	1 bottle	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Can O Water																							
KIDS MIX DRINKS																							

Capri Sun Fruit Water Blackcurrant 200ml	200ml	Ingredients: Water, blackcurrant juice from concentrate (3%), acid (citric acid), natural flavouring, sweetener (sucralose).	Store in a cool dry place	Super-easy opening	200ML	7	2	0	0	0	0	0	0	0	14	4	0	0	0	0	0	0	
Capri Sun No Added Sugar Blackcurrant&Apple 200ml	200ml	Ingredients: Water, fruit juices from concentrate 17.7% (apple 14.3%, blackcurrant 3.2% lemon 0.2%), natural flavouring, blackcurrant puree, sweetener (steviol glycosides). CONTAINS NATURALLY OCCURRING SUGARS.	Store in cool and dry place.	-	200ML	32	8	0	0	1.9	1.6	0	0	0	64	16	0	0	3.8	3.2	0	0	
Capri Sun Orange 200ml	200ml	Ingredients: Water, fruit juices from concentrate 12% (orange 8.5%, lemon, lime), sugar, natural flavouring, sweetener (steviol glycosides), antioxidant (ascorbic acid).	Store in a cool dry place	Refrigerate after opening and consume within 3 days	200ML	89	21	0	0	4.9	4.9	0	0	0	178	42	0	0	0	0	0	0	
Abbey Well Still 250ml	250ml	Not Applicable	Store cool and dry away from sunlight, strong odours and chemicals.	Best served chilled	250ML	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
RiverRock Still 330ml	330ml	Deep RiverRock Still Water	For Best Before End See side of cap or bottle neck for date.	Once open, refrigerate and consume within 3 days.	330ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Blackcurrant 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, Sucralose), 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	0.06
Orange Fruit Shoot 200ml	200ml x 24	Ingredients: Water, Orange Juice from Concentrate (8%), Acid (Citric Acid), Natural Flavouring, Preservatives (Potassium Sorbate, Dimethyl Dicarbonate), Acidity Regulator (Sodium Citrate), Carrot Concentrate, Sweeteners (Acesulfame K, Sucralose), Stabiliser (Xanthan Gum), Vitamins (Niacin, B6, Biotin).	Chiller		24	20	5	0	0	0.8	0.8	0	0	0.02	40	10	0	0	1.6	1.6	0	0	0.04
Fruite Juicy Orange 250ml	250ml	Water, Orange Juice from Concentrate (8%), Acid (Citric Acid), Natural Orange Flavouring, Preservatives (Dimethyl Dicarbonate, Potassium Sorbate), Sweeteners (Acesulfame K, Sucralose), 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.	Shake well before use. Best served chilled. Once opened, refrigerate and use within 3 days.	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	0.08
Fruite Juicy Apple & Blackcurrant 250ml	250ml	Water, Apple Juice from Concentrate (8%), Blackcurrant 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.	Shake well before use. Best served chilled. Once opened, refrigerate and use within 3 days.	250ml	21	5	0	0	1.2	1.1	0	0	.03	53	13	0	0	3	2.8	0	0	0.08
BAR PRE MIXED ALCOHOLIC DRINKS																							
Topo Chico Tangy Lemon Lime 330ml	330ml	Ingredients: Carbonated Water, Alcohol, Sugar, Acid, Acidity Regulators, Natural Flavours, Flavour Enhancers.	Store cool and dry. Do not expose to direct sunlight.	Best served chilled	330ML	120	29	0	0	0.6	0.6	0	0	0.01	396	96	0	0	2	2	0	0	0.03
Topo Chico Cherry Acai 330ml	330ml	Ingredients: Carbonated Water, Alcohol, Sugar, Acid, Acidity Regulators, Natural Flavours, Flavour Enhancers.	Store cool and dry. Do not expose to direct sunlight.	Best served chilled	330ML	120	29	0	0	0.6	0.6	0	0	0.01	396	96	0	0	2	2	0	0	0.03
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, citric acid, herbal infusions (speedwell, juniper, yarrow).	Store in a cool place or refrigerate	Consume chilled as a soft drink or mix to create your favourite cocktail or mocktail	1	166	39Kcal	0	0	9	7.8	0	0	0	456.5	107.25	0	0	24.75	21.45	0	0	0
Fentimans Rose Lemonade Glass Botle	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), Tartaric Acid, Citric Acid, Natural Colour: red cabbage extract, Bulgarian Rose Oil.	Store in a cool place or refrigerate	Consume chilled as a soft drink or mix to create your favourite cocktail or mocktail	1	176	41	0	0	9.2	7.5	0	0	0	484	112.75	0	0	25.3	20.62	0	0	0
BAR MIXERS																							
Coca-Cola 200ml	200ml	Ingredients: Carbonated Water, Sugar, Colour (Caramel E150d), Acid (Phosphoric Acid), Natural Flavourings Including Caffeine.	Best served chilled	Store cool and dry.	200ML	180	42	0	0	10.6	10.6	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), Flavourings, Acidity Regulator (Sodium Citrate), Sweeteners (Aspartame, Sodium Saccharin), Preservative (Potassium Sorbate), Antioxidant (Ascorbic Acid).	Store cool and dry.	Best served chilled	200ML	78	18	0	0	4.2	4.2	0	0	0.04	156	36	0	0	8.4	8.4	0	0	0.08
Schweppes Soda Water	200ml	Ingredients: Carbonated Water, Sodium Bicarbonate.	Store cool and dry.	Best served chilled	200ML	0	0	0	0	0	0	0	0	0.05	0	0	0	0	0	0	0	0	0.1
Britvic Cranberry Juice	200ml x 24	Ingredients: Water, Cranberry Juice from Concentrate (28%), Sugar.	Chiller		24	195	47	0	0	11	11	0	0	0	390	94	0	0	22	22	0	0	0
Diet Coke 200ml	200ml	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	200ML	1.6	0.4	0	0	0	0	0	0	0	3.2	1	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.	Best served chilled	200ML	1.4	0.3	0	0	0	0	0	0	0.02	2.8	1	0	0	0	0	0	0	0.04
Schweppes Orange Juice 200ml	200ml	Ingredients: Orange Juice from Concentrate.	Store cool and dry.	Best served chilled	200ML	201	47	0	0	11.2	11.2	0	0	0	402	94	0	0	22	22	0	0	0
Schweppes 1783 Tonic	200ml	Ingredients: Carbonated Water, Sugar, Citric Acid, Natural Flavourings Including Quinine.	Store cool and dry.	Best served chilled	200ML	195	46	0	0	11	11	0	0	0	312	74	0	0	8	18	0	0	0
Schweppes 1783 Light Tonic	200ml	Ingredients: Carbonated Water, Sugar, Citric Acid, Natural Flavourings With Other Natural Flavourings Including Quinine.	Store cool and dry.	Best served chilled	200ML	84	20	0	0	4.8	4.6	0	0	0	168	40	0	0	9.6	9.2	0	0	0
Schweppes 1783 Golden Ginger Ale	200ml	Ingredients: Carbonated Water, Sugar, Acid (Citric Acid), Natural Citrus And Ginger Flavourings With Other Natural Flavourings.	Store cool and dry.	Best served chilled	200ML	138	33	0	0	7.9	7.9	0	0	0.02	276	66	0	0	16	16	0	0	0.04
Schweppes 1783 Cucumber	200ml	Ingredients: Carbonated Water, Sugar, Acid (Citric Acid), Natural Cucumber and Citrus Flavourings With Other Natural Flavourings Including Quinine, Antioxidant (Ascorbic Acid).	Store cool and dry.	Best served chilled	200ML	139	33	0	0	7.9	7.9	0	0	0	278	66	0	0	16	16	0	0	0
Schweppes 1783 Salty 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.	Best served chilled	200ML	140	33	0	0	7.7	7.7	0	0	0.29	280	66	0	0	15	15	0	0	0.58
Schweppes Russchian Pink Soda 200ml	200ml	Ingredients: Carbonated Water, Sugar, Acid (Citric Acid), Preservative (Sodium Benzoate), Sweeteners (Sodium Saccharin, Aspartame), Colour (Anthocyanins), Flavourings.	Store cool and dry.	Best served chilled	200ML	84	20	0	0	4.6	4.6	0	0	0.01	168	40	0	0	9.2	9.2	0	0	0.02
Coca-Cola Signature Mixers Smokey	200ml	Ingredients: Carbonated water, sugar, colour (E150d), acids (E338, E330), natural flavourings (including caffeine).	Store cool and dry.	Best served ice cold or best served chilled	200ML	182	43	0	0	10.6	10.6	0	0	0	364	86	0	0	21.2	21.2	0	0	0
Coca-Cola Signature Mixers Spicy	200ml	Ingredients: Carbonated water, sugar, colour (E150d), acids (E338, E330), natural flavourings (including caffeine).	Store cool and dry.	Best served ice cold or best served chilled	200ML	182	43	0	0	10.6	10.6	0	0	0	364	86	0	0	21.2	21.2	0	0	0
Coca-Cola Signature Mixers Herbal	200ml	Ingredients: Carbonated water, sugar, colour (E150d), acids (E338, E330), natural flavourings (including caffeine).	Store cool and dry.	Best served ice cold or best served chilled	200ML	182	43	0	0	10.6	10.6	0	0	0	364	86	0	0	21.2	21.2	0	0	0
Coca-Cola Signature Mixers Woody	200ml	Ingredients: Carbonated water, sugar, colour (E150d), acids (E338, E330), natural flavourings (including caffeine).	Store cool and dry.	Best served ice cold or best served chilled	200ML	182	43	0	0	10.6	10.6	0	0	0	364	86	0	0	21.2	21.2	0	0	0
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), exhausted vanilla bean pieces, stabilisers (E407, E410, E412), 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			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, E442, E476), exhausted 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			2.7	0.12
Magnum Double Caramel Ice Cream 88ml	88ml	Reconstituted skimmed MILK, sugar, cocoa butter, water, coconut oil, 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 (E150b, E160a), skimmed MILK powder, exhausted 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			2.4	0.17

Magnum Double Raspberry Ice Cream 88ml	88ml	reconstituted skimmed MILK, sugar, cocoa butter, glucose syrup, cream (MILK) powder or concentrate, whole MILK powder, glucose syrup, butter oil (MILK), fat-reduced cocoa powder, raspberry juice concentrate, modified starch, emulsifiers (E471, E442, E476), whey solids (MILK), stabilisers (E440, E412, E410), skimmed MILK powder or concentrate, carrot juice concentrate, flavourings, beetroot juice concentrate, acidity regulators (E270, E330, E331), salt, safflower concentrate, blackcurrant concentrate, lemon concentrate. Gluten free. Rainforest Alliance Certified.	88ml	1367	326	19	14	35	28	2.9	0.14	998	238	14	10	26	20	2.1	0.1
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, E476), stabilisers (E407, E412, E410), cocoa powder, salt, flavourings. May contain: soy and almond. Rainforest Alliance Certified.	90ml	1330	317	18	12	34	28	4	0.21	1090	260	15	9.6	28	23	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), exhausted vanilla bean pieces, stabilisers (E412, E410, E407), salt, colour (E160a). May contain: milk Rainforest Alliance Certified.	90ml	1383	330	20	14	34	28	1.6	0.11	982	234	14	9.9	24	20	1.1	0.08
Ben & Jerry's Cookie Dough Ice Cream 100ml	100ml	cream (MILK) (24%), water, sugar, condensed skimmed MILK, glucose syrup, brown sugar, free range EGG yolk, vegetable oils (coconut, fully refined soybean), butter (MILK), fat reduced cocoa powder, whole EGG, cocoa mass, molasses, vanilla extract, stabilisers (guar gum, carrageenan), flavourings, salt, cocoa butter, emulsifier (SOY lecithin), natural butter flavouring (MILK), natural vanilla flavouring. Sugar, cocoa, vanilla: traded in compliance with Fairtrade Standards, total 22%.	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	cream (MILK) (24%), water, sugar, condensed skimmed MILK, 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%.	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 (MILK) (24%), water, sugar, condensed skimmed MILK, glucose syrup, vegetable oils (coconut, sunflower), free range EGG yolk, butter (MILK), whole MILK powder, reduced fat cocoa powder, skimmed MILK 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%.	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 (MILK) (24%), water, sugar, condensed skimmed MILK, glucose syrup, vanilla extract, stabilisers (guar gum, carrageenan). Sugar, vanilla: traded in compliance with Fairtrade Standards, total 15%.	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 Moophoria Caramel Brownie Ice Cream 100ml	100ml	reconstituted skimmed MILK, sugar, cream (MILK), glucose syrup, WHEAT flour, water, free range EGG yolk, fat reduced cocoa powder, vegetable oils (fully refined soy, sunflower), invert sugar, EGG, EGG white powder, stabiliser (guar gum, locust bean gum), salt, vanilla extract, acidity regulator (citric acid), raising agents (sodium bicarbonate). Sugar (except for invert sugar), cocoa, vanilla: traded in compliance with Fairtrade Standards, total 24%.	100ml	883	210	6.4	3.5	33	23	4.7	0.15	512	122	3.7	2	19	14	2.7	0.09
Ben & Jerry's Chunky Monkey Non Dairy Ice Cream 100ml	100ml	water, glucose-fructose syrup, fat-reduced cocoa powder, ALMOND paste (2%), pea protein, emulsifiers (sunflower lecithin, SOY lecithin), stabilisers (guar gum, locust bean gum), vanilla extract, lemon juice from concentrate, natural flavourings. May contain other nuts. Sugar, cocoa, bananas, vanilla: traded in compliance with Fairtrade Standards, total 30%.	100ml	1150	273	15	8.8	33	27	2.3	0.05	909	216	12	7	26	21	1.8	0.05
Ben & Jerry's 'Wich Cookie Dough Ice Cream Sandwich 80ml	80ml	MILK 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.	80ml	1413	337	14	9.3	47	30	4.7	0.26	918	219	9.1	6	31	20	3.1	0.17
Ben & Jerry's 'Wich Peanut Butter Ice Cream Sandwich 80ml	80ml	reconstituted skimmed MILK, glucose-fructose syrup, WHEAT flour, water, free range EGG yolk, fat reduced cocoa powder, vegetable oils (coconut, sunflower), fully refined soybean, PEANUTS, fat reduced cocoa powder (1.3%), free range EGG yolk, MILK powder, skimmed MILK powder, salt, cocoa powder, raising agent (sodium bicarbonate), stabilisers (guar gum, locust bean gum), emulsifier (SOY lecithin), natural vanilla flavouring with other natural flavourings. May contain: nuts. Sugar, cocoa, vanilla: traded in compliance with Fairtrade Standards.	80ml	1587	379	20	11	43	28	6.3	0.51	1032	246	13	7.2	28	18	4.1	0.33
Carte D'or Strawberry Ice Cream 100ml	100ml	reconstituted skimmed MILK, strawberry puree (22%), sugar, glucose-fructose syrup, coconut oil, whey solids (MILK), glucose syrup, skimmed MILK 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), colour (curcumin). May contain: gluten, egg, nuts and peanuts.	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
Carte D'or Chocolate Ice Cream 100ml	100ml	reconstituted skimmed MILK, glucose-fructose syrup, sugar, cocoa butter, coconut oil, water, fat-reduced cocoa powder (6%), cocoa mass (1.5%), whey solids (MILK), emulsifiers (mono-and diglycerides of fatty acids, ammonium phosphatides), stabilisers (sodium alginate). May contain: gluten, eggs, nuts and peanuts.	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
Wall's Calippo Orange Ice Lolly 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), colours (paprika extract, curcumin), flavouring. May contain: MILK. Gluten free.	105ml	400	95	<0.5	<0.5	23	19	<0.5	<0.013	420	100	<0.5	<0.5	24	20	<0.5	<0.013
Wall's Twister Ice Cream Lolly 80ml	80ml	water, sugar, reconstituted skimmed MILK, glucose syrup, lemon juice (4.5%), strawberry puree (4%), fructose syrup, maltodextrin, pineapple juice (1.4%), coconut oil, whey solids (MILK), glucose-fructose syrup, stabilisers (locust bean gum, guar gum, carrageenan), flavourings (contain MILK), acidity regulator (citric acid), colours (chlorophylls, curcumin), elderberry juice concentrate, beetroot juice concentrate, emulsifier (mono- and diglycerides of fatty acids). Gluten free.	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 MILK, sugar, water, strawberry puree (2%), 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 phosphatides), whole MILK powder, potato starch, stabilisers (locust bean gum, guar gum, carrageenan), salt, acidity regulator (citric acid), caramelised sugar syrup, beetroot juice concentrate, whey solids (MILK), flavourings (contains MILK). May contain: soy.	120ml	1072	256	10	8.4	38	25	2.1	0.18	804	192	7.8	6.3	28	19	1.6	0.14
Wall's Solero Exotic Ice Cream Lolly 90ml	90ml	reconstituted skimmed MILK, sugar, water, mango puree (7%), glucose-fructose syrup, passion fruit juice (6%), pineapple juice from concentrate (6%), mango puree (6%), coconut oil, whey solids (MILK), stabilisers (locust bean gum, guar gum, carrageenan), emulsifier (mono-and diglycerides of fatty acids), colour (carotenes), acidity regulator (citric acid), natural flavouring (contains MILK). Gluten free.	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	varying proportions), WHEAT flour, cream (MILK), HAZLENUST paste (5%), water, glucose-fructose syrup, skimmed MILK powder, glucose syrup, whole MILK powder, whey solids (MILK), dextrose, fat-reduced cocoa powder, butteroil (MILK), cocoa mass, potato starch, emulsifiers (mono-and diglycerides of fatty acids), SOYBEAN lecithins, sunflower lecithins, ammonium phosphatides, caramelised sugar syrup, stabilisers (locust bean gum, gura gum, carrageenan), cocoa butter, salt, flavouring. May contain: egg, other nuts.	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 MILK, reconstituted skimmed MILK, sugar, glucose-fructose syrup, glucose syrup, cocoa butter, whole MILK powder, cream (MILK), fructose syrup, butteroil (MILK), cocoa mass, skimmed MILK powder or concentrate, emulsifiers (mono-and diglycerides of fatty acids), SOY lecithins, stabilisers (guar gum, locust bean gum, carrageenan), flavourings, emulsifier (mono-and diglycerides of fatty acids).	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
Magnum Ruby	90ml	MILK powder, glucose syrup, coconut oil, butter oil (MILK), fructose, raspberry puree(2%), whey concentrate (MILK), cocoa mass (1%), glucose-fructose syrup, emulsifier (E471, E322, E476, E442), whole MILK powder, stabilisers (E410, E412, E407), acidity regulator (E330), flavourings. May contain: soy and almonds.	90ml	1274	304	16	11	34	28	4.6	0.16	917	219	12	7.8	25	20	3.3	0.12
Magnum double chocolate and Strawberry	88ml	cocoa mass, strawberry puree (5.5%), glucose syrup, cocoa butter, cream (MILK), whole MILK powder, fructose syrup, butter oil (MILK), strawberry juice concentrate (1.5%), whey solids (MILK), fat reduced cocoa powder, modified starch, emulsifiers (E471, E476, E442), stabilisers (E410, E440, E412, E407), skimmed MILK powder, carrot juice concentrate, acidity regulators (E330, E331), lemon juice concentrate, salt flavourings. May contain: soy and almond.	88ml	1390	332	20	14	33	26	3.1	0.12	1015	242	15	10	24	19	2.3	0.09

Cometto mermaid	120ml	vegetable oils (coconut, sunflower), glucose syrup, raspberry juice from concentrate (3%), lemon juice from concentrate, fructose, cocoa butter, fat-reduced cocoa powder, potato starch, whole MILK powder, emulsifiers (mono and diglycerides of fatty acids, sunflower lecithins, ammonium phosphatides, SOYBEAN lecithins), stabilisers (locust bean gum, guar gum, carrageenan), acidity regulator (citric acid), sweet potato juice concentrate, salt, matcha green tea powder, beetroot juice concentrate, flavourings, purple carrot juice concentrate, WHEAT starch, apple juice concentrate, glazing agents (gum acacia, shellac), whey solids (MILK), 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		
Sharing bags of cookie dough chunks	170ml	WHEAT flour, brown sugar, sugar, butter (MILK), 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 40%.	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		
Cone Together 100ml	100ml	cream (MILK), whole WHEAT flour, free range EGG yolk, WHEAT flour, cocoa butter, whole MILK powder, butter (MILK), cocoa mass, salt, vanilla extract, vegetable oils (sunflower, rapeseed), skimmed MILK powder, stabilisers (pectin, guar gum, carrageenan), cocoa powder, lactose (MILK), BARLEY malt extract, MILK protein, natural vanilla flavouring, emulsifier (SOY lecithin), raising agent (sodium carbonates). May contain: almond, hazelnut and walnut.	Store at - 18 degrees C	100ml	1153	272	15	9.3	31	28	4.2	0.42	865	204	11	7	23	21	3.1	0.32		
B&J Moophoria Choc Cookie Dough 100ml	100ml	reconstituted skimmed MILK, sugar, condensed skimmed MILK, glucose syrup, cream (MILK), cocoa powder (5.5%), WHEAT flour, brown sugar, free range EGG yolk, butter (MILK), fully refined soybean oil, EGG, chocolate mass, water, molasses, stabilisers (guar gum, locust bean gum), vanilla extract, cocoa butter, salt, emulsifier (SOY lecithins), Sugar, cocoa, vanilla: traded in compliance with Fairtrade standards, total 24%.	Store at - 18 degrees C	100ml	883	210	6.4	3.5	33	23	4.7	0.15	512	122	3.7	2	19	14	2.7	0.09		
B&J Strawberry Cheesecake 100ml	100ml	cream (MILK), condensed skimmed MILK, strawberry puree (6%), strawberry pieces (5%), vegetable oils (fully refined soybean, rapeseed), icing sugar, free range EGG yolk, corn starch, WHEAT flour, whole WHEAT flour, cream cheese (MILK) (0.9%), MILK 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 (lactic acid), Sugar (excluding icing sugar), honey: traded in compliance with Fairtrade Standards, total 16%.	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	glucose syrup, whole WHEAT flour, coconut oil, EGG yolk, cocoa mass, glucose syrup, fat-reduced cocoa powder, butter (MILK), brown sugar, salt, emulsifiers (SOY lecithin, sunflower lecithin), stabilisers (guar gum, locust bean gum), molasses, cocoa butter, EGG, flavourings, whole MILK powder, MILK fat, vanilla extract. May contain: nuts >Sugar, cocoa, vanilla: mass balance is used to match Fairtrade sourcing, total 25%F. F:Visit info.fairtrade.net/sourcing. *Free range eggs	Frozen at -18 degrees. For BBD 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		
Cometto Soft Vanilla and Chocolate	140ml	reconstituted skimmed MILK, 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 lecithins, ammonium phosphatides), potato starch, stabilisers (guar gum, locust bean gum, carrageenan), salt, flavourings, caramelised sugar syrup. May contain hazelnut.	Frozen at -18 degrees. For BBD 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 Peek-A-Blue	70ml	Water, sugar, glucose syrup, lemon juice (5%), 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, elderberry juice concentrate, beetroot juice concentrate, colour (curcumin), [1] from concentrate. May contain milk. Gluten free Allergen/Diet List.	Frozen at -18 degrees. For BBD 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		
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 CertifiedTM	Frozen at -18 degrees. For BBD see pack.	1 portion	1269	303	18	13	30	26	3.1	0.1	990	236	14	9.9	24	21	2.4	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, E322, 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	3.3	0.12		
JUDES ICE CREAM																						
Judes Salted Caramel ice cream	100ml	Ingredients: fresh whole milk, fresh double cream (milk), 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	1 unit	567	135	7.0	4.3	15.0	15	N/A	2.7	0.30	567	135	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	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 peanuts.	Store frozen at less than -18 C	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	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. May also contain traces of nuts and peanuts.	Store frozen at less than -18 C	1 unit	315	74	0.1	0.0	18.3	16.9	N/A	0.2	0.00	315	74	0.1	0.0	18.3	16.9	N/A	0.2	0.00
Judes Low Calorie 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 less than -18 C	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, Costa, Coffee Republic and Croma currently being served in our Odeon Costa stores. If you can please select the links on the Allergen webpage to print off the necessary Nutritional and Allergen Information. Please note this data is accurate up until the point where the products enter the store. Once displayed/heated the allergen status of the products is likely to change.																						