

Product	Portion Weight (g)	Energy (kJ)	Energy (kCal)	Fat (g)	Fat Saturates (g)	Carbs (g)	Carbs Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	Allergen
Banana Muffin	45	673	160	5	0.7	25.9	10.5	0.8	2.9	0.4	Gluten (Wheat, Oat), Milk, Soya, Egg
Breadsticks	15	253	60	0.1	10	0.3	1.3	1.3	1.9	0.1	Gluten (Wheat)
Plain muffin	45	683	165	5.4	0.8	25.9	10	1	2.9	0.4	Gluten (Wheat, Oat), Milk, Soya, Egg
Popcorn	15	313	75	1.5	0.1	10.5	0.1	1.5	1.1	0.1	
Pretzels	30	530	126	2.1	0.2	23	3.3	1.2	3.6	0.9	Gluten (Wheat)
Salted Sticks	40	631	75	1.5	0.1	10.5	0.1	1.5	1.1	0.1	Glutenm( wheat, Barely), Sulphites
Cheese Flavoured corn snacks	10	179	43	0.99	0.007	7.6	0.1	0.1	0.8	0.1	Milk
Crackers	16	296	70	2.4	1.2	10.8	0.2	0	1.6	0.2	Gluten(W heat)
Flahavans oaty Bar	40	863	207	11.6	4	22.8	6.8	1.7	2.5	0.2	Gluten (Oat)
Raisins	20	376	90	0	0	22	20	2	1	5	

Pancake	25	275	66	2.8	0.4	8.7	7.3	0	1.6	0.2	Gluten (Wheat), Egg, Milk
Cheese and onion sticks	40	697	165	2.8	0.4	30	1.8	1.1	4.4	0.4	Gluten (Wheat), Milk
Vanilla granola bar	23	483	115	5.4	1.9	13.4	0.2	0.8	2.8	0.1	Gluten (wheat), Milk, Soya
Cocoa granola bar	23	485	116	5.6	2.3	13.9	0.2	0.8	1.9	0.05	Gluten (wheat), Soya
Edam Cheese	20	263	63	4.8	3.2	0	0	0	5.1	0.4	Milk
Yogurt Tube	40	16	39.2	1.1	6.8	5.6	5.1	0.04	1.3	0.05	Milk
Nutriball - Blackcurrent & Apple	20	309	74	2.5	0.32	10.2	23.5	2.2	1.6	0.02	
Nutriball - Strawberry	20	309	74	2.5	0.32	10.2	23.5	2.2	1.6	0.02	
Nutriball - Banana	20	309	74	2.5	0.32	10.2	23.5	2.2	1.6	0.02	