



LIFE CHANGING BAKES

INGREDIENTS

BROWNIE	
MILLIONAIRE'S BROWNIE MB	Butter (MILK), Salt (1.8%), Plain flour [Fortified British WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Condensed MILK [Whole MILK, Sugar], Soft brown sugar, Caster sugar, Dark Chocolate [Belgian Dark chocolate couverture (min cocoa 70%), sugar, fat reduced cocoa powder, cocoa mass, emulsifier; SOYA lecithin, natural vanilla], EGG, Golden Syrup [partially inverted refiners syrup], Cocoa powder [100% cocoa], Sea salt [Salt, Anti-caking Agent: Sodium Ferrocyanide] Allergens: EGG, MILK, SOYA, WHEAT
ORANGE BROWNIE OB (gluten free)	Soft brown sugar, TERRY's chocolate orange (26.9%) [sugar, cocoa mass, cocoa butter, dried skimmed MILK, dried whey from MILK, vegetable fats (palm, shea), MILK fat, emulsifiers (SOYA, lecithins, E476), orange oil, flavouring], unsalted butter (MILK), dark chocolate [Belgian Dark chocolate couverture (min cocoa 70%), sugar, fat reduced cocoa powder, cocoa mass, emulsifier; SOYA lecithin, natural vanilla], Gluten free flour [rice flour, potato starch, maize flour], EGG, Orange zest Allergens: EGG, MILK, SOYA
PECAN BROWNIE PB (gluten free)	Soft brown sugar, Salted butter [Butter (MILK), Salt (1.8%)], MILK chocolate [Belgian MILK chocolate Couverture (Min cocoa 33.6%), Sugar, Cocoa butter, Whole MILK powder, Cocoa mass, Emulsifier; SOYA lecithin, Natural vanilla], Dark chocolate [Belgian Dark chocolate couverture (min cocoa 70%), sugar, fat reduced cocoa powder, cocoa mass, emulsifier; SOYA lecithin, natural vanilla], Double cream [MILK], Pecans 9% [NUTS], Gluten free plain flour [rice flour, potato starch, maize flour], EGG, Cocoa, Salt [Anti-caking Agent: Sodium Ferrocyanide] Allergens: EGG, MILK, NUTS, SOYA
TRIPLE CHOCOLATE BROWNIE TB (gluten free)	Soft brown sugar, Salted butter [Butter (MILK), Salt (1.8%)], White chocolate (15.7%) [Sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavour], Dark chocolate (10.6%) [Belgian Dark chocolate couverture (min cocoa 70%), sugar, fat reduced cocoa powder, cocoa mass, emulsifier; SOYA lecithin, natural vanilla], MILK chocolate (10.6%) [Belgian MILK chocolate Couverture (Min cocoa 33.6%), Sugar, Cocoa butter, Whole MILK powder, Cocoa mass, Emulsifier; SOYA lecithin, Natural vanilla], Gluten free flour [rice flour, potato starch, maize flour], EGG, cocoa Allergens: EGG, MILK, SOYA
TIFFIN	
HONEYCOMB + GINGER TIFFIN HT	MILK chocolate [Belgian MILK chocolate Couverture (Min cocoa 33.6%), Sugar, Cocoa butter, Whole MILK powder, Cocoa mass, Emulsifier; SOYA lecithin, Natural vanilla], 'Crunchie' (15.6%) [Sugar, glucose syrup, cocoa butter, cocoa mass, skimmed MILK powder, whey permeate powder from (MILK), palm oil, MILK fat, emulsifier (E442), flavourings, coconut oil, MILK chocolate], Ginger biscuit (15.6%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Glucose-Fructose Syrup, Palm Oil, Semolina (WHEAT), Ginger Powder, Raising Agents: Sodium Hydrogen Carbonate, Disodium Diphosphate; Salt, Lemon Oil], Golden syrup [partially inverted refiners syrup], Dark chocolate [Belgian Dark chocolate couverture (min cocoa 70%), sugar, fat reduced cocoa powder, cocoa mass, emulsifier; SOYA lecithin, natural vanilla], Unsalted butter (MILK), raisins, Honeycomb pieces (3%) [Sugar, Glucose Syrup, Palm Fat (Shea Oil, Palm Fat, Emulsifier: Sunflower Lecithin), Water, Raising Agent: Sodium Hydrogen Carbonate] Allergens: MILK, SOYA, WHEAT
MALTESER TIFFIN MT	MILK chocolate [Belgian milk chocolate Couverture (Min cocoa 33.6%), Sugar, Cocoa butter, Whole MILK powder, Cocoa mass, Emulsifier; SOYA lecithin, Natural vanilla], Maltesers (16%) [sugar, skimmed MILK powder, cocoa butter, glucose syrup, BARLEY malt extract, cocoa mass, palm fat, lactose and protein from whey (MILK), whey powder from MILK, MILK fat, emulsifier (SOYA Lecithin, E492), WHEAT flour, palm kernel fat, palm kernel oil, raising agents (E341, E500, E501), WHEAT gluten, salt, glazing agents (pectins), natural vanilla extract], golden syrup [partially inverted refiners syrup], digestives [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Wholemeal WHEAT Flour, Sugar, Raising Agents: Sodium Hydrogen Carbonate, Ammonium Hydrogen Carbonate: Salt], dark chocolate [Belgian Dark chocolate couverture (min cocoa 70%), sugar, fat reduced cocoa powder, cocoa mass, emulsifier; SOYA lecithin, natural vanilla], salted butter [Butter (MILK), Salt (1.8%)], raisins Allergens: BARLEY, MILK, SOYA, WHEAT
PISTACHIO + CRANBERRY TIFFIN PT	White chocolate [Sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavor], Golden syrup [partially inverted refiners syrup], Digestive biscuits [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Wholemeal WHEAT Flour, Sugar, Raising Agents: Sodium Hydrogen Carbonate, Ammonium Hydrogen Carbonate: Salt], Salted butter [Butter (MILK), Salt (1.8%)], Pistachio NUTS, Dried cranberry [Sugar, Cranberries (41%), Sunflower Oil] Allergens: MILK, NUTS, SOYA, WHEAT
TRAYBAKE	
BANANA BLONDIE BB (vegan)	Self raising flour [Fortified British Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents: Calcium Phosphate, Sodium Hydrogen Carbonate], Banana, Vegan margarine [Vegetable Oils (Sunflower (32%), Palm, Linseed), Water, Salt (0.75%), Natural Flavouring, Vitamin E, Vitamin A & D, Natural Colour (Carotenes), Vitamin B12], Peanut butter [Roasted PEANUTS (87%), Rapeseed Oil, Sugar, Palm Oil, Salt], Caster sugar [cane sugar], Almond milk [Water, ALMOND NUTS (2.5%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Natural flavourings, Stabilisers (Gellan gum, Guar gum), Sea salt], Soft brown sugar, Dark chocolate [Belgian Dark chocolate couverture (min cocoa 70%), sugar, fat reduced cocoa powder, cocoa mass, emulsifier; SOYA lecithin, natural vanilla], White wine vinegar, water Allergens: NUTS, PEANUTS, SOYA, WHEAT
BISCOFF ROCKY ROAD BRR	White chocolate [Sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavour], Biscoff biscuits (26.9%) [WHEAT Flour, Sugar, Vegetable Oils (Palm Oil from sustainable and certified plantations, Rapeseed Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), SOYA Flour, Salt, Cinnamon], Biscoff spread (22.4%) [Original Caramelised Biscuits 58% (WHEAT Flour, Sugar, Vegetable Oils (Palm Oil from Sustainable and Certified Plantations, Rapeseed Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier (SOYA Lecithin), Acid (Citric Acid)], Marshmallows [Glucose-fructose syrup, sugar, water, gelatine, dextrose, starch of maize, natural vanilla flavouring, colour: E162], Butter [MILK], Vanilla extract [Vanilla Beans, Alcohol, Water], Salt [Salt, Anti-caking Agent: Sodium Ferrocyanide] Allergens: MILK, WHEAT, SOYA

Whilst we do all we can to avoid cross-contamination of products our cakes are made in an environment where soy, gluten, eggs, dairy, sesame and nuts are present and therefore may contain traces



LIFE CHANGING BAKES

INGREDIENTS

COCONUT FLAPJACK CF	Scottish porridge oats [GLUTEN] , Golden Caster Sugar [Cane sugar], Butter [MILK] , Golden Syrup [partially inverted refined syrup], Desiccated Coconut [Desiccated Coconut, Preservative: SULPHITES] Allergens: CEREALS CONTAINING GLUTEN, MILK, SULPHUR DIOXIDE
FRUIT FLAPJACK FF	Scottish porridge oats (GLUTEN), Unsalted butter (MILK), Mixed dried fruit (12.2%) [Sultanas (60%), Raisins (24%), Candied Mixed Peel (15%) (Glucose Syrup, Orange Peel, Lemon Peel, Sugar, Acidity Regulator: Citric Acid; Preservative: SULPHUR DIOXIDE), Sunflower Oil], Golden syrup [partially inverted refiners syrup], soft brown sugar Allergens: GLUTEN, MILK, SULPHUR DIOXIDE
FRUIT + NUT BAR FNB	Maple syrup, Oats, PEANUT butter (16%) [roasted PEANUTS , rapeseed oil, sugar, palm oil, salt], Salted PEANUTS (16%) [rapeseed oil, salt], Dried apricots (13.5%) [partially rehydrated apricots, preservatives: potassium sorbate, SULPHUR DIOXIDE], Pecan NUTS (10.7%), Dried cranberries (4%) [sugar, cranberries, sunflower oil], Milled flaxseed, Sunflower seeds, Pumpkin seeds Allergens: PEANUTS, NUTS, SULPHUR DIOXIDE
PECAN + DOUBLE CHOCOLATE BLONDIE PCB	Light soft brown sugar, Plain flour [Fortified British Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Butter [MILK] , White chocolate (10.2%) [Sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavour], EGGS , Milk chocolate (7.6%) [Belgian milk chocolate Couverture (Min cocoa 33.6%), Sugar, Cocoa butter, Whole MILK powder, Cocoa mass, Emulsifier; SOYA lecithin, Natural vanilla], Pecan Nuts (5.8%) [NUTS] , Vanilla essence [Vanilla Beans, Alcohol, Water], Baking powder [Disodium Diphosphate, Sodium Hydrogen Carbonate, Rice Flour] Allergens: GLUTEN, EGG, MILK, TREE NUTS, SOYA

COOKIES

BISCOFF STUFFED COOKIE BC	Plain flour [WHEAT Flour, Calcium, Niacin, Iron, Thiamin], Unsalted butter [MILK] , Golden caster sugar [cane sugar], Soft brown sugar, Biscoff spread (8.9%) [Original Caramelised Biscuits 58% (Wheat Flour, Sugar, Vegetable Oils (Palm Oil from Sustainable and Certified Plantations, Rapeseed Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Soya Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier (Soya Lecithin), Acid (Citric Acid)], White chocolate [Sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavour], Milk chocolate [Belgian milk chocolate Couverture (Min cocoa 33.6%), Sugar, Cocoa butter, Whole MILK powder, Cocoa mass, Emulsifier; SOYA lecithin, Natural vanilla], Biscoff biscuits (7.1%) [WHEAT Flour, Sugar, Vegetable Oils (Palm Oil from sustainable and certified plantations, Rapeseed Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), SOYA Flour, Salt, Cinnamon], EGG , Baking powder [Disodium Diphosphate, Sodium Hydrogen Carbonate, Rice Flour] Allergens: WHEAT, EGGS, MILK, SOYA
DARK CHOCOLATE COOKIE VC (vegan)	Plain flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Vegetable oil, Caster sugar [cane sugar], Soft brown sugar, Dark chocolate (12%) [Belgian Dark chocolate couverture (min cocoa 70%), sugar, fat reduced cocoa powder, cocoa mass, emulsifier: SOYA lecithin, natural vanilla], Water, Baking powder [Disodium Diphosphate, Sodium Hydrogen Carbonate, Rice Flour], Bicarbonate of soda [Raising Agent: Sodium Hydrogen Carbonate], Salt [Anti-caking Agent: Sodium Ferrocyanide] Allergens: SOYA, WHEAT
DOUBLE CHOCOLATE COOKIE CC	Soft brown sugar, Caster sugar [cane sugar], Self raising flour [WHEAT Flour 96%, Flour Raising Agents (Sodium Acid Pyrophosphate and Sodium Bicarbonate), Calcium, Niacin, Iron, Thiamin], White chocolate (13%) [Sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavor], Dark chocolate (13%) [Belgian Dark chocolate couverture (min cocoa 70%), sugar, fat reduced cocoa powder, cocoa mass, emulsifier; SOYA lecithin, natural vanilla], Plain flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Butter [MILK] , Vegetable oil, Cocoa, EGG , Vanilla extract [Water, Alcohol (35%), Sugar, Vanilla Bean Extractives] Allergens: EGG, MILK, SOYA WHEAT
RASPBERRY + CARAMELISED WHITE CHOCOLATE COOKIE RCC	Self raising flour [Fortified British Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents: Calcium Phosphate, Sodium Hydrogen Carbonate], Soft brown sugar, Golden caster sugar [cane sugar], Plain flour [Fortified British Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], White chocolate (12.7%) [Sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavour], unsalted butter [MILK] , EGGS , Vegetable oil [Rapeseed Oil], Freeze dried raspberries (1.5%), Vanilla extract [Vanilla Beans, Alcohol, Water] Allergens: WHEAT, EGGS, MILK, SOYA
SMARTIE COOKIE SC	Smarties [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], Self-raising flour [WHEAT Flour 96%, Flour Raising Agents (Sodium Acid Pyrophosphate and Sodium Bicarbonate), Calcium, Niacin, Iron, Thiamin], Butter (MILK), Soft brown sugar, Caster sugar [cane sugar], Plain flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Vegetable oil, EGG , Vanilla extract [Water, Alcohol (35%), Sugar, Vanilla Bean Extractives] Allergens: EGG, MILK, WHEAT
WHITE CHOCOLATE COOKIE WC	White chocolate (24%) [Sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavour], Self-raising flour [WHEAT Flour 96%, Flour Raising Agents (Sodium Acid Pyrophosphate and Sodium Bicarbonate), Calcium, Niacin, Iron, Thiamin], Butter (MILK), Soft brown sugar, Caster sugar [cane sugar], Plain flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Vegetable oil, EGG , Vanilla extract [Water, Alcohol (35%), Sugar, Vanilla Bean Extractives] Allergens: EGG, MILK, SOYA, WHEAT

INDIVIDUAL BAKES

ALMOND KISS (gluten free)	Ground almonds (53.7%) NUTS , Caster sugar [cane sugar], Icing sugar [White Beet Sugar (98.5%), Anti Caking Agent: Tricalcium Phosphate], EGG , Salt [Anti-caking Agent: Sodium Ferrocyanide] Allergens: EGG, NUTS
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