

## Urban Fruit Gently Baked Strawberries 35g



### Components

#### Ingredients

Strawberries  
Apple Juice Concentrate

#### Nutrition

	Per 100g	Per 35g
Energy	1218 kJ 291 kcal	423 kJ 101 kcal
Fat	0.2g	0g
- of which saturates	0g	0g
Carbohydrate	67g	24g
- of which sugars	58g	20g
Fibre	6.1g	2.1g
Protein	2.0g	0.7g
Salt	0g	0g

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## Grenade Birthday Cake Vanilla Flavour 60g



### Components

#### Ingredients

Protein Blend (Calcium Caseinate (**Milk**), Whey Protein Concentrate (**Milk**), Whey Protein Isolate (**Milk**))

White Chocolate with Sweetener (25%) (Sweetener: Maltitol; Cocoa Butter, Whole **Milk** Powder, Emulsifier: **Soy** Lecithin; Natural Flavouring)

Humectant: Glycerol

Bovine Collagen Hydrolysate

Dietary Fibre: Polydextrose

Water

Sprinkles with Sweetener (4.5%) (Sweetener: Maltitol; Starch, Rice Flour, Palm Fat, Colours: Curcumin, Beetroot Red, Anthocyanins, Riboflavin, Brilliant Blue FCF)

Sunflower Oil

Flavourings

#### Allergen Tag Text

For allergens see ingredients in **bold**.

#### Allergy Text

May contain traces of Gluten, Peanuts and Nuts.

#### Nutrition

	100g	60g bar
Energy (kJ)	1480	888
Energy (kcal)	354	212
Fat	13g	7.9g
of which saturates	6.5g	3.9g
Carbohydrate	34g	21g
of which sugars	2.7g	1.6g
of which polyols	30g	18g
Fibre	4.5g	2.7g
Protein	34g	20g
Salt	0.22g	0.13g

## Kind Dark Chocolate Nuts & Sea Salt 40g



### Components

#### Ingredients

Almonds

Peanuts

Dark Chocolate Coating (Sugar, Cocoa Mass, Cocoa Butter, Fat-Reduced Cocoa Powder, Emulsifier **Soya** Lecithin, Natural Flavouring)

Fructo-Oligosaccharides

Honey

Glucose Syrup

Rice Crisps (Rice Flour, Sugar, Salt)

Cocoa Mass

Sea Salt

Emulsifier **Soya** Lecithin

#### Allergy Text

May contain: **Milk**, other **Nuts**.

#### Nutrition

	/ 100 g	/ 40 g (%*)
Energy	2267kJ 546kcal	907kJ (11%) 218kcal (11%)
Fat	38g	15g (21%)
of which saturates	6.7g	2.7g (14%)
Carbohydrate	28g	11g (4%)
of which sugars	17g	6.7g (7%)
Fibre	15g	5.9g
Protein	16g	6.3g (13%)
Salt	0.69g	0.28g (5%)

\*Reference intake of an average adult (8400 kJ/2000 kcal)

Portions per pack: 1 Portion size: 40 g

## KIND Thins Caramel Nuts & Sea Salt 19g



### Components

#### Ingredients

##### Almond Pieces

Caramel Flavoured Coating (Chicory Root Fibre, Palm Kernel Oil, Sugar, Whole Milk Powder, Skim Milk Powder, Cocoa Processed with Alkali, Emulsifier Sunflower Lecithin, Sea Salt, Natural Flavouring)

Brown Rice Crisps (Brown Rice Flour, Honey, Sea Salt)

##### Peanut Pieces

Glucose Syrup

Chicory Root Fibre

##### Peanut Butter

Sunflower Oil

Honey

Sugar

Sea Salt

Emulsifier Soya Lecithin

Antioxidant Tocopherol-Rich Extract

#### Allergy Text

May contain: other Nuts.

#### Nutrition

	/ 100g	/ 19g (%*)
Energy	2023kJ 487kcal	384kJ (5%) 93kcal (5%)
Fat	31g	5.9g (8%)
of which saturates	7.5g	1.4g (7%)
Carbohydrate	32g	6.1g (2%)
of which sugars	17g	3.2g (4%)
Fibre	16g	3.0g
Protein	12g	2.3g (5%)
Salt	0.63g	0.12g (2%)

\*Reference intake of an average adult (8400 kJ/2000 kcal)

Portions per pack: 1, Portions size: 19g

## Ginsters Sausage Roll 130g



### Components

#### Ingredients

**Wheat** Flour (Calcium Carbonate, Iron, Niacin, Thiamin)

British Pork (27%)

Pork Fat

Vegetable Oil (Palm, Rapeseed)

Water

#### Egg

Salt

Potato Starch

#### Milk

Spices

Herbs

#### Mustard

#### Allergen Tag Text

For allergens, including Cereals containing Gluten, see ingredients in **bold**.

#### Nutrition

Per 100g	
Energy	1534kJ/369kcal
Fat	26.8g
Saturates	11.5g
Carbohydrate	21.8g
Sugars	0.9g
Fibre	1.6g
Protein	9.3g
Salt	1.09g

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## Marmite Yeast Extract 100 x 8g



### Components

#### Ingredients

Yeast Extract (contains BARLEY, WHEAT, OATS, RYE)

Salt

Vegetable Juice Concentrate

Vitamins (Thiamin, Riboflavin, Niacin, Vitamin B12 and Folic Acid)

Natural Flavouring (contains CELERY)

#### Nutrition

	per 100g as sold	per portion*
Energy	1100 kJ / 260 kcal	88 kJ / 21 kcal
Fat	<0.5 g	<0.5 g
of which saturates	<0.1 g	<0.1 g
Carbohydrates	30.0 g	2.4 g
of which sugars	1.2 g	<0.5 g
Fibre	1.1 g	<0.5 g
Protein	34.0 g	2.7 g
Salt	10.8 g	0.86 g
Thiamin	7.7mg (700% NRV)	0.62mg (56% NRV)
Riboflavin	6.8mg (485% NRV)	0.54mg (39% NRV)
Niacin	69mg (431% NRV)	5.5mg (34% NRV)
Folic Acid	1250µg (625% NRV)	100µg (50% NRV)
Vitamin B12	24µg (960% NRV)	1.9µg (76% NRV)

\*1 serving = 8g

Contains 100 x 8g portion packs (100 servings)

NRV = Nutrient Reference Value

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## Burts Lightly Sea Salted Hand Cooked British Potato Chips 40g



### Components

#### Ingredients

Potatoes  
Rapeseed Oil  
Sea Salt

#### Nutrition

Per 100g	
Energy	2029kJ/486kcal
Fat	28.6g
of which saturates	2.8g
Carbohydrate	50.8g
of which sugars	0.5g
Fibre	7.1g
Protein	6.3g
Salt	0.89g

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## Burts Mature Cheddar & Onion British Potato Chips 40g



### Components

#### Ingredients

Potatoes  
Rapeseed Oil  
Onion Powder  
Sugar  
Salt  
Cheese Powder (**MILK**)  
Yeast Powder  
Natural Flavourings  
Yeast Extract Powder  
Cream Powder (**MILK**)  
Parsley  
Cheddar Cheese Powder (**MILK**)  
Spring Onion Powder  
Turmeric Extract

#### Allergen Tag Text

For allergens, see ingredients in **BOLD**.

#### Nutrition

Per 100g	
Energy	2083kJ/499kcal
Fat	27.2g
of which saturates	3.1g
Carbohydrate	53.8g
of which sugars	2.3g
Fibre	4.9g
Protein	7.2g
Salt	1.1g

**Burts Sea Salt & Malt Vinegar Hand Cooked British Potato Chips 40g****Components****Ingredients**

Potatoes  
Rapeseed Oil  
**BARLEY** Malt Vinegar Powder  
Sea Salt  
Sherry Vinegar Powder  
Sugar  
Rice Flour  
Acid (Citric Acid)  
Yeast Extract Powder

**Allergen Tag Text**

For allergens, including Cereals containing Gluten, see ingredients in **BOLD**.

**Nutrition**

Per 100g	
Energy	2067kJ/495kcal
Fat	28.1g
of which saturates	3.0g
Carbohydrate	51.7g
of which sugars	1.4g
Fibre	4.7g
Protein	6.5g
Salt	2.0g

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## Burts Prawn Cocktail Hand Cooked British Potato Chips 40g



### Components

#### Ingredients

Potatoes

Rapeseed Oil

Sugar

Natural Flavourings

Salt

Onion Powder

Spirit Vinegar Powder

Yeast Extract Powder

Tomato Powder

Acid (Citric Acid)

Colour (Paprika Extract)

**SHRIMP** Powder (*Pandalus borealis*) (**CRUSTACEAN**)

#### Allergen Tag Text

For allergens, see ingredients in **BOLD**.

#### Allergy Text

May also contain Fish and Molluscs.

#### Nutrition

Per 100g	
Energy	2114kJ/506kcal
Fat	28.0g
of which saturates	2.8g
Carbohydrate	55.8g
of which sugars	3.5g
Fibre	4.0g
Protein	5.7g
Salt	1.1g

## Burts Barbecue Lentil Chips 20g



### Components

#### Ingredients

Lentil Flour  
Rapeseed Oil  
Potato Starch  
Cornflour  
Sugar  
Salt  
Natural Flavourings  
Rice Flour  
Garlic Powder  
Onion Powder  
Yeast Extract Powder  
Chipotle Chilli  
Colours (Paprika Extract, Curcumin)  
Smoked Sugar  
Tomato Powder

#### Nutrition

Per 100g	
Energy	2051kJ/490kcal
Fat	24.1g
of which saturates	2.4g
Carbohydrate	60.0g
of which sugars	3.3g
Fibre	2.4g
Protein	8.2g
Salt	2.2g

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## Burts Popcorn Sweet & Salty 28g



### Components

#### Ingredients

Corn  
Sugar  
Rapeseed Oil  
Salt

#### Nutrition

	Per 100g	Per pack (28g)
Energy	1889kJ/451kcal	529kJ/126kcal
Fat	16.9g	4.7g
of which saturates	1.4g	0.4g
Carbohydrate	61.9g	17.3g
of which sugars	18.9g	5.3g
Fibre	10.0g	2.8g
Protein	7.7g	2.2g
Salt	0.86g	0.25g
Serves 1		

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## Innocent Orange Juice with Bits 330ml



### Components

#### Ingredients

4 Juicy Oranges (100%) squeezed into every bottle

#### Nutrition

	per 100ml	per 330ml*
Energy	165kJ (39kcal)	546kJ (129kcal)
Fat (of which saturates)	0g (0g)	0g (0g)
Carbohydrate (of which sugars)	8.4g (7.7g)	28g (26g)
Protein	0.8g	2.5g
Salt	0g	0g
Vitamin C (NRV)	25mg (31%)	83mg (103%)

NRV = Nutrient Reference Value

\* = serving size (1 serving)

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## Innocent Orange Juice Smooth 330ml



### Components

#### Ingredients

4 Juicy Oranges (100%) Squeezed into every bottle

#### Nutrition

	per 100ml	per 330ml*
Energy	161kJ(38kcal)	531kJ(125kcal)
Fat (of which saturates)	0g(0g)	0g(0g)
Carbohydrates (of which sugars)	8.2g(7.8g)	27g(26g)
Protein	0.7g	2.3g
Salt	0g	0g
Vitamin C (NRV)	22mg(28%)	73mg(91%)

NRV = Nutrient Reference Value

\* = serving size (1 serving)

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## innocent apple juice 330ml



### Components

#### Ingredients

3 Juicy Pressed Apples (100%) and a Dash of Antioxidant: Ascorbic Acid (Vitamin C)\*

\*It stops the Apples going brown, no one likes brown Apples

#### Nutrition

	per 100ml	per 330ml**
Energy	190kJ(45kcal)	628kJ(148kcal)
Fat (of which saturates)	0g (0g)	0g (0g)
Carbohydrates (of which sugars)	11g(9.5g)	35g(31g)
Protein	0.2g	0.6g
Salt	0g	0g
Vitamin C (NRV)	26mg(33%)	86mg(107%)

NRV = Nutrient Reference Value

\*\*= serving size (1 serving)

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## innocent Super Smoothie Invigorate, Kiwi & Cucumber Juice with Vitamins 300ml



### Components

#### Ingredients

1 1/2 Pressed Apples (62%)  
 8 Pressed White Grapes  
 1/3 Mashed Banana  
 1/5 Crushed Mango  
 1/5 Crushed Kiwi (7%)  
 A Piece of Crushed Cucumber (1.5%)  
 Some Milled Flax Seeds (0.6%)  
 A Dash of Spirulina Extract  
 A Squeeze of Lime (0.1%)  
 A Dash of Safflower Extract  
 A Dash of Matcha Infusion (0.05%)  
 Some Vitamins (B1, B2, B3, B6, C & E)

#### Nutrition

	100ml	150ml
Energy	230kJ (54kcal)	345kJ (81kcal)
Fat	<0.5g	0.6g
(of which saturates)	<0.1g	0.2g
Carbohydrate	13g	20g
(of which sugars)	11g	17g
Fibre	1.1g	1.7g
Protein	<0.5g	0.8g
Salt	<0.01g	<0.01g
Thiamin (Vitamin B1)	0.33mg (30%*)	0.49mg (45%*)
Riboflavin (Vitamin B2)	0.41mg (30%*)	0.62mg (44%*)
Niacin (Vitamin B3)	2.6mg (16%*)	3.8mg (24%*)
Vitamin B6	0.45mg (32%*)	0.67mg (48%*)
Vitamin C	18mg (22%*)	27mg (34%*)
Vitamin E	4.8mg (40%*)	7.2mg (60%*)

\*% Reference Intake

This bottle contains 2 servings. 150ml = 1 serving

## Innocent Super Smoothie Energise 300ml



### Components

#### Ingredients

1 Pressed Apple (50%)  
 13 Pressed Red and White Grapes  
 1/2 of a Mashed Banana  
 3 Crushed Strawberries (10%)  
 14 Crushed Blackcurrants  
 2 1/2 Crushed Cherries (3.3%)  
 A Dash of Beetroot Juice  
 Some Milled Flax Seeds (0.56%)  
 A Dash of Guarana Infusion (0.01%)  
 Some Vitamins (B1, B2, B3, B6, C & E)

#### Nutrition

	100ml	150ml
Energy	221kJ (52kcal)	331kJ (78kcal)
Fat	0g	0g
(of which saturates)	0g	0g
Carbohydrate	12g	18g
(of which sugars)	10g	15g
Fibre	0.8g	1.2g
Protein	0.6g	0.9g
Salt	0g	0g
Thiamin (Vitamin B1)	0.33mg (30%*)	0.50mg (45%*)
Riboflavin (Vitamin B2)	0.38mg (27%*)	0.58mg (41%*)
Niacin (Vitamin B3)	2.5mg (16%*)	3.7mg (23%*)
Vitamin B6	0.41mg (29%*)	0.62mg (44%*)
Vitamin C	17mg (22%*)	26mg (32%*)
Vitamin E	4.1mg (34%*)	6.1mg (51%*)

\*% Reference Intake

This bottle contains 2 servings. 150ml = 1 serving

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**innocent Smoothie Strawberries & Bananas 250ml****Components****Ingredients**

7 Crushed Strawberries (31%)  
1/2 a Pressed Apple  
3/4 of a Mashed Banana (22%)  
10 Pressed White Grapes  
A slice of squeezed Orange and 6 crushed Blackcurrants

**Nutrition**

100ml	
Energy	216kJ (51kcal)
Carbohydrate	12g
(of which sugars)	10g
Fibre	1.2g
Protein	<0.5g
Vitamin C	7.8mg (9.7%*)
Folic Acid	17.8µg (8.9%*)
Manganese	0.23mg (11%*)
Potassium	159mg (8%*)
Fat, saturates, salt - negligible amount	

\* % Reference Intake  
Contains naturally occurring sugars from fruit

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## Innocent Bubbles Sparkling Lemon & Lime 330ml



### Components

#### Ingredients

Carbonated Spring water (41%)  
 Apple Juice (30%)  
 Grape Juice (24%)  
 Lemon Juice (4%)  
 Lime Juice (1%)

#### Nutrition

	per 100ml	330ml
Energy	116kJ(27kcal)	381kJ(90kcal)
Fat	0g	0g
(of which saturates)	0g	0g
Carbohydrate	6.8g	22g
(of which sugars)	5.4g	18g
Protein	0g	0g
Salt	0g	0g
Vitamin C	4mg (5%*)	13mg (17%*)

\*% Reference Intake

330ml = 1 portion

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## Innocent Bubbles Sparkling Apple & Berry 330ml



### Components

#### Ingredients

Carbonated Spring Water (40%)  
 Apple Juice (40%)  
 White Grape Juice (9%)  
 Strawberry Juice (5%)  
 Blackcurrant Juice (3%)  
 Mandarin Juice (2%)  
 Raspberry Juice (1%)

#### Nutrition

	per 100ml	330ml
Energy	124kJ(29kcal)	410kJ(96kcal)
Fat	0g	0g
(of which saturates)	0g	0g
Carbohydrate	6.7g	22g
(of which sugars)	6.1g	20g
Protein	0.6g	2.0g
Salt	0g	0g
Vitamin C	13mg (16%*)	43mg (54%*)

\*% Reference Intake  
 330ml = 1 portion

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## Innocent Smoothie Mangoes Passion Fruits & Apples 250ml



### Components

#### Ingredients

1 Pressed Apple (51%)  
1/3 of a Crushed Mango (16%)  
1/2 a Mashed Banana  
1/3 of a Squeezed Orange  
1/4 of a Pressed Passion Fruit (3%)  
A Piece of Crushed Peach and a Squeeze of Lime

#### Nutrition

100ml	
Energy	216kJ (51kcal)
Carbohydrate	12g
(of which sugars)	11g
Fibre	1.4g
Protein	<0.5g
Vitamin C	23mg (29%*)
Folic Acid	31.2µg (16%*)
Potassium	168mg (8.4%*)
Fat, Saturates, Salt - negligible amount	

\*%Reference Intake  
Contains naturally occurring sugars from fruit

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## Eat Natural Mixed Berry and Yoghurt Bar 50g



### Components

#### Ingredients

Yoghurt Flavour Coating 30% (Vegetable Fats (Palm Kernel, Palm), **MILK** Whey, Sugar, Dried Yoghurt (**MILK**), Emulsifier: Sunflower Lecithin)

Glucose Syrup

Shredded Coconut 14%

Gluten Free **OATS** 12%

Honey

Dried Cranberries 7% (Cranberries, Sugar, Sunflower Oil)

Dried Blueberries 6% (Blueberries, Sugar, Sunflower Oil)

**ALMONDS** 6%

Crisped Rice (Rice, Sugar)

Pumpkin Seeds 3%

Freeze Dried Blackcurrants 2%

Rapeseed Oil

Freeze Dried Raspberries 0.75%

#### Allergen Tag Text

For allergens, see ingredients in **BOLD CAPITALS**.

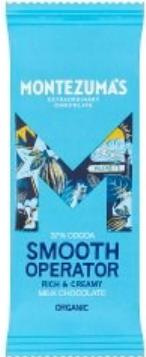
#### Allergy Text

May also contain: other Nuts, Peanuts, Soya and Sesame Seeds.

#### Nutrition

	Per 100g	Per Portion 50g
Energy	1956kJ 468kcal	978kJ 234kcal
Fat	23.8g	11.9g
of which saturates	14.4g	7.2g
Carbohydrate	53.2g	26.6g
of which sugars	31.4g	15.7g
Fibre	5.2g	2.6g
Protein	7.6g	3.8g
Salt	0.05g	0.03g

## Montezuma's Organic Smooth Operator Rich & Creamy Milk Chocolate 25g



### Components

#### Ingredients

Organic Cane Sugar  
Organic Cocoa Butter  
Organic **Milk** Powder  
Organic Cocoa Paste  
Organic Vanilla Extract

#### Allergen Tag Text

**For Allergens See Ingredients in Bold**

#### Allergy Text

May contain traces of Nuts & Peanuts

#### Nutrition

as per 100g	
Energy (KJ)	2446kj
Energy (Kcal)	588kcal
Fat	40g
Of which: Saturates	24g
Carbohydrates	48g
Of which: Sugars	47g
Fibre	2g
Protein	8g
Salt	0.3g

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## Montezuma's Organic Fitzroy Rich & Smooth Dark Chocolate 25g



### Components

#### Ingredients

Organic Cocoa Mass  
Organic Cane Sugar  
Organic Cocoa Butter  
Organic Vanilla Extract

#### Allergen Tag Text

**For Allergens See Ingredients in Bold**

#### Allergy Text

May contain traces of Milk, Nuts & Peanuts

#### Nutrition

as per 100g	
Energy (KJ)	2434kj
Energy (Kcal)	587kcal
Fat	44g
Of which: Saturates	26g
Carbohydrates	33g
Of which: Sugars	25g
Fibre	10g
Protein	10g
Salt	0.3g

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**IRN-BRU Sugar Free 500ml****Components****Ingredients**

Carbonated Water  
Acid (Citric Acid)  
Flavourings (including Caffeine, Ammonium Ferric Citrate & Quinine)  
Sweeteners (Acesulfame K, Aspartame)  
Preservative (E211)  
Colours (Sunset Yellow FCF, Ponceau 4R)

**Nutrition**

Per 100ml	
Energy	3kJ/0.7kcal
Fat	0g
of which saturates	0g
Carbohydrate	0g
of which sugars	0g
Protein	<0.5g
Salt	<0.01g

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**Irn-Bru 500ml****Components****Ingredients**

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)

**Nutrition**

Per 100ml	
Energy	80kJ/19kcal
Fat	0g
of which saturates	0g
Carbohydrate	4.5g
of which sugars	4.5g
Protein	<0.5g
Salt	<0.01g

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## Fruit Shoot Juiced Apple & Pear Fruit Juice Drink 200ml



### Components

#### Ingredients

Fruit Juices from Concentrate (Apple 29%, Pear 10%, Grape 7.5%, Lemon 3.5%)  
Water  
Natural Flavourings

#### Nutrition

	Per 100ml
Energy	104kJ/24kcal
Carbohydrate	5.5g
of which sugars	5.2g

Contains negligible amounts of fat, saturates, protein and salt

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## Sprite 500ml



### Components

#### Ingredients

Carbonated Water  
Sugar  
Acids (Citric Acid, Tartaric Acid)  
Acidity Regulator (Sodium Citrates)  
Sweeteners (Acesulfame-K, Aspartame)  
Natural Lemon and Lime Flavourings

#### Nutrition

	100 ml:	250 ml (%*):
Energy:	79 kJ, 19 kcal	198 kJ (2%), 48 kcal (2%)
Fat:	0 g	0 g (0%)
of which saturates:	0 g	0 g (0%)
Carbohydrate:	4.4 g	11 g (4%)
of which sugars:	4.4 g	11 g (12%)
Protein:	0 g	0 g (0%)
Salt:	0.04 g	0.1 g (2%)

\* Reference intake of an average adult (8400 kJ/ 2000 kcal)

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**Coca-Cola Original Taste 500ml****Components****Ingredients**

Carbonated Water  
Sugar  
Colour (Caramel E150d)  
Acid (Phosphoric Acid)  
Natural Flavourings including Caffeine

**Nutrition**

	Per 100ml	Per 500ml (%)*
Energy	180kJ 42kcal	900kJ 210kcal (11%)
Fat	0g	0g (0%)
of which saturates	0g	0g (0%)
Carbohydrate	10.6g	53g (20%)
of which sugars	10.6g	53g (59%)
Protein	0g	0g (0%)
Salt	0g	0g (0%)

\*Reference intake of an average adult (8400kJ/2000kcal)

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**Diet Coke 500ml****Components****Ingredients**

Carbonated Water  
Colour (Caramel E150d)  
Sweeteners (Aspartame, Acesulfame K)  
Natural Flavourings including Caffeine  
Acids (Phosphoric Acid, Citric Acid)

**Nutrition**

	Per 100ml	Per 500ml (%*)
Energy	1.6kJ 0.4kcal	8kJ 2kcal (0%)
Fat	0g	0g (0%)
of which saturates	0g	0g (0%)
Carbohydrate	0g	0g (0%)
of which sugars	0g	0g (0%)
Protein	0g	0g (0%)
Salt	0g	0g (0%)

\*Reference intake of an average adult (8400kJ/2000kcal)

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## Balocco Snack Cocoa Wafers 45g



### Components

#### Ingredients

**Wheat** Flour

Coconut Oil

Sugar

Dried Glucose Syrup

Low Fat Cocoa 12.3% in the Cream Corresponding to 9.7% of the total ingredients

Dextrose

Whey Powder (**Milk**)

**Soya** Flour

Dried Skimmed **Milk**

Emulsifier: **Soya** Lecithin (E322)

Raising Agents: Sodium Hydrogen Carbonate, Disodium Diphosphate

Salt

Natural Flavouring: Vanilla Pods

#### Allergy Text

**May contain Tree Nuts and Peanuts.**

#### Nutrition

100 g	
Energy	2106 kJ / 504 kcal
Fat	26 g
of which Saturates	21 g
Carbohydrate	58 g
of which Sugars	28 g
Protein	7,0 g
Salt	0,25 g

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**Balocco Snack Milk Vanilla Wafers 45g****Components****Ingredients****Wheat** Flour

Coconut Oil

Dried Glucose Syrup

Whey Powder (**Milk**) 15% in the Cream

Sugar

Dried Skimmed **Milk** 9.8% in the Cream

Dextrose

**Soya** FlourEmulsifier: **Soya** Lecithin (E322)

Raising Agents: Sodium Hydrogen Carbonate, Disodium Diphosphate

Salt

Natural Flavouring: Vanilla Pods 0.02% in the Cream

**Allergy Text****May contain Tree Nuts and Peanuts.****Nutrition**

100 g	
Energy	2183 kJ / 522 kcal
Fat	29 g
of which Saturates	25 g
Carbohydrate	57 g
of which Sugars	28 g
Protein	7,8 g
Salt	0,38 g

## Milliways Pepper Mint Super Natural Gum 19g



### Components

#### Ingredients

Sweeteners: Xylitol, Steviol Glycosides Extract from the Stevia Plant  
Natural Chicle Gum Base  
Stabiliser: Vegetable Glycerol  
Natural Flavouring  
Thickener: Gum Arabic  
Anticaking Agent: Magnesium Stearate  
Glazing Agent: Carnauba Wax

#### Allergy Text

May contain traces of **Soya**.

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**Bonne Maman Strawberry Conserve 30g****Components****Ingredients**

Strawberries  
Sugar  
Cane Sugar  
Concentrated Lemon Juice  
Gelling Agent (Fruit Pectin)  
Prepared with 50 g Strawberries per 100 g  
Total Sugar content: 60 g per 100 g

**Nutrition**

per 100 g:	
Energy	1023 kJ/241 kcal
Fat	0.1 g
of which saturates	0 g
Carbohydrate	59 g
of which sugars	59 g
Fibre	1.2 g
Protein	0.4 g
Salt	0 g

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**Bonne Maman Bitter Orange Marmalade 30g****Components****Ingredients**

Sugar  
Oranges (Finely Sliced Peel)  
Cane Sugar  
Concentrated Lemon Juice  
Gelling Agent (Fruit Pectin)  
Prepared with 28g Oranges per 100g  
Total Sugar content: 60g per 100g

**Nutrition**

per 100 g:	
Energy	1017 kJ/239 kcal
Fat	0.1 g
of which saturates	0 g
Carbohydrate	59 g
of which sugars	59 g
Fibre	0.6 g
Protein	0.3 g
Salt	0 g

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## Bonne Maman Honey 30g



### Components

#### Ingredients

Honey  
Blend of EU and non-EU honeys

#### Nutrition

per 100 g:	
Energy	1371 kJ/323 kcal
Fat	0,1 g
of which saturates	0 g
Carbohydrate	80 g
of which sugars	79 g
Fibre	0,1 g
Protein	0,4 g
Salt	0 g

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## Pom-Bear Original Crisps 19g



### Components

#### Ingredients

Dried Potato  
Sunflower Oil (25%)  
Maize Starch  
Potato Starch  
Maize Dextrin  
Sugar  
Salt  
Yeast Extract  
Emulsifier: Mono-and Diglycerides of Fatty Acids  
Paprika Powder

#### Nutrition

	Per 100g	Per 19g Pack
Energy	2104 kJ 503 kcal	400 kJ 96 kcal
Fat	26 g	4.9 g
Saturates	2.8 g	0.5 g
Carbohydrate	63 g	12 g
of which Sugars	2.1 g	<0.5 g
Fibre	3.9 g	0.7 g
Protein	3.0 g	0.6 g
Salt	1.4 g	0.27 g

1 serving per pack

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## HP The Original Sauce 200 x 11.5g



### Components

#### Ingredients

Tomatoes  
Malt Vinegar (from Barley)  
Molasses  
Glucose-Fructose Syrup  
Spirit Vinegar  
Sugar  
Dates  
Modified Starch  
**Rye** Flour  
Salt  
Spices  
Flavourings  
Tamarind

#### Nutrition

Per 100g	
Energy	517 kJ / 122 kcal
Fat	0.1 g
(of which saturates)	<0.1 g
Carbohydrate	28 g
(of which sugars)	23.1 g
Protein	0.9 g
Salt	1.3 g

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**Diet Coke 500ml****Components****Ingredients**

Carbonated Water  
Colour (Caramel E150d)  
Sweeteners (Aspartame, Acesulfame K)  
Natural Flavourings including Caffeine  
Acids (Phosphoric Acid, Citric Acid)

**Nutrition**

	Per 100ml	Per 250ml (%*)
Energy	1.6kJ 0.4kcal	4kJ 1kcal (0%)
Fat	0g	0g (0%)
of which saturates	0g	0g (0%)
Carbohydrate	0g	0g (0%)
of which sugars	0g	0g (0%)
Protein	0g	0g (0%)
Salt	0g	0g (0%)

\*Reference intake of an average adult (8400kJ/2000kcal)

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**Coca-Cola Original Taste 500ml****Components****Ingredients**

Carbonated Water  
Sugar  
Colour (Caramel E150d)  
Acid (Phosphoric Acid)  
Natural Flavourings including Caffeine

**Nutrition**

	Per 100ml	Per 500ml (%)*
Energy	180kJ 42kcal	900kJ 210kcal (11%)
Fat	0g	0g (0%)
of which saturates	0g	0g (0%)
Carbohydrate	10.6g	53g (20%)
of which sugars	10.6g	53g (59%)
Protein	0g	0g (0%)
Salt	0g	0g (0%)

\*Reference intake of an average adult (8400kJ/2000kcal)

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## Heinz Tomato Ketchup 11g



### Components

#### Ingredients

Tomatoes (148g per 100g Tomato Ketchup)

Spirit Vinegar

Sugar

Salt

Spice and Herb Extracts (contain **Celery**)

Spice

#### Nutrition

per 100g	
Energy	435kJ/102kcal
Fat	0,1g
of which saturates	<0,1g
Carbohydrate	23,2g
of which sugars	22,8g
Protein	1,2g
Salt	1,8g

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## Fanta Orange 500ml



### Components

#### Ingredients

Carbonated Water  
Sugar  
Orange Juice from Concentrate (3.7%)  
Citrus Fruit from Concentrate (1.3%)  
Acids (Citric Acid, Malic Acid)  
Vegetable Extracts (Carrot, Pumpkin)  
Sweeteners (Acesulfame K, Sucralose)  
Preservative (Potassium Sorbate)  
Acidity Regulator (Sodium Citrates)  
Stabiliser (Guar Gum)  
Natural Orange Flavourings with other Natural Flavourings  
Antioxidant (Ascorbic Acid)

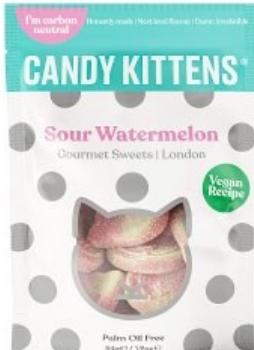
#### Nutrition

	100 ml: 200 ml (%*):	
Energy:	81 kJ 19 kcal	203 kJ (2%) 48 kcal (2%)
Fat:	0 g	0 g (0%)
of which saturates:	0 g	0 g (0%)
Carbohydrate:	4.5 g	11 g (4%)
of which sugars:	4.5 g	11 g (13%)
Protein:	0 g	0 g (0%)
Salt:	0 g	0 g (0%)

\* Reference intake of an average adult (8400 kJ/ 2000 kcal)

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## Candy Kittens Sour Watermelon Gourmet Sweets 54g



### Components

#### Ingredients

Sugar  
 Glucose Syrup  
 Modified Starch  
 10% Watermelon Juice from Concentrate  
 Dextrose  
 Acids (Malic Acid, Citric Acid, Lactic Acid)  
 Potato Protein  
 Acidity Regulators: Sodium Malates and Calcium Carbonate  
 Natural Flavouring  
 Fruit and Plant Concentrates (Black Carrot, Pumpkin, Apple)  
 Spirulina Concentrate  
 Hydrolysed Pea Protein

#### Allergy Text

Packed in a factory that handles Milk, Peanuts and Nuts.

#### Nutrition

Per 100g	
Energy	1449 kJ / 341 kcal
Fat	0.1 g
of which saturates	<0.1 g
Carbohydrate	83 g
of which sugars	59 g
Protein	0.8 g
Salt	0.19 g

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**FULFIL Chocolate Salted Caramel Flavour Vitamin & Protein Bar 40g**



## Components

### Ingredients

#### Milk Protein

No Added Sugar **Milk** Chocolate with Sweetener (25%) (Sweetener [Maltitol], Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Emulsifier [Lecithins, (**Soya**)], Flavouring)

Collagen Hydrolysate

Humectant (Glycerol)

Isomalto-Oligosaccharide\*\*\*

Water

**Soya** Crispies (**Soya** Protein Isolate, Starch, **Barley** Malt Extract, Salt)

Palm Fat

No Added Sugar White Chocolate with Sweetener (Sweetener [Maltitol], Cocoa Butter, Whole **Milk** Powder, Emulsifier [Lecithins, (**Soya**)], Natural Vanilla Flavouring)

Chocolate (Cocoa Powder, Cocoa Mass, Sugar)

Natural Flavouring

Salt

Vitamins (Vitamins C, E, B6, B12, Thiamin, Riboflavin, Niacin, Pantothenic Acid, Folic Acid)

Sweetener (Sucralose)

\*\*\*Source of Glucose

### Allergy Text

**May contain Cereals containing Gluten, Eggs, Peanuts and Nuts.**

### Nutrition

	Per 100 g	RI**% per 100 g	Per 40 g:	RI**% Per Serving 40 g:
Energy	1549 kJ		619 kJ	
Energy	371 kcal		148 kcal	
Fat	15 g		6 g	
of which saturates	9,0 g		3,6 g	
Carbohydrate	28 g		11 g	
of which sugars	3,1 g		1,2 g	
of which polyols	23 g		9,2 g	
Fibre	6,2 g		2,5 g	
Protein	37 g		15 g	
Salt	0,62 g		0,25 g	
Vitamins			Per Serving 40 g	
Vitamin E	9,0 mg	75	3,6 mg	30
Vitamin C	60,0 mg	75	24,0 mg	30
Thiamin (Vitamin B1)	0,83 mg	75	0,33	30
Riboflavin (Vitamin B2)	1,05 mg	75	0,42 mg	30
Niacin (Vitamin B3)	12,0 mg	75	4,8 mg	30
Vitamin B6	1,05 mg	75	0,42 mg	30
Folic Acid	150,0 µg	75	60,0 µg	30
Vitamin B12	1,86 µg	75	0,75 µg	30
Pantothenic Acid	4,5 mg	75	1,8 mg	30

\*\*RI = Reference intake of an average adult  
(8400kJ/2000 kcal)

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**Glacéau Smartwater Still 600ml****Components****Ingredients**

Vapour Distilled Spring Water  
Electrolytes (Calcium Chloride, Magnesium Chloride, Potassium Bicarbonate)

**Nutrition**

per 100ml	
Energy	0kJ 0kcal
Fat	0g
Of which saturates	0g
Carbohydrate	0g
Of which sugars	0g
Protein	0g
Salt	0g

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**Coca-Cola Zero Sugar 500ml****Components****Ingredients**

Carbonated Water  
Colour (Caramel E150d)  
Acid (Phosphoric Acid)  
Sweeteners (Aspartame, Acesulfame K)  
Natural Flavourings including Caffeine  
Acidity Regulator (Sodium Citrates)

**Nutrition**

	Per 100ml	Per 500ml (%)
Energy	1.4kJ 0.3kcal	7kJ 2kcal (0%)
Fat	0g	0g (0%)
of which saturates	0g	0g (0%)
Carbohydrate	0g	0g (0%)
of which sugars	0g	0g (0%)
Protein	0g	0g (0%)
Salt	0.02g	0.10g (2%)

\*Reference intake of an average adult (8400kJ/2000kcal)

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**Glacéau Smartwater Still 850ml****Components****Ingredients**

Vapour Distilled Spring Water  
Electrolytes (Calcium Chloride, Magnesium Chloride, Potassium Bicarbonate)

**Nutrition**

Per 100ml	
Energy	0kJ 0kcal
Fat	0g
Of which saturates	0g
Carbohydrate	0g
Of which sugars	0g
Protein	0g
Salt	0g

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**Glacéau Smartwater Sparkling 600ml****Components****Ingredients**

Vapour Distilled Carbonated Spring Water  
Electrolytes (Calcium Chloride, Magnesium Chloride, Potassium Bicarbonate)

**Nutrition**

Per 100ml	
Energy	0kJ 0kcal
Fat	0g
Of which saturates	0g
Carbohydrate	0g
Of which sugars	0g
Protein	0g
Salt	0g

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**Costa Coffee Gingerbread Latte 250ml****Components****Ingredients**Semi-Skimmed Milk 75%

Coffee 22% (Water, Coffee Extract\*\*)

Sugar

Acidity Regulator (Potassium Carbonates)

Stabilisers (Cellulose, Cellulose Gum, Carrageenan)

Natural Flavourings

\*\*Rainforest Alliance Certified

**Nutrition**

	100 ml	250 ml (%*)
Energy:	219 kJ 52 kcal	548 kJ (7%) 130 kcal (7%)
Fat:	1.2 g	3 g (4%)
of which saturates:	0.6 g	1.5 g (8%)
Carbohydrate:	7.3 g	18 g (7%)
of which sugars:	5.8 g	15 g (16%)
Protein:	2.9 g	7.3 g (15%)
Salt:	0.08 g	0.2 g (3%)

\* Reference intake of an average adult (8 400 kJ/ 2 000 kcal)

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### Bedetti Panettонcino Classico 100g



#### Components

##### Ingredients

###### WHEAT Flour

Sultanas (18%)

###### EGGS\*

Butter (Cow's MILK)

Sugar

Candied Orange Peels (6%) (Orange Peels, Glucose-Fructose Syrup, Sugar, Acidity Regulator: Citric Acid)

Rehydrated Whole MILK Powder

###### EGG Yolk\*

Natural Yeast (WHEAT Flour, Water)

Emulsifiers: Mono- and Diglycerides of Fatty Acids

Glucose Syrup

Natural Flavours

Cocoa Butter

Salt

\*Free Range Eggs

##### Allergy Text

May contain Nuts, Soy and Mustard.

##### Nutrition

(100 g)	
Energy	1532 kJ / 365 kcal
Fat	14 g
of which saturated fatty acids	8.5 g
Carbohydrate	51 g
of which sugar	25 g
Dietary Fiber	2.2 g
Proteins	7.6 g
Salt	0.49 g

## Flora Original 100 x 10g



### Components

#### Ingredients

Plant Oils (Sunflower, Rapeseed, Palm<sup>1</sup>, Linseed)

Water

Salt

Plant Based Emulsifier (Sunflower Lecithin)

Vinegar

Natural Flavourings

Vitamin A

<sup>1</sup>Flora uses certified, sustainable Palm Oil

#### Allergy Text

We do not add any Dairy ingredients to this Flora recipe, but it may contain traces of Milk. To avoid dairy altogether, we recommend Flora Dairy Free

#### Nutrition

Per 100g	
Energy	2589kJ/619kcal
Fat	70g
of which saturates	17g
of which monounsaturates	27g
of which polyunsaturates	25g
Carbohydrates	<0.5g
of which sugars	<0.5g
Protein	<0.5g
Salt	1.35g
Vitamin A	(15% NRV) 120µg
Omega 6	21g
Omega 3	3.9g

NRV = Nutrient Reference Value

Whilst every care has been taken to ensure product information is correct, food products are sometimes reformulated, so ingredients, allergens and nutritional information may vary. You should always read the product label and not rely solely on the information provided on the website. If you have any queries, or you'd like advice on any branded products, please contact the product manufacturer. Although product information is regularly updated, Costa is unable to accept liability for any incorrect information. This does not affect your statutory rights.