

White Toast & Spread

INGREDIENTS: Hovis Medium White (WHEAT Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, Yeast, Salt, WHEAT Protein, Spirit Vinegar, Emulsifiers (E472e, E471), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid), SOYA Flour), Sunflower Spread (Water, Vegetable Oils (78% Sunflower-, Palm Oil), 1% Salt, Emulsifiers: Mono- And Diglycerides Of Fatty Acids, Polyglycerol Polyricinoleate, Acid: Citric Acid, Natural Flavour, Colour: Beta Carotene, Vitamin: A, D).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Beans on Toast (White)

INGREDIENTS: Baked Beans (Beans (53%), Tomatoes (25%), Water, Sugar, Glucose - Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings), Hovis Medium White (WHEAT Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, Yeast, Salt, WHEAT Protein, Spirit Vinegar, Emulsifiers (E472e, E471), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid), SOYA Flour), Sunflower Spread (Water, Vegetable Oils (78% Sunflower-, Palm Oil), 1% Salt, Emulsifiers: Mono- And Diglycerides Of Fatty Acids, Polyglycerol Polyricinoleate, Acid: Citric Acid, Natural Flavour, Colour: Beta Carotene, Vitamin: A, D).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Porridge

INGREDIENTS: MILK (MILK), Water, Porridge OATS (100% Wholegrain OAT Flakes).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Cornflakes & Milk

INGREDIENTS: MILK (MILK), Kellogg's Corn Flakes (Maize, Sugar, BARLEY Malt Flavouring, Salt, Niacin, Iron, Vitamin B6, Riboflavin (B2), Thiamin (B1), Folic Acid, Vitamin D, Vitamin B12.).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Rice Krispies & Milk

INGREDIENTS: MILK (MILK), Kellogg's Rice Krispies (Rice, Sugar, Salt, BARLEY Malt Flavouring).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Single Banana

INGREDIENTS: Green tip (Banana).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Single Apple

INGREDIENTS: Golden Delicious (Apple).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Single Orange

INGREDIENTS: Medium (Orange).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Toasted HALF Teacake & Spread

INGREDIENTS: Fruit Teacake (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin And Thiamin), Water, Mixed Soaked Fruit (17%) (Sultanas, Raisins, Currants), Brown Sugar, Yeast, Spices, Salt, Rapeseed Oil, Emulsifiers: E471, E472(E); Sugar, Flour Treatment Agents: E300, E920), Sunflower Spread (Water, Vegetable Oils (78% Sunflower-, Palm Oil), 1% Salt, Emulsifiers: Mono- And Diglycerides Of Fatty Acids, Polyglycerol Polyricinoleate, Acid: Citric Acid, Natural Flavour, Colour: Beta Carotene, Vitamin: A, D).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Cheesy Bean Bagel

INGREDIENTS: Baked Beans (Beans (53%), Tomatoes (25%), Water, Sugar, Glucose - Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavoursings), Plain Bagel (WHEAT Flour (WHEAT Flour Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Maize, Yeast, Rapeseed Oil, Salt, WHEAT GLUTEN, Malted BARLEY Flour, Flour Treatment Agent (Ascorbic Acid)), Grated Cheddar (A blend of water, palm oil and modified starch (Water, Palm Oil, Modified Potato Starch, MILK Protein Powder, Potato Starch, Emulsifying Salt: Trisodium Citrate, Salt, Tricalcium Phosphate, Acidity Regulator: Citric Acid, Colour: Beta Carotene), Cheddar (MILK), Anti-caking Agent: Potato Starch).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Cheese & Tomato Pizza Topped Bagel

INGREDIENTS: Plain Bagel (WHEAT Flour (WHEAT Flour Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Maize, Yeast, Rapeseed Oil, Salt, WHEAT GLUTEN, Malted BARLEY Flour, Flour Treatment Agent (Ascorbic Acid)), Grated Cheddar (A blend of water, palm oil and modified starch (Water, Palm Oil, Modified Potato Starch, MILK Protein Powder, Potato Starch, Emulsifying Salt: Trisodium Citrate, Salt, Tricalcium Phosphate, Acidity Regulator: Citric Acid, Colour: Beta Carotene), Cheddar (MILK), Anti-caking Agent: Potato Starch), Tomato Sauce Base (Sun Ripened Chopped Tomato (48.5%), Tomato Puree (41.5%), Onion, Sunflower Oil, Sugar, Salt, Herbs and Spices (Garlic, Basil, Oregano, Black Pepper)).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Cheese Topped Bagel

INGREDIENTS: Plain Bagel (WHEAT Flour (WHEAT Flour Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Maize, Yeast, Rapeseed Oil, Salt, WHEAT GLUTEN, Malted BARLEY Flour, Flour Treatment Agent (Ascorbic Acid)), Grated Cheddar (A blend of water, palm oil and modified starch (Water, Palm Oil, Modified Potato Starch, MILK Protein Powder, Potato Starch, Emulsifying Salt: Trisodium Citrate, Salt, Tricalcium Phosphate, Acidity Regulator: Citric Acid, Colour: Beta Carotene), Cheddar (MILK), Anti-caking Agent: Potato Starch).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Breakfast Fried Egg Bap

INGREDIENTS: Lion Brand Free Range Medium Eggs Ev Fav 180 (Hens EGGS), Sandwich Bap (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin And Thiamin), Water, Sugar, Salt, Yeast, Dextrose, Rapeseed Oil, Emulsifiers: E471, E472(E), Flour Treatment Agents: E300, E920), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane).

Allergy advice: For allergens, see ingredients in UPPERCASE.

American Pancakes with golden syrup

INGREDIENTS: Pancakes (Water, WHEAT Flour (With Calcium Carbonate, Iron, Niacin & Thiamin), Sugar, Whey Powder (MILK), Vegetable Oil (Rapeseed Oil), Cornflour, ButterMILK Powder (MILK) (1.2%), Raising Agents (E450I, E500), WHEAT Starch, Pasteurised Whole Free Range EGG, Sea Salt, Flavouring), Golden Syrup (partially Inverted refiners Syrup).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Fresh Fruit Salad

INGREDIENTS: Extra Sweet (Pineapple), Honeydew (Melon), Black Seedless (Grapes), Green (Grapes).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Strawberry Yoghurt Pot

INGREDIENTS: Low Fat Natural Yoghurt (Water, Natural Yoghurt (MILK Solids (99%) (Emulsifier (SOY Lecithins)), Live Yogurt Cultures (L.bulgaricus, S.thermophilus, L.rhamnosus, L.helveticus, L.acidophilus))), Strawberry Topping for Yoghurt (Strawberries (Strawberries, quick-frozen), Water, Sugar (White sugar), Cornflour (Maize Starch), Water).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Blueberry Yoghurt Pot

INGREDIENTS: Low Fat Natural Yoghurt (Water, Natural Yoghurt (MILK Solids (99%) (Emulsifier (SOY Lecithins)), Live Yoghurt Cultures (L.bulgaricus, S.thermophilus, L.rhamnosus, L.helveticus, L.acidophilus))), Blueberry Compote (Blueberries (Blueberries, quick-frozen), Water, Sugar (White sugar), Cornflour (Maize Starch), Water).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Ham & Cheese Croissant

INGREDIENTS: Croissant (WHEAT Flour, Water, Butter (MILK) 21%, Sugar, Durum WHEAT Semolina, Yeast, WHEAT Gluten, Salt, EGGS, WHEAT Sourdough (Water, Fermented WHEAT Flour), Flour Treatment Agent (Ascorbic Acid), Enzyme (Xylanase)), Ham (Pork, Salt, Stabilisers (E451, E450, E452), Antioxidant (E301), Preservative (E250)), Water, Bechamel Sauce (Maltodextrin, palm fat, skimmed MILK powder (18%), modified starches, WHEAT flour (9%), salt, starch, lactose (MILK), MILK proteins, , sugar, onion powder, yeast extract, flavourings (contain MILK)), Grated Cheddar (A blend of water, palm oil and modified starch (Water, Palm Oil, Modified Potato Starch, MILK Protein Powder, Potato Starch, Emulsifying Salt: Trisodium Citrate, Salt, Tricalcium Phosphate, Acidity Regulator: Citric Acid, Colour: Beta Carotene), Cheddar (MILK), Anti-caking Agent: Potato Starch).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Tiny Tater Hash Brown Bites (6 Bites Per Serving)

INGREDIENTS: Tater Bites (Potatoes (88%), Sunflower Oil, Potato Flakes, Salt, Dextrose), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Strawberry Jam Portion

INGREDIENTS: Strawberry Jam (Glucose-Fructose Syrup, Strawberries, Sugar, Gelling Agent: Pectin, Acidity Regulator: Citric Acid, Elderberry Juice Concentrate).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Blueberry & Granola Reduced Fat Yoghurt Pot

INGREDIENTS: Easi-Yo Reduced Fat Natural Yoghurt (Water, Reduced Fat Yoghurt Base (MILK Solids (99%) (Emulsifier (SOY Lecithins)), Live Yogurt Cultures (L.bulgaricus, S.thermophilus, L.rhamnosus, L.helveticus, L.acidophilus))), Blueberry Compote (Blueberries (Blueberries, quick-frozen), Water, Sugar (White sugar), Cornflour (Maize Starch), Water), Raisin Granola (Rolled OATS (54%), Sugar, Glucose Syrup, Raisins (10%), Sunflower Oil, Cereal Crisps (Rice Flour, WHEAT Flour, Natural Flavouring (contains WHEAT), Emulsifier (Lecithins)), Humectant (Glycerol), OAT Bran, Honey, Natural Raisin Flavouring, Antioxidant (Tocopherol-rich extract)).

Allergy advice: For allergens, see ingredients in UPPERCASE.