

NUTRITION FACTS



DESSERTS

Apple Cinnamon Raisin Bran Muffin

Nutrition Facts

Serving Size 1 muffin (175 g)

Amount	% Daily Value
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Calories 470	
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Fat 16 g	25 %
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Saturated 1.5 g	
+ Trans 0 g	8 %

Cholesterol 45 mg	
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Sodium 1010 mg	42 %
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Carbohydrate 72 g	24 %
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Fibre 7 g	28 %
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Sugars 12 g	
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Protein 1 g	
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Vitamin A	2 %
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Vitamin C	0 %
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Calcium	25 %
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Iron	180 %
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INGREDIENTS

Wheat flour, brown sugar, vegetable oil, wheat bran, molasses, soya lecithin, egg, salt, milk ingredients, water, raisins, apples, oats, sugar, margarine, corn syrup, cinnamon.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT, SULPHITES.

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DESSERTS

Apple Cinnamon Scone

Nutrition Facts

Serving Size 1 scone (165 g)

Amount	% Daily Value
Calories 510	
Fat 16 g	25 %
Saturated 8 g	
+ Trans 0 g	40 %
Cholesterol 65 mg	
Sodium 860 mg	36 %
Carbohydrate 72 g	24 %
Fibre 2 g	8 %
Sugars 23 g	
Protein 10 g	
Vitamin A	15 %
Vitamin C	2 %
Calcium	10 %
Iron	25 %

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INGREDIENTS

Wheat flour, apples, sugar, butter, egg, oats, buttermilk powder, baking powder, margarine, soy lecithin, corn syrup, salt, cinnamon.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT, SULPHITES.



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DESSERTS

Apple Fritter

Nutrition Facts

Serving Size 1 Fritter (150 g)

Amount	% Daily Value
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Calories 350	
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Fat 7 g	11 %
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Saturated 2 g + Trans 0 g	10 %
------------------------------	-------------

Cholesterol 0 mg	
-------------------------	--

Sodium 770 mg	32 %
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Carbohydrate 62 g	21 %
--------------------------	-------------

Fibre 3 g	12 %
-----------	-------------

Sugars 9 g	
------------	--

Protein 9 g	
--------------------	--

Vitamin A	6 %
------------------	------------

Vitamin C	6 %
------------------	------------

Calcium	2 %
----------------	------------

Iron	30 %
-------------	-------------

INGREDIENTS

Yeast, raised doughnut flour, powdered sugar, canola shortening, diced apple, ground cinnamon.

ALLERGENS

CONTAINS GLUTEN, WHEAT.

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DESSERTS

Apple Raspberry Muffin

Nutrition Facts

Serving Size 1 Muffin (100 g)

Amount	% Daily Value
Calories 380	
Fat 16 g	25 %
Saturated 3 g	
+ Trans 0 g	15 %
Cholesterol 20 mg	
Sodium 380 mg	16 %
Carbohydrate 56 g	19 %
Fibre 8 g	32 %
Sugars 20 g	
Protein 6 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	15 %

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INGREDIENTS

Wheat flour, sugar, soy/canola oil, oats, wheat bran, whey powder, egg, baking powder, sea salt, cellulose gum, soy protein, corn oil, colour, raspberry jam, apple starch, raspberry puree, tapioca starch, apples.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT, SULPHITES.



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DESSERTS

Apple Turnover

Nutrition Facts

Serving Size 1 Turnover (85 g)

Amount	% Daily Value
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Calories 250	
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Fat 17 g	26 %
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Saturated 3 g + Trans 0 g	15 %
------------------------------	-------------

Cholesterol 0 mg	
-------------------------	--

Sodium 1080 mg	45 %
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Carbohydrate 15 g	5 %
--------------------------	------------

Fibre 1 g	4 %
-----------	------------

Sugars 5 g	
------------	--

Protein 12 g	
---------------------	--

Vitamin A	0 %
------------------	------------

Vitamin C	100 %
------------------	--------------

Calcium	4 %
----------------	------------

Iron	15 %
-------------	-------------

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INGREDIENTS

White flour, salt, cream of tartar, margarine, palm oil, spices, apples, sugar, maize starch, flavour, egg, yeast.

ALLERGENS

CONTAINS EGG, GLUTEN, WHEAT.



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DESSERTS

Banana Bran Muffin

Nutrition Facts

Serving Size 1 muffin (161 g)

Amount	% Daily Value
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Calories 400	
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Fat 15 g	23 %
-----------------	-------------

Saturated 1.5 g	
+ Trans 0 g	8 %

Cholesterol 45 mg	
--------------------------	--

Sodium 970 mg	40 %
----------------------	-------------

Carbohydrate 62 g	21 %
--------------------------	-------------

Fibre 6 g	24 %
-----------	-------------

Sugars 5 g	
------------	--

Protein 0 g	
--------------------	--

Vitamin A	0 %
-----------	-----

Vitamin C	0 %
-----------	-----

Calcium	20 %
---------	------

Iron	170 %
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INGREDIENTS

Wheat flour, sugar, vegetable oil, wheat bran , molasses, soya lecithin, egg, milk ingredients, banana, coconut oil, banana flavours.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT.

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DESSERTS

Belgian Brownie

Nutrition Facts

Serving Size 1 brownie (110 g)

Amount	% Daily Value
--------	---------------

Calories 490	
---------------------	--

Fat 29 g	45 %
-----------------	-------------

Saturated 9 g	
+ Trans 0.3 g	47 %

Cholesterol 215 mg	
---------------------------	--

Sodium 310 mg	13 %
----------------------	-------------

Carbohydrate 54 g	18 %
--------------------------	-------------

Fibre 3 g	12 %
-----------	-------------

Sugars 36 g	
-------------	--

Protein 5 g	
--------------------	--

Vitamin A	35 %
------------------	-------------

Vitamin C	0 %
------------------	------------

Calcium	4 %
----------------	------------

Iron	45 %
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INGREDIENTS

Margarine, flour, sugar, cocoa powder, butter, egg, whip cream, vanilla, corn starch, semi sweet chocolate, soy lecithin, dark chocolate, baking powder

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT.

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DESSERTS

Blueberry Cream Cheese Muffin

Nutrition Facts

Serving Size 1 Muffin (100 g)

Amount	% Daily Value
--------	---------------

Calories 400	
---------------------	--

Fat 16 g	25 %
-----------------	-------------

Saturated 3 g + Trans 0 g	15 %
------------------------------	-------------

Cholesterol 20 mg	
--------------------------	--

Sodium 380 mg	16 %
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Carbohydrate 57 g	19 %
--------------------------	-------------

Fibre 1 g	4 %
-----------	------------

Sugars 21 g	
-------------	--

Protein 6 g	
--------------------	--

Vitamin A	0 %
------------------	------------

Vitamin C	0 %
------------------	------------

Calcium	2 %
----------------	------------

Iron	15 %
-------------	-------------

INGREDIENTS

Wheat flour, sugar, soy/canola oil, oats, wheat bran, whey powder, egg, cellulose gum, soy protein, corn oil, blueberries, corn starch, sugar, xanthan gum, lemon juice, cream cheese, milk, guar gum, locust bean gum, xanthan gum, carageenan.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT.

MAY ALSO CONTAIN SULPHITES.

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DESSERTS

Blueberry Crumble Bar

Nutrition Facts

Serving Size 1 bar (160 g)

Amount	% Daily Value
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Calories 570	
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Fat 25 g	38 %
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Saturated 5 g	
+ Trans 0.1 g	26 %

Cholesterol 0 mg	
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Sodium 270 mg	11 %
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Carbohydrate 81 g	27 %
--------------------------	-------------

Fibre 4 g	16 %
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Sugars 37 g	
-------------	--

Protein 8 g	
--------------------	--

Vitamin A	30 %
-----------	------

Vitamin C	0 %
-----------	-----

Calcium	4 %
---------	-----

Iron	25 %
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INGREDIENTS

Blueberries, corn starch, sugar, xanthan gum, lemon juice, oats, margarine, sugar, flour, corn syrup, sea salt.

ALLERGENS

CONTAINS WHEAT, MILK, GLUTEN, SOY, SULPHITES.

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DESSERTS

Blueberry Scone

Nutrition Facts

Serving Size 1 scone (173 g)

Amount	% Daily Value
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Calories 540	
---------------------	--

Fat 17 g	26 %
-----------------	-------------

Saturated 9 g + Trans 0.3 g	47 %
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Cholesterol 335 mg	
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Sodium 900 mg	38 %
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Carbohydrate 76 g	25 %
--------------------------	-------------

Fibre 3 g	12 %
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Sugars 23 g	
-------------	--

Protein 11 g	
---------------------	--

Vitamin A	20 %
------------------	-------------

Vitamin C	2 %
------------------	------------

Calcium	10 %
----------------	-------------

Iron	25 %
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INGREDIENTS

Wheat flour, blueberries, sugar, butter, egg, oats, buttermilk powder, margarine, salt, baking powder, soya lecithin, corn syrup, molasses.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT, SULPHITES.

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DESSERTS

Boston Cream Doughnut

Nutrition Facts

Serving Size 1 Donut (85 g)

Amount	% Daily Value
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Calories 240	
---------------------	--

Fat 11 g	17 %
-----------------	-------------

Saturated 3 g	
+ Trans 0 g	15 %

Cholesterol 0 mg	
-------------------------	--

Sodium 350 mg	15 %
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Carbohydrate 30 g	10 %
--------------------------	-------------

Fibre 2 g	8 %
-----------	------------

Sugars 6 g	
------------	--

Protein 5 g	
--------------------	--

Vitamin A	6 %
-----------	-----

Vitamin C	2 %
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Calcium	2 %
---------	-----

Iron	15 %
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INGREDIENTS

Yeast raised donut flour, powdered sugar, canola shortening, yeast, chocolate fudge, bavarian cream.

ALLERGENS

CONTAINS GLUTEN, MILK, WHEAT.

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DESSERTS

Cheese Scone

Nutrition Facts

Serving Size 1 scone (165 g)

Amount	% Daily Value
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Calories 540	
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Fat 23 g	35 %
-----------------	-------------

Saturated 14 g + Trans 0.5 g	73 %
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Cholesterol 360 mg	
---------------------------	--

Sodium 1120 mg	47 %
-----------------------	-------------

Carbohydrate 52 g	17 %
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Fibre 2 g	8 %
-----------	------------

Sugars 1 g	
------------	--

Protein 18 g	
---------------------	--

Vitamin A	25 %
------------------	-------------

Vitamin C	4 %
------------------	------------

Calcium	30 %
----------------	-------------

Iron	25 %
-------------	-------------

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INGREDIENTS

Wheat flour, cheddar cheese, salt, butter, egg, buttermilk powder, baking powder, onions, chives, parsley.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, WHEAT.



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DESSERTS

Cherry Dark Chocolate Scone

Nutrition Facts

Serving Size 1 scone (166 g)

Amount	% Daily Value
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Calories 530	
---------------------	--

Fat 17 g	26 %
-----------------	-------------

Saturated 10 g + Trans 0 g	50 %
-------------------------------	-------------

Cholesterol 70 mg	
--------------------------	--

Sodium 850 mg	35 %
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Carbohydrate 71 g	24 %
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Fibre 2 g	8 %
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Sugars 20 g	
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Protein 10 g	
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Vitamin A	10 %
------------------	-------------

Vitamin C	2 %
------------------	------------

Calcium	10 %
----------------	-------------

Iron	25 %
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INGREDIENTS

Wheat flour, cherries, sugar, butter, dark chocolate, soy lecithin, palm oil, egg, buttermilk powder, baking powder, sea salt.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT.

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DESSERTS

Cinnamon Bun

Nutrition Facts

Serving Size 1 Bun (112 g)

Amount	% Daily Value
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Calories 310	
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Fat 5 g	8 %
----------------	------------

Saturated 1 g + Trans 0 g	5 %
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Cholesterol 0 mg	
-------------------------	--

Sodium 390 mg	16 %
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Carbohydrate 65 g	22 %
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Fibre 1 g	4 %
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Sugars 45 g	
-------------	--

Protein 3 g	
--------------------	--

Vitamin A	0 %
------------------	------------

Vitamin C	4 %
------------------	------------

Calcium	2 %
----------------	------------

Iron	15 %
-------------	-------------

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INGREDIENTS

Flour, canola/soybean oil, shortening, baking powder, soy flour, salt, potato flour, egg, sugar, flavour, colour, yeast, milk ingredients, palm oil, margarine, raisins, cinnamon, spices.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT.

MAY ALSO CONTAIN SULPHITE.



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DESSERTS

Chocolate Cream Long John

Nutrition Facts

Serving Size 1 Pastry (99 g)

Amount	% Daily Value
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Calories 360	
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Fat 21 g	32 %
-----------------	-------------

Saturated 8 g + Trans 0 g	40 %
------------------------------	-------------

Cholesterol 0 mg	
-------------------------	--

Sodium 420 mg	18 %
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Carbohydrate 38 g	13 %
--------------------------	-------------

Fibre 7 g	28 %
-----------	-------------

Sugars 7 g	
------------	--

Protein 7 g	
--------------------	--

Vitamin A	6 %
------------------	------------

Vitamin C	4 %
------------------	------------

Calcium	4 %
----------------	------------

Iron	35 %
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INGREDIENTS

Yeast, raised doughnut flour, powdered sugar, canola shortening, chocolate fudge, whipped topping.

ALLERGENS

CONTAINS GLUTEN, MILK, WHEAT.

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DESSERTS

Chocolate Croissant

Nutrition Facts

Serving Size 1 Croissant (100 g)

Amount	% Daily Value
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Calories 400	
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Fat 22 g	34 %
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Saturated 3.5 g + Trans 0 g	18 %
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Cholesterol 50 mg	
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Sodium 250 mg	10 %
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Carbohydrate 43 g	14 %
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Fibre 2 g	8 %
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Sugars 14 g	
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Protein 7 g	
--------------------	--

Vitamin A	15 %
------------------	-------------

Vitamin C	6 %
------------------	------------

Calcium	4 %
----------------	------------

Iron	25 %
-------------	-------------

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INGREDIENTS

White flour, unsalted butter, sugar, cocoa paste/butter, soya leechin, vanilla, chocolate truffle, pastry flour, sugar, eggs, skim milk powder, yeast, sea salt, wheat flour, butter flavour, corn starch.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT.



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DESSERTS

Chocolate Long John

Nutrition Facts

Serving Size 1 Pastry (85 g)

Amount	% Daily Value
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Calories 290	
---------------------	--

Fat 16 g	25 %
-----------------	-------------

Saturated 4 g + Trans 0 g	20 %
------------------------------	-------------

Cholesterol 0 mg	
-------------------------	--

Sodium 420 mg	18 %
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Carbohydrate 31 g	10 %
--------------------------	-------------

Fibre 4 g	16 %
-----------	-------------

Sugars 3 g	
------------	--

Protein 6 g	
--------------------	--

Vitamin A	6 %
-----------	-----

Vitamin C	2 %
-----------	-----

Calcium	2 %
---------	-----

Iron	30 %
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INGREDIENTS

Raised doughnut flour, powdered sugar, canola shortening, yeast, chocolate fudge.

ALLERGENS

CONTAINS GLUTEN, MILK, WHEAT.

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DESSERTS

Chocolate Marble Muffin

Nutrition Facts

Serving Size 1 muffin (173 g)

Amount	% Daily Value
--------	---------------

Calories 620	
---------------------	--

Fat 30 g	46 %
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Saturated 8 g	
+ Trans 0.1 g	41 %

Cholesterol 60 mg	
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Sodium 490 mg	20 %
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Carbohydrate 74 g	25 %
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Fibre 2 g	8 %
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Sugars 36 g	
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Protein 9 g	
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Vitamin A	2 %
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Vitamin C	2 %
-----------	-----

Calcium	10 %
---------	------

Iron	50 %
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INGREDIENTS

Wheat flour, sugar, canola oil, egg, milk, chocolate liquor, cocoa butter, soya lecithin, vanilla, whip cream, white chocolate, milk chocolate, dark chocolate, baking powder, buttermilk powder, salt.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT.

MAY ALSO CONTAIN SULPHITES.



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DESSERTS

Chocolate Mint Whoopie Cookie

Nutrition Facts

Serving Size 1 cookie (110 g)

Amount	% Daily Value
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Calories 470	
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Fat 7 g	11 %
----------------	-------------

Saturated 15 g + Trans 0.5 g	78 %
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Cholesterol 55 mg	
--------------------------	--

Sodium 580 mg	24 %
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Carbohydrate 56 g	19 %
--------------------------	-------------

Fibre 2 g	8 %
-----------	------------

Sugars 41 g	
-------------	--

Protein 5 g	
--------------------	--

Vitamin A	2 %
-----------	-----

Vitamin C	0 %
-----------	-----

Calcium	4 %
---------	-----

Iron	8 %
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INGREDIENTS

Sugar, wheat flour, cocoa, vegetable oil, egg, corn starch, skim milk powder, salt, soya fibre, caramel colour, xanthan gum, butter, sugar, dark chocolate, vanilla, mint & peppermint extract, green food colouring, vegetable gums.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT.

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DESSERTS

Chocolate Peanut Butter Oat Bar

Nutrition Facts

Serving Size 1 bar (100 g)

Amount	% Daily Value
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Calories 390	
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Fat 19 g	29 %
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Saturated 7 g + Trans 0.1 g	36 %
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Cholesterol 0 mg	
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Sodium 190 mg	8 %
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Carbohydrate 51 g	17 %
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Fibre 3 g	12 %
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Sugars 23 g	
-------------	--

Protein 6 g	
--------------------	--

Vitamin A	10 %
------------------	-------------

Vitamin C	0 %
------------------	------------

Calcium	2 %
----------------	------------

Iron	15 %
-------------	-------------

INGREDIENTS

Oats, peanut butter, corn syrup, margarine, soya lecithin, sugar, chocolate, white chocolate, vanilla, canola oil, salt.

ALLERGENS

CONTAINS MILK, PEANUT, SOY, SULPHITE.

MAY CONTAIN GLUTEN.

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DESSERTS

Chocolate Whoopie Cookie

Nutrition Facts

Serving Size 1 cookie (110 g)

Amount	% Daily Value
--------	---------------

Calories 470	
---------------------	--

Fat 7 g	11 %
----------------	-------------

Saturated 15 g + Trans 0.5 g	78 %
---------------------------------	-------------

Cholesterol 55 mg	
--------------------------	--

Sodium 580 mg	24 %
----------------------	-------------

Carbohydrate 56 g	19 %
--------------------------	-------------

Fibre 2 g	8 %
-----------	------------

Sugars 41 g	
-------------	--

Protein 5 g	
--------------------	--

Vitamin A	2 %
------------------	------------

Vitamin C	0 %
------------------	------------

Calcium	4 %
----------------	------------

Iron	8 %
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INGREDIENTS

Sugar, wheat flour, cocoa, vegetable oil, egg, corn starch, skim milk powder, salt, soya fibre, caramel colour, xanthan gum, butter, sugar, dark chocolate, vanilla, mint & peppermint extract, green food colouring, vegetable gums.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT.

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University
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NUTRITION FACTS



DESSERTS

Cranberry Oat Bar

Nutrition Facts

Serving Size 1 bar (173 g)

Amount	% Daily Value
Calories 780	
Fat 39 g	60 %
Saturated 8 g	
+ Trans 0.2 g	41 %
Cholesterol 0 mg	
Sodium 360 mg	15 %
Carbohydrate 97 g	32 %
Fibre 8 g	32 %
Sugars 34 g	
Protein 13 g	
Vitamin A	45 %
Vitamin C	0 %
Calcium	4 %
Iron	30 %

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INGREDIENTS

Oats, margarine, sugar, corn syrup, cranberries, sunflower oil, vanilla.

ALLERGENS

CONTAINS SOY, SULPHITES.

MAY CONTAIN GLUTEN.



University
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Food Services

NUTRITION FACTS



DESSERTS

Cranberry Orange Muffin

Nutrition Facts

Serving Size 1 muffin (156 g)

Amount	% Daily Value
--------	---------------

Calories 490	
---------------------	--

Fat 22 g	34 %
-----------------	-------------

Saturated 1 g + Trans 0 g	5 %
------------------------------	------------

Cholesterol 45 mg	
--------------------------	--

Sodium 460 mg	19 %
----------------------	-------------

Carbohydrate 30 g	10 %
--------------------------	-------------

Fibre 3 g	12 %
-----------	-------------

Sugars 23 g	
-------------	--

Protein 9 g	
--------------------	--

Vitamin A	2 %
------------------	------------

Vitamin C	8 %
------------------	------------

Calcium	15 %
----------------	-------------

Iron	25 %
-------------	-------------

INGREDIENTS

Wheat flour, sugar, canola oil, cranberries, egg, poppy seeds, oranges, baking powder, buttermilk powder, oats, vanilla, margarine, soy, salt, corn syrup.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT, SULPHITES.

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Food Services

NUTRITION FACTS



DESSERTS

Espresso Chocolate Chip Muffin

Nutrition Facts

Serving Size 1 Muffin (100 g)

Amount	% Daily Value
--------	---------------

Calories 370	
---------------------	--

Fat 16 g	25 %
-----------------	-------------

Saturated 3 g	
+ Trans 0 g	15 %

Cholesterol 20 mg	
--------------------------	--

Sodium 350 mg	15 %
----------------------	-------------

Carbohydrate 53 g	18 %
--------------------------	-------------

Fibre 4 g	16 %
-----------	-------------

Sugars 18 g	
-------------	--

Protein 6 g	
--------------------	--

Vitamin A	0 %
------------------	-----

Vitamin C	0 %
------------------	-----

Calcium	2 %
----------------	-----

Iron	15 %
-------------	------

INGREDIENTS

Wheat flour, sugar, soy/canola oil, oats, wheat bran, whey powder, egg, baking powder, salt, cellulose gum, soy protein, corn oil, espresso, chocolate chips, sugar, palm oil, cocoa powder, soy lecithin.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT.

MAY ALSO CONTAIN SULPHITE.

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University
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NUTRITION FACTS



DESSERTS

Fudge Brownie

Nutrition Facts

Serving Size 1 brownie (66 g)

Amount	% Daily Value
--------	---------------

Calories 430	
---------------------	--

Fat 21 g	32 %
-----------------	-------------

Saturated 5 g + Trans 0.1 g	26 %
--------------------------------	-------------

Cholesterol 40 mg	
--------------------------	--

Sodium 260 mg	11 %
----------------------	-------------

Carbohydrate 54 g	18 %
--------------------------	-------------

Fibre 3 g	12 %
-----------	-------------

Sugars 38 g	
-------------	--

Protein 6 g	
--------------------	--

Vitamin A	20 %
------------------	-------------

Vitamin C	0 %
------------------	------------

Calcium	4 %
----------------	------------

Iron	40 %
-------------	-------------

INGREDIENTS

Flour, sugar, margarine, cocoa powder, dark chocolate, soy lecithin, egg, baking powder, vanilla.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT.

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University
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NUTRITION FACTS



DESSERTS

GF* Banana Walnut Muffin

Nutrition Facts

Serving Size 1 muffin (95 g)

Amount	% Daily Value
--------	---------------

Calories 300	
---------------------	--

Fat 18 g	28 %
-----------------	-------------

Saturated 1.5 g + Trans 0 g	8 %
--------------------------------	------------

Cholesterol 35 mg	
--------------------------	--

Sodium 260 mg	11 %
----------------------	-------------

Carbohydrate 36 g	12 %
--------------------------	-------------

Fibre 2 g	8 %
-----------	------------

Sugars 13 g	
-------------	--

Protein 2 g	
--------------------	--

Vitamin A	2 %
------------------	------------

Vitamin C	6 %
------------------	------------

Calcium	4 %
----------------	------------

Iron	4 %
-------------	------------

INGREDIENTS

Banana, canola oil, white rice flour, sugar, egg, walnut (tree nut), tapioca & corn starch, sorghum flour, potato starch, baking powder & soda, vanilla, xanthan gum, salt.

ALLERGENS

CONTAINS EGG, TREE NUTS.

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NUTRITION FACTS



DESSERTS

GF* Chewy Chocolate Chunk Cookie

Nutrition Facts

Serving Size 1 cookie (140 g)

Amount	% Daily Value
--------	---------------

Calories 610	
---------------------	--

Fat 28 g	43 %
-----------------	-------------

Saturated 16 g	
+ Trans 0.5 g	83 %

Cholesterol 495 mg	
---------------------------	--

Sodium 250 mg	10 %
----------------------	-------------

Carbohydrate 87 g	29 %
--------------------------	-------------

Fibre 2 g	8 %
-----------	------------

Sugars 53 g	
-------------	--

Protein 6 g	
--------------------	--

Vitamin A	25 %
------------------	-------------

Vitamin C	6 %
------------------	------------

Calcium	6 %
----------------	------------

Iron	10 %
-------------	-------------

INGREDIENTS

White rice flour, sugar, butter, sugar, white chocolate, cocoa butter, soy lecithin, vanillia, cocoa butter, milk chocolate, milk powder, milkfat, milk, cornstarch, egg, tapioca, baking soda, salt, xanthan gum.

ALLERGENS

CONTAINS EGG, MILK, SOY.

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University
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NUTRITION FACTS



DESSERTS

GF* Coconut Slice

Nutrition Facts

Serving Size 1 slice (125 g)

Amount	% Daily Value
--------	---------------

Calories 480	
---------------------	--

Fat 38 g	58 %
-----------------	-------------

Saturated 22 g + Trans 0.5 g	113 %
---------------------------------	--------------

Cholesterol 475 mg	
---------------------------	--

Sodium 330 mg	14 %
----------------------	-------------

Carbohydrate 35 g	12 %
--------------------------	-------------

Fibre 3 g	12 %
-----------	-------------

Sugars 23 g	
-------------	--

Protein 6 g	
--------------------	--

Vitamin A	35 %
------------------	-------------

Vitamin C	0 %
------------------	------------

Calcium	4 %
----------------	------------

Iron	8 %
-------------	------------

INGREDIENTS

Butter, sour cream, sugar, egg, coconut, margarine, canola oil, soya leechin, rice flour, potato starch, quinoa flour, whip cream, carageenan, icing sugar, milk, vanilla, baking powder, xanthan gum.

ALLERGENS

CONTAINS EGG, MILK, SOY, SULPHITES.

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NUTRITION FACTS



DESSERTS

GF* Lemon Almond Cookie

Nutrition Facts Valeur nutritive

1 cookie (95 g) / 1 biscuit (95 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 380	
Fat / Lipides 16 g	25 %
Saturated / saturés 4 g + Trans / trans 0.1 g	20 %
Cholesterol / Cholestérol 5 mg	
Sodium / Sodium 100 mg	4 %
Carbohydrates / Glucides 53 g	18 %
Fibre / Fibres 3 g	11 %
Sugars / Sucres 34 g	
Protein / Protéines 7 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	6 %
Iron / Fer	8 %

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INGREDIENTS

Almond meal, egg whites, tapioca, white rice flour, white chocolate, sugar, hydrogenated palm kernel oil, whey protein concentrate, whole milk powder, cocoa butter, soya lecithin, butter, almonds, lemon juice powder, corn syrup, lemon zest, almond essence, salt.

ALLERGENS

CONTAINS EGG, TREE NUTS, MILK, SOY*.

*Processed on equipment that also processes peanuts, sulphites, wheat & sesame seeds.



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NUTRITION FACTS



DESSERTS

GF* Morning Glory Muffin

Nutrition Facts

Serving Size 1 muffin (100 g)

Amount	% Daily Value
--------	---------------

Calories 320	
---------------------	--

Fat 18 g	28 %
-----------------	-------------

Saturated 2 g + Trans 0 g	10 %
------------------------------	-------------

Cholesterol 40 mg	
--------------------------	--

Sodium 310 mg	13 %
----------------------	-------------

Carbohydrate 43 g	14 %
--------------------------	-------------

Fibre 2 g	8 %
-----------	------------

Sugars 22 g	
-------------	--

Protein 3 g	
--------------------	--

Vitamin A	2 %
------------------	------------

Vitamin C	2 %
------------------	------------

Calcium	4 %
----------------	------------

Iron	6 %
-------------	------------

INGREDIENTS

Carrots, sugar, canola oil, white rice flour, pineapple, egg, vanilla, sulfites, tapioca starch, walnuts (tree nuts), potato starch, corn starch, coconut, invert syrup, baking soda, cinnamon, baking powder, salt, xanthan gum.

ALLERGENS

CONTAINS EGG, TREE NUTS, SULPHITES.

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NUTRITION FACTS



DESSERTS

GF* Nanaimo Bar

Nutrition Facts

Serving Size 1 bar (85 g)

Amount	% Daily Value
--------	---------------

Calories 430	
---------------------	--

Fat 36 g	55 %
-----------------	-------------

Saturated 20 g + Trans 0.5 g	102 %
---------------------------------	--------------

Cholesterol 565 mg	
---------------------------	--

Sodium 75 mg	3 %
---------------------	------------

Carbohydrate 27 g	9 %
--------------------------	------------

Fibre 2 g	8 %
-----------	------------

Sugars 20 g	
-------------	--

Protein 4 g	
--------------------	--

Vitamin A	30 %
------------------	-------------

Vitamin C	10 %
------------------	-------------

Calcium	2 %
----------------	------------

Iron	10 %
-------------	-------------

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INGREDIENTS

Butter, dark chocolate, sugar, egg, icing sugar, canola oil, pecans, coconut, milk, cornstarch, rice flour, vanilla, cocoa powder, baking powder, xanthan gum.

ALLERGENS

CONTAINS EGG, MILK, SOY, TREE NUTS, SULPHITES.

*Not produced in a gluten free facility.



University
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NUTRITION FACTS



DESSERTS

GF* Peanut Butter Crunch Bar

Nutrition Facts Valeur nutritive

1 bar (110 g) / 1 barre (110 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	340
Fat / Lipides 10 g	16 %
Saturated / saturés 3.5 g + Trans / trans 0.1 g	18 %
Cholesterol / Cholestérol	0 mg
Sodium / Sodium	460 mg 19 %
Carbohydrates / Glucides	58 g 19 %
Fibre / Fibres	4 g 14 %
Sugars / Sucres	24 g
Protein / Protéines	4 g
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	10 %

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INGREDIENTS

Peanut butter, flake cereal, cornmeal, corn flour, buckwheat flour, cane sugar, quinoa, amaranth, crispy rice cereal, corn syrup, brown sugar, vegan margarine, vanilla, sea salt.

ALLERGENS

CONTAINS PEANUT, SOY,
SULPHITES

*Not produced in a gluten-free facility.
Processed on equipment that also
processes wheat, tree nuts, egg & sesame.



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NUTRITION FACTS



DESSERTS

GF* Raspberry Almond Shortbread

Nutrition Facts

Serving Size 1 slice (85 g)

Amount	% Daily Value
--------	---------------

Calories 350	
---------------------	--

Fat 21 g	32 %
-----------------	-------------

Saturated 9 g + Trans 0.3 g	47 %
--------------------------------	-------------

Cholesterol 340 mg	
---------------------------	--

Sodium 110 mg	5 %
----------------------	------------

Carbohydrate 47 g	16 %
--------------------------	-------------

Fibre 2 g	8 %
-----------	------------

Sugars 19 g	
-------------	--

Protein 6 g	
--------------------	--

Vitamin A	15 %
------------------	-------------

Vitamin C	20 %
------------------	-------------

Calcium	4 %
----------------	------------

Iron	8 %
-------------	------------

INGREDIENTS

Raspberry jam, sugar, almond meal, butter, rice flour, egg yolk, tapioca, white chocolate, soy, lemon, xanthan gum, salt.

ALLERGENS

CONTAINS EGG, MILK, SOY, TREE NUTS.

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NUTRITION FACTS



DESSERTS

GF* Raspberry Almond Slice

Nutrition Facts

Serving Size 1 bar (95 g)

Amount	% Daily Value
--------	---------------

Calories 420	
---------------------	--

Fat 29 g	45 %
-----------------	-------------

Saturated 11 g	
+ Trans 0.4 g	57 %

Cholesterol 420 mg	
---------------------------	--

Sodium 190 mg	8 %
----------------------	------------

Carbohydrate 41 g	14 %
--------------------------	-------------

Fibre 3 g	12 %
-----------	-------------

Sugars 16 g	
-------------	--

Protein 8 g	
--------------------	--

Vitamin A	25 %
------------------	-------------

Vitamin C	20 %
------------------	-------------

Calcium	4 %
----------------	------------

Iron	20 %
-------------	-------------

INGREDIENTS

Almond meal, butter, sugar, rice flour, egg, raspberry jam, corn syrup, tapioca, margarine, soy, quinoa flour, dark chocolate, vanilla, lemon zest, xanthan gum, salt, almond essence.

ALLERGENS

CONTAINS EGG, MILK, SOY, TREE NUTS.

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NUTRITION FACTS



DESSERTS

GF* Raspberry Muffin

Nutrition Facts

Serving Size 1 muffin (95 g)

Amount	% Daily Value
--------	---------------

Calories 280	
---------------------	--

Fat 11 g	17 %
-----------------	-------------

Saturated 1 g + Trans 0 g	5 %
------------------------------	------------

Cholesterol 40 mg	
--------------------------	--

Sodium 210 mg	9 %
----------------------	------------

Carbohydrate 46 g	15 %
--------------------------	-------------

Fibre 1 g	4 %
-----------	------------

Sugars 22 g	
-------------	--

Protein 3 g	
--------------------	--

Vitamin A	2 %
------------------	------------

Vitamin C	6 %
------------------	------------

Calcium	10 %
----------------	-------------

Iron	4 %
-------------	------------

INGREDIENTS

Sugar, white rice flour, raspberries, canola oil, eggs, tapioca starch, potato starch, corn starch, skim milk powder, invert syrup, baking powder, unsalted butter, vanilla, xanthan gum, salt, baking soda.

ALLERGENS

CONTAINS EGG, MILK.

*Not produced in a gluten-free facility.

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NUTRITION FACTS



DESSERTS

Ginger Snap Cookie

Nutrition Facts

Serving Size 1 cookie (145 g)

Amount	% Daily Value
--------	---------------

Calories 570	
---------------------	--

Fat 23 g	35 %
-----------------	-------------

Saturated 4 g	
+ Trans 0.1 g	21 %

Cholesterol 30 mg	
--------------------------	--

Sodium 380 mg	16 %
----------------------	-------------

Carbohydrate 85 g	28 %
--------------------------	-------------

Fibre 2 g	8 %
-----------	------------

Sugars 38 g	
-------------	--

Protein 9 g	
--------------------	--

Vitamin A	30 %
------------------	-------------

Vitamin C	2 %
------------------	------------

Calcium	10 %
----------------	-------------

Iron	40 %
-------------	-------------

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INGREDIENTS

Wheat flour, sugar, margarine, soya lecithin, molasses, egg, baking soda, ginger, cinnamon, salt.

ALLERGENS

CONTAINS EGG, GLUTEN, SOY, WHEAT.



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NUTRITION FACTS



DESSERTS

Glazed Doughnut

Nutrition Facts

Serving Size 1 Donut (85 g)

Amount	% Daily Value
--------	---------------

Calories 240	
---------------------	--

Fat 8 g	12 %
----------------	-------------

Saturated 2 g + Trans 0 g	10 %
------------------------------	-------------

Cholesterol 0 mg	
-------------------------	--

Sodium 350 mg	15 %
----------------------	-------------

Carbohydrate 39 g	13 %
--------------------------	-------------

Fibre 1 g	4 %
-----------	------------

Sugars 15 g	
-------------	--

Protein 4 g	
--------------------	--

Vitamin A	6 %
-----------	-----

Vitamin C	2 %
-----------	-----

Calcium	2 %
---------	-----

Iron	15 %
------	------

INGREDIENTS

Yeast, raised doughnut flour, powdered sugar, canola shortening.

ALLERGENS

CONTAINS GLUTEN, WHEAT.

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NUTRITION FACTS



DESSERTS

Ham & Cheese Croissant

Nutrition Facts

Serving Size 1 Croissant (110 g)

Amount	% Daily Value
Calories 380	
Fat 23 g	35 %
Saturated 3 g	
+ Trans 0.1 g	16 %
Cholesterol 30 mg	
Sodium 420 mg	18 %
Carbohydrate 32 g	11 %
Fibre 1 g	4 %
Sugars 5 g	
Protein 12 g	
Vitamin A	20 %
Vitamin C	8 %
Calcium	15 %
Iron	15 %

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INGREDIENTS

White flour, unsalted butter, swiss cheese, ham, soy, sugar, salt, smoke, pastry flour, cheddar cheese, eggs, skim milk powder, yeast, wheat flour, butter flavour, corn starch.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT.



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NUTRITION FACTS



DESSERTS

Hedgehog

Nutrition Facts

Serving Size 1 hedgehog (185 g)

Amount	% Daily Value
--------	---------------

Calories 580	
---------------------	--

Fat 38 g	58 %
-----------------	-------------

Saturated 15 g + Trans 0.1 g	76 %
---------------------------------	-------------

Cholesterol 0 mg	
-------------------------	--

Sodium 590 mg	25 %
----------------------	-------------

Carbohydrate 79 g	26 %
--------------------------	-------------

Fibre 9 g	36 %
-----------	-------------

Sugars 45 g	
-------------	--

Protein 11 g	
---------------------	--

Vitamin A	15 %
-----------	------

Vitamin C	2 %
-----------	-----

Calcium	8 %
---------	-----

Iron	50 %
------	------

INGREDIENTS

Dark chocolate, soy lecithin, oats, sugar, wheat flour, cocoa, vegetable oil, egg, yeast, corn starch, skim milk powder, salt, soya fibre, caramel colour, xanthan gum, baking powder, margarine, cocoa powder, hazelnuts, canola oil, corn syrup, white chocolate, oranges, vanilla.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, TREE NUTS, WHEAT, SULPHITES.

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NUTRITION FACTS



DESSERTS

Island Berry Muffin

Nutrition Facts

Serving Size 1 muffin (158 g)

Amount	% Daily Value
Calories 450	
Fat 18 g	28 %
Saturated 0.5 g	
+ Trans 0 g	3 %
Cholesterol 45 mg	
Sodium 450 mg	19 %
Carbohydrate 58 g	19 %
Fibre 2 g	8 %
Sugars 22 g	
Protein 8 g	
Vitamin A	2 %
Vitamin C	10 %
Calcium	6 %
Iron	20 %

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INGREDIENTS

Wheat flour, sugar, canola oil, egg, raspberries, blueberries, corn starch, salt, xanthan gum, lemon juice concentrate, apple sauce, strawberry, cranberries, baking powder, buttermilk powder, vanilla, icing sugar, flax seeds, pumpkin seeds, salt.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT, SULPHITE.



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NUTRITION FACTS



DESSERTS

Jelly Doughnut

Nutrition Facts

Serving Size 1 Donut (92 g)

Amount	% Daily Value
--------	---------------

Calories 230	
---------------------	--

Fat 8 g	12 %
----------------	-------------

Saturated 2 g + Trans 0 g	10 %
------------------------------	-------------

Cholesterol 0 mg	
-------------------------	--

Sodium 400 mg	17 %
----------------------	-------------

Carbohydrate 36 g	12 %
--------------------------	-------------

Fibre 1 g	4 %
-----------	------------

Sugars 8 g	
------------	--

Protein 5 g	
--------------------	--

Vitamin A	6 %
------------------	------------

Vitamin C	4 %
------------------	------------

Calcium	2 %
----------------	------------

Iron	15 %
-------------	-------------

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INGREDIENTS

Yeast, raised doughnut flour, powdered sugar, canola shortening, strawberry glaze.

ALLERGENS

CONTAINS GLUTEN, WHEAT.

MAY ALSO CONTAIN SULPHITE.



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NUTRITION FACTS



DESSERTS

Lemon Vanilla Whoopie Cookie

Nutrition Facts

Serving Size 1 cookie (111 g)

Amount	% Daily Value
--------	---------------

Calories 470	
---------------------	--

Fat 27 g	42 %
-----------------	-------------

Saturated 15 g + Trans 0.5 g	78 %
---------------------------------	-------------

Cholesterol 555 mg	
---------------------------	--

Sodium 700 mg	29 %
----------------------	-------------

Carbohydrate 57 g	19 %
--------------------------	-------------

Fibre 1 g	4 %
-----------	------------

Sugars 37 g	
-------------	--

Protein 7 g	
--------------------	--

Vitamin A	30 %
-----------	------

Vitamin C	2 %
-----------	-----

Calcium	8 %
---------	-----

Iron	10 %
------	------

INGREDIENTS

Sugar, wheat flour, egg, yeast, corn starch, skim milk, baking powder, salt, soy, xanthan gum, butter, whip cream, icing sugar, vegetable shortening, cream cheese, vanilla, lemon juice.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT, SULPHITE.

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NUTRITION FACTS



DESSERTS

Lemon Zing Bar

Nutrition Facts

Serving Size 1 bar (125 g)

Amount	% Daily Value
--------	---------------

Calories 460	
---------------------	--

Fat 17 g	26 %
-----------------	-------------

Saturated 10 g + Trans 0.4 g	52 %
---------------------------------	-------------

Cholesterol 450 mg	
---------------------------	--

Sodium 220 mg	9 %
----------------------	------------

Carbohydrate 74 g	25 %
--------------------------	-------------

Fibre 1 g	4 %
-----------	------------

Sugars 47 g	
-------------	--

Protein 6 g	
--------------------	--

Vitamin A	20 %
------------------	-------------

Vitamin C	4 %
------------------	------------

Calcium	2 %
----------------	------------

Iron	20 %
-------------	-------------

INGREDIENTS

Flour, butter, egg, lemon juice, corn syrup, corn starch, icing sugar, vegetable oil shortening, sugar, salt.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, WHEAT, SULPHITE.

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NUTRITION FACTS



DESSERTS

Mountain Flax Bar

Nutrition Facts

Serving Size 1 bar (100 g)

Amount	% Daily Value
--------	---------------

Calories 460	
---------------------	--

Fat 23 g	35 %
-----------------	-------------

Saturated 4 g + Trans 0.1 g	21 %
--------------------------------	-------------

Cholesterol 0 mg	
-------------------------	--

Sodium 170 mg	7 %
----------------------	------------

Carbohydrate 54 g	18 %
--------------------------	-------------

Fibre 6 g	24 %
-----------	-------------

Sugars 18 g	
-------------	--

Protein 9 g	
--------------------	--

Vitamin A	20 %
-----------	------

Vitamin C	4 %
-----------	-----

Calcium	6 %
---------	-----

Iron	20 %
------	------

INGREDIENTS

Oats, margarine, brown sugar, corn syrup, flax seeds, poppy seeds, sunflower seeds, sesame seeds, lemon juice powder, oranges, sugar, sea salt.

ALLERGENS

CONTAINS SOY, SULPHITES,
SESAME SEEDS.

MAY CONTAIN GLUTEN.

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NUTRITION FACTS



DESSERTS

Oat Bar

Nutrition Facts

Serving Size 1 bar (160 g)

Amount	% Daily Value
--------	---------------

Calories 740	
---------------------	--

Fat 39 g	60 %
-----------------	-------------

Saturated 8 g	
+ Trans 0.2 g	41 %

Cholesterol 0 mg	
-------------------------	--

Sodium 350 mg	15 %
----------------------	-------------

Carbohydrate 87 g	29 %
--------------------------	-------------

Fibre 7 g	28 %
-----------	-------------

Sugars 26 g	
-------------	--

Protein 13 g	
---------------------	--

Vitamin A	45 %
------------------	-------------

Vitamin C	0 %
------------------	------------

Calcium	4 %
----------------	------------

Iron	30 %
-------------	-------------

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INGREDIENTS

Oats, margarine, brown sugar, soy lecithin, corn syrup, sea salt.

ALLERGENS

CONTAINS SOY, SULPHITES.

MAY CONTAIN GLUTEN.



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NUTRITION FACTS



DESSERTS

Orange Cranberry Scone

Nutrition Facts

Serving Size 1 scone (178 g)

Amount	% Daily Value
--------	---------------

Calories 560

Fat 14 g	22 %
-----------------	-------------

Saturated 8 g + Trans 0.3 g	42 %
--------------------------------	-------------

Cholesterol 335 mg

Sodium 860 mg	36 %
----------------------	-------------

Carbohydrate 86 g	29 %
--------------------------	-------------

Fibre 2 g	8 %
-----------	------------

Sugars 23 g

Protein 10 g

Vitamin A	15 %
------------------	-------------

Vitamin C	10 %
------------------	-------------

Calcium	8 %
----------------	------------

Iron	25 %
-------------	-------------

INGREDIENTS

Wheat flour, sugar, fondant, butter, cranberries, egg, oranges, buttermilk powder, baking powder, salt.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, WHEAT.

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NUTRITION FACTS



DESSERTS

Peanut Butter Cookie

Nutrition Facts

Serving Size 1 cookie (130 g)

Amount	% Daily Value
--------	---------------

Calories 460	
---------------------	--

Fat 19 g	29 %
-----------------	-------------

Saturated 3.5 g + Trans 0.1 g	18 %
----------------------------------	-------------

Cholesterol 40 mg	
--------------------------	--

Sodium 530 mg	22 %
----------------------	-------------

Carbohydrate 67 g	22 %
--------------------------	-------------

Fibre 1 g	4 %
-----------	------------

Sugars 41 g	
-------------	--

Protein 4 g	
--------------------	--

Vitamin A	25 %
------------------	-------------

Vitamin C	0 %
------------------	------------

Calcium	2 %
----------------	------------

Iron	20 %
-------------	-------------

INGREDIENTS

Wheat flour, peanut butter, sugar, margarine, soya lecithin, egg, corn syrup, salt, baking powder.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, PEANUT, SOY, WHEAT.

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NUTRITION FACTS



DESSERTS

Pepperoni Cheese Roll

Nutrition Facts

Serving Size 1 Roll (130 g)

Amount	% Daily Value
--------	---------------

Calories 370	
---------------------	--

Fat 15 g	23 %
-----------------	-------------

Saturated 5 g	
+ Trans 0 g	25 %

Cholesterol 40 mg	
--------------------------	--

Sodium 1340 mg	56 %
-----------------------	-------------

Carbohydrate 40 g	13 %
--------------------------	-------------

Fibre 2 g	8 %
-----------	------------

Sugars 3 g	
------------	--

Protein 17 g	
---------------------	--

Vitamin A	0 %
-----------	-----

Vitamin C	4 %
-----------	-----

Calcium	6 %
---------	-----

Iron	25 %
------	------

INGREDIENTS

White flour, sugar, vegetable shortening, yeast, potato starch, soybean oil, egg, xanthan gum, salt, spices, olive oil, pepperoni.

ALLERGENS

CONTAINS EGG, GLUTEN, SOY, WHEAT.

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NUTRITION FACTS



DESSERTS

Pumpkin Spice Scone

Nutrition Facts

Serving Size 1 scone (196 g)

Amount	% Daily Value
--------	---------------

Calories 710	
---------------------	--

Fat 27 g	42 %
-----------------	-------------

Saturated 9 g + Trans 0.3 g	47 %
--------------------------------	-------------

Cholesterol 235 mg	
---------------------------	--

Sodium 520 mg	22 %
----------------------	-------------

Carbohydrate 99 g	33 %
--------------------------	-------------

Fibre 3 g	12 %
-----------	-------------

Sugars 17 g	
-------------	--

Protein 10 g	
---------------------	--

Vitamin A	130 %
------------------	--------------

Vitamin C	4 %
------------------	------------

Calcium	6 %
----------------	------------

Iron	25 %
-------------	-------------

INGREDIENTS

Wheat flour, fondant, icing sugar, vegetable shortening, corn starch, margarine, soya lecithin, pumpkin, sugar, butter, egg, corn syrup, buttermilk, baking powder, vanilla, baking soda, spices, salt.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT, SULPHITES.

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DESSERTS

Raspberry Streusel Bar

Nutrition Facts

Serving Size 1 bar (135 g)

Amount	% Daily Value
--------	---------------

Calories 500	
---------------------	--

Fat 25 g	38 %
-----------------	-------------

Saturated 6 g + Trans 0.1 g	31 %
--------------------------------	-------------

Cholesterol 0 mg	
-------------------------	--

Sodium 230 mg	10 %
----------------------	-------------

Carbohydrate 62 g	21 %
--------------------------	-------------

Fibre 6 g	24 %
-----------	-------------

Sugars 22 g	
-------------	--

Protein 8 g	
--------------------	--

Vitamin A	30 %
------------------	-------------

Vitamin C	8 %
------------------	------------

Calcium	4 %
----------------	------------

Iron	20 %
-------------	-------------

INGREDIENTS

Oats, margarine, raspberries, brown sugar, apple sauce, corn syrup, coconut, flour, icing sugar, vanilla, salt.

ALLERGENS

CONTAINS GLUTEN, SOY, WHEAT, SULPHITES.

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NUTRITION FACTS



DESSERTS

Raspberry White Chocolate Scone

Nutrition Facts

Serving Size 1 scone (176 g)

Amount	% Daily Value
--------	---------------

Calories 590	
---------------------	--

Fat 20 g	31 %
-----------------	-------------

Saturated 13 g	
+ Trans 0.1 g	66 %

Cholesterol 70 mg	
--------------------------	--

Sodium 900 mg	38 %
----------------------	-------------

Carbohydrate 78 g	26 %
--------------------------	-------------

Fibre 2 g	8 %
-----------	------------

Sugars 26 g	
-------------	--

Protein 12 g	
---------------------	--

Vitamin A	10 %
------------------	-------------

Vitamin C	6 %
------------------	------------

Calcium	10 %
----------------	-------------

Iron	25 %
-------------	-------------

INGREDIENTS

Wheat flour, sugar, butter, white chocolate, soy lecithin, egg, raspberries, buttermilk powder, apple sauce, baking powder, salt, instant clear gel, icing sugar.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT.

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NUTRITION FACTS



DESSERTS

Strawberry Rhubarb Muffin

Nutrition Facts

Serving Size 1 muffin (167 g)

Amount	% Daily Value
--------	---------------

Calories 480

Fat 21 g	32 %
-----------------	-------------

Saturated 1 g + Trans 0 g	5 %
------------------------------	------------

Cholesterol 45 mg

Sodium 480 mg	20 %
----------------------	-------------

Carbohydrate 59 g	20 %
--------------------------	-------------

Fibre 2 g	8 %
-----------	------------

Sugars 20 g

Protein 9 g

Vitamin A	2 %
------------------	------------

Vitamin C	10 %
------------------	-------------

Calcium	10 %
----------------	-------------

Iron	25 %
-------------	-------------

INGREDIENTS

Wheat flour, brown sugar, canola oil, rhubarb, strawberry, corn starch, egg, baking powder, buttermilk powder, vanilla, salt.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, WHEAT.

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NUTRITION FACTS



DESSERTS

Trail Cookie

Nutrition Facts

Serving Size 1 cookie (145 g)

Amount	% Daily Value
--------	---------------

Calories 540	
---------------------	--

Fat 21 g	32 %
-----------------	-------------

Saturated 4 g	
+ Trans 0.1 g	21 %

Cholesterol 40 mg	
--------------------------	--

Sodium 320 mg	13 %
----------------------	-------------

Carbohydrate 78 g	26 %
--------------------------	-------------

Fibre 6 g	24 %
-----------	-------------

Sugars 29 g	
-------------	--

Protein 10 g	
---------------------	--

Vitamin A	15 %
------------------	-------------

Vitamin C	0 %
------------------	------------

Calcium	10 %
----------------	-------------

Iron	35 %
-------------	-------------

INGREDIENTS

Flour, oats, margarine, soya lecithin, corn syrup, sugar, eggs, raisins, flax seeds, whip cream, sunflower seeds, sesame seeds, poppy seeds, vanilla, baking powder, baking soda, salt

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SESAME SEEDS, SOY, WHEAT.

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NUTRITION FACTS



DESSERTS

Triple Berry Bran Muffin

Nutrition Facts

Serving Size 1 muffin (173 g)

Amount	% Daily Value
--------	---------------

Calories 440	
---------------------	--

Fat 17 g	26 %
-----------------	-------------

Saturated 2 g	
+ Trans 0 g	10 %

Cholesterol 45 mg	
--------------------------	--

Sodium 950 mg	40 %
----------------------	-------------

Carbohydrate 64 g	21 %
--------------------------	-------------

Fibre 7 g	28 %
-----------	-------------

Sugars 7 g	
------------	--

Protein 2 g	
--------------------	--

Vitamin A	2 %
-----------	-----

Vitamin C	8 %
-----------	-----

Calcium	20 %
---------	------

Iron	170 %
------	-------

INGREDIENTS

Wheat flour, sugar, vegetable oil, wheat bran, molasses, soya lecithin, egg, salt, milk ingredients, blueberry, corn starch, xanthan gum, lemon juice concentrate, raspberries, strawberries, cranberries, sunflower seeds, flax seeds, pumpkin seeds, oats, icing sugar, gelatin, margarine, corn syrup, vanilla.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT, SULPHITES.

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DESSERTS

Triple Chocolate Chunk Whoopie Cookie

Nutrition Facts

Serving Size 1 cookie (110 g)

Amount	% Daily Value
--------	---------------

Calories 440	
---------------------	--

Fat 21 g	32 %
-----------------	-------------

Saturated 9 g + Trans 0.3 g	47 %
--------------------------------	-------------

Cholesterol 220 mg	
---------------------------	--

Sodium 250 mg	10 %
----------------------	-------------

Carbohydrate 59 g	20 %
--------------------------	-------------

Fibre 2 g	8 %
-----------	------------

Sugars 28 g	
-------------	--

Protein 7 g	
--------------------	--

Vitamin A	20 %
------------------	-------------

Vitamin C	0 %
------------------	------------

Calcium	4 %
----------------	------------

Iron	15 %
-------------	-------------

INGREDIENTS

Wheat flour, oats, margarine, soy, butter, whey powder, corn syrup, sugar, egg, dark chocolate, white chocolate, semisweet chocolate, butter, whip cream, vanilla, baking powder, baking soda, salt.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT, SULPHITES.

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NUTRITION FACTS



DESSERTS

Triple Chocolate Cookie

Nutrition Facts

Serving Size 1 cookie (145 g)

Amount	% Daily Value
--------	---------------

Calories 570	
---------------------	--

Fat 21 g	32 %
-----------------	-------------

Saturated 6 g	
+ Trans 0.1 g	31 %

Cholesterol 45 mg	
--------------------------	--

Sodium 380 mg	16 %
----------------------	-------------

Carbohydrate 87 g	29 %
--------------------------	-------------

Fibre 4 g	16 %
-----------	-------------

Sugars 37 g	
-------------	--

Protein 10 g	
---------------------	--

Vitamin A	20 %
------------------	-------------

Vitamin C	2 %
------------------	------------

Calcium	6 %
----------------	------------

Iron	30 %
-------------	-------------

INGREDIENTS

Flour, oats, margarine, soya lecithin, corn syrup, sugar, egg, semi sweet chocolate, white chocolate, milk chocolate, whip cream, vanilla, baking soda, baking powder, salt

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT, SULPHITES.

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DESSERTS

Vanilla Raspberry Whoopie Cookie

Nutrition Facts

Serving Size 1 cookie (111 g)

Amount	% Daily Value
--------	---------------

Calories 450	
---------------------	--

Fat 25 g	38 %
-----------------	-------------

Saturated 14 g + Trans 0.5 g	73 %
---------------------------------	-------------

Cholesterol 510 mg	
---------------------------	--

Sodium 690 mg	29 %
----------------------	-------------

Carbohydrate 55 g	18 %
--------------------------	-------------

Fibre 1 g	4 %
-----------	------------

Sugars 36 g	
-------------	--

Protein 7 g	
--------------------	--

Vitamin A	25 %
------------------	-------------

Vitamin C	0 %
------------------	------------

Calcium	8 %
----------------	------------

Iron	10 %
-------------	-------------

INGREDIENTS

Sugar, wheat flour, vegetable oil, egg, yeast, corn starch, skim milk powder, baking powder, xanthan gum, salt, soy, butter, sugar, raspberries, white chocolate, vanilla.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT, SULPHITE.

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NUTRITION FACTS



DESSERTS

Vegan Cherry Brownie

Nutrition Facts Valeur nutritive

1 bar/ 1 bar (115 g) /

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	440
Fat / Lipides 19 g	29 %
Saturated / saturés 8 g + Trans / trans 0.1 g	38 %
Cholesterol / Cholestérol	0 mg
Sodium / Sodium	290 mg 12 %
Carbohydrates / Glucides	64 g 21 %
Fibre / Fibres	4 g 14 %
Sugars / Sucres	44 g
Protein / Protéines	6 g
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	10 %
Iron / Fer	40 %

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INGREDIENTS

Wheat flour (wheat), sugar, vegan margarine, semi-sweet chocolate, soya lecithin, cherries, cocoa powder, flaxmeal baking powder, vanilla, salt.

ALLERGENS

CONTAINS GLUTEN, WHEAT, SOY.

******Processed on equipment that also processes peanuts, tree nuts, sulphites, milk, eggs & sesame seeds.



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DESSERTS

Vegan Works Bar

Nutrition Facts Valeur nutritive

1 bar (55 g) /

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	200
Fat / Lipides	7 g 11 %
Saturated / saturés	2 g 9 %
+ Trans / trans	0 g
Cholesterol / Cholestérol	0 mg
Sodium / Sodium	95 mg 4 %
Carbohydrates / Glucides	31 g 10 %
Fibre / Fibres	3 g 10 %
Sugars / Sucres	15 g
Protein / Protéines	4 g
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	4 %
Iron / Fer	10 %

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INGREDIENTS

Oats, banana, sugar, coconut, metabisulfite, raisins, cranberries, canola oil, whole wheat flour, white flour, pumpkin seeds, baking powder, vanilla, salt.

ALLERGENS

CONTAINS WHEAT, SULPHITES**.

**Processed on equipment that also processes peanuts, tree nuts, milk, eggs, soy & sesame seeds.



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DESSERTS

The Works Vegan Cookie

Nutrition Facts

Serving Size 1 cookie

Amount	% Daily Value
--------	---------------

Calories 270	
---------------------	--

Fat 15 g	23 %
-----------------	-------------

Saturated 2 g + Trans 0 g	10 %
------------------------------	-------------

Cholesterol 0 mg	
-------------------------	--

Sodium 150 mg	6 %
----------------------	------------

Carbohydrate 35 g	12 %
--------------------------	-------------

Fibre 3 g	12 %
-----------	-------------

Sugars 19 g	
-------------	--

Protein 4 g	
--------------------	--

Vitamin A	0 %
------------------	------------

Vitamin C	0 %
------------------	------------

Calcium	2 %
----------------	------------

Iron	10 %
-------------	-------------

INGREDIENTS

Banana, oats, canola oil, brown sugar, coconut, cranberries, sugar, sunflower oil, whole wheat flour, raisins, flour, pecans, pumpkin seeds, baking powder, vanilla, salt.

ALLERGENS

CONTAINS WHEAT, TREE NUTS, SULPHITES.

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