



ALLERGEN INFORMATION

DOCUMENT VERSION V7 GENERATED DATE: 07/07/25

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	Per 100g										Per Serving								
	Energy (Kcal)	Energy (kJ)	Fat (g)	Saturates (g)	Available Carbohydrates (g)	Sugars (g)	Fibres (g)	Protein (g)	Salt (g)		Energy (Kcal)	Energy (kJ)	Fat (g)	Saturates (g)	Available Carbohydrates (g)	Sugars (g)	Fibres (g)	Protein (g)	Salt (g)
Product Title																			
Medium Traditional Pasty	250	1048	13.1	6	24.8	1.2	1.9	7.4	1.16		637	2669	33.4	15.3	63.2	3.1	4.8	18.8	2.95
Large Traditional Pasty	254	1067	13.5	6.2	25.2	1.2	1.9	7.4	1.16		798	3351	42.4	19.5	79.2	3.8	6	23.2	3.65
Medium Steak & Tribute Ale Pasty	252	1053	12.9	6.3	27.3	2.6	1.6	5.8	0.99		635	2654	32.5	15.9	68.8	6.6	4	14.6	22.5
Large Spicy Chilli Beef Pasty	282	1177	15.5	7	23.8	1.6	2	9.5	0.97		878	3665	48.3	21.8	74.1	5	6.2	29.6	3.03
Medium Cheese & Onion Pasty	259	1086	13.9	7.7	29	1.1	1.8	5.5	0.93		734	3076	39.5	21.9	82.3	3.1	5.1	15.4	2.63
Large Cheese & Onion Pasty	310	1010	18.3	5.1	25.8	1.6	1.6	8.3	0.91		965	3145	57	15.9	80.3	5	4	25.8	2.84
Vegan Steakless Pasty	259	1080	14	6.9	26.3	1.5	2.0	6	1.14		653	2722	35.3	17.4	66.3	3.8	5	15.1	2.87
Large Steak & Tribute Ale Pasty	270	1129	14.8	7.1	29.0	2.0	1.5	6.0	0.95		841	3516	46.1	22.1	90.3	6.2	4.7	18.6	2.95
XL Traditional Cornish Pasty 450g	241	1007	12.9	6.5	26.3	1.3	1.7	5.8	0.92		1085	4532	58.05	29.3	118.4	5.9	7.7	26.1	4.14
XL Traditional Cornish Pasty 420g	278	1166	15	7.7	30.8	1.3	1.7	6.4	1.01		1053	4408	56.6	29.0	116.3	5.0	7.7	24.1	3.83
Medium Chicken, Bacon & Leek Pasty	276	1159	13.5	7.2	26	1.0	1.7	7.4	0.87		781	3280	38.2	20.4	73.6	2.8	4.8	20.9	2.46
LTO Medium Chicken Tikka Pasty	257	1071	13.3	6.7	24.4	1.1	1.6	9	0.64		653	2729	33.9	16.9	62.2	2.9	41.1	22.9	1.64
Medium Lamb & Mint Pasty	245	1026	13.3	7.0	26.9	1.5	1.7	5.4	0.94		702	2941	38.2	20.1	77.1	4.4	4.4	15.5	2.69
XL Cheese & Onion Pasty 450g	250	1049	13.4	7.9	27.9	1.1	1.8	5.5	0.93		1127	4719	60.3	33.6	125.5	5.1	8.0	24.7	4.20
XL Cheese & Onion Pasty 420g	289	1209	15.5	8.6	32.3	1.2	1.8	6.1	1.06		1091	4569	58.7	32.6	122.3	4.5	8.0	22.9	4.02
Three Cheese & Cranberry Pasty	317	1323	18	9.1	29.5	4.8	0	8.2	1.09		807	3370	45.8	23.2	75.1	12.2	0	20.9	2.78



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Product Title																			
Bacon Roll	211	889	5.6	2.1	29.2	2.3	2.2	12.7	1.75		310	1307	8.2	3.0	42.9	3.4	3.3	18.7	2.57
Cumberland Sausage & Bacon Roll	235	984	11.8	4.8	21.7	2.1	1.6	11.7	1.73		616	2579	31.0	12.7	56.8	5.6	4.3	30.8	4.53
Cumberland Sausage Ring Roll	258	1082	11.7	4.9	28	2.6	2.0	9.8	1.35		522	2186	23.7	9.9	56.5	5.3	4.0	19.7	2.73
Breakfast Stack Roll	195	814	10.4	3.8	16.4	1.9	1.2	9.2	1.15		685	2866	36.5	13.4	57.9	6.7	4.3	32.3	4.3
Sausage, Bacon & Omelette Roll	195	814	10.4	3.8	16.4	1.9	1.2	9.2	1.15		685	2866	36.5	13.4	57.9	6.7	4.3	32.3	4.3
Cheese Burger	245	1023	15.4	7.5	9.6	2.3	1.3	16.6	1.67		640	2669	40.1	19.6	25	6.0	3.4	43.2	4.37
Beef Burger	241	1007	11.7	5.55	14.79	2.86	1.74	18.15	1.73		291	1219	14.17	6.71	17.89	4.47	2.1	21.97	2.09
Southern Fried Chicken Burger	203	855	7.8	3.1	17.1	0.5	0.4	16.0	0.89		368	1547	14.2	5.6	30.9	0.8	0.7	28.9	1.62
All Day Breakfast Wrap	251	1050	10.6	4.5	27.5	2.6	1.6	10.1	0.74		509	2133	21.5	9.1	55.8	5.4	3.5	20.5	1.50
Southern Fried Chicken Wrap	279	1171	10.8	5.2	31.6	6.8	2.2	12.4	1.32		580	2436	22.5	10.8	65.8	14.2	4.2	25.8	2.74
Hash Browns	191	805	7.6	0.8	31.4	0.5	2	1.5	0.7		152	644	6.08	0.64	25.12	0.4	1.6	1.2	0.56
Potato Wedges	150	627	6.1	0.7	20	1	2.3	2.5	0.79		468	1956	19.03	2.18	62.4	3.12	7.17	7.8	2.46
White Bread Roll	248	1051	1.1	0.3	49.0	3.6	3.4	8.8	0.89		216	914	1.0	0.3	42.6	3.1	3.0	7.7	0.77
Cumberland Sausage Ring	266	1106	19.8	8.4	12.1	1.9	0.9	10.5	1.70		306	1272	22.8	9.7	13.9	2.2	1.0	12.1	1.96
Bacon Rashers	157	655	12.1	4.6	0.5	0.5	0.5	18.4	3.00		94	393	7.3	2.8	0.3	0.3	0.3	11.0	1.80
Free Range Egg Omelette	117	487	7.9	2.3	1.9	0.9	0.1	9.5	1.00		82	341	5.5	1.6	1.3	0.6	0.1	6.7	0.70
Chicken Goujons	189	762	7.8	2.7	12.0	0.5	2.2	17.0	1.40		284	1143	11.7	4.1	18.0	0.8	3.3	25.5	2.10
Chicken Goujons & Potato Wedges Box	173	726	7.1	1.9	15.2	0.7	0.9	5.7	1.16		434	1815	17.8	4.7	38.0	1.8	2.3	14.2	2.89
Baked Beans in Tomato Sauce	89	376	0.5	0.1	14.9	6.2	3.9	4.3	1.07		71	301	0.4	<0.1	11.9	5.0	3.1	3.4	0.86
Seasoned Mash	92	387	2.1	1.5	16	1.5	1.6	1.7	0.67		230	968	5.3	3.8	40.0	3.8	4.0	4.3	1.68
Garden Peas	84	353	0.4	0.1	9.7	2.5	7.6	6.6	0.09		55	230	0.3	0.1	6.3	1.6	4.9	6.6	0.06
Gravy	352	1489	3.1	0.8	78.2	4.8	1.6	1.9	10.14		51	12	0.1	<0.1	2.7	0.2	0.1	<0.1	0.35
Omelette Roll	211	890	6.4	1.5	27.9	2.8	2	9.3	0.76		332	1397	10.1	2.4	43.8	4.3	3.1	14.7	1.19
Breakfast Box	154	735	10.4	3.5	13.3	2.4	1.7	7.4	1.23		577	2757	39.1	13.2	49.8	9.1	6.4	27.8	4.62
Chicken Goujons Roll	211	887	8.2	1.8	25.6	1.6	2.6	8.2	1.21		499	2102	12.7	4.3	60.6	3.9	6.2	19.4	2.87
Pigs In Blankets	222	926	13.7	5.4	8.9	0.7	0.5	15.7	2.46		167	695	10.3	4.1	6.7	0.5	0.4	11.8	1.85
Pigs Under Blankets Wrap	270	1129	11.1	4.5	31.6	6.7	1.7	8.8	1.07		545	2281	22.4	9.1	63.8	13.5	3.4	17.8	2.16



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