

NUTRITIONAL INFORMATION (PER SERVING)	Energy (kcal)	Protein (g)	Carbohydrates (g)	Fat (g)	Saturated Fat (g)	Fibre (g)	Salt (g)
Bread roll (52g)	124	6.8	8.06	7.3	1.87	0.41	0.58
Gluten free bread roll	252.7	3.22	37.5	9	0.67	7.5	0.57
Vegan Sausage 1ptn	149.85	12.15	8.77	6.68	2.49	3.98	1.03
Bacon (Back) Unsmoked 1ptn	269.1	35.4	0	21.2	7.7	0	4.7
Pork Sausage 1ptn	303.2	13.55	8.87	23.3	8.28	2.04	1.56
Cheese omelette 1ptn	332	19.76	0.08	28.08	17.2	0	1.43
Juice Orange (Serving size 200ml)	84	1.0	18.4	0.2	0.2	0.2	0.01
Juice Apple (Serving size 200ml)	88	0.2	20.8	0.2	0.2	0.2	0.02
Juice Pineapple (Serving size 200ml)	36	0.8	7.8	0.8	0.2	0.0	0.04
Hot Chocolate (25g)	95	1.72	20	1.37	1.1	0.9	0.6
EF MK4 Sandwich Bap 50g (sub product)	246	9.6	46.4	1.8	0.2	3.0	0.93
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INTOLERANCE INFORMATION

FIRST CLASS OFFER

Bread roll (52g)	✓	✓	✓	✓																		✓										
Gluten free bread roll	✓		✓	✓																			✓									
Vegan Sausage 1ptn	✓	✓	✓	✓				✓																✓								
Bacon (Back) Unsmoked 1ptn																																
Pork Sausage 1ptn			✓	✓																									✓			
Cheese omelette 1ptn	✓																						✓		✓							
Juice Orange 1lt	✓	✓																														
Juice Apple 1lt	✓	✓																														
Juice Pineapple 1 lt	✓	✓																														
Hot Chocolate	✓																								✓							
EF MK4 Sandwich Bap 50g (sub product)	✓	✓	✓	✓																												

✓

m

= Contains Indicated Allergen  
m = May contain Indicated Allergen

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## INGREDIENT LIST

ALLERGY ADVICE: For allergens, including cereals containing gluten, see ingredients in bold.

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Bread rolls	<b>Wheat</b> Flour ( <b>Gluten</b> ) (with added calcium carbonate, iron, niacin (B3) and thiamine (B1)), Water, Yeast, Rice Flour, Salt, Emulsifiers (E472e, E471), <b>Soya</b> Flour, Vegetable Oil (Rapeseed), Flour Treatment Agents (E300, E920
Gluten Free Bread Roll	Starches (Maize, Potato, Tapioca), Water, Mixed Seeds (10%) (Sunflower Seeds, Linseeds, Millet Seeds), RapeseedOil, Milled Brown Flaxseed, Humectant (VegetableGlycerol), BlackTreacle, PsylliumHuskPowder, Yeast, Stabilisers (Hydroxypropyl Me thylCellulose, XanthanGum), FreeRangeDried <b>EGG</b> White, Rice Flour, Iodised Salt (Salt, PotassiumIodate), Fermented Maize Starch.
Vegan Sausage 1ptn	Vegan Cumberland Sausage (Mycoprotein (32%), Textured <b>WHEAT</b> Protein ( <b>WHEAT</b> Flour, Stabiliser: Sodium Alginate), Water, Vegetable Oils (Rapeseed, Palm), Onions, Seasoning (Yeast Extract, Salt, Potassium Chloride, Herbs (Sage, Parsley), Fructose, White Pepper, Rusk ( <b>WHEAT</b> Flour, Salt), <b>BARLEY</b> Malt Extract, Carrot Powder, Leek Powder, Sage Extract, Nutmeg Extract), Potato Protein, Rusk ( <b>WHEAT</b> Flour, Salt, Yeast), <b>WHEAT</b> Gluten, Casing (Stabiliser: Sodium Alginate; Cellulose, Modified Starch), Potato Starch, Tapioca Starch, Firming Agent: Calcium Chloride; Pea Fibre)).
Bacon (Back) Unsmoked 1ptn	Bacon Back Unsmoked (85% Pork, Water, Salt 2.88%, Antioxidant (Sodium Ascorbate), Preservatives (Sodium Nitrite, Potassium Nitrate)).
Pork Sausage 1ptn	Sausages (Pork (65%), Water, Rusk ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Salt), Pea Starch, Salt, Dextrose, Spices, Emulsifier Sodium Diphosphate, Spices, Flavouring Preparation (Spice & Herb Extracts), Yeast Extract, Preservative ( <b>SULPHUR DIOXIDE</b> ), Antioxidant: Ascorbic Acid)), Rapeseed Oil).
Cheese omelette 1ptn	Cheese Omelette ( <b>Egg</b> Liquid (100% Pure Whole <b>EGG</b> )), Mature Cheddar (99%) contains (Pasteurised Cow's <b>MILK</b> (98.06%), Salt (1.9%) Contains Anti-Caking Agent (Sodium Ferrocyanide), Starter Culture (0.02%), Microbial rennet Rennet (0.02%)), Anti-Caking Agent (1%) (Potato Starch)).
Juice Orange 1lt	100% Pure Orange Juice From Concentrate
Juice Apple 1 lt	Apple Juice from Concentrate (100%)
Juice Pineapple 1 lt	Water, Pineapple Juice from Concentrate (20%), Sugar, Acid (Citric Acid), Stabilisers (Pectin, Gellan Gum), Flavourings, Acidity Regulator (Sodium Citrate), Sweeteners (Acesulfame K, Sucralose), Vitamin C, Colours (Carotenes, Caramel E150d)
Hot Chocolate	Sugar*, Whey Powder (from <b>Milk</b> ), Fat Reduced Cocoa Powder, Glucose Syrup, Vegetable Fat: Palm Oil, Anti-caking Agent: Silicon Dioxide, Salt, <b>Milk</b> Proteins, Stabilisers: Potassium Phosphates, Polyphosphates, Emulsifiers: Mono- and diglycerides of fatty acids, Acetic acid esters of mono- and diglycerides of fatty acids, Flavouring
EF MK4 Sandwich Bap 50g (sub product)	Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Salt, Yeast, Dextrose, RapeseedOil, Emulsifiers: E471, E472(e), Flour Treatment Agents: E300, E920

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