



Ingredients & Allergens - BREAKFAST

Allergens are noted in **BOLD**

Rice Crispies

Rice, Sugar, Salt, Sugar Syrup, Invert Sugar Syrup, Molasses, Vitamins and Minerals, Niacin, Iron, Pantothenic Acid, Folic Acid, Vitamin B6, Riboflavin. May Also Contain **SOYA** and **MILK**

Multi-Grain Hoops

Wholegrain **OAT** Flour, Wholegrain **WHEAT** Flour, Wholegrain **BARLEY** Flour, Sugar, **WHEAT** Starch, Invert Sugar Syrup, Oligofructose, Wholegrain Maize Flour, Wholegrain Rice Flour, Sunflower Oil, Colour: Paprika Extract, Salt, Stabiliser: Calcium Carbonate, Caramelised Sugar Syrup, Vitamin C, Antioxidant: Tocopherol-Rich Extract; Carrot Concentrate, Ferrous Fumarate, Niacin, Pantothenic Acid, Riboflavin, Vitamin B6, Thiamin, Folic Acid, Vitamin B12

Whole-Grain Malties

WHOLEWHEAT, Sugar, Invert Sugar Syrup, **BARLEY** Malt Extract, Salt, Niacin, Iron, Vitamin B12, Pantothenic Acid, Vitamin D, Thiamin, Riboflavin, Folic Acid, Vitamin B6

Toast

Roberts 50/50 – Wholemeal **Wheat** Flour, **Wheat** Flour, Calcium, Iron, Niacin, Thiamine, Water, Yeast, Salt, Emulsifiers (Sunflower and Palm), **Soya** Flour, Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid (Vitamin C)

Kingsmill 50/50 – **Wheat** Flour, Calcium, Iron, Niacin, Thiamin, Wholemeal **Wheat** Flour, Water, Yeast, Salt, Vegetable Oils, Rapeseed, Sustainable Palm, Vinegar, Sustainable **Soya** Flour, Emulsifier: E472e; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid (Vitamin C)

Roberts Thick Soft White – **WHEAT** Flour, Calcium, Iron, Niacin, Thiamine, Water, Yeast, Salt, Sustainable **SOYA** Flour, Emulsifiers: E472e, E471 (from Sunflower and Sustainable Palm), Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid (Vitamin C)

Spread

Vitalite Dairy Free – Vegetable Oils (Sunflower, Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Acid – Lactic Acid – Flavouring, Colours – Annatto Bixin, Curcumin