

## PICNIC PACK INGREDIENTS

### Ham Salad White Baguette

Ingredients: **Wheatflour**, (Calcium Carbonate, Iron, Nicotinamide, Thiamine), Non-hydrogenated Vegetable Fat, Ham, Lettuce, **Butter**, Tomato, **Mayo**.

### Tuna Sweetcorn White Baguette

Ingredients: **Wheatflour**, (Calcium Carbonate, Iron, Nicotinamide, Thiamine), Non-hydrogenated Vegetable Fat, tuna, **Butter**, Sweetcorn, **Mayo**.

### Egg Mayo Harvester Baguette

Ingredients: **Wheatflour**, (Calcium Carbonate, Iron, Nicotinamide, Thiamine), Non-hydrogenated Vegetable Fat, **Egg**, **Butter**, **Cress**, **Mayo**.

### Chicken Wrap

Ingredients: **Wheatflour**, (Calcium Carbonate, Iron, Nicotinamide, Thiamine), Non-hydrogenated Vegetable Fat, **Bacon**, **Roast Chicken Breast**, **Caesar dressing**.

### Farmhouse Cake

Ingredients: **Flour (Gluten)**, **Mixed Fruit (sulphur Dioxide)**, **Margarine \* (Milk)**, Sugar, Eggs, **Milk**, Mixed Spice.

### Flapjack Cake

Ingredients: **Oats (Gluten)**, **Margarine\* (Milk)**, Demerara Sugar, **Flour (Gluten)**.

\*Note: Margarine of course contains a number of ingredients but milk is the only allergen from the standard list. The label will be rather large if we have to list all the ingredients.

### Eccles Cake

Ingredients: **WHEATFLOUR (Gluten)**, Calcium Carbonate, Iron, Niacin, Thiamine), Non-hydrogenated Vegetable Fat, Sugar, mixed vine fruit, margarine, Water. May contain traces of **nuts or seeds**.

### Lardy Cake

Ingredients: **WHEATFLOUR (Gluten)**, Calcium Carbonate, Iron, Niacin, Thiamine), Non-hydrogenated Vegetable Fat, Sugar, Water, Dark Brown Soft Sugar, **MILK POWDER**, Yeast, Currants. May contain traces of **nuts or seeds**.

### Mars Bar

Ingredients: Sugar, **Glucose Syrup (Sources Include Wheat)**, **Milk Solids**, Vegetable Fat, Cocoa Butter, Cocoa Mass, **Barley Malt Extract**, Cocoa Powder, Emulsifier (Soy Lecithin), Salt, **Egg White**, Natural Flavours (Vanilla Extract).

### Twix

Ingredients: Milk Chocolate (Sugar, Cocoa **Butter**, Chocolate, **Skim Milk**, Lactose, Milkfat, Soy Lecithin, PGPR, Artificial Flavors), Sugar, **Enriched Wheat Flour** (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Palm Oil, Corn Syrup, **Skim Milk**, Dextrose, Less than 2% - Food Starch-Modified, Salt, Cocoa Powder, Baking Soda, Soy Lecithin, Artificial Flavor. **Safety warning**, Allergy Information: Contains **milk, soy, and wheat**. **May Contain peanuts**.

### Kit Kat

Ingredients: Sugar, Cocoa Butter, **Milk** Powders (Whole and Skimmed), **Wheat** Flour, Palm Oil, Cocoa Mass, Fat Reduced Cocoa Powder, Flavourings, Emulsifier (Sunflower Lecithin), Acid (Citric Acid), Butterfat (from **Milk**), Lactose and Proteins from Whey (from **Milk**), Whey Powder (from **Milk**), Salt, Raising Agent (Sodium Bicarbonate) **Allergy advice! For allergens, including cereals containing gluten, see ingredients in bold**

### Tyrrells lightly Salted Crisps

Ingredients; Potatoes, sunflower oil, sea salt. Allergy advice: May contain Milk.

### Tyrrells Mature Cheddar and Chives Crisps

Ingredients; Potatoes, sunflower oil, lactose (**MILK**), onion powder, mature cheddar cheese powder (**MILK**), yeast extract, salt, sugar, dried chives, garlic powder, colour (paprika extract).