

Code	Product Name	Energy per portion (kcal) **	Suitable For	Allergen Information (including cereals containing gluten).	Ingredients	Energy per 100g (kJ)	Energy per 100g (kCal)	Fat per 100g	of which Saturates per 100g	Carbohydrates per 100g	of which sugars per 100g	Fibre per 100g	Protein per 100g	Salt per 100g
FMSPP	Traditional Cornish Steak Pasty	652		Contains: Wheat, Egg. May contain: Milk	WHEAT flour (with calcium carbonate, Iron, Niacin, Thiamin), Potato, British Farm Assured Beef (17%), Water, Sustainable Palm Oil, Swede, Onion, Salt, EGG, Modified Maize Starch, Rapeseed Oil, Black Pepper, White Pepper, Dextrose, Lemon Juice. May contain MILK.	1095	262	13.1	6.4	28.2	2.4	1.7	6.9	1.02
FCTPP	Small Cornish Steak Pasty	327		Contains: Wheat, Egg. May contain: Milk	WHEAT Flour (with calcium carbonate, iron, niacin, thiamin), Potato, British Farm Assured Beef (15%), Water, Sustainable Palm Oil, Swede, Onion, Salt, EGG, Modified Maize Starch, Rapeseed Oil, Black Pepper, White Pepper, Dextrose, Lemon Juice. May contain MILK.	1095	262	13.1	6.4	28.2	2.4	1.7	6.9	1.02
FSCNPP	Spicy Chicken and Chorizo Pasty	662		Contains: Wheat, Egg. May contain: Milk	WHEAT Flour (with calcium carbonate, iron, niacin, thiamin), Potatoes, Sustainable Palm Oil, Chicken (11%) Onions, Passata Sieved Tomato, Chorizo (5%) (Pork, salt, pork fat, spices, dextrose, spice extracts, antioxidants (E301, E300), yeast extract, garlic powder, acidity regulator (E330), starter culture, preservative (E250)), Water, Red Peppers, Modified Maize Starch, Rapeseed Oil, Salt, Paprika, Garlic Puree, Sunflower Oil, Free Range EGG, Pepper, Kibbled Chili, Red Chilli, Paprika Extract, Smoked Salt, Oregano, Raising Agent (ammonium carbonate), Lemon Juice (from concentrate). Edible Logo (Potato starch, Water, Olive Oil, Colour (vegetable carbon)). May contain MILK.	1108	266	14.8	6.5	25.2	1.1	1.9	7.3	1.05
FMCHPP	Seriously Cheesy Pasty	752	V	Contains: Wheat, Egg, Milk, Mustard	WHEAT Flour (with calcium carbonate, iron, niacin, thiamin), Potatoes, Onions, Cheddar Cheese (MILK) (11%), Water, Sustainable Palm Oil, Red Leicester Cheese (MILK) (3%), EGG, EGG Whites, Modified Maize Starch, Rapeseed Oil, Salt, Potato Flakes, Sugar, Rice Wine Vinegar, Free Range EGG, Greengage Puree, Whey Powder (MILK), White Ground Pepper, MUSTARD Seeds, Cheese Powder (MILK), Spirit Vinegar, Corn Starch, Ginger Puree, Chopped Chillies, Natural Flavouring (contains MILK), Garlic Puree, Lemon Juice (from concentrate), Raising Agent: ammonium carbonate, Lactic Acid, MUSTARD Flour. Edible Logo (Potato Starch, Water, Olive Oil, Colour (Vegetable Carbon))	1261	302	18	9.6	25.2	1.7	1.6	8.2	0.91
FPLAMT20	Lamb and Mint Pasty	827		Contains: Wheat, Egg. May contain: Milk	WHEAT Flour (with calcium carbonate, iron, niacin, thiamin), Potatoes, Lamb (13%), Swede, Sustainable Palm Oil, Onions, Water, Rapeseed Oil, Salt, Lamb Fat, Modified Maize Starch, Free Range EGG, Pepper, Dried Mint, Lemon Juice (from concentrate). Edible Logo (Potato Starch, Water, Olive Oil, Colour (Vegetable Carbon)). May contain MILK.	1380	332	23.7	6.5	23.9	1.1	1.7	4.9	1.04
FPKCOT20	Keralan Cauliflower, Chickpea & Onion Bhaji Pasty	822	VE	Contains: Wheat	WHEAT Flour (with calcium carbonate, Iron, Niacin, Thiamin), Cauliflower(12%), Chickpeas(9%) (Chickpeas, Water, Salt, Ascorbic Acid), Sustainable Palm Oil, Onions, Coconut Milk, Onion Bhaji(6%) (Onion, Gram Flour, Cottonseed Oil, Rice Flour, Salt, Green Chilli, Garlic, Coriander, Ginger, Garam Masala Powder (Cumin Seed, Black Pepper, Cinnamon, Cardamom, Bay Leaf, Mace, Clove, Nutmeg), Red Chilli Powder, Lemon juice, Asafoetida, Turmeric Powder, Raising Agent (Sodium Bicarbonate)), Vegetable Oil, Sugar, Rehydrated Garlic, Red Chilli, Ginger Puree, Salt, Modified Maize Starch, Coriander, Garam Masala, Turmeric, Cumin Seeds, Ground Cardamom, Dextrose, Fenugreek, Cinnamon, Acidity Regulator (Citric Acid). Edible Logo (Potato Starch, Water, Olive Oil, Colour (Vegetable Carbon)).	1346	330	23	11.7	24.2	2	2.5	5.4	1.4
Y657	8" Jumbo Sausage Roll	424		Contains: Wheat, Barley, Milk. May contain Egg	WHEAT Flour (with calcium carbonate, iron, niacin, thiamin), Water, Pork (14%), Sustainable Palm Oil, Pork Fat, Vegetable Oil, Potato Starch, Salt, Pork Rind, Yeast Extract (BARLEY), Pork stock Powder (natural flavouring, maltodextrin, salt, rapeseed oil), Black Pepper, White Pepper, Modified Starch, Vegetable Protein, Emulsifiers (mono- and diglycerides of fatty acids, sunflower lecithin), Acidity Regulator (sodium phosphates), Dextrose, Sage, Raising Agent (ammonium bicarbonate), MILK Protein, Colour (beta-carotene), Thyme, Nutmeg. May contain EGG.	1341	321	19.7	8.5	24.8	0.3	1.3	11.1	1.55
FRSARF100	4" Small Kids Sausage Roll	246		Contains: Wheat, Egg	WHEAT Flour (with calcium carbonate, iron, niacin, thiamin), British Farm Assured Pork (30%), Water, Sustainable Palm Oil, Rapeseed Oil, Free Range EGG, Salt, Rusk (WHEAT Flour, calcium, iron, niacin, thiamin, salt), Spices, WHEAT Starch, Yeast Extract, Sugar, Onion Powder, Thyme, Dextrose, Maltodextrin, Dried Glucose Syrup, Raising Agent: ammonium carbonate, Spice Extract, Lemon Juice (from concentrate).	1294	310	18.7	8	25.2	2.2	1.4	9.6	0.69
FRVMBF40	Spicy Mexican Bean Vegan Roll	349	VE	Contains: Wheat, Mustard. May contain: Milk, Egg	WHEAT Flour (with calcium carbonate, iron, niacin, thiamin), Chopped Tomatoes, Sustainable Palm Oil, Sweet Potato, Water, Chickpeas (chickpeas, water), Red Kidney Beans, Potatoes, Onions, Red Peppers, Vegetable Oil, Green Peppers, Jalapeno, Cornflour, Salt, Tomato Puree, Rehydrated Garlic, Sugar, Fajita Spice Mix (salt, chilli powder, onion powder, sugar, cumin powder, garlic powder, oregano, flavouring, paprika extract, lime extract, cassia, nutmeg, coriander, anticaking agent (silicon dioxide)), Acidity Regulator (citric acid), Pepper, Chilli, MUSTARD, Raising Agent (ammonium bicarbonate). May contain MILK, EGG.	1037	248	12.4	5.8	28.1	3.3	2.8	4.7	0.83
FSPPT30	Peri Peri Chicken Slice	462		Contains: Wheat, Egg, Milk	WHEAT Flour (with calcium carbonate, iron, niacin, thiamin), British Farm Assured Chicken 18%, Sustainable Palm Oil, Tomatoes, Water, Onions, Potatoes, Red Peppers, Rapeseed Oil, Green Peppers, Modified Maize Starch, Salt, Tomato Puree, Lemon Juice Concentrate, Green Jalapeno, Double Cream (MILK), Free Range EGG, Rehydrated Garlic, Coriander Leaf, Ground Paprika, Piri Piri Chillies, Roast Onion Puree, Garlic Puree, Roast Chicken, Rehydrated Potato Flakes, Sugar, Olive Oil, Black Pepper, Yeast Extract, Spirit Vinegar, Chicken Fat, Acidity Regulator (Citric Acid).	1125	269	15.6	6.4	22.8	1.6	1.5	7.6	0.97
FSPCT30	Peppered Steak Slice	499		Contains: Wheat, Egg, Milk, Mustard	WHEAT Flour (with calcium carbonate, iron, niacin, thiamin), British Farm Assured Beef (15%), Potatoes, Water, Sustainable Palm Oil, Onions, Cornflour, Double Cream (MILK), Rapeseed Oil, Salt, Rusk (WHEAT Flour, Salt, Raising Agent: Ammonium Bicarbonate.), Free Range EGG, Yeast Extract, Beef Stock, Pepper, Rehydrated Garlic, Lemon Juice (from concentrate), MUSTARD Seeds, Spirit Vinegar, Beef Fat, Acidity Regulator: citric acid.	1212	291	17	7.3	24.7	1	1.4	9	0.79
FTBCHT30	Cheese & Bacon Turnover	456		Contains: Wheat, Egg, Milk	WHEAT Flour (with calcium carbonate, iron, niacin, thiamin), British Back Bacon (29%), Sustainable Palm Oil, Creme Fraiche (MILK) (cream (MILK), Modified Maize Starch, Thickener (guar gum), Acidity Regulator (lactic acid), Preservative (potassium sorbate)), Cheese (8%) (MILK), Water, Cream Cheese (MILK) (cream cheese curd (MILK), MILK Proteins, Salt, Stabilisers (carrageenan, guar gum), Thickener (xanthan), Preservative (potassium sorbate), Acidity Regulator (citric acid)), Mayonnaise (EGG) (water, rapeseed oil, stabiliser (modified starch), spirit vinegar, sugar, salt, free range pasturised EGG, stabiliser (xanthan gum)), preservative (potassium sorbate), acidity regulator (citric acid)), Rapeseed Oil, Free range EGG, Salt, Modified Maize Starch, Pepper, Lemon Juice (from concentrate).	1421	341	22.7	10	23	1	1.2	10.6	1.77
FTCHTT30	Cheese & Tomato Turnover	428	V	Contains: Wheat, Egg, Milk	WHEAT Flour (with calcium carbonate, iron, niacin, thiamin), Sustainable Palm Oil, Creme Fraiche (MILK) (cream (MILK), modified maize starch, guar gum (thickener), lactic acid (acidity regulator), potassium sorbate (preservative)), Cheddar Cheese (10%) (MILK), Tomatoes (8%), Water, Cream Cheese (MILK) (skim MILK, cream (MILK), skim MILK powder, lactic cultures, salt, MILK protein, potassium sorbate (preservative)), Tomatoes (5%), Low Fat Mayo (EGG) (water, rapeseed oil, modified maize starch (stabiliser), spirit vinegar, sugar, salt, EGG, xanthan gum (stabiliser), potassium sorbate (preservative), citric acid (acidity regulator)), Rapeseed Oil, Modified Maize Starch, EGG, Salt, Pepper, Cheese Powder (MILK), Dried Glucose Syrup, Oregano, Yeast Extract, Sunflower Oil, Ammonium Carbonate (raising agent), Lemon Juice (from concentrate), Natural Flavouring.	1377	331	21.7	10	25	1.6	1.3	7.7	1.11

V = Suitable for vegetarians. VE = Suitable for vegan diets as defined by the Vegan Society. H = Halal. GF = Gluten Free. This list is updated regularly to reflect the current status of our products and may vary from other printed materials.