Deli

Houmous - Classic 200g

A GREEK STYLE DIP MADE WITH COOKED CHICKPEAS, SESAME SEED PASTE, LEMON JUICE AND GARLIC

INGREDIENTS: COOKED CHICKPEAS (47%) (Chickpeas, Water), Rapeseed **Oil**, **SESAME** SEED PASTE (13%), Water, CONCENTRATED LEMON JUICE (3%), GARLIC PURÉE (1%), Salt, Preservative: Potassium Sorbate.

ALLERGY ADVICE: For allergens, see ingredients in **bold**.

DIETARY ADVICE: Suitable for vegetarians and vegans.
No artificial colours or flavourings.

Use By: See front of pack.

STORAGE: Keep refrigerated below 5°C.
Once opened, keep refrigerated and consume within 2 days and by date shown.

Nutrition		
TYPICAL VALUES	Per 100g	Per 1/4 pot (50g)
Energy	1432kJ/346kcal	716kJ/173kcal
Fat	29g	15g
of which saturates	2.8g	1.4g
Carbohydrate	12g	6.0g
of which sugars	1.0g	<0.5g
Fibre	3.3g	1.6g
Protein	7.7g	3.8g
Salt	0.64g	0.32g

This pot contains 4 servings.
Produced in the UK.

200g ℮

Houmous - Reduced Fat 200g

A REDUCED FAT GREEK STYLE DIP MADE WITH COOKED CHICKPEAS, SESAME SEED PASTE, LEMON JUICE AND GARLIC

INGREDIENTS: COOKED CHICKPEAS (54%) (Chickpeas, Water), Water, **SESAME** SEED PASTE (12%), Rapeseed **Oil**, CONCENTRATED LEMON JUICE (3%), GARLIC PURÉE (1%), Salt, Preservative: Potassium Sorbate.

ALLERGY ADVICE: For allergens, see ingredients in **bold**.

DIETARY ADVICE: Suitable for vegetarians and vegans.
No artificial colours or flavourings.

Use By: See front of pack.

STORAGE: Keep refrigerated below 5°C.
Once opened, keep refrigerated and consume within 2 days and by date shown.

Nutrition		
TYPICAL VALUES	Per 100g	Per 1/4 pot (50g)
Energy	984kJ/237kcal	492kJ/118kcal
Fat	16g	7.9g
of which saturates	1.9g	0.9g
Carbohydrate	13g	6.6g
of which sugars	1.2g	0.6g
Fibre	3.9g	2.0g
Protein	8.6g	4.3g
Salt	0.87g	0.44g

This pot contains 4 servings.
Produced in the UK.
*30% less fat than standard houmous.

200g ℮

Falafel - Mediterranean 200g

BAKED CHICKPEAS, ONION, DRIED POTATO AND SPICES

INGREDIENTS: CHICKPEAS (81%) (Water, Chickpeas), ONION (10%), Rapeseed **Oil**, **DRIED** POTATO (6%) (Dried Potato, Emulsifier: Mono- and Diglycerides of Fatty Acids; Antioxidant: Diphosphates), GARLIC PURÉE (1.5%) (Water, Dried Garlic), Concentrated Lemon Juice, Salt, Raising Agent: Sodium Carbonates; Cumin Powder, Coriander Powder, Dried Parsley, White Pepper.

DIETARY ADVICE: Suitable for vegetarians and vegans.
No artificial colours, flavourings or preservatives.

DIRECTIONS FOR USE: Ready to eat. Remove all packaging.

OVEN	ELECTRIC	180°C	5 minutes
	FAN	160°C	5 minutes
	GAS	Gas Mark 4	5 minutes
	Place on a baking tray on the middle shelf of a preheated oven for the time specified above.		
MICROWAVE	OVEN WATTAGE	TOTAL COOKING TIME	
	D/800W	1 minute	
	Place falafels on to a non-metallic container. Heat on full power for the time specified above.		

Ensure product is thoroughly heated and piping hot throughout.
Do not reheat.

Use By: See front of pack.

STORAGE: Keep refrigerated below 5°C. Once opened, keep refrigerated and consume within 3 days and by date shown.

FREEZING: Suitable for freezing. Freeze by date mark shown and use within one month. Defrost thoroughly in the fridge before use and use within 24 hours. Never defrost in a warm room.
Do not refreeze once defrosted.
Packaged in a protective atmosphere.
Produced in the UK.

Nutrition	
TYPICAL VALUES (as sold)	Per ½ pack (100g)
Energy	981kJ/235kcal
Fat	12g
of which saturates	0.9g
Carbohydrate	21g
of which sugars	0.6g
Fibre	7.6g
Protein	6.4g
Salt	1.3g

This pack contains 2 servings.

200g ℮

SLEEVE Widely Recycled | TRAY Check Locally | FILM Not Yet Recycled

If you are not entirely satisfied with this product please return it to the store where it was purchased and we will be pleased to replace or refund it. This does not affect your statutory rights.

Olives - Olive Salad 150gvcv

RED PEPPER STUFFED KALAMATA OLIVES AND PITTED GORDAL OLIVES WITH MANCHEGO CHEESE, SEMI-DRIED TOMATOES WITH HERBS IN EXTRA VIRGIN OLIVE OIL (1.5%) AND SUNFLOWER OIL

INGREDIENTS

GORDAL AND KALAMATA OLIVES (68%) [Pitted Green Gordal Olives (Green Olives, Salt, Acidity Regulator: Lactic Acid), Red Pepper Stuffed Kalamata Olives (Kalamata Olives, Red Pepper, Salt, Acidity Regulator: Lactic Acid)], SEMI-DRIED CHERRY TOMATOES (13%) (Cherry Tomatoes, Sunflower Oil, Salt, Basil, Garlic, Oregano, Chilli Pepper, Antioxidant: Ascorbic Acid; Acidity Regulator: Citric Acid), MANCHEGO CHEESE (13%) ((**Milk**), Stabiliser: Calcium Chloride), Sunflower Oil, EXTRA VIRGIN OLIVE OIL (1.5%), Basil.

ALLERGY ADVICE: For allergens, see ingredients in **bold**. May also contain nuts.
DIETARY ADVICE: Suitable for vegetarians. **WARNING:** Although every effort has been made to remove stones, some small stones or fragments may remain.

NUTRITION This pot contains 4 servings.

Typical values (partially drained) per 100g: Energy 829kJ/201kcal, Fat 18g, of which saturates 5.2g, Carbohydrate 2.7g, of which sugars 1.4g, Fibre 2.7g, Protein 4.7g, Salt 3.0g. Typical values per 1/4 pot (approx. 35g) (%*RI): Energy 294kJ/71kcal (4%), Fat 6.5g (9%), of which saturates 1.8g (9%), Carbohydrate 0.9g, of which sugars <0.5g (<1%), Fibre 1.0g, Protein 1.7g, Salt 1.1g (18%).
*RI = Reference Intake. Reference Intake of an Average Adult (8400kJ/2000kcal).

USE BY: See front of pack. **STORAGE:** Keep refrigerated below 5°C. Once opened, keep refrigerated and consume within 2 days and by date shown. Packaged in a protective atmosphere.

SLEEVE Widely Recycled
POT Widely Recycled
FILM Not Yet Recycled

150g ℮

Olives - Nocellara 150g

STONE IN NOCELLARA GREEN OLIVES MARINATED IN SUNFLOWER OIL AND EXTRA VIRGIN OLIVE OIL (1.5%)

INGREDIENTS

NOCELLARA OLIVES (95%) (Green Olives, Salt, Acidity Regulators: Citric Acid, Lactic Acid; Antioxidant: Ascorbic Acid), Sunflower **Oil**, EXTRA VIRGIN OLIVE OIL (1.5%).

ALLERGY ADVICE: May contain lupin. **DIETARY ADVICE:** Suitable for vegetarians.
WARNING: Contains olive stones.
No artificial colours or flavourings.

NUTRITION This pot contains 4 servings.

Typical values (drained) per 100g: Energy 998kJ/243kcal, Fat 25g, of which saturates 4.1g, Carbohydrate 0.8g, of which sugars <0.5g, Fibre 3.2g, Protein 1.3g, Salt 3.2g. Typical values per 1/4 pot (approx 35g) (%*RI): Energy 357kJ/87kcal (4%), Fat 9.1g (13%), of which saturates 1.5g (8%), Carbohydrate <0.5g, of which sugars <0.5g (<1%), Fibre 1.1g, Protein <0.5g, Salt 1.2g (20%).
*RI = Reference Intake. Reference Intake of an Average Adult (8400kJ/2000kcal).

USE BY: See front of pack.
STORAGE: Keep refrigerated below 5°C. Once opened, keep refrigerated and consume within 2 days and by date shown.
Packaged in a protective atmosphere.

SLEEVE Widely Recycled
POT Widely Recycled
FILM Not Yet Recycled

150g ℮

Deli Fillers - Tuna 250g

SKIPJACK TUNA AND SWEETCORN IN A SEASONED MAYONNAISE

INGREDIENTS: SKIPJACK TUNA (*Katsuwonus pelamis*) (31%) (**Fish**), SUPERSWEET SWEETCORN (30%), Water, Rapeseed Oil, Cornflour, Pasteurised **Egg** Yolk, Sugar, Concentrated Lemon Juice, Spirit Vinegar, Salt, White Wine Vinegar, **Mustard** Seed.

ALLERGY ADVICE: For allergens, see ingredients in **bold**.
WARNING: Although every effort has been made to remove bones, some small bones may remain.
No artificial colours, flavourings or preservatives. FAD Free.

NUTRITION: Typical values per 100g: Energy 740kJ/178kcal, Fat 13g, of which saturates 1.1g, Carbohydrate 7.8g, of which sugars 3.3g, Fibre 0.8g, Protein 8.0g, Salt 0.64g.
Typical values per 1/5 pot (50g): Energy 370kJ/89kcal, Fat 6.3g, of which saturates 0.6g, Carbohydrate 3.9g, of which sugars 1.7g, Fibre <0.5g, Protein 4.0g, Salt 0.32g.
This pot contains 5 servings.

250g ℮

Deli Fillers - Egg 250g

CHOPPED HARD BOILED EGG IN A SEASONED MAYONNAISE

INGREDIENTS: HARD BOILED **EGG** (75%), MAYONNAISE (24%) (Water, Rapeseed Oil, Cornflour, Pasteurised **Egg** Yolk, Spirit Vinegar, Sugar, White Wine Vinegar, **Salt**, **Mustard** Seed), **Salt**, White Pepper.

For allergens, see ingredients in **bold**.

WARNING: Although every effort has been made to remove shell, some small fragments may remain.
No artificial colours or flavourings.

NUTRITION: Typical values per 100g: Energy 695kJ/167kcal, Fat 13g, of which saturates 2.5g, Carbohydrate 2.9g, of which sugars <0.5g, Fibre <0.5g, Protein 11g, Salt 0.65g. Typical values per 1/5 pot (50g) : Energy 348kJ/84kcal, Fat 6.3g, of which saturates 1.2g , Carbohydrate 1.4g, of which sugars <0.5g, Fibre <0.5g, Protein 5.3g, Salt 0.33g.
This pot contains 5 servings.

250g e

British No Added Water Honey Ham 240g

FORMED HAM CURED, COOKED AND HONEY ROASTED

INGREDIENTS
PORK (96%), HONEY (4%), Salt, Sugar, Stabiliser: Triphosphates; Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite.

USE BY: See front of pack.
STORAGE: Keep refrigerated below 5°C. Once opened, keep refrigerated and consume within 2 days and by date shown.

240g
4088600147765

UK YB015 EC

NUTRITION	This pack contains approx. 14 slices.	
TYPICAL VALUES	Per 100g	Per slice (approx. 17g)
Energy	500kJ/118kcal	86kJ/20kcal
Fat	2.3g	<0.5g
of which saturates	0.8g	0.1g
Carbohydrate	3.9g	0.7g
of which sugars	3.9g	0.7g
Fibre	<0.5g	<0.5g
Protein	21g	3.5g
Salt	1.6g	0.27g

Packaged in a protective atmosphere.
Produced in the UK using British pork.

British No Added Water Breaded Ham 240g

FORMED HAM, MADE FROM SELECTED CUTS OF CURED PORK LEG, COOKED AND COATED WITH BREADCRUMBS

INGREDIENTS
PORK LEG (98%), Gluten Free Breadcrumbs (Rice Flour, Maize Flour, Rapeseed Oil, Maize Starch, Salt, Colour: Paprika Extract; Ground Turmeric, Dextrose, Emulsifier: Mono- and Diglycerides of Fatty Acids), Salt, Stabiliser: Triphosphates; Sugar, Pork Gelatine, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite.
No artificial colours or flavourings.

USE BY: See front of pack.
STORAGE: Keep refrigerated below 5°C. Once opened, keep refrigerated and consume within 2 days and by date shown.

UK SM 025 EC

NUTRITION	
TYPICAL VALUES	Per 100g / Per slice (approx. 17g)
Energy	464kJ/110kcal / 80kJ/19kcal
Fat	1.9g / <0.5g
of which saturates	0.7g / 0.1g
Carbohydrate	2.2g / <0.5g
of which sugars	<0.5g / <0.5g
Fibre	0.6g / <0.5g
Protein	21g / 3.6g
Salt	1.5g / 0.26g

Packaged in a protective atmosphere.
Produced in the UK using British pork.
Made with Gluten Free Breadcrumbs.

Cocktail Sausages 375g

PORK CHIPOLATA SAUSAGES• COARSELY MINCED PORK SEASONED WITH SPICES AND HERBS FILLED INTO NATURAL SHEEP CASING

DIRECTIONS FOR USE

Always wash hands, all surfaces and utensils after handling raw meat. Remove all packaging. For best results do not prick sausage skin.

GRILL — Place under a preheated medium to high grill for 12 - 16 minutes, turning occasionally. **12-16** mins

OVEN — Place on a baking tray on the middle shelf of a pre-heated oven for the time specified, turning occasionally.

Fan 170°C	20-25 mins
Electric 190°C	20-25 mins
Gas 5	20-25 mins

Ensure product is thoroughly cooked and piping hot throughout, no pink meat remains and the juices run clear. Do not reheat. Not suitable for microwave cooking.

INGREDIENTS

BRITISH PORK (97%), Potato Starch, Salt, White Pepper, Dried Sage, Dried Coriander, Preservative: Sodium Metabisulphite, Ground Nutmeg. Filled into Natural Sheep Casing.

ALLERGENT ADVICE: For allergens, see ingredients in **bold**.
No artificial colours or flavourings.

NUTRITION	This pack contains 6 servings.	
TYPICAL VALUES (grilled)	Per 100g	Per 2 chipolatas (45g)
Energy	1341kJ/323kcal	603kJ/145kcal
Fat	24g	11g
of which saturates	8.3g	3.7g
Carbohydrate	1.5g	0.6g
of which sugars	<1.5g	<0.5g
Fibre	0.7g	<0.5g
Protein	24g	11g
Salt	1.4g	0.63g

USE BY: See front of pack.
STORAGE: Keep refrigerated below 5°C at the bottom of the fridge. Once opened, keep refrigerated and use within 2 days and by date shown.
FREEZING: Suitable for freezing. Freeze by date mark shown and use within one month. Defrost thoroughly at the bottom of the fridge before use and use within 24 hours. Never defrost in a warm room. Do not refreeze once defrosted.
Produced in the UK using British pork.

375g e

UK 4027 EC

No Added Water Breaded Ham 120g

FORMED HAM, MADE FROM SELECTED CUTS OF CURED PORK LEG, COOKED AND COATED WITH BREADCRUMBS

INGREDIENTS
PORK LEG (98%), Gluten Free Breadcrumbs (Rice Flour, Maize Flour, Rapeseed Oil, Maize Starch, Salt, Colour: Paprika Extract; Ground Turmeric, Dextrose, Emulsifier: Mono- and Diglycerides of Fatty Acids), Salt, Stabiliser: Triphosphates; Sugar, Pork Gelatine, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite.
No artificial colours or flavourings.

USE BY: See front of pack.
STORAGE: Keep refrigerated below 5°C. Once opened, keep refrigerated and consume within 2 days and by date shown.

UK SM 025 EC

NUTRITION	
TYPICAL VALUES	Per 100g / Per slice (approx. 17g)
Energy	464kJ/110kcal / 80kJ/19kcal
Fat	1.9g / <0.5g
of which saturates	0.7g / 0.1g
Carbohydrate	2.2g / <0.5g
of which sugars	<0.5g / <0.5g
Fibre	0.6g / <0.5g
Protein	21g / 3.6g
Salt	1.5g / 0.26g

Packaged in a protective atmosphere.
Produced in the UK using British pork.
Made with Gluten Free Breadcrumbs.

No Added Water Honey Ham 120g

FORMED HAM, MADE FROM SELECTED CUTS OF HONEY CURED PORK LEG, COOKED AND SLICED

INGREDIENTS
PORK LEG (96%), HONEY (4%), Salt, Stabiliser: Triphosphates; Sugar, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite.
No artificial flavourings

USE BY: See front of pack.
STORAGE: Keep refrigerated below 5°C. Once opened, keep refrigerated and consume within 2 days and by date shown.

120g e

UK SM 025 EC

NUTRITION	This pack contains 7 slices.	
TYPICAL VALUES	Per 100g	Per slice (17g)
Energy	488kJ/115kcal	83kJ/20kcal
Fat	1.9g	<0.5g
of which saturates	0.7g	0.1g
Carbohydrate	3.8g	0.6g
of which sugars	2.1g	<0.5g
Fibre	0.6g	<0.5g
Protein	21g	3.5g
Salt	1.6g	0.27g

Packaged in a protective atmosphere.
Produced in the UK using British pork.

Quiche Lorraine

SMOKED MAPLE BACON AND MATURE CHEDDAR CHEESE BAKED WITH EGG CUSTARD IN A SHORTCRUST PASTRY CASE

DIRECTIONS FOR USE: Can be eaten hot or cold.

OVEN: Fan 180°C/Electric 200°C/Gas 6 for 20 - 25 mins. Remove all packaging. Place on a baking tray on the middle shelf of a preheated oven for the time specified.

Ensure product is thoroughly heated and piping hot throughout. Do not reheat. Not suitable for microwave heating.

INGREDIENTS

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), MATURE CHEDDAR CHEESE (19%) (**Milk**), Whole **Milk**, SMOKED MAPLE CURED BACON (14%) (BRITISH PORK (95%), Water, Salt, Dextrose, Stabilisers: Diphosphates, Triphosphates; Partially Inverted Sugar Syrup, Antioxidant: Sodium Ascorbate; Maple Syrup, Preservative: Sodium Nitrite; Vanilla Extract), Pasteurised Free Range **Egg**, Single Cream (**Milk**), Palm Oil, Water, Modified Maize Starch, Rapeseed Oil, **Milk** Powder, Maize Starch, Salt, Onion Powder, Dextrose, Black Pepper Extract, Acidity Regulator: Sodium Acetate.

ALLERGY ADVICE: For allergens, see ingredients in **bold**.
No artificial colours or flavourings.

NUTRITION	This pack contains 4 servings.
TYPICAL VALUES (as sold)	Per 1/4 quiche (100g)
Energy	1155kJ/277kcal
Fat	18g
of which saturates	8.5g
Carbohydrate	18g
of which sugars	2.4g
Fibre	0.9g
Protein	11g
Salt	0.72g

USE BY: See front of pack.
STORAGE: Keep refrigerated below 5°C. Once opened, consume immediately.
FREEZING: Suitable for freezing. Freeze by date mark shown and use within one month. Defrost thoroughly in the fridge before use and use immediately. Never defrost in a warm room. Do not refreeze once defrosted.
Produced using British pork.

400g e

Quiche Cheese Onion

MATURE CHEDDAR CHEESE, RED LEICESTER CHEESE, VINTAGE CHEDDAR CHEESE AND EDAM CHEESE BAKED WITH EGG CUSTARD IN A SHORTCRUST PASTRY CASE

DIRECTIONS FOR USE: Can be eaten hot or cold.

OVEN: Fan 180°C/Electric 200°C/Gas 6 for 20 - 25 mins. Remove all packaging. Place on a baking tray on the middle shelf of a preheated oven for the time specified.

Ensure product is thoroughly heated and piping hot throughout. Do not reheat. Not suitable for microwave heating.

INGREDIENTS

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pasteurised Free Range **Egg**, Whole **Milk**, ONION (13%), Single Cream (**Milk**), Vegetable Oils (Palm Oil, Rapeseed Oil), Water, MATURE CHEDDAR CHEESE (9%) (**Milk**), RED LEICESTER CHEESE (2.5%) Red Leicester Cheese (**Milk**), Colour: Annatto), EDAM CHEESE (2.5%) (Edam Cheese (**Milk**), Colour: Carotenes), VINTAGE CHEDDAR CHEESE (2.5%) (**Milk**), Modified Maize Starch, Whole **Milk** Powder, Maize Starch, Salt, Onion Powder, Dextrose, Black Pepper Extract, Acidity Regulator: Sodium Acetates.

ALLERGY ADVICE: For allergens, see ingredients in **bold**.
No artificial colours, flavourings or preservatives.
Suitable for Vegetarians.

NUTRITION	This pack contains 4 servings.
TYPICAL VALUES (as sold)	Per 1/4 quiche (100g)
Energy	1043kJ/250kcal
Fat	15g
of which saturates	7.4g
Carbohydrate	19g
of which sugars	3.0g
Fibre	1.2g
Protein	8.2g
Salt	0.44g

USE BY: See front of pack.
STORAGE: Keep refrigerated below 5°C. Once opened, consume immediately.
FREEZING: Suitable for freezing. Freeze by date mark shown and use within one month. Defrost thoroughly in the fridge before use and use immediately. Never defrost in a warm room. Do not refreeze once defrosted.

400g e

Sausage Rolls

LIGHTLY SEASONED PORK SAUSAGE MEAT IN PUFF PASTRY

DIRECTIONS FOR USE: Remove all packaging.

Can be eaten hot or cold. For best results, heat from chilled.

OVEN

Place on a baking tray on the middle shelf of a preheated oven for the time specified or until thoroughly heated and piping hot throughout.

Fan 160°C **12-15** mins
Electric 180°C **12-15** mins
Gas 4 **12-15** mins

Do not reheat. Not suitable for microwave heating.

360g e

UK US026 EC

INGREDIENTS

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), BRITISH PORK (29%), Water, Palm Oil, Whole **Milk**, Potato Starch, Rapeseed Oil, Onion, Salt, Sugar, Yeast Extract, Nutmeg, Parsley, Onion Powder, Mace, Black Pepper, Raising Agent: Sodium Carbonates; Garlic Powder, Pasteurised Free Range **Egg**, White Pepper.

ALLERGY ADVICE: For allergens, see ingredients in **bold**.
No artificial colours, flavourings or preservatives.

NUTRITION	This pack contains 6 sausage rolls.	
TYPICAL VALUES (as sold)	Per 100g	Per sausage roll (60g)
Energy	1506kJ/362kcal	904kJ/217kcal
Fat	25g	15g
of which saturates	11g	6.6g
Carbohydrate	26g	16g
of which sugars	1.6g	1.0g
Fibre	1.6g	0.9g
Protein	8.0g	4.8g
Salt	1.1g	0.65g

USE BY: See front of pack.
STORAGE: Keep refrigerated below 5°C.
Once opened, keep refrigerated and consume within 2 days and by date shown.
FREEZING: Suitable for freezing.
Freeze by date mark shown and use within one month.
Defrost thoroughly in the fridge before use and use within 24 hours.
Never defrost in a warm room. Do not refreeze once defrosted.
Produced using British Pork.

SS Quiche - Bacon & Cheddar

CHERRYWOOD SMOKED BACON AND MATURE CHEDDAR CHEESE IN A FREE RANGE EGG SAVOURY CUSTARD IN A POPPY SEEDED SHORTCRUST PASTRY

DIRECTIONS FOR USE

Can be eaten hot or cold.

OVEN

Remove all packaging. Place on a baking tray on the middle shelf of a preheated oven for the time specified.

Fan 180°C **25** mins
Electric 200°C **25** mins
Gas 6 **25** mins

Ensure product is thoroughly cooked and piping hot throughout. Do not reheat. Not suitable for microwave heating.

INGREDIENTS

Whole **Milk**, CHERRYWOOD SMOKED BACON (13%) (British Pork, Salt, Preservative: Sodium Nitrite), Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), MATURE CHEDDAR CHEESE (11%) (**Milk**), Pasteurised Free Range **Egg**, Onion, Wheat Flour with Malted Wheat and Barley (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Malted **Wheat** Flakes, Malted **Barley** Flour), Butter (**Milk**), Vegetable Shortening (Palm Oil, Rapeseed Oil), Double Cream (**Milk**), Cornflour, Poppy Seeds, Parsley, Rapeseed Oil, Dextrose, Mustard Powder (Ground **Mustard** Seeds, Corn Starch, Turmeric), Salt, Ground Black Pepper, Cracked Black Pepper.

ALLERGY ADVICE: For allergens, see ingredients in **bold**.
No artificial colours or flavourings.

NUTRITION	This pack contains 4 servings.
TYPICAL VALUES	Per 100g (1/4 quiche)
Energy	1193kJ/287kcal
Fat	19g
of which saturates	9.7g
Carbohydrate	18g
of which sugars	2.7g
Fibre	1.6g
Protein	8.9g
Salt	0.57g

USE BY: See front of pack.
STORAGE: Keep refrigerated below 5°C. Once opened, keep refrigerated and use within 24 hours and by date shown.
FREEZING: Suitable for freezing. Freeze by date mark shown and use within one month. Defrost thoroughly in the fridge before use and use immediately. Never defrost in a warm room. Do not refreeze once defrosted.
Produced using British pork.

400g e

SS Sausage Rolls- Bacon & Cheddar

BUTTER ENRICHED PUFF PASTRY ROLLS FILLED WITH SMOKED DRY CURED BACON, WEST COUNTRY CHEDDAR CHEESE AND PORK SAUSAGE MEAT WITH A BACON FLAVOUR SPRINKLE

DIRECTIONS FOR USE

Can be eaten hot or cold. For best results, heat from chilled. Remove all packaging.
OVEN: Fan 160°C / Electric 180°C / Gas 4 for 15 minutes from chilled and 20 minutes from frozen. Place on a baking tray on the middle shelf of a preheated oven for the time specified. Ensure product is thoroughly heated and piping hot throughout.
Do not reheat. Not suitable for microwave heating.

INGREDIENTS

PUFF PASTRY (49%) (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Margarine (Palm Oil, Water, Rapeseed Oil, Salt, Lemon Juice), Water, SALTED BUTTER (5%) (Butter (**Milk**, Salt)), BACON, CHEDDAR CHEESE AND PORK SAUSAGE MEAT FILLING (45%) (SMOKED DRY CURE BACON (16%) (BRITISH PORK BELLY (97%), Salt, Preservative: Sodium Nitrite), WEST COUNTRY MATURE CHEDDAR CHEESE (29%) (**Milk**), BRITISH PORK SHOULDER (23%), BRITISH PORK BELLY (6%), Water, Onion, Rusk (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Pasteurised Free Range **Egg**, **Wheat** Flour, Potato Starch, Rapeseed Oil, Black Pepper, White Pepper), Pasteurised Free Range **Egg**, BACON FLAVOUR SPRINKLE (4%) (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, **Wheat** Flour, Salt, Sugar, Maltodextrin, Yeast Extract Powder, Yeast Powder, Colours: Beetroot Red, Paprika Extract, Yeast, Smoked Salt, Flavouring, **Barley** Malt Flour).

ALLERGY ADVICE: For allergens see ingredients in **bold**.
No artificial colours or flavourings.

NUTRITION	This pack contains 4 sausage rolls.	
TYPICAL VALUES (as sold)	Per 100g	Per sausage roll (47g)
Energy	1668kJ/401kcal	784kJ/188kcal
Fat	26g	13g
of which saturates	13g	6.3g
Carbohydrate	24g	11g
of which sugars	1.2g	0.6g
Fibre	1.7g	0.8g
Protein	12g	5.8g
Salt	1.1g	0.53g

USE BY: See front of pack.
STORAGE: Keep refrigerated below 5°C. Once opened, keep refrigerated and consume within 2 days and by date shown.
FREEZING: Suitable for freezing. Freeze by date mark shown and use within one month. Do not refreeze once defrosted.
Produced using British pork.

Sausage meat made with pork from Outdoor Bred pigs which are both outdoors and after weaning are moved inside to be reared in straw bedded barns on British farms.

188g e

UK US026 EC

SS Sausage Rolls- Hog

BUTTER ENRICHED PUFF PASTRY ROLLS FILLED WITH PORK SAUSAGE MEAT WITH BRAMLEY APPLE, TOPPED WITH THYME SPRINKLE

DIRECTIONS FOR USE: Remove all packaging.

Can be eaten hot or cold. For best results, heat from chilled.
OVEN: Fan 160°C/Electric 180°C/Gas 4 for 15 minutes from chilled and 20 minutes from frozen. Place on a baking tray on the middle shelf of a preheated oven for the time specified. Ensure product is thoroughly heated and piping hot throughout.
Do not reheat. Not suitable for microwave heating.

INGREDIENTS

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), BRITISH PORK SHOULDER (25%), Water, Palm Oil, BRAMLEY APPLE SAUCE (8%) (BRAMLEY APPLE (50%), Water, Sugar, Maize Starch, Brown Sugar, Lemon Juice Concentrate, Potato Fibre), Potato, Pasteurised Free Range **Egg**, BRAMLEY APPLE (4%), BUTTER (3%) (**Milk**), Rapeseed Oil, BRITISH PORK BELLY (1.5%), Maize Starch, Potato Starch, Salt, **Wheat** Flour, Parsley, Thyme, Garlic Purée, Demerara Sugar, Lemon Juice, Black Pepper, Ground Bay Leaf, Nutmeg, Yeast, Mace, White Pepper.

ALLERGY ADVICE: For allergens, see ingredients in **bold**.
No artificial colours, flavourings or preservatives.

NUTRITION	This pack contains 4 sausage rolls.	
TYPICAL VALUES (as sold)	Per 100g	Per sausage roll (47g)
Energy	1365kJ/327kcal	642kJ/154kcal
Fat	20g	9.3g
of which saturates	8.9g	4.2g
Carbohydrate	27g	13g
of which sugars	3.2g	1.5g
Fibre	2.2g	1.0g
Protein	9.6g	4.5g
Salt	0.78g	0.37g

USE BY: See front of pack.
STORAGE: Keep refrigerated below 5°C. Once opened, keep refrigerated and consume within 2 days and by date shown.
FREEZING: Suitable for freezing. Freeze by date mark shown and use within one month. Never defrost in a warm room. Do not refreeze once defrosted.
Produced using British pork.

Sausage meat made from pork from outdoor bred pigs which are born outdoors and after weaning are moved inside to be reared in straw bedded barns on British farms.

188g e

UK US026 EC

S/S Coleslaw

WHITE CABBAGE, CARROT AND WHITE ONION IN A FREE RANGE EGG MAYONNAISE

INGREDIENTS

WHITE CABBAGE (45%), FREE EGG RANGE MAYONNAISE (36%) (Rapeseed Oil, Water, Pasteurised Free Range **Egg**, White Wine Vinegar, Sugar, Spirit Vinegar, Salt, Stabilisers: Guar Gum, Pectins, Xanthan Gum; **Mustard** Flour, Sucrose, Dried Free Range **Egg** White), CARROT (15%), WHITE ONION (2%), Spirit Vinegar, Rapeseed Oil, Sugar, Salt, Stabiliser: Pectins; Sucrose, Preservative: Potassium Sorbate; Dried Free Range **Egg** White.

ALLERGY ADVICE: For allergens, see ingredients in **bold**.
May also contain peanuts and nuts.
DIETARY ADVICE: Suitable for vegetarians.
No artificial colours or flavourings.

NUTRITION — This pack contains 3 servings.

Typical values per 100g (1/3 pot): Energy 815kJ/197kcal, Fat 18g, of which saturates 1.4g, Carbohydrate 6.4g, of which sugars 4.9g, Fibre 0.9g, Protein 1.0g, Salt 0.56g.

USE BY: See top of pack.
STORAGE: Keep refrigerated below 5°C. Once opened, keep refrigerated and consume within 2 days and by date shown.

300g e

Specially Selected Scottish Heather Ham 100g

FINELY SLICED FORMED HAM FROM CUTS OF SPECIALLY SELECTED PORK LEG MEAT, CURED WITH BLOSSOM HONEY, COOKED, COATED IN HEATHER HONEY GLAZE AND ROASTED

INGREDIENTS

SPECIALLY SELECTED PORK, BLOSSOM HONEY (3.5%), **Salt**, Dextrose, Sugar, HEATHER HONEY (0.1%), Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite. MADE WITH 105g OF RAW PORK PER 100g OF FINISHED PRODUCT.

USE BY: See front of pack.
STORAGE: Keep refrigerated below 5°C. Once opened, keep refrigerated and consume within 2 days and by date shown. Not suitable for freezing.

100g e

NUTRITION — This pack contains 3 servings.

TYPICAL VALUES	Per 100g	Per 1/3 pack (approx. 33g)
Energy	586kJ/139kcal	195kJ/46kcal
Fat	4.5g	1.5g
of which saturates	1.8g	0.6g
Carbohydrate	2.5g	0.8g
of which sugars	2.2g	0.7g
Fibre	0.6g	<0.5g
Protein	22g	7.3g
Salt	1.6g	0.54g

Packaged in a protective atmosphere.
Produced in Scotland using Scottish pork.

Steak and Gravy Pies 2 Pack

PASTRY SHELL FILLED WITH BEEF IN GRAVY, TOPPED WITH A PUFF PASTRY LID

DIRECTIONS FOR USE: Remove all packaging.

OVEN
Fan 160°C **15-20** mins
Electric 180°C **15-20** mins
Gas 4 **15-20** mins

Place on a baking tray on the middle shelf of a preheated oven for the time specified, or until thoroughly cooked and piping hot throughout.
Do not reheat. Not suitable for microwave cooking.

NUTRITION — This pack contains 2 servings.

TYPICAL VALUES (as sold)	Per 100g	Per pie (130g)
Energy	1082kJ/258kcal	1407kJ/336kcal
Fat	12g	16g
of which saturates	5.2g	6.7g
Carbohydrate	26g	34g
of which sugars	1.4g	1.8g
Fibre	1.2g	1.6g
Protein	10g	14g
Salt	1.1g	1.4g

USE BY: See front of pack. **STORAGE:** Keep refrigerated below 5°C. Once opened, keep refrigerated and consume within 24 hours and by date shown. **FREEZING:** Suitable for freezing. Freeze by date mark shown and use within one month. Defrost thoroughly in the fridge before use and consume within 24 hours. Never defrost in a warm room. Do not refreeze once defrosted.

INGREDIENTS

BEEF IN GRAVY FILLING (51%) (BEEF STEAK (50%), Water, BEEF FLANK (13%), Maize Starch, Seasoning (Salt, Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), White Pepper, **Barley** Malt Extract Powder, Coriander, Ginger Powder, Nutmeg, Cinnamon Powder, Pimento, Dextrose), Onion Powder, **Barley** Malt Extract Powder, Black Pepper, Antioxidant: Ascorbic Acid), PUFF PASTRY SHELL (31%) [Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine (Palm Stearin, Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids), Salt, Rapeseed Oil, Flour Treatment Agent: L-Cysteine], PUFF PASTRY LID (17%) [Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine (Palm Stearin Oil, Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids), Water, Salt], Glaze (Rapeseed Oil, **Milk** Proteins, Emulsifiers: Lecithins (**Soya**), Polysorbate 60; Glucose, Acidity Regulator: Sodium Citrates), Yeast.

ALLERGY ADVICE: For allergens, including cereals containing gluten, see ingredients in **bold**.
WARNING: Although every effort has been made to remove bones, some small bones may remain.
No artificial colours, flavourings or preservatives.

Scotch Pies 2 Pack

2 SCOTCH PIES

INGREDIENTS: PIE FILLING (56%) [Water, BEEF FLANK (41%), Rusk [Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt], Salt, Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), White Pepper, Coriander, Black Pepper, Pepper Extract, Nutmeg Extract], Puff Pastry Shell [Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine (Vegetable Oils (Palm Stearin Oil, Palm Oil, Rapeseed Oil), Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids), Water, Salt, Rapeseed Oil, Flour Treatment Agent: L-Cysteine], Puff Pastry Lid [Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine (Vegetable Oils (Palm Stearin Oil, Palm Oil, Rapeseed Oil), Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids), Water, Salt], Glaze (Rapeseed Oil, **Milk** Proteins, Emulsifiers: Lecithins (**Soya**), Polysorbate 60; Glucose, Acidity Regulator: Sodium Citrates).
ALLERGY ADVICE: For allergens, including cereals containing gluten, see ingredients in **bold**.
WARNING: Although every effort has been made to remove bones, some small bones may remain.
No artificial colours, flavourings or preservatives.

DIRECTIONS FOR USE: Remove all packaging.

OVEN

ELECTRIC	190°C	15 - 20 minutes
FAN	170°C	15 - 20 minutes
GAS	Gas Mark 5	15 - 20 minutes

Place on a baking tray on the middle shelf of a preheated oven for the time specified above, or until thoroughly cooked and piping hot throughout.
Do not reheat. Not suitable for microwave cooking.
Use By: See front of pack.
STORAGE: Keep refrigerated below 5°C. Once opened, keep refrigerated and use within 24 hours and by date shown.
FREEZING: Suitable for freezing. Freeze by date mark shown and use within one month. Defrost thoroughly in the fridge before use and use within 24 hours. Never defrost in a warm room. Do not refreeze once defrosted.

Nutrition

TYPICAL VALUES (as sold)	Per 100g	Per pie (145g)
Energy	984kJ/235kcal	1427kJ/340kcal
Fat	10g	15g
of which saturates	3.6g	5.2g
Carbohydrate	28g	41g
of which sugars	1.1g	1.6g
Fibre	1.6g	2.3g
Protein	6.3g	9.2g
Salt	1.4g	2.0g

This pack contains 2 pies.

Scottish Premium Steak Slice 270g

SLICED BEEF SAUSAGE WITH SEASONING

DIRECTIONS FOR USE: Remove all packaging.

Always wash hands, all surfaces and utensils after handling raw meat.

GRILL: Place under a preheated moderate/medium grill and cook for approximately 8 - 10 minutes, turning occasionally.

SHALLOW FRY: Add to a well oiled frying pan and fry over a medium heat for 8 - 10 minutes, turning occasionally. Drain well before serving.

Ensure product is thoroughly cooked and piping hot throughout, no pink meat remains and the juices run clear. Do not reheat. Not suitable for microwave cooking.

INGREDIENTS

BEEF FLANK (69%), Rusk [Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt], Water, **Wheat** Starch, Salt, Dextrose, White Pepper, Spice Extracts, Colour: Carmines; Herb Extracts, Antioxidant: Sodium Ascorbate; Preservative: Sodium **Metabisulphite**.

ALLERGY ADVICE: For allergens, including cereals containing gluten, see ingredients in **bold**.
No artificial flavourings.

NUTRITION — This pack contains 4 slices.

TYPICAL VALUES (grilled)	Per 100g	Per slice
Energy	1191kJ/286kcal	691kJ/166kcal
Fat	17g	10.0g
of which saturates	7.0g	4.1g
Carbohydrate	19g	11g
of which sugars	0.7g	<0.5g
Fibre	2.5g	1.5g
Protein	13g	7.4g
Salt	1.2g	0.68g

USE BY: See front of pack.
STORAGE: Keep refrigerated below 5°C at the bottom of the fridge. Once opened, keep refrigerated and use within 2 days and by date shown.
FREEZING: Suitable for freezing. Freeze by date mark shown and use within one month. Defrost thoroughly at the bottom of the fridge before use and use within 24 hours. Never defrost in a warm room. Do not refreeze once defrosted.
Produced using Scottish beef.

270g e

Scottish Reduced Fat Steak Slice 260g

REDUCED FAT SLICED BEEF LORNE SAUSAGE WITH SEASONING

DIRECTIONS FOR USE

Always wash hands, all surfaces and utensils after handling raw meat. Remove all packaging.

GRILL: Place under a preheated medium grill and cook for approximately 7-9 minutes, turning occasionally.

Ensure product is thoroughly cooked and piping hot throughout, no pink meat remains and the juices run clear. Do not reheat. Not suitable for microwave cooking.

INGREDIENTS

BEEF (67%), Water, Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), **Wheat** Starch, Pea Fibre, Salt, Dextrose, White Pepper, Spice Extracts, Colour: Carmines; Preservative: Sodium **Metabisulphite**; Herb Extracts, Antioxidant: Sodium Citrates; Yeast.

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

260g e

NUTRITION — This pack contains 4 slices.

TYPICAL VALUES (cooked)	Per 100g	Per slice (approx. 61g)
Energy	609kJ/145kcal	371kJ/88kcal
Fat	3.4g	2.1g
of which saturates	1.5g	0.9g
Carbohydrate	9.4g	5.7g
of which sugars	1.3g	0.8g
Fibre	3.2g	2.0g
Protein	18g	11g
Salt	1.4g	0.84g

USE BY: See front of pack.
STORAGE: Keep refrigerated below 5°C at the bottom of the fridge. Once opened, keep refrigerated and use within 2 days and by date shown.
FREEZING: Suitable for freezing. Freeze by date mark shown and use within one month. Defrost thoroughly at the bottom of the fridge before use and use within 24 hours. Never defrost in a warm room.
Do not refreeze once defrosted.
Contains 75% less fat than standard steak lorne sausage.
Produced in Scotland using Scottish beef.

Smoked Pork Sausage 200g

COOKED SMOKED FLAVOUR SPICED PORK SAUSAGE

DIRECTIONS FOR USE: Can be eaten hot or cold.

MICROWAVE Remove outer packaging. Pierce inner film in several places. Place sausage on a microwaveable plate. Heat on full power for the time specified.

750W **1** min **10** sec
850W **1** min
1000W **50** sec

SHALLOW FRY Remove all packaging. Slice the sausage. Add to a tablespoon of oil in a frying pan and fry over a medium heat for approx. 6 minutes turning frequently until golden brown. Drain well before serving.

Approx. **6** mins

SAUCEPAN Remove outer packaging. Place the sausage in its inner film into a saucepan of hot water and simmer gently for approx. 10 minutes. Do not boil. Remove inner packaging and serve.

Approx. **10** mins

CAUTION: Beware of escaping steam when removing inner film. Handle carefully to avoid scalding.

Ensure product is thoroughly heated before serving. Do not reheat.

200g e

NUTRITION This pack contains 4 servings.

TYPICAL VALUES (microwaved)	Per 100g	Per 1/4 sausage (50g)
Energy	1015kJ/245kcal	508kJ/122kcal
Fat	20g	10g
of which saturates	8.2g	4.1g
Carbohydrate	1.4g	0.7g
of which sugars	<0.5g	<0.5g
Fibre	<0.5g	<0.5g
Protein	14g	7.1g
Salt	1.7g	0.85g

BEST BEFORE: See front of pack.

STORAGE: Store in a cool, dry place away from sunlight. Once opened, refrigerate and consume within 2 days.

Produced using EU pork.

INGREDIENTS

PORK (86%), Water, Pork Fat, Potato Starch, Salt, Acidity Regulators: Citric Acid, Potassium Chloride; Stabiliser: Diphosphates; Smoke Flavouring, Flavouring, Antioxidant: Ascorbic Acid, Pork Protein, Black Pepper Extract, Preservative: Sodium Nitrate. Filled into a Beef Collagen Casing.

ALLERGY ADVICE: May contain celery, gluten sources, mustard, soya and sulphites.