





Bakery Product Range – Allergy Advice

Updated 19.04.2024

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Loaves					
Product	Allergens	May Contain (not displayed on ticket)	Vegetarian?	Vegan?	Calorie Information
5201013 Tiger Baton 	Wheat	Traces of Egg, Milk, Barley, Oat, Rye, Spelt and Kamut	Yes	No	574kcal per item Item serves 2 people Adults need around 2000kcal a day
5300877 Low GI Multiseed Cob 	Barley, Milk, Oats, Rye, Soya, Wheat	Traces of Sesame	Yes	No	1148kcal per item Item serves 8 people Adults need around 2000kcal a day
146327 Crusty Wheat and Rye Bloomer 	Rye, Wheat	Traces of Egg, Lupin, Milk, Nuts, Mustard, Sesame, Soya and other Cereals containing Gluten.	Yes	Yes	1392kcal per item Item serves 6 people Adults need around 2000kcal a day
6610964 White Sourdough Bloomer 	Rye, Wheat	Traces of Lupin, Milk, Nuts, Sesame and Soya	Yes	No	856kcal per item Item serves 4 people Adults need around 2000kcal a day





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5227041 White  Sourdough Bloomer	Wheat	Traces of Egg, Milk, Soya, and Other Cereals containing Gluten.	Yes	No	1023kcal per item Item serves 4 people Adults need around 2000kcal a day
5230481 White Sourdough Bloomer 	Wheat	Traces of Egg, Milk, Soya, Rye, Barley, Oat, Spelt and Kamut	Yes	No	1410kcal per item Item serves 12 people Adults need around 2000kcal a day
6610963 Seeded Sourdough Bloomer 	Wheat, Oats, Rye, Sesame, Barley	Traces of Lupin, Milk, Nuts and Soya	Yes	No	1072kcal per item Item serves 4 people Adults need around 2000kcal a day
 6622 Tiger Loaf	Wheat	Traces of Sesame, Milk, Soya, Egg, Rye, Barley, Oat, Spelt and Kamut	Yes	No	1032kcal per item Item serves 4 people Adults need around 2000kcal a day




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5308937 Oats and  Honey Loaf	Wheat, Oats	Traces of Milk	Yes	No	801kcal per item Item serves 5 people Adults need around 2000kcal a day
125049 Rosemary and Olive Oil Loaf 	Wheat, Rye, Barley	Traces of Egg, Milk, Mustard, Nuts, Sesame and Soya and other Cereals containing Gluten	Yes	Yes	1235kcal per item Item serves 5 people Adults need around 2000kcal a day
5230530 Spiced  Boule	Wheat	Traces of Milk, Egg, Soya, Rye, Barley, Oat, Spelt and Kamut	Yes	No	1097kcal per item Item serves 4 people Adults need around 2000kcal a day


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<div>162996 Walnut & Hazelnut Rye Loaf</div> <div></div>	Barley, Rye, Hazelnuts, Walnuts, Wheat	Traces of Egg, Milk, Mustard, other Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	Yes	1585kcal per item Item serves 6 people Adults need around 2000kcal a day
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Rolls / Baguettes					
Product	Allergens	May Contain (not displayed on ticket)	Vegetarian?	Vegan?	Calorie Information
92781 Petit Pain 	Wheat	Traces of Sesame	Yes	Yes	163kcal per roll Adults need around 2000kcal a day
7003 White Crusty Roll 	Wheat	Traces of Egg, Milk and Soya	Yes	Yes	191kcal per roll Adults need around 2000kcal a day
5210062 Scottish White Morning Roll 	Wheat	-	Yes	Yes	174kcal per roll Adults need around 2000kcal a day
5204863 Scottish Crispy Roll 	Barley, Soya, Rye, Wheat	-	Yes	Yes	180kcal per roll Adults need around 2000kcal a day
5230154 Scottish Morning Roll 	Soya, Wheat	Traces of Milk and Egg	Yes	No	146kcal per roll Adults need around 2000kcal a day





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5302428 Low GI Roll 	Milk, Oats, Rye, Wheat	-	Yes	No	221kcal per roll Adults need around 2000kcal a day
1950 Italian Style Panini Roll 	Milk, Wheat	-	Yes	No	218kcal per roll Adults need around 2000kcal a day
5303551 Ancient Grain Roll 	Barley, Milk, Oats, Rye, Spelt, Wheat	-	Yes	No	225kcal per roll Adults need around 2000kcal a day
159004 Cheese Topped Roll Square 	Milk, Wheat	Traces of Egg, Mustard, Nuts, Sesame and Soya	Yes	No	230kcal per roll Adults need around 2000kcal a day





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5302766 Stone  Baked White Roll	Wheat	Traces of Milk	Yes	No	244kcal per roll Adults need around 2000kcal a day
72938 Cheese Pretzel Roll 	Milk, Wheat	Traces of Sesame, Nuts, Egg, Lupins and Soya	Yes	No	269kcal per roll Adults need around 2000kcal a day
112388 Kaiser Poppy Seeded Roll 	Wheat	Traces of Egg, Lupins, Milk, Nuts, Sesame and Soya	Yes	No	179kcal per roll Adults need around 2000kcal a day
5201750 Demi Baguette 	Wheat	Traces of Egg, Milk, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	No	307kcal per piece Adults need around 2000kcal a day
6742 Large French	Wheat	Traces of Egg, Milk, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	No	1000kcal per item Item serves 4 people Adults need around 2000kcal a day




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 Baguette					
5307873 White  Artisan Baguette	Wheat	Traces of Milk	Yes	No	586kcal per item Adults need around 2000kcal a day
165173 Seeded  Baguette	Rye, Sesame, Wheat	Traces of Nuts and Soya	Yes	No	755kcal per item Item serves 2 people Adults need around 2000kcal a day





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144723 Rustic Baguette 	Wheat, Barley	Traces of Milk, Sesame and Soya	Yes	No	658kcal per item Item serves 2 people Adults need around 2000kcal a day
 61022 Olive Stick	Wheat	Traces of Egg, Milk, Mustard, Nuts, Sesame and Soya	Yes	Yes	278kcal per piece Adults need around 2000kcal a day
95664 Pretzel 	Wheat	Traces of Mustard, Sesame, Egg, Milk, Soya, Lupins and Nuts	Yes	No	273kcal per pretzel Adults need around 2000kcal a day
205457 Garlic Pretzel Puff TBC	Egg, Milk, Wheat	Traces of Celery, Mustard, Sesame, Soya	Yes	No	335kcal per piece Adults need around 2000kcal a day
5228362 White Crusty Cob 	Wheat	Traces of Egg, Milk, Soya, Rye, Barley, Oat, Spelt and Kamut	Yes	No	968kcal per item Item serves 8 people Adults need around 2000kcal a day




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5308972 – 4 Ancient  Grain Rolls	Barley, Milk, Oats, Rye, Spelt, Wheat	Traces of other Cereals containing Gluten	Yes	No	832kcal per pack Item serves 4 people Adults need around 2000kcal a day
5308973 – 4 White Rustic Rolls 	Rye, Wheat	Traces of Milk and other Cereals containing Gluten	Yes	No	836kcal per pack Item serves 4 people Adults need around 2000kcal a day
5230356 Everything  Bagel	Barley, Sesame, Wheat	-	Yes	Yes	308kcal per piece Adults need around 2000kcal a day





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Pastries					
Product	Allergens	May Contain (not displayed on ticket)	Vegetarian?	Vegan?	Calorie Information
121278 All Butter Croissant 	Egg, Milk, Wheat	Traces of Egg, Nuts, Mustard, Soya, Celery, Sesame Seeds, other Cereals containing Gluten and Lupine	Yes	No	349kcal per item Adults need around 2000kcal a day
121278 All Butter Croissant 	Egg, Milk, Wheat	Traces of Nuts and Soya	Yes	No	312kcal per item Adults need around 2000kcal a day
5217353 Chocolate – Hazelnut Croissant 	Almonds, Egg, Hazelnuts, Milk, Soya, Wheat	-	Yes	No	313kcal per piece Adults need around 2000kcal a day
5224306 Almond Croissant 	Almonds, Egg, Wheat, Milk	Traces of Other Nuts	Yes	No	307kcal per piece Adults need around 2000kcal a day





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5221170 All Butter Pain au Chocolat 	Egg, Milk, Soya, Wheat	Traces of Nuts and Sesame	Yes	No	339kcal per piece Adults need around 2000kcal a day
204470 Pain Suisse au Chocolat 	Egg, Milk, Wheat	Traces of Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten.	Yes	No	300kcal per piece Adults need around 2000kcal a day
57733 Pain aux Raisins 	Egg, Milk, Wheat	Traces of Mustard, Nuts, Sesame, Soya, and other Cereals containing Gluten	Yes	No	318kcal per piece Adults need around 2000kcal a day
5221171 Maple & Pecan Plait 	Egg, Milk, Pecans, Wheat	Traces of Other Nuts	Yes	No	372kcal per piece Adults need around 2000kcal a day





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5229547 Gingerbread  Plait	Egg, Milk, Wheat	Traces of Nuts	Yes	No	350kcal per piece Adults need around 2000kcal a day
190023 Apple  Turnover	Wheat	Traces of Milk, Nuts and Sesame	Yes	Yes	276kcal per piece Adults need around 2000kcal a day
5201481 Sweet Buns, Belgian Bun 	Egg, Milk, Wheat, Soya	-	Yes	No	312kcal per piece Adults need around 2000kcal a day
5201481 Sweet Buns, Cinnamon 	Egg, Milk, Wheat, Soya	-	Yes	No	324kcal per piece Adults need around 2000kcal a day

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5201481 Sweet Buns, Lemon Drizzle 	Egg, Milk, Wheat, Soya	-	Yes	No	329kcal per piece Adults need around 2000kcal a day
196896 Sticky Cinnamon Bun 	Wheat, Barley, Milk, Rye, Egg	Traces of Celery, Lupin, Mustard, Nuts, Peanuts, Sesame, Soya and other Cereals containing Gluten	Yes	No	397kcal per piece Adults need around 2000kcal a day
5230465 Lemon Drizzle Bun 	Egg, Milk, Soya, Wheat	Traces of Rye, Barley, Oat, Spelt and Kamut	Yes	No	334kcal per piece Adults need around 2000kcal a day
5230480 Jaffa Bun TBC	Egg, Milk, Wheat	Traces of Soya, Rye, Barley, Oat, Spelt and Kamut	Yes	No	338kcal per piece Adults need around 2000kcal a day
5214703 Large Empire Biscuit 	Wheat	Traces of Egg, Milk, Soya, Nuts and Other Cereals Containing Gluten	No	No	698kcal per piece Adults need around 2000kcal a day





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5229183 Blackforest Crown 	Egg, Milk, Wheat	Traces of Nuts	Yes	No	288kcal per piece Adults need around 2000kcal a day
5230183 Bakewell Blondie 	Wheat, Milk, Soya, Egg, Almonds	Traces of Nuts and Other Cereals Containing Gluten	Yes	No	277kcal per piece Adults need around 2000kcal a day
99607 Goat's Cheese & Tomato Focaccia 	Milk, Wheat	-	Yes	No	253kcal per piece Adults need around 2000kcal a day
59952 Mozzarella & Pesto Focaccia 	Milk, Wheat	-	Yes	No	270kcal per piece Adults need around 2000kcal a day




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119627 Vegetable Pizza Slice 	Milk, Wheat	Traces of Mustard, Soya, Nuts, Sesame and Egg	Yes	No	272kcal per piece Adults need around 2000kcal a day
151935 Pizza Margherita 	Milk, Wheat	Traces of Egg, Mustard, Nuts and Sesame	Yes	No	241kcal per piece Adults need around 2000kcal a day
 5618898 Pizza Twist	Egg, Milk, Wheat	Traces of Nuts, Sesame and Soya	Yes	No	267kcal per piece Adults need around 2000kcal a day



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Other					
Product	Allergens	May Contain (not displayed on ticket)	Vegetarian?	Vegan?	Calorie Information
129770 Filled Muffin, Blueberry 	Egg, Milk, Soya, Wheat	Traces of Lupins, Mustard, Nuts, Sesame, Soya, and other Cereals containing Gluten	Yes	No	380kcal per muffin Adults need around 2000kcal a day
129770 Filled Muffin, Triple Chocolate 	Egg, Milk, Soya, Wheat	Traces of Lupins, Nuts, Sesame, and other Cereals containing Gluten	Yes	No	383kcal per muffin Adults need around 2000kcal a day

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129770 Filled Muffin, Salted Caramel 	Egg, Milk, Soya, Wheat	Traces of Lupins, Nuts, Sesame and Sulphites	Yes	No	396kcal per muffin Adults need around 2000kcal a day
5211850 Premium Filled Muffins - Chocolate Orange 	Egg, Milk, Soya, Wheat	Traces of Nuts and other Cereals containing Gluten	Yes	No	322kcal per piece Adults need around 2000kcal a day
5211850 Premium Filled Muffins - Speculoos 	Egg, Milk, Soya, Wheat	Traces of Nuts and other Cereals containing Gluten	Yes	No	322kcal per piece Adults need around 2000kcal a day




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5226873 Red Velvet Muffin 	Wheat, Egg, Milk	Traces of Nuts, Soya and other Cereals containing Gluten	Yes	No	341kcal per piece Adults need around 2000kcal a day
5226879 Easter Muffins- Chocolate Mini Egg 	Egg, Milk, Soya, Wheat	Traces of Nuts and other Cereals containing Gluten	Yes	No	324kcal per piece Adults need around 2000kcal a day
5226879 Easter Muffins- Carrot Cake 	Egg, Milk, Walnuts, Wheat	Traces of other Nuts, Soya and other Cereals containing Gluten	Yes	No	352kcal per piece Adults need around 2000kcal a day
5229402 Nutella	Wheat, Milk, Egg, Soya, Hazelnuts	Traces of Nuts, Peanuts, Sesame, Mustard	Yes	No	326kcal per piece Adults need around 2000kcal a day



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 <p>Muffins</p>					
<p>5230170 Lidl Filled</p>  <p>Muffin</p>	Egg, Wheat	Traces of Milk, Nuts, Soya and Other Cereals containing Gluten	Yes	No	<p>373kcal per piece</p> <p>Adults need around 2000kcal a day</p>
<p>5221093 Triple Choc Cookie</p> 	Egg, Milk, Soya, Wheat	-	Yes	No	<p>317kcal per cookie</p> <p>Adults need around 2000kcal a day</p>
<p>5221093 Double Choc Cookie</p> 	Egg, Milk, Soya, Wheat	-	Yes	No	<p>320kcal per cookie</p> <p>Adults need around 2000kcal a day</p>

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5221093 White Chocolate Chip Cookie 	Egg, Milk, Soya, Wheat	-	Yes	No	325kcal per cookie Adults need around 2000kcal a day
5226874 Ultimate Chocolate Brownie 	Egg, Milk, Soya, Wheat	Traces of Nuts and other Cereals containing Gluten	Yes	No	308kcal per piece Adults need around 2000kcal a day
5226875 Cheesecake Brownie 	Egg, Milk, Soya, Wheat	Traces of Nuts and other Cereals containing Gluten	Yes	No	288kcal per piece Adults need around 2000kcal a day
5229824 Banana Loaf 	Wheat, Egg	Traces of Milk, Nuts, Soya, and other Cereals containing Gluten	Yes	No	292kcal per piece Adults need around 2000kcal a day
5229237 Triple Chocolate Blondie 	Egg, Milk, Soya, Wheat	Traces of Nuts and other Cereals containing Gluten	Yes	No	296kcal per piece Adults need around 2000kcal a day

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128974 Pastel de Nata 	Egg, Milk, Wheat	Traces of Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	No	164kcal per piece Adults need around 2000kcal a day
114732 Jam Filled Doughnut 	Egg, Milk, Wheat	Traces of Mustard, Nuts, Sesame and Soya	Yes	No	259kcal per doughnut Adults need around 2000kcal a day
5708092 Chocolate & Hazelnut Doughnut 	Wheat, Milk, Egg, Hazelnuts	Traces of Mustard, Other Nuts, Sesame, Soya	Yes	No	389kcal per doughnut Adults need around 2000kcal a day
116486 Pink Iced Ring Doughnut 	Milk, Soya, Wheat	Traces of Egg, Nuts, Mustard and Sesame	No	No	231kcal per doughnut Adults need around 2000kcal a day
182155 Chocolate	Milk, Soya, Wheat	Traces of Sesame	No	No	242kcal per doughnut Adults need around 2000kcal a day





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 <p>Ring Doughnut</p>					
<p>5205055 Toffee Filled Yum Yum</p> 	Egg, Milk, Wheat	Traces of Nuts and Peanuts	Yes	No	<p>350kcal per piece</p> <p>Adults need around 2000kcal a day</p>
<p>79358 High Protein Roll</p> 	Wheat, Soya, Sesame, Barley	Traces of Egg and Milk	Yes	Yes	<p>311kcal per piece</p> <p>Adults need around 2000kcal a day</p>
<p>164794 Square Doughnuts – Chocolate</p> 	Milk, Soya, Wheat	Traces of Egg and Nuts	No	No	<p>244kcal per piece</p> <p>Adults need around 2000kcal a day</p>



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164794 Square  Doughnuts – Pink	Milk, Soya, Wheat	Traces of Egg and Nuts	No	No	282kcal per piece Adults need around 2000kcal a day
198579 Boston  Cream Doughnut	Egg, Milk, Wheat	Traces of Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten	No	No	320kcal per piece Adults need around 2000kcal a day
109878 Halloween  Doughnut	Milk, Soya, Wheat	Traces of Egg, Mustard, Nuts and Sesame	Yes	No	234kcal per piece Adults need around 2000kcal a day
178802 Lidl Ring Doughnut 	Milk, Soya, Wheat	Traces of Egg, Mustard, Nuts, Sesame and other Cereals containing Gluten	Yes	No	234kcal per piece Adults need around 2000kcal a day




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85266 Chocolate  Twist	Egg, Milk, Wheat	Traces of Mustard, Nuts, Sesame, Soya, and other Cereals containing Gluten	Yes	No	297kcal per piece Adults need around 2000kcal a day
180905 Star Filled  Doughnut	Wheat, Milk, Soya	Traces of Egg, Nuts, Mustard	No	No	367kcal per piece Adults need around 2000kcal a day
171757 Heart  Doughnut	Milk, Soya, Wheat	Traces of Egg, Nuts, Mustard, Sesame, and other Cereals containing Gluten	Yes	No	303kcal per piece Adults need around 2000kcal a day



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164793 Easter  Doughnuts - Colours	Milk, Soya, Wheat	Traces of Nuts, Egg, Mustard and other Cereals containing Gluten	No	No	275kcal per piece Adults need around 2000kcal a day
164793 Easter  Doughnuts - Cookies	Milk, Soya, Wheat	Traces of Nuts, Egg, Mustard and other Cereals containing Gluten	No	No	275kcal per piece Adults need around 2000kcal a day
5229395 Chocolate Yule Log 	Egg, Wheat, Soya, Milk, Barley	Traces of Nuts and other Cereals containing Gluten	Yes	No	381kcal per piece Adults need around 2000kcal a day



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 159136 Sugar Cronut	Wheat	Traces of Egg, Milk, Mustard and Nuts and Soya	Yes	No	410kcal per piece Adults need around 2000kcal a day
 159134 Chocolate Cronut	Milk, Wheat	Traces of Soya, Nuts, Egg, and Mustard	No	No	501kcal per piece Adults need around 2000kcal a day

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Hot					
Product	Allergens	May Contain (not displayed on ticket)	Vegetarian?	Vegan?	Calorie Information
5224737 Rowe's  Sausage Roll	Barley, Milk, Wheat	Traces of Egg	No	No	268kcal per piece Adults need around 2000kcal a day
5224795 Rowe's  Vegan Roll	Wheat	Traces of Egg and Milk	Yes	Yes	266kcal per piece Adults need around 2000kcal a day
5224796 Rowe's Bacon & Cheese	Milk, Wheat	Traces of Egg	No	No	336kcal per piece Adults need around 2000kcal a day


We cannot guarantee that other allergens are not present in our loose bakery products.

For stores conducting ticket checks: Please check ticket information against the Allergens column only.

Bakery Product Range – Allergy Advice

Updated 19.04.2024

For more information on additives and ingredients, please check the ingredients label on the product box
or contact Customer Care on 0203 965 5566.

 Turnover					
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