

MEDIUM SUNDAES (WITHOUT TOPPINGS OR WAFER BISCUIT)

Medium	Strawberry	Fruit Medley	Pineapple	Peach Melba	Pear
Energy(kj)	1874kj	1792kj	1787kj	1729kj	1695kj
Energy(kcal)	444kcal	425kcal	423kcal	410kcal	402kcal
Total Fat	14.0g	14.0g	14.0g	14.0g	14.0g
Of which Saturates	9.1g	9.1g	9.1g	9.1g	9.1g
Total Carbohydrates	63.9g	58.9g	58.6g	56.0g	54.2g
Of which Sugars	63.9g	57.5g	57.3g	54.2g	54.2g
Protein	15.6g	15.3g	15.3g	15.2g	15.2g
Salt	0.6g	0.6g	0.6g	0.6g	0.6g
Allergens Present	Milk	Milk	Milk	Milk	Milk

Medium	Chocolate	Coffee Nut	Straw/Choc Mallow	Biscoff
Energy(kj)	2171kj	2438kj	2280kj	3231kj
Energy(kcal)	515kcal	580kcal	540kcal	770kcal
Total Fat	16.2g	26.7g	14.7g	28.3g
Of which Saturates	11.1g	13.3g	9.5g	15.4g
Total Carbohydrates	71.0g	61.7g	85.9g	91.3g
Of which Sugars	67.4g	60.5g	71.3g	76.0g
Protein	19.1g	23.9g	16.2g	18.0g
Salt	0.7g	0.7g	0.7g	1.1g
Allergens Present	Milk	Milk, Peanuts	Milk, Sulphur Dioxide, Egg	Milk, Soya, Wheat

Medium	Sticky Toffee	Cherry Sundae	Hazelnut Fudge	Rasp Crumble
Energy(kj)	2320kj	2072kj	3170kj	2100kj
Energy(kcal)	550kcal	491kcal	717kcal	498kcal
Total Fat	16.2g	14.7g	33.9g	16.3g
Of which Saturates	12.6g	9.5g	15.4g	10.1g
Total Carbohydrates	85.6g	71.9g	82.9g	70.1g
Of which Sugars	75.9g	68.6g	82.2g	63.4g
Protein	18.0g	16.4g	19.7g	16.8g
Salt	1.1g	0.7g	0.7g	0.8g
Allergens Present	Milk	Milk	Milk, Hazelnuts, Soya	Milk, Wheat, Oats

For allergens including cereals containing gluten see ingredients in **bold**. May contain nuts, peanuts, egg