

REGULAR SUNDAES (WITHOUT TOPPINGS OR WAFER BISCUIT)

Regular	Strawberry	Fruit Medley	Pineapple	Peach Melba	Pear
Energy(kj)	1219kj	1215kj	1231kj	1269kj	1180kj
Energy(kcal)	308kcal	288kcal	292kcal	301kcal	280kcal
Total Fat	10.0g	9.7g	9.9g	10.5g	9.9g
Of which Saturates	6.5g	6.3g	6.4g	6.8g	6.4g
Total Carbohydrates	43.5g	39.4g	39.8g	40.6g	37.4g
Of which Sugars	43.5g	38.6g	39.1g	39.6g	37.4g
Protein	11.0g	10.6g	10.7g	11.3g	10.7g
Salt	0.5g	0.4g	0.4g	0.5g	0.4g
Allergens Present	Milk	Milk	Milk	Milk	Milk

Regular	Chocolate	Coffee Nut	Straw/Choc Mallow	Biscoff
Energy(kj)	1348kj	1563kj	1516kj	2045kj
Energy(kcal)	320kcal	372kcal	359kcal	487kcal
Total Fat	10.2g	17.4g	10.2g	17.9g
Of which Saturates	7.0g	8.5g	6.6g	9.8g
Total Carbohydrates	43.9g	39.0g	55.8g	58.4g
Of which Sugars	41.8g	38.2g	47.3g	49.0g
Protein	12.0g	15.4g	11.2g	11.8g
Salt	0.5g	0.5g	0.5g	0.7g
Allergens Present	Milk	Milk, Peanuts	Milk, Sulphur Dioxide, Egg	Milk, Soya, Wheat

Regular	Sticky Toffee	Cherry Sundae	Hazelnut Fudge	Rasp Crumble
Energy(kj)	1448kj	1325kj	1937kj	1336kj
Energy(kcal)	343kcal	314kcal	441kcal	317kcal
Total Fat	10.2g	9.7g	20.9g	10.5g
Of which Saturates	7.9g	6.3g	9.4g	6.6g
Total Carbohydrates	53.1g	45.1g	50.5g	44.3g
Of which Sugars	47.3g	43.3g	50.1g	41.0g
Protein	11.3g	10.8g	12.8g	10.9g
Salt	0.7g	0.4g	0.5g	0.5g
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