Freshfield Puddings:

The Ultimate Plum Pudding.

Ingredients: Vine Fruits(28%)(Raisins, Sultanas, Sunflower Oil,), Pasteurised Free Range EGG, Carrot, Soft Dark Brown Sugar, Candied Mixed Peel(Orange Peel, Lemon Peel, Glucose-Fructose Syrup, Salt, E220(SULPHUR DIOXIDE),Citric Acid), \*\*WHEAT Flour, Fresh Breadcrumbs (\*\*WHEAT Flour, Yeast, Salt), Apple, Non-Hydrogenated Vegetable Suet(\*Palm Oil, Sunflower Oil, \*\*WHEAT Flour, Dates(Dates, Rice Flour), Brandy(2.5%), Sherry (2.5%)(SULPHITES), Glace Cherries (Cherries, Glucose-Fructose Syrup, Sugar, Fruit Juice Concentrate, Citric Acid, Preservative: Potassium Sorbate), Stem Ginger(Ginger, Sugar), ALMONDS, WALNUTS, Golden Syrup, Spices, Salt, Preservative (Potassium Sorbate). \*\*WHEAT flour (GLUTEN(Calcium, Iron, Niacin, Thiamin))

Allergens: in CAPITALS above. GM free. Lactose Free. Suitable for vegetarians.

Shelf Life: 2 years. Storage: Cool and dry. May contain fragments of fruit stones, nutshell or small stones.

Nutrition: Typical Values per 100g: Energy 1106kJ / 263kcal, Fat 6.9g of which saturates 2.1g, Carbohydrate 45.0g of which sugars 38.2g, Fibre 1.7g, Protein 3.4g, Salt 0.1g.

Sticky Toffee Pudding

Ingredients: Toffee Sauce (32%) (Partially Inverted Sugar Syrup, Glucose Syrup (Preservative **SULPHUR DIOXIDE**); Sugar; Salted Butter (**MILK**), Salt); Sweetened Condensed Milk (**MILK**, Sugar); Modified Corn Starch, Salt, Stabiliser: Pectin, Emulsifier: **SOYA LECITHIN**; Preservative: Potassium Sorbate; Flavouring (contains **MILK**); Dates (15%) (Dates, Rice Flour) **WHEAT** flour (Calcium, Iron, Niacin, Thiamin)), Unsalted Butter (**MILK**), Dark Soft Brown Sugar, Whole Free Range **EGG**, Margarine (Vegetable Fat (Palm), Vegetable Oil (Rapeseed Oil)), Water, Raising Agent: Diphosphate, Sodium Bicarbonate; Flavouring: Natural Vanilla; Preservative: Potassium Sorbate; Salt.

Allergens in **BOLD CAPS** above. Made in a bakery where nuts are used. GM free. Suitable for vegetarians.

Shelf Life: 6 months. Storage: Cool and dry. May contain fragments of date stones.

Nutrition: Typical Values per 100g. Energy 1454kJ/ 345kcal, Fat 12.0g of which saturates 7.3g, Carbohydrate 57.1g of which sugars 47.2g, Fibre 1.0g, Protein 3.0g, Salt 0.8g.

Luscious Lemon Pudding.

Ingredients: Lemon Curd (36%) (Sugar, Water, Glucose Syrup, Concentrated Lemon Juice, Margarine (Palm, Palm Stearine, Coconut Oil, Rapeseed Oil), **EGG** Powder, **WHEAT** Starch, Modified **WHEAT** Starch, Gelling Agent: Pectin; Sicilian Lemon Oil, Acidity Regulator: Citric Acid, Trisodium Citrate; Colours: Lutein, Curcumin), Fortified **WHEAT** Flour (Calcium, Iron, Niacin, Thiamin), **EGG**, Sugar, Margarine (Vegetable Fat (Palm), Vegetable Oil (Rapeseed Oil), Water, Salt, Natural Flavouring), Water, Unsalted Butter (**MILK**), Whole **MILK**, Raising Agent: Diphosphate, Sodium Bicarbonate; Concentrated Lemon Juice, Flavouring: Natural Vanilla; Preservative: Potassium Sorbate; Salt.

Allergens in **BOLD CAPS** above. Made in a bakery where nuts are used. GM free. Suitable for vegetarians.

Shelf Life: 6 months. Storage: Cool and dry.

Nutrition: Typical Values per 100g. Energy 1372kJ/ 327kcal, Fat 14.0g of which saturates 5.2g, Carbohydrate 46g of which sugars 31g, Fibre 0g, Protein 3.8g, Salt 0.75g.