

All Butter Iced Fruit Cake

Sultanas (44%), Butter (MILK), EGG, WHEAT Flour (Contains Calcium, Iron, Niacin, Thiamin), Sugar, Marzipan (7%) (Sugar, ALMONDS (NUTS), Water, Invert Sugar Syrup, Glucose Syrup, Humectant: Sorbitol, Ethanol), Icing (7%) (Sugar, Glucose Syrup, Palm Oil, Water, Humectant: Glycerine (E422), Emulsifier (E471), Stabiliser (E466), Preservative (E202), Flavouring), Cherries (Cherries, Glucose Fructose Syrup, Citric Acid (E330), Colour E163, Sulphur Dioxide(E220) (SULPHITES), Black Treacle, Emulsifier: Vegetable Glycerine (E422), Sugar Flower Decoration (Sugar, Glucose Syrup, Non-Hydrogenated Palm Oil, Invert Sugar Syrup, Water, Emulsifiers:E414, E471, Stabiliser: E415, Humectant: E422, Colour: E122), Sugar Icing (Sugar, Water, WHEAT Starch, Dried EGG White, Modified Starch, Acidity Regulators (Calcium Lactate, Tartaric Acid, Cream Of Tartar, Lactic Acid), Dextrose, Stabiliser: Guar Gum), Mixed Spice, Raising Agents: E500, E450 (WHEAT)

E122 may have an adverse effect on activity and attention in children

Simnel Fruit Cake

Sultanas (39%), Marzipan (22%) (Sugar, ALMONDS (NUTS), Water, Invert Sugar Syrup, Glucose Syrup, Humectant: Sorbitol, Ethanol), Butter (MILK), EGG, WHEAT Flour (Contains Calcium, Iron, Niacin, Thiamin), Sugar, Cherries (Cherries, Glucose Fructose Syrup, Citric Acid (E330), Colour E163, Sulphur Dioxide(E220) (SULPHITES), MILK Chocolate Eggs (MILK Chocolate, Sugar, Cocoa Butter, Skimmed MILK Powder, Cocoa Mass, Whole MILK Powder, Whey (MILK) Powder, Butter Oil (MILK), Emulsifier: SOYA Lecithin, Flavouring, Sugar, Glazing Agent: Gum Arabic, Rice Starch, Malt BARLEY Extract, Colours: Anthocyanins, Carotenes, Curcumin, Spirulina), Black Treacle, Emulsifier: Vegetable Glycerine (E422), Glazing Agent (Water, Glazing Agent: Dextrin , Sugar , Glucose Syrup , Citric Acid (E330), Potassium Sorbate (E202)), Sugar Icing (Sugar, Water, WHEAT Starch, Dried EGG White, Modified Starch, Acidity Regulators (Calcium Lactate, Tartaric Acid, Cream Of Tartar, Lactic Acid), Dextrose, Stabiliser: Guar Gum), Mixed Spice, Raising Agents: E500, E450 (WHEAT)

All Butter Fruit & Nut Cake

Sultanas (45%), Cherries (19%) (Cherries, Glucose Fructose Syrup, Citric Acid (E330), Colour E163, Sulphur Dioxide(E220) (SULPHITES), Butter (MILK), EGG, WHEAT Flour (Contains Calcium, Iron, Niacin, Thiamin), Sugar, ALMONDS (NUTS), Black Treacle, Emulsifier: Vegetable Glycerine (E422), Mixed Spice, Raising Agents: E500, E450 (WHEAT)

All Butter Iced Fruit Cake

NUTRITION INFORMATION

per 100g

Energy 1610kJ/382kcal

Fat 11g

of which Saturates 6.0g

Carbohydrate 67g

of which Sugars 57g

Fibre 2.1g

Protein 3.9g

Salt 0.11g

Simnel Fruit Cake

NUTRITION INFORMATION

per 100g

Energy 1654kJ/393kcal

Fat 12g

of which Saturates 5.5g

Carbohydrate 67g

of which Sugars 58g

Fibre 2.4g

Protein 4.4g

Salt 0.10g

All Butter Fruit & Nut Cake

NUTRITION INFORMATION

per 100g

Energy 1568kJ/372kcal

Fat 11g

of which Saturates 5.9g

Carbohydrate 64g

of which Sugars 55g

Fibre 2.4g

Protein 4.1g

Salt 0.12g