

Name of Product                      Yorkshire Parkin

Ingredients                              **Oatmeal**, (21%), Brown sugar, Partially Inverted syrup, **Milk**, **Wheat flour** (**Wheat** fortified with Calcium Carbonate, Iron, Niacin Thiamine), margarine (Vegetable Oils, (Rapeseed Oil, Palm Oil in various proportions, RSPO SOURCED) water, salt, Emulsifier Polyglycerol esters of fatty acids, colours Curcumin, Annatto, Flavourings.) Black treacle, (2%), Ginger, Raising Agent Sodium Bicarbonate.

Allergens shown in **BOLD**

**Please be aware we handle nuts in the bakery**

#### NUTRITIONAL INFORMATION PER 100G

Calories                              373kcal

Energy                                1563kJ

Fat                                      9.9g

Of Which  
Saturates

4.2g

Carbohydrates

65.6g

Of Which Sugars

43.7g

Protein

4.7g

Salt

0.5g

Name of Product

Yorkshire Parkin Biscuits

## Ingredients

**Wheat flour** (Wheat flour fortified with Calcium Carbonate, Iron, Niacin and Thiamine), (27%) Demerara sugar (27%), **Oatmeal** (12.4%), Margarine, (vegetable oils (rapeseed and palm oil in various proportions (RSPO SOURCED), Water, salt, Emulsifier ( Polyglycerol Esters of Fatty Acids), Colours (curcumin, annatto) Flavourings, Oatmeal (12.4%) **OATS**, partially inverted syrup (11%), Black Treacle (3%), Free Range **Egg** (3%), Bicarbonate of Soda(1.5%) Ginger (1.5%), Raising Agents; Sodium Bicarbonate (1.5%).

Allergens shown in **BOLD**

**Please be aware we handle nuts in the bakery**

## NUTRITIONAL INFORMATION PER 100G

Calories 439kcal

Energy 1851kJ

Fat 14.3g

Of Which  
Saturates 4.8g

Carbohydrates 73.9g

Of Which Sugars 41.5g

Protein 4..9g

Fibre 2.4g

Salt 1.89g

Name of Product Traditional Oat Flapjack

Ingredients **Rolled Oats (43.4%)**

Partially Inverted Syrup, Margarine (Vegetable Oil (palm and rapeseed in various proportions (RSPO SOURCED), Water, Salt, Emulsifier (Polyglycerol esters of fatty acids), Colours (Curcumin, Annatto), Flavouring, Demerara sugar, Butter flavour, (Preservative, **Sulphur dioxide, Sulphites**).

Allergens shown in **BOLD**

**Please be aware we handle nuts in the bakery**

#### NUTRITIONAL INFORMATION PER 100G

Calories 439kcal

Energy	1842kJ
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Fat	20.2g
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Of Which Saturates	6.5g
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Carbohydrates	61.1g
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Of Which Sugars	34.2g
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Protein	5.2g
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Fibre	0g
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Salt	0.6g
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Name of Product	Chocolate Chip Flapjack
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## Ingredients

**Rolled Oats** (43%),

Partially Inverted Syrup, Margarine (Vegetable oil, (palm and rapeseed in various proportions (RSPO Sourced), Water, Salt, Emulsifier (Polyglycerol esters of fatty acids), Colours (Curcumin, Annatto), Flavourings), Demerara sugar,

Chocolate chips (5.9%) (Sugar (58.5%), Cocoa Mass (33.0%), Cocoa Butter (8.0%), **Milk**, Emulsifier; **Soya Lecithin** (0.25%), Natural Vanilla Flavouring (0.25%)] Butter flavour, (Preservative **Sulphur Dioxide**, **Sulphites**).

Allergens shown in **BOLD**

**Please be aware we handle nuts in the bakery**

## NUTRITIONAL INFORMATION PER 100G

Calories 448kcal

Energy 1881kJ

Fat 21.2g

Of Which  
Saturates 8g

Carbohydrates 61.5g

Of Which Sugars      35.9g

Protein                5.1g

Fibre                  0g

Salt                    0.6g

Name of Product                Shortbread Biscuits

Ingredients                        **Wheat flour** (fortified with Calcium Carbonate, Iron, Niacin and Thiamine),(48%) Unsalted Butter (27%) (contains **Milk**) Sugar, Ground Rice,Cornflour

Allergens shown in **BOLD**

**Please be aware we handle nuts in the bakery**

## NUTRITIONAL INFORMATION PER 100G

Calories 475kcal

Energy 1985kJ

Fat 26.0g

Of Which  
Saturates 16.1g

Carbohydrates 59g

Of Which Sugars 18.2g

Protein 5.1g

Fibre 0g

Salt 0.5g

Product Name Ginger Parkin Flapjack



## Ingredient Declaration

**Oatmeal** (6.23%), Rolled Oats 37.4%), Partially Inverted Syrup,

Black treacle (1.87%), Ginger (0.75%), Brown

Sugar, Margarine (vegetable oil, (Palm and rapeseed oil in various proportions RSPO SOURCED), Water, Salt Emulsifier (Polyglycerol esters of fatty acids), Colours (Curcumin), (Annatto), Flavourings), Demerara sugar.

Allergens shown in **BOLD**

**Please be aware we handle nuts in the bakery**

## NUTRITIONAL INFORMATION PER 100G

Calories	441kcal
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Energy	1853kJ
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Fat	20.2g
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Of Which Saturates	6.4g
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Carbohydrates	62g
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Of Which Sugars      33.7g

Protein                5.4g

Fibre                  0g

Salt                    0.6g