



INGREDIENTS LIST

Please note that all of our products could also contain traces of nuts, peanuts & sesame seeds. All ingredients used to make our flapjacks are gluten free, however although every care is taken, we cannot guarantee that our kitchen is a 100% gluten free environment.

(DF) = Dairy Free

(GF) = Gluten Free

(V) = Vegetarian

(VE) = Vegan

The Black Forest Jack

(Spooky Jack Edition)

(GF) (V)

Ingredients:

Gluten free oats, caster sugar, golden syrup, butter (**milk**), caramel (whole **milk**, sugar), dark chocolate (cocoa mass, sugar, cocoa butter, emulsifier: **soya** lecithin, natural vanilla flavouring), cherry compound (sugar, cherry 16%, glucose syrup, glucose fructose syrup, water, colouring foods, concentrates: grape, blueberry, carrot, blackcurrant, acid: malic acid, cherry juice concentrate 4%, acidity regulator: trisodium citrate, gelling agent: pectin), white chocolate (sugar, cocoa butter, whole **milk** powder, emulsifier: **soya** lecithin, natural vanilla flavouring), cocoa powder (acidity regulator: potassium hydroxide, potassium carbonates), bat sprinkles (sugar, potato starch, sunflower oil, rice flour, colour: E172, glazing agent: shellac)

All ingredients in this product are gluten free and suitable for vegetarians.

Allergens: **MILK, SOYA** Contains: **E172**

The Blueberry Jack

(GF) (V)

Ingredients:

Gluten free oats, caster sugar, golden syrup, butter (**milk**), blueberry conserve (blueberries, caster sugar, lemon juice), dried blueberries (blueberries, sugar, fructose glucose syrup, sunflower oil), condensed milk (**milk**, sugar), cultured skimmed cow's milk (**milk**), citric acid.

All ingredients in this product are gluten free and suitable for vegetarians.

Allergens: **MILK**

The Carrot Cake Jack

(DF) (GF) (V) (VE)

Ingredients:

Gluten free oats, caster sugar, golden syrup, plant butter (plant oils: sustainable palm/sunflower/rapeseed, filtered water, fava bean preparation, plant-based emulsifier: sunflower lecithin, natural flavourings), carrot, sunflower seeds, sultanas (sunflower oil), cinnamon, mixed spice (cinnamon, coriander, caraway, ginger (4%), nutmeg (3%), cloves, fennel, turmeric (0.1%), Orange compound (sugar, glucose syrup, water, glucose fructose syrup, acid: citric acid, orange juice concentrate (4%), modified starch (maize), gelling agent: pectin, colouring foods: concentrates (safflower, lemon)

All ingredients in this product are dairy free, gluten free and suitable for vegans.

The Double Choc Jack

(GF) (V)

Ingredients:

Gluten free oats, caster sugar, golden syrup, butter (**milk**), milk chocolate (sugar, cocoa butter, whole **milk** powder, cocoa mass, emulsifier: **soya** lecithin, natural vanilla flavouring), caramel (whole **milk**, sugar), dark chocolate (cocoa mass, sugar, cocoa butter, emulsifier: **soya** lecithin, natural vanilla flavouring), white chocolate (sugar, cocoa butter, whole **milk** powder, emulsifier: **soya** lecithin, natural vanilla flavouring), cocoa powder (acidity regulator:potassium hydroxide, potassium carbonates)

All ingredients in this product are gluten free and suitable for vegetarians.

Allergens: **MILK, SOYA**

The Fruity Jack

(DF) (GF) (V) (VE)

Ingredients:

Gluten free oats, caster sugar, golden syrup, plant butter (plant oils: sustainable palm/sunflower/rapeseed, filtered water, fava bean preparation, plant-based emulsifier: sunflower lecithin, natural flavourings), sunflower seeds, pumpkin seeds, dried cranberries (sugar, sunflower oil), dried apricots (citric acid, malic acid, preservatives:**sulphur dioxide**, potassium sorbate), sultanas (sunflower oil), dark chocolate (cocoa mass, sugar, cocoa butter, emulsifier: **soya** lecithin, natural vanilla flavouring).

All ingredients in this product are dairy free, gluten free and suitable for vegans.

Allergens: **SULPHUR DIOXIDE, SOYA**

The Lemon Jack

(GF) (V)

Ingredients:

Gluten free oats, caster sugar, golden syrup, butter (**milk**), lemon curd (glucose fructose syrup, sugar, water, lemon juice from concentrate, maize starch, palm oil, dried **egg**, rape seed oil, citric acid, gelling agent:pectin, acidity regulator:sodium citrate, lemon oil, colour: carotenes, antioxidant:ascorbic acid), fondant icing (sugar, glucose syrup (contains **sulphites** and water), lemon compound (sugar, water, glucose syrup, glucose fructose syrup, acid:citric acid, lemon juice concentrate (4%), citrus fruit cells, orange juice concentrate, acidity regular:trisodium citrate, gelling agent:pectin), lemon flavour jelly slices (sugar, glucose, water, gelling agent:pectin, citric acid, acidity regular:sodium citrate, lemon flavour, colour: E171, E160a)

Please note, the 'spooky' Lemon Jack also contains the following ingredients:

Candy eyeballs (Dextrose, Corn Starch, Maltodextrin, Thickener (Gum Arabic), Glazing Agents (Carnauba Wax, Shellac), Artificial Flavouring, Colours (Carmine, Brilliant Blue, Plain Caramel, Curcumin)

All ingredients in this product are gluten free and suitable for vegetarians.

Allergens: **MILK, EGGS, SULPHUR DIOXIDE**

Contains: **E171, E160a**

The Millionaire Jack

(GF) (V)

Ingredients:

Gluten free oats, caster sugar, golden syrup, butter (**milk**), condensed milk (**milk**, sugar), milk chocolate (sugar, cocoa butter, whole **milk** powder, cocoa mass, emulsifier: **soya** lecithin, natural vanilla flavouring), dark chocolate (cocoa mass, sugar, cocoa butter, emulsifier: **soya** lecithin, natural vanilla flavouring), cake decor glitter spray (colours: titanium dioxide, iron oxides).

All ingredients in this product are gluten free and suitable for vegetarians.

Allergens: **MILK, SOYA**

The Original Jack

(DF) (GF) (V) (VE)

Ingredients:

Gluten free oats, caster sugar, golden syrup, plant butter (plant oils: sustainable palm/sunflower/rapeseed, filtered water, fava bean preparation, plant-based emulsifier: sunflower lecithin, natural flavourings).

All ingredients in this product are dairy free, gluten free and suitable for vegans.

The Raspberry & White Chocolate Jack

(GF) (V)

Ingredients:

Gluten free oats, caster sugar, golden syrup, butter (**milk**), white chocolate (sugar, cocoa butter, whole **milk** powder, emulsifier: **soya** lecithin, natural vanilla flavouring), raspberry conserve seedless (glucose fructose syrup, raspberry puree, sugar, citric acid, pectin, acidity regulator: sodium citrate), raspberry compound (sugar, raspberry, glucose fructose syrup, coloring food concentrates: carrot/blackcurrant, citric acid, acidity regulator: trisodium citrate, modified starch: maize), freeze-dried raspberry

Please note, the 'spooky' version of this flapjack also contains the following ingredient: Black fondant icing (sugar, glucose syrup, palm oil, humectant: E422, Emulsifier: E471, Stabiliser: E413 (Tragacanth Gum), Preservative: E202, Natural flavouring, Colour: E153).

All ingredients in this product are gluten free and suitable for vegetarians

Allergens: **MILK, SOYA**

Spooky Jack Contains: **E422, E471, E413, E202, E153**

The Ruby Rocky Road Jack

(Spooky Jack Edition)

(GF)

Ingredients:

Gluten free oats, caster sugar, golden syrup, butter (**milk**), ruby chocolate (sugar, cocoa butter, skimmed **milk** powder, whole **milk** powder, cocoa mass, emulsifier: soya lecithin, acid: citric acid, natural vanilla flavouring), gluten free digestive biscuits (gluten free oat flour, muscovado sugar, maize starch, palm fat, rape seed oil, palm oil, partially inverted sugar syrup, rising agent (sodium bicarbonate), flavouring, salt, emulsifier: mono- and di-glycerides of fatty acids), marshmallows (glucose syrup, sugar, dextrose, water, humectant, sorbitol syrup, gelatine fruit and plant concentrates, beetroot, safflower, flavouring), white chocolate (sugar, cocoa butter, whole **milk** powder, emulsifier: **soya** lecithin, natural vanilla flavouring), raspberry compound (sugar, raspberry, glucose fructose

syrup, coloring food concentrates:carrot/blackcurrant, citric acid, acidity regulator:trisodium citrate, modified starch:maize), candy bones & gravestones (dextrose, corn starch, dextrin, magnesium stearate, confectioners glaze, carnauba wax, E129, E110, E102,E133, small candy bones (sugar, potato starch, sunflower oil, rice flour).

All ingredients in this product are gluten free.

Allergens: **MILK, SOYA** Contains: **E129, E110, E102,E133**

The Salted Caramel Jack

(GF) (V)

Ingredients:

Gluten free oats, caster sugar, golden syrup, butter (**milk**), gold callebaut chocolate (cocoa butter, sugar, whole **milk** powder, **milk** sugar, whey powder (**milk**), skimmed **milk** powder, caramelised sugar (2%), emulsifier: **soya** lecithin, natural vanilla flavouring, salt), caramel (whole **milk**, sugar), caramel compound (**milk**, caramel, glucose fructose syrup, sugar, sweetened condensed **milk**, water), sea salt.

All ingredients in this product are gluten free and suitable for vegetarians.

Allergens: **MILK, SOYA**

The Toffee Apple Jack

(Spooky Jack Edition)

(GF) (V)

Ingredients:

Gluten free oats, caster sugar, golden syrup, butter (**milk**), condensed milk (**milk**, sugar), bramley apple sauce, dried apple (**sulphur dioxide**), gold callebaut chocolate (cocoa butter, sugar, whole **milk** powder, **milk** sugar, whey powder (**milk**), skimmed **milk** powder, caramelised sugar (2%), emulsifier: **soya** lecithin, natural vanilla flavouring, salt), caramel compound (**milk**, caramel, glucose fructose syrup, sugar, sweetened condensed **milk**, water), milk chocolate (sugar, cocoa butter, whole **milk** powder, cocoa mass, emulsifier: **soya** lecithin, natural vanilla flavouring).

All ingredients in this product are gluten free and suitable for vegetarians.

Allergens: **MILK, SOYA, SULPHUR DIOXIDE**