



## 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 Cherry Bakewell Jack

(GF) (V)

#### Ingredients:

Gluten free oats, caster sugar, golden syrup, butter (**milk**), Black Cherry Jam (black cherries, glucose fructose syrup, sugar, acid: citric acid, gelling agent: pectin, acidity regulator: sodium citrate), 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), fondant icing (sugar, glucose syrup, palm oil, humectant: E422, emulsifier: E471, stabiliser: E413, preservative: E202), dark chocolate (cocoa mass, sugar, cocoa butter, emulsifier: **soya** lecithin, natural vanilla flavouring), glace cherry (cherry 56%, glucose fructose syrup, sugar, colour (anthocyanins), acidity regulator: citric acid, preservative: **sulphur dioxide**)

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

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

### The Choc n Orange 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), 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), 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)

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 Peanut Butter Brownie 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), dark chocolate (cocoa mass, sugar, cocoa butter, emulsifier: **soya** lecithin, natural vanilla flavouring), gluten free flour (rice, potato, tapioca, maize, buckwheat), peanut butter (**peanuts**: 94.5%, sustainable palm oil, sugar, peanut oil, salt), soya milk (water, hulled **soya** beans: 8%, sugar, acidity regulators: potassium phosphate, calcium: calcium carbonate, flavouring, sea salt, stabiliser: gellan gum, potassium iodide, vitamins: B2, B12, D12), cocoa powder (acidity regulator: potassium hydroxide, potassium carbonates), baking powder (rising agents: E450 (diphosphates) E500 (sodium carbonates), maize starch), rock salt, rapeseed oil.

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

Allergens: **PEANUTS, SOYA**

## 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.

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

Allergens: **MILK, SOYA**

## The Sticky Toffee Jack

(GF) (V)

### Ingredients:

Gluten free oats, caster sugar, golden syrup, butter (**milk**), dates (96% dates, rice flour (30%, sunflower oil), caramel (whole **milk**, sugar), 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).

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

Allergens: **MILK, SOYA**