



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 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 Cherry Bakewell 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), 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: glycerol, emulsifier: mono- and di-glycerides of fatty acids, stabilisers: xanthan gum, cellulose, preservative: potassium sorbate, flavouring), 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), almond flavouring (almond oil, sunflower oil, xanthan gum, acidity regulator: citric acid, preservative: potassium sorbate.

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

Contains: **NUTS (almond), SOYA, SULPHUR DIOXIDE**

The Cookies & Cream Jack

(GF) (V)

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 cookie & cream biscuits (sugar, palm oil, gluten free oat flour, potato starch, soya flour, water, palm fat, rice flour, rapeseed oil, cocoa powder, fat reduced cocoa powder, partially inverted sugar syrup, colour (plain caramel), flavouring, thickener (xanthan gum), rising agent (sodium bicarbonate), salt, emulsifier (mono- and Di-glycerides of fatty acids), 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.

Contains: **MILK, SOYA**

The Eton Mess Jack

(GF) (V)

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), white chocolate (sugar, cocoa butter, whole **milk** powder, emulsifier: **soya lecithin**, natural vanilla flavouring), strawberry conserve seedless (glucose fructose syrup, strawberries, gelling agent (pectin), citric acid, acidity regulator (sodium citrate), strawberry compound (sugar, strawberry, glucose fructose syrup, beetroot juice concentrate, modified starch:maize, anti-oxidant: ascorbic acid, crushed meringue (sugar, pasteurised **egg** white, strawberry grit (glucose syrup, strawberries, sugar (beet), starch), mini meringue (sugar, fresh **egg**, colouring (humectant:E422, thickener-E551, colour carrier-E1520, colour-E124-E129

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

Contains: **EGGS, 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.

Contains: **SULPHUR DIOXIDE, SOYA**

The Lemon Jack (GF) (V)

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), 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.

Contains: **EGGS, SULPHUR DIOXIDE** Contains: **E171, E160a**

The Millionaire Jack (GF) (V)

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), 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.

Contains: **MILK, SOYA**

The Vegan Millionaire 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), vegan condensed milk (sugar, water, hydrolysed rice flour 10%, sunflower oil, oat flour 7%), Callebaut dairy-free chocolate (sugar, cocoa butter, cocoa mass, chufa powder 16.5%, resistant dextrin, emulsifier:lecithin, natural flavourings), 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 vegans.

Contains: **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.

Contains: **PEANUTS, SOYA**

The Raspberry & White Chocolate Jack

(GF) (V)

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) 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

Contains: **MILK, SOYA**

The Salted Caramel Jack

(GF) (V)

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), 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.

Contains: **MILK, SOYA**