

## Allergen and Nutritional Information

### **NORTH POLES & SPECIALITIES**

<b>North Pole</b>	Cream & Raspberry (no choc/nuts)	Coffee Nut (with peanuts)	Chocolate (with choc bits)
Energy(kj)	2177kj	2511kj	2525kj
Energy(kcal)	517kcal	598kcal	599kcal
Total Fat	18.7g	27.7g	21.2g
Of which Saturates	12.3g	13.6g	14.6g
Total Carbohydrates	66.6g	61.7g	81.8g
Of which Sugars	66.6g	60.4g	81.0g
Protein	19.7g	25.2g	20.1g
Salt	0.8g	0.7g	0.7g
Allergens Present	<b>Milk, Wheat, Soya</b>	<b>Milk, Wheat, Soya, Peanuts</b>	<b>Milk, Wheat, Soya, Sulphur Dioxide</b>

<b>North Pole</b>	Sticky Toffee (no choc/nuts)	Straw Mallow (no choc/nuts)	Choc Mallow (no choc/nuts)
Energy(kj)	2221kj	2255kj	2255kj
Energy(kcal)	528kcal	535kcal	535kcal
Total Fat	17.3g	16.8g	16.8g
Of which Saturates	11.0g	11.0g	11.0g
Total Carbohydrates	73.3g	76.3g	76.3g
Of which Sugars	73.3g	68.3g	68.3g
Protein	19.0g	18.9g	18.9g
Salt	0.7g	0.8g	0.8g
Allergens Present	<b>Milk, Wheat, Soya</b>	<b>Milk, Wheat, Soya, Sulphur Dioxide, Egg</b>	<b>Milk, Wheat, Soya, Sulphur Dioxide, Egg</b>

<b>Speciality</b>	Knickerbockerglory (no choc/nuts/wafers)	Chockerbockerglory (no choc/nuts/wafers)
Energy(kj)	2499kj	3713kj
Energy(kcal)	592kcal	883kcal
Total Fat	17.2g	31.2g
Of which Saturates	11.3g	16.7g
Total Carbohydrates	86.9g	125.7g
Of which Sugars	83.9g	115.1g
Protein	19.6g	22.9g
Salt	0.8g	0.9g
Allergens Present	<b>Milk</b>	<b>Milk, Wheat, Soya, Hazelnuts, Sulphur Dioxide, Egg</b>

For allergens including cereals containing gluten see ingredients in **bold**. May contain nuts, peanuts, egg