

Allergen and Nutritional Information

CONES, TUBS and WAFERS

<u>Cones</u>	Single	Single'99'	Double	Double'99'
Energy(kj)	810kj	994kj	1588kj	1771kj
Energy(kcal)	192kcal	236kcal	377kcal	421kcal
Total Fat	6.7g	9.2g	13.5g	16.0g
Of which Saturates	4.4g	5.9g	8.8g	10.3g
Total Carbohydrates	25.0g	29.7g	48.2g	52.9g
Of which Sugars	22.2g	26.8g	44.4g	49.0g
Protein	7.7g	8.4g	15.2g	15.8g
Salt	0.3g	0.3g	0.6g	0.6g
Allergens Present	Milk, Wheat, Soya	Milk, Wheat, Soya	Milk, Wheat, Soya	Milk, Wheat, Soya

<u>Tubs</u>	1 scoop	2 scoop	3 scoop	4 scoop	6 scoop	Family
Energy(kj)	752kj	1505kj	2257kj	3010kj	4514kj	10534kj
Energy(kcal)	179kcal	357kcal	536kcal	714kcal	1072kcal	2500kcal
Total Fat	6.7g	13.3g	20.0g	26.6g	39.9g	93.1g
Of which Saturates	4.4g	8.7g	13.1g	17.5g	26.2g	61.2g
Total Carbohydrates	22.1g	44.3g	66.4g	88.5g	132.8g	309.9g
Of which Sugars	22.1g	44.3g	66.4g	88.5g	132.8g	309.9g
Protein	7.3g	14.6g	22.0g	29.3g	43.9g	102.4g
Salt	0.3g	0.6g	0.9g	1.1g	1.7g	4.0g
Allergens Present	Milk	Milk	Milk	Milk	Milk	Milk

<u>Wafers</u>	Wafer	Wafer'99'
Energy(kj)	1052kj	1235kj
Energy(kcal)	250kcal	294kcal
Total Fat	9.0g	11.5g
Of which Saturates	5.9g	7.4g
Total Carbohydrates	31.7g	36.4g
Of which Sugars	31.7g	36.3g
Protein	10.2g	10.8g
Salt	0.4g	0.4g
Allergens Present	Milk, Wheat, Soya	Milk, Wheat, Soya

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