



Sourdough Bread Loaf
71 kcal for 2 slices



Ancient Grains Loaf
84 kcal for 2 slices



Bloomer Sliced White
152 kcal for 2 slices



Bloomer Sliced Malted
142 kcal for 2 slices




Sliced White Bread
Gluten Free



Sliced Brown Bread
Gluten Free



Plain Bagel
254 kcal per bagel



Scotch Morning Rolls
158 kcal per roll




Crumpets

124 kcal per crumpet



Vegan Pancakes
282 kcal for 3 pancakes



Butter Croissant
242 kcal per croissant



Chocolate Croissant
352 kcal per croissant



Raspberry Croissant
299 kcal per croissant



Mini Mixed Pastries
319 kcal for 2 pastries



Triple Chocolate Muffin
562 kcal per muffin



Banana And Toffee Loaf Cake
207 kcal per slice



Jim Jams



Jam



Butter



Sunflower Spread



Marmite



Strawberry Conserve



Raspberry Conserve

The diagram shows a central light gray square cell. At the top and bottom edges of this cell are two thick black horizontal bars. At each of the four corners of the central cell, there are small black L-shaped markers, consisting of a short horizontal line and a short vertical line extending outwards.

Honey



Marmalade



Apricot



Toffee

27 kcal for 2 tablespoons



Kellogg's Corn Flakes



Kellogg's Rice Krispies



Kellogg's Bran Flakes



Kellogg's Coco Pops



Kellogg's Grain Muesli



Weetabix



Granola

269 kcal per bowl (60g)



Semi Skimmed Milk

18 kcal for 3 tablespoons
(40ml)



Skimmed Milk

14 kcal for 3 tablespoons
(40ml)



Alpro Soya Milk
5 kcal for 3 tablespoons (40ml)



Alpro Almond Milk

5 kcal for 3 tablespoons (40ml)



Porridge Oats
187 kcal per bowl



Banana Chips

78 kcal for 3 teaspoons



Dried Cranberries

46 kcal for 3 teaspoons



Dried Papaya
40 kcal for 3 teaspoons



Chia Seeds

24 kcal for 3 teaspoons




Pumpkin Seeds

56 kcal for 3 teaspoons



Mixed Dried Fruit

40 kcal for 3 teaspoons



Dried Sultanas
41 kcal for 3 teaspoons



Granny Smith Apple

The image shows the Braeburn Apple logo, which consists of a light gray square with a black horizontal bar at the top and bottom. The text "Braeburn Apple" is centered in the square. There are also small black lines at the corners of the square, resembling registration marks.

Braeburn Apple



Bananas



Seasonal Melon

32 kcal for 1 serving spoon



White Grapefruit

20 kcal for 1 serving spoon)

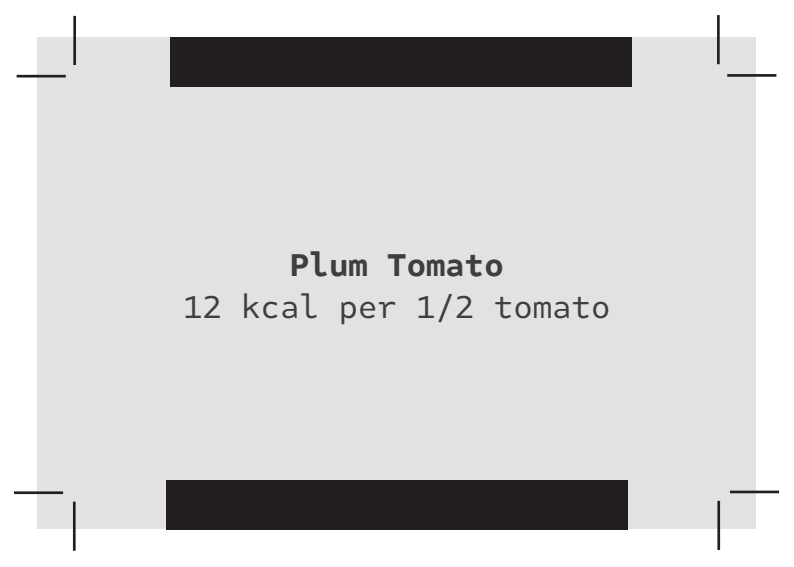


Orange Segments
26 kcal for 1 serving spoon



Cucumber

3 kcal for 6 slices



Plum Tomato
12 kcal per 1/2 tomato



Mixed Müller Light Yoghurt



Greek Yoghurt

74 kcal for 2 serving spoons




Coconut Vegan Yoghurt

47 kcal for 2 serving spoons



Blueberry Compote

36 kcal for 1 serving spoon



Apricot Compote
26 kcal for 1 serving spoon



Cherry Compote

30 kcal for 1 serving spoon



Cheddar

82 kcal for 1 piece




Brie

91 kcal for 2 slices



Salami Milano
85 kcal for 4 slices




Honey Roast Ham
46 kcal for 4 slices



Turkey

38 kcal for 4 slices



Chilled Peppered Mackerel
242 kcal per piece



Ketchup

HP Sauce




Mustard



Mayonnaise



Philadelphia



Apple slices
14 kcal for 2 tablespoons



Blueberries

12 kcal for 2 tablespoons



Strawberries

28 kcal for 2 tablespoons




Toffee

81 kcal for 2 tablespoons




Bacon

128 kcal for 2 rashers



Pork Sausages
147 kcal per sausage



Vegetarian Sausages
89 kcal per sausage



Heinz Baked Beans

84 kcal for 1 serving spoon



Hash Browns


93 kcal per hash brown



Free Range Fried Eggs
118 kcal per egg



Free Range Scrambled Egg
380 kcal per serving spoon



Button Mushrooms
16 kcal per serving spoon



Fresh Plum Tomatoes
12 kcal per 1/2 tomato



Cadbury's Hot Chocolate



White Sugar



Brown Sugar



Sweetener




Semi Skimmed Milk

18 kcal for 3 tablespoons
(40ml)



Skimmed Milk

14 kcal for 3 tablespoons
(40ml)




Soya Milk

5 kcal for 3 tablespoons (40ml)



Almond Milk


5 kcal for 3 tablespoons (40ml)



Orange Juice
98 kcal per glass



Cloudy Apple Juice
86 kcal per glass



Pink Grapefruit Juice
36 kcal per glass



Smoothie

102 kcal per glass



Infused Water



Harrogate Sparkling Water



Harrogate Still Water