

SWEET PRODUCT LIST

<p>Almond Fruit Slice Looks rich, tastes delicious, not expensive. A substantial and chewy slice sweetened with honey on a shortbread base. <i>INGREDIENTS: self raising wheat flour, all-vegetable margarine, sultanas, apricots, cane sugar, honey, almonds, raisins.</i> Available with apple juice rather than honey to suit VEGAN diets. Refrigerated shelf life 8 days</p> <p style="text-align: right;">1 x 11 inch x 7 inch slab (10 pieces) Individual square</p>
<p>Apple Slice Fresh apple tops off this walnut & raisin packed treat in a 100% wholewheat pastry case. Cinnamon and fresh lemon add the tang, honey provides much of the sweetness as there is no added sugar. Glazed with honey & walnuts. <i>INGREDIENTS: 100% wholewheat stoneground flour, fresh apple, raisins, honey, all-vegetable margarine, walnuts, lemon juice, cinnamon.</i> Refrigerated shelf life 5 days</p> <p style="text-align: right;">10 inch x 14 inch slab (16 pieces minimum) 10 inch round</p>
<p>Apricot & Cinnamon Flapjack Our much-copied original from the 70's. Oat based flapjack with the sharp tang of apricot against a distinctive cinnamon background. <i>INGREDIENTS: rolled oats, all-vegetable margarine, cane sugar, apricots, cinnamon.</i> VEGAN - shelf life 20 days</p> <p style="text-align: right;">8 inch round (divides into 8 portions) Individual squares</p>
<p>Apricot Slice Substantial oat-based fruit slice. Moist, and with the sharp tang of apricot laced with the zest of fresh orange and a hint of coconut. <i>INGREDIENTS: apricots, rolled oats, 100% wholewheat stoneground flour, all-vegetable margarine, cane sugar, coconut, orange rinds and juice.</i> VEGAN - refrigerated shelf life - slab 24 days, packaged 8 days</p> <p style="text-align: right;">14inch x 11 inch approx. slab (20+ pieces) 8 inch square lidded foil (8 servings)</p> <p style="text-align: right;">10 pack Jumbo Squares</p>
<p>Banana Honey Cake Fresh bananas creamed with honey form a moist, substantial and well flavoured cake. <i>INGREDIENTS: banana, honey, wheat flour, all-vegetable margarine, cane sugar, free range egg, baking powder, nutmeg.</i> Refrigerated shelf life 7 days</p> <p style="text-align: right;">8 inch round Individual unit</p>
<p>Banbury Cake Adapted from the original Oxfordshire recipe, our version is a substantial 100% wholewheat puff pastry parcel packed with vine fruits and the tang of cinnamon sharpened with fresh lemon. Distinctive oval shape. <i>INGREDIENTS: 100% wholewheat stoneground flour, currants, raisins, cane sugar, mixed peels, all-vegetable margarine, lemon juice, cinnamon, nutmeg, soya flour.</i> VEGAN - shelf life 10 days</p> <p style="text-align: right;">Individual unit</p>

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<p>Barmbrack Tradition dictates that the ingredients for this Irish favourite be soaked in cold tea prior to mixing. This we do overnight to produce a deliciously moist, dark, sticky treat. <i>INGREDIENTS: sultanas, self raising wheat flour, cane sugar, mixed peels, leaf tea.</i> VEGAN - refrigerated shelf life 3 weeks</p>	<p>8 inch round Individual unit</p>
<p>Black Cherry Slice Whole black cherries with a hint of coconut in a thick, juicy oat-based slice. <i>INGREDIENTS: cherries, 100% wholewheat stoneground flour, all-vegetable margarine, oats, cane sugar, coconut, apple juice, fruit pectin.</i> VEGAN - refrigerated shelf life 24 days</p>	<p>14 x 11 inch approx. slab (20+ pieces)</p>
<p>Carob Gateau The consistency and look of a chocolate cake using carob as an alternative flavouring in a light, wholewheat, sponge. <i>INGREDIENTS: 100% wholewheat stoneground flour, sugar, carob flour, honey, all-vegetable margarine, free range egg, molasses, hazelnuts, bicarbonate of soda.</i> Refrigerated shelf life 8 days</p>	<p>10 inch round 8 inch round</p>
<p>Carrot Cake The definitive version of the popular classic. Raw, fresh Fenland carrot ensures a moist cake with a superb texture. <i>INGREDIENTS: carrot, 100% wholewheat stoneground flour, cane sugar, free range egg, raisins, coconut, all-vegetable oil, cinnamon, bicarbonate of soda, nutmeg.</i> Refrigerated shelf life 8 days</p>	<p>8 inch round Individual unit</p>
<p>Coconut Flapjack Our recipe has many pale imitators. Very simple, still very popular. <i>INGREDIENTS: rolled oats, all vegetable margarine, cane sugar, desiccated coconut.</i> VEGAN - shelf life 20 days</p>	<p>10 inch round marked into 8 wedges Individual unit</p>
<p>Date Slice For many years our best selling sweet line. Juicy, thick date filling on an oat base baked to just the right crispness. <i>INGREDIENTS: dates, rolled oats, 100% wholewheat flour, all-vegetable margarine, cane sugar (may contain occasional date stones.)</i> VEGAN - refrigerated shelf life 30 days</p>	<p>14 inch x 11 inch approx. slab (20+ pieces) 8 inch square lidded foil (8+ servings)</p>
<p>Eccles Cake Ever popular traditional line. We use 100% wholewheat puff pastry and pack it with currants. <i>INGREDIENTS: 100% wholewheat stoneground flour, currants, cane sugar, all-vegetable margarine, mixed peels, nutmeg, soya flour.</i> VEGAN - refrigerated shelf life 10 days</p>	<p>10 x Jumbo Squares Individual unit</p>

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<p>Fig & Prune Yoghurt Cake Chunky, moist, sticky cake with the distinctive taste of the fruit blended with thick natural yoghurt and sweetened with apple juice & honey - no added sugar. <i>INGREDIENTS: 100% wholewheat flour, figs, prunes, yoghurt, apple juice, honey, free range egg, all-vegetable oil, walnuts, mixed spice, bicarbonate of soda (may contain occasional prune stones.)</i> Refrigerated shelf life 10 days</p> <p style="text-align: right;">11 x 7 inch slab (10 pieces) Individual unit</p>
<p>Fig Slice Oat based fruit slice, packed with figs and sharpened with the juice of fresh lemons. <i>INGREDIENTS: figs, rolled oats, 100% wholewheat stoneground flour, all-vegetable margarine, cane sugar, molasses, lemon juice.</i> VEGAN - refrigerated shelf life 26 days</p> <p style="text-align: right;">14 x 11 inch slab (20+ pieces)</p>
<p>Fruit & Nut Sesame Flapjack Walnuts, peanuts and succulent sultanas with sesame seeds to add their unique flavour to this chewy treat. <i>INGREDIENTS: rolled oats, all-vegetable margarine, cane sugar, sultanas, sesame seeds, peanuts, walnuts.</i> VEGAN - shelf life 20 days</p> <p style="text-align: right;">10 inch round marked into 8 wedges Individual squares</p>
<p>Ginger Cake Wonderfully gooey, based on an original Scottish recipe, rich in eggs and with the unmistakable tang of raw black treacle...using brown rice flour to remain gluten-free. <i>INGREDIENTS: brown rice flour, syrup, stem ginger, all-vegetable margarine, cane sugar, treacle, free-range egg, gluten-free baking powder, cinnamon</i></p> <div style="display: flex; justify-content: space-between; align-items: center;"> <div data-bbox="203 1075 386 1182" style="border: 1px solid black; border-radius: 50%; padding: 10px; text-align: center;"> <p>GLUTEN FREE</p> </div> <div data-bbox="609 1087 1019 1157" style="text-align: right;"> <p>8 inch round divides into 6 portions Individual wedge</p> </div> </div> <p style="text-align: right;">Shelf life 8 days</p>
<p>Gluten Free Cookies Delicious biscuit made with brown rice flour and entirely gluten-free. <i>INGREDIENTS: CAROB CHIP...brown rice flour, all-vegetable margarine, carob, cane sugar, free-range egg, baking powder.</i> CITRUS...as above but with mixed peels & fresh lemon instead of carob. Twin-pack ready to retail</p>
<p>Lemon Cream Carrot Cake Our well-loved carrot cake presented as a sandwich with delicious lemon-cheese filling. <i>INGREDIENTS: carrot, 100% wholewheat flour, cane sugar, free range egg, raisins, coconut, all-vegetable oil, vegetarian cream cheese, fresh lemon, cinnamon.</i> Refrigerated shelf life 5 days</p> <p style="text-align: right;">Individual unit</p>
<p>Lemon Gateau An amazingly light sponge made with 100% wholewheat flour and topped with a fresh lemon & cream cheese icing laced with flaked almonds. Puréed apricot & cream cheese filling. <i>INGREDIENTS: 100% wholewheat stoneground flour, cane sugar, vegetarian cream cheese, all-vegetable oil, fresh lemon zest & juice, apricots, free range egg, soya milk, apple juice, fruit pectin, flaked almonds, bicarbonate of soda.</i> Refrigerated shelf life 5 days</p> <p style="text-align: right;">10 inch round 8 inch round</p>

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<p>Lemon Tart Made from fresh lemons & very sharp - in a shortcrust pastry case. <i>INGREDIENTS: lemons, cane sugar, free range egg, all vegetable margarine, 100% wholewheat stoneground flour, unbleached white flour.</i> Refrigerated shelf life 5 days</p>	<p>10 inch round</p>
<p>Mince & Apple Tart Our own deliciously moist mincemeat topped with fresh grated apple in a uniquely short sweet pastry case. <i>INGREDIENTS: fresh apple, 100% wholewheat stoneground flour, cane sugar, raisins, sultanas, currants, all-vegetable margarine, mixed peels, all-vegetable oil, almonds, sherry, nutmegs, free range egg, rinds & juice of lemon, cloves, allspice, orange juice, bicarbonate of soda.</i> Refrigerated shelf life 10 days</p>	<p>10 inch round (serves 8+) 7 inch round (serves 6+) 8 inch square lidded foil (serves 8+)</p>
<p>Orange & Carob Flapjack/Crunch Tangy orange oat fingers, sweetened with pure apple juice and with a crisp carob coating. <i>INGREDIENTS: rolled oats, carob, all-vegetable margarine, cane sugar, apple juice, orange, all-vegetable oil, wheat flour, soya flour, lecithin.</i> Refrigerated shelf life 21 days</p>	<p>1 x pack of 2 'Crunch' 1 x pack of 4 'Flapjack'</p>
<p>Orange Gateau Remarkably light texture for a wholemeal sponge, topped with walnuts in a cream cheese icing. Lots of orange. <i>INGREDIENTS: 100% wholewheat stoneground flour, cane sugar, vegetarian cream cheese, all-vegetable oil, juice & zest of fresh orange, apricots, apple juice, free range egg, soya milk, walnuts, bicarbonate of soda, fruit pectin.</i> Refrigerated shelf life 5 days</p>	<p>8 inch round 10 inch round</p>
<p>Seville Coconut Slice An unusual and delicious Bakewell tart type of thing with a distinctive coconut & almond combination against the sharp orange tang of the marmalade <i>INGREDIENTS: Brown rice flour, all-vegetable margarine, cane sugar, raisins, coconut, free-range eggs, almonds, marmalade.</i> GLUTEN FREE - refrigerated shelf life 8 days</p>	<p>11 x 7 inch slab (10+ servings) Individual pack</p>
<p>Shortbread The traditional favourite; still blended with butter, but based on 100% wholewheat stoneground English flour. <i>INGREDIENTS: 100% wholewheat stoneground flour, butter, cane sugar.</i> Shelf life 20 days</p>	<p>10 inch round (marked into 8 segments)</p>