

Nutritional Information **Typical Values per 100g**
For Products brought ready baked or baked as per guidelines

	Energy Kcal	Energy KJ	Protein (g)	Carbohydrate (g)	of which Sugars (g)	Fat (g)	of Which Saturates (g)	Fibre (g)	Sodium (g)	Salt (g)
Large Steak & Kidney Pies	205	858	9.1	17.7	0.4	10.9	5.2	3.6	0.38	0.95
Large Chicken & Mushroom Pies	210	875	7.6	15.7	0.3	12.9	5.0	3.5	0.41	1.00
Large Beef & Onion Pies	229	956	7.6	17.9	0.4	14.1	6.7	3.0	0.41	1.00
Large Potato & Meat Pies	230	959	7.2	17.7	0.4	14.5	7.0	2.3	0.44	1.10
Large All Steak Pies	231	966	9.9	16.2	0.5	14.1	7.0	1.6	0.41	1.00
Large Halal Chicken Balti Pie	251	1045	8.2	17.6	1.4	16.4	5.5	3.2	0.33	0.83
Large Potato, Cheese & Onion Pies	255	1066	6.7	24.7	1.9	14.4	7.4	1.4	0.51	1.28
Medium Steak & Kidney Pies	253	1029	11.9	18.8	0.8	13.7	6.1	1.7	0.33	0.83
Medium Chicken & Mushroom Pies	211	880	7.8	17.0	0.6	12.4	5.0	3.4	0.41	1.00
Medium Beef & Onion Pies	242	1010	6.9	21.0	0.4	14.5	7.0	2.3	0.41	1.00
Medium All Steak Pies	242	1014	9.6	30.3	1.2	10.2	4.7	2.4	0.64	1.60
Medium Halal Chicken Balti Pies	241	1006	7.6	16.5	1.6	16.1	5.7	3.2	0.35	0.88
Steak & Kidney Pudding (Steamed)	226	946	9.2	18.8	1.3	12.7	10.4	1.8	0.23	0.58
Large Stand-up Cornish Pasties	248	1037	7.0	23.2	0.8	14.2	6.7	2.4	0.45	1.13
Beef & Onion Pukka Pasties	235	979	7.0	18.6	0.6	14.7	7.0	3.0	0.48	1.20
Potato, Cheese & Onion Pasties	315	1313	7.3	29.3	2.8	18.7	7.8	0.9	0.52	1.30
Cornish Pasties 'D' Shaped	244	1020	6.7	20.7	0.4	15.0	7.4	2.2	0.46	1.15
Medium Stand Up Cornish Pasties	279	1139	7.6	24.5	1.6	16.0	6.9	1.6	0.42	1.05
Jumbo Sausage Rolls (3 sizes)	326	1358	8.3	26.2	1.5	22.4	9.8	3.3	0.67	1.65
Catering Sausages 4's, 6's, 8's (fried)	326	1358	8.3	26.2	1.5	27.4	9.8	3.3	0.67	1.65
Frozen Pastry (Baked no filling)										
Pre-sheeted PS10 (2 x 10kg rolls), PS5 (2 sx 5kg rolls) and Short Cuts (20 Sheets) 20kg	522	2175	9.1	46.2	0.3	33.4	17.3	3	0.46	1.20
Small Bakers PP Block 10kg and Twin Pack PP (2 blocks) 2 x 5kg	380	1586	5.6	36.3	2.1	23.6	13.0	3.4	0.46	1.15