

Desserts Generic

|                         | Carb Count | wheat/gluten | milk/dairy | eggs     | soya/soyabeans |
|-------------------------|------------|--------------|------------|----------|----------------|
| Updated April 2026      |            |              |            |          |                |
| Angel Delight Mousse    | 8          |              | <b>x</b>   |          |                |
| Apple Pinwheel          | 10         | <b>x</b>     |            |          |                |
| Cheeky Chocolate Cake   | 20         | <b>x</b>     |            | <b>x</b> |                |
| Chelsea Bun             | 22.5       | <b>x</b>     |            |          | <b>x</b>       |
| Chocolate Krispie Cake  | 18.5       | <b>x</b>     | <b>may</b> |          | <b>may</b>     |
| Chocolate Mousse        | 21         |              | <b>x</b>   |          |                |
| Chocolate Shortbread    | 23.5       | <b>x</b>     |            |          |                |
| Chocolate Sponge        | 18.5       | <b>x</b>     |            | <b>x</b> |                |
| Fresh Fruit             | 10         |              |            |          |                |
| Fruit Crumble           | 40         | <b>x</b>     |            |          |                |
| Frozen Fruit Smoothie   | 15         |              |            |          |                |
| Gingerbread Cookie      | 17.5       | <b>x</b>     |            | <b>x</b> |                |
| Ginger Cake             | 26         | <b>x</b>     |            | <b>x</b> |                |
| Golden Krispie Cake     | 18.5       | <b>x</b>     |            |          |                |
| Goey Chocolate Biscuit  | 17.5       | <b>x</b>     |            | <b>x</b> |                |
| Iced Bun                | 22.5       | <b>x</b>     |            |          | <b>x</b>       |
| Iced Cookie Bun         | 15         | <b>x</b>     |            | <b>x</b> |                |
| Ice Cream               | 8          |              | <b>x</b>   |          |                |
| Iced Cake               | 21         | <b>x</b>     |            | <b>x</b> |                |
| Iced Carrot Cake        | 21         | <b>x</b>     |            | <b>x</b> |                |
| Jammie Pinwheel         | 9          | <b>x</b>     |            |          |                |
| Jam Scone               | 33         | <b>x</b>     |            | <b>x</b> |                |
| Jelly                   | 12         |              |            |          |                |
| Lemon Cake              | 17         | <b>x</b>     |            | <b>x</b> |                |
| Lemon Drizzle Cake      | 25         | <b>x</b>     |            | <b>x</b> |                |
| Marble Sponge           | 17         | <b>x</b>     |            | <b>x</b> |                |
| Oat Cookie              | 21         | <b>x</b>     |            |          |                |
| Oaty Apple Bar          | 28         | <b>x</b>     |            |          |                |
| Orange Flapjack         | 25         | <b>x</b>     |            |          |                |
| Raspberry Buns          | 23         | <b>x</b>     |            | <b>x</b> |                |
| Raspberry Ripple Mousse | 18.9       |              | <b>x</b>   |          |                |
| Summer Fruits Pinwheel  | 10         | <b>x</b>     |            |          |                |
| Shrewsbury Biscuit      | 28         | <b>x</b>     |            | <b>x</b> |                |
| Strawberry Mousse       | 18         |              | <b>x</b>   |          |                |

|                         |      |  |          |          |          |  |
|-------------------------|------|--|----------|----------|----------|--|
| Swirly Jam Sponge       | 27   |  | <b>x</b> |          | <b>x</b> |  |
| Syrup Sponge            | 27.6 |  | <b>x</b> |          | <b>x</b> |  |
| Vanilla Shortbread      | 23.5 |  | <b>x</b> |          |          |  |
| Yoghurt & Fruit Compote | 10   |  |          | <b>x</b> |          |  |



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