



MADE WITH

FRESH
SOUTH LAKES
ORGANIC
MILK

North West Fine Foods Winners
2001 – 2003– 2004 – 2007– 2009

Great Taste Awards 2005 – 3 Silvers
Great Taste Awards 2008 – Gold

Simply Great Ice Cream !!

ENGLISH LAKES ICECREAM

The Range

Luxury Dairy – *Just natural ice-cream made with fresh milk, Jersey cream and pure butter with an overrun of around 70 %.*

** All natural ingredients*

** Available in up to 20 flavours*

** Available in 5L Napoli, 4L, 2L, 1L and Double Jersey 1/2L*

Regular Ice-cream – *A quality blend of fresh skim milk and vegetable fats with an overrun of around 85 %.*

** All natural ingredients*

** Available in 7 flavours*

** Available in 4L, 2L, 1L and some napolis*

'Lite' ice-cream – *A low fat, lower calorie ice-cream suitable for diabetics (and slimmers!)*

** All natural ingredients*

** Available in 3 flavours*

** Available in 2L and 1L and 125ml pot*

Real Fruit Sorbets – *Our sorbets are made using only real fruit and juices.*

** All natural*

** Available in up to 12 flavours in 2L and 1L and 125ml pot (Mango)*

ENGLISH LAKES ICECREAM

Luxury Dairy Range

Double Jersey – Just real dairy ice-cream, no colours or flavours

Blackcurrant – Blackcurrants soaked in sauce swirled in dairy ice-cream

Strawberry – Crushed strawberries in creamy ice-cream

Rum & Raisin – Just real rum, raisins and dairy ice-cream !

Maple and Walnut – Roasted walnuts in maple dairy ice-cream

Death by Chocolate – Rich chocolate ice-cream and a heavy chocolate sauce

Cappuccino – Coffee in dairy ice-cream with chocolate chips and whisky!

Mint Choc Chip – Real chocolate chips in minted ice-cream

Manhattan – Pecans, butterscotch, chocolate chunks, fudge sauce!!!

Brandy & Apricot – Double Jersey ice cream laced with brandy rippled with tangy apricot sauce

Banana, Toffee and Walnut – The original Banoffee!

Thunder & Lightning – Explosive mix of chocolate and cinder toffee

Apple Crumble & Ice cream – A great English pud all in one scoop !!

Raspberry Pavlova – A scrummy partnership of tangy raspberry fruit and pieces of meringue

“Cookies!” – Delicious Creamy Dairy Ice Cream with Chunky pieces of Oreo Biscuits

Triple Berry Smoothie – ‘Smoothie style’ dairy ice cream made with banana and Yogurt blended with rich red berries

NEW FOR 2010

Cherry Bakewell – Delicate almond ice cream with a tangy cherry ripple and pastry crumb.

Caramel Crunch – Yummy caramel icecream riddled with butterscotch pieces !

A general nutritional guide is as follows:-

	<i>100g</i>	<i>100ml</i>
<i>Energy</i>	<i>869 kj</i>	<i>512 kj</i>
	<i>208 kcal</i>	<i>123 kcal</i>
<i>Protein</i>	<i>4.3 g</i>	<i>2.54 g</i>
<i>Carbohydrate</i>	<i>22.5 g</i>	<i>13.3 g</i>
<i>Fat</i>	<i>12.0 g</i>	<i>7.1 g</i>

(A normal scoop of ice cream is around 50 ml)

ENGLISH LAKES ICECREAM

Regular Ice-cream

Our regular ice cream is made to the same high standards as our dairy ice cream but we use skimmed milk and vegetable fats in place of milk and cream. From February 2006 this ice cream will not contain hydrogenated fats.

Vanilla – A fresh vanilla ice-cream with lower than average overrun

Strawberry – Tangy strawberry flavoured ice-cream

Chocolate – Just Dutch Cocoa powder in our regular ice-cream

Raspberry Ripple – Vanilla ice-cream with a real raspberry ripple

Mint Ripple – Minted Ice-cream with a heavy chocolate ripple

Toffee Fudge – Vanilla ice-cream with a swirl of toffee fudge sauce

Cheeky Monkey! – Chocolate and Banana “side-by-side” in our regular ice-cream

A general nutritional guide is as follows .

	<i>100g</i>	<i>100ml</i>
<i>Energy</i>	<i>801 kj</i>	<i>448kj</i>
	<i>192 kcal</i>	<i>107 kcal</i>
<i>Protein</i>	<i>2.8 g</i>	<i>1.57 g</i>
<i>Carbohydrate</i>	<i>18.4g</i>	<i>10.3 g</i>
<i>Fat</i>	<i>11.0g</i>	<i>6.66 g</i>

(A normal scoop of ice cream is around 50 ml)

'Lite' Ice Cream

Our 'lite' range is a lower fat alternative to regular ice cream, we have prepared it to a recipe which is also more suitable for people with diabetes. We have lowered the fat content from around 11% to around 5% and replaced the sugar component with fructose, the natural fruit sugar, rather than using artificial sweeteners. Whether you use our 'lite' ice cream as a lower fat alternative or as a diabetic replacement for regular ice cream it should form part of your personal dietary plan. A full nutritional spec is listed below together with a comparison of our dairy ice cream.

We have 3 flavours in our 'lite' ice cream, Vanilla, chocolate and strawberry. The vanilla is available in 2 and 1 litre together with a 125ml pot. Chocolate and strawberry are available in 1 litre tubs.

Nutritional information

	<i>Diabetic</i>		<i>Dairy</i>
	<i>100 g</i>	<i>100ml</i>	<i>100ml</i>
<i>Energy</i>	<i>624 kj</i>	<i>349 kj</i>	<i>512 kj</i>
	<i>148 kcal</i>	<i>83 kcal</i>	<i>123 kcal</i>
<i>Protein</i>	<i>3.4 g</i>	<i>1.9 g</i>	<i>2.54 g</i>
<i>Carbohydrate</i>	<i>18.4 g</i>	<i>10.3 g</i>	<i>13.3 g</i>
<i>Of which</i>			
<i>Sugars</i>	<i>13.5 g</i>	<i>7.6 g</i>	
<i>Starch</i>	<i>4.2 g</i>	<i>2.4 g</i>	
<i>Fat</i>	<i>5.1 g</i>	<i>2.7 g</i>	<i>7.1 g</i>
<i>Of which</i>			
<i>Saturates</i>	<i>2.7 g</i>	<i>1.5 g</i>	
<i>Mono unsaturated</i>	<i>1.5 g</i>	<i>0.84 g</i>	
<i>Poly unsaturated</i>	<i>1.0 g</i>	<i>0.56 g</i>	
<i>Trans Fatty Acids</i>	<i>0.0 g</i>	<i>0.00 g</i>	
<i>Fibre</i>	<i>0.7 g</i>	<i>0.39 g</i>	
<i>Sodium</i>	<i>0.09 g</i>	<i>0.05 g</i>	

A normal scoop of ice cream is around 50 ml

Real Fruit Sorbets

All our sorbets contain only fruit and fruit juices for their flavour and colour, We rarely use flavourings or colourings but where we do they are both natural. Our current flavours include :

Lemon; Orange; Mango; Cassis; Strawberry; Champagne; Kirsch;

Passion Fruit; Raspberry; Green Apple; Cranberry and Redcurrant;

Elderflower; Lime; Plum & Damson; Pink Grapefruit; Tangerine;

We do vary our sorbets on a regular basis so it is worth checking to see what's new.

Mango sorbet is available in our 125ml pot

Average composition

	<i>100g</i>	<i>100ml</i>
<i>Energy</i>	<i>506 kj</i>	<i>339 kj</i>
	<i>119 kcal</i>	<i>73 kcal</i>
<i>Protein</i>	<i>0.2 g</i>	<i>0.12 g</i>
<i>Carbohydrate</i>	<i>29.1 g</i>	<i>19.5 g</i>
<i>Fat</i>	<i>0.2 g</i>	<i>0.12 g</i>

An average scoop is around 50 ml.

English Lakes Ice Cream

FACTSHEET

EGGS

We don't use eggs or egg derivatives in our ice cream or sorbets **except** in the meringue pieces in the Raspberry Pavlova

CEREALS (Gluten)

Some people are allergic to cereal products (coeliacs), all of our products **except** for Apple Crumble, Cookies and Cherry Bakewell are suitable for people with this condition.

NUTS

Some of our products contain nuts e.g. Maple and Walnut. Whilst we do not use nuts or nut products unless stated we can not guarantee that there will be no nuts in other products.

VEGETARIANS

All our products are suitable for vegetarians as apart from cream and butter no other animal fats or derivatives are used. It will not be suitable for vegans because we use milk based products however our sorbets will be ok for vegans.

LACTOSE

Some people are allergic to lactose, the natural sugar in milk, only our sorbets will be suitable for these customers.

GENETICALLY MODIFIED PRODUCTS

Absolutely none of our ingredients contain genetically modified compounds. Some of our products such as blackcurrant contain "modified starch" this is simply maize starch which has been chemically treated (not genetically modified) to stop the product becoming too thick and chewy when frozen.

COLOURS, FLAVOURS and PRESERVATIVES

Our products contain no preservatives and where possible only natural flavours and colours.

INGREDIENT DETAILS

LUXURY DAIRY

DOUBLE JERSEY - Fresh whole milk, Sugar, Butter, Jersey Double Cream
Skim milk powder, Dextrose, Emulsifiers: Mono & Di-glycerides, Stabilisers: Locust Bean gum, Guar gum, Polysorbate 80, Carageenan. All Ice cream fruit preparations contain modified starch

The following contain the above ingredients plus...

BLACKCURRANT	- Blackcurrants
STRAWBERRY	- Crushed strawberries, strawberry juice, beetroot juice (colour)
RUM & RASIN	- Raisins, Rum, Natural caramel (colour)
CAPPUCCINO	- Chocolate chips, Coffee, Whiskey
MAPLE & WALNUT	- Walnuts, Natural maple flavour
MINT CHOC CHIP	- Chocolate chips, Natural colour and flavour
DEATH by CHOC	- Chocolate sauce, Cocoa powder
THUNDER & LIGHTNING	- Chocolate sauce, cinder toffee
APPLE CRUMBLE	- Crumble (Oats, Wheat flour, Vegetable fat), Apples (contains modified starch, fruit acid)
RASPBERRY PAVLOVA	- Raspberries, (modified starch, nat flavour, fruit acid) Meringue (Egg albumen, flavouring)
MANHATTEN	- Fudge sauce (contains modified starch), pecans, toffee, chocolate chips
BANANA, TOFFEE, WALNUT	- Banana puree, Toffee sauce (contains modified starch) Walnuts, nat colour
BRANDY & APRICOT	- Brandy, Apricot puree (contains modified starch)
COOKIES	- Cookies - (Sugar, flour, soybean, oil, cocoa, fructose, corn syrup, baking soda, corn starch, Lecithin, vanillin, chocolate.)

REGULAR ICECREAM

VANILLA - Skimmed milk, Sugar, Vegetable fat, Skim powder, Dextrose
Emulsifiers: Mono & Di-glycerides, Stabilisers: Locust bean gum, Guar gum, Sodium Alginate, Carageenan, natural flavour

The following contain the above ingredients plus...

CHOCOLATE	- Cocoa powder
STRAWBERRY	- Natural flavour and colour (beetroot juice)
MINT RIPPLE	- Chocolate sauce, natural colour and flavour
TOFFEE FUDGE	- Toffee sauce, vanilla flavour
RASPBERRY	- Raspberry sauce, vanilla flavour

FRUIT SORBETS

BASE MIX- Water, sugar, glucose, Stabilisers Vegetable protein, Xanthan gum Pectin, Guar gum,
The following contain the above ingredients plus...

LEMON	- Lemon juice Lemon pulp (contains modified starch)
ORANGE	- Orange pulp (contains modified starch), orange juice
PLUM DAMSON	- Plum juice, plum and damson fruit (contains modified starch)
CASSIS	- Blackcurrant pulp, Blackcurrants (contains modified starch), natural colour
MANGO	- Mango pulp
STRAWBERRY	- Strawberry pulp and juice
PASSION	- Passion fruit
LIME	- Lime juice and lime pulp (contains modified starch), natural colour
RASPBERRY	- Raspberries, Natural colour
CRANBERRY	- Cranberry concentrate, orange pulp
ELDERFLOWER	- Natural flavour
GREEN APPLE	- Apples and natural flavour
KIRSCH	- Cherries, kirsch, natural flavouring
PINK GRAPEFRUIT	- Concentrated pink grapefruit pulp
CHAMPAGNE	- Champagne, natural flavouring, fruit acid

DIABETIC ICE CREAM (See separate fact sheet for detail)

BASE MIX - Skim milk, skim milk powder, fructose, poly-dextrose, vegetable fat, Emulsifiers: Mono & Di-glycerides, Stabilisers: Locust bean gum, Guar gum, Sodium Alginate, Carageenan, natural flavour

