



# NUTRITION & ALLERGEN GUIDE

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## SPRING FOOD

March – May 2025

**Seasonal Menu**

**Bakery Menu**

**Breakfast Menu**

**Sandwiches & Toasties**

**Chocolate, Snacks &  
Bottled Drinks**



This guide will provide nutritional and allergen information for all Spring food. Allergens can be found in **BOLD CAPITALS** within the ingredient declaration and summarised in the last column. Please ensure you take extra care to identify all the possible allergens present in our food, if you require support please ask one of our trained barista's.

**Within this booklet it will provide information on the following 14 allergens:**

- Cereals Containing **Gluten** (Wheat, Spelt, Kamut, Rye, Barley and Oats)
- **Treenuts** (Almond, Hazelnut, Walnut, Cashew, Pecan Nut, Brazil Nut, Pistachio Nut, Macadamia/Queensland Nut)
- **Egg** • **Milk** • **Soya** • **Fish** • **Crustaceans** • **Molluscs** • **Sesame** • **Lupin** • **Celery** • **Mustard** • **Peanuts**
- **Sulphur Dioxide and Sulphites**

**Cross-Contact**

Due to the nature of how our partners handle our food items, and share equipment and utensils there is a risk of allergen cross-contact. We cannot guarantee any item is allergen free. Please remember to check this information regularly as we're always working on our recipes. For more allergen information please ask your barista.

**This information is updated regularly to reflect our procedures instore.**

**Please check [www.starbucks.co.uk](http://www.starbucks.co.uk) for the most up to date information.**



# SEASONAL MENU





Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Allergens
----- per portion -----													
<b>Loaf Cakes &amp; Muffins</b>													
Chocolate and Caramel Muffin (Vegan)	Y	Y	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], sugar, rapeseed oil, water, dark chocolate [sugar, cocoa mass, cocoa butter, emulsifier: <b>SOYA</b> lecithin, vanilla flavouring], caramel filling [glucose syrup, palm oil, sugar, invert sugar syrup, pea protein, salt, emulsifier: mono and di glycerides of fatty acids, caramel flavouring, sugar syrup], cocoa powder, partially inverted refiners syrup, humectant: glycerine, glucose syrup, malt extract ( <b>BARLEY</b> ), sugar crunch [sugar, non hydrogenated vegetable oil (palm oil, emulsifier: sunflower lecithin, colour: caramelised carrot concentrate, carrot concentrate, natural flavouring), cocoa nibs [cocoa powder, sugar], baking powder [raising agents: potassium hydrogen carbonate, disodium diphosphate; wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), raising agent: mono calcium phosphate], <b>WHEAT</b> gluten, maize starch, emulsifier: mono- and diglycerides of fatty acids, preservative: potassium sorbate, thickener: xanthan gum, vanilla flavouring.	1874	448	22	5.1	55	31	1.6	6.6	0.37	<b>WHEAT</b> <b>SOYA</b> <b>BARLEY</b>
Pistachio and White Chocolate Loaf Cake	Y	N	Caster sugar, free-range pasteurised whole <b>EGG</b> , wheat flour ( <b>WHEAT</b> flour, calcium carbonate, niacin, iron, thiamin), <b>PISTACHIO</b> butter (10%), salted butter (butter ( <b>MILK</b> ), salt), rapeseed oil, white chocolate (6%) (sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), water, icing sugar, cream ( <b>MILK</b> ), natural vanilla flavouring, modified maize starch, potato starch, <b>PISTACHIOS</b> (0.5%), raising agents: disodium diphosphate, sodium hydrogen carbonate, glucose syrup, preservative: potassium sorbate, modified starch, emulsifiers: lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, salt, <b>SOYA</b> flour, freeze dried raspberry pieces, spirulina concentrate, safflower concentrate, apple concentrate, hibiscus concentrate.	1803	432	25	7.5	43	26	2.4	7.5	0.53	<b>EGG</b> <b>WHEAT</b> <b>PISTACHIO</b> <b>MILK</b> <b>SOYA</b>
----- per portion -----													
<b>Cookies</b>													
Dulce de Leche Chocolate Cookie	Y	N	Dark chocolate (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), wheat flour ( <b>WHEAT</b> flour, calcium, niacin, iron, thiamine), salted butter ( <b>MILK</b> , salt), sweetened condensed <b>MILK</b> , milk chocolate (sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract), soft dark brown sugar (sugar, molasses), cocoa powder, free range pasteurised whole <b>EGG</b> , partially inverted refiners syrup, humectant: glycerine, palm oil, <b>EGG</b> yolk, caster sugar, whey powder ( <b>MILK</b> ), rapeseed oil, white chocolate with caramel (cocoa butter, sugar, whole <b>MILK</b> powder, <b>MILK</b> sugar, whey powder ( <b>MILK</b> ), skimmed <b>MILK</b> powder, caramelised sugar, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring), dextrose, baking powder (raising agents: monosodium phosphate, potassium hydrogen carbonate), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)), vanilla flavouring, salt, emulsifier: mono and di glycerides of fatty acids.	1732	415	23	14	45	28	3.5	5.2	0.34	<b>WHEAT</b> <b>MILK</b> <b>EGG</b> <b>SOYA</b>
----- per portion -----													
<b>Swirls</b>													
Maple and Pecan Swirl	Y	N	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, calcium sulphate, niacin, iron, thiamine, acid: ascorbic acid), water, soft dark brown sugar (sugar, molasses), icing sugar, <b>PECAN NUTS</b> , free range pasteurised whole <b>EGG</b> , bun concentrate (palm stearin, rapeseed oil, dextrose, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), salt, emulsifiers: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, mono and di glycerides of fatty acids, colour: beta carotene, flour treatment agent: ascorbic acid, emulsifier: sodium stearoyl-2-lactylate), salted butter (butter ( <b>MILK</b> ), salt), wheat flour ( <b>WHEAT</b> flour, calcium, niacin, iron, thiamine), modified starch, yeast, rapeseed oil, soft cheese ( <b>MILK</b> ), <b>MILK</b> , shortening (palm oil, rapeseed oil), invert sugar syrup, improver (rapeseed oil, emulsifiers: mono and di glycerides of fatty acids, sodium stearoyl-2-lactylate, acidity regulators: acetic acid, preservative: calcium propionate), maple syrup, dried <b>EGG</b> albumin powder, maltodextrin, maple flavouring, vanilla flavouring, skimmed <b>MILK</b> powder, whole <b>EGG</b> powder, salt, raising agent: sodium bicarbonate, preservative: potassium sorbate.	1623	387	16	5.4	52	21	2.7	7.4	0.34	<b>WHEAT</b> <b>MILK</b> <b>EGG</b> <b>PECAN NUTS</b>
----- per portion -----													
<b>Bars</b>													
Easter Crispy Bar	Y	N	Milk chocolate (sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin; vanilla extract), dark chocolate (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin; vanilla extract), salted butter (butter ( <b>MILK</b> ), salt), sweetened condensed <b>MILK</b> , chocolate mini eggs (sugar, cocoa butter, dried skimmed <b>MILK</b> , cocoa mass, dried whey ( <b>MILK</b> ), lactose ( <b>MILK</b> ), butter oil ( <b>MILK</b> ), tapioca starch, emulsifier: <b>SOYA</b> lecithin, caramelised sugar syrup, vanilla flavouring, vegetable extract [beetroot, spirulina, safflower, apple], acidity regulator: citric acid; colour: curcumin), shortcake biscuit (wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamine], vegetable fats (palm oil, rapeseed oil), sugar, invert sugar syrup, tapioca starch, salt, raising agent: sodium hydrogen carbonate, ammonium bicarbonate, non hydrogenated vegetable oil: shea kernel oil, palm oil; emulsifier: sunflower lecithin), rice crispies (rice, sugar, <b>BARLEY</b> malt extract, salt, iron, niacin, vitamin b5, folic acid, vitamin d, riboflavin, vitamin b6, thiamin, vitamin b12), partially inverted refiners syrup, white chocolate (sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin; vanilla extract), palm oil, rapeseed oil, whey powder ( <b>MILK</b> ), vanilla flavouring, chocolate flake (sugar, <b>MILK</b> , cocoa mass, cocoa butter, whey powder ( <b>MILK</b> ), vegetable fat: palm, shea butter; emulsifier, flavourings), emulsifier: mono and diglycerides of fatty acids.	1816	436	29	17	38	28	1.9	4.8	0.4	<b>MILK</b> <b>SOYA</b> <b>WHEAT</b> <b>BARLEY</b>



Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Allergens		
----- per portion -----															
<b>All Day Breakfast Wrap</b>	N	N	Tortilla wrap (wheat flour <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, palm oil, rapeseed oil, raising agents: sodium bicarbonate, disodium diphosphate, sugar, salt, acidity regulator: malic acid, <b>WHEAT</b> starch), scrambled egg (12%) (free-range pasteurised whole <b>EGG</b> , water, rapeseed oil, tapioca starch, dried skimmed <b>MILK</b> , lemon juice, salt, ground white pepper), pork sausage (7%) (pork, water, wheat flour <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), pork fat, onion, <b>WHEAT</b> starch, rapeseed oil, brown sugar, salt, rubbed sage, dextrose, black pepper, stabiliser: sodium diphosphate, <b>WHEAT</b> protein, yeast extract, antioxidant: ascorbic acid, cane molasses, coriander extract, mace extract, nutmeg extract, pepper extract, sage extract, raising agent: ammonium carbonates), pinto beans (pinto beans, water, firming agent: calcium chloride), mature Cheddar cheese ( <b>MILK</b> ), hickory smoked streaky bacon (5%) (pork, salt, antioxidant: sodium ascorbate, preservative: sodium nitrite), béchamel sauce (whole <b>MILK</b> , water, single cream ( <b>MILK</b> ), salted butter [butter ( <b>MILK</b> ), salt], wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], cornflour, salt, white pepper, ground bay leaf), spinach, barbecue sauce (water, sugar, red wine vinegar, tomato paste, treacle, cornflour, smoked paprika, salt, cane molasses, roasted garlic purée, dried onion, garlic powder, cayenne pepper, mace), smoky roast red pepper sauce (tomato [tomato, tomato juice], water, red pepper, tomato paste, sugar, cornflour, onion, garlic purée, red wine vinegar, cane molasses, smoked paprika, red chilli purée, olive oil, lemon juice, parsley, salt), water, cornflour, black pepper.	1947	465	23	9.5	42	6	3.1	21	1.6			<b>WHEAT</b> <b>MILK</b> <b>EGG</b>
<b>Fiery No' Chicken Wrap</b>	Y	Y	Tortilla wrap (wheat flour <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, palm oil, rapeseed oil, raising agents: sodium bicarbonate, disodium diphosphate, sugar, salt, acidity regulator: malic acid, <b>WHEAT</b> starch), soya protein pieces (12%) (water, <b>SOYA</b> protein concentrate, <b>WHEAT</b> gluten, spirit vinegar, natural flavouring, yeast extract, salt, thickener: locust bean gum, sugar, onion powder), firecracker sauce (11%) (water, rapeseed oil, tomato paste, onion, spirit vinegar, red chilli purée, sugar, soy sauce [water, soya extract [water, <b>SOYA</b> beans, salt, <b>WHEAT</b> flour], salt, molasses, <b>BARLEY</b> malt vinegar, <b>BARLEY</b> malt extract), cornflour, garlic purée, tomato [tomato, acidity regulator: citric acid], sugar, tamarind paste, ginger purée, concentrated lime juice, coriander, salt, dried red chilli, cayenne pepper, molasses, chilli powder blend [chilli powder, cumin, garlic powder, oregano, salt], white pepper, paprika extract), pea protein alternative to mayonnaise (water, rapeseed oil, cornflour, sugar, spirit vinegar, Dijon mustard [water, brown <b>MUSTARD</b> seed, spirit vinegar, salt], salt, pea protein, concentrated lemon juice, thickener: pectin), spinach, coconut oil alternative to cheese (water, coconut oil, modified starch, potato starch, sea salt, rowanberry extract, flavouring, acidity regulator: citric acid, olive extract, vitamin B12, colour: beta carotene), red pepper, spring onion, water, red chilli purée, cornflour.	1674	399	16	5.1	49	5.2	3.5	13	1.3			<b>WHEAT</b> <b>SOYA</b> <b>BARLEY</b> <b>MUSTARD</b>
<b>Free-Range Egg, Cress &amp; Mayo Sandwich</b>	Y	N	Malted bread (wheat flour <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, malted <b>WHEAT</b> flakes, <b>WHEAT</b> bran, yeast, malted <b>BARLEY</b> flour, salt, emulsifiers: mono- and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, <b>WHEAT</b> gluten, spirit vinegar, malted <b>WHEAT</b> flour, rapeseed oil, flour treatment agent: ascorbic acid, palm oil), free range hard boiled egg (30%) (free range hard boiled <b>EGG</b> , water, salt, acidity regulators: citric acid, trisodium citrate, preservative: acetic acid), mayonnaise (19%) (water, rapeseed oil, pasteurised <b>EGG</b> yolk, cornflour, white wine vinegar, salt, <b>MUSTARD</b> flour), cress (3%), Dijon mustard (water, spirit vinegar, yellow <b>MUSTARD</b> flour, brown <b>MUSTARD</b> flour, sea salt, <b>MUSTARD</b> husk, ground pimento, ground turmeric), black pepper.	1829	436	19	2.9	47	2.5	4.7	17	1.5		<b>WHEAT</b> <b>EGG</b> <b>BARLEY</b> <b>MUSTARD</b>	
<b>Smoked Ham &amp; Cheese Sandwich</b>	N	N	Malted bread (wheat flour <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, malted <b>WHEAT</b> flakes, <b>WHEAT</b> bran, yeast, malted <b>BARLEY</b> flour, salt, emulsifiers: mono- and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, <b>WHEAT</b> gluten, spirit vinegar, malted <b>WHEAT</b> flour, rapeseed oil, flour treatment agent: ascorbic acid, palm oil), smoked reformed ham with added water (23%) (pork, water, dextrose, salt, stabilisers: pentasodium triphosphate, pentapotassium triphosphate, antioxidant: sodium ascorbate, preservatives: sodium nitrite, potassium nitrate), mayonnaise (water, rapeseed oil, free range pasteurised whole <b>EGG</b> , cornflour, spirit vinegar, salt, <b>MUSTARD</b> flour), mature Cheddar cheese (11%) ( <b>MILK</b> ).	1600	381	13	4.8	44	2.6	3.9	20	1.5		<b>WHEAT</b> <b>MILK</b> <b>EGG</b> <b>BARLEY</b> <b>MUSTARD</b>	
<b>Tomato and Mozzarella Wrap</b>	Y	N	Tomato tortilla wrap (wheat flour <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, palm oil, rapeseed oil, tomato powder, raising agents: sodium bicarbonate, diphosphates, malic acid, sugar, salt, red pepper powder, paprika, basil, <b>WHEAT</b> starch), mozzarella full fat soft cheese (16%) ( <b>MILK</b> ), marinated semi dried tomatoes (13%) (tomato, sunflower oil, salt, garlic, oregano), green pesto (basil paste [basil, sunflower oil, salt, antioxidant: ascorbic acid], medium fat hard cheese ( <b>MILK</b> ), extra virgin olive oil, sunflower oil, garlic purée, acidity regulator: citric acid), mayonnaise (water, rapeseed oil, free-range pasteurised whole <b>EGG</b> , cornflour, spirit vinegar, salt, <b>MUSTARD</b> flour), spinach, rocket, cornflour.	2020	483	24	9	49	5.6	3.4	16	1.6		<b>WHEAT</b> <b>MILK</b> <b>EGG</b> <b>MUSTARD</b>	
<b>Tuna and Sweetcorn Sandwich</b>	N	N	White bread with oatmeal (wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], water, <b>OATMEAL</b> , <b>WHEAT</b> bran, yeast, <b>WHEAT</b> gluten, salt, emulsifiers: mono- and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, spirit vinegar, rapeseed oil, malted <b>BARLEY</b> flour, palm oil, flour treatment agent: ascorbic acid), tuna (26%) (tuna ( <b>FISH</b> ), water, salt), mayonnaise (14%) (water, rapeseed oil, free-range pasteurised whole <b>EGG</b> , cornflour, spirit vinegar, salt, <b>MUSTARD</b> flour), sweetcorn (11%) (sweetcorn, water, salt), concentrated lemon juice, black pepper.	1472	349	7.4	1	47	3.7	5.3	21	1.2		<b>WHEAT</b> <b>OAT</b> <b>BARLEY</b> <b>EGG</b> <b>FISH</b> <b>MUSTARD</b>	



Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Allergens
<b>Fruit</b>													
Pineapple Chunks	Y	Y	Pineapple Chunks	242	57	0	0	13	13	1.4	0.6	0	-



# BAKERY MENU





Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Allergens
----- per portion -----													
<b>Almond Croissant</b>	Y	N	<b>WHEAT</b> flour, butter (17%) ( <b>MILK</b> ), water, <b>ALMOND</b> paste 11% [sugar, <b>ALMOND</b> , glucose syrup, humectant: glycerol, bitter <b>ALMOND</b> , stabilizer: sorbitol, natural <b>ALMOND</b> flavouring], slivered <b>ALMONDS</b> (6%), sugar, yeast, icing sugar [dextrose, maize flour, palm oil], <b>EGG</b> , <b>WHEAT</b> gluten, salt, modified maize starch, emulsifier: rapeseed lecithin, flour treatment agent: ascorbic acid.	1425	341	19	11	35	10	1.9	6.6	0.62	<b>WHEAT</b> <b>MILK</b> <b>ALMOND</b> <b>EGG</b>
<b>Almond Croissant (at selected stores)</b>	Y	N	<b>WHEAT</b> flour, water, butter 13% ( <b>MILK</b> ), sugar, <b>ALMOND</b> powder 6%, flaked <b>ALMONDS</b> 3%, yeast, <b>WHEAT</b> gluten, <b>EGGS</b> , salt, natural flavouring, flour treatment agent: ascorbic acid, enzyme.	1277	305	15	7.1	34	12	2.3	7.4	0.65	<b>WHEAT</b> <b>MILK</b> <b>ALMOND</b> <b>EGG</b>
<b>Butter Croissant</b>	Y	N	<b>WHEAT</b> flour, butter (23%) ( <b>MILK</b> ), water, sugar, yeast, <b>MILK</b> powder, <b>WHEAT</b> gluten, <b>EGG</b> wash [ <b>EGG</b> ], salt, emulsifier: rapeseed lecithin, flour treatment agent: ascorbic acid.	1083	259	14	9	27	5.4	1.4	5.6	0.36	<b>WHEAT</b> <b>MILK</b> <b>EGG</b>
<b>Butter Croissant (at selected stores)</b>	Y	N	<b>WHEAT</b> flour, butter 24% ( <b>MILK</b> ), water, sugar, yeast, <b>WHEAT</b> gluten, salt, <b>EGGS</b> , flour treatment agent: ascorbic acid, enzyme.	1200	288	17	11	27	4.8	1.5	5.9	0.67	<b>WHEAT</b> <b>MILK</b> <b>EGG</b>
<b>Chocolate Twist</b>	Y	N	Water, <b>WHEAT</b> flour, sugar, chocolate (13%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], butter (8.4%) ( <b>MILK</b> ), modified starch, yeast, sugar, free range <b>EGG</b> , whey powder ( <b>MILK</b> ), skimmed <b>MILK</b> powder, salt, <b>WHEAT</b> gluten, stabilisers: calcium acetate, tetrapotassium diphosphate, disodium phosphate; carrot extract, flour treatment agent: ascorbic acid, natural flavouring, paprika extract, turmeric extract.	1147	274	12	7.3	36	16	2.2	4.3	0.55	<b>WHEAT</b> <b>MILK</b> <b>EGG</b> <b>SOYA</b>
<b>Chocolate Twist (at selected stores)</b>	Y	N	Water, <b>WHEAT</b> flour, chocolate chips 14% (sugar, cocoa mass, cocoa butter, emulsifier: sodium hydrogen sulphite ( <b>SOYA</b> )), butter 13% ( <b>MILK</b> ), sugar, whole <b>MILK</b> powder, yeast, modified starch, <b>MILK</b> whey powder, <b>WHEAT</b> gluten, <b>EGGS</b> , skimmed <b>MILK</b> powder, salt, gelling agent: sodium alginate, diphosphates, calcium phosphates, starch, colour: carotenes from natural origin, flour treatment agent: ascorbic acid, natural flavouring, enzyme.	1325	317	16	10	36	17	2.2	6.1	0.61	<b>WHEAT</b> <b>MILK</b> <b>EGG</b> <b>SOYA</b>
<b>Cheese Twist</b>	Y	N	Cheese Filling (31%) (water, grated white cheddar cheese (11%) [pasteurised cows <b>MILK</b> , salt, anti-caking agent: powdered cellulose, lactic starter culture, coagulant], pasteurised <b>EGG</b> , whey powder ( <b>MILK</b> ), modified maize starch, salt, coconut oil, skimmed <b>MILK</b> powder, thickener: sodium alginate, <b>EGG</b> yolk powder, sugar), <b>WHEAT</b> flour, water, butter (12%) ( <b>MILK</b> ), red leicester cheese (5%) (pasteurised cows <b>MILK</b> , potato starch, salt, rennet, starter culture, Annatto norbixin), sugar, yeast, salt, <b>WHEAT</b> gluten, emulsifier: rapeseed lecithin, flour treatment agent: ascorbic acid.	780	187	11	7.3	16	3	0.5	5.7	0.68	<b>WHEAT</b> <b>MILK</b> <b>EGG</b>
<b>Cinnamon Swirl</b>	Y	N	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, calcium sulphate, niacin, iron, thiamine, acid: ascorbic acid], water, cinnamon filling [sugar, <b>WHEAT</b> flour, cassia cinnamon, modified maize starch, dried <b>EGG</b> , rapeseed oil, raising agent: disodium diphosphate, skimmed <b>MILK</b> powder, salt, colour: caramel], cream cheese frosting [sugar, water, dried glucose syrup, palm kernal oil, rapeseed oil, natural <b>MILK</b> flavouring, palm oil, emulsifiers: sorbitan tristearate, sucrose esters of fatty acids; stabiliser: agar, acidity regulator: citric acid, preservative: potassium sorbate, colour: beta carotene], sultanas (8%), free range pasteurised whole <b>EGG</b> , bun concentrate [palm stearin, rapeseed oil, dextrose, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), salt, emulsifiers: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, mono and di glycerides of fatty acids, sodium stearoyl-2-lactylate; colour: beta carotene, flour treatment agent: ascorbic acid], sugar, yeast, invert sugar syrup, improver [rapeseed oil, emulsifiers: mono and diglycerides of fatty acids, sodium stearoyl-2-lactylate, acidity regulator: acetic acid, preservative: calcium propionate], orange zest, orange pulp [glucose syrup, sugar, orange concentrate, lemon concentrate, citrus fibre, orange flavouring, carrot concentrate, paprika].	1632	387	7.6	3.1	67	25	3.1	11	0.47	<b>WHEAT</b> <b>MILK</b> <b>EGG</b>
<b>Cinnamon Swirl (at selected stores)</b>	Y	N	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, niacin, iron, thiamin], water, icing sugar, soft brown sugar [sugar, cane molasses, inverted sugar syrup], free-range pasteurised whole <b>EGG</b> , bun concentrate [palm stearin, rapeseed oil, dextrose, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), salt, emulsifiers: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, mono and di glycerides of fatty acids; colour: beta carotene, flour treatment agent: ascorbic acid, emulsifier: sodium stearoyl-2-lactylate], sugar, soft cheese (full fat soft cheese ( <b>MILK</b> ), salt, starter culture), yeast, cinnamon, modified maize starch, wheat flour [ <b>WHEAT</b> flour, calcium, niacin, iron, thiamine], salted butter (butter ( <b>MILK</b> ), salt), rapeseed oil, invert sugar syrup, vegetable oils (palm, rapeseed), free-range dried <b>EGG</b> powder, skimmed <b>MILK</b> powder, free-range dried <b>EGG</b> white powder, salt, orange pulp [glucose syrup, sugar, orange concentrate, acidity regulator: citric acid, natural orange flavouring, water, colour: carotenes], thickener: cellulose gum, raising agent: sodium bicarbonate, orange zest.	1817	431	11	4.3	70	30	6.2	10	0.53	<b>WHEAT</b> <b>MILK</b> <b>EGG</b>





Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Allergens
Luxury Fruit Toast	Y	N	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, calcium sulphate, niacin, iron, thiamine, acid: ascorbic acid], water, raisins (13%), flame raisins (10%), bun concentrate [palm stearin, rapeseed oil, dextrose, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), salt, emulsifiers: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, mono and di glycerides of fatty acids, sodium stearoyl-2-lactylate; colour: beta carotene, flour treatment agent: ascorbic acid], sweetened dried cranberries (4%) [cranberries, sugar, vegetable oil (sunflower)], free range pasteurised whole <b>EGG</b> , sugar, yeast, invert sugar syrup, improver [rapeseed oil, emulsifiers: mono and di glycerides of fatty acids, sodium stearoyl-2-lactylate; acidity regulators: acetic acid, preservative: calcium propionate], lemon zest.	2072	491	11	4.5	84	38	4.1	12	0.26	<b>WHEAT</b> <b>EGG</b>
Pain au Chocolat	Y	N	<b>WHEAT</b> flour, butter (21%) ( <b>MILK</b> ), water, chocolate (10%) [sugar, cocoa mass, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], sugar, yeast, <b>MILK</b> powder, <b>WHEAT</b> gluten, <b>EGG</b> wash [ <b>EGG</b> ], salt, emulsifier: rapeseed lecithin, flour treatment agent: ascorbic acid.	1311	314	17	11	33	9.8	2.0	6.2	0.37	<b>WHEAT</b> <b>MILK</b> <b>EGG</b> <b>SOYA</b>
Pain Au Chocolat (at selected stores)	Y	N	<b>WHEAT</b> flour, butter 21% ( <b>MILK</b> ), water, chocolate 11% (sugar, cocoa mass, cocoa butter, emulsifier: sodium hydrogen sulphite ( <b>SOYA</b> )), sugar, yeast, <b>WHEAT</b> gluten, <b>EGGS</b> , salt, flour treatment agent: ascorbic acid, enzyme.	1239	297	17	11	29	8.6	2.1	5.9	0.49	<b>WHEAT</b> <b>MILK</b> <b>EGG</b> <b>SOYA</b>
<b>Freshly Baked Daily (Select Stores)</b>				----- per portion -----									
All Butter Belgian Dark Chocolate Chunk Cookie	Y	N	Wheat flour ( <b>WHEAT</b> , calcium carbonate, niacin, iron, thiamine), Belgian dark chocolate (24%) (sugar, cocoa mass, cocoa butter, fat-reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), soft dark brown sugar (sugar, cane molasses, inverted sugar syrup), salted butter (butter ( <b>MILK</b> ), salt), icing sugar, glucose syrup, water, humectant: glycerine, <b>WHEAT</b> fibre, dextrose, whey powder ( <b>MILK</b> ), raising agents: sodium bicarbonate, monocalcium phosphate, disodium diphosphate, preservative: potassium sorbate, salt.	1527	364	15	9.6	51	30	4.2	4.2	0.46	<b>WHEAT</b> <b>MILK</b> <b>SOYA</b>
All Butter Belgian Triple Chocolate Chunk Cookie	Y	N	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, niacin, iron, thiamine), Belgian dark chocolate chips (10%) (sugar, cocoa mass, cocoa butter, fat-reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), soft dark brown sugar (sugar, cane molasses, inverted sugar syrup), salted butter (butter ( <b>MILK</b> ), salt), icing sugar, Belgian milk chocolate chips (8%) (sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract), glucose syrup, Belgian white chocolate chips (5%) (sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), cocoa powder, water, humectant: glycerine, <b>WHEAT</b> fibre, dextrose, whey powder ( <b>MILK</b> ), raising agents: sodium bicarbonate, monocalcium phosphate, disodium diphosphate, preservative: potassium sorbate, salt.	1539	367	14	8.8	54	30	3.7	4.3	0.41	<b>WHEAT</b> <b>MILK</b> <b>SOYA</b>
Almond Croissant	Y	N	<b>WHEAT</b> flour, water, fine butter ( <b>MILK</b> ) 15%, sugar, <b>ALMOND</b> powder 7%, yeast, <b>EGGS</b> , <b>EGG</b> white, finish 2% (sliced <b>ALMONDS</b> ), salt, <b>WHEAT</b> gluten, natural flavouring, flour treatment agent: alpha-amylases, hemicellulases, ascorbic acid.	1444	345	16	8.2	41	14	2.8	7.8	0.94	<b>WHEAT</b> <b>MILK</b> <b>ALMOND</b> <b>EGG</b>
All-Butter Croissant	Y	N	<b>WHEAT</b> flour, butter ( <b>MILK</b> ) (26%), water, sugar, yeast, <b>WHEAT</b> gluten, whole <b>MILK</b> powder, <b>EGG</b> , salt, <b>WHEAT</b> sourdough (water, fermented <b>WHEAT</b> flour), flour treatment agent: ascorbic acid, enzyme.	963	230	13	8.6	23	3	0.9	4.9	0.54	<b>WHEAT</b> <b>MILK</b> <b>EGG</b>
Danish-Style Apple Cinnamon Swirl	Y	N	Danish-style swirl pastry ( <b>WHEAT</b> flour, fine butter ( <b>MILK</b> ) 19%, water, sugar, <b>EGGS</b> , yeast, cinnamon 1.4%, maize starch, <b>WHEAT</b> gluten, salt, whey powder ( <b>MILK</b> ), whole <b>MILK</b> powder, skimmed <b>MILK</b> powder, thickener: sodium alginate, <b>EGG</b> albumin powder, turmeric extract, flour treatment agents: alpha-amylases, hemicellulases, ascorbic acid, natural flavouring, acidity regulator: citric acid, carrot extract), apple filling (apple, water, apple puree, sugar, apple juice concentrate, modified starch, preservative: potassium sorbate, natural apple flavouring, acid: citric acid), neutral glaze (glucose syrup, water, sugar, gelling agent: pectin, acidity regulators: citric acid, calcium lactate, preservative: potassium sorbate, natural flavouring)	1626	388	16.4	10.3	52.6	24.2	2.8	6.1	0.58	<b>WHEAT</b> <b>MILK</b> <b>EGG</b>
Pain au Chocolat	Y	N	<b>WHEAT</b> flour, butter ( <b>MILK</b> ) 21%, water, chocolate 11% (sugar, cocoa mass, cocoa butter, emulsifier: lecithin ( <b>SOYA</b> )), sugar, yeast, <b>WHEAT</b> gluten, <b>EGG</b> , salt, flour treatment agent: ascorbic acid, enzyme.	1248	298	16	11	32	7.2	1.4	5.9	0.45	<b>WHEAT</b> <b>MILK</b> <b>EGG</b> <b>SOYA</b>
Strawberry & Vanilla Cream Croissant Bun	Y	N	Croissant bun ( <b>WHEAT</b> flour, water, fine butter ( <b>MILK</b> ) 20%, sugar, yeast, salt, <b>EGGS</b> , <b>WHEAT</b> gluten, emulsifiers: mono- and diglycerides of fatty acids, rape lecithin, deactivated yeast, flour treatment agents: ascorbic acid, hemicellulases, alpha-amylases), vanilla cream filling (sugar, water, palm oil, inulin, maltodextrin, modified maize starch, acidity regulator: tricalcium citrate, gelling agents: gellan gum, sodium alginate, acid: glucono delta-lactone, flavourings, preservative: potassium sorbate, emulsifier: polysorbate 80, colour: carotenes, vanilla seeds), strawberry halves (strawberries), neutral glaze (glucose syrup, water, sugar, gelling agent: pectin, acidity regulators: citric acid, calcium lactate, preservative: potassium sorbate, natural flavouring).	1555	371	15.8	10.5	49.4	8	3.2	6.2	1.00	<b>WHEAT</b> <b>MILK</b> <b>EGG</b>

Seasonal Menu | Bakery Menu | Breakfast Menu | Sandwiches & Toasties | Chocolate, Snacks & Bottled Drinks

For allergens including cereals containing gluten see ingredients in **BOLD CAPITALS**. Some of our food range is handled by our baristas and whilst we try to keep things separate there is no guarantee that any of these items are allergen free. The allergen information for all our packaged and loose bakery products are detailed within the booklet. Please remember to check this information regularly as we're always working on our products. For more allergen information, please ask your barista. Adults need around 2000kcal a day.



Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Allergens
----- per portion -----													
<b>Cake Pops</b>													
<b>Birthday Cake Pop</b>	Y	N	White chocolate [sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], creme cake concentrate [ <b>WHEAT</b> flour, sugar, modified maize starch, whey powder ( <b>MILK</b> ), raising agents: sodium bicarbonate, diphosphates; salt, vanilla flavouring], icing sugar, salted butter ( <b>MILK</b> ) [ <b>MILK</b> , salt], free range pasteurised whole <b>EGG</b> , rapeseed oil, digestive biscuit [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamine), wholemeal <b>WHEAT</b> flour, vegetable oils (palm, rapeseed), sugar, invert sugar syrup, raising agent: sodium bicarbonate, ammonium bicarbonate; salt], hundreds and thousands [sugar, maize starch, coconut oil, vegetable concentrate (sweet potato, radish), glazing agent: beeswax], cocoa butter, <b>BUTTERMILK</b> powder, vanilla flavouring, maize starch, preservative: potassium sorbate, colouring [sweet potato, radish, apple, blackcurrant, cherry], strawberry flavouring.	719	172	9.9	4.8	19	8.5	0.1	1.7	0.21	<b>WHEAT</b> <b>MILK</b> <b>EGG</b> <b>SOYA</b>
<b>Cookies &amp; Cream Cake Pop</b>	Y	N	White chocolate (29%) (sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), creme cake concentrate ( <b>WHEAT</b> flour, sugar, modified maize starch, whey powder ( <b>MILK</b> ), raising agents: sodium bicarbonate, diphosphates, salt, vanilla flavouring), icing sugar, salted butter (butter ( <b>MILK</b> ), salt), free range pasteurised whole <b>EGG</b> , cookies and cream biscuit crumb (6%) ( <b>WHEAT</b> flour, sugar, rapeseed oil, fat reduced cocoa powder, glucose fructose syrup, <b>WHEAT</b> starch, raising agents: ammonium carbonate, potassium carbonates, sodium carbonate; palm oil, salt, emulsifier: <b>SOYA</b> lecithin, acidity regulator: sodium hydroxide, flavouring), rapeseed oil, cocoa butter, <b>BUTTERMILK</b> powder, vanilla flavouring, modified maize starch, preservative: potassium sorbate.	701	168	9.5	5.1	19	14	0.1	1.5	0.21	<b>WHEAT</b> <b>MILK</b> <b>EGG</b> <b>SOYA</b>
----- per portion -----													
<b>Cakes</b>													
<b>Banana Loaf Cake</b>	Y	N	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), banana (22%) (banana pulp, lemon juice concentrate, antioxidant: ascorbic acid), sugar, pasteurised free range <b>EGG</b> , rapeseed oil, <b>PECAN</b> s (5%), <b>WALNUT</b> s (5%), soft dark brown sugar (sugar, molasses), sweetened dried banana coins (1%) (banana, coconut oil, sugar, natural banana flavouring), baking powder (raising agents: disodium diphosphate, potassium hydrogen carbonate), raising agent: sodium bicarbonate), salt, preservative: potassium sorbate.	1538	368	20	2	41	22	1.1	5.4	0.6	<b>WHEAT</b> <b>EGG</b> <b>PECAN</b> <b>NUTS</b> <b>WALNUTS</b>
<b>Lemon Loaf Cake</b>	Y	N	Sugar, pasteurised free range <b>EGG</b> , wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], vegetable margarine [vegetable oils (palm, rapeseed), salt, emulsifier: polyglycerol esters of fatty acids, natural flavouring, colours: annatto bixin, curcumin], salted butter [butter ( <b>MILK</b> ), salt], <b>ALMONDS</b> , lemon juice (4%), lemon zest (2%), cream ( <b>MILK</b> ), lemon curd (2%) [sugar, free range <b>EGG</b> , salted butter (butter ( <b>MILK</b> ), salt), concentrated lemon juice, lemon oil, gelling agent: agar], icing sugar, emulsifiers: native starch, mono and di glycerides of fatty acids, polyglycerol esters of fatty acids; natural lemon flavouring, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate], caramelised lemon zest (0.5%) [sugar, lemon zest], preservative: potassium sorbate, invert sugar syrup, acidity regulator: citric acid, thickeners: cellulose, guar gum.	1660	397	23	11	41	18	1.4	5.9	0.54	<b>WHEAT</b> <b>MILK</b> <b>EGG</b> <b>ALMOND</b>
----- per portion -----													
<b>Cookies</b>													
<b>Chocolate Chunk Cookie</b>	Y	N	Fortified wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), dark chocolate (25%) (cocoa mass, sugar, fat reduced cocoa powder, emulsifier: lecithin, natural vanilla flavouring), sugar, unsalted butter ( <b>MILK</b> ), palm oil, soft dark brown sugar, rapeseed oil, raising agents: monocalcium phosphate, potassium hydrogen carbonate, <b>WHEAT</b> fibre, humectant: vegetable glycerine, lactose powder ( <b>MILK</b> ), glucose fructose syrup, whey powder ( <b>MILK</b> ), natural flavouring, salt.	1420	340	18	9.8	39	21	2.7	4.1	0.07	<b>WHEAT</b> <b>MILK</b>



Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Allergens	
----- per portion -----														
<b>Muffins</b>														
<b>Blueberry Muffin</b>	Y	N	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), free range pasteurised whole <b>EGG</b> , sugar, rapeseed oil, muffin cake mix [soluble corn fibre, <b>OAT</b> flour, emulsifier: mono and diglycerides of fatty acids; flavouring], blueberry filling [blueberry puree, glucose fructose syrup, sugar, glucose syrup, stabiliser: modified maize starch, lemon concentrate, acidity regulator: citric acid, gelling agent: pectin, flavour, preservative: potassium sorbate, acidity regulator: trisodium citrate], blueberries, water, humectant: glycerine, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), modified maize starch, salted butter ( <b>MILK</b> , salt), wholemeal <b>WHEAT</b> flour, baking powder [raising agents: potassium hydrogen carbonate, disodium diphosphate; wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), raising agent: mono calcium phosphate, silicon dioxide, calcium stearate, rapeseed oil], potato starch, vanilla flavouring, demerara sugar [sugar, cane molasses], emulsifier: glucose syrup, lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, <b>SOYA</b> , <b>WHEAT</b> gluten, <b>BUTTERMILK</b> powder, skimmed <b>MILK</b> powder, salt, blueberry flavour, preservative: potassium sorbate, raising agent: sodium bicarbonate, thickener: guar gum.	1652	394	18	2.3	52	25	1	5.5	0.58		<b>WHEAT</b> <b>MILK</b> <b>EGG</b> <b>SOYA</b> <b>OAT</b>
<b>Lemon &amp; Poppyseed Muffin</b>	Y	N	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), free range pasteurised whole <b>EGG</b> , sugar, rapeseed oil, water, lemon curd (7%) [sugar, free range <b>EGG</b> , salted butter (butter ( <b>MILK</b> ) salt), concentrated lemon juice, lemon oil, gelling agent: agar], icing sugar, humectant: glycerine, poppy seeds (1%), modified maize starch, cream ( <b>MILK</b> ), potato starch, lemon juice (1%), emulsifier: glucose syrup, lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, <b>SOYA</b> flour; baking powder [raising agents: potassium hydrogen carbonate, disodium diphosphate; wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), raising agent: mono calcium phosphate, silicon dioxide, calcium stearate, rapeseed oil], lemon zest (0.7%), <b>WHEAT</b> gluten, vanilla flavouring, skimmed <b>MILK</b> powder, buttermilk powder, salt, invert sugar syrup, preservative: potassium sorbate, lemon oil, raising agent: sodium bicarbonate, thickeners: guar gum, cellulose; colour: lutein.	1950	466	23	2.5	57	19	0.9	7.2	0.66		<b>WHEAT</b> <b>MILK</b> <b>EGG</b> <b>SOYA</b>
----- per portion -----														
<b>Bars &amp; Traybakes</b>														
<b>Caramel White Chocolate Blondie</b>	Y	N	White chocolate (24%) (sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), salted butter (butter ( <b>MILK</b> ), salt), free range pasteurised whole <b>EGG</b> , wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), white chocolate with caramel (10%) (sugar, cocoa butter, whole <b>MILK</b> , caramel powder (skimmed <b>MILK</b> powder, whey powder ( <b>MILK</b> ), sugar, <b>MILK</b> fat, vanilla flavouring), skimmed <b>MILK</b> powder, caramelised sugar, cocoa mass, emulsifier: sunflower lecithin, salt), caster sugar, sweetened condensed <b>MILK</b> , soft brown sugar (sugar, cane molasses, inverted sugar syrup), ground <b>ALMONDS</b> , partially inverted refiners syrup, skimmed <b>MILK</b> powder, date syrup, palm oil, butterscotch flavouring, whey powder ( <b>MILK</b> ), rapeseed oil, vanilla flavouring, raising agent (baking powder, raising agents: disodium diphosphate, potassium hydrogen carbonate, calcium carbonate), thickener: xanthan gum, preservative: potassium sorbate.	1341	321	18	9.8	34	25	1.9	4.8	0.31		<b>WHEAT</b> <b>MILK</b> <b>EGG</b> <b>SOYA</b> <b>ALMOND</b>
<b>Chocolate Brownie</b>	Y	N	Dark chocolate (21%) (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), milk chocolate (20%) (sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract), sugar, pasteurised free range <b>EGG</b> , salted butter (butter ( <b>MILK</b> ), salt), ground <b>ALMONDS</b> , wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), cocoa powder, cocoa mass, vanilla flavouring, baking powder (raising agents: disodium diphosphate, potassium hydrogen carbonate; wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), salt, preservative: potassium sorbate.	1289	309	18	9.8	29	26	4.1	5.7	0.42		<b>WHEAT</b> <b>MILK</b> <b>EGG</b> <b>SOYA</b> <b>ALMOND</b>
<b>Chocolate Caramel Shortbread</b>	Y	N	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], salted butter [butter ( <b>MILK</b> ), salt], sweetened condensed milk [ <b>MILK</b> , sugar], milk chocolate (15%) [sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract], vegetable margarine [vegetable oils (palm, rapeseed), salt, emulsifier: mono and diglycerides of fatty acids, natural colourings: annatto, bixin, curcumin; natural flavouring], partially inverted refiners syrup, white chocolate flavoured compound [sugar, palm oil, whey powder ( <b>MILK</b> ), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), emulsifier: <b>SOYA</b> lecithin, natural flavouring], icing sugar, soft light brown sugar, palm oil, corn flour, whey powder ( <b>MILK</b> ), cocoa butter, natural vanilla flavouring, emulsifier: mono- and diglycerides of fatty acids.	1628	390	23	14	41	23	0.9	4.3	0.45		<b>WHEAT</b> <b>MILK</b> <b>SOYA</b>



# BREAKFAST MENU





Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Allergens	
<b>Breakfast Sandwiches</b>														
----- per portion -----														
<b>Beyond Meat® Breakfast Sandwich</b>	Y	Y	Breakfast roll (wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], water, <b>RYE</b> flour, yeast, durum <b>WHEAT</b> semolina, malted <b>WHEAT</b> flour, salt, flour treatment agent: ascorbic acid), Beyond Meat® patty (28%) (water, pea protein, rapeseed oil, refined coconut oil, flavouring, dried yeast, rice protein, stabiliser: methylcellulose, apple fibre, smoke flavouring, spices, salt, apple extract, maize vinegar, concentrated lemon juice, pomegranate extract, garlic powder, onion powder, emulsifier: sunflower lecithin, carrot powder), coconut oil alternative to cheese (11%) (water, modified starch, coconut oil, sea salt, rowanberry extract, acidity regulator: citric acid, flavouring, olive extract, colour: beta carotene, vitamin B12), tofu (8%) (water, <b>SOYA</b> beans, sea salt, nigari), signature tomato relish (water, tomato, sugar, tomato paste, red wine vinegar, roasted tomato [roasted tomato, tomato concentrate, sunflower oil, olive oil, salt, oregano, sugar, garlic], rapeseed oil, red chilli purée, onion, lemon juice, garlic purée, ginger purée, salt, oregano, black pepper), Sheese® coconut oil alternative to cheese (3%) (water, coconut oil, <b>SOYA</b> protein concentrate, salt, acidity regulator: lactic acid, sugar, tricalcium citrate, thickener: carrageenan, flavouring), ground turmeric.	1810	432	17	8.9	46	3.1	5.3	21	2.1		<b>WHEAT</b> <b>SOYA</b> <b>RYE</b>
<b>Ham &amp; Cheese Croissant</b>	N	N	Croissant ( <b>WHEAT</b> flour, butter ( <b>MILK</b> ), sugar, water, yeast, pasteurised whole <b>EGG</b> , skimmed <b>MILK</b> powder, iodised salt, <b>WHEAT</b> gluten, natural butter flavouring ( <b>MILK</b> ), pea fibre, flour treatment agent: ascorbic acid, yeast powder), smoked reformed ham with added water (25%) (pork, water, dextrose, salt, stabilisers: pentasodium triphosphate, pentapotassium triphosphate, antioxidant: sodium ascorbate, preservatives: sodium nitrite, potassium nitrate), mature Cheddar cheese (12%) ( <b>MILK</b> ).	1612	385	20	12	36	5.9	0.6	15	1.3	<b>WHEAT</b> <b>MILK</b> <b>EGG</b>	
<b>Smoked Bacon Roll</b>	N	N	White bread roll (wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], water, sugar, yeast, palm oil, rapeseed oil, salt, emulsifier: mono and diglycerides of fatty acids, flour treatment agent: ascorbic acid, acidity regulator: citric acid), hickory smoked back bacon (24%) (pork, salt, antioxidant: sodium ascorbate, preservatives: sodium nitrite, potassium nitrate), hickory smoked streaky bacon (8%) (pork, salt, antioxidant: sodium ascorbate, preservative: sodium nitrite).	1421	337	9.3	3.6	43	4.2	2.8	19	1.4	<b>WHEAT</b>	
<b>Traditional Sausage Sandwich</b>	N	N	White bread roll [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, sugar, yeast, palm oil, rapeseed oil, salt, emulsifier: mono and di glycerides of fatty acids, flour treatment agent: ascorbic acid, acidity regulator: citric acid], pork sausage (48%) [pork, water, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), pork fat, onion, <b>WHEAT</b> starch, brown sugar, rapeseed oil, salt, rubbed sage, dextrose, black pepper, stabiliser: tetrasodium diphosphate, <b>WHEAT</b> protein, yeast extract, antioxidant: ascorbic acid, cane molasses, coriander extract, mace extract, nutmeg extract, pepper extract, sage extract, raising agent: ammonium bicarbonate], salted butter [butter ( <b>MILK</b> ), salt]. Sausage filled into natural beef casing.	2010	480	22	9.1	51	5.7	2.9	18	1.5	<b>WHEAT</b> <b>MILK</b>	
<b>Porridge, Fruit &amp; Yogurt</b>														
----- per portion -----														
<b>Banana (per unit =whole)</b>	Y	Y	Banana	448	109	0.5	0.1	28	15	3.2	1.3	0.00	-	
<b>Berry Crunch</b>	Y	N	Reduced fat Greek style yoghurt (64%) ( <b>MILK</b> ), mixed berry compote (23%) (water, strawberry, sugar, raspberry, blackcurrant, tapioca starch, lemon juice, gelling agent: pectins, natural flavouring, colour: blackcurrant concentrate), roasted pumpkin seed granola (11%) (honey toasted oats [ <b>OATS</b> , palm oil, honey], roasted pumpkin seeds, dried sweetened cranberries [cranberries, sugar, sunflower oil], coconut oil, ground cinnamon).	843	200	6.7	3.4	26	16	0.8	8.6	0.14	<b>MILK</b> <b>OAT</b>	
<b>Classic Oatmeal</b>	Y	N	Semi-skimmed <b>MILK</b> (63%), water, gluten free <b>OATS</b> (13%), single cream (3%) ( <b>MILK</b> ), salt.	981	233	6.3	3	33	8.7	2.1	10	0.17	<b>MILK</b> <b>OAT</b>	
<b>Fruit &amp; Seed Porridge Topper</b>	Y	Y	Sultanas (40%) [sultanas, sunflower oil], goji berries (20%), pumpkin seeds (20%), raisins (10%) [raisins, sunflower oil], sunflower seeds (10%).	502	120	4.5	0.7	15	13	1.8	3.9	0.08	-	
<b>Mango &amp; Pineapple Overnight Oats</b>	Y	Y	Cultured oat, coconut and rice (26%) (water, <b>OAT</b> flour, coconut cream, cornflour, sugar, rice flour, soluble corn fibre, coconut oil, tri-calcium phosphate, salt, gelling agents: pectins, agar, vegan cultures [L.Bulgaricus, S.Thermophilus], vitamins [B12, D2]), mango and pineapple compote (25%) (water, diced mango, sugar, mango purée, pineapple, tapioca starch, lemon juice, natural flavouring, gelling agent: pectins, colour: beta carotene), water, jumbo <b>OATS</b> (17%), shredded apple, diced dried apricots (dried apricot, rice flour, preservative: <b>SULPHUR DIOXIDE</b> ), coconut flakes.	1263	301	9.6	6.4	45	9.9	5.1	6	0.08	<b>OAT</b> <b>SULPHUR DIOXIDE</b>	
<b>Egg Bites</b>														
----- per portion -----														
<b>Egg Bites with Three Cheese &amp; Ham</b>	N	N	Free-range pasteurised <b>EGG</b> , low fat soft cheese (11%) [curd ( <b>MILK</b> ), butter ( <b>MILK</b> ), sweet whey powder ( <b>MILK</b> ), salt, thickeners: carrageenan, carob gum], Gouda full fat hard cheese (7%) ( <b>MILK</b> ), mature Cheddar cheese (7%) ( <b>MILK</b> ), formed ham (4%) [pork, salt, sugar, dextrose, garlic powder, ground white pepper, antioxidant: sodium ascorbate, flavouring, preservative: sodium nitrite, nutmeg], cornflour, salt, acidity regulator: citric acid, potato starch.	736	177	11	5.4	5.7	<0.5	1.4	13	1.5	<b>MILK</b> <b>EGG</b>	
<b>Egg White Bites with Three Cheese and Red Pepper</b>	Y	N	Free-range <b>EGG</b> white (39%), Gouda full fat hard cheese (16%) ( <b>MILK</b> ), full fat soft cheese (13%) ( <b>MILK</b> ), roasted red pepper (9%), <b>EGG</b> white powder, Monterey Jack cheese (4%) ( <b>MILK</b> ), spinach (4%), modified maize starch, spring onion, acidity regulator: citric acid, potato starch, salt, thickener: xanthan gum.	677	162	9.5	5.9	5.9	1.3	0.5	13	1	<b>MILK</b> <b>EGG</b>	



# SANDWICHES & TOASTIES





Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Allergens
<b>Freshly Filled (selected stores)</b> ----- per portion -----													
<b>Salmon and Cream Cheese Bagel</b>	N	N	Poppy seed bagel (wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], water, sugar, sunflower oil, <b>BARLEY</b> malt flour, salt, poppy seeds, yeast), smoked salmon (41%) (salmon [ <b>FISH</b> ], sea salt, demerara sugar), full fat cream cheese (35%) (full fat cream cheese ( <b>MILK</b> ), preservative: potassium sorbate), pickled onions (red onion, cider vinegar, water, light brown sugar, sea salt), peashoots.	1651	393	13.7	4.4	49.1	8	4.4	16.1	1.5	<b>WHEAT BARLEY MILK FISH</b>
<b>Avocado, Pesto &amp; Semi-dried Tomato Bagel</b>	Y	N	Plain bagel (wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], water, sugar, sunflower oil, salt, <b>BARLEY</b> malt flour, yeast), full fat cream cheese (34%) (full fat cream cheese ( <b>MILK</b> ), preservative: potassium sorbate), marinated semi dried tomatoes (26%) (tomato, sunflower oil, salt, garlic, oregano), avocado pulp (26%) (avocado, antioxidant: ascorbic acid, stabiliser: modified starch, acidity regulator: citric acid), nut free pesto (6%) (basil puree [basil, sunflower oil, salt], sunflower oil, medium fat hard cheese ( <b>MILK</b> )), peashoots, cornflour.	1794	428	15.6	4.8	55.8	8.5	6.5	12.8	1	<b>WHEAT BARLEY MILK</b>
<b>Egg, Cheese &amp; Bacon Croissant Bun</b>	N	N	<b>WHEAT</b> flour, water, fine butter ( <b>MILK</b> ) 20%, sugar, yeast, salt, <b>EGG</b> , <b>WHEAT</b> gluten, emulsifiers (mono- and diglycerides of fatty acids, rape lecithin), deactivated yeast, flour treatment agents (ascorbic acid, hemicellulases, alpha-amylases), Free-range egg patty (49%) (free-range <b>EGG</b> , water, free-range <b>EGG</b> white, salt, lactose free <b>MILK</b> , stabiliser: modified starch, acid: citric acid), Red Leicester cheese (with colour: beta-carotene) ( <b>MILK</b> ), streaky bacon (14%) (pork belly, salt, preservative: sodium nitrite, antioxidant: sodium ascorbate), tomato chutney (tomatoes, water, sugar, tomato paste, rehydrated onions, apples, spirit vinegar, sea salt, rehydrated apple, cayenne pepper).	2138	512	30.3	17.9	39.2	8	1.3	19.9	2.7	<b>WHEAT EGG MILK</b>
<b>Semi-dried Tomato &amp; Mozzarella Croissant</b>	Y	N	<b>WHEAT</b> flour, butter ( <b>MILK</b> ) 26%, water, sugar, yeast, <b>WHEAT</b> gluten, <b>MILK</b> powder, <b>EGG</b> , salt, sourdough (fermented <b>WHEAT</b> flour), flour treatment agent: ascorbic acid, enzymes, Mozzarella full fat soft cheese (50%) ( <b>MILK</b> ), marinated semi dried tomatoes (26%) (tomato, sunflower oil, salt, garlic, oregano), mayonnaise (rapeseed oil, water, sugar, thickener: modified starch, salt, pasteurised <b>EGG</b> yolk, acidity regulator: acetic acid, stabilisers: xanthan gum, guar gum, preservative: potassium sorbate, flavouring, colour: beta carotene), rocket.	1521	365	24.5	13.1	24.6	5.2	1.4	10.9	0.9	<b>WHEAT MILK EGG</b>
<b>Pulled Ham &amp; Emmental Croissant</b>	N	N	<b>WHEAT</b> flour, butter ( <b>MILK</b> ) 26%, water, sugar, yeast, <b>WHEAT</b> gluten, <b>MILK</b> powder, <b>EGG</b> , salt, sourdough (fermented <b>WHEAT</b> flour), flour treatment agent: ascorbic acid, enzymes, Pulled ham (48%) (pork leg, salt, demerara sugar, antioxidant: sodium ascorbate, preservatives: potassium nitrate, sodium nitrite), emmental cheese (34%) ( <b>MILK</b> ), béchamel sauce (whole <b>MILK</b> , single cream ( <b>MILK</b> ), salted butter [butter ( <b>MILK</b> ), salt], fortified wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf).	1608	385	24.9	15.2	23.7	3.6	1.2	16.2	1.6	<b>WHEAT MILK EGG</b>
<b>Cold Sandwiches and Wraps</b> ----- per portion -----													
<b>Chicken Caesar Wrap</b>	N	N	Plain tortilla (wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], water, palm oil, rapeseed oil, raising agents: sodium bicarbonate, disodium diphosphate, sugar, salt, acidity regulator: malic acid, <b>WHEAT</b> starch), seasoned chicken breast (17%) (chicken breast, cornflour, yeast extract, onion powder, salt, black pepper, mushroom extract powder, lemon juice powder), ranch style Caesar mayonnaise (water, rapeseed oil, soured cream ( <b>MILK</b> ), white wine vinegar, garlic purée, cornflour, medium fat hard cheese ( <b>MILK</b> ), free-range pasteurised <b>EGG</b> yolk, Dijon mustard [water, <b>MUSTARD</b> seed, vinegar, salt], sugar, chives, Worcestershire sauce [water, black treacle, spirit vinegar, tamarind concentrate, salt, onion powder, garlic powder, white pepper, ground pimento, ground ginger, ground paprika, ground clove], salt, concentrated lemon juice, parsley, garlic powder, black pepper), lettuce, hickory smoked streaky bacon (6%) (pork, salt, antioxidant: sodium ascorbate, preservative: sodium nitrite), lemon juice, water, Italian style medium fat hard cheese ( <b>MILK</b> ), cornflour, potato starch.	1915	457	20	4.6	50	4	2.4	18	1.5	<b>WHEAT MILK EGG MUSTARD</b>



Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Allergens	
----- per portion -----														
<b>Hot Sandwiches</b>														
<b>Cheese &amp; Marmite® Mini Ciabatta</b>	Y	N	Ciabatta roll (wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], water, yeast, salt, palm oil, rapeseed oil, <b>WHEAT</b> semolina, preservative: calcium propionate, emulsifier: mono- and diglycerides of fatty acids), mature Cheddar cheese (32%) ( <b>MILK</b> ), béchamel sauce (whole <b>MILK</b> , water, single cream ( <b>MILK</b> ), salted butter [butter ( <b>MILK</b> ), salt], wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], cornflour, salt, white pepper, ground bay leaf), Marmite® yeast extract (5%) (yeast extract ( <b>BARLEY</b> , <b>WHEAT</b> , <b>OATS</b> , <b>RYE</b> ), salt, vegetable juice concentrate, vitamins [thiamin, riboflavin, niacin, vitamin b12, folic acid], natural flavouring ( <b>CELERY</b> )), cornflour.	1479	352	12	7.2	41	3	1.9	19	1.6	<b>WHEAT</b> <b>MILK</b> <b>BARLEY</b> <b>OAT</b> <b>RYE</b> <b>CELERY</b>	
<b>Five Cheese Toastie</b>	Y	N	White sourdough bloomer [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, <b>RYE</b> flour, <b>SPELT (WHEAT)</b> flour, <b>WHEAT</b> flour, salt, durum <b>WHEAT</b> flour, durum <b>WHEAT</b> semolina, yeast, antioxidant: ascorbic acid], béchamel sauce [whole <b>MILK</b> , water, single cream ( <b>MILK</b> ), American style mustard (water, spirit vinegar, <b>MUSTARD</b> flour, <b>MUSTARD</b> bran, cornflour, salt, turmeric), cornflour, salted butter (butter ( <b>MILK</b> ), salt), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), salt, white pepper, ground bay leaf], mozzarella full fat soft cheese (9%) ( <b>MILK</b> ), mature Cheddar cheese (6%) ( <b>MILK</b> ), Eatlean™ low fat cheese (4%) ( <b>MILK</b> ), smoked Cheddar cheese (3%) ( <b>MILK</b> ), American style mustard [water, spirit vinegar, <b>MUSTARD</b> flour, <b>MUSTARD</b> bran, cornflour, ground turmeric, salt], Emmental cheese (1.1%) ( <b>MILK</b> ), cornflour, potato starch.	1451	345	12	7.6	41	3.7	2.6	17	1.6		<b>WHEAT</b> <b>MILK</b> <b>RYE</b> <b>SPELT</b> <b>MUSTARD</b>
<b>Ham and Cheese Panini</b>	N	N	Ciabatta roll (wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], water, fermented <b>WHEAT</b> flour, yeast, salt, extra virgin olive oil, <b>WHEAT</b> semolina, preservative: calcium propionate), smoked reformed ham with added water (22%) (pork, water, dextrose, salt, stabilisers: pentasodium triphosphate, pentapotassium triphosphate, antioxidant: sodium ascorbate, preservatives: sodium nitrite, potassium nitrate), béchamel sauce (whole <b>MILK</b> , water, single cream ( <b>MILK</b> ), salted butter [butter ( <b>MILK</b> ), salt], wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], cornflour, salt, white pepper, ground bay leaf), mature Cheddar cheese (12%) ( <b>MILK</b> ), mozzarella full fat soft cheese (4%) ( <b>MILK</b> ), Dijon mustard (water, spirit vinegar, yellow <b>MUSTARD</b> flour, brown <b>MUSTARD</b> flour, sea salt, <b>MUSTARD</b> husk, ground pimento, ground turmeric).	2038	485	15	8.5	57	4.7	2.2	28	2.4		<b>WHEAT</b> <b>MILK</b> <b>MUSTARD</b>
<b>Oak Smoked Ham and Cheese Toastie</b>	N	N	White sourdough bloomer [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, <b>RYE</b> flour, <b>SPELT (WHEAT)</b> flour, <b>WHEAT</b> flour, salt, durum <b>WHEAT</b> flour, durum <b>WHEAT</b> semolina, yeast, antioxidant: ascorbic acid], béchamel sauce [whole <b>MILK</b> , water, single cream ( <b>MILK</b> ), American style mustard (water, spirit vinegar, <b>MUSTARD</b> flour, <b>MUSTARD</b> bran, cornflour, salt, turmeric), cornflour, salted butter (butter ( <b>MILK</b> ), salt), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), salt, white pepper, ground bay leaf], Oak smoked formed ham with added water (16%) [pork, water, salt, stabilisers: pentasodium triphosphate, pentapotassium triphosphate, antioxidant: sodium ascorbate, preservative: sodium nitrite], mozzarella full fat soft cheese (7%) ( <b>MILK</b> ), mature Cheddar cheese (5%) ( <b>MILK</b> ), Eatlean™ low fat cheese (4%) ( <b>MILK</b> ), smoked Cheddar cheese (2%) ( <b>MILK</b> ), American style mustard [water, spirit vinegar, <b>MUSTARD</b> flour, <b>MUSTARD</b> bran, cornflour, ground turmeric, salt], Emmental cheese ( <b>MILK</b> ), cornflour, potato starch.	1655	394	14	8.5	42	2.6	1.9	24	2.1		<b>WHEAT</b> <b>MILK</b> <b>RYE</b> <b>SPELT</b> <b>MUSTARD</b>
<b>Tomato &amp; Mozzarella Panini</b>	Y	N	Ciabatta roll (wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], water, olive oil fermented <b>WHEAT</b> flour, salt, yeast, <b>BARLEY</b> malt flour, preservative: calcium propionate), full fat mozzarella cheese (21%) ( <b>MILK</b> ), tomato (12%), semi-dried tomato (tomato, sunflower oil, salt, garlic, oregano), red pesto (sunflower oil, sundried tomato purée [water, sundried tomatoes, sunflower oil, white wine vinegar, salt], medium fat hard cheese ( <b>MILK</b> ), tomato paste, basil, lemon juice, sea salt), basil.	1857	442	14	6.3	56	8.1	3.8	21	2.3	<b>WHEAT</b> <b>BARLEY</b> <b>MILK</b>	
<b>Tuna Melt Panini</b>	N	N	Ciabatta roll (wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], water, olive oil, fermented <b>WHEAT</b> flour, salt, yeast, <b>BARLEY</b> malt flour, preservative: calcium propionate), tuna (20%) (tuna ( <b>FISH</b> ), water, salt), mature Cheddar cheese (10%) ( <b>MILK</b> ), mayonnaise (water, rapeseed oil, spirit vinegar, cornflour, free-range salted egg yolk [free-range <b>EGG</b> yolk, salt], sugar, citrus fibre, salt, stabiliser: pectin, concentrated lemon juice), sweetcorn (sweetcorn, water, salt), béchamel sauce (whole <b>MILK</b> , single cream ( <b>MILK</b> ), salted butter [butter ( <b>MILK</b> ), salt], wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], cornflour, salt, white pepper, ground bay leaf), mozzarella full fat soft cheese ( <b>MILK</b> ), spring onions, ground black pepper.	1866	443	11	5.2	56	3.7	3.9	28	1.8	<b>WHEAT</b> <b>BARLEY</b> <b>MILK</b> <b>EGG</b> <b>FISH</b>	





# CHOCOLATE, SNACKS & BOTTLED DRINKS





Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Allergens
<b>Chocolate &amp; Snacks</b>													
Caramel Waffle Duos	Y	N	WHEAT flour, glucose-fructose syrup, sugar, concentrated butter (MILK), palm fat, sugar syrup, SOYA flour, rapeseed oil, salt, dextrin (WHEAT), emulsifiers: SOYA lecithin, mono- and diglycerides of fatty acids; raising agent: sodium bicarbonate; cinnamon, Bourbon vanilla pods, acid: citric acid.	1474	352	16	9.4	48	28	1.2	2.4	0.46	WHEAT MILK SOYA
Chocolate Covered Pretzels	Y	N	Pretzels (wheat flour (WHEAT flour, calcium, iron, niacin, thiamin) rapeseed oil, sea salt, dextrose, dried yeast, acidity regulator: sodium hydroxide), milk chocolate (sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract), dark chocolate (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract), rapeseed oil.	418	100	4.4	2.2	13	4.4	0.9	1.6	0.32	WHEAT MILK SOYA
Cookie Straw	Y	N	Sugar, WHEAT flour, vegetable oils [palm oil, shea butter], skimmed MILK powder, defatted cocoa powder, whey powder (MILK), coconut oil, whole EGG powder, emulsifier: sunflower lecithin, vanilla extract, salt, natural chocolate flavouring.	377	90	2.6	1.5	15	9.4	0.5	1.4	0.08	WHEAT MILK EGG
Ginger Biscuit	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), invert sugar syrup, sugar, margarine (palm oil, rapeseed oil, salt, colours: annato, curcumin; natural flavouring), ground ginger (1%), raising agents: sodium bicarbonate, ammonium bicarbonate, skimmed MILK powder.	962	229	8.5	3.2	35	18	1.7	2.3	0.31	WHEAT MILK
Gluten Free Apricot & Yogurt Bar	Y	N	Gluten free OATS, apricots (15%) (apricot, rice flour), rice crispies (rice, sugar, salt), yogurt coating (12%) (sugar, vegetable fat (palm kernel), MILK sugar, yogurt powder (MILK), emulsifier: SOYA lecithin), honey, soft brown sugar (sugar, cane molasses, inverted sugar syrup), sweetened condensed milk (whole MILK, sugar), coconut oil, salted butter (butter (MILK), salt), vanilla flavouring.	1005	239	8.3	6.1	37	18	2.9	2.7	0.1	MILK SOYA OAT
Gluten Free Fruit & Nut Bar	Y	N	Gluten free OATS, salted butter (MILK, salt), partially inverted refiners syrup, sweetened condensed milk (whole MILK, sugar), ALMONDS (8%), demerara sugar, WALNUTS (5%), PECAN NUTS (4%), honey, dried apricots (3%), sweetened dried cranberries (3%) [sugar, cranberries], pumpkin seeds, sultanas (2%), sunflower seeds, dried apple flakes (1%), poppy seeds, orange zest.	1296	310	16	8.5	35	19	3.6	4.7	0.29	MILK OAT ALMONDS PECAN NUTS WALNUTS
Kettle Lightly Salted Crisps	Y	Y	Potatoes, sunflower oil, sea salt.	861	206	12	1.4	21	0.2	2.6	2.3	0.36	-
Kettle Mature Cheddar and Red Onion Crisps	Y	N	Potatoes, sunflower oil, mature Cheddar and red onion seasoning [dried butter(MILK), dried mature Cheddar cheese (MILK), sea salt, dried red onion, dried onion, dried yeast, yeast extract, dried chives, paprika extract).	873	209	12	1.3	21	0.5	2.2	3.2	0.48	MILK
Kettle Sea Salt and Balsamic Vinegar Crisps	Y	Y	Potatoes, sunflower oil, sea salt and balsamic vinegar seasoning (sea salt, dried balsamic vinegar, potato maltodextrin, sugar, dried BARLEY malt vinegar, acidity regulator: citric acid)	878	210	12	1	23	0.5	1.7	1.7	0.64	BARLEY
Kettle Sweet Chilli and Sour Crisps	Y	N	Potatoes, sunflower oil, sweet chilli and sour cream seasoning (sugar, dried sour cream (MILK), dried skimmed MILK, dried yogurt (MILK), sea salt, dried onion, yeast extract, dried chilli, dried red pepper, ground paprika, acidity regulator: citric acid, natural flavouring, dried garlic, dried lemon).	827	198	11	1.4	21	1.7	2.5	2.5	0.44	MILK
Mini Caramel Waffles	Y	N	WHEAT flour, glucose-fructose syrup, sugar, concentrated butter (MILK), palm fat, sugar syrup, SOYA flour, rapeseed oil, salt, dextrin (WHEAT), emulsifiers: SOYA lecithin, E471; raising agent: E500, cinnamon, natural Bourbon vanilla, acid: citric acid.	3301	787	37	21	106	51	2.1	7.5	1.33	WHEAT MILK SOYA
Peppermint Mints	Y	Y	Sweetener: xylitol (OATS), stabilisers: calcium stearate†, sodium carboxymethylcellulose, thickener: gum arabic, peppermint oil, glazing agent: carnauba wax. †from vegetable sources.	12	3	0.015	0.014	1.14	0	0	0	0.0	OAT



Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Allergens
<b>Raspberry &amp; Coconut Brownie (Gluten-free &amp; Vegan)</b>	Y	Y	Dark chocolate (17%) (sugar, cocoa mass, cocoa butter, emulsifier: <b>SOYA</b> lecithin, vanilla flavouring), soft brown sugar (sugar, cane molasses, inverted sugar syrup), coconut yogurt (13%) (coconut milk, coconut water, water, corn starch, corn fibre, potato starch, stabiliser: pectin, cultures: <i>S. thermophilus</i> + <i>L. bulgaricus</i> , <i>Lactobacillus acidophilus</i> , <i>Bifidobacterium lactis</i> ), dark chocolate buttons (12%) (sugar, cocoa mass, cocoa butter, fat-reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla flavouring), ground <b>ALMONDS</b> , desiccated coconut (5%), coconut milk (4%) (coconut extract, water), tapioca starch, vegetable margarine (vegetable oils [palm oil, rapeseed oil], salt, preservative: potassium sorbate, emulsifier: mono and di glycerides of fatty acids, natural flavouring, colour: beta carotene), icing sugar, coconut milk powder (3%) (coconut milk, thickener: maltodextrin), raspberry jam (3%) (glucose fructose syrup, raspberry puree, sugar, raspberry crumb, thickener: pectin, acidity regulators: citric acid, sodium citrate; colour: anthocyanins, raspberry flavouring), cocoa powder, water, protein powder (faba bean protein, tapioca starch), raspberries (1%), potato starch, sorghum flour, rapeseed oil, sugar, alpha dextrin, freeze-dried raspberries, coconut oil, vanilla flavouring, baking powder (raising agents: disodium diphosphate, potassium hydrogen carbonate), preservative: potassium sorbate, salt, gelling agent: xanthan gum, coffee, natural flavouring, maize starch.	1026	246	14	8.3	25	19	3.8	3.1	0.19	<b>SOYA</b> <b>ALMOND</b>
<b>Shortbread Biscuits</b>	Y	N	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), salted butter (37%) [butter ( <b>MILK</b> ), salt], sugar, cane molasses.	1130	271	16	10	29	9.5	1	2.7	0.36	<b>WHEAT</b> <b>MILK</b>
<b>Snacking Cheese</b>	Y	N	Italian hard cheese (cow's <b>MILK</b> , salt, microbial rennet).	557	134	10	7	0	0	0	11	0.38	<b>MILK</b>
<b>Starbucks® Chocolate Gold Coin</b>	Y	N	Sugar, whole <b>MILK</b> powder, cocoa mass, cocoa butter, emulsifier: sunflower lecithin, natural vanilla flavouring	502	120	6.4	3.9	14	14	0.7	1.4	0.03	<b>MILK</b>
<b>Starbucks® Iced Gingerbread Cookie – Bearista or Latte</b>	Y	N	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), icing (17%) [sugar, glucose syrup, water, free-range dried <b>EGG</b> white, cornflour, stabiliser: diphosphates, acidity regulator: acetic acid], brown sugar, vegetable margarine [vegetable oils (palm, rapeseed, sunflower, palm stearine), lemon juice], black treacle, water, partially inverted refiner syrup, sugarpaste [sugar, glucose syrup, vegetable fats (palm kernel, palm), invert sugar syrup, thickeners: gum arabic (acacia gum), xanthan gum; emulsifiers: mono- and diglycerides of fatty acids, sunflower lecithin; humectant: glycerol, water, glazing agent: shellac, maize starch, spirulina, colour: riboflavins, stabiliser: hydroxypropyl methyl cellulose], spices, raising agent: sodium carbonates, ginger, fruit and plant concentrates [safflower, apple, hibiscus], turmeric, spirulina, colour: vegetable carbon.	774	183	3.9	1.4	34	17	0.8	2.4	0.4	<b>WHEAT</b> <b>EGG</b>
<b>Trio of Favourites – Cookies &amp; Cream Brownie, Caramel Nut Brownie, Raspberry &amp; White Chocolate Blondie (Average value of 1 piece)</b>	Y	N	<b>Cookies &amp; Cream Brownie:</b> Sugar, dark chocolate (14%) (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), milk chocolate (sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier : <b>SOYA</b> lecithin, vanilla extract), pasteurised free-range <b>EGG</b> , white chocolate (12%) (sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), salted butter (butter ( <b>MILK</b> ), salt), ground <b>ALMONDS</b> , wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), cream cheese ( <b>MILK</b> ), mini cookies (4%) ( <b>WHEAT</b> flour, sugar, palm oil, rapeseed oil, fat reduced cocoa powder, <b>WHEAT</b> starch, glucose fructose syrup, salt, raising agents: potassium hydrogen carbonate, sodium hydrogen carbonate, ammonium hydrogen carbonate; emulsifiers: <b>SOYA</b> lecithin, sunflower lecithin; vanilla flavouring), cocoa powder, cocoa mass, natural vanilla flavouring, <b>EGG</b> white, double cream ( <b>MILK</b> ), black cocoa powder, baking powder (raising agents: disodium diphosphate, potassium hydrogen carbonate; wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)), salt, preservative: potassium sorbate.  <b>Caramel Nut Brownie:</b> Dark chocolate (20%) (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), milk chocolate (19%) (sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract), sugar, salted butter (butter ( <b>MILK</b> ), salt), free-range pasteurised whole <b>EGG</b> , <b>PECANS</b> (5%), sweetened condensed milk ( <b>MILK</b> , sugar), ground <b>ALMONDS</b> , wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), partially inverted refiners syrup, cocoa powder, cocoa mass, vanilla flavouring, palm oil, whey powder ( <b>MILK</b> ), baking powder (raising agents: disodium diphosphate, potassium hydrogen carbonate), salt.  <b>Raspberry &amp; White Chocolate Blondie:</b> White chocolate (26%) (sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), caster sugar, free-range pasteurised whole <b>EGG</b> , salted butter ( <b>MILK</b> ), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), raspberry jam (8%) (glucose fructose syrup, sugar, raspberry puree, raspberry crumb, gelling agent: pectin, acidity regulators: citric acid, sodium citrate; colour: anthocyanins, raspberry flavouring), raspberries, ground <b>ALMONDS</b> , rapeseed oil, water, freeze dried raspberry pieces (0.3%), vanilla flavouring, baking powder (raising agents: disodium diphosphate, potassium hydrogen carbonate; wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)), maize starch, gelling agent: xanthan gum.	1227	294	18	10	28	22	2.3	3.9	0.32	<b>WHEAT</b> <b>MILK</b> <b>EGG</b> <b>SOYA</b> <b>PECAN NUTS</b> <b>ALMOND</b>  <b>WHEAT</b> <b>MILK</b> <b>EGG</b> <b>SOYA</b> <b>ALMOND</b>



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<b>Bottled Drinks</b>													
Acerola and Berries Vitamin D Shot	Y	Y	Apple juice, acerola purée (15%), raspberry purée (8%), blackcurrant juice (5%), goji berry juice (1%), vitamin D3	169	40	0.1	0	9.1	7.9	0.3	0.5	0.01	-
Apple & Mango Juice	Y	Y	Apple juice (85%), mango purée (15%)	476	112	<0.5	<0.1	28	28	<0.5	<0.5	<0.01	-
Cloudy Apple Juice	Y	Y	Apple juice (100%), antioxidant: ascorbic acid.	427	101	<0.5g	0	24	24	<0.5g	<0.5g	0	-
DASH water sparkling Peach	Y	Y	Carbonated Spring Water, Peach Extract, Natural Flavourings, Citric Acid	0	0	0	0	0	0	0	0	0	-
DASH water sparkling Raspberry	Y	Y	Carbonated Spring Water, Raspberry Extract, Natural Flavourings, Citric Acid	0	0	0	0	0	0	0	0	0	-
Ginger shot	Y	Y	Apple juice (79%), ginger juice (18%), lime juice.	156	37	<0.5g	0	7.7	7.7	<0.5g	<0.5g	0	-
Mango & Passionfruit Smoothie	Y	Y	Apple juice, mango purée (23%), banana purée, apple purée, passion fruit juice (4%), lemon juice.	649	153	0.5	0.3	35	35	2.3	1	0.03	-
One Water (Still/Sparkling)	Y	Y	Water	0	0	0	0	0	0	0	0	0	-
Pip Organic Blackcurrant, Raspberry and Apple Juice	Y	Y	2 Pressed Organic Apples (75%), Spring Water (17%), 7 Crushed Organic Blackcurrants (4%), 4 Crushed Organic Raspberries (4%)	146	34	0	0	8.4	8.1	0	0.2	0	-
Pumpkin Spice Smoothie	Y	Y	Apple juice (35%), banana purée, apple purée, pumpkin purée (18%), ginger purée (2%), cinnamon extract, nutmeg distillate, clove extract.	627	148	0.5	0.3	33	33	2.8	1.5	0.03	-
Raspberry Lemonade	Y	Y	Water, lemon juice (9%), raspberry purée (6%), sugar, lemon pulp (3%), sweetener: sucralose.	257	61	<0.5g	0.3g	14	14	<0.5g	<0.5g	0.03	-
Remedy Kombucha Cherry Plum	Y	Y	Raw kombucha (carbonated water, sugar, black tea leaves, green tea leaves, traditional kombucha culture), flavour enhancer: erythritol, hibiscus tea, natural cherry flavouring, natural plum flavouring, sweetener: steviol glycosides.	18	4	0.5	0.1	4	0	0.5	0.5	0.01	-
Still Lemonade	Y	Y	Lemon water, lemon juice (10%), lemon pulp (3%), lemon oil, sweetener: sucralose.	24	6	<0.5	<0.1	<0.5	<0.5	<0.5	<0.5	<0.01	-
Starbucks® Chocolate Mocha Protein Drink	Y	N	1.3% fat MILK (75%), Starbucks Arabica coffee (water, coffee extract)(20.6%), MILK protein powder (3.6%), fat-reduced cocoa powder, stabilisers: gellan gum, carrageenan, acidity regulator: sodium citrate, potassium carbonate, natural flavouring, sweetener: acesulfame-k.	717	168	3.6	2.3	14	13	0	20	0.33	MILK
Starbucks® Protein Caffè Latte	Y	N	1.3% fat MILK (75%), Starbucks® Arabica coffee (water, coffee extract) (20.9%), MILK protein powder (3.8%), stabilisers (gellan gum, carrageenan), acidity regulator (sodium citrate, potassium carbonate), sweetener: acesulfame-k.	717	170	3.6	2.3	14	13	0.7	20	0.43	MILK
Strawberry and Watermelon Vitwater	Y	Y	Water, white grape juice, strawberry juice from concentrate (3%), watermelon juice (1.5%), natural watermelon flavouring, natural strawberry flavouring, sweet potato, apple, radish & cherry extract, acidity regulator: citric acid, vitamin c, vitamin b12	308	73	0.3	0	17	17	0.3	0.3	0	-
Turmeric Shot	Y	Y	Apple juice (84%), lemon juice, ginger puree (2%), turmeric juice (1%), cayenne powder.	191	45	<0.5	<0.1	9.8	9.8	<0.5	<0.5	<0.01	-

