



NUTRITION & ALLERGEN GUIDE

SUMMER FOOD

BAKERY INNOVATION

(Select stores only)

NEW Bakery Menu



This guide will provide nutritional and allergen information for our new bakery innovation range. 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.

At present, our new bakery innovation range is only available in select stores:

South Bank – County Hall, London | One Oxford Street, London | 60 Wardour Street, London
170 Wardour Street, London | Westfield Shepherds Bush – Upper Mall, London | South Bank– Shad Thames, London
Ealing Broadway, London | Greenwich – Cutty Sark, London | Brompton Road, London | Vigo Street, London
Carbrook Hall Drive–Thru, Sheffield | Beighton Park Drive –Thru, Sheffield | Drakehouse Drive–Thru, Sheffield

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 for the most up to date information.



NEW 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
Croissants and Morning Pastries													
----- per portion -----													
Butter Croissant	Y	N	Wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamine), butter (MILK), whole MILK , water, golden caster sugar, free-range pasteurised whole EGG , salted butter (butter (MILK), salt), yeast, salt, malted BARLEY .	1731	414	21	14	47	5.4	2.8	7.8	1.1	WHEAT BARLEY EGG MILK
Almond Croissant	Y	N	Wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamine), butter (MILK), whole MILK , water, ground ALMONDS (9%), flaked ALMONDS (6%), golden caster sugar, caster sugar, icing sugar, free-range pasteurised whole EGG , salted butter (butter (MILK), salt), yeast, salt, malted BARLEY .	2170	519	29	16	54	11	2.8	9.2	1.1	WHEAT BARLEY EGG MILK ALMONDS
Cinnamon Bun	Y	N	Wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamin), water, icing sugar, soft brown sugar (sugar, cane molasses, inverted sugar syrup), free-range pasteurised whole EGG , bun concentrate (palm stearin, rapeseed oil, dextrose, 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), sugar, soft cheese (full fat soft cheese (MILK), salt, starter culture), yeast, cinnamon, modified maize starch, salted butter (butter (MILK), salt), rapeseed oil, invert sugar syrup, vegetable oils (palm, rapeseed), free-range dried EGG powder, skimmed MILK powder, free-range dried EGG 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.	1984	471	13	5.1	76	30	5.7	9.7	0.45	WHEAT EGG MILK
Pain au Chocolat	Y	N	Wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamine), butter (MILK), chocolate (13%)(sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, natural vanilla flavouring), whole MILK , water, golden caster sugar, free-range pasteurised whole EGG , salted butter (butter (MILK), salt), yeast, salt, malted BARLEY .	1773	424	22	15	47	14	4	7.5	0.86	WHEAT BARLEY EGG MILK SOYA
Pain au Raisin	Y	N	Wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamine), water, butter (MILK), custard (10%) (sugar, modified maize starch, skimmed MILK powder, lactose (MILK), coconut oil, gelling agents: sodium phosphates, diphosphates, sodium alginate, calcium sulphate, natural MILK flavouring, colour: carotenes), raisins (8%) (raisins, sunflower oil), whole MILK , golden caster sugar, free-range pasteurised whole EGG , salted butter (butter (MILK), salt), yeast, salt, malted BARLEY .	1471	351	15	10	47	19	2.5	5.7	0.86	WHEAT BARLEY EGG MILK
Tarts													
----- per portion -----													
Lemon Tart	Y	N	White chocolate (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavouring), salted butter (butter (MILK), salt), wheat flour (WHEAT flour, calcium, niacin, iron, thiamine), lemon curd (11%) (sugar, free range EGG , salted butter (butter (MILK), salt), concentrated lemon juice, lemon oil, gelling agent: agar), cream (MILK), icing sugar, glucose syrup, free range pasteurised whole EGG , lemon juice (0.9%), lemon zest (0.4%), acidity regulator: citric acid, emulsifier: SOYA lecithin, salt.	2360	566	36	24	55	35	1.8	4.6	0.56	WHEAT EGG MILK SOYA
Cake Pops													
----- per portion -----													
Bearista Cake Pop	Y	N	White chocolate with caramel [cocoa butter, sugar, whole MILK powder, MILK sugar, whey powder (MILK), skimmed MILK powder, caramelised sugar, emulsifier: SOYA lecithin, natural vanilla flavouring], cake base [WHEAT flour, sugar, modified maize starch, whey powder (MILK), raising agents: sodium hydrogen carbonate, diphosphates; salt, natural vanilla flavouring], icing sugar, salted butter (butter (MILK), salt), white chocolate [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract], free-range pasteurised whole EGG , rapeseed oil, digestive biscuit [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamine), wholemeal WHEAT flour, vegetable oils (palm, rapeseed), sugar, invert sugar syrup, raising agents: sodium hydrogen carbonate, ammonium hydrogen carbonate; salt], white chocolate buttons [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavouring], BUTTERMILK powder, dark chocolate button [cocoa mass, sugar, cocoa butter, emulsifier: SOYA lecithin, natural vanilla flavouring], milk chocolate flavoured coating [sugar, vegetable fats (palm kernel, palm), skimmed MILK powder, fat reduced cocoa powder, whey powder (MILK), emulsifier: SOYA lecithin, natural flavouring], vanilla flavouring, fondant icing [sugar, glucose syrup, dried EGG white, corn flour, stabiliser: diphosphates, acidity regulator: acetic acid], maize starch, preservative: potassium sorbate, glucose syrup, colour:vegetable carbon, free-range EGG albumen, humectant: glycerol.	704	168	9.1	5.3	20	14	<0.5	1.4	0.18	WHEAT EGG MILK SOYA

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
Cakes													
----- per portion -----													
Banana Nut Loaf Cake	Y	N	Wheat flour (WHEAT flour, calcium, niacin, iron, thiamine), banana pulp (banana pulp, lemon juice, antioxidant: ascorbic acid), soft dark brown sugar (sugar, molasses), rapeseed oil, free-range pasteurised whole EGG , PECAN NUTS , WALNUTS , sweetened dried banana coins (banana, coconut oil, sugar, natural banana flavouring), wholemeal WHEAT flour, raising agents: sodium hydrogen carbonate, disodium diphosphate, potassium hydrogen carbonate, salt, preservative: potassium sorbate.	1632	390	21	1.7	44	23	2.3	5.2	0.54	WHEAT EGG PECAN NUTS WALNUTS
Carrot Cake	Y	N	Carrot, caster sugar, soft dark brown sugar (sugar, cane molasses, inverted sugar syrup), rapeseed oil, free range pasteurised whole EGG , wheat flour [WHEAT flour, calcium carbonate, niacin, iron, thiamin], icing sugar, wholemeal WHEAT flour, salted butter (butter (MILK), salt), pineapple (pineapple, pineapple juice), WALNUTS , white chocolate chips (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract), sultanas (sultanas, sunflower oil), full fat soft cheese (full fat cream cheese (MILK) (skimmed MILK , cream (MILK)), salt, starter culture), desiccated coconut, BUTTERMILK powder, cinnamon, raising agents: sodium hydrogen carbonate, disodium diphosphate, potassium hydrogen carbonate, maize starch, modified maize starch, salt, natural vanilla flavouring, mixed spice, thickener: xanthan gum, preservative: potassium sorbate	2109	505	28	9.5	55	40	5.4	5.6	0.9	WHEAT EGG MILK SOYA WALNUTS
Chocolate Swirl Loaf Cake	Y	N	Free range pasteurised whole EGG , caster sugar, dark chocolate (9%) (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract), rapeseed oil, wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamin), water, salted butter (butter (MILK), salt), ground ALMONDS , soft dark brown sugar (sugar, cane molasses, inverted sugar syrup), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), dark chocolate chunks (4.2%) (cocoa mass, sugar, emulsifier: SOYA lecithin, vanilla extract), fat reduced cocoa powder, cream (MILK), natural vanilla flavouring, glucose syrup, modified maize starch, emulsifiers: maize starch, polyglycerol esters of fatty acids, potato starch, humectant: glycerol, natural vanilla flavouring, raising agent: sodium hydrogen carbonate, disodium diphosphate, disodium diphosphate, potassium hydrogen carbonate, preservative: potassium sorbate, salt, glucose syrup, emulsifiers: lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, SOYA flour, emulsifiers: mono and di glycerides of fatty acids, thickener: xanthan gum.	1832	439	27	8.9	41	28	3.8	6.2	0.74	WHEAT EGG MILK SOYA ALMONDS
Pistachio & White Chocolate Loaf Cake	Y	N	Caster sugar, free-range pasteurised whole EGG , wheat flour [WHEAT flour, calcium carbonate, niacin, iron, thiamin], PISTACHIO butter (10%), salted butter (butter (MILK), salt), rapeseed oil, white chocolate (6%) [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA , vanilla extract], water, icing sugar, cream (MILK), natural vanilla flavouring, modified maize starch, potato starch, PISTACHIO (0.5%), raising agents: disodium diphosphate, sodium hydrogen carbonate; glucose syrup, preservative: potassium sorbate, emulsifier: lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids; SOYA flour, spirulina concentrate, fruit and vegetable concentrates: safflower, apple, hibiscus, freeze-dried raspberry pieces.	1803	432	25	7.5	43	26	2.4	7.5	0.53	WHEAT EGG MILK SOYA PISTACHIO
Victoria Sponge	Y	N	Raspberry jam (glucose fructose syrup, raspberry puree, sugar, raspberry crumb, thickener: pectin, acidity regulators: citric acid, sodium citrates, colour: anthocyanins, natural raspberry flavouring) free-range pasteurised whole EGG , caster sugar, icing sugar, salted butter (butter (MILK), salt), fortified wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), cream (MILK), ground ALMONDS , baking powder: raising agents: disodium diphosphate, potassium hydrogen carbonate, icing powder (dextrose, cornflour, palm oil), natural vanilla flavouring, lemon juice, preservative: potassium sorbate, skimmed MILK powder	2083	497	23	14	66	49	3.1	5	0.66	WHEAT EGG MILK ALMONDS
Scrolls and Doughnut													
----- per portion -----													
Pistachio Scroll	Y	N	Wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamine), white chocolate (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavouring), butter (MILK), soft cheese (MILK), icing sugar, water, whole MILK , salted butter (butter (MILK), salt), PISTACHIO butter (7%), golden caster sugar, PISTACHIOS (2.4%), yeast, salt, rapeseed oil, apple concentrate, safflower concentrate, spirulina concentrate, malted BARLEY , natural vanilla flavouring, lemon concentrate, apple concentrate, paprika, carrot concentrate, lemon juice.	1937	464	27	15	46	19	3.5	7.5	0.78	WHEAT BARLEY MILK SOYA PISTACHIO
Raspberry Jam & Custard Doughnut	Y	N	Wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamine), donut mix (WHEAT flour, vegetable oils (palm, rapeseed), dextrose, raising agents: diphosphates, sodium hydrogen carbonate, sugar, whole EGG powder, whey powder (MILK), salt, WHEAT gluten, EGG white powder, emulsifier: sodium stearoyl-2-lactylate, stabiliser: guar gum, flour treatment agent: ascorbic acid), free range pasteurised whole EGG , water, soft cheese (MILK), icing sugar, caster sugar, granulated sugar, rapeseed oil, salted butter (butter (MILK), salt), vanilla custard (3.8%) (sugar, palm oil, inulin, maltodextrin, modified starch, acidity regulator: tricalcium citrate, natural flavouring, vanilla seed, acid: glucono delta-lactone, colour: carotenes, emulsifier: polysorbate 80, preservative: potassium sorbate, gelling agent: sodium alginate), custard (3.8%) (sugar, modified maize starch, palm fat, safflower concentrate, lemon concentrate, stabiliser: calcium sulphate, natural flavouring, acid: glucono delta-lactone, emulsifier: rapeseed lecithin, preservative: potassium sorbate, colour: beta carotene), yeast, raspberry jam (2%) (glucose fructose syrup, raspberry puree, raspberry juice concentrate, acidity regulators: citric acid, trisodium citrate, gelling agent: pectin, colour: anthocyanins, natural raspberry flavouring), raspberries, freeze dried raspberry pieces, natural vanilla flavouring, lemon juice, maize starch, salt, acidity regulator: citric acid.	1484	353	14	6	50	25	1.3	6.2	0.63	WHEAT EGG MILK

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
Muffins				----- per portion -----									
Blueberry Muffin	Y	N	Wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamin), free range pasteurised whole EGG , blueberries, rapeseed oil, caster sugar, soft light brown sugar (sugar, cane molasses, inverted sugar syrup), humectant: glycerol, demerara sugar, salted butter (butter (MILK), salt), maize starch, baking powder (raising agent: potassium hydrogen carbonate, disodium diphosphate, mono calcium phosphate, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), potato starch, WHEAT fibre, natural vanilla flavouring, BUTTERMILK powder, skimmed MILK powder, salt, natural blueberry flavour, preservative: potassium sorbate, thickener: guar gum, raising agent: sodium hydrogen carbonate, glucose syrup, lactic acid esters of mono- and diglycerides of fatty acids, skimmed MILK powder, SOYA flour.	2032	485	21	2.1	66	31	3	6.4	0.6	WHEAT EGG MILK SOYA
Chocolate Muffin	Y	N	Caster sugar, free range pasteurised whole EGG , dark chocolate [sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, vanilla flavour], rapeseed oil, fortified wheat flour [WHEAT flour, calcium carbonate, niacin, iron, thiamin], water, cocoa powder, glycerol, modified starch, baking powder [raising agent: potassium hydrogen carbonate, disodium diphosphate; wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), raising agent: mono calcium phosphate], potato starch, emulsifier: glucose syrup, lactic acid esters of mono- and diglycerides of fatty acids (SOYA), skimmed MILK powder, propane-1,2-diol esters of fatty acids; malt extract (BARLEY), WHEAT fibre, skimmed MILK powder, salt, vanilla flavouring, preservative: potassium sorbate, thickener: guar gum, raising agent: sodium bicarbonate	2391	572	29	5.9	68	44	4.3	7.5	0.62	WHEAT BARLEY EGG MILK SOYA
Lemon Muffin	Y	N	Caster sugar, wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamin), free-range pasteurised whole EGG , rapeseed oil, lemon curd (10%) (sugar, free-range EGG , salted butter (butter (MILK), salt), concentrated lemon juice (concentrated lemon juice, preservatives: sodium metabisulphite, potassium metabisulphite), lemon oil, gelling agent: agar), water, humectant: glycerol, icing sugar, modified maize starch, cream (MILK), potato starch, baking powder (raising agents: potassium hydrogen carbonate, disodium diphosphate, mono calcium phosphate, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), lemon juice (0.7%), lemon zest (0.7%), WHEAT fibre, natural vanilla flavouring, glucose syrup, BUTTERMILK powder, skimmed MILK powder, salt, lactic acid esters of mono- and diglycerides of fatty acids, skimmed MILK powder, SOYA flour, preservative: potassium sorbate, invert sugar syrup, lemon oil (0.1%), thickener: guar gum, raising agent: sodium hydrogen carbonate, thickener: guar gum, colour: lutein.	2146	511	21	2.7	73	42	2.2	6.5	0.59	WHEAT EGG MILK SOYA
Traybakes				----- per portion -----									
Raspberry & White Chocolate Blondie	Y	N	White chocolate (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract), free-range pasteurised whole EGG , wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salted butter (butter (MILK), salt), caster sugar, raspberry jam (glucose fructose syrup, raspberry puree, sugar, raspberry crumb, gelling agent: pectin, acidity regulators: citric acid, sodium citrate, colour: anthocyanins, natural raspberry flavouring), raspberries, ground ALMONDS , skimmed MILK powder, freeze dried raspberry pieces, raising agents: disodium diphosphate, potassium hydrogen carbonate, natural vanilla flavouring, maize starch, thickener: xanthan gum, acidity regulator: citric acid.	1790	428	23	13	49	40	3	4.8	0.32	WHEAT EGG MILK SOYA ALMONDS
Triple Chocolate Brownie	Y	N	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), caster sugar, free-range pasteurised whole EGG , salted butter (butter (MILK), salt), white chocolate (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavouring), ground ALMONDS , wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), fat-reduced cocoa powder, cocoa mass, natural vanilla flavouring, raising agents: disodium diphosphate, potassium hydrogen carbonate, salt.	1741	418	26	16	38	33	3.9	6	0.51	WHEAT EGG MILK SOYA ALMONDS

