



# NUTRITION & ALLERGEN GUIDE

---

## AUTUMN FOOD

September – November 2025

**Seasonal Menu**

**Bakery Menu**

**Breakfast Menu**

**Sandwiches & Toasties**

**Chocolate, Snacks &  
Bottled Drinks**



This guide will provide nutritional and allergen information for all Autumn 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
Bakery													
Toffee Apple Muffin	Y	N	Caster sugar, <b>WHEAT</b> flour, free-range pasteurised whole <b>EGG</b> , rapeseed oil, water, apple filling (6%) (apple, sugar, maize starch, preservative: potassium sorbate), apple sauce (4%) (apple, sugar, glucose fructose syrup), caramel (3%) (sugar, glucose syrup, palm oil, sweetened condensed milk ( <b>MILK</b> , sugar), rapeseed oil, salt, natural flavouring, emulsifier: <b>SOYA</b> lecithin, colours: curcumin, annatto bixin, humectant: glycerol, icing sugar, salted butter (butter ( <b>MILK</b> ), salt), wholemeal <b>WHEAT</b> flour, modified maize starch, natural vanilla flavouring, baking powder (raising agents: potassium hydrogen carbonate, disodium diphosphate, mono calcium phosphate, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)), potato starch, soft brown sugar (sugar, cane molasses, inverted sugar syrup), white chocolate (sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier : <b>SOYA</b> lecithin, vanilla extract), soft cheese (soft cheese ( <b>MILK</b> ), salt), natural flavouring, <b>WHEAT</b> gluten, emulsifiers: mono- and di glycerides of fatty acids, lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, <b>OATFLAKES</b> , jumbo <b>OATS</b> , maize starch, <b>BUTTERMILK</b> powder, skimmed <b>MILK</b> powder, soft dark brown sugar (sugar, molasses), reconstituted skimmed <b>MILK</b> , salt, custard powder (maize starch, salt, colour: annatto norbixin, natural flavouring), <b>OAT</b> bran, preservative: potassium sorbate, glucose syrup, icing powder (dextrose, cornflour, palm oil), raising agents: sodium hydrogen carbonate, disodium diphosphate, potassium hydrogen carbonate, thickener: guar gum, <b>SOYA</b> flour.	1756	419	18	4.1	58	32	1.9	5.2	0.62	<b>WHEAT</b> <b>OAT</b> <b>EGG</b> <b>SOYA</b> <b>MILK</b>
Pumpkin Marble Loaf Cake	Y	N	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, niacin, iron, thiamin), free-range pasteurised whole <b>EGG</b> , ground <b>ALMONDS</b> , caster sugar, salted butter (butter ( <b>MILK</b> ), salt), rapeseed oil, icing sugar, humectant: glycerol, soft dark brown sugar (sugar, molasses), soft brown sugar (sugar, cane molasses, inverted sugar syrup), pumpkin (4%), cream ( <b>MILK</b> ), white chocolate (sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), caramel (sweetened condensed milk [ <b>MILK</b> , sugar], glucose syrup, invert sugar syrup, palm oil, butter ( <b>MILK</b> ), sugar, emulsifier: mono and di glycerides of fatty acids, stabiliser: pectin, salt, natural flavouring), soft cheese (soft cheese ( <b>MILK</b> ), salt), black treacle (invert sugar syrup, cane molasses), natural vanilla flavouring, pumpkin seeds, modified maize starch, <b>BUTTERMILK</b> powder, raising agents: sodium hydrogen carbonate, disodium diphosphate, potassium hydrogen carbonate, pumpkin spice mix (nutmeg, cinnamon, ginger, cloves), potato starch, preservative: potassium sorbate, emulsifiers: lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, glucose syrup, salt, <b>SOYA</b> flour, colouring food (apple concentrate, hibiscus concentrate), natural maple flavouring, thickener: xanthan gum.	1706	409	23	7.4	42	20	2.8	7	0.71	<b>WHEAT</b> <b>EGG</b> <b>SOYA</b> <b>MILK</b> <b>ALMONDS</b>
Chocolate Brownie (Pumpkin Shaped)	Y	N	Dark chocolate (18%) (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), sugar, salted butter (butter ( <b>MILK</b> ), salt), free-range pasteurised whole <b>EGG</b> , white chocolate (10%) (sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, niacin, iron, thiamin), milk chocolate (6%) (sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract), rapeseed oil, cocoa mass, fat reduced cocoa powder, glucose syrup, vegetable concentrates (paprika, carrot), icing sugar, natural vanilla flavouring, preservative: potassium sorbate, salt, baking powder (raising agents: disodium diphosphate, potassium hydrogen carbonate, <b>WHEAT</b> flour), emulsifier: <b>SOYA</b> lecithin.	1472	354	25	13	28	28	<0.5	4.1	0.35	<b>WHEAT</b> <b>MILK</b> <b>SOYA</b> <b>EGG</b>
White Chocolate & Cherry Blondie	Y	N	White chocolate chips (17%) (sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), white chocolate chunks (14%) (sugar, whole <b>MILK</b> powder, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring), free-range <b>EGG</b> , caster sugar, salted butter (butter ( <b>MILK</b> ), salt), dark cherry jam (11%) (morello cherry puree, glucose fructose syrup, sugar, acidity regulators: citric acid, trisodium citrate, gelling agent: pectin, natural cherry flavouring), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), 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), ground <b>ALMONDS</b> , freeze-dried cherries, rapeseed oil, natural vanilla flavouring, raising agents: disodium diphosphate, potassium hydrogen carbonate, thickener: xanthan gum.	1421	339	16	9.8	44	32	2	3.8	0.33	<b>WHEAT</b> <b>MILK</b> <b>SOYA</b> <b>EGG</b> <b>ALMONDS</b>
Bear Cake Pop	Y	N	White chocolate with caramel (27%) (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), cake base ( <b>WHEAT</b> flour, sugar, modified maize starch, whey powder ( <b>MILK</b> ), raising agents: sodium hydrogen carbonate, diphosphates, salt, natural vanilla flavouring), icing sugar, salted butter (butter ( <b>MILK</b> ), salt), white chocolate (6%) (sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), 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 agents: sodium hydrogen carbonate, ammonium hydrogen carbonate, salt), white chocolate button (2%) (sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring), <b>BUTTERMILK</b> powder, dark chocolate buttons (1%) (cocoa mass, sugar, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring), milk chocolate flavour coating (sugar, vegetable fats [palm kernel, palm], skimmed <b>MILK</b> powder, fat reduced cocoa powder, whey powder ( <b>MILK</b> ), emulsifier: <b>SOYA</b> lecithin, natural flavouring), natural vanilla flavouring, fondant icing (sugar, glucose syrup, dried <b>EGG</b> white, cornflour, stabiliser: diphosphates, acidity regulator: acetic acid), maize starch, preservative: potassium sorbate, glucose syrup, colour: vegetable carbon, free-range <b>EGG</b> albumen, humectant: glycerol.	704	168	9.1	5.3	20	14	<0.5	1.4	0.18	<b>WHEAT</b> <b>MILK</b> <b>SOYA</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
Savoury Pastries													
Vintage Cheddar & Smoked Bacon Quiche	N	N	Crème fraîche (MILK), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), whole MILK, onion, pasteurised free-range EGG (7%), vintage Cheddar cheese (7%) (MILK), dry cured smoked streaky bacon (7%) (pork belly, salt, sugar, natural flavouring, preservatives: sodium nitrite, sodium nitrate, antioxidant: sodium ascorbate), extra mature Cheddar cheese (6%) (MILK), water, vegetable oils [palm, rapeseed], unsalted butter (5%) (MILK), cornflour, Dijon mustard (MUSTARD seeds, spirit vinegar, salt), salt, dextrose, cracked black pepper, ground white pepper, ground black pepper.	1835	440	29	16	30	4.1	1.7	14	1.5	WHEAT MILK MUSTARD EGG
Vintage Cheddar & Caramelised Onion Quiche	N	N	Crème fraîche (MILK), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), whole MILK, onion, vintage Cheddar cheese (9%) (MILK), caramelised onion (7%) (onion, balsamic vinegar [wine vinegar, concentrated grape must], muscovado sugar, rapeseed oil, unsalted butter (MILK), cornflour, salt, ground white pepper), unsalted butter (6%) (MILK), water, vegetable oils [palm, rapeseed], pasteurised free-range EGG (4%), breadcrumb (wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], yeast, dextrose, salt, paprika, turmeric), Dijon mustard (MUSTARD seeds, spirit vinegar, salt), cornflour, chives, Red Leicester cheese (cheese (MILK), colour: beta-carotene), regato cheese (MILK), salt, dextrose, cracked black pepper, ground white pepper.	1797	431	28	15	34	5.2	1.8	9.9	1.2	WHEAT MILK MUSTARD EGG
Pork & Maple Bacon Lattice	N	N	Minced pork (32%), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salted butter (butter (MILK), salt), water, maple cured bacon (7%) (pork belly, glucose, stabiliser: disodium diphosphate, salt, maple syrup, antioxidant: sodium ascorbate, preservative: sodium nitrite), onion, potato, potato starch, pasteurised free-range EGG, tapioca starch, WHEAT protein, demerara sugar, yeast extract (yeast extract, salt), rapeseed oil, smoky sprinkle (wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], rapeseed oil, yeast, colour: beetroot red, yeast extract, salt, sugar, dried yeast, maltodextrin, BARLEY extract, paprika, smoked salt, natural flavouring), black pepper, onion powder, sage, lemon juice, poppy seeds, tomato paste, salt, OAT flakes, caster sugar, mushroom concentrate, balsamic vinegar (wine vinegar, concentrated grape must), olive oil, dried parsley, ground nutmeg, ground mace, yeast.	1747	420	28	13	28	3.5	1.8	13	1.1	WHEAT BARLEY OAT 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.





# 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													
Almond Croissant	Y	N	WHEAT flour, butter (17%) (MILK), water, ALMOND paste 11% [sugar, ALMOND, glucose syrup, humectant: glycerol, bitter ALMOND, stabilizer: sorbitol, natural ALMOND flavouring]], slivered ALMONDS (6%), sugar, yeast, icing sugar [dextrose, maize flour, palm oil], EGG, WHEAT 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	WHEAT MILK ALMOND EGG
Almond Croissant (at selected stores)	Y	N	WHEAT flour, water, butter 13% (MILK), sugar, ALMOND powder 6%, flaked ALMONDS 3%, yeast, WHEAT gluten, EGGS, salt, natural flavouring, flour treatment agent: ascorbic acid, enzyme.	1277	305	15	7.1	34	12	2.3	7.4	0.65	WHEAT MILK ALMOND EGG
Butter Croissant	Y	N	WHEAT flour, butter (23%) (MILK), water, sugar, yeast, MILK powder, WHEAT gluten, EGG wash [EGG], salt, emulsifier: rapeseed lecithin, flour treatment agent: ascorbic acid.	1083	259	14	9	27	5.4	1.4	5.6	0.36	WHEAT MILK EGG
Butter Croissant (at selected stores)	Y	N	WHEAT flour, butter 24% (MILK), water, sugar, yeast, WHEAT gluten, salt, EGGS, flour treatment agent: ascorbic acid, enzyme.	1200	288	17	11	27	4.8	1.5	5.9	0.67	WHEAT MILK EGG
Chocolate Twist	Y	N	Water, WHEAT flour, sugar, chocolate (13%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, natural vanilla flavouring], butter (8.4%) (MILK), modified starch, yeast, sugar, free range EGG, whey powder (MILK), skimmed MILK powder, salt, WHEAT 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	WHEAT MILK EGG SOYA
Chocolate Twist (at selected stores)	Y	N	Water, WHEAT flour, chocolate chips 14% (sugar, cocoa mass, cocoa butter, emulsifier: sodium hydrogen sulphite (SOYA))), butter 13% (MILK), sugar, whole MILK powder, yeast, modified starch, MILK whey powder, WHEAT gluten, EGGS, skimmed MILK 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	WHEAT MILK EGG SOYA
Cheese Twist	Y	N	Cheese Filling (31%) (water, grated white cheddar cheese (11%) [pasteurised cows MILK, salt, anti-caking agent: powdered cellulose, lactic starter culture, coagulant], pasteurised EGG, whey powder (MILK), modified maize starch, salt, coconut oil, skimmed MILK powder, thickener: sodium alginate, EGG yolk powder, sugar), WHEAT flour, water, butter (12%) (MILK), red leicester cheese (5%) (pasteurised cows MILK, potato starch, salt, rennet, starter culture, Annatto norbixin), sugar, yeast, salt, WHEAT gluten, emulsifier: rapeseed lecithin, flour treatment agent: ascorbic acid.	780	188	11	7.3	16	3	0.5	5.7	0.68	WHEAT MILK EGG
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, wheat flour (WHEAT 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 (MILK), salt, starter culture), yeast, cinnamon, modified maize starch, wheat flour [WHEAT flour, calcium, niacin, iron, thiamine], 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.	1817	431	11	4.3	70	30	6.2	10	0.53	WHEAT MILK EGG
Luxury Fruit Toast	Y	N	Wheat flour [WHEAT 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 (WHEAT 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 EGG, 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	WHEAT EGG
Pain au Chocolat	Y	N	WHEAT flour, butter (21%) (MILK), water, chocolate (10%) [sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, natural vanilla flavouring], sugar, yeast, MILK powder, WHEAT gluten, EGG wash [EGG], salt, emulsifier: rapeseed lecithin, flour treatment agent: ascorbic acid.	1311	314	17	11	33	9.8	2.0	6.2	0.37	WHEAT MILK EGG SOYA
Pain Au Chocolat (at selected stores)	Y	N	WHEAT flour, butter 21% (MILK), water, chocolate 11% (sugar, cocoa mass, cocoa butter, emulsifier: sodium hydrogen sulphite (SOYA))), sugar, yeast, WHEAT gluten, EGGS, salt, flour treatment agent: ascorbic acid, enzyme.	1239	297	17	11	29	8.6	2.1	5.9	0.49	WHEAT MILK EGG SOYA

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
Freshly Baked Daily (Select Stores)				----- 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	WHEAT MILK SOYA
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	WHEAT MILK SOYA
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% (slivered <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	WHEAT MILK ALMOND EGG
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	WHEAT MILK EGG
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	WHEAT MILK EGG
Pain au Chocolat	Y	N	<b>WHEAT</b> flour, butter (23%) ( <b>MILK</b> ), chocolate (10%) (sugar, cocoa mass, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring), water, sugar, yeast, <b>MILK</b> powder, <b>WHEAT</b> gluten, salt, <b>EGG</b> , flour treatment agents: hemicellulase, alpha amylase, ascorbic acid.	1260	301	16	11	32	9.2	2.1	6.3	0.71	WHEAT MILK EGG SOYA
Blueberry Crumble Croissant Bun	Y	N	Croissant Bun ( <b>WHEAT</b> flour, butter ( <b>MILK</b> ), water, sugar, yeast, salt, <b>EGGS</b> , <b>WHEAT</b> gluten, emulsifiers: mono and di glycerides of fatty acids, rapeseed lecithin, deactivated yeast, flour treatment agent: ascorbic acid enzymes: alpha amylase, hemicellulase), blueberry filling (blueberries, water, sugar, modified starch, acid: citric acid, preservative: potassium sorbate, natural flavouring), butter crumble ( <b>WHEAT</b> flour [ <b>WHEAT</b> flour, calcium carbonate, niacin, thiamine], salted butter [butter ( <b>MILK</b> ), salt], demerara sugar [sugar, cane molasses], blueberries, neutral glaze, icing sugar.	1523	363	16	11	47	15	2.7	6.5	1	WHEAT MILK EGG
Cake Pops				----- per portion -----									
Birthday Cake Pop	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	WHEAT MILK EGG SOYA
Cookies & Cream Cake Pop	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	WHEAT MILK EGG 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 ( <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>PECANS</b> (5%), <b>WALNUTS</b> (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 NUTS</b> <b>WALNUTS</b>
Lemon Loaf Cake	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>
Cookies													
----- per portion -----													
Belgian Chocolate Chunk Cookie	Y	N	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, niacin, iron, thiamine), Belgian dark chocolate (22%) (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), salted butter (18%) (butter ( <b>MILK</b> ), salt), caster sugar, soft dark brown sugar (sugar, molasses), baking powder (raising agents: monosodium phosphate, potassium hydrogen carbonate, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)), humectant: glycerol, dextrose, natural vanilla flavouring, whey powder ( <b>MILK</b> ).	1357	323	13	8.4	47	23	2.2	3.5	0.22	<b>WHEAT</b> <b>MILK</b> <b>SOYA</b>
Dulche de Leche Chocolate Cookie	Y	N	Belgian dark chocolate (21%) (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, niacin, iron, thiamine), salted butter (butter ( <b>MILK</b> ), salt), sweetened condensed milk ( <b>MILK</b> , sugar), belgian milk chocolate (5%) (sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract), soft dark brown sugar (sugar, molasses), fat reduced cocoa powder, free-range pasteurised whole <b>EGG</b> , partially inverted refiners syrup, humectant: glycerol, 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)), natural vanilla flavouring, salt, emulsifier: mono-and diclycerides 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>
Muffins													
----- per portion -----													
Blueberry Muffin	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 (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>

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
Bars & Traybakes				----- per portion -----									
Chocolate Caramel Shortbread	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
Breakfast Sandwiches													
----- per portion -----													
Ham & Cheese Croissant	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 MILK EGG</b>
Smoked Bacon Roll (NEW ALLERGEN)	N	N	Ciabatta roll with sourdough (wheat flour [ <b>WHEAT</b> flour, calcium, folic acid, iron, niacin, thiamin], water, sourdough [water, wheat flour [ <b>WHEAT</b> flour, calcium, folic acid, iron, niacin, thiamin]], rapeseed oil, yeast, salt, malted <b>BARLEY</b> , preservative: calcium propionate, flour treatment agent: ascorbic 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), salted butter (butter ( <b>MILK</b> ), salt).	1685	400	13	4.5	49	3.6	1.7	21	2.3	<b>WHEAT BARLEY MILK</b>
Traditional Sausage Sandwich	N	N	Ciabatta roll with sourdough (wheat flour [ <b>WHEAT</b> flour, calcium, folic acid, iron, niacin, thiamin], water, sourdough [water, wheat flour [ <b>WHEAT</b> flour, calcium, folic acid, iron, niacin, thiamin]], rapeseed oil, yeast, salt, malted <b>BARLEY</b> , preservative: calcium propionate, flour treatment agent: ascorbic acid), pork sausage (48%) (pork, water, wheat flour [ <b>WHEAT</b> flour, calcium, folic acid, iron, niacin, thiamin], pork fat, onion, <b>WHEAT</b> starch, rapeseed oil, brown sugar, rubbed sage, dextrose, salt, 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 hydrogen carbonate), salted butter (butter ( <b>MILK</b> ), salt). <b>Sausage filled into beef collagen casing.</b>	2067	495	28	10	40	4.9	1.4	20	2.0	<b>WHEAT BARLEY MILK</b>
Signature Breakfast Sandwich	N	N	Pretzel roll ( <b>WHEAT</b> flour, water, rapeseed oil, yeast, fermented <b>WHEAT</b> flour, salt, malted <b>WHEAT</b> flour, flour treatment agent: ascorbic acid, <b>WHEAT</b> gluten, acidity regulator: sodium hydroxide), smoked bacon (15%) (pork belly, salt, stabilisers: pentapotassium triphosphate, pentasodium triphosphate, antioxidant: sodium ascorbate, preservative: sodium nitrite), signature tomato relish (water, tomatoes [tomatoes, tomato juice, acidity regulator: citric acid], sugar, tomato paste, red wine vinegar, roasted tomatoes [roasted tomatoes, tomato concentrate, sunflower oil, olive oil, salt, oregano, sugar, garlic], rapeseed oil, red chilli purée, cornflour, onion, lemon juice, garlic purée, ginger purée, salt, oregano, black pepper), scrambled egg (8%) (free-range pasteurised <b>EGG</b> , water, rapeseed oil, tapioca starch, dried skimmed <b>MILK</b> , lemon juice, salt, ground white pepper), mature Cheddar cheese (3%) ( <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, folic acid, iron, niacin, thiamin], cornflour, salt, white pepper, ground bay leaf), black pepper.	1527	363	12	3.6	47	6.8	1.5	16	1.8	<b>WHEAT MILK EGG</b>
Porridge, Fruit & Yogurt													
----- per portion -----													
Berry Crunch	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 OAT</b>
Classic Porridge	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 OAT</b>
Fruit & Seed Porridge Topper	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	-
Egg Bites													
----- per portion -----													
Egg Bites with Three Cheese & Ham	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 EGG</b>
Egg White Bites with Three Cheese and Red Pepper	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 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
Cold Sandwiches and Wraps				----- per portion -----									
Chicken Caesar Wrap	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</b> <b>MILK</b> <b>EGG</b> <b>MUSTARD</b>
Free-Range Egg, Cress & Mayo Sandwich	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>
Smoked Ham & Cheddar Sandwich	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>
Mexican-Style Three Bean Wrap	Y	Y	Tomato tortilla wrap (wheat flour <b>[WHEAT]</b> flour, calcium, folic acid, iron, niacin, thiamin], water, palm oil, rapeseed oil, tomato powder, raising agents: sodium carbonate, diphosphates, malic acid, sugar, salt, red bell pepper, paprika, basil), black turtle beans (8%), onion, tomatoes, spinach, pinto beans (4%), kidney beans (4%), sweetcorn, smoky roast red pepper sauce (tomato, tomato juice, water, roasted 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), chipotle relish (roasted red pepper, tomatoes, sugar, water, onion, white wine vinegar, glucose syrup, cornflour, cider, tomato paste, rapeseed oil, salt, garlic purée, smoked paprika, coriander, chipotle chilli powder, gelling agent: pectin, cumin), pepper, coriander, three chilli sauce (tomato paste, sugar, water, spirit vinegar, olive oil, ancho chilli, lemon juice, coriander, cornflour, red chilli purée, smoked paprika, lemon zest, garlic purée, Dijon mustard [water, <b>MUSTARD</b> seed, spirit vinegar, salt], salt, chipotle chilli powder, black pepper), cornflour, smoked paprika, <b>WHEAT</b> fibre, black pepper.	1537	365	8.4	2.7	59	7.4	4.5	11	1.1	<b>WHEAT</b> <b>MUSTARD</b>
Hot Sandwiches				----- per portion -----									
Cheese & Marmite® Mini Ciabatta	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>
Signature Grilled Cheese Toastie	Y	N	White sourdough bloomer (wheat flour <b>[WHEAT]</b> flour, calcium carbonate, folic acid, iron, niacin, thiamin], water, <b>RYE</b> flour, <b>SPELT</b> ( <b>WHEAT</b> ) flour, <b>WHEAT</b> flour, salt, durum <b>WHEAT</b> flour, yeast, durum <b>WHEAT</b> semolina, antioxidant: ascorbic acid), béchamel sauce (whole <b>MILK</b> , water, single cream ( <b>MILK</b> ), wheat flour <b>[WHEAT]</b> flour, calcium carbonate, folic acid, iron, niacin, thiamin], salted butter [butter ( <b>MILK</b> ), salt], cornflour, salt, white pepper, ground bay leaf, smoked onion granules, cracked black pepper), mozzarella cheese (12%) ( <b>MILK</b> ), Cheddar cheese (4%) ( <b>MILK</b> ), mature Cheddar cheese (4%) ( <b>MILK</b> ), Monterey Jack cheese (3%) ( <b>MILK</b> ), American style mustard (water, spirit vinegar, <b>MUSTARD</b> flour, <b>MUSTARD</b> bran, cornflour, ground turmeric, salt), Dijon mustard (water, <b>MUSTARD</b> seed, spirit vinegar, salt), potato starch, cornflour, concentrated lemon juice, black pepper.	2008	477	16	9.6	60	3.8	2.7	22	1.7	<b>WHEAT</b> <b>MILK</b> <b>RYE</b> <b>SPELT</b> <b>MUSTARD</b>

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
Signature Smoked Ham and Cheese Toastie	N	N	White sourdough bloomer (wheat flour [ <b>WHEAT</b> flour, calcium carbonate, folic acid, iron, niacin, thiamin], water, <b>RYE</b> flour, <b>SPELT (WHEAT)</b> flour, <b>WHEAT</b> flour, salt, durum <b>WHEAT</b> flour, yeast, durum <b>WHEAT</b> semolina, antioxidant: ascorbic acid), béchamel sauce (whole <b>MILK</b> , water, single cream ( <b>MILK</b> ), wheat flour [ <b>WHEAT</b> flour, calcium carbonate, folic acid, iron, niacin, thiamin], salted butter [butter ( <b>MILK</b> ), salt], cornflour, salt, white pepper, ground bay leaf, smoked onion granules, cracked black pepper), oak smoked formed ham (14%) (pork, sea salt, stabilisers: pentapotassium triphosphate, pentasodium triphosphate, tetrapotassium diphosphate, brown sugar, antioxidant: sodium ascorbate, preservative: sodium nitrite), mozzarella cheese (10%) ( <b>MILK</b> ), Cheddar cheese (3%) ( <b>MILK</b> ), mature Cheddar cheese (3%) ( <b>MILK</b> ), Monterey Jack cheese (2%) ( <b>MILK</b> ), American style mustard (water, spirit vinegar, <b>MUSTARD</b> flour, <b>MUSTARD</b> bran, cornflour, ground turmeric, salt), Dijon mustard (water, <b>MUSTARD</b> seed, spirit vinegar, salt), potato starch, cornflour, concentrated lemon juice, black pepper.	2056	489	15	9.1	59	3.4	2.8	28	2.5	<b>WHEAT</b> <b>MILK</b> <b>RYE</b> <b>SPELT</b> <b>MUSTARD</b>
Signature Tomato & Mozzarella Panini (NEW ALLERGEN)	Y	N	Ciabatta with sourdough (wheat flour [ <b>WHEAT</b> flour, calcium, folic acid, iron, niacin, thiamin], water, salt, rapeseed oil, yeast, <b>WHEAT</b> malt flour, preservative: calcium propionate, sourdough [ <b>WHEAT</b> flour, durum <b>WHEAT</b> , <b>RYE</b> ], flour treatment agent: ascorbic acid, antioxidant: ascorbic acid), mozzarella full fat soft cheese (21%) ( <b>MILK</b> ), tomato (12%), red pesto (sunflower oil, sundried tomato purée [water, sundried tomato, sunflower oil, white wine vinegar, salt], medium fat hard cheese ( <b>MILK</b> ), tomato paste, basil, lemon juice, sea salt), marinated semi-dried tomato (tomato, sunflower oil, salt, garlic, oregano), basil, tomato and herb dressing (water, tomato purée, rapeseed oil, tomato, red onion, sugar, parsley, onion, garlic purée, concentrated lemon juice, white wine vinegar, basil, Dijon mustard [water, <b>MUSTARD</b> seeds, spirit vinegar, salt], cornflour, salt, oregano, black pepper, white pepper), salt, black pepper.	1991	474	16	7.1	51	5.3	2.8	30	1.7	<b>WHEAT</b> <b>RYE</b> <b>MILK</b> <b>MUSTARD</b>
Signature Tuna Melt Panini (NEW ALLERGEN)	N	N	Ciabatta with sourdough (wheat flour [ <b>WHEAT</b> flour, calcium, folic acid, iron, niacin, thiamin], water, salt, rapeseed oil, yeast, <b>WHEAT</b> malt flour, preservative: calcium propionate, sourdough [ <b>WHEAT</b> flour, durum <b>WHEAT</b> , <b>RYE</b> ], flour treatment agent: ascorbic acid, antioxidant: ascorbic acid), tuna (20%) (tuna ( <b>FISH</b> ), water, salt), medium Cheddar cheese (9%) ( <b>MILK</b> ), mayonnaise (water, rapeseed oil, free-range pasteurised whole <b>EGG</b> , cornflour, spirit vinegar, salt, <b>MUSTARD</b> flour), pepper, mozzarella full fat soft cheese ( <b>MILK</b> ), onion, 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, folic acid, iron, niacin, thiamin], cornflour, salt, white pepper, ground bay leaf), black pepper.	2027	481	13	6.0	62	4.6	2.0	28	1.5	<b>WHEAT</b> <b>RYE</b> <b>MILK</b> <b>EGG</b> <b>MUSTARD</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
Chocolate & Snacks													
Caramel Waffle Duos	Y	N	<b>WHEAT</b> flour, glucose-fructose syrup, sugar, concentrated butter ( <b>MILK</b> ), palm fat, sugar syrup, <b>SOYA</b> flour, rapeseed oil, salt, dextrin ( <b>WHEAT</b> ), emulsifiers: <b>SOYA</b> 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	<b>WHEAT MILK SOYA</b>
Chocolate Covered Pretzels	Y	N	Pretzels (wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin) rapeseed oil, sea salt, dextrose, dried yeast, acidity regulator: sodium hydroxide), 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), rapeseed oil.	418	100	4.4	2.2	13	4.4	0.9	1.6	0.32	<b>WHEAT MILK SOYA</b>
Cookie Straw	Y	N	Sugar, <b>WHEAT</b> flour, vegetable oils [palm oil, shea butter], skimmed <b>MILK</b> powder, defatted cocoa powder, whey powder ( <b>MILK</b> ), coconut oil, whole <b>EGG</b> 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	<b>WHEAT MILK EGG</b>
Ghost Cookie	Y	N	Shortbread cookie(75%) (wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), vegetable margarine (vegetable oils [palm oil, palm stearin, rapeseed oil], lemon juice), glucose syrup, caster sugar, icing sugar, unsalted butter ( <b>MILK</b> ), free-range <b>EGG</b> albumen powder, natural flavouring, raising agent: sodium hydrogen carbonate, baking powder (raising agents: dipotassium phosphate, potassium hydrogen carbonate, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)), salt, natural vanilla flavouring), icing (23%) (sugar, glucose syrup, free-range <b>EGG</b> albumen powder, acidity regulator: acetic acid, colours: anthocyanins, iron oxides and hydroxides), sugarpaste disc (sugar, glucose syrup, palm oil, stabiliser: xanthan gum, humectant: glycerol, colours: riboflavin, vegetable carbon, beetroot red, icing sugar (sugar, glucose syrup), maize starch, emulsifiers: lecithins [sunflower, rapeseed], cellulose.	1186	283	12	6	41	24	1	2.2	0.19	<b>WHEAT MILK EGG</b>
Ginger Biscuit	Y	N	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), invert sugar syrup, sugar, margarine (palm oil, rapeseed oil, salt, colours: annatto, curcumin; natural flavouring), ground ginger (1%), raising agents: sodium bicarbonate, ammonium bicarbonate, skimmed <b>MILK</b> powder.	962	229	8.5	3.2	35	18	1.7	2.3	0.31	<b>WHEAT MILK</b>
Gluten Free Apricot & Yogurt Bar	Y	N	Gluten free <b>OATS</b> , apricots (15%) (apricot, rice flour), rice crispies (rice, sugar, salt), yogurt coating (12%) (sugar, vegetable fat (palm kernel), <b>MILK</b> sugar, yogurt powder ( <b>MILK</b> ), emulsifier: <b>SOYA</b> lecithin), honey, soft brown sugar (sugar, cane molasses, inverted sugar syrup), sweetened condensed milk (whole <b>MILK</b> , sugar), coconut oil, salted butter (butter ( <b>MILK</b> ), salt), vanilla flavouring.	1005	239	8.3	6.1	37	18	2.9	2.7	0.1	<b>MILK SOYA OAT</b>
Gluten Free Fruit & Nut Bar	Y	N	Gluten free <b>OATS</b> , salted butter ( <b>MILK</b> , salt), partially inverted refiners syrup, sweetened condensed milk (whole <b>MILK</b> , sugar), <b>ALMONDS</b> (8%), demerara sugar, <b>WALNUTS</b> (5%), <b>PECAN NUTS</b> (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	<b>MILK OAT ALMONDS PECAN NUTS WALNUTS</b>
Kettle Lightly Salted Crisps (at selected stores)	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 (at selected stores)	Y	N	Potatoes, sunflower oil, mature Cheddar and red onion seasoning [dried butter <b>MILK</b> ], dried mature Cheddar cheese ( <b>MILK</b> ), 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	<b>MILK</b>
Kettle Sea Salt and Balsamic Vinegar Crisps (at selected stores)	Y	Y	Potatoes, sunflower oil, sea salt and balsamic vinegar seasoning (sea salt, dried balsamic vinegar, potato maltodextrin, sugar, dried <b>BARLEY</b> malt vinegar, acidity regulator: citric acid)	878	210	12	1	23	0.5	1.7	1.7	0.64	<b>BARLEY</b>
Kettle Sweet Chilli and Sour Crisps (at selected stores)	Y	N	Potatoes, sunflower oil, sweet chilli and sour cream seasoning (sugar, dried sour cream ( <b>MILK</b> ), dried skimmed <b>MILK</b> , dried yogurt ( <b>MILK</b> ), 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	<b>MILK</b>
Mini Caramel Waffles	Y	N	<b>WHEAT</b> flour, glucose-fructose syrup, sugar, concentrated butter ( <b>MILK</b> ), palm fat, sugar syrup, <b>SOYA</b> flour, rapeseed oil, salt, dextrin ( <b>WHEAT</b> ), emulsifiers: <b>SOYA</b> lecithin, E471; raising agent: E500, cinnamon, natural Bourbon vanilla, acid: citric acid.	3301	787	37	21	106	51	2.1	7.5	1.33	<b>WHEAT MILK SOYA</b>
Peppermint Mints	Y	Y	Sweetener: xylitol ( <b>OATS</b> ), 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	<b>OAT</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
Raspberry & Coconut Brownie (Gluten-free & Vegan)	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>
Shortbread Biscuits	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>
Snacking Cheese	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>
Starbucks® Chocolate Gold Coin	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>
Starbucks® Iced Gingerbread Cookie – Bearista or Latte	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 [saflower, 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>
Trio of Favourites – Cookies & Cream Brownie, Caramel Nut Brownie, Raspberry & White Chocolate Blondie (Average value of 1 piece)	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.	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>ALMOND</b>
			<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>WHEAT</b> <b>MILK</b> <b>EGG</b> <b>SOYA</b> <b>PECAN</b> <b>NUTS</b> <b>ALMOND</b>
			<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, thickener: 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.										<b>WHEAT</b> <b>MILK</b> <b>EGG</b> <b>SOYA</b> <b>ALMOND</b>

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
Bottled Drinks													
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	-
Berries Juice Drink	Y	Y	Apple juice, water, strawberry puree (5%), raspberry puree (2%), blackcurrant juice (2%).	267	63	<0.5	<0.1	15	15	<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	-
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	-
Peach Iced Tea	Y	Y	Water, white grape juice, peach juice (14%), natural flavourings, tea extract, acidity regulator: citric acid.	291	69	<0.5	<0.1	16	16	<0.5	<0.5	0.03	-
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	-
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	-
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	-
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	-

