



Nutrition & Allergen Guide

HOLIDAY FOOD

November 2025 - January 2026

Seasonal Menu

Bakery Menu

Breakfast Menu

**Sandwiches, Toasties
& Quiches**

**Chocolate, Snacks
& Bottled Drinks**



This guide will provide nutritional and allergen information for all Holiday 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 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													
Black Forest Slice	Y	N	Dark cherry jam (morello cherry puree, glucose fructose syrup, sugar, acidity regulators: citric acid, trisodium citrate, gelling agent: pectin, natural flavouring), icing sugar, free range pasteurised whole EGG , caster sugar, salted butter (butter (MILK), salt), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin, folic acid), cream (MILK), rapeseed oil, soft dark brown sugar (sugar, cane molasses, inverted sugar syrup), ground ALMONDS , fat reduced cocoa powder, icing powder (dextrose, cornflour, palm oil), natural vanilla flavouring, baking powder (raising agents: disodium diphosphate, potassium hydrogen carbonate), lemon juice, humectant: glycerol, raising agent: sodium bicarbonate, preservative: potassium sorbate, salt, skimmed MILK powder, maize starch, emulsifiers: polyglycerol esters of fatty acids, mono and di glycerides of fatty acids.	1811	432	21	9.4	56	43	0.9	4.4	0.61	MILK EGG WHEAT ALMONDS
Chocolate Babka	Y	N	Wheat flour (WHEAT flour, acid: ascorbic acid, niacin, iron, thiamine, folic acid), water, whole MILK , soft light brown sugar (sugar, cane molasses, inverted sugar syrup), dark chocolate (6%) (sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, natural vanilla flavouring), salted butter (butter (MILK), salt), brioche concentrate (dextrose, rapeseed oil, salt, palm oil, palm stearin, emulsifiers: mono and di glycerides of fatty acids, sodium stearoyl-2-lactylate, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, colour: beta carotene, WHEAT flour, ascorbic acid, natural flavouring), caster sugar, modified maize starch, yeast, rapeseed oil, wheat flour (WHEAT flour, niacin, iron, folic acid, thiamin), dark chocolate (1%) (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract), fat reduced cocoa powder, glucose syrup, shortening (palm oil, rapeseed oil), free-range EGG albumen, skimmed MILK powder, whole free-range EGG powder, natural vanilla flavouring, salt, raising agent: sodium bicarbonate.	1918	456	14	6.5	70	22	2.9	11	1.1	WHEAT MILK SOYA EGG
Chocolate Muffin	Y	N	Caster sugar, free-range pasteurised whole EGG , dark chocolate (sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, vanilla flavouring), rapeseed oil, wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamin), water, fat reduced cocoa powder, humectant: glycerol, modified maize starch, baking powder (raising agents: potassium hydrogen carbonate, disodium diphosphate, mono calcium phosphate, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin)), potato starch, malt extract (BARLEY), WHEAT fibre, glucose syrup, emulsifiers: lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, skimmed MILK powder, salt, SOYA flour, natural vanilla flavouring, preservative: potassium sorbate, thickener: guar gum, raising agent: sodium hydrogen carbonate.	1995	477	24	5	57	37	3.6	6.4	0.53	EGG SOYA WHEAT BARLEY MILK
Festive Triple Chocolate Brownie	Y	N	MILK chocolate (21%) (sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract), dark chocolate (15%) (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract), caster sugar, free range pasteurised whole EGG , white chocolate (11%) (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavouring), salted butter (butter (MILK), salt), ground ALMONDS , wheat flour (WHEAT flour, iron, niacin, folic acid, thiamin), raising agents: disodium diphosphate, potassium hydrogen carbonate, fat reduced cocoa powder, cocoa mass, white chocolate stars (0.7%) (sugar, cocoa butter, whole MILK powder, emulsifier: sunflower lecithin), rapeseed oil, natural vanilla flavouring, salt.	1941	466	30	18	41	39	2.9	6.5	0.51	MILK SOYA WHEAT ALMONDS EGG
Mince Pie	Y	N	Mincemeat (54%) (sugar, apple puree, sultanas, raisins, glucose fructose syrup, currants, mixed peel, vegetable suet, modified maize starch, mixed spice, acidity regulator: citric acid, colour: caramel, lemon oil, orange oil), wheat flour (WHEAT flour, calcium, niacin, iron, folic acid, thiamin), salted butter (butter (MILK), salt), icing sugar, free range pasteurised whole EGG , caster sugar.	2061	490	17	11	79	48	2.2	4.2	0.3	WHEAT MILK EGG
Polar Bear Cake Pop	Y	N	White chocolate (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavouring), cake base (WHEAT flour, sugar, modified maize starch, whey powder (MILK), raising agents: sodium hydogren carbonate, diphosphates, salt, natural vanilla flavouring), icing sugar, salted 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 oil [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), BUTTER MILK 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: glycerine.	704	168	9.1	5.3	20	14	<0.5	1.4	0.18	MILK SOYA WHEAT EGG

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
Festive Savouries													
Festive Feast Toastie	N	N	White sourdough bloomer (wheat flour [WHEAT flour, calcium carbonate, folic acid, iron, niacin, thiamin], water, SPELT (WHEAT) flour, RYE flour, durum WHEAT semolina, salt, fermented WHEAT flour, yeast, dried WHEAT sourdough, dried RYE sourdough, antioxidant: ascorbic acid), cooked chicken breast (20%) (chicken breast, salt), mozzarella cheese (MILK), chicken and turkey gravy (7%) (water, cornflour, onion, carrot, tomato paste, chicken skin, corn starch, wheat flour [WHEAT flour, calcium carbonate, folic acid, iron, niacin, thiamin], sugar, turkey extract, salt, salted butter [butter (MILK), salt], chicken extract, garlic puree, chicken meat, colour: plain caramel, chicken fat, sugar, rosemary, concentrated onion juice, thyme, sage), cranberry sauce (5%) (cranberries, sugar, diced plums, cornflour, concentrated plum juice, red wine vinegar, dried cranberries [cranberries, sugar, sunflower oil]), béchamel sauce (whole MILK , water, single cream (MILK), cornflour, salted butter [butter (MILK), salt], wheat flour [WHEAT flour, calcium carbonate, folic acid, iron, niacin, thiamin], salt, white pepper, smoked onion granules, ground bay leaf, cracked black pepper), mature Cheddar cheese (MILK), sage and onion stuffing (4%) (wheat flour [WHEAT flour, calcium carbonate, folic acid, iron, niacin, thiamin], onion, OATS , water, salt, sage, parsley, yeast), maple cured smoke flavoured bacon (2%) (pork, salt, sugar, maple syrup, smoke flavourings, emulsifier: triphosphates, antioxidant: sodium ascorbate, preservative: sodium nitrite), potato starch, lemon juice from concentrate.	2075	492	13	6.9	62	6.9	1.6	31	2.2	WHEAT SPELT RYE OATS MILK
Festive Turkey Sandwich	N	N	Cranberry bread (wheat flour [WHEAT flour, calcium, folic acid, iron, niacin, thiamin], water, sugar, cranberries, yeast, salt, emulsifiers: mono- and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, spirit vinegar, WHEAT gluten, sunflower oil, rapeseed oil, flour treatment agent: ascorbic acid), cooked turkey breast (21%) (turkey breast, salt, dextrose, stabilisers: diphosphates, triphosphates, white pepper), cranberry sauce (7%) (cranberries, sugar, water, diced plums, cornflour, concentrated plum juice, red wine vinegar, dried cranberries [cranberries, sugar, sunflower oil]), rosemary gravy mayonnaise style sauce (rapeseed oil, water, pasteurised free-range EGG yolk, white wine vinegar, yeast extract, cornflour, rosemary, sugar, salt, onion powder, concentrated pomegranate juice, garlic powder, mushroom juice concentrate, concentrated lemon juice, turkey meat powder, chicken extract, ground black pepper, parsley, brown MUSTARD seed, spirit vinegar, mushroom powder, antioxidant: extracts of rosemary), spinach, hickory smoked streaky bacon (5%) (pork, salt, antioxidant: sodium ascorbate, preservative: sodium nitrite), sage and onion stuffing (5%) (wheat flour [WHEAT flour, calcium, folic acid, iron, niacin, thiamin], water, onion, OATS , salt, sage, parsley, natural flavouring, thyme, black pepper, onion powder, yeast, bay leaf, rosemary, clove).	1845	438	11	2	61	12	3.4	22	1.7	WHEAT EGG OATS MUSTARD
Pigs Under Blanket Roll	N	N	Ciabatta roll with sourdough (wheat flour [WHEAT flour, calcium, folic acid, iron, niacin, thiamin], water, sourdough [water, wheat flour [WHEAT flour, calcium, folic acid, iron, niacin, thiamin]], rapeseed oil, yeast, salt, malted BARLEY , preservative: calcium propionate, flour treatment agent: ascorbic acid), pork sausage (31%) (pork, water, wheat flour [WHEAT flour, calcium, folic acid, iron, niacin, thiamin], pork fat, onion, WHEAT starch, rapeseed oil, brown sugar, rubbed sage, dextrose, salt, black pepper, stabiliser: tetrasodium diphosphate, WHEAT protein, yeast extract, antioxidant: ascorbic acid, cane molasses, coriander extract, mace extract, nutmeg extract, pepper extract, sage extract, raising agent: ammonium hydrogen carbonate), mild Cheddar cheese (MILK), cranberry sauce (6%) (cranberries, sugar, water, plums, cornflour, concentrated plum juice, red wine vinegar, dried cranberries [cranberries, sugar, sunflower oil]), hickory smoked streaky bacon (5%) (pork, salt, antioxidant: sodium ascorbate, preservative: sodium nitrite), rosemary gravy mayonnaise style sauce (rapeseed oil, water, pasteurised free-range EGG yolk, white wine vinegar, yeast extract, cornflour, rosemary, sugar, salt, onion powder, concentrated pomegranate juice, garlic powder, mushroom juice concentrate, concentrated lemon juice, turkey meat powder, chicken extract, ground black pepper, parsley, brown MUSTARD seed, spirit vinegar, potato maltodextrin, mushroom powder, antioxidant: extracts of rosemary), sage and onion stuffing (wheat flour [WHEAT flour, calcium, folic acid, iron, niacin, thiamin], water, onion, OATS , salt, sage, parsley, natural flavouring, thyme, black pepper, onion powder, yeast, bay leaf, rosemary, clove), reduced fat mayonnaise (water, rapeseed oil, free-range pasteurised whole EGG , cornflour, spirit vinegar, salt, MUSTARD flour). Sausage filled into beef collagen casing.	2161	516	23	8	55	9.8	2.3	21	2	WHEAT BARLEY MILK EGG OATS MUSTARD



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 -----									
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 (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

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 (WHEAT), calcium carbonate, niacin, iron, thiamine), Belgian dark chocolate (24%) (sugar, cocoa mass, cocoa butter, fat-reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract), soft dark brown sugar (sugar, cane molasses, inverted sugar syrup), salted butter (butter (MILK), salt), icing sugar, glucose syrup, water, humectant: glycerine, WHEAT fibre, dextrose, whey powder (MILK), 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 Croissant	Y	N	WHEAT flour, butter (MILK) (26%), water, sugar, yeast, WHEAT gluten, whole MILK powder, EGG , salt, WHEAT sourdough (water, fermented WHEAT flour), flour treatment agent: ascorbic acid, enzyme.	963	230	13	8.6	23	3	0.9	4.9	0.54	WHEAT MILK EGG
Almond Croissant	Y	N	WHEAT flour, water, fine butter (MILK) 15%, sugar, ALMOND powder 7%, yeast, EGGS , EGG white, finish 2% (slivered ALMONDS), salt, WHEAT 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
Blueberry Crumble Croissant Bun	Y	N	Croissant Bun (WHEAT flour, butter (MILK), water, sugar, yeast, salt, EGGS , WHEAT 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 (WHEAT flour [WHEAT flour, calcium carbonate, niacin, thiamine], salted butter [butter (MILK), salt], demerara sugar [sugar, cane molasses], blueberries, neutral glaze, icing sugar.	1465	350	16	10	44	11	2.2	6.3	1.4	WHEAT MILK EGG
Caramelised Pecan & White Chocolate Cookie	Y	N	White chocolate (16%) (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavouring), wheat flour (WHEAT flour, niacin, iron, folic acid, thiamin), PECAN NUTS (12%) , wheat flour (WHEAT flour, acid: ascorbic acid, niacin, iron, folic acid, thiamin), caster sugar, salted butter (butter (MILK), salt), icing sugar, glucose syrup, humectant: glycerol, WHEAT fibre, natural flavouring, dextrose, whey powder (MILK), raising agents: sodium bicarbonate, mono calcium phosphate, disodium diphosphate, natural colour (apple, hibiscus), salt.	1539	368	18	7.4	46	25	2.4	4.2	0.42	WHEAT MILK SOYA PECAN NUTS
Danish-Style Apple Cinnamon Swirl	Y	N	Danish-style swirl pastry (WHEAT flour, fine butter (MILK) 19%, water, sugar, EGGS , yeast, cinnamon 1.4%, maize starch, WHEAT gluten, salt, whey powder (MILK), whole MILK powder, skimmed MILK powder, thickener: sodium alginate, EGG 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).	1736	415	20	13	51	19	3.1	6.1	0.63	WHEAT MILK EGG
Pain au Chocolat	Y	N	WHEAT flour, butter (23%) (MILK), chocolate (10%) (sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, natural vanilla flavouring), water, sugar, yeast, MILK powder, WHEAT gluten, salt, EGG , 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

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 carbonate, niacin, iron, thiamine), banana pulp (21%) (banana pulp, lemon juice, antioxidant: ascorbic acid), soft dark brown sugar (sugar, molasses), rapeseed oil, free-range pasteurised whole EGG , PECAN NUTS (5%), WALNUTS (5%), sweetened dried banana coins (1%)(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	0.5	WHEAT EGG PECAN NUTS WALNUTS
Lemon Loaf Cake	Y	N	Caster sugar, free-range pasteurised whole EGG , wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamin), rapeseed oil, ground ALMONDS , water, salted butter (butter (MILK), salt), icing (4%) (sugar, preservative: potassium sorbate, gelling agent: agar, natural flavouring, acidity regulator: citric acid, emulsifier: mono and di glycerides of fatty acids, thickener: locust bean gum), cream (MILK), lemon zest (2%), glaze (isomaltulose powder, sugar, humectant: glycerol, gelling agents: pectin, gellan gum, acid: glucono delta-lactone, preservative: potassium sorbate, stabiliser: sodium polyphosphate, acidity regulator: trisodium citrate, emulsifier: mono and di glycerides of fatty acids), modified maize starch, natural vanilla flavouring, potato starch, caramelised lemon zest (lemon zest, sugar), raising agents: disodium diphosphate, sodium hydrogen carbonate, glucose syrup, emulsifiers: lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, preservative: potassium sorbate, lemon oil, SOYA flour, salt, lemon fruit preparation (glucose syrup, sugar, lemon concentrate, natural flavouring, citrus fibre), colour: lutein.	1535	367	19	4.9	43	26	1.6	5.2	0.59	WHEAT EGG ALMONDS MILK SOYA
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 lecithin, vanilla extract), water, icing sugar, cream (MILK), natural vanilla flavouring, modified maize starch, potato starch, PISTACHIOS (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, SOYA 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	WHEAT EGG PISTACHIO MILK SOYA
Cookies													
----- per portion -----													
Belgian Chocolate Chunk Cookie	Y	N	Wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamine), Belgian dark chocolate (22%) (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract), salted butter (18%) (butter (MILK), salt), caster sugar, soft dark brown sugar (sugar, molasses), baking powder (raising agents: monosodium phosphate, potassium hydrogen carbonate, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin)), humectant: glycerol, dextrose, natural vanilla flavouring, whey powder (MILK).	1357	323	13	8.4	47	23	2.2	3.5	0.22	WHEAT MILK SOYA
Dulche de Leche Chocolate Cookie	Y	N	Belgian dark chocolate (21%) (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract), wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamine), salted butter (butter (MILK), salt), sweetened condensed milk (MILK , sugar), belgian milk chocolate (5%) (sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract), soft dark brown sugar (sugar, molasses), fat reduced cocoa powder, free-range pasteurised whole EGG , partially inverted refiners syrup, humectant: glycerol, palm oil, EGG yolk, caster sugar, whey powder (MILK), rapeseed oil, 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), dextrose, baking powder (raising agents: monosodium phosphate, potassium hydrogen carbonate, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin)), natural vanilla flavouring, salt, emulsifier: mono-and dicycerides of fatty acids.	1732	415	23	14	45	28	3.5	5.2	0.34	WHEAT MILK EGG SOYA
Muffins													
----- per portion -----													
Blueberry Muffin	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), free range pasteurised whole EGG , sugar, rapeseed oil, muffin cake mix [soluble corn fibre, OAT flour, emulsifier: mono and di glycerides 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 (WHEAT flour, calcium carbonate, iron, niacin, thiamin), modified maize starch, salted butter (butter (MILK), salt), wholemeal WHEAT flour, baking powder [raising agents: potassium hydrogen carbonate, disodium diphosphate; wheat flour (WHEAT 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, SOYA , WHEAT gluten, BUTTERMILK powder, skimmed MILK powder, salt, blueberry flavour, preservative: potassium sorbate, raising agent: sodium bicarbonate, thickener: guar gum.	1852	441	19	1.5	62	30	0.6	5.3	0.53	WHEAT OAT 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
Bars & Traybakes				----- per portion -----									
Chocolate Caramel Shortbread	Y	N	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], salted butter [butter (MILK), salt], sweetened condensed milk (MILK , sugar), milk chocolate (15%) [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA 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 (MILK), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), emulsifier: SOYA lecithin, natural flavouring], icing sugar, soft light brown sugar, palm oil, corn flour, whey powder (MILK), cocoa butter, natural vanilla flavouring, emulsifier: mono- and diglycerides of fatty acids.	1628	390	23	14	41	23	0.9	4.3	0.45	WHEAT MILK SOYA
White Chocolate & Cherry Blondie	Y	N	White chocolate chips (17%) (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract), white chocolate chunks (14%) (sugar, whole MILK powder, cocoa butter, emulsifier: SOYA lecithin, natural vanilla flavouring), free-range EGG , caster sugar, salted butter (butter (MILK), 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 (WHEAT flour, calcium carbonate, iron, niacin, thiamin), white chocolate flavoured compound (sugar, palm oil, whey powder (MILK), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), emulsifier: SOYA lecithin, natural flavouring), ground ALMONDS , 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	WHEAT MILK SOYA EGG ALMONDS



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 -----									
Beyond Meat® Breakfast Sandwich	Y	Y	Breakfast roll (wheat flour [WHEAT flour, calcium, folic acid, iron, niacin, thiamin], water, RYE flour, yeast, durum WHEAT semolina, malted WHEAT flour, salt, rapeseed oil, flour treatment agent: ascorbic acid), Beyond Meat® patty (29%) (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, flavouring, acidity regulator: citric acid, olive extract, colour: beta carotene, vitamin B12), tofu (8%) (water, SOYA beans, sea salt, nigari), signature tomato relish (water, sugar, tomato paste, tomato, red wine vinegar, roasted tomato [roasted tomato, tomato concentrate, sunflower oil, olive oil, salt, oregano, sugar, garlic], tomato juice, rapeseed oil, red chilli purée, cornflour, onion, lemon juice, garlic purée, ginger purée, salt, oregano, black pepper, acidity regulator: citric acid), Sheese® coconut oil alternative to cheese (3.5%) (water, coconut oil, SOYA 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	WHEAT RYE SOYA
Ham & Cheese Croissant	N	N	Croissant (WHEAT flour, butter (MILK), sugar, water, yeast, pasteurised whole EGG , skimmed MILK powder, iodised salt, WHEAT gluten, natural butter flavouring (MILK), 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%) (MILK).	1612	385	20	12	36	5.9	0.6	15	1.3	WHEAT MILK EGG
Signature Breakfast Sandwich	N	N	Pretzel roll (WHEAT flour, water, rapeseed oil, yeast, fermented WHEAT flour, salt, malted WHEAT flour, flour treatment agent: ascorbic acid, WHEAT 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 EGG , water, rapeseed oil, tapioca starch, dried skimmed MILK , lemon juice, salt, ground white pepper), mature Cheddar cheese (3%) (MILK), béchamel sauce (whole MILK , water, single cream (MILK), salted butter [butter (MILK), salt], wheat flour [WHEAT 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	WHEAT MILK EGG
Smoked Bacon Roll	N	N	Ciabatta roll with sourdough (wheat flour [WHEAT flour, calcium, folic acid, iron, niacin, thiamin], water, sourdough [water, wheat flour [WHEAT flour, calcium, folic acid, iron, niacin, thiamin]], rapeseed oil, yeast, salt, malted BARLEY , 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 (MILK), salt).	1685	400	13	4.5	49	3.6	1.7	21	2.3	WHEAT BARLEY MILK
Traditional Sausage Sandwich	N	N	Ciabatta roll with sourdough (wheat flour [WHEAT flour, calcium, folic acid, iron, niacin, thiamin], water, sourdough [water, wheat flour [WHEAT flour, calcium, folic acid, iron, niacin, thiamin]], rapeseed oil, yeast, salt, malted BARLEY , preservative: calcium propionate, flour treatment agent: ascorbic acid), pork sausage (48%) (pork, water, wheat flour [WHEAT flour, calcium, folic acid, iron, niacin, thiamin], pork fat, onion, WHEAT starch, rapeseed oil, brown sugar, rubbed sage, dextrose, salt, black pepper, stabiliser: tetrasodium diphosphate, WHEAT 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 (MILK), salt). Sausage filled into beef collagen casing.	2067	495	28	10	40	4.9	1.4	20	2.0	WHEAT BARLEY MILK
Porridge, Fruit & Yogurt				----- per portion -----									
Berry Crunch	Y	N	Reduced fat Greek style yoghurt (64%) (MILK), 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 [OATS , 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	MILK OAT
Classic Porridge	Y	N	Semi-skimmed MILK (63%), water, gluten free OATS (13%), single cream (3%) (MILK), salt.	981	233	6.3	3	33	8.7	2.1	10	0.17	MILK OAT
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 White Bites with Three Cheese and Red Pepper	Y	N	Free-range EGG white (39%), Gouda full fat hard cheese (16%) (MILK), full fat soft cheese (13%) (MILK), roasted red pepper (9%), EGG white powder, Monterey Jack cheese (4%) (MILK), 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	MILK EGG



Sandwiches, Toasties & Quiches



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
Quiches & Lattice													
----- per portion -----													
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
Vintage Cheddar & Caramelised Onion Quiche	Y	N	Crème fraiche (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
Vintage Cheddar & Smoked Bacon Quiche	N	N	Crème fraiche (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
Cold Sandwiches and Wraps													
----- per portion -----													
Chicken Caesar Wrap	N	N	Plain tortilla (wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], water, palm oil, rapeseed oil, raising agents: sodium bicarbonate, disodium diphosphate, sugar, salt, acidity regulator: malic acid, WHEAT 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 (MILK), white wine vinegar, garlic purée, cornflour, medium fat hard cheese (MILK), free-range pasteurised EGG yolk, Dijon mustard [water, MUSTARD 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 (MILK), cornflour, potato starch.	1915	457	20	4.6	50	4	2.4	18	1.5	WHEAT MILK EGG MUSTARD
Free-Range Egg, Cress & Mayo Sandwich	Y	N	Malted bread (wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], water, malted WHEAT flakes, WHEAT bran, yeast, malted BARLEY flour, salt, emulsifiers: mono- and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, WHEAT gluten, spirit vinegar, malted WHEAT flour, rapeseed oil, flour treatment agent: ascorbic acid, palm oil), free range hard boiled egg (30%) (free range hard boiled EGG , water, salt, acidity regulators: citric acid, trisodium citrate, preservative: acetic acid), mayonnaise (19%) (water, rapeseed oil, pasteurised EGG yolk, cornflour, white wine vinegar, salt, MUSTARD flour), cress (3%), Dijon mustard (water, spirit vinegar, yellow MUSTARD flour, brown MUSTARD flour, sea salt, MUSTARD husk, ground pimento, ground turmeric), black pepper.	1829	436	19	2.9	47	2.5	4.7	17	1.5	WHEAT EGG BARLEY MUSTARD
Spinach & Pea Falafel Wrap	Y	Y	Spinach tortilla (wheat flour [WHEAT flour, calcium, folic acid, iron, niacin, thiamin], water, palm oil, humectant: glycerol, rapeseed oil, sugar, raising agents: sodium carbonates, disodium diphosphate, parsley, spinach, acidity regulator: malic acid, salt, WHEAT starch), spinach and pea falafel (21%) (peas, chickpeas, spinach, potato flakes, onion, sunflower oil, wheat flour [WHEAT flour, calcium, folic acid, iron, niacin, thiamin], garlic purée, salt, lemon juice, cumin, coriander, black pepper, mint, raising agents: sodium carbonates, monocalcium phosphate, disodium diphosphate), reduced-fat houmous (chickpeas, water, sunflower oil, tahini SESAME SEED paste, concentrated lemon juice, salt, garlic powder, cornflour), caramelised onion chutney (red onion, sugar, balsamic vinegar [red wine vinegar, white wine vinegar, grape must], white wine vinegar, cornflour, molasses, salt, garlic purée, ginger purée, black pepper), spinach (4%), white cabbage, cider vinegar, spicy tomato dressing (water, tomato paste, red pepper, onion, spirit vinegar, sugar, rapeseed oil, red chilli purée, cornflour, concentrated lemon juice, basil, garlic purée, oregano, salt, Dijon mustard [water, MUSTARD seed, spirit vinegar, salt], chilli flakes, black pepper), carrot, sugar, red cabbage, red onion, salt, cornflour.	1577	375	9.1	2.8	60	12	6.9	9.7	1.5	WHEAT SESAME MUSTARD

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
Hot Sandwiches				----- per portion -----									
Cheese & Marmite® Mini Ciabatta	Y	N	Ciabatta roll (wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], water, yeast, salt, palm oil, rapeseed oil, WHEAT semolina, preservative: calcium propionate, emulsifier: mono- and diglycerides of fatty acids), mature Cheddar cheese (32%) (MILK), béchamel sauce (whole MILK , water, single cream (MILK), salted butter [butter (MILK), salt], wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], cornflour, salt, white pepper, ground bay leaf), Marmite® yeast extract (5%) (yeast extract (BARLEY , WHEAT , OATS , RYE), salt, vegetable juice concentrate, vitamins [thiamin, riboflavin, niacin, vitamin b12, folic acid], natural flavouring (CELERY)), cornflour.	1479	352	12	7.2	41	3	1.9	19	1.6	WHEAT MILK BARLEY OAT RYE CELERY
Signature Grilled Cheese Toastie	Y	N	White sourdough bloomer (wheat flour [WHEAT flour, calcium carbonate, folic acid, iron, niacin, thiamin], water, SPELT flour, RYE flour, durum WHEAT semolina, salt, fermented WHEAT flour, yeast, dried WHEAT sourdough, dried RYE sourdough, antioxidant: ascorbic acid), béchamel sauce (whole MILK , water, single cream (MILK), wheat flour [WHEAT flour, calcium carbonate, folic acid, iron, niacin, thiamin], salted butter [butter (MILK), salt], cornflour, salt, white pepper, ground bay leaf, smoked onion granules, cracked black pepper), mozzarella cheese (12%) (MILK), Cheddar cheese (4%) (MILK), mature Cheddar cheese (4%) (MILK), Monterey Jack cheese (3%) (MILK), Dijon mustard (water, MUSTARD seed, spirit vinegar, salt), potato starch, cornflour, American style mustard (water, spirit vinegar, MUSTARD flour, MUSTARD bran, cornflour, ground turmeric, salt), concentrated lemon juice, black pepper.	1739	414	15	8.6	51	3.6	3.5	17	1.8	WHEAT RYE SPELT MILK MUSTARD
Signature Smoked Ham & Cheese Toastie	N	N	White sourdough bloomer (wheat flour [WHEAT flour, calcium carbonate, folic acid, iron, niacin, thiamin], water, SPELT flour, RYE flour, durum WHEAT semolina, salt, fermented WHEAT flour, yeast, dried WHEAT sourdough, dried RYE sourdough, antioxidant: ascorbic acid), béchamel sauce (whole MILK , water, single cream (MILK), wheat flour [WHEAT flour, calcium carbonate, folic acid, iron, niacin, thiamin], salted butter [butter (MILK), 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%) (MILK), Cheddar cheese (3%) (MILK), mature Cheddar cheese (3%) (MILK), Monterey Jack cheese (3%) (MILK), American style mustard (water, spirit vinegar, MUSTARD flour, MUSTARD bran, cornflour, ground turmeric, salt), Dijon mustard (water, MUSTARD seed, spirit vinegar, salt), potato starch, cornflour, concentrated lemon juice, black pepper.	1893	450	15	8.9	51	3.8	3.6	26	2.2	WHEAT RYE SPELT MILK MUSTARD
Signature Tomato & Mozzarella Panini	Y	N	Ciabatta with sourdough (wheat flour [WHEAT flour, calcium carbonate, folic acid, iron, niacin, thiamin], water, WHEAT semolina, salt, rapeseed oil, yeast, fermented WHEAT flour, malted WHEAT flour, emulsifier: mono- and diglycerides of fatty acids, preservative: calcium propionate, palm oil, flour treatment agent: ascorbic acid), mozzarella cheese (21%) (MILK), tomato (13%), red pesto (sunflower oil, sundried tomato purée [water, sundried tomato, sunflower oil, white wine vinegar, salt], medium fat hard cheese (MILK), 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, MUSTARD seeds, spirit vinegar, salt], cornflour, salt, oregano, black pepper, white pepper), salt, black pepper.	1862	444	17	7.3	50	5.7	3.3	21	1.3	WHEAT MILK MUSTARD
Signature Tuna Melt Panini	N	N	Ciabatta with sourdough (wheat flour [WHEAT flour, calcium carbonate, folic acid, iron, niacin, thiamin], water, WHEAT semolina, salt, rapeseed oil, yeast, fermented WHEAT flour, malted WHEAT flour, emulsifier: mono- and diglycerides of fatty acids, preservative: calcium propionate, palm oil, flour treatment agent: ascorbic acid), tuna (20%) (tuna (FISH), salt), medium Cheddar cheese (9%) (MILK), reduced fat mayonnaise (water, rapeseed oil, free-range pasteurised whole EGG , cornflour, spirit vinegar, salt, MUSTARD flour), red pepper, mozzarella cheese (MILK), red onion, béchamel sauce (whole MILK , water, single cream (MILK), salted butter [butter (MILK), salt], wheat flour [WHEAT flour, calcium carbonate, folic acid, iron, niacin, thiamin], cornflour, salt, white pepper, ground bay leaf), black pepper.	1887	448	12	5.6	58	4.3	1.9	26	1.4	WHEAT FISH MILK EGG MUSTARD



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	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: annatto, 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 (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 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 (at selected stores)	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 (at selected stores)	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
Raspberry & Coconut Brownie (Gluten-free & Vegan)	Y	Y	Dark chocolate (17%) (sugar, cocoa mass, cocoa butter, emulsifier: SOYA 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: S. thermophilus+, L. bulgaricus, Lactobacillus acidophilus, Bifidobacterium lactis), dark chocolate buttons (12%) (sugar, cocoa mass, cocoa butter, fat-reduced cocoa powder, emulsifier: SOYA lecithin, vanilla flavouring), ground ALMONDS , 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	SOYA ALMOND

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
Santa Starbucks Bearista™ Gingerbread Cookie	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), icing sugar (17%), demerara sugar, vegetable margarine (vegetable oils [palm, rapeseed], salt), partially inverted refiners syrup, black treacle (invert sugar syrup, cane molasses), soft dark brown sugar (sugar, molasses), water, glucose syrup, fruit and plant concentrates (radish, pumpkin, tomato, carrot, apple, hibiscus, safflower, lemon), mixed spices (cinnamon, coriander seed, caraway seeds, fennel seed, ginger, cloves, nutmeg, turmeric), ginger, raising agent: sodium hydrogen carbonate, dried free-range EGG white, humectant: glycerol, maize starch, acidity regulator: citric acid, thickener: xanthan gum, colour: vegetable carbon.	731	173	3.1	1	34	15	0.9	1.8	0.25	WHEAT EGG
Shortbread Biscuits	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salted butter (37%) [butter (MILK), salt], sugar, cane molasses.	1130	271	16	10	29	9.5	1	2.7	0.36	WHEAT MILK
Snacking Cheese	Y	N	Italian hard cheese (cow's MILK , salt, microbial rennet).	557	134	10	7	0	0	0	11	0.38	MILK
Starbucks® Chocolate Gold Coin	Y	N	Sugar, whole MILK 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	MILK
Starbucks® Iced Gingerbread Cookie – Bearista or Latte	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), icing (17%) [sugar, glucose syrup, water, free-range dried EGG 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], tumeric, spirulina, colour: vegetable carbon.	774	183	3.9	1.4	34	17	0.8	2.4	0.4	WHEAT EGG
Trio of Favourites – Cookies & Cream Brownie, Caramel Nut Brownie, Raspberry & White Chocolate Blondie (Average value of 1 piece)	Y	N	Cookies & Cream Brownie: Sugar, dark chocolate (14%) (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract), milk chocolate (sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier : SOYA lecithin, vanilla extract), pasteurised free-range EGG , white chocolate (12%) (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract), salted butter (butter (MILK), salt), ground ALMONDS , wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), cream cheese (MILK), mini cookies (4%) (WHEAT flour, sugar, palm oil, rapeseed oil, fat reduced cocoa powder, WHEAT starch, glucose fructose syrup, salt, raising agents: potassium hydrogen carbonate, sodium hydrogen carbonate, ammonium hydrogen carbonate; emulsifiers: SOYA lecithin, sunflower lecithin; vanilla flavouring), cocoa powder, cocoa mass, natural vanilla flavouring, EGG white, double cream (MILK), black cocoa powder, baking powder (raising agents: disodium diphosphate, potassium hydrogen carbonate; wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin)), salt, preservative: potassium sorbate.	1227	294	18	10	28	22	2.3	3.9	0.32	WHEAT MILK EGG SOYA ALMOND
			Caramel Nut Brownie: Dark chocolate (20%) (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract), milk chocolate (19%) (sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract), sugar, salted butter (butter (MILK), salt), free-range pasteurised whole EGG , PECANS (5%), sweetened condensed milk (MILK , sugar), ground ALMONDS , wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), partially inverted refiners syrup, cocoa powder, cocoa mass, vanilla flavouring, palm oil, whey powder (MILK), baking powder (raising agents: disodium diphosphate, potassium hydrogen carbonate), salt.										WHEAT MILK EGG SOYA PECAN NUTS ALMOND
			Raspberry & White Chocolate Blondie: White chocolate (26%) (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract), caster sugar, free-range pasteurised whole EGG , salted butter (MILK), wheat flour (WHEAT 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 ALMONDS , rapeseed oil, water, freeze dried raspberry pieces (0.3%), vanilla flavouring, baking powder (raising agents: disodium diphosphate, potassium hydrogen carbonate; wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin)), maize starch, gelling agent: xanthan gum.										WHEAT MILK EGG SOYA ALMOND

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	-
Karma Organic Cola (at selected stores)	Y	Y	Carbonated water, organic sugar, organic BARLEY malt extract, organic lemon juice from concentrate, natural cola flavouring (0.2%), natural vanilla extract. *Product is gluten-free. Gluten is extracted during brewing process.	440	105	0	0	24.5	24	0	0	0	BARLEY
Karma Sugar-Free Cola (at selected stores)	Y	Y	Carbonated water, BARLEY malt extract (0.7%), lemon juice concentrate, natural flavours, vanilla extract, sweeteners (sucralose, steviol glycosides). *Product is gluten-free. Gluten is extracted during brewing process.	52.5	12.5	0	0	4.7	0.2	0	0	0	BARLEY
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	-
Smooth Orange Juice	Y	Y	Orange Juice (100%)	387	91	<0.5	0	20	20	1.3	1.5	0	-
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	-

