



# Nutrition & Allergen Guide

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## Winter Food

January – March 2026

**Bakery Menu**

**Breakfast Menu**

**Sandwiches & Toasties**

**Chocolate, Snacks  
& Bottled Drinks**



This guide will provide nutritional and allergen information for all Winter 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.**



# 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 -----									
All-Butter Croissant (Freshly Baked)	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, 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
Almond Croissant (Bakehouse)	Y	N	Wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamine), butter (MILK), whole MILK, water, ground ALMONDS (9%), flaked ALMONDS (6%), golden caster sugar, caster sugar, icing sugar, free-range pasteurised whole EGG, salted butter (butter (MILK), salt), yeast, salt, malted BARLEY.	2170	519	29	16	54	11	2.8	9.2	1.1	WHEAT BARLEY EGG MILK ALMONDS
Almond Croissant (Freshly Baked)	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 (Freshly Baked)	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
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
Butter Croissant (Bakehouse)	Y	N	Wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamine), butter (MILK), whole MILK, water, golden caster sugar, free-range pasteurised whole EGG, salted butter (butter (MILK), salt), yeast, salt, malted BARLEY.	1731	414	21	14	47	5.4	2.8	7.8	1.1	WHEAT BARLEY EGG MILK
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

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 Babka	Y	N	Wheat flour ( <b>WHEAT</b> flour, acid: ascorbic acid, niacin, iron, thiamine, folic acid), water, whole <b>MILK</b> , soft light brown sugar (sugar, cane molasses, inverted sugar syrup), dark chocolate (6%) (sugar, cocoa mass, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring), salted butter (butter ( <b>MILK</b> ), 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, <b>WHEAT</b> flour, ascorbic acid, natural flavouring), caster sugar, modified maize starch, yeast, rapeseed oil, wheat flour ( <b>WHEAT</b> flour, niacin, iron, folic acid, thiamin), dark chocolate (1%) (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), fat reduced cocoa powder, glucose syrup, shortening (palm oil, rapeseed oil), free-range <b>EGG</b> albumen, skimmed <b>MILK</b> powder, whole free-range <b>EGG</b> powder, natural vanilla flavouring, salt, raising agent: sodium bicarbonate.	1918	456	14	6.5	70	22	2.9	11	1.1	<b>WHEAT</b> <b>MILK</b> <b>SOYA</b> <b>EGG</b>
Chocolate Twist	Y	N	Water, <b>WHEAT</b> flour, sugar, chocolate (13%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], butter (8.4%) ( <b>MILK</b> ), modified starch, yeast, sugar, free range <b>EGG</b> , whey powder ( <b>MILK</b> ), skimmed <b>MILK</b> powder, salt, <b>WHEAT</b> gluten, stabilisers: calcium acetate, tetrapotassium diphosphate, disodium phosphate; carrot extract, flour treatment agent: ascorbic acid, natural flavouring, paprika extract, turmeric extract.	1147	274	12	7.3	36	16	2.2	4.3	0.55	<b>WHEAT</b> <b>MILK</b> <b>EGG</b> <b>SOYA</b>
Chocolate Twist (at selected stores)	Y	N	Water, <b>WHEAT</b> flour, chocolate chips 14% (sugar, cocoa mass, cocoa butter, emulsifier: sodium hydrogen sulphite ( <b>SOYA</b> ))), butter 13% ( <b>MILK</b> ), sugar, whole <b>MILK</b> powder, yeast, modified starch, <b>MILK</b> whey powder, <b>WHEAT</b> gluten, <b>EGGS</b> , skimmed <b>MILK</b> powder, salt, gelling agent: sodium alginate, diphosphates, calcium phosphates, starch, colour: carotenes from natural origin, flour treatment agent: ascorbic acid, natural flavouring, enzyme.	1325	317	16	10	36	17	2.2	6.1	0.61	<b>WHEAT</b> <b>MILK</b> <b>EGG</b> <b>SOYA</b>
Cinnamon Bun	Y	N	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, niacin, iron, thiamin], water, icing sugar, soft brown sugar [sugar, cane molasses, inverted sugar syrup], free-range pasteurised whole <b>EGG</b> , bun concentrate [palm stearin, rapeseed oil, dextrose, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), salt, emulsifiers: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, mono and di glycerides of fatty acids; colour : beta carotene, flour treatment agent: ascorbic acid, emulsifier: sodium stearoyl-2-lactylate], sugar, soft cheese (full fat soft cheese ( <b>MILK</b> ), salt, starter culture), yeast, cinnamon, modified maize starch, wheat flour ( <b>WHEAT</b> flour, calcium, niacin, iron, thiamine), salted butter (butter ( <b>MILK</b> ), salt), rapeseed oil, invert sugar syrup, vegetable oils (palm, rapeseed), free-range dried <b>EGG</b> powder, skimmed <b>MILK</b> powder, free-range dried <b>EGG</b> white powder, salt, orange pulp [glucose syrup, sugar, orange concentrate, acidity regulator: citric acid, natural orange flavouring, water, colour: carotenes], thickener: cellulose gum, raising agent: sodium bicarbonate, orange zest.	1817	431	11	4.3	70	30	6.2	10	0.53	<b>WHEAT</b> <b>MILK</b> <b>EGG</b>
Cinnamon Bun (in tray)	Y	N	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, niacin, iron, thiamin), water, icing sugar, soft brown sugar (sugar, cane molasses, inverted sugar syrup), free-range pasteurised whole <b>EGG</b> , bun concentrate (palm stearin, rapeseed oil, dextrose, salt, emulsifiers: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, mono and di glycerides of fatty acids, sodium stearoyl-2-lactylate, colour: beta carotene), sugar, soft cheese (full fat soft cheese ( <b>MILK</b> ), salt, starter culture), yeast, cinnamon, modified maize starch, salted butter (butter ( <b>MILK</b> ), salt), rapeseed oil, invert sugar syrup, vegetable oils (palm, rapeseed), free-range dried <b>EGG</b> powder, skimmed <b>MILK</b> powder, free-range dried <b>EGG</b> white powder, salt, orange pulp (glucose syrup, sugar, orange concentrate, acidity regulator: citric acid, natural orange flavouring, water, colour: carotenes), thickener: cellulose gum, raising agent: sodium bicarbonate, orange zest.	1984	471	13	5.1	76	30	5.7	9.7	0.45	<b>WHEAT</b> <b>EGG</b> <b>MILK</b>
Danish-Style Apple Cinnamon Swirl (Freshly Baked)	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).	1736	415	20	13	51	19	3.1	6.1	0.63	<b>WHEAT</b> <b>MILK</b> <b>EGG</b>
Luxury Fruit Toast	Y	N	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, calcium sulphate, niacin, iron, thiamine, acid: ascorbic acid], water, raisins (13%), flame raisins (10%), bun concentrate [palm stearin, rapeseed oil, dextrose, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), salt, emulsifiers: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, mono and di glycerides of fatty acids, sodium stearoyl-2-lactylate; colour: beta carotene, flour treatment agent: ascorbic acid], sweetened dried cranberries (4%) [cranberries, sugar, vegetable oil (sunflower)], free range pasteurised whole <b>EGG</b> , sugar, yeast, invert sugar syrup, improver [rapeseed oil, emulsifiers: mono and di glycerides of fatty acids, sodium stearoyl-2-lactylate; acidity regulators: acetic acid, preservative: calcium propionate], lemon zest.	2072	491	11	4.5	84	38	4.1	12	0.26	<b>WHEAT</b> <b>EGG</b>
Pain au Chocolat	Y	N	<b>WHEAT</b> flour, butter (21%) ( <b>MILK</b> ), water, chocolate (10%) [sugar, cocoa mass, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], sugar, yeast, <b>MILK</b> powder, <b>WHEAT</b> gluten, <b>EGG</b> wash [ <b>EGG</b> ], salt, emulsifier: rapeseed lecithin, flour treatment agent: ascorbic acid.	1311	314	17	11	33	9.8	2.0	6.2	0.37	<b>WHEAT</b> <b>MILK</b> <b>EGG</b> <b>SOYA</b>
Pain Au Chocolat (at selected stores)	Y	N	<b>WHEAT</b> flour, butter 21% ( <b>MILK</b> ), water, chocolate 11% (sugar, cocoa mass, cocoa butter, emulsifier: sodium hydrogen sulphite ( <b>SOYA</b> )), sugar, yeast, <b>WHEAT</b> gluten, <b>EGGS</b> , salt, flour treatment agent: ascorbic acid, enzyme.	1239	297	17	11	29	8.6	2.1	5.9	0.49	<b>WHEAT</b> <b>MILK</b> <b>EGG</b> <b>SOYA</b>



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Pain au Chocolat (Bakehouse)	Y	N	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, niacin, iron, thiamine), butter ( <b>MILK</b> ), chocolate (13%)(sugar, cocoa mass, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring), whole <b>MILK</b> , water, golden caster sugar, free-range pasteurised whole <b>EGG</b> , salted butter (butter ( <b>MILK</b> ), salt), yeast, salt, malted <b>BARLEY</b> .	1773	424	22	15	47	14	4	7.5	0.86	WHEAT BARLEY EGG MILK SOYA
Pain au Chocolat (Freshly Baked)	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
Pain au Raisin (Bakehouse)	Y	N	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, niacin, iron, thiamine), water, butter ( <b>MILK</b> ), custard (10%) (sugar, modified maize starch, skimmed <b>MILK</b> powder, lactose ( <b>MILK</b> ), coconut oil, gelling agents: sodium phosphates, diphosphates, sodium alginate, calcium sulphate, natural <b>MILK</b> flavouring, colour: carotenes), raisins (8%) (raisins, sunflower oil), whole <b>MILK</b> , golden caster sugar, free-range pasteurised whole <b>EGG</b> , salted butter (butter ( <b>MILK</b> ), salt), yeast, salt, malted <b>BARLEY</b> .	1471	351	15	10	47	19	2.5	5.7	0.86	WHEAT BARLEY EGG MILK
Cakes ----- per portion -----													
Banana Nut Loaf Cake	Y	N	Wheat flour ( <b>WHEAT</b> 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 <b>EGG</b> , <b>PECAN NUTS</b> (5%), <b>WALNUTS</b> (5%), sweetened dried banana coins (1%)(banana, coconut oil, sugar, natural banana flavouring), wholemeal <b>WHEAT</b> 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
Carrot Cake	Y	N	Carrot, caster sugar, soft dark brown sugar (sugar, cane molasses, inverted sugar syrup), rapeseed oil, free range pasteurised whole <b>EGG</b> , wheat flour [ <b>WHEAT</b> flour, calcium carbonate, niacin, iron, thiamin], icing sugar, wholemeal <b>WHEAT</b> flour, salted butter (butter ( <b>MILK</b> ), salt), pineapple (pineapple, pineapple juice), <b>WALNUTS</b> , white chocolate chips (sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), sultanas (sultanas, sunflower oil), full fat soft cheese (full fat cream cheese ( <b>MILK</b> ) (skimmed <b>MILK</b> , cream ( <b>MILK</b> )), salt, starter culture), desiccated coconut, <b>BUTTERMILK</b> powder, cinnamon, raising agents: sodium hydrogen carbonate, disodium diphosphate, potassium hydrogen carbonate, maize starch, modified maize starch, salt, natural vanilla flavouring, mixed spice, thickener: xanthan gum, preservative: potassium sorbate	2109	505	28	9.5	55	40	5.4	5.6	0.9	WHEAT EGG MILK SOYA WALNUTS
Chocolate Swirl Loaf Cake	Y	N	Free range pasteurised whole <b>EGG</b> , caster sugar, dark chocolate (9%) (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), rapeseed oil, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, niacin, iron, thiamin), water, salted butter (butter ( <b>MILK</b> ), salt), ground <b>ALMONDS</b> , soft dark brown sugar (sugar, cane molasses, inverted sugar syrup), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), dark chocolate chunks (4.2%) (cocoa mass, sugar, emulsifier: <b>SOYA</b> lecithin, vanilla extract), fat reduced cocoa powder, cream ( <b>MILK</b> ), natural vanilla flavouring, glucose syrup, modified maize starch, emulsifiers: maize starch, polyglycerol esters of fatty acids, potato starch, humectant: glycerol, natural vanilla flavouring, raising agent: sodium hydrogen carbonate, disodium diphosphate, disodium diphosphate, potassium hydrogen carbonate, preservative: potassium sorbate, salt, glucose syrup, emulsifiers: lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, <b>SOYA</b> flour, emulsifiers: mono and di glycerides of fatty acids, thickener: xanthan gum.	1832	439	27	8.9	41	28	3.8	6.2	0.74	WHEAT EGG MILK SOYA ALMONDS
Pistachio & White Chocolate Loaf Cake	Y	N	Caster sugar, free-range pasteurised whole <b>EGG</b> , wheat flour ( <b>WHEAT</b> flour, calcium carbonate, niacin, iron, thiamin), <b>PISTACHIO</b> butter (10%), salted butter (butter ( <b>MILK</b> ), salt), rapeseed oil, white chocolate (6%) (sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), water, icing sugar, cream ( <b>MILK</b> ), natural vanilla flavouring, modified maize starch, potato starch, <b>PISTACHIOS</b> (0.5%), raising agents: disodium diphosphate, sodium hydrogen carbonate, glucose syrup, preservative: potassium sorbate, modified starch, emulsifiers: lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, salt, <b>SOYA</b> flour, freeze dried raspberry pieces, spirulina concentrate, safflower concentrate, apple concentrate, hibiscus concentrate.	1803	432	25	7.5	43	26	2.4	7.5	0.53	WHEAT EGG PISTACHIO MILK SOYA
Victoria Sponge	Y	N	Raspberry jam (glucose fructose syrup, raspberry puree, sugar, raspberry crumb, thickener: pectin, acidity regulators: citric acid, sodium citrates, colour: anthocyanins, natural raspberry flavouring) free-range pasteurised whole <b>EGG</b> , caster sugar, icing sugar, salted butter (butter ( <b>MILK</b> ), salt), fortified wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), cream ( <b>MILK</b> ), ground <b>ALMONDS</b> , baking powder: raising agents: disodium diphosphate, potassium hydrogen carbonate, icing powder (dextrose, cornflour, palm oil), natural vanilla flavouring, lemon juice, preservative: potassium sorbate, skimmed <b>MILK</b> powder	2083	497	23	14	66	49	3.1	5	0.66	WHEAT EGG MILK ALMONDS



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Cake Pops				----- per portion -----									
Bear Cake Pop	Y	N	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], 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 [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 buttons [sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], <b>BUTTERMILK</b> powder, dark chocolate button [cocoa mass, sugar, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], milk chocolate flavoured 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], vanilla flavouring, fondant icing [sugar, glucose syrup, dried <b>EGG</b> white, corn flour, 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>EGG</b> <b>SOYA</b>
Valentines Bear Cake Pop	Y	N	White chocolate (28%) (sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring), cake base (wheat flour, sugar, modified maize starch, whey powder ( <b>MILK</b> ), salt, natural vanilla flavouring, raising agents: sodium hydrogen carbonate, diphosphates), icing sugar, salted butter (butter ( <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, folic acid), wholemeal <b>WHEAT</b> flour, vegetable oil (palm oil, rapeseed oil), sugar, invert sugar syrup, raising agents: sodium hydrogen carbonate, ammonium hydrogen carbonate, salt), white chocolate button (2.3%) (sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), cocoa butter, <b>BUTTERMILK</b> powder, sugarpaste (icing sugar, vegetable oils (coconut oil, shea oil), rice flour, fruit and vegetable concentrates (radish, lemon, apple, blackcurrant), thickener: sodium carboxy methyl cellulose), natural vanilla flavouring, milk chocolate flavour coating (sugar, vegetable fat (palm kernel oil, palm oil), 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, free-range <b>EGG</b> albumen powder, cornflour, stabiliser: diphosphates, acidity regulator: acetic acid), modified maize starch, preservative: potassium sorbate, glucose syrup, colour: vegetable carbon, free-range <b>EGG</b> albumen powder, humectant:glycerol.	730	175	10	4.9	19	14	0.8	1.8	0.23	<b>WHEAT</b> <b>MILK</b> <b>EGG</b> <b>SOYA</b>
Cookies				----- per portion -----									
All Butter Belgian Dark Chocolate Chunk Cookie (Freshly Baked)	Y	N	Wheat flour ( <b>WHEAT</b> , calcium carbonate, naicin, iron, thiamine), Belgian dark chocolate (24%) (sugar, cocoa mass, cocoa butter, fat-reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), soft dark brown sugar (sugar, cane molasses, inverted sugar syrup), salted butter (butter ( <b>MILK</b> ), salt), icing sugar, glucose syrup, water, humectant: glycerine, <b>WHEAT</b> fibre, dextrose, whey powder ( <b>MILK</b> ), raising agents: sodium bicarbonate, monocalcium phosphate, disodium diphosphate, preservative: potassium sorbate, salt.	1527	364	15	9.6	51	30	4.2	4.2	0.46	<b>WHEAT</b> <b>MILK</b> <b>SOYA</b>
All Butter Belgian Triple Chocolate Chunk Cookie (Freshly Baked)	Y	N	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, niacin, iron, thiamine), Belgian dark chocolate chips (10%) (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), soft dark brown sugar (sugar, cane molasses, inverted sugar syrup), salted butter (butter ( <b>MILK</b> ), salt), icing sugar, Belgian milk chocolate chips (8%) (sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract), glucose syrup, Belgian white chocolate chips (5%) (sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), cocoa powder, water, humectant: glycerine, <b>WHEAT</b> fibre, dextrose, whey powder ( <b>MILK</b> ), raising agents: sodium bicarbonate, monocalcium phosphate, disodium diphosphate, preservative: potassium sorbate, salt.	1539	367	14	8.8	54	30	3.7	4.3	0.41	<b>WHEAT</b> <b>MILK</b> <b>SOYA</b>
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>

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Allergens
Muffins													
----- per portion -----													
Blueberry Muffin	Y	N	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, niacin, iron, thiamin), free range pasteurised whole <b>EGG</b> , blueberries, rapeseed oil, caster sugar, soft light brown sugar (sugar, cane molasses, inverted sugar syrup), humectant: glycerol, demerara sugar, salted butter (butter ( <b>MILK</b> ), salt), maize starch, baking powder (raising agent: potassium hydrogen carbonate, disodium diphosphate, mono calcium phosphate, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), potato starch, <b>WHEAT</b> fibre, natural vanilla flavouring, <b>BUTTERMILK</b> powder, skimmed <b>MILK</b> powder, salt, natural blueberry flavour, preservative: potassium sorbate, thickener: guar gum, raising agent: sodium hydrogen carbonate, glucose syrup, lactic acid esters of mono- and diglycerides of fatty acids, skimmed <b>MILK</b> powder, <b>SOYA</b> flour.	2032	485	21	2.1	66	31	3	6.4	0.6	<b>WHEAT</b> <b>EGG</b> <b>MILK</b> <b>SOYA</b>
Chocolate Muffin	Y	N	Caster sugar, free range pasteurised whole <b>EGG</b> , dark chocolate [sugar, cocoa mass, cocoa butter, emulsifier: <b>SOYA</b> lecithin, vanilla flavour], rapeseed oil, fortified wheat flour [ <b>WHEAT</b> flour, calcium carbonate, niacin, iron, thiamin], water, cocoa powder, glycerol, modified starch, baking powder [raising agent: potassium hydrogen carbonate, disodium diphosphate; wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), raising agent: mono calcium phosphate], potato starch, emulsifier: glucose syrup, lactic acid esters of mono- and diglycerides of fatty acids ( <b>SOYA</b> ), skimmed <b>MILK</b> powder, propane-1,2-diol esters of fatty acids; malt extract ( <b>BARLEY</b> ), <b>WHEAT</b> fibre, skimmed <b>MILK</b> powder, salt, vanilla flavouring, preservative: potassium sorbate, thickener: guar gum, raising agent: sodium bicarbonate.	2391	572	29	5.9	68	44	4.3	7.5	0.62	<b>WHEAT</b> <b>BARLEY</b> <b>EGG</b> <b>SOYA</b> <b>MILK</b>
Lemon Muffin	Y	N	Caster sugar, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, niacin, iron, thiamin), free-range pasteurised whole <b>EGG</b> , rapeseed oil, lemon curd (10%) (sugar, free-range <b>EGG</b> , salted butter (butter ( <b>MILK</b> ), salt), concentrated lemon juice (concentrated lemon juice, preservatives: sodium metabisulphite, potassium metabisulphite), lemon oil, gelling agent: agar), water, humectant: glycerol, icing sugar, modified maize starch, cream ( <b>MILK</b> ), potato starch, baking powder (raising agents: potassium hydrogen carbonate, disodium diphosphate, mono calcium phosphate, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), lemon juice (0.7%), lemon zest (0.7%), <b>WHEAT</b> fibre, natural vanilla flavouring, glucose syrup, <b>BUTTERMILK</b> powder, skimmed <b>MILK</b> powder, salt, lactic acid esters of mono- and diglycerides of fatty acids, skimmed <b>MILK</b> powder, <b>SOYA</b> flour, preservative: potassium sorbate, invert sugar syrup, lemon oil (0.1%), thickener: guar gum, raising agent: sodium hydrogen carbonate, thickener: guar gum, colour: lutein.	2146	511	21	2.7	73	42	2.2	6.5	0.59	<b>WHEAT</b> <b>EGG</b> <b>MILK</b> <b>SOYA</b>
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>
Triple Chocolate Brownie	Y	N	Milk chocolate (sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract), dark chocolate (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), caster sugar, free-range pasteurised whole <b>EGG</b> , salted butter (butter ( <b>MILK</b> ), salt), white chocolate (sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring), ground <b>ALMONDS</b> , wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), fat-reduced cocoa powder, cocoa mass, natural vanilla flavouring, raising agents: disodium diphosphate, potassium hydrogen carbonate, salt.	1741	418	26	16	38	33	3.9	6	0.51	<b>WHEAT</b> <b>EGG</b> <b>MILK</b> <b>SOYA</b> <b>ALMONDS</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>



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
Tarts, Scrolls & Doughnuts ----- per portion -----													
Lemon Tart	Y	N	White chocolate (sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring), salted butter (butter ( <b>MILK</b> ), salt), wheat flour ( <b>WHEAT</b> flour, calcium, niacin, iron, thiamine), lemon curd (11%) (sugar, free range <b>EGG</b> , salted butter (butter ( <b>MILK</b> ), salt), concentrated lemon juice, lemon oil, gelling agent: agar), cream ( <b>MILK</b> ), icing sugar, glucose syrup, free range pasteurised whole <b>EGG</b> , lemon juice (0.9%), lemon zest (0.4%), acidity regulator: citric acid, emulsifier: <b>SOYA</b> lecithin, salt.	2360	566	36	24	55	35	1.8	4.6	0.56	WHEAT EGG MILK SOYA
Pistachio Scroll	Y	N	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, niacin, iron, thiamine), white chocolate (sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring), butter ( <b>MILK</b> ), soft cheese ( <b>MILK</b> ), icing sugar, water, whole <b>MILK</b> , salted butter (butter ( <b>MILK</b> ), salt), <b>PISTACHIO</b> butter (7%), golden caster sugar, <b>PISTACHIOS</b> (2.4%), yeast, salt, rapeseed oil, apple concentrate, safflower concentrate, spirulina concentrate, malted <b>BARLEY</b> , natural vanilla flavouring, lemon concentrate, apple concentrate, paprika, carrot concentrate, lemon juice.	1937	464	27	15	46	19	3.5	7.5	0.78	WHEAT BARLEY MILK SOYA PISTACHIO
Raspberry Jam & Custard Doughnut	Y	N	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, niacin, iron, thiamine), donut mix ( <b>WHEAT</b> flour, vegetable oils (palm, rapeseed), dextrose, raising agents: diphosphates, sodium hydrogen carbonate, sugar, whole <b>EGG</b> powder, whey powder ( <b>MILK</b> ), salt, <b>WHEAT</b> gluten, <b>EGG</b> white powder, emulsifier: sodium stearoyl-2-lactylate, stabiliser: guar gum, flour treatment agent: ascorbic acid), free range pasteurised whole <b>EGG</b> , water, soft cheese ( <b>MILK</b> ), icing sugar, caster sugar, granulated sugar, rapeseed oil, salted butter (butter ( <b>MILK</b> ), salt), vanilla custard (3.8%) (sugar, palm oil, inulin, maltodextrin, modified starch, acidity regulator: tricalcium citrate, natural flavouring, vanilla seed, acid: glucono delta-lactone, colour: carotenes, emulsifier: polysorbate 80, preservative: potassium sorbate, gelling agent: sodium alginate), custard (3.8%) (sugar, modified maize starch, palm fat, safflower concentrate, lemon concentrate, stabiliser: calcium sulphate, natural flavouring, acid: glucono delta-lactone, emulsifier: rapeseed lecithin, preservative: potassium sorbate, colour: beta carotene), yeast, raspberry jam (2%) (glucose fructose syrup, raspberry puree, raspberry juice concentrate, acidity regulators: citric acid, trisodium citrate, gelling agent: pectin, colour: anthocyanins, natural raspberry flavouring), raspberries, freeze dried raspberry pieces, natural vanilla flavouring, lemon juice, maize starch, salt, acidity regulator: citric acid.	1484	353	14	6	50	25	1.3	6.2	0.63	WHEAT EGG MILK



# 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 [ <b>WHEAT</b> flour, calcium, folic acid, iron, niacin, thiamin], water, <b>RYE</b> flour, yeast, durum <b>WHEAT</b> semolina, malted <b>WHEAT</b> 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, <b>SOYA</b> 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, <b>SOYA</b> protein concentrate, salt, acidity regulator: lactic acid, sugar, tricalcium citrate, thickener: carrageenan, flavouring), ground turmeric.	1810	432	17	8.9	46	3.1	5.3	21	2.1	<b>WHEAT</b> <b>RYE</b> <b>SOYA</b>
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</b> <b>MILK</b> <b>EGG</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</b> <b>MILK</b> <b>EGG</b>
Smoked Bacon Roll	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</b> <b>BARLEY</b> <b>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</b> <b>BARLEY</b> <b>MILK</b>
Porridge, Fruit & Yogurt													
----- per portion -----													
Berry Crunch	Y	N	Reduced fat Greek style yogurt (64%) ( <b>MILK</b> ), mixed berry compote (23%) (water, strawberry, sugar, raspberry, blackcurrant, tapioca starch, lemon juice, gelling agent: pectins, natural flavouring, blackcurrant concentrate, carrot concentrate), roasted pumpkin seed granola (11%) (honey toasted oats [ <b>OATS</b> , honey], roasted pumpkin seeds, dried sweetened cranberries [cranberries, sugar, sunflower oil], coconut oil, ground cinnamon).	891	212	7	3.7	26	16	2.9	9.8	0.14	<b>MILK</b> <b>OATS</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</b> <b>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 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</b> <b>EGG</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.



# 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 and Mayo Sandwich	Y	N	Seeded farmhouse bread [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, linseed, sunflower seeds, millet seeds, yeast, <b>BARLEY</b> malt flour, salt, <b>WHEAT</b> gluten, poppy seeds, spirit vinegar, pumpkin seeds, preservative: calcium propionate, emulsifier: mono- and diacetyl tartaric esters of mono- and diglycerides of fatty acids, sugar, rapeseed oil, flour treatment agent: ascorbic acid], free-range hard boiled <b>EGG</b> (36%), mayonnaise [water, rapeseed oil, pasteurised <b>EGG</b> yolk, cornflour, white wine vinegar, salt, <b>MUSTARD</b> flour], salad cress, Dijon mustard [water, brown <b>MUSTARD</b> seeds, spirit vinegar, salt], salt, black pepper.	1698	404	16	2.6	47	2.6	2.2	17	1.1	<b>WHEAT</b> <b>BARLEY</b> <b>EGG</b> <b>MUSTARD</b>
Smoked Ham and 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>
Spinach & Pea Falafel Wrap	Y	Y	Spinach tortilla (wheat flour <b>[WHEAT]</b> 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, <b>WHEAT</b> starch), spinach and pea falafel (21%) (peas, chickpeas, spinach, potato flakes, onion, sunflower oil, wheat flour <b>[WHEAT]</b> 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 <b>SESAME SEED</b> 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, <b>MUSTARD</b> 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	<b>WHEAT</b> <b>SESAME</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>SPELT</b> flour, <b>RYE</b> flour, durum <b>WHEAT</b> semolina, salt, fermented <b>WHEAT</b> flour, yeast, dried <b>WHEAT</b> sourdough, dried <b>RYE</b> sourdough, 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> ), Dijon mustard (water, <b>MUSTARD</b> seed, spirit vinegar, salt), potato starch, cornflour, American style mustard (water, spirit vinegar, <b>MUSTARD</b> flour, <b>MUSTARD</b> bran, cornflour, ground turmeric, salt), concentrated lemon juice, black pepper.	1739	414	15	8.6	51	3.6	3.5	17	1.8	<b>WHEAT</b> <b>RYE</b> <b>SPELT</b> <b>MILK</b> <b>MUSTARD</b>



Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Allergens
Signature Smoked Ham & Cheese Toastie	N	N	White sourdough bloomer (wheat flour [ <b>WHEAT</b> flour, calcium carbonate, folic acid, iron, niacin, thiamin], water, <b>SPELT</b> flour, <b>RYE</b> flour, durum <b>WHEAT</b> semolina, salt, fermented <b>WHEAT</b> flour, yeast, dried <b>WHEAT</b> sourdough, dried <b>RYE</b> sourdough, 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 (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.	1893	450	15	8.9	51	3.8	3.6	26	2.2	<b>WHEAT</b> <b>RYE</b> <b>SPELT</b> <b>MILK</b> <b>MUSTARD</b>
Signature Tomato & Mozzarella Panini	Y	N	Ciabatta with sourdough (wheat flour [ <b>WHEAT</b> flour, calcium carbonate, folic acid, iron, niacin, thiamin], water, <b>WHEAT</b> semolina, salt, rapeseed oil, yeast, fermented <b>WHEAT</b> flour, malted <b>WHEAT</b> flour, emulsifier: mono- and diglycerides of fatty acids, preservative: calcium propionate, palm oil, flour treatment agent: ascorbic acid), mozzarella cheese (21%) ( <b>MILK</b> ), tomato (13%), 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.	1862	444	17	7.3	50	5.7	3.3	21	1.3	<b>WHEAT</b> <b>MILK</b> <b>MUSTARD</b>
Signature Tuna Melt Panini	N	N	Ciabatta with sourdough (wheat flour [ <b>WHEAT</b> flour, calcium carbonate, folic acid, iron, niacin, thiamin], water, <b>WHEAT</b> semolina, salt, rapeseed oil, yeast, fermented <b>WHEAT</b> flour, malted <b>WHEAT</b> flour, emulsifier: mono- and diglycerides of fatty acids, preservative: calcium propionate, palm oil, flour treatment agent: ascorbic acid), tuna (20%) (tuna ( <b>FISH</b> ), salt), medium Cheddar cheese (9%) ( <b>MILK</b> ), reduced fat mayonnaise (water, rapeseed oil, free-range pasteurised whole <b>EGG</b> , cornflour, spirit vinegar, salt, <b>MUSTARD</b> flour), red pepper, mozzarella cheese ( <b>MILK</b> ), red 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 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	<b>WHEAT</b> <b>FISH</b> <b>MILK</b> <b>EGG</b> <b>MUSTARD</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	Glucose-fructose syrup, <b>WHEAT</b> flour, sugar, palm fat, concentrated butter ( <b>MILK</b> ), sugar syrup, <b>SOYA</b> flour, rapeseed oil, salt, raising agent: sodium bicarbonate; emulsifiers: <b>SOYA</b> lecithin, mono- and diglycerides of fatty acids; cinnamon, acid: citric acid; Bourbon vanilla pods.	1490	355	14	7.1	53	29	1.5	3.3	0.57	WHEAT MILK SOYA
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	WHEAT MILK EGG
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	WHEAT MILK
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	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 <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	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 <b>BARLEY</b> 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 ( <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	MILK
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	WHEAT MILK SOYA
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: S. thermophilus+, L. bulgaricus, Lactobacillus acidophilus, Bifidobacterium lactis), 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	SOYA ALMOND
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	WHEAT MILK
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	MILK
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	MILK

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
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 [safflower, apple, hibiscus], tumeric, spirulina, colour: vegetable carbon.	774	183	3.9	1.4	34	17	0.8	2.4	0.4	<b>WHEAT</b> <b>EGG</b>
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 <b>BARLEY</b> 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	<b>BARLEY</b>
Karma Sugar-Free Cola (at selected stores)	Y	Y	Carbonated water, <b>BARLEY</b> 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	<b>BARLEY</b>
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	-

