



Nutrition & Allergen Guide

Winter Food

January – March 2026

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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 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													
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

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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 (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 Twist	Y	N	Water, WHEAT flour, sugar, chocolate (13%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, natural vanilla flavouring], butter (8.4%) (MILK), modified starch, yeast, sugar, free range EGG , whey powder (MILK), skimmed MILK powder, salt, WHEAT gluten, stabilisers: calcium acetate, tetrapotassium diphosphate, disodium phosphate; carrot extract, flour treatment agent: ascorbic acid, natural flavouring, paprika extract, turmeric extract.	1147	274	12	7.3	36	16	2.2	4.3	0.55	WHEAT MILK EGG SOYA
Chocolate Twist (at selected stores)	Y	N	Water, WHEAT flour, chocolate chips 14% (sugar, cocoa mass, cocoa butter, emulsifier: sodium hydrogen sulphite (SOYA)), butter 13% (MILK), sugar, whole MILK powder, yeast, modified starch, MILK whey powder, WHEAT gluten, EGGS , skimmed MILK powder, salt, gelling agent: sodium alginate, diphosphates, calcium phosphates, starch, colour: carotenes from natural origin, flour treatment agent: ascorbic acid, natural flavouring, enzyme.	1325	317	16	10	36	17	2.2	6.1	0.61	WHEAT MILK EGG SOYA
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
Cinnamon Bun (in tray)	Y	N	Wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamin), water, icing sugar, soft brown sugar (sugar, cane molasses, inverted sugar syrup), free-range pasteurised whole EGG , bun concentrate (palm stearin, rapeseed oil, dextrose, salt, emulsifiers: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, mono and di glycerides of fatty acids, sodium stearoyl-2-lactylate, colour: beta carotene), sugar, soft cheese (full fat soft cheese (MILK), salt, starter culture), yeast, cinnamon, modified maize starch, salted butter (butter (MILK), salt), rapeseed oil, invert sugar syrup, vegetable oils (palm, rapeseed), free-range dried EGG powder, skimmed MILK powder, free-range dried EGG white powder, salt, orange pulp (glucose syrup, sugar, orange concentrate, acidity regulator: citric acid, natural orange flavouring, water, colour: carotenes), thickener: cellulose gum, raising agent: sodium bicarbonate, orange zest.	1984	471	13	5.1	76	30	5.7	9.7	0.45	WHEAT EGG MILK
Danish-Style Apple Cinnamon Swirl (Freshly Baked)	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
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

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

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Cake Pops													
													----- per portion -----
Bear Cake Pop	Y	N	White chocolate with caramel [cocoa butter, sugar, whole MILK powder, MILK sugar, whey powder (MILK), skimmed MILK powder, caramelised sugar, emulsifier: SOYA lecithin, natural vanilla flavouring], cake base [WHEAT flour, sugar, modified maize starch, whey powder (MILK), raising agents: sodium hydrogen carbonate, diphosphates; salt, natural vanilla flavouring], icing sugar, salted butter (butter (MILK), salt), white chocolate [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract], free-range pasteurised whole EGG , rapeseed oil, digestive biscuit [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamine), wholemeal WHEAT flour, vegetable oils (palm, rapeseed), sugar, invert sugar syrup, raising agents: sodium hydrogen carbonate, ammonium hydrogen carbonate; salt], white chocolate buttons [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavouring], BUTTERMILK powder, dark chocolate button [cocoa mass, sugar, cocoa butter, emulsifier: SOYA lecithin, natural vanilla flavouring], milk chocolate flavoured coating [sugar, vegetable fats (palm kernel, palm), skimmed MILK powder, fat reduced cocoa powder, whey powder (MILK), emulsifier: SOYA lecithin, natural flavouring], vanilla flavouring, fondant icing [sugar, glucose syrup, dried EGG white, corn flour, stabiliser: diphosphates, acidity regulator: acetic acid], maize starch, preservative: potassium sorbate, glucose syrup, colour: vegetable carbon, free-range EGG albumen, humectant: glycerol.	704	168	9.1	5.3	20	14	0.5	1.4	0.18	WHEAT MILK EGG SOYA
Valentines Bear Cake Pop	Y	N	White chocolate (28%) (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavouring), cake base (wheat flour, sugar, modified maize starch, whey powder (MILK), salt, natural vanilla flavouring, raising agents: sodium hydrogen carbonate, diphosphates), icing sugar, salted butter (butter (MILK), salt), free-range pasteurised whole EGG , rapeseed oil, digestive biscuit (wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamine, folic acid), wholemeal WHEAT 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 MILK powder, emulsifier: SOYA lecithin, vanilla extract), cocoa butter, BUTTERMILK powder, sugarspice (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 MILK powder, fat reduced cocoa powder, whey powder (MILK), emulsifier: SOYA lecithin, natural flavouring), natural vanilla flavouring, fondant icing (sugar, glucose syrup, free-range EGG albumen powder, cornflour, stabiliser: diphosphates, acidity regulator: acetic acid), modified maize starch, preservative: potassium sorbate, glucose syrup, colour: vegetable carbon, free-range EGG albumen powder, humectant: glycerol.	730	175	10	4.9	19	14	0.8	1.8	0.23	WHEAT MILK EGG SOYA
Cookies													
All Butter Belgian Dark Chocolate Chunk Cookie (Freshly Baked)	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 Belgian Triple Chocolate Chunk Cookie (Freshly Baked)	Y	N	Wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamine), Belgian dark chocolate chips (10%) (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, Belgian milk chocolate chips (8%) (sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract), glucose syrup, Belgian white chocolate chips (5%) (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract), cocoa powder, water, humectant: glycerine, WHEAT fibre, dextrose, whey powder (MILK), raising agents: sodium bicarbonate, monocalcium phosphate, disodium diphosphate, preservative: potassium sorbate, salt.	1539	367	14	8.8	54	30	3.7	4.3	0.41	WHEAT MILK SOYA
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, thiamine)), 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



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

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



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 yogurt (64%) (MILK), 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 [OATS , 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	MILK OATS
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

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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													
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 and Mayo Sandwich	Y	N	Seeded farmhouse bread [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, linseed, sunflower seeds, millet seeds, yeast, BARLEY malt flour, salt, WHEAT gluten, poppy seeds, spirit vinegar, pumpkin seeds, preservative: calcium propionate, emulsifier: mono- and diacyl tartaric esters of mono- and diglycerides of fatty acids, sugar, rapeseed oil, flour treatment agent: ascorbic acid], free-range hard boiled EGG (36%), mayonnaise [water, rapeseed oil, pasteurised EGG yolk, cornflour, white wine vinegar, salt, MUSTARD flour], salad cress, Dijon mustard [water, brown MUSTARD seeds, spirit vinegar, salt], salt, black pepper.	1698	404	16	2.6	47	2.6	2.2	17	1.1	WHEAT BARLEY EGG MUSTARD
Smoked Ham and Cheddar Sandwich	N	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 diacyl 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), 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 EGG , cornflour, spirit vinegar, salt, MUSTARD flour), mature Cheddar cheese (11%) (MILK).	1600	381	13	4.8	44	2.6	3.9	20	1.5	WHEAT MILK 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, yeast, 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 humous (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
Hot Sandwiches													
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

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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	Glucose-fructose syrup, WHEAT flour, sugar, palm fat, concentrated butter (MILK), sugar syrup, SOYA flour, rapeseed oil, salt, raising agent: sodium bicarbonate; emulsifiers: SOYA 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, WHEAT flour, vegetable oils [palm oil, shea butter], skimmed MILK powder, defatted cocoa powder, whey powder (MILK), coconut oil, whole EGG powder, emulsifier: sunflower lecithin, vanilla extract, salt, natural chocolate flavouring.	377	90	2.6	1.5	15	9.4	0.5	1.4	0.08	WHEAT MILK EGG
Ginger Biscuit	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), invert sugar syrup, sugar, margarine (palm oil, rapeseed oil, salt, colours: annato, curcumin; natural flavouring), ground ginger (1%), raising agents: sodium bicarbonate, ammonium bicarbonate, skimmed MILK powder.	962	229	8.5	3.2	35	18	1.7	2.3	0.31	WHEAT MILK
Gluten Free Fruit & Nut Bar	Y	N	Gluten free OATS , salted butter (MILK , salt), partially inverted refiners syrup, sweetened condensed milk (whole MILK , sugar), ALMONDS (8%), demera 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: <i>S. thermophilus</i> +, <i>L. bulgaricus</i> , <i>Lactobacillus acidophilus</i> , <i>Bifidobacterium lactis</i>), dark chocolate buttons (12%) (sugar, cocoa mass, cocoa butter, fat-reduced cocoa powder, emulsifier: 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
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

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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], turmeric, spirulina, colour: vegetable carbon.	774	183	3.9	1.4	34	17	0.8	2.4	0.4	WHEAT EGG
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	-

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