



Nutrition & Allergen Guide

New Ready-to-Eat range

May – September 2026

- Bakery Menu
- Breakfast Menu
- Salads & Protein Pots
- Sandwiches & Hot Eats
- Dessert, Snacks & Bottled Drinks



Our delicious and exciting **Ready-to-Eat** range will be available in the following Starbucks stores:

- **Baker Street**, London
- **Bicester Road Drive Thru**, Aylesbury
- **Birchanger Welcome Break Motorway services**, Bishop Stortford
- **Bournemouth Train Station (Platform 2)**
- **Brookfield Centre**, Cheshunt
- **Chiswell Green, North Orbitol**, Saint Albans
- **Chiswick Buisness Park**, Chiswick, London
- **Fleet North Welcome Break Motorway services**, Fleet, Hampshire
- **Leadenhall Street**, London
- **Liverpool Street Station**, London
- **Market Place**, Hitchin
- **Newport Pagnell Welcome Break Motorway services**, Buckinghamshire
- **Prospect Place**, Dartford
- **Sainsburys – Gatehouse Rd**, Aylesbury
- **Silbury Arcade**, Milton Keynes
- **South Mimms Welcome Break Motorway services**, Potters Bar, Hertfordshire
- **St Johns Retail Park Drive Thru**, Bedford
- **The Place Retail Park Drive Thru**, Milton Keynes
- **Watling Street Drive Thru**, Bletchley
- **Wardour Street**, London



This guide will provide nutritional and allergen information for all new Ready-to-Eat products. 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. If you do not see a product in this booklet, please always ask the barista, so they can advise accordingly.

This information is updated regularly to reflect our procedures instore.

Please check www.starbucks.co.uk for the most up to date information.



New Ready-to-Eat range





Bakery Menu





Product	Vegetarian	Vegan	Ingredients	----- per portion -----										Allergens
				Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)		
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	
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	
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	



Product	Vegetarian	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
Cinnamon Bun	Y	N	Wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamin), water, icing sugar, soft brown sugar (sugar, cane molasses, inverted sugar syrup), free-range pasteurised whole EGG , bun concentrate (palm stearin, rapeseed oil, dextrose, salt, emulsifiers: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, mono and di glycerides of fatty acids, sodium stearoyl-2-lactylate, colour: beta carotene), sugar, soft cheese (full fat soft cheese (MILK), salt, starter culture), yeast, cinnamon, modified maize starch, salted butter (butter (MILK), salt), rapeseed oil, invert sugar syrup, vegetable oils (palm, rapeseed), free-range dried EGG powder, skimmed MILK powder, free-range dried EGG white powder, salt, orange pulp (glucose syrup, sugar, orange concentrate, acidity regulator: citric acid, natural orange flavouring, water, colour: carotenes), thickener: cellulose gum, raising agent: sodium bicarbonate, orange zest.	1984	471	13	5.1	76	30	5.7	9.7	0.45	WHEAT EGG MILK
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
Raspberry & White Chocolate Cruffin	Y	N	Wheat flour (WHEAT flour, calcium carbonate, niacin, iron, folic acid, thiamine), butter (MILK), white chocolate (9%) (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavouring), full fat soft cheese (full fat soft cheese (MILK), salt, starter culture), whole MILK , water, icing sugar, salted butter (butter (MILK), salt), custard (sugar, modified maize starch, palm fat, stabiliser: calcium sulphate, natural vanilla flavouring, acid: glucono delta-lactone, emulsifier: polysorbate 60, preservative: potassium sorbate, colour: beta carotene, safflower concentrate, lemon concentrate), vanilla custard (sugar, palm oil, inulin, maltodextrin, modified maize starch, acidity regulator: tricalcium citrate, gelling agents: gellan gum, sodium alginate, natural vanilla flavouring, vanilla seed, acid: glucono delta-lactone, colour: carotenes, emulsifier: polysorbate 80, preservative: potassium sorbate), caster sugar, raspberry jam (2%) (glucose fructose syrup, raspberry puree, raspberry crumb, sugar, gelling agent: pectin, acidity regulators: citric acid, sodium citrate, colour: anthocyanins, natural raspberry flavouring), free-range pasteurised whole EGG , raspberries (1%), salt, yeast, beetroot concentrate, carrot concentrate, freeze dried raspberry pieces, natural vanilla flavouring, malted BARLEY , maize starch, lemon juice, acidity regulator: citric acid.	2359	564	29	20	66	24	2.4	8.5	1.2	WHEAT BARLEY SOYA EGG MILK
Strawberry & Vanilla Cream Croissant Bun (Freshly Baked)	Y	N	Croissant bun (WHEAT flour, water, fine butter (MILK) 20%, sugar, yeast, salt, EGGS , WHEAT gluten, emulsifiers: mono- and diglycerides of fatty acids, rape lecithin, deactivated yeast, flour treatment agents: ascorbic acid, hemicellulases, alpha-amylases), vanilla cream filling (sugar, water, palm oil, inulin, maltodextrin, modified maize starch, acidity regulator: tricalcium citrate, gelling agents: gellan gum, sodium alginate, acid: glucono delta-lactone, flavourings, preservative: potassium sorbate, emulsifier: polysorbate 80, colour: carotenes, vanilla seeds), strawberry halves, neutral glaze (glucose syrup, water, sugar, gelling agent: pectin, acidity regulators: citric acid, calcium lactate, preservative: potassium sorbate, natural flavouring).	1671	399	19	11	50	17	2.2	5.9	0.86	WHEAT MILK EGG
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

Bakery Menu | Breakfast Menu | Salads & Protein Pots | Sandwiches & Hot Eats | Dessert, Snacks & Bottled Drinks

For allergens including cereals containing gluten see ingredients in **BOLD CAPITALS**. Some of our food range is handled by our baristas and whilst we try to keep things separate there is no guarantee that any of these items are allergen free. The allergen information for all our packaged and loose bakery products are detailed within the booklet. Please remember to check this information regularly as we're always working on our products. For more allergen information, please ask your barista. Adults need around 2000kcal a day.



Product	Vegetarian	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		
Cake Pops															
----- per portion -----															
Summer Bear Cake Pop	Y	N	White chocolate (27%) (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract), icing sugar, salted butter (butter (MILK), salt), WHEAT flour, sugar, free-range pasteurised whole EGG , rapeseed oil, digestive biscuit (wheat flour (WHEAT flour, calcium carbonate, niacin, iron, folic acid, thiamine), wholemeal WHEAT flour, vegetable oils [palm oil, rapeseed oil], sugar, invert sugar syrup, raising agents: sodium hydrogen carbonate, ammonium hydrogen carbonate, salt), milk chocolate sunglasses (2%) (sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract), white chocolate button (2%) (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavouring), BUTTERMILK powder, cocoa butter, modified maize starch, natural vanilla flavouring, whey powder (MILK), milk chocolate flavour coating (sugar, vegetable fats [palm kernel, palm], skimmed MILK powder, fat reduced cocoa powder, whey powder (MILK), emulsifier: SOYA lecithin, natural flavouring), fruit and plant concentrates (caramelised carrot concentrate, apple concentrate), fondant icing (sugar, glucose syrup, dried EGG white, cornflour, stabiliser: diphosphates, acidity regulator: acetic acid), modified maize starch, preservative: potassium sorbate, raising agents: sodium hydrogen carbonate, diphosphates, salt, natural vanilla flavouring, glucose syrup, colour: vegetable carbon, free-range EGG albumen powder, humectant: glycerol.	710	170	11	4.6	16	14	<0.5	1.6	0.23			WHEAT EGG SOYA MILK
Cookies															
----- per portion -----															
All Butter Belgian Dark Chocolate Chunk Cookie (Freshly Baked)	Y	N	Wheat flour (WHEAT flour, 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, thiamin)), humectant: glycerol, dextrose, natural vanilla flavouring, whey powder (MILK).	1357	323	13	8.4	47	23	2.2	3.5	0.22	WHEAT MILK SOYA		
Cakes & Cake Cubes															
----- 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		
Caramelised Biscuit Cake Cube	Y	N	Caramelised biscuit spread (26%) (caramelised biscuit (WHEAT flour, sugar, vegetable oils (palm, rapeseed), sugar syrup, raising agent: sodium hydrogen carbonate, salt, cinnamon), rapeseed oil, sugar, palm fat, emulsifier: SOYA lecithin), spiced biscuit pieces (14%) (WHEAT flour, sugar, vegetable oils (palm, canola, coconut), cane sugar, SOYA flour, invert sugar syrup, raising agent: sodium hydrogen carbonate, cinnamon, nutmeg), free-range EGGS , soft light brown sugar (sugar, cane molasses, inverted sugar syrup), wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamin, folic acid), cream (MILK), salted butter (butter (MILK), salt), full fat soft cheese (full fat soft cheese (MILK), salt, starter culture), ground ALMONDS , icing sugar, vanilla custard (sugar, palm oil, inulin, maltodextrin, modified starch, acidity regulator: tricalcium citrate, gelling agents: gellan gum, sodium alginate, natural vanilla flavouring, vanilla seed, acid: glucono delta-lactone, colour: carotenes, emulsifier: polysorbate 80, preservative: potassium sorbate), custard (sugar, modified maize starch, palm fat, fruit and plant concentrates (safflower, lemon), stabiliser: calcium sulphate, natural flavouring, acid: glucono delta-lactone, emulsifier: polysorbate 60, preservative: potassium sorbate, colour: beta carotene), black treacle (invert sugar syrup, cane molasses), raising agents: disodium diphosphate, potassium hydrogen carbonate, natural vanilla flavouring, natural toffee flavouring, preservative: potassium sorbate, lemon juice.	2114	506	29	15	54	34	1.3	6.6	0.68	WHEAT SOYA EGG MILK ALMONDS		
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		



Product	Vegetarian	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 Swirl Loaf Cake	Y	N	Free range pasteurised whole EGG , caster sugar, dark chocolate (9%) (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract), rapeseed oil, wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamin), water, salted butter (butter (MILK), salt), ground ALMONDS , soft dark brown sugar (sugar, cane molasses, inverted sugar syrup), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), dark chocolate chunks (4.2%) (cocoa mass, sugar, emulsifier: SOYA lecithin, vanilla extract), fat reduced cocoa powder, cream (MILK), natural vanilla flavouring, glucose syrup, modified maize starch, emulsifiers: maize starch, polyglycerol esters of fatty acids, potato starch, humectant: glycerol, natural vanilla flavouring, raising agent: sodium hydrogen carbonate, disodium diphosphate, disodium diphosphate, potassium hydrogen carbonate, preservative: potassium sorbate, salt, glucose syrup, emulsifiers: lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, SOYA flour, emulsifiers: mono and di glycerides of fatty acids, thickener: xanthan gum.	1832	439	27	8.9	41	28	3.8	6.2	0.74	WHEAT EGG MILK SOYA ALMONDS
Raspberry & Coconut Cake Cube	Y	N	Raspberry jam (16%) (glucose fructose syrup, raspberry puree, raspberry juice concentrate, acidity regulators: citric acid, sodium citrates, gelling agent: pectin, black carrot, colour: anthocyanins, natural raspberry flavouring), desiccated coconut (13%), free range EGG , caster sugar, salted butter (butter (MILK), salt), wheat flour (WHEAT flour, calcium carbonate, niacin, iron, folic acid, thiamin), cream (MILK), icing sugar, ground ALMONDS , full fat soft cheese (full fat soft cheese (MILK), salt, starter culture), raspberry jam (2%) (glucose fructose syrup, sugar, raspberry puree, raspberry crumb, gelling agent: pectin, acidity regulators: citric acid, sodium citrates, colour: anthocyanins, natural raspberry flavouring), white chocolate buttons (1.8%) (whole MILK powder, sugar, cocoa butter, emulsifier: sunflower lecithin, natural vanilla flavouring), raspberry crumb (1%), BUTTERMILK powder, raising agents: disodium diphosphate, potassium hydrogen carbonate, vanilla custard (sugar, palm oil, inulin, maltodextrin, modified starch, acidity regulator: tricalcium citrate, gelling agents: gellan gum, sodium alginate, natural vanilla flavouring, vanilla seed, acid: glucono delta-lactone, colour: carotenes, emulsifier: polysorbate 80, preservative: potassium sorbate), custard (sugar, modified maize starch, palm fat, fruit and plant concentrates (safflower, lemon), natural flavouring, acid: glucono delta-lactone, emulsifier: polysorbate 60, preservative: potassium sorbate, colour: beta carotene, stabiliser: calcium sulphate), freeze dried raspberry pieces, natural vanilla flavouring, modified maize starch, preservative: potassium sorbate, maize starch, acidity regulator: citric acid, lemon juice.	1981	474	26	16	53	36	2.9	5.6	0.59	WHEAT EGG MILK ALMONDS
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
Muffins				----- per portion -----									
Blueberry Muffin	Y	N	Wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamin), free range pasteurised whole EGG , blueberries, rapeseed oil, caster sugar, soft light brown sugar (sugar, cane molasses, inverted sugar syrup), humectant: glycerol, demerara sugar, salted butter (butter (MILK), salt), maize starch, baking powder (raising agent: potassium hydrogen carbonate, disodium diphosphate, mono calcium phosphate, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), potato starch, WHEAT fibre, natural vanilla flavouring, BUTTERMILK powder, skimmed MILK powder, salt, natural blueberry flavour, preservative: potassium sorbate, thickener: guar gum, raising agent: sodium hydrogen carbonate, glucose syrup, lactic acid esters of mono- and diglycerides of fatty acids, skimmed MILK powder, SOYA flour.	2032	485	21	2.1	66	31	3	6.4	0.6	WHEAT EGG MILK SOYA
Chocolate Muffin	Y	N	Caster sugar, free range pasteurised whole EGG , dark chocolate [sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, vanilla flavour], rapeseed oil, fortified wheat flour [WHEAT flour, calcium carbonate, niacin, iron, thiamin], water, cocoa powder, glycerol, modified starch, baking powder [raising agent: potassium hydrogen carbonate, disodium diphosphate; wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), raising agent: mono calcium phosphate], potato starch, emulsifier: glucose syrup, lactic acid esters of mono- and diglycerides of fatty acids (SOYA), skimmed MILK powder, propane-1,2-diol esters of fatty acids, malt extract (BARLEY), WHEAT fibre, skimmed MILK powder, salt, vanilla flavouring, preservative: potassium sorbate, thickener: guar gum, raising agent: sodium bicarbonate.	2391	572	29	5.9	68	44	4.3	7.5	0.62	WHEAT BARLEY EGG 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



Product	Vegetarian	Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Allergens
Bars & Traybakes													
----- per portion -----													
Belgian Chocolate Caramel Shortbread	Y	N	Salted butter (20%)(butter (MILK), salt), sweetened condensed milk (whole MILK , sugar), Belgian milk chocolate (17%)(sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract), wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamine, folic acid), partially inverted refiners syrup, palm oil, caster sugar, soft light brown sugar (sugar, cane molasses, inverted sugar syrup), cornflour, whey powder (MILK), natural vanilla flavouring, emulsifier: mono and di glycerides of fatty acids.	1698	406	20	12	51	34	1.2	4.8	0.42	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
Tarts, Scrolls & Doughnuts													
----- per portion -----													
Lemon Tart	Y	N	White chocolate (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavouring), salted butter (butter (MILK), salt), wheat flour (WHEAT flour, calcium, niacin, iron, thiamine), lemon curd (11%) (sugar, free range EGG , salted butter (butter (MILK), salt), concentrated lemon juice, lemon oil, gelling agent: agar), cream (MILK), icing sugar, glucose syrup, free range pasteurised whole EGG , lemon juice (0.9%), lemon zest (0.4%), acidity regulator: citric acid, emulsifier: SOYA lecithin, salt.	2360	566	36	24	55	35	1.8	4.6	0.56	WHEAT EGG MILK SOYA
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	Vegetarian	Vegan	Ingredients	per portion										Allergens
				Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)		
Breakfast & Brunch Sandwiches														
All-Day Breakfast Bagel	N	N	Plain bagel (wheat flour [WHEAT flour, calcium, folic acid, iron, niacin, thiamin], water, sugar, yeast, rapeseed oil, WHEAT gluten, salt, maize grits, malted BARLEY flour, flour treatment agent: ascorbic acid), scrambled egg (11%) (pasteurised free-range EGG , water, rapeseed oil, tapioca starch, dried skimmed MILK , lemon juice, salt, ground white pepper), tomato relish (water, sugar, tomato paste, tomato, red wine vinegar, slow roasted tomatoes [slow roasted tomatoes, 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), hickory smoked streaky bacon (9%) (pork belly, salt, antioxidant: sodium ascorbate, preservative: sodium nitrite), Red Leicester cheese (cheese (MILK), colour: annatto norbixin), 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.	1674	398	13	5.7	50	6.7	2.5	19	1.5	WHEAT BARLEY EGG MILK	
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® plant-based 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, tomatoes, red wine vinegar, roasted tomatoes [roasted tomatoes, tomato concentrate, sunflower oil, olive oil, salt, oregano, sugar, garlic], tomato juice, rapeseed oil, red chilli purée, cornflour, onion, lemon juice, garlic 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	
Pulled Ham & Cheddar Croissant	N	N	Butter croissant (WHEAT flour, butter (MILK), sugar, water, yeast, pasteurised whole EGG , skimmed MILK powder, salt, WHEAT gluten, natural butter flavouring (MILK), pea fibre, flour treatment agent: ascorbic acid, yeast powder, potassium iodate), cured shredded ham (25%) (pork, salt, demerara sugar, preservatives: sodium nitrite, potassium nitrate, antioxidant: sodium ascorbate), cheese sauce (10%) (whole MILK , mature Cheddar cheese (MILK), water, single cream (MILK), wheat flour [WHEAT flour, calcium, folic acid, iron, niacin, thiamin], rapeseed oil, cornflour, mustard [water, brown MUSTARD flour, salt, sugar, WHEAT starch, yellow MUSTARD flour, turmeric], salt, white pepper), mozzarella full fat soft cheese (8%) (MILK), mature Cheddar cheese (6%) (MILK).	1560	373	19	12	34	5.5	0.9	16	1.9	WHEAT MILK MUSTARD EGG	
Hot Honey Halloumi & Avocado Muffin	Y	N	White breakfast muffin (wheat flour [WHEAT flour, calcium, folic acid, iron, niacin, thiamin], water, durum WHEAT semolina, dried WHEAT sourdough, yeast, salt, palm oil, rapeseed oil), halloumi cheese (24%) (halloumi cheese (MILK), mint), avocado and lime mix (12%) (avocado, lime juice, acidity regulator: citric acid, antioxidant: ascorbic acid, salt, preservatives: l-cysteine, calcium chloride), honey with added chilli (4%) (honey, chilli extract), spinach, tomato, signature tomato relish (water, sugar, tomato paste, tomato, red wine vinegar, slow roasted tomatoes [slow roasted tomatoes, 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), tomato sauce (water, tomato paste, onion, rapeseed oil, tomato, white wine vinegar, cornflour, garlic purée, salt, concentrated lemon juice), WHEAT fibre.	1631	388	14	8.1	49	7.5	3.1	15	1.6	WHEAT MILK	
Smoked Bacon Roll	N	N	White bread roll (wheat flour [WHEAT flour, calcium carbonate, niacin, iron, folic acid, thiamin], water, RYE flour, yeast, salt, WHEAT malt flour, WHEAT semolina, preservative: calcium propionate, flour treatment agent: ascorbic acid), hickory smoked back bacon (22%) (pork, salt, antioxidant: sodium ascorbate, preservatives: potassium nitrate, sodium nitrite), hickory smoked streaky bacon (11%) (pork, salt, antioxidant: sodium ascorbate, preservative: sodium nitrite), salted butter (butter (MILK), salt).	1653	394	15	6.4	44	3.2	1.3	20	2.3	WHEAT RYE MILK	
Traditional Sausage Sandwich	N	N	White bread roll (wheat flour [WHEAT flour, calcium carbonate, niacin, iron, folic acid, thiamin], water, RYE flour, yeast, salt, WHEAT malt flour, WHEAT semolina, preservative: calcium propionate, flour treatment agent: ascorbic acid), pork sausage (47%) (pork, water, wheat flour [WHEAT flour, calcium carbonate, niacin, iron, folic acid, thiamin], salt, WHEAT starch, rapeseed oil, pork fat, black pepper, sage, stabiliser: sodium diphosphate, dextrose, WHEAT gluten, white pepper, potato fibre, onion, mace, nutmeg, paprika extract, parsley, salt), salted butter (butter (MILK), salt). Sausage filled into beef collagen casing.	2117	506	25	9.6	47	3.5	2.4	22	2.2	WHEAT RYE MILK	
Porridge, Fruit & Yogurt														
Classic Porridge (Gluten Free)	Y	N	Semi-skimmed MILK (63%), water, gluten-free OATS (13%), single cream (3%) (MILK), salt.	981	233	6.3	3.0	33	8.7	2.1	10	0.18	MILK OATS	
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	-	
Greek Yogurt with Berries & Granola	Y	N	Reduced fat Greek style yogurt (70%) (MILK), mixed berry compote (20%) (water, strawberry, sugar, raspberry, blackcurrant, tapioca starch, lemon juice, gelling agent: pectins, natural flavouring, blackcurrant concentrate, carrot concentrate), roasted pumpkin seed granola (5%) (honey toasted oats [OATS , honey], roasted pumpkin seeds, dried sweetened cranberries [cranberries, sugar, sunflower oil], coconut oil, ground cinnamon), dried sweetened cranberries (sugar, cranberries, sunflower oil), pumpkin seeds, dried apricots (apricots, rice flour, preservative: SULPHUR DIOXIDE).	1014	241	8.2	3.9	30	19	1.7	11	0.17	MILK OATS SULPHUR DIOXIDE	
Mango & Passionfruit Overnight Oats	Y	Y	Water, natural coconut milk yogurt alternative (coconut milk, tapioca starch, live vegan cultures), rolled OATS (19%), mango and passionfruit compote (17%) (water, diced mango, sugar, passion fruit puree, lemon juice, cornflour, lemon concentrate, gelling agent: pectins, colour: beta carotene, natural flavouring), shredded apple, concentrated apple juice, desiccated coconut.	1066	254	9.1	6.6	36	13	3.4	5.3	0.05	OATS	
Mango, Strawberry & Blueberry Fruit Pot	Y	Y	Mango (75%), Strawberry (17%), blueberry (8%)	279	66	<0.5	0.1	14	13	0.8	1.0	0.04	-	

Bakery Menu | Breakfast Menu | Salads & Protein Pots | Sandwiches & Hot Eats | Dessert, Snacks & Bottled Drinks

For allergens including cereals containing gluten see ingredients in **BOLD CAPITALS**. Some of our food range is handled by our baristas and whilst we try to keep things separate there is no guarantee that any of these items are allergen free. The allergen information for all our packaged and loose bakery products are detailed within the booklet. Please remember to check this information regularly as we're always working on our products. For more allergen information, please ask your barista. Adults need around 2000kcal a day.



Product	Vegetarian	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
Egg Bites													
----- per portion -----													
Egg Bites with Three Cheese & Ham	N	N	Free-range pasteurised EGG , low fat soft cheese (11%) (curd (MILK), butter (MILK), sweet whey powder (MILK), salt, thickeners: carrageenan, locust bean gum), Gouda full fat hard cheese (7%) (MILK), mature Cheddar cheese (7%) (MILK), formed ham (4%) (pork, salt, dextrose, pepper extract, antioxidant: sodium ascorbate, stabiliser: diphosphates, preservative: sodium nitrite), modified corn starch, salt, acidity regulator: citric acid, potato starch, thickener: xanthan gum.	736	177	11	5.4	5.7	<0.5	1.4	13	1.5	EGG MILK



Salads & Protein Pots





Product	Vegetarian	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
Salads													
----- per portion -----													
Green Goddess Chicken Bowl	N	N	Free-range hard boiled egg (13%) (free-range hard boiled EGG , water, preservative: sodium citrate, acidity regulator: citric acid), soya bean and pea purée (13%) (edamame SOYA beans, peas, chickpeas, rapeseed oil, sunflower seeds, garlic, parsley, salt), seasoned chicken breast (12%) (chicken breast, cornflour, yeast extract, onion powder, salt, black pepper, cornflour, lemon juice powder, mushroom extract powder), yogurt & herb dressing (water, rapeseed oil, low fat yogurt (MILK), sugar, white wine vinegar, pasteurised free-range EGG yolk, cornflour, salt, parsley, lemon juice, basil, chives, dill, roasted garlic purée, mint, tarragon, spinach extract), white quinoa (water, white quinoa), red quinoa (water, red quinoa), Tenderstem® broccoli (8%), edamame SOYA beans, white cabbage, cucumber, cider vinaigrette (water, cider vinegar, Dijon mustard [water, brown MUSTARD seed, spirit vinegar, salt], sugar, cornflour, rapeseed oil, salt, parsley, tarragon, ground white pepper, yellow MUSTARD flour, thyme), parsley.	1856	444	23	3.3	28	6.9	6.6	28	1.0	EGG SOYA MILK MUSTARD
Mexican Burrito Bowl (Gluten Free)	Y	Y	Brown rice (22%) (water, brown rice), chilli roasted sweet potato (15%) (sweet potato, rapeseed oil, salt, cayenne pepper, smoked paprika, black pepper), spicy vegetable slaw (red cabbage, 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], beetroot, red onion), avocado (12%) (avocado, acidity regulator: citric acid, antioxidant: ascorbic acid, salt, preservatives: l-cysteine, calcium chloride, water), charred sweetcorn, chargrilled red peppers (9%) (red pepper, rapeseed oil), black turtle beans (4%), red onion, spinach and parsley paste (rapeseed oil, parsley, spinach, garlic purée, black pepper), crispy onion, nacho crumb & smoked paprika dip pot (3%) (fried onion [onion, sunflower oil, cornflour, salt], tortilla chips [cornflour, sunflower oil, salt], ground cumin, smoked paprika, onion powder, salt, rapeseed oil, garlic powder, black pepper, chilli powder, thyme, oregano), lime juice, coriander, rapeseed oil, salt, black pepper.	1869	447	23	2.8	50	20	6.5	6.8	1.4	MUSTARD
Protein Pots													
----- per portion -----													
Chicken Protein Pot	N	N	Smoky chickpea and chimichurri mix (46%) (smoky charred chickpeas [chickpeas, water, rapeseed oil, brown sugar, salt, cornflour, garlic powder, black pepper, smoked paprika, spirit vinegar, chipotle chilli powder, chilli flakes, ground cumin, oregano, thyme], parsley, sweetcorn, roasted red pepper [red pepper, water, salt, acidity regulator: citric acid, firming agent: calcium chloride], rapeseed oil, cider vinegar, garlic purée, black pepper, salt), seasoned chicken breast (30%) (chicken breast, cornflour, yeast extract, onion powder, salt, black pepper, cornflour, mushroom extract powder, lemon juice powder)], chargrilled red peppers (23%) (red pepper, rapeseed oil).	696	167	8.2	1.0	8.5	2.2	3.4	13	0.51	-
Egg & Spinach Protein Pot	Y	N	Free-range hard boiled egg (87%) (free-range hard boiled EGG , water, preservatives: citric acid, sodium citrate), spinach (13%).	442	106	5.5	1.8	29	<0.5	<0.5	11	0.42	EGG
Bread Roll													
----- per portion -----													
Bread Roll	Y	N	Wheat flour (WHEAT flour, calcium carbonate, niacin, iron, folic acid, thiamin), water, oat drink (OATS , sunflower oil, sea salt, stabiliser: gellan gum), potato flakes, sugar, yeast, salt, WHEAT semolina, emulsifier: mono and di glycerides of fatty acids, palm oil, preservative: calcium propionate, flour treatment agent: ascorbic acid.	781	184	0.6	0.2	37	2.9	1.3	7.0	0.7	WHEAT OATS



Sandwiches & Hot Eats





Product	Vegetarian	Vegan	Ingredients	per portion								Allergens	
				Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)		Salt (g)
Cold Sandwiches, Flatbread & Baguette													
Chicken & Bacon Caesar Flatbread	N	N	Flatbread (WHEAT flour, water, sourdough [water, WHEAT flour, culture [yeast, lactic acid bacteria]]), rice semolina, rice flour, SOYA flour, extra virgin olive oil, salt, fermented WHEAT flour, yeast), ranch style Caesar mayonnaise dressing (18%) (water, rapeseed oil, soured cream (MILK), white wine vinegar, garlic purée, cornflour, medium fat hard cheese (MILK), pasteurised free-range EGG yolk, Dijon mustard [water, MUSTARD seed, spirit 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), seasoned chicken breast (16%) (chicken breast, cornflour, yeast extract, onion powder, salt, black pepper, lemon juice powder, mushroom extract powder), hickory smoked streaky bacon (4%) (pork belly, salt, antioxidant: sodium ascorbate, preservative: sodium nitrite), Gran Moravia medium fat hard cheese (cheese (MILK), preservative: EGG lysozyme), marinated semi-dried tomatoes (tomato, sunflower oil, salt, garlic, oregano), lettuce, rocket.	2371	565	23	5.8	60	4.4	3.0	28	2.1	WHEAT SOYA MILK MUSTARD EGG
Free-range Egg & Mayonnaise 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 diacetyl 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.	1854	443	19	3.7	44	4.2	5.8	21	1.4	WHEAT BARLEY EGG MUSTARD
Italian Deli Stack	N	N	Focaccia (46%) (WHEAT flour, water, wholemeal WHEAT flour, extra virgin olive oil, salt, malted WHEAT flour, yeast), mozzarella full fat soft cheese (20%) (MILK), tomato sauce (12%) (water, tomato paste, onion, rapeseed oil, tomato, white wine vinegar, cornflour, garlic purée, salt, concentrated lemon juice), mortadella sausage (7%) (pork, salt, sugar, natural flavourings, antioxidant: sodium ascorbate, white pepper, mace, dried garlic, nutmeg, preservative: sodium nitrite, coriander extract), Milano salami (4%) (pork, salt, dextrose, white pepper, antioxidant: sodium ascorbate, dried garlic, preservatives: potassium nitrate, sodium nitrite), Gran Moravia medium fat hard cheese (4%) (cheese (MILK), preservative: EGG lysozyme), lettuce, rocket	2360	565	30	14	46	4.8	3.3	26	2.1	WHEAT MILK EGG
New York Deli Style Pretzel Baguette	N	N	Pretzel style baguette (WHEAT flour, water, rapeseed oil, yeast, acidity regulator: sodium hydroxide, salt, apple fibre, flour treatment agent: ascorbic acid), beef pastrami (19%) (beef brisket, salt, demerara sugar, coriander seeds, sea salt, black pepper, paprika, tapioca dextrin, stabiliser: tetrapotassium diphosphate, preservative: sodium nitrite, black pepper extract, spirit vinegar, paprika extract, coriander extract, nutmeg extract, capsicum extract, garlic oil), American style mustard (10%) (water, spirit vinegar, MUSTARD flour, MUSTARD bran, cornflour, ground turmeric, salt), gherkins (8%) (gherkins, water, spirit vinegar, salt), Emmental medium fat hard cheese (6%) (MILK), rocket, reduced fat mayonnaise (water, rapeseed oil, free-range pasteurised EGG, cornflour, spirit vinegar, salt, MUSTARD flour).	1730	411	12	4.4	46	4.9	3.5	28	2.6	MILK MUSTARD EGG WHEAT
Hot Toasties, Flatbread & Paninis													
Buffalo Chicken Flatbread	N	N	Flatbread (WHEAT flour, water, sourdough [water, WHEAT flour, culture [yeast, lactic acid bacteria]]), rice semolina, rice flour, SOYA flour, extra virgin olive oil, salt, fermented WHEAT flour, yeast), seasoned chicken breast (17%) (chicken breast, cornflour, yeast extract, onion powder, salt, black pepper, cornflour, mushroom extract powder, lemon juice powder), buffalo sauce (9%) (water, spirit vinegar, red chilli purée, cornflour, pepper sauce [distilled vinegar, red pepper, salt], rapeseed oil, salt, garlic powder, smoked paprika, gelling agent: pectin, colour: paprika extract, cayenne pepper), mature Cheddar cheese (6%) (MILK), chargrilled red peppers (6%) (red pepper, rapeseed oil), spinach, 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), full fat soft cheese (cheese (MILK), cornflour), red onion, spring onions, WHEAT fibre.	1946	462	14	6.0	56	5.6	4.2	26	2.2	WHEAT SOYA MILK MUSTARD
Cheese & Marmite® Mini Ciabatta	Y	N	Ciabatta roll (wheat flour [WHEAT flour, calcium, folic acid, iron, niacin, thiamin], water, yeast, salt, palm oil, WHEAT semolina, preservative: calcium propionate, rapeseed oil, 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, folic acid, 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	3.0	1.9	19	1.6	WHEAT MILK BARLEY OATS RYE CELERY
Signature Grilled Cheese Toastie	N	N	White sourdough bloomer (wheat flour [WHEAT flour, calcium carbonate, folic acid, iron, niacin, thiamin], water, SPELT (WHEAT) flour, RYE flour, durum WHEAT semolina, salt, fermented WHEAT flour, yeast, dried WHEAT sourdough, dried RYE sourdough, antioxidant: ascorbic acid), 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 SPELT RYE MILK MUSTARD

Bakery Menu | Breakfast Menu | Salads & Protein Pots | Sandwiches & Hot Eats | Dessert, Snacks & Bottled Drinks

For allergens including cereals containing gluten see ingredients in **BOLD CAPITALS**. Some of our food range is handled by our baristas and whilst we try to keep things separate there is no guarantee that any of these items are allergen free. The allergen information for all our packaged and loose bakery products are detailed within the booklet. Please remember to check this information regularly as we're always working on our products. For more allergen information, please ask your barista. Adults need around 2000kcal a day.



Product	Vegetarian	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 WHEAT flour, calcium carbonate, folic acid, iron, niacin, thiamin), water, SPELT (WHEAT) flour, RYE flour, durum WHEAT semolina, salt, fermented WHEAT flour, yeast, dried WHEAT sourdough, dried RYE sourdough, antioxidant: ascorbic acid), 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 SPELT RYE MILK MUSTARD
Tuna Melt Panini	N	N	Schiacciata romana (WHEAT flour, water, wholemeal WHEAT flour, extra virgin olive oil, salt, malted WHEAT flour, yeast), tuna (25%) (tuna (FISH), salt), 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), mature Cheddar cheese (8%) (MILK), pickled red onion (red onion, salt, spirit vinegar, antioxidant: ascorbic acid, acidity regulator: citric acid), spinach, red onion, parsley, black pepper, concentrated lemon juice.	2061	489	14	6.9	62	4.7	3.7	32	2.2	WHEAT MILK FISH
Tomato, Mozzarella & Pesto Panini	Y	N	Schiacciata romana (WHEAT flour, water, wholemeal WHEAT flour, extra virgin olive oil, salt, malted WHEAT flour, yeast), mozzarella cheese (26%) (mozzarella cheese (MILK), salt), 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 [MUSTARD seeds, spirit vinegar, salt], cornflour, salt, oregano, black pepper, white pepper), green pesto with roasted garlic (9%) (basil paste [basil, sunflower oil, salt, antioxidant: ascorbic acid], medium fat hard cheese (MILK), extra virgin olive oil, sunflower oil, roasted garlic purée, acidity regulator: citric acid), rocket, slow roasted tomatoes (3%) (slow roasted tomatoes, rapeseed oil, salt, garlic powder, oregano).	2352	562	28	10	55	6.0	3.0	21	3.0	WHEAT MILK MUSTARD
----- per portion -----													
Signature Mac & Cheese	Y	N	Cooked macaroni pasta (34%) (water, durum WHEAT semolina), 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), cheese sauce (whole MILK , mature Cheddar cheese (MILK), single cream (MILK), wheat flour [WHEAT flour, calcium carbonate, folic acid, iron, niacin, thiamin], rapeseed oil, cornflour, English mustard [MUSTARD flour, salt, sugar, WHEAT starch, turmeric], salt, white pepper), mozzarella cheese (6%) (MILK), Red Leicester cheese (5%) (cheese (MILK), colour: Annatto norbixin), Cheddar cheese (4%) (MILK), crispy fried onions (onion, palm oil, WHEAT flour, salt), potato starch.	2434	581	27	16	59	3.8	3.0	24	1.5	WHEAT MILK MUSTARD
Tomato & Basil Soup (Gluten Free)	Y	Y	Tomatoes (43%) (tomato, acidity regulator: citric acid), water, tomato paste, red pepper, carrot, onion, sugar, rapeseed oil, cornflour, basil (1%), salt, garlic purée, balsamic vinegar (white wine vinegar, red wine vinegar, grape must), black pepper.	579	138	4.1	0.3	21	15	2.0	3.2	1.7	-



Dessert, Snacks & Bottled Drinks





Product	Vegetarian	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
Desserts													
Signature Tiramisu Pot	Y	N	Mascarpone cheese (23%) (MILK), glucose syrup, caster sugar, water, free-range EGG , soft light brown sugar (sugar, cane molasses, inverted sugar syrup), wheat flour (WHEAT flour, calcium carbonate, niacin, iron, folic acid, thiamin), free-range EGG white, cream (MILK), free-range EGG yolk, salted butter (butter (MILK), salt), natural vanilla flavouring, cocoa powder (0.9%), coffee, dextrose, natural flavouring, raising agents: disodium diphosphate, potassium hydrogen carbonate, WHEAT starch, sugar, preservative: potassium sorbate, vegetable fats [palm kernel, coconut], colour: lutein.	1582	379	21	15	41	26	1.4	5.7	0.24	WHEAT MILK EGG
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%), demerara sugar, WALNUTS (5%), PECAN NUTS (4%), honey, dried apricots (3%), sweetened dried cranberries (3%) [sugar, cranberries], pumpkin seeds, sultanas (2%), sunflower seeds, dried apple flakes (1%), poppy seeds, orange zest.	1296	310	16	8.5	35	19	3.6	4.7	0.29	MILK OAT ALMONDS PECAN NUTS WALNUTS
Kettle Lightly Salted Crisps (at selected stores)	Y	Y	Potatoes, sunflower oil, sea salt.	861	206	12	1.4	21	0.2	2.6	2.3	0.36	-
Kettle Mature Cheddar and Red Onion Crisps (at selected stores)	Y	N	Potatoes, sunflower oil, mature Cheddar and red onion seasoning [dried butter(MILK), dried mature Cheddar cheese (MILK), sea salt, dried red onion, dried onion, dried yeast, yeast extract, dried chives, paprika extract].	873	209	12	1.3	21	0.5	2.2	3.2	0.48	MILK
Kettle Sea Salt and Balsamic Vinegar Crisps (at selected stores)	Y	Y	Potatoes, sunflower oil, sea salt and balsamic vinegar seasoning (sea salt, dried balsamic vinegar, potato maltodextrin, sugar, dried BARLEY malt vinegar, acidity regulator: citric acid)	878	210	12	1	23	0.5	1.7	1.7	0.64	BARLEY
Kettle Sweet Chilli and Sour Crisps (at selected stores)	Y	N	Potatoes, sunflower oil, sweet chilli and sour cream seasoning (sugar, dried sour cream (MILK), dried skimmed MILK , dried yogurt (MILK), sea salt, dried onion, yeast extract, dried chilli, dried red pepper, ground paprika, acidity regulator: citric acid, natural flavouring, dried garlic, dried lemon).	827	198	11	1.4	21	1.7	2.5	2.5	0.44	MILK
Mini Caramel Waffles	Y	N	WHEAT flour, glucose-fructose syrup, sugar, concentrated butter (MILK), palm fat, sugar syrup, SOYA flour, rapeseed oil, salt, dextrin (WHEAT), emulsifiers: SOYA lecithin, E471; raising agent: E500, cinnamon, natural Bourbon vanilla, acid: citric acid.	3301	787	37	21	106	51	2.1	7.5	1.33	WHEAT MILK SOYA
Raspberry & Coconut Brownie (Gluten-free & Vegan)	Y	Y	Dark chocolate (17%) (sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, vanilla flavouring), soft brown sugar (sugar, cane molasses, inverted sugar syrup), coconut yogurt (13%) (coconut milk, coconut water, water, corn starch, corn fibre, potato starch, stabiliser: pectin, cultures: S. thermophilus+, L. bulgaricus, Lactobacillus acidophilus, Bifidobacterium lactis), dark chocolate buttons (12%) (sugar, cocoa mass, cocoa butter, fat-reduced cocoa powder, emulsifier: SOYA lecithin, vanilla flavouring), ground ALMONDS , desiccated coconut (5%), coconut milk (4%) (coconut extract, water), tapioca starch, vegetable margarine (vegetable oils [palm oil, rapeseed oil], salt, preservative: potassium sorbate, emulsifier: mono and di glycerides of fatty acids, natural flavouring, colour: beta carotene), icing sugar, coconut milk powder (3%) (coconut milk, thickener: maltodextrin), raspberry jam (3%) (glucose fructose syrup, raspberry puree, sugar, raspberry crumb, thickener: pectin, acidity regulators: citric acid, sodium citrate; colour: anthocyanins, raspberry flavouring), cocoa powder, water, protein powder (faba bean protein, tapioca starch), raspberries (1%), potato starch, sorghum flour, rapeseed oil, sugar, alpha dextrin, freeze-dried raspberries, coconut oil, vanilla flavouring, baking powder (raising agents: disodium diphosphate, potassium hydrogen carbonate), preservative: potassium sorbate, salt, gelling agent: xanthan gum, coffee, natural flavouring, maize starch.	1026	246	14	8.3	25	19	3.8	3.1	0.19	SOYA ALMOND



Product	Vegetarian	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	
Shortbread Biscuits	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salted butter (37%) [butter (MILK), salt], sugar, cane molasses.	1130	271	16	10	29	9.5	1	2.7	0.36	WHEAT MILK	
Snacking Cheese	Y	N	Italian hard cheese (cow's MILK , salt, microbial rennet).	557	134	10	7	0	0	0	11	0.38	MILK	
Starbucks® Chocolate Gold Coin	Y	N	Sugar, whole MILK powder, cocoa mass, cocoa butter, emulsifier: sunflower lecithin, natural vanilla flavouring	502	120	6.4	3.9	14	14	0.7	1.4	0.03	MILK	
Starbucks® Iced Gingerbread Cookie - Bearista or Latte	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), icing (17%) [sugar, glucose syrup, water, free-range dried EGG white, cornflour, stabiliser: diphosphates, acidity regulator: acetic acid], brown sugar, vegetable margarine [vegetable oils (palm, rapeseed, sunflower, palm stearine), lemon juice], black treacle, water, partially inverted refiner syrup, sugarpaste [sugar, glucose syrup, vegetable fats (palm kernel, palm), invert sugar syrup, thickeners: gum arabic (acacia gum), xanthan gum; emulsifiers: mono- and diglycerides of fatty acids, sunflower lecithin; humectant: glycerol, water, glazing agent: shellac, maize starch, spirulina, colour: riboflavins, stabiliser: hydroxypropyl methyl cellulose], spices, raising agent: sodium carbonates, ginger, fruit and plant concentrates [safflower, apple, hibiscus], 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	-	

